

Stevensville Cabin update and workshops

By Sara Lourie

Dear Friends of Stevensville Cabin

I am sorry, it has been an embarrassingly long time since I have been in touch, but I finally have some news to share.

As you may recall, we had a very successful workshop last June, during which Paul Ruta demonstrated techniques of logging with his two beautiful Percheron horses. We partially cleared a trail towards the back of the property, and felled and brought several trees down to the cabin that we are hoping to use in the restoration. Subsequent to that, Ernest Krusch transported the six logs kindly gifted to the project by a neighbor. Plus we were lucky enough to obtain some beautiful spruce logs from the Hinesburg Town Forest.

Some of these logs will form the basis of a second workshop on Hewing Logs in preparation for building (or in our case rebuilding) a pioneer-era log cabin. The workshop will be led by Miles Jenness of Vermont Heavy Timber. It will take place at the cabin (264 Stevensville Rd., Underhill) on Sunday, 19 July, 1:00 – 5:00 PM (please see the poster for more information).

The following week Miles and his crew will start the process of dismantling the cabin. Given the poor condition of the structure, and the potential dangers involved, they cannot have other people helping out with this part of the project; however, they would be happy for people to come and watch (from a distance). If you are interested in doing so, please get in touch with me before showing up (sara.lourie@mail.mcgill.ca or 802-585 0223).

Prior to the hewing workshop and the dismantle, there was a Treasure Hunt on Sunday, July 12 for anyone interested in learning to use metal detectors to find lost / buried items. This workshop was led by The Ring Finder (Mike Baker) (www.theringfinders.com/Mike.Baker/).

Lastly, I want to let you know that the project now has a website: www.stevensville-cabin.org. This is very much a work in progress, but I will do my best to keep it updated. Feel free to share it with others who might be interested.

This is going to be (already has been!) a very costly project. If you are interested in helping financially with the restoration, there is a way to contribute via PayPal on the bottom of the front page. I will get a full budget up on the website soon, in addition to what I already have it is currently looking like it still needs ~\$120,000... that could be covered by approximately 50-100 people, each contributing \$100-250 (or 5-10 people contributing \$1000-2500). There may be a way to get a grant; however, I think that I need to set up a 501(c)(3) organization in order to apply for one. Have set up/run a 501(c)(3) before, I know that it is a lot of work! Still, I am trusting that there will be a way to make this happen somehow. If you are able to contribute financially please do so via the website, and/or let me know, I appreciate it hugely :-)

Whether or not you can help financially, I am delighted that you are interested in the project, and I thank you for being part of this exciting restoration.

Two Sons Bakehouse in Jeffersonville

By Phyl Newbeck
Special to the
Mountain Gazette

For the last 15 years, Bill Hoag has been a fixture at Mansfield Breadworks in Stowe, but this summer he is embarking on a solo journey, opening Two Sons Bakehouse on VT Rt. 108 just down the road from Smugglers' Notch. The business, named for Hoag's sons Jackson (12) and Cashel (5), will continue to serve wholesale clients, as well as providing retail sales to locals and visitors to the resort.

"I've been working with food since I was 15 or 16," Hoag said. "I did kitchen work and was a line cook and then I started baking bread at the restaurant. I was working nights and needed a second job. There was an opening for mornings at the Harvest Market in Stowe and I just fell in love with baking."

Hoag had a number of wholesale clients for Mansfield Breadworks and most of them are following him to his new location. He sells to outlets in Morrisville, Stowe, and Hardwick as well as Citizen Cider in Burlington, and has just added the Farm Store in Jeffersonville. He is hoping to find some additional establishments between his new location and Burlington. "We have a pretty strong following," he said.

Regarding retail, Hoag expects that his storefront will attract both locals and tourists. A resident of Johnson, he is banking on friends and neighbors coming to his new location but recognizes that the tourist trade should be a large part of his business. "Times are a little weird right now," he said, "so initially I will rely on wholesale."

Hoag is known for his sourdough bread, but Two Sons Bakehouse will have much more than that. In addition to yeast dough burger buns, which will be sold to restaurants, there will be scones, muffins, cinnamon rolls, and cookies. Two Sons Bakehouse will be open from 7:00 AM – 3:00 PM and will serve both breakfast and lunch sandwiches. Hoag is also contemplating the occasional pizza night. Whenever possible, he will use local products, including rye from Craftsbury, wheat from St. Johnsbury, Boneyard Farm eggs, and MacKenzie lunch meats. "I want to keep it as local-oriented as possible," he said.

Hoag admits that opening his own business can seem over-

Chittenden County Democratic VT Senate candidates' forum

The Jericho Democratic Committee is sponsoring a series of conversations with Chittenden County candidates for the Vermont Senate. The 45-minute sessions will be held on the evenings of Wednesday, July 22 and Tuesday, July 28, at 6:15 and 7:15 PM, with three (or four) candidates participating in each session. Each candidate will have two minutes to introduce him/herself, then the moderator will pose a few questions to the candidates. The session will conclude with a short Q&A from forum attendees. Sessions will be separated by a 15-minute break.

This series will provide an excellent opportunity for you to get to know the new Vermont Senate candidates and to hear again from incumbents seeking reelection. We hope you can attend all four conversations. The meetings will be held remotely, via Zoom. Please contact Gaye Symington (gsym@together.net) to receive the meeting link, by 5:00 PM on Wednesday, July 22 for the first session, or on July 28, for the second session.

Here is a complete schedule for the sessions:

Wednesday, July 22:

- 6:15 Bill Drislane, moderator. Candidates: Philip Baruth, Steve May, Kesha Ram;

- 7:15 Mike Sweeney, moderator. Candidates: Tom Chittenden, Louis Meyers, Chris Pearson, David Scherr.

Tuesday, July 28:

- 6:15 Mike Sweeney, moderator. Candidates: Dylan Giambatista, June Heston, Michael Sirotkin;

- 7:15 Bill Drislane, moderator. Candidates: Ginny Lyons, Erhard Mahnke, Adam Roof.



Bill Hoag and his sons Cashel, 5 (left, with Bill) and Jackson, 12, stand before the newly opened Two Sons Bakehouse on VT Rt. 108, Jeffersonville, just down the road from Smugglers' Notch. The business has wholesale clients, and has just added the Farm Store in Jeffersonville. Hoag is known for his sourdough bread but Two Sons Bakehouse will also offer yeast dough burger buns, scones, muffins, cinnamon rolls, and cookies. Two Sons Bakehouse will be open from 7:00 AM – 3:00 PM and will serve both breakfast and lunch sandwiches at tables outside the shop.

PHOTO CONTRIBUTED

whelming at times. "I'm not used to doing computer work," he said. "I'm probably the worst typist in the world but I'm learning new skills and doing things I've never done before, like office chores. It's overwhelming but it's also exciting."

Hoag does have some help with the business. He has three employees who came with him from Mansfield Breadworks. "They believe in what we're trying to do," he said, "and that's pretty exciting." As far as the namesake two sons are concerned, Cashel is too young to help out but Jackson may occasionally be enlisted to stack wood and wash dishes.

The wholesale part of the business may be more lucrative initially but Hoag enjoys the opportunity to watch people savor his food at the retail end. He will have tables outside the shop but is not quite ready to commit to indoor dining until he sees how the pandemic plays out. "I want to keep my employees safe," he said. Hoag recognizes that he'll be working long hours, which can be rough on his family, but the good news is that he's home every night. "I chose this path," he said, "and I love baking."

NEWS BRIEFS

Free phone or online Town Hall on new rental assistance

Please join Vermont Legal Aid for a free 30-minute Town Hall about the new financial help renters can get to pay overdue rent. This Town Hall is on Thursday, July 16 at 10:00 AM. Attorney Jean Murray will talk about who can get this new financial help, how it works, and how to apply. Jean will also answer your questions live.

There are three ways to join the town hall:

- Attend and ask questions online at <https://bit.ly/VLA30MinuteTownHall>
 - Listen by phone at 1-888-788-0099 (toll-free) or 301-715-8592 (long-distance). Use meeting ID: 923-1186-6366.
 - Attend and ask questions on Facebook Live at <https://www.facebook.com/VermontLegalAid/>
- Learn more online at <https://vtlawhelp.org/coronavirus-updates#town-halls>.

August primary election in Bolton

By Amy Grover, Bolton Town Clerk and Treasurer

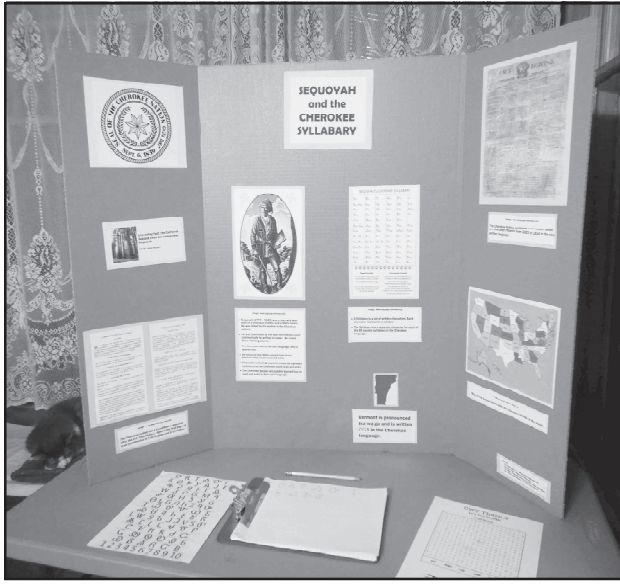
Due to the COVID-19 pandemic, there are several important changes with respect to the upcoming Primary Election on Tuesday, August 11.

