

"Do not get lost in a sea of despair. Be hopeful, be optimistic. Our struggle is not the struggle of a day, a week, a month, or a year; it is the struggle of a lifetime. Never, ever be afraid to make some noise and get in good trouble, necessary trouble." — John Lewis

MOUNTAIN GAZETTE

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Serving Bolton, Cambridge, Jeffersonville, Jericho, Underhill, and Westford, VT

August 6, 2020

August live fire training dates at the Range

The following dates have been compiled in order to provide advance notice of live fire training events at the Camp Ethan Allen Training Site (CEATS) in Jericho.

We provide this information as a good faith gesture for the communities that surround our training facility. We do attempt to limit loud noise late at night, keeping in mind we all need sleep. Please understand, our soldiers do not really wish to be out all night training either, but sometimes that is necessary for the required training to be completed.

This summer the training will be on a compressed timeline because of the lockdown — units have gotten three months behind their training timelines and have requirements which need to be completed within the training year. In addition, some units are deploying overseas within the next 365 days and additional training requirements must be met by those units.

In addition, Fort Drum in Watertown, NY — an Active Duty Army post and home to the 10th Mountain Division — where many of the units go to conduct their annual two week training, has implemented a mandatory two week quarantine for National Guard units to train at the installation. This eliminates the possibility of training at the installation, because all of the allotted training time would be consumed to meet the quarantine requirement.

I explain all this because we foresee a summer in which the training we support will be more intense, both in how late the firing might be conducted and on the days training is conducted. We are expecting more late night firing, though we are not currently planning on allowing it to go past midnight, and firing on more weeknights, since units are going to need to complete training but they are competing for range time, which will force the use of weeknights to complete the requirements.

I apologize in advance for this probable outcome, but it is a necessity we are unable to avoid to complete our job of making sure our soldiers are trained. We will do the best to mitigate the noise, we are very aware of your presence surrounding out borders. Please enjoy the summer; I love all the seasons in Vermont, and summer is an awesome time of the year.

Please feel free to contact us with any concerns that might arise at ng.VT.vtarnng.mbx.vtng-statepao@mail.mil or 802-338-3000 option 3.

MAJ Duby Thompson
Range Operations
Camp Ethan Allen Training Site
VT Army National Guard

Range Usage:
August 2020:

Week of Aug 3-9

3-9 Aug Small Arms 1600/.50 CAL1700

4 Aug Burlington Police Dept. 1600

7-8 Aug Burlington Rifle and Pistol 1600

8-9 Aug Vermont State Rifle Pistol Assoc. 1600

Week of Aug 10-16

10-16 Aug Small Arms 1600/.50 CAL1700

11-14 Aug US Coast Guard Small Arms 1600/.50 CAL1700

10-14 Aug Norwich ROTC Small Arms 1600

15 Aug Burlington Rifle and Pistol 1600

Week of Aug 17-23

17-23 Aug Small Arms 1600

17-21 Aug UVM ROTC Small Arms 1600

18-20 Aug Small Arms 1600/.50 CAL1700

18-21 Aug Small Arms 1600/Artillery 1600

20-21 Aug Burlington Rifle Pistol 1200

20-21 Aug Vermont State Rifle Pistol Assoc. 1600

Week of Aug 24-31

28-31 Aug Small Arms 2200/.50 CAL1700

25-27 Aug Burlington Police Dept. 1600

26 Aug Vermont Fish and Game 1600

31 Aug Vermont Fish and Game 1600

A bear of a problem

By Nanette Rogers, Westford Town Clerk, Westford

Unsure how backyard composting will impact your relationship with Westford wildlife? Now that the new food waste law is in place, there have been valid concerns about how to backyard compost while keeping wild animals like bears and raccoons at bay. Below are some tips to help you reduce food waste and nuisance animals:

- DO NOT put any fish, meat, dairy, grease, or bones in your compost bin. The new food waste law in Vermont allows and encourages meat, bones, and grease to be placed in the trash instead of in your compost as these items take too long to break down in a small backyard system and can cause odors.

- Compost in a hard, durable bin, preferably one with a lid that is difficult for an animal to get into. No container is 100% animal proof, but some are more durable than others.

- Frequently cover food scraps with "browns" (dried yard debris, wood chips, sawdust, shredded paper). This helps contain odors. Mix your compost frequently to encourage decomposition!

- Build your pile correctly! Burying food scraps near the center of your compost pile and covering it with dry "browns" discourages insects, rodents, and other "vectors."

Remember! A well-maintained compost pile should not gener-

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Underhill's Food Sharing Shed



By Phyl Newbeck
Special to the Mountain Gazette

COVID-19 has brought out the best in some residents of Underhill, several of whom have created a new way to make sure their neighbors have access to good food. On May 1, John and Barbie Koier, John Connell, and Caelan Keenan combined their energies to create the Underhill Food Sharing Shed. "The idea germinated out of COVID-19 isolation," John Koier said. "We wanted to give back to the community and provide an opportunity to share with those who are less food secure."

Keenan, who works for Salvation Farms, is a tenant at Connell's barn and she helped the group develop the concept. Salvation Farms is a non-profit based in Morrisville with a mission of increasing resilience in Vermont's food systems by reducing food loss on farms and increasing Vermonters' use of locally grown foods. "We had an unused vegetable stand that used to sit at the bottom of our driveway," Koier said. "We decided to use that as the centerpiece. Various people came out and painted it and made signage and in less than a week, it was up and running."

Six Underhill residents serve as stewards of the shed. They take turns bringing the cooler to their homes every night and refreezing the ice blocks. In the morning, they bring it back with more food.

MMUUSD schools to reopen with hybrid model

By John R. Alberghini, MMUUSD Superintendent

I am writing to provide you with an update on our plans to reopen our school buildings.

To start the school year, MMUUSD, along with all 16 school districts covering Addison, Chittenden, Franklin, and Grand Isle Counties who are members of the Champlain Valley Superintendents Association (CVSA), will implement a hybrid instruction model that will include both in-person and remote learning. This plan to return to school is student-centered, focused on social-emotional needs, and designed to keep our students learning at a high level. Most importantly, a hybrid model affords the ability to offer in-person learning in the safest environment possible while adhering to the best practices of the guidance issued by the Vermont Agency of Education (AOE) <https://education.vermont.gov/documents/guidance-strong-healthy-start-health-guidance>. The following is a general overview of how the hybrid model will work:

Students will be divided into two groups.

Groups will attend school in-person two days a week and learn remotely three days a week.

Students and staff attending in person will wear masks and practice physical distancing.

Groups will be thoughtfully created so they best support families, including grouping family members together whenever possible.

We are working on scheduling and will have that information to families as soon as possible.

Most students will be learning remotely on Wednesdays. We will use this day to provide individualized support to students, engage in professional learning and planning for our staff, and deep clean our buildings.

While we all agree that nothing compares to the benefits that students receive from in-person instruction, after extensively reviewing the VT Agency of Education's (AOE) guidance and evalu-

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In addition to produce, people have donated pasta and canned goods. When any item sits for too long, Koier takes it to Aunt Dot's Place in Essex.

"We really don't know how many people are dropping food off," Koier said, "but it's probably at least twenty. We're coming into the high season now but we started off with lots of rhubarb, radishes, and lettuce." More recently, the shed has begun to feature green and red cabbage, broccoli, peppers, and cucumber. Koier said Val Stori, who runs a bed and breakfast that was closed by the pandemic, made use of her excess flour by baking for the shed. "Every Monday she brings us bread, eggs, and vegetables," he said.

"Underhill may not have many people who fit the profile for food insecurity," Koier said, "but there must be a few people because some of the canned food is gone." The Sharing Shed's connection with Salvation Farms proved beneficial when Keenan



brought over some milk, which had been donated by a local farm with a surplus.

As the summer progresses, Koier is looking forward to more donations of excess produce including a plethora of zucchinis. "There is a ledger book in the shed," he said, "and we've gotten several lovely thank you notes from community members." One note came from a teacher. "Thank you for the veggie plants," it read. "Our school started a garden and most plants did not live. You saved us! Now the students can help keep plants alive at home — each student gets a few plants! Yipee! Thank you! Thank you!" Others have left shorter notes saying, "What a wonderful idea!" "My family is so appreciative of your stand," "I love that you are all sharing and I hope you are all being safe," and "I love this stand! Go Underhill!"

VT Emergency Mortgage Assistance — apply by Aug. 31

VHFA is accepting applications for the VT COVID Emergency Mortgage Assistance Program (MAP) — see their website at <https://www.vhfa.org/map/>. [Be sure to click "continue" at the bottom of the first page to create an account — Editor] Eligible VT homeowners could receive a grant for up to six months of past due payments due to a COVID-19 hardship. Selection and eligibility criteria apply.

The Vermont COVID Emergency Mortgage Assistance Program was established using coronavirus relief funds allocated to the State of Vermont to provide financial assistance to stabilize low- and moderate-income homeowners in Vermont. VHFA is the administrator of funds dedicated to mortgage assistance.

This program is for persons who are behind on their home mortgages. If you are a renter, please contact the Vermont State Housing Authority by phone at 802-828-2040 or 802-828-1650 or 802-828-5596, to discuss obtaining help with your rental payments.

VHFA intends to prioritize applicants with lower incomes, but given the limited amount of funds and the limited time to review applications and distribute awards, there is no assurance that any individual application will be funded.

Applications will be accepted until Monday, August 31 (this period may be shortened with little to no notice if application volume exceeds expectations).

VHFA will review and verify applications between September 1-30, and have all awards issued by Friday, October 2. If funds remain available after the initial round of eligible applications are funded, VHFA will open up a separate round of funding.

Terms of Grant:

- Funds are provided as a grant paid directly to the mortgage servicer.

- Mortgagor is not responsible for repaying the grant provided.

- Because these funds are disaster relief funds, it is VHFA's understanding that the amount received is not taxable and mortgagor will not receive a 1099. VHFA does not provide tax advice,

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NEWS BRIEFS

2020 Census: shape your future

By Amy Grover, Bolton Town Clerk and Treasurer

It is quick and easy!

Completing the questionnaire allows you to influence the amount of money that comes to Vermont for many of our essential programs that benefit our health and safety, and pay for our roads, local government, schools, hospitals, and so much more.

Complete the Census by going to www.my2020census.gov or by calling 844-330-2020.

Many thanks!

Do you want to vote early by mail?

By Amy Grover, Bolton Town Clerk and Treasurer

Do you want to vote early by mail in the August 11, 2020 primary election?

It is easy to vote early by mail. Most of you have already received postcards from the VT Secretary of State's Office with instructions on how to do so. Almost 200 Bolton voters have already requested their ballots.

However, over 50 postcards were returned by the post office as undeliverable. IF YOU DID NOT RECEIVE A POSTCARD, please check your mailing address by going to <https://mvp.vermont.gov/> or by contacting Assistant Town Clerk Carol Devlin at assistbolton@gmavt.net or 434-5075 x221.

It is vitally important for the statewide Vermont Election Management System to have your correct mailing address in the system, as ballots for the November 3, 2020 general/presidential election will be generated through this system and sent by the VT Secretary of State's Office automatically to every active voter in the state.

If you want to vote early by mail in the August 11 primary election, here are the three ways to request a ballot:

- Go to <https://mvp.vermont.gov/> and request it online;
- Contact the Town Office and request it over the phone or via email;
- Return the postcard from the VT Secretary of State's Office.

Our official polling place at Smilie School will be open 7:00 AM – 7:00 PM on primary election day, with health officials' guidance measures in place. This is to accommodate same-day voter registration, voters dropping off voted absentee ballots, and voters who have not voted early by mail. However, the State and the Town are both STRONGLY encouraging all voters to vote early by mail and to return those ballots prior to election day to help protect the health and safety of our poll workers and voters.

Notch Tunnel Project update

By Amy Grover, Bolton Town Clerk and Treasurer

PROJECTED COMPLETION DATE: Friday, August 14, 2020

The following is the anticipated work for the week beginning Monday, August 3:

Monday-Friday, 7:00 AM – 5:00 PM: Weather permitting, installation of an epoxy protection on the concrete roadway inside the box culvert.

As part of Governor Scott's "Work Smart, Stay Safe" order, all construction crews are currently subject to safety restrictions and precautions.

TRAFFIC IMPACT DURING CONSTRUCTION:

Speed limit will be temporarily reduced to 25 MPH within the construction zone for the safe

Bolton's PPCA Upper Cliff Area closure

By Amy Ludwin, Bolton Conservation Commissioner

Peregrines nesting at Bolton Town Forest, the Preston Pond Conservation Area (PPCA), Notch Road trailhead, have had a successful breeding season with two chicks fledged. Rock climbers recently encountered very territorial adults while climbing on an open portion of the cliff, so Audubon Vermont and partners have determined that the entire cliff should be closed to climbing until the young fledglings start to leave the cliff to explore the area and hunt on their own.

Please help us out by noting that the entire cliff area known as the Upper West Cliff is closed to climbing, until further notice. We expect the cliff to reopen in August!

Questions or concerns? Please call our Audubon contact Margaret Fowle at 802-238-0046.

"Coverts" is an English word dating to the 14th century, pronounced "cuv-erts" not "coe-verts." It refers to dense thickets that provide shelter for wildlife.

Underhill tax bills delayed; due September 1

By Sherri Morin, Underhill Town Clerk

As you may already know, tax bills have been delayed. With the pandemic, discussion on school budgets and the like, towns were delayed in getting the education rate. With the delay in the rates comes the delay in receiving your tax bill.

Tax bills were mailed early in the week of July 27-31, with the first installment due Tuesday, September 1.

Mortgage companies are aware of the billing delay, as are escrow companies. Please be sure to forward your mortgage company a copy of your tax bill, as bills are only sent to the property owner. If you are set up for automatic withdrawal, the date and amount will be adjusted to the new bill.

If you have any questions, please call the Underhill Town Hall, 899-4434.

700! Thank you for your support!

By Mark Schilling, Cambridge Town Clerk

I am excited to report that nearly 700 Cambridge voters have already registered to vote by mail for the upcoming primary. This is at least 100 more than voted IN TOTAL at the last statewide primary. We are so thankful to everyone who is helping us all stay safe.

If you have not done so yet, you can request to vote by mail also. For more information, go to www.cambridgevt.org/votebymail. Our goal is to protect the health of our voters and our election volunteers. Your return mail is prepaid, so there is no cost to you. We will even send your "I Voted" sticker with the ballot package.

Our regular polling location at the Cambridge Elementary School will be open, as usual, for both the statewide primary and November general elections. Polling hours are 7:00 AM – 7:00 PM. Masks will be required in the public polling area. Alternate voting arrangements will be available for those who do not comply.

Of course, if you have any questions please contact the Cambridge Town Clerk's Office at clerk@cambridgevt.org or 802-644-2251.

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Is my mail-in vote safe?

By Mark Schilling, Cambridge Town Clerk and Presiding Officer of Elections

Sad to say, we have entered a period of world history where misinformation is rampant, especially in partisan news sites and social media. With a cultural shift towards remote voting dictated by the pandemic, many people are asking "Is My Mail-In Vote Safe?"

First and foremost, voting by mail in Vermont is nothing new. Our robust and secure system has already been in place for several years, and previously described as Early or Absentee Voting. Here is a description of how your vote is tracked and protected:

The state election system tracks main-in ballots every step of the way. Ballots for each individual confirmed voter are recorded in the system:

- when and how a request is received;
- when, how, and to where a ballot is issued;
- when and how a ballot is returned;
- which ballots were recorded as voted.

All returned ballots are printed to a list and given to the election officials on or before Election Day. The number on the list must match the number of ballots submitted for voting on Election Day. All returned and voted ballots are reflected on the entry checklist, and the checklist must match the number of votes placed in the electronic tabulator during the election. Finally, the participation of everyone who voted (but NOT who they voted for) is entered into the state election system.

Now, was your early mail-in vote delivered to us? There are two ways to check. You can call the Clerk's office at any time during regular business hours for a status update. You can also log in to the MYVoterPage at <https://mvp.vermont.gov> and check

the status of your ballot.

Every Town Clerk in the State of Vermont is sworn to uphold the absolute security of our election system. All election staff (most of whom are elected officials) abide by the same oath.

For more information, go to www.cambridgevt.org/votebymail. Our goal is to protect the health of our voters and our election volunteers. Our regular polling location at the Cambridge Elementary School will be open, as usual, for both the Statewide Primary and November General Elections. Polling hours are 7:00 AM – 7:00 PM. Masks will be required in the public polling area. Alternate voting arrangements will be available for those who do not comply.

If you have any questions about your right to vote or the process involved, please do not hesitate to contact me directly at clerk@cambridgevt.org or 502-644-2251.

