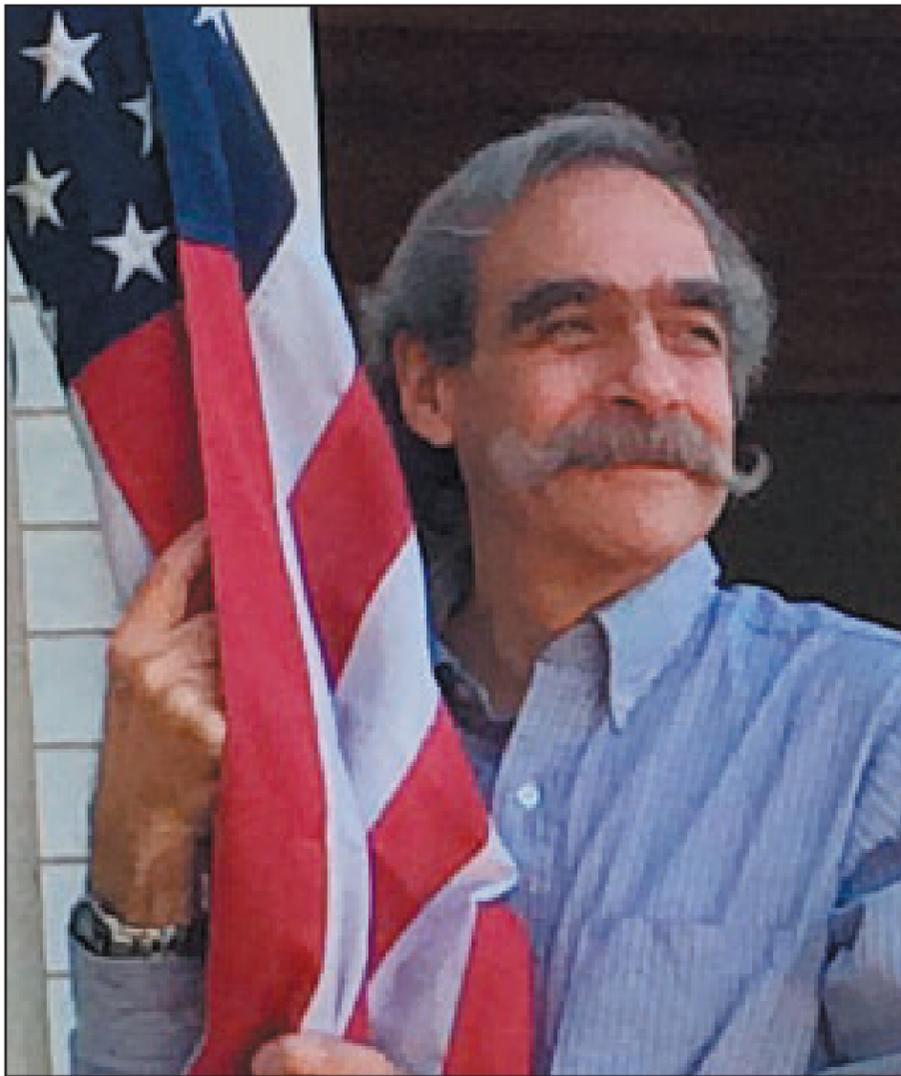


## Underhill Center Postmaster Salant retires



Postmaster Barry Salant retired on Tuesday, September 30, 2014 from long service at the Underhill Center Post Office. He had charge of the facility beginning on March 30, 1985, often solo, occasionally with "postmaster replacements" – as if any of us could replace him! Many residents have not known any other postmaster, though the list of previous holders of the office in the lobby includes names of long significance in Underhill: Terrill, Henry, Legrand, and more. Only Mrs. L. Leora Henry served the Center longer (October 25, 1912 to December 31, 1942). Boxholders will remember Barry for his superb whistling, for the music he played each day; for occasional long conversations; for the care he took for his customers' privacy; for his sometimes curmudgeonly demeanor that hid – inadequately – his concern for the people of this town; for his moustache! He will be missed, and remembered; nothing more need be said.

PHOTO BY SARA RILEY

## A Marching Band in Vermont?

By Mary A. Bauer  
Instrumental Band Director at Mount Mansfield Union High School

You read that right! MMUSIC has the first marching field show in Vermont. This is a wonderful opportunity to change up the concert band curriculum and add some color to our instrumental music program. Looking back over ten years, MMUSIC has had many students graduate and go off to big colleges with huge marching band programs: UConn, Syracuse, University of Southern California, and University of New Hampshire – just to name a few. These students joined the marching band and gained instant family but had no background in marching. Many contacted the Mount Mansfield Music Department over the years and expressed how much fun they were having learning the drills/music and how MMUSIC should start a marching program. This was the big push for the program to start. This was something that would give our students a new direction, to add to our program which already consisted of concert band, festival music, music trips, local concerts, and other outside ensembles. So off we went! The marching season is only seven weeks long in Vermont compared to 14 weeks in other states, but the knowledge and joy of performing for ourselves, the football team, and our community is invaluable.

Five years ago, the band began by walking to the gate and playing a marching band piece wearing our polo shirts and black pants. The next year we walked onto the field and "parked and barked," which means stayed put and played; the following year we actually moved, and last year we had a full show with uniforms. This year, we are a full-fledged marching field show throughout the fall.

The MMUSIC Marching band includes 71 dedicated students who love playing and enjoy contributing to their community. These students are forging ahead despite "wearing a uniform," "wearing a shako hat with a plume," "wearing sparkly sashes," "learning challenging music," and playing at football games. These students are showing everyone that with their participation and learning, they are starting something fun, exciting, and everlasting.

Last year you may have been awed by our new uniforms at our hometown parades. Many community members do not know this but we received 140 gently used uniforms from out west, donated to us for free, so now we also look like a marching band.

Every year we pick a theme and this year it is "The 80s," playing *Tainted Love* by *Soft Cell*, and *Call Me* by *Blondie*. Both pieces are accompanied with a field show – what we call a drill. Preparing for marching band without a two-week "band camp" before school is hard, but we are working hard to put on a show you will not forget. We are learning music, marching fundamentals, and drill during the class periods, and we had three days of band camp held on Saturdays. We even have our alumnus Greg Gutzgell, who is back home and teaching our drum-line this year. (He performed as a snare drum player on the Trojan Drumline at University of Southern California). Our first performances were Homecoming weekend at the school parade, then the next day during half-time, and it was a smash hit. We marched at the Harvest Parade and we will have our remaining shows during home football games. Please look for the dates on the MMU calendar website. <http://www.mmu.k12.vt.us/>

See you at our home games!

## A potential deal for the Rivers Property

By Phyl Newbeck  
Special to the Mountain Gazette

It's been almost a year since a community group, outraged over the Underhill Jericho Fire Department's plan to sell land which had been left to them by the late Mary Alice Rivers, met at the Community Center in Jericho to mobilize against attempts to develop the land in ways they deemed contrary to Rivers' wishes. After lengthy negotiations, a deal has now been reached for the town to purchase the property for \$1.24 million, dependent on approval by the voters of Jericho on Tuesday, November 4.

Rivers deeded the 125 acres to the UJFD in 1986 and although the deed contains no caveats, previous documents indicated that Rivers wanted the land to remain open. An initial real estate listing offered the land for \$5.3 million and was targeted towards out-of-staters (New Jersey residents, in particular) who were tired of growing congestion. A community group called *Save the Rivers Property* sprang into action, holding meetings and creating a Facebook page, and the Jericho Select Board decided to join the discussion. The UJFD lowered the price to \$1.5 million but agreed to hold off on any sales until March 1, to give the town time to make an offer.

Negotiations continued through the summer, well past the deadline. The Select Board presented their final offer to the fire department in August and department members voted to accept that offer in September. Select Board Chair Tim Nulty said the deal is a standard 30-year mortgage, which will be held by the UJFD. Interest is 3.54% which was determined by averaging what the fire department would get if the money was paid in full and put in treasury bills with what the town would owe if they were paying mortgage rates. The town can pay down the principal as they please, as long as the full amount is paid in 30 years.

An informal agreement reached in the spring included a provision that if the UJFD found a buyer with a proposal that was better for both parties, the town would bow out. A developer did come forward and some negotiations took place, but the Select Board decided to continue with the purchase and look for help developing part of the property at a later date. Under the current plan, the town will owe \$43,800 a year in interest, payable quarterly. If the voters approve the purchase, the Select Board will send out a Request for Proposals to see if there is a developer who is interested in the 15 acres zoned for high density off Plains Road. There is a possibility that a form-based code will be created for this area.

Nulty envisions a development of 30 to 35 houses with a playground, a community garden near the barn, and open space on what is being called the Gateway area. The UJFD will retain roughly ten acres of the gravel pit as a training site and the town will sell the existing house on the land. Nulty believes soil on the property may be suitable for creating a community septic system and there is the potential to bring Chittenden Water up to the village. There is also

talk of a skating pond at the bottom of the hill. Nulty noted that the change in ownership of the land also means that the long awaited footpath from Jericho Center to the high school can be completed. "If someone has a more creative idea, they should contact us," said Nulty. The town plans to have a number of meetings to help develop a vision for the site, assuming townspeople approve the purchase. "It can't take too long," he said, "because we'll be paying money."

None of this is a done deal. The voters of Jericho will get the chance to approve or disapprove the contract on November 4. Before the vote there will be public information sessions and documents available on the town web site. If the voters approve, the expectation is that management of the property will be turned over to the Community Development Corporation, which was formed earlier this year.

Mike Kramer is the founder of the *Save the Rivers Property* group. "I'm not anti-development," he said, "but according to the UJFD, Alice Rivers wanted the land to remain open and seeing as this land was a gift from her to them, I believe it's our obligation to honor those wishes." Kramer realizes he may be perceived as a hard-liner since the town has expressed an interest in keeping the Gateway section open. "I understand and respect their position," he said, "but my personal view on the matter is slightly different. This may be a compromise but I don't know that it's respecting her wishes or the spirit of the gift."

Randy H. Clark, spokesperson for the UJFD, said the fire department sees the deal as a win/win situation. "The town of Jericho is a 60% supporter of the department," he said, "and we don't want to do anything to jeopardize that relationship which is almost like a family." From a business standpoint, Clark said the department believes the proposed deal is the best for both sides. The vote to accept the offer wasn't unanimous, but the majority of the membership approved.

"Having been on the negotiating committee for nine months, I think we played all the angles so that everyone could come out with at least some skin," Clark said. "The town will have to do due diligence in the next few weeks to get the word out." Clark praised Tim Nulty for his role in the process. "He's an extremely smart man and I feel that he was working for the best deal for both parties," he said. "I don't think he was playing a one-sided game."

Clark recognizes that many in town aren't fully aware of what has been transpiring. "If people drive up that hill," he said, referring to the Gateway part of the property, "they'll understand. Nobody wants to see a big development there. That's not our goal." Clark is pleased the voters of Jericho will have the chance to weigh in on the process and hopes they'll vote to approve the deal. "It took a while," Nulty agreed, "but it's a pretty good outcome."

## Thanking contributors: scholarships sent 19 kids to camp

This summer, 19 school-aged kids from Jericho and Underhill enjoyed three weeks of summertime fun at the Jericho Recreation Camp. The children received scholarships to attend – money raised within our community to provide children from lower income families with safe, supervised camp experiences their families could not otherwise have afforded.

There are few summertime recreation alternatives in our communities that offer children day-long supervised fun, and even fewer affordable to lower income families. Summertime can be a lonely time for children when there isn't enough money for camps or vacations and friends are away having fun.

This is the 15<sup>th</sup> year that the Mission Committee of the United Church of Underhill has organized donations from area churches, businesses, and service clubs to send kids to camp. Donations to the scholarship fund were gratefully received this summer from the

Calvary Episcopal Church, Community Dinner Committee of the United Church of Underhill, Ecumenical Ministry of Essex Jericho-Underhill, Essex Pediatrics, Good Shepherd Lutheran Church, Jericho Underhill Lions Club, Merchants Bank, Snowflake Chocolates, St. Thomas Church, United Church of Underhill, United Methodist Church of Jericho, University Mall, Village Service and Auto Repair, and individuals.

Our thanks to all our contributors, and to the school staff members who help to connect families with the scholarships. Plans are being made for next year's scholarship summer camp program. Please contact Underhill resident Janet Grant, 899-5534, of the Mission Committee of the United Church of Underhill if you, your business, church, or service organization would like to contribute to next summer's scholarship fund.



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COMMUNITY COLUMNS

**Athletes at 80**

By Scott Funk  
VT Aging in Place advocate

Among the most fascinating men I have met are two athletes, both well into their 80s. Both, when we met, appeared remarkably healthy, strong and robust. The odd thing is that what I learned most from each was not about fitness, but about aging.

We will call the triathlete Pete. Pete competed in triathlons around the country. He flew to them in his own plane, which he kept in a barn on his property, so he took off and landed on his remote, private field at his house.

Pete almost screamed good health. He was well-tanned, with long, silver-white hair pulled back into a ponytail. Shaking his hand was like meeting a vise grip. Pete smiled continually. His conversation was always about what he planned to do next. His first book of poetry was completed and his second book was going well. "Yah know what, Scotty boy?" he'd say as his agile brain leapt from one topic to the next.

He kept telling me I needed to exercise more, "Yah gotta' be tough if yah plan tah get old, Scotty boy. Bein' old ain't for sissies." According to Pete, I didn't do nearly enough of anything, except work, and I did too much of that.

Then I got a call from his son; Pete had died. Still fit, still strong, Pete just didn't wake up one morning. You would think the passing of someone over eighty would not come as a surprise. Eighty years is a long time. Eighty is old by anyone's count, but Pete was so healthy. He was so strong.

