

Summer at Mills Riverside Park

By Phyl Newbeck
Special to the Mountain Gazette

It's summer and Mills Riverside Park is alive with community events including the annual music series and the weekly farmers' market. Additionally, the Vermont Land Trust (VLT) will come to the park in August as part of the celebration of their fortieth year of helping to conserve important properties across the state.

Mills Riverside Park is a 216-acre parcel including land in both Jericho and Underhill. It was purchased in July of 1999 by the Jericho Underhill Land Trust (JULT), which donated an easement to VLT to ensure that it would be preserved in perpetuity. The following year, the Jericho Underhill Park District (JUPD) was formed to oversee the property. Members of the JUPD board are elected by residents of Underhill and Jericho. The park has over six miles of trails that go up the wooded hillside and wind through open meadows that provide a stunning view of Mount Mansfield. A portion of the park abuts the Browns River and there are a pond, athletic fields, an offleash dog area, and a pavilion that can be rented for special events.

The summer music series at Mills actually predates the existence of the park since it started as a way to raise money for the purchase of the land. In the early days, musicians played on a tent platform with generators surrounded by hay bales for electricity. The Jericho Underhill Lions Club raised money to erect the pavilion, which now provides shelter for the musicians. JUPD President Livy Strong said she is consistently amazed at the number of talented local musicians who are interested in playing at the park.

This year, there will be five free Wednesday concerts with performances starting at 6:00 PM and concluding at 8:00 PM. Concerts are cancelled if thunderstorms or heavy rains are in the forecast. The JUPD board likes to give new musicians the opportunity to take the stage so this year, only two of the five bands are veterans of the series. The concerts start on July 5 with the music of King Me, a perennial favorite at the park. The fivepiece Underhill-based band plays acoustic and electric rock and roll covering a range of several decades. On July 12, the Duncan Macleod Blues Band will take the stage, playing a combination of classic and modern blues. They will be followed by Front Porch Foursome, a local folk and contemporary band known for their harmonies. The Straggles will grace the stage on July 26 with a combination of bluegrass, vintage country, Americana, and classic rock, and the season will end on August 2 with *Shellhouse* which covers songs by artists including Van Morrison, Tom Petty, John Hiatt, Bob Dylan, The Band, Eagle Eye Cherry, and Warren Zevon as well as original tunes.

Concerts held on good weather evenings can attract hundreds of people. One of the attractions is that children have the opportunity to run around the field, climb trees, and visit the pond without leaving the watchful eyes of their parents. Families spread out over picnic benches or blankets to enjoy an al fresco dinner with the music. "It's a great way for families and neighbors to get together and socialize," said Strong. Concerts are free but donations are accepted to help defray the costs.

Mills Riverside Park is also the site of the Jericho Farmers' Market, which runs every Thursday from 3:00 – 6:30 PM, from June through September. Initiated roughly 15 years ago by Laury Shea and Bob Hall, who were the owners of Clay Brook Farm on Old Pump Road in Jericho, it had a modest start with just a handful of members. This year, Elizabeth King has taken over the reins of the market from her mother Kelly who was in charge for many years. The market has 20 to 25 vendors with an eclectic mix of produce, meats, prepared foods, and local crafts. Roughly half have been attending for at least three years and a few have been with the market from the very beginning. In addition, there are some day vendors who come to test whether their product is a good fit for the market. Each week a different local musician or group entertains the crowd. 2017 also marks the second year that the Essex-Jericho-Underhill Food Shelf has had a table at the market on the third Thursday of every month, collecting excess produce and money to provide sustenance for our neighbors in need. While it is impossible to estimate how many people stroll through the tables, King does an occasional spot count, which can show over 100 people at a time on

On August 5, the Vermont Land Trust will host part of their 40th anniversary celebration at Mills Riverside Park from 10:00 AM – 12:00 PM, an event which is open to the public. VLT staff members and JULT board members will be on hand for a walk through the park. Bob Heiser, VLT's Champlain Valley Project Manager, is happy to be including the park in the non-profit's celebration. "Mills Riverside Park is just a great example of how a community can rally together to save a treasured piece of land," he said. "It is so highly valued for such a wide variety of public uses, it is really a great illustration of our work across the state to help communities create and protect public lands."

Entrepreneurial MMU grads earn WSBA scholarships

By Angelike Contis WSBA Silent Auction Co-Chair

The Western Slopes Business Association (WSBA) is proud to announce that Sofie Carfaro and Nate King are the recipients of this year's WSBA Entrepreneur Scholarships. Each of these graduates of the Mount Mansfield Union High School (MMUHS, Jericho, VT) Class of 2017 was awarded a check of \$1800 towards their future studies at DePaul (Chicago) and Montana State universities, respectively.

It was a tough decision for the WSBA Scholarship Committee due to the strength this year's applicant pool, but Sofie and Nate stood out for meeting our main criteria of combining a long record of community service with a proven entrepreneurial track record. Richmond's Sofie founded the *Inconceivable Theatre Company*, and Underhill's Nate launched a *Boys on Bikes* afterschool program for elementary school.

Both received glowing recommendations from MMUHS and people in the local community, but here is a glimpse at their great promise, in their own words. Sofie writes in the first line of her application: "I aspire to be a theatre director and run my own professional theatre company that focuses on activism once I graduate college." And Nate shared the following with the WSBA committee in his application: "Starting my own business is something I've always thought about, and my hope is that over the next four years I will acquire the knowledge and skills to make my dream a reality."

Sofie was graduated magna cum laude from MMUHS. She balanced work at Richmond Market while appearing in 16 school theatre shows in middle and high school. Proceeds from plays of the

youth-run *Inconceivable Theatre Company* have benefitted Women Helping Battered Women and Our Community Cares Camp. She has also volunteered at Richmond's Friday Food Affair.

Nate, for his part, is already an accomplished outdoorsman, taking a lead as the captain of the cross country running and Nordic skiing teams in both his junior

and senior years. In the past, he has worked at the Jericho Country

Store and run his own mowing/yard work business. His volunteer work also includes volunteering at Special Olympics and freshman orientation.

WSBA (formerly RABA) is committed to helping exceptional MMUHS grads face the ever-increasing costs of further studies; this year, the scholarship amount increased to \$1800 from \$1500 last year. The funds are

raised entirely from the WSBA Richmond Holiday Market's Silent Auction in December. Thanks to the dozens of local businesses and individuals, as well as the hundreds of auction bidders who made the two scholarships possible.

To find out more about the Western Slopes Business Association, or to volunteer your time, products, and/or services to the Silent Auction, visit www.westernslopesvt.org.

PHOTOS CONTRIBUTED

Community celebrates Copley's new surgical center Wide eyes, bright smiles, and several yards of blue ribbon marked

two milestones for Copley Hospital and more than 200 community members on Wednesday evening, June 21. They were on hand to celebrate the James and Mary Louise Carpenter Surgical Center and the completion of the largest successful capital campaign in the hospital's history. The ribbon cutting ceremony was held almost three years to the day after the hospital announced plans to build a new Surgical Center.

Copley Hospital President Art Mathisen started the festivities, thanking community members for their support of Copley. He shared how extraordinarily supportive the community is, how important it was for a community hospital, and how this support further fueled Team Copley to continue striving for excellence. He thanked Copley's staff, across all disciplines, for not losing sight of the compassionate, caring side of medicine. "It's extraordinary care," he said. "And it is every day here at Copley. I'm so proud of Team Copley and am delighted that the new Carpenter Surgical Center is a facility that reflects your commitment to exceptional patient care."

James and Mary Louise Carpenter Surgical Center

"The Board, Staff, and patients of Copley are deeply grateful to the anonymous donor who made a transformative gift to Copley in honor of Rev. James and Dr. Mary Louise Carpenter," said Leah Hollenberger, Copley Hospital Vice President of Community Relations, when discussing the capital campaign for the new surgical center. "The donor commented when they made the gift that just about everyone they knew had come through the doors of Copley. Naming the center in honor of Jim and Mary Louise reflects their commitment to service above self and their love for this wonderful community."

The Carpenters were summer residents of Greensboro since the mid-1960s and their extended family maintains ties to Greensboro to this day. James Carpenter was an Episcopal priest and professor of theology at General Theological Seminary in New York City and the founder and director of The Center for Jewish-Christian Studies and Relations. He passed away in 2013.

Dr. Mary Louise Dunbar Carpenter, his wife, was a research psychologist at the Bronx (NY) Psychiatric Center and the Nathan S. Kline Institute for Psychiatric Research in Orangeburg, NY. She passed away in 2005.

Largest, Most Successful Campaign in Hospital's History

Hospital trustee Senator Rich Westman recognized the Copley Hospital Auxiliary for its extraordinary role in the Campaign for the New Surgical Center. The Auxiliary made the first gift to the capital campaign; a pledge of \$60,000 payable across three years. The Auxiliary fulfilled the pledge in 18 months. They then offered a challenge grant in the Fall of 2016, which helped raise more than \$200,000. "This spring, the Auxiliary offered a matching grant, a grant that, when met, would help Copley successfully end the capital campaign," said Westman. "I am happy to inform you that the Copley Hospital Auxiliary will make the last official gift to the capital campaign." Westman announced that the campaign for the new surgical center was the hospital's largest and most successful capital campaign in its history. Community members donated \$3,217,329 toward the new surgical center, exceeding the campaign goal of \$3.2 million.

In addition to the Copley Hospital Auxiliary, Union Bank was recognized for their support of the project, having made a lead gift to the capital campaign. Recognition was also given to the Lucy Downing Nisbet Charitable Fund, Bank of America, N.A. Co-Trustee for their generous support of the new surgical center.

Volunteers Henry and Lanny King, of Greensboro, and John and Julie Egenberg, of Stowe, were recognized for their work with the



Copley Hospital Trustee Nancy Putnam, VP of Community Relations Leah Hollenberger, Board Chair Lainie Nichols, Chief of Surgery Dr. Bryan Huber, Senator Richard Westman, and CEO Art Mathisen cut the ribbon to the James and Mary Louise Surgical Center at Copley Hospital. Community members contributed more than \$3.2 million toward the new surgical center, making it the most successful campaign in the hospital's history. The new surgical center replaces the hospital's nearly 40 year old surgical facilities. Construction of the center is in the final stages. It will be followed by system testing, staff training, and terminal cleaning in the new facility to ensure quality care and patient safety. During this period, surgeries will continue to be performed in the hospital's current operating rooms. The ribbon-cutting ceremony was held in advance to allow community members the opportunity to tour what would otherwise be a PHOTO CONTRIBUTED restricted area.

Capital Campaign Committee. "Thank you for investing your time and your talent in Copley," said Hollenberger. The nurses station in the Carpenter Surgical Center is named in honor of the Egenbergs and the Kings are recognized by the entrance into Pre-Op.

Senator Westman, on behalf of the Board of Trustees, acknowledged that the capital campaign, launched in 2013, spanned the tenure of two board chairs and that the two leaders were also instrumental on the Capital Campaign Committee. "Current board chair Elaine "Lainie" Nichols and former board chair Nancy Putnam were an incredible tag team, working seamlessly. We want to thank them for their extraordinary leadership."

The James and Mary Louise Carpenter Surgical Center was designed by architects Freeman French Freeman and constructed by the ReArch Company, with assistance from L.N. Consulting. Construction of the center is in the final stages. It will be followed by system testing, staff training, and terminal cleaning in the new facility to ensure quality care and patient safety. During this period, surgeries will continue to be performed in the hospital's current operating rooms. The ribbon-cutting ceremony was held in advance to allow community members the opportunity to tour what would otherwise be a restricted area.