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ate odors. Odors are one of the main attractants to wild animals. When finished and ready for your garden, your compost should be dark brown in color and smell earthy.

You can find more guidance about backyard composting here: <https://cswd.net/composting/backyard-composting/>.

You can find guidance on keeping bears and other animals away from compost here: <https://vtfishandwildlife.com/learn-more/living-with-wildlife/living-with-black-bears/composting-in-bear-country>.

Is backyard composting still not for you? You can bring your food waste to Green Mountain Compost or use another disposal service of your choice: <https://cswd.net/chittenden-county-solid-waste-facilities/green-mountain-compost/>.

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ating how to operationally implement those requirements and recommendations in our schools, reviewing survey submissions from our families and staff, and consulting with our reopening committee, we feel the hybrid model will best address the health and safety of our students and staff given the current health data available.

Having fewer students in the building at a time will help reduce contact with others and allow for better distancing. The smaller groups will also allow teachers and staff more time to assess the academic progress and needs of our students. With fewer students in the building, we can better help them adjust to new expectations while fostering healthy routines throughout the day, such as regular hand washing. In these pandemic conditions, it is also imperative that we continue to improve our remote systems so that we can be ready to adapt if health data requires a shift to full remote learning again.

We are also preparing to offer a remote-only/virtual learning option for families. More information regarding this option will be available soon.

We acknowledge the hardships that hybrid and full remote models may place on families, including our own faculty and staff. Our administrative team will be communicating with state and local officials to support in solving childcare issues. By working together, openly communicating, and being creative and flexible, we can overcome these challenges together. That said, please understand there are many moving pieces to these plans, and we will need to adapt as the situation surrounding COVID-19 evolves and we receive further guidance from the AOE and the VT Department of Health.

Finally, in addition to academic work, I want to assure you that our teams will work tirelessly to support your child's social and emotional needs through this transition. School is going to look and feel different this year, and we know all of our students and families will need support. We are here for your children and for your family.

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Mortgage

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however, and suggests that if you have questions about the taxable nature of a grant, you discuss it with your tax adviser.

Application of Grant:

- Payment directly to the servicer for the benefit of the mortgagor.

- Grant will be applied for UP TO six months of delinquent mortgage payments.

- Servicer must confirm balances and agree that upon receipt of the payment, Mortgagor will no longer have any obligation for the amounts paid by the grant. *Servicer confirmation is required before a grant award will be finalized.* THE GRANT AMOUNT MAY NOT BE ENOUGH TO BRING THE LOAN CURRENT. THE MORTGAGOR IS RESPONSIBLE FOR ALL REMAINING PAST DUE AMOUNTS.

You can help make sure that VHFA has the right contact information by calling your servicer and asking for the name and telephone number of the person VHFA should call about your mortgage. You can also send a Request for Information letter to your loan servicer, asking for contact information and giving your loan servicer permission to call VHFA directly to talk about your mortgage. You can find a Sample Request for Information online at <https://vhfa.org/map/documents/SampleRFIforSinglePointofContact.pdf>. For help completing a Request for Information, please contact Vermont Legal Aid/ Legal Services at 800-889-2047.

COMING EVENTS

Vermont Open Farm Week is August 10-16

Do you love local food and farms? Want to get to know your farmer better — and to get a behind-the-scenes look into Vermont's vibrant working agricultural landscape?

During the 2020 Vermont Open Farm Week, you can meet (virtually, or in person) the farmers, plants, and animals that bring your favorite high-quality Vermont products to your plate.

The Open Farm Week Committee has been navigating the current health crisis carefully and thoughtfully, and thinking creatively about how to deliver this week of events in a way that's safe and responsible.

This year's offerings will focus on events appropriate for the current pandemic-related guidelines: tours, picnics, farm trails, virtual/online events (workshops, guided tastings, etc.), social media posts/stories, and perhaps some other creative ideas.

What's the greatest part about Open Farm Week? Every farm is unique! Find up-to-date lists of participating farms and search by location or product at DigInVT (<http://www.diginvt.com/>), your portal to Vermont's agriculture and culinary experiences.

What can I do at the farms? The activities will vary from farm to farm. Some farms might have demonstrations and tours. Others may have pick-your-own crops, produce for purchase, or animals that you can meet. As mentioned above, this year's events will focus on those that fit the current pandemic-related social distancing guidelines.

Be sure to check each farm's individual listing to find out the details! <https://www.diginvt.com/events-in-vermont/open-farm-week/?date=2020-08-10>

To view the latest COVID-19 related guidelines, go online to <https://www.healthvermont.gov/response/coronavirus-covid-19>.

Coming Events

IN-PERSON, and VIRTUAL AND SOCIALLY DISTANCED Available online (mostly)

CPR/AED class online, with in-person session to verify CPR skills. The Community Center in Jericho is sponsoring another CPR/AED class offered by Richmond Rescue for residents of Jericho/Underhill. There are six AEDs installed in Jericho (Deborah

Rawson Memorial Library, Jericho Market, Jericho Town Hall, Jericho Café, Jericho Community Center, and Jericho Center Country Store). The course, made up of slides, modules, and videos, can be completed at your own pace online. Cost including certification: \$40 per person. Required skills verification sessions, to be scheduled at a later date, will be under these guidelines: All participants will be required to wear a mask. All participants will answer health screening questions and have temperature checked prior to beginning skills session. The rescue breathing will be simulated so all participants can keep their masks on. Each participant will have their own set of disinfected equipment for skills, supplied by Richmond Rescue. All skills will be individual; there will be no two-rescuer/multi-rescuer CPR. If you would like to sign up, please fill out the online form at <https://forms.gle/nfb5EVTGRYtiUzFr8>, or contact Alex, cprcenter@richmondrescue.org.

Through Monday, September 14

Echo is free to visit - no library pass needed! ECHO is open Friday-Monday, with two time slot options: 10:00 AM – 12:00 PM, and 1:00 – 3:00 PM. (Also offered: a morning time slot as a special member-preferred time for visiting the museum.) Must reserve tickets online. To learn more and secure tickets, visit <https://www.echovermont.org/plan-your-visit/reopening-information/>. ECHO has been following mandatory safety standards put forward by the state of Vermont and the Governor, and will continue to adhere to best practices to minimize exposure to the COVID-19 virus at all times: All staff will be wearing protective equipment including masks; frequent disinfecting of heavy transit areas and high-touch surfaces; hand sanitizer stations throughout the building. (Thanks to Westford librarian Bree Drapa for this information)

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.

Coming events continued on page 5

WORSHIP SERVICES

Bell Ringing at United Church of Underhill

The United Church of Underhill has been ringing their church bell each morning to let everyone know that they are being thought of during these extraordinary times. We have changed the time to 10:00 AM because we have changed the Sunday worship time to 10:00 AM.

As you hear the ringing let it be a time to pause, reflect, and be thankful for all we have.

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.

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>

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.

Send us your news!

Email it to

mtngazette@gmavt.net

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Must be signed for attribution

with writer's address and phone number.

Send your news to mtngazette@gmavt.net

News briefs continued from page 2

Cambridge seeks comments on Ambulance Service Report

By Marguerite Ladd, Cambridge Town Administrator

The Town of Cambridge is seeking public comments on a recent Ambulance Service report compiled by consultant Dan Manz. The report can be found on the Town of Cambridge's website <https://www.cambridge.vermont.gov>, under under News and Information (in list at left on the opening page), or at <https://tinyurl.com/y56gbb07>. The comment period will run through Friday, August 7, 2020.

Please submit written comments to Town Administrator, Marguerite Ladd, at townadmin@cambridgevt.org.

August 27 Westford public hearing: VCDP grant application

By Melissa Manka, Westford Planning Coordinator

The Town of Westford is/are considering making application to the State of Vermont for a VCDP Planning Grant 2020 under the Vermont Community Development Program. A public hearing will be held at 7:00 PM on Thursday, August 27, 2020 at 1713 VT Rt. 128, Westford, VT 05494, via Zoom (see forthcoming Thursday, August 27, 2020 Selectboard agenda for Zoom login) to obtain the views of citizens on community development, to furnish information concerning the amount of funds available and the range of community development activities that may be undertaken under this program, the impact to any historic and archaeological resources that may be affected by the proposed project, and to give affected citizens the opportunity to examine the proposed statement of projected use of these funds.

The proposal is to apply for \$60,000 in VCDP funds, which will be used to accomplish the following activities: planning and pre-development work at 1705 VT Rt. 128. This work will include soil testing, survey work, and the development of a site plan for redevelopment.

Copies of the proposed application are available at Town of Westford Town Office and may be requested by email (planner@westfordvt.us) or viewed during public office hours upon appointment, due to COVID-19. Should you require any special accommodations, please contact Nanette Rogers, 802-878-4587 or townclerk@westfordvt.us, to ensure appropriate accommodations are made. For the hearing impaired, please call (TTY) #1-800-253-0191.

Advice from VT F&W about living with Vermont's black bears

Composting: <https://vtfishandwildlife.com/newsroom/composting-with-bears-in-mind>

General: <https://vtfishandwildlife.com/learn-more/living-with-wildlife/living-with-black-bears>

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Westford P C plans to address wastewater capacity

By Melissa Manka, Westford Planning Coordinator

The Planning Commission has been working for at least 10 years to find a solution to the lack of wastewater capacity in the village. We are now working to find funding sources to pay for construction and reduce (or eliminate) any additional amount that the Town would be required to contribute. Towards that end, we are in the process of preparing a Preliminary Engineering Report, which is necessary to apply for State and Federal funding for this type of project. We likely will not know any more about potential funding sources for this project until early 2021.

In addition to this, the Planning Commission established a subcommittee to investigate how the Town might become involved with the redevelopment of the 1705 VT Rt. 128 Property (Pigeon property) with the goal of sparking economic revitalization in the Town Center. There are a number of issues associated with the Pigeon property that present significant challenges. The Town has asked the Chittenden County Regional Planning Commission (CCRPC) for assistance analyzing and researching the property, specifically seeking to identify what steps would need to be taken to prepare the property for redevelopment, and what the cost of that work would be.

The goal of this project is to find ways to leverage and use the Pigeon property to not only solve the Town Office problem, but to also incorporate community valued features into the final project, such as housing, sidewalks, river access, and parking. The Town is eligible for a planning grant from the Community Development Block Grant (CDBG) program, which is administered through the Vermont Community Development Program (VCDP). Based on the current projections, it appears that the Town will not have any out-of-pocket costs associated with this grant. In order to be awarded the grant, the Town must hold a public hearing. The public hearing will occur on Thursday, August 27 during the Selectboard's regular meeting.

The Planning Commission is reaching out to voters and the community for feedback and inputs leading up to and during the public hearing. Thank you in advance and we look forward to hearing from you. Click here for more information: <https://westfordvt.us/vermont-community-development-program-vcdp-planning-grant/>.

Rental Housing Stabilization Program

Are you unable to pay rent, have back rent due, or at risk of losing your housing during COVID? The Vermont State Housing Authority Rental Housing Stabilization Program may be able to help by making temporary payments to your landlord.

For more information, go online to <https://www.vsha.org/rental-housing-stabilization-program/>.

Send your news to

mtngazette@gmavt.net



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HEALTH NEWS

Our Community Cares Camp announcement

By Susanne Parent, Executive Director

We have good news to share. After the successful completion of the first three weeks of camp, there has been only one single COVID-positive case at Our Community Cares Camp. All other individuals that had tests were negative. No one was sick or ever developed any symptoms of illness. OCCC followed the guidance and protocols published by the VT Department of Health, VT Agency of Education, and Department for Children and Families. We successfully implemented the framework and measures issued in the Health Guidance for Summer Camps. The planning and training along with the execution of our protocols and action resulted in the best possible outcome.

From the outset of Camp and during the contact tracing period, Our Community Cares Camp has heard from our families and witnessed their understanding, patience, and the steadfast belief that their children are in good hands.

Many people contacted me, stating appreciation for offering a camp experience to community children this summer while navigating its uncertainties and challenges. We learned that we can coexist with COVID while meeting the social-emotional needs of children and families. The support we received for this effort shows the character of our community.

During these three weeks of camp, I have also received communications of anger and suspicion. I appreciate and welcome these messages as well. They allowed the door to open for shared understanding. There is much we can do to educate each other and support conversations about facts to reduce fear.

These are indeed challenging times. There are many uncertainties and we have less control of the things that affect our lives than we used to. This can lead to feelings of loss and understandably cause anxiety and distress. Let's come together as the wonderful community we are to engage our rational thinking and replace judgment with kindness and compassion.

Thank you so much for your ongoing support.

If you have any questions or concerns, please contact me, occcvt@gmail.com, or the VT Department of Health, 802-863-7240.

Are you eligible for 3SquaresVT?

3SquaresVT — also known as SNAP, EBT, and food stamps — helps low-income people and families buy the food they need. Benefits are generally provided on a debit card (EBT) and are accepted at most grocery stores and many farmers' markets.

3SquaresVT is an important resource for people to obtain healthy, affordable foods. Unfortunately, the program is underutilized in Vermont, so the Vermont Foodbank (<https://www.vtfoodbank.org/nurture-people/3squaresvt>) is helping to increase participation in this federal nutrition program.

Did you know?

- There are enough SNAP benefits for everyone who needs them, so if you qualify, you are not taking benefits away from anyone else.

- SNAP benefits bring federal tax dollars into Vermont, help provide jobs, and stimulate the economy.

- Most families who qualify for WIC or CSFP also qualify for 3SquaresVT.

The Vermont Foodbank has a 3SquaresVT outreach team that will complete the 3SquaresVT application with you. To receive SNAP benefits, you need to meet certain income and other guidelines:

Household Size	Monthly Gross Income Limit
• 1 person	\$1926
• 2 people	\$2609
• 3 people	\$3290
• 4 people	\$3971
• 5 people	\$4653
• 6 people	\$5334

For each additional person, add \$683.

For more information, please fill out the form at <https://www.vtfoodbank.org/nurture-people/3squaresvt> or simply text VFBSNAP to 85511 to see if you may be eligible. You can also apply for 3SquaresVT at your local DCF Office.

You can reach the 3SquaresVT team at 3SVT@VTFoodbank.org, 802-477-4136 or 855-855-6181.

Are you or a loved one struggling with substance use?

VT Helplink is your resource for finding substance use treatment and recovery services in Vermont. Our compassionate, trained specialists can help you or your loved one take a step towards recovery. Support and referral services are free and confidential.

For more information, go online to <https://vthelplink.org>.

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Dr. Mary H. Kintner

Importance of physical activity during the pandemic

By Angelina Kuzina, Essex Rescue

Physical fitness for EMS providers is a critical component of job performance. The American College of Sports Medicine recommends at least 150 minutes of moderate-intensity exercise or 75 minutes of vigorous aerobic exercise per week for adults. Additionally, major muscle groups should be strengthened at least twice per week.

Not only does physical fitness reduce risk of injury, there are various other benefits of exercise beyond physical fitness that makes it essential for all people. Some benefits include decreased risk of falls and fall-related injuries, improved cognitive function, improved bone health, reduced anxiety and risk of depression, and improved sleep and overall quality of life.

During stressful times such as a pandemic, it's important to find healthy ways to cope. Social distancing makes us feel isolated and may exacerbate our mental and emotional health. Working from home may also mean increased sitting time, negatively contributing to physical and psychological health. Inactivity and sedentary time increases the risk of metabolic syndrome, which often leads to chronic conditions such as atherosclerosis, cardiovascular disease, stroke, diabetes, and other health complications. Staying active can greatly reduce the risk of these health conditions and counteract the negative effects of prolonged sedentary time.

Vermont gives us many opportunities for outdoor physical activity. Exercising outside, or green exercise, has many added benefits. One of these benefits is increased vitamin D production. Not only does vitamin D contribute to musculoskeletal health, but it also promotes normal immune function as well as brain and cognitive function. Staying outdoors instead of the gym makes it easier to social distance during the pandemic. Moderate intensity exercise includes walking briskly, raking the yard, canoeing, and gardening, and vigorous intensity exercise can be hiking, running, and swimming.

There are many activities that contribute to the sum of daily physical activity and help us meet the current guideline. Exercise impacts all aspects of life, including physical, mental, and emotional health, and decreases risk of mortality.

Sources:

"ACSM's Guidelines for Exercise Testing and Prescription."

ACSM, www.acsm.org/

Ding, Wenzhi, et al. "Corporate Immunity to the COVID-19 Pandemic." 2020, doi:10.3386/w27055.

Publishing, Harvard Health. "A Prescription for Better Health: Go Alfresco." Harvard Health, www.health.harvard.edu/newsletter_article/a-prescription-for-better-health-go-alfresco.

