Mountain Gazette

Send your news, births, engagements, weddings, obits, events to *mtgazette@earthlink.net* or call Brenda at 802-453-6354

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Browns River 8-10 All Stars wins state championship

Browns River Little League 8-10 year old All Stars recently won their District III tournament. The 8-10 Browns River All Stars are (top, from left): Coach Tobey Sicard, Kyle Evans, Owen Labor, Henry Rogers, Holden Lerner, Dylan Sicard, Manager Norm Atherton, Cole St. Amour, Damien Atherton, Kyle Peck, Coach Jon St. Amour; (seated, from left): Nathan Fullem, Connor Brisbin, Jack Lorenzini, Logan Daigle, Gavin Hodgdon, Peyton Albertson. PHOTO CONTRIBUTED

Browns River 8-10 All Stars win District III tournament

Browns River Little League 8-10 All Stars won the District III Tournament held at St. Albans Cioffi Park from June 20 through July 14. The team, led by manager Norm Atherton and coaches Jon St. Amour and Tobey Sicard, went an impressive 6-0 en route to Browns River Little League's third straight District III Championship in the 8-10 division. They beat teams from St. Albans, Missisquoi, Essex Junction., and Georgia.

The team entered the four-team State Tournament held at St. Albans beginning the weekend of July 23, vying for the state championship! They squared off with teams from South Barre, Brattleboro, and S. Burlington.

Browns River Little League also had strong showings from their 9-11 and 10-12 All Star teams. The 9-11 team, led by Coach Andy Tosch, finished in the top three of their tournament, while the 10-12 team, led by Coach Steve Combs, rolled through their opening round undefeated, only to lose in the second round.

Browns River continued their historic run by winning games against S. Burlington, 13-9, and St. Johnsbury, 8-7, the weekend of July 21-22 in the State Tournament. They've won an incredible eight in a row in All Star play, and are now just one win away from the State of Vermont 8-10 Championship. If they win the state, they will move on to the Regional Tournament in Cranston Rhode Island, beginning Saturday, August 4!

It's an amazing run by this talented group of kids. Often Browns River might be considered the proverbial "underdog" – player pools are small and face teams with larger player pools to select all stars from. However, Jericho and Underhill continue to have strong baseball players every season. If at all, it has been many, many years since a Jericho or Underhill team has won the entire state – historical records are spotty for this age group.

Browns River Little League wishes to extend a big thank you to the dedicated volunteers leaving this season: Dan Randall, Steve Combs, George Thompson, Jay Meadows, Sean Jones, Chris Brown, and the many others who've pitched in over the years – thank you all for helping to make little league in Jericho and Underhill a great experience for area kids.

Visit Browns River Little League's website and Facebook page to follow the 8-10 team's results in the state tournament.

Congratulations Browns River 8-10 All Stars for winning Vermont State Championship

Congratulations to the Browns River 8-10 year old little league All Stars, winning the Vermont State championship! They went 9-0 in 2 tournaments on their way to the state title, Jericho & Underhill's first in many years. It's a historic achievement for these boys! The players and their families now head to Cranston, Rhode Island for a week on Friday July 3 to compete against other regional sates - NH, MA, RI, and CT. It'll be a magical, yet costly unexpected trip for them. The team has set up a gofundme page to help with these costs. If you'd like to show the team your support, please go to www.*gofundme.com/browns-river-ll-all-stars*, or head to *Brownsriverlittleleague.com* or facebook. Players will also be placing collection jars at area stores and businesses, and conducting a bottle drive-by through your neighborhood sometime this coming week! Thank you in advance for your support! Follow the team's progress on Facebook as they compete in Rhode Island!

CCRPC to aid state develop watershed projects database

The Chittenden County Regional Planning Commission (CCRPC) will aid the Vermont Department of Environmental Conservation (DEC) in cleaning up our waters through gathering additional information to help prioritize projects catalogued in DEC's Watershed Projects Database.

This database is a key component of the DEC's Tactical Basin Plans that address water quality issues throughout the state. These plans prioritize water quality problems, consider alternatives, and recommend solutions and funding sources. The database keeps track of potential projects to address these problems as well as assess project readiness. For example, some projects are only at the scoping level and would need further definition while others have been fully designed with both construction plans and cost estimates prepared.

The CCRPC will work over summer of 2018 to gather additional information on municipal projects already incorporated into the database. CCRPC staff will update project descriptions and assess project co-benefits such as hazard mitigation. Incorporation of this additional information will enable DEC basin planners, municipalities, watershed organizations, and others to better assess which projects should be implemented first.

This work by CCRPC is under the State's 604 B water quality program and funded by a Department of Environmental Conservation (DEC) grant in the amount of $3636 to the CCRPC. The DEC is required to pass through to regional planning organizations 40% of its annual federal Clean Water Act Section 604 B allocation to conduct a variety of water-related planning activities.

For more information, please contact Dan Albrecht, CCRPC Senior Planner:

Join in the Second annual ETD Leatherneck Scramble

Join us for the Second Annual ETD Leatherneck Scramble! 5K of fun, mud (more than last year we promise!), water, and more! No prior experience required. A course map and details of the obstacles will follow. All proceeds benefit the Elijah Todd Davis Memorial Fund. More information on the fund can be found at **http://davisfarmvermont.com/fundraiser/.** *PLEASE NOTE: Donations made on this page can only be used to support the future of this race. If you wish to donate to the ETD Memorial Fund, please use the information provided on the link above or bring a day-of donation. Thank you!* PHOTOS CONTRIBUTED

Welcome Home Music Festival planned to honor our soldiers

The Veterans Administration sponsors Welcome Home events around the country for returning military service members and their families. On Saturday, August 11, White River Junction VA Medical Center and the Vet Center will be hosting a music festival and cookout to honor the local soldiers, combat Veterans, and their families. The event will be held at the White River Junction VA Medical Center located on Veterans Drive and is made possible by the local sponsors: Friends of Veterans, Bentleys, River Valley Club, American Legion Post 22 and their Auxiliary, VA Employee Association, and VFW Post 9552.

Opening ceremony will begin 9:30 PM and the cookout will start at 11:00 AM, with band performances beginning at 10:00 AM. The coordination of bands to play was made possible by Richard Meijer of Stars Stripes and Strings, a non-profit dedicated to providing Vet Centers with guitars.

"At last year's Welcome Home Event I observed the unspoken bond Veterans have with one another and knew that I needed to help make this year's event another success and more special for the soldiers and their families," explained Meijer. He took initiative to recruit local bands and explained, "Bands were eager to donate their time to collectively honor and celebrate such a meaningful event."

All bands are local talent: The Ramblers, Chris Kleeman, Brothers Band Together, Ted Mortimer Trio, and Bow Thayer.

Closing ceremony will begin around 3:30 PM. Whether you would like to enjoy listening to live music in honor of and by our troops or eating some good food with great company, this event is open for the public's enjoyment and a day full of fun.

Community Bank N.A. Jericho /Essex branches donates $5000 to Aunt Dot's Place

Community Bank N.A.'s Jericho and Essex branches recently presented Aunt Dot's Place with a $5000 donation to support the organization's various programs.

Aunt Dot's Place serves as a safe and welcoming place where the less fortunate can obtain help with basic needs such as food, clothing, and community resources. The organization was founded by a passionate and dedicated team of volunteers who wanted to create a local food shelf for residents in the Essex community.

"Statistics provided to us by the Williston Community Food Shelf indicate that they currently support 125 families from Essex. Those 125 families consist of around 400 individuals, including children and seniors, who simply do not have enough to eat," Aunt Dot's Place Vice President Andrea Francalangia said. "Our goal is to provide these families with a resource within their own community where they can visit to get the help they need."

Aunt Dot's Place began as a resource for food. In the future, it hopes to evolve and be able to offer clothing, temporary shelter, and employment assistance to those who seek support.

"Aunt Dot's Place provides a vital resource to families in our community who need a little extra help," Community Bank N.A. Branch Manager Kelly Kimball said. "Our Jericho and Essex branches are proud to support their continued success. We encourage the entire community to get involved, whether that be through a monetary donation, volunteering time or donating food."

For more information about Aunt Dot's Place or to donate, visit *http://www.auntdotsplace.com/*.

Volunteer Hero honored

The American Red Cross held a Recognition Award event last month to honor the unsung heroes. Among those honored was Marty Corbet of Richmond, VT, who received the* Clara Barton Honor Award for Volunteer Leadership *in Vermont. As a Blood Donor Ambassador and a* Service to the Armed Forces *volunteer, Corbet has served the Red Cross for 15 years. PHOTO CONTRIBUTED

Milton Artist Guild to offer events and workshops

*Upcoming Events & Workshops at the M*ilton Artists' Guild: Thursday, August 9, Pet Diffuser; Saturday, August 11, Acrylic Painting; Thursday, August 16, Introduction to Alcohol Ink; Thursday, August 23, Fold Formed Leaf Earrings; Tuesday's, September 4, 11, Fearless Fair Isle Knitting Class. To learn more about these workshops, please visit: *https://www.miltonartistsguild.org/workshops*. Milton Artists' Guild Art Center & Gallery, 199 U.S. Rt. 7 S, Milton.

COMING EVENTS

Monarch butterflies can benefit from pollinator and bird friendly solar arrays. PHOTO BY MIKE KIERNAN, BEE THE CHANGE

VT enacts voluntary pollinator-friendly standard for solar sites

The bill H.676, which recognizes solar developers that adhere to a voluntary standard for establishing a pollinator-friendly habitat label on solar sites, went into effect on July 1.

This bill encourages solar developers to create pollinator and bird habitat when designing and constructing solar sites. To officially be pollinator friendly, a solar installer must complete the Solar Site Pollinator Scorecard, developed by Audubon Vermont and its partners, and modeled after a similar initiative in Minnesota. Sites can be built to this standard or retrofitted after construction. Audubon Vermont's role in this effort has focused on how the buffer areas around the solar sites can be planted to enhance habitat for both birds and pollinators.

H.676 helps advance renewable energy and protect pollinators in Vermont. For more information on the Solar Pollinator initiative, visit: *https://vt.audubon.org/solar.*

Women's chorus to hold auditions

Bella Voce Women's Chorus – Vermont's premier women's chorus celebrating its 15th anniversary this season – is currently scheduling auditions for additional singers. First Sopranos and First Altos are particularly encouraged to audition. Visit the Bella Voce website – *www.BellaVoceVt.org* – for audition information.