The James and Mary Louise Carpenter Surgical Center replaces the existing operating rooms which were built nearly 40 years ago. The new facility includes three operating rooms, one procedure room, central sterile and processing, pre-operative and postoperative beds, a dedicated waiting area for families, a consultation

Copley continued on page 2

COMING EVENTS

Saturday, July 8

Annual Butterfly and Bug Walk, 10:00 AM 12:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Discover little things with wings, and before they get their wings! Join VT Entomological Society naturalists and entomologists to explore the Museum grounds. Bring binoculars, magnifying glass, and an insect net if you have one. Pack a lunch if you'd like to picnic after the walk. If raining on the day of the walk, please call to see if we have rescheduled. Free! Donations welcome. More information: 434-2167, museum@birdsofvermont.org, www.birdsofvermont.org.

Sunday, July 9

Who Walks These Woods with Mike Kessler, 1:00 – 3:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Explore the museum's diverse landscape wile learning to discover and become a part of the inexhaustible stories of the wildlife that live and play around us, with UVM tracking instructor Mike Kessler. Second Sundays May-October. Open to all 7 and up; free with Museum admission; limit 15 walkers, please pre-register. More information: 434-2167, museum@birdsofvermont.org, www.birdsofvermont.org.

Tuesday, July 11

Lamoille Chamber of Commerce Breakfast **Meeting**, 7:30 – 9:00 AM, Maple House Inn, 103 Maple St., Morrisville. Guest speaker Kathryn Van Haste, Director of Health Policy with Senator Bernie Sanders' office. Also, Lamoille Economic Development Corporation John Mandeville will present about Road Pitch, a program designed to connect entrepreneurs and investors and advisors. New member Cambridge Arts Council will be introduced. Free to members: non-members \$12. Registration encouraged. For more information, www.LamoilleChamber.com or contact 802-888-7607, Deborah@lamoillechamber.com or Jen@ lamoillechamber.com.

Wednesday, July 12

The Jericho Center

begins at 9:00 AM.

Parade, and more!

Rt. 15 in Jericho.

Pet Parade is coming!

Come All Creatures GREAT and small, to the second annual Jericho Center Pet Parade

There are goodies for all! Prizes for Most

Starts at the corner of Plains Road and Browns

on Saturday, July 22 at 10:00 AM. Registration

Fashionable, Most Crazy, Dynamite Duo, Best of

Trace. It ends with a celebration on the Jericho

Center Green. Come march in the fun or be a

spectator from the sidelines. Questions? Contact

The Jericho-Underhill Lions are holding a Food

From The Heart food drive on Saturday, July 8 at

the Jericho Market and Dollar General. We'll be

at the Jericho Market from 9:00 AM - 3:00 PM,

and Dollar General from 9:00 AM - 2:00 PM.

Summer is the slowest time for food donations,

and a difficult time for families in need. Food and

monetary donations are welcome. All donations

University of Vermont (UVM) Extension, Lake

Champlain Sea Grant, and ECHO Leahy Center

for Lake Champlain will host three Summer on

the Lake educational boat cruises in July and

and education vessel, the R/V Melosira, to learn

about the geologic, cultural, and historical aspects

of Lake Champlain and its watershed. Trips will

focus on one of two themes, Stories of Lake

The public is invited aboard the UVM research

Andrea, 899-2366 or andreahook@aol.com.

Lions to sponsor Food

From The Heart drive

Bastard Republic: Encounters Along the Tattered Edge of Fallen Empire, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Tyrone Shaw for a discussion of his new book, a compelling mix of memoir, reportage, history, and travel writing. This collection of immersion essays takes us inside two of the defining developments of the 20th century – the collapse of communism in Europe, and the implosion of the Soviet Union - and accomplishes what facts alone cannot by drawing

us into the lives of people propelled towards a future of sudden, rough transformation. Free. Information: www.phoenixbooks.biz or 448-3350.

Thursday, July 13

An evening of poetry, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join us for a reading with Tony Whedon, Barbara Murphy, and David Cavanagh. Tony Whedon's new book The Hatcheck Girl vividly describes border crossings where language, and states of consciousness collide. Barbara Murphy's Almost Too Much both tactfully and relentlessly interrogates our human experience in these dehumanizing times. The poems in David Cavanagh's Straddle explore the perils and possibilities in living on borders, both physical and psychic. Proceeds from ticket sales go to VT Foodbank; \$3 per person includes a coupon for \$5 off a book by one of the featured authors. Coupons expire at closing the evening of the event. Information: www.phoenixbooks.biz or 448-3350.

Friday, July 14

Contra Dance, 8:00 PM, Shelburne Town Hall, 5376 Shelburne Rd., Shelburne. Queen City Contras' regular dance with music by Colin McCaffrey and Friends; caller Laurel Thomas. All are welcome, all dances taught, no partner or experience necessary. Beginners' session 7:45 PM. Please bring clean, soft-soled shoes for dancing. Adults \$9; under 12 free. Information: 802-371-9492 or 802-343-7166; or www. queencitycontras.org.

Saturday, July 15

Besieged, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Kevin Hearne, author of the New York Times bestselling Iron Druid Chronicles, for a talk on Besieged, his new collection of stories starring 2000-year-old Irishman/Druid Atticus O'Sullivan. This hilarious and action-packed urban fantasy is set in a modern world in which all the gods of every pantheon are alive and well, as in American Gods; its hero is a smart-mouthed, butt-kicking magician. But it's told in a witty, unforgettable voice that's all Kevin Hearne. Proceeds from ticket sales go to VT Foodbank; \$3 per person includes a coupon for \$5 off the featured book. Coupons expire at closing the evening of the event. Information: www.phoenixbooks.biz or 448-3350.

Monday, July 17

throughout the state.

Avenue last summer.

annual club project since 2009.

NEWS BRIEFS

An evening of poetry, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join us for a reading with Tony Whedon, Barbara

Burlington Garden Club

The Burlington Garden Club has received

notification of three Certificates of Merit Awards

from the Federated Garden Clubs of Vermont

(FGCV), which is comprised of 17 garden clubs

the annual planting and maintenance of two

gardens at the Ronald McDonald House on

Winookski Ave., Burlington, which has been an

The second award acknowledges the club

members work in the Grandma and Grandpa

garden and eight other nearby beds in Wheeler

Garden Park on Dorset St., S. Burlington. The

Growing Young Gardeners program plants,

maintains, and harvests vegetables weekly during

the summer. Over 1080 pounds of vegetables was

distributed to the Food Shelf on North Winookski

of the many projects involving actual membership

participation that benefit the community and meet

the goals and objectives of the National Garden

Champlain (July 17, 9:30 - 11:30 AM) or Life

Underwater (August 17, 9:30 – 11:30 AM and August 23, 5:30 – 7:30 PM). Participants must be

Rubenstein Lab/Echo Building at 3 College St.

in Burlington. The cost is \$25 per person. The

minimum age to participate is eight years old. For

more information and to register, visit www.uvm.

All trips depart from the south side of the

at the boat 15 minutes prior to departure time.

Clubs through the Annual Program Booklet.

The third award was the format and structure

The first award for garden therapy recognizes

receives merit awards

Murphy, and David Cavanagh. Tony Whedon's new book The Hatcheck Girl vividly describes border crossings where language, and states of consciousness collide. Barbara Murphy's Almost Too Much both tactfully and relentlessly interrogates our human experience in these dehumanizing times. The poems in David Cavanagh's Straddle explore the perils and possibilities in living on borders, both physical and psychic. Proceeds from ticket sales go to VT Foodbank; \$3 per person includes a coupon for \$5 off a book by one of the featured authors. Coupons expire at closing the evening of the event. Information: www.phoenixbooks.biz or 448-3350.

Thursday, July 20

All Our Waves Are Water, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Jaimal Yogis and Arnie Kozak for a conversation "Insightful. Yogis' new memoir. contemplative, and eloquently written, Yogis leaves us to realize that life isn't about that elusive end goal of understanding humanity; it's about the risks we're willing to take in our journey to get there," says Reza Aslan. Jaimal Yogis is also the author of the memoir Saltwater Buddha, which has been made into a feature documentary film, and The Fear Project. Proceeds from ticket sales go to VT Foodbank; \$3 per person includes a coupon for \$5 off the featured book. Coupons expire at closing the evening of the event. Information: www.phoenixbooks.biz or 448-3350.

Saturday, July 22

Annual Jericho Center Pet Parade, registration 9:00 AM, parade 10:00 AM, from the corner of Browns Trace and Plains Rd.,

Jericho, to Jericho Center. Goodies for all! Prizes for Most Fashionable, Most Crazy, Dynamite Duo, Best of Parade, and more! Come march or watch! Questions? Contact Andrea, 899-2366 or andreahook@aol.com

Roast Turkey Supper, 5:00 - 6:00 PM, Binghamville United Methodist Church, Fletcher. Roast turkey with stuffing, mashed potato and gravy, vegetables, cabbage salad, rolls, cranberries, pickles, and dessert. Adults \$10, children under 12, \$5. Call 849-2120 to reserve

Wednesday, July 26

Tales and Treasures of Essex, 7:00 PM, Memorial Hall. Towers Rd., Essex Center. In this Essex Community Historical Society event Susan Ouellette, St. Michael's College professor of history and author of An Extraordinary Ordinary Woman: The Journal of Phebe Orvis, 1820-1830, will present a talk about her experience researching this diary and how historical societies play a vital role in making such project possible.

Saturday, July 29

Bird Monitoring Walk, 7:30 - 9:00 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. All birders welcome to walk in forest and meadow. Free; please preregister. More information: 434-2167, museum@ birdsofvermont.org, or www.birdsofvermont.org.

Sunday, July 30

Ice Cream Social and Band Concert, 6:30 PM, Binghamville United Methodist Church, Fletcher. Featuring the Fletcher Fairfax Westford Band. Come and bring a friend, a chair or blanket, and enjoy a cone, a sundae, or a banana split.

COMMUNITY COLUMNS

Breathe more easily in dealing with breath holding spells

By Lewis First, MD

Chief of Pediatrics at UVM Children's Hospital Parents have been holding their breath waiting for me to tell them what to do when their young

children have what we call "breath holding spells," especially when they get angry. I don't want anyone to get blue in the face over this topic, so let me provide some information.

Breath holding is a fairly common behavior in most toddlers. About five percent of healthy, breath-holding toddlers will get so upset that they exhale forcefully and then decide not to breathe to the point they may turn blue or pale and literally fall to the ground limp, sometimes even with shaking of the arms and legs. We call this type of episode an "official" breath holding spell.

Though these episodes are extremely scary to watch, they resolve quickly. Within 30-60 seconds a child will catch their breath and begin to cry. These spells are usually an involuntary response to strong emotions, such as being angry or frustrated. Rarely has a spell been associated with a seizure disorder or heart problem. Breath holding spells are rare before six months of age, peak at the age of two and then disappear by age

If your child has a breath holding spell, lay your child flat on the floor to increase blood flow to the brain. If they start to throw up as they regain consciousness, roll them over onto their side so they don't start choking on what's coming up.

After your child recovers, which usually happens within seconds, it is good to speak with your child's health care professional to make sure that your child has had a typical breath holding spell as opposed to their having a more serious problem involving the brain or heart. Sometimes being anemic due to low iron stores can contribute

The most important thing a parent can do is figure out what provokes these spells and try to prevent them. For example, say a child gets angry because they don't want to leave the playground when you need to. Try distracting them with a sudden appearance of their favorite stuffed animal. That may be all it takes to prevent the full-blown tantrum and breath-holding spell from occurring.

Once you know it is a breath holding spell, stay relaxed. Give your child a hug when it's over and go about your business. If you are frightened, don't let your child know it. It's possible they will do this more frequently to get their way or seek your attention.

