



Bolton resident Lisa Stanton is in Europe, to compete for Dragonheart Vermont in a world-wide event in Florence, Italy July 3-8 and, following that, in Szeged, Hungary to compete in the Club Crew World Championships from July 17-22. PHOTO BY LEE KROHN

Dragonheart Vermont Sisters head to Europe

By Phyl Newbeck
Special to the Mountain Gazette

As you hold this issue of the *Mountain Gazette* in your hand (or on your screen), Bolton resident Lisa Stanton is in Europe. That's not normally a big deal since lots of people vacation abroad but Stanton's trip is a bit different. She competed for Dragonheart Vermont in a world-wide event in Florence, Italy from July 3-8 and following that, she headed off to Szeged, Hungary to compete in the Club Crew World Championships from July 17-22.

Stanton was diagnosed with breast cancer at the age of 39, one year before her first scheduled mammogram. Returning home from the hospital, she received a call from Linda Dyer, a fellow Bolton resident who was the founder of Dragonheart Vermont. At Dyer's invitation, Stanton went to the first Dragonheart Vermont meeting at Fletcher Free Library in Burlington and has been drumming for the group ever since. She still had drains in when she went out on a boat for the first time. "It just helped me get over it all," she said. "I'm a very active person so I just got right back into whatever I could possibly get into. Dragon boating propelled me into moving beyond being a cancer patient."

The two European events are very different. In Florence, the Dragonheart Vermont Sisters competed in the International Breast Cancer Paddlers' Commission Festival, which Stanton describes as a participatory event in which everyone gets the same medal. "It's about getting together and competing but also just socializing and supporting one another," she said. Stanton noted that there are places in the world where cancer is looked upon as a death sentence, but in the United States it is recognized that things like diet, exercise, and a community of friends can assist in recovery. "It sounds a little corny," Stanton said, "but I think this festival helps spread those ideas."

The Club Crew World Championships in Hungary is a more competitive event. Dragonheart Vermont Sisters qualified for the competition by winning the Eastern Regionals in Princeton (NJ) last September. "We didn't have high hopes for earning a berth," Stanton said, "but we won all three of our events – 500 meters, 200 meters, and two kilometers." Teams from other regions in the U.S. will also be attending and the Sisters' goal is to be the top U.S. team. Stanton and her teammates will stay in Europe between the two events, with some doing a bus tour around southern Italy while

Stanton and her group hike in the Dolomites.

Stanton, a 14-year breast cancer survivor, has been the drummer for her boat and others since she was introduced to the sport. A second-grade teacher at Hinesburg Community School, she has a voice loud enough to be heard by all members of the team. "The drummer has to be able to see and feel what the team has to give," she said. "I've gotten good at knowing when to urge them on and when to keep quiet." The drummer is the only person on the boat who sees all the rowers so his/her job is to facilitate communication. "A team that communicates can stay in sync, which is how you win," she said. "The better you know the people, the better you're going to do. We know each other well and love each other and that makes all the difference in the world. I've seen teams that are fitter but we can beat them because we have that special ingredient."

Stanton has taken part in a lot of sports but she raves about the team spirit engendered by dragon boating. "This is the most team sport I've ever participated in," she said. "You're only as strong as the weakest person in the boat. It's together or not at all. It's just a great feeling when 22 people are completely in sync and of the same mind and pulling for each other. It's a metaphor for life."

The dangers of hot weather

By Tessa Roy

As summer rolls in and brings us hotter and hotter temperatures, it seems fitting to write this month's article on heat exhaustion and heat stroke. Heat exhaustion and heat stroke are two dangerous conditions we start to see as people's bodies struggle to stay cool in hot temperatures. Becoming too hot can be deadly, as evidenced by the four fatalities in the Chittenden County area during the heat wave we had just a few weeks ago.

Signs and symptoms of heat exhaustion include muscle cramps, excessive sweating, a weak and rapid pulse, dizziness, nausea or vomiting, and cool, pale skin. The cool, pale skin is especially important to note because that is one of the best signs for whether someone is suffering from heat exhaustion or heat stroke. In cases of heat stroke, the patient will have hot, dry skin because the body has lost the ability to sweat. Other signs and symptoms of heat stroke include a throbbing headache, nausea or vomiting, a rapid yet strong pulse, and a body temperature of 104 degrees Fahrenheit.

Heat stroke is a life-threatening condition and requires immediate medical attention. Call 911.

If you or someone you are with seems to be suffering from heat exhaustion move to a cooler place, take a cold shower, and if fully conscious drink water to rehydrate.

If you or someone you know is suffering from heat stroke you should move to a cooler spot, make sure the person is shaded from

the sun, and try to cool them down. This can be done by fanning them or using a cold compress.

For both heat exhaustion and heat stroke it is prudent to call 911 and have EMS respond to perform an evaluation and transport you to the hospital if needed. If a trip to the hospital is necessary, we'll take the patient into our air-conditioned ambulance, start an IV, administer fluids, and if their body temperature is above 104 degrees Fahrenheit then we'll actively cool the patient down. Active cooling typically involves removing the patient's clothing, misting the skin with cool water and fanning, or placing ice packs around the chest and torso. Both heat exhaustion and heat stroke can come on more rapidly for individuals with underlying health issues, individuals who have trouble staying hydrated, and those who don't have air conditioning or another way to stay cool as temperatures soar.

As we move through summer and continue to see temperatures in the upper 80s and 90s, be sure to stay hydrated and limit your time out in the sun, especially if you're doing strenuous physical activity. At the first signs of heat exhaustion be sure to take a break and get somewhere cool. Rest and drink fluids until you feel better.

Everyone here at Essex Rescue wishes you a fun, happy, and safe summer! As always if you're interested in volunteering with Essex Rescue as an EMT or a driver please contact Colleen Nesto, 847-4859 ext 4.

Country Garden Tour Pollinators in the Garden

July welcomes warm summer days, the buzz of bees, and an old time favorite: The Jericho/Underhill Country Garden Tour, benefiting the Community Center in Jericho. Every year the event explores a different theme, and 2018 is no different: *Pollinators in the Garden* is sure to be both inspirational and educational. Garden "tourists" will visit seven local gardens, enjoy the carefully planned garden tea, and attend a pollinator workshop. This year's gardens will also host many other surprises and treats:

Kit and Peter Howe invite garden tourists to visit their 1800s Jericho farm property boasting over one hundred and thirty apple trees and blueberry bushes. Their garden berm includes bulbs, annuals, and perennial plantings such as hydrangea, hosta, lily, astilbe, lady's mantle, and Joe Pye weed.

Penny and John Moore's Underhill home is nestled in the foothills of Mount Mansfield, surrounded by stone walls, horse pasture, perennial gardens, and gorgeous views. Visit their French "pocket garden" and the fairy and gnome gardens built by their

Garden Tour continued on page 3

COMING EVENTS



Howl at the Moon: River of Light Full Moon Paddle, sponsored by Friends of the Winooski River. Get your friends and family together to start planning your lighting scheme, and practicing your howling, for the second River of Light Full Moon Paddle on Thursday, July 26 (with rain date Friday, July 27). We will meet at the Heineberg Bridge Access (Colchester) at 7:00 PM. Participants will leave their boats, drive their cars to the take out at the Rivers End Marina, and shuttle back to put-in. The goal is to launch at sunset and paddle and howl the 2.5 miles to the lake as the moon rises. More info at <https://winooskiriver.org/river-of-light-moonlight-paddle.php>. See a video of our first event here: <https://youtu.be/Jhd60WpJevM>. PHOTO CONTRIBUTED

Women's chorus to hold auditions

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

Wednesday, July 18

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

Thursday, July 19

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

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

Common Grounds art exhibit reception, 3:00 – 5:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Visit with artists and conservationists for this year's art-of-birds exhibit. Admire the art, participate in a shared creation, bring home a print or card or original, and get inspired. The Common Grounds show is open through October 31; included with museum admission. Donations welcome; refreshments. Museum@birdsofvermont.org or 802-434-2167.