Sharma, Ashish, et al. "Exercise for Mental Health." Primary Care Companion to the Journal of Clinical Psychiatry, Physicians Postgraduate Press, Inc., 2006, www.ncbi.nlm.nih.gov/pmc/articles/PMC1470658/.

Heads-up on ice cream headaches

Parents have been asking me some painful questions about what to do when their child gets a headache, usually over their forehead, after eating ice cream. Since I don't want everyone screaming for anything but ice cream, let me provide some information on this topic.

What they are

Ice cream headaches are formally known as *sphenopalatineganglioneuralgia* — but let's just call them ice cream headaches, or a brain freeze. They occur when something cold, like ice cream or a very cold beverage, touches the roof of your mouth. The exact mechanism that makes your head hurt when you eat ice cream is still not known, although it's felt to be similar to the mechanism that causes migraine headaches. And interestingly enough, those prone to migraines have more ice cream headaches.

Ice cream headaches only last a minute or two, never more than five, and they go away on their own. They are never dangerous, but can be uncomfortable.

What to do

So what can you do about these? One easy thing is to tell your child to eat their ice cream more slowly, reduce how much they eat, or try warming foods up in the front of their mouth before chewing or swallowing.

Another solution is to drink something that is warmer than the cold substance that caused the headache.

Some children and adults tell me they simply put their thumb in their mouth since the thumb's heat and the added pressure of sucking on that thumb will decrease the pain.

You might also cover your mouth with your hands and breathe quickly to trap warm breath and increase the temperature inside your mouth.

If the headache lasts longer than a few minutes, is associated with fever or vomiting, and is not linked to eating or drinking something cold, then speak to your child's health care professional since these are not likely to be simple ice cream headaches.

Hopefully, tips like these will melt away any concerns you have the next time your child gets a headache while eating ice cream.

Lewis First, MD, is Chief of Pediatrics at UVM Children's Hospital and Chair of the Department of Pediatrics at UVM.

4-H NEWS

The UVM Extension 4-H program offers a variety of online events this summer, and there are still activities left before the summer ends. Even programs that have already taken place often were recorded and are available to stream. Most require registration, but they are all free!

For links to these 4-H sessions and programs, go online to <https://www.uvm.edu/extension/youth/announcements>, where these and other offerings are listed:

- Natural Resources Management Academy (entering grades 7-12) took place in July; recordings available.

- Summer of Science (entering grades 7-12) Virtual Cafés are Wednesdays, 1:00 – 2:00 PM. August 5: The Importance of Pollinators; August 12: Bacteria and Backyard Chickens – How Much Salmonella Is There? The series began March 25 and ends with the August 12 café, but most are available via links on the main 4-H and Youth page listed above, for example "Guns, Germs, & ... Cell Phones? Threats to Gorilla Conservation."

- Design Your Dream Farm

Mental Wellness in the age of COVID

As an essential provider, Howard Center continued serving people right from the start of the COVID-19 period. To do so safely we moved many of our programs and services on-line and in cases where in-person care is necessary, we worked to manage capacity where we could to ensure physical distancing and instituted robust safety protocols.

Now, most all our sites have reopened and many of our in-person programs and services have resumed, all with new safety procedures based on the latest guidance from state and federal health agencies.

Even as we are reimagining Howard Center's services for the COVID-19 era, we are also anticipating and preparing for the long term effects the pandemic will have on our communities. In addition to the acute risk of physical illness from COVID-19, the pandemic is also having serious economic, social, and mental health effects that touch all of us.

The truth is that COVID-19 is affecting everyone's mental well-being. Worries about becoming infected, unease about social isolation, and concerns about job loss reach into every household.

But there are things each of us can do to promote our mental well-being. Dr. Karen Prosciak suggests taking care of yourself physically; controlling what you can; establishing balanced routines that include virtual social time and self-care; and reaching out for help when you need it.

Similarly, physician and author Dr. Vivek Murthy makes four recommendations to address the social strains we're experiencing:

- spend time each day with those you love, at least 15 minutes;
- focus on each other and give one another undivided attention. no multitasking, especially on Zoom;
- embrace solitude. connecting with yourself is a prerequisite for connecting with others;
- help and be helped. Give and receive service to strengthen our social bonds.

We are all feeling the effects of the pandemic, and together we will get through it. Please take time for self-care, consider how the above advice may be helpful for you, and check with other reputable sources for more suggestions. And if you feel like you need help, remember that Howard Center is here for you. Our Access and Intake team and main number 802-488-6000 is available M-F from 8:00 AM – 6:00 PM. If you or someone you know is experiencing a crisis, our crisis line, First Call for Chittenden County, is available 24/7/365 at 802-488-7777.

Stay safe when it's hot outside

By Martha Bennett, Westford

The National Weather Service is forecasting high temperatures to reach the mid-90s on Sunday (July 19) for much of Vermont. High humidity could make it feel over 100°F. Nighttime lows may stay above 70°F in many locations, making it hard for people without air conditioning to keep cool. As of forecast from Friday morning, Heat Advisories have not yet been issued but are likely.

Vermont data indicates that emergency department visits for heat-related illnesses begin to increase when temperatures reach the mid- to upper-80s, with impacts getting progressively worse as temperatures rise into the 90s. During the six-day heat wave in 2018, there were at least four heat-related deaths and 15 times more heat-related EMS calls and emergency department visits than typical for summer.

Populations most affected include individuals who are generally at higher risk for heat-related health impacts: older adults, young children, people who are experiencing homelessness, outdoor workers and hobbyists, pregnant women, people who are overweight, those with chronic medical conditions, disabilities, or mental illness, people using recreational drugs or alcohol, and those using certain prescription medications. Risk is further elevated for those who live alone or do not have air conditioning. Dehydration and hot living conditions are the major concerns for these populations.

Here's how to stay safe when it's hot outside:

- NEVER leave children, people with disabilities, older adults, or pets in parked vehicles;
- wear lightweight, light-colored clothing to reflect heat and sunlight;
- drink plenty of water, or non-alcoholic and non-caffeinated fluids;
- seek relief in air-conditioned spaces or other cool and shady places;
- limit outdoor activities during the hottest part of the day;
- close window shades during the day, keep windows closed when it is hotter outside than inside, and avoid using appliances and lights that generate heat, if possible;
- check on loved ones and neighbors, especially those living alone and without air conditioning.

For more information about risk factors, symptoms and safety tips, go online to <https://www.healthvermont.gov/health-environment/climate-health/hot-weather>. Safety tips are available in English plus Arabic, Burmese, Chinese, French, Karen, Kirundi, Nepali, Somali, Spanish, Swahili, and Vietnamese.

Free online Diabetes Prevention Program begins August 6

There is a lot you can do to prevent diabetes, and the best time to start is now.

Join us August 6 to kick off a nationally recognized Diabetes Prevention Program offered online by Community Health Services of Lamoille Valley.

Classes are from 5:30 – 6:30 PM and are absolutely free! Participants meet virtually once a week for 16 weeks, followed by every other week, and then monthly, for a total of 25 sessions.

To register or to learn more about the program, please call Hannah Ancel or Elise McKenna at 802-888-6042.

You have a greater risk for diabetes if you:

- are overweight or more than overweight;
- don't get enough exercise;
- have high blood pressure;
- have abnormal cholesterol;
- have a parent, brother, or sister with diabetes.

Learn more about your risk and how the Diabetes Prevention Program can help at <https://myhealthvvt.org/workshop/diabetes-prevention/>.

UNITED WAY VOLUNTEER OPPORTUNITIES

United Way's Volunteer Connection site is set up to help connect agencies and volunteers. Agencies are working hard to navigate volunteering in this new time, so the opportunities are still limited, but we are starting to see more. Go online to <https://unitedwaynvt.galaxydigital.com/> to see these and other opportunities.

HELP WITH FOOD DISTRIBUTION — Sign up for shifts to help at greet and share resource information with Vermonters at Farmers to Families food distribution sites in July and August. We are working with the State of Vermont to recruit volunteers who will greet vehicles and share community resources with those attending these food distribution events. The shifts listed in this opportunity are for sites in Chittenden, Franklin, and Grand Isle counties. To sign up for available shifts, visit Volunteer Connection COVID-19 Response. Shifts will be added as updates to distribution days are announced. Contact Megan Bridges, megan@unitedwaynvt.org, with questions.

URGENT NEED IN FRANKLIN COUNTY — Age Well Meals on Wheels is looking for delivery volunteers to help their neighbors by providing a friendly face and a comforting meal. Immediate openings in Georgia, Swanton, Highgate, Richford, Enosburg and Montgomery. Contact Laura Need, 662-5254 or lneed@agewellvt.org.

BUILD WITH GREEN MOUNTAIN HABITAT FOR HUMANITY — The 2020 build season has been pushed back due to COVID-19, but volunteers can start on-site in September and throughout the winter months. The build is located at 225 Elmwood Ave., Burlington and volunteer shifts are 8:00 AM – 3:00 PM. No experience necessary — whether you are an experienced craftsman or never held a hammer, your help is needed! Also, if you have a group of up to 10 people, a day can be reserved. Contact the Volunteer Coordinator, volunteer@vermonthabitat.org or call 802-318-7533.

VOLUNTEER YOUTH MENTOR/INTERN POSITIONS — Sara Holbrook Community Center is in search of adults to be youth mentors. They are looking for mentors with good listening skills and who are responsible, dependable, considerate, and optimistic. Mentors create a personal and optimistic relationship with the child, act as a role model, help establish personal goals, motivate and inspire youth, and much more. Contact Donna Diaz, ddiaz@saraholbrookcc.org, to learn more.

SUPPORT YOUR LOCAL AMERICAN RED CROSS — COVID-19 continues to disrupt life in our communities and the need for blood hasn't changed. The American Red Cross has implemented several enhanced blood donations protocols in the interest of safety, and there is a large need in the Burlington area for volunteers to support these protocols. We are actively seeking Blood Donor Screeners and Ambassadors, who will support our blood drives with various tasks including greeting donors, pre-screen blood donors by taking their temperature, placing out snacks and drinks in the canteen, thanking donors for their contribution and more. Gloves and masks will be provided to all volunteers. Please take a moment to sign up at redcross.org/volunteer. Any questions regarding volunteering with the Red Cross can be directed to Erica.Fuller4@redcross.org or 802-735-8842.

VOLUNTEER COOKS — Buell Street Dismas House is seeking an individual, family, or civic group who can purchase and prepare dinner for up to 10 residents and one staff member once a month. You have to option to drop off the meal or join them for dinner. Total volunteer time is about two to three hours, including shopping, cooking, and eating. Contact Kimberly Parsons, 658-0381 or kim@dismasofvt.org.

Summer Forum Series: a Path to Racial Reconciliation?

After over 400 years of history and oppression toward people of color, is there a path to racial reconciliation? Join us as we explore this important question in a Virtual Forum Series, each Sunday at 9:00 AM beginning Sunday, July 19. Our guest speakers will present a wide range of perspectives and knowledge to inspire our discussion.

This discussion series is presented by members and friends of Good Shepherd Lutheran Church of Jericho, United Church of Bakersfield and Fairfield, Waterville Union Church, and Second Congregational Church in Jeffersonville.

Facilitators: Pastor Arnold Thomas (Good Shepherd) and Pastor Devon Thomas (Jeffersonville, Waterville, and Bakersfield).

How to join: This Virtual Forum Series will be available on the *Second Congo* web page. Instructions for viewing and participating will be forthcoming, at <https://jeffchurchvt.org/summer-forum-series/>.

The schedule of guest speakers is as follows:

Sunday, July 19: Randy Brock, Republican State Senator; Kevin Christie, Democratic State Representative

Sunday, August 2: Paul Growald, Founder and Executive Director of *Stopping Stones*

Sunday, August 16: Steffen Gillom, President of Windham County NAACP; Tabitha Pohl-Moore, President of Rutland NAACP

Sunday August 30: Kiah Morris, former State Representative; Kesha Ram, former State Representative and State Senate candidate

Send us your news!
Email it to
mtngazette@gmavt.net

Coming events continued from page 3

Friday, August 7

Coffee with a Watershed Forester, 9:00 – 10:00 AM, on Zoom (join the meeting at <https://us02web.zoom.us/j/88436786146?pwd=Q0dmdk1tSmZSTUJISDNIZ0hLK3Z4QT09;meetingID=88436786146;passcode=090661>). Join Vermont Coverts and Vermont Woodlands Association for an informal discussion over coffee with Watershed Forester Dave Wilcox. The Watershed Forester provides technical training and information to land managers and the forest products industry related to protecting water quality during logging, as well as administering the Department of Forests, Parks and Recreation's AMP (Acceptable Management Practices) monitoring and investigation program. Join us to learn more about water quality and the importance trees play.

Saturday, August 8

Drive-In to Stay Safe concert: Zach Nugent Band, 7:00 PM, NVU-Johnson, College Hill, Johnson. 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.

Saturday-Saturday, August 8-15

Virtual 5K Suffrage Scramble, where you are, documented on your device. Mark the 100th anniversary of women's right to vote this month. Sponsored by Central Vermont Runners and the Vermont Suffrage Centennial Alliance. Proceeds and extra donations go to the Rutland chapter of the NAACP to expand voter registration, education, and access for communities of color. Participants complete a 5K walk, run, stroll, or roll during Primary Week (a reminder to vote), planning their own route, in their own neighborhood and at their own pace, and document their 5K on their phone, watch, or other device and submit results to be eligible for prizes and freebies from sponsors like UnTapped and Cabot Creamery Co-operative. A \$20 fee for individuals (discounts for teams) includes, while they last, a *Votes for Women — Votes for All* commemorative sash to wear during their event. Registration and more information: <http://cvr-runners.org/cvr-races/suffrage-scramble/>.

Monday, August 10

Tobacco Prevention Task Force meeting, 2:00 – 3:00 PM, on Zoom (register at <https://tobacco-taskforce-august-2020.eventbrite.com>). Calling all interested area youth, young adults, and adults — Healthy Lamoille Valley is working with the VT Department of Liquor and Lottery, VT Department of Health, and Lamoille County Planning Commission to produce clear, timely, and easy to use guidance to help people move toward being tobacco-free!

Friday, August 14

Coffee with Joanne Garton of the Urban and Community Forestry Program, 9:00 – 10:00 AM, on Zoom (join the meeting at <https://us02web.zoom.us/j/82363558992?pwd=V2tbTjJsKzc0Rzl6TjJiWTZGdWlyZz09;meetingID=82363558992;passcode=521361>). Join Vermont Coverts and Vermont Woodlands Association for an informal discussion over coffee with Joanne Garton, the Technical Assistance Coordinator with the Urban and Community Forestry Program. Joanne will explain what the Urban and Community Forestry Program is and can also address questions about trees and roads, public tree inventory and management, as well as community preparedness for emerald ash borer. This is a great opportunity for you to learn ways your community can ensure healthy trees and community involvement in forest and forest issues.

Friday-Sunday, August 14-16

Vermont Open Farm Week, farms throughout Vermont. Get to know your farmer better, and get a behind-the-scenes look into our working agricultural landscape! Meet (virtually, or in person) the farmers, plants, and animals that bring Vermont products to your plate. The focus will be on events appropriate for pandemic-related guidelines: tours, picnics, farm trails, virtual/online events (workshops, guided tastings, etc.), social media posts/stories, and perhaps some other creative ideas. Find up-to-date lists of participating farms and search by location or product at DigInVT (<http://www.diginvt.com/>), your portal to Vermont's agriculture and culinary experiences. Check each farm's individual listing at <https://www.diginvt.com/events-in-vermont/open-farm-week?date=2020-08-10>. To view the latest COVID-19 related guide-

lines, go online to <https://www.healthvermont.gov/response/coronavirus-covid-19>.

Saturday, August 15

Drive-In to Stay Safe movie: The Great Outdoors, 7:55 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.

Sunday, August 16

Summer Forum Series: a Path to Racial Reconciliation, 9:00 AM, on the *Second Congo* web page; instructions for viewing and participating at <https://jeffchurchvt.org/summer-forum-series/>. After over 400 years of history and oppression toward people of color, is there a path to racial reconciliation? Join us as we explore this important question in this Virtual Forum Series. Guest speakers will present a wide range of perspectives and knowledge to inspire our discussion. Presented by members and friends of Good Shepherd Lutheran Church of Jericho, United Church of Bakersfield and Fairfield, Waterville Union Church, and Second Congregational Church in Jeffersonville. Facilitators: Pastor Arnold Thomas (Good Shepherd) and Pastor Devon Thomas (Jeffersonville, Waterville, and Bakersfield). Guest speakers are Steffen Gillom, President of Windham County NAACP, and Tabitha Pohl-Moore, President of Rutland NAACP.

Saturday, August 22

Drive-In to Stay Safe concert: Root Shock, 7:00 PM, NVU-Johnson, College Hill, Johnson. 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.