Hopefully tips like this will allow you to breathe more easily the next time your child has a breath holding spell.

The Old Woman and Sue go to church

By Sue Kusserow

Special to the Mountain Gazette

It became clear to me, when writing an essay for The Old Woman series, that I was comfortable with topics that developed her daily activities from her rather lonely but humorous viewpoint. She was able to stand back, observe from a different parameter than L and write what she thought, without the requirement of truth. Whimsy, defined as: "idle notion, quaint, fanciful humor" was a good definition of her style. But, when it came to The Old Woman Goes to Church the topic became much deeper than her trips to cery store or the bank I was less able to pretend to be both author and self, reporter and subject. There was too much of my soul in the

way... too many questions over too many years. And there were no neat answers and not much that could be softened with a bit of humor. So, I decided that I needed to write this essay for myself alone; The Old Woman is on her own!

"Sometimes it is necessary to re-teach a thing its loveliness." – Galway Kinnell

Sue goes to church

I haven't been here in a while. It was part of my youth, a routine that marked the week, the last "free" day before school started. I believed most of what I heard, but some was too mysterious for a child who hadn't developed enough faith de through it without question. Th were fun... like many of the primer books of my

The Old Woman continued on page 3

Copley continued from page 1 ·

room for physicians and family members, and expanded space for storage and support services. The Carpenter Surgical Center is located off the hospital's main lobby; just inside the hospital's Main Entrance and directly across from the Emergency Department.

The next phase of the three-phase construction

project includes renovations to the outpatient Infusion Suite and repurposing of the space currently used by Surgical Services for the Birthing Center and to expand the Cafeteria. The entire construction project should be completed by the end of 2017.

COLLEGE GRADUATES

Jessica Austin of Westford, VT graduated with a Bachelor of Fine Arts degree in Writing, Literature, and Publishing at Emerson College, Boston, MA on Sunday, May 14, 2017.

Molly Hogan of Cambridge, VT graduated

from Castleton University, Castleton, VT on Saturday, May 13, 2017 with a Bachelor of Science in Business Administration.

Daniel Parker of Westford, VT graduated from Castleton University, Castleton, VT on Saturday, May 13, 2017 with a Bachelor of Science in

Taylor Peters of Cambridge, VT graduated from Castleton University, Castleton, VT on Saturday, May 13, 2017 with a Bachelor of Science in Sports Administration. Danielle Russin of Westford, VT graduated

cum laude from Castleton University, Castleton, VT on Saturday, May 13, 2017 with a Bachelor of Science in Health Science.

Allison Sibley of Jericho, VT graduated from Castleton University, Castleton, VT on Saturday, May 13, 2017 with a Bachelor of Arts in Criminal

Haley Spittle of Waterbury, VT graduated from Castleton University, Castleton, VT on Saturday, May 13, 2017 with a Bachelor of



Educational boat trips teach about Lake Champlain



Foster grandparent Rose Baker Johnson, age 77 interacts with PHOTO CONTRIBUTED

Foster Grandparent, RSVP programs seek volunteers

By Danielle Williams

Coordinator of Volunteer Recruitment RSVP and Foster Grandparent Programs

My name is Danielle Williams, and I began my role as the Coordinator of Volunteer Recruitment almost one year ago. I recruit volunteers ages 55+ who are interested in making a difference in their community. This position is very important to me, as I have been a part of nonprofit organizations for many years and know how instrumental volunteers are to making a community a better place!

Do you have the time and energy to spend at least 15 hours per week with children in a classroom? Foster Grandparent volunteers receive a small non-taxable hourly stipend, free daily meal at site when available, supplemental insurance, and paid time off. There is an income eligibility requirement for Foster Grandparents, but if you do not qualify we can connect you with RSVP!

RSVP recruits, matches, trains, and supervises volunteers for our programs that address specific community needs in education, income and health. We also partner with non-profit agencies that have good volunteer management practices, meet critical community needs, and welcome the life experience, talents, and expertise of RSVP volunteers.

Are you part of a business, club, school or organization that would be interested in learning more about our programs? I speak at rotary meetings, churches, nonprofits, senior housing facilities, and more. I would be happy to come to you!

Want to learn more? Please contact me at daniellew@ unitedwaynwvt.org or 802-861-7821.

ONGOING EVENTS

ADULT ACTIVITIES

The Clutter Barn in Underhill Flats will accept donations on Saturdays, July 8, 15, and 22, August 5, 12, and 19, and September 2 and 9, with Tag Sales on Saturdays, July 29, August 28. Open during Harvest Market Saturday-Sunday, September 23-24.

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

The Vermont Genealogy Library in Fort Ethan Allen, Colchester has the resources to help you find those elusive ancestors. We are open every Tuesday from 3:00 – 9:30 PM. We continue to be open every Tuesday. Please see our website www.vtgenlib.org for more information including

directions and how to contact us if you are visiting the area.

Toastmasters of Greater Burlington, 2nd and 4th Wednesdays, 7:00 PM, Holiday Inn, 1068 Williston Rd., S. Burlington. Do you want to develop your speaking and leadership skills? Ace an interview? Ignite your career? If so, Toastmasters of Greater Burlington is the place for you. You'll find a supportive learn-by-doing environment that helps you achieve your goals. For information, 802-782-4832.

Eagles Auxiliary #3210 holds bingo at the club house, VT Rt. 109, Jeffersonville, Friday nights. Doors open at 5:30 PM. Bingo starts at 6:45 PM. For information, contact Sally, 644-5377.

Handbell ringers, Tuesday evenings, United Church of Underhill. All are welcome at rehearsals. Two ensembles; opportunity for small groups/ shorter time periods. We ring a variety of music in a variety of settings and look forward to new faces joining us. Beginners welcome. Call Amy, 899-2154, for information.

Mount Mansfield Scale Modelers, 3rd Thursday of the month, 6:30 -8:30 PM. Modelers encompassing all categories of interest and skill levels are welcome. Brownell Library, Kolvoord Community Room, Lincoln St., Essex Junction.

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

HEALH EVENTS & GROUPS

Healthier Living with Diabetes – free six-week class at the Cambridge Health Center to learn self-management techniques to prevent low blood sugar, practice healthy eating, be more active, reduce stress, communicate effectively with your healthcare team, and more. Upcoming sessions will run Wednesdays, August 16-September 20, 2017 10:00 AM - 12:30 PM, and Wednesdays, April 18-May 23, 2018 2:00 - 4:30 PM. For information, contact Rorie, 644-5114.

La Leche League of Essex Junction – monthly breastfeeding support meetings, first Thursdays, 6:30 – 8:00 PM, Essex Free Library, 1 Browns River Rd., Essex Junction. Join us whether you are pregnant, nursing your first tiny baby, or weaning your last toddler. Free! We meet downstairs in the children's area.

Al-Anon meetings, Jericho United Methodist Church, Thursdays 10:00 AM, and Saturdays 10:00 AM.

Alcoholics Anonymous meeting, "Women's Big Book" group meets Thursdays 6:00 - 7:00 PM, United Methodist Church, VT Rt. 15, Essex Junction, across from Grange Hall.

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

Alzheimer's support group, monthly on the 3rd Wednesday, 9:30 – 11:30 AM, The Arbors, 687 Harbor Rd., Shelburne. Free education for individuals and families in the early stages of Alzheimer's disease and related dementias. For information and to register, contact Cathy

Brain Injury Support Group - a place for survivors and family members, caregivers, friends, and the community to receive valuable resources and information about brain injury. The support group is a place to share experiences in a safe, secure, and confidential environment. Evening group: first Wednesday of every month 5:30 – 7:30 PM at Fanny Allen Campus, 790 College Parkway, Colchester, follow the signs; daytime group last Friday of every month at the Department of Labor, 63 Pearl St., Burlington, 12:00 – 1:00 PM conference room A. Call the

BIAVT help line, 877-856-1772.

Autism - Vermont Healing Networrk, excellent autism resource 1-800-

Foot Clinics - Having trouble trimming your own toenails? Franklin County Home Health provides foot clinics around the county that can help.

Champlain Valley Prostate Cancer Support Group, 6:00 - 8:00 PM, 2nd Tuesdays, Hope Lodge, 237 East Ave., Burlington. Newly diagnosed? Prostate cancer reoccurrence? General discussion and sharing among

Lamoille Home Health & Hospice: Hospice Volunteer Training. Health care professionals share their knowledge and passion for hospice. Please

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

caregivers. Stories, songs, crafts, free play, local events and information, and more – an opportunity to play with the children in your life, meet other playmates, and connect with other parents and caregivers. Playgroups follow the school calendar. Come to any or all groups that fit your schedule. For information on any playgroup, contact Heather Lebeis, 899-4415 or underhillplaygroup@yahoo.com. Mondays: Good Shepherd Church, VT Rt. 15, Jericho, 9:30 – 11:00 AM; Wednesdays: Richmond Free Library, 8:45 – 10:15 AM; Fridays: Huntington Public Library, 10:00 AM – 11:30

Early Literacy Storytime, Thursdays, 11:00 AM, Westford Public Library. Stories and activities using early literacy concepts for ages birth-preschool. Drop-in; no registration needed. New families welcome. Information: Victoria, 878-5639 or westford_pl@vals.state.vt.us, or visit www.westford.lib.vt.us and click on Events @ Your Library.

Underhill on the 1st and 3rd Wednesday of each month. All seniors welcome. Dinner served at 11:30 AM. Information, Bette Workman, 899-4446, Loreen Teer, 899-1363, or Doug Keith, 899-2582.

Johnson Community Meal – 2nd and 4th Wednesdays of the month, 11:30 AM - 12:30 PM, United Church, Johnson. Come for a hot meal and get to know your neighbors. Meal followed by community gathering. Information: Ellen Hill, 635-1439, ellen.hill@jsc.edu.

Westford Senior Lunches – Join Westford Seniors for lunch at the Red Brick Meeting House on the Common, monthly on the 2nd Monday. Lunch, 12:00 PM; short meeting or presentation after. Call Carol Howrigan 878-

Bolton Up and Downtown Club meets the last Thursday of the month

Huntington senior meal site – The Huntington senior meals are served monthly on the 3rd Tuesday, 12:00 PM at the Community Baptist Church,

St. Jude's Church senior meals, Hinesburg, 2nd and 4th Tuesday of each month. Free bingo games afterward. Everyone welcome, including caregivers. Suggested donation \$4 per person. Information: Ted Barrette,

Thursday of the month, 11:30 AM. Call Brenda Boutin, 802-453-6354 for more information. All ages are welcome!

Church of Underhill, VT Rt. 15, Underhill Flats, 5:00 - 7:00 PM; and on the last Thursday of each month at Calvary Episcopal Church, VT Rt. 15,

TOWN GOVERNMENT & ORGANIZATIONS

Cambridge Area Rotary meets on 1st four Thursdays of the month, upstairs at 158 Main restaurant, Jeffersonville, 7:00 – 8:00 AM. Information: Susan Lassiter, 644-6600 or Slassiter@unionbankvt.com.

800-4005, vermont family network. org.

Call 802-527-7531 for an appointment and information. Cost: \$20.

survivors and those beginning or rejoining the battle. Information: Mary L. Guyette RN, MS, ACNS-BC, 802-274-4990.

contact Charlene, 888-4651 or ccamire@lhha.org for more information.

Playgroups free of charge and open to all children birth-5 years, and their

SENIORS/COMMUNITY MEALS

Jeri-Hill XYZ Seniors meet at the Catalyst Church on the Raceway,

3090 for information or for a ride.

at the Bolton Fire Station. Meal at 5:00 PM. Open to adults 60+. Contact Doris Wheelock at 434-3769.