Wednesday, August 1

Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: *www.phoenixbooks.biz* or 872-7111.

Saturday, August 4

Saturday Story Time, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: *www.phoenixbooks.biz* or 448-3350.

Wednesday, August 8

Lamoille Region Chamber of Commerce August Mixer, 5:00 PM, 31 Lower Main St., Suite #2, Morrisville. Hosted by Rich Jacobs of Edward Jones.

Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: *www.phoenixbooks.biz* or 872-7111.

Thursday, August 9

***Rad Girls Can* book launch**, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join us to celebrate *Rad Girls Can* with author and illustrator Kate Schatz and Miriam Stahl, plus special guests *Muslim Girls Making Change* and Rep. Selene Colburn. This book is a bold and brave collection of stories and art about inspiring and accomplished girls who have made positive impacts on the world before the age of 20. Free and open to attendees under 18; tickets $3 include a coupon for $5 off a copy of the featured book; coupons expire at closing the evening of the event. Information: *www.phoenixbooks.biz* or 448-3350.

Friday, August 10

Contra Dance, 8:00 PM, Shelburne United Methodist Church, 30 Church St., Shelburne. Queen City Contras' regular dance with music by Frost and Fire and caller

Dana Dwinell-Yardley. All are welcome, all dances taught, no partner or experience necessary. Beginners' session at 7:45 PM. Admission $9 for adults, under 12 free.

Please bring clean, soft-soled shoes for dancing. Information: 802-371-9492, 802-343-7166, or www.queencitycontras.org.

Saturday, August 11

Saturday Story Time, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: *www.phoenixbooks.biz* or 448-3350.

Tuesday, August 14

Nestlings Find Nature: Resourceful Birds, 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Kids discover birds through stories and investigative play. Outside, we observe birds in flight or preening, calling and singing, building and foraging. We mimic their adaptations using nature's tools, and explore the ways birds use air, soil, rocks, and water to engineer solutions to the challenges of being a bird. We will create sounds, mold and build with mud, grind seeds, and paddle in puddles. Indoors, we'll examine art from the 2018 *Common Grounds art show*. For Pre-K to first graders; great for homeschoolers; parents and siblings welcome. Included with Museum admission. Pre-registration optional – *Museum@birdsofvermont.org* or 802-434-2167.

Wednesday, August 15

Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: *www.phoenixbooks.biz* or 872-7111.

The Dreadful Accident at Pippen's Crossing and Now the Rest of the Story, 7:00 — 9:00 PM, Memorial Hall, Towers Rd., Essex Center. Essex Community Historical Society's Jerry Fox presents Tales and Treasures of Essex, a program on a train vs horse and carriage accident at Pippen's Crossing in Essex Center.

Thursday, August 16

Mount Mansfield Scale Modelers meeting, 6:30 – 8:30 PM, Kolvoord Community Room, Brownell Library, Essex Junction. Park and enter in rear of the library. Not sponsored by the Brownell Library. For information, call 879-0765 after 6:00 PM.

Hot Dish and Salad Supper, Servings at 5:00 ans 6:00 PM, Binghamville United Methodist Church, Fletcher, VT. Adults $10.00, children under 12 $5.00. Families welcome. Menu includes a wide variety of hot dishes, hash, baked beans, salads, rolls, pickles, and pie. Reserve tickets by calling 849-2120.

Friday-Sunday, August 17-19

St. Thomas Annual Yard and Rummage Sale, 9:00 AM – 5:00 PM each day, St. Thomas Catholic Church, Underhill Center. Housewares, dishes, toys, miscellaneous items, and, perhaps, a surprise or two. The rummage sale will feature fall and winter clothing for children and adults, and a food concession stand with a variety of tasty goodies. Come – rain or shine – to find real bargains or a real treasure. If you have any questions, please call the church rectory, 899-4632.

Saturday, August 18

Saturday Story Time, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: *www.phoenixbooks.biz* or 448-3350.

Backroads and Byways of Vermont book signing, 1:00 – 3:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Pat Goudey O'Brien and Lisa Halvorsen for a meet and greet and book signing their all new guide to the scenic routes of our state. Free and open to all ages. Information: *www.phoenixbooks.biz* or 448-3350.

Sunday, August 19

Wildlife Tracking, 1:00 – 3:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Expert tracker and longtime UVM instructor Mike Kessler will guide us in the ancient art of tracking, learning as much about ourselves as the animals and landscape around us. Explore the Museum's diverse landscape while learning to discover and become a part of the stories of the wildlife that live and play around us. Ages 6+; family friendly. Bring bug spray/tick repellent. Included with Museum admission. Pre-registration optional – *Museum@birdsofvermont.org* or 802-434-2167.

Wednesday, August 22

Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: *www.phoenixbooks.biz* or 872-7111.

Saturday, August 25

Celebrate Arthur Shelmandine's life and legacy, 3:00 – 7:00 PM, Mills Riverside Park Pavilion, Jericho. Please come celebrate the life of Arthur Shelmandine and the legacy of *It's Arthur's Fault*.

Saturday Story Time, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: *www.phoenixbooks.biz* or 448-3350.

Bird Monitoring Walk, 7:30 – 9:00 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Free. All birders welcome on the monthly monitoring walk outdoors on the Museum's trails in forest and meadow. We often have coffee afterwards, indoors at our viewing window. Most fun for adults and older children. Please bring your own binoculars. Free; pre-registration nice but not required – *Museum@birdsofvermont.org* or 802-434-2167.

Tuesday, August 28

Nestlings Find Nature: Resourceful Birds, 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Kids discover birds through stories and investigative play. Outside, we observe birds in flight or preening, calling and singing, building and foraging. We mimic their adaptations using nature's tools, and explore the ways birds use air, soil, rocks, and water to engineer solutions to the challenges of being a bird. We will create sounds, mold and build with mud, grind seeds, and paddle in puddles. Indoors, we'll examine art from the 2018 *Common Grounds art show*. For Pre-K to first graders; great for homeschoolers; parents and siblings welcome. Included with Museum admission. Pre-registration optional – *Museum@birdsofvermont.org* or 802-434-2167.

Wednesday, August 29

Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: *www.phoenixbooks.biz* or 872-7111.

Saturday, September 1

Saturday Story Time, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: *www.phoenixbooks.biz* or 448-3350.

Wednesday, September 5

Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: *www.phoenixbooks.biz* or 872-7111.

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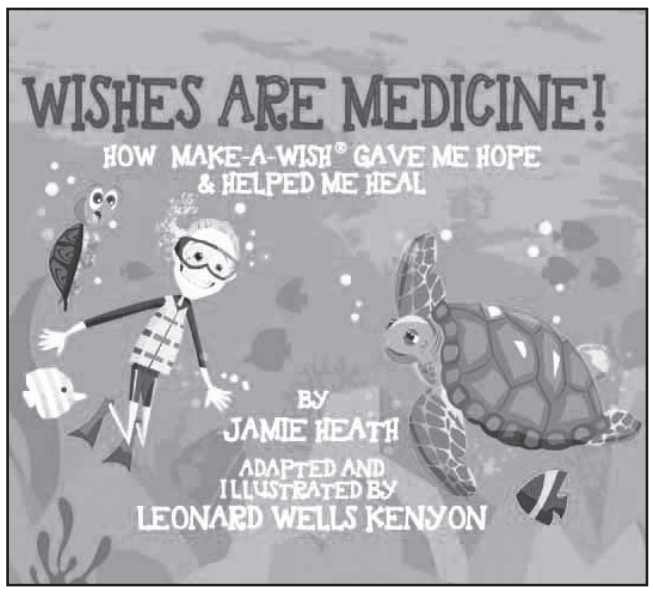
Make-A-Wish book reading with author wish kid Jamie Heath

On Monday, August 13 at 6:00 PM, Phoenix Books Burlington will welcome Wish Kid Jamie Heath. Attendees are invited to learn more about her story and her new picture book Wishes Are Medicine: How Make-A-Wish Gave Me Hope and Helped Me Heal.

Wishes Are Medicine, written by Wish Kid Jamie Heath of Barre, VT and illustrated by Leonard Kenyon of Arlington, VT, tells the story of Jamie's recovery from a brain aneurysm and how Make-A-Wish played an important role in her recovery. With bright, beautiful illustrations, Wishes Are Medicine follows along as Wish Kid Jamie, accompanied by her pet turtle Bob, learns not only to walk and read again, but regains hope and thrives in the face of her condition thanks to her wish to travel from her home in Barre to swim with sea turtles in Hawaii.



Jamie recently completed her junior year at Spaulding High School where, in addition to being an honor roll student, she served on the Student Council and Student Outreach Committee. In her free time she volunteers for the Friends of Stowe Adaptive Sports program, an organization that has provided invaluable support to her in achieving her athletic goals. Jamie is a Wish Ambassador for Make-A-Wish Vermont. She regularly gives speeches at Make-A-Wish events and has appeared in public service announcements on both TV and radio for the organization. Jamie lives with her mother in Barre, Vermont. She really, really loves turtles.

This event is free and open to all. Phoenix Books Burlington is located at 191 Bank Street in downtown Burlington. Copies of Wishes Are Medicine will be available for attendees to purchase and have signed. For more information, please call 802-448-3350 or visit *www.phoenixbooks.biz*.

COMMUNITY COLUMNS

Some swell facts about hernias and children

Parents have been bulging into my office with questions as to whether or not their child has a hernia. Let me help you and your child "groin and bear it," so to speak. Keep in mind that hernias in boys are called the same thing, even though you'd think they'd be called "him-nias."

A hernia happens when intestines push through a weak spot in the abdomen's muscle wall, making a lump or bulge. This is what we call a hernia.

A hernia can present as a swelling in the scrotum if it is a boy. For girls, the bulge can be in the groin area, or swelling out of the belly button. About five percent of children experience some kind of hernia.

What causes a hernia? Abnormal or non-closure of the muscles of the abdomen can happen at birth, as seen in preterm infants. As a child gets older lifting, coughing, or pushing can weaken the abdominal muscle. This allows the bowel to push through that weakened wall of muscle. Be reassured that hernias, when they do occur, are not contagious.