Saturday, August 29

Drive-In to Stay Safe movie: Harry and the Hendersons, 7:31 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.

Sunday, August 30

Summer Forum Series: a Path to Racial Reconciliation, 9:00 AM, on the *Second Congo* web page; instructions for viewing and participating at <https://jeffchurchvt.org/summer-forum-series/>. After over 400 years of history and oppression toward people of color, is there a path to racial reconciliation? Join us as we explore this important question in this Virtual Forum Series. Guest speakers will present a wide range of perspectives and knowledge to inspire our discussion. Presented by members and friends of Good Shepherd Lutheran Church of Jericho, United Church of Bakersfield and Fairfield, Waterville Union Church, and Second Congregational Church in Jeffersonville. Facilitators: Pastor Arnold Thomas (Good Shepherd) and Pastor Devon Thomas (Jeffersonville, Waterville, and Bakersfield). Guest speakers are Kiah Morris, former State Representative, and Kesha Ram, former State Representative and State Senate candidate.

[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.

Cristian Burgio, RPSGT

Mandy Poginy, NP

Jen Piette, RRT

COPLEY HOSPITAL

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COMMUNITY COLUMNS

Wealth and ethics

By Bill Schubart

On Tuesday, August 21, *The Guardian* newspaper reported that Jeff Bezos' wealth increased on the prior day by some \$13B... twice Vermont's budget. His net worth now is some \$189B. Bezos is now worth more than Exxon Mobil, Nike, or McDonald's. Under the pandemic his wealth has ballooned, as many people isolating at home have little option but to buy online and most do so with Amazon.

The startling headline reminded me of one of the last conversations I had with a life-long friend, Father Omer Dufault. Father Dufault was our priest at Holy Family parish in Morrisville, where I served as an altar boy. He was a strict taskmaster and did not absolve our childhood sins without dialogue. Penances were lengthy, but we all knew he cared deeply for us. Our friendship continued throughout his 85-year life, long after I left the Church in my late teens.

I would pick him up at his retirement home at St. Joseph's in Burlington and take him to lunch, where we'd pick up one of our many conversational threads. On our next to last visit, I asked him a question I'd been struggling with for much of my life.

"At what point does the accumulation of wealth change from an ethical imperative to earn one's living, support one's family and community, and be a positive economic force in society, to a mortal sin of greed and excess?"

An enigmatic smile lit up his face and he remained quiet as he thought about my question. I continued, "Is it \$50M, \$100M, \$1B? Can it be expressed by a number?"

He finally said in his soft voice, "An extravagance of wealth must be measured against human pain and one's capacity to alleviate it with their wealth. Everyone must answer that question honestly for themselves. There's no absolute number. When does love become jealousy? When does faith become self-serving orthodoxy? When does a war of defense shift to one of aggression?" I had my answer. He blessed our meal and we returned quietly to our food.

The Guardian recently reported the World Food Program's estimate that 265 million people are now at immediate risk of starvation, largely due to climate disasters like locust invasions, floods, fires, and droughts, on top of the Corona Virus Pandemic.

What does all this have to do with my home state? A lot.

Major realtors here are reporting a buying spree on Vermont properties around the state. One cited a record 126 closings in an early week of July — some sight unseen. Sadly, these are not all young and entrepreneurial Gen-X and -Z people, whose creativity and energy we need. They typically can't afford to buy homes, pay for childcare and health insurance, or for higher ed degrees. These new buyers are, by and large, wealthier city dwellers seeking security in an increasingly insecure world. They want to move their homes or investments from city apartments to country homes in Vermont.

When I flew regularly to New York City on business, I would cab in from JFK to Manhattan on a largely elevated highway. As we approached the East River driving through Queens, I could see people inside their tenements, smoking on their fire escapes, and talking in the streets. When we crossed the 59th Street Bridge the giant oligarch towers, dotting the Manhattan side of the East River lit up like glowing icicles, appeared empty.

Major cities have become havens for real estate investment and large swaths of these modern high-rises are unoccupied in a city where the working class cannot afford to live and must commute in from Jersey, Staten Island, or Queens — disdainfully referred to as "the bridge and tunnel crowd."

As the pandemic upends our lives, many urban dwellers and real estate investors are shifting their sights to the sparsely populated New England states. According to real estate data, Vermont is number one in their searches. Interestingly, their most common question is not about taxes but about broadband availability. People relocating from Boston or New York are hardly going to experience tax-shock in Vermont.

Is this good news or bad? It remains to be seen. Like all news, it could be either. If all these buyers move here and bring their wealth, initiative, and social capital, we will be the better for it. If they are simply hedging their investments, Vermont's lack of affordable housing, declining housing stock, and escalating prices will make it even harder for Vermonters to acquire homes and access the services that make community life function.

When I was part of the three-member Blue Ribbon Tax Commission of 2011, two noteworthy items of our research indicated that Vermont was hardly the "highest-taxed state in the nation" as Governor Douglas regularly claimed. Depending on the calculus, our ranking was between 9th and 13th.

We also had the second highest per capita polarity of wealth in the nation at that time.

The very idea of government trying to manage extremes of wealth through additional taxation and enforcement of existing regulation, much less render any judgment about how much is enough and how much is too much, runs counter to most Americans' values. Is this a discussion we can even have in America today?

It has not always been this way. During the economic boom of the post-War period, the top income tax rate exceeded 80%. The top marginal rate today is 37% and the current administration has done everything in its power to reduce it even more... at least for the wealthy.

But as the polarity of wealth expands internationally and right here in Vermont, we may someday decide to ask ourselves the very question I asked my friend Father Dufault.

Cambridge Area Rotary thanks residents

The Cambridge Area Rotary would like to thank all of the community members and businesses that decorated and celebrated "Liberty at Home." There were some great pictures submitted to us, showing how our community celebrated the Fourth of July. Please check our Facebook page to see some of the pictures.

Congratulations to the winners! Best Decorated Home: Arlie Williamson; Best Decorated Business: Jack F Corse, Inc.

Thank you again for participating and for your community support!

Another surprise birthday with a different sickness

By Douglas Boardman, *Special to the Mountain Gazette*

Why, what, where, when? Supposedly, if you have answered those four Ws, you almost have a complete story. There is another word that is needed and that is "how," but it doesn't begin with a "w."

When Sandy and I were married, we were full of vim and vigor and madly in love. I had observed other married men who were older and seemed content to go to work and come home, sit in his recliner and watch baseball as his wife gets supper ready. The wife does all the work around the house while he drinks beer and watches TV. I told Sandy I would never be boring, and after a while, she said that she wished I was a little more boring.

As you may know from other columns, we were born the same day, the same year. She was born at the old Heaton Hospital in Montpelier and I was born at my grandmother's farmhouse in Tunbridge. Technically, I was four hours older because I was born at 11:00 AM and Sandy was born at 3:00 PM. We always celebrated our birthdays together. We worked hard and had great birthday parties. We usually had them at our house and our oldest son's band played at some of them. I don't think that when Sandy got me the fishing trip (see last column) she figured that it would turn out bad. When she got the other surprise birthday present for me, she for some odd reason thought we would enjoy it together.

We started out in the morning to a destination of which I wasn't told. We were traveling up VT Rt. 15, and I was trying to figure out where she was taking me. When we got near Morrisville I began to worry, and when she turned into the airfield, I was ready to jump out and run away! I thought that were going on a small plane, which I hate to fly in. I don't even like to fly in big planes. I like to drive everywhere, even to Montana to see our daughter. That's why I enlisted in the Navy. I reasoned that I would have my life jacket on and would likely fall around 50 feet and live. If I fell out of an airplane it could be 20,000 feet down, and I would probably be dead before I hit the water.

I told Sandy, "I am not going up in a plane," and she said we were not going up in a plane, we were going up in a glider! I said "No, no, no. I am not getting on a plane with no engine!" I told her you can go by yourself, but she had already paid for tickets for both of us. I told her I had a feeling that this is the day we die! "If I die, I want to go with you!"

A glider is meant for a pilot and one big person or two small people. The two of us "smushed" ourselves in there so I couldn't get out if I wanted to. They attached a rope to the front of the glider and the other end to a plane. A guy held the tip of the wing up level and we took off. When we got some altitude, the pilot unhitched the rope and we were soaring with the "thermals." I foolishly started taking pictures but quickly stopped because I was getting a sick feeling and started having hot flashes.

I told the pilot we needed air, so he pulls two big rags of two tubes, and the air blasted us — but it was better than no air. He said the thermals are great today and that we could fly over our house in Underhill. He asked us, "What do you want to do?" I said I wanted to land right now, and he said that he can't because Sandy had paid for another half hour. By now I was "hurling" in a "barf bag" and praying. I told him, "Never mind the contract. I will pay you extra for landing," but he wouldn't.

Sandy thoroughly enjoyed it, and I managed to hold on until the end. After we landed, I extricated myself somehow with my camera and full barf bag. I kid you not, I got down and kissed the ground! Terra-Firma never looked so good! No one will ever get me on a glider again unless I'm in a coma.

Next column: Undercover employee mutiny

Once upon a time in COVID land

By Sue Kusserow, *Special to the Mountain Gazette*

I was once a wise woman. Now, I am an old one.

I was once a volunteer, before involuntary was so popular.

I used to contemplate life and death as an interesting philosophical discussion, probably to impress somebody. Now, it is labeled experiential learning.

I once lived in a small village. Now the world is at my doorstep, crying and hungry. The news has a way of trespassing into my village.

I don't know whether it is age or COVID that is creating changes in me, probably both. But either way it is sneaky, unwanted and unsolicited. It produces violations of personal liberties, in order to give others their rights to a chance at life. Tyranny or protection? Depends which side you're on.

I have heard of a couple ideas that might be implemented, supported by several leading politicians and their herd of followers:

Classes on how to identify various ethnic groups. Sometimes it becomes hard to distinguish what groups we are fighting this year, and why. These classes will help to develop a basic method of communication which should cover the casual interactions. Of course, in situations of greater depth, such as a war, we may have to invent an extra few words to show how we really do care.

The upper echelons of the Armed Forces wear a great many colorful ribbons and medals. We don't know what they mean, but they seem very impressive. It was decided that, it would be easier to issue simple paper labels (from recycled paper of course, which makes us feel we are doing our part). Some examples of this easy-to-read format:

- Adjutant General William Barr
- Texts for Toddlers
- Scout for President! Lawyer's Fees Forgiven
- Play Golf like a Pro-sident. Lessons Daily
- Wear a mask. They hide fear... and smiles
- Hurray! 56,000 acres given back to Oil and Gas
- Convention: Come join the Fun! Make Florida Great Again
- Gray is the new Black

Oops! Gotta go! There's a big parade going by! Brass bands with shiny trumpets blasting out *America the Beautiful*. The convention center is packed. Crowds cheering and waving tiny flags, in chummy groups of 50 or more. The tune is cheery; the cadence sprightly and the Armed Forces are armed in case of protestors' insubordination. There is only one problem: It looks as if the paraders are marching backwards. Of course, then they can't see where they're going, but that doesn't seem to matter. I guess the presumption is that someplace in the front is some brave leader who must know where the parade is headed...

And the music is good. So, who doesn't love a parade?

Itching for answers about poison ivy?

With summer upon us, parents are itching to ask me questions about poison ivy. Rather than leave a potentially poisonous leaf unturned, let me provide some information so you know how to avoid the effects of this common weed.

The motto "leaves of three, let them be" is quite true. It is only when the leaves, roots, stems, or twigs of poison ivy plants are damaged or torn that the oil from this plant is released, causing an allergic reaction in 70% of the population. This reaction, occurring usually within four hours to four days, is characterized by red, itchy patches or blisters wherever the oil is deposited on the skin.

Suds for prevention

If you want to prevent the poison ivy rash from flaring up on your child, the name of the game is to wash your child thoroughly with soap and water to get that oil off their skin as soon as you suspect they have been exposed to poison ivy.

And don't just wash your child, but wash their clothes, shoes, toys, garden tools, and even the towel used after the shower — or the oil will be redeposited onto your child and maybe even onto you. In addition, the family pet might be carrying the oil home from the woods, so it might need a good hosing down as well.

Once the oil has been removed, your child is no longer contagious. Even if blisters with fluid form, those blisters do not contain the oil, and thus are not contagious even if they look like they should be.

Treatment options

Treatment is directed at helping reduce the itch and ease the suffering while allowing the allergic reaction to diminish and eventually stop.

Cool compresses with drying agents like the kind in calamine lotion or brown laundry soap or oatmeal baths will soothe the itch.

A 1% steroid cream, available over the counter, may also decrease inflammation on the skin.

An oral antihistamine medication, also available over the counter, may also help relieve the itching.

When a prescription may be needed

If the rash involves the face or genitals, is getting worse despite the home treatments I have recommended, or the skin looks infected with redness, warmth, swelling, or pus, please talk to your child's health care professional who can determine if writing a prescription for stronger steroids than just those available over the counter is needed to quiet down the inflammation or for an antibiotic if the rash has become infected.

Of course, the best way to deal with poison ivy is to avoid it. So consider staying away from areas where you know it's growing, teach your child what it looks like, and have your children wear long sleeves and long pants if they are going to hike or play in those areas.

Hopefully tips like these will do more than scratch the surface of your child's skin when it comes to dealing with poison ivy.

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

Have You Ever?

By Peter Ingvaldstad
Jeffersonville

Have you ever played
have you ever
if you please
read on and play with me

Have you ever said
you dumb blank
fill in the blank
with several choices
of expletive word or words

Yes you may have said those words
about someone else
from time to time
but what I am talking about here
is have you ever said it to yourself

And have you ever
said to yourself
immediately after
if I had only listened
to that little voice

Have you ever
said or screamed
you stupid blank
fill in the blank if you please

and known that you
were being stupid
for not stopping and listening
to that tiny voice

As I get older
and am slowing down
I listen more often
to that tiny voice

But alas
I have to say
I still move too fast
to listen always to that little voice

And those words
come pouring out
in a tourette spasm
so yes I must be broken
as I can't seem to help myself
have you ever done the same

PEOPLE IN THE NEWS

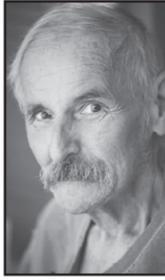
OBITUARIES



With heavy hearts, we announce that Malcolm R. Hunt, 68, of Jericho, VT passed away on Sunday, July 12, 2020. Malcolm was born August 26, 1951, to Maitland and Marjorie Hunt of Jericho, VT. After graduating from Mount Mansfield Union High School, Jericho, Malcolm married Viola Therrien of Richmond, VT on November 28, 1970, and began his life-long career as a builder. Malcolm was blessed to build a home on a piece of land on the Hunt family farm,

where he and Vi raised their family. Malcolm is survived by his wife Vi and their three children, Melissa and her husband Brian Culver; Margaret (Peg); Bradley and his wife Leslie; and grandchildren Abby, Foster, Sawyer, Maxwell, Hailey, Jayson, and Angelina and her son Oliver. Malcolm is also survived by his mother Marjorie Hunt, and his siblings Marvin, Murray, Martha, and their families. Malcolm loved the outdoors. He enjoyed being in the sugar woods, cutting and stacking wood, hunting and fishing with his son and grandson. He was often found quietly sitting on his front steps, drinking his coffee and enjoying the fresh air and peacefulness of his surroundings. Malcolm enjoyed playing the accordion and after years of playing by ear, developed an interest in learning to read music. He had a knack for finding accordion players wherever he went, and developed some lasting friendships based upon their shared joy of playing together. Malcolm was kind, hardworking and willing to help anyone. He believed in the power of positive thinking and felt that hardships were opportunities for personal growth and character building. Most of all, Malcolm valued his family. He was blessed to share 50 years with his best friend and wife, Vi, who was his rock and the love of his life. As a father, he was encouraging, supportive, and always believed in his kids' potential to reach their goals. As a grandfather, he was patient and gentle and he was always up for playing hours and hours of Monopoly, or whatever else the grandkids wanted to do on a given day. He was a devoted and loving son and brother. He will be greatly missed by all. Malcolm passed away peacefully surrounded by his family. The family is extraordinarily appreciative of the support from Home Hospice, and in his final days, the staff at the Respite House. The compassionate and skillful care provided by his entire healthcare team was truly incredible. Donations in Malcolm's honor can be made to the UVM's Home Health and Hospice, or the McClure Miller Respite House.

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James Richard Reda, 67, passed peacefully in his wife Ann's arms Sunday, July 12, 2020 at his home in Jericho, VT, surrounded by family. Per Jim's wishes, a private ceremony will take place in Rochester, NY, and a celebration of his life will be held in Vermont next year. Donations in memory of Jim may be made to Vermont Adaptive Ski Program or the UVM Medical Center Oncology Nurse Education Fund. The family invites you to view further information and share your memories by visiting awrfh.com.