The State and the Town are both STRONGLY encouraging all voters to vote absentee/early ballot to help protect the health and safety of our poll workers and voters. Here are the options for requesting a ballot and information on returning your voted ballot:

- Return the pre-paid postcard (simply TEAR OFF the return

News briefs continued on page 2

4-H NEWS



Sadie Haupt from Jericho and the Green Mountain 4-H Club entered a tabletop exhibit, Sequoyah and Cherokee Syllabary, in this year's virtual 4-H State Day.

PHOTO COURTESY OF UVM EXTENSION 4-H

Area 4-H'ers join virtual 4-H State Day

Several local 4-H'ers participated in this year's 4-H State Day, which adopted a virtual format to allow members to showcase their talents and project work while observing social distancing.

The Flying Hooves 4-H Club in Colchester did a group stage presentation by stitching together individual videos, showing how they are staying connected while apart. Among the club members who participated were Lily Merchant, Essex; Patrick Jordan, and Jillian and Tucker Murdough, all from Essex Junction; and Adaline and Faith Ploof, Westford.

Adaline also prepared an illustrated talk on reducing plastics, an individual demonstration on chickens and a poster she titled *Horses for Hope*. Her sister Faith took part in a team demonstration about circus horses with Sophie Zemianek, St. Albans, called *Under the Big Top*.

Jericho 4-H'er Sadie Haupt, a member of the Green Mountain 4-H Club, created a tabletop exhibit, *Sequoyah and Cherokee Syllabary*. Rowan Beeman and Kate LaMantia, both from Richmond and members of the Midnight Riders 4-H Club, submitted posters. Rowan's featured the parts of an English saddle, while Kate's described the parts of an English bridle.

"Just a few months ago none of us could have imagined that we would be social distancing and that major events in the 4-H year, like State Day, would be canceled," says Allison Smith, University of Vermont (UVM) Extension Youth Learning Experiences coordinator. "Taking this event online was a new endeavor for all of us — staff, volunteers and youth — but it was exciting to see how quickly 4-H'ers from throughout the state adapted to change and found creative ways to share what they learned in 4-H this past year."

UVM Extension 4-H coordinates the annual 4-H State Day, a capstone event for Vermont 4-H members. This year 82 participants submitted 109 entries in 16 different categories via video and email to be evaluated on a number of criteria including presentation, workmanship, and creativity.

To learn more about 4-H in Chittenden County, contact Rose Garritano, rosemarie.garritano@uvm.edu or 802-651-8343, ext. 505.



The History Channel show *American Pickers* show is planning a return to New England (MA, CT, RI, ME, VT, and NH) in September, and is looking for leads throughout the region — interesting characters with lots of interesting items (private collections only; no stores, malls, flea markets, museums, auctions, businesses, or anything open to the public). Due to COVID-19, these are very uncertain times and everything is changing daily. *American Pickers* takes the pandemic very seriously and will adjust the schedule accordingly for the safety of those who appear on the show and for the crew. We won't pick unless everybody is safe, so if we cannot make those dates, nobody's time is wasted as we will re-schedule to a date when conditions allow filming. *American Pickers* looks for different, unusual, and unique items, something never seen before and with an interesting story! Those interested may contact 1-855-OLD-RUST (653-7878) or AmericanPickers@cineflix.com.

PHOTO CONTRIBUTED

COMING EVENTS

IN-PERSON, and VIRTUAL AND SOCIALLY DISTANCED Sundays

Weekly peaceful protest for Black Lives Matter, 1:00 – 2:00 PM, VT Rts. 15/108N Rotary, Jeffersonville. Although this Roundabout Rally for Justice is held outdoors, masks are recommended; if you don't have one, we will have free masks available courtesy of the VT State Police. Bring a sign or use one of the extras that will be on site. Parking is available at the silo field and along Main Street. Please do not park on private property.

Tuesday, July 14

Underhill Historical Society meeting, 6:30 – 8:00 PM, Moore Park – outdoors – across from the Town Hall, Underhill Center. Due to the pandemic, masks will be mandatory, as will social distancing of six feet. Bring a lawn chair and your own beverage. Meeting will be cancelled if poor weather is forecast. For more information contact Scott Tower, scotthtower@hotmail.com or 802-318-5434.

MMCTV Board Meeting and News, 5:00 – 6:00 PM, online (details on joining at MtMansfieldCTV.org). Please join Mount Mansfield Community TV's virtual quarterly board meeting to hear what's happening at MMCTV. Though our small studio remains closed to the public, we are streaming and archiving more local meetings than ever live, providing cable and online viewers with content 24/7, and producing our *Virtually Yours* videos about local innovation during the pandemic. Note that DVDs for MMU Graduation 2020 are now available.

Woodland Legacy Planning, 7:00 – 8:00 PM, Zoom. Most private woodland owners wish to keep their land in the family and intact into the future. Unfortunately, many of these woodlands will not remain in the family. The biggest risk to a successful transfer from one generation to the next, is a lack of communication coupled with challenging family dynamics. Family lands can fail to make it to the next generation because the family cannot resolve differences or failed to address them during the lifetime of the owner(s). By starting the conversation now, holding family meetings, and establishing a system of governance, you can leave a long-term woodland legacy for the use and enjoyment of your family. Dr. Mary Sisock and Audrey Winograd, JD, MSW, experts on land legacy planning, will discuss the principles and processes of effective family meetings and governance. This presentation is for all woodland owners at any stage of the succession planning process. There will be time for Q&A. Register in advance at <https://us02web.zoom.us/join/82920710019?pwd=WHJmM3pWZGMrcWZQYjdFTFhKLzFEQT09;meetingID=82920710019;password=296575>.

Friday, July 17

Coffee with a Consulting Forester, 9:00 – 10:00 AM, on Zoom. Join Vermont Coverts and Vermont Woodlands Association for an informal discussion over coffee with Consulting Forester Alan Calfee. Alan, a licensed forester, is the principal forester at Calfee Woodland Management. He is also a woodland owner and conservationist. He loves working with landowners and helping them to achieve their woodland goals. Join us to learn about what a consulting forester does and ask Alan your forestry questions. We are excited to have him as part of our Friday morning Q&A. Join the Zoom Meeting online at <https://us02web.zoom.us/j/82920710019?pwd=WHJmM3pWZGMrcWZQYjdFTFhKLzFEQT09;meetingID=82920710019;password=296575>.

Saturday, July 18

Drive By Concert, 7:00 – 8:30 PM, Waterville. Spruce Peak Arts presents Chad Hollister and Primo in a drive by concert. Enjoy the Music in Motion Series on Spruce Peak Arts' FB Live as regional favorites Chad Hollister and Primo (a.k.a. Jeff Poremski) perform from the back of a flatbed truck in Waterbury. The route will be announced in advance so people can be ready on their front steps to watch as the concert passes. The organizers hope to provide an end point on the route where people may enjoy music in their cars in a tailgate-style distanced format. An additional concert is planned in Waterbury Center on Saturday, June 27; Hyde Park/Johnson area, stay tuned! <https://www.sprucepeakarts.org/drive-by-concert-series/>. Spruce Peak Arts is actively seeking additional support for artist fees, marketing, and overhead costs. Please contact Hope Sullivan, hsullivan@sprucepeakarts.org if interested in becoming a sponsor or in bringing the Drive By Concert Series to your town.

Drive-In to Stay Safe movie: Back to the Future, 8:29 PM (sunset), NVU-Johnson, College Hill, Johnson. Parking opens 30 minutes before sunset; film starts c. 15 minutes after sunset. Catamount Arts and Northern Vermont University are partnering to bring this movie and concert series ant NVU-Johnson and NVU-Lyndon, through August 30. Tickets: \$20 per car. See <http://www.catamountarts.org/film/drive-in-movie-and-music-series> to view the complete schedule, purchase tickets, and view the code of conduct for attending.

One Life, One Home Planet, One Human Family Gathering, 2:00 – 3:00 PM, VT Rt. 15 at Mills Riverside Park, Jericho. This gathering is dedicated to Bubba Wallace and his courageous team who stood with him and continue to do so with their statement, "Let's go shut these haters up... We are one family." We are ONE human family in different colors dependent on ONE Home Planet. We need to look deeper than skin color to heal our Earth. Bring messages of human solidarity that include concern for the

Coming events continued on page 5

Our Retail Stores are Open!

Stop in and see us, we have missed you!



Blue Mall, So. Burlington • 802-863-8306
 Factory Location, Route 15, Jericho • 802-899-3373
SnowflakeChocolate.com

WORSHIP SERVICES

Weekly Peace Vigil welcomes Black Lives Matter too

The Peace Vigil is back from 5:30 – 6:00 PM on Thursdays at Richmond Congregational Church, 20 Church St., Richmond.

Our church would like to extend a hearty welcome to the community to share signs and waves of positivity, peace, diversity, justice, and inclusion such as "Black Lives Matter" and "Love Your Neighbor."

Please bring a sign, wear a mask, and stand physically distanced on our front lawn as we share the message of the type of community and world we all hope to live in. I hope to see you there!

Peace, Rev. Katelyn Macrae

Online church services in Jeffersonville, Waterville

By Rev. Devon Thomas

Hey all, the folks at the Second Congo Church in Jeff and the Waterville Union Church would like to invite all who feel called to join us for our online church services Sunday at 10:30 AM. We are now having weekly Zoom services and any who would like to watch can do so via our Facebook pages. You can find those linked below.