Hernias in the groin usually get bigger with standing and smaller or reduce in size with sitting or lying down. They can feel uncomfortable and eventually will need surgical attention to repair and close the abdominal wall opening. This is the usual treatment, which also includes tucking the intestines back into the abdominal cavity.

Most hernia surgery is a one-day procedure with no overnight stay required and a quick recuperation over several weeks. But some small hernias can heal over time. The muscle layer sometimes closes up by itself if the hole or weakness is small. By the way, taping a quarter over the bulge is not the answer – just a persistent myth.

When are hernias an emergency? If your child is experiencing:

- severe pain in the bulging area;
- a fever;
- vomiting;
- you note redness or a dark color to the bulge;
- it cannot be reduced in size.

If any of the above are true, seek emergency care immediately. These symptoms may represent restricted blood flow to the intestines trapped in the bulge. If this is the case, immediate surgery is necessary. The surgical outcome is excellent if a surgeon operates on the hernia as soon as these emergency signs are noted.

Hopefully tips like these will cut through any concerns you have about whether or not your child has a hernia.

Lewis First, MD, is chief of Pediatrics at UVM Children's Hospital and chair of the Department of Pediatrics at the Robert Larner, M.D. College of Medicine at UVM

College graduates

Morgan Alexander Wynes of Jeffersonville, VT graduated cum laude from the University of Rhode Island, Kingston, RI the weekend of Saturday-Sunday, May 19-20, 2018 with a Doctor of Pharmacy Master of Business Administration.

College honors

Tess Jutras of Underhill, VT has been named to the 2017-2018 Dean's List at Boston University, Boston, MA. Jutras is a graduate of Mount Mansfield Union High School, Jericho, VT, and is majoring in Communications.

Water

By Sue Kusserow
Special to the Mountain Gazette

"The United States has virtually set up an empire on impounded and redistributed water." – Charles Berkeley, 1946

"Thousands have lives without love, not one without water." – W H Auden, 1957

We want many things in our lives, but actually few that we need. Water is one of them. We don't need elegant housing; simplicity will do. What we eat (or yearn for, develop a love of, a taste for) needs water to grow… sometimes like wheat: very little… or rice, which almost drowns in water. On a hot day we recognize our need for water and welcome it in its pure form. And enjoy its adulterated forms: lemonade made with fresh juicy lemons; tea with a micro-dash of honey. There used to be *switchel* – a blend of cider vinegar and sugar with a dash of salt to keep it in the body. Many pioneer writers (think Willa Cather, Bess Aldrich) had a wife in long skirts trying to navigate amidst stubble to get a pitcher out to the men haying. The native American Indians used cold streams and lakes every chance they could get. The settlers labeled them as "dirty," a form of cultural subjugation. In contrast, most men of early America kept on their same clothing, including long johns, all winter until the first warmish day of June. The Indians snickered and said it was no wonder the men couldn't get much game; the animals could smell them coming. Our consumption of beef is calculated in various expenditures, including the immense water consumption that one steer requires, as we gratefully chew a steak or hamburger. Liquid has turned solid. Carrying water bottles has become fashionable, even seen as essential. Our brand, interests, social awareness, and support gets loudly labeled on green and rose plastic. Introductions are created through like interests. Thus we have water close to us, almost invisible in its quiet and unassuming plenty. Turn on a tap, lower a bucket, put on a kettle; it is ubiquitous.

But it is water in its pure form of plenty that transfixes many of us. A soaking rain takes leftover sunflower seeds from our wind-swept bird feeders and turns them into huge sunflowers, so heavy that the golden heads are bent over in their final push to maturity. *"The smell of rain is rich with life."* – (Estela Tramblay) Streams and brooks dry from only a week or two of no rain and are brown stones just waiting for a chance to glisten again. Then we notice and start to worry. What was behavior so normal that it is unnoticed, becomes monitored on everyone's greetings and communication. The weather has always been thus, hasn't it?

I am not a lover of large bodies of water. I never lived where one called oceans "home." I do appreciate the love and rhythm of John Masefield when he writes: *"I must go down to the seas again, to the lonely seas and the sky. And all I ask is a tall ship and a star to steer her by."* But the brook and rivers of my waters are for wading and swimming and just contemplating. The sound of a Lilliputian waterfall is a soporific on a hot day when even the trees are bowed and desiccated. Small creatures scoot through and above the water, when it is small enough to not be overwhelming. Then we can sit wiggling our toes at its edge, watching the everyday routines of those who inhabit it. One ripple catches sunlight and pushes tiny beams on to the next one… and an adventure starts to float downstream. But I will wait for the next one and go with it in my mind… to other places, other countries, other memories.

"All water has a perfect memory and is forever trying to get back to where it was." – Toni Morrison 1987

"Greeting cards routinely tell us everybody deserves love. No. Everybody deserves clean water." – Zadie Smith 2000

A balanced view of dizziness

Parents have been spinning up to me with questions about when to worry if their child complains they are dizzy. Let me see if I can provide a balanced opinion on this topic.

Dizziness is a feeling of lightheadedness or faintness. It's usually due to reduced blood flow to the brain for a brief time. In children, varieties of non-worrisome, normal events usually trigger dizziness:

- Allowing blood to pool in the legs and not get up to the brain as quickly as it should
- Standing up too suddenly can cause blood pressure to drop and dizziness to result
- Dehydration from too much sun or heat exposure can be a culprit
- Low oxygen intake such as after running when you are out of breath
- Migraine headaches
- Fasting or not getting enough sugar to energize the brain
- Motion sickness
- A virus or ear infection

Dizziness might also be due to a balance problem we call vertigo, but this is very rare in children. Medication side effects can also cause dizziness. This includes some medicines used for seizures, as well as some used for depression and blood pressure control in adolescents.

The good news is that the most common disorders that cause dizziness are not dangerous ones. They go away within a few minutes when standing up too quickly to a few days if it's a viral infection. As for dehydration, give your child plenty of liquids when playing a sport and when playing in a warm environment.

If your child is going to be standing in one place for a long time, have them pump their legs. They can contract and relax their leg muscles to move blood back to the heart and brain. They can also simply sit down if they start to feel dizzy.

When do you worry? If you find your child's dizziness isn't going away in a period of a few days. Also, if there are other symptoms, including weakness, fatigue, abnormal eye movements or a change in how your child walks. If any of these symptoms accompany the dizziness, please check with your child's health care professional.

Hopefully, tips like these will put you on a steady course if you think your child is unsteady or dizzy.

Lewis First, MD, is chief of Pediatrics at UVM Children's Hospital and chair of the Department of Pediatrics at the Robert Larner, M.D. College of Medicine at UVM

VT Folklife Center reaches across state

To extend its presence and impact across the state, the Vermont Folklife Center (VFC) will unveil new touring exhibits, a suite of in-person immersive events, and a rich plate of new media including a podcast, comics, videos, and virtual reality.

"We're a statewide organization whose offices happen to be in Middlebury. We're eager to bring our message and programs consistently to more cities and towns – and more Vermonters – across the state," Kathleen Haughey, VFC's executive director, said. "To grow our statewide reach, we will shift more resources to activities around the state – toward dynamic, portable traveling exhibits and through new technologies, allowing us to share the knowledge of everyday living among more and more Vermonters."

Acquiring Virtual Reality (VR) camera technologies to expand immersive documentary experiences from VFC's ethnographic perspective is one among several initiatives serving this outreach effort. Others include the use of storytelling media such as comics; short- and longer-format documentary films; traveling kiosk exhibits; and the launch of VT Untapped™, the Center's new podcast series.

"Virtual Reality viewing experiences present new horizons in documentary storytelling, and we are exploring those horizons to bring 'virtual' experiences to you," Ned Castle, VFC Vision & Voice director and media producer, said. Castle, who leads VR production for the Center, added, "We think this will become a powerful way to help make Vermonters more visible to one another."

The experiential implications of Virtual Reality – transporting someone "virtually" to a place in time – presents ethnographers with an immersive documentary and communication medium unlike any available before. At the same time, VR carries many unexplored ethical and professional questions. The Vermont Folklife Center will be at the forefront of exploring this new terrain.

Vermont Untapped™, our new podcast series, to launch in August 2018, provides another ideal platform for sharing the experiences of Vermonters whose lives and stories the Folklife Center has documented over the past 35 years. Along with the emphasis on travelling and multimedia productions, Haughey hopes that the podcast will bring the work of the Folklife Center to a broader, younger audience and foster greater understanding among the state's residents.

To shift support to these statewide efforts VFC will stage exhibits at its Middlebury Vision & Voice Gallery that will reflect the Center's ongoing fieldwork, showing visitors the impact it has on Vermont and its people. After showing in Middlebury, some of these exhibits will travel the state to reach new audiences.

"Thanks to the support of the Vermont Humanities Council and the Vermont Department of Libraries, beginning this fall the first of our new exhibits will be reaching communities across the state," Haughey said.

Another facet of the Folklife Center's plan to extend its influence is to rethink the best use of its 88 Main St., Middlebury historic headquarters. It has closed its small shop, with several of its craftspeople being picked up by the Sheldon Museum, next door, and has consolidated staff offices to the ground and first floors. Doing so frees up space for VFC to lease second-floor offices, enabling the building to generate revenue – funds that will underwrite core VFC programs and maintain our National Register of Historical Places headquarters.

"The John Warren House, built in 1804, is one of Addison County's most elegant examples of early 19th-century brick architecture. It's also one of the Center's largest assets... as well as a community asset," Haughey said. "It is part of the fabric of Middlebury and Addison County history, and we assume the responsibility to protect and maintain it, just as we do with our archive collections."

The Folklife Center Archive and recording studio continue to live on the ground floor, and the Vision & Voice Gallery is open to the public Monday-Friday 10:00 AM – 5:00 PM. VFC will continue to host its Annual Holiday Gingerbread Competition, exhibit opening receptions, and other events at 88 Main, as well as offer its popular Cultural Sustainability Institute workshops and Summer Institute, which are now also being offered in other towns around the state.

Nominations open for LLHSM Achievement Award

Know a great local history book that was published last year? How about an exciting education program? Or do you have an individual who has been doing amazing things for your organization the last ten years you'd like to honor? Nominate them for an Achievement Award!