Melanie Christine Squirrel of Jericho, VT was tragically taken from us on Saturday, July 25, 2020 due to an automobile accident. She was born October 20, 1980 in Ogdensburg, NY and moved with her family to Colchester, VT in 1987, where she attended Colchester Schools followed by Mount Mansfield Union High School in Jericho. Melanie was very proud to have played soccer for the Nordic Soccer Club for many years and on Mount Mansfield High School

teams, and also instilled her passionate love for the game in her sons. Beginning at a young age Mel was a dedicated animal lover, bringing home one stray critter after another and as an adult was always a dog and cat owner. Her love of animals led to her chosen career path as a Veterinary Technician working at the Animal Hospital of Hinesburg for 12 years. She always had a dream of one day having her own business where she could care for the menagerie of animals she loved. Mel loved to garden and bake, and family holidays were filled with her delicious creations. Above all she loved her two boys more than anything. She was a loving, gregarious, determined woman and generous beyond measure. She was quick to laugh, with a playful spirit and a love of life, and it is hard for us to fathom our lives going on without her. Melanie saw the good in everyone and always put others first, and now everyone who knew and loved her has a huge hole in their hearts. She is survived by her sons Robert ("RJ") and Caleb Stratton and their father Robert Stratton of Jericho; her mother Ellen Pritting and wife Suzanne Stewart of Underhill, VT; her father Trevor Squirrel and wife Linda Almy of Underhill; her sister Sarah Squirrel and husband Chris Piatek and their children Sabin and Charlotte Piatek and Hannah Corrigan of Waterbury, VT; her brother Kristopher Squirrel of Burlington, VT; and her brother Ian Squirrel and wife Jennifer and their children Vaera Squirrel and Cade Goodspeed of South Burlington, VT. She is also survived by her maternal aunt Rebecca Anderson and partner John Jones of South Carolina, and cousin Jacob Anderson of New York; maternal uncle Phillip Pritting and wife Brandi and cousins Mikella and Phillip of California; paternal aunt Jennifer Maxfield and husband Dennis and cousins Justin Maxfield and wife Karen, and Kristen Maxfield of New York; paternal uncle Steve Squirrel and wife

Cheryl of New York; paternal aunt Valerie Pille of New York; and cousins Nichole Cafarelli and husband Lou of New York, and Stephen Pille of Utah; paternal aunt Elizabeth Hartley and husband Brent and cousin Christopher Hartley and fiancée Sara Bonke of New York. She also leaves her adored black lab, Kolby, who now lives with her sons. Donations in Melanie's name may be made to the Humane Society of Chittenden County, 142 Kindness Court, S. Burlington VT 05403. A private service for family members will be held in Underhill, with arrangements through Stephen C. Gregory Cremation Service of South Burlington.

COLLEGE NOTES

Ryan Amerio of Waterbury, VT has been named to the spring 2020 Dean's List at Champlain College, Burlington, VT. Amerio is majoring in Management and Innovation.

Amaya Baustert of Underhill, VT has been named to the spring 2020 Dean's List at Champlain College, Burlington, VT. Baustert is majoring in Business Administration.

Lucy Boyden of Cambridge, VT has been named to the spring 2020 Dean's List at Roger Williams University, Bristol, RI.

Emma Forsyth of Jericho, VT has been named to the spring 2020 Dean's List of Hofstra University, Hempstead, NY.

William Harvey of Jericho, VT has been named to the Headmaster's List for semester two at Worcester Academy, Worcester. Harvey is a 9th grade student.

Tracy Hough of Waterbury, VT has been named to the spring 2020 Dean's List at Champlain College, Burlington, VT.

Sam Huston of Waterbury, VT has been named to the spring 2020 Dean's List at Champlain College, Burlington, VT. Huston is majoring in Data Analytics.

Charlotte Ide of Jericho, VT has been named to the spring 2020 Dean's List at Champlain College, Burlington, VT. Ide is majoring in Secondary Education – English.

Wyatt Kitchen-Glodgett of Jericho, VT has been named to the spring 2020 Dean's List at Champlain College, Burlington, VT. Kitchen-Glodgett is majoring in Psychology.

Avery Lamphere of Westford, VT has been named to the spring 2020 Dean's List at Bryant University, Smithfield, RI. Lamphere is a member of the class of 2020.

Anna Needler of Westford, VT has been named to the spring 2020 President's List at Champlain College, Burlington, VT. Needler is majoring in Accounting.

Kenan Nurkanovic of Jericho, VT has been named to the spring 2020 Dean's List at Champlain College, Burlington, VT. Nurkanovic is majoring in Integrated Studies.

Fritz Stadlander of Jericho, VT has been named to the spring 2020 Dean's List at Champlain College, Burlington, VT. Stadlander is majoring in Computer Networking and Cybersecurity.

Jonah Vita of Jericho, VT has been named to the spring 2020 Dean's List at Champlain College, Burlington, VT. Vita is majoring in Game Art and Animation.

Jacob Wechsler of Jericho, VT has been named to the spring 2020 Dean's List at Roger Williams University, Bristol, RI.

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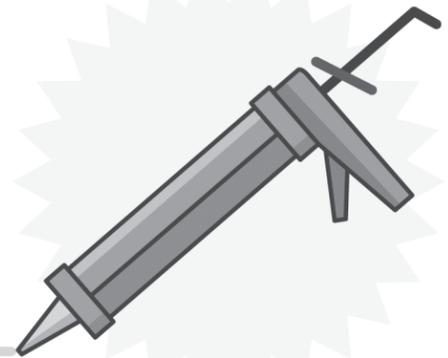
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LEGISLATIVE REPORTS

Hazard pay grant program

By Tim Ashe, State Senator, Chittenden

Prior to adjourning for the summer, the Senate and House voted to create a hazard pay grant program for front line essential workers in the health care and human services fields who were at high risk during the first months of the pandemic. The grants are a modest-but-important recognition of the risk these employees faced.

While the final details regarding eligibility are being finalized as I write (Friday, July 24), eligible workplaces include: assisted living facilities, nursing homes, residential care homes, therapeutic community residences, home health, health care facilities and dental clinics, homeless shelters, DCF treatment homes, ambulance services, morgues, and other providers of direct services to vulnerable populations.

While the original bill included all essential workers, including retail and similar operations that were open in March and April, concerns about the permitted use of federal funds led to paring back to the workplaces above. We are continuing to explore ways to provide this needed recognition to all essential workers and hope to find a solution when we return in late August to the virtual State House.

If you have any questions, feel free to email me directly (timashe@burlingtontelecom.net).

Mortgage Assistance Program

George Till, State Representative, Chittenden-3

On behalf of Representatives Trevor Squirrel and George Till, The Governor has announced a new Mortgage Assistance Program that began taking applications on Monday, July 13. The program, funded by the Legislature under H.966, will help low-income Vermont homeowners who have fallen behind on their mortgage and are facing economic hardship brought on by the COVID-19 pandemic. The program will provide up to three monthly mortgage payments, directly to the servicer of the mortgage, with a goal of preventing future foreclosure. Administered by VT Housing Finance Agency (VHFA), the program is available to any homeowner who meets the eligibility criteria, and is not just for VHFA borrowers.

VHFA will accept applications through Friday, August 31, with awards being made in September. Homeowners can apply through VHFA's website at www.vhfa.org/map/.

The program is not first-come-first-served, but instead we will review all applications received in July and August and prioritize those who are lowest income and most at risk of foreclosure. Due to limited funding, we do not expect all applicants to be granted funding.

Broadband extension

State Representatives Trevor Squirrel and George Till, Chittenden-3

Vermont Department of Public Service has launched a Line Extension Customer Assistance Program (LECAP). LECAP provides up to \$3000 in assistance to help consumers extend telecommunications lines to their homes, with \$2 million in total funds available.

Access to broadband (high-speed internet service) has proved critical during the COVID-19 pandemic, especially for students, patients, and teleworkers accessing education, health care services, and virtual offices due to closures and other pandemic mitigation measures. Hundreds of Vermonters without 25/3 Mbps broadband service live just out of the reach of current cable and other Internet Service Providers' networks. Extending these networks to unserved and underserved areas can be expensive, and the full cost can be unaffordable for those looking to take this step.

Under this program, up to \$3000 in financial assistance is available to offset the customer cost portion of a line extension. For details about how to qualify for the LECAP, Vermonters should call the department at 800-622-4496 or visit the department's Line Extension Customer Assistance Program webpage. All line extensions funded through this program must be completed on or before December 30, 2020. Additional information can be accessed at <https://publicservice.vermont.gov>.

Financial assistance for landlords and tenants

By Lucy Rogers, State Representative, Lamoille-3

The VT legislature allocated \$85 million of Coronavirus Relief Funds to address housing needs in Vermont. The first two programs are available to tenants unable to pay rent, landlords suffering from a loss of rent payments, and lower income homeowners unable to pay their mortgages. Applications are open for these programs.

The Vermont State Housing Authority will administer \$25 million in rental assistance. Applications, additional program eligibility requirement, and answers to FAQs are available at www.vsha.org/rental-housing-stabilization-program/.

The Vermont Housing Finance Agency will administer \$5 million in mortgage assistance payments, providing some relief to lower income homeowners who could otherwise face foreclosure. Information is available on their website <https://www.vhfa.org/>.

Landlords can seek technical assistance through the Vermont Landlord Association (802-985-2764 or 888-569-7368); tenants and homeowners can seek technical assistance through Vermont

Legal Aid (1-800-889-2047 or <http://www.vtlegalaid.org>).

COVID

and the uncertainty it brings

By Christopher Pearson, State Senator, Chittenden District

I've managed to stay healthy and our income has held steady (so far), so the biggest challenge in my house is likely one felt across the community: intense uncertainty. It's tough telling our kids: "We just don't know," but that's the way it is these days.

In Montpelier we tried to set ourselves up to handle the uncertainty by locking in certain guarantees, and delaying big decisions where facts were rapidly evolving.

We blocked evictions so nobody became homeless during the pandemic.

We made it clear workers on the front lines were protected against wage loss and health bills if they contract coronavirus.

We boosted money for food banks, school meal programs, and more so that Vermonters could count on putting food on the table.

Hopefully this helps handle some of the uncertainty. As you may know, we passed a state budget that only covers the first quarter of the fiscal year (July-September). By the fall we expect to better understand what the next federal relief package looks like and what it means for states and local governments, where revenues are in sharp decline.

Similarly with school budgets, we decided to push the funding question off (something I'm not normally a fan of) and signaled that schools would have the money they need to help our kids cope with a tough year ahead. Recent news out of Washington indicate direct support to schools is likely on the way, so we may get lucky.

As part of our COVID response we managed to fund broadband build-out so that fewer Vermont kids and teachers have to endure remote learning from homes with no broadband options.

Exactly when life will return to normal isn't something Montpelier can legislate, but we have done our best to be ready to handle the uncertainty ahead. Together, I am confident we will push through these difficult times and hopefully emerge stranger than ever.

Please reach me with questions and concerns (cpearson@leg.state.vt.us). And please reach out to our federal delegation to ask that they fight to maintain the \$600 weekly unemployment benefit (that was) due to expire on July 31. That money has gone a long way to reducing hardship across our state.

Remember to vote!

It is your right.

LETTERS TO THE EDITOR

You will not control knotweed by cutting

To the Editor,

The Underhill Conservation Commission is wasting its time, and the valuable time of volunteers, by trying to control knotweed by cutting. I am an invasive plant control expert and now have spent many years treating these plants. Knotweed is the only plant that I cannot control without the use of herbicide. I cut knotweed mid summer and spray it late summer with herbicide and it still comes back the next year. I do it again and it comes back the third growing season, though greatly weakened. Japanese knotweed has been in our country for more than a century and it's well understood by everyone from natural resource professionals to excavators and pavers that knotweed cannot be controlled by mechanical means. Do some Google searching and you will find images of the stuff growing through concrete. You can literally pave over it and it'll keep coming back. There's no excuse for the Commission's actions based on the documented futility of this technique of control.

I'm tired of seeing these posts from a town commission encouraging people to come out and volunteer their valuable time for a cause that is hopeless. I believe in the power of positive thinking but also know that a plant native to Japan with no natural predators, an extremely long taproot, and the ability to grow ten feet in a year won't be controlled by cutting every few weeks. I have a client who cut their knotweed every week or two for 40 years and finally hired me to come treat it. It never died.

So, Underhill residents who want to make a difference in the world: there are so many other ways to spend your valuable time. Life is short, COVID is killing so many every day, and this winter is expected to be tough. Spend the short and beautiful Vermont summers doing things with intention. Life is short and uncertain. Spend time with family, spend time physically distancing with friends. There are many ways to give back to your community. Split and stack wood for an older friend. Grow food to donate. Don't waste your short time on Earth. If you want to work specifically on invasive plants, target woody invasives that actually can be controlled by mechanical means. There are plenty of town properties where this work would be meaningful and every year we do nothing the ecological issues get harder to control.

If you want to control the knotweed, hire an expert or just stop wasting people's time. It is okay to say "We don't want to use herbicide and recognize this plant is extremely strong and impossible to control without herbicide. As such, we choose to stop controlling this plant and recognize the negative ecological impacts that may occur as a result, but feel these are preferable to potential negative impacts of herbicide." As a specialist in the field I would disagree with this decision, but would feel heartened at the honesty from representatives of the town.

William Dunkley
Underhill

Re: You will not control knotweed by cutting

To the Editor,

(Please Note: I'm writing as a private citizen, not as a spokesperson for the Underhill Conservation Commission)

William Dunkley is correct in saying that Japanese knotweed is

a very tenacious plant and VERY difficult to kill.

(In a July 16 PPF post) Dunkley wrote that the attempts of our small group of volunteers to manage the knotweed on the Crane Brook Trail and prevent the knotweed from finding its way into the Crane Brook, without the use of herbicides, is "hopeless" and therefore a waste of precious volunteer time.

I disagree! No one is naive enough to think that one or two summers of cutting stalks and digging rhizomes (a.k.a. roots) will eradicate the patches. On the other hand, from what I've read, repeated cutting for five or more years will, at a minimum, reduce the vigor of the knotweed patches, and repeated cutting will eventually drain the rhizomes of nutrients and kill the patches. (FYI, I'm having obvious success with manual techniques on the small patch of knotweed on my property.)

Would it be easier to use the herbicide glyphosate to knock back the knotweed? Absolutely! But given the concerns about exposure to glyphosate on human health, I feel it is prudent to avoid the use of this pesticide.

Unfortunately, we've let Japanese knotweed take over many of the riverbanks in Vermont. Hopeless optimist that I try to be, even I have a hard time imagining how we can reclaim those riverbanks unless and until someone comes up with a better approach than the labor-intensive methods we are using on the Crane Brook Trail.

But at Crane Brook, we are attacking a set of relatively small patches of knotweed, so a little manual labor can have a big impact!

If you value pristine watersheds and prefer to avoid the use of toxic herbicides, come help us battle the knotweed! A small group of volunteers, each investing one or two mornings a summer, CAN make a difference!

For more info, send email to stevew831@gmail.com.

Steve Webster
Underhill

P.S. I also agree with Dunkley that there are several other invasive plants that have harmful ecological or health impacts (such as honeysuckle, poison parsnip, and purple loosestrife) that can be quite effectively managed using mechanical approaches. Please volunteer some time with the Conservation Commission to attack these plants as well.

Helping ourselves get better Internet service

To the Editor,

As some of you might be aware, a handful of the towns in Lamoille have banded together and formed a Communication Union District (Lamoille FiberNet), a way forward for us — the residents — to have a say in the level of service available and the ability to finally treat connectivity not as a luxury, but as an AFFORDABLE utility available to ALL residents. Soon, we'll have a website up and running where news, meeting announcements, and other resources can be found quickly. Until then, we'll be reaching out through FPF and various other platforms with updates.

One of the important first steps we're already taking is having a feasibility study conducted and a business plan formed that will help identify the most appropriate and expedient path forward. One important aspect we need to identify is areas of greatest need and desire for reliable internet. I encourage everyone to fill out this quick, three-minute survey [Tilson Technology Management](https://www.tilson.com)

has put together: lamoille.tilsontech.com. A big turnout will greatly help the study be as accurate as possible.

Thanks to those that have already completed the survey and thanks in advance to everyone else! Please feel free to reach out to myself or Lucy Rogers (Waterville's delegates to the Lamoille Fibernet CUD) or the Cambridge CEDAC (Community Economic Development Advisory Committee) with any questions or concerns.