So, as we like to say at the church: know that no matter who you are or where you are in life's journey, you are welcome at our church; or in this case, our web-space!

Peace

<https://www.facebook.com/watervilleunionchurch>

<https://www.facebook.com/SecondCongregationalUCC>

Introducing Pastor Mark Fay at Cambridge Christian Fellowship

Cambridge Christian Fellowship would like to announce the appointment of Mark Fay as Pastor and introduce him to the community. Mark was raised on a dairy farm on Cheesefactory Road in Shelburne. Mark and his wife Deborah now live in South Burlington, soon to be moving to Essex Junction. They have two children, Brandon and Austin, as well as a granddaughter, Charlotte.

They have been members of Vibrant Church in South Burlington for over 30 years. Mark was called to ministry in the late 90s and has served with his mom and dad in the VT Chittenden County Regional Corrections Facility for over 20 years. Both he and Deborah have been called to be Pastor here in Cambridge at CCF. They would like to welcome anyone and everyone to come, pray, worship and fellowship with them and the rest of the congregation. They have a strong belief that God has given us all purpose and they would be honored to help be a part of that with you.

Jericho Congregational Church is here to help

The COVID-19 pandemic has affected our lives in numerous ways that we never could have imagined. Many of us are now working from home, home schooling, and in some cases, separated from those we care deeply about. We at Jericho Congregational Church want you to know that we are here for you during this unsettling time. If you need a listening ear or someone to pray with about any of the impacts of this crisis, please contact us at 858-5452 or jcchelps@gmail.com. You are not alone, and we are here to help.

Online worship service at Good Shepherd

Please consider joining us for online worship at Good Shepherd Lutheran Church starting 9:00 AM every Sunday morning. You can connect with each podcast/video service from Sunday morning through Wednesday of every week.

Centering Prayer Meditation Practice is now available on Fridays. Thanks to Alan's leadership and Zoom-genius, you can now take part in Centering Prayer Practice from your own home every Friday at 8:30 AM. Everything you need to know is at GoodShepherdJericho.org. Click on *Menu* and then *Weekly Centering Prayer Meditation*. It is easy to join in. The Practice is geared for beginners through established meditators.

We are an open-minded Christian community where people from different faith traditions, along with those who aren't sure where they belong or what they believe, seek the support of a non-judgmental, all-embracing spiritual home. Join us at goodshepherdjericho.org. No matter who you are, how you are physically or spiritually, or where you are on life's journey, we welcome you in the name and love of Christ.

Please contact Rev. Dr. Arnold Isidore Thomas, Pastor, Good Shepherd Lutheran Church for more information or with any questions, at 802-503-9666 or pastorthomas@goodshepherdjericho.org.

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with writer's address and phone number.

Send your news to mtngazette@gmavt.net

HEALTH NEWS

Free Gardening for Health Program at UVM

Learn the basics of gardening combined with information on healthy eating, mindfulness, and physical activity for all ability levels in this free program of on-site workshops, a garden notebook, and regular emails. Participants must be UVM patients (or employees) who are beginner gardeners and have at least one of the following conditions: pre-diabetes, diabetes, high blood pressure, or overweight.

Workshops are eight weeks, meeting every other week on Tuesdays, 5:00 – 7:00 PM or Thursdays, 9:00 – 11:00 AM, at the UVM Medical Center's rooftop garden, with at home activities in between. All materials will be supplied. Accommodations have been made to ensure safety of participants in the setting of COVID-19, including a modified group size, mask requirements, and appropriate space for physical distancing.

Online registration can be found at www.uvmhealth.org/medcentergardening. The first offering of this course began on June 2, but another will begin on August 4. For more information, contact HealthcareGarden@UVMHealth.org or 802-847-3833.

VT Department of Health: don't forget your mask!

There's nothing quite like summer in Vermont. The VT Department of Health knows folks want to be outside now more than ever. When you do leave the house, don't forget your face mask!

Masking up is a simple yet effective way to stop the spread of COVID-19. Wear a face mask over your nose and mouth whenever you can't keep at least six feet of distance from people you don't live with — indoors and outside.

For more tips, visit <https://www.HealthVermont.gov/MasksOnVT>.

Problems with health care access or insurance?

By Michael Sirotkin, State Senator, Chittenden

Vermont's Office of Health Care Advocate asked that I share with you info about their FREE services for all Vermonters in need of help accessing health care or having questions regarding health insurance. They also asked me to share the link concerning how to question the appropriateness Blue Cross' and MVP's most recent rate increase requests, of 6.3% and 7.3 % respectively, in these challenging times.

Health care access: The Office of the Health Care Advocate is here to help. This FREE resource is here for all Vermonters, regardless of income. The advocates help you solve problems related to health care. Contact 1-800-917-7787 or HCA@vtlegalaid.org to speak with a Health Care Advocate. More information is available online at <https://vtlawhelp.org/health>.

Health insurance proposed rate increases: Blue Cross Blue Shield of VT is asking for a 6.3% price increase and MVP Health Care is asking for a 7.3% price increase for small employers and individuals on Vermont Health Connect next year. The Green Mountain Care Board must approve the premium price increases before they can take effect. How would these increases affect Vermonters' access to care? Tell the Green Mountain Care Board what you think! www.bit.ly/SubmitAPublicComment.

Some additional information is also available on the web page at <https://vtlawhelp.org/health-insurance-premium-increases-2021>.

What to expect at your next health care appointment

Do you need health care? Here's what you can expect at your appointment.

Whether you're a patient with a scheduled appointment, test, or procedure, or need to accompany a patient to one of our facilities, UVM Health Network wants to make your time with us more comfortable while ensuring your safety and the protection of our patients and staff.

To learn more about our safety measures for your in-person appointment, visit <https://www.uvmhealth.org/Pages/Coronavirus/What-Expect-Appointment-Procedure.aspx>.

Nightmares and Night Terrors

Recently, I have found myself losing sleep because parents are always asking me questions about their children having nightmares and night terrors. They wonder if both are due to the coronavirus or something else. Fear not, for this week I shall tell you a bit about both of these sleep issues.

What is the difference?

Nightmares are simply scary dreams occurring in about 25% of children at least once a week. They usually occur during the second half of the night when dreaming is more intense. Night terrors, rarer but still seen in up to 3% of children, happen earlier in the evening before your child enters dream sleep, usually about an hour or two after they go to bed.

A nightmare may result in a child waking up and seeking comfort from parents because they are scared or frightened about something they dreamt about, such as the coronavirus affecting them or someone they love, and children will usually want to tell you about their bad dream.

A night terror results in a child sitting up in bed, often screaming or crying out, thrashing around often with eyes wide open, even sleepwalking, but with no response to parents being there to calm the child down, and no recall of the event the following morning. Night terrors tend to run in families and occur more in children who are overtired, stressed or fatigued. This could be from worrying too much about the coronavirus, but being overtired or stressed can also result in more nightmares as well.

Is a night terror dangerous?

Although scary to watch, a night terror is dangerous only if your child gets out of bed and begins to sleepwalk during one, so please be sure that you have a gate across the steps. If necessary, hold your child close to you while having the night terror so they do not get out of bed and hurt themselves.

How do you prevent nightmares and night terrors?


My best advice is to make sure your child gets a good night's sleep by having a regular bedtime and sleep routine. Avoid their being exposed to things that would make your child more anxious or stressed, such as too much watching or hearing news about the pandemic and COVID-19.

Hopefully, tips like these will result in pleasant dreams for you and your child once you've learned not to worry when it comes to your child's coronavirus stress-related or perhaps unrelated nightmares and night terrors.

Lewis First, MD, is Chief of Pediatrics at UVM Children's Hospital of Vermont Children's Hospital and Chair of the Department of Pediatrics at UVM Larner College of Medicine

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Dr. Mary H. Kintner

LETTERS TO THE EDITOR

Where are you going so fast on those dirt roads?

To the Editor,

Our road crew and contractors (like the roadside mowing company) have been doing a great job ditching, grading, mowing, chipping, and keeping our roadways safe (and getting us grant money from the state to do so). Please be thoughtful and safe when driving near any work being done. Seems common sense, but it bears repeating.

When approaching work crews on our roads, please slow down (well below the posted speed limit) and wait to pass or go around the work site until it is safe to do so. When you go by at, near, or above the posted speed limit or don't wait until it's safe to pass, you're putting everyone in danger. That 30 seconds really isn't

going to get you anywhere faster, so please show our road crew (and everyone else on the road) that you care about their safety. If they need to adjust (like lifting the blade of a grader or moving their vehicle to avoid you), it's likely that they'll need to add time to that particular project to, in this example, take another pass on grading that section.

Thank you for slowing down, waiting until it's safe to pass, and giving lots of space to road crew in and around their vehicles!

Allison Hope
Westford Selectboard

Birds Nest recital videos of yore

To the Editor,

The paring and sorting continues as we get ready to leave our house here (sadly). So, there are recital DVDs and VHS videos, from the Stone Age, to 2018 on the porch. If you would like to scoop one up to blackmail your children at their weddings and birthdays, please pick one up — free! I think it's years 2000-2018. Heeheeheee... perfect payback!

Jean-Marie Milliken
Jericho

Wood for Good updates

To the Editor,

We hope everyone is enjoying the summer heat and staying safe.

Despite the summer heat the Wood for Good team continues our efforts and have many cords ready to give away for the winter heating season.