Each year the Vermont Historical Society presents the League of Local Historical Societies & Museums (LLHSM) Achievement Awards to recognize the exceptional work being done by individuals and community heritage organizations throughout the state to collect, preserve, and share Vermont's rich history. Awards are presented each year in conjunction with the League of Local Historical Societies and Museums Annual Meeting in the fall.

Nominations for the 2018 Awards will be considered for projects that were undertaken or completed

LLHMS News continued on page 5

Mountain High Pizza Pie
Monday 4:00 - 8:00 PM
Tuesday - Thursday
11:00 AM - 8:30 PM
Friday - 11:00 AM - 9:00 PM
Saturday
11:00 AM - 8:30 PM
Sunday
4:00 - 8:00 PM
899-3718
Route 15, Jeri-Hill Plaza
Jericho

The Mountain Gazette
6558 VT Rt 116 Starksboro, VT 05487
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Must be signed for attribution with writer's address and phone number.

Send your news to
mtgazette@earthlink.net, www.mtngazettevt.com

Area Worship Services

COVENANT COMMUNITY CHURCH
"Come As You Are"
1 Whitcomb Meadows Lane, Essex, VT 05452
(across from John Leos on Route 15)
Pastor: Rev. Jeannette Conver
email: *cccpastorjeannette@gmail.com*
Phone: (802) 879-4313
facebook: *https://www.facebook.com/Covenant-Community-Church-125345080830320*
Adult Bible Class: Sunday 9:00 AM
Worship Service: Sunday 10:00 AM
Fellowship: immediately after service
Child care (infant through pre-K) is provided during the worship service

JERICHO CONGREGATIONAL CHURCH
"An Historic Church Proclaiming an Eternal Message"
On the Green in Jericho Center, VT
Senior Pastor David Coons and Youth Coordinator Michele Love
Sunday Service throughout the Summer
(June 10th – August 26th) at 9 AM
Nursery care provided
Fellowship at 10:30 AM
Youth group at 6:15 pm Sundays in our Sunday school building
Signing for the deaf upon request
899-4911; *officejcc@comcast.net*; *www.jccvt.org*

MOUNT MANSFIELD UNITARIAN UNIVERSALIST FELLOWSHIP
A liberal faith community standing on the side of love,
as we explore truth and meaning, and work for social justice.
All are welcome.
Worship Services 9:30 AM, 2nd & 4th Sundays, September-June
195 VT RT 15, Jericho VT (red barn across from Packard Rd)
899-2558 *www.mmuuf.org*

ST. THOMAS ROMAN CATHOLIC CHURCH
"Worshiping God in Spirit and in Truth in the Holy Sacrifice of the Mass"
On Green Street in Underhill Center Weekend Masses:
Saturday 4:00 PM Sunday 8:30 AM
Pastor: Rev. Christopher Micale
Deacon: Peter Brooks Religious Ed. Coordinator: Laura Lynch Wells,
899-4770 Parish Secretary: Theresa Gingras Phone: 802-899-4632,
email: *office@stthomasvt.com,* Website: *www.stthomasvt.com*

UNITED CHURCH OF UNDERHILL
"Welcoming, Worshipping, Working for God"
At the Green on VT RT15 - Rev. Kevin Goldenbogen - 899-1722
www.unitedchurchofunderhill.com
Worship and Sunday School 10:30 AM
Local and Global Mission and Service Outreach Opportunities
for families, men, women and youth Streaming audio sermons:
www.becauseyoumay.com

Health programs and classes at Northwestern Medical Center

AUGUST 2018

Vermont Quit Partners Fresh Start Tobacco Cessation Class – Thursdays, August 2-23, 11:00 AM – 12:00 PM, NMC Conference Center, Maple Room. Join others for this 4-session series to help you *successfully* quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. As a Vermont resident, you can get free patches, gum and lozenges. Free. Pre-registration required; to sign up for a session call Chari, 524-8480.

Look Good, Feel Better – Monday, August 6, 4:30 – 6:00 PM, NMC Grand Isle Room. Featuring: Carol Lumbra, Beautician, Rail City Salon and Bonnie Rainville, Beautician, Elite Body Boutique. For women with cancer who are experiencing appearance related side effects due to treatment. Join us to learn how to look good and feel better about the skin and hair changes that cancer treatment can cause. Free workshops/interactive demonstration led by trained, volunteer cosmetologists. Get help with cosmetics, skin care, and head covering options. Free. Pre-registration required; please RSVP to 524-8479 to register.

Breastfeeding and You – Wednesday, August 15, 12:00 – 1:30 PM, VT Dept. of Health, St. Albans District Office, Federal St., St. Albans. Welcome to the Department of Health's FREE Breastfeeding Prep Class for you, family members, and other moms-to-be to plan for breastfeeding your newborn in the first month of life. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers. You can do it, WIC can help! Registration: please call 524-7971.

AARP Smart Driver Course – Thursday, August 23, 1:00 – 5:00 PM, NMC Green Mountain Room. Speaker Doug Masson, AARP Instructor. This four-hour refresher course is open to all drivers 50 years and older. The curriculum addresses the normal physical changes brought on by the aging process, how these changes can affect driving ability and then offers ways to compensate for those changes. The course also addresses changes in vehicles, regulations and roads. Participants will also learn how to interact with other road users, including truckers, bikers, pedestrians and distracted drivers. Course fee: $15 for AARP members; $20 for non-members. Pre-registration required; call Doug, 802-644-8310.

ONGOING

Brain Injury Support Group – third Thursday of each month, 5:30 – 6:30 PM, NMC Conference Center, Grand Isle Room. Meet other people in similar situations, share the hardships and accomplishments, gain valuable emotional support, obtain information, and discuss a variety of brain injury topics. Anyone touched by brain injury (traumatic or acquired) can attend: survivors, caregivers, friends, and family. All are welcome at our support group. Free; no registration required. For information contact Jess Leal, 877-856-1772.

Cancer Exercise Rehab Group – Ongoing every Tuesday and Thursday, 8:00 – 11:00 AM, NMC Rehab gym, Cobblestone Building. Featuring Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist. Pre-registration required; call 524-1064. Free for the first 8 weeks, then $40. A physical therapy evaluation is required to assure that the client is able to participate. This class pinpoints the common needs of patients, which include decreased range of motion, decreased strength, and cancer-related fatigue.

Prenatal Fitness, every Wednesday, 5:30 – 6:30 PM, NMC Wellness & Fitness Room. Featuring Stephanie Preedom, AFAA. Pre-registration required; contact Stephanie, 802-288-1141 or *stephanie.preedom@gmail.com*. Free to Northwestern OB/GYN patients. Northwestern OB/GYN offers these free prenatal exercise sessions to strengthen and prepare you for a successful birthing experience. Join other moms as we lead you through a customized routine designed to make you feel energized and confident. Please consult a physician before beginning this exercise program.

Program now enrolling First Time Mothers: Franklin County Home Health Agency's Nurse Family Partnership Program (NFP) helps first time mothers in Franklin, Lamoille, and Grand Isle counties. NFP is an evidenced based program that enrolls mothers during pregnancy and provides them with regular nurse visits until their child's second birthday. Nurses provide support, education and counseling on health, behavioral, and self-sufficiency issues. Interested women and their healthcare providers can call 802-527-7531 for more information.

Vermont Quit Partners Fresh Start Tobacco Cessation Class, Wednesdays, 11:00 AM – 12:00 PM, NMC Cobblestone Building, Suite 202. Pre-registration required; to sign up for a session call Chari, 524-8480. Free. Enter this class at any time and join others for this series to help you successfully quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. When you are ready to quit, the tools and support can make all the difference. We can provide you with what you need to be successful! As a Vermont resident, you can get free patches, gum and lozenges.

Healing Circle Women's Cancer Support Group: first Tuesday of every month, 4:30 PM socialize, 5:00 – 6:30 PM meeting, Northwestern Medical Center Conference Franklin Room. Pre-registration required; free. A self-help cancer support group for women of all ages and lifestyles who have cancer. At our monthly meetings, we share information, offer each other support and comfort, and learn new things from speakers. We extend an invitation to any woman who has cancer, whether you are newly diagnosed or a long term survivor. Please call 802-524-8479 with any questions or to RSVP (not required).

Have You Lost a Loved One to Suicide? Second Thursday of every month, 6:00 – 7:30 PM, Northwestern Medical Center's Grand Isle Room. Pre-registration required; free. If the answer to the question is "yes," please consider attending a free, confidential group that meets monthly in St. Albans. Everyone in the group, including its facilitators, has had someone close to them take their life and knows how devastating that experience can be. You can just come and listen to others share what they are going through and how they are coping or you can share your own story. The choice is always yours to do what feels best to you. For more information on dates, times, and location or to answer any questions you may have call Tony, 802-393-6503.

Chronic Disease Support Group Workshops: Various times and locations. Pre-registration required; contact Deana Chase, LICSW, 802-370-5626. Free. Are you or someone you know living with a chronic health condition? Then the Healthier Living Workshop is for you! Learn to feel better by learning how to deal with frustration, fatigue, and pain, manage symptoms and medications, and improve strength and flexibility. Each session is 2½ hours once a week, for six weeks.

Shadows of the Moon Autism Support Group: for one-on-one phone support, please call Cheryl at 802-868-7745 or Laura at 802-849-2817.

Alzheimer's Support Group: last Tuesday of each month, 6:00 – 7:00 PM, Northwestern Medical Center Franklin Room. Pre-registration required. Free. This group is for those with Alzheimer's and caregivers, family members, and friends and is facilitated by Amanda Wilson. Please call the 24/7 Helpline at 800-272-3900 or visit *alz.org/Vermont* to confirm details.

Parkinson's Support Group: second Tuesday of each month, 10:00 – 11:30 AM, Pillsbury Senior Community, conference room next to the library on the first floor, 3 Harborview Dr., St. Albans. Pre-registration not required. Contact Pat, 802-524-5520, or Judy 815-895-2312. Free. This group is open to those with Parkinson's and their caregivers including family and loved ones. The monthly meetings can provide an open forum to share experience with others who are coping with Parkinson's disease, gaining education and support. Wheelchair accessible.

Breastfeeding Moms Group: first Wednesday of each month, 10:30 AM – 12:00 PM. Please call 527-5586 to find location of next group. Pre-registration required; call 527-5586. Free. This group meets once a month for snacks, crafting activities, making baby blankets, and information from the experts.