Starksboro First Baptist Church senior meals, Starksboro, 4th

"Good Food for All" free dinners, 2nd Thursday of the month, United Underhill Flats, 5:00 – 7:00 PM. Everyone in the communities is invited.

The Old Woman continued from page 2 early years, they had a moral someplace.

In my beginning adult years, I knew my place within the small local Congregational church, mixed with the Methodists in order to keep both going. We split hymn books; one season we sang Methodist and the next, Congregational. I could sing and that helped my compulsive need to be useful... to both myself and my cohorts. I could bake. I could sort. I could, in the name of narrowing the gap among religions, learn from a Passover meal or a Hindu fast. I listened to preachers, most of whom matched their lives with their proselytizing. I could put on a bright green apron and sell plants at the Harvest Market. But I was fired from cheese slicing. The huge wheel of cheddar didn't split off into neat chunks. It took the skill of the old-timers who could eye-and-cut

more like the broken walls of the Coliseum. I bowed my head in a cooperative gesture, but I didn't pray... because my Doxology was sung to the rhythm of wind in the deep woods. A Wood Thrush was the best hymn I could possibly have heard. A truly exuberant sermon was preached by Mill Brook. My pace was my own. I could stop and examine the dappled leaves of a spring Trout Lily, with its drooping bells of yellow. Thus, I could catch my breath... and then lose it again in wonder. As a nurse. I had seen enough of death to question a moral code that had been handed to me in my youth, and that now needed to be re-composed. Death was an inevitable process, not a punishment. Both The Old Woman and I needed a credo that reflected our years

almost to the pound. My hackings ended up with the wheel looking

"The light changes. I will need more grace than I thought." –

Rumi

Religion is a release from self, I say to the Old Woman, by a visible declaration as part of a caring and yearning group. Faith is the soul, without need for socialized meetings and promptings. The lectern and the lake, the pulpit and the pines are complimentary, each in a unique moment for a unique need.

The Old Woman says Goodbye, and wishes me good luck in my future writings. She says she would be glad to pitch in, if I need any word-bending oxymora. I thank her profusely. She has been a big help! She plans to go to Iceland in October to see the Northern Lights. I admire her gumption and her dreaming. And I will take my pudgy dogs and my two walking poles to visit the deep woods and listen to the Wood Thrush sing.

"Beyond the ideas of right doing and wrong doing is a field. I will meet you there." - Rumi



Westford Fire Department, Mondays, 7:00 PM, at the fire station next to the town garage. Information: John Quinn, jquinninvt@aol.com. Jericho Village Water District Board of Commissioners meet on the

3rd Wednesday of the month, 7:00 PM, Old Red Mill, Jericho.

Jericho-Underhill Water District meets 1st Monday of the month, United Church of Underhill, Underhill Flats, 7:00 PM. Information: 899-4076 or 899-3810.

Jericho Historical Society, monthly on 2nd Thursdays, 7:30 PM, Old

Jericho Underhill Park District Board meeting, 1st and 3rd Wednesdays, 7:00 PM, Deborah Rawson Memorial Library project room, Jericho. Residents of Jericho and Underhill always welcome. Information: 899-

Jericho Energy Task Force meets monthly, 2nd Thursdays, 7:00 – 8:30

PM, Jericho Town Hall, VT Rt. 15, THRIFT SHOPS & FOOD

SHELVES Essex/Jericho/Underhill Food

Shelf, open 3rd Saturday each month, 9:00 – 11:30 AM, Good Shepherd Lutheran Church, VT Rt. 15, Jericho. Meat, dairy, produce, pantry items, pet food, and some non-food items. All are welcome.

Westford Food Shelf, open monthly, 3rd Saturdays, 8:00 – 10:30 AM, United Church of Westford. All are welcome. Fresh produce, meat, and non-food items available. The Heavenly Cents Thrift

Shop, just east of Five Corners, Essex Junction, VT Rt. 15, 10:00 AM - 3:00 PM Tuesdays and Wednesdays; 4:00 - 8:00 PM Thursdays.



Mountain High Pizza Pie Monday 4:00 - 8:00 PM

Tuesday - Thursday 11:00 AM - 8:30 PM Friday - 11:00 AM - 9:00 PM Saturday 11:00 AM - 8:30 PM Sunday

899-3718

4:00 - 8:00 PM

Route 15, Jeri-Hill Plaza **Jericho**

The Mountain Gazette

6558 VT Rt 116 Starksboro, VT 05487 (802) 453-6354 • mtgazette@earthlink.net

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Maximum 450 words; one letter per writer, per calendar month. Must be signed for attribution with writer's address and phone number.

> Send your news to mtgazette@earthlink.net

Area Worship Services

JERICHO CONGREGATIONAL CHURCH "An Historic Church Proclaiming an Eternal Message"

On the Green in Jericho Center, VT Senior Pastor David Coons and Youth Pastor Glenn Carter Sunday Services at 8 am & 11 am Nursery care provided Sunday School at 9:30 am for all ages Fellowship at 10:30 am

Youth group 6:15 pm Sundays in our Sunday school building Signing for the deaf upon request 899-4911; officejcc@comcast.net; www.jccvt.org

MOUNT MANSFIELD UNITARIAN UNIVERSALIST FELLOWSHIP

A liberal faith community standing on the side of love, as we explore truth and meaning, and work for social justice All are welcome.

Worship Services 9:30 AM, 2nd & 4th Sundays, September-June 195 VT RT 15, Jericho VT (red barn across from Packard Rd) 899-2558 www.mmuuf.org

ST. THOMAS ROMAN CATHOLIC CHURCH

"Worshiping God in Spirit and in Truth in the Holy Sacrifice of the Mass" On Green Street in Underhill Center Weekend Masses: Saturday 4:00 PM Sunday 8:30 AM Pastor: Rev. Christopher Micale

Deacon: Peter Brooks Religious Ed. Coordinator: Laura Lynch Wells, 899-4770 Parish Secretary: Theresa Gingras Phone: 802-899-4632, email: office@stthomasvt.com, Website: www.stthomasvt.com

UNITED CHURCH OF UNDERHILL

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

Health workshops sponsored by Northwestern Medical Center

Exercise

Cancer Exercise Rehab Group, ongoing every Tuesday and Thursday, 11:00 AM – 12:30 PM, NMC Rehab gym, Cobblestone Building. A physical therapy evaluation is required to assure that the client is able to participate. This class pinpoints the common needs of patients. This includes decreased range of motion, decreased strength, cancer related fatigue and lymphedema. Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist. Preregistration required; 524-1064 to register or for more information. Free for the first eight weeks, then \$40 for open gym

Prenatal Fitness, Wednesdays, 5:30 - 6:30 PM, NMC Wellness & Fitness Room. 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. Stephanie Preedom, AFAA. Pre-registration required; contact Stephanie, 802-288-1141 or stephanie.preedom@ gmail.com to register or for more information. Free to Northwestern OB/GYN patients.

Education

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-

VT Quit Partners Fresh Start tobacco cessation class, Wednesdays, 11:00 AM - 12:00 PM, NMC, Grand Isle Room; or Thursdays, 11:00 AM - 12:00 PM, Islands in the Sun Community Center. 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. Pre-registration required, call Chari, 524-8480. Free.

Support Groups

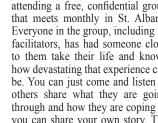
Healing Circle Cancer Support Group. A selfhelp cancer support group for women of all ages and lifestyles who have cancer. At our monthly meetings, we share information, offer each other support and comfort, and learn new things from speakers. We extend an invitation to any woman who has cancer, whether you are newly diagnosed or a long term survivor. Held the first Tuesday of every month, 4:30 - 5:00 PM socializing, 5:00 – 6:30 PM meeting, NMC Conference

Franklin Room. Please call 802-524-8479 with any questions or to

Have you lost a loved one to suicide? If 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. Second Thursday of every month, 6:00 - 7:30 PM. For more information on dates, times and location or to answer any questions you may have call Tony at 802-393-6503.

Chronic Disease Support Group Healthier Workshop – held at various locations and dates. Are you or someone you

RSVP (not required). Free.



know living with a chronic health condition? Then this 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. Pre-registration required; contact Deb Robertson, 524-1031 or drobertson@nmcinc.org. Free.

Grief and Recovery Support Group - Experiencing a loss can be painful to face alone. Franklin County Home Health's Grief and Recovery Support Group serves as a safe place to share feelings with others who are coping with grief. This support group is offered free of charge to anyone who would like to talk to others and help one another. It also provides a resource for grief education in our community. The group meets the first and third Wednesday of each month from 7:00 - 8:00 PM at the Franklin County Home Health office in St. Albans, 3 Home Health Circle. For more information and to pre-register, contact Lori Wright, 527-7531.

Shadows Of The Moon Autism Support Group - for 1:1 phone support, please call Cheryl, 802-868-3658, or Laura, 802-849-2817.

Alzheimer's Support group - This group for those with Alzheimer's and caregivers, family members, and friends meets the last Tuesday of each month at NMC in the Green Mountain Room from 6:00 – 7:00 PM. For information, contact Amanda Wilson, 527-7531.

Parkinson's Support Group - open to those with Parkinson's and their caregivers, including family and loved ones. Monthly meetings can provide an open forum to share experience with others who are coping with the disease, gaining education, and support. Second Tuesday of each month, 10:00 - 11:30 AM, Pillsbury Senior Community, 3 Harborview Dr., St. Albans. Wheelchair accessible. Free; pre-registration not required; for information, contact Pat, 802-524-5520 or Judy, 815-895-2312. Maternity

Free Monthly Events in Franklin and Grand Isle Counties for Pregnant and Breastfeeding Women: Breastfeeding Moms Group, first Wednesday of each month, 10:30 AM - 12:00 PM. Meet once a month for snacks, crafting activities, making baby blankets, and get information from the experts. Northwestern Counseling and Support Services Family Center. Preregistration required, call 393-6591. Free

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

Latch On! Discussion Group, third Saturday of each month, 10:00 AM - 12:00 PM. Learn about breastfeeding and share your stories. Enjoy light refreshments and connect with other moms. Northwestern Medical Center Family Birth Center. Free.

Baby Bumps Support Group for Mothers and Pregnant Women, second and fourth Tuesday of the month, 5:30 – 6:30 PM. 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 lead by an experienced pediatric Registered Nurse. This group is for both pregnant women and mothers. For more information, contact Rhonda Desrochers at Franklin County Home Health Agency, 802-527-7531. This program is presented jointly by Franklin County Home Health Agency, Northwest Counseling and Support Services, Northwestern Medical Center, and the VT Department of Health. Northwestern Medical Center Family Birthing Center. Pre-registration required, call Rhonda Desrochers, 802-527-7531. Free.

Miscellaneous

Foot Clinics. 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. Various locations. Pre-registration required, call Franklin County Home Health Agency, 802-527-7531 to schedule. \$20.

Who's Your Person, What's Your Plan? (End of Life lanning). We plan for all life's milestone birth, retirement. But few of us have plans in place for our end of life. And none of us can plan for the

unexpected. Do you know who you want to speak for you and make medical decisions for you when you can't do this for yourself? Everyone 18 years and older should have a Health Care Agent – your person to speak on your behalf. By completing an advance directive you can provide this information to your family and physician. Start this conversation with your family before you are in a health crisis. Information and materials to help facilitate your conversation are available at http://www.fchha.org/healthcareagent/ as well as www.starttheconversationvt.org. You can also call Franklin County Home Health Agency to learn more about completing an advance directive. We are also available to speak to community groups. Start the Conversation today. It's a gift.