Jeffrey Tilton
Waterville

House fire

To the Editor,

A huge "thank you" to the Bolton and Richmond Volunteer Fire Departments for their prompt and professional performance Wednesday night (July 8) when a fire started in our pantry and started to spread up a plumbing chase to the second floor. A special note to the firefighters who trudged up our more than 800-foot driveway with all of their gear! And another "thank you" to all of our neighbors who called or wrote to check in with us. And another big "thank you" to Clayton Bergeron, who has already repaired the burnt water supply lines and roof vent pipe!

No injuries, no lost cats or dogs (five all together), and no structural damage.

And a special thanks to my wife Bonnie and her incredible nose. No particular thanks to the smoke detectors that finally woke up and started blaring as we fought through the blinding smoke to knock down the flames. They tried, but all they did was freak out the cats and get the dogs howling.

Rob, Bonnie, and Jerry Mullen,
with Yogi, Booboo, Nainette, Shiloh, and Tigger; West Bolton

League of Women Voters VT information: vote early in primary

Voting early — statewide — in Vermont's statewide primary on Tuesday, August 11, 2020 is safe, easy, and secure!

Register online to vote: To register to vote, and to check or update your voter registration information and current mailing address, go to: mvp.vermont.gov or contact your Town Clerk.

Request your early absentee: Ballots can be requested online at <http://mvp.vermont.gov>, by email, or contact your Town Clerk to obtain one. Absentee ballots for the Tuesday, August 11 statewide primary are available now.

Complete your ballot and return it: You will receive three ballots, one for each of Vermont's three major parties. You may only vote one of these ballots, and you must return the two unvoted ballots with your voted ballot, or your ballot will not count.

The ballots come with three envelopes: a certificate envelope for the voted ballot, an envelope for the two unvoted ballots, and a pre-paid, pre-addressed mailing envelope. Put the voted ballot in the certificate envelope and sign, date, and seal it. Put the unvoted ballots in the unvoted ballots envelope, and then enclose both ballot envelopes inside the pre-addressed postage paid envelope.

Mail your ballot or call your Town Clerk Office to hand deliver it. Your ballot must be received before Election Day, Tuesday, August 11, or bring it to the polls on Election Day. If you have lost or did not receive your ballot, request one at the polls.

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY

DRML offers curbside pick-up Tuesday-Friday, 1:00 – 5:30 PM, and Saturdays, 11:00 AM – 2:00 PM. Please contact us, 802-899-4962 or rawsonlibrary@drml.org, to arrange a pick-up. Our catalog is available at <https://drml.bywatersolutions.com/> — check here for items that the library owns. For the full guidelines on how curbside pickup works, please go online to [https://mailchi.mp/a2b65877d439/curbside-returns-to-drml?e=\[UNIQID\]](https://mailchi.mp/a2b65877d439/curbside-returns-to-drml?e=[UNIQID]).

Anyone who has a DRML library card can once again place their own holds from home. When your hold is ready, staff will contact you to confirm a pick-up date. The website link to the catalog is <https://drml.bywatersolutions.com/>. Sign in and start browsing! Be sure to click the “confirm hold” button at the bottom of your screen once you have selected an item to place on hold. Any questions, please call 899-4962.

Programs

We are asking that you register for all adult programs you are interested in. You will then be sent all of the information you need to participate. In addition, we will be using a variety of new applications to facilitate programs that we offer, including Zoom, Kahoot, Facebook Live, and YouTube. For more information on the platforms we will be using, please visit <https://docs.google.com/document/d/1sLDfnlpXlcDX6GzhAY6zBWxxSilzB-7j1fZKAE7F1hg/edit>.

Have you visited our gardens lately? The library has been designated as an Extension Master Garden site, and twice a week an enthusiastic group of volunteers gather to plant and maintain a variety of gardens. They include winterberries near the front of the library, yellow daylilies that extend along the side of the building, and Miss Kim lilacs and a butterfly garden at the back of the building, which feature a lush variety of native plants. We also have a vegetable garden that is harvested and delivered to local community members — to the Food Shelf on the third Saturday of the month, and to Jerihill Senior housing on the alternating weeks. Finally, a beautiful Theme Garden is being created to honor author Thornton W. Burgess, so please do step outside and enjoy!

The Third Annual Poetry Walk is now up at Mills Riverside Park! A collaboration between DRML and Mills Riverside Park, the Poetry Walk promote literacy, learning, and a deeper connection and appreciation of the natural world. This year’s featured poet is William Wordsworth (1770-1850), a central figure of English Romanticism. He was chiefly concerned with humanity’s relationship with nature, as well as using a more vernacular vocabulary to connect with the common reader. The eight poems featured exhibit Wordsworth’s characteristic fascination with nature, and his compositions are simple yet effusive with wonder. No registration required; just stop by Mills Riverside Park, which is open dawn to dusk, and keep an eye out for the eight poems located on the Lower Trails. For more information about Mills Riverside Park, please visit <https://www.millsriversidepark.org/>.

The Vermont Libraries Summer Reading Challenge 2020 is now live! Using the online platform *Beanstack*, the whole family can participate in logging their reading, earning badges, and taking the challenge to read as much as you can this summer! You can create an account for yourself or a loved one using the following link: <https://vermont.beanstack.org/>.

Story Time — Check out the weekly online story time with Ms. Abbey and your other friends Tuesday mornings at 10:30, starting Tuesday, August 4. Pre register here for a meeting link: <https://forms.gle/Hgdv8a1nDHbdMdP89>.

Curbside Crafts — available on Wednesdays during curbside pick up from 1:00 – 5:30 PM. All crafts include an assortment of supplies, instructions, and inspiration. They are first come, first served as there are only a limited number, and they will be put out each day after Wednesday until all supplies are gone. Check out our YouTube channel for tutorials related to the craft: <https://tinyurl.com/DRMLvideo>.

StoryWalks are a great way for you and your children to enjoy reading and being outdoors at the same time, and the Story Walk at DRML is up and ready to go! It starts at the end of the sidewalk to the right side of the library. The first story is *The Listening Walk* by Paul Showers and illustrated by Alikei. At the end of the Story Walk please sign in with the date, the amount of people in your party, and any comments or suggestions that you have for the project. Please email youth_librarian@drml.org with questions or concerns. Remember to bring water and sun protection. Please give other users safe distance.

The Summer Reading Program ends this year on Friday, August 7.

All our online services are up and running on our webpage, www.drml.org. As we find new and exciting things we will post them on the webpage and on our Facebook page.

Our WiFi will remain active and is accessible from the parking lot or other areas adjacent to the building. WiFi is available 24/7. A password is not needed to connect. Please be aware that our WiFi does not offer a secure connection.

For a full list of online resources, including digital e-book and audio book services, classes including language courses, and compilations of filmed programs, please visit <https://www.drml.org/how-to-use-a-closed-library/>.

Contact information: email rawsonlibrary@drml.org; website www.drml.org; phone 802-899-4962.

JERICHO TOWN LIBRARY

This summer we are asking patrons not to use the Drop Box to return books. We have scheduled Bulk Return Days to manage returned books. Please check the website for details, or call the library, 802-899-4686.

Curbside Pickup details are always available at <https://www.jerichotownlibraryvt.org/>. Each individual in a household may check out up to five items at a time, including DVDs — either request five specific titles, or select a bundle that our library staff will choose for you: Librarian’s Choice! If you do not currently have a library card, fill out the form at <https://forms.gle/JeNZNUXfFomnzJ4A>. You can also browse our online library catalog!

Curbside Pickup days and hours are Tuesdays, 10:00 AM – 12:00 PM, and Thursdays, 3:00 – 5:00 PM. If you cannot pick up items during either of these times, or do not have access to pick up your request on your own, please email curbside@jerichotownlibraryvt.org or call 802-899-4686 to set up individual options.

You will arrive to find your bundled bags on JTL’s front stoop. If the weather is inclement, pick up your requests in the library foyer. No one may enter the main library at this time. Please do

your best to touch only the bags with your name on them.

If you have more Curbside Pickup questions, please email curbside@jerichotownlibraryvt.org or call 802-899-4686.

To submit a Curbside Pickup request, please use this Google Form: <https://forms.gle/PHo1GRPLdsrK6URi6>; the library website also has the Curbside Pickup Request Form. If you are unable to place your request digitally, you may also call us at 802-899-4686. Please do not email your requests. If a specific title isn’t available, you can indicate on the form if you’d like us to replace the unavailable title(s) with another choice. You can also choose a Book Bundle:

- Picture Book Bundle: Five picture books selected just for your little one!
- Early Reader Bundle: Five early readers to keep your little one learning and reading!
- Grade 3-5 Book Bundle: Five titles combining fiction (and possibly nonfiction) for your school-age reader!
- Grade 6-8 Book Bundle: Five titles that span middle grade and YA tastes!
- YA Bundle: Trust me, if Lisa puts this together, you’ll like it. p.s.: You don’t need to be a young adult to read YA!
- Custom Bundle: If you’re thirsting for a particular genre or subject, we’ll do our best to meet your needs!

Our staff — often a staff of one — will fill your requests as readily as possible. We will call or email you when your titles are ready for pick up. Titles will then be packaged in paper bags and labeled just for you.

Jericho Town Library hours: Mondays 2:00 – 5:00 PM, Tuesdays 10:00 AM – 12:00 PM and 2:00 – 5:00 PM, Wednesdays 10:00 AM – 12:00 PM and 2:00 – 7:00 PM, Thursdays 10:00 AM – 12:00 PM and 2:00 – 5:00 PM, Fridays 2:00 – 5:00 PM, Saturdays 10:00 AM – 12:00 PM.

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

VARNUM MEMORIAL LIBRARY JEFFERSONVILLE

The Varnum has been inundated with book donations and until further notice will not be taking any more donations. Also, the library has discontinued the online book sale for the foreseeable future due to low interest.

Please let us know if you have any questions; we are still figuring out new ways to assist the community, so we appreciate your patience.

The Varnum is offering kids’ *Get Crafty Kits*, a bag filled with crafty treasures to inspire your imagination! They are available upon request by emailing varnumrequests@gmail.com and will be available at our curbside pick-up hours. We wanted to share with you all the great materials we have to help you refresh your stash. Supplies are limited so request one today!

Clay Challenge! Designed especially for our adult patrons. The Varnum knows you are bursting with as much creativity, imagination, and love to get your hands dirty as our little ones. The Clay Challenge kit includes one pound of air drying clay, Artea gouache paints, a palette, and paint brushes. This should be all you need to create a sculpture of your own, perhaps reflecting our beautiful green mountains in the summer, the movement for social justice, or hope for the future in the face of the worldwide coronavirus pandemic. We would love to see your creations, so please upload photographs to Facebook and Instagram (@thevarnum), or email them to us at varnumrequests@gmail.com with permission to share. Be sure to include a title for your work and your name so we can give you credit for your creativity. We have limited supplies, so don’t wait to let us know that you would like a kit and we will put it outside for curbside pickup, Tuesdays and Thursdays, 3:00 – 5:00 PM, and Saturdays, 1:00 – 3:00 PM.

The library offers curbside pickup of books, audios, and movies; please, no requests for guest passes at this time. Pickups are available on Tuesdays and Thursdays, 3:00 – 5:00 PM, and on Saturdays, 1:00 – 3:00 PM. You can select specific titles or ask us to put together a selection of books and titles that you might like based on your past choices. You can begin searching for books in our catalog: <https://varnum.kohavt.org>. We are currently not processing interlibrary loans. When you find what books you’re interested in, you can email us a request at varnumrequests@gmail.com and we will answer them in the order that they are received. Once your book is pulled, we will respond to your email and let you know the next day you can pick it up.

Before you request any materials from us, please read the next section:

- If you or anyone in your household has been ill, please hold off on returning or picking up materials.
- We are practicing social distancing, so materials will be on the table outside on the deck. Please wear a mask in case there are other patrons nearby during pickup.
- We are requesting that one person per family be on the deck at a time. Due to the current health situation, we can only provide this service if people practice social distancing.

If you have books to return to the library, please put them in the book drop so they can be quarantined and then made available to other people.

If you are wondering what your Overdrive/Libby information is, your login is your library card number and your pin is your last name all lowercase. If you do not know your library card number, we can look it up for you, but it may take us a while. Please be patient; we are overwhelmed with emails and messages.

We miss all of you so much! Not being able to see your faces and interact with our community is very sad for our staff. We hope you are all safe and look forward to seeing you in the near future.

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; thevarnum@gmail.com; www.varnumlibrary.org. Hours: Mondays and Tuesdays 12:00 – 7:00 PM, Wednesdays 3:00 – 7:00 PM, Thursdays 9:00 AM – 7:00 PM, Fridays 2:00 – 5:00 PM, and Saturdays 10:00 AM – 3:00 PM. Closed Sundays.

WESTFORD PUBLIC LIBRARY

The Westford Public Library will be opening for limited in-person services starting Saturday, August 1. We will be entering Phase 4 of our reopening plan at that time. We will be open Wednesdays, 1:00 – 7:00 PM, and Saturdays 10:00 AM – 2:00 PM. The first hour of each day is reserved for senior and immuno-compromised patrons. Curbside service is still the preferred option. Please see the infographic as well as our detailed plan at <https://westfordpubliclibrary.wordpress.com/visiting-during-covid/>. Visits are limited to 30 minutes or less. The children’s area will be closed — browsing in main area only. Masks and social distanc-

ing are required for patrons ages 2 and up; children under 12 must be accompanied by an adult.

The State Parks passes and the State Historic Sites pass are here! Passes are good for your entire vehicle, up to eight people. You can check out these passes via curbside pickup. Use the curbside pickup form on our website or pinned to the top of our Facebook page. Passes picked up Wednesday must be back by Saturday at 9:00 AM, Saturday picked up passes must be back by Wednesday at 9:00 AM. All passes will be sanitized before circulation. The program has been jointly sponsored the Department of Libraries, the VT Department of Forests, Parks, and Recreation, and the VT Division for Historic Preservation. An additional park pass was purchased by the Westford Public Library for your enjoyment.

The book drop to return library items is open and ready to accept your Westford Library books and other items.

NOT WANTED IN THE BOOK DROP: books from the school, items from other libraries, book donations. The book drop was never really closed, but now that the governor has “loosened the spigot,” we are asking for materials back. With the library providing a great deal of curbside service, our shelves are getting a bit bare. If you still are using your items, by all means keep reading or watching!

Please note that email reminders will resume for overdue books.

The Summer Reading Program ends on Friday, August 7 this year. Raffle prizes will be awarded at the end of the program.

All Zoom links will be on FPF and FaceBook, or contact Bree to email them to you.

Curbside Crafts and Storytime: Storytimes will be on Thursdays, either digitally or outside on the Common (weather permitting, and if gatherings of 25 or more are permitted). If on the Common, they will be at 11:00 AM and social distancing rules will be each family’s responsibility.

Each week will have a craft/theme. The craft can be picked up as part of your curbside order (Wednesday/Saturday, request in your order form) or on Thursdays after storytime. These crafts are kits that you will do at home, suitable for all ages, but may contain small parts. Pick up one craft per child.

MONDAYS: Magic Mondays with a new magic trick from magician Ed Popielarczyk, on the library’s Facebook page.

WEDNESDAYS: Curbside pickup, 3:00 – 5:00 PM; get your orders in by 7:00 PM the night before. Form on our website and Facebook page.

Adult Book Group, meets the third Wednesday of the month (via Zoom), 7:00 – 8:00 PM. August 19: *The Buried Giant* by Kazuo Ishiguro. The audiobook and ebook are available on Libby. Physical copies of the book can be requested for curbside pickup. For information, contact Bree (westfordpubliclibrary@gmail.com or 878-5639). Zoom link information: <https://us02web.zoom.us/j/82662784843?pwd=YlhmbWpY3FJam1M3RDOWFPU2l2QT09>; meeting ID: 826 6278 4843; password: library.

SATURDAYS: Curbside pickup 10:00 AM – 12:00 PM; get your orders in by 7:00 PM the night before. Form on our website and Facebook page.

THURSDAYS: Storytime! We now have in-person, outside, and socially distant storytime at 11:30 AM at the Westford School. Feel free to watch a “re-run” at <https://westfordpubliclibrary.wordpress.com/story-time/>.

The library’s WiFi will remain on 24 hours a day. It can be accessed via the parking lot, around the building, or across the street on the Common. Please use social distancing.

Library cards can be renewed or created via email or the phone.

Free Downloadable Ebooks and Audiobooks: Libby/Overdrive, free with your library card. Don’t know your number, card expired, don’t have a card? No problem! Can all be done over email. Here are two helpful links:

- <https://help.libbyapp.com/6144.htm>
- <https://help.overdrive.com/en-us/categories/getting-started.htm>

Library Hours: Wednesday, 1:00 – 7:00 PM, Thursday 10:00 AM – 7:00 PM, Friday 1:00 – 7:00 PM, Saturday 10:00 AM – 2:00 PM; <http://westfordpubliclibrary.org>; westfordpubliclibrary@gmail.com. Like us on Facebook. 878-5639; Bree Drapa, Librarian.