I know its 100 degrees out, but if there is a family who could use the help please let us know.

We need help finding more families in need; surprisingly this has been the hardest challenge for us.

We have purchased a dump truck to help us deliver wood more efficiently in that we can bring larger loads and just dump the wood out, which is good news. This was partially made possible by generous donations; thanks to all who donated!

Barrett's tree service brought us a free load of wood; as I previously indicated, if you need a tree service please consider using them and mention Wood for Good as the referral so they will bring us more.

We could use additional help running the splitter, and an experienced chainsaw operator.

Please ask around at community groups and religious groups about who needs wood and spread the word as much as possible.*

Thanks for the help!

The Axelrods — Devin, Logan, and Eric

[SLEEP MEDICINE AT COPLEY]

“Our goal is to help you get a good night's sleep.”


A good night's sleep is key to your health and well-being.

Not getting enough sleep affects your health, your job, and your family. Over time, lack of sleep can increase your risk of high blood pressure, heart attack or stroke.

Common sleep disorder symptoms include:

- fatigue • poor concentration
- memory loss • daytime sleepiness

If you think you may have a sleep disorder, talk to your doctor about a referral to the Sleep Clinic at Copley Hospital. Everyone deserves a good night's sleep.



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LEGISLATIVE REPORTS



Wild fruits of summer

Of all the wild fruits of summer, wild black raspberries are the rarest, and the best. PHOTO BY SARA RILEY

Legislature adjourned until Aug. 25

By Lucy Rogers, State Representative, Lamoille-3

The Vermont House of Representatives met via Zoom from 10:00 AM – 9:00 PM on Friday, June 26. We have now finished our work for the spring/early summer, and have adjourned until Tuesday, August 25. In August, we will reconvene to pass the state budget for the final three quarters of Fiscal Year 2021 (October 1, 2020-June 30, 2021), along with a few remaining bills.

Our work during the last two days before adjourning included:

- Finalizing the state budget for the first quarter of the next fiscal year (July 1-September 30), which will maintain the operations of the state until we have more information on projected revenues and needs for the remainder of the fiscal year.

- Finalizing allocations for approximately \$1 billion of Coronavirus Relief Fund money, which came into Vermont through the federal CARES act to support our short-term response to the COVID-19 pandemic. The legislature chose to prioritize stabilization for our healthcare system, economic relief for businesses, housing initiatives, broadband expansion, and support for local towns/municipalities. I will be reaching out over the summer to ensure that those in our district who could benefit from these funds are aware of how to access and use them.

- Passing S.219, An Act Relating to Addressing Racial Bias and Excessive Use of Force by Law Enforcement. This bill passed unanimously through the House on a roll call vote and is a small step toward the much larger changes that will be required to address systemic racism in Vermont. S.219 includes provisions dealing with race data reporting by law enforcement, use of body worn cameras by law enforcement, and a new crime within law enforcement for using a prohibited restraints that causes serious bodily injury or death. In our work on S.219, we heard clearly from communities of color and racial justice organizations on the need to listen deeply and receive critical expertise prior to pushing forward with legislation. At the same time, we also heard clearly the importance that we not delay in responding to this moment of heightened awareness of racial inequity. The result of these conversations was S.219, a bill which takes a few immediate steps forward that received wide consensus from impacted stakeholders, and also includes a commitment to return to this work when the legislature reconvenes in August. The bill can be read on page 4758 here: <https://legislature.vermont.gov/Documents/2020/Docs/CALENDAR/hc200626.pdf>.

- Creating a process by which we may continue to legislate remotely in the future if the conditions of COVID-19 make it unsafe to meet in person when we reconvene on August 25.

Please be in touch if you would like more information or have questions regarding the above information. Although the legislative session is adjourned for the next two months, I will still be available by phone or email to listen to your thoughts and to assist with any needs as they arise (LRogers@leg.state.vt.us; 730-0604). Thank you for placing your trust in me to represent our community during this unprecedented time.

Chittenden 8-3 Legislative Report

Robert Bancroft, State Representative, Chittenden-8-3
June 22-26

It was a long and busy week in the House. At 8:40 PM on Friday, the House temporarily adjourned until Tuesday, August 25. If you were outside, you could have heard the collective sigh from Representatives around the state. While seven new bills were passed during the week, there were another 14 previously passed bills that came up for consideration. (I voted for all new bills and the final versions of the amended ones.) A majority of the week was spent reconciling the differences between House and Senate positions on bills which would have normally been handled through Committees of Conference (COC). Without a COC, due to the COVID crisis, bills were shuttled back and forth between the two bodies until a final resolution was found.

So far, the House has passed 102 bills in 2020, but only 63 were passed by both the House and Senate. A complete listing of passed bills in 2020 and 2019 can be found at the legislature's website.

The House has recessed until August 25. At that time, we should have a better understanding of the State's financial situation. By then, we will have updated estimates of tax revenues and a better understanding of federal assistance. The most important task will be to pass a budget for the remaining nine months of FY21.

Four of the seven bills passed by the House were also passed by the Senate. They are:

- S.219, which prohibits law enforcement officers from using chokeholds, mandates the wearing of video cameras by state police officers, and requires the Legislature to continue to work on criminal and racial justice legislation;
- S.232 deals with the expansion of juvenile jurisdiction in Vermont courts;
- S.342 appropriates \$5.2 million from the Coronavirus Relief Fund (CRF) to provide grants to units of local government for the reimbursement of eligible COVID expenses incurred on or before December 30, 2020. An additional \$5.0 million is appropriated for municipal records digitization grants; and
- S.351 appropriated \$29.8 million from the CRF to assist dairy farmers, other agricultural producers, dairy processors, commercial slaughterhouses, and farmers' markets.

The only significant controversy last week came about when H.961 (three-month budget) came back to the House with Senate amendments. The controversy revolved around two related issues. The first was an amendment to postpone funding the Pay Act (pay increases to state workers) until the legislature returned in August, when we will have a better understanding of the State's financial situation. The amendment was defeated. (I voted for it.)

The second issue dealt with a provision that establishes a new statutory process for setting the pay for legislators. Under the current method, legislators receive CPI-based COLA increases. The new method calls for legislators to receive the same pay increase legislators set for constitutional (elected) officers. This will undoubtedly lead to significantly larger pay increases. For the five-year period from 2016-2020, legislators received an average annual increase of 1.89%, while elected officials receive an average 3.27% increase. The attempt to eliminate this provision failed. I voted to eliminate the provision as I do not believe this is the time to establish a new procedure for setting pay increases when the State is facing a financial crisis and thousands are unemployed. In the end, I did vote for the final version of H.961.

Legislative update: Coronavirus Relief Funds

By Thomas Stevens

State Representative, Washington-Chittenden

Over the past several weeks the Vermont Assembly has finalized \$1B in Corona Relief Funds (CRF) to help Vermonters, including over \$235 million for businesses, farms, and non-profits who have suffered significant losses due to COVID-19. In order to get these dollars out quickly to help stabilize various sectors of our community, a variety of agencies and organizations are handling different sectors, and are doing their best to get programs up quickly and get these much needed economic relief dollars out the door. Due to the ever-changing Treasury guidelines, and the reality that most if not all businesses that were adversely affected by the onset of the COVID-19 crisis could not handle more loans, we responded within those guidelines in a way that we expect to be helpful. Please follow the links below to the agencies that will be handling requests for these funds.

Below is a partial guide that I hope will help local businesses and non-profits in accessing these vital economic relief grants. Please reach out to Rep. Theresa Wood or me via email if you need additional help in connecting with these resources: tstevens@leg.state.vt.us or twood@leg.state.vt.us.

We will be posting further updates in the days to come that will explain much of our other work on getting the CRF out to Vermonters.

- \$50 million for businesses that file sales, meals, or rooms tax; available now; www.tax.vermont.gov/coronavirus#relief
- \$102 million for businesses and non-profits; guidelines posted at www.accd.vermont.gov
- \$30.5 million for dairy farms and producers, agricultural businesses, food markets, and agricultural fairs; www.agriculture.vermont.gov/grants; send questions to agr.covidresponse@vermont.gov
- \$5 million for arts and cultural organizations and creative businesses; being developed; guidelines to be posted soon at www.vermontartscouncil.org/covid-19
- \$5 million for women and minority-owned businesses; being developed by the VT Commission on Women; guidelines to be posted soon at www.accd.vermont.gov
- \$5.5 million for forest economy stabilization and outdoor recreation businesses; being developed; guidelines to be posted soon at <https://anr.vermont.gov/grants>
- \$2.5 million for working lands program, plus \$1.0 million in the FY2021 Quarter 1 budget; <https://workinglands.vermont.gov/>

Finally, hazard pay on the way

Michael Sirotkin, State Senator, Chittenden District

The legislature, which usually adjourns in early May, finally paused late Friday night, at 9:00 PM, on June 26!

We will break for two months, only to return at the end of August for probably another month. All this extended work is due to COVID-19 pressures, the constantly changing numbers in state revenues, and trying to enact a budget commensurate with these seriously declining numbers.

One important piece of good news from late Friday night is that the House and Senate agreed to distribute \$28 million in hazard pay to front line workers who worked through the peak of the virus in Vermont. First responders, health care, and some other critical direct care workers with modest pay will get a two-month bonus of \$1000/month if they worked full time (over 216 hours), and \$700/month, if they worked part time (over 68 hours) from mid-March to mid-May. We estimate close to 20,000 Vermonters will qualify.