MONTHLY - JULY 2017 Exercise

Movement for Parkinson's Disease. Friday, July 21, 10:00 – 11:15 AM. Movement for Parkinson's Disease is being offered for people with Parkinson's (wheelchairbound as well as able to stand participants), their care partners and/or others interested in participating. The dance class is designed to engage participant's minds and bodies through many styles of dance while exploring stretching, muscle strengthening, postural stability, and rhythm through instruction and energizing music. The class is offered in a relaxed social environment that emphasizes enjoyment, fun, and creativity, with an eye towards connecting with the community. No dance experience required. No charge, donation appreciated to cover transportation costs for instructor. Homestead at Pillsbury Manor. Registration/ info: 802-881-9673 or saramcm28@gmail.com (Sarah) or patrica_rugg18@comcast.net (Patty Rugg). Free.

Living Strong in Vermont Program (Light Strength Training). Tuesdays and Thursdays, July 11-September 28, 4:00 – 5:00 PM. This strength training course has been designed for those over the age of 40 to reduce the effects of osteoporosis, but participants of all ages are welcome. After age 40, we begin to lose a half-pound of muscle mass each year. By age 65, an inactive person has lost as much as one third of their muscle mass leading to frailty and increased risk of osteoporosis. Strength training can rebuild lost muscle and strength, while increasing bone density. Through a series of simple chair based or standing weight-bearing exercises, you will build bone and muscle strength. This is not an aerobics fitness program. Participants must have had a physical exam in the past year and will need their physician's approval to participate. Hawk's Nest Senior Housing, Community Room, St. Albans. Pre-registration required, call Lynne Marie 868-3748 to register or for more info. Free.

Maternity

Breastfeeding and You. Wednesday, July 12, 6:00 -7:30 PM. 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! NMC's Family Birth Center. Registration: Please call 524-7971. Free.

Support Groups

Healing Circle Women's Cancer Support Group. Tuesday, July 11, 4:30 – 6:30 PM. 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). NMC Conference Center Patio (Franklin Room in event of bad weather). Free.

Parkinson's Support Group. Tuesday, July 11, 10:00 - 11:30 AM. 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. The meetings will be held in the conference room next to the library on the first floor of the Pillsbury Senior Community at 3 Harborview Drive, St. Albans. There is wheelchair accessibility. This month: DVD and Group Discussion, Pillsbury Senior Community Information: Pat 802-524-5520 or Judy 815-895-2312.

United Way Volunteer Connection listings

By Sue Alenick, United Way Volunteer Columnist LEND A HAND. VOLUNTEER - United Way of Northwest Vermont's mobile-friendly Volunteer Connection search platform connects you to hundreds of volunteer needs with local nonprofits. Search by age, date, county or interest; find nonprofits by causes that are important to you. Now volunteers have even more ways to stay connected to community needs. Go to www.unitedwaynwvt.galaxydigital.com or contact us

at volctr@unitedwaynwvt.org or 860-1677.
SHOPPING SHUTTLE – United Way of Northwest Vermont is looking for volunteers, age 55 and older, for Green Mountain Transit's weekly supermarket shopping shuttle. Volunteers ride the shuttle to senior housing complexes and then to supermarkets, socializing with riders, supporting riders as they board and re-board, and helping with grocery shopping as needed. Choose a route Tuesdays (Hannaford for S. Burlington residents), Wednesdays (Price Chopper for Winooski residents), and/or Thursdays (Price Chopper for Burlington residents), 9:00 AM – 12:00 PM. Contact Leah Soderquist, 861-

7833 or leah@unitedwaynwvt.org.

JOIN THE CIRCUS! – Shelburne Museum needs volunteers to help with their Circus Palooza on Sunday, July 16 and with other upcoming events. Volunteers help run games, greet visitors, etc. A great way for young volunteers to earn community service hours for school and for families who want to volunteer together. Contact Laura Need, 985-0865 or Ineed@

shelburnemuseum.org. YARD SALE - KidSafe Collaborative of **Chittenden County** is holding its 14th annual Community Yard Sale at Champlain Valley Expo on Saturday-Sunday, August 12-13. Volunteers are needed starting Tuesday, August 8 to help collect and organize donated items, as well as to help during sale weekend (7:30 AM – 8:00 PM) and with clean up afterwards. Contact Tina Brimo, 863-9626, Ext. 102, or tinab@

kidsafevt.org.
HOSPICE VOLUNTEERS – Franklin County Home Health Agency will be holding training for Hospice volunteers beginning Tuesday, July 25 at their St. Albans office. The next 8-hour training session begins Tuesday, July 25 from 5:30 – 8:30 PM. Hospice volunteers provide respite for family members and companionship for the patient. The Agency is also looking for volunteers to staff venues at which their raffle quilt is being displayed during summer and early fall. Shifts of two hours or more. Contact Nancy Dulude, 393-6721 or info@fccha.org.

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DEBORAH RAWSON MEMORIAL LIBRARY, UNDERHILL

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

JERICHO TOWN LIBRARY

COMMUNITY PROGRAMS & EVENTS

YOUTH PROGRAMMING

New Service At Jericho Town Library! Individual Computer Tech Tutoring Sessions, by appointment only, Mondays 3:00 - 5:00 PM. Clif Hamel offers individual computer assistance to help you navigate the library's online resources, teach you how to use your PC or MAC, Internet resources, email, and more. Appointments are 30-60 minutes depending on your needs. Now scheduling Mondays (final appointment 4:00 or 4:30 PM). Schedule your appointment by emailing colleen@jerichotownlibraryvt.

All library programs are free and open to the public.

NEWS FROM THE JTL BOARD OF DIRECTORS

Board meetings are held the second Monday of every month at 7:15 PM at Jericho Town Library. Everyone is welcome to attend.

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

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE Story Hour and Crafts with LN, every Thursday, 10:00 – 11:00 AM.

Come hear stories from a gifted and talented storyteller, and she does a Weekly Crafting Circle, Mondays, 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.

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; thevarnum@gmail.com. Please visit Varnum Library's website, http://thevarnum.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 birth to preschool age children is every Thursday, 11:00 AM. No registration needed. 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

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

RICHMOND LIBRARY

Summer Reading Club: Every summer we join the VT Department of Libraries and libraries throughout Vermont and across the country in offering reading program materials around a common theme. This year's theme is Build a Better World! The summer reading program is for kids of all ages. Kids can stop by the youth librarian desk on the second floor to register for the club and to pick up their summer reading record.

Butterflies: Habits and Habitats with Jerry Schneider. This beautiful slide presentation will introduce children to eastern butterflies and the importance of creating and maintaining their habitat. After the show, children will create their own butterfly T-shirt using a combination of fabric dye spray, plants and butterfly cutouts. Ages 5-12. Please register in advance for this program on Thursday, July 6 at 1:30 PM.

LIBRARY NEWS

Down, Dog. Down! (Yoga for Kids): Stretch your body like a dog, roar like a lion, hop like a frog! We'll have fun doing animal yoga poses and discovering how we can move our bodies. We'll have time for relaxing and listening to a story, too. Ages 3-7. No registration required for this program on Friday, July 7 at 10:30 AM.

Outdoor Movie (Fantastic Beasts) & Ice Cream Sundaes: Join us for this imaginative PG-13 film set in a magical world before the era of Harry Potter. The wizarding community is under threat of discovery in the wake of something mysterious and destructive wreaking havoc in 1926 New York City. Make your own ice cream sundae to complete the evening! All ages. No registration required for this program on Friday, July 7 at dusk.

Music for the Young at Heart: Joanna May, a local teacher with the popular music program Music Together, will lead singing and music making with familiar tunes, new songs, movements, and rhythm instruments. Ages infant-8. No registration required for this program on Monday, July 10 at

Lego City: Join other Lego enthusiasts and build your own corner of one big city. Our Lego city will be on display for the rest of the month. Ages 5-12. No registration required for this program on Tuesday, July 11

Read to a Dog: Tippy is a Certified Therapy Dog. Tippy is friendly and cute and she loves anyone who reads her a story. Readers will gain confidence while they enjoy some private story time with Tippy. Tippy will gain praise and adoration. Sign up for a slot in advance or just drop by. Ages 4-12. Join us on Thursdays, July 13, 20, and 27 from 1:00 – 3:00 PM.

Whose Garden is it? We might think it is our garden, but without the many creatures that go to work every day out in the world, our gardens just wouldn't thrive. Who are these creatures and how can we keep them happy? Each child will plant and go home with their own little garden. Ages 5-10. Please register in advance for this program on Friday, July 14 at 10:30 AM.

Mother Goose Rhymes & Songs: Hey diddle diddle, we'll sing songs and riddles. Revisit all your old favorites and learn some new rhymes and bounces to recite with your little one. Ages infant-4. No registration required for this program on Mondays, July 17 and 24 at 10:30 AM.

Very Merry Theater presents You're a Good Man Charlie Brown (at the Volunteers Green). Vermont's only touring company for actors ages 6-15 will present this original musical. Fun for the whole family. No registration required for this program on Tuesday, July 18 at 12:00 PM

Egg-static with Birds of Vermont Museum: Why do birds lay eggs? How do bird eggs compare and contrast with the eggs of other animals? Explore the different conditions eggs must overcome and what adaptations promote egg survival. Participants will color their own egg to take home. Ages 5-10. Please register in advance for this program on Tuesday, July 25 at 1:00 PM.

Build a Birdhouse: Birds need homes too! Make a birdhouse from recycled materials. Each child will decorate their own birdhouse to take home. While we're creating, we just might read some books about our feathered friends! Ages 5-10. Please register in advance for this program on Friday, July 28 at 10:30 AM.

Perler Bead Crafts: Have you tried Perler beads? By placing small colored beads onto plastic molds, all kinds of shapes, patterns, and designs

are possible. Make a heart or star, a truck, a Star Wars character, or just a really cool design. An adult will fuse the beads with an iron, and everyone will go home with their creation. Ages 5-12. Please register in advance for this program on Friday, August 4 at 10:30 AM.

End of Summer Reading Program Pizza & Popsicle Celebration Party: Join fellow readers for games and a treasure hunt throughout the library in search of prizes, then celebrate a job well done with pizza and popsicles. This party is for kids who read books over the summer. Please register in advance for this event on Friday, August 11 from 11:00 AM - 12:30

Summer Books to Art: The Richmond Free Library is teaming up with Radiate Art Space located in the Town Center across the parking lot, to offer a creative, hands-on, book-meets-art summer program on Wednesdays at 10:30 AM. Ages 5-10. Please register in advance for the sessions of your choice by contacting 434-3036 or rfl@gmavt.net. • Only One You by Linda Krantz, July 5. Let your own unique personality shine through by creating pet rocks. Use paint markers to create your one-of-a-kind fish inspired by the story. • Sky Color by Peter Reynolds, July 12. See the world differently by using watercolors to paint a sky in various shades (without blue). Using a mask-off technique, birch trees will be revealed for a woodland scene. • Follow the Moon Home by Philippe Cousteau, July 19. Create your own turtle to 'rescue' by weaving a multicolored shell on a simple frame. Cute and colorful. • Something From Nothing by Phoebe Gilman, July 26. Re-cycle and re-purpose trash (the cardboard tube from a toilet paper roll, buttons, plastic caps, etc.) into a fun creature. • We're All Wonders by R.J. Palacio, August 2. Really look at the world around you and celebrate unique faces everywhere. Supplied with lots of google eyes, you'll have the chance to search out unique faces in your environment and "google-eye bomb" Richmond.

New Guessing Jar each week throughout the summer. Guess correctly (or close enough) and win

Art Cart: Look for it on the second floor. Create something unique or choose a puzzle or maze to work on. Available all summer.

Music with Mark Lemaire on Wednesday, August 9 at 7:00 PM. Mark's original music offers great guitar melodies, wonderful vocal harmonies and delightful songs. Donations welcome.