While I was struggling to fathom Pete's passing, I met Bob, a bodybuilder. Here was another man who seemed to be cheating time. Strong, handsome, sharp mind and big biceps, he didn't look eighty, he looked sixty. But when he got up to walk, he had that old guy shuffle.

My thoughts must have showed on my face because he smiled at me and said, "Lately, I've begun to slow down. I feel just as strong, but it's like I'm always walking uphill." Smiling, he shared with me the ways time was wearing him down. "It's like time has started whittling me away. Each morning there is a little bit less of what I can do. I feel great, but that hill, boy, is it steep!"

Aging, I get it: time doesn't care how strong or how active we are. No matter how fast we can run, we can't outrun our age. But then I meet a couple of guys like these and it fools me. Both looked like they had a lot of miles left in them, but they wear down and out just like anyone.

Bob summed it up for me, "I don't expect to go on forever, but I do expect to be at my best when I go."

Aging in Place, the best we can for as long as we can.

**CVAA SENIOR MEALS**

**Thursday, October 2**

Colonial Room, Essex Jct. Ed. Ctr.  
11:00 AM check-in,  
11:30 AM lunch  
braised pork with apple glaze

**Friday, October 3**

Hinesburg meal site  
11:30 AM

**Monday, October 6**

Covenant Church, Essex Ctr.  
Shepherd's pie, mashed potatoes,  
vegetable medley, marbled rye bread, grapes

**Tuesday, October 7**

Athen's Diner, Colchester  
10:30 AM check in, 11:00 AM lunch

**Wednesday, October 8**

Ray's Seafood, Susie Wilson Rd., Essex  
10:30 AM check-in, 11:00 AM lunch

**Thursday, October 9**

Holiday Inn, So. Burlington  
11:00 AM check in, 11:30 AM lunch  
turkey dinner

**Friday, October 10**

United Church, Hinesburg  
12:00 noon  
Cold sliced ham, cheese, cold beets  
and Mandarin salad, cottage cheese,  
marble rye bread, fresh fruit salad

**Monday, October 13**

Covenant Church, Essex Ctr.  
12:00 noon  
Salisbury steak, baked potato  
with sour cream, hot fall vegetables,  
wheat bread, apple sauce  
and cinnamon

**Tuesday, October 14**

Pizza Hut, Susie Wilson Rd., Essex  
10:00 AM check-in, 11:00 AM lunch  
All you can eat pizza buffet

**Wednesday, October 15**

IHOP, University Mall, So. Burlington  
10:30 AM check-in, 11:00 AM lunch  
pot roast dinner

**Thursday, October 16**

Dutch Mill, Shelburne Rd., Shelburne  
10:30 AM check-in, 11:00 AM lunch  
baked stuffed chicken breast

Milk is the beverage served with each meal.

**Nourishing facts  
about vegetarian diets**

By Lewis First, M.D.

Chief of Pediatrics at VT Children's Hospital at FAHC

Parents who are vegetarians frequently wonder whether putting a child on a vegetarian diet is a healthy thing to do. Let me get to the root of the matter and plant a few ideas on this topic.

Growth is the key word in planning any diet for children. Studies show infants and children can grow well on vegetarian diets but you need to do this working with your child's doctor to make sure all the adequate nutrients are provided.

First and foremost, you should breastfeed your child whether you are a vegetarian or not. But mothers who are vegetarians need to review their own diets with their child's doctor since it may be lacking in nutrients like vitamins B12, D, calcium, iron, and zinc. If you are vitamin deficient, you or your baby may need to take supplements so your baby can grow.

As your baby gets older, he or she will need more protein in their diet. Once solids are introduced to your child's diet, nuts or foods with seeds or legumes like beans contain sources of protein but can be choking hazards or cause an allergic reaction. Protein may be better obtained from soy milk if breast milk is not being used, or from soft soy foods like tofu. Older children can get their protein from eggs and dairy products if they allow those in their diet, as well as grains, cereals, peanut butter (assuming no peanut allergy), and vegetables.

Iron and calcium can also be obtained from green leafy vegetables like broccoli and kale, which can be eaten as baby foods or as cooked or raw vegetables as your child gets older.

The more you restrict children's diets, the more difficult it is to get the nutrients into them that are needed. Teenagers may find that vegetarian diets tend to be high in fiber and low in fat and calories, so those who are at a healthy weight might actually lose more weight than they should. Your doctor can help make sure proper caloric and nutritional intake are maintained by monitoring for weight loss and any decrease in vitamins and nutrients.

The bottom line is that vegetarian diets for children need careful, proper planning. Please talk to your child's doctor or a nutritionist to ensure that your child's vegetarian diet will insure adequate growth at all times and not cause problems like a vitamin or iron deficiency.

Hopefully tips like this will satisfy your appetite when it comes to considering a vegetarian diet for your child.  
Lewis First, M.D., is chief of Pediatrics at VT Children's Hospital at FAHC and chair of the Department of Pediatrics at the UVM College of Medicine.



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**A science book for children**

By Sue Kusserow  
Special to the Mountain Gazette

*Preface:* Science has moved ahead in the last few decades. So many new ideas and theories have been advanced that sometimes the studies pile up on each other and collapse from sheer weight. Dig down deeply to the bottom of this heap and you may find the answer, barely breathing from all the piles of studies that have been reported in *Good Housekeeping* and the *Enquirer*.

We adults seem to believe anything that has a lot of long, unintelligible titles, with a list of 19 MDs, 11 struggling Master's peons, and a few lab technicians (who did most of the work). So, it seemed time for our future generation to examine some of the theses that have been presented. Ergo, this book for our children, before it is too late and they grow up. These are not labeled in order of descending importance, since most five-year-olds don't know the alphabet and don't really care, except to please grandparents.

*Content:* Moonbeams do have a purpose besides giving a romantic lilt to old songs. They tie the moon to the earth when it first comes up, knowing how happy people are to see it. Without their function, the moon would flip into the sky like a hot air balloon. This makes it difficult for romantic couples and aspiring swains to sit in one place and watch the moon, which, since it has no tethers, now rides at various angles according to the labels humans have given it: Harvest Moon, June Moon, Hunter's Moon, etc. Such behavior has also made it difficult for jumping cows who can't find just where the moon has bounced to now. So, should you - lying in bed at night - hear a cow mooing, you will know it is completely frustrated by this Mother Goose edict.

Leaves turn red in the fall as a signal to the ominous whisperings of chilly winds from the mountains. It is time for their last performance. Ever since they were born a luscious pale green, they have been waiting for the promised last dance: a scarlet tango, that sends them whirling to a cozy pile at the base of their old home.

Dogs are liars. They pretend to be asleep, but one eye is always partially open, so that a slight human movement, or, heaven forbid, a walk towards the kitchen, sends them into an immediate frenzy, hoping this will lead to FOOD.

Cold feet send out signals to the nearest mother. Mothers are wired so that the involuntary act of shivering arouses an ancient script: "Good Heavens, how did you get so wet? Let me get you a pair of warm socks!" It does not matter if it's not *your* mother; it is innate in all mothers, and even in grandmothers who have not forgotten their early maternal training.

Flowers have a bargain with God. They all are beautiful, long into the fall with Asters and Goldenrod and bursting winged Milkweed. But they have agreed to take a rest during the winter months to give other beauties a chance to show off: the glitter of icicles clinging to the porch roof, snowflakes on a moonlit night, with no wind to scare them, the orange glow of fire in a woodstove, the crunch of snow on a very cold morning exercise.

Despite what Ben Franklin might have told you, lightning is not electric currents flashing through the sky. Thunder is actually the Norse Gods having a game of bowling. And every time Odin or Thor makes a strike, the GreatScorekeeperInTheSky chalks up a crackling win.

*Epilogue:* I hope this has clarified some powerful misconceptions that science has been espousing. Next week's chapter will address: Unstable Skies; Unseen and Untouchable: How can that be?; secret courses Dental Hygienists take to create Guilt; Research Methods used to validate these corrections to the scientific literature. Stay in touch!

**Area Worship  
Services**

**CALVARY EPISCOPAL CHURCH**

Calvary Episcopal Church is a welcoming, caring, Christian Community called to live the Gospel of Jesus Christ, grow our spiritual gifts, and serve our neighbors. 372 VT RT 15, Jericho Sunday Worship Service 9:30 AM Rev. Regina Christianson Rector Karen Floyd, Parish Administrator, 899-2326 www.calvarychurchvt.weebly.com

**GOOD SHEPHERD LUTHERAN CHURCH (ELCA)**

273 VT RT15 - between Jericho and Underhill  
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pastor\_phil@goodshepherdjericho.org  
www.GoodShepherdJericho.org

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Phone: 899-2558 website www.mmuuf.org  
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Deacon: Peter Brooks Religious Ed. Coordinator: Laura Lynch Wells, 899-4770 Parish Secretary: Theresa Gingras Phone: 802-899-4632, email: stthomas5@myfairpoint.net, Website: www.stthomasvt.com

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## HEALTH

## Do your feet hurt?

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

Chiropractor and Nutritional Consultant

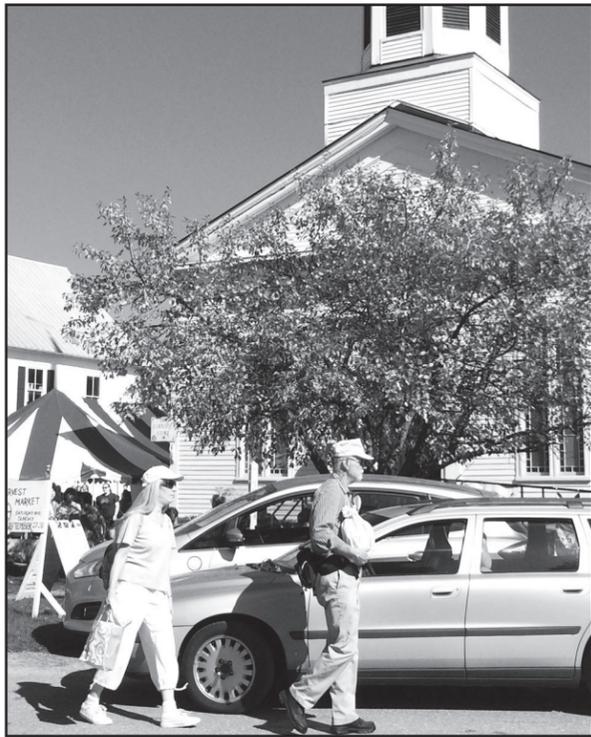
Foot dysfunction causes symptoms most commonly in the knees, hips, low back, and neck. Collapsed arches can preload the knee, making injuries more likely. Also, inadequate arch support can cause low back pain. Even your neck and jaw can be influenced by the feet. In Italy, more orthotics are fitted by dentists than any other professional group because they know and address the relationship between the feet and jaw. If you consider that the average person walks 5-10,000 steps per day and malfunction can cause structural problems, it is logical to conclude that optimizing foot function is important.

Buy good quality shoes that are neither too large nor too small and are wide enough, especially at the toes and arches. They need a good heel cup to support your feet while walking. Some experts state that shoes are "shot" after 250 miles! Worn-out shoes provide no support and may even cause imbalance of the body if the heel is unlevel and/or the arch is collapsed.

Make sure your feet are properly aligned. This may involve manipulation of the feet, knee, pelvis, and/or other parts of the spine. They all move together. Once the joints are aligned, you may benefit from custom-made orthotics fitted by an experienced practitioner. Orthotics are particularly important if you are over forty years old because ligaments of your feet become lax and your feet spread, causing the arches to collapse.

Over time, the elastic tissue of the foot becomes permanently stretched. People who spend much of their time on their feet and active people, such as skiers, hikers, and tennis players, are at special risk. Specially fitted inserts for shoes (orthotics) can improve the body's structural balance. Orthotics are inserted into footwear to alter the way the foot hits the earth. Quality orthotics have good heel cups, are flexible enough to maintain normal foot dynamics, and support the arches of the feet. Five red flags that indicate the need to be evaluated for orthotics include: foot flare, excessive shoe wear, fallen arches, bowed Achilles tendons, and knees that roll inward.

If your feet are hurting, I can help. I adjust feet, fit orthotics, and provide other supportive procedures. Take care of your feet and they will take care of you!



It could hardly have been better weather for the 40<sup>th</sup> annual Harvest Market – clear and sunny and hot enough to engender complaint, followed by “not that I’m complaining!” and tales of Markets past in winter coats. Not this year! The fried dough and French fries, burgers and cider doughnuts, the Clutter Barn, the barker, the music, the crafts and food tents, the throngs of happy people... everything was all we’ve come to expect and anticipate each year – Harvest Market is The Event To Attend – can’t wait till next year! PHOTO BY SARA RILEY

## 4-H Paper Clover Campaign starts October 8

From Wednesday, October 8 to Sunday, October 19, shoppers at Tractor Supply Company (TSC) stores are encouraged to show their support for the University of Vermont (UVM) Extension 4-H program through the purchase of paper clovers at checkout. The semi-annual 4-H Paper Clover Campaign is a partnership between the National 4-H Council and more than 1200 TSC and Del's Feed and Farm Supply stores. Participating TSC stores in Vermont include Montpelier, Morrisville, and St. Albans.

Shoppers may buy a paper clover for \$1. Proceeds from each sale used to fund 4-H youth development activities in Chittenden County including special interest 4-H science programs, volunteer recognition, and 4-H club programs. Both the state 4-H program and national 4-H also will receive a percentage of the donations.

For more information, visit [www.tractorsupply.com/4H](http://www.tractorsupply.com/4H). To learn about Chittenden County 4-H programs and clubs, contact Rose Garritano, UVM Extension 4-H educator, 802-656-5429, or [rosemarie.garritano@uvm.edu](mailto:rosemarie.garritano@uvm.edu), or visit [www.uvm.edu/extension/youth](http://www.uvm.edu/extension/youth).