Moreover, one addition I added to the bill at the last minute was investigating the feasibility of choosing to receive these benefits with a pre-paid gift card, where the frontline worker could either cash it out (fully or partially) at an ATM, and/or use part or all of their bonus at participating restaurants, which would add to the bonus with further discounts — probably 25% or higher off the cost of a meal. Restaurants have been among the hardest-hit sectors we have seen, and their recovery is essential to our Vermont economy.

If implemented, participation by individual restaurants and individual hazard pay recipients would be totally voluntary on their parts. Participating restaurants would get signage privileges demonstrating their support for our hazard pay workers, in addition to increasing their customer base. Individual workers would get additional credit off their meals, expanding the value of their bonus checks. Each would be supporting the other in an easy convenient fashion.

It may be several few weeks before these hazard bonuses get mailed. In the interim, if you have any questions, please feel free to connect with me at sirotkin.senate@gmail.com. Thanks to all, and thanks to our front line workers.

Help for small business

By Michael Sirotkin, Chittenden State Senator

Late last Friday the Vermont Senate and the full legislature passed a small business relief package that will provide up to \$50,000 in grants to individual small businesses who have suffered greatly since March.

The program went live on Monday, July 6 on a first-come, first-served basis, so the time to act is now.

As with all programs of this magnitude there will be specific rules on guidelines for applying and gaining eligibility. An excellent place to learn more is on the ACCD website under FAQ: <https://accd.vermont.gov/covid-19>.

If you have specific questions you should pose them to ACCD and/or the Tax Department (if your business submits either rooms or meals or sales taxes). There are also webinars available at <https://accd.vermont.gov/covid-19/economic-recovery-grants/webinars#overview>. If for some reason you can't get through, or find the answers unsatisfactory, please feel free to contact me at sirotkin.senate@gmail.com. Again, act quickly, as depending upon demand, funds for these grants could run out quickly.

Here's the full Economic Recovery Package as signed by the Governor:

- Retail, Dining & Hospitality Businesses \$76,000,000
- General Business Support \$76,000,000
- Women & Minority-Owned Small Businesses \$5,000,000
- Arts Organizations \$5,000,000
- Outdoor Recreation Businesses \$1,500,000
- Restart Vermont Tourism & Marketing Program \$2,500,000
- Restart Vermont Business Assistance Program \$2,500,000
- VT Business Portal - Secretary of State \$2,000,000
- UVM Business Resource Center \$2,000,000
- Economic Micro-Business Recovery Assistance \$1,400,000
- Working Lands Initiative \$2,500,000
- Total \$176,400,000.

In addition, there were substantial monies provided for Health Care, Agriculture, Broadband, Municipalities, Food Security, Housing, Judiciary and more. Approximately 80% of the \$1.25B federal relief package has now been approved for spending by the Legislature and the Governor, with the balance likely to be appropriated in late August, when we go back in session.

All our thanks and thoughts go out to all our small businesses during these incredibly challenging times.

Economic Recovery Grant programs

By George Till and Trevor Squirrel
State Representatives, Chittenden-3

This week the Legislature passed a number of bills relating to the federal COVID-19 Relief Funds. Since a number of Jericho/Underhill residents and businesses may be eligible for these grants, below is a list of the Economic Recovery Grants and where you can find out more about each category.

- \$50 million for businesses that file sales, meals, or rooms tax; available now; www.tax.vermont.gov/coronavirus#relief
- \$102 million for businesses and non-profits; guidelines posted at www.accd.vermont.gov
- \$30.5 million for dairy farms and producers, agricultural businesses, food markets, and agricultural fairs; www.agriculture.vermont.gov/grants; send questions to agr.covidresponse@vermont.gov
- \$5 million for arts and cultural organizations and creative businesses; being developed; guidelines to be posted soon at www.vermontartscouncil.org/covid-19
- \$5 million for women and minority-owned businesses; being developed by the VT Commission on Women; guidelines to be posted soon at www.accd.vermont.gov
- \$5.5 million for forest economy stabilization and outdoor recreation businesses; being developed; guidelines to be posted soon at <https://anr.vermont.gov/grants>
- \$2.5 million for working lands program, plus \$1.0 million in the FY2021 Quarter 1 budget; <https://workinglands.vermont.gov/>

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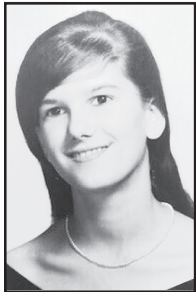
mtngazette@gmavt.net

PEOPLE IN THE NEWS

OBITUARIES



Beatrice Amelia (Hill) Ducharme, 74, of Jericho, VT passed away at her home, surrounded by her family on Saturday, June 27, 2020. She was born on April 24, 1946 in Lebanon, NH, the daughter of Leslie and Amelia (Wheeler) Hill. Beatrice was a devoted wife, loving mother and special grandmother. Everyone who knew Bea came to love her right off and called her one of their own. She spent her whole life caring for people, both through work and family. Caring for others was her true calling. She is survived by her four daughters: Julie Ducharme and partner Brian, Kristen Ducharme, Stephanie Ducharme, and Carrie Morway and husband Cameron; her son Larry Ducharme and wife Tina; her grandchildren Troy, Amber, Tyler, and Hannah Ducharme, Braedyn Kelly, Anthony Fletcher, and Jaxson Morway; great grandchildren Ryan, Josh, Jennavecia, and Zachary; her siblings: Leroy Hill and wife Peggy, Edith Martin, and Andy Hill; and her best friends Louise Garceau and Carol



Guillemette of 62 years. Along with her parents, she was predeceased by her loving husband of 54 years, Lawrence; her sister Elizabeth Hill, and dear friend Phyllis McKenzie. A special thanks is extended to Hospice Caregivers Kacey, Sandra, and Katie. A Celebration of Life will be held at a time and place to be announced. Those wishing may send a Memorial Donation to the charity of one's choice. Arrangements by Elmwood-Meunier, Burlington.



Norman James Rooney of Jeffersonville, VT died in his home at Mann's Meadow surrounded by family, on Sunday, July 5, 2020 after a valiant battle with COPD. Dutch, as he was known to his family and friends, was the youngest of five children, born at home in Cambridge, VT to the late Raymond Wilfred and Mabelle Helen (Barry) Rooney, on March 4, 1934. He graduated from Cambridge High School in 1952, by which time he had already lost both of his parents. Upon graduation, he

joined the U.S. Navy, serving from 1952-1956 during the Korean War aboard the Mindoro (CVE120) and Leyte (CVS32) aircraft carriers. Upon honorable discharge, he worked at Pratt & Whitney

in North Haven, CT, before joining General Electric Co. in Burlington, VT, where he worked for 28 years as a sheet metal manufacturing planner and NCM programmer. On June 27, 1959, he married the love of his life, Geraldene (Machia) Rooney, at St. Mary's Church in Cambridge, VT, with whom he raised five children. Dutch loved being outdoors, fishing and hunting, playing softball, golf and horseshoes. His family was his biggest pride and joy. He enjoyed teaching the kids to swim, cheering from the sidelines at his children and grandchildren's sporting events, attending dance recitals and celebrating graduations. He was sometimes pulled from the stands to umpire baseball and softball games behind the plate. For many years, he enjoyed traveling the contiguous 48 states with Gerry by RV, visiting family and making friends, wintering at their home in Lake Placid, FL. He was a member of the 6:30 AM Coffee Club at Hanley's store in Jeffersonville, where he will be missed for his sense of humor and the sparkle in his eye. He was an enthusiastic card player, enjoying the company of neighbors and friends at Mann's Meadow. In his retirement, he enjoyed carpentry (and friendship) with Terry McCuin. Norman was a faith-filled Catholic, a parishioner of St. Mary's in Cambridge where he volunteered for the annual church suppers and helped with the parish rectory building project. His faith sustained him through the childhood loss of his parents, and he credited his daily devotions for allowing him to achieve 37 years of sobriety, of which his family was very proud. He was predeceased by his step-mother Harriet Humphrey Rooney, his brother Donald Rooney, and sisters Teresa Kittell, CharAnn Rooney, and Beverly Pollander. Dutch leaves his adored wife Gerry, their children Michael Rooney and partner Amy Delorme of Burlington, VT, Robert Rooney and wife Kathy of Greenfield, NH, Matthew Rooney and wife Bobbi of Hyde Park, VT, Kathy Snell and husband Peter of Shelburne, VT, Donna Rooney-Stalker and husband Harold of New Marlborough, MA, beloved cultural exchange son Eduardo Alvarez of David, Panama, grandchildren Kaitlin Rooney of Freedom, NH, Zachary Rooney of Hillsborough, NH, Carolyn and Andrew Snell of Shelburne, VT, and Alicia Delorme of Burlington, VT. He is survived by his sisters- and brothers-in-law Carol Rooney of Joppa, MD, John Sotिंगco of Anaheim, CA, Richard and Peg Machia of Cambridge, Jane and Terry Shaw of Jeffersonville, Lynda Cootware of Essex, VT, and several dear nieces and nephews. A Mass of Christian burial will be held for the immediate family, with interment at St. George's Cemetery in Bakersfield with military honors. In lieu of flowers, donations may be made in memory of Norman Rooney to St. Mary's Parish in Cambridge, and Lamoille County Home Health and Hospice in Morrisville. Special thanks to Father Christopher Micale, Dr. Laura Norris, Dr. Garth Garrison, Lamoille County Home Health staff, and Lincare. Arrangements are by A.W. Rich Funeral Home.