Do you use ListenUp Vermont? Their will be a new authentication method when logging in. In addition to the patron barcode, you will also need to enter your patron password. Details to follow but changeover will probably be by August 1.

July Art Show (continued from June) Richmond resident Nancy Sandblom will be sharing her grandmother, Lucile Judge Firey's landscape and portrait works in watercolor and oil. Luce passed away in 2004, but she painted throughout her life and taught art history at American University

July Display - Pop-Up Books, wonders of paper and printing engineering!

Book Discussions:

Tuesday, July 11, 6:00 PM: The School of Essential Ingredients by Erica Bauermeister. Synopsis: The story follows the lives of eight students who gather in Lillian's Restaurant every Monday night for cooking class. It soon becomes clear, however, that each one seeks a recipe for something beyond the kitchen.

Thursday, July 20, 6:00 PM: The Red House Mystery by A.A. Milne. Synopsis: The creator of such beloved storybook characters for children as Winnie-the-Pooh, Piglet, and Eeyore, A. A. Milne was also the author of numerous dramas, essays, and novels for adults, among them this droll and finely crafted whodunit. Sparkling with witty dialogue, deft plotting, and an intriguing cast of characters, this rare gem will charm mystery lovers, Anglophiles, and general readers alike.

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

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.

FAIRFAX COMMUNITY LIBRARY

All events are free unless noted. Pre-registration encouraged. Call or email libraryprograms@fwsu.org.

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

- · Birds of Vermont: free admission for one family (immediate family only). Seasonal.
- Echo Leahy Center: up to two adults and three youths with a co-pay of \$4 each. Year round. www.echovermont.org
- · Lake Champlain Maritime Museum: one family free entrance. Seasonal. www.lcmm.org
- · Shelburne Farms: free admission for one family to the walking trails and children's farmyard. Seasonal. www.shelburnefarms.org
- Shelburne Museum: half price admission for two adults and up to four children. Must show library card and driver's license along with the pass. Seasonal. https://shelburnemuseum.org/ • Vermont State Parks: free entry into state park day areas for up to 8
- people in one vehicle, 10:00 AM to sunset. Seasonal. www.vtstateparks. • Vermont Historic Sites: free entry for one family or groups of up to 8
- people. Seasonal. http://historicsites.vermont.gov · Vermont's History Museum: free family admission. Year round. www.
- vermonthistory.org

Tuesdays, 9:30 – 10:30 AM: Preschool Story Hour. Bring a snack for a picnic outside. (If it's raining, we'll have snack and crafts inside. No nut products please.) Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for story hour.

Thursday, July 6, 2:00 - 3:30 PM: Solar Oven S'mores. We will build a solar oven in the library, then go outside to test it out and heat up marshmallows to make delicious s'mores. Ages 6+. Please register. Younger siblings welcome to help eat the s'mores. (Rain date Thursday,

Thursday, July 6, 6:00 – 7:00 PM: Lyme Disease Talk. Stacy Carpenter from the VT Department of Health will discuss the most common tickborne diseases in Vermont, understanding tick behavior, and ways to prevent tick bites. Please register. And stay after to make an insect repellent that's effective against ticks.

Thursday, July 6, 7:00 - 8:00 PM: Make Your Own Natural Bug Repellant. Join our very own Debbie as she leads this workshop on how to make an all-natural bug repellant using essential oils. (You'll want to after the Lyme Disease talk.) Must register.

Saturday, July 8, 10:00 – 11:30 AM: Weather Report. In this hands-on program, children will learn about the weather and build instruments to measure rain and wind. Ages 6+. Please register.

Tuesdays, June 11, 18, 25, 9:30 – 10:30 AM: Preschool Story Hour. Join us for themed stories, songs, and activities for ages 0-6. No registration. Tuesday, July 11, 6:00 – 8:00 PM: Family Game Night Join us for this fun monthly tabletop game event! Bring a favorite game or come and learn a new one. Drop in. All ages.

Wednesday, July 12, 10:00 - 11:00 AM: 100 Toothpick Challenge. How tall a tower can YOU build with 100 toothpicks and a bag of marshmallows? Ages 6+. Please register.

Thursday, July 13, 6:30 - 8:00 PM: Fiction Book Group discusses Lincoln in the Bardo, a 2017 book by George Saunders, a moving and original father-son story featuring none other than Abraham Lincoln, as well as an unforgettable cast of supporting characters, living and dead, historical and invented. New members welcome!

Saturday, July 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.

Saturday, July 15, 11:00 AM – 2:00 PM: Open House at Fairfax Rescue. The library will have a table with free books and other fun things for families at the Open House at the Fairfax Rescue Building, located at 14 Goodall Street.

Monday, July 17, 10:00 – 11:00 AM: Build it BIG! We will have larger than life construction materials including a giant tinker toy set to build fantastic robots and structures. Ages 4+. Please register.

Tuesday, July 18, 6:00 – 7:00 PM: Author Visit: Ron Krupp. Author of The Woodchuck's Guide to Gardening, Ron Krupp will give a presentation about his latest book The Woodchuck Returns to Gardening, which focuses on year-round organic practices to grow fruits, berries, and vegetables. Ron will be happy to answer your gardening questions at the end of his presentation. Drop-in program.

Thursday, July 20, 6:00 – 7:00 PM: Glow in the Dark STEM. We use glow sticks to complete a building challenge in the dark! Ages 8+. Must

Thursday, July 20, 7:00 – 8:00 PM: Forest Management. Join Addison Kasmerek, a forestry consultant, to learn about invasive plants, logging, prescribed burning, and Vermont's forest history. Presentation will include of visuals and offers time for Q&A. Please register. Drop-ins also welcome.

FITZEXCEL Summer Programs Still time to join our summer sessions!

Now offering:

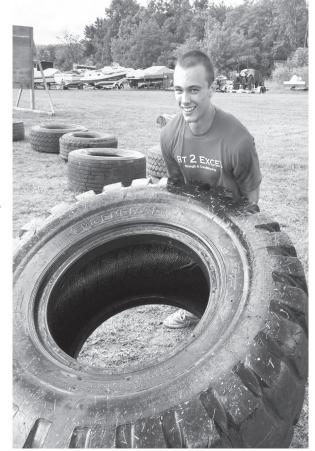
Strength & Conditioning Class at MMU

Mondays/Wednesdays July 5 - August 9 8:00 am - 9:15 am

Open to Youth (entering 6th grade and up) & Adults

Spartan Training at MMU Wednesdays 9:15 am - 10:15 am

Open Gym at our facility in Essex Mondays through Thursdays 9:00 AM - 7:00 PM



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For more info, full schedule, and to register: *Fit2ExcelVT.com* • 871-5423 info@fit2excelvt.com

ART / MUSIC / THEATER

ART/PHOTOGRAPHY

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.

Emile A Gruppe Gallery presents Wild Fibers, an exhibit of works by the VT members of The Surface Design Association, an international community of artists engaged in the creative exploration of fiber and fabric. The show will hang through Sunday, July 9. From woven tapestries to painted, dyed, rusted, and distorted fabric, the diversity and creativity evident in these works are a fine example of the exciting work being done in the field of textile art today. Dianne Shullenberger is a well-known Vermont artist who incorporates natural fibrous materials such as red osiers twigs, bamboo, marram grass, pods, and leaves. The knitters in the group, Eve Jacobs-Carnahan, Leslie Roth, and Mary Sawabini, have branched out from the traditional flat surface, employing various types of yarns to stitch 3-D shapes such as leaves, flowers, heads, or hands. The quilted works in the architectural death of the problem of the proble in the exhibit include Judy Dale's curved shapes and subtle color shifts undulate across the quilted surface; Roz Daniels collages bold large-scale printed fabric to create dynamic modernistic designs; Mary Lowe creates colorful abstract designs that dance with color and movement. In the mixed media category are Sharon Webster's assemblages created from a wide range of meaningful objects, Debra Kraemer's book created from painted and marbled fabric, and Elizabeth Fram's hand-dyed surfaces embellished with exquisite patterns of hand stitching. Gruppe Gallery, 22 Barber Farm Rd., Jericho; open 10:00 AM - 3:00 PM Thursday- Sunday or by appointment; 802-899-3211.

Bryan Memorial Gallery presents Frank Mason In Vermont: Artist and Teacher in its Main Gallery this summer. Twenty-two paintings by Mason and 60 paintings by students he taught in Vermont workshops over 40 years will be included in the exhibit. Mason (1928-2014) was a classical realist painter of international repute and a beloved instructor at the Art Students League in New York City for over 50 years. He taught classical realism through the era of abstract expressionism. From 1968 until shortly before his death in 2009, Mason offered his students the opportunity to study painting "en plein air" with him in Vermont during the month of June in and around Stowe, Lamoille County and Peacham, VT. Bryan also presents Traveling Artists, a group show by 60 artists of works from their travels, from the United States - California, Utah, New Mexico, Florida - to the other side of the globe - Myramar, Finland, Armenia, Cesky-Krumlov. Over one hundred works in a variety of mediums reflect how small the world has become and how artists can adapt almost anywhere. In the East Gallery, the 2017 Legacy Collection, featuring 19 living and 14 deceased artists whose works continue the legacy of Gallery founder Alden Bryan and Mary Bryan, in whose honor the gallery was founded. All of the work in both exhibits is for sale and is also available on the Gallery's website: www.bryangallery.org. Call to artists: Land and Light and Water and Air, a juried exhibit of Vermont and New England landscapes. Submissions due to the jury by Friday, July 14. The exhibit runs from September 8-November 5. Cash prizes awarded. For complete specifications, please go to www.bryangallery.org and click on Call To Artists. Bryan Memorial Gallery, 180 Main St., Jeffersonville; Thursday-Sunday, 11:00 AM – 4:00 PM and by appointment; 802-644-5100; mickey@bryangallery.org.

Helen Day Art Center in Stowe presents the 4th Biennial *Best of the Northeast Masters of Fine Arts Exhibition*, a juried exhibition of the strongest emerging artists currently or recently participating in MFA programs in the Northeast. Curated by Gabriel Sosa, the exhibit runs through Saturday, August 26 and features works by Adriana Bianchi (Syracuse University, NY), Arghavan Khosravi (Rhode Island School of Design), Meytar Moran (School of Visual Arts, NY), Molly Dressel (MA College of Art and Design), and Nicholas Mancini (Boston University, MA). Gallery hours Tuesday-Saturday, 10:00 AM – 5:00 PM. Helen Day Art Center, 90 Pond St., Stowe; 802-253-8358.

Burlington City Arts begins its 2017 spring exhibitions with *Ready*. *Fire! Aim*, a joint exhibition with the Hall Art Foundation in Reading, VT; it runs in Burlington through Sunday, July 9. This group show explores the psychology of impulsive action and strategic thinking. *Ready. Fire! Aim*. brings together artworks addressing issues of violence and decay, gestural abstraction and linear precision, as well as the sensible and the absurd. The presentation will include work by six emerging to nationally recognized Vermont-based artists, while the Hall Art Foundation's presentation (through November 26) will feature a selection of paintings, sculptures, and photographs by internationally recognized, contemporary artists. Also at BCA, UVM grad and former BCA artist-in-residence Justin Hoekstra returns with *Heavy Smile*, a solo exhibition of large-scale abstract paintings. BCA exhibitions are free for public viewing Tuesday-Thursday, 11:00 AM – 5:00 PM, and Friday-Saturday, 11:00 AM – 8:00 PM. BCA center, 405 Pine St., Burlington.

