

# Underhill veteran hosts Combat Vets Heifer Project

By Phyl Newbeck  
Special to the Mountain Gazette

John Connell of Underhill is a Viet Nam veteran who recognizes the issues vets face when they return to civilian life. He learned about a program that had veterans working with retired race horses in Hinesburg and thought it might be possible to do something similar at Greenmont, his Underhill farm. Working with the South Burlington Vet Center and Jericho farmer Gary Davis, he came up with the Combat Veterans Heifer Project.

The project is an outgrowth of work Connell began last spring, inviting some veterans to help out on a small-scale (250 buckets) sugaring operation with other friends and neighbors. Connell is hesitant to use the word therapeutic because it has some negative connotations but he believes this type of active work is beneficial to all involved.

Last fall, Gary and Tammy Davis lost a barn during a windstorm, so their dairy cows spent the winter outdoors and didn't grow as much as they would have with more shelter. Connell had his group which consists of eight veterans, four neighbors and two high school 4H students help out the Davises by bringing the cows to his farm for some individualized attention. "We do the chores and feed and water them and work on the fences," he said. "It's like a big circle. We train and groom them and work on their nutrition so when they go back to the Davis Farm in the fall they'll be a happier part of the dairy brood."

Michael and Francine Mellott moved to Underhill two years ago and immediately set out to become active members of the community. They helped Connell with his sugaring operation and are happy to be part of the heifer project. "We're not farmers," Michael said, "so we're learning a lot. One day a week the volunteers go to John's farm to get the cows used to people." Francine believes animals can be great therapy. She sees the project as one which builds community involvement but also helps the cows and the Davis family. "This has opened my eyes to the challenges farmers face," she said. Neither Michael nor Francine served in the military and although they have never asked the veterans specifically about their service, they appreciate the opportunity to interface with people whose experiences they have previously only learned about second-hand.

Gary Davis admits he wasn't initially enthusiastic when Connell suggested the project, although some of his heifers had spent time at Greenmont Farm in the past. "At first I thought it would be more of an effort to move them and keep track of them," he said. "It would



*Holstein heifers from Gary and Tammy Davis' farm relax and graze while waiting for combat veterans to socialize them.*

be easy for them to be neglected because they are that much farther away but when John explained it, I thought it might be good for the veterans and also good for the heifers. Last winter the calves put all their energy into maintenance, not growth, so I thought if I could get the smaller ones to John they would get more personal attention." Connell had wanted to move the cows earlier in the year but Davis initially had a hard time corralling them. Now, Davis hopes their placement in Underhill will be a win-win for both the cows and the veterans. "It sounds like whoever is taking care of them is enjoying it," he said, "and with all the personal attention, they've got to be doing as well or better than they would be here."

Joe Gilmond runs programs for combat veterans at the South Burlington Vet Center and was happy to collaborate with Connell on the sugaring and heifer projects. Gilmond stresses that although his programs are not billed as therapy, they can be therapeutic, particularly when conversations occur during the course of other activities. Gilmond grew up on a dairy farm in Georgia, VT and he believes the heifer project is improving the cows, as well as giving



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the veterans the opportunity to do some meaningful work with others. "Gary has already seen a bit of a difference in the health of the calves," he noted. While much of the work on the farm is done on an individual basis, the participants have the opportunity to get together and talk to one another.

Connell worries that there is a bit of a cultural war between those who have served in the military and those who haven't, as indicated by some of the vitriol on Front Porch Forum regarding differing views on noise emanating from the Range. "The real guts of what matters to me is breaking down those barriers," he said, "and doing something about that cultural war."

Connell has brought in experts who have provided education to his volunteers on how to care for the cows and has also held social events for those involved. He hopes the project will continue and attract more members. Connell wants to make one more thing clear. "This is not a 'feel good' or 'feel sorry' veterans' program," he said. "We are growing this program and anyone who is interested can join. This isn't meant to be a one-year thing."

## UCU Old Fashioned Harvest Market – September 29-30

Forty-four years ago, the members and friends of the United Church of Underhill had an idea: Let's have a fall festival with entertainment, a yard sale, and a silent auction; and let's bake cookies and pies, serve baked beans, French fries, soup, and apple cider; and we'll have children's games and contests; and let's invite craft vendors to sell their creations; and we'll have a parade with a band and community organizations and a lawn mower brigade! Then we'll invite the neighboring communities to join us in a weekend of sharing fun and camaraderie! And let's call this event the Old Fashioned Harvest Market. That may not be exactly how it happened, but in that year, 1975, the United Church of Underhill Old Fashioned Harvest Market was born!

The Harvest Market, as it has come to be known, began growing and continued to grow over the years and is now one of the most anticipated events in the community as summer wanes and fall begins its invigorating entry. All of the above listed activities – and others – are still in place with new ideas surfacing each year. One of the biggest attractions is the Cider Tent.

The Cider Tent joined the Harvest Market events in 1976. Kenneth Keith, a native local Vermonter, and his parents and other family members had previously sold apples from an orchard in Shoreham, VT at their home in Jericho and acquired equipment to make cider to add to the sales. When the Harvest Market came into being, Kenneth decided to join the festivities there and the whole Keith family pitched in, including his son, Doug, who is still involved in a big way today! In 1984, Kenneth donated the

cider-making equipment to the UCU Harvest Market (for which the church is forever grateful) and, to this day, the process of making the cider uses that original press, updated and improved over the years. At the Harvest Market, one can observe the process from grinding the apples (by hand, the old fashioned way!) to pressing through a set of sieves, to collecting the juice in gallon jugs. The cider is then sold by the cup, at process temperature or hot, and by the jug. Cider donuts are also available to enjoy along with this favorite fall beverage and apples are sold by the bag as well.

An essential part of running this venue is picking the apples! Volunteers from the church and the community are invited to take part in this activity (see info below for signing up!) on the Saturday prior to the Market at the Sunrise Orchard located in Cornwall. Ride-sharing is encouraged for this activity. Most of this collection involves picking up drops, though occasionally tree picking is made available.

Volunteers may also wish to participate in other aspects of the Cider Tent or any of the many venues offered on the Harvest Market weekend or during the week prior to the start of the festivities. For more detailed information about the Old Fashioned Harvest Market, including a link for volunteering opportunities, visit the following website address: <http://www.underhillharvestmarket.com/>.



*Come to the Cider Tent where Kenneth Keith, family, and friends press apples the old fashioned way. Purchase some nectar from local apples and wander the grounds for a most enjoyable time.*



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## COMING EVENTS



The 11<sup>th</sup> annual Vermont Sings for Peace Concert will be held on Saturday, September 22 at 7:30 PM at the Chapel of St. Michael the Archangel, Saint Michael's College, Colchester. This year's celebration of singing and peace includes the Vermont Chamber Artists, the Mad River Chorale, the Slate Valley Singers, Harwood High School Choir, and the host group Counterpoint. Each choir will sing repertory focused on peace and social justice. The audience sings along, too! The event supports Kids4Peace, a global movement of youth and families founded in Jerusalem in 2002 dedicated to ending conflict and inspiring hope in divided societies around the world. In North America, they have chapters in Atlanta, Boston, Houston, Seattle, and Toronto, and communities in New Hampshire, Vermont, and North Carolina. Kids4Peace invites youth to share their beliefs and traditions, as practiced by their families, and to learn from others.

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### 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](http://www.phoenixbooks.biz) or 872-7111.

### Thursday, September 6

**Book launch: RX**, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join us to celebrate the launch of a graphic memoir about the treatment of mental illness, treating mental illness as a commodity, and the often unavoidable choice between sanity and happiness. Rachel Lindsay is a Burlington-based cartoonist. She is the creator of the comic strip *Rachel Lives Here Now* (2013-present), which appears weekly in Seven Days. She is a graduate of Columbia University. This is her first book. Proceeds from sale of tickets, \$3, go to the VT Foodbank and 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](http://www.phoenixbooks.biz) or 448-3350.

### Saturday, September 8

**Open House at the VT Genealogy Library**, 10:00 AM – 4:00 PM, VT Genealogy Library Dupont Hall, Hegeman Ave., Fort Ethan Allen, Colchester. Huge genealogy book sale, demonstrations using FamilyTreeMaker and RootsMagic software; tips on using *Ancestry.com* and *FindMyPast.com* plus two powerful Québec websites and two others. Free refreshments. For more details: [www.vtgenlib.org](http://www.vtgenlib.org) or 802-310-9285. Free and open to the public. We are open for research Tuesdays 3:00 – 9:30 PM and Saturdays 10:00 AM – 4:00 PM.

**Saturday Story Time: If You Give a Mouse a Cookie** by Laura Numeroff, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. 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. After reading, enjoy a fun and interactive healthy food activity. Co-sponsored with City Market. Information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

### Sunday, September 9

**Fall Country Breakfast Buffet**, 8:00 – 10:30 AM, St. Thomas Church Parish Hall, Underhill Center. All are welcome! Menu: juice, fruit, eggs, pancakes, sausage, bacon, home fries, coffee, tea. Cost by donation. The Parish Hall is not handicapped accessible. For information, call the Rectory Office, 899-4632.

**Sunday Brunch**, 9:00 – 10:30 AM, VFW Post 9653, Pleasant St., Morrisville. Menu: scrambled eggs, bacon, sausage, strata, fruit salad, pancakes, sausage gravy with biscuits, juice, coffee, baked beans, and more. Benefits Lamoille County VFW Auxiliary Post 9653. Adults: \$10; children under 10: \$5.

**MMU Football Fall Craft Fair**, 9:00 AM – 4:00 PM, MMUHS gym, 211 Browns Trace, Jericho. Crafts, food, silent auction, 50/50 raffle! Lots of exciting products, including: Thirty One, Young Living, Pampered Chef, Thrive, Tupperware, Avon, Perfectly Posh, Pure Romance, Maddies Sweet Treats, Osborne Books, Elizabeth's Crafty Corner, Lilla Rose, Mountinside Treats, Creative Crafts by Jeanine, Humble & Kind Soap Products, Grannie Snow Books, and many other crafters and vendors of all varieties. Get a jump on the holidays... and support MMU Football!