## Local students to attend Castleton State College

Congratulations to the newest Spartans! Castleton welcomes these students who have recently registered for the fall 2014 semester:

- Eli Armstrong, Underhill;
- Keegan Cummings, Underhill;
- Danielle Russin, Westford;
- Ellyze Zelazny, Underhill.

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[DrMaryDC@comcast.net](mailto:DrMaryDC@comcast.net)  
[www.JerichoChiro.com](http://www.JerichoChiro.com)

  
Dr. Mary H. Kintner

## Donate blood at the Red Cross

The American Red Cross encourages eligible donors to give blood during Liver Awareness Month, this October.

According to the American Liver Foundation, more than 6000 liver transplants are performed each year in the U.S., making it the second most common transplant. Liver transplant patients may require in excess of 30 pints of blood during surgery. Volunteer donors are the only source of blood for those in need of transfusions during surgery.

Donors with all blood types are currently needed, especially those with types O negative, A negative, and B negative. All those who attempt to donate blood during October will be eligible to win a \$5000 Visa gift card, courtesy of Suburban Propane.

To make an appointment to donate blood, eligible donors are encouraged to download the new Red Cross Blood Donor App from app stores or text BLOODAPP to 90999 to receive a download link, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767). More information on liver disease and ways to help protect against liver disease is available at [liverfoundation.org](http://liverfoundation.org).

**Upcoming donation opportunities:** Tuesday, October 7 – St. Michael's College, Dion Student Center, Colchester, 12:00 – 5:30 PM; Saturday, October 11 – University Mall, Dorset St., S. Burlington, 10:30 AM – 4:00 PM; Wednesday, October 15 – Holy Rosary Catholic Church Hall, 64 W. Main St., Richmond, 11:30 AM – 5:00 PM

**How to donate blood:** download the American Red Cross Blood Donor App, visit [redcrossblood.org](http://redcrossblood.org), or call 1-800-RED CROSS (1-800-733-2767) to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age (16 with parental consent in some states), weigh at least 110 pounds, and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also have to meet certain height and weight requirements.

## On display at the Emile A. Gruppe Gallery

At Emile A. Gruppe Gallery in Jericho Center, an exhibition of the acrylics of Milton artist Lorraine Manley and the oil paintings of Massachusetts artist Kathleen Manley. The cousins capture the essence of a pastoral landscape. The show runs Friday, October 3 through Sunday, November 9. On Sunday, October 12 there is an artist reception from 1:00 – 4:00 PM. Gallery hours: Thursday-Sunday, 10:00 AM – 3:00 PM. For information, [www.emilegruppegallery.com](http://www.emilegruppegallery.com).

PHOTO CONTRIBUTED



## 2014 Fall Open Studio Tour Friday, Oct. 3

Emerging, a work by Dianne Shullenberger on exhibit at her gallery, which will hold a preview party and book signing as prelude to the 2014 Fall Open Studio Tour Friday, October 3, 5:30 – 7:30 PM, 228 Nashville Rd., Jericho. The Shullenberger Gallery is open for the Tour Saturday-Sunday, October 4-5, 10:00 AM – 5:00 PM. For information, call 802-899-4993.

PHOTO CONTRIBUTED



## Jericho resident completes Southwest Outdoor Educator course

Mischa Tourin, 29, of Jericho, VT recently completed a wilderness expedition, traveling in the Southwest with the National Outdoor Leadership School (NOLS).

During this NOLS Southwest Outdoor Educator course, Tourin and nine other students set out on a course during which they did not have access to modern conveniences and were challenged to step outside their comfort zones. NOLS education stresses that leadership can be learned and is based on the belief that the outdoors is a challenging environment where students will learn technical skills and about themselves. This was a career course designed for practicing and aspiring outdoor educators.

Tourin, other students, and three instructors hiked for two weeks in the rugged Galiuro Mountains of Arizona, learning camp cooking, navigation using a map, compass, and GPS, Leave No Trace techniques, and ecology. All students had a turn to be "Leader of the Day," making decisions that put the health and well being of the group first. They hiked 74 miles and gained 10,000' of elevation.

In the final course section the group learned rock climbing in the Cochise Stronghold in the Dragoon Mountains of southern Arizona, covering a full climbing curriculum. Students successfully summited at least one route, and many students mock-led both sport and traditional pitches, and had the opportunity to teach their own classes. At the end of this section, all students had learned the skills required to supervise top-rope climbing.

COMING EVENTS

Thursday, October 2

**Community Soup & Bread Supper**, first Thursday of the month beginning October 2, 4:30 – 7:00 PM, Covenant Community Church, 1 Whitcomb Meadows Lane, Essex (across from John Leo's on VT Rt. 15 near the Jericho/Underhill line). Eat in or take out. Variety of soups, breads, and sweet dessert. Donations accepted. Call Pastor Pete, 879-4313 for more information.

**Jaguar Dreams**, 7:00 PM, Phoenix Books, 191 Bank St., Burlington. Spiritual author Nora Caron will discuss her newest novel, *Jaguar Dreams: Journey to the Heart*—book one in *The New Dimensions Trilogy* that *Jaguar Dreams* completes—won the 2014 Living Now Book Awards Silver Medal for Best Inspirational Fiction. Free. For information, [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 802-448-3350.

Saturday, October 4

**Contra Dance**, 7:00 – 10:00 PM, Mead/Fay Farm (Roger's), 133 River Rd., Underhill. Contra dance, aka New England Folk Dance, is a partnered folk dance style led by a caller. All levels of dance experience welcome. Called by Peter Johnson, music by the group *Toss The Feathers*. Hosted by the Underhill Historical Society; refreshments will be served.

Sunday October 5

**Cambridge Ham Dinner**, sittings 12:00 and 1:00 PM, St. Mary's Church, Cambridge. Fee. 644-5073 for more information.

**Community Breakfast**, 9:00 – 11:00 AM, VFW Post 6689, 73 Pearl St., Essex Jct. (across from Big Lots). Sponsored by the Ladies Auxiliary to the Veterans of Foreign Wars. All are invited, members or not. Adults \$7, children 10 and under \$3. For information, 878-0700.

**27<sup>th</sup> 5K Fun Run and Walk It**, 9:30 AM, Cambridge. Sponsored by Cambridge Area Rotary, proceeds go to fund community service projects throughout Lamoille County. Runners/walkers of all ability levels are ages welcome. Clubs and school teams of three or more get special rate when registering as a group! In-person registration and packet pickup Saturday, October 4, 5:00-6:30 PM or the morning of the race from 8:00 – 9:00 AM outside Cambridge Elementary School. If registering the day of race, arrive early and allow extra time. For more information including prizes, divisions, and entry fees or to request a registration form, email Sam Lotto, [swlvt@together.net](mailto:swlvt@together.net) or download the form at [www.rotarycambridge.org](http://www.rotarycambridge.org).

Tuesday, October 7

**Pills & Potions, Liquors & Laudanum: Medicine in the Civil War Era**, 7:00 PM, Maple St. Recreation Center Hall, Essex Jct. Annual meeting and program.

Wednesday, October 8

**Echoes of Their Wings: The Life and Legacy of the Passenger Pigeon**, 7:00 – 8:30 PM, 207 Lafayette Hall, UVM, Burlington. Once abundant beyond counting, this bird is now extinct. Listen for “the echoes of their wings” in a conversation with author Joel Greenberg, a naturalist affiliated with the Peggy Notebaert Nature Museum at the University of Chicago. Co-sponsored by the Green Mountain Audubon Society and the Birds of Vermont Museum. Suggested donation \$15; students \$5.

Thursday, October 9

**Critter Construction (preschool program)**, 9:00 – 10:30 AM, Audubon VT, 255 Sherman Hollow Rd., Huntington. Information – 802-434-3068.

**Vermont Beer: History of a Brewing Revolution**, 7:00 PM, Phoenix Books, 191 Bank St., Burlington. Vermont has had a thriving craft beer scene for over 20 years, but early Vermont brewers faced many obstacles including a state-imposed prohibition beginning in 1852. Join Adam Krakowski and Kurt Staudter for a discussion of *Vermont Beer*. Kurt is the executive director of the Vermont Brewers Association, and Adam is a decorative and fine arts conservator based in Quechee. Free. For information, [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 802-448-3350.

Friday, October 10

**Contra Dance**, 8:00 PM, Shelburne Town Hall, 5376 Shelburne Rd., Shelburne. Regular Queen City Contradance; music by *Snow Date*. All are welcome, all dances taught, no partner or experience necessary. Beginners' session, 7:45 PM. Admission: adults \$81 under 12 free. Please bring clean, soft-soled shoes for dancing. Information: 802-371-9492, 802-343-7165, or [www.queencitycontras.org](http://www.queencitycontras.org).

Saturday, October 11

**Arts and Crafts Open House**, 10:00 AM – 4:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Fall Festival! If weather and construction permit, enjoy outdoor meadow games, craft tables, and more. Volunteers welcome! \$5; members free. For information, 802-434-2167, [museum@birdsofvermont.org](http://museum@birdsofvermont.org), [www.birdsofvermont.org](http://www.birdsofvermont.org).

**Bird Monitoring Walk**, 7:30 – 9:30 AM, Audubon VT, 255 Sherman Hollow Rd., Huntington. Information – 802-434-3068.

**Ethan and Ira Challenge: Historical Scavenger Hunt**, 10:00 AM – 4:00 PM, Ethan Allen Homestead Museum, Burlington. Step into the 18<sup>th</sup> century to learn about outdoor survival, gardening, military life, recreation, and more. All participants win a prize! For information, 865-4556 or [info@ethanallenhomestead.org](mailto:info@ethanallenhomestead.org).

**War Stories: New Military Science Fiction**, 4:00 PM, Phoenix Books, 191 Bank St., Burlington. How will warfare affect the soldiers and civilians of tomorrow? Explore this question at a reading of the new anthology *War Stories: New Military Science Fiction* with Andrew Liptak, James Cambias, and F. Brett Cox. Presented in partnership with Geek Mountain State, a community blog dedicated to covering the geek things that take place in Vermont. Free. For information, [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 802-448-3350.

**Introduction to Quebec Research**, 8:30 AM – 4:00 PM, VT

Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. French-Canadian genealogical records are among the best in the world. Experts will introduce parish records, genealogical encyclopedias, and other tools as well as techniques to help research ancestors. Classes run 10:30 AM to noon and are \$5. For more information, 802-310-9285 or [www.vtgenlib.org](http://www.vtgenlib.org).

**Star Wars Reads Day**, 1:00 PM, Phoenix Books, 191 Bank St., Burlington. Celebrate Star Wars Reads Day and master the art of reading! We'll have the latest Star Wars books (for everyone from kids to adults), costumed character appearances by 501<sup>st</sup> Legion members, Star Wars-themed crafts, and giveaways. Star Wars Reads Day is a national event that celebrates reading and Star Wars. Costumes encouraged. Free. For information, [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 802-448-3350.

**Dare to be Square Dance**, 7:30 – 10:00 PM, American Legion, Main St., Montpelier, VT. Kick 'Em Jenny, a six piece old-time band from Vermont, play a variety of instruments including twin fiddles, banjo uke, guitar, bass, and banjo. They intersperse their ‘volcanic’ rockin’ old-time fiddle tunes with traditional songs and harmonies. \$5 admission.

Sunday, October 12

**Annual Harvest Ham Dinner**, sittings at 4:00 PM, 5:15 PM, and 6:30 PM, St. Thomas Church, Underhill Center. Menu features fruits and vegetables of the season, with ham, baked potatoes, squash, carrots, coleslaw, rolls, homemade desserts. Take out available. \$12 adults, \$6 children 6-12, children 5 and under free. Tickets first come, first serve (early purchase reserves your sitting), available at the door, at the St. Thomas rectory, or Wells Corner Market. For information or to place a ticket order, please call the rectory at 899-4632. **The Big Sit**, dawn to dusk, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Sit. Watch. Write. Be happy. How many birds can we perceive from a 17' circle? Join Jim Osborn and Team Loonatics and find out. Free. For information, 802-434-2167, [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org), [www.birdsofvermont.org](http://www.birdsofvermont.org).

**Citizen Science Workshop**, 1:00 – 3:00 PM, Ethan Allen Homestead, Burlington. Are you a birder? Do you enjoy watching the leaves change color in the fall? Come learn about eBird and the USA Phenology Network. Programs like these need people to monitor wildlife in their backyards. No experience needed – come learn how to take part in nationwide citizen science projects! Please contact [americorps@wvpa.org](mailto:americorps@wvpa.org) or 802-863-5744 to register or for more information.

Thursday, October 16

**Baked ham supper**, servings at 5:00, 6:00, and 7:00 PM until all are served, Binghamville Methodist Church, Fletcher. Adults, \$10; kids under 12, \$5; pre-schoolers, free. For reservations, call Dennis or Charles at 849-2120. Menu: Baked ham, mashed potato and gravy, vegetables, cabbage salad, rolls, pickles, and homemade desserts.

Friday, October 17

**Proof Positive**, 7:00 PM, Phoenix Books, 191 Bank St., Burlington. Join Archer Mayor for a reading and discussion of *Proof Positive*, the 25<sup>th</sup> Joe Gunther novel. Archer Mayor is an investigator for the sheriff's department, the state medical examiner, and has 25 years of experience as a firefighter/EMT. Ticket required; price includes coupon toward purchase of an Archer Mayor book; available at either Phoenix Books location. For information, [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 802-448-3350.

Saturday, October 18

**Craft Fair**, 9:00 AM – 4:00 PM, Hinesburg Fire Dept., Hinesburg. Sponsored by Life's Helpers Inc. to benefit the Breast Cancer Foundation. Vendors include a food stand with a selection of hot meals; bake sale and raffle.