Saturday, July 21

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

Tuesday, July 24

Aesop Lake book launch, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Sarah Ward to celebrate the launch of her new young adult novel which asks the question: What does it mean to speak the truth when a lie protects the ones you love? Sarah Ward writes young adult fiction, poetry and journal articles in the field of child welfare. Over a twenty-five-year career as a social worker, Sarah has worked with young adults and families with harrowing backgrounds. She lives in Williston. Free and open to all; donations accepted for Spectrum Youth and Family Services. Information: www.phoenixbooks.biz or 448-3350.

Nestlings Find Nature: Resourceful Birds, 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Kids discover birds through stories and investigative play. Outside, we observe birds in flight or preening, calling and singing, building

and foraging. We mimic their adaptations using nature's tools, and explore the ways birds use air, soil, rocks, and water to engineer solutions to the challenges of being a bird. We will create sounds, mold and build with mud, grind seeds, and paddle in puddles. Indoors, we'll examine art from the 2018 *Common Grounds art show*. For Pre-K to first graders; great for homeschoolers; parents and siblings welcome. Included with Museum admission. Pre-registration optional – Museum@birdsofvermont.org or 802-434-2167.

Wednesday, July 25

Waterbury Historical Society summer meeting – music and WDEV, 6:00 PM, Hope Davey Shelter, Waterbury. The meeting will start with a potluck picnic dinner (dessert, water, and iced tea provided), followed by a talk by Steve Cormier, new general manager of WDEV, and about WDEV and its connection to local and Vermont musicians who have been a major part of the history of the station. Beginning at 7:00 PM, deejay Joel Nashman will play favorite tunes from artists like *Radio Rangers*, *Pony Boys*, and Banjo Dan.

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

Thursday, July 26

Howl at the Moon: River of Light Full Moon Paddle, 7:00 PM, Heineberg Bridge Access (Colchester) to Lake Champlain. Get your friends and family together to start planning your lighting scheme, and practicing your howling, for the Friends of the Winooski's 2nd River of Light Full Moon Paddle. Meet at the Heineberg Bridge Access (Colchester) at 7:00 PM. Participants will leave their boats, drive their cars to the take out at the Rivers End Marina, and shuttle back to put-in. The goal is to launch at sunset and paddle and howl the 2.5 miles to the lake as the moon rises. More info at <https://winooskiriver.org/river-of-light-moonlight-paddle.php>. See a video of our first event here: <https://youtu.be/Jhd60WpJevM>. Rain date Friday, July 27.

Saturday, July 28

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

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

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

Dosa Kitchen book signing, 6:00 – 8:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join us for a taste of India's favorite street food at this meet-and-greet/book signing with Nash Patel and Leda Scheintaub, authors of *Dosa Kitchen*. Nash and Leda will bring free samples for attendees to try! Dosas are thin, rice-and lentil-based pancakes that can be stuffed with or dipped into a variety of flavorful fillings. Dosas are endlessly adaptable to all tastes and dietary restrictions: naturally fermented and gluten-free, they are easy to make vegetarian, vegan, and dairy-free as well. Nash Patel and Leda Scheintaub are the co-owners of Dosa Kitchen, a food truck in Brattleboro. Free and open to all. Information: www.phoenixbooks.biz or 448-3350.

Sunday, July 29

Designing the Mobile Chicken Coop, Papineau Family Farm, Highgate. Part of the Veterans Homestead Series, designed to engage the veteran population interested in setting up their own home operation. Workshops will be held at locations in Chittenden and Addison Counties and will be led by veterans in the field. The series runs from March-September. Free and open to veterans, their families, and those who work with veterans. Please inquire at 802-377-1214 or wildrootfarmvt@gmail.com.

Tuesday, July 31

Find Waldo in Essex Grand Finale, 6:00 PM, Phoenix Books Essex, 2 Carmichael St., Essex. The culmination of the Find Waldo in Essex month-long event. The famous children's book character in the striped shirt and black-rimmed specs is visiting a variety of local businesses throughout our community in July. Visit www.phoenixbooks.biz to learn how you can find Waldo and enter to win prizes – or just come and enjoy the party! Attendees will get to participate in Waldo-themed activities and even meet Waldo himself! Free and open to all ages. Information: www.phoenixbooks.biz or 872-7111.

Wednesday, August 1

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

Saturday, August 4

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

Wednesday, August 8

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

Saturday, August 11

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

Tuesday, August 14

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

Wednesday, August 15

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

Thursday, August 16

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

Saturday, August 18

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

Sunday, August 19

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

Wednesday, August 22

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

Saturday, August 25

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

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

Tuesday, August 28

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

Wednesday, August 29

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

Saturday, September 1

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

Award Winning Homes



Comfort and Elegance

creating a home designed with you in mind



- Period Design Build
- Additions
- Remodeling
- Sun Rooms
- Porches • Garages
- Bath & Kitchen Remodels
- Roofing • Siding
- Flooring: Hardwood & Tile
- Window & Door Replacement
- Electrical & Plumbing
- Light Painting
- Handyman Services



23 Kristie Lane
Jericho, VT 05465
www.thurgateconstructionvt.com

CHITTENDEN MILLS BEVERAGE

5 ¢ OFF

FREE



COFFEE 12 OZ.

PER GALLON OF GASOLINE

Cannot be combined with other offers. Ad required for discount.

COMMUNITY COLUMNS

Uncle “Buster” Edwin – hellion on wheels

By Doug Boardman
Special to the Mountain Gazette

My Dad’s youngest brother Edwin was named after Dad’s oldest brother Eddie, who died in his teens. He was nicknamed Buster. He came into this world in a hurry and went out in a hurry. He had a need for speed but unfortunately, all he wanted to do is go faster and he used up his nine lives in a hurry.

He worked for his father for awhile on a dairy farm but didn’t stay very long in one place – booze, women, and speeding was how he was motivated. In his younger and older years he had many mishaps and it was usually because of going too fast. He also liked to scare people, especially his mother. Once he used dynamite to blow up a tree and put a huge hole in the field near the house. It scared the “bejesus” out of his mother and a lot of neighbors. His mother about had a heart attack from his antics.

When he was on the farm, he cut the top off a model T Ford and used it to chase the cows around in the field. We went to Tunbridge now and then to see our grandmother and grandfather, and on one occasion we found out that Uncle Buster kept a stash of Kool-aid in the milk cooler, so we snuck down and drank most of his supply. He wasn’t too happy when he discovered some gallons missing and the next time we visited, he watched every move we made. We did however drink some hard cider that he had in a barrel during the winter time.

On one of his wild rides, he rolled his car over several times and but for a large tree, he would have gone into the first branch of the White River near Tunbridge. He came out of it with a few bruises but destroyed the car – and that incident didn’t slow him down. Everyone was scared to ride with him and prayed they wouldn’t be on the same road with him when he flashed by. He always kept the pedal to the metal and his only drawback was the cars didn’t go as fast as he wanted to.

He was a great singer but never pursued it. I remember going to the movies with him and years ago, they had sing-alongs before the main movie and when he started singing, everyone in the whole theatre stopped singing in order to listen to him.

He finally found his calling in driving freight trucks all around the Northeast. He got married to a gal from Massachusetts. That didn’t slow him down. The trucking company loved him because he was so swift on the deliveries. Unfortunately long mountain roads were very monotonous to Buster and he would do some weird things to pass the time. He and a buddy were driving up a long hill in lo-low and Uncle Buster was bored as usual so talked his buddy into tying the steering wheel with their belts to keep the wheel straight and got out and jiggled on the hood of the trucks. Someone told on them so they both got fired.

Not long after that Uncle Busters luck ran out and he ran off the road near his house and died at 52 years old. Uncle Buster proves that the most dangerous part of the vehicle is the nut behind the wheel.

Clutter Barn mid-season turnover

Once again, the Clutter Barn and its sponsor, the United Church of Underhill, offer grateful thanks to the community for its generous support of this Mission. Our volunteers work tirelessly – well, maybe that’s pushing it a little – to provide a place to deposit gently used household and personal items, to sort, price, and display, and to open our doors to the public at the end of each month so that these items may be passed on for use by others. Our first two Tag Sales, May and June, were highly successful, with all profits being used to assist with the expenses of the Old Fashioned Harvest Market (Saturday-Sunday, September 29-30) and in-house and outreach programs of the church.