### Tuesday, September 11

**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](mailto:Museum@birdsofvermont.org) or 802-434-2167.

### Wednesday, September 12

**Embroiderers' Guild of America**, 9:30 AM, Living Room/Dining Room, The Pines, 5 Aspen Dr., S. Burlington. Green Mountain Chapter of the Guild welcomes stitchers of all abilities. This month: red work. First meeting complimentary; bring a bag lunch. Carpooling available from many areas. For information, 372-4255 or [gmc.vt.ega@gmail.com](mailto:gmc.vt.ega@gmail.com).

**Book talk: Patient Care: Death and Life in the Emergency Room**, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Dr. Paul Seward for a talk on his new book. Drawing on a career launched in the first days of the specialty of emergency medicine, Dr. Seward takes the reader with him into the ER to explore ethical questions that remind us of the full humanity of patients, nurses, coroners, pharmacists, and, of course, doctors. Proceeds from sale of tickets, \$3, go to the VT Foodbank and 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](http://www.phoenixbooks.biz) or 448-3350.

**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](http://www.phoenixbooks.biz) or 872-7111.

### Thursday, September 13

**Book talk: Flight of the Fox**, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Gray Basnight for a talk on his new novel. In this thriller, an innocent math professor tries to decode a mystery file that lands in his in-box while a team of hit men chase him from the Catskills to NYC and down the East Coast. Their goal is to suppress dark government crimes from decades past. His goal is for the truth to be told. Proceeds from sale of tickets, \$3, go to the VT Foodbank and 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](http://www.phoenixbooks.biz) or 448-3350.

### Saturday, September 15

**Dedication for Revolutionary War soldier Abram Stevens**, 2:00 PM, Village Cemetery, Main St., Essex Junction. The Essex Community Historical Society is dedicating a new gravestone for Abram Stevens -- Revolutionary War soldier, master builder, trusted civic leader and founding father. Reception following at Lincoln Hall Conference Room, 2 Lincoln Street, Essex Junction. Please bring lawn chair and an umbrella in case of rain.

**Beginning Genealogy**, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. Sheila Morris will help you start by discussing how to find records plus methods and best practices for conducting sound research, as well as strategies on organizing what you find. Bring as much information as you can about your grandparents' births, marriages, deaths, and where they lived. After the talk our volunteers can help you get started using our many resources. For more details: [www.vtgenlib.org](http://www.vtgenlib.org) or 802-310-9285. Classes \$10. We are open for research Tuesdays 3:00 – 9:30 PM and Saturdays 10:00 AM – 4:00 PM.

### Saturday-Sunday, September 15-16

**St. Thomas Church Vision2020 Fall Art Show Sale and Silent Auction**, 9:00 AM – 4:00 PM Saturday, 9:30 AM – 12:30 PM Sunday, Parish Hall, St. Thomas Church, Underhill Center. Artists from all over Vermont have been invited to join this fundraiser; all monies will be used for the restoration of the church stained glass windows and installing an accessibility lift for the church. If you know a local artist or a new young artist who might want to showcase and sell their work, contact Donna Kunkel, 802-793-3735, or Sharon Leonard, 899-2513.

### Sunday, September 16

**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](mailto:Museum@birdsofvermont.org) or 802-434-2167.

### Wednesday, September 19

**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](http://www.phoenixbooks.biz) or 872-7111.

### Thursday, September 20

**Old Fashioned Chicken Pie Supper**, servings at 5:00, 6:00, 7:00 PM and until all are served, Binghamville Methodist Church, Fletcher. Adults \$10, children under 12 \$5, preschool free. For reservations call Dennis or Charles, 849-2120. Menu: homemade chicken pie, mashed potatoes, squash, cole slaw, cranberry jello, pickles, and pie.

### Saturday, September 22

**Champlain Mini Maker Faire**, 11:00 AM – 9:30 PM, Shelburne Farms Coach Barn, 1611 Harbor Road, Shelburne. A showcase of invention, creativity, and resourcefulness - The Champlain Mini Maker Faire is an annual gathering of curious creators, builders, DIY-ers and tinkerers that are pursuing new ideas and embracing the growth of STEM/STEAM. We'll be launching rockets, flying drones, building and operating robots, creating music, playing with fire, and modifying electronics. New this year, a *Makers in the Dark* evening program will include Illuminated Woods, Burning Man, and more. Kids 10 and under are free; advance tickets available \$6-18. More information and tickets at <https://champlain.makerfaire.com>.

**Using FamilySearch.org**, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. The Family History Library is the largest genealogical repository in the world and its website, *FamilySearch.org*, is the primary portal for accessing this collection online. Marcie Crocker will discuss major and minor collections, search strategies, use of wildcards, and other techniques, some not-so-obvious sources at the site, where to get help, and how to get the most out of this huge, free, and very useful website. For more details: [www.vtgenlib.org](http://www.vtgenlib.org) or 802-310-9285. Classes \$10. We are open for research Tuesdays 3:00 – 9:30 PM and Saturdays 10:00 AM – 4:00 PM.

**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](http://www.phoenixbooks.biz) or 448-3350.

### Tuesday, September 25

**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](mailto:Museum@birdsofvermont.org) or 802-434-2167.

### Wednesday, September 26

**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](http://www.phoenixbooks.biz) or 872-7111.

### Saturday, September 29

**Tarot Readings with Rachel**, 6:00 – 7:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Come try a Jungian-inspired tarot reading with Rachel, who has been reading tarot for six years and whose approach draws from the concept that we can access collective symbols and archetypes from our unconscious that can assist in guiding our intuition. Rachel has an MA in clinical mental health counseling from Antioch University New England and has a private psychotherapy practice. Readings are first come, first served, and are for entertainment purposes only. Suggested donation \$5-10. Information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

**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](http://www.phoenixbooks.biz) or 448-3350.

### Sunday, September 30

**Veterans Homestead Series: Livestock Integration and Rotational Grazing**, Plew Family Farm, Mt. Holly. These workshops are for veterans, family members, and those who work with veterans. Through peer to peer mentorship and by using the skills acquired while in the service, we can build a resilient community capable of sharing skills necessary to develop healthy food systems and a knowledge base that will provide sustenance for future generations. Free and open to veterans, their families, and those who work with veterans. For information: 802-377-1214 or [wildrootfarmvt@gmail.com](mailto:wildrootfarmvt@gmail.com).

### Wednesday, October 3

**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](http://www.phoenixbooks.biz) or 872-7111.

### Saturday, October 6

**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](http://www.phoenixbooks.biz) or 448-3350.

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## COMMUNITY COLUMNS

**A note recalling spring**

By Sue Kusserow  
*Special to the Mountain Gazette*

The deer stands against the shadow of a small clearing just right for a quick startled dash into the trees. She is sizable, probably the mother of many, most of whom have forgotten their lineage and her role in the soft days of early summer.

Somewhere in the early grasses of the meadow is a bundle of dried brown leaves, speckled with small dots of moonlight. It moves, but only on command. It waits with the patience of unquestioning instinct. His mother is tuned in perfectly, her ears held straight upwards like a TV antenna, in perfect alignment with the signal blaring from me.

We look at each other... both alert and unafraid... for the few seconds that stops time. "I can beat you at any game: jumping that tipsy fence that clumsily sags into your garden." "I can outrun your dogs when the snow doesn't bind my feet." "I can hear you breathing, but you can't hear me. Perhaps your hearing isn't in good working order?" "I go hungry in the cold days, but I don't have enough memory to worry." "I understand that you have a bigger brain than I do. How does it work?"

Something changes and the illusory role of equality is gone. The deer quick-steps up the tiny rise into the trees and is gone. Perhaps I, out of my human conditioning, ruined the moment with my evolutionary instinct of superiority. I can see me slugging up that incline, calling it "steep," and I realize how we have adapted differently: you to grace, me to clumsiness.

There will be a day when your graceful flight is gone. Me, too. Is it better to waltz through a short life or to conquer each hill, no matter how small, knowing we will slide down the other side?

Will you ever know how beautiful you are? No. But I have memory in my supposedly superior brain and I can fold and carry this moment. Is that better than instinct? Perhaps. Use memory as an aid to remembering grace. Use instinct to understand where we came from. Use beauty to keep us on the right path.

## SPORTS

**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](mailto: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, September 8: NEK weekend, Day 1, Moose Country Meandering. 67 (S) loop up through Norton and Canaan on VT Rts. 114, 102, and 105 with (hopefully) more moose than cars. For the short ride we will do the new Kingdom Lakeview Loop which is a 50-mile ride which passes three lakes, one pond and one river. Meet 9:30 AM, Island Pond fishing access or along VT Rt. 105 in front of the Irving store. Leaders: Pat Stabler and Tom Evers, 781-929-9085 / [everstab@verizon.net](mailto:everstab@verizon.net). Camping is available at Pat and Tom's house just outside East Burke; early birds get beds or floor space in the house. BYOB drinks and/or potluck BBQ for anyone who is interested on Saturday afternoon/evening. There is also the Tiki Bar in East Burke, which is not to be missed.

Sunday, September 9: NEK weekend, Day 2, Willoughby Wanderings. 47-mile (M/S) ride up through Sutton and Barton, along the shore of Lake Willoughby and through part of Willoughby State Forest. A 30-mile (M) version of the ride returns to Burke via U.S. Rt. 5. Meet 9:15 AM, Kingdom Trails parking area. Leaders: Pat Stabler and Tom Evers, 781-929-9085 / [everstab@verizon.net](mailto:everstab@verizon.net).