Wednesday, October 22

**Good Grief! Author Ellen Stimson**, 7:00 PM, Fletcher Room, Fletcher Free Library, College St., Burlington. The author will speak about her new memoir and how she finds humor in life's challenges: imagine being the mom of the kid who peed on his teacher's chair... on purpose. Now imagine the governor asking you about it... Book sales and signing; enter to win a weekend getaway for two at the Equinox Resort. Free and open to the public. For information, call Barbara, 865.7211.

Saturday, October 26

**Halloween at the Homestead**, 1:00 – 3:00 PM, Ethan Allen Homestead, Burlington. Come in costume to the 4<sup>th</sup> annual afternoon of games, crafts, treats, and more. Prizes, face painting, Halloween arts and crafts, yummy treats. Free.

UNDERHILL JERICHO FIRE DEPT.

By Kitty Clark

EMERGENCY CALLS:

Thursday, September 11, 9:29 AM – Propane leak at 7 Pine Ridge Rd., Underhill  
 Friday, September 12, 12:05 PM – EMS, Underhill  
 Sunday, September 14, 2:10 PM – Fire alarm at Maple Leaf Farm, Underhill  
 Monday, September 15, 11:59 AM – EMS, Essex  
 Monday, September 15 – EMS, Underhill  
 Tuesday, September 16, 15:05 PM – EMS, Underhill  
 Wednesday, September 17, 16:17 PM – EMS, Underhill  
 Sunday, September 21, 9:30 PM – Good intent call, area of 91 Barber Farm Rd., Jericho  
 Wednesday, September 24 – EMS, Essex

TRAINING AND EVENTS:

September 16, Tuesday night drill was on “Water Supply,” with many of our mutual aid departments attending. This was a classroom session with Honorary Chief Randy E. Clark as the instructor.

September 23, Tuesday night drill was again on “Water Supply,” with the practical tanker shuttle with mutual aid departments.

Congratulations to Lieutenant Cal Caswell on his recent engagement to Christy Clark.

October 5-11 is Fire Prevention Week. Be sure that all smoke and carbon monoxide detectors have new batteries and check them once a month. All members living in a home should know two ways out in case of fire – and practice your plan. Children should never play with matches, but should know to “Stop, Drop, and Roll” if clothes catch on fire. Be sure your heating systems have been checked, and always practice fire prevention every day!

Would you need help in a disaster?

Emergencies can take many forms, from natural disasters to human-caused events such as a major traffic accident that closes a road or takes out the power for hours at a time. For seniors or people with physical or mental disabilities, such events can become life threatening if they are prolonged and no one is available to help.

The CARE Program (Community Assistance Registry for Emergencies), administered by the United Ways of Vermont, E-911, and VT-211, works to identify Vermont residents who would require special assistance in an emergency. We need the community's help to identify who these people are.

If you, or someone you know, would need special help in an emergency, please complete the form located on the E-911 website at <http://e911.vermont.gov/>. You can either print the form to complete it, or fill it in electronically and return to the address on the form.

Information will be entered into the E-911 system. All records are confidential and will only be shared with groups involved in helping to keep people safe in an emergency. Please note that records need to be updated each year.

For more information on this program, contact MaryEllen Mendl at Vermont 211, 802-861-0146, ext. 205, or Dawn at the United Way of Lamoille County office, 802-888-3252.



SMUGGS HAS GENEROUSLY DONATED A FULL SEASON'S PASS THAT WILL BE RAFFLED OFF!

All who attend the Fun Run and Walk - participant or spectator - can purchase a raffle ticket!

One ticket for a \$1.00 or a sleeve for \$5.00! Tickets will be on sale the night before during packet pick up, day of registration, and at the finish line. Drawing will be held shortly after the last participant finishes!

Registration Times: 8:00 to 9:00 - Cambridge Elementary School  
 9:00 - Registration Closes  
 9:30 - Race Starts at Cambridge Village Store

FOR ADDITIONAL INFORMATION & TO REGISTER:  
[WWW.ROTARYCAMBRIDGE.ORG](http://WWW.ROTARYCAMBRIDGE.ORG)

E-mail: [swlvt@together.net](mailto:swlvt@together.net) Call: 802-793-5509

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## OBITUARIES

**Jeremiah P. Sheehan**, 77, of Jericho, VT passed away peacefully, following declining health, on Friday, September 19, 2014. Jeremiah was born on July 10, 1937 to the late John and Charlotte Sheehan. After the death of his father, Jeremiah was placed in the St. Joseph's Orphanage in Burlington, VT. He was placed on a farm to work for Mr. Royer in Orleans, VT as a young boy. In 1960, he moved in with Emmanuel and Celinda Nadeau



on their farm in Barton, VT and moved from Barton to Underhill, VT in 1966. Jeremiah met and married Loretta Nolan on September 20, 1969 in Underhill. Loretta (Nolan) Sheehan predeceased Jeremiah on November 13, 1994. They never had any children. Jerry worked on various construction jobs and helped build the Pinewood Manor Development in Essex. He later worked at Nadeau Lumber Company in Jericho, and later at Greenmont Lumber Company Yard, from where he retired. Some of his favorite times were spent dancing with the Green Mountain Steppers, which he did for many years; and being an active member of the XYZ Seniors and attending senior meals. He became close friend and companion with Marion Haylette after they had both lost their spouses. After Marion passed away in November 2011, and his health was failing, he moved to the Green Mountain Nursing Home. He leaves no immediate family but his adoptive family of the late Marion Haylette, Sharon (Haylette) Bourne and her longtime companion, Lawrence Mobbs; Marion's granddaughters, Pamela (Bourne) Preston and husband, Travis, and their two sons, Joseph and Nathan; and Kimberly (Bourne) Osborne and husband, Jesse Osborne, and their son, Keaton; and Marion's sister-in-law, Ruth A. Haylette. The family would like to thank the staff at Green Mountain Nursing Home, where they provided loving care for Jeremiah for the last few years. A visiting hour was held on Wednesday, September 24, 2014. A memorial service followed. Interment was in the Underhill Cemetery, followed by a reception in the Fellowship Room of the United Church of Underhill. Memorial contributions in Jeremiah's memory may be made to the United Church of Underhill, P.O. Box 265, Underhill, VT 05489.

**Pearl O'Connor** died peacefully at the home of her son, David, in Westford, VT on Friday, September 26, 2014 in the presence of her loving family. Pearl was born in Dickinson Center, NY, on

January 22, 1921, the daughter of David Leonard Richards and Mary Rachael Murray. She married John Hamilton O'Connor on March 7, 1942, and together they raised eight children: Giffard, John Jr., David, Constance, Diane, and Raymond "Dickie," were all born in New York state; Helen and Mary "Molly" were born here in Vermont after the family moved to the farm in Athens in 1953. In recent years Pearl has enjoyed a nomadic life, moving about among her children and gracing each with her presence. She has spent time in Keene NH, Westford, VT, Bradenton, FL, and in her own home in Athens, VT. She has been blessed with caring home health providers, and with loving children who have been willing to step forward and provide care and comfort when Pearl was no longer able to live independently. Pearl was predeceased by her husband of more than 50 years, John Hamilton O'Connor; two of their children, Giffard Neathawk Lowe, and Raymond Jaffray O'Connor; and four sons-in-law, Stanley Woodard, Richard Lowe, Gary Rogers, and Ken Osgood. Pearl is survived by her six remaining children: John Jr. and wife Peggy, David and wife Jean, Constance, Diane and husband Bob, Helen and husband Steve, and Mary "Molly;" sisters-in-law, Gifford Hope and Ann Richards; 21 grandchildren; and numerous great-grandchildren and great-great-grandchildren. Pearl was, above all, a woman who greatly loved her family and was dearly loved in return. During her final hours, she was visited by an amazing 54 members of her family, most of whom had to travel three hours to see her. She will be missed by all who loved her. Rest in peace, Gram. We love you. There were calling hours on Monday, September 29, 2014 at the Fenton and Hennessey Funeral Home, 55 Westminster St., Bellows Falls, VT. A funeral service was held Tuesday, September 30, 2014 at the Community Christian Church in Athens, VT. In lieu of flowers, the family has asked that donations be made to the Visiting Nurse Association Hospice Program of Chittenden and Grand Isle Counties, 1110 Prim Rd., Colchester, VT 05446, who took such loving care of Pearl during her final days.

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## ONGOING EVENTS

## ADULT ACTIVITIES

**Toastmasters of Greater Burlington**, 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays 7:00 PM Holiday Inn, 1068 Williston Rd., S. Burlington. Are you hoping to develop your speaking and leadership skills? Ace a job interview? Ignite your career? Come and join us!

**Birds of Vermont Museum** open every day, 10:00 AM – 4:00 PM, through October 31. Exhibits: *Perilous Passages* and *Wings of Clay*, on the consequences of the extinction of the Passenger Pigeon as interpreted in art. Admission: members free; non-member adults \$7; discounts for seniors/children. 900 Sherman Hollow Rd., Huntington. 802-434-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).

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

**Contra Dance**, Shelburne Town Hall, Shelburne. Callers Amelia Fontein and Guillaume Sparrow-Pepin and Jokers Wild (Everest and Alden Witman and Aidan

Murphy). Monthly dances presented by Queen City Contras, <http://www.queencitycontras.org>. Admission charged.

**Chittenden County Postage stamps** and post card club, 1<sup>st</sup> Wednesday of the month 6:15 – 8:30 PM, A IDX Circle GE Healthcare Building. South Burlington Information email: [Laineyrapp@yahoo.com](mailto:Laineyrapp@yahoo.com) or call me at 802-660-4817

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

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

**Essex Art League** meets the 1<sup>st</sup> Thursday of the month, from 9:00 – 11:00 AM, at the Essex Junction Congregational Church, VT Rt. 15. The meeting agenda includes a business and social time, and features a guest artist presentation. A detailed calendar, listing featured speakers, is published on the League's website: [www.essexartleague.com](http://www.essexartleague.com).

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

**Mt. Mansfield Scale Modelers** gather on the 3<sup>rd</sup> 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 Street, Essex Junction.

**The Women of the United Church of Underhill** meet on the 2<sup>nd</sup> Saturday of each month, 8:00 AM at the Church located at the park, VT Rt. 15, Underhill Flats. Women interested in sharing Christian prayer and discussions are welcome. Contact Julianne Nickerson at 899-3798 for more information.

**Smugglers Notch 55+ Club** meets every Wednesday at Smugglers Notch for a social time, then break into groups to ski. We start with a brief organizational meeting, coffee and rolls, and then we head out to the trails in self-selected ability groups, gather informally throughout the summer for a wide variety of outdoor activities. Membership benefits include various discounts at Smuggs. For more information call Deborah at 644-5455 or just attend a meeting at the Morse base lodge starting at 9:00 AM every Wednesday.

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

## HEALTH EVENTS &amp; GROUPS

**Al-Anon** meetings, Jericho United Methodist Church, Thursday mornings 10:00 AM, and Saturday mornings, 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 charge for the 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.

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

**Brain Injury Support Group** – offer survivors and family members, caregivers, friends and the community a place to come and 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:

Ongoing events continued on page 7

# Not the best use of rollover minutes.



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## SUPPORTING A BETTER VERMONT

Ed Vizvarie works hard to ensure all sixty-five Howard Center facilities run as energy-efficiently as possible... which means not only is he saving money that can be put toward serving clients, he's also reducing the Agency's carbon footprint. We're proud to support Ed as he works to build **A GREENER VERMONT.**

"Working with Vermont Gas on a number of efficiency upgrades has felt like a partnership. They always have advice and solutions, and have **really helped us in developing our long-term strategy for continued efficiencies.**"  
-Ed Vizvarie, HowardCenter



Cleaner Energy. Cleaner Air.

Ongoing events continued from page 6

4<sup>th</sup> Fridays at the YMCA in Winooski 11:00 AM – noon; 1<sup>st</sup> Wednesdays at Fanny Allen in Colchester, 5:30 – 7:30 PM; and 2<sup>nd</sup> Tuesdays at the Saint Albans diner in Saint Albans. Call the BIAVT help line, 877-856-1772.

**Foot Clinics** – Having trouble trimming your own toe nails? 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. Support group for those working on weight management. Combines behavioral and nutritional strategies to increase physical activity and decrease calorie intake. Provides 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.

**International Cesarean Awareness Network** supporting mothers and families recovering from or learning about cesareans and VBACs. For more information email [ICANvt@gmail.com](mailto:ICANvt@gmail.com) or call Jessilyn at 802-363-5499.

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

**Prostate Cancer Support Group** meets 6:00 – 8:00 PM, second Tuesdays, Hope Lodge, 237 East Ave., Burlington. Wives, partners, men newly diagnosed or dealing with recurrent prostate cancer and/or side affects of treatment, and men who have been successfully treated. Any men dealing with advanced prostate cancer are also encouraged to attend to benefit themselves and others by sharing experiences. For information contact Mary L. Guyette RN, MS, ACNS-BC at 802-274-4990 or [vmay@aol.com](mailto:vmay@aol.com).

**TOPS Chapter 145** meets 6:15 PM Thursdays, 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 1<sup>st</sup> Tuesdays 5:30 PM, Northwestern Medical Center, Conference Room #1. RSVP at 524-8479.

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

**Franklin County Prostate Cancer Support Group**, monthly, 1<sup>st</sup> 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. For more information, Fern Mercure, 524-0719.

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

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

**KIDS**

**Storytime in the Nestlings Nook**, Tuesdays (October 14) 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Preschoolers and friends are welcome for stories about birds, then craft project, music, or nature walk (depends on topic/weather). Free with admission, donations welcome. No pre-register; information, 802-434-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).

**Sundays for Fledglings**, "more or less alternate Sundays" (October 5, 19), through October 31, 2:00 – 3:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Enjoy discovering birds - feathers to flying, art to zoology. Earn a Junior Birder Badge. Aimed at kids 5-9; siblings welcome. Free with admission, donations welcome. Pre-registration helpful; information, 802-434-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).