With sadness we have to announce that **Anthony A. Socinski** of Cambridge, Vermont passed from this life on Wednesday, June 17, 2020. Anthony was predeceased by his parents, Adam and

Eva (Maciag) Socinski of West Rutland, VT; his sisters Monica (Socinski) Gregory of Pennsylvania and Sister Monica Socinski, O.P. of New Jersey. He is survived by his wife Renate and by his brothers Henry, Leonard, and John and their spouses. He also leaves behind his children: Eve, Adam, Anita, Francis, and Tonia; and many other relatives and friends. He was a teacher, businessman, and loving husband, father, and grandfather, and will be remembered for his love of Poland and the Polish people. He had an abiding faith in God that he shared with his family and friends. A Mass of Christian Burial will be celebrated at a later date. In lieu of flowers, memorial contributions may be made to the Cathedral of Saint Joseph or to Joseph's House, 113 Elmwood Ave., Burlington, VT 05401 for the Youth Warming Shelter.

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Library news continued from page 8

Take a picture as you participate and send it to erna@brownelllibrary.org to earn 1 ticket.

Music with Raph! Fridays, July 17, 24, 31, August 7, 14. Sing, dance, and learn with Raph. Videos posted on Facebook and our website calendar. 1 ticket for liking the link on Facebook. (For the younger ones.)

Summer Story Times : Thursdays, July 16, 23, 30, and August 6. Listen to picture book stories, songs, puppets, and rhymes. Videos posted on Facebook and our website calendar. 1 ticket for liking the link on Facebook or send a picture to erna@brownelllibrary.org of your child watching. (For the younger ones.)

Walk the Labyrinth: July 20-24. Take a moment to be mindful OR imagine you are walking a medieval labyrinth... The labyrinth will be on the library lawn. Go in one at a time please. Take a picture as you participate and send it to erna@brownelllibrary.org to earn 1 ticket.

Mystery Word Week: July 27-31. Find the Mystery Word in a book to win a free small ice cream from Rocky's in Essex Junction. Word announced on Facebook on Monday. Take a picture of the word in a book and send it to erna@brownelllibrary.org to earn your ice cream coupon. (1 ice cream coupon per child. For independent readers only.)

Teddy Bear Story Time: Thursday, July 30. Pick up a (cleaned and quarantined) Teddy Bear, created by teens for this special story time. Available Monday, July 27 and while supplies last. Videos posted on Facebook and our website calendar. Earn 1 ticket for liking the link on Facebook.

Kindergarten Story Time: Monday, August 10, 6:30 - 7:30 PM. A story time for students entering Kindergarten this fall. Join us via GoToMeeting, meet new friends, and listen to stories about going to school. See calendar or Facebook for GoToMeeting link. 1 ticket for attending. (For rising Kindergarteners.)

Virtual Stories with Storyteller Linda Costello: Wednesday, August 5. Gather round and let Storyteller Linda Costello take you to far-off places with these folk stories and fairytales. Video posted on Facebook and our website calendar. 1 ticket for liking the link on Facebook. (Recommended for ages 6+.)

Virtual Harry Potter Birthday Party: July 31, 3:00 - 4:00 PM. It's Harry Potter's Birthday Party! Dress up and join us for virtual trivia! See calendar or Facebook for GoToMeeting link. 1 ticket for participating and 1 ticket for dressing up. (For all ages!)

Kid's Raffle: August 14. Our end of summer raffle drawing for kids ages 0-4 and 5-11 with prizes from the community. Earn tickets by reading, participating in programs, and completing activities. Winners will be notified by Wednesday, August 19.

Terrific Tuesday Kits! Released for pick up on Tuesdays in the rear vestibule and available while supplies last. Participants will receive one ticket for finishing a terrific activity and sending us a picture; contact information will be included on the instructions in each kit. (Recommended ages 6-12.)

? July 21: Kites. Build and design a kite to fly!
? July 28: Fairy Houses and Gnome Homes. Create a fairy house or gnome home from mostly natural materials. Use materials provided or use your own natural materials.

? August 4: Magic Fishing Game. Make your own "magic fish fishing game" to play all year round.

? August 11: Weaving. Explore weaving with a loom created by teens.

Imagine It Kits: Each Monday, you can pick up a different activity to take home in a paper bag in the rear vestibule (while supplies last). Instructions will be included in the kits. Details on completing this task and earning a ticket are below:

? Playdough Kit: July 13-17. Make your own playdough! Send a picture of your completed project to sarah@brownelllibrary.org to earn 1 ticket.

? Tall Tale Kit: July 20-24. Imagine and tell a tall tale. Turn in your completed tale in the rear vestibule to earn 2 tickets.

? Origami Bookmark Kit: July 27-31. Create your own origami bookmark. Send a picture of your completed project to megan@brownelllibrary.org to earn 1 ticket.

? Quarantine Story Challenge: August 3-7. Share a true story of your time in quarantine. Stories will be uploaded to our archive. Turn in your story in the rear vestibule to earn 2 tickets.

? Friendship Bracelet Kit: August 10-14. Make a bracelet for a friend. Send a picture of your completed project to megan@brownelllibrary.org to earn 1 ticket.

PROGRAMS FOR TEENS:

Virtual Teen Writers Club: Wednesday, August 12 from 3:00 - 4:00 PM. Teens will play collaborative and independent writing games to stretch the imagination and encourage creativity. See calendar or Facebook for GoToMeeting link. 1 ticket for attending meeting. (Grades 9-12.)

Virtual Teen Maker: Join your fellow teens for an hour of hanging out and making. Wednesday, July 29, 3:00 - 4:00 PM. Make Your Own Bowtruckle! See calendar or Facebook for GoToMeeting link. 1 ticket for participating or 1 ticket for emailing a picture of your completed project to sarah@brownelllibrary.org. (Grades 6-12.)

Mystery Word Week: July 27-31. Find the Mystery Word in a book to win a free small ice cream from Rocky's in Essex Junction. Word announced on Facebook on Monday. One ice cream coupon per teen. Send a picture of the word you find to erna@brownelllibrary.org.

Virtual Harry Potter Birthday Party: Friday, July 31, 3:00 - 4:00 PM. It's Harry Potter's Birthday Party! Dress up and join us for virtual trivia! See calendar or Facebook for GoToMeeting link. 1 ticket for participating and 1 ticket for dressing up. (All ages!)

Teen Raffle: Tuesday, August 18. Our end-of-summer raffle drawing for teens (ages 12-18) with prizes from the community. Earn tickets by volunteering, participating in summer activities, and/or reading throughout the summer. Winners will be notified by phone or email by Wednesday, August 19.

Teen Imagine It Kits: Pick up these kits/challenges all week long in the rear vestibule to take home in a paper bag. Details on completing this task and earning tickets are below. Submit photos to sarah@brownelllibrary.org.

? Quarantine Bingo! Through Friday, August 14. Fill out the Quarantine Bingo card that you received in your summer registration packet or come pick one up in the rear vestibule. 2 tickets for emailing a photo of your completed card.

? Teen Tall Tale Kit: July 20-24. Write your own tale and make a simple book to write it in; fun prompts will be included. 2 tickets for turning in completed tale to the rear vestibule.

? Quarantine Story Challenge: August 3-7. Share a true story about your time in quarantine. Pick up the challenge in the rear vestibule. Stories will be uploaded to our archive. 2 tickets for returning story to rear vestibule.

? DIY Checkerboard Kit: August 10-14. Create and decorate your own checkerboard to play with friends and family. 1 ticket for submitting a photo.

Teen volunteer opportunities: Sign up to volunteer at <https://forms.gle/5Gdbw9pgJmrvxua9>. You will be contacted by Megan, Sarah, or Erna with details on completing this volunteer opportunity. Teen volunteers will receive 1 ticket for participation.

? Hogwarts Acceptance Letters: through Friday, July 24. Write Hogwarts acceptance letters to younger children who participate in the Harry Potter Birthday Party!

? World Weaving: July 27-31. Help us construct cardboard loom and weaving kits for our Terrific Tuesday program.

The library offers curbside service, Monday-Friday, 10:00 AM - 6:00 PM.

Place books, DVDs, etc. on hold at <https://brownell.kohavt.org/> by calling us at 802-878-6955, or emailing frontdesk@brownelllibrary.org. Holds and email requests received by 5:00 PM will be available for same-day pick-up. Phone-in requests received by 5:30 PM will also be available for same-day pick-up. We will call you when your request is ready.

Our book drop is open for returns. Because we are still encouraged to stay safe and stay home, all materials will be checked out to you for three weeks.

Downloadable audio books and ebooks are available through Libby or Overdrive: <https://gmlc.overdrive.com/>. For Village residents, we can even offer a temporary virtual card that will provide access to these online services. For a virtual card, contact the library by phone or email.

You can catch our digital programming on our website program calendar: just select the event for details and the meeting link to log on: <https://brownelllibrary.org/events/calendar>.

If you need help using any of these services, email us at frontdesk@brownelllibrary.org. We will also be checking voicemail periodically, and you can leave us a message at 878-6955.

Brownell Library, 6 Lincoln St., Essex Junction. Hours: Monday, Wednesday, Friday: 9:00 AM - 9:00 PM; Tuesday, Thursday, Saturday: 9:00 AM - 5:00 PM. Contact Main Desk 878-6955, Youth Desk 878-6956, Reference Desk 878-6957, or frontdesk@brownelllibrary.org.

ESSEX FREE LIBRARY

The Essex Free Library is currently closed to the public, but offers curbside pickup, Monday-Friday, 10:00 AM - 6:00 PM. For more curbside details, please visit <https://www.essexvt.org/753/Curbside-Services>.