Sunday, September 9: Pleasant Valley Pedaling. The 50-mile route (M/S) travels through Jericho into Underhill and then via Pleasant Valley Road into Cambridge. This ride is an extension of the old Pleasant Valley Voyager. Meet 8:45 AM, Williston Central School. Leader: Matt Kuivinen - 881-9045 / [mattkui@earthlink.net](mailto:mattkui@earthlink.net); Co-Leader: Brian Howard - 505-1148 / [bjhowd@gmail.com](mailto:bjhowd@gmail.com).

Sunday, September 16: Century Day. Three rides, all following the same route for the first 25 miles with a food stop in Bristol. The Metric Century is 62 miles (M) via Bristol and Vergennes. The full Century is 100 miles (S) traveling down to the Crown Point Bridge and returning through the Champlain Valley. Those looking for an extra challenge can do the Double Gap Century, which is 113 miles and includes the Middlebury and Appalachian Gaps. Meet 7:30 AM, Wheeler lot, Veterans Memorial Park, S. Burlington. Leader: Kevin Batson, 825-2618 / [kevbvt@gmail.com](mailto:kevbvt@gmail.com); Metric Century Leader: Lou Bresee, 658-0597 / [lakelou@comcast.net](mailto:lakelou@comcast.net).

Sunday, September 23: East of Eden. Ride 50 or 60 (M/S) miles through the rolling hills around Eden with your choice of a long, gradual climb up VT Rt. 105 or a shorter, steeper route on VT Rt. 242 up to Jay Peak. Last year we reversed the direction of this ride and we will be repeating that direction this year. Meet 9:45 AM, Eden Elementary School on VT Rt. 100, about 1 mile south of VT Rt. 118. Leader: Matt Kuivinen, 881-9045 / [mattkui@earthlink.net](mailto:mattkui@earthlink.net); Co-Leader: Brian Howard, 505-1148 / [bjhowd@gmail.com](mailto:bjhowd@gmail.com).

Sunday, September 30: Meandres et Beaux Villages. A tour of pretty villages – a 60-mile (M/S) ride across the Canadian border. Bring your passport or the required customs documents. We'll stop in Mystic for brunch and pass many farms along the way. There is some dirt – about four miles total – and a couple of hills. Meet 9:15 AM, Highgate Elementary School, I-89 north to exit 21 in Swanton, take VT Rt. 78 east to Highgate Center, then left on VT Rt. 207 North, Elementary School is on the left. Leader: John Bertelsen, 864-0101 / [jo.bertel@gmail.com](mailto:jo.bertel@gmail.com); co-leader Karla Ferrelli, 864-0101 / [karla.ferrelli@gmail.com](mailto:karla.ferrelli@gmail.com).

**The headless hen and smoking weeds**

By Doug Boardman  
*Special to the Mountain Gazette*

In previous columns, I have probably written about some of the same things. I apologize if this has happened. In the old days, most families grew what they ate. We were poor but didn't know it because all of the people were in the same boat. We had one milking cow, one heifer to eat, one pig, 200 hens, maple trees, apple trees, berries, butternut tree, large garden and lots of potatoes. I will say the only weeds we ate were dandelions (under protest). Other weeds we fed to the pig or used them for silage for the cows. Now, some of us eat weeds at some of the expensive restaurants, but are labeled as mixed greens but should be mixed weeds. They have even convinced people that weeds are good for you.

Of course we smoked weeds, corn silk and whatever would stay lit, and drank everything that we could swallow and not throw up. We churned butter and made ice cream. We sold eggs and ate the "setting hens." I had the job of separating their heads from their bodies, which I enjoyed doing and also enjoyed eating them afterwards. It became a contest and my sister and I counted the amount of times they jumped after losing their heads. I remember years ago reading about this headless rooster who lived for years after having its head cut off. I always thought that was a big fat lie until one of the hens, after losing her head, jumped around 100 feet and at that time, I felt the story about the headless rooster might have been true – alas, she perished about ten feet before she would have jumped onto the main highway where she probably would have got run over, so in reality I probably did her a favor by cutting off her head instead of getting run over by a car. As you can see I don't like live chickens but I like dead ones.

My sister, who is less than two years younger than me, took one of my jobs and lasted one day. That was gathering eggs and she was afraid of them pecking her so she tried putting a can over their heads and that doesn't work, feathers started flying and hens ran around in a frenzy, and the hens didn't lay eggs for two days and of course I got my old job back of gathering the eggs. I had them trained already so it was easy for me. If any of them tried to peck me I would just quickly grab their neck and within a couple days, they would do anything I wanted them to do by putting a little pressure on their neck. The old story about why the chicken crossed the road is not to get to the other side and the story about chickens don't know enough to get out of the rain is not true because most chickens do not mind the rain. The real reason for the chickens doing odd things is because they are incredibly stupid. They have a "pea sized" brain. I have a stuffed chicken who clucks loudly and does a chicken dance and it is battery powered, that's the kind of chicken I like.

I did get into trouble by shooting holes in the side of the barn when I was trying to kill the occasional rat that tried to eat the chicken feed. There was one rat that was real smart in darting here and there and I kept missing him with my .22, so I got my father's shotgun and I got the rat but made a big hole in the side of the barn, which my father wasn't too happy about, and I got a kick in the butt like normal. A while later I shot a pigeon sitting on the rafters in the top of the barn with my .22. Number one, I was surprised to see the pigeon land on the floor in front of me, and I was surprised to see that the metal roof was penetrated and leaked when it rained. I didn't get in trouble because there were plenty of leaks already. I buried the pigeon and did stand over him and say a few words. I said, "Pigeon: I tried to make you leave by throwing stones at you but you kept coming back and pooping on me and everything down below." Now I can stand an occasional accidental poop but I have learned the hard, smelly way that all of us humans are targeted by you and your buddies and you all have one hole whereby urine and poop mix together and pass through the same hole which after it sits a little bit has a horrible ammonia smell. They have a very good bomb sight because they usually poop on their target while flying.

I recently lost two balls (lint dryer balls) in the parking lot of the Wayside Restaurant that I had brought for a friend. I opened my passenger door and I thought that both balls had fallen out of the car even though I only saw the orange ball go rolling under a bunch of parked cars. I finally retrieved the orange ball but never found the blue ball. I had my window down because it was a hot day and when I got back to my car, a pigeon or a seagull had pooped on my inside armrest, so you can't tell me that they don't target us and if you are near water, the seagulls will always leave a deposit on your windshield. I did find the blue ball about a month later when I stopped quick and the ball squirted out from under the back seat. I told you about the two ball incident because it proves that when birds poop on you or your friends, they are getting even with us for caging or killing their feathered friends.

**Crop tree release**

By J. Ethan Tapper  
*Chittenden County Forester*

My woodlot in Bolton was logged in the 1980s. Through a practice known as "diameter-limit cutting," all trees above a certain diameter (probably 11" or 14") were cut. My land is a good site for growing red and white oak, white and red pine, red spruce, and hemlock, but this harvest removed most trees of these species, creating a forest of mostly unhealthy beech and red maple. Using silviculture – the strategic harvesting of trees – I hope to restore my forest's health by regenerating unhealthy areas and encouraging healthy trees of all species, all while maintaining a diverse forest with great wildlife habitat. While I have a lot of will power, a big tractor, and a chainsaw, my work in my woodlot is limited by time – forcing me to consider how to maximize the impact of my efforts.

Most landowners who are interested in harvesting firewood or improving their forest pick an area and try to harvest every last unhealthy tree, or fill their woodshed with dead-standing trees and blow-downs, ignoring living trees all together. The problem with this (other than harvesting dead wood, which should be left) is that they miss the opportunity to enact a much broader positive change – in addition to harvesting firewood, they could be encouraging the growth of healthy trees that provide a variety of important values. A landowner from Milton once told me that when he bought his 50-acre woodlot, an old-timer told him to start harvesting firewood "in the back" (i.e., the part of the property farthest from the road) so that when he was old he'd have worked his way up to his house and he'd have firewood close by. This landowner paused and said, "I started in the back – and I've been in the back ever since." You will never be able to cut every unhealthy tree in your woods, and if you try you'll never make a meaningful impact on your whole forest.

Crop trees continued on page 4

**What is the Bible? course offered at DRML**

Do you know little or nothing about the Bible? Have you ever wondered what all the fuss is about the Bible? From classical art to modern politics to strange predictions about the end of the world, this ancient collection of texts and its characters are woven into the fabric of western civilization.

*Exploring the Bible / What is the Bible* is a six-session study (1.5 hours each) being offered over twelve weeks this fall. It is designed to teach (not preach) about the Bible and its contents. For people of all faiths or no faith, this educational study covers the bases from reading the most common stories and passages to learning the history and process behind the compilation of the Bible itself. If at the end of this course enough interest is expressed, there will be two additional more in-depth courses offered, one on the Old Testament and one on the New Testament.

This first six-session study *What is the Bible?* is being offered at the Deborah Rawson Memorial Library meeting room in Jericho beginning Sunday, September 23 at 6:30 PM, and every other week for six weeks. A minimum of eight with a maximum of 15 students are required. There is no charge for the course other than the purchase of the student manual, eleven dollars. If you are interested and/or would like more information, please contact [srgntrbt@netscape.net](mailto:srgntrbt@netscape.net) or 899-3093.

To find out more on course details, please visit [www.exploringthebible.org](http://www.exploringthebible.org).

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**Send your news to**

[mtgazette@earthlink.net](mailto:mtgazette@earthlink.net), [www.mtngazettevt.com](http://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 Conner

email: [cccpastorjeannette@gmail.com](mailto: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

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Deacon: Peter Brooks Religious Ed. Coordinator: Laura Lynch Wells,

899-4770 Parish Secretary: Theresa Gingras Phone: 802-899-4632,

email: [office@stthomasvt.com](mailto:office@stthomasvt.com), Website: [www.stthomasvt.com](http://www.stthomasvt.com)

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# Health programs and classes at Northwestern Medical Center

SEPTEMBER 2018

**Diabetes and You** – Fridays, September 7-October 5, 1:00 – 3:00 PM, Enosburgh EMS. Join us at this self-management educational series for people with diabetes and their families, proven to help people improve control of this disease. Learn how to keep diabetes from controlling your life and improve your blood sugar control to feel better and delay or prevent complications. Pre-registration required; contact Deborah Robertson, 524-1031. NMC will bill your insurance for the course fee. Scholarships available; no one will be turned away for lack of ability to pay.