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

Mondays: Jericho Community Center, 9:30 – 11:00 AM  
Wednesdays: Richmond Free Library, 8:45 – 10:15 AM  
Fridays: Underhill Central School, 9:30 – 11:00 AM  
Fridays: Huntington Public Library, 11:00 AM – 12:30 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 at Westford Public Library. Stories and activities utilizing early literacy concepts for age's birth-preschool. Drop-in; no registration needed. We welcome new families. For more info, contact Victoria at 878-5639 or [westford\\_pl@vals.state.vt.us](mailto:westford_pl@vals.state.vt.us), or visit [www.westford.lib.vt.us](http://www.westford.lib.vt.us) and click on Events @ Your Library.

**SENIORS/COMMUNITY MEALS**

**Community Soup & Bread Supper**, first Thursday of the month beginning October 2, 4:30 – 7:00 PM, Covenant Community Church, 1 Whitcomb Meadows Lane, Essex (across from John Leo's on VT Rt. 15 near the Jericho/Underhill line). Eat in or take out. Variety of soups, breads, and sweet dessert. Stop in on your way home. Stay to eat with family and friends or pick up to take

home! Donations accepted. Call Pastor Pete, 879-4313 for more information.

**Jeri-Hill XYZ Seniors** meet at the Town Hall in Underhill Center on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month. All seniors are welcome. Dinner served at 11:30 AM. For information, Bette Workman, 899-4446, Loreen Teer, 899-1363 or Doug Keith 899-2582.

**Johnson Community Meal** - 2<sup>nd</sup> and 4<sup>th</sup> 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 will be followed by community gathering. For information, please contact: Ellen Hill, 635-1439, [ellen.hill@jsc.edu](mailto:ellen.hill@jsc.edu).

**Westford Senior lunches** – Join Westford Seniors for lunch at the Red Brick Meeting House on the Common, monthly on the 2<sup>nd</sup> Monday. Lunch served at 12:00 noon with a short meeting or presentation following. Call 878-7405 or 879-7382 for information or for a ride.

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

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

**St. Jude's Church**, Hinesburg, senior meals held on 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month with bingo games afterward. Everyone is welcome including caregivers. Dinners \$4 per person. For information call Ted Barrette, 453-3087.

**Starksboro First Baptist Church**, Starksboro senior meals, 4<sup>th</sup> Thursday of the month, 11:30 AM. Call Brenda Boutin, 802-453-6354 for more information. (No meals in November and December.)

**"Good Food for All" free dinners**, 2<sup>nd</sup> 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](http://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](http://www.riverartsvt.org) for more details.

**SUPPORT GROUPS**

**CFS, Fibromyalgia, Lyme Disease, Chemical Sensitivity and Gulf War Syndrome**, 1:00 – 3:00 PM, monthly, 3<sup>rd</sup> Thursdays, The Bagel Cafe, Ethan Allen Shopping Center, Burlington. For information, [www.vtcfids.org](http://www.vtcfids.org), Lainey at 802-660-4817, or 800-296-1445 ask for Rik

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

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

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

**Eating Disorders Parental Support Group**, monthly on the 3<sup>rd</sup> Wednesday, 7:00 – 9:00 PM, Covenant Community Church, VT Rt. 15, Essex Center. For parents of children with, or at risk of, anorexia or bulimia. We focus on being a resource and

providing reference points for old and new ED parents. For information, Peter, 899-2554.

**TOWN GOVERNMENT & ORGANIZATIONS**

**Cambridge Area Rotary** meets on 1<sup>st</sup> four Thursdays of the month, upstairs at 158 Main restaurant, Jeffersonville, 7:00 – 8:00 AM. For information, Susan Lassiter, 644-6600 or [Slassiter@unionbankvt.com](mailto:Slassiter@unionbankvt.com).

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

**Jericho-Underhill Water District** meets 1<sup>st</sup> Monday of the month, United Church of Underhill, Underhill Flats, 7:00 PM. For information, 899-4076 or 899-3810.

**Jericho Historical Society**, monthly on 2<sup>nd</sup> Thursdays, 7:30 PM, Old Red Mill, Jericho.

**Jericho Underhill Park District Board** meeting, 1<sup>st</sup> and 3<sup>rd</sup> Wednesdays, 7:00 PM, Deborah Rawson Memorial Library project room, Jericho. Residents of Jericho and Underhill always welcome. 899-2693 for information.

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

**FARMERS' MARKETS**

**Jericho Farmers' Market**, Mills Riverside Park, VT Rt. 15 between Jericho and Underhill, Thursdays through October 2, 3:00 – 6:30 PM, rain or shine. For more information contact Market Manager Kelly King, [JerichoFarmersMarket@gmail.com](mailto:JerichoFarmersMarket@gmail.com), 802-343-9778.

**THRIFT SHOPS & FOOD SHELVES**

**Clutter Barn**: Donations are accepted on Saturdays, 8:30 AM – 12:00 PM, through September 13. The Clutter Barn is located in Underhill Flats, between the Brick House and the United Church of Underhill.

**Essex/Jericho/Underhill Food Shelf**, 3<sup>rd</sup> Saturdays, 9:00 – 11:30 AM, at 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, 3<sup>rd</sup> 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.

**TRY Program accepting applications from energy-minded teens**

TRY for the Environment, a Vermont leadership program for teens, is seeking students in grades 7-12 who care about the environment to help teach younger kids about renewable energy issues.

The program is offered through the University of Vermont (UVM) Extension 4-H Teen and Leadership Program, in partnership with the VT Energy Education Project (VEEP).

Twelve TRY (Teens Reaching Youth) teams, each consisting of two to four teens and an adult mentor, will be selected from throughout the state for the program. The deadline to apply is December 15, with notification by December 22 if selected for the 2015 program.

Information and a downloadable application can be found at the UVM Extension Teen and Leadership Program web site at [www.uvm.edu/extension/teenleadership](http://www.uvm.edu/extension/teenleadership). Click on "Programs" to access both the teen and adult applications.

TRY teams will receive free training on Wednesday, January 14 at the Lake Morey Resort in Fairlee to learn about renewable energy and fun ways to share that knowledge with kindergarten through third grade students. Teams will then be expected to teach the program, which consists of six one-hour modules, to two different groups of a least 15 youths through afterschool programs, vacation camps, and other venues.

All teaching materials will be provided, including energy kits. Team members also will receive a t-shirt and have access to helpful resources and support from UVM Extension staff and VEEP energy educators.

TRY provides opportunities for students to gain important life skills, enhance their academic resumes and engage in real-world problem solving. To learn more or to request a disability-related accommodation to participate, contact UVM Extension 4-H Teen and Leadership Program Coordinator Lauren Traister by December 15 at 802-888-4972, ext. 402.

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- Rehabilitation Clinic at Stoweflake Mountain Resort & Spa  
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- Hardwick Rehabilitation  
88 High St., Hardwick



Steve Hayes, PT; Yuri Yeremenko, OT; Ellen Adams, PT, MS, Director, Rehabilitation Services



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## LIBRARY NEWS

## DEBORAH RAWSON LIBRARY, UNDERHILL

Music at DRML – The cliché “Mother knows best” comes to mind as I write about the first performers for the 2015/2016 *Deborah Rawson Memorial Library* concert series. My mom, Lyn Burnstine, has been coordinating concerts in the Hudson Valley for over 40 years and introduced me to the wonderful music of so many talented artists. Kim and Reggie Harris are definitely top on her list of favorite artists and I have taken her advice to invite them to our music series. Consummate musicians and storytellers, Kim and Reggie combine a strong folk and gospel legacy with a solid background in classical, rock, jazz, and pop music. Their diversity of musical styles and genres was nurtured in the schools and churches of their youth and then enriched by their creative curiosity, years of road and stage experience; interactions with performers such as Pete Seeger, Tom Paxton, Bernice Johnson Reagon, Harry Belafonte, and others has led them to produce music that entertains and inspires. Audiences at venues such as The Kennedy Center, The Brooklyn Academy of Music, The Smithsonian Institute, as well as a myriad of theatre arts centers, festivals, universities, and schools have given this inspiring duo standing ovations for their vibrant performances. Please join us at 2:00 PM on October 5 as we start another exciting series of concerts! Main Reading Room. – Laurel Shelmandine

October Story Time! Drop in for stories, projects, and a nutritious snack! Wednesday, October 1 and 15 at 10:30 AM and Thursdays, October 2, 9, and 16 at 10:00 AM, no registration required.

Parlez-vous français? French Conversation Group will meet Thursday, October 2 at 6:30 PM. Join the group for casual conversation and some cultural exchange! For information call Henry, 899-3349. A bientôt!

Music Sunday returns on Sunday, October 5 at 2:00 PM with Kim and Reggie Harris, folk and gospel musicians and storytellers with a solid background in classical, rock, jazz, and pop music. We hope you'll join us for a special performance by this inspiring duo!

Catamount Library Network (CLN) – Koha is coming to Deborah Rawson Memorial Library in October! This change will allow library patrons to reserve materials from DRML and other libraries in the Catamount Library Network from their own computers and devices. This puts power in the hands of library patrons and will provide an improvement in our library services.

Monday, October 6 – Staff Training; Tuesday, October 7 – Staff Training (Library will be open 3:00 – 8:00 PM)

Wednesday, October 8 – Staff Training (Library will be open 2:00 – 6:00 PM)

Library will be CLOSED on Saturday-Sunday, October 18-19 for final Catamount Update.

Also coming... new, expanded shelving for our collection at the end of October!

Adult Writers Group, Wednesday, October 8 at 6:00 PM. Whether you've been working on your novel for years or have just picked up a pen, we would love to welcome you to our community of writers. We meet the second Wednesday of every month. For more information about the group please contact Elise Doner, 899-2644 or email [busyfeet4kids@gmail.com](mailto:busyfeet4kids@gmail.com).

Do you enjoy creating, experimenting and inventing? Join friends on Thursday, October 9 from 3:00 – 4:30 PM for Tinker Time! Kids in grades 3 and up can join Thad to take things apart and look inside and then use the parts to build something else! Call 899-4962 to sign up and reserve your spot in the workshop.

Come play *Magic: The Gathering*, Friday, October 10 from 6:30 – 8:00 PM. In this trading card game, you play the role of a Planeswalker – a powerful wizard who fights other Planeswalkers for glory, knowledge, and conquest. Grab your deck and a friend and head to DRML! No registration required.

Deborah Rawson Book Lovers (DRBL) will meet on Tuesday, October 14. DRBL is an adult book discussion group that meets every month at the library. The book for October is *The Bell Jar* by Sylvia Plath. New members are always welcome to drop in on any meeting – always the second Tuesday of the month at 7:00 PM. For more information about book club, contact Christine Staffa at [Christine@cstaffa.com](mailto:Christine@cstaffa.com).

Baby Time! Tuesday, October 14 at 10:30 AM. Infants and babies up to 18 months are introduced to the wonders of language with nursery rhymes, songs, fingerplays, and board books. This is a great time for

parents and childcare providers to connect, chat, and share ideas. Older siblings welcome. No registration required.

*The Stained Glass Windows of Saint Thomas Church: A Talk and Presentation* by Professor Michael McKnight on Wednesday, October 15 at 6:30 PM. Dr. McKnight will present his research on the early history and artwork of St. Thomas Church in Underhill Center. The focus of the talk will primarily be on the excellent stained glass windows in the church. The presentation will include a virtual tour of the church and a few interesting facts about Father Shannon, the parish priest at the time of the church's construction in 1891. This talk is sponsored by Underhill Historical Society and by the Friends of DRML. Call 899-4962 to sign up!

Everything is awesome! Join us for Family Movie Night on Friday, October 17 from 6:30 – 9:00 PM. Plan to bring the whole gang to DRML for a family-friendly movie. Bring your pillow and blanket and we'll provide the popcorn!

The DRML Music Sunday Series will begin for the season on Sunday, October 5 at 1:00 PM. Join us!

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

## JERICHO CENTER LIBRARY

Board meetings are the first Tuesday of each month, starting at 7:15 PM. The next meeting is October 7.

Writers' Group: The library's writers' group would like to have others join at any time. Members write in any genre and support each other through critiques and an exchange of ideas. If interested, contact Margaret Grant at 879-4880. Meetings are at 2:00 PM at the Jericho Town Library on the following dates: October 3, 17, 31 and November 14, 28.

E-Readers: For our patrons who like to read in an electronic format, the library has e-readers available for sign out.

Passes: The library not only has books and CDs, but passes to Echo and to state parks are also available to sign out.

Books for Sale: The library entrance contains a great supply of books for sale at very inexpensive prices.

Library hours: Monday 1:00 – 7:00 PM; Wednesday 10:00 AM – noon (includes children's story time) and 2:00 – 7:00 PM; Friday 1:00 – 5:00 PM; Saturday 10:00 AM – noon. For more information call 899-4686, go online to [www.jerichotownlibrary.org](http://www.jerichotownlibrary.org), or email [Jerichotownlibrary@gmail.com](mailto:Jerichotownlibrary@gmail.com).

## FAIRFAX COMMUNITY LIBRARY

Come to the library during the week of October 6-11 and meet the Library Geeks of Franklin County! The library will be hosting a poster display of library patrons from Fairfax and around Franklin County. The theme is “What Do You Geek?” This campaign, funded by the Gates Foundation, showcases all the things libraries have to offer by presenting posters of patrons and their interests. Pick up your free *Geek the Library* bumper stickers and bookmarks too!

The Library will again be open for Halloween Trick or Treating on Friday, October 31 from 5:00 – 7:00 PM. Please stop in for candy and a photo op!

All events are free unless noted otherwise. Pre-registration encouraged.

No registration needed for story hour. Call or email [libraryprograms@fwsu.org](mailto:libraryprograms@fwsu.org).