We are accepting book returns in the book drop only. Please do not return books inside the vestibule.

While the building is closed, our online resources and services are always open. All you need is your library card. Don't have a library card? Request a virtual library e-card today to access our ebook and audiobook collections. (https://docs.google.com/forms/d/1FAIpQLScH6EF1cpRRmOhjQ_O1GTNOzI_eIS3WJR4BQelaT6mYMT0A/viewform?vc=0&c=0&w=1)

Essex Free Library, 1 Browns River Rd., Essex. Hours: Monday, Wednesday, Friday: 9:00 AM - 5:00 PM; Tuesday, Thursday: 9:00 AM - 8:00 PM; Saturday, 9:00 AM - 2:00 PM. 802-879-0313; essexfreelibrary.com.



Spruce Peak Chamber Music Society presents its series Conversations, in which Spruce Peak's Jia Kim interviews musicians and presents performances by them on Spruce Peak Arts' YouTube Channel, <https://t.e2ma.net/click/wyi59f/8zv5n7m/kxxmsx>. Sunday-Wednesday, July 19-22 features Molly Carr (top), a violist, chamber musician, co-founder of Project Music Heals Us, and faculty at the Juilliard School and Bard Conservatory of Music. Sunday-Wednesday, July 26-29 features Michelle Ross (bottom), a violinist, chamber musician, collaborator, and Guest Concert Master and Artist in Residence at College of the Holy Cross. Reservations must be made in advance at <https://www.sprucepeakarts.org>. Tickets are free; donations in lieu of a ticket purchase support the Spruce Peak Chamber Music Society and participating musicians.

PHOTOS CONTRIBUTED

LUHS summer school

By Brian Schaffer, Principal, Lamoille Union High School

Lamoille Union High School will be offering a remote learning, summer school program that began on Monday, July 6 and runs through Saturday, August 1. This is a great opportunity for Lamoille Union students interested in improving proficiency, completing a course, or taking an online course.

Please contact Summer School Coordinator Tim Messier, 802-851-1333 or tmessier@luhs18.org for more information.

Be well, Lancers!

SPORTS NEWS

Announcing the virtual Suffrage 5K Scramble

The Suffrage 5K Scramble scheduled for Saturday, August 15 in Waterbury will now happen all over the state during Vermont's Primary Week: Saturday, August 8-Saturday, August 15.

Individuals, friends, organizations, clubs, and corporations are invited to form groups to commemorate the Women's Suffrage Centennial 1920-2020! Participants will run or walk the 5K (3.11 mile) route of their choice, at any interval and at any pace, during Primary Week in a "Votes for Women/Votes for All" sash, and submit photos to celebrate their accomplishment.

The Suffrage Scramble 5K, presented by Central Vermont Runners, is produced in partnership with the Vermont Suffrage Centennial Alliance (VSCA, <https://vtsuffrage2020.org/>), and is committed to informing Vermonters of the history and outcomes of women's suffrage and engaging them in the ongoing quest for equal rights and citizenship. The motto of VSCA is *Hard Won — Not Done*.

In acknowledgement of this fact, event proceeds and extra donations will be sent to the Rutland NAACP (<https://naacprutland.org/>) to help fund efforts to expand voter registration, education, and access for people of color in Vermont.

The Scramble also celebrates one-half century of women being allowed to participate in road racing! It took 50 years after women gained the right to vote for women to gain the right to run in both the Boston and New York City Marathons or pass Title IX, allowing access to running teams in schools and universities. One century with the Right to Vote, one half century with the Right to Run!

Suffrage Scramble entry fee is \$20. More information about Suffrage 5K Scramble can be found at <http://cvrunners.org/cvr-races/suffrage-scramble/>. Register at <https://www.letsdothis.com/us/e/suffrage-scramble-5k-virtual-event-187864>.

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A new (and easier) way to treat Japanese knotweed

By Andrea Shortsleeve
Private Lands Habitat Biologist, VT F&W

There's a patch of Japanese knotweed growing on the edge of a town park near my house that I see every morning when I walk my dog. It hasn't started sending up green shoots yet this spring, but there can't be too many more days before it does. For the past few years, this patch has been there, steadily growing and spreading each season, slowly creeping more interior into the forest each summer.

Both Japanese and Giant knotweed (*Fallopia japonica* and *sachalinensis*), the two species found here in Vermont, are natives to East Asia. While these plants can grow and exploit a range of site conditions, they seem most comfortable along riverbanks and roadsides here in Vermont, causing severe damage to our ecosystems. As it grows, knotweed forms extensive, dense mats of roots and stems, eliminating native vegetation. The loss of native shrubs, trees, and flowers impacts the insect, bird, and mammal populations that depend on those plants for food and nectar. Additionally, as the insect populations declines, the fish, birds, and mammals that feed on those insects suffer as well. And as native plants are eliminated from along the riverbanks, their root systems are, too. The ground beneath the thick patches of knotweed leave bare soil, increasing the risk of soil erosion into the waterways. And finally, the impenetrable vegetative wall created along the riverbanks all but eliminates the ability of wildlife to travel along the river corridor, a space which many species rely upon to safely move across the landscape.

These detrimental impacts of this invasive plant are well-known, and even so, I've worked with landowners who are reluctant to treat knotweed on their property. Some landowners like the way it grows because it provides a vegetative privacy fence between their houses and a road or a neighboring property. Some people believe knotweed flowers make exceptional honey, and some espouse how delicious the fresh shoots are to eat. Frankly, I feel that looking at knotweed in these ways can trivialize an incredibly damaging invasive plant and are often short-sighted. There is a variety of native and non-invasive plants available to provide those same benefits without creating ecological damage. However, I do recognize that hyping these aspects of knotweed is a way for landowners find a silver lining in having an infestation on their properties, an often-overwhelming situation.

Knotweed is notoriously difficult to control and often seems indifferent to many treatment methods. <https://vtinvasives.org/invasive/knotweed-japanese> is a great resource to look at different methods to treat knotweed, but each suggested method offers varying levels of success calling for a variety of resources and time.

This year, I've decided to do something about the little patch of knotweed on my morning walk, and I'm planning to try a new method to treat it. The method has been offered commercially for a few years in Great Britain, a country where Japanese knotweed has significant economic and environmental impacts. Knotweed in Britain routinely cracks the pavement in roads, causes damage to retaining walls and building foundations, and lowers property values. Mortgage companies have begun to refuse to lend on properties that are affected by Japanese knotweed due to the high threat of damage to residential homes the country has seen. Luckily, we are not in as grave a situation here across the pond, but my point is that if Great Britain has been seeing success with a treatment method, it's probably worth looking at.

Full disclosure: I've never actually tried this method, nor do I personally know anyone who has. However, it strikes me as a low-cost, low-energy, low-risk method to try and tackle an invasive that has brought many weed warriors to their knees. So, what's the harm? This method, called MeshTech, was developed by Dr. Eric Donnelly and Japanese Knotweed Control Ltd. (This is not a promotion, but I want to give credit when it's due.) A simple Google search reveals much more in-depth information about this technique and its development than I can provide here, but I'll run through a short explanation.

This new (new-to-me) method involves selecting a patch of knotweed and clearing out the surface growth from previous growing seasons. The cleared-out section is then covered with a wire fence mesh with 1/2 inch x 1/2 inch openings. The fencing material will have to be fastened down in some method so it will stay put throughout the growing season. And that's all you do. Simple.

The theory is that the knotweed stems will emerge from buds on the underground rhizome in early spring and will grow through the steel mesh. As the stems continue to grow, they will expand in diameter. At a certain point, the stems will push against the steel mesh and girdle themselves. The surface growth (stems and leaves) of the plant wilts and will eventually die, but the rhizome will continue to push new stems up through the ground (and wire mesh). This will continually kill the stems and will lead to the depletion of rhizome carbohydrate stores, which are required by the stems for growth. This cycle will repeat until the end of the growing season, when the plant enters a period of dormancy. Normally, the knotweed will have a plentiful store of carbohydrates stored in its rhizome to begin growing again in the spring. However, after a season of trying to outsmart the steel mesh on top of it, the knotweed will not have any energy stored up to continue growing in the next season.

The company Japanese Knotweed Control, Ltd indicates that there will be a noticeable difference in the vigor and growth of the plant after the first year of trying the MeshTech method, but total control of the plant will still take over five years. Other control methods have similar timelines to see semi-permanent results, but this method could have potential to make a difference in knotweed infestations where other methods such as chemical or mechanical treatments are not appropriate.

A few important points:
Proper disposal: If you don't get the fencing down early enough in the spring before the knotweed starts to grow, you'll have to cut down and clear out the grown stalks in order to create a space for the wire fence to lay flat. And this means that you'll have to have a proper method to dispose of the cut stalks. Of course knotweed, being the stubborn invasive that it is, will re-sprout from the tiniest fragment, so proper disposal methods are tricky but very important. The best way to dispose of knotweed is burning the material, but you can read more about different disposal methods at <https://vtinvasives.org/news-events/news/new-recommendations-for-disposal-of-invasive-plant-material>.

Overwintering considerations: We also know we won't kill the rhizome in one year, and that this method (as with most invasive species treatments) is going to be a multi-year process. This means



An organic, low cost, low effort method for killing Japanese knotweed.