At the Shelburne Museum: *Upstream with Ogden Pleissner*, through October 31, will feature paintings, prints, and ephemera from the Museum's permanent collection to transport viewers to some of the avid anglers' favorite streams, rivers, and lakes from Maine to Wyoming. This summer running through Wednesday, August 23, the museum presents *Wild Spaces, Open Seasons: Hunting and Fishing in American Art*, the first major exhibition to explore the visual culture of hunting and fishing in both painting and sculpture from the early 1800s to WWII. The exhibition will include a wide variety of portraits, landscapes, still lifes, and genre scenes, and will include iconic works by Thomas Eakins, Winslow Homer,

and John Singer Sargent, as well as key pictures by specialist sporting artists such as Charles Deas, Alfred Jacob Miller, Carl Rungius, and Arthur Fitzwilliam Tait. This is the only east coast venue for this exhibition, and will include objects like decoys, antlers, and firearms; more than 70 paintings and sculptures. Shelburne Museum,

Shelburne Rd., Shelburne; 802-985-0881 or klevesque@shelburnemuseum.

Essex Art League meets the first Thursday of the month, September-June, from 9:00 – 11:00 AM at the Essex Junction Congregational Church on VT Rt. 15. The meeting includes a business and social time followed by a guest artist presentation. For a detailed calendar of meetings, speakers, and online gallery of members' works: http://www.essexartleague.com/.

MUSIC

Burlington City Arts sponsors free summer concerts every Wednesday and Friday through the summer until Wednesday, August 30. All are welcome to enjoy the free performances in City Hall Park, Main St., Burlington. Each show begins at 12:00 PM and is a great opportunity to meet up with friends or coworkers. Bring lunch to the park and enjoy! The schedule: Wednesday, July 5: Sam Moss; Friday, July 7: Near North Guitar; Wednesday, July 12: Inner Fire District; Friday, July 14: Mosa Music; Wednesday, July 19: Red Hot Juba; Friday, July 21: Gordon Goldsmith; Wednesday, July 26: Grup Anwar; Friday, July 28: Champlain Jazz Quartet; Wednesday, August 2: Mark LeGrand and the Cadillac Twins; Friday, August 4: Will Patton Ensemble; Wednesday, August 9: Starline Rhythm Boys; Friday, August 11: The John Daily Trio; Wednesday, August 16: The Brevity Thing; Friday, August 18: Nutria Music; Wednesday, August 23: VT Bluegrass Pioneers; Friday, August 25: Binger; Wednesday, August 30: Tiny Montgomery. Visit www.burlingtoncityarts.org/summerconcerts to learn more about each artist.

THEATER/FILM

Auditions for Shelburne Players' fall play *I Hate Hamlet* by Paul Rudnick will be held at Trinity Episcopal Church, 5171 Shelburne Rd., Shelburne on Thursday, August 3, 6:00 – 9:00 PM; on Saturday, August 5, 1:00 – 4:00 PM; and Sunday, August 6, 2:00 – 5:00 PM. Roles are available for both men and women. Information: *shelburneplayers@aol. com* or *www.shelburneplayers.com*. Performance dates: November 10, 11, 12, 15, 17, 18.

St. Michael's Playhouse will present the Vermont premiere of Tom Duzick's off-Broadway comedy Miracle on South Division Street. Performances are Wednesday-Saturday evenings (8:00 PM curtain), July 5-8, Tuesday-Saturday July 11-15; and Saturday matinees (2:00 PM curtain) July 8 and 15. The play is the story of the Nowak family from Buffalo's downtrodden east side. Clara and her three grown children have always known they were special, ever since the miraculous night in 1942 when the Blessed Mother appeared to Grandpa in his barbershop. Since then, the neighborhood has looked upon the Nowak's 20-foot commemorative shrine as a beacon of hope. And now daughter Ruth unveils her plan to write and star in a one-woman show about the family miracle. However, as comic twists and turns reveal surprising new information the family legend begins to unravel and Clara's life is turned upside-down. A heartfelt and hilarious comedy about family, faith and adjusting to life's surprises. The Playhouse mainstage theater season continues with Miracle on South Division Street, Murder for Two, and You Can't Take It With You. Ticket prices range from \$35-45. The Playhouse is located at McCarthy Arts Center, VT Rt. 15, Colchester. Tickets are available online saintmichaelsplayouse.org, by phone 802-654-2281, or at the walk-up window in the lobby of McCarthy Arts Center. For a complete show schedule and more information contact the theater box office directly at 802-654-2281 or see saintmichaelsplayhouse.

AT ROCKVILLE

LEGAL NOTICE

MILLS RIVERSIDE PARK TRAIL ENHANCEMENTS REQUEST FOR PROPOSALS SUMMER/FALL 2017

> JERICHO UNDERHILL PARK DISTRICT P. O. BOX 164 UNDERHILL, VT. 05489

GENERAL DESCRIPTION:

The Jericho Underhill Park District is seeking bids from qualified trail construction professionals for the repair of the Fieldstone Loop West Trail within Mills Riverside Park.

All work shall be done in accordance with this Description of Work. Further work specifications are available as a separate attachment by contacting the Park District at <code>jupdistrict@gmail.com</code>.

DESCRIPTION OF WORK:

- 1. All trail upgrades and repair work will take place on the Fieldstone Loop West Trail.
- 2. Work projects to include: trail brushing, stone cribbing installation, trail surfacing installation, geogrid installation, and culvert installation.
- 3. Location of each work project is outlined in the attached Trail Assessment Plan. The trail log indicates the location of each work site. To arrive at work stations, a Rollatape should be set at 000 at the beginning of the Fieldstone Loop West Trail and measured out clockwise towards the intersection with the Connector Trail. All work begins at measurement 1964. Work priority locations are noted on the trail log and attached map.
- 4. Import of construction materials will be limited to the covered bridge access which has a stated weight limit of 10,000 lbs.
- 5. Only tracked construction equipment are allowed on the Fieldstone Loop West Trail.
- 6. All work outlined in the attached Trail Assessment Plan shall be completed by October 13, 2017.
- 7. Proof of insurance must be submitted with this bid and all insurance shall be kept in force throughout the duration of the construction process.

STATEMENT OF QUALIFICATIONS:

Each bidder shall include with bid, a list of 3 similar clients and 3 reference individuals with whom the District may speak, as demonstration of qualification to undertake this project. Given the scope of work and project location, selection preference will be paid to an active member of the Professional Trailbuilders Association (PTBA).

RECEIPT OF BIDS:

Bids will be received by the Jericho Underhill Park District at P.O. Box 164, Underhill,VT. 05489

until 4:00 pm on Friday July 21, 2017.

- 1. The prospective bidders are responsible for inspecting the site and for reading and being thoroughly familiar with this scope of work.
- 2. The failure or omission of a bidder to do any of the foregoing shall in no way relieve the bidder of any obligation with respect to their Bid.
- 3. Questions may be directed to Olivia Strong (jupdistrict@gmail.com)

SUB-CONTRACTORS: No sub-contractors shall be used in the completion of this contract.

The Jericho Underhill Park District reserves the right to reject any and all bids, or parts thereof, as it determines to be in the best interests of the District.

LEGAL NOTICE

DOCKET NO. TTD-CV17-6012053-S : SUPERIOR COURT

THINA N. COOPER : J.D. OF TOLLAND

ESTATE OF PEARL A. KIENHOLZ, HER HEIRS, REPRESENTATIVES AND CREDITORS, ESTATE OF JOAQUIN B. KIENHOLZ, HIS HEIRS, REPRESENTATIVES AND CREDITORS, ESTATE OF SHIRLEY C. KIENHOLZ, HER HEIRS, REPRESENTATIVES AND CREDITORS, LYNN KEINHOLZ, KATHY KEINHOLZ, LEON GARDNER, JR., ESTATE OF BERT K. KUSSEROW, HIS HEIRS, REPRESENTATIVES, AND CREDITORS, SUZANNE KUSSEROW, PAUL KUSSEROW, ADRIE KUSSEROW, KARL KUSSEROW, AND ALL UNKNOWN PERSONS CLAIMING OR WHO MAY CLAIM ANY RIGHTS, TITLE, INTEREST OR ESTATE IN OR LIEN OR ENCUMBRANCE UPON THE REAL PROPERTY DESCRIBED IN THIS COMPLAINT, ADVERSE TO

THE PLAINTIFF, WHETHER SUCH CLAIM OR POSSIBLE CLAIM BE VESTED OR CONTINGENT: MAY 8, 2017

AMENDED ORDER OF NOTICE

Notice to: Estate of Pearl A. Kienholz, Her Heirs, Representatives and Creditors
Estate of Joaquin B. Kienholz, His Heirs, Representatives and Creditors
Estate of Shirley C. Kienholz, Her Heirs, Representatives and Creditors
Estate of Bert K. Kusserow, His Heirs, Representatives and Creditors

All Unknown Persons Claiming or Who May Claim Any Rights, Title, Interest or Estate in or Lien or Encumbrance Upon the Real Property Described in this Complaint, Adverse to the Plaintiff, Whether such Claim or Possible Claim be Vested or Contingent

The Plaintiff has named you as a party Defendant in the Complaint which she is bringing to the

Mansfield, Connecticut. This Complaint is returnable to that court on April 11, 2017, and will be pending therein after that date.

above named court seeking to Quiet Title to property known as 204-208 North Eagleville Road,

The subscribing authority finds that the identity and/or location of each of the following

Defendants either has not been conclusively determined or is unknown, and that all reasonable efforts

have been made to ascertain the same and have failed:

Estate of Pearl A. Kienholz, Her Heirs, Representatives and Creditors Estate of Joaquin B. Kienholz, His Heirs, Representatives and Creditors Estate of Shirley C. Kienholz, Her Heirs, Representatives and Creditors Estate of Bert K. Kusserow, His Heirs, Representatives and Creditors

All Unknown Persons Claiming or Who May Claim Any Rights, Title, Interest or Estate in or Lien or Encumbrance Upon the Real Property Described in this Complaint, Adverse to the Plaintiff, Whether such Claim or Possible Claim be Vested or Contingent

Memorial services were held in Mesa, AZ on Monday, December 5,

2016 and in MN on Saturday, December 10, 2016. A Mass of Christian

OBITUARIES

John Raymond Kunkel, D.V.M, passed away on Monday, November 21, 2016 after a valiant battle with Alzheimer's in Mesa, AZ. He is survived by his loving wife and best friend of 41 years, Donna, his children Angela (Marijke), Daniel, Amy, Lynn (Joe), Bonnie, Michael (Linda), and his 10 grandchildren Killian, Liam, Joshua, Jenna, Jessica, Conor, Samantha, Bridget, Jordan, and Luke. John and Donna raised each other's children as their own. John is survived by his brothers Andy and Dick, sisters Lorraine, Sylvia, and Donna, as well as many loving and supportive extended family and friends. John was preceded in death by parents Rose and John Sr., sisters Virginia and Wally, and brothers Alvin and Al. John was born on January 4, 1940 in Pearl Lake, MN. He grew up on the family farm where he developed a deep connection and appreciation for the land and animals. In 1963, he graduated from the University of Minnesota as a Doctor of Veterinary Medicine; and was in practice for over 13 years in St. Michael, MN, his primary interest being bovine veterinary medicine. In 1975 John married Donna, and the next year moved to Jericho, VT to join the faculty of the University of Vermont, working in the Animal Health Lab and the Extension service. He was the Associate Extension Professor of Animal Science and taught Animal Health Courses. John was appreciated for his initiative and enthusiasm for developing, researching, and imparting his knowledge and expertise to students, farmers, and veterinarians, as well as to his associates at UVM. He organized, developed, and presented courses of veterinary importance to college students, as well as organizing and imparting information to veterinarians in meetings to update them on new developments. The final phase of his professional career was concluded at WVU Animal and Veterinary Science Department in Morgantown, WV. John developed programs in lambing and calving for farmers at WVU, teaching classes and doing many hands-on demonstrations. After retirement, he assisted students and colleagues at Massey University in New Zealand, mostly working with sheep and lambs by doing field work with the students. He did this for four years during our winters in Vermont. Whether it was at the local farm, across the United States, or around the world - including Kenya, England, Uganda, Honduras, and New Zealand – John had an easy manner and never met a stranger. He loved to meet new people and learn new things, and he freely shared his knowledge and laughter with all. A walk in the woods with John quickly became an expert lesson in botany and bird song. His infectious laugh made people smile. He often had a story to share about his many escapades as a vet. He willingly tackled any difficult project, many times using one of his tractors to do things such as constructing extensive rock walls surrounding our house. He had two green thumbs and was thought of as a master gardener! He loved his land in Vermont, particularly the high meadow and woods. John loved life and loved to sing, joyfully and loudly, especially in church, even if he was off key!

