

MOUNTAIN GAZETTE

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Wild Parsnip sap causes burns and blisters

By Brenda Boutin
Mountain Gazette staff

Traveling through Vermont is a wonderful experience; the roadsides are all in bloom with a myriad of wildflowers. Some are native, some are newcomers. One non-native species, though lovely to look at, is poisonous to the touch: "wild parsnip."

If you want to see it in quantity, all you need to do is to drive along the Circumferential Highway in Essex between VT Rts. 15 and 2A. Wild parsnips grow from the edge of the road as far as you can see on either side.

Wild parsnips are found in 45 states. The flower looks a lot like Queen Anne's Lace, except that it is yellow. At this time of year it is around 4-6' high with yellow flowers. The leaves resemble celery leaves; the stem is grooved and hollow. It is an invasive species. Wild parsnip is not very particular about soil conditions and its seeds can remain viable in the soil for four years; once an infestation begins, it can spread to form dense stands as it crowds out other species. Wild parsnip (*Pastinaca sativa*) is a member of the carrot family (Apiaceae), which contains about 300 genera and more than 3000 species including carrots, parsley, cumin, dill, fennel, celery, Queen Anne's Lace, poison hemlock, and their relatives.



Wild parsnips growing along the Circ in Essex. PHOTO BY SARA RILEY

Some of these species, such as wild parsnip, contain chemicals called furanocoumarins which, when combined with sunlight on the skin, cause phytophotodermatitis (a toxic skin reaction). The chemicals keep the skin from protecting itself from ultraviolet rays; the result is basically sunburn. Damage can be as mild as skin discoloration or as severe as large, extremely painful blisters. Heat and moisture (e.g., sweat or dew) can enhance the skin reaction.

All parts of the plants contain a substance (psoralen) that cause phytophotodermatitis. That means an inflammation (itis) of the skin (derm) by a plant (phyto) with the help of sunlight (photo). The rash begins 24 to 48 hours after exposure to the plant juices and sunlight. In mild cases, the skin reddens and feels sunburned. In more severe cases the skin first reddens, then blisters, and for a while the skin feels like it has been scalded. The weeping blisters can last for weeks. The sap from wild parsnips can cause temporary or permanent blindness, if it gets into the eyes.

The U.S. Forest Service recommends removal of the plant at its roots, since the plant will re-grow after surface mowing or burning. When removing the plant, you should cover exposed skin, especially by wearing long sleeves and gloves. (Don't wipe or rub your sweaty face with your sleeve!) The plants should be put into garbage bags. It's crucial to remember that cutting the plant down with a mower or trimmer later in the season is not a good idea because mowing leads to re-sprouts, and weed whacking spreads the toxic sap. Wild parsnip is a biennial, so don't be fooled into thinking you have gotten control when it does not appear next year.

The Green Mountain Club has issued a warning to hikers that wild parsnip is growing in heavily disturbed soil areas such as road crossings and old house foundations. Hikers should watch out for this plant, sometimes called "wild celery".

Native to southern and central Europe, wild parsnip is believed to have been brought to North America either as a root crop by colonists as early as the 1600s, or as an accidental transplant with an immigrant. It has naturalized in the wild and has spread throughout much North America. As with many non-native species, it thrives in disturbed areas and along roadsides, but it doesn't limit itself to the harsh conditions along roads. This plant is just as happy in open fields and lawns as it is sprouting through a crack in a parking lot. It is spreading and can out-compete many native plants.

In a recent posting on the Huntington Front Porch Forum, Heidi Racht expressed her concern for animals that contact or ingest wild parsnip. Her horse had been exposed and had a reaction on his face.



Rash PHOTO CONTRIBUTED

The horse was treated by her veterinarian and is doing well.

Another posting on the same website called for residents of Huntington to take notice of this invasive plant moving its way into the town. On Tuesday, July 26 at 7:00 PM, come to the Huntington Town Office for a meeting on this issue. Residents will be developing neighborhood captains to work with their neighbors to set

up eradication teams to remove this highly toxic weed that is infecting the land and making it hazardous for children, wildlife, and animals.

Take the time to point out this poisonous plant to your children and teach them to stay away. Pull it where you can and dispose of it properly.



Huntington, Vermont runner Kasia Enman wins the Mountain Running National Championships

By Emily Wheeler

Coming off a third place finish at the hotly contested Mount Washington Hill Climb, Kasia Enman of Huntington, VT entered the National Championships on June 26 with one goal in mind, to place in the top four and earn a spot on the US Team that will travel to Tirana, Albania for the Mountain Running World Championships in September 2011. After reviewing the course on Cranmore Mountain in North Conway, NH the day prior to the event, Enman was confident she could have a strong race and make the team. The 7.6km course was divided up into two laps of 3.8kms, matching both uphill strength with downhill speed and agility. Breaking away from the field early in the race, Enman was able to set her own pace to win the event in 32:59. Beating her nearest rival, Michele Suszek of CO by 1 minute and 46 seconds, Enman became the first pick for the US World Championship Team. Building on her current conditioning, she looks forward to one goal before embarking to Europe - to break her course record of 40:12.5 at the 4th Annual FJG Race to the Top of Vermont on Mount Mansfield on August 28, 2011.

Every other year, the Mountain Running World Championships changes from an all uphill course to a course with both long up hills combined with long descents. This year's National Championship course at Cranmore is very similar to the World Championship course in Albania. Enman likes the pace shifting of this type of race because she has good endurance and good strength. Mountain running is really growing as a sport, according to Enman; this is the first year that the national team has had an all-expenses paid trip to World Championships. "The most exciting thing is to represent Vermont and New England on the national and international scene," she adds. The Race to the Top of Vermont, which is a more traditional hill climb race, will be a good test of her fitness come August and the last race she does before competing against the top women in the world mid-September.

Enman's accomplishments are particularly impressive considering she is balancing her training, traveling and racing with raising her 1-year old daughter Acadia with her husband Eli. "It's been a big adjustment, everything is different," she says of balancing her running career with motherhood. While the endurance and strength are still there, "my speed and turnover have been slower to come back since becoming a mother," she says.

While full of unique obstacles and challenges, Enman thinks that mountain running is a great way to get started with running races. The racing community is "a fun-loving group of people, and it's a low key atmosphere - great for people just starting out". It was not until recently that USA Track and Field mountain running as an official discipline, grouping it together with ultra-running and trail running (MUT for short). In case there was any question, Enman assures us that mountain running races are "both challenging and satisfying" and that the Race to the Top of Vermont is a great place to be doing it.

The 4th Annual FJG Race to the Top of Vermont is Catamount Trail Association's biggest fundraising event of the year. This year's co-beneficiaries are Mobius, The Mentoring Movement and Vermont Works for Women/Girls Move Mountains. Mobius' mission is to develop a culture of mentoring in our communities and VWW/GMM mission is to help women and girls recognize their potential and explore, pursue, and excel in work and play that leads to economic independence and self confidence.

For more details and to enter the race, visit www.catamounttrail.org. You may also call the CTA office at (802) 864-5798 and register over the phone.

Bicyclists and pedestrians encouraged to report harassment by motorists to police agencies

By Nancy Schultz

To encourage bicyclists and pedestrians to report harassment by motorists, I want to share my recent personal experience. On the evening of Sunday, July 10, I was bicycling on a dirt road in Berlin, VT. I had just passed over a stretch of rough "washboard" when I heard a car approaching rapidly behind me. I then heard a horrible crunching, crushing sound as the car hit the washboard while going too fast. In fear, I pulled off the road and looked over my left shoulder to see the car leave the road just behind me, tear up the turf, and rip off its rear bumper. The car then passed me, dragging its bumper, before two young male occupants hopped out and stuffed the bumper in the back seat. Over the next 15 minutes, the driver pulled over as I cycled by and then passed me two more times. Once, the car came very close and the passenger screamed at me while the driver leaned on the horn. The next time, the passenger hung his naked rear end out the window.

I reported this repeated harassment to a Berlin police officer, who appreciated hearing the details of what happened to me. I was told that the same driver on the same evening had hit a mailbox and almost hit a little girl who was bicycling. The driver was cited for DUI and leaving the scene of an accident. His car was impounded and the police had obtained a warrant to search the vehicle. They were pleased to know about the location of the car leaving the road and the debris left behind, including the foam liner of the bumper.

I gave a signed statement to the police and requested that the driver be charged with violating the Safe Passing law, which took effect one year ago. I shared copies of the law and the penalties because the officer was not aware of this law. I asked to testify in court about my unfortunate experience and I offered to provide training, on behalf of the Vermont Bicycle & Pedestrian Coalition, to the Berlin police department that would cover this law and much more. The officer made copies of the documents for posting and was very interested in the training opportunity.

If you, while bicycling, walking, running, riding a horse, etc. on Vermont's roads, have experienced harassment from a motorist, please report what happened to you and let the police know that you would like the motorist to be cited for violating the "Safe Passing" law. By doing so, you are assisting law enforcement and you are helping to protect others from experiencing what you experienced or worse. If you ignore this kind of behavior on the part of drivers, it will continue. Don't tolerate it. You, as the victim, are a credible witness. Please speak up and save lives! Thank you. (You can find the text of the Safe Passing law on the home page of the Vermont Bicycle & Pedestrian Coalition web site: www.vtbikeped.org)

The "Safe Passing" Law: What it means for Vermont's roadway users

New legislation that offers protections to Vermont's "vulnerable" roadway users was signed by Governor Douglas on May 20. The law, Act 114, defines pedestrians, people in wheelchairs, bicyclists, people on horseback, roller skiers and others as "vulnerable users." Essentially, those who aren't completely encased in metal are much more susceptible to injury and are, therefore, in this category of roadway users.

The Vermont Bicycle & Pedestrian Coalition (VBPC), a statewide nonprofit education and advocacy organization, spearheaded a grassroots effort that resulted in the "Safe Passing" bill clearing key committees and both chambers of the legislature. The full text of the new law can be viewed on the home page of the VBPC: www.vtbikeped.org

In brief, here's how the law will benefit all bicyclists and pedestrians in Vermont: Motorists are now required to pass bicyclists, pedestrians, people on horseback, roller skiers, and other vulnerable roadway users with "due care, which includes increasing clearance, to pass the vulnerable user safely."

All those in motor vehicles now are prohibited from throwing objects at vulnerable users and from harassing them in other ways, such as approaching them too closely and too rapidly.

Bicyclists may now (legally) indicate their intention to make a right turn by using their right arms.

Bicyclists may now (legally) move to the left to make a left turn, avoid a hazard in the roadway, or pass another roadway user.

Bicyclists, when riding at night, are now required to have a light on the rear (attached to either the bike or cyclist) or at least 20 square inches of rear-facing reflective material/reflectors on the bicycle/bicyclist.

All of the above changes will help improve conditions on Vermont's roadways for those who enjoy bicycling, running, walking, horseback riding, roller skiing, roller skating, and other activities. Although it's been a widely-accepted practice that a bicyclist can signal rights turn with his or her right arm, it is now permitted by law. It's important for a bicyclist to move to the left to prepare to make a left turn or avoid a hazard in the road. Nevertheless, this move has never been described officially in statute and sometimes other roadway users interpret it as inappropriate or illegal.

While the new law offers protections, it also calls upon bicy-

Bike law continued on page 12

NEWS BRIEFS

POLICE REPORT

On July 17, 2011 at 4:27 PM, VSP - Williston dispatch was advised of a **two-vehicle collision** with injuries that occurred on Route 15 at the intersection of North Underhill Station Road in Underhill. A member of the Vermont State Police, as well as members of the Jericho/Underhill Fire Department and Essex Rescue, responded to the scene. The preliminary investigation revealed Erin Wry, 21, of Underhill, VT, was traveling west on Route 15 in her 1998 Toyota Corolla at approximately 50 MPH when she became distracted and took her eyes off the roadway. She subsequently rear-ended Deanna Tall, who's 2007 Toyota Rav 4 was stopped on Route 15 West attempting to turn left onto N. Underhill Station Road. Although legal action is pending the conclusion of said investigation, driver inattention was the primary cause of said collision. Both cars were totaled. Cassandra Tall, 15 was transported to Fletcher Allen Health Care with neck and back complaints. CASE#: 11A102939

Underage drinking party - On Thursday July 14, 2011 at approximately 12:36 AM the Richmond Police Department was made aware of a noise complaint on Wheeler Lane in the town of Richmond, VT. The complainant stated that there was a possible party going on and that there was yelling and loud music coming from the street over.

The first officer on scene spoke with three unidentified teenagers outside the residence and detected the smell of alcohol on them and determined that the individuals were under the age of 21. The officer entered the house looking for the home owner; inside the house were at least 15 individuals and over 100 empty containers of beer and multiple bottles of hard liquor. Once the individuals partying observed the officer they ran out the back door and scattered across the field behind the residence.

A Williston Police Officer in route to the party found one underage individual attempting to cross the Huntington River. She was pulled from the river soaking wet. Other officers responding saw multiple people running in fields and on the road.

Nine under 21 individuals were given diversion paper work and tickets will be issued to them for consumption of a malt beverage by a person under 21. After processing the individuals all under 18 were released to a parent and all over 18 were released to an unimpaired adult.

Officers from Williston, Essex and Vermont State police scoured the area for any people that may have gotten hurt in the run from the house. This search was aided by an infrared searching device that could detect heat signatures in the dark. CASE#: 11RM00636

The Richmond Police Department was unable to contact the homeowner who was out of town on the night of the party.

On Saturday July 16, 2011 at approximately 9:28 PM Vermont State Police, Richmond and Hinesburg Police Departments responded to a report of an **underage drinking party** on Texas Hill Rd in Huntington, VT. As a result of an investigation, five underage drinkers received court diversion paperwork. **Stephen Larocque**, 46, of Huntington was also cited to appear in Chittenden District Court on Tuesday August 23, 2011 for offense of enabling and furnishing alcohol to minors. CASE#: 11A102927

On Thursday July 10, 2011 at 9:40 PM, Vermont State Police conducted a motor vehicle stop on RT 15 west of the village of Jeffersonville, VT. Subsequent investigation showed the operator, **Brandon Raymond**, 25, of Jeffersonville, VT, was under the influence. He was processed, cited for operating a motor vehicle on a public highway while under of influence of intoxicants and released. Raymond was ordered to appear in Lamoille County District Court on Wednesday July 27, 2011. CASE #: 11A102857

On Friday July 1, 2011 at approximately 7:30 PM Richmond Police were on routine patrol West Main Street in Richmond, Ver-

mont near Exit 11, when a Black Pickup truck traveling east was observed to have an expired registration. A traffic stop was initiated and the operator was identified as **Christopher Carrier**, 21, of Richmond, VT. A Department of Motor Vehicle record check showed that Mr. Carrier was under suspension for a prior offense. Carrier who has no prior DLS conviction in the state of Vermont was processed DLS and released. Carrier was cited to appear at Chittenden Superior Court on August 9, 2011. CASE# 11RM00577

On Thursday July 7, 2011, the State Police were made aware of a burglary complaint located at 530 Vermont Route 15, Cambridge, VT. In speaking with the victim, Patrice Rooney, the **burglary** occurred sometime between 06-27-11 and 07-07-11. The suspect(s) forcefully entered a detached barn where the suspect(s) stole several kayaks, bicycles, and a patio set including its chairs. Anyone with information is asked to contact the State Police. If you have any information contact Trooper Hunt at the Vermont State Police, Lamoille Outpost at 635-7036. CASE #: 11A102806

On Monday July 4, 2011, at approximately 8:30 PM, Vermont State Police responded to a single vehicle roll over on Pond Road in Huntington, VT. The operator, **Grace Zambon**, 31, of Rygate, VT, was observed to have an order of intoxicants and after further investigation was taken into custody for suspicion of driving under the influence. Zambon was then brought to the Williston Police Barracks where she was processed for driving under the influence (DUI). Zambon was cited to appear in Chittenden District Court on Thursday July 21, 2011. Zambon's 2003 Honda Civic was totaled. CASE#: 11A102752

Corrections

Editor's notes: It has come to my attention that there were a couple of errors in the July 7, 2011 *Mountain Gazette*.

First: In the 10th anniversary article I wrote, "I invited Ted Tedford to write. Tedford, a longtime newspaper writer (at the *BFP*) and the editor of the former *Mountain Villager*; waited until he was sure that the paper was a going thing, and has since consistently provided good and professional reporting."

Ted Tedford wrote to clarify the articles information by saying, "I did not wait until *The Mountain Gazette* was a "going thing" before beginning to write for this newspaper, as an article in the July 7, 2001 issue of this paper stated.

I also was not "invited" to write by the owner and publisher. Instead, I called her to offer my professional reporting services because the paper lacked an experienced reporter.

This area needs a community newspaper and I hope *The Gazette* continues to keep the public well informed."

The second error provided miss information as to the venue of an event. The article said "Red Sox Jimmy Fund event is at Little Fenway" - a correction is needed - it is at Fenway Park in Boston. This is a significant error because the Travis Roy Foundation Wiffle ball event is at Little Fenway, Essex, on Aug. 12-14. They want to avoid having cars on the road that are expecting to come to a different event at Little Fenway.

Local church youth and adults do missionary work

Youth and adults from the United Church of Underhill and Covenant Community Church travelled to New York City the week of June 20 for mission work at the Bowery Mission Center. In addition to helping with meals and other outreach projects at the Mission, the Youth Groups had an opportunity to do some sightseeing in the City. Back row, left to right: Scott Nütchie, Aidan Hartswick, Ethan Spier, Alex Clift, Pastor Kevin Goldenbogen; front row, left to right: Sally Baldwin, Kelly Baldwin, Warren Irish, Emma Hartswick, and Anne Clift.



News from United Church of Underhill

Summer worship at the United Church will begin at 9:30 a.m. now through September 4. The summer sermon series is entitled "WWWG: Women Wrestling with God," which will look at some well-known and some lesser-known women of the Bible who dared to wrestle with God. Dates and sermon titles: July 24 - Damaris (Acts 17:22-34); August 21 - Martha

(Luke 10:38-42 and John 11:27); August 28 - the Bleeding Woman (Mark 5:24-34); and September 4 - The Canaanite Woman (Matthew 15:21-29).

If you haven't registered your child(ren) for Vacation Bible School yet, now that school is out — now is the time! "Shake It Up Cafe" allows children entering grades K - 8 to explore and experience recipes for living out God's Word. This fantastic fun will take place on August 15 - 19 from 9 - 11:30 a.m. at the United Church of Underhill.

There is no charge for Vacation Bible School, but we ask that you register so we have enough supplies for everyone. You can register on-line at www.unitedchurchofunderhill.com or call Julianne Nickerson at 899-3798.

Still time to host a Fresh Air child

Summer vacation, that special time of year for all children, is upon us and you still have the chance to make it memorable for a New York City child! Thanks to the many families in Northwestern Vermont and throughout 13 Northeastern states and Canada, more than 1.7 million New York City children from low-income neighborhoods have enjoyed free summer experiences in suburban and small town communities through The Fresh Air Fund. The Fund is currently seeking more families to give inner-city children a two-week experience this summer. By volunteering as a host family for the Friendly Town program, you can help give a child a break from the heat and noise of the crowded city streets.

"Being able to run around and be outside is a freeing experience for her," says one Fresh Air host about her Fresh Air child. "I still enjoy watching her face as she takes joy in the simple things, like roasting a marshmallow or jumping into the lake." You can read about the special experiences of other Fresh Air children and hosts by visiting our website, www.freshair.org, which includes photos, stories, videos and other helpful information.

There are no financial requirements for hosting a Fresh Air child. First-time visitors are six to 12 years old, and re-invited youngsters may participate in the Friendly Town program through age 18. To learn more about hosting a Fresh Air child this summer, please contact Mary Sherman at 802-868-2771, or call The Fresh Air Fund at (800) 367-0003 or check out www.freshair.org.

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COMMUNITY COLUMNS



Save Our Strays takes part in Richmond 4th of July parade



United Way of Chittenden County Volunteer Listings

By Sue Alenick, United Way Volunteer

The listings below are a small sample of the 300+ volunteer needs from more than 200 agencies you can find on-line at www.unitedwaycc.org. If you do not have computer access, or would like information about the volunteer opportunities below, call us at 860-1677, Mon. - Fri. from 8:30 AM - 4:30 PM.

SUMMER YOUTH OPPORTUNITIES - A number of local groups have volunteer opportunities for teens this summer:

CIDER (South Hero) - seeks volunteers with some building experience to build ramps and other home accessibility projects in Grand Isle county—minor construction experience helpful. Min. age 16.

Jericho Town Library - Seeks teen helpers to do photos of kids; check in, shelve and repair books; prepare storytime themes and crafts, help with Summer Reading Program and coordinate summer programs. Min. age 12 (16 for program coordinator).

Lucy's House for the Prevention of Homeless Pets - Needs volunteers to sew catnip socks for cats and make toys for dogs. Patterns are provided or volunteers can be creative, volunteers need to provide their own materials. Min. age 12

Save the Greyhound Dogs - Needs supply room reorganizer at their office in Essex to pack, organize and dispose of items. Min. age 17.

The DREAM Program - Volunteers will help with trail maintenance, garden work and special projects at their camp in Fletcher. July 17 & 30. Min. age 14.

Turning Point Center - Needs cookie bakers and snack providers for people in recovery from alcoholism and drug addiction. Volunteers bake or prepare goodies at home to be delivered to the center. Min. age 14.

Vermont Foodbank in Barre - Youth volunteers can sort, repack and categorize food in the warehouse, build food boxes, package fresh food, provide kitchen assistance and prepare mailings. Warehouse volunteers must be able to lift 30 lbs. Min. age 14. Gleaning volunteers harvest donated produce from farms and help sort and package. Min. age 16.

BUILD-O-RAMA - Shelburne Museum needs volunteers to work with children in the Construction Zone during their upcoming Sunsets Build-O-Rama on Thurs., Aug. 4 from 3-8:30 p.m. Help kids with hands-on activities such as origami, paper airplanes, Lincoln Logs and LEGO bricks. Various 2-3 hour shifts for set up, building tasks and clean up.

CHAMP CAMP! - Champlain Adaptive Mounted Program (CHAMP) in South Hero is looking for camp assistants and instructors assistants Aug. 8-11 from 8-4. Camp assistants help instructors with games, assist campers with activities and supervise lunch and breaks. Instructors' assistants with horse experience can bring horses in, groom, tack and feed horses.

STAFF CAMP! - Camp Exclamation Point is a week-long summer camp on Lake Fairlee for boys and girls grades 3rd - 11th whose families are involved in the agriculture, dairy or timber industries in Vermont and have limited resources. Volunteers work from Aug. 19-27 as counselors, lifeguards, boating instructors, camp health care staff, and kitchen staff. Lifeguards and health care staff need to be certified with previous experience working with school-age children. Licensed nurses or nurses-in-training are always welcome.

FEED CHILDREN - Winooski Underground Teen Center needs kitchen volunteers to prepare and serve a free meal for an average of 30 Winooski children on Tues., Thurs., & Fri. evenings (4-5:30)

COMPUTERS FOR SENIORS - Cathedral Square Corporation is looking for individual or group of volunteers to help residents of senior housing learn to use Wii, set up Wii tournaments and to do short tutorials on various Microsoft software. 2 hours/week. Min. age 16.

FRONT DESK - Committee on Temporary Shelter (COTS) needs a front desk volunteer to take & direct phone calls, answer questions, greet visitors and do other clerical tasks. Some back-ground in social services is preferred. 4 hours per week.

TEEN BUSINESS MENTOR - Winooski Underground Teen Center is looking for a volunteer to work with mostly refugee youth to help them make organic popsicles and sell them at farmer's markets. Volunteers will help in all aspects of the project from gathering berries and making popsicles to teaching students about financial planning, customer service and safety. 10 hours per week.

Pet First Aid Course at Richmond Rescue - July 23

What would you do if your pet became ill or injured? Please join us for a course in Pet First Aid on Saturday July 23 from 1:00-5:00 PM. Topics include injury prevention and disaster, preparation and personal safety precautions to help pet owners identify and minimize risks. A wide array of pet emergencies including bleeding and bite wounds, cardiac arrest, choking, burns, poisoning, trauma, and more will be covered. \$40 per person. For more information and to register contact Zac at (802) 434-2394 or at CPRcenter@richmondrescue.org.

Ironing out the concerns about iron

Dr. Lewis First
First with Kids

Parents of toddlers are frequently putting their irons into the fire and asking me questions about how to prevent their child from getting iron deficiency anemia.

Iron is needed to build up your red blood cells, which bring oxygen into your body. Without enough red cells, your body does not get enough oxygen and begins to feel weak and tired. Recent studies have shown that even a mild decrease in iron stores may not just make your child feel run down, but can affect your child's brain growth and impact their ability to pay attention, stay alert, and learn.

The most common reason for iron deficiency is not eating enough iron-containing foods, or needing an extra supply at times of growth (which is why this problem is most commonly seen in infants and teens, especially teen girls). Recent studies suggest that as many as 12-15% of infants and toddlers may be iron deficient.

Recently the American Academy of Pediatrics revised their dietary iron policy, recommending varying the amounts of iron based on a child's age. Your child's doctor can tell you how much iron they should be getting and you can then check food labels to insure they get an adequate daily supply.

Iron is usually found in foods that our children like to eat. For infants, it may be in iron-fortified cereals. In older children, iron can be found in meat, fish, poultry, green leafy vegetables as well as peas and beans. We also know that when you eat fruits or other foods rich in vitamin C, it can increase the amount of iron being absorbed from the other foods we eat. By the way, broccoli makes a great food because it is rich in both iron and vitamin C. In rare cases, if the diet is not rich in iron, then iron drops or medication may be needed and prescribed by your pediatrician.

Lewis First, M.D., is chief of Pediatrics at Vermont Children's Hospital at Fletcher Allen Health Care and chair of the Department of Pediatrics at the University of Vermont College of Medicine.

4th of July celebrated in Jeffersonville

On Friday July 4, local residents and visitors from Smuggler's Notch Resort came to Jeffersonville to watch a lively parade under a warm sunny sky. The parade was lead by members of the Vermont Army and Air National Guard carrying the flag, followed by the American Legion and Auxiliary of Cambridge Post 35. Many area businesses were represented, along with several organizations such as the 4-H club, boy and girl scouts, schools, and Cambridge Historical Society. The young were entertained with candy and "water" from squirt guns thrown out from people proudly riding floats they were involved in making. Music was provided by the Bishop Marshal School and the Hannaford Fife and Drum group. Antique cars and trucks, custom cars, fire trucks and rescue vehicles, as well as an old army jeep participated in the procession. Following the parade, folks strolled over to the Cambridge Elementary School grounds for "old fashion" games, activities, and lots of food. The day ended with Smuggler's Notch hosting spectacular fireworks and music was provided by the National Guard 40th Army Band. For results of the parade, contact Pam at 644-8011.

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Maximum 400 words; one letter per writer, per calendar month.

Must be signed for attribution, with writer's address and phone.

AREA WORSHIP SERVICES

CALVARY EPISCOPAL CHURCH

Calvary Episcopal Church is a welcoming, caring, Christian community called to live the Gospel of Jesus Christ, grow our spiritual gifts, and serve our neighbors.
VT Rt. 15 Jericho
Sunday Worship Service 9:30 AM
Rev. Dr. Linda Maloney, Interim Rector
Karen Floyd, Parish Administrator, 899-2326
www.calvarychurchvt.org

GOOD SHEPHERD LUTHERAN CHURCH (ELCA)

273 VT Rt. 15 - between Jericho and Underhill
Rev. Dagmar Rosenberg, Pastor - 899-3932
Sunday Worship 9:00 AM - Nursery provided
Sunday School for all ages - 10:30 AM
gslcvt@myfairpoint.net www.GoodShepherdJericho.org

JERICHO CONGREGATIONAL CHURCH

"An Historic Church Proclaiming an Eternal Message"
On the Green in Jericho Center, VT
Pastor Peter Anderson & Youth Pastor Glenn Carter
8:00 & 11:00 am Sunday Worship
9:30 am Sunday School for all
10:30 am Fellowship
6:15 PM Youth Group in old school building
Signing for the deaf and wireless hearing receivers on request
899-4911, officejcc@comcast.net, www.jccvt.org

JERICHO UNITED METHODIST CHURCH

"Open Hearts, Open Minds, Open Doors"
71 Vermont Route 15, Jericho (next to Town Hall)
Rev. Patrice Goodwin, 899-4288
Rev. John Goodwin, 899-4288
Sunday Worship Service, 9:00 AM
Children's Sunday School, 9:00 AM
Men's Breakfast - third Sunday, 7:00 AM
jerichoumc@jumcvt.org • www.jumcvt.org

MOUNT MANSFIELD

UNITARIAN UNIVERSALIST FELLOWSHIP
A Liberal Spiritual Community
P.O. Box 150, Jericho, VT 05465
phone 899-5335 - website www.mmuuf.org
We gather at 9:30 AM at the newly renovated space at 195 VT RT 15, Jericho (red barn across from Packard Rd) on the 2nd and 4th Sundays of September-June for worship, reflection, growth, and support.
All are welcome.

UNITED CHURCH OF UNDERHILL

"Welcoming, Worshipping, Working for God"
At the Green on Route 15 - Rev. Kevin Goldenbogen - 899-1722
www.unitedchurchofunderhill.com
Summer worship and Sunday School 9:30 AM (July 3 - Sept. 4)
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EVENTS

COMING EVENTS

Hot Dish Supper, Binghamville United Methodist Church, Fletcher, 5:00 PM until all is served. Adults \$8.00, Children \$4.00. Families welcome. Menu includes a variety of hot dishes, baked beans, hash, salads, rolls, pickles, and pies.

Friday July 22

Richmond Farmer's Market open from 3:00 to 6:30 on Volunteers Green in Richmond. Come and meet your local growers and buy local. For further information, contact Carol Mader at 434-5273 or cmader@surfglobal.net. Check out our website at

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www.RichmondFarmersMarketVT.org. The Richmond Farmers' Market participates in the Farm to Family Program and now accepts EBT and Debit cards.

Saturday July 23

St. Ann Church annual chicken barbecue. Dine in comfort in St. Ann's air-conditioned hall, 41 Main St. Milton, VT. Barbecue Chicken, Homemade Beans, Salads, Rolls, Dessert, Coffee & Soft Drinks. Take Outs Available. Tickets now available from the Knights of Columbus & Daughters of Isabella or call the rectory at 893-2487. \$10.00 per adult; \$9.00 for Seniors; \$7.00 per student. Children under 6 free. \$35.00 per immediate family. Sponsored by Knights of Columbus & Daughters of Isabella to support Works of Charity

Friday July 29

Richmond Farmer's Market open from 3:00 to 6:30 on Volunteers Green in Richmond. Come and meet your local growers and buy local. For further information, contact Carol Mader at 434-5273 or cmader@surfglobal.net. Check out our website at www.RichmondFarmersMarketVT.org. The Richmond Farmers' Market participates in the Farm to Family Program and now accepts EBT and Debit cards.

Saturday July 30

Bird Monitoring Walks, Bird Museum of Vermont, Huntington, 7:30 - 9:30 AM. Join us on our monthly surveying walk. Bring rain boots or sturdy hiking shoes, sweater or jacket, binoculars, etc., depending on weather. Trail conditions vary. Best for birders and citizen scientists. Free, donations welcome.

Sunday July 31

Annual Greek Summer Food Festival, Greek Orthodox Church, Corner of Ledge Rd. & So. Willard St., Burlington, from noon to 5:00 PM. 862-2155.

Saturday August 6

Ladies Auxiliary to the Veterans of Foreign Wars 5th Annual Golf Tournament to benefit Cancer Aid and Research, August 6, 2011 at the Essex Country Club, 332 Old Stage Rd, Essex Junction. Entries must be submitted by August 1, 2011, \$85 per person. 4 Person Scramble includes greens fees, 1/2 cart, lunch and chicken BBQ dinner after tournament. For Information, call Debbie 578-5995.

ONGOING EVENTS

ADULT ACTIVITIES

Chittenden County Postage stamps and post card club meets every first Wed. of the month 6:15 - 8:30 PM, A IDX Circle GE Healthcare Building. South Burlington Information e-mail: Laineyrapp@yahoo.com or call me at 802 660-4817

The **Essex Art League** holds monthly meetings at the First Congregational Church, 39 Main St., Essex Jct. For information, 862-3014.

Chittenden County Stamp Club, First Wednesday of the month 6:15-8:30 PM, GE Healthcare, 1 IDX Circle, South Burlington, VT. Everyone is welcome to come learn about stamp collecting, postage history, cachets, postcards and postage stamps or a variety of other knowledge. Lainey Rappaport (802) 660-4817.

Eagles Auxiliary #3210 holds bingo at the club house on Rt. 109 Friday nights. Doors open at 5:30 PM. Bingo starts at 7:00 PM. For more info contact Sally at 644-5377.

Handbell ringers, Tuesday evenings, United Church of Underhill. All are welcome at rehearsals. Two ensembles; opportunity for small groups/shorter time periods. We ring a variety of music in a variety of settings and look forward to new faces joining us. Beginners welcome! Call Roger, 899-3106, for information.

Micah's Men of the United Church of Underhill meet on the 3rd Saturday of each month at the church at 7:30 AM. For more information call 899-1722.

Mt. Mansfield Scale Modelers gather on the third Thursday of the month from 6:30 to 8:30 PM. Modelers encompassing all categories of interest and skill levels are welcome. Brownell Library, Kolvoord Community Room, Lincoln Street, Essex Junction. Next meetings Thursday December 16, 2010; Thursday January 25, 2011; and Thursday February 24, 2011.

The Women of the United Church of Underhill meet on the second Saturday of each month at 8:00 AM at the Church located at the park on Rt. 15 in Underhill Flats. Women interested in sharing Christian prayer and discussions are welcome. Contact Julianne Nickerson at 899-3798 for more information.

The VT-French-Canadian Genealogical Society - Do you have more time in the summer to start finding your ancestors? Do

you need help filling in those blank spaces in your family tree? We have resources such as the VT Vital records to help with that and we can help anyone get started. The VT French-Canadian Genealogical Society library is located on Hegeman Avenue, Fort Ethan Allen, Colchester. We're open Tuesdays 3:00 to 9:30 PM and the following Saturdays, July 9 and August 13. We will be closed September 3. Parking and entrance across from the State Police. Please visit our website <http://www.vt-fcgs.org>, or call 802-238-5934 for more information.

HEALTH EVENTS & GROUPS

Alcoholics Anonymous Meeting, "Wing It" group meets Sundays - 11:00 AM at Maple Leaf Farm on Stevensville Road, Underhill - it's an Open Speaker meeting followed by a Brunch (there is a \$10 charge for the brunch)

Alcoholics Anonymous Meeting, "The Firing Line" group meets Wednesdays, 7:15 PM - 8:15 PM at Maple Leaf Farm on Stevensville Road, Underhill - it's an Open Step meeting

Alcoholics Anonymous Meeting, "The Firing Line" group meets Saturdays, 8:00 - 9:00 PM at Maple Leaf Farm on Stevensville Road, Underhill - it's an Open Speaker Discussion meeting

Alzheimer's Support Group - Free educational support group series for families coping with a loved one with Alzheimer's disease and related dementias. This series gives caregivers the opportunity to better understand and develop strategies for the future. Held monthly at The Arbors at Shelburne. For more information and to register, contact Nicole Houston, Director of Family Services, The Arbors at Shelburne, 985-8600.

Overeaters Anonymous meets 6:00 - 7:00 PM Wednesdays at the Jericho United Methodist Church, VT Rt. 15, Jericho. TOPS Chapter 145 Jeffersonville meets 6:15 PM on Thursdays at the Eagles Club, Route 109, Jeffersonville. Weigh-in 5:15 - 6:00 PM.

Healing Circle Breast Cancer Network, support group for women with breast cancer, meets first Tuesday of every month at 5:30 PM, Northwestern Medical Center, Conference Room #1. RSVP at 524-8479.

Franklin County Prostate Cancer Support Group, first Tuesday of each month, 5:15 - 7:00 PM, Northwestern Medical Center Conference Room #2, St. Albans. This support group offers men opportunities to educate themselves and each other; share and learn from each other's experiences; offer support to each other, a spouse or partner; and advocate early detection of prostate cancer. For information, Fern Mercure, 524-0719.

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

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

KIDS

Playgroups are free of charge and open to all children birth through age 5 and their caregivers. At playgroup you will find stories, songs, crafts, free play, local events & information, and more. It is a wonderful opportunity to play with the children in your life, meet other playmates, and connect with other parents and caregivers. Playgroups follow the school calendar. Come to any or all groups that fit your schedule. For more information on any of the playgroups, please contact Heather Lebeis at 899-4415 or underhillplaygroup@yahoo.com.

Wednesday: Bolton's Smilie Memorial School 8:15 - 10:15 AM and Richmond Free Library 8:45 - 10:15 AM

Thursday: Huntington's Brewster Pierce Memorial School 3:00 - 5:00 PM.

Friday: Underhill Central School 9:30 - 11:00 AM.

Bolton Family Play Night, in the Smilie School gym, usually the first and third Fridays, 6:00 - 7:30 PM. Free. Mostly unstructured play with the school's equipment. Contact Tim Grover, 434-4180.

Kids' Yoga, 3-5 years & 6 years and up. Toddler tumbling and new moms' groups. The Well, 644-6700.

SENIORS/COMMUNITY MEALS

Jeri-Hill XYZ Seniors meet at the Town Hall in Underhill Center on the first and third Wednesday of each month. All seniors are welcome! Dinners are served at 11:30 AM. For information, please call Bette Workman, 899-4446, Loreen Teer, 899-1363 or Doug Keith 899-2582.

Johnson Community Meal - Every 2nd & 4th Wednesday, 11:30AM-12:30pm at the United Church in Johnson. Come for a hot meal and get to know your neighbors. The meal will be followed by a community gathering. For more information, please contact: Ellen Hill: 635-1439, ellen.hill@jsc.edu.

Westford Senior lunches - Join Westford Seniors for lunch at the Red Brick Meeting House on the Common the second Monday of each month. The next senior luncheon is on Monday, September 13. There is no lunch in July or August. Lunch is served at 12:00 noon with a short meeting or presentation following. Call 878-7405 or 879-7382 for information or for a ride.

Bolton Up and Downtown Club meets the last Thursday of the month at the Bolton Fire station Suggested \$3.00 donation. Meal at 5:00 PM. Open to adults 60 and over. Contact Doris Wheelock at 434-3769.

Huntington senior meal site - The Huntington Senior meals are served the third Tuesday of each month at 12:00 noon at the Community Baptist Church in Huntington Center.

St. Jude's Church, Hinesburg, senior meals held on second and fourth Wednesday of each month with bingo games after the dinners. Everyone is welcome including caregivers. Dinners are \$3.00 per person. For information call Ted Barrette at 453-3087.

Starksboro First Baptist Church, Starksboro - senior meals, fourth Thursday of the month, 11:30 AM, call Brenda Boutin at 802-453-6354 for more information.

SPORTS ACTIVITIES

Pilates - Wednesday evenings at 6:30 PM at MMU. Monday evenings at 6:00 PM and Saturday mornings at 9:00 AM at Dakini Studio. Call Lisa Timbers at 899-4191 for more information or visit her website at <http://timbers.wordpress.com>

Zumba - Wednesday evenings, 6:00 PM, Jericho Community Center. For more info contact Lori Preiss at 899-0343 or visit website: www.greenmountainzumba.com

Ongoing events continued on page 5

Allergy medicines not working? See the experts. We can help.

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ART

Discussion Series: "Both Sides of the Coin: The Creative Process and Marketing the Work" with Guest Speaker, Northshire Bookstore Espresso Book Machine Print on Demand Coordinator, Debbi Wraga, Wednesday, July 27, 6:00 PM, **River Arts Center**, 74 Pleasant Street, Morrisville, VT

The discussion series "Both Sides of the Coin: The Creative Process and Marketing the Work", hosted by River Arts, focuses on two aspects of being a successful artist: Creating distinctive work, and finding an audience for it. Join Northshire Bookstore Print on Demand Coordinator Debbi Wraga, the fifth guest speaker in the series, July 27th at 6:00 p.m. at the River Arts Center in Morrisville. Suggested donation \$5.

For more information on this presentation or on River Arts, call 888-1261, or visit their website at www.riverartsvt.org.

First Friday Art Walk Citywide, Burlington, August 5, 2011, 5:00-8:00 PM. From Church Street to Flynn Avenue, from the Waterfront to Winooski, get out and see the art this August! Pick up your copy of Art Map Burlington, First Friday Art Walk's official publication, and your guide to art in Burlington or check out www.artmapburlington.com to see a list of participating venues. Got questions? Call 802-264-4839 or send email to info@artmapburlington.com.

Bryan Memorial Gallery presents the 4th in its biennial series of historic Vermont art exhibitions this summer, with Masters of Vermont: The watercolorists. Featuring 80 works in watercolor by late artists whose painting in Vermont was a compelling element of their artistic oeuvre, the artists include Lawrence Goldsmith, Walton Blodgett, Robert Blair, Hilda Belcher, Martha Wood Belcher, Paul Strisik, Lucien Day, Alden Bryan, Mary Bryan, and Ron Slayton, Genevieve Wilhelm and Charles Curtis Allen. The exhibition was curated by Bryan Memorial Gallery's executive director, Mickey Myers.

The exhibition continues through Labor Day. During this time, Bryan Memorial Gallery will be open daily, 11:00 AM – 5:00 PM, and by appointment at any time. Bryan Memorial Gallery is at 180 Main Street, Jeffersonville, Vermont. 802-644-5100. www.bryangallery.org.

No Boundaries in Fiber - Surface Design Association, Vermont Members Exhibit, Innovative art using diverse textile techniques. August 6 - September 17, 2011, **Rae Harrell Gallery**, 90 Mechanicsville Road, Hinesburg, VT 05641. For more information call 802-482-4944. Gallery hours: Thursday-Saturday 10:00 AM-4:00 PM, and by appointment. www.sdavermont.blogspot.com.



Now on exhibit at the Bryan Memorial Gallery, *Girl with Apples*. PHOTO CONTRIBUTED

Exposed 2011 Outdoor Sculpture Exhibition presented by Stephen Levin and **Helen Day Art Center** now through October 8, 2011. 2011 marks the 20th year of the annual *Exposed* Outdoor Sculpture Exhibition in Stowe, Vermont. This exhibition's long history has provided opportunity for local and regional object-based and site-specific sculptors to exhibit their work.

This year's suite of work both honors the tradition of art history and reflects the contemporary global art atmosphere. It features sculptural objects and acknowledges the ever-changing role of art to incorporate active, socially engaged work in a variety of media. Curator Rachel Moore has accomplished this by including high profile sculptors alongside artists who work interactively with community and site. This year's exhibit includes artists from Canada, Germany, Greece, and Mexico.

Public programs each Thursday night include 13 performers, writers, and video artists who add texture to the already diverse exhibition. These happenings will be hosted by The Art Center at 6:00 PM beginning July 14, 2011.

This year the Exposed exhibition debuts the use of a cell phone audio tour and QR codes for Smartphones. These two strategies deepen the experience for the visitors and provide instant access to the meaning and intent of the artwork in the artists' own words. This creates a more personal connection between the artist and the public, providing insight into their processes and concepts.

The addition of a cell phone tour; QR codes; walkabout tours; a catalogue with images and descriptions; and a comprehensive map cohesively work to create a more accessible exhibition, engaging the anticipated 75,000 visitors.

Please visit www.helenday.com for more details.

Gallery hours are 10:00 AM – 3:00 PM Thursday through Sunday or by appointment (802) 899-3211. www.emilegruppegallery.com.

MUSIC

Green Mountain Chamber Music Festival, Kevin Lawrence, Artistic Director. Rothkopf Lyric, Messiaen Theme and Variations, Norman Gran Turismo, and Brahms Piano Quartet in c minor. GMCMF Faculty. Wednesday, June 29, 2011 at 7:30 PM, Recital Hall, University of Vermont, Redstone Campus, Burlington. Tickets: \$20 general admission, \$17 seniors, \$6 students. Information: 802-233-1106. Website: <http://www.uvm.org/gmcmf/>.

Glasgow-based Russian gypsy band Koshka will be featured at this year's **Champlain Valley Folk Festival**, happening on July 29-31, 2011 on the Great Lawn of Burlington's Waterfront Park and at the Main Street Landing Performing Arts Center.

As part of the fundraising efforts of the Champlain Valley Folk Festival, a new Martin D-15M guitar with a hard shell case (valued at \$1500) has been generously donated by the C.F. Martin Guitar

Art/Music/Theater continued on page 12

Ongoing continued from page 4

SUPPORT GROUPS

CFS, Fibromyalgia, Lyme Disease, Chemical Sensitivity and Gulf War Syndrome, 1:00 to 3:00 PM every third Thursday at: The Bagel Cafe, Ethan Allen Shopping Center Burlington, VT call or visit website www.vtcfids.org or Lainey at 802 660-4817 or 800-296-1445 ask for Rik

Alzheimer's support group, third Wednesday, 9:30 – 11:30 AM, The Arbors, 687 Harbor Rd., Shelburne. Free education for individuals and families in the early stages of Alzheimer's disease and related dementias. For information and to register, contact Nicole Houston, 985-8600.

Approach Autism With Advocacy, Recovery & Education (AAWARE) in the Lamoille Valley, third Sunday, 3:00 – 5:00 PM, Second Congregational Church of Jeffersonville Community Room, Jeffersonville. Special topics, guest speakers, resource information; playroom for kids, fenced side yard for outdoor play. For information, Terry Holden, 644-2759 (Jeffersonville) or Tina Karl, 888-3430 (Hyde Park.)

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

Eating Disorders Parental Support Group, third Wednesday, 7:00 – 9:00 PM, Covenant Community Church, VT Rt. 15, Essex Center. For parents of children with or at risk of anorexia or bulimia. We focus on being a resource and providing reference points for old and new ED parents. For information, Peter, 899-2554.

TOWN GOVERNMENT & ORGANIZATIONS

Cambridge Area Rotary meets on the first Thursday of the month, rotating to local restaurants, 7:00 – 8:00 AM. For information, call Anita Lotto, 793-0856, or Chuck Hogan, 644-8134.

Westford Fire Department, Mondays, 7:00 PM, at the fire station next to the Town Garage. For information, email John Quinn, jquinnvnt@aol.com

Jericho-Underhill Water District meets first Monday of each month at the United Church of Underhill, Underhill Flats, 7:00 PM. For information, call 899-4076 or 899-3810.

Jericho Historical Society, second Thursday, 7:30 PM, Old Red Mill, Jericho.

Jericho Underhill Park District Board meeting, first and third Wednesdays, 7:00 PM, Deborah Rawson Memorial Library project room, Jericho.

Residents of Jericho and Underhill always welcome. 899-2693 for information.

Village of Jericho, Inc. – Please be advised that the Board of Water Commissions of the Village of Jericho, Inc. will hold its next monthly meeting Tuesday August 15, 2011, 7:00 PM.

Jericho Energy Task Force meets the third Wednesday of every month from 7:00 to 8:30 PM at Jericho Town Hall.

THRIFT SHOPS & FOOD SHELVES

The **Heavenly Cents Thrift Shop** located just east of the Five Corners in Essex Jct. on Rte 15, the hours are from 10:00 AM to 3:00 PM on Tues. and Wed., 4:00 to 8:00 PM on Thurs. Please check us out.

Westford Food Shelf, open on the third Saturday of every month, 8:00 – 10:30 AM, United Church of Westford. All are welcome. Fresh produce, meat, and non-food items available.

2011 Military Retiree Activity Day scheduled for Camp Johnson

Military retirees from throughout New England are invited to attend the Fourteenth Annual Northern New England Military Retiree Activity Day which will take place at the Vermont Army National Guard's Regional Training Institute (RTI) at Camp Johnson in Colchester on Saturday July 23 from 8:00 AM to 3:00 PM.

Military Retirees from all branches of Service and Gray Area retirees from the National Guard and Reserve who are not yet receiving retirement checks will have the opportunity to attend this event which will update them on military retirement benefits that they have earned while serving in the Armed Forces of the United States. Retirees will have the opportunity to receive legal assistance, health care information, pay information, survival benefits, Deers/ID Card renewals and meet with representatives from veteran's organizations and companies providing services to veterans.

Country Moose Auto Show August 27

The Classic Auto Show will be a highlight of the Annual North Country Moose Festival. Classes include Antiques up to 1939; Mustangs Stock; Muscle Cars, Corvettes, PT Cruisers, Original and Modified Trucks, Special Interest and much more.

The 20th North Country Moose Festival Auto Show will be held on Saturday August 27, 2011, from 9:00 AM-3:00 PM, with registration at 8:00 AM, at the Recreation Park in Canaan, VT. Cruise Night will take place the preceding evening in Colebrook, N.H., at 7:00 PM, with line-up to begin at 4:00 PM, at the Colebrook Elementary parking lot.

For more information, go to www.moosfestival.com or call the North Country Chamber of Commerce at (800)698-8939.



Do you have daytime availability?
Are you interested in using your free time to help your community?
Do you have an interest in learning new skills and becoming an EMT?

If you answered yes to any of these questions,
ESSEX RESCUE
 is looking for you!

We are hosting an informative volunteer recruitment days on:
July 28, 1:00-4:00 PM
 Underhill Fire Station, Rt.15

August 4, 9:00 AM-12:00 noon
 Essex Rescue, 1 Educational Drive

Come explore our facility on an informal basis and

- Meet and greet some of our staff and volunteers
- Tour our facility
- Climb in the back of an ambulance
- See what volunteer membership options are available
- Learn what's involved with becoming an EMT

Come see how easy it is to help your community and become a part of our family. Join us on the July 28 or August 4 at the above locations to learn how to get started, no experience is necessary!

We'll to see you there!
 Call Colleen Nesto
 with any question at 802-878-4859 X4.

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VOTE
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For Clean, Reliable Energy

Vermont Electric Coop is holding a Special Election and Member Vote from July 5TH to July 26TH.
 Your **YES** vote in support of the transmission system upgrade between Jay and Lowell is important. Why?

IMPROVED RELIABILITY

Voting **YES** will improve reliability across Vermont's northern tier, from Highgate to Newport and from Jay to Lowell. This transmission system was built in the 1960s and requires upgrades.

COST SAVINGS

Voting **YES** saves VEC members millions of dollars. Green Mountain Power will pick up \$7 million of the bill, because they need the line for the renewable energy wind project in Lowell.

CLEAN ENERGY

Voting **YES** helps develop a healthy electricity infrastructure. A strong and modern transmission system is necessary to deliver new sources of clean energy reliably to our homes and businesses.

Saint Michael's College announces faculty promotions

Saint Michael's College office of the vice president for academic affairs announced promotions and tenure decisions of college faculty effective for the fall 2011 semester.

Faculty promoted to associate professor with tenure includes **Timothy Whiteford** of **Richmond, VT**, who was already an associate professor, was awarded tenure. Dr. Whiteford holds a Ph.D. from the University of Illinois. Dr. Whiteford published a book chapter titled "Making Math Meaningful for students with Special Needs" in *Quick Guides to Inclusion: Ideas for Educating Students with Disabilities* (April 2007). He was awarded a faculty development grant to conduct a seminar on teaching math to students with diverse needs.

Huntington soccer registration underway

Huntington Youth Soccer registration is now underway. Forms went home in the backpacks of Brewster-Pierce students during the last week of school. Forms are also available at the Town Clerk's Office, Huntington Public Library and Beaudry's Store.

The deadline for the early registration discount is on or before Monday, August 1.

CSWD recycling bins available to Huntington residents

The town of Huntington has some blue CSWD recycling bins available free for Huntington residents. If you would like to get an extra one for your household, they are located on the ramp in front of the Town Office. Please only take one or two since it's a bit of effort to get them.

Also, they still have four Compost Bins available from CSWD. The cost is \$52; normally they are for sale for over \$130.

Call the office, if you would like to get a Compost Bin. You can stop in on Monday evening; the town offices are open Mondays 7:00 AM to 7:00 PM. Checks are payable to the Huntington Public Library.

Richmond Farmers' Market

Harvest Health Coupons are here! The Harvest Health Coupon Project is a coupons incentive program designed to encourage more 3SquaresVT customers to utilize their EBT cards at the Richmond Farmers' Market. For every \$5.00 in token purchased at the Market, the customer will receive a \$2.00 coupon for EBT eligible food. See Carol Mader for details.

August 5 - The Richmond Police Department, the Richmond Fire Department and Richmond Rescue will again host a local Kids and Cops Day at the Richmond Farmers' Market on Volunteers Green. August 5 is Customer Appreciation Day. At 4:30 the Market will distribute \$3.00 coupons to the first 100 customers who come up the hill.

Visit the Community Booth - August 5th also brings you a chance to win a free kayak! The Richmond Land Trust will be offering tickets for its annual kayak raffle at the Market with the drawing to follow from the stage. Tickets are only \$1 each, or six for \$5. For \$20 you'll get 24 tickets plus a free membership in this volunteer organization dedicated to preserving Richmond's outstanding natural, historic and agricultural resources. Just look for the bright orange kayak - and good luck!

On Stage on August 5 - Join Beacon Light Grange from 4 - 6 pm with crafts for children of all ages. Make a hand puppet from a recycled sock - decorate a hat - make a button and much more. Find the creative spark inside of you!

The Market is open from 3:00 to 6:30 on Volunteers Green in Richmond. Come and meet your Local Growers and Buy Local.

August 12 - The Richmond Farmers' Market will feature Ted Sargeant's Tractor Day. Children with parental supervision are welcome to hop aboard a kid-friendly vintage tractor.

The Youth Booth - Duct tape crafts and walking sticks will be featured at the Youth Booth. At the second Market of each month, area youth with an entrepreneurial flair are invited to set-up and

sell items that they have either made, baked or grown. There is limited space at these Markets so contact Carol Mader, Market Manager at 434-5273 for information.

On stage at 5:30 PM, The Heather Morris Dancers from the local area will delight you with their fancy footwork and energetic spirits.

Also, if you are in need of a new summer look, Lienne Bick, a talented face painter, will be on hand to add a little whimsy to your day.

The Market is open from 3:00 to 6:30 PM on Volunteers Green in Richmond. Come and meet your Local Growers and Buy Local.

August 19 - Back by popular demand, John & Marge Butterfield will perform on stage from 5:00 to 6:00 PM at the Richmond Farmers' Market.

This event is being sponsored by Jon and Lucy Fath, owners of Toscano Café Bistro.

Also, if you are in need of a new summer look, Lienne Bick, a talented face painter, will be on hand to add a little whimsy to your day.

The Market is open from 3:00 to 6:30 PM on Volunteers Green in Richmond.

August 26 - On stage from 5:00 to 6:00 PM let's welcome the Freedom and Unity Singers. Isaiah Mead and Derek Clatterbuck of the Freedom and Unity Singers come from opposite sides of the country, Oregon and Virginia respectively, but share a love for traditional American folk music.

Also, if you are in need of a new summer look, Lienne Bick, a talented face painter, will be on hand to add a little whimsy to your day.

The Market is open from 3:00 to 6:30 PM on Volunteers Green in Richmond. Come and meet your Local Growers and Buy Local.

For further information, contact Carol Mader at 434-5273 or cmader@surfglobal.net. Check out our website at www.RichmondFarmersMarketVT.org.

The Richmond Farmers' Market participates in the Farm to Family Program and accepts EBT and Debit cards.

OBITUARIES

Katelin Anne "Kate" Richardson, 21, Jeffersonville, VT died unexpectedly Tuesday, July 12, 2011, in Newport, Tenn. Kate was born August 4, 1989, in Morrisville, VT, the daughter of Robert J. and Kathleen "Kathi" Schaefer Richardson. She was a 2007 graduate of Lamoille Union High School. She excelled in soccer at Lamoille and played a year of lacrosse as well. Upon her graduation, she attended UVM for a year and was a member of the women's soccer team. Kate transferred to Springfield College in Springfield, Mass., where she continued her soccer career and received her bachelor's degree and was working towards a doctorate in the physical therapy program. She was a member of the Vermont Lady Voltage, Nordic Soccer, and any other soccer game she could find. Kate loved athletics; swimming, running and skiing at Smuggs with the old guys and her other friends, in addition to her school sports. She recently became enthralled with whitewater rafting and enjoyed working at Smoky Mountain Rafting in Tennessee this summer. She is survived by her parents, Robert and Kathleen "Kathi" Richardson of Jeffersonville, VT; her maternal grandmother, to whom she was very close, Joan Schaefer of Niskayuna, NY; her uncles and aunts, Ken Schaefer of Schenectady, NY, Kevin Schaefer of Malta, NY, Karen Bunch of Bristol, VT, and Cath Kiwitt of Elon, NC; cousins, Ken, Steve, Kristine, Kayla, Christopher, Zoe, Julian, Toby, and Tucker; Kate's two dear friends, Lucy Higgins of Jeffersonville, VT, whom she knew since early elementary school, and Kyle McLean of Eden, VT; so many other friends too numerous to mention; and Murphy the dog. A memorial service will be held Saturday, July 23, 2011, at 11:00 AM in the auditorium at Lamoille Union High School. Visitation will be Friday July 22, 2011, from 5:00 to 8:00 PM at the White-Fiess Funeral Home, 165 Brooklyn St., Morrisville, Vt. Contributions in Kate's memory may be made to North Country Animal League, 3524 Laporte Rd., Morrisville, VT 05661.



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DEBORAH RAWSON LIBRARY, UNDERHILL

Art for July are photographs by Stu Hall. The board of Trustees meets Thursday July 21 at 7:00 PM.

A Tiny Peak at Russia - Wednesday August 3, 10:30 Enjoy hearing and reenacting the classic Russian folk tale *The Turnip* read by Anna Vaserstein. Learn how to say a few words in Russian and then sample a traditional Russian dish. Grades 1 - 3. Registration required, call 899-4962.

Family Story Time - "Reading Takes You Places", Saturday August 6, 10:30 AM. Enjoy stories from the far corners of the world, read by Heather Lebeis. Try your hand at origami and share a taste of sushi. Recommended for families with older preschool children - grade 2. Registration required, call 899-4962.

The Traveling Story Teller -Tuesday August 9, 10:00 AM. A puppet show of *The Town Mouse and the Country Mouse*. Recommended for families with children preschool - grade 3. To register call 899-4962.

Painting a View of our Nearby World -Wednesday August 17, 10:30 AM - noon. Local artist Heather Meisterling will assist participants with techniques and suggestions as each person paints, or sketches the views seen from our library. Those attending are welcome to bring their own supplies or use those provided by the library. Grade 4 - adult. Registration required, call 899-4962.

Around the World Bingo -Thursday August 18, 1:00 PM. This is a new twist on a fun game. Try your skill an answering some interesting questions before you cover your bingo square. Not to worry, we'll provide help from some of our older students. And of course there will be prizes for all attending. Grades 2 - 4. To register call 899-4962.

Painting a View of our Nearby World -Wednesday August 17, 10:30 AM-12:00 noon. Local artist Heather Meisterling will assist participants with techniques and suggestions as each person paints, or sketches the views seen from our library. Those attending are welcome to bring their own supplies or use those provided by the library. Grade 4 to adult. To register call 899-4962.

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.

ESSEX FREE LIBRARY, ESSEX

For information or directions, please call the library at 879-0313 or check our web site at www.essex.org.

FAIRFAX LIBRARY, FAIRFAX

Fairfax Summer Concert Series 2011 - Every Tuesday evening at 6:30 PM, Rain or Shine. Located on the green in front of the BFA Middle School, bring your chairs. Free to all and Handicap Accessible - July Shows: July 19 Conscious Roots; July 26 Big Spike.

Sponsored by Vermont Arts Council, National Endowment for the Arts, Fairfax Community Library, Fairfax Park and Rec, and BFA K-12 Enrichment

Fairfax Community Library Summer Reading Program 2011 - July Events: Thursday July 7, 10:00-1:00AM, Children's Author Jan Reynolds, 6:30-7:30 PM, Middle School book group discussion of *Millions* by Frank Cottrell Boyce; Thursday July 14, 10:00-11:00 AM, Travel the world with Success by Six; Thursday July 21, 10:00-11:00 AM, local artist Sally Ziegler leads a multicultural art activity; Thursday July 28, 10:00-11:00 AM, Exordium Exploration, 6:30-7:30 PM, Middle School book group discussion of *City of Ember* by Jeanne DuPrau.

In addition to these activities we are offering a Summer Preschool Storytime Series, *Folktales from Around the World*, every Tuesday morning from 9:30 -10:30 AM now through August 2.

For more information call (802) 849-2420 or email fairfaxlibrarian@gmail.com.

The library is located at 75 Hunt Street Fairfax VT 05454. Library Hours Monday, Wednesday, and Friday 8:00 AM-3:15 PM, Tuesday, and Thursday 8:00 AM - 8:00 PM. <<http://www.bfafairfax.com/pages/communitylibrarynews.html>. 802-849-2420>.

JERICHO CENTER, LIBRARY

Summer Reading Program - The Summer Reading program is underway and the schedule is on line at: <http://www.jerichotownlibrary.org/programs-and-events/summer-program-2011>. Registration started June 18 and many programs have filled up, but there are still openings. It all wraps up with an International Festival; on the

Jericho Center Green on July 29 at 4:00 PM. Please contact the library at 899-4686 if you would like to register for any of the programs.

Summer reading logs are also available at the library, with different logs for pre-readers, readers, and teens. All can bring their logs to the library to get them stamped when they visit. Pre-readers can enter in to a drawing for a collection of books. The drawing will be held on July 29 at the Final Event. Readers can enter a drawing for a savings bond donated by Merchants Bank. Teens can get their logs stamped each time they attend a library program, report on a book they read, or volunteer at the library and they can enter a drawing for a \$25 gift certificate from University Mall that will be awarded at the end of the summer.

Story time continues through the summer on Wednesday mornings at 10:00 AM, with topics and activities themed around the international theme of the Summer Reading program. Story time is targeted at pre-k - 1st grade and no registration is necessary. Come join us for stories, songs, snacks, and crafts.

Find us on the web - You can find the Jericho Town Library on the web at www.jerichotownlibrary.org and from there, you have access to the entire card catalog for the library as well as that of other local libraries, including Richmond Free Library, Brownell Library, and Dorothy Alling Library.

You can also find the library on line at Facebook now, too. Just search for "Jericho Town Library" to find us.

Writers' Club - The writers club continues every other Monday, 6:30 - 8:00 PM. All ages are welcome. Meetings in July are on July 11 and 25. Please contact the library for more information.

Audio and eBooks - Traveling this summer and looking for audio or eBooks to take with you? Visit the library web site (<http://www.jerichotownlibrary.org/download-audiobooks>) for information and a link to the Green Mountain Library Consortium, where you can check out and download audio and eBooks for free. For more information, contact the library at 899-4686.

General information reminder - The board of trustees meets regularly on the first Thursday of each month at 5:00 PM at the library and the public is always welcome to attend. The next meeting is an exception, with the meeting scheduled for July 21.

Library hours are Monday 1:00 PM - 5:00 PM, Wednesday 10:00 AM - 12:00 PM and 2:00 PM - 6:00 PM, Friday 1:00 PM - 5:00 PM, and Saturday

10:00 AM - 1:00 PM. For more information, call the library at 899-4686, email Jerichotownlibrary@gmail.com, or visit the library website at www.jerichotownlibrary.org.

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

There is a lot of news from the Varnum Memorial Library in Jeffersonville. New hours, a raffle basket, new programs, new books, and more....

We're thrilled to invite you to visit the library during our new expanded hours. The Library is now open on Mondays and Tuesdays from 1:00 to 8:00 PM, on Wednesdays and Fridays from 4:00 to 8:00 PM, Thursdays from 9:00 AM to 8:00 PM, and Saturdays from 9:00 AM to 12:00 PM. As well as checking out the numerous new books you can find on the shelves, being open longer may make it more possible for you to enjoy the new computers the library recently received through an e-VT grant, too.

On August 16, The Savvy Seniors theatrical group will give a comical performance on the serious issue of outsmarting investment fraud. Come learn how big the problems are, understand fraud risk factors and who is at risk, and learn how to prevent fraud. The program is free and starts at 10:00 AM.

Come visit the Varnum Memorial Library: There

are programs for children and adults, free WiFi access, and of course books and materials to check out, including the ECHO Center pass. Call 644-2117 if you have any questions.

The Varnum Memorial Library is open Mondays and Tuesdays from 1:00-8:00 PM and Thursdays and Saturdays from 9:00 AM - 12 noon. There are programs for children and adults, free WiFi access, and of course books and materials to check out including the ECHO Center pass. Call 644-2117 if you have any questions.

WESTFORD LIBRARY, WESTFORD

Upcoming Events:

Thursday July 27, 11:00 AM: Early Literacy Storytime. Stories and activities utilizing early literacy concepts for ages birth-preschool. Theme: Bonjour Hola Hello!

Thursday July 21, 5:00-6:00 PM: Book Discussion: Extremely Loud and Incredibly Close (Foer).

Friday July 22, 11:00 AM, Tai Chi for Arthritis for Ages 50+ . This program contains all the essential principles of Tai Chi that support the improvement of flexibility and balance. Led by CVAA AmeriCorps member Colin Hunt. Class is full.

Libraries continued on page 8

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PEOPLE IN THE NEWS

Blood donors receive gallons pins

Following donors received their gallon pins from American Red Cross Blood Services, New England Region recently: Ruth Woodard, Jericho, 34 gallons; Frederick Brady, Jericho, 49 gallons; Bradley Eldred, Underhill, 13 gallons; Bradley Eldred, Underhill, 14 gallons; Tim Durbrow, Underhill, 70 gallons; Jillian Clark, Cambridge, 1 gallon; and Allen Audette, Jeffersonville, 3 gallons.

Libraries continued from page 7

Friday July 22, 6:00 PM: Strategy & Board Games for Teens & Adults. Hosted by Matt Taylor.

Sunday July 24, 7:00 PM: Concert on the Common: The Growlers. The high energy acoustic trio plays a great range of rock, blues and country. Rain location: Brick Meeting House. Co-sponsored by the Westford Recreation Department, the Turkey Trot Committee and the Westford Public Library.

Wednesday July 27, 11:00 AM: Tai Chi for Arthritis for Ages 50+ . This program contains all the essential principles of Tai Chi that support the improvement of flexibility and balance. Led by CVAA AmeriCorps member Colin Hunt. Class meets 6/10, 6/15, 6/17, 6/22, 6/24, 6/29, 7/1, 7/6, 7/8, 7/13, 7/15, 7/20, 7/22. Class is full.

Wednesday July 27, 6:00-7:00 PM: International Fair. Music, food, costume, art & photos of countries around the world! Please join us either by representing a country or visiting the Fair. Contact Victoria at 878-5639 if you'd like to represent a country.

Friday July 29, 4:30-5:50 PM: Ice Cream Feast! Make your own ice cream sundae in celebration of One World, Many Stories! Certificates for all participants and special prize drawings, including the U Mall gift certificate for teens! 7/31: 7pm: Concert on the Common: Starline Rhythm Boys . Vintage 40s & 50s country & rockabilly. Rain location: Brick Meeting House. Co-sponsored by the Westford Recreation Department, the Turkey Trot Committee and the Westford Public Library.

Wednesday August 8, 6:00-7:00 PM: Read with JR the Newfie, a Delta & therapy dog! For 1-3rd graders. Permission slip required. Call for details.

New Additions to the Collection:
Adult Fiction: *Tabloid City* (Hamill), *Please Look After Mom* (Shin). Adult Nonfiction: ESPN - *Those Guys Have all the Fun* (Miller), *Unfamil-*

iar Fishes (Vowell), *Making Supper Safe* (Hewitt), *The Heart and the Fist* (Greitens). Teen: *Elfquest Archives Volume 4* (Pini), *What Happened to Goodbye* (Dessen), *Happyface* (Emond), *Ocean of Blood* (Shan). Juvenile: Fiction: *Throne of Fire* (Riordan), *The Name of This Book Is Secret* (Bosch), *Sugar and Ice* (Messner).

The library is open Wednesday 1:00 - 7:00 PM, Thursday 10:00 AM - 6:00 PM, Friday 12:00 noon - 6:00 PM, and Saturday 10:00 AM - 2:00 PM. We can be reached at 878-5639, westford_pl@vals.state.vt.us, and www.westford.lib.vt.us. Our catalog is available via our website.

DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON

Summer Story Hour: Tuesday at 11:00 AM, August 9. Last summer Stories and a craft. All ages. No pre-registration.

Music with Raphael: Mondays, 10:45 AM & Thursdays, 10:30 AM. Come sing, dance, and clap your hands with Raphael and his guitar! Children participate and experience traditional and original folk music. Up to age 5 with a caregiver. No pre-registration. Limit: one weekday session per week per family.

Firefighter Story Time: Tuesday August 2, 11:00 AM. Meet Williston firefighters and listen to stories. All ages. No pre-registration.

Jeh Kulu Drum & Dance Theater: Thursday August 4, 2:00 PM. Celebrate traditional West African music and dance! All ages. No pre-registration.

Magic Show with Tom Joyce: Summer Reading Finale & Raffle Drawing! Monday August 8, 6:30 PM. An evening of comedy and magic for all ages. Pick up your certificate and free book. On the lawn, inside if it rains.

Dorothy Alling Memorial Library, 21 Library Lane, Williston, VT. www.williston.lib.vt.us

COLLEGE NOTES

College Graduates

Marymount University is proud to announce that **Chloe Porter**, Jericho, VT earned a B.A. in Interior Design on May 8, 2011.

Dean's List

Emily Rossi, Jericho, VT and a member of the class of 2013, has been named to the Dean's List at Providence College for the spring 2011 semester. To qualify for the Dean's List, students must achieve at least a 3.55 grade point average with a minimum of 12 credits.

Hilary Elizabeth Martelle, daughter of Mary and Robert Martelle of Underhill VT, has been named to the dean's list at New Hampshire Technical Institute in Concord NH. She is majoring in Paramedicine and a graduate of Mount Mansfield Union High School.

The following students at the Community College of Vermont achieved honors status for the Spring 2011 semester:

Ashley Marsh, Fletcher, VT, was named to the Dean's List.

Jacob Todd, Jeffersonville, VT, was named to the Dean's List.

Patricia Martines, Jericho, VT, was named to the Dean's List.

Ashley Matthews, Westford, VT, was named to the Dean's List.

Brittany Ferris, Waterbury, VT, was named to the President's List.

Lindsay Haley, Waterbury, VT, was named to the Dean's List.

Brittany Hoare, Duxbury, VT, was named to the Dean's List.

Kristina Russo, Waterbury, VT, was named to the Dean's List.

Olivia Gregory, a graduate of Mount Mansfield Union High School, has been named to the Dean's List for the spring semester at The College of Wooster.

WELCOME HOME

FAIRFAX

(French) Clarissa (Gottshall) Gottshall-French and Michael French announce the birth of their son Charlie Bean French on June 23, 2011 at Fletcher Allen Health Care in Burlington, VT.

JERICHO

(Villeneuve) Jonathan and June (