Breastfeeding and Infant Massage Group: second Wednesday of each month, 9:30 – 11:15 AM, Alburgh Library. No pre-registration required. Free. Join other moms and babies to learn how to massage your baby and discover more about breastfeeding and parenting.

Latch On! Discussion Group: third Saturday of each month, 10:00 AM – 12:00 PM, Northwestern Medical Center Family Birth Center. No pre-registration required. Free. Learn about breastfeeding and share your stories. Enjoy light refreshments and connect with other moms.

Baby Bumps Support Group for Mothers and Pregnant Women, second and fourth Monday of the month, 4:00 – 5:00 PM, Northwestern Medical Center Family Birthing Center. Pre-registration required. Contact Rhonda Desrochers at Franklin County Home Health Agency, 802-527-7531. Free. Pregnancy can be a wonderful time of your life. But it can also be a time of stress that is often compounded by hormonal swings. If you are a pregnant woman, or have recently given birth and feel you need some help with managing the emotional bumps in the road that can come with motherhood, please come to this free support group led by an experienced pediatric Registered Nurse. This group is for both pregnant women and mothers. Presented jointly by Franklin County Home Health Agency, Northwest Counseling and Support Services, Northwestern Medical Center, and the Vermont Department of Health.

Foot Clinics: various times and locations. Pre-registration required. Call Franklin County Home Health Agency, 802-527-7531 to schedule. Fee: $20. Regular care of your feet can prevent problems. If you are an elderly and/or disabled person who is unable to do your own foot care, please consider attending a Foot Clinic. Franklin County Home Health Agency offers monthly Foot Clinics throughout the year in St. Albans, Swanton, Franklin, East Fairfield, and Enosburg.

Who's Your Person, What's Your Plan? (End of Life Planning): We plan for all life's milestones – marriage, birth, retirement. But few of us have plans in place for our end of life. And none of us can plan for the unexpected. Do you know who you want to speak for you and make medical decisions for you when you can't do this for yourself? Everyone 18 years and older should have a Health Care Agent – your person to speak on your behalf. By completing an advance directive you can provide this information to your family and physician. Start this conversation with your family before you are in a health crisis. Information and materials to help facilitate your conversation are available at *http://www.fchha.org/healthcareagent/* as well as *www.starttheconversationvt.org*. You can also call Franklin County Home Health Agency to learn more about completing an advance directive. We are also available to speak to community groups. Start the Conversation today. It's a gift.

United Way of Northwest Vermont – Volunteer Connection Listings

By Sue Alenick, United Way Volunteer Columnist

LEND A HAND. VOLUNTEER! United Way of Northwest Vermont's mobile-friendly Volunteer Connection connects you to hundreds of local volunteer needs. Search by age, date, county, interests or causes that are important to you. Stay connected to community needs. Go to *www.unitedwaynwvt.galaxydigital.com* or contact us at *volctr@unitedwaynwvt.org* or 860-1677.

IN THE RACE – Howard Center is gearing up for the 10th Anniversary Zoe's Race on Sunday, August 26 and needs volunteers from 6:30 AM and 12:00 PM for set up, registration, refreshments, clean up, and more. Enjoy a festival atmosphere with great food, entertainment, and fun and receive a complimentary t-shirt! Contact Alison Johnson, 488-6913 or *alijohnson@howardcenter.org*.

CYCLE & RUN – Vermont Food Bank is looking for volunteers for their Point to Point cycling and running fundraising event. Volunteers can help at the registration table, food truck village, family fun zone, info booth, and rest stops along the courses. Perks include an event t-shirt and complimentary food and drinks! Contact Kate Steward, 477-4121, Ext. 1121 or *volunteer@vtfoodbank.org*.

HOMES FOR ALL – Green Mountain Habitat for Humanity is searching for a Social Media Scheduling volunteer to help engage and educate the community through various online social platforms. Tasks include content creation, drafting posts, and communicating with ReStore and construction staff. One to three hours a week. A great opportunity for college students looking for a resume boost! Contact Allison DeVoe, 318-7533 or *adevoe@vermonthabitat.org*.

MUSICIANS AND SINGERS NEEDED – Bayada Hospice invites volunteer musicians and singers to perform for the terminally ill and their loved ones in residential facilities or in private homes

Volunteer continued on page 5

CHIROPRACTIC CARE

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www.JerichoChiro.com

HEALTH CARE

THE WOMEN'S CENTER

Peri-menopause, *it's almost like puberty but doesn't get as much press.* APRIL VANDERVEER, CNM

Midwives help women through every stage of life. The certified nurse midwives at The Women's Center provide preventive gynecologic care, birth control options, peri-menopause and menopause care, and treatment of problem gynecologic conditions and diseases.

Certified Nurse Midwives: Kipp Bovey, April Vanderveer, Marjorie Kelso, Jackie Bromley

To make an appointment at The Women's Center, call **802.888.8100**

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PEOPLE IN THE NEWS

"I committed to the LC (Lamoille Chamber of Commerce) because it gives me an opportunity to give back to the community that I live and work in. It allows me to have a closer relationship with local business and non-profits so that I am better informed of the needs of the community and can support those needs through my work with the LC. Leaving our future generation a place they can live, work, and grow in is important to me. I bring commitment and follow through to the table above all else. I also bring a vast knowledge of business operations, grant writing, fundraising, and finance. I hope to help the LC move forward with their mission by building relationships with local business and non-profits, supporting new business growth and teaming up with other likeminded organization to get the word out, Lamoille County is a great place to live!" – Nicole Grisgraber, LCC secretary; Executive Director, Meals on Wheels. PHOTO CONTRIBUTED

OBITUARIES

Veronica A. Riegel, 55, of Underhill, VT passed away unexpectedly on Monday, July 9, 2018 at her home. She was born April 12, 1963 in Allentown, PA, a daughter of Ronny W. (Liem) Reigel of Selinsgrove, PA and the late Dr. Richard R. Riegel. Veronica held a Master's Degree and was employed as an archeologist and a clinical monitor in the pharmaceutical industry. In addition to her mother, she is survived by one brother and sister-in-law, Roland and Annette Riegel of Brentwood, NY; one niece, Katrina Cady of Waverly, NY; and one great-niece. Graveside services were held in Salem Lutheran Cemetery, Selinsgrove, PA with the Rev. Thomas Krampert officiating. Arrangements are by the Hummel Funeral Home, 574 Hill St., Middleburg, PA.

In Loving Memory
SANDRA JEAN BOARDMAN
7/12/36 - 7/23/14

Love and marriage
five kids in a baby carriage.
Love of my life over sixty years.
Think about you every day.
Dream about you every night.
You were the VIP of our family.
You are the VIP of my life.
Family lives revolved around you.
We cannot ever replace you.
I will never ever replace you.
We will always be married forever.
Looking forward to be in your loving arms again.
We will find you and our grandson
Luke along the way.

Your Loving Husband
Doug and Family

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY

Summertime Story Hour, Wednesdays and Thursdays, August 1 and 2, 10:30 – 11:30 AM. Drop in for stories, songs, projects with the theme: Libraries Rock!, and a nutritious snack. No registration required. Recommended for preK-grade 2.

Fairy Houses, Tuesday, July 31, 10:00 – 11:00 AM. Design and decorate your own fairy house you can take home. This program is suitable for children ages 8 to 11. Registration required.

Movie Afternoon – Coco, Thursday, August 2, 1:00 – 2:30 PM. Free popcorn and lemonade. No registration required.

Library hours: Tuesday 12:00 – 8:00 PM, Wednesday 10:00 AM – 6:00 PM, Thursday 12:00 – 8:00 PM, Friday 10:00 AM – 6:00 PM, Saturday 10:00 AM – 2:00 PM, Sunday 1:00 – 4:00 PM; closed Monday.

For information on any of the library's programs, call 899-4962. DRML is located at 8 River Rd., Jericho; *www.drml.org.*

JERICHO TOWN LIBRARY

Story Time, first, second, and fourth Wednesdays, 10:30 – 11:30 AM. Recommended Ages: 0-5 years. Pop in for a casual hour of story time, smiles, songs, and laughter with Lisa!

JTL Board meetings are held the second Monday of every month at 5:30 PM. All are welcome to attend.

Jericho Town Library is open Mondays, Tuesdays, Thursday, and Fridays 2:00 – 5:00 PM; Wednesdays 10:00 AM – 12:00 PM and 2:00 – 7:00 PM; and Saturday 10:00 AM – 12:00 PM.

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

VARNUM MEMORIAL LIBRARY
JEFFERSONVILLE

Libraries Rock! is the VT Department of Libraries' Summer Reading Program, designed to engage learners of all ages in reading. The Varnum has sign-up sheets for your to track the books you read this summer, with each participant guaranteed a prize. Stickers and bookmarks, as well as fun signage are at the go. Programs centered around the *Libraries Rock!* theme will take place throughout the summer, and a group will meet at the library every Wednesday through Wednesday, August 15, 1:00 – 2:30 PM.

Spanish Musical Kids, Saturdays, August 4, September 1, 10:00 – 11:00 AM. Come and join Constancia Gomez, a native speaker from Buenos Aires, Argentina, to sing, dance, and share the Latin culture through music. Learn the basics of Spanish through Latin American songs & games especially designed for children ages 0 to 5. She makes learning fun and shares her love of this great language and music with everyone. She reads in Spanish, sings and plays games. For more information about Constancia and this program, see *http://www.spanishmusicalkids.com/*. Sponsored by the Cambridge Arts Council and the Varnum Memorial Library. Free.

Children's Story Time and Crafts with LN, Thursdays, 10:00 – 11:00 AM. The library is a warm, cheery place for children to meet other children! Join us for stories read by people who enjoy sharing good books and a craft. Free and the public is invited! For more information, call the library at 644-2117.

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

Crescendo Club Library Association – Do you have two hours a month to spare for a great opportunity? The Crescendo Club Library Association is seeking community members interested in helping the library anticipate and meet the needs of all we serve and to promote lifelong learning for everyone. Please let us know if you would like to be an active supporter and member of this organization that has worked to help the community for almost 120 years. Meets on the third Thursday of the month, 7:00 – 8:00 PM.

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

Early Literacy Storytime, for ages birth to preschool, Thursdays, 11:00 AM. Several stories around a theme, and a theme-based craft. All ages and levels of attention are encouraged to come. Don't worry if they fidget – they are still getting a lot out of it!