RICHMOND LIBRARY

StoryWalk — A StoryWalk is an outdoor reading experience that reveals a story page by page as the reader follows the StoryWalk route. There will be a new StoryWalk set up around the library grounds each week. So come take a walk, read a book!

Guessing Jars — While you’re picking up your books, craft bag and getting your reading club charm in the foyer, don’t forget to make a guess. A new jar will appear on the foyer table each week along with a poster of winners from the week before. Winners go home with a book from the prize box.

Storytime Bags — We’ve made storytime at your house easier than ever. We have put together eight themed Storytime Bags. Each Storytime Bag contains books, songs, rhymes and a craft/activity. Themes include: Pets; Gardens; Counting; Things that Go; Friends; Seasons; Silly Books and Camping. Request one of the bags today by calling or emailing.

Online Resources — Visit the Richmond Free Library Youth Services page to connect with TumbleBooks for a fun, gently animated picture book storytime and Storyline Online to hear great children’s authors and other celebrities reading aloud from fabulous picture books. Here you will find links to other great youth sites as well including resources for elementary-aged and older youth.

Remember to browse our catalog at rfl.kohavt.org! We have more than books to lend — request audiobooks on CD, Playaways, Magazines, and Movies! Log in to your account with your library card barcode and your last name as the password to reserve items, or call or email the Library. Not sure what to read next? Let us help!

While Vermont libraries were permitted to begin phased openings on June 1 per the Governor’s orders, any opening must be able to comply with recommended safety guidelines. Because of the difficulty of meeting those guidelines, until further notice, the Richmond Free Library will limit its operations to curbside pickup and summer program activities via the foyer, as well as digital services accessed via our webpage: richmondfreelibraryvt.org.

Please note, there is lots of new information on our website, <https://richmondfreelibraryvt.org>.

We are again able to offer library patrons access to the physical

ARTS INFORMATION

Vermont Dance Alliance seeks new board members

The Vermont Dance Alliance, a nonprofit organization bringing dance to life throughout the state of Vermont, is seeking new board members to join in and participate in creating positive change through our organization! As we enter our fourth fiscal year on Tuesday, September 1, VDA seeks individuals with unique life experiences and perspectives, to join in with dedication to expanding, supporting, and enriching the ecosystem of dance here in Vermont. VDA seeks out both community members who are ready for a passion project, as well as those with special skills in legal compliance, tax preparation, accounting, graphic design, fundraising, and grant writing. The Board meets (online) on a monthly schedule, alternating full Board and committee meetings

as needed (all board members also serve on a committee — Programming, Finance, or Development).

Commitment would be a one to three year term, beginning in September 2020. Please be in touch with Hanna Satterlee, Executive Director, info@vermontdance.org, by Saturday, August 15 with a letter of interest or with any questions. For more information, please visit vermontdance.org.

Old Mill Craft Shop open 3 days a week

The Old Mill Craft Shop in Jericho is now open three days a week: Thursday-Saturday, 11:00 AM – 4:00 PM. Please use back door to enter the craft shop. There will be hand sanitizer as you enter the building. The checkout area is now set up with a protective shield for the volunteers and patrons!

For more information, please call 899-3225. Thank you!

MMCTV looks at local farmers markets, BLM rally at MMU

By Angelike A. Contis, MMCTV

Here is the link to the video of the Black Lives Matter rally at Mount Mansfield Union High School, recorded on Saturday, July 25: <https://archive.org/details/blmrally-mmuh-07252020>.

We visited the Jericho and Richmond Farmers Markets, recording how both have adapted to the pandemic to serve our communities. Here's the short video: <https://archive.org/details/virtuallyyoursfarmersmarkets2020>.

You can view the rest of our *Virtually Yours* series focusing on local innovation during the COVID-19 health crisis online at <http://mtmansfieldctv.org/virtually-yours/>.

Library news continued from page 9

collection. This includes books, audiobooks, magazines, and DVDs. We cannot allow visitors beyond the outer foyer but you will find that this space has been adapted to serve as a safe and convenient place to pick up your item requests. Book bins in the foyer have been labeled alphabetically. Requested items will be bagged, labeled and placed in the bins according to patron's last name. The door will be left open so visitors need not touch anything except their own bag. Please be mindful of others and wait your turn to enter the space if there is already someone there.

There are three ways to request materials:

- Place a hold on whatever you like through your library account at rfl.kohavt.org. You will need your library barcode number to log in to your account. Your password is your own last name (capital first letter). Please note that the maximum number of holds allowed per account is five.

- Call us at 434-3036. Leave a message if it is after hours.

- Email us at rfl@gmavt.net.

Pick up times are: Monday, Wednesday, and Friday, 10:00 AM – 4:00 PM; Tuesday and Thursday, 12:00 – 4:00 PM; Saturday, 12:00 – 2:00 PM. All items can be returned to the outdoor book return bin anytime.

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

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

DOROTHY ALLING MEMORIAL LIBRARY WILLISTON

We don't want technology to be a barrier for anyone. If you would like to join us but need some assistance connecting via Zoom, we are here to help. Please email us at programs@damlvt.org or call us at 878-4918, and we will be happy to help walk you through it.

Dottie the Bookmobile will be making the rounds this summer, with materials for kids and adults! We are introducing themed book bags for easy pickup, and staff will be on hand to help you make selections. We will also have weekly "to go" craft kits, Watershed Explorers activity booklets, and information about our Summer Reading Challenges and other library programs and services.

Patrons may arrange to pick up reserved library materials at any of our stops by calling 878-4918 or emailing daml@damlvt.org. Here is the schedule through Thursday, August 27:

- Tuesdays: 5:00 PM, Williston Community Park; 5:40 PM, Wildflower Circle; 6:05 PM, Pleasant Acres; 6:40 PM, St. George Villa.

- Wednesdays: 5:00 PM, South Ridge Pool; 5:30 PM, Brennan Woods Pool; 5:55 PM, Indian Ridge Pool; 6:20 PM, Finney Crossing Pool; 6:40 PM, Maple Tree Place.

- Thursdays: 5:00 PM, Stirrup Circle; 5:35 PM, Golf Links; 5:55 PM, Lefebvre Lane; 6:25 PM, Porterwood Lane.

FAIRFAX COMMUNITY LIBRARY

Library Curbside Pickup Hours: Wednesdays, 1:00 – 5:00 PM; Thursdays, 3:00 – 7:00 PM.

The library will be closed for the annual cleaning Monday-Friday, August 3-7. We will not have Curbside Pickup Service on the Wednesday and Thursday of that week. Curbside Pickup Service will resume on Wednesday, August 12.

Introducing *Beanstack*! You can now log your summer reading online! *Beanstack* allows you to keep track of your reading, as well as prizes and raffle tickets earned. It is free to use and easy to sign up for! If you would like to set up an account for yourself or your family, go online to <https://vermont.beanstack.org/> and follow the instructions on the page. Once you have logged a certain amount of reading, *Beanstack* will notify you that you are eligible for a prize! When that happens, simply contact us at libraryfairfax@gmail.com or 849-2420, and we will have a prize ready for you on one of our curbside pickup days. If you have already been logging reading times, please feel free to input your past logs; however, only new reading time will be eligible for prizes.

In light of COVID-19, all of our programs will be virtual. Keep an eye on our Facebook page <http://www.facebook.com/pages/Fairfax-Community-Library/160431583972368> and website <http://www.fairfaxvtlibrary.org> for any updates.

All events are free unless noted. Pre-registration required; contact 849-2420 or libraryprograms@fwsu.org.

Youth Events

Wednesday-Thursday, August 12-13: Billy Goats Gruff Bridge. Build a sturdy bridge for the three billy goats gruff, that will take them safely over the river — and the troll! Pick up your materials at the library on Wednesday, August 12, 1:00 – 5:00 PM, and watch the Facebook livestream on Thursday, August 13, 10:00 AM. The video will remain available afterwards, so don't worry if you miss it! Please register! Ages 6+

Thursday-Friday, August 13-14: Doily Crowns. Learn how to make elegant crowns with watercolor and doilies! Pick up your materials at the library on Wednesday, August 12, 1:00 – 5:00 PM, and watch the Facebook livestream on Thursday, August 13, 11:00 AM. The video will remain available afterwards, so don't worry if you miss it! Please register! Ages 6+

Wednesday-Thursday, August 19-20: DIY Dragon Eggs. Create your own magical dragon eggs! Pick up your materials at the library on Wednesday, August 19, 1:00 – 5:00 PM, and watch the Facebook livestream on Thursday, August 20, 10:00 AM. The video

will remain available afterwards, so don't worry if you miss it! Please register! Ages 6+

Thursday and Saturday, August 20 and 22: Fairy Garden. Learn the basics of making a fairy garden or gnome home (for those who are not fairy inclined). Pick up your materials at the library on Thursday, August 20, 3:00 – 7:00 PM, and watch the Facebook livestream on Saturday, August 22, 11:00 AM. The video will remain available afterwards, so don't worry if you miss it! Please register! Ages 6+

Thursday and Friday, August 27-28: Fizzy Potions. Mix up batches of colorful fizzing potions, with Miss Elizabeth your resident witch! Pick up your materials at the library on Thursday, August 27, 3:00 – 7:00 PM, and watch the Facebook livestream on Friday, August 28, 11:00 AM. The video will remain available afterwards, so don't worry if you miss it! Please register! Ages 6+

Thursday and Friday/Saturday, August 20-22: Fairy Gardens. Fairy houses aren't just for kids! These whimsical little homes make wonderful decorations, both indoors and outdoors. Learn the basics of making a fairy garden or gnome home (for those who are not fairy inclined). Pick up your materials at the library on Thursday, August 20, 3:00 – 7:00 PM, and watch the Facebook livestream on Saturday, August 22, 11:00 AM. The video will remain available afterwards, so don't worry if you miss it! Please register!

For up-to-date info about programs, visit our website: www.fairfaxvtlibrary.org, where you can also find a link to the interactive Google calendar.

Fairfax Community Library, 75 Hunt St., Fairfax, VT 05454; www.fairfaxvtlibrary.org, 802-849-2420. Call or email libraryprograms@fwsu.org.

BROWNELL LIBRARY, ESSEX JUNCTION

We are not hosting in-person gatherings for now; this could change. We will keep you informed of any additional program offerings or program changes on Facebook and our program calendar at <https://brownelllibrary.org/events/calendar>.

Summer doesn't feel complete without good books to read and programs that bring our children and teens into the library to learn and play together. The challenge this year is finding ways to do this safely. As we continue to navigate the pandemic, Brownell Library is committed to providing opportunities for youth through virtual gatherings. Links will be available on Facebook and our program calendar; weekly grab-and-go activities in our rear vestibule, you can check out books and pick up an activity; community experiences that get the family outside without a gathering.

Registration and reading logs

When you register for our summer reading program at <https://brownelllibrary.org/kids-teens/summer-reading-plan> or call us at 878-6956, we will mail you a sign up package including a reading log. You can report books read by sending a picture of your child's reading log or a list of books read to erna@brownelllibrary.org. New reading logs will be available in the rear vestibule of the library and as a PDF on our website, but any list of books read will work.

End of summer raffle

We will celebrate the end of our summer reading program with raffles for kids on Friday, August 14 and teens on Tuesday, August 18. Participants can earn entries into the raffle by sharing their reading log or their list of books read with us (5 picture books = 1 ticket, 5 easy readers = 1 ticket, and 1 chapter book = 1 ticket) or by participating in the programs and activities listed below (see the program or activity listing for ticket details). Most raffle prizes will be purchased from local businesses to support our local economy in this difficult time; our top prize will be a \$50 Amazon gift card. Gift cards will be mailed on Wednesday, August 19 and we will contact winners to arrange pickup of larger items.

PROGRAMS FOR KIDS

Bingo! All Summer Long! through Friday, August 14. Fill out the bingo card that you received in your summer registration packet, or pick one up in the rear vestibule. Email a photo of your completed bingo card to erna@brownelllibrary.org.

Me... Jane Story Walk: through Friday, August 14. Take a walk with your family and read about Jane Goodall on the library lawn. Take a picture as you participate and send it to erna@brownelllibrary.org to earn 1 ticket.

Music with Raph! Fridays, 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 : Thursday, 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.)

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+.)

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.)

- 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:

- 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.)

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.

- 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.

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/e/1FAIpQLScH6EF1cpRRmOhjQ_O1GTNOzZI_eJS3WJtR4BQe1aT6mYMT0A/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.

ARTS INFORMATION

Westford Concerts on Common, with food trucks

The Westford Concert on the Commons series will run every Sunday through August 23, with all music running from 7:00 – 8:00 PM. And we have food vendors coming as well. Come early for some tasty treats starting at 6:00 PM, and stay for the show. Mediterranean Mix will be there, along with Kingdom Ice Cream. YUM! Get something to go along with your Waygu poutine.

Please note that we all must practice safe social distancing and mask wearing if these shows will be allowed to continue through the summer. There will be concert schedule posters for distribution for anyone that wants one for their refrigerator. Anyone wishing a poster in PDF electronic format, please email mkirick@hotmail.com and one will be sent your way.

Also, all concerts are subject to the weather, so rain means no show. And finally, we will be setting out tip buckets for all shows to help supplement musician compensation in these hard COVID-19 times. Please be generous if you can. Many members of the bands are local Westford or nearby folks.

Tell your friends and neighbors and come out for a great time!

No-cost training from Vermont Tech

Free training for eligible parents under the Strengthening Working Families Initiative: Certified Production Technician (Tuesday, September 8, Zoom; includes ELL support).

Free training for all students: SolidWorks and CNC Cert (Monday, August 17, Springfield).

More information is available at <https://cewd.vtc.edu/cewd/swfi/> Email swfi@vtc.edu for details.

Forest Service to implement food, refuse storage requirements

(Since 2020 seems to be a year of high bear activity, it seems timely to rerun this article from July 2019. — Editor)

Forest Service officials have announced that they are implementing a Forest Order for the entire Green Mountain National Forest (GMNF) geared toward minimizing black bear and human encounters and interactions. The order specifies proper food storage and prohibits leaving food or refuse on National Forest system lands in Vermont. The Order was issued to provide for visitor safety and the conservation of bears.

Similar Forest Orders have been implemented on other National Forests throughout the country, including one on the White Mountain National Forest in New Hampshire. The result has been a reduction in the number of reported encounters between humans and bears. The new Forest Order applies to the entire GMNF, including the Rochester / Middlebury and Manchester Ranger Districts.

Recently, Forest Service officials in Vermont have had several reports of bear sightings, bears approaching shelters, and even a bear entering a tent where campers have been present. The agency has been working to post alert notices at trail heads and at other developed campsites to notify recreation users about the recent spike in bear activity, and to educate the public about proper food storage. Agency employees are also working to provide suitable food storage containers at sites where improper food storage has become problematic.

GMNF visitors are now required to store unattended food in bear-resistant containers, in a vehicle, in solid non-pliable material, or suspend food at least twelve feet (12') off the ground and not less than six feet (6') horizontally from any object. In addition, all refuse containing food materials or containers shall be deposited in receptacles provided for that purpose, removed from the Green Mountain National Forest to be disposed of properly, or stored in the manner prescribed for food.

The black bear symbolizes the wild qualities of the Green Mountain State, and its recovery from greatly reduced numbers throughout the region to its present thriving population is a result of sound management of bears and their habitat. Yet humans, who often times mean well, are impacting bears unnecessarily by improperly disposing of garbage and leaving food unattended or improperly stored.

Bears are opportunists by nature. They feed on whatever is readily available in the wild, from berries to insects. Bears have a remarkable sense of smell that can lead them to unnatural foods. Garbage and food odors attract bears to residential areas, dump sites, trails, campsites, and picnic areas. Once a bear develops a pattern of relying on human food sources it begins to lose its fear of people and may become aggressive. This behavior creates safety concerns for humans and can be fatal for the bear.

Brian Austin, Acting Forest Supervisor for the GMNF, said, "With the increasing potential for human and bear interaction and the success we've seen with food storage requirements in other parts of the country, we believe it necessary to implement this Forest Order on the GMNF in Vermont. The goal of this Order is to keep people safe and to provide for the conservation of bears. We feel that managing the disposal of garbage and the storage of food can only make a positive difference for the bears and the visiting public on the National Forest," Austin concluded.