**Tai Chi classes** – Mondays, September 10-November 12, 4:00 – 5:00 PM (first class), 5:15 – 6:15 PM (second class), NMC Wellness and fitness Room (Conference), St. Albans. Tai Chi is a form of gentle, guided movement that is sometimes referred to as “meditation in motion” and can aid in reducing stress and anxiety. It has also been found to improve balance and promote a sense of wellbeing. This 10-week program is open to all ages but class size is limited to 12. A physical authorization is required. Pre-registration required, contact Casey, 524-8485 or [cwebb@nmcinc.org](mailto:cwebb@nmcinc.org) for more information. Fee: \$80 for 10-week session.

**Breastfeeding and You** – Tuesday, September 18, 6:00 – 7:30 PM, NMC Family Birth Center Conference Room, 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.

## 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](mailto: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](http://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](http://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.

## Crop trees continued from page 3

However, with a simple shift in your mindset, the positive effect of your work can be much more significant.

The key is a silvicultural technique called “crop tree release.” Instead of focusing on every unhealthy tree, I look for the trees that I want to grow – “crop trees” – and harvest only trees whose crowns are touching their crowns. If neighboring trees are much smaller, or their crowns are not touching, leave them alone. While it may seem counter-intuitive to leave obviously unhealthy trees standing, focus on what we are keeping, not what might seem to “need” to be cut. Our sole goal is to release these crop trees from competition, and to release as many as possible. “Defective” trees can stay in the woods, providing a range of benefits from wildlife habitat to carbon sequestration.

A crop tree can be selected for timber, mast (seeds or fruits that wildlife eat) production, maple sap, wildlife habitat, or other benefits. Crop trees should generally be “dominant” or “co-dominant,” meaning that their tops are in the upper canopy of the forest, have a symmetrical, live crown, and lack wounds, rot, and other defects. Tree identification is important, as you consider what benefits you want to encourage. [A Beginner’s Guide to Recognizing Trees of the Northeast](#) by Mark Mikolas is a good tree identification book to start with.

An option for landowners who don’t have the equipment to pull trees out of the woods, don’t need any more firewood in the woodshed, or are working with trees that are small or poor-quality firewood, is to leave some trees you cut in the woods. Dead wood and brush on the ground may look “messy,” but are important for building and stabilizing soils and storing carbon, among other benefits. “Girdling” trees, cutting two parallel rings ½” deep into the bark around the circumference of the tree, kills it but retains it as a “snag,” another valuable wildlife feature. This means you’re spending less time pulling marginal firewood out of the woods, and you can release more crop trees.

Landowners are often great intuitive forest managers, with a strong relationship with their woods. The thing that we all lack is time. Hopefully focusing on identifying and releasing crop trees will help make the most of the opportunities we have to encourage the growth of healthy trees and forests.

For those interested in learning more about crop tree management, check out: [https://www.nrs.fs.fed.us/pubs/jrnl/2007/nrs\\_2007\\_miller\\_001.pdf](https://www.nrs.fs.fed.us/pubs/jrnl/2007/nrs_2007_miller_001.pdf).

Ethan Tapper, Chittenden County Forester, can be reached at [ethan.tapper@vermont.gov](mailto:ethan.tapper@vermont.gov), 802-585-9099, or at his office at 111 West St., Essex Junction.

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## HEALTH NEWS

**RiseVt-Lamoille to cover registration fees for 20 entrants**

If you have thought about running or walking a 5K race but haven't, RiseVT-Lamoille has an extra incentive for you. RiseVt-Lamoille is offering to cover the entry fee for the first 20 first-time participants in the Copley 5K Run for the Heart. Copley's 5K is being held as a "citizen run" during the Saturday, September 29 Peoples Academy Cross Country Invitational, using Peoples Academy's course. The run begins at 9:00 AM.

If you are interested in participating in the Copley 5K Run for the Heart, email RiseVT-Lamoille County Program Manager Cole Pearson, [cpearson@chsi.org](mailto:cpearson@chsi.org), to request sponsorship of the registration fee. The first 20 people to email Cole will be covered. Just let Cole know that it is your first time participating and what entry fee you want sponsored (Adult, Student, or 1-Mile Health Walker).

The 5K fun run/walk raises money for Copley Hospital's heart programs, including cardiology, cardiac rehabilitation, and health living programs through Copley's Wellness Center. Register today to save; registration is \$25 for adults, \$15 for students; same day/race day registration is \$30 for adults and \$20 for students.

The goal of this family-friendly event is to promote healthy, active lifestyles. Heart disease is preventable and can be avoided by making healthy lifestyle choices. In Lamoille County, heart disease is one of the top leading causes of death for ages 25 and older. It is also one of the top causes for inpatient hospitalizations.

Copley's 5K Run for the Heart uses the 5K trail at Peoples Academy, while the 1-Mile Health Walk uses PA's track. A map

of the course is available in the brochure and online. Runners and walkers are issued chipped bibs providing an accurate timed race. Please note that student athletes wishing to participate in the PA Invitational must register separately and should refer to [athletic.net](http://athletic.net).

Event day registration for the 5K Run for the Heart or 1-Mile Health Walk walk-ins and those who pre-registered opens at 8:00 AM. The 1-Mile Health Walk steps off at 8:30 AM; the 5K begins at 9:00 AM, with awards presented at 10:15 AM. Event planners encourage participants and visitors to enjoy the fun run, then watch the PA Cross Country Invitational races followed by the many festivities that Rocktoberfest offers throughout the day.

RiseVT is a community collaborative working to make it easy for Vermonters to embrace healthy lifestyles. Part of the organization's strategy is to seek out opportunities to get active that are already happening in Lamoille County, spread the word, and offer resources to reduce barriers to participation. One example is helping to cover the entry fee for the first 20 first-time participants in Copley's 5K Run for the Heart!

Copley Hospital is greater Lamoille County's non-profit community hospital and one of the area's largest employers. Copley offers 24-hour emergency services, a family-friendly Birthing Center, and excellent inpatient and outpatient care with specialists, including Cardiology, General Surgery, Obstetrics/Gynecology, Orthopedics, and Rehabilitation Services on its campus in Morrisville. Visit [www.copleyvt.org](http://www.copleyvt.org) or call 802-888-8888 for more information.

**Tai Chi at DRML**

Age Well (a.k.a. CVAA) offers these free programs for adults 50+. Donations are always appreciated and accepted. Tuesdays and Thursdays, beginning Tuesday, September 4 at the Deborah Rawson Memorial Library (DRML), 8 River Rd., Jericho. Please call the library to register – 899-4962.

**Tai Chi – Basic Standing** (9:00 – 9:50 AM): During 16 class sessions over eight weeks you will learn the basic forms of Sun Style Tai Chi. The benefits of this Fall Prevention program include increased balance and agility, upper and lower body strength, mindfulness of our body movements in time and space, and learning stress relief techniques.

**Seated Tai Chi** (10:00 – 10:55 AM): During 16 class sessions over eight weeks you will learn the form of Sun Style Tai Chi in its seated version. This Fall Prevention joint safe activity over time can help reduce symptoms for people with Parkinson's, fibromyalgia, diabetes, lower back pain, arthritis, and depression while you are seated in a chair. Centers for Disease Control and Injury Prevention (CDC) report this program reduces falls by 55% and recurrent falls by 70%.

## LETTERS TO THE EDITOR

**No Chicken Pie Supper this year at Waterville Church**

To the Editor,

Waterville Union Church regrets to inform the community that the annual chicken pie supper will not be happening this year. We thank the community and the friends of the church for the many years of attendance and support with this event.

**Waterville Union Church**

**Sirotkin thanks voters**

To the Editor,

Thanks to all Chittenden County voters in Tuesday's primary. I was very glad to see the pundits proven wrong in that the turnout was far greater than predicted.

Obviously, I am also thankful for the support I received from so many of you in my bid to be re-elected to the Vermont State Senate. I am eager, should I be re-elected in November, to hit the ground running to continue with my work in promoting and protecting the interests of VT consumers and working families.

Thank you again.

**Senator Michael Sirotkin,  
Chittenden District**

Chair, Senate Economic Development,  
Housing and General Affairs Committee

**Clutter Barn thank you**

While the amazing Clutter Barn volunteers are now focusing on the UCU Old Fashioned Harvest Market, Saturday-Sunday, September 29-30 (9:00 AM – 5:00 PM Saturday, and 10:00 AM – 4:00 PM Sunday), they are also looking back with grateful thanks on a summer made successful by the support and generosity of friends and neighbors in the community and beyond. The joint participation of the UCU church family and families near and far is what fuels this Mission and brings satisfying results to all.

The Clutter Barn will continue to accept donations of gently used items on Saturdays, September 1, 8, and 15; EXCEPT, due to lack of space, donations of clothing unfortunately must be limited to winter coats, jackets, hats, scarves, gloves and mittens, AND cold weather clothing for toddlers and pre-teens, ages 3-12. On Saturday, September 22, the Clutter Barn will be closed while the volunteers prepare for Harvest Market, but will be open, inside and out, for shopping on both days of the Market. A holding area will be provided for your purchases while you enjoy the rest of the activities.

The Old Fashioned Harvest Market is a much-anticipated event for young and not-so-young! It features two full days of fun, games and contests for children of all ages, Silent Auction, entertainment all weekend, delicious food at the Refreshment Tent and the Country Store, homemade soup all day (Saturday only) at the Soup Bowl, over 70 craft and fine arts vendors, freshly baked cookies, fresh made-on-site Apple Cider and, of course, the Clutter Barn. Get started early on Saturday with the Fun Run and the Parade. Be sure to put the above dates on your calendars and join local folks and visitors from away for the festivities.