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

RICHMOND LIBRARY

Youth News Guessing jar winners will be posted through the first week of September. If you have been guessing throughout the summer, please stop by to check the winner posters for your name and claim your prize if you are a winner.

If you have been participating in the Bedtime Math program, bring your star poster to the library and we'll acknowledge your good work with a prize.

Thanks to all the kids and adult helpers who came to the library this summer and attended a summer program or two. It was a fun summer of reading, music-making, crafts, rock projects, outdoor theater, indoor drumming, puppets, and more. Our regularly scheduled youth programming will resume after Labor Day. Program details are below.

Baby Laptime – This 30-minute program is for our youngest visitors. Adults interact with their little person through simple stories, songs, rhymes, bounces, and wiggles that are sure to bring out the smiles and giggles. Baby Laptime is designed for infants through age two and runs September-May. Join us on Mondays at 10:30 AM.

Playgroup with Stories and Music – The morning begins at 10:00 AM with songs, stories, and a simple snack (bring your own) on the alphabet rug. Around 10:30 AM we'll get out the toys for free play with friends in the Library's sunny and spacious Community Room. We have gross motor and fine motor toys, puzzles, and activities for infants through preschool age children. Join us on Wednesdays, September-May.

Movers and Shakers Storytime – Frequent exposure to picture books not only entertains and delights children but also strengthens their vocabulary and their ability to make sense of the world. We'll share fantastic new and classic picture books and work some early literacy magic into a child's day. We will couple stories with simple songs and activities for some interactive moving and shaking. Toddlers and preschoolers and their caregivers are welcome on Fridays at 10:30 AM from September-May.

Storytime Outreach Visits to Richmond Childcare Providers – This outreach program brings storytime out into the community. Children and caregivers enjoy stories and music making with a focus on the early literacy skills necessary for strong reading readiness upon entering school. Bins of library books are dropped off and picked up every few weeks. If you operate a childcare business in Richmond and have not participated in this program in the past, contact Wendy, 434-3036 or rfl@gmavt.net, for more information and to sign up.

Weekly programs at the Library follow the CESU school district schedule for vacation days and weather closure days.

Thank You to the students at the Mansfield Cooperative School for providing some fresh artwork for our stairwell landings. Each student produced a piece depicting one of the four seasons. Starting with fall, progress through the seasons as you climb.

August Art Show – Melody Ann Potter is an accomplished artist,

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Volunteer continued from page 4

in Chittenden, Franklin, Grand Isle, Lamoille, and Washington Counties. Background check required. Contact Beverly Hill, 448-1610 or *bhill2@bayada.com.*

AT THE FAIR – Epilepsy Foundation of Vermont is seeking volunteers to help at their booth at the Champlain Valley Fair from Friday, August 24-Sunday, September 2. Five-hour shifts are available from 9:00 AM – 10:00 PM, and volunteers receive a Fair ticket which includes parking. Contact Audrey Butler, 318-1575 or *epilepsy@sover.net*.

ON THE SHELF – Fletcher Free Library is looking for volunteers with good literacy and numerical skills to shelve books in the Youth Area. No experience required. Contact Rebecca Goldberg, 865-7216 or *rgoldberg@Burlingtonvt.gov.*

TRANSLATORS NEEDED – ReSOURCE is seeking volunteer translators for their Construction Training class starting on Monday, September 10. They currently need volunteers to provide interpretation services for American Sign Language. Classes run Monday-Friday, 9:00 AM – 4:00 PM. If you can offer to help on any or all of those days, contact Carly Gilligan, 658-4143, Ext. 352 or *volunteer@resourcevt.org*.

MEAL PREP – Prevent Child Abuse Vermont needs help feeding families participating in their parenting groups. They will provide the ingredients and need volunteers to prep meals that can easily be frozen and later warmed up in a crockpot or oven. Contact Heather Niquette, 229-5724 or *hniquette@pcavt.org*.

YARD SALE! – KidSafe Collaborative is looking for volunteers to take part in their 2018 Community Yard Sale at the Champlain Valley Exposition. Volunteers can help collect and organize donated items and assist with set up from August 6-10 (Monday-Friday) and/or help during the sale and with clean-up on Saturday-Sunday, August 11-12. Flexible shifts from 7:30 AM – 8:00 PM. For information, call 863-9626 or visit *http://bit.ly/KidSafe2018YardSale*.

FROM SCRATCH WITH LOVE – Mercy Connections is seeking a dynamic volunteer kitchen partner to fill in on an as-needed basis to help with set up, preparation, and clean-up of a family style community lunch for 30-40 people on Thursdays. Volunteers are then encouraged to mingle and enjoy the meal with participants. The program runs from September through mid-June. Contact Darrell, 846-7063 or *dmorris@mercyconnections.org*.

MUD VOLLEYBALL – Epilepsy Foundation of Vermont is holding its 29th Annual Essex Mud Volleyball Tournament on Sunday, August 12. Volunteers are needed to help with set-up on Saturday, August 11 from 9:00 AM – 5:00 PM, and on the day of the event with various tasks. Flexible shifts. Contact Audrey Butler, 318-1575 or *epilepsy@sover.net.*

HELPING HANDS – Green Mountain Habitat for Humanity ReStore is opening a second location in Milton and needs volunteer help with pre-opening set up and stocking. Shifts available on Tuesdays, Thursdays, and Fridays between 9:00 AM – 4:00 PM. Once open, they will need volunteers Wednesdays through Sundays. Contact Allison DeVoe, 318-7533 or *adevoe@vermonthabitat.org.*

THE MUSIC OF YOUR LIFE – Ethan Allen Residence is looking for volunteers to share their music talents with elders. If you sing alone or with a group, play the piano, guitar, or other instrument, you don't have to be a professional performer to share your gifts and enrich the lives of an appreciative audience. Flexible scheduling. Contact Cameron Segal, 843-408-7114 or *csegal@livingwellgroup.org*.

INFORMATION, PLEASE – Essex CHIPS is in need of an Information and Referral Specialist volunteer to help connect youth, parent/guardians, and other support networks to resources they need. Volunteers will handle various types of calls about services and programs, enter and maintain data in a database, research and provide referrals, assist with outreach as needed, and more. Great experience for those interested in youth work! Contact Aubrey Robinson, 878-6982, Ext. 107.

A LITTLE EXTRA – Bayada Hospice is looking for volunteers to make friendly visits, prepare light meals, offer companionship, play music or games, run routine errands, or other supportive activities to help make a difference in the lives of residents. Flexible scheduling. Background check required. Contact Beverly Hill, 448-1610 or *bhill2@bayada.com.*

ON THE ROAD – United Way of Northwest Vermont needs volunteers, 55 years or over, to assist Green Mountain Transit's weekly supermarket shopping shuttle which takes residents from senior housing complexes to local supermarkets. Tasks include socializing with riders, helping riders board/re-board, and assisting with grocery shopping as needed. Tuesdays in S. Burlington, Wednesdays in Winooski, and/or Thursdays in Burlington. Contact Leah Soderquist, 861-7833 or *leah@unitedwaynwvt.org*.

LLHMS continued from page 3

during the period from August 1, 2017 through July 31, 2018, as well as for individual achievement over an extended period of time. Information and application forms are available at *http://vermonthistory.org/community/league-of-local-societies-and-museums.*

Deadline for nominations is August 24, 2018. If you have any questions, contact Community Outreach Coordinator, *Eileen Corcoran at eileen.corcoran@vermonthistory.org*, 802-479-8522.

ART / MUSIC / THEATER

Fairfax Community Library will hold a Summer Reading Program Finale with* Modern Times Theater*, grand prize give-away, and cake! Thursday, August 9, 6:00 PM at the library.
PHOTO CONTRIBUTED

ART/PHOTOGRAPHY

Dianne Shullenberger's newest work *West Branch* will be featured in the 2018 Summer Gala Exhibition at West Branch Gallery Sculpture Park, 17 Towne Farm Lane, Stowe. The Gala presents artists' response to current social, political, and environmental challenges in our global consciousness. The exhibit runs through Saturday, August 18. Dianne Shullenberger Gallery, Nashille Rd., Jericho.

Emile A Gruppe Gallery, 22 Barber Farm Rd., Jericho; open 10:00 AM – 3:00 PM Thursday-Sunday or by appointment; 899-3211, http://emilegruppegallery.com.

Bryan Memorial Gallery is open daily, Thursday-Sunday, 11:00 AM – 4:00 PM and by appointment. Free admission. Bryan Memorial Gallery, 180 Main St., Jeffersonville; 802-644-5100; *www.bryangallery.org.*

Visions of Vermont Art Galleries in Jeffersonville is open Tuesday-Sunday, 11:00 AM – 5:00 PM. Hosts Jane and Terry Shaw, 644-8183; Visions of Vermont, 100 Main St., Jeffersonville. For more information, visit *www.VisionsofVermont.com.*

At the Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington through Wednesday, October 31, the *Common Grounds* 2018 Community Art Show – art in recognition of 100 years of the Migratory Bird Treaty Act and its conservation consequences. In 1918, the U.S. Congress put into place the Migratory Bird Treaty Act, one of the first laws setting limits on what we could and could not do specifically with respect to migratory birds. Since then, we've come to new understandings about what the work of conservation entails. Experience over 40 bird-focused artworks connecting the themes of commonality, conservation, migration, and coordination among peoples, species, places, and time. Included with Museum admission. For information, *Museum@birdsofvermont.org* or 802-434-2167.

Nicole Czapinski explores illusions within perception and the complexity of consciousness at Burlington City Arts in the exhibit *forever, a little ghost* on display through Sunday, August 5. Her work is comprised of framed shapes "drawn" with colored thread that appear suspended in space. Czapinski will be the first artist featured as part of Project Vermont – a new series dedicated to experimentation by providing a setting for contemporary Vermont artists to push their artistic practice while creating new work. Burlington City Arts, 135 Church St., Burlington.