Some helpful tips include:

- Always keep a clean camp.
- Don't leave any food (including condiments) out when not in use.
- Store food in bear-resistant units, hard-shelled vehicles, or car trunks.
- Keep sleeping areas, tents, and sleeping bags free of food and odor (like toothpaste or deodorant).
- Don't sleep in clothes you cooked or handled fish or game in.
- Never bury or burn food waste.
- If camping in the backcountry, hang your food bag at least twelve feet (12') off the ground and not less than six feet (6') horizontally from any object – or better yet, pack and use bear resistant containers.
- If possible, in backcountry areas, place sleeping tents at least 100 yards away from food storage and cooking areas.
- If hiking with a dog, keep it on a leash or leave it home.

Persons should report bear problems or damage caused by bears to a game warden by calling the nearest State Police office, and by reporting any incidents on the Vermont Fish and Wildlife website at: <https://vtfishandwildlife.com/learn-more/living-with-wildlife/living-with-black-bears>.



The VT Watercolor Society invites you to go INTO THE WOODS at the Emile A Gruppe Gallery on Barber Farm Rd., Jericho to view an exhibition of 34 artists' rendition of trees in a juried show that will hang through Sunday, August 23. Originally scheduled for spring, we thought we might be out of the woods by postponing the show until now. But not to be — so we request that you wear masks and keep your group size to five, or make an appointment 802-899-3211. Since we were not able to have a reception to meet the artists, some of the artists have volunteered to be at the gallery during regular hours. See schedule and gallery hours on the website emilegruppegallery.com. Pictured is Morning Pine Poetry by Stowe artist Lisa Forster Beach. PHOTO CONTRIBUTED

UVM Gerontology Program seeking volunteers

The Department of Nursing at University of Vermont is looking for volunteers 65+ from the community to participate in a service learning project this fall. The project's aim is to pair you with two students who want to interact and get to know you through weekly discussion. The discussions last for about 90 minutes and take place every Monday afternoon for four consecutive weeks. These discussions will take place virtually through the use of a tablet or computer, and teaching sessions on how to use the platform will be provided.

This is a wonderful opportunity to engage with college students and share your stories, thoughts, interests and wisdom!

- Two sessions are available and the dates are listed below:
- Session 1: September 14, 21, 28, 3:00 – 4:15 PM, and October 5, 3:00 – 5:00 PM;
 - Session 2: October 19, 26, and November 2, 3:00 – 4:15 PM, and November 9, 3:00 – 5:00 PM.

To participate you must be able to attend all four dates within the session.

If you are interested in participating or have any questions, please reach out to Kylie Beausoleil, kylie.beausoleil@UVM.edu.

JES Little Free Library looking for children's books

By Aimee Randall

I am writing in search of children's books (picture books and chapter books)! Our Little Free Library at Jericho Elementary School has been busy this summer and my stash of books (I refill our library every two weeks in the summer) is now empty. This is a great problem to have!

If you happen to clean out your child's book shelves and are wondering what to do with your books, I will gladly take them off your hands! I keep a large box of books and rotate new ones in weekly during the school year. Please send me an email (aimee.randall@cesvvt.org) and I can come pick up or we can arrange for a drop-off.

3SquaresVT at VYCC Farm Stand in Richmond

Vermont Youth Conservation Corps (VYCC) members built a charming roadside farm stand this spring. You can find it at 2083 East Main Street (US Rt. 2) in Richmond.

It's open daily, 9:00 AM – 6:00 PM, and stocked with certified organic produce, flowers, herbs, pasture-raised chicken, and eggs. Products are grown on site by youth and young adult Corps Members.

The farm stand accepts cash, check, credit/debit, 3SquaresVT, and VYCC sells gift cards online (vycc.org) that can be redeemed at the stand.

As of June 2020, VYCC accepts 3SquaresVT benefits on all eligible products. And, 3SquaresVT customers can receive a 50% discount on produce, thanks to NOFA-VT's Farm Stand Match Program.

To use 3SquaresVT benefits and receive the discount, please call 802-310-2087 when you arrive and a team member will be happy to assist you.

Get the latest news on what is available at the farm stand on Instagram [@thefarmatvycc](https://www.instagram.com/thefarmatvycc).

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Foresters for the Birds

By Ethan Tapper
Chittenden County Forester

In 2008, Audubon Vermont and the Vermont Department of Forests, Parks, and Recreation teamed up to create a program called *Foresters for the Birds*. The idea of this program was that, while there is a lot to love about Vermont's forests — from the way they make our state so beautiful, clean our air and our water, and support our local communities and economies with renewable forest products and awesome recreational opportunities — many people especially love, value, and connect with birds. *Foresters for the Birds* sought to highlight how forests support rich, diverse populations of birds and how good forest management can support and improve habitat for them. This program has been so successful that it has been expanded to other states in the Northeast and is under development in the Southeast and Pacific Northwest.

As part of this project, a list of birds called *The Birder's Dozen* was created. These are twelve charismatic and easily-identifiable birds with a range of habitat requirements. Keeping an eye and an ear out for the Birder's Dozen helps you identify whether or not your area features the diversity of habitat types and conditions required by most of Vermont's birds. The list ranges from American woodcock, which need young forest, forest openings, and alder wetlands, to scarlet tanager, which requires mature forest, to the eastern wood-peewee, which requires canopy gaps and a dense understory.

Vermont and the surrounding region host one of the most diverse breeding bird populations in the United States: more than 80 species! This includes both year-round occupants and "neo-tropical" migrants — birds that overwinter in the tropics and migrate to Vermont to breed in the summer. According to a 2017 report by the Vermont Center for Ecostudies, bird populations in Vermont have declined by 14.2% over the last 25 years, including much more precipitous declines in several species. Forest fragmentation, parcelization and loss, invasive exotic species, and climate change are among the many factors contributing to this decline.

So how do we encourage great bird habitat? First, we protect our forests. Forest and ecosystem loss, and the "fragmentation" of large areas of forest into smaller pieces by roads and development, are fundamental threats to our birds. Conserving forests and protecting them with smart planning and zoning rules in your communities is a good place to start.

Next, manage for diverse, complex forests. As illustrated by the Birder's Dozen, some species of birds need a dense canopy, canopy openings ("gaps") filled with young trees and shrubs, large areas of early successional forest, and forests with trees of all different sizes and ages. We call this type of diversity — trees growing in different ways — "structural diversity." "Species diversity" — trees of all different species — is also critical, because different birds use different tree species for foraging, nesting, shelter and more.

Another thing we can do for our birds is to make sure we keep some big, old trees in our forests. Big trees have many ecological benefits, including providing habitat for all different kinds of birds, from those like nuthatches who forage for arthropods in their deep



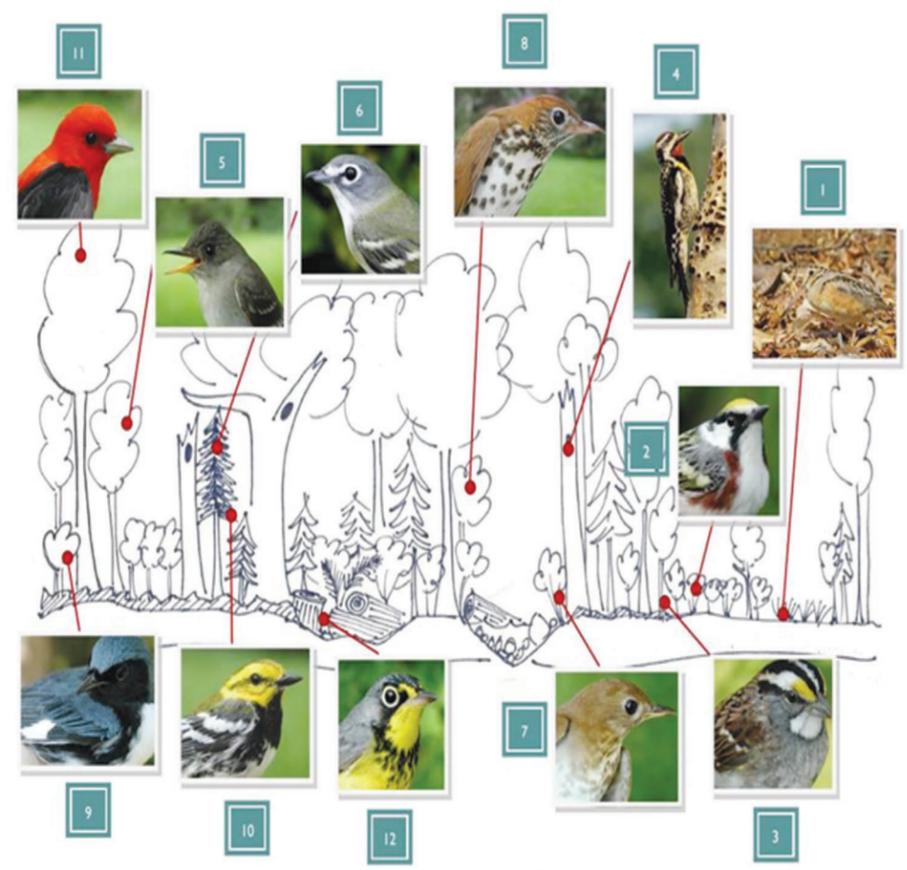
The Birder's Dozen

The Birder's Dozen is twelve of the 40 forest birds that the Audubon Vermont Forest Bird Initiative is working to protect. These twelve birds:

- Have a high percentage of their global breeding populations in our Northern Atlantic Forest.
- Use a variety of forest types and conditions for feeding and breeding. Most nest in complex, diverse mature forest habitats.
- Show serious, long-term declines in their global populations in the case of some species, including wood thrush and Canada warbler.
- Are simple to identify by sight or sound.

We encourage you to get to know the Birder's Dozen and to explore your woods to find out who is residing there!

Bird photos provided courtesy of the Powdermill Avian Research Center, US Fish & Wildlife Service, Charley Eisman & Roy Pilcher.



Audubon Vermont ©2013 vermont@audubon.org 802-434-3068 vt.audubon.org

Foresters for the Birds is all about fostering forests for helping birds and Vermont's other wildlife.

PHOTO BY AUDUBON VERMONT

bark cracks, to pileated woodpeckers and owls who only nest in cavities ("holes") in trees more than 20" in diameter.

We also need to recognize the importance of dead and imperfect trees in our forest. Dead-standing trees ("snags"), "cavity" trees, fallen trees, and dead wood on the forest floor all provide important bird habitat. The ruffed grouse, for instance, needs fallen logs to "drum" on, and many other bird species use downed wood for cover, foraging, nesting, and singing perches. While you may curse the woodpeckers who put holes in your trees, these living and dead "cavity trees" are often called "wildlife motels," providing nesting and denning sites for a wide range of birds and mammals.

If you've read my previous articles you know that the value of complex forests with big trees and lots of dead wood is not

limited to birds. Forests like this are also more like the old growth forests which once covered much of our state. They store lots of carbon and are resilient and adaptive to climate change. They provide habitat for a huge range of wildlife, from birds and bats to moose and black bear. Responsible forest management with birds in mind can protect and enhance the value of our forests for the birds that we love while making Vermont's forests holistically healthier in the process.

You can learn more about Foresters for the Birds at <https://vt.audubon.org/conservation/foresters-birds>.

Ethan Tapper is the Chittenden County Forester. He can be reached at ethan.tapper@vermont.gov, or by phone at 802-585-9099.

Fall Rec Soccer

Mansfield United Soccer Club announces our second season of Mansfield United Soccer Club (M.U.S.C.) K-League, recreational soccer league serving the Jericho and Underhill communities, presented by Mansfield United Soccer Club. K League is an instructional non-results-oriented league that is supported solely by volunteers who dedicate their time for the development of each individual, and strive to achieve a love of the game for all.

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 the VT Department of Health will be adhered to, and will be expected to be followed by players and spectators as a requirement for participation.

- Age groups:
- U5/U6-U6: "Kicks" — all players born in 2015 and 2014;
 - U7/U8- U8: "Ballers" — all players born in 2013, 2012, 2011;
 - U4: "Pitchnicks" — all players born in 2016. No formal games for this age group, just fun, skills, and play with a ball.

Registration is open through Monday, August 10, online at <https://www.gotsport.com/asp/application/reg/?ProgramID=90958&Type=PLAYER>. Cost: \$25 per player league fee, plus \$15 for a uniform (ordered direct).

The program will take place on Sundays, September 6-October 18.

For more information or questions, contact mountmansfieldsc@gmail.com.



VT Sports Hall of Fame postpones Class of 2020 Induction

The Vermont Sports Hall of Fame has postponed its annual induction dinner to April 2021 due to the risks related to the deadly COVID-19 pandemic. The induction of the 8th class was initially planned for April, but got bumped to October 24 in the hopes that restrictions under COVID-19 would be relaxed by the fall. Board Chairman Barry Stone of S. Burlington said the decision was made recently to delay the induction again — until next spring. The current limitations about social distancing would have a serious impact on the expected sold-out dinner at the Delta Marriott Burlington (formerly Trader Duke's) Hotel in S. Burlington, Stone said.

The induction dinner is now planned for April 17, 2021 at the Delta Marriott, with Myers Waste of Colchester as the new presenting sponsor, he said. A portion of the dinner proceeds will benefit Prevent Child Abuse Vermont, the VSHOF's designated charity. Past dinners have raised about \$19,000 to support PCAV's work across Vermont's 14 counties.

The latest inductees, who were announced earlier, are: Standout cross country and track star Tara Chaplin of U-32 and University of Arizona; ice hockey legendary coach Jim Cross of the University of Vermont; all-star high school, college, and pro hockey player and coach Toby DuColon of St. Albans; renowned gymnastics champion Debra Dunkley of S. Burlington; Olympic ski jumper Jeff Hastings of Norwich; basketball legends Ed Hockenbury of Northfield and Sarah Schrieb of West Fairfield; fabled golf pro and basketball player Libby Smith of Essex; and leading women's ice hockey player, coach, and referee Carol Weston of Bristol. Record-setting golfer Thomas M. Pierce of Rutland also has been selected by the Hall of Fame Board as this year's historic inductee. Ski legends Mickey and Ginny Cochran of Richmond have been selected as the David Hakins inductees, for exceptional promotion of sports, athletics, and recreation in the state.

For more information, go online to www.vermontsportshall.com.

Virtual 5K Suffrage Scramble

Vermonters are invited to join in a fun event to mark the 100th anniversary of women's right to vote this month — a virtual Suffrage Scramble 5K. Central Vermont Runners in partnership with the Vermont Suffrage Centennial Alliance will present this event, with proceeds and extra donations going to the Rutland chapter of the NAACP to expand voter registration, education, and access for communities of color.

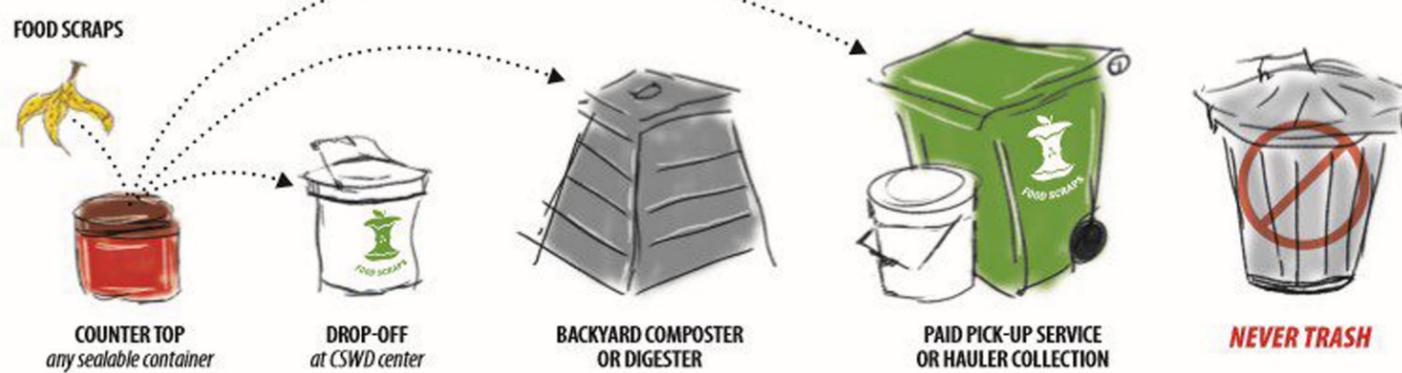
Scramble participants complete a walk, run, stroll, or roll during Primary Week (a reminder to vote), Saturday, August 8-Satur-

day, August 15, planning their own route, in their own neighborhood and at their own pace. Participants will document their 5K on their phone, watch, or other device and submit results to be eligible for prizes and freebies from sponsors like UnTapped and Cabot Creamery Co-operative. A fee of \$20 for individuals (with discounts for teams), includes, while they last, a *Votes for Women — Votes for All* commemorative sash to wear during their event.

Registration and more information is at <http://cvrunners.org/cvr-races/suffrage-scramble/>.

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