Saturday, October 4, 10:00 AM – 12:00 PM: Fairfax Reads “Wonder” Reverse Treasure Hunt. We'll make bookmarks and other fun and sweet little gifts to hide around town for others to find and enjoy! All ages and abilities welcome. Event sponsored in part by the VT Humanities Council, Renewable NRG Systems, and the Jack and Dorothy Byrne Foundation. Non-perishable food donations for the local food shelf appreciated.

Tuesday, October 7, 9:30 – 10:30 AM: Story Time: Folk Tales. Stories, music, and crafts for newborns to age 6.

Tuesday, October 7, 6:00 – 8:00 PM: Table Top Game Night! Fun for the entire family! We have some games here, or bring your favorite! Ages 5+.

Thursday, October 9, 5:30 – 7:45 PM: Card Making with Karen McNall. Small fee (\$2) per card made. There are lots of fun stamps and

papers to choose from. Stop by and see Karen's samples!

Thursday, October 9, 6:30 – 8:00 PM: Non-Fiction Book Club Discussion: Annette Hansen leads the discussion of *The Immortal Life of Henrietta Lacks*. This non-fiction book is about medical / legal / racial issues. The November fiction selection will also be available.

Tuesday, October 14, 9:30 – 10:30 AM: Story Time: Animals on Parade, with Face Painting. Stories, music, and crafts for ages 0 – 6.

Tuesday, October 14, 6:30 – 8:00 PM: Gardening for Pollinators with Jane Sorensen of Riverberry Farm. Pollinators are absolutely necessary in our food production and natural systems. But our pollinators are in decline, likely due to loss of habitat and pesticide use. As we humans continue to domesticate the landscape, it is up to us domesticators to make garden choices that replace and enhance habitat for the ever so important pollinators. Come learn about the role and status of pollinators, what you can do to help and which plants are great for providing foraging while working nicely in your garden.

Wednesday, October 15, 3:00 – 4:00 PM: LEGO Club. Each month we'll have a fun surprise theme challenge before open building. Come find out this month's theme! Ages 6+

Thursday, October 16, 6:00 – 7:00 PM: PJ Story Hour returns! We have a wonderful new volunteer to read stories, and we'll have snacks, too!

Tuesday, October 21, 9:30 – 10:30 AM: Story Time: Numbers and Days. Stories, music, and crafts for ages 0 – 6.

Tuesday, October 21, 6:30 – 8:00 PM: Fairfax Reads “Wonder” Mask Making. We'll get creative as we decorate masks and discuss why Halloween is Auggie's favorite holiday. All materials provided. All ages welcome. Event sponsored in part by the VT Humanities Council, Renewable NRG Systems, and the Jack and Dorothy Byrne Foundation. Non-perishable food donations for the local food shelf appreciated.

Thursday, October 23, 6:30 – 8:00 PM: Poetry Reading by Vermont Poet Antonia Clark. Antonia (Toni) Clark, a medical and science writer, has also taught poetry and fiction writing at community colleges and in adult education programs. For the past eight years, she has moderated an online poetry forum, *The Waters*. She is the author of *Smoke and Mirrors* (Finishing Line Press, 2013) and the full-length poetry collection, *Chameleon Moon* (David Robert Books, 2014).

Saturday, October 25, 10:00 – 12:00 AM: Family Tinker Series. This month: Squishy Circuits! Our grant-sponsored events continue. Come play with conductive play dough as we make clay figures that light up! All materials provided. Age 6+. Event sponsored in part by the Vermont Department of Libraries, Vermont Makers, the UVM College of Engineering and Math, and the funder, Vermont Community Foundation.

Tuesday, October 28, 9:30 – 10:30 AM: Story Time: Flies, Spiders, and Bats, Oh My!!

For up-to-date info about programs, visit our website: [www.fairfaxvtlibrary.org](http://www.fairfaxvtlibrary.org), where you can find a link to our interactive Google calendar. Follow us on Facebook, VT Grandpa, and Front Porch Forum as well!

READ to a DOG returns soon, stay tuned for dates!

For up-to-date information about programs, visit our website [www.fairfaxvtlibrary.org](http://www.fairfaxvtlibrary.org), where you can find a link to our interactive Google calendar. Follow us on Facebook, VT Grandpa, and Front Porch Forum as well! For up-to-date info about programs, [www.fairfaxvtlibrary.org](http://www.fairfaxvtlibrary.org). Fairfax Community Library: 75 Hunt St., Fairfax, VT, 05454; 849-2420. Program Planner Karyn Norwood, [knorwood@fwsu.org](mailto:knorwood@fwsu.org); Library News: [www.bfafairfax.com/pages/communitylibrarynews.html](http://www.bfafairfax.com/pages/communitylibrarynews.html). Facebook page: [www.facebook.com/home.php?\\_f=/pages/Fairfax-Community-Library](https://www.facebook.com/home.php?_f=/pages/Fairfax-Community-Library).

School Year Library Hours: Monday, Wednesday 8:00 AM – 5:30 PM; Tuesday and Thursday 8:00 AM – 8:00 PM; Friday 8:00 AM – 3:15 PM; Saturday 9:00 AM – 1:00 PM.

## VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

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

## WESTFORD PUBLIC LIBRARY, WESTFORD

Friday, September 19 – Art Opening: Longina Smolinski, 6:00 – 7:00 PM. The local Westford artist will be showing her diverse styles and mediums of expression. Light refreshments served.

Saturday, September 20 – Curious George Day! Co-sponsored by VTPBS 10:30 AM – 2:00 PM. Videos, crafts, snacks, and FUN! We will be viewing a new episode every 30 minutes and then doing a related craft.

Wednesday, September 24 – PJ Storytime, theme: fall leaves, 6:30 – 7:30 PM. Wear your PJs, and come listen to stories and do a craft!

Thursday, September 25 – Local Motion Bike Commuting Program, 6:00 – 7:00 PM. Learn the safest ways to bike, proper gear selection, and get started! Prize drawing (an \$80 value if ten or more people are present) and refreshments served.

Friday, September 26 – E-textiles: Light Up Arm Cuffs, 7:00 – 9:00 PM (for ages 9+, pre-registration required). Combining artistry and engineering – we will design and create a felt arm cuff.

Tai Chi every Monday and Wednesday from 11:15 AM – noon, starting Monday, September 15 (pre-registration required).

Storytime every Thursday, 11:00 AM.

Library Hours: Wednesday 1:00 – 7:00 PM, Thursday 10:00 AM – 6:00 PM, Friday 1:00 – 7:00 PM, Saturday 10:00 AM – 2:00 PM; website: [www.westfordpubliclibrary.org](http://www.westfordpubliclibrary.org); Email: [westfordpubliclibrary@gmail.com](mailto:westfordpubliclibrary@gmail.com). Like us on Facebook. 878-5639, Bree Drapa, Librarian.



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ART / MUSIC / THEATER

ART/PHOTOGRAPHY

*The Jericho-Underhill Open Studio Tour* is Saturday-Sunday, October 4-5, 10:00 AM – 5:00 PM. Tour headquarters is the Emile A. Gruppe Gallery, 22 Barber Farm Rd., Jericho. Ten local artists will open their studios to visitors for sales and demonstrations: Betsy Chapek, Bruce Gilbert Smith, Stu Hall, Irene Lederer LaCroix, Bob Martelle, Casey McMains, John M Opulski, Kevin Ruelle, Dianne Shullenberger, Gerald Stoner. A tour map and show includes sample work from all artists on the Open Studio Tour. For information, 802-899-3211 or go online to [www.emilegruppegallery.com](http://www.emilegruppegallery.com).

The Dianne Shullenberger Gallery will hold a preview party and book signing as prelude to the 2014 Fall Open Studio Tour. The event will take place Friday, October 3, 5:30 – 7:30 PM at the gallery 228 Nashville Rd., Jericho. Local artist Betsy Chapek will also be exhibiting in the gallery. The Shullenberger Gallery is open for the Tour Saturday-Sunday, October 4-5, 10:00 AM – 5:00 PM. For information, call 802-899-4993.

Emile A Gruppe Gallery, 22 Barber Farm Rd., Jericho. Call to artists – *Think square!* is one of an ongoing series of shows that are part of a collaborative project between the Town of Jericho and a committee of volunteers involved in the arts. The Committee includes Jericho Selectboard member Catherine McMains, artists Dianne Shullenberger and Barbara Greene, and gallery owner Emilie Alexander. Gallery hours: Thursday-Sunday, 10:00 AM – 3:00 PM or by appointment. Information, [www.emilegruppegallery.com](http://www.emilegruppegallery.com) or 899-3211.

Bryan Memorial Gallery, 180 Main St., Jeffersonville. Call to Photographers for *A Photographer's View of Land and Light and Water and Air*, through Sunday, November 2. Bryan Memorial Gallery invites artists to become members and submit to its annual exhibition of artwork in a small format. Deadline: October 26. Exhibition: November 7 – December 28. Membership required. Specs, entry form and information available at [www.bryangallery.org](http://www.bryangallery.org), click on CALLS TO ARTISTS. For information, 802-644-5100.

The Fleming Museum reopens with Kara Walker's exhibit, *Harper's Pictorial History of the Civil War (Annotated)*, in the museum's Wolcott Gallery through December 12. *Civil War Objects from the UVM Collections* – more than 34,000 Vermonters, almost 10% of the population, went to war. From quilts made for soldiers' fundraisers to prized uniforms to fragments of hardtack (a Civil War ration), Vermonters donated family heirlooms to the Fleming, reflecting their wartime experiences. *Civil War Era Drawings from the Becker Collection* – Joseph Becker was an artist-reporter who documented the Civil War, observing and drawing on the battlefields, in military encampments, and on the move, sending drawings back to the newspaper for publication. In addition to documenting the war, artist-reporters also submitted drawings of the construction of the railroads, the laying of the transatlantic cable in Ireland, Chinese workers in the West, the Indian Wars, the Great Chicago Fire, and other aspects of 19<sup>th</sup>-century American history and culture. These journalists' drawings often provide more detail, drama, and emotion than did the then-new technology of the camera. Most of the drawings were turned into engravings for publication in Frank Leslie's *Illustrated Newspaper* but the drawings themselves have never been published. The tour of this exhibition, organized by the McMullen Museum of Art at Boston College, is the first opportunity for scholars and the general public to see selections from this important and previously unknown collection. The Robert Hull Fleming Museum, 61 Colchester Ave., Burlington; 802-656-0750.

Helen Day Art Center, Stowe: *In No Time: A Retrospective of Ideas* – the choreography of Polly Motley, through Sunday, October 19. Through October 15, Helen Day and Petra and Stephen Levin present the 23<sup>rd</sup> annual outdoor sculpture exhibition *Exposed*, hosting sculptures, site-specific installations, and participatory work from national and international artists throughout the town of Stowe. Free and open to the public. *Unrest: Art, Activism & Revolution* combines national and international artists in an exhibition that looks at artwork as a catalyst for change. Artists are from Yemen, Iran, Iraq, Israel, Palestine, Egypt, Mexico, and the U.S. Thursday, October 9, 6:00 PM – lecture by Jeff Danziger, New York-based political cartoonist. Helen Day Art Center, 90 Pond St., Stowe, 802-253-8358, [www.helenday.com](http://www.helenday.com). Hours: Wednesday – Sunday, 12:00 – 5:00 PM, and by appointment.

MUSIC

Westford Fall/Winter Music Series – The opening concert is Sunday October 19, 4:00 – 5:00 PM at the UCW White Church, Top of the Common, Westford, featuring the *Modern Grass Quintet*, a high-energy, risk-taking contemporary bluegrass band based in northern Vermont. The group formed in 2009 and comprises current and former members of *Breakaway*, the *Bluegrass Gospel Project*, and *Possun Haw*. The MGQ has performed in concerts throughout the region including the Champlain Valley Folk Festival, the Valley Stage Music Festival, the Schroon Lake (NY) Arts Council, First Night Burlington and other regional venues. Free will donation. Refreshments following concert. Call 879-4028 for more information.

*West looks East* – on Friday, October 10 at 7:30 PM at the Episcopal Cathedral, 2 Cherry St., Burlington, the *8 Cuerdas* duo, composed of American soprano Sarah Cullins and Colombian guitarist Daniel Gaviria, branches out from its classical Latin American and Spanish repertoire to showcase composers who have found inspiration across seas and continents. Selections from Britten's *Songs from the Chinese* and Castelnuovo-Tedesco's *Divan of Moses-Ibn-Ezra*, as well as works by Carlo Domeniconi and David Leisner, allow these musicians to explore the connections that music and poetry forge between cultures. The program also includes audience favorites like Villa-Lobos' *Bachianas Brasileiras no. 5* and Rodrigo's *Aranjuez, Ma Pensée*. Accessible; free parking. For tickets and cost, 802-864-0471 or 802-864-7183, Martin Poppe, [Poppe@CathedralArts.org](mailto:Poppe@CathedralArts.org).

*The Music of J.S. Bach: Arias and Orchestral Works* – on Sunday, November 23 at 3:00 PM at the Episcopal Cathedral, 2 Cherry St., Burlington, the Capital City Concerts' Bach Festival Chamber Orchestra performs the music of J.S. Bach including the *Concerto for Violin and Oboe in C minor, BWV 1060*, and the *Orchestral Suite No. 2 in B minor, BWV 1067 for flute and strings*. Internationally renowned soprano Hyunah Yu, whom *The Baltimore Sun* praised for her "lovely voice with diamond purity," will sing arias with orchestral accompaniment. Accessible; free parking. For information including tickets and cost, 802-864-0471 or 802-864-7183, Martin Poppe, [Poppe@CathedralArts.org](mailto:Poppe@CathedralArts.org).