For more information about the UCU Old Fashioned Harvest Market, go to <http://www.underhillharvestmarket.com/>.

**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](http://www.unitedwaynwvt.galaxydigital.com) or contact us, [volctr@unitedwaynwvt.org](mailto:volctr@unitedwaynwvt.org) or 860-1677.

**SteAmfest – Train Hop Committee** is presenting *SteAmfest 2018: The Art of Possibility*, an art + innovation festival Friday-Saturday, September 21-22 in Essex Junction. They are looking for volunteers to help run various stations and art exhibitions. Enjoy the Friday night art walk and Saturday artists' market, both with live music and street food. Contact Darby Mayville, 868-6944 or [darby@essexjunction.org](mailto:darby@essexjunction.org).

**INFORMATION PLEASE – Essex CHIPS** is in need of an Information and Referral Volunteer to connect youth, parents/guardians, and other support networks to the resources (food, shelter, health care, crisis intervention, etc.) they need to assist them. Volunteers handle various types of call, enter and maintain caller data, provide referrals, assist with TeenLine Youth Food Shelf, and more. Minimum four hours a week, flexible scheduling. Contact Aubrey Robinson, 878-6982, Ext. 107.

**DATA ENTRY – Green Mountain Habitat for Humanity** needs data entry help to enter volunteer information and hours at their Williston ReStore. Weekly, about 1.5 hours. Contact Allison DeVoe, 318-7533 or [adevoe@vermonthabitat.org](mailto:adevoe@vermonthabitat.org).

**TEXTILE BUFF NEEDED – Shelburne Museum** is in search of a volunteer textile demonstrator to interact with visitors in the textile collection and demonstrate and explain techniques used in such textile arts as quilting, rug hooking, needlework, and embroidery. Flexible scheduling. The Museum also needs volunteers experienced in furniture restoration and caning, grounds maintenance, woodworking, painting, carpentry, and more. Projects include restoration/preservation of the Ticonderoga. Flexible weekday hours between 10:00 AM – 5:00 PM. Contact Katharine Noiva, 985-0865 or [volunteer@shelburnemuseum.org](mailto:volunteer@shelburnemuseum.org).

**COMPANIONS NEEDED – Ethan Allen Residence** is looking for volunteers to spend one-on-one time with residents. Share a pot of tea, listen to truly remarkable life stories, go for a neighborhood stroll, read to someone, listen to music... whatever your interests are, there is an elder waiting for you. Contact Cameron Segal, 843-408-7114 or [csegal@livingwellgroup.org](mailto:csegal@livingwellgroup.org).

**ANIMAL LOVERS' SPECIAL – Franklin County Animal Rescue** is in need of shelter volunteers to help with preparing food bags, spot cleaning, mailings, computer entry, and more. Flexible scheduling weekdays and weekends. A great opportunity for youth volunteers accompanied by an adult. Contact Hadley Shannon, 524-9650 or [info@fcarpets.org](mailto:info@fcarpets.org).

**BOOKS & MORE – ReSOURCE** is seeking a book-loving volunteer to help update and continually replenish the donated

books section of their retail store with donated books. Volunteers can also help create a new system of organizing, displaying, and discounting books. ReSOURCE also needs volunteers to staff their E-commerce department to help identify unique donated items that might be valuable to a collector, research prices, and post the items for sale on the Internet. Contact Carly Gilligan, 658-4143 Ext. 352 or [volunteer@resourcevt.org](mailto:volunteer@resourcevt.org).

**A DREAM CHANCE – The DREAM Program** is looking for general office support, including data entry, writing thank you notes, and other administrative tasks. Flexible schedule, weekdays between 9:00 AM – 5:00 PM. Contact Mike Foote, [mfoote@dreamprogram.org](mailto:mfoote@dreamprogram.org).

**MANICURIST – Converse Home** needs a volunteer manicurist, one hour a week, to do simple manicures for some wonderful seniors. All supplies are provided. Contact Carol Ann Jones, 862-0401 or [caroljones@conversehome.com](mailto:caroljones@conversehome.com).

**BE A BUDDY – RSVP of Northwest Vermont** invites volunteers, age 55 and over, to make a difference in the lives of children by serving as RSVP School Buddies. Buddies work with elementary school children who have been identified as not meeting current standards and assist children with reading, math, spelling, or other academic areas. One to two hours a day once or twice a week during the school year. Background check required. In Chittenden County, contact Danielle Williams, 861-7821 or [daniellew@unitedwaynwvt.org](mailto:daniellew@unitedwaynwvt.org). In Franklin-Grand Isle, contact Mary Pelkey, 524-6337 or [maryp@unitedwaynwvt.org](mailto:maryp@unitedwaynwvt.org).

**TUTOR! TUTOR! – Mercy Connections** is looking to welcome new volunteers to tutor adults on-site in their Education & Transition Tutorials. Volunteers with educational experience can serve two to three hours on Tuesday and/or Thursday mornings, either one-on-one with a student or with a group of two or three students. Students may need help with English language skills, college homework, preparing for the GED, or basic math, reading, and writing. Some are drafting their memoirs. Contact Cathy Ainsworth, 846-7162 or [cainsworth@mercyconnections.org](mailto:cainsworth@mercyconnections.org). The organization also needs volunteer kitchen partners to fill in when needed with set up, preparation, and cleanup of a family style lunch on Thursdays. Contact Darrell Morris, [dmorris@mercyconnections.org](mailto:dmorris@mercyconnections.org) or 846-7063.

**MENTOR! MENTOR! – Spectrum Youth & Family Services** is seeking responsible adults with reliable transportation to spend an hour or so a week sharing fun activities with a mentee in the local community. Spend a day at the beach, go hiking or biking, see a Lake Monsters game or a movie, whatever you both enjoy! Contact Stephanie Ball, 864-7423, Ext. 321, or [sball@spectrumvt.org](mailto:sball@spectrumvt.org).

**DINNER FOR MANY – The Salvation Army** is in need of individuals and groups of volunteers to serve dinner to about 120 homeless people from 5-6 p.m. Monday through Saturday. Contact Stacie MacRae at 864-6991, Ext. 105, or [Stacie.macrae@use.salvationarmy.org](mailto:Stacie.macrae@use.salvationarmy.org).

**Copley Hospital's active shooter response training**

On Thursday, August 23, there was a police presence on Copley Hospital's campus as Copley Hospital staff members and police officers participated in an active shooter response training course. The training included use of airsoft guns, which are designed to look like real guns.

Copley staff were trained in ALICE (Alert, Lockdown, Inform,

Counter, Evacuate, a set of proactive, opinion-based strategies that increase chances of survival during a violent intruder or active shooter event.

Staff trained will, in turn, train additional hospital employees. Copley is proud of the commitment and quality of its staff – people helping people, in the true spirit of a community hospital.

## PEOPLE IN THE NEWS

**College graduates**

**Dakota Brosseau** of Jeffersonville, VT graduated from Delaware Valley University, Doylestown, PA in May 2018 with a Bachelor of Science in Landscape Architecture.

**College honors**

**Lillian M. Devereux** of Jericho, VT has been inducted into Chi Alpha Sigma honorary society at St. Lawrence University, Canton, NY for being an outstanding college student-athlete who excels in the classroom, in her sport, and in the community. Devereux, who attended Mount Mansfield Union High School in Jericho, is a member of the Class of 2019 and is majoring in biochemistry. She is a member of the women's rowing team at St. Lawrence.

**Students at Castleton University**

The following students who have recently registered for the fall 2018 semester at Castleton University, Castleton, VT:

**Shea Fitzgerald** of Underhill, VT;

**Mistaya Gwozdz** of Cambridge, VT;

**Erlande Mayville** and **Annabelle Trombley** of Jeffersonville, VT;

**Jacob O'Brien** and **Ryan Semprebon** of Waterbury, VT.

## OBITUARIES



**Mary Patricia O'Connell Tomasi** – Educator, artist, beloved mother and grandmother, Mary ("Pete") Tomasi passed away peacefully on the evening of Thursday, August 9, 2018. She died surrounded by her loving family in her daughter's home in New Canaan, CT. Pete spent her childhood in Westport, CT and moved to Underhill Center, VT with her family at age 12. She attended Mount St. Mary's and ultimately graduated with a BA from the Pratt Institute of Art in New York City. After a stimulating career in New York's commercial art industry, Mary returned to Vermont to get her degree in education, and there she met her husband, John Tomasi. Her husband, being no fool, successfully proposed to her on their third date. They were married at St. Thomas Church in Underhill Center in February 1959. After her husband's early death, Pete returned to her family home in Underhill Center with her four children. Embarking on a second career, Pete taught art at the Essex Middle School for many years, where she delighted in passing along her passion

and knowledge about art. After her retirement, Mary volunteered at Meals on Wheels, Hospice, and the Mary Bryant Art Gallery. She actively pursued her interests as a watercolorist and student of art with her beloved *Monet Mamas* art group. She was intensely supportive of her four children on their journeys through life, and she delighted in her grandchildren. She was a devoted parishioner of St. Thomas Church throughout her life. Mary is survived by her sister, Paula O'Connell of Albuquerque, NM, and her four children, Lisa Tomasi-Carr, John Tomasi, Martha Lane, and Anne Kraft, and seven grandchildren: Ramsey and Antonia Tomasi-Carr; Peter and Lydia Tomasi; Jack, Julia, and Winston Lane. A service for Mary was held at St. Thomas Church in Underhill Center, VT on Friday, August 24, 2018. A reception followed at the family home at 79 Pleasant Valley Road in Underhill. All were welcome. In lieu of flowers, donations in Mary's memory may be made to The Vermont Land Trust (<https://donatenow.networkforgood.org/VLTDDonate>). For online condolences, visit [www.hoytfuneralhome.com](http://www.hoytfuneralhome.com).