At this point in our season, we experience somewhat of a “turnover” as we discontinue acceptance of summer clothing and offer our “inventory” at an amazing discount. At the Tag Sale on Saturday, July 28, from 8:00 AM – 3:00 PM, all summer clothing will be set outside in a tent and offered for sale at 25¢ per item OR “stuff a bag” (our bags provided) for \$1. Can you imagine a bargain like that anywhere else? What a way to fill out summer wardrobes for the rest of the 2018 season and plan ahead for 2019. All clothing is entirely wearable and supplies cover all sizes from very young to very adult!

Alternatively, we will begin accepting fall and winter clothing on Saturday, August 4. Traditionally, our fall and winter goods consist of very fine jackets, sweaters, hats, mittens, scarves, warm shirts, and everything else needed to ward off the Vermont winter chill!

To sum it all up: (1) We cannot accept any more donations of summer clothing, but we thank you for your generosity in filling up our racks and shelves for the beginning of our season. (2) Our summer clothing sale will be during our July Tag Sale, Saturday, July 28, from 8:00 AM – 3:00 PM. (3) We will begin accepting fall and winter clothing during our regular donation day, Saturday, August 4 and continue receiving donations of clothing and all other gently used items Saturdays, August 11 and 18, and September 1, 8, and 15. Our final Tag Sale for the 2018 season will be Saturday, August 25. And don’t forget the United Church of Underhill Old Fashioned Harvest Market the last weekend in September. This is a much anticipated event that brings members of our community near and far together for two exciting days of entertainment, camaraderie, good food, and just plain fun! Everyone is invited to join us for each and all of these events!

Contact: Sharon (899-3572), Betty (363-8311), Kathy (899-3122).

College graduates

Joshua Blow of Jericho, VT graduated from Clarkson University, Potsdam, NY with a bachelor of science degree in software engineering, electrical engineering minor.

Flynn Genadio-Allen of Jeffersonville, VT graduated from Clarkson University, Potsdam, NY with a bachelor of science degree in civil engineering, mathematics minor.

Grayden Shand of Jericho, VT graduated from Clarkson University, Potsdam, NY with a bachelor of science degree in innovation and entrepreneurship, philosophy minor and project management minor.

College honors

India Harvey of Waterbury, VT has been named to the spring 2018 Dean’s List at St. Lawrence University, Canton, NY. Harvey is a member of the class of 2018 majoring in performance and communication arts. She attended Harwood Union High School.

Take your pick: tips for dealing with picky eaters

Parents have been picking my brain about how to handle their picky eaters. Let me chew on this topic for a while and provide more than a mouthful of information.

Recent studies suggest that more than a quarter of three-year-olds are picky eaters. In most cases, a parent will offer a new food 10-15 times before a normal eater will try it. Just imagine trying that with a picky little one.

Luckily for parents, even a picky eater can get all necessary nutrients from the foods that they do eat.

For example, some children won’t eat vegetables, but will eat fruit. The fruit will usually provide all the vitamins they need. There’s no need to make veggies a family food battle. You might also offer your toddler a choice between two vegetables. If the rest of the family eats the chosen vegetable, your toddler will too.

If you are worried that your child will not eat red meat and become iron deficient as a result, don’t worry. Many other foods that your child may enjoy contain plenty of iron. These include raisins, some green leafy vegetables, eggs, certain fish, and poultry.

And milk is not the only way to build strong bones. There is calcium in yogurt, cheese, broccoli, and even calcium-fortified juices. As we’ve discussed in the past, juice intake should be limited. It has a high sugar content and can decrease your child’s appetite for more nutritious foods.

As to vitamins, it is doubtful your child, if otherwise healthy, really needs them. It may give you, as a parent, piece of mind to give your child a multivitamin. And if it can result in your not engaging in food battles with your picky eater, that’s great.

Let’s talk about food battles for a moment. First, don’t use bribes to encourage eating. Offering a cookie in return for eating vegetables only makes the less nutritious food more desirable to a toddler. It rarely fixes a picky eater.

A better idea is to eat what your child eats, when your child eats. Also, serving small portions on large plates to a toddler goes down better than large portions on small plates. Here’s a personal favorite: when your child sees friends eating a new food, they will probably try that food too. (Even when they won’t do it for you, of course.)

Hopefully tips like these will whet your appetite when dealing with the normal developmental phase of picky eating.

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

Garden Tour continued from page 1

grandchildren, Lily and Jackson.

Jen Kennedy entices visitors with her “formal English and French country” influenced gardens. A professional gardener, Jen is an avid collector of plants. Outdoor living spaces, statues, wild apple trees used for cider-making, and edible plants are just a few of the interesting virtues offered by her gorgeous property. While exploring the new winding pea gravel path leading to a brook-side terrace, enjoy the harmony of plants, birds, cello and violin. Liam John and Anna Karnezos will perform in her garden from 11:30 AM – 1:00 PM. Sponsored by Brooks Buxton.

The Pollinator Palooza & Safari Workshop will be hosted by John Hayden, pollinator conservationist and organic fruit farmer from The Farm Between in Jeffersonville. John will educate gardeners on the importance of pollinators and how to encourage, protect, and support them. The workshop will culminate with a pollinator safari in Mary Jane Dickerson’s garden.

May Jane Dickerson’s lovely Jericho garden turns 50 years old this summer! Upon entering her oasis of flowering perennials, annuals, and mixed shrubs, one will feel as if she has stepped back in time to an Old English Garden. Her property is continuously evolving with small additions from time to time. Garden guests will discover a new shady, curved garden path, an extended row of native hedges, and a raised vegetable plot behind her barn.

Dan Dixon and Bob Ivancic’s Jericho property will be the location for the much-anticipated and charming garden tea. Their home was built by Thomas Chittenden, Vermont’s first governor, as a wedding gift for his son Martin. The former home of Martin Chittenden, Vermont’s eighth governor, sits on 3.5 acres of beautiful flower gardens and sugar maples. Gracious owners Dan and Bob will give garden visitors an opportunity to explore their historic home as well! Additionally, the hosts’ special guest Van Fryman, a local Jericho watercolor artist, will be exhibiting his work in their garage. While visiting this very special property, visitors may pause to chat with Paul Yanus of Mountain Creek Apiary. Paul will share his passion for honeybees by displaying his “observation honey bee hive” as part of the event’s *Pollinators in the Garden* theme. Paul will have his tasty, local honey available as well.

Sabina Ernst and Justin Goggin of Jericho welcome visitors to their perennial garden, redesigned in 2016 by Linden L.A.N.D. group, using New England native plants. Visitors will discover native trees, shrubs, and herbaceous plants. The garden and surrounding natural meadows support pollinators and other wildlife in all seasons. The property is registered with The National Wildlife Federation as a Wildlife Habitat.

Suzanne and Tom Freitas’ Jericho property reveals a stunning exhibit of yellow lilies as well as hydrangea, annuals, hosta, ferns, and rock gardens. Suzanne, an avid quilter, will also display a sample of her delightful quilts.

The event takes place on Saturday, July 28, 9:00 AM – 3:00 PM. Tickets, \$20, can be purchased ahead of time at The Old Mill Craft Shop, Jericho Country Store, and Victory Gardens. Tickets will be available on the day of the event at the Old Mill Craft Shop. The Community Center in Jericho is a non-profit organization. Their building is for public use for Jericho and the surrounding community. For further information call: Linda Nadeau 899-3820.



Secrets of Mount Philo

Author Judy Chaves will speak about her new book *Secrets of Mount Philo* and do a Q&A and book signing at the Charlotte Grange on Friday, August 3, 7:00 – 8:30 PM. Refreshments will be served. For more information, contact HeatherLGManning@gmail.com. PHOTO CONTRIBUTED

The Mountain Gazette

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

Deadline: July 26, Publication: August 2

Brenda Boutin publisher/ad sales/delivery
News writer - Phyl Newbeck, Editing - Sara Riley

Letters Policy:

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, www.mtngazettevt.com

Area Worship Services

COVENANT COMMUNITY CHURCH

“Come As You Are”
1 Whitcomb Meadows Lane, Essex, VT 05452
(across from John Leos on Route 15)
Pastor: Rev. Jeannette Conner

email: cccpastorjeannette@gmail.com

Phone: (802) 879-4313

facebook: <https://www.facebook.com/Covenant-Community-Church-125345080830320>

Adult Bible Class: Sunday 9:00 AM

Worship Service: Sunday 10:00 AM

Fellowship: immediately after service

Child care (infant through pre-K) is provided during the worship service

JERICHO CONGREGATIONAL CHURCH

“An Historic Church Proclaiming an Eternal Message”

On the Green in Jericho Center, VT

Senior Pastor David Coons and Youth Coordinator Michele Love

Sunday Service throughout the Summer

(June 10th – August 26th) at 9 AM

Nursery care provided

Fellowship at 10:30 AM

Youth group at 6:15 pm Sundays in our Sunday school building

Signing for the deaf upon request

899-4911; officejcc@comcast.net, www.jccvt.org

MOUNT MANSFIELD UNITARIAN UNIVERSALIST FELLOWSHIP

A liberal faith community standing on the side of love,

as we explore truth and meaning, and work for social justice.

All are welcome.

Worship Services 9:30 AM, 2nd & 4th Sundays, September-June

195 VT RT 15, Jericho VT (red barn across from Packard Rd)

899-2558 www.mmuuf.org

ST. THOMAS ROMAN CATHOLIC CHURCH

“Worshiping God in Spirit and in Truth in the Holy Sacrifice of the Mass”

On Green Street in Underhill Center Weekend Masses:

Saturday 4:00 PM Sunday 8:30 AM

Pastor: Rev. Christopher Micale

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

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

email: office@stthomasvt.com, Website: www.stthomasvt.com

UNITED CHURCH OF UNDERHILL

“Welcoming, Worshipping, Working for God”

At the Green on VT RT15 - Rev. Kevin Goldenbogen - 899-1722

www.unitedchurchofunderhill.com

Worship and Sunday School 10:30 AM

Local and Global Mission and Service Outreach Opportunities

for families, men, women and youth Streaming audio sermons:

www.becauseyoumay.com

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

Health programs and classes at Northwestern Medical Center

JULY-AUGUST 2018

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

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

Diabetes and You – Mondays through July 30, 4:00 – 6:00 PM, NMC Conference Center, Franklin Room. Pre-Registration required; contact Deborah Robertson, 524-1031. Fee: NMC will bill your insurance for the course fee. Scholarships available. No one will be turned away for lack of ability to pay. Join us at this self-management educational series for people with diabetes

and their families, proven to help people improve control of this disease. Learn how to keep diabetes from controlling your life and improve your blood sugar control to feel better and delay or prevent complications.

Walk With a Doc – Tuesdays, July 17, 24, 31, 5:30 – 6:30 PM, Collins Perley Sports and Fitness Complex, St. Albans. Free. Join Northwestern Medical Center's Lifestyle Medicine as we partner with *Walk with a Doc*, a national non-profit organization bringing community members and healthcare providers together. We will meet each Tuesday evening through July 31. Meet in front of the Complex for a brief health-related discussion before heading out to the walking path with the guest provider of the week. Community members and their families are welcome. No registration required. Please contact Cristine Griffing, ATC (cgriffing@nmcinc.org or 802-524-8969) with questions or if you would like to be a guest provider for future *Walk with a Doc* events. July 17: Katja Von Sitas, PA-C of NMC's Women's Health. July 24: Dr. Toby Sadkin, St. Albans Primary Care. July 31: Dr. Elisabeth Fontaine, Medical Director, NMC's Lifestyle Medicine and RiseVT.

Living Strong in Vermont Program (Light Strength Training), Tuesdays and Thursdays through September 27, 4:00 – 5:00 PM, Hawk's Nest Senior Housing, Community Room, St. Albans. Pre-registration: call Lynne Marie, 868-3748 to register or for more info. Free. 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. Please feel free to come to a class before signing up.

Movement for Parkinson's Disease – Friday, July 20, 10:00 – 11:00 AM, Homestead at Pillsbury Manor. Offered for people with Parkinson's disease and their care partners, this dance class is designed to engage participants' 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. Free; donation appreciated. Registration/information: contact Sarah, 802-881-9673 or saramcm28@gmail.com or Patty, patrica_rugg18@comcast.net.

ONGOING

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

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

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

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

women and their healthcare providers can call 802-527-7531 for more information.

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

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

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

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

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

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

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

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

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

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

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

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

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

CHIROPRACTIC CARE

- Gentle Head to Toe Care
- Unhurried Appointments
- Flexible Scheduling
- Emergency Care
- Practicing Since 1989
- Former Registered Nurse
- Nutritional Counseling
- High Quality Supplements
- Orthotic/Foot Beds
- Spinal Support Products

Kintner Chiropractic Center



397 VT Route 15, Jericho
P.O. Box 63
Underhill, VT 05489

Phone (802) 899-5400
Fax (802) 899-5497

Email:

DrMaryDC@comcast.net
www.JerichoChiro.com



Dr. Mary H. Kintner

HEALTH CARE

[THE WOMEN'S CENTER]

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

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



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

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



COPLEY HOSPITAL

THE WOMEN'S CENTER

OBSTETRICS & GYNECOLOGY | EMERGENCY SERVICES
GENERAL SURGERY | ORTHOPEDICS | REHABILITATION SERVICES
DIAGNOSTIC IMAGING | CARDIOLOGY | ONCOLOGY

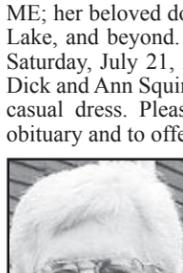
530 Washington Highway, Suite 2200, Morrisville, VT copleyvt.org/obgyn

EXCEPTIONAL CARE. COMMUNITY FOCUSED.

PEOPLE IN THE NEWS - OBITUARIES



Judy (Judith) Ellen Matthews Turner of Jericho, VT died on Friday, July 6, 2018, her 76th birthday, at the VNA Respite House following a 19-month battle with cancer. Judy grew up in Harpswell, ME, the second child and only daughter of Louis and Pauline (Moody) Matthews. Judy met her husband, Terry, while at the University of Maine, and they married in 1964. Judy owned The Flower Mill, a florist business in Jericho, combining her love of people and creative talent. This operated first in the Old Mill and later in a renovated space adjacent to their family home on VT Rt. 15 (now the Jericho Café and Tavern). Judy's connection to the community included serving as a member and eventually as chair of the MMU School Board. After retiring in 1999, Judy and Terry moved to Beebe Lake in Hubbardton, VT. They loved this lakeside retreat and formed many special friendships with their neighbors. They were fortunate to spend their days working on hobbies, relaxing with friends and family, and sometimes just enjoying the late afternoon sitting on the deck. In 2006, Judy lost Terry to cancer. She remained on Beebe Lake for several more years with her wonderful golden retriever, Danny Boy. In 2012, Judy sold her lake home and returned to Jericho to be closer to family. Here she enjoyed long walks through the woods with Danny, being creative in her sewing room, and spending time with her granddaughters. After her return to Jericho, Judy also reconnected with an old friend, Tom Fetters. Judy and Tom travelled, spent time with friends and genuinely enjoyed being together. They made the most of the time they had, and Tom was a devoted companion and caregiver throughout Judy's illness. Judy is survived by her partner, Tom Fetters, of Underhill, VT; sons Michael (Amy) of West Bolton, VT, and Kevin (Deanna) of Ridgefield, WA; four granddaughters; her brothers Clint (Venice) Matthews of Topsham, ME and Larry (Joan) Matthews of Arundel,



ME; her beloved dog Danny, and dear friends from Jericho, Beebe Lake, and beyond. A celebration of Judy's life will take place on Saturday, July 21, 2018 at 1:00 PM in the garden at the home of Dick and Ann Squires, 35 Cilley Hill Rd, Jericho. All are welcome; casual dress. Please visit www.awrfh.com for a more complete obituary and to offer condolences to the family.

Frederick Ballard Boyden, 75, of Cambridge, VT, a loving husband, father, and grandfather, passed away on Wednesday, July 11, 2018 after a long battle with cancer, at his home in Cambridge surrounded by his family. Fred was born on September 10, 1942 in Burlington, VT, son of the late Winfred and Evelyn (Keith) Boyden. He and his wife Diancy (Montague) were married for over 53 years. Diancy has always been the love and support of his life. Fred's home, the Boyden Farm, was purchased by his grandfather over 100 years ago. He grew up farming alongside his father and Uncle Stearns Boyden. When he was a little boy, he would pretend to have his own milk route around the farm and made maple syrup on the front lawn with local friends. He always loved farming. He lost his father and Uncle Stearns at a young age and was left to take over the farm. He grew the farm to milking over 100 cows and increased his crop acreage. His passion was planting crops and driving the combine at harvest time. Fred was widely known for his infectious sense of humor and kindness. People would meet him and instantly want to be in his company. He was always open to change and had a wealth of knowledge. Fred has been extremely proud of his family with their foresight and business ideas to diversify the farm with the Boyden Valley Winery, Boyden Farm Beef, Boyden Barn for events, graphic arts, and handcrafted chocolates. Fred always took time to get off the farm. He was an avid boater with the love for the water. He started with small runabout boats when his children

were young. Many Sundays were spent water skiing and cruising around Lake Champlain. As everyone became older, the boats became bigger. His boat of many years, *The Udder Madness*, was his pride and joy. Spending weekends on Lake Champlain with his wife, friends, children, and grandchildren. Fred enjoyed many years of skiing. He was one of the first to ski Smugglers' Notch before it was a resort, blazing a trail from Stowe. He loved to ski, but his real passion was time in the woods sugaring and logging. He would find pure joy walking the woods, tapping, cutting trees, and listening to the sounds of nature. He always treated the land with respect. Fred was involved in the Cambridge community for many years as a school board member, Board of Finance for the Town of Cambridge, and the Board of Management for the Second Congregational Church of Jeffersonville (VT). He will be greatly missed by all those who knew and loved him. Fred is survived by his loving wife of 53 years Diancy Boyden, his sons Mark Boyden and wife Lauri, David Boyden and wife Linda, and his daughter Stephanie Campbell and husband Matteo; seven grandchildren, Emily, Lucy, and Rachel Boyden, Laurence Couture, Juliette Boyden, Ila and Reuben Campbell. The family appreciates the wonderful care of Dr. Nunnick, Dr. Dunn, Lamoille County Home Health and Hospice, and special caregiver Tracy. There will be no public visiting hours. Funeral services will be on Thursday, July 19, 2018 at 10:00 AM at the Second Congregational Church of Christ, Jeffersonville. Burial will be private in the family lot in Mountain View Cemetery, Cambridge. There will be a celebration of life at the Boyden Farm from 3:00 – 6:00 PM on Thursday July 19, 2018. Please bring photos and memories of Fred to share at the celebration. Memorial contributions in Frederick's memory may be made to the Second Congregational Church of Christ, P.O. Box 40, Jeffersonville, VT 05464. The family also invites you to share your memories and condolences by visiting www.awrfh.com.

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY

Walkie Talkies, Wednesday, July 18, 10:00 – 11:00 AM. Join us as we get a bit of exercise and a chance to chat. For this date, we are going to walk at the Mills Riverside Park, so meet up with the Walkie Talkies at the covered bridge there. Wear your comfortable shoes because we'll walk rain or shine.

Summertime Story Hour, Wednesdays and Thursdays, July 18, 19, 25, 26, August 1, 2, 10:30 – 11:30 AM. Drop in for stories, songs, projects with the theme: Libraries Rock!, and a nutritious snack. No registration required. Recommended for preK-grade 2.

Archaeology Afternoon, Wednesday, July 18, 1:00 – 3:00 PM. Be an archaeologist for a day! Participants will join Jess Robinson, Vermont State Archaeologist, to learn how archaeologists use the clues they find to understand how people lived in the past. This program is suitable for children ages 8 to 14. Registration required.

Very Merry Theater presents *Cinderella*, Thursday, July 19, 12:00 – 1:00 PM. All ages; no registration required.

DCF Party! Friday, July 20, 5:30 – 6:30 PM. Learn about all the books on the DCF list this year, snack on awesome food and enjoy the company of fellow book lovers. This program is designed for children entering grades 4 through 8. Please register by Wednesday, July 18.

Transition to Kindergarten Storytime – Saturday, July 21, 10:15 AM – 12:15 PM. This is a special get-together just for Underhill and Jericho children entering Kindergarten in the Fall of 2017 (and their families!). Children can listen to stories while parents meet other families, get a DRML library card and enjoy snacks! Separate storytimes for each elementary school: JES 10:15 – 10:45 AM, UID 11:00 – 11:30 AM, UCS 11:45 AM – 12:15 PM. Please register by Wednesday, July 18.

The Agora: A Discussion Group of the Great Ideas – Monday, July 23, 6:30 – 7:30 PM. Join us for this new discussion group. We will cover one idea at a time and the discussion of each idea can take place over multiple meetings. At the end of the meeting, we will decide whether to continue with it or to move on to the next idea from among the other great ideas of philosophy. Participants will share with the group their own selections, reading and then sharing with the group, with the hope that the group can cover as many perspectives from as many eras and cultures as possible. We encourage participation from all community members and hope that you'll join us.

Panning for Gold Drop-In, Tuesday, July 24, 10:00 AM – 12:00 PM. There are gold nuggets waiting to be found! All ages. No registration required.

Music with Buddy Dubay, Wednesday, July 25, 1:30 – 2:30 PM. Sing along with Buddy Dubay! Buddy, who has been teaching music in supplemental programs in schools in the area for years, brings his interactive music performance to DRML once again! All ages. No registration required.

Magic The Gathering Afternoon, Thursday, July 26, 1:00 – 3:00 PM. Grab your deck and a friend and head over to DRML for an afternoon of MTG! Free snacks! Recommended for ages 10+. No registration required.

LEGO Morning, Friday, July 27, 10:00 AM – 12:00 PM. You'll have the opportunity to create, construct, and share your works with other LEGO builders. All ages welcome. Children under the age of 8 need to be accompanied by a caregiver. No registration required.

Mah Jongg, Monday, July 30, 6:30 – 8:30 PM. Please join us as we explore the ancient Chinese tile game of winds, dragons and number tiles. If you like card games, you'll probably love Mah Jongg!

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

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

DRML Board of Trustees will meet Thursday, July 19, 7:00 PM. There is still an open seat on the board for someone from Underhill. Applications are available at the library.

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

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

JERICHO TOWN LIBRARY

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

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

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

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

VARNUM MEMORIAL LIBRARY
JEFFERSONVILLE

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

Soundtrack of Summer: VT's most musical insects – The days and nights of summer are loud with the serenade of crickets, katydids, and cicadas. Join the Lamoille County Nature Center on Wednesday July 18, 1:00 – 2:30 PM, for a closer look at why and how these insects sing and learn to decipher who it is we are hearing. Learn to read air temperature by "insect thermometer," see how well your own ears perform against a wall of insect sounds, and make a simple cricket carrier to take home for your next cricket hunt. Part of the summer reading program.

A Final Gift of Love – due to popular demand, Linda Cannon-Huffman will repeat this program on Saturday, July 28, 3:30 – 5:00 PM. Preparing for our own deaths or helping our loved ones prepare for theirs is a gift that benefits all concerned. This important work can be done at any time of life, actually the sooner the better. Nothing has to be written in stone and updates can and should be made as circumstances change. Join Linda for information and suggestions on how to make the final days and hours more peaceful, less stressful and less fearful. An outline of the suggestions and a resource list will be provided to participants. Linda Cannon-Huffman is a Conscious Dying Guide, working to help the dying and their loved ones through the transition process. She is trained in dying and death awareness and preparation in Western, Eastern and Shamanic traditions.

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

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

Adult Game Night – Wednesday, July 19, 7:00 – 9:00 PM. If you love games but just need a few more players, stop by! If you have a game or some snacks to share, even better.

Writers Group – Wednesday, July 25, 1:00 – 2:30 PM. Please bring multiple copies of your work, double spaced, and we will workshop.

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

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

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

Soundtrack of Summer:
VT's most musical insects

The days and nights of summer are loud with the serenade of crickets, katydids, and cicadas. Join the Lamoille County Nature Center on Wednesday July 18, 1:00 – 2:30 PM, for a closer look at why and how these insects sing and learn to decipher who it is we are hearing. Learn to read air temperature by "insect thermometer," see how well your own ears perform against a wall of insect sounds, and make a simple cricket carrier to take home for your next cricket hunt. Part of the summer reading program at Varnum Memorial Library, Jeffersonville.

PHOTO CONTRIBUTED

and Saturdays 10:00 AM – 3:00 PM. Closed Sundays.

WESTFORD PUBLIC LIBRARY

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

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

RICHMOND LIBRARY

Weekly Children's Programs We take a break from our regularly scheduled, weekly youth programs during the summer months. These programs include Baby Laptime, Playgroup, Early Bird Math and Yoga Storytime. These programs will resume in September. Pick up a copy of our summer flyer to see when there are special summer programs that might be a good fit for your child.

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

The Display Case features Jo Ellen Swaine's *Pineapple*. Soon after Richmond Resident Jo Ellen Swaine and her family moved to Vermont in 1986 she began her collection of pineapples, a symbol of welcome and hospitality throughout European and early American history. She was fascinated by the many different creative representations that she found, and hoped that old friends and new would soon find their way to her door. View some of the pieces in her collection in the foyer display case during the month of July.

Book Discussions:

Finding Moon by Tony Hillerman. A task he believes beyond his meager talents is pulling Moon to Vietnam. In a chilling world of mystery and silence, disguise and deception, he'll risk everything for the sake of one little girl – and discover a Moon Mathias who's a better man than he ever thought he could be. Thursday, July 19, 7:00 PM.

Summer Reading Program: Every summer we join the Vermont Department of Libraries and libraries throughout Vermont and

ART / MUSIC / THEATER



Derelict South Hero motel to host art show

For three days only, artist-run curatorial initiative *Overnight Projects*, a Vermont-based contemporary arts initiative, will bring the historic 1950s-era lakeside Sand Bar Inn to life with *From Away*, site-specific artworks by five local and nationally based artists. Mid-summer exhibition *From Away* will occupy the former motel from Friday-Sunday, July 27-29, with original multi-disciplinary installations by Wren Kitz, Angus McCullough, Sarah O Donnell, Charmaine Wheatley, and Mary Zompetti.

PHOTO CONTRIBUTED

ART/PHOTOGRAPHY

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

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

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

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

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

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

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

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

Art / Music / Theater continued on page 8

libraries continued from page 5

across the country in offering reading program materials around a common theme. This year's theme is *Libraries Rock!* 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.

Register for programs below in person or at 434-3036/rfl@gmavt.net.

Summer Stories and Songs: We will share some of the best new and classic picture books available and sing songs with shakers, rhythm sticks and colorful scarves. Join us for this program for infants-age 5 on Mondays, July 16 and 23 at 10:30 AM.

Kids Library Music Jam: This fun music workshop will cover the fundamentals of making music in a group setting. Individual and group instruction will be provided as the group learns to play together utilizing licks, riffs, and the "blues scale." Grab your guitar, bass, sticks, keyboard, or horn and come jam along to tunes by well-known artists. Youth ages 9-15 should register in advance for the music jam on Mondays, July 16 and 23, 6:00 – 8:00 PM.

Very Merry Theater presents *Cinderella*: Vermont's only touring company for actors ages 6-15 will present this classic tale. Fun for the whole family. Join us at the Volunteers Green on Tuesday, July 17, 12:00 PM.

Kindness Rocks: Let's create kindness and cultivate compassion! We will decorate rocks with messages of kindness or joyful images. Then we'll place the rocks in and around the library for others to find, or offer them to someone who needs inspiration. We'll read some books, too. Kids ages 5-10 please register in advance for this program on Wednesday, July 18, 10:30 AM.

Read to a Dog: Readers will gain confidence while they enjoy some private story time with Tippy, a certified therapy dog. Kids ages 4-12 may sign up for a time slot in advance or just drop by on Thursdays, July 19 and 26 from 1:00 – 3:00 PM.

Natural Things Sculpture: Select some interesting natural items and weave them into a one-of-a-kind hanging sculpture with the teachers from Radiate Art Space. Youth ages 7-13 are invited to register in advance for this program on Friday, July 20, 10:30 AM.

Movie: *Black Panther*, and ice cream sundaes: When young King T'Challa is drawn into conflict with an old foe he must release Black Panther's full power. Make your own ice cream sundae to complete the evening! No registration is required to attend this PG-13 film on Tuesday, July 24, 7:00 PM.

Colorful Maracas: We'll turn recycled bottles, duct tape, stickers, and some rice into colorful maracas. Kids ages 5-12 please register in advance for this fun craft program on Wednesday, July 25, 10:30 AM.

Introduction to Cartooning: Learn some simple ways to make cartoons with local cartoonist and youth librarian L.J. Kopf. Youth ages 5-12 please register in advance for this program on Wednesday, August 1, 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. Please let us know if you're coming so we have plenty of pizza. Join us on Friday, August 3, 11:00 AM.

Bedtime Math: Ask us about the online Bedtime Math program and have elementary-aged children pick up a recording sheet and some star stickers at the youth desk on the second floor.

New Guessing Jar at the youth librarian desk on the second floor each week throughout the summer. Guess correctly (or close enough) and win a book!

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

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

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

DOROTHY ALLING MEMORIAL LIBRARY WILLISTON

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

Summer Reading Programs for Children and Teens: *Libraries Rock!* Register for the Summer Reading Challenge and win free books and raffle tickets. Keep track of the amount of time you spend reading, including books, magazines, and audio books. (Williston/St. George residents).

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

Summer Story Time: Tuesdays at 10:30 AM, through July 31. Includes a simple craft activity. All ages.

Kindness Rocks Project: Wednesday, July 18. Two Sessions: 1:00 – 2:30 PM or 6:00 – 7:30 PM. Paint a rock and share a message of kindness. Ages 8-adult. Pre-register.

LEGO Day: Friday, July 20, 10:30 AM – 12:00 PM. Make your own LEGO creations!

Let's Jam! Learn to Play the Ukulele: Monday, July 23, 6:30 – 7:30 PM. Join us for some strummin' fun with Karla Kennedy, WCS Music Teacher. Ukuleles provided or bring your own. Ages 8-adult.

As You Like It, Monday, July 23, 3:00 PM. Presented by Hour Glass Youth Theatre. On the library green; Old Brick Church if it rains.

Jeff Salisbury Band Summer Concert on the Green: Tuesday, July 24, 6:30 – 8:30 PM. Bring a picnic and enjoy an evening of music and (optional) dancing. All ages. Rain location: Old Brick Church, Williston, VT.

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

FAIRFAX COMMUNITY LIBRARY

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

Youth Events

Tuesdays, July 17 and 24, 6:00 – 7:30 PM: Young Producers Workshop. A hands-on introduction into the world of television. Children ages 7-10 will have fun learning about the equipment used to make television programming, and will complete a short library-themed project. The project produced in this workshop will be provided to the children and the library on DVD, as well as, run on LCATV and stream from the LCATV website. May attend one or all. Must register.

Tuesday, July 17, 9:30 – 10:30 AM: Preschool Story Hour: Animal Songs. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for Story Hour.

Saturday, July 21, 10:00 – 10:30 AM: Lap Time Story Time (NEW!) This new storytime is geared for the littlest listeners. If your child is still on the lap, then come and enjoy this sweet story time with great board books, songs, and finger plays. It's also a great opportunity to meet other new parents. No registration required.

Wednesday, July 18, 11:00 AM – 12:00 PM: Make a Mic and Sing Along. Kids age 4+ make a toy microphone and have a sing along to well-known kids songs. Please register.

Tuesday, July 24, 9:30 – 10:30 AM: Preschool Story Hour: Colors, shapes, and fun. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for Story Hour.

Wednesday, July 25, 11:00 AM – 12:00 PM: Make a Percussion Instrument. Kids age 4+ make percussion instruments and play together in a drum circle to explore rhythm and cooperation. Please register.

Saturday, July 28, 10:00 – 11:00 AM: Musical Chairs Tournament. Participants will compete for awesome prizes in this all ages tournament. We will have different circles for each age group (under 6, 7-12, and teen/adult). Weather permitting, we will be outside on the middle school lawn, otherwise we will meet in one of the BFA-Fairfax gyms. Bring your competitive self and your willingness to laugh! Please register.

Tuesday, July 31, 9:30 – 10:30 AM: Preschool Story Hour: Music with Caitlin. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for Story Hour.

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

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

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

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

Tuesday, August 7, 9:30 – 10:30 AM: Preschool Story Hour: Sounds like Nature. Join us for themed stories, songs, and activities

for ages 0-6. No registration necessary.

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

Adult events

Thursday, July 19, 6:00 – 7:30 PM: Financial Issues of Divorce. If divorce was easy, you wouldn't be wondering if you are making the right financial decisions. Financial professional Jo Ann Thibault will take you through the financial world of divorce and help address questions so you can make the best financial decision in the end. Please register.

Friday, July 27, 6:30 – 8:00 PM: Community Coffee House. Musicians, poets, and artists of all ages are welcome to showcase their talents at this fun community event. We will have free coffee and refreshments! To sign up for a performance slot, call the library or email Nicole, libraryprograms@fwsu.org. Additional slots may be available the night of, but not guaranteed. This event is free to the public so invite your friends!

Saturday, July 28, 10:00 AM – 12:00 PM: Board Game Café. Enjoy some free coffee or tea and baked goods from Eastman's while spending the morning playing board games with old and new friends. Check out some of the library's collection of over 120 games, including some brand new ones, or bring a favorite from home to teach others.

Saturday, July 28, 10:00 – 11:00 AM: Musical Chairs Tournament. Participants will compete for awesome prizes in this all ages tournament. We will have different circles for each age group (under 6, 7-12, and teen/adult). Weather permitting, we will be outside on the middle school lawn, otherwise we will meet in one of the BFA-Fairfax gyms. Bring your competitive self and your willingness to laugh! Please register.

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

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

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

The library will be closed on Tuesday, July 4. Come see us in the parade!

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

For up-to-date info about programs, visit our website: www.fairfaxvtlibrary.org, where you can also find a link to the interactive Google calendar. Summer Hours: Monday, Wednesday, Friday 10:00 AM – 5:30 PM; Tuesday, Thursday 9:00 AM – 8:00 PM; Saturday 9:00 AM – 1:00 PM.

BROWNELL LIBRARY, ESSEX JUNCTION

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

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

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

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

GREEN MOUNTAIN BICYCLE CLUB DAY TOURING RIDES

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

Sunday, July 22: Not Quite Quebec. 51 (M) and 64 (M/S) rides on low traffic roads near the Canadian border. The route crosses the Missisquoi River twice and travels along the shore of Lake Carmi. Meet at 8:45 AM, Tractor Supply Company at exit 20 off I-89. Leader: Dave Merchant, 825-3808/dpierchand@comcast.net; Co-Leader: Joyce McCutcheon, 893-1690/mellowmiti@aol.com.

Saturday, July 28: Upper Valley Weekend – Horse Country Ride. All three rides start in South Royalton. The short ride (26 M) will travel north to Chelsea and return; the medium (40 M/S) continues up VT Rt. 110 to the top of the hill in Washington and back; and the long ride (51 S) goes to Chelsea, up to the Vershire Heights, then down into the Connecticut River Valley, back through Strafford and Sharon to S. Royalton. There are two country stores in Chelsea, and additional ones in W. Fairlee and Strafford on the long ride. Meet at 9:15 AM, north side of the South Royalton Green. Leader: Pat Stabler, 781-929-9085/everstab@verizon.net; Co-Leader: Tom Evers, 617-605-0928/everstab@verizon.net. After the ride, cyclists can camp out in South Royalton, stay at an area hotel, or return home. There is a \$10 fee for camping, part of which might be refunded. Talk to Pat and Tom to get more info about the camping.

Sunday, July 29: Upper Valley Weekend – Pomfret Perambulations. This 50-mile ride (M/S) heads up Howe Hill, then down the lovely Pomfret Road to West Hartford and the White River. After a climb over the hill to Woodstock, we'll ride along River Road to pick up VT Rt. 12. Another climb will bring you into Barnard and a stop at the excellent general store by lovely Silver Lake. North Road provides you with some lovely views to the west, then back VT Rt. 107 to VT Rt. 14 to the Royalton green. Meet at 9:00 AM, north side of the South Royalton Green. Leader: Bryan Harrington, 899-2908/alpinefogman@yahoo.com; Co-Leaders: Pat Stabler and Tom Evers, 781-929-9085/everstab@verizon.net.

Sunday, July 29: Double or Triple Ferry Ride. This ride starts with the ferry to Port Kent and heads north to the recreation path through the Old Air Base into Plattsburgh. From Plattsburgh, riders will take the ferry across to Grand Isle and down to South Hero. Riders then have the option of taking the Local Motion ferry to Colchester and the Burlington Bike Path (43 E/M with packed gravel) or following the Champlain Bikeway on U.S. Rts. 2 and 7 (50 M). Bring money for the ferries. Meet at 7:45 AM for the 8:10 AM ferry, Burlington Ferry Dock. Leader: David Jacobowitz, 578-8803/davidjacobowitz00v@gmail.com; Co-Leader/Social Ride Leader: Donna Leban, 862-1901/lightspd@comcast.net.

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

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

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

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

HOME IMPROVEMENT

Lumber Mill Direct Superior Quality Great Prices
Kiln Dried 6-8%

HARDWOOD FLOORING
3/4" finished thickness. Random length 4' - 12' (some longer) tongue and groove, recessed back (not end matched), MAPLE, CHERRY, OAK, BIRCH
Price & availability can vary. Call ahead to confirm.

HARDWOODS ROUGH
Hard & Soft: MAPLE, CHERRY, Red & White OAK, ASH, BASSWOOD
MAHOGANY, WALNUT & YELLOW POPLAR. No quantity too small.

ALMOST WHOLESALE
500' BF pkgs of lumber - Hard Maple, Yellow Birch, Cherry & Red Oak.
Select & better. Ask Ken for details.

BEADED
SHIPLAP
FLOORING
V-JOINT
PIPWICK

DRESSED 4 SIDE
All Pine is Kiln Dried Pitch set @ 170°
Cash & Volume Discounts
Great Specials • Friendly Service

The A. Johnson Co.
WHOLESALE • RETAIL
L U M B E R
995 South 116 RD
Bristol, VT 05443
802-453-4884
7am - 4pm Mon-Fri

TREETOP BUILDERS

Custom Homes, Remodeling & Timber Frames

Roy Dunphey
20 Stevensville Rd., Underhill, VT
Cell 802-363-9881
www.TreetopBuilders.com

BUSINESS DIRECTORY

LANDSCAPING & PROPERTY MAINTENANCE



Growing well rooted plants and relationships since 1983
Design • Stonework • Planting • Patios • Water Features
www.creativelandscapingvt.com • Like us on [Facebook](https://www.facebook.com/creativeLGC) @ creative LGC
ROBERT SCHANTZ HORTICULTURALIST
113 Route 15, Jericho, VT 589
robertschantz@msn.com
Ph 802-899-8900
Fax 802-899-4957
Cell 802-363-4445



CHARLES W. WIEGAND
Excavation & Landscaping Services

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

- Excavator
- 2 Harley Power Rakes
- New Lawns Installed
- Old Lawns Rebuilt
- Custom Ditch Work
- Drainage Improvement
- Trenching & Backfilling
- Gravel Driveways Graded & Rebuilt
- Stump Removal
- Rototilling /Field Cutting
- Trucking
- Top Soil / Gravel
- Compost / Bark Mulch
- VT State Approval
- Underground Fuel Oil Tank Removal

All Phase Property Maintenance, LLC

Sanding & Salting Services 24 HR Service

Law Care & Gardens, Fence Installation/Repair, Pressure Washing, Stone-Concrete Walkways, Walls and Patios, Firewood, Light Trucking, Driveway Installation & Repair, Yorkraking, Brushhogging, Snow Plowing, Sanding & Salting, Electrical & much more...

Office: 899-2919 - Cell: 734-8247

Stephan Griffiths Jr. - Owner
allphase87@email.com

Fully Insured Essex, VT 05452

TRUCKING - TOWING

Anytime Towing



Owner operator Matt Norton

Specializing in Emergency Towing and Recovery • 878-8467

24 Hours a Day

- Wreckmaster Certified
- NATA Certified in Light and Medium Duty
- 4x4 Wrecker with Plow • Flatbed w/Side Puller
- Accident Scene Restoration
- Specializing in Dealing w/Insurance Companies

Anytime Towing
Snowplowing
Call 878-8467 now for Winter 2014

TRUCKING - METAL RECYCLING



YOU CALL! WE HAUL!

We Pick Up and Pay for Junk Automobiles!

Route 15
Hardwick
802-472-5100

3842 Dorset Lane
Williston
802-793-9133



FORESTRY MANAGEMENT

NATURAL RESOURCE CONSULTING • FOREST MANAGEMENT PLANNING



Providing forest management service for over 20 years

Scott Moreau
PO Box 39
Westford, VT 05494
office 802-849-6629
cell 802-343-1566

www.glf forestryvt.com
GLForestry@aol.com

GREENLEAF CONSULTING, INC

HOME IMPROVEMENT



- Customs Homes
- Remodeling
- Design
- Handyman

23 Kristie Lane
Jericho, VT 05465
www.thurgate.com



Dan Marcotte Construction LLC

Replacement Windows and Vinyl Siding
Building, Remodeling, Repairs

899-2926 355-1092
danieljmarcotte@aol.com • Jericho

Jennifer Kennedy's garden in Underhill Center is showcased in Jericho/Underhill Country Garden Tour



Jennifer Kennedy's garden in Underhill Center is on the Jericho/Underhill Country Garden Tour, a yearly event benefiting the Community Center in Jericho that every year explores a different theme. This year, Pollinators in the Garden is sure to be both inspirational and educational. Garden "tourists" will visit seven local gardens, enjoy the carefully planned garden tea, and attend a pollinator workshop. The event takes place on Saturday, July 28, 9:00 AM – 3:00 PM. Tickets, \$20, can be purchased ahead of time at The Old Mill Craft Shop, Jericho Country Store, and Victory Gardens. Tickets will be available on the day of the event at the Old Mill Craft Shop. The Community Center in Jericho is a non-profit organization. Their building is for public use for Jericho and the surrounding community. For more information call Linda Nadeau, 899-3820. PHOTO BY KATE PAQUETTE

Art / Music / Theater continued from page 6

suggested donation \$5. River Arts of Morrisville, 74 Pleasant St., Morrisville; www.RiverArtsVT.org; 802-888-1261.

At Helen Day Art Center running through Saturday, August 25, *Reclamation* will feature contemporary figurative woman artists painting women from their perspective, reclaiming and transforming the way women are portrayed. Helen Day Art Center, 90 Pond St., Stowe; www.helenday.com; 802-253-8358. The gallery is open Tuesday-Saturday, 10:00 AM – 5:00 PM and by appointment.

The VT Institute of Natural Science will present an *en Plein Air* Painting Festival at the VINS Nature Center, 149 Nature's Way, Quechee, VT, Saturday, September 29-Saturday, October 5. Free to

youth 17 and under, \$40 for adults who come to paint in celebration of the beauty and diversity of the Ottauquechee River watershed ecosystem, its vibrant human and natural communities, and the important message of conservation of the natural world. To learn more or register, <https://vinsweb.org/plein-air/>.

MUSIC

The Round Church Summer Concert Series presents *EmaLou & the Beat*, a VT-based trio, and "pholk punk" group *Phineas Gage Project* on Thursday, July 26, 7:00 – 9:00 PM. Admission: \$10 per person. For information, 434-3220 or www.emaloumusic.com. On Sunday, August 12, an afternoon and evening of music: 3:00 – 5:00 PM, Young Tradition Vermont Showcase featuring *Fiddleheads*,

musicians and music lovers. Higher Ground and evenko present Ben & Jerry's Concerts on the Green: Saturday, July 21: *Guster* with the CT Symphony Orchestra and *Madaila*; Sunday, July 22: *Old Crow Medicine Show*; Wednesday, August 1: *Good Vibes* with Jason Mraz (sold out); Thursday, August 2: Sylvan Esso. For tickets: <https://www.highergroundmusic.com>.

THEATER/FILM

The Lamoille County Players' present a summer musical *Hello, Dolly!* Your friends and neighbors will sing and dance their way through New York City in this classic romantic comedy. Performance dates for the Tony Award-winning musical are July 19-22 and 26-29 (Thursday – Saturday, 7:00 PM; Sundays, 2:00 PM) at the historic Hyde Park Opera House in Hyde Park. Tickets are \$18 for adults and \$12 for students or seniors (ages 60 and over). The Lamoille County Players are offering a \$10 Matinee Special: tickets for the 2:00 PM matinee on July 22 only are just \$10!

Meet the Jericho Staff!



In the HEART of YOUR community!



Transitions Physical Therapy

SPORTS • SPINE • PELVIS • POSTURE

Jericho 802.899.5200 • www.transitionspt.com



First Thursday concerts at Shelburne Vineyard (6308 Shelburne Rd., Shelburne) continue with a performance Thursday, August 2, 6:00 – 8:30 PM by singer/songwriter *Matthue Runciman*, who describes his style as following "in the footsteps of The Band and Neil Young" as he sings of his adventures, travels, and tales of Americana. Come with your chair or blanket, ready to enjoy the music outdoors surrounded by the fruiting vines. The concert is free and all are welcome, so bring along your friends and family, plan to enjoy some supper treats from Woodbelly Pizza, keep your palate happy with Shelburne Vineyard wines by the glass and Fiddlehead, and know you're doing good because a portion of the beverage proceeds will go to support Vermont Day School. Admission is free; pizza, wine, and beer available for purchase. Information: www.shelburnevineyard.com.

PHOTO CONTRIBUTED

Business Directory Ad Rates

- 3.25"x1.5" • \$90.00 for 5 issues
- 3.25"x3" • \$115.00 for 5 issues
- 3.25"x4" • \$175.00 for 5 issues

All ads must be prepaid prior to running.

Email: mtgazette@earthlink.net

for more information or call

Brenda Boutin
at 802-453-6354

12 month contracts at reduced rates available

A REPUTATION FOR RESULTS!



Fairfax - \$469,500

Mt. Mansfield views from the floor to ceiling windows in our hillside contemporary ranch! Kitchen with granite counters! Master suite with private deck & large bath with whirlpool tub! 2 additional bedrooms up! Walkout lower level features family room with arched woodstove enclosure & wet bar!



Fletcher - \$420,000

Amazing remodeled 5+ bdrm, 2.5 bath Greek revival home on 150 acres! Kitchen w/ custom cabinets, SS appliances & granite countertops. Refinished painted softwood floors throughout! Walk-in butler's pantry. Room on your own private retreat of woods with hiking, deer beds, brook & a beaver pond!



Fletcher - \$375,000

28+ acres to explore, hike, or create gentle-person sugar operation w/ 3-4,000 potential taps! 3 BR, 2.5 bath, colonial will be built w/ attention to detail & a great floor plan! Lg. open kitchen & dining area look out on your deck for grilling! Master w/ full bath & WI closet. 2 car-garage w/ entry to basement!



New Price! Jericho - \$338,000

4 bdrm cape on private 3 acres with \$3,000 back at closing for improvements! Slate entryway w/ mudroom that leads to dining area with cathedral ceilings & skylights! Hrdwd floors in the kitchen, dining, hall & living rm! Finished bonus rm over the 2-car garage! Sunny yard for gardening & playing!

CALL NANCY TODAY!

Nancy Jenkins Real Estate
140 Kennedy Dr, Suite 102
South Burlington, VT 05403
802-846-4888 - 888-567-4049

NANCY JENKINS
REAL ESTATE