Dick McCormack will play a free concert at North End Studio A, 294 N. Winooski Ave., Burlington on Sunday, October 12 at 7:30 PM. McCormack's repertoire includes centuries-old Anglo-American and Celtic ballads, Appalachian folksong, blues, and a mix of the unexpected. His original songs are often funny and irreverent, and sometimes very moving. For information, 802-863-6713 or [www.northeaststudios.org](http://www.northeaststudios.org).

PHOTO CONTRIBUTED

*Heavenly Light* – on Sunday, December 7 at 3:00 PM at the Episcopal Cathedral, 2 Cherry St., Burlington, the 40-voice Vermont Choral Union, Jeff Rehbach, director, sings of hope for peace and heavenly light shining through darkness. The program presents 13<sup>th</sup>-century polyphony from medieval Europe; soaring Renaissance counterpoint by Josquin, Gabrieli, and Tallis; resonant settings of Orthodox and Roman liturgies for the Advent and Christmas seasons; and chorales and carol settings from the time of Bach through the Edwardian era. The program includes Poulenc's exquisite *Quatre Motets pour le temps de Noël*, a new work written for the Choral Union by Vermont composer Michael Close, and carols sung a century ago by British and German troops during the Christmas truce in the early months of World War I. Accessible; free parking. For information including tickets and cost, 802-864-0471 or 802-864-7183, Martin Poppe, [Poppe@CathedralArts.org](mailto:Poppe@CathedralArts.org).

Cathedral Arts presents free, informal noontime concerts on Tuesdays, 12:00 – 1:00 PM at the Episcopal Cathedral, 2 Cherry St., Burlington. Bring a bag lunch; coffee and tea provided. October 7: *Fall Reflections* – Vermont Virtuosi: Laurel Ann Maurer; flute; Karen Luttkik, clarinet; Claire Black, piano. Michael Webster's *Carmen Rhapsody*; *Dolly Suite Op. 56* by Gabriel Fauré; Thomas L. Read's *If Winter Comes* and David Gunn's *Euphonicum Tangeturis*. October 21: *Reed, Rosin and Pedal* – Wesley Christensen, clarinet; Laura Markowitz, violin; Melody Puller, piano. A selection of works from Romantic to modern, featuring *Serenade for Three* by Peter Schickele, written for this unique combination of instruments. November 4: *Autumn Piano Potpourri* – Greenfield Piano Associates. Members of Greenfield Piano Associates perform piano classics by composers of the 19<sup>th</sup> and 20<sup>th</sup> centuries. November 18: *Chamber Concert* – Kevin Lawrence, violin; Peter Brown, cello; Robert Rachlin, piano. Works by Beethoven, Turina, and Brahms. December 2: *Catamount Winter Concert* – UVM Catamount Singers, Erin Grainger, Director. The University of Vermont's select choir presents a concert of seasonal works. This concert begins at 12:15 PM. January 13, 2015: *Young Artists Concert* – This annual showcase recital presents gifted young Vermont musicians. January 27: *Sharing Our Songs* – Area singers and pianists present a program of classical song, including art song, musical theater, and opera arias.

Choral Services at St. Paul's Episcopal Cathedral, 2 Cherry St., Burlington. – Information: 864-0471. Tickets available at the door and in advance at Flynn Regional Box Office, 802-863-5966 or [www.flynnrtix.org](http://www.flynnrtix.org); or Hopkins Bookshop in the Cathedral, 802-658-6223. Accessible. Free parking at the Cathedral or two hours free in city lot at Macy's. *Choral Evensong* on Sunday, October 12, 5:00 PM; Sunday, February 15, 2015, 5:00 PM. *Evening Prayer in the style of the Community of Taizé*, at 7:30 PM, Sundays November 2 and January 18, Monday March 30, Sunday June 7. Candlelight, chanted prayer, meditation, silence, in the manner of the French monastic community. *The Great O Antiphons of Advent*, Sunday, December 14, 5:00 PM. This festive candlelit service features Advent hymns and carols, choral music, readings of prophecy and fulfillment, and prayers. Judith McManis' silk chancel hangings deepen the experience. The Cathedral's Music Director, Mark Howe, conducts.

THEATER/FILM

*The 39 Steps*, Thursdays – Sundays, through October 19, Lost Nation Theatre, Main St., Montpelier. A Hitchcock masterpiece + a juicy spy novel + Monty Python + romance + old-timey stagecraft x a ridiculously talented cast of 4 = *The 39 Steps*. A man with a boring life meets a woman with a thick accent who says she's a spy. When he takes her home, she is murdered. Soon, a mysterious organization called *The 39 Steps* is hot on the man's trail in a nationwide manhunt that climaxes in a death-defying finale. A fast-paced whodunit for anyone who loves the magic of theater! Nonstop laughs with over 150 zany characters. For information including dates/tickets/cost, [www.lostnationtheater.org/](http://www.lostnationtheater.org/) or 802-229-0492.

*Comedy of Errors*, Thursdays – Sundays, through October 19, Lost Nation Theatre, Main St., Montpelier. Two sets of twins, separated at birth, are reunited. But only after a Rube Goldberg of mistaken identities, witty dialogue, puns, and plot-twists. For information including dates/tickets/cost, [www.lostnationtheater.org/](http://www.lostnationtheater.org/) or 802-229-0492.

*The Music Man*, through October 5, Hyde Park Opera House, 85 Main St., Hyde Park. Fast-talking traveling salesman Harold Hill plans to con the people of River City, Iowa into buying instruments and uniforms for a boys' band he vows to organize – despite the fact he doesn't know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian the librarian. Classic tunes include *You Got Trouble* and *76 Trombones*. For information, [www.LCPlayers.com](http://www.LCPlayers.com) or email [info@lcplayers.com](mailto:info@lcplayers.com); for tickets, [tickets@lcplayers.com](mailto:tickets@lcplayers.com).

4-H NEWS



VT 4-H had a strong showing at the regional 4-H horse show at Eastern States Exposition, September 17-21, in W. Springfield, MA. The delegation included (back row left to right): David Gringeri, West Haven; Kyle Scott, Milton; Betsy Coburn, Castleton; Lexy Brooks, Whitehall, NY; Alexis Walker, Essex Junction; Holly Weglarz, Hartland; Kira Clokey, Jericho; Katelyn Patenaude, Derby Line; Kennedy Mitowski, Rutland; Karli Knapp, Townshend. Middle row: Kaelyn Jenny, Essex Junction; Madison Wood, Kirby; Logan Metcalf, Williamstown; Emma Pearson, North Hero; Lauralee Nop, Middlebury. Front row: Samantha Turgeon, St. Johnsbury; Miranda Wright, St. Johnsbury; Catherine Thrasher, Rupert; Cassidy Wyman, Cambridgeport. PHOTO CONTRIBUTED

VT 4H at Eastern States 4-H horse show

Vermont 4-H club members competing at horse events at Eastern States Exposition in West Springfield, MA once again proved that they have what it takes to win.

For the third year in a row, Vermont took first place in both the 4-H horse judging and quiz bowl competitions, beating out teams from the five other New England states. Several 4-H'ers also earned top-place awards in individual competitions held Sept. 17-21. Quiz bowl team members included David Gringeri, West Haven; Emma Pearson, North Hero; and Kaelyn Jenny and Alexis Walker, both from Essex Junction.

For the 4-H horse judging, the best four individual scores for competitors from each state were combined for a state score; Vermont had the highest overall score. Kaelyn placed in the top four along with Kira Clokey, Jericho; Betsy Coburn, Castleton; and Cassidy Wyman, Cambridgeport. Betsy had the highest individual score of all delegates from all states.

In the general knowledge contest Kaelyn Jenny, Essex Junction, placed first, with Madison Wood, Kirby; Emma Pearson, North Hero; David Gringeri, West Haven; Alexis Walker, Essex Junction; and Lexy Brooks, Whitehall, NY, taking fourth through eighth place, respectively.

Due to the large number of competitors, three divisions of English fitting and showmanship classes were held. Cassidy Wyman, Cambridgeport, and Alexis Walker, Essex Junction, both took first place in their respective classes. Coming in second in their classes were Kira Clokey, Jericho; Betsy Coburn, Castleton; and Kaelyn Jenny, Essex Junction.

In Western fitting and showmanship Holly Weglarz, Hartland, took first and Katelyn Patenaude, Derby Line, finished third. Katelyn also won the Western equitation championship.

Other top placements include Betsy Coburn, Castleton (English equitation); Kaelyn Jenny, Essex Junction (English pleasure and English trail class); Kate Patenaude, Derby Line (Western pleasure); Catherine Thrasher, Rupert (Western equitation); and David Gringeri, West Haven (Western handiness).

Miranda Wright, St. Johnsbury, won first place in a special fitting and showmanship competition open to teen leaders.

All exhibitors also participated in the Team Challenge, in which four-member teams earned points for placements in various events. Only one 4-H'er from any given state was permitted on each team. Vermonters on the top three teams were Kyle Scott, Milton (first-place team); Catherine Thrasher, Rupert (second-place team); and David Gringeri, West Haven (third-place team).

The Mac MacDonald Award was presented to Kaelyn Jenny, Essex Junction. This award, given in memory of a staunch supporter of this regional 4-H horse show, is awarded to the competitor with the highest combined scores from the general knowledge, judging, and fitting and showmanship competitions. This is the third year in a row that a Vermont 4-H'er has earned this award.

To find out more about the UVM Extension 4-H Horse Program, contact Wendy Sorrell, UVM Extension 4-H livestock educator, at 802-656-5418.

SPORTS NEWS

# MMU defense arrives in time for Homecoming as Cougars edge Burlington 18-16

By Richard Mindell

Special to the Mountain Gazette

It took a while to get here but the Mount Mansfield defense finally established itself by shutting down a good Burlington team en-route to an 18-16 Homecoming win last Saturday on the Cougars' home field in Jericho. The win was extra sweet; not only was it MMU's first win of the season, it was in front of a large Homecoming crowd, many of whom had watched the Chittenden East 7-8 Wolverines dismantle a previously undefeated Colchester team, 42-0 earlier in the day.

In the team's first three games this season, the Cougar defense has been a work in progress, giving up 119 points, or nearly 40 points per game in the team's three losses. But Saturday, things were very different. Led by Jeff Carter, Aaron Howland, Dalton Hallock, Gus Tarrant, Caleb Sprout, Ray Wilson, Charlie Myers and the rest of the defensive unit, the Cougars held Burlington to a single yard and no first downs in the first quarter. Late in the quarter, Tarrant pulled a Triple Lundy... he tackled the Burlington ball carrier, jarred the ball loose and recovered the fumble himself. That play led to MMU's first touchdown, a 20-yard TD pass from Dominic Mosca to Kyle Haley just 43 seconds into the second quarter. Some nifty running on two long carries by Ray Wilson highlighted the Cougars' scoring drive. The PAT attempt failed. MMU-6, Burlington-0.

The Cougar defense shut down the Burlington offense after the kickoff. But the MMU offense sputtered.

Ray Wilson returned the ensuing Burlington punt to midfield, but other than a twelve-yard completion from quarterback, Dominic Mosca, to wide receiver, Justin Fischer, the Cougars were unable to move the ball and had to punt.

Burlington took over on their own twenty and engineered a grueling eighty-yard drive that took the rest of the half and culminated in an eleven-yard TD pass that tied the game at 6-6. The PAT made it Burlington 8, MMU 6 at the end of the first half.

Safety, Spencer Lefebvre and linebacker, Justin Fischer, stymied Burlington's opening series of the second half holding the Sea Horses to minus five yards on the series and forcing them to punt from deep in their own territory.

MMU took over on the Burlington forty five yard line. It was all running back, Ray Wilson from there. Wilson's thirteen-yard run behind a Jeff Carter block gave MMU a first and goal on the Burlington seven. But the Sea Horses intercepted Mosca's pass in the end zone to kill the drive.

Once again the MMU defense rose to the occasion as they held the Sea Horses to three plays on their next possession and forced them to punt.

Three minutes later Mosca connected with Kyle Simanskas on a thirty seven-yard TD pass to make it 12-8, MMU. The PAT failed. The highlight of the Cougars' drive was a twenty five-yard completion from Mosca to Kyle Haley. The two hooked up later in the quarter on a forty-yard completion.



Aaron Howland, Gus Tarrant, Jeff Carter, and Ray Wilson swarm a Burlington ball carrier in MMU's Homecoming victory on September 20. PHOTO BY CATHERINE LOZIER

The two teams traded possessions in the fourth quarter until a Burlington spearing penalty gave the Cougars the ball and a first and goal at the Sea Horses' nine yard line. Two plays later, Mosca punched it in from the four to give MMU an 18-8 lead with five minutes left in the game.

Burlington promptly put the ball in the air and completed passes of twenty five yards and twenty four yards before scoring on a fourteen-yard TD pass with 4:18 remaining. The two-point PAT was good and suddenly Burlington was within two points, 18-16, with plenty of time left on the clock.

MMU had trouble moving the ball on their next possession and had to punt. That's when the defense put their final stamp on this game. Justin Fischer intercepted a Burlington pass with 1:47 left on the clock giving the Cougars the ball and their first win of the season. The final was MMU 18, Burlington 16.

The game was marred by an inordinate amount of penalties. MMU drew 8 flags for a net loss of 84 yards. Burlington received 5 flags. On one drive the Cougars were flagged for infractions on three successive plays.

"It was ugly," Cougar head coach, Marty Richards said. "But both teams are young. We had five or six sophomores out on the field most of the game. It's just inexperience." Then he added, "But it feels good to win."

That sentiment was echoed by the Cougar players.

"It feels great," Jeff Carter said. "Burlington is always tough, so it's great to get the win," Aaron Howland added.

Asked what the difference was in the way the defense played against Burlington compared to the three previous games, Coach Richards said it was just a matter of making a few adjustments. "We had to

start stunting a lot," he said. Coach Richards also noted the improved play of the defensive line and the linebackers. "Justin Fischer played a heck of a game. Charlie Myers stepped up at linebacker." Richards praised the efforts of Jeff Carter who is quickly becoming one of the top linemen in the state.