EXCAVATION/LANDSCAPING



899-4735 P.O. Box 86 Jericho, VT 05465 Fully Insured

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- · Custom Ditch Work Drainage Improvement
- Trenching & Backfilling
- Gravel Driveways Graded & Rebuilt
- Stump Removal
- Rototilling /Field Cutting
- Trucking Top Soil / Gravel
- · Compost / Bark Mulch

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Burial and interment service will be held at St. Thomas Church, Underhill Center, VT on July 15, 2017 at 11:00 AM. All are welcome to a reception following in the church basement. In lieu of flowers, memorial donations may be made to St. Thomas Church, 6 Green St., Underhill Center, VT 05490; or to Alzheimer's Association of VT, 300 Cornerstone Dr., Williston, VT 05495 in memory of Dr. John Kunkel. Sandra Dee (Haire) Haselton, 57, of Jericho,

VT passed away on Friday, June 23, 2017 at Massachusetts General hospital in Boston, MA. Visiting hours were held on Thursday, June 29, 2017 at A. W. Rich Funeral Home, Essex Chapel, Essex Junction, VT. Funeral services were held on Friday June 30, 2017 at Binghamville United Methodist Church, Fletcher, VT with Reverend Ellen Ravelin officiating. Burial followed in the family lot in Binghamville Cemetery, Fletcher. The family also

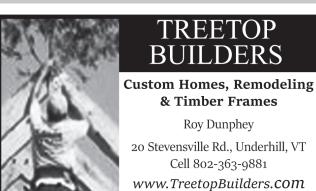
invites you to view further information and share your memories by visiting www.awrfh.com



John (Jack) Alexander Whitcomb passed away at his farm in Essex, VT on Friday, June 29, 2017. He was born September 8, 1927 in Burlington, VT. Jack was the son of Harold and Jeanne (Lamb) Whitcomb. In 1952 he married Barbara Doenges. They had three sons, David, Thomas, and Scott. Jack was well known as a dairy farmer for most of his life. He enjoyed being with his family. Barbara died of cancer in 1993 and he later remarried Bettejayne F. Chastenay. They enjoyed traveling and living in

Jericho, VT. Jack was a member of the Mount Mansfield Lodge #26 at Jericho, the O.E.S. Mary C. Burdick Chapter No. 6 at Jericho, and Temple Chapter #76 O.E.S. at Williston. Jack was predeceased by his first wife Barbara, their son Scott, and his brothers Harold and George. Jack is survived by his wife Bettejayne; his sons David and his wife Marie Whitcomb, and Thomas and his wife Karen Whitcomb; his sister Nancy and her husband William Kinney; Bettejayne's son Seth Chastenay and daughter Susan Malley; grandchildren Kendra, Lindsey, Emily, Chris, Thomas-John, Mariah, Steven, Aiyana, Trever, and Colleen; great-grandchildren Madison, Evelyn, Owen, Jacob, Travis, Meg, Stella, Anabelle, Ben, Charlotte, Dagen, Jarod, and Stephanie. Jack has a very large and loving family (too numerous to be named here) that he was blessed by and were blessed by him. The family would like to thank the girls at Green Mountain Nursing Home, the Essex Senior bus drivers, the VNA, and Maria Menard for all your love and support. A celebration of Jack's life will be held at The Whitcomb Barn at 199 Jericho Rd., Essex Junction, VT on July 6, 2017 at 11:00 AM. Private interment will follow.

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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 be accompanied by a parent. E indicates an easy ride, M is for moderate, and \hat{S} is for strenuous. Rides begin promptly 15 minutes after the meeting time.

Sunday, July 9: Monkton Ridge Ride. Three options: 23 (E), 38 (M), and 48 (M) miles will travel some familiar roads and some less traveled. The short ride will not ascend to Monkton Ridge but all rides will have some nice descents, which of course can only reached by some nice ascents, none of which are too hard. Lots of food stops available along the way. Meet 8:45 AM, Shelburne Village Shopping Center. Leader Brian Howard, 505-1148 / bjhowd@gmail.com; co-Leader Kerry Crosby, 578-3249 / crosbykn@comcast.net.

Sunday, July 16: Willsboro Wanderer. 40 (E/M) and 55 (M/S) options of hilly terrain on low-traffic roads in New York. There are two potential stops for ice cream. Bring money for the ferry and food stops. The shorter version of this ride skips the big hill out of Willsboro. Meet 8:30 AM for the 9:00 AM ferry, Old Champlain Flyer parking lot, Ferry Rd., Charlotte. Leader Lou Bresee, 658-0597 / lakelou@comcast.net; co-Leader Matt Kuivinen, 881-9045 / mattkui@earthlink.net.

Sunday, July 23: Not Quite Québec. 51 (M) and 64 (M/S) rides on low traffic roads near the Canadian border. A reworking of our old Almost to Canada ride that eliminates some of the higher traffic roads while crossing the Missisquoi River twice and travelling along the shore of Lake Carmi. Meet 8:45 AM, Tractor Supply Company at exit 20 off I-89. Leader Dave Merchant, 893-6794 / dpierchand@comcast. net; co-leader Joyce McCutcheon, 893-1690 / mellowmiti@aol.com.

Sunday, July 30: Waitsfield and Waterfalls. Enjoy a scenic tour through the countryside of Waitsfield and Warren with a visit to Moss Glen Falls. Turn around at the Falls for a 35 mile (M) ride, or continue up Middlebury Gap with a stop at Texas Falls before turning around for a 60 mile (M/S) ride. A stop at the Warren Store is always popular and the general store in Hancock provides an additional respite for those on the long ride. Meet at 8:45 AM, Waitsfield Elementary School (on the left traveling south on VT Rt. 100). For those coming from the Burlington area, we suggest carpooling at the Richmond Park and Ride at Exit 11 off I-89. Leader Matt Kuivinen, 881-9045 / mattkui@ earthlink.net; co-leader Brian Howard, 505-1148 / bjhowd@gmail.

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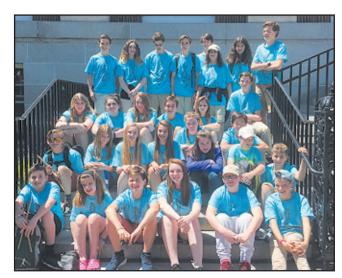
SCHOOL NEWS



Traditional French-Canadian contra dancing with CHMS French students. PHOTOS CONTRIBUTED



Saturday, May 27, CHMS students raced in the Third Annual Grand Prix in a team building exercise that capped the school year



Wednesday, June 7, the CHMS Jazz Band and Select Chorus performed on Church Street as part of Jazz On The Marketplace.



The first week of June, CHMS Grit and Spark teams released 82 trout into the Huntington River. Special thanks to Trout Unlimited for supporting this program and to Bob Wible, a volunteer who provided guidance throughout the project of raising the trout from eggs to release.



A montage of photos from the 10th annual CHMS Variety Show.

CHMS news

By Mark Carbone, CHMS Principal

On Saturday, May 27, Camel's Hump Middle School (CHMS) students raced in the Third Annual Grand Prix in celebration of the end of SBAC testing. This team-building adventure wrapped up a week of testing of the common core standards, *Smarter Balance Assessment Consortium*, which replaced the previously used NECAP standardized tests. For more information about SBAC,

visit www.smarterbalanced.org.

Many thanks to Denise Noble, CHMS parent, for organizing and leading the 10th annual CHMS Variety Show. The full house was wowed by the extraordinary talent at the show - including Disney and Broadway show tunes, a touching solo, awesome duets, great skits, and rockin' instrumentals (several original pieces) on guitar, sax, violin, and piano. We were fortunate to have a number of Mount Mansfield Union High School (MMU) guests as performers and helping out with the show. The evening was expertly emceed by CHMS students Banjo Chabot and Willem Smith.

On Friday, June 9, a group of eighth grade students visited Champlain College in Burlington as well as the Community College of Vermont in Winooski. At Champlain College, students heard first hand from current college students what it's like being at a four year college, what they had to do in high school in



CHMS Spanish students took an end-of-year field trip to Salsalina Dance Studio in Burlington, to learn Merengue, Salsa, and Bachata dancing.

order to be accepted into the program, and how they are currently balancing their school commitments. Students toured the facility and were able to ask questions about the programs offered, as well as all the great clubs and experiences available to them. At CCV, students were warmly welcomed by the staff and given a campus tour, an overview of the admission process, and information about the courses offered. They were also informed about CCV's dual enrollment and early college programs, which offer students an opportunity to earn college credits during their senior year in high school. It was a great experience for our young people, and it gave them a chance to start thinking about their future as they move on to MMU next fall.

Seventh grade students have been raising trout in their science lab as part of a program sponsored by Trout Unlimited. They received 110 eggs in January and have been monitoring their development over the past five months. Watching the trout develop and understanding the changes has been a wonderful learning experience. Students monitored water chemistry and learned about nitrogen cycles. The first week of June, the Grit and Spark teams released the surviving 82 trout into the Huntington River (far better than the 1% survival rate in the wild). Students commented on how well the fish's coloring camouflaged them against the sand and rocks of the stream. Raising the trout provided a wonderful educational experience that tied in with so much of the seventh grade science curriculum. CHMS hopes to have trout in the classroom again next year. A special thanks to Trout Unlimited for supporting this program and to Bob Wible, a volunteer who provided guidance throughout the project.

On Wednesday, June 7, the CHMS Jazz Band and Select Chorus performed on Church Street as part of *Jazz On The Marketplace*. They had beautiful weather and a good crowd. It was a great way to end a musical year!

Successful culinary and cultural field trips were had by CHMS' French and Spanish students. Spanish students had a great dance lesson with the Salsalina Dance studio in Burlington, where they learned the basic steps to the Merengue, Salsa, and Bachata. Their day ended with a delicious lunch at El Gato in Essex Junction. French students travelled to Leunig's for lunch and in the afternoon had a contra dance caller from the Mad Robin Callers Collective teach students a few traditional French-Canadian contra dances.

Volunteers are needed for this summer in the CHMS community garden. Please consider a one-week commitment to weed, water,

and nurture the gardens. Should you have leftovers after splitting home perennials, we are always looking for additions to the CHMS flower beds.

The next meeting of the Mount Mansfield Modified Union School Board is at 6:30 PM on Monday, September 18 at Camel's Hump Middle School. The public is invited to attend.

Jericho Summer Rec transit event

On Monday, July 10, 10:00 AM – 12:00 PM, Green Mountain Transit, The Jericho Energy Task Force, and The Jericho Recreation Committee are teaming up to educate and encourage the kids at the Jericho Summer Recreational Program to help make the world a healthier place to live. Kids at the camp will learn about the different types of alternative transportation and Green Mountain Transit will even have a commuter bus on site for the kids to see.

The Jericho Recreation Committee will be sponsoring a poster contest that focuses on the alternatives to driving a

For information, call Tate Brannan, 802-922-8845.