Obituaries continued on page 6

## LIBRARY NEWS

## DEBORAH RAWSON MEMORIAL LIBRARY

The Board of Trustees will meet Thursday, September 20 at 7:00 PM.

Sunday hours are back! Starting Sunday, September 9 the library will be open on Sundays from 1:00 – 4:00 PM; however, *the library will be closed Saturday and Sunday, September 29-30 for Harvest Market*. Please stop at the Red Barn next to Mills Riverside Park on those days, 10:00 AM – 4:00 PM, to support our annual book sale!

Marcia Rosberg will continue her display of art through the month of September. Of her work, Marcia shares, "I have been making art in various mediums all my life. These paintings are creations that exhibit my affinity to nature and the wilderness. I am drawn to the solitude and the mystery of the forest and the breathtaking beauty of flower blooms and all growing forms of nature and life." Please stop in to enjoy the work Marcia has generously shared with us.

The silent auction item for September is a Stained Glass Lighthouse! Bidding began September 1 and closes on Friday, September 28 at 6:00 PM. Thank you Mashall Mason for this donation!

Mah Jongg at DRML – We will be playing on Wednesday, September 5 at 6:30 PM, and then on Monday, September 17 at 1:00 PM. Please join us as we explore the ancient Chinese tile game of winds, dragons, and number tiles. If you like card games, you'll probably love Mah Jongg!

*The Agora: A Discussion Group of the Great Ideas* – Monday, September 24, 6:30 – 7:30 PM. Please join this new discussion group. We will cover one idea at a time and the discussion of each idea will take place over one or more meetings. The first idea that we have been discussing is *Justice*. We are listening to an audio book segment from *The Great Ideas of Philosophy* series by The Great Courses. Participants will share with the group their own selections, reading and then sharing with the group, with the hope that the group can cover as many perspectives from as many eras and cultures as possible. We encourage participation from all community members and hope that you'll join us.

Deborah Rawson Book Lovers (DRBL) – Tuesday, September 11 at 7:00 PM. This adult book discussion group meets the second Tuesday of every month at the library. They will be discussing the book *White Teeth* by Zadie Smith. New members are always welcome to drop in on any meeting. For more information, contact [Christine@cstaffa.com](mailto:Christine@cstaffa.com).

Tai Chi at DRML is starting up again. *Basic Standing Tai Chi* – Tuesdays and Thursdays, 9:00 – 9:50 AM. During 16 class sessions over eight weeks, you will learn the basic forms of Sun Style Tai Chi. The benefits of this Fall Prevention program include increased balance and agility, upper and lower body strength, mindfulness of our body movements in time and space, and learning stress relief

techniques. *Seated Tai Chi* – Tuesdays and Thursdays, 10:00 – 10:55 AM. During 16 class sessions over eight weeks, you will learn the form of Sun Style Tai Chi in its seated version. This Fall Prevention joint safe activity over time can help reduce symptoms for people with Parkinson's, fibromyalgia, diabetes, lower back pain, arthritis, and depression while you are seated in a chair. Centers for Disease Control and Injury Prevention (CDC) report this program reduces falls by 55% and recurrent falls by 70%. Age Well (a.k.a. CVAA) offers this FREE program for adults 50+. Donations are always appreciated and accepted. Classes began Tuesday, September 4. Call the library to register, 899-4962.

The Friends of DRML will meet Wednesday, September 19 at 6:30 PM. Please join us!

The mystery book group is meeting on Tuesday, September 25 at 7:00 PM to discuss *A dark-adapted eye* by Barbara Vine. Please join us!

For Children and Families

Story Hour is back starting Wednesday, September 5! Story Hour will be held at DRML for about three weeks each month, Wednesdays and Thursdays (September 5, 6, 12, 13, 19, 20) at 10:30 AM. Drop in for stories, songs, projects, and a nutritious snack! In September, we will be exploring the theme *All About Me*. September 12 and 13 will be Story Hour for favorite stuffies! Be sure to bring yours along! No registration required.

Babytime and Stay-and-Play. Join us for Babytime and Stay-and-Play at DRML on Monday, September 24 from 10:00 – 11:00 AM. We will sing songs and bounce with baby for 15 minutes and then you are welcome to stay for informal play time, visiting with other parents and snacks! Siblings welcome. No registration required.

Story Hour with Beth and David London is back! Beth and David London, formerly of Poker Hill School, will return to share songs and stories with young children and their families. Fridays, 11:00 AM (September 14, 21, 28). Snack will follow. No registration required.

Design your own T-shirt! Join us after school Thursday, September 13, 3:30 – 4:30 PM, for T-shirt decorating. You will have a wide variety of fabric paints and markers to design your own T-shirt. We have limited number of T-shirts so please call to register, 899-4962.

Time for LEGOs! Join us after school on Thursday, September 20, 2:45 – 4:30 PM, for LEGO construction time. You'll have the opportunity to create, construct, and share your works with other LEGO builders. All ages welcome. Children under the age of 8 must be accompanied by a caregiver. No registration required.

After School Magic: The Gathering! The Glory, Knowledge, and Conquest are yours! Grab your deck and a friend and head on over to DRML after school every other Wednesdays, September 12 and

26, 2:45 – 4:45 PM. There will be snacks!

Would you consider donating pizza coupons? Do you keep your coupons for free pizza at Mountain High Pizza here in Jericho? Would you consider donating your coupons to the DRML children's program? We are gathering coupons toward Teen Movie-and-Pizza nights starting in October. There will be a bucket at the DRML circulation desk to deposit donated pizza coupons. Thank you!

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](http://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!

Third Thursday Book Group, September 20, 7:00 – 9:00 PM.

Writers' Circle, Saturdays, September 15, October 6 and 20, 10:00 – 11:00 AM. Are you a writer seeking community? Join this new bi-monthly group. All genres welcome. Coffee, tea, and encouraging company provided. Meets first and third Saturdays of the month.

Bucket List Book Club, Wednesday, September 5, 6:30 – 8:30 PM. For anyone who wishes to read or re-visit classic works! Open to all.

LEGO Club, Thursday, September 13, 4:00 – 5:00 PM. For makers, builders, imaginers, innovators – come and join in on an hour of Lego creations with friends. Ages 6 and up.

JTL Board meetings are held the second Monday of every month (September 10) 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](http://www.jerichotownlibraryvt.org) or give us a call at 899-4686.

## VARNUM MEMORIAL LIBRARY

## JEFFERSONVILLE

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.

Library news continued on page 7

## Obituaries continued from page 5

**E. Mariah Pittman-Swint** – Mariah Pittman, age 30, died by suicide Saturday, August 4, 2018, in Jericho, VT after a long battle with depression. Mariah was a compassionate, loving and intelligent woman who will be remembered by family and friends for her interest in writing, her passion for justice, her sensitive heart, and her love of travel. Mariah was the daughter of Jennifer Swint of South Burlington, VT, David Pittman of Brattleboro, VT, and Ann Bonanno of Jericho, VT, and the sister of Nick Pittman of Jericho. Mariah is also survived by numerous aunts, uncles, and cousins, as well as friends around the world. Mariah was Valedictorian of the South Burlington High School Class of 2006. She was an avid reader, a master of foreign languages, and an accomplished gymnast. After graduating from Washington University in St. Louis, MO, Mariah

studied and worked for five years in England, Turkey, and Italy. Her work included research, writing, editing, and teaching English. She volunteered at numerous nonprofits, embraced new challenges, and traveled in Europe and Africa. More recently, Mariah worked in the YMCA after-school program at Underhill I.D. elementary school and as a substitute teacher in Jericho and Underhill, where she was a valued member of the team. She cared deeply and spoke out for the rights of women, refugees, LGBTQ+, and those who have been disenfranchised, yet was quiet about her own struggles. She experienced many cultures: tasting the food, drinking the wine, dancing to the music, making friends everywhere she went. Many recall her openness to others, infectious smile, and the invitation in her eyes to engage in conversation and shared interests. In her short life, she made a difference to so many people as demonstrated by the recent outpouring of love and tributes paid to her by countless friends around the world. A celebration of Mariah's life will be held on Sunday, September 23, 2018, at 1:00 PM at the Mount Mansfield Unitarian Universalist Fellowship in Jericho, VT. Friends wishing to make a donation in Mariah's memory may consider the Trinity College of Vermont Memorial Scholarship at <https://www.vsaac.org/vsf>. Select "Donate now via Network for Good" and follow the instructions. Visit [www.awrfh.com](http://www.awrfh.com) to share your memories and condolences. We cannot believe she is gone. We miss her desperately and will always hold her in our hearts. As one of her friends suggested, "I will remember her light and do my best to honor her by shining warmth on others." Rest in peace, sweet Mariah.