Shelburne Museum presents *In the Garden* at the Pizagalli Center for Arts and Education, Murphy Gallery, through Sunday, August 26. Eighty percent of Earth's plants produce eye-catching, fragrant flowers to attract insects, which in turn act as pollinators. Over millennia, these symbiotic relationships have resulted in the evolution of an endless array of colors and shapes of both flowers and insects. Featuring fine art, textiles, jewelry, and the bodies of actual insects, this exhibition explores the various ways flowers and bugs have captivated artists' imaginations over the last five centuries. Featuring works by Marie Zimmermann, Jennifer Angus, James C. Sharp, and more. Shelburne Museum, 6000 Shelburne Rd. (U.S. Rt. 7), Shelburne; information: 802-985-3346 or *www.shelburnemuseum.org*.

This summer, River Arts of Morrisville will host Open Studio Figure Drawing sessions on the second and fourth Wednesday of the month, 6:00 – 8:00 PM, for $10 per session (discount punch cards available). On second Wednesdays, models will be creatively costumed – kimonos and parasols, flappers, and Shakespearean fairies; fourth Wednesdays will be traditional nudes. There will be snacks and a cash wine bar. On Sundays, 10:00 AM – 12:00 PM, youth are invited to drop in to the BIG & Messy Art Space – suggested donation $5. River Arts of Morrisville, 74 Pleasant St., Morrisville; *www.RiverArtsVT.org;* 802-888-1261.

At Helen Day Art Center, the 2018 Outdoor Sculpture Exhibition *Exposed* will run through Saturday, October 20. This is the 27th year of the exhibition, this year featuring internationally renowned sculptors Jaume Plensa (Barcelona, Spain), Albert Paley (Rochester, NY), Christopher Yockey (New York City), and regionally established artists Judith Wrend, Christopher Curtis, Tec Ceraldi, John Matusz, and David Stromeyer. Running through Saturday, August 25, *Reclamation* will feature contemporary figurative woman artists painting women from their perspective, reclaiming and transforming the way women are portrayed. Helen

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born in the Adirondacks and now residing in Richmond. Melody has a degree in fine arts from SUNY Potsdam and an interior design degree from Villa Maria College of Buffalo. She finds inspiration from the surrounding mountains and lakes, from the human condition and from her adventures around the world. She pulls from these experiences to create works of art using layers of tissue paper to create a 3-D picture. She finishes using ink to highlight the forms and color, bringing them to life. Her oil paintings are snapshots into the everyday lives of people.

August Display Case – Anastasia Krymkowski (formerly of Huntington) enjoyed playing with Polly Pocket compact cases when she was a child. The original Polly Pocket toys were plastic cases which opened to form miniature dollhouses with tiny figurines that could positioned within the house. Anastasia thinks these miniature doll houses may have launched her current interest in tiny house house design.

September Photography Show We will feature the photographs of Richmond resident Bill Kneen.

Beginner-Friendly English Country Dance – Adults and teens attend on your own or with a friend; no partner needed. Val Medve (and possibly Martha Kent) teach to recordings. Prerequisite is the ability to walk briskly. Six Wednesdays, ending with a class on August 29. Wednesdays, beginning July 25, 7:00 – 9:00 PM, $5 per session.

Fiction Book Discussion – Mennonite in a Little Black Dress (A Memoir of Going Home) by Rhoda Janzen. A hilarious and moving memoir—in the spirit of Anne Lamott and Nora Ephron—about a woman who returns home to her close-knit Mennonite family after a personal crisis. Written with wry humor and huge personality—and tackling faith, love, family, and aging—Mennonite in a Little Black Dress is an immensely moving memoir of healing, certain to touch anyone who has ever had to look homeward in order to move ahead. Tuesday, August 14, 6:00 PM.

Mystery Book Discussion – Before the Fall by Noah Hawley. On a foggy summer night, eleven people – ten privileged, one down-on-his-luck painter – depart Martha's Vineyard on a private jet headed for New York. Sixteen minutes later, the unthinkable happens: the plane plunges into the ocean. The only survivors are the painter Scott Burroughs and a four-year-old boy, who is now the last remaining member of an immensely wealthy and powerful media mogul's family. Was it by chance that so many influential people perished? Or was something more sinister at work? A storm of media attention brings Scott fame that quickly morphs into notoriety and accusations, and he scrambles to salvage truth from the wreckage. Thursday, August 16, 7:00 PM.

Selected Acquistions

American by Day (Sigrid Ødegård #2). A gripping and timely novel that follows Sigrid—the dry-witted detective from Derek B. Miller's best-selling debut Norwegian by Night—from Oslo to the United States on a quest to find her missing brother.

The Cross by R.R. Bentley. After nearly 400 years, an emerald-encrusted gold pectoral cross belonging to the Catholic Church is discovered by two salvage divers off the coast of Bermuda. Displayed in the Bermuda Maritime Museum since its discovery, it is not until Queen Elizabeth's visit to the island nine years later that the cross in the museum is found to be a fake. Inspired by real events, the crime on which The Cross is based remains one of Bermuda's greatest unsolved mysteries.

Bellewether by Susanna Kearsley. Some houses seem to want to hold their secrets. It's 1759 and the world is at war, pulling the North American colonies of Britain and France into the conflict. When captured French officers are brought to Long Island to be billeted in private homes on their parole of honour, it upends the lives of the Wilde family—deeply involved in treasonous trade and already divided by war.

The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child by Daniel Siegel. When facing contentious issues such as screen time, food choices, and bedtime, children often act out or shut down, responding with reactivity instead of receptivity. But our kids can be taught to approach life with openness and curiosity. When kids work from a Yes Brain, they're more willing to take chances and explore. They're more curious and imaginative. They're better at relationships and handling adversity.

Empire of Silence by Christopher Ruocchio. Hadrian Marlowe, a man revered as a hero and despised as a murderer, chronicles his tale in the galaxy-spanning debut of the Sun Eater series, merging the best of space opera and epic fantasy.

Pryor Convictions: and Other Life Sentences by Richard Pryor (audio). A candid, funny, often outrageous memoir by the comedian spans his childhood in the whorehouses, bars, and pool halls of Peoria, Illinois, his army service, his ascent to fame, and his tragic fall at the hands of drugs.

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.

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

DOROTHY ALLING MEMORIAL LIBRARY
WILLISTON

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

Preschool Music: Mondays, 11:00 AM and Thursdays, 10:30 AM. Up to age 5 with a caregiver. No pre-registration. Limit one session per week per family.

Paint What You Hear: Wednesday, August 1, 11:00 AM – 12:00 PM. Let music inspire your inner artist! Presented by MC Baker. Ages 5+. Pre-register.

Preschool Music: Mondays, 11:00 AM and Thursdays, 10:30 AM. Up to age 5 with a caregiver. No pre-registration. Limit: one session per week per family.

Magic Show with Tom Joyce: Summer Reading Finale: Monday, August 6, 6:30 PM. An evening of comedy and magic for all ages.

Firefighter Story Time: Tuesday, August 28, 10:30 AM. All ages. No pre-registration.

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

FAIRFAX COMMUNITY LIBRARY

All events are free unless noted. Pre-registration encouraged. *www.fairfaxvtlibrary.org* , 802-849-2420. Call or email *libraryprograms@fwsu.org*.

Youth Events

Enjoy the summer season! Take advantage of our attraction passes for free or reduced entry. Passes may be reserved up to a week in advance and must be returned on the same day as they are taken out:

• Birds of Vermont: Free admission for one family (immediate family only). Seasonal.

• Echo Leahy Center: Admits up to two adults and three youths with a co-pay of $7 each (*www.echovermont.org*). Year-round.

• Lake Champlain Maritime Museum: Allows one family free entrance (*www.lcmm.org*). Seasonal.

• Shelburne Farms: Free admission for one family to the walking trails and children's farmyard (*www.shelburnefarms.org*). Seasonal.

• Shelburne Museum: Half price admission for two adults and up to four accompanying children. Must show your library card and driver's license along with the pass. (*https://shelburnemuseum.org/*) Seasonal.

• Vermont Historic Sites: Free entry for one family or groups of up to 8 people. (*http://historicsites.vermont.gov/*). Seasonal.

• Vermont's History Museum: Free family admission (*www.vermonthistory.org*). Year Round.

• Vermont State Parks: Free entry into state park day areas for up to eight people in one vehicle (10:00 AM to sunset) (*www.vtstateparks.com*). Seasonal.

• Education & Enrichment for Everyone: Good for one free class. Lectures are held Fridays from 2:00 – 3:00 PM at the Faith United Methodist Church, S. Burlington. (*www.EEEVermont.org*)

Wednesday, August 1, 11:00 AM – 12:00 PM: Make a String Instrument. Kids age 4+ make string instruments and learn about tension and pitch. Please register.

Thursday, August 2, 6:30 – 7:30 PM: Musical Instrument Petting Zoo. Kids get to see and play a huge variety of orchestral, folk, and international instruments with help from some area musicians. All ages. Drop in.

Friday, August 3, 7:00 PM: Concert Special: David Rosane & *the Zookeepers*. 2018 is the year that *Vermont Libraries Rock!* as this Green Mountain folk-rock protest band embarks on a summer-long Library Benefit Tour to raise funds and advocate for literacy, community, and freedom of speech, with the accompanying release of their new album BOOK of ZOO. Weather permitting, the performance will be outside on the BFA-Fairfax Middle School lawn. In case of rain, we will be in the Middle School Gym.

Saturday, August 4, 10:00 AM: Science of Sound with Mr. K. Mr. K of Exordium leads this interactive science program about sound. All ages. Please register.

Tuesday, August 7, 9:30 – 10:30 AM: Preschool Story Hour: *Sounds like Nature*. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary.

Thursday, August 9, 6:00 – 7:30 PM: Summer Reading Finale with Modern Times Theater. Join us as we celebrate the end of a great summer of reading! Modern Times Theater will delight us with their wonderful music and old-fashioned puppet show. Then we will hold our drawing for our "big" prizes and have cake!

Adult Events

Saturday, August 4, 9:00 – 11:00 AM: Tech Help. Get help with individual tech questions. You can ask any technological question and/or bring in a device with which you need help. You will be ably assisted by our techie, Josiah. Call to reserve a half hour time slot, or drop in.

Tuesday, August 7, 5:00 – 6:00 PM: "Goodbye, Nicole" Open House. It is with great sadness but also well-wishes that we announce that Nicole will be leaving her position as Program Planner here at the Library to go back to work full time. Please join us for an open house with refreshments as we send her on to her next adventure.

Tuesday, August 7, 6:30 – 7:30 PM: Reusable Food Wraps. In this hands-on workshop, participants will learn how to make their own reusable food wraps using organic cotton and beeswax. Participants will go home with one large and one small wrap. Cost for materials is $15. Must register.

Closed for cleaning Monday-Saturday, August 13-18.

Thursday, August 23, 6:00 – 7:30 PM: Social Security and What it Means to You. Financial professional Jo Ann Thibault will help answer some of the common questions you may have about Social Security and will talk about how Social Security can benefit you. Please register.

Adult events

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The library will close for its annual cleaning from Monday, August 13-Saturday, August 18.

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. Summer Hours: Monday, Wednesday, Friday 10:00 AM – 5:30 PM; Tuesday, Thursday 9:00 AM – 8:00 PM; Saturday 9:00 AM – 1:00 PM.

BROWNELL LIBRARY, ESSEX JUNCTION

To join our *Libraries Rock!* Summer Reading Club, register online at *brownelllibrary.org*. All kids, from pre-readers to teens, receive reading or activity logs when they come to the library. Every time they bring in their reading log, we count the books they read or listened to, or the activities done, and give them special stickers to track their progress. Watch our book count grow in the library!

Teens may volunteer by registering online at *brownelllibrary.org*. Open the calendar to find the dates of the events. Click on the programs to register. Teen reading records may include books read or listened to, programs participated in or teen volunteering at programs.

Libraries Rock! T-Shirts for sale at $6. Available sizes: Child's 4T, S, M, L, Adult S, M, L, and XL. Checks payable to: Brownell Library Foundation.

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

GREEN MOUNTAIN BICYCLE CLUB DAY TOURING RIDES

All riders must wear helmets and obey the rules of the road. Please do not ride two abreast if there is traffic in either direction. For mornings with questionable weather, please call the ride leader to make sure the ride is still taking place. Ride leaders are obligated to go to the starting point and provide maps but may choose not to ride if the weather is miserable. Riders below the age of 18 must have a signed waiver from a parent. Rides begin promptly 15 minutes after the meeting time. E indicates an easy ride, M is for moderate, and S is for strenuous. Social Rides are more leisurely versions of the mapped ride – usually the shorter route – with longer food breaks. Always contact the social ride leader before the ride to make sure those versions of the ride are taking place. Additional local Social Rides will be scheduled as weather permits in the Champlain Valley. Please email *lightspd@comcast.net* to be added to the Social Riders email contact list, which is the only guaranteed notification for these rides. Weekend Social Rides are usually announced by Thursday.

Saturday, August 4: Newark Pond Gravel. Join us for a mellower gravel ride from Café Lotti in East Burke. The ride winds around on a lovely ridge mostly in Newark with gorgeous views with two options (call leaders for details). Enjoy refreshments at Café Lotti before and after the ride. Meet 9:30 AM (call leaders for location). Leaders: Pat Stabler and Tom Evers, 781-929-9085 / *everstab@verizon.net.*

Sunday, August 5: Double Ferry South. 41 (M/S) miles starting with the Burlington to Port Kent ferry. The hilly terrain on the New York side brings beautiful views of the lake. The second ferry will take us from Essex, NY to Charlotte and we'll return on flatter terrain back to Burlington. Bring money for the ferries. Meet 7:45 AM for 8:10 AM ferry, Burlington ferry dock. Leader: Kevin Batson, 825-2618/ *kevbvt@gmail.com*; co-leader: Kerry Crosby, 578-3249 / *crosbykn@comcast.net.*

Sunday, August 12: Buck Hollow and Beyond. The 40-mile (M) route goes north to Fairfax, through Buck Hollow into Fairfield, returning via St. Albans. The longer loop (58 M/S) continues into Sheldon. There are potential food stops in St. Albans, Georgia, and Fairfax. Meet 8:45 AM, Milton High School. Leader: Joyce McCutcheon, 893-1690 / *mellowmiti@aol.com*; Co-Leader: Dave Merchant, 825-3808 / *dpierchand@comcast.net.*

Sunday, August 19: Waitsfield and Waterfalls. Enjoy a scenic tour through the countryside of Waitsfield and Warren with a visit to Moss Glen Falls south of Warren (not the one in Stowe). Turn around at the falls for a 35-mile (M) ride or continue up Middlebury Gap with a stop at Texas Falls before turning around for a 60-mile (M/S) ride. A stop at the Warren Store is always popular and the general store in Hancock provides an additional respite for those on the long ride. Meet 8:45 AM, Waitsfield Elementary School (on the left traveling south on VT Rt. 100). For those coming from the Burlington area, we suggest carpooling at the Richmond Park and Ride at Exit 11 off I-89. Leader: Brian Howard, 505-1148 / *bjhowd@gmail.com*; Co-Leader: Matt Kuivinen, 881-9045 / *mattkui@earthlink.net.*

Fairfax Library presents

Fairfax Community Library will hold a Summer Reading Program Finale with* Modern Times Theater*, grand prize give-away, and cake! Thursday, August 9, 6:00 PM at the library.
PHOTO CONTRIBUTED

Scholarships for our Poetry and Food Retreat

Several scholarships of up to $500 have been made available for the upcoming Food & Poetry Retreat on the weekend of September 14-16 at Fielder Farm in Vermont. If you are interested, please contact Neil Shepard or Tamra Higgins by email as soon as possible. The application for a scholarship is August 15. Click on the poster below to learn about this exciting and delectable retreat!

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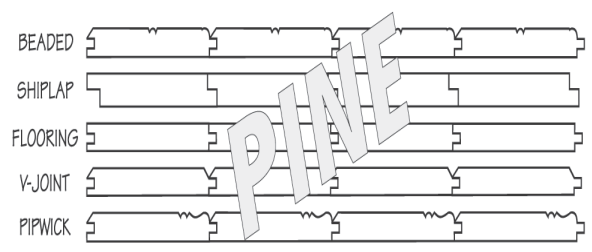

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Art / Music continued from page 6

Day Art Center, 90 Pond St., Stowe; *www.helenday.com*; 802-253-8358. The gallery is open Tuesday-Saturday, 10:00 AM – 5:00 PM and by appointment.

The VT Institute of Natural Science will present an *en Plein Air* Painting Festival at the VINS Nature Center, 149 Nature's Way, Quechee, VT, Saturday, September 29-Saturday, October 5. Free to youth 17 and under, $40 for adults who come to paint in celebration of the beauty and diversity of the Ottauquechee River watershed ecosystem, its vibrant human and natural communities, and the important message of conservation of the natural world. To learn more or register, *https://vinsweb.org/plein-air/.*

MUSIC

On Sunday, August 12, the Round Church Summer Concert Series presents an afternoon and evening of music: 3:00 – 5:00 PM, Young Tradition Vermont Showcase featuring *Fiddleheads*, Alexander Allison, *ONE Band*, and Kat Rooney, admission by donation to benefit Young Tradition and the Round Church, *https://youngtraditionvermont.org*; 5:30 – 6:45 PM, *Highland Weavers* Reunion – Tim Whiteford, Robert Resnik, Marty Morrissey, and Marie Johnson, admission by donation to benefit Young Tradition and the Round Church; 7:00 PM *Pete's Posse*, benefit concert for the Round Church with Pete Sutherland, Oliver Scanlon, and Tristan Henderson, admission $15, information at 802-434-3654 or *dtft5171@gmavt.net.* On Saturday, August 25 at 7:30 PM, an *a cappella* performance by *Social Band*, donation $15, *www.socialband.org.* The Round Church, Richmond.

On Sunday, August 12, the Vermont Philharmonic will hold its annual outdoor Summer Pops Concert at Moose Meadow Lodge in Duxbury. The Meadow opens for picnicking at 3:00 PM, and the concert starts at 4:00 PM. Parking at Moose Meadow Lodge is limited, so carpooling is recommended. This annual performance has become very popular over the years, so early arrival is recommended in order to find your spot. This year's performance will consist of current and classic Broadway hits with special guest artist Marc Dalio, plus a couple of musical pieces featuring Vermont high school students. Dalio will perform songs from *She Loves Me*, *Chess*, *Beauty and the Beast*, and *Man of La Mancha*. In addition, the Pops program includes selections from *Carmen*, *The King and I*, and others. There will also be a special student performance by French horn player Thomas Bergeron, plus a musical piece entitled *Traffic Lights* by student composer Grace Carlomagno. Tickets are available at the gate: $20 for adults, $15 for seniors, and $5 for students. In case of inclement weather the concert will be held at the Thatcher Brook Primary School in Waterbury. For more information, see the Philharmonic's website at *www.vermontphilharmonic.org*.

The Cathedral Church of St. Paul in Burlington presents a series of free (donations appreciated) *Tuesday noon series* concerts. Tuesday, August 21: Lake Champlain Chamber Music Festival artists offer *Bach in Church*. Bring a bag lunch; coffee and tea are provided. The Cathedral Church of St. Paul, 2 Cherry St., Burlington is at the corner of Battery and Cheery Streets, with entry on Cherry St. Parking, $4 per hour in the Cathedral lot (free with handicap plates or tags), or two hours free in the Lakeview City Garage across Cherry St. (enter next to Hotel Vermont). Tickets are sold at the door.

The Burlington Chamber Orchestra presents its eleventh season performances. General admission is $30 adults and $10 students (with identification). Season tickets are $120 for adults and $40 for students. For more information go to *www.bcovt.org*, or contact Sharon Radtke, 802-893-4082 or *bco@bcovt.org*.

Summer concerts at Shelburne Museum – each summer, the museum becomes an idyllic spot for musicians and music lovers. Higher Ground and evenko present Ben & Jerry's Concerts on the Green: Wednesday, August 1: *Good Vibes* with Jason Mraz (sold out); Thursday, August 2: Sylvan Esso. For tickets: *https://www.highergroundmusic.com*.

Meet the Jericho Staff!

Dr. Katie Swanson, DPT

Katie completed both her bachelor and doctoral degrees at the University of Vermont. Katie is a member of the APTA including the Sports Physical Therapy and Women's Health Sections. She utilizes our unique postural control and stability dysfunction approach to pelvic floor and women's health populations.

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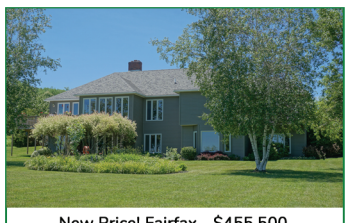

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