Despite their 1-3 record, Coach Richards still feels confident his team will improve enough to compete for a playoff spot this season. "Our goal is to win every game," he said. "Realistically, I think we can do it, if we can get on a roll and build some confidence, I think we can do it."

And oh, that defense. MMU's next game is an away contest at South Burlington. Then they face off against arch rival, Essex High School, on Saturday, October 4, at the Cougars' home field on Browns Trace. Kickoff is at 1:00 pm. Be there, Cougar fans.

## Wolverines crush previously undefeated Colchester, 42-0

By Richard Mindell

Special to the Mountain Gazette

You've heard the expression; *the game wasn't as close as the score?* Well, nowhere, not in this writer's memory, has this expression ever been more appropriate than in the Chittenden East grades 7-8 Wolverine football team's 42-0 dominance over a powerful Colchester squad, last Saturday, at Mills Riverside Park. The game was billed as a showdown between the leagues' two best teams. But it was anything but a showdown.

Here's another expression; *whoever blocks and tackles better will win the game.* Again, an understatement if you saw this affair. The Wolverines controlled both sides of the line of scrimmage, blocking and tackling better than their lakeside neighbors.

"We have a solid line," Wolverines head coach, Jim Driscoll said. No kidding. "Jehric Hackney and Tucker Tarrant are great football players," Driscoll added. "Zach Korth, Patrick Burke, and Mark Howland also did a great job for us."

Wolverine quarterback, Asa Carlson, who, along with running backs, Dominic Lewis, Bryce DiNardo, and Silas Diamond, benefited from the line's aggressive play, was quick to praise his teammates. "Our offensive line was great," Carlson said. "They played super."

Bryce DiNardo scored the Wolverines' first TD on a 2-yard dive early in the opening minutes of the game. Silas Diamond followed with a 9-yard run to make it 14-0 by the end of the first quarter.

On the opening series of the second quarter, Tucker Tarrant stripped the ball from a Colchester ball carrier on the Wolverine 25 yard-line to kill a Colchester drive, one of only several they were able to mount during the entire game. Diamond took the ball on first play following the change of possession and romped 75 yards for the Wolverine's third TD to extend the lead to 22-0.



Jehric Hallock intercepts a Colchester pass in the Wolverine's 42-0 win on Homecoming day. PHOTO BY AUTUMN HALLOCK

On Colchester's next series, Jehric Hackney intercepted a pass to stymie another Catamount drive. DiNardo ran the ball in from the 2 to make it 30-0 by the end of the first half.

Colchester fared no better against the Wolverines in the second half. Patrick Burke blocked a Colchester punt. DiNardo ripped off a 30-yard gain, followed by a 25-yard pass completion from Asa Carlson to Dominic Lewis. Lewis put the dagger in Colchester's side with a 12-yard TD run to give the Wolverines an insurmountable 36-0 lead. Jaden Elsinger finished the scoring for the Wolverines by intercepting a Catamount pass in the fourth quarter and running it into the end zone for the 42-0 final score.

For the afternoon, Bryce DiNardo had 127 yards rushing. Silas Diamond added 115 yards on the ground. Asa Carlson completed 5 passes for 45 yards. Coach Driscoll also lauded the efforts of Noah Townley, Zeke Hallock, Rielly Amerosa and Harrison Nicholson. Nicholson had an interception in the first quarter and Townley made a great one-on-one tackle on a punt return in the third quarter.

### 7-8 Wolverines 50-South Burlington 8

The Wolverines travelled to South Burlington last Saturday seeking to extend their unbeaten streak to five games this season. No problem! The Wolverines ripped South Burlington, 50-8. During the past two weeks the mighty Wolverines have outscored their opponents, 92-8 in an exhibition of dominance rarely seen in youth football.

"Our defensive line was terrific," Head Coach, Jim Driscoll said after the game. "They enabled the offense to have good field position all game. "Patrick Burke, Mark Howland, Tucker Tarrant, Jehric Hackney, Rielly Amerosa and Josh Martelle all played terrific games. And Silas Diamond was outstanding."

Coach Driscoll also noted the play of Dominic Lewis, who scored the game's first touchdown. "It was a total team effort," Coach said.

The Wolverines host arch rival, Essex, this Saturday at their home field at Mills Riverside Park. Be there, Wolverine fans.

Foreclosure: 4BR, 2BA Home in Jericho!

**AUCTION**

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**New Price! Underhill - \$345,000**  
•3 bedroom Colonial. Master with walk-in closet and full bath  
•Formal living rm. Dining room with hardwood floors. Open kitchen to family room  
•Lookout basement finished with open family windows to backyard. Lots of storage. Large deck. 2 acre lot w/ valley views



**Essex - \$249,900**  
•Townhome in Autum Knoll neighborhood! Private end unit with wood flooring throughout  
•Open living room with fireplace and doors to private deck. Open kitchen with breakfast nook  
•2 bedroom plus den, laundry and bath up. Master with bath and walk-in closet

## Keeping Track Monitoring Program workshop with Sue Morse

The Winooski Valley Park District will be partnering with *Keeping Track*® and Sue Morse this fall to offer a *Keeping Track Monitoring Program* (KTMP) workshop series for individuals interested in learning more about wildlife species and habitat conservation in their community. The Winooski Valley Park District is looking for interested individuals to join our team for the workshop series who will help us in continued monitoring of sites at our various parks throughout the region. The workshop series includes all materials, six all-day field classes, and two evening lectures/potlucks. Field classes will be conducted entirely outdoors in the field. No experience necessary! We are looking for individuals as young as 85 and as old as 10 to participate!

Field dates for workshop series are on Saturdays (except February):

- October 4 – Wolf Run, Jericho
- December 6 – Montgomery (exact location TBD)
- January 17 – Colchester Pond, Colchester
- Sunday, February 8 – Wolf Run, Jericho
- March 7 – Wolf Run, Jericho
- April 11 – Ethan Allen Homestead, Burlington
- PLUS two evening lecture/potlucks (dates/locations TBD) 5:30 – 10:00 PM

Field classes will meet from 8:30 AM to 4:00 PM. To become a part of the Winooski Valley Park District's team and register for the KTMP course, please contact Lauren at [info@wvdp.org](mailto:info@wvdp.org) or call 802-863-5744.

## Contra dance in Underhill

The Underhill Historical Society will host a Contra Dance on Saturday, October 4 at the Mead/Fay Farm (Roger's) 133 River Rd., Underhill, from 7:00 – 10:00 PM.

A contra dance is a partnered folk dance style in which the couples dance in two facing lines or in groups of four. Sometimes described as a New England Folk Dance, it is led by a caller who facilitates a walkthrough before the actual dance. All levels of dance experience are welcome, so put on your dancing shoes!

The dance will be called by Peter Johnson and the music provided by the group *Toss The Feathers*. Refreshments will be served.

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## SCHOOL NEWS

### Kids' Night Out, Parents' Night Off

Camel's Hump Middle School kids in grades 5-8 can enjoy a night out – without their parents – where they can socialize with friends! This fun and engaging evening will feature a *Where the Wild Things Are* yoga class, Mandala Art, dinner, games, and relaxation. We will offer a healthy dinner that the kids will take part in making. Please let us know of any food restrictions. We will provide a gluten free option. The details:

Friday, October 10, 5:30 – 8:30 PM, Camel's Hump Middle School

\$3 per kid; please register by October 3 by contacting Jenn Cote at 802-560-8802 or [bewellvermont@gmail.com](mailto:bewellvermont@gmail.com).

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### Jericho art quilter is featured artist at annual show



Marya Lowe of Jericho spends most of her time in her studio these days. A retired IBM-er and previous owner of a quilt restoration business, Marya has created a body of work celebrating the beauty and color of Mochaware, a type of pottery produced in England, France, and North America in the early 1800s. A comprehensive collection of Mochaware is on display at the

Shelburne Museum. Marya will be exhibiting eight quilts as part of her special exhibit at the Champlain Valley Quilt Guild 32<sup>nd</sup> Annual Show at the Champlain Valley Expo State Building in Essex Jct., on Saturday-Sunday, October 18-19. Carol Thurgate, also of Jericho, will also have three quilts in the show. For more information go to [www.CVQG.org](http://www.CVQG.org).

### Little Italy Burlington timeline unveiling

The Vermont Italian Club will unveil an enlarged timeline of the history of "Piccolo Italia Burlington" on Thursday, October 23 at 4:00 PM at the Cherry Street entrance of the Burlington Town Center Mall. This is an extension and enlargement of the "Interpretive Signs" designed and installed in co-operation with the Lake Champlain Basin Program which were installed in 2013. The presentation will include photos from the past, copies of the signs, and a demonstration of the technology recreating an "augmented reality" ("Future-Past") with your smart phones. All this celebrates the lives of this once-vibrant community of over 150 families with their businesses, churches, and schools.

Speakers include: Frank Cain, former mayor of Burlington, will share his remembrances of the old neighborhood which was so vital during his administration; voices from the old neighborhood – Jane Merola McKenzie, John Varricchione, and Terri Evelt Burrell – will speak on remembering our deceased relatives and honoring them; Coby Brownell, Asst. Professor of Creative Media at Champlain College and founder of Future-Past, a historic 3D virtual recreation of the Champlain Street Urban Renewal Project, will conduct a demo using a smart phone with audience participants.

For information about the Vermont Italian Club (membership open to all), go online to [www.vermontitalianclub.org](http://www.vermontitalianclub.org).

### VT Tree Stewards Conference October 18

The third annual Vermont Tree Stewards Conference will take a look at how changing climate impacts urban and community forests and what scientists, tree industry professionals and the public can do to protect Vermont's forest resources.

The conference on Saturday, October 18 is 8:30 AM – 4:00 PM at the Red Schoolhouse on the VT Technical College campus in Randolph Center. Sponsored by the VT Urban and Community Forestry Program, a joint program of UVM Extension and the VT Department of Forests, Parks and Recreation (FPR), it is open to anyone interested in the stewardship and management of the state's urban and community forests.

The registration fee is \$25 if paid by October 10, \$30 after that date or at the door. The student rate is \$10. Lunch and morning refreshments are included. For more information about the conference or to register, visit [www.vtinvasives.org/2014TreeStewardsConference](http://www.vtinvasives.org/2014TreeStewardsConference).

Anyone requiring a disability-related accommodation to attend should contact Elise Schadler at 802-656-2657 by October 10. Schadler also can provide information on both the conference and scholarships.

The program kicks off with an update on the Vermont Urban and Community Forestry Program and a presentation by Sandy Wilmot on climate change and Vermont's forests. Wilmot, FPR's climate change program manager, will discuss recent trends in Vermont's climate and strategies to protect and build resilient, adaptable forests.

Mark Duntemann, founder of Natural Path Urban Forestry Consultants in Chicago, IL will present two sessions. The first will focus on emerald ash borer management including how urban and rural communities in Illinois have managed this invasive pest and strategies for control in Vermont.

After lunch, Duntemann will talk about management of tree risk at the community level, providing input on how communities can preserve and maintain healthy forests. The afternoon session also includes a roadside vegetation walk with Dave Wilcox, FPR state lands forester. Participants are advised to dress for the weather as the afternoon sessions will be outdoors.

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### Scholarships for 2015 Master Gardener course

Applications for scholarships to attend the 2015 UVM Extension Master Gardener class are being accepted from now through Monday, December 1.

A limited number of \$200 scholarships are available through the University of Vermont (UVM) Extension Master Gardener Program for gardeners interested in taking the comprehensive 13-week course that begins next February via Vermont Interactive Technology.

The scholarship will be applied towards the \$395 fee for the course, which covers a range of topics from sustainable vegetable gardening, landscaping, flower gardening, rain gardens, and pest and disease control, among other topics. Course graduates are eligible to earn certification as a UVM Extension Master Gardener by completing 40 volunteer hours, applying their classroom knowledge to gardening projects in their communities.

Scholarships are available to anyone residing in Addison, Bennington, Chittenden, Franklin, Lamoille, Caledonia, Orange, Orleans, Rutland, Washington, or Windham County who plans to enroll in the course at the VIT site in their county. These scholarships are made possible through the support of local Extension Master Gardener chapters.

Completed applications must be submitted by 5:00 PM on December 1. Awards will be announced by Tuesday, December 16.

To apply, go to [www.uvm.edu/mastergardener](http://www.uvm.edu/mastergardener). Scholarships will be awarded on the basis of applicant's interest in the Master Gardener program and willingness to commit to participation in Master Gardener events and projects.

Registration for the 2015 course will open in late fall. For questions about the course or scholarships, please contact the UVM Extension Master Gardener Program Office, 802-656-9562.

### BIRTHS

#### Welcome home!

##### CAMBRIDGE

(Slater) Amanda (Wigging) and Samuel Slater had a son, John-Charles Wigging Slater, on Friday, July 4, 2014 at the Fletcher Allen Health Center in Burlington, VT.

##### HUNTINGTON

(Fitzgerald) Kristen (Caswell) and Jeremie Fitzgerald had a son, Ethan William Fitzgerald, on Friday, June 27, 2014 at the Fletcher Allen Health Center in Burlington, VT.

##### JERICHO

(Douglass) Cassandra (McDonald) and Matthew Douglass had a son, Logan Douglass, on Tuesday, July 1, 2014 at the Fletcher Allen Health Center in Burlington, VT.

(Kolinich) Julie (Slayton) and Jonathan Kolinich had a daughter, Haley Lynn Kolinich, on Friday, July 4, 2014 at the Fletcher Allen Health Center in Burlington, VT.

(Luczynski, Morris) Lisa Morris and Chris Luczynski had a daughter, Kayla Laura Ann Luczynski, on Wednesday, September 10, 2014 at the Fletcher Allen Health Center in Burlington, VT.



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