It is with devastated hearts that we announce the tragic loss of our beloved son, **Adam Christopher Holland Roy**. He lost his battle with PTSD on Monday, August 27, 2018. Adam was born to Will and Daneen (Holland) Roy on Wednesday, July 1, 1987, at the Medical Center Hospital of Vermont in Burlington, VT. In addition to his parents, Adam leaves behind so many people who

loved him with every single fiber of their being. His siblings, Asa (and wife Hannah), Tessa, and Randi Roy. His children, Calli and Colton Roy. His ex-wife, Vanessa (Whitehouse) Roy, and her parents, Tammy and Jeffrey Vose. His grandfather and WWII Veteran, Henry Joseph Roy II. His ever-faithful dog, Mary. He leaves behind aunts Kenna (Doug) Henion and Gail Morris, uncles Tom (Tracey) Roy, Mike (Mami) Roy, and Scott (Page) Holland along with cousins he loved immeasurably. Best friends Zak Hill, Danny Begins, Kevin Hartford, Wellsie, Mike Boyden, Craig Lang, Mike Lang, and Baktash Haidari, as well as his dear friend and love, Caitlin Hurley did their very best to look out for him as he did for them. Adam leaves behind many, many battle buddies. *We ask any battle buddies who might be contemplating the same, to reach out and get help. There are so many organizations/people that will make it a personal mission to get you through your dark days and back to a good life. The aftermath of your death will cause indescribable agony to those who love you. We need you here. Please. If not for you, then for them. Get help. We leave Adam in the loving arms of family who preceded him in death: grandmothers Star (Clarke) Roy, Dorothy Ann Holland, and Avonelle (Alsdorf) Holland; grandfather and Vietnam Veteran Gerald Richard Holland; father-in-law and Gulf War Veteran, Timothy Whitehouse; uncles David Randall Morris and Darby John Holland; "adopted" aunt Renee (Lavigne) Forester; and his tiny baby boy, Christopher Roy. Among the things we will miss most about Adam are his handsome face, the coy smile he would share in a flash, his incredible sense of humor that was the source of so, so much laughter, and the fierce protection he gave to his children, family, friends, brothers and sisters-in-arms, and his beloved Country, the United States of America. Adam's remembrance service was held on Sunday, September 2, at The Catalyst Church, 100 Raceway Rd., Jericho, VT. In lieu of flowers, please bring your favorite memory of Adam to share with family and friends or donate to an organization that assists our precious Veterans. We invite you to share your memories of Adam by visiting [www.awrfh.com](http://www.awrfh.com).*

**AUCTIONS**

**Foreclosure: 4,232± Commercial Building**  
Great Visibility, River Frontage  
Friday, September 14 @ 3PM  
15 Pumpkin Harbor Rd., Cambridge, VT



Commercial building on 0.88± acre with fantastic, visible location at the corner of Route 15. 4,232±SF building with river frontage. Town water, on site septic. Cambridge has no zoning so bring your business ideas! The property could house multiple small businesses or be converted into living quarters with a home-based business, or be used as a rental.

**Estate Auction: 2BR/2BA Home**  
2-Car Garage & Rental Cottage on 5± Ac.  
Wednesday, September 19 @ 11AM  
1649 Blakeville Rd., Eden, VT



We have been retained to sell the real estate of the late Eugene Nettles. Convenient location with rental income. Needs renovations but a great opportunity.



Thomas Hirschak Co. • [THCAuction.com](http://THCAuction.com) • 800-634-7653

## NOTICE OF PUBLIC HEARING

The Jericho Development Review Board will hold a public hearing at 7:00 pm on Thursday September 27, 2018 at the Jericho Town Hall to consider the following

- A request to the DRB by Tobias Brown for a conditional use review for the operation of commercial tent plat form site. The property is located at 75 Hanley Lane which is located in the Rural Agricultural Residential Zoning District.

All interested persons may appear and be heard. Additional information related to this application may be viewed at the Jericho Planning and Zoning Office during regular business hours.

Chris Flinn  
Zoning Administrator  
[cflinn@jerichovt.gov](mailto:cflinn@jerichovt.gov)

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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.

German Kinderspiel Series – Saturdays, September 15, 22, and 29, 10:00 – 11:00 AM. Join Sarah Marsano as she introduces you to her heritage with fun and educational word play and music *auf Deutsch*. Sarah grew up in Alsfield, Germany and has lived in Vermont for the last four years. She is new to Jeffersonville, but excited about being part of the community. Recommended for ages 0-5.

Adult Game Night – Wednesday, September 19, 7:00 – 9:00 PM. Bring games and snacks; bring a friend or just yourself!

The Legacy of Mime Marcel Marceau – Sunday, September 23, 2:00 – 4:00 PM. Circus Smirkus founder Rob Mermin will explore the metaphors of mime technique – what Marceau called “the silent language of the soul” – and discuss Marceau’s particular influence on the world’s cultural history. Marceau’s unique life story encompasses not only his virtuosity on stage, but also his work in the French Resistance saving Jewish children during WWII. Rob will show film clips of Marceau’s speech accepting the Raul Wallenberg Humanitarian Award in 2001. Rob Mermin ran off to Europe to join the circus in 1969. That year he also began his training in Paris with mime masters Marcel Marceau and Etienne Decroux. He has a degree in Drama and Literature from Lake Forest College. He lives in Montpelier, where he teaches weekly PD Mime classes.

Vermont’s Historic Theater Curtains – Saturday, September 29, 3:00 – 4:30 PM. Between 1880 and World War II, painted theater curtains were artistic features of most New England villages and towns. In Vermont, painted curtains graced stages in town and grange halls, opera houses, and community theaters. A culture of local variety shows and traveling professional talent flourished in front of those curtains in some very remote Vermont communities. In a tour of some of the 177 curtains in Vermont, Christine Hadsel, director of *Curtains Without Borders*, provides a glimpse into the world of talented and often sophisticated artists who were part of the rural cultural scene, illustrating the rich cultural history of small-town Vermont before World War I. Christine is the Project Director for the *Curtains Without Borders* conservation project. Sponsored by the Cambridge Arts Council and the Varnum Memorial Library; presented by the VT Humanities Council.

From Skiffs to Sail Ferries: Vermont’s Small Boat Traditions – Saturday, October 13, 3:00 – 4:30 PM. The stories of Vermont naval history and commercial shipping have been well documented by generations of historians, but the traditions of small boat building from our state have remained untold. The bulk of our historic boatbuilding traditions involves Vermonters building their own boats, whether for pleasure or commercial use. The historical record illuminating this subject resides today mostly in family stories and photo collections. In this slide presentation, Douglas Brooks shares his research on these traditions, and his work in recreating some of these historic vessels. A boat builder, writer, and researcher, Douglas specializes in the construction of traditional wooden boats for museums and private clients. Hosted by the Cambridge Arts Council and the Varnum Memorial Library.

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 (September 20; October 18), 7:00 – 8:00 PM.

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; [thevarnum@gmail.com](mailto:thevarnum@gmail.com); [www.varnumlibrary.org](http://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](http://www.westfordpubliclibrary.wordpress.com); email [westfordpubliclibrary@gmail.com](mailto: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.

Our regularly scheduled youth programming will resume after Labor Day (Monday, September 3). Weekly programs at the Library follow the CESU school district schedule for vacation days and weather closure days.

Baby Laptime – A 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. 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 Community Room. We have gross motor and fine motor toys, puzzles, and activities for infants through preschool age children. 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, coupling stories with simple songs and activities for interactive moving and shaking. Toddlers and preschoolers and their caregivers are welcome Fridays, 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](mailto:rfl@gmavt.net), for more information and to sign up.

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.

September Photography Show – We will feature the photographs of Richmond resident Bill Kneen on the walls for the month of September.

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](http://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 (except September 3 – library closed) and Thursdays, 10:30 AM. Up to age 5 with a caregiver. No pre-registration. Limit: one session per week per family.

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

LEGO Day: Tuesday, September 4, 2:00 – 3:00 PM. Make your own LEGO creations using the library's LEGO collection. All ages.

Spanish Musical Playgroup: Saturday, September 8, 10:30 AM. Spanish rhymes, books, and songs for children birth to age 5. Presented by Constanca Gomez. Non-Spanish speakers welcome.

Fall Story Time: Tuesdays at 10:30 AM, starts September 11. Stories and a simple craft activity. All ages. September 11: Going to School; September 18: Houses & Homes; September 25: Apples.

Preschool Yoga with Danielle: Friday September 14, 10:30 AM. Simple yoga poses, stories, and songs for children birth to age 5 and their caregivers. No pre-registration.

Cartoon Club: Tuesday, September 18, 2:00 – 3:00 PM. Meet with others who like to draw cartoons! Grades 3 and up.

Drop-In Craft – Gnome Homes, September 25, 2:00 – 3:00 PM. All ages.

Dorothy Alling Memorial Library, 21 Library Lane, Williston. 802-878-4918, [www.williston.lib.vt.us](http://www.williston.lib.vt.us).

**FAIRFAX COMMUNITY LIBRARY**

All events are free unless noted. Pre-registration encouraged. [www.fairfaxvtlibrary.org](http://www.fairfaxvtlibrary.org), 802-849-2420. Call or email [libraryprograms@fwsu.org](mailto:libraryprograms@fwsu.org).

Youth Events

Tuesdays, September 11, 18, and 25, 9:30 – 10:30 AM: Preschool Story Hour. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary.

Wednesday, September 12, 3:00 – 4:00 PM: Lego Club. Kids ages 6+ enjoy themed Lego play after school. Please register.

Wednesday, September 19, 3:00 – 4:00 PM: Crafternoon: Fidgets. Kids ages 6+ will make a variety of fidgets and stress balls. Must register.

Thursday, September 20, 6:30 – 7:30: Family STEAM Night – Vegetable Science. Did you know a potato can power a light bulb? If you dissect a bean, what will you find on the inside? How many seeds does a pumpkin have in it? Find out the answers to all these questions at Family STEAM Night. Join us for this great family program, where each month parents and children visit stations with Science, Technology, Engineering, Art, and/or Math (STEAM) activities. Please register.

Wednesday, September 26, 3:00 – 4:00 PM: STEM Club. Kids age 6+ will learn about sound by making paper cup telephones with local inventor Ralph Lemnah. Must register.

Adult Events

Thursday, September 13, 6:30 – 8:00 PM: Fairfax Reads Book Group discusses all the books we read over the summer. Share about the books you loved, the ones that disappointed, and the ones that are still sitting on your nightstand. We will also give out copies of our first group read for the fall. We will be reading *Dreams from My Father: A Story of Race and Inheritance*, a memoir by Barack Obama written in 1995 about his early years growing up as the son of a black African father and a white American mother, searching for a workable meaning to his life as a black American. Copies are available to borrow at the library. New members always welcome.

Saturday, September 15, 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.

Thursday, September 18, 5:30 – 7:30 PM: Tea and Bristles. Perfect for all skill levels, Julie Griffis leads this painting class through step-by-step instructions to create a masterpiece. This month: autumn woods. Recommended ages 16+. Cost is \$25 for materials and snacks. Must register.

For up-to-date info about programs, visit our website: [www.fairfaxvtlibrary.org](http://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**

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](mailto:frontdesk@brownelllibrary.org).