PHOTO BY JAPANESE KNOTWEED SOLUTIONS LTD

that the decision will have to be made whether to leave the wire down over the winter or if it will be pulled up and re-installed next spring. Many of the areas where knotweed thrives are also areas that are susceptible to spring flooding or washouts, meaning that removal and re-installation will be necessary. Even though this will increase the amount of work involved, it should be easier over the long run as compared to other treatment methods.

Holding the wire down: I've been asked by a fair number of people about how they should fasten the wire fencing down to the ground, and honestly, I don't have a perfect answer. Often the knotweed patches are growing in soil that is loose, already disturbed, and difficult to stake something down in. I was able to use a few extra tent stakes that I had at home combined with landscaping staples. I've heard from some landowners that they simply used rocks or heavy branches and other pieces of wood to keep the mesh down. I'm curious about other materials and fasteners that readers have experimented with and had success (or a lack of success) with!

Elevating the mesh above the ground: In the research that Lindsey Wight, Coordinator for the Missisquoi River Basin Association, and her crew had done, they came across descriptions of this method indicating that keeping the mesh off the ground a few inches was more successful than laying the fencing right on top of the knotweed rhizome. The idea behind this is that the knotweed can potentially send out new roots if the rhizome begins to get crushed by the wire fencing. By keeping the wire a short distance above the ground, the rhizome can send up shoots that will thin out a bit and grow through the holes in the mesh. Again, I'm interested in learning about how landowners have experimented with their own set-ups and what they've found success with.

I know that there are a few challenges with this method — the wire is a little expensive for a roll, it can only cover small areas, and steep banks and hills are going to be difficult to get the mesh to lay flat on — but these challenges aren't anything new to working with invasive species.

I know that I'll be able to handle this method while I juggle all of life's other responsibilities, and I encourage readers to try this out and let me know how (Andrea.Shortsleeve@vermont.gov) it works for them. It seems to be a low-cost and low-effort method to obtain promising results on troublesome knotweed patches.

And that sounds, as the British would say, brilliant.

SCHOOL NEWS



New Westford preschool teacher Dawn Hiscock lives in Essex Junction with her husband, Rick. Their adult son Jean lives in S. Burlington. A member of NAEYC, Dawn holds a Bachelor of Education in Early Childhood Education from McGill University and an educator's license (birth-age 8) with endorsements in Early Childhood Education and Early Childhood Special Education from the State of Vermont; she completed the 21-credit Director Credential in 2017. She is currently working on a Master's degree in Early Childhood Special Education. Dawn is inspired by the work of many learning theorists: Vygotsky, Piaget, Gardner, and Bronfenbrenner, to name a few. Social-emotional learning, science explorations, music movement, art, and play form cornerstones in her classroom, upon which a developmentally appropriate curriculum is built. Dawn borrows from many educational models, including the Reggio Emilia Approach. In her classroom, children's questions often form the basis of new learning; curriculum "emerges" from children's interests and queries about the world around them. Dawn has taught in the Québec public school system. She was Executive Director of the Plattsburgh Literacy Volunteers affiliate, director/head teacher at Discovery Preschool, and has worked as a Red Cross instructor. In her free time, Dawn enjoys socializing with friends, painting, sewing, scrapbooking, hiking, gardening, swimming, kayaking, traveling, and coming up with remodeling plans for Rick and her to work on. She loves cooking and sharing meals with family and friends. Dawn says, "Working with young children is a unique experience – I learn something new every day. Each child's journey of self-discovery stretches my teaching practice. I feel lucky to be a part of this wondrous experience."

PHOTO CONTRIBUTED



Westford School awards; Class of 2020

This year's socially distant 8th grade graduation on Thursday, June 11 is a shining example of the strong school / family partnership that helps define Westford School. A special thank you to all who made this experience personal and safe for our students. Two traditional and wonderful elements of Westford graduation are the individual student recognition statements and the student slide show. Both these elements were captured on the big screen on a night that could not have been more beautiful. Thank you to everyone who made this possible.

The graduating class: Shea Noelle Andrews; Isabella Joy Armata; Kain Michael Bacon; Luka Fuad Breen; Virginia Ann Cobb; Abigail Gwendalyn Cook; Mae Leta Dewey; Xandra Jean Ford; Nicholas Anderson Hopkins; Jeri Lynn Kornn; Emma Rose Murray; Collin Christopher Oalican; Mae Cristelli Parker; Eli Wilder Pierce; Porter Thurston Pitcher; Chasity April Pretty; Sonja Christine Helena Reilly; Mason Robare Roberts; Cora Inez Spiller; Wyatt Jon Stark; Owen Matthew Wamsganz.

7TH and 8TH GRADE AWARDS

The Hazen Wood Award — Awarded to the students who have shown the most effort and perseverance in school work during the 7th and 8th grade. Awarded to: Luka Breen, Mae Dewey, Wyatt Stark.

The Citizenship Award — Awarded to the students who exhibit the truest qualities of citizenship. The display of these qualities enhance the entire school climate. The individual's respect, contribution, and stewardship over school and personal issues en-

ables positive feelings to carry on, one day to the next. Awarded to: Virginia Cobb, Abigail Cook, Nicholas Hopkins, Collin Oalican, Sonja Reilly.

The Academic Excellence Award — Awarded to the students who embody scholarship during their 7th and 8th grade years. Awarded to: Virginia Cobb, Abigail Cook, Xandra Ford, Collin Oalican, Sonja Reilly, Cora Spiller, Owen Wamsganz.

The Katherine and Wilson Howrigan Award — Awarded to the students who have worked the most for the 8th grade class during their final year here at Westford. Awarded to: Shea Andrews, Isabella Armata, Xandra Ford, Mae Parker.

The Betty Fay Award/Helping Hands Award — Given to the students in the 8th grade who exhibit the most genuine desire to help others. Awarded to: Sonja Reilly.

The Sportsmanship Award — Awarded to the students who evidence good sportsmanship when involved in team sports. Awarded to: Porter Pitcher, Sonja Reilly, Mason Roberts.

The Joayn Larson Award — Awarded to students who exhibit the following outstanding qualities: patience, unselfishness, and compassion for others. This award is donated by the Westford Home Dem. group in memory of Joayn Larson. Awarded to: Virginia Cobb, Nicholas Hopkins, Jeri Kornn.

The Judith DeNova Personal Conviction Award — Awarded to the students who have learned to dig deep to find the necessary courage and self-determination to persevere when things get tough. Awarded to: Kain Bacon, Emma Murray, Eli Pierce, Chasity Pretty.



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Dear Westford Families, My name is Colleen Legris and I am excited to be the 5-8 math teacher at Westford. I live just around the corner in Fairfax with my husband. Our two sons have recently graduated college and we are thrilled they have decided to return to Vermont to live. In my free time, I enjoy skiing, hiking, playing Cribbage, and spending time with family and friends. Math is my passion and I work hard throughout the year to pass that love on to students. I do this by taking students where they are at and scaffolding instruction to meet individual needs. Additionally, I provide hands-

on math activities and authentic problems so they are more motivated to make connections to life outside of school. I started my teaching career at Cambridge Elementary School, spent summers teaching middle school in Falmouth, MA, and last year taught at Founders Memorial School. I am delighted to continue working in the Essex Westford School District, more specifically joining the 5-8 grade Westford middle-level team. I look forward to working together this coming school year to make learning engaging and productive.

PHOTO CONTRIBUTED

3/4 Literacy Teacher MaKayla Foster: "I am beyond excited to welcome students into the 3/4 team and to learn alongside students and families this year. I just completed a 3/4 literacy long-term substitute teaching role at Westford. Prior to that, I student taught with Mrs. Goss as I completed my undergraduate studies in Elementary Education and English at Saint Michael's College. I am passionate about helping others and of course, literacy-related activities. My favorites are cracking open a great book outside on a warm day, and listening to my students talk about their interests. If you are curious about what 3/4 literacy students are doing right now, check out our Twitter page https://twitter.com/mfoster_5."



PHOTO CONTRIBUTED

Westford School news

We begin summer planning for a safe return to school. Thank you so much for providing weekly feedback. We are asking that families also respond to this end of the year Westford Parent Survey (<https://forms.gle/1MbF1LRvGeWu6eJn7>) as we collect information to inform operational plans for a safe return to Westford School.

As we close out the 2019/20 and look ahead to a safe return, we extend a huge thank you to the Westford PTO for their teacher appreciation video <https://www.tribute.co/westford-teachers/>. It is greatly appreciated.

Kindergarten Orientation is planned for Friday, July 24. Please contact the main office if you have a child who will enter kindergarten at Westford School for the 2020/21 year. Our kindergarten teacher, Ms. Cassidy Shumway, will continue to update families on the details of Kindergarten Orientation and invite families to attend one of three session options on July 24.

Summer Meals — EWSD is providing a free meal service this summer. Meals are free to all children ages 18 and under, no application or prior approval is needed. Meals will be available at Westford School, Monday-Friday, from 10:10 – 10:30 AM. Please check the EWSD Child Nutrition site for updated menus and more information on the summer meal program.

Planning for a safe return to school 2020/21: Communication. For the latest updates from the Essex Westford School District specific to COVID-19, please visit www.ewsd.org/covid. This includes a wide range of information as well as updates as they unfold this summer.

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The K-League program will run from Sunday, September 6 through Sunday, October 18.

PLEASE NOTE – Our club is moving forward with rec play as long as we can safely remain in line with the State's guidelines for Play Smart / Play Safe implemented due to the impact of COVID-19. All requirements set in place by VT Department of Health will be adhered to, and will be expected to be followed by players and spectators as a requirement for participation.

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