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## Meet the Jericho Staff!



Jorie Hart, ATC

Jorie has a bachelor's degree in Athletic Training from the University of Vermont. She is a member of the NATA and VAAT. Jorie currently holds the position of head athletic trainer at Mount Mansfield Union High School. Jorie has significant experience when it comes to acute and chronic care training for athletic injuries and the ultimate goal of improving overall functional athletic performance.

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## ART / MUSIC

### ART/PHOTOGRAPHY

Call to Artists: *In the Woods*. From the fade of summer, the vibrancy of fall to stark November contrasts as well as the creatures who take shelter there, established and emerging artists are invited to submit one or two pieces of two-dimensional artwork in any medium, including photography, for *In the Woods*, an exhibit scheduled for October-December 2018 at the Jericho Town Hall. For registration materials contact Catherine McMains, [catherine.mcmains@gmail.com](mailto:catherine.mcmains@gmail.com). Registration forms can also be found under the Town Hall Art tab of the Town of Jericho website and sent to Catherine McMains. Registration materials are due by Thursday, September 20. The only requirement is that the art is wired and can hang on a gallery system. The exhibit is one of an ongoing series of shows that are part of a collaborative project between the Town of Jericho and a committee of volunteers involved in the arts. The members are Jericho SelectBoard member Catherine McMains, gallery owner Emilie Alexander, and artists Dianne Shullenberger and Carla Hochschild.

Bryan Memorial Gallery presents *Land and Light and Water and Air*, featuring juried landscape paintings from New England artists, opening Thursday, September 6 and concluding Sunday, November 4. Awards will be presented on Sunday, September 9, 3:00 PM, with the public invited to attend at no charge. This 34<sup>th</sup> *Land and Light* exhibit brings together paintings in the grand tradition of American landscape painting by artists from all over New England and the Province of Quebec, specifically of New England and/or the Eastern Townships. The jury has selected 103 paintings by 75 artists this year. After the exhibit is installed, another single juror awards the prizes, funded by the Mary and Alden Bryan Art Fund of the Vermont Community Foundation, announced at the September 9 reception. An Artists Roundtable featuring four of the exhibiting artists takes place on Sunday, September 9 at 1:00 PM, followed by a reception in honor of all the artists from 2:00 – 4:00 PM. The public is invited to attend. Also running September 6-November 4 will be *Location, Location, Location*, an exhibit of works by gallery founder Alden Bryan (1913-2001) and six contemporary artists who returned to Bryan's specific locations, repainting scenes as long as 75 years later. The locations include views in Stowe, Waterville, and Pleasant Valley in Cambridge. Bryan Memorial Gallery will host a two-day cultural trip to Rockport and Gloucester, Massachusetts this fall. The trip, facilitated by the gallery and Goodspeed and Bach Travel (Burlington), will feature art, music, and historical sites and events. It will take place Sunday-Monday, October 14-15. Special features of the trip's first day will include an afternoon performance at the famed Shalin Liu Center for the Performing Arts in Rockport, by the Chamber Music Society of Lincoln Center. The performers will provide a pre-concert introduction to the music in Rockport Music's brilliant auditorium. The second day will be devoted to the art history of the area, including a visit to the Rockport Art Association, conversations with esteemed artists, and side trips to iconic locations for painters. The special art relationship that exists between Cape Ann, MA and Jeffersonville, VT will provide several unique vistas and viewpoints. A bus tour of the Cape Ann area will drive by several historic locations including the Hammond Castle, the Sleeper House, Gloucester Harbor, and Bear Skin Neck. Accommodations are at the Rockport Inn, and travel is by deluxe coach, picking up passengers in Burlington, Jeffersonville, Montpelier, and White River Junction. Goodspeed and Bach's Deb Flanders and Bryan Memorial Gallery's Mickey Myers are the hosts and tour guides. Meals are included. Bryan Memorial Gallery, 180 Main St., Jeffersonville. Hours: until October 8, open daily, 11:00 AM – 5:00 PM; after October 8, open Thursday-Sunday, 11:00 AM – 5:00 PM, and by appointment at any time. There is no admission charge. Information: 802-644-5100 or [www.bryangallery.org](http://www.bryangallery.org).

Fall colors are truly the best in Vermont, but when they come to Underhill Center it is even better. Join the St. Thomas Church Vision2020 Committee when they host a Fall Art Show Sale and Silent Auction in the Parish Hall on the weekend of Saturday, September 15 (9:00 AM – 4:00 PM) and Sunday, September 16 (9:30 AM – 12:30 PM). Invitations have been sent out to artists from all over Vermont to join us for this fundraiser. All monies will be used for the restoration of the church stained glass windows and installing an accessibility lift for the church. If you know a local artist or a new young artist who might want to showcase and sell their work, contact Donna Kunkel, 802-793-3735, or Sharon Leonard, 899-2513. We hope you will join us. Vision2020 is a committee of parish members that was formed this past year, to develop a three-year plan for the restoration of the church's stain glass windows, and install a lift in the church, so that the church become more accessible to the entire community. If you are a member of St. Thomas Church and would like to be on a committee, please contact Marilyn Fredrick at the rectory office, 899-4632.

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, enacted by the U.S. Congress in 1918, one of the first laws setting limits on what we could and could not do specifically with respect to migratory birds. 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](mailto:Museum@birdsofvermont.org) or 802-434-2167.

The Emile A. Gruppe Gallery presents *the Monet Mamas* in a new show titled *Here We Go Again Yah! Yah!*, with an opening reception on Saturday September 8, from 3:00 – 6:00 PM. Artists featured include Gerri Bloomberg, Pat Burgmeier, Judy Kelly, Mary Lou Marcussen, and Ellie

Morency. Show dates Thursday, September 6 through Sunday, September 30. *The Monet Mamas* are five friends whose passions for art run deep. As their name implies, they do not take themselves too seriously, but do approach their work with great intensity. All have studied painting in various media, in Vermont and in other parts of the world. Several had careers as art educators. They have had several group shows in Vermont. Individual members have exhibited in Vermont, Virginia, South Carolina, New York, Puerto Rico, and Norway. 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>.

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](http://www.VisionsofVermont.com).

Burlington City Art Center invites families to drop-in between 11:00 AM – 1:00 PM, every third Saturday (September 15) for free and fun art activities for the whole family, and create an original work of art using materials inspired by BCA exhibition artists. (Also on October 20, November 17, December 15.) Free and open to the public. BCA Center, 135 Church St., Burlington; 802-865-7166 or [www.burlingtoncityarts.org](http://www.burlingtoncityarts.org).

Upcoming Events & Workshops at the Milton Artists' Guild: Tuesdays, September 4 and 11, Fearless Fair Isle Knitting Class. To learn more about this and other workshops, please visit <https://www.miltonartistsguild.org/workshops>. The MAF Photography Group meets the fourth Wednesday of every month (September 26), 6:00 PM at the Art Center. There will be a monthly meeting of the Guild at the Art Center on Thursday, September 20, 10:00 AM – 12:00 PM. Milton Artists' Guild Art Center & Gallery, 199 U.S. Rt. 7 South, Milton.

At Helen Day Art Center, the 2018 Outdoor Sculpture Exhibition *Exposed* will run through Saturday, October 20. This is the 27<sup>th</sup> 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. Registration is open for fall after school classes for kids aged preschool through grade 6 as well as Pre-K Art Play drop-in sessions on the first Thursday of the month through February 7 for ages 1-4 with adult; details on the website. Helen Day Art Center, 90 Pond St., Stowe; [www.helenday.com](http://www.helenday.com); 802-253-8358. The gallery is open Tuesday-Saturday, 10:00 AM – 5:00 PM and by appointment.

Maize Meditation – For the month of September, artist Amanda Turner Pohan will transform the McCarthy Art Gallery at Saint Michael's College, Colchester into a library of archival materials documenting a timeline of corn cultivation, from the agricultural practices of members of the Koasek Traditional Band of the Koas Abenaki Nation of Vermont, to the rise of American agricultural biotech corporations. To mark the final year of harvest of the 66-acre cornfield leased from Saint Michael's by a local farmer, this project invites participants to attend an event in the gallery on the weekend of the fall equinox. This event will draw connections between Native agricultural practices and the techniques that produce the genetically modified corn consumed today. Saturday, September 22 at 4:00 PM there will be a participatory performance that will include consuming corn-based foods. It will begin in the McCarthy Art Center Lobby just outside the Gallery and conclude with a group walk to the cornfield where Abenaki corn will be served. We will begin the walk to the corn field located in the Saint Michael's Natural Area at 4:30 PM. Thursday, September 6: Artist Talk, 4:00 PM, 101 Chery Science Hall; followed by a Gallery Reception, 6:00 – 7:00 PM. Pohan (b.1985, New Jersey) received a BFA from The School of Visual Arts and an MFA from Hunter College in New York. Her work examines the ways in which technology and the body intersect. *Maize Meditation* looks at why and how biotechnology, a tool of biocolonialism, has affected the health and livelihood of Native and non-native bodies on the individual, social, and political levels. St. Michael's College, Colchester.

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

The Cathedral Church of St. Paul in Burlington presents a series of free (donations appreciated) *Tuesday noon series* concerts. September 25: Music for These Distracted Times. Jennifer Bower, organ, presents a diverse program of baroque music suited to the brilliant Wilhelm organ, juxtaposing melancholic themes and pieces inspired by political discord with soaring melodies of change. Featuring works by Bach, Froberger, Tomkins, and Scheidt. 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 United Methodist Church, Winooski, and VT Christian Music present *A 100 Year Celebration Christian Concert* on Thursday, October 11 at 7:00 PM featuring Tori Harper with hit song *Joy*, and local favorites *Over Orange Heights* and Jason O'Brian. Tickets starting at \$15 each are available by calling 802-355-3139 or online at <http://www.vichristianmusic.com/tori-harper-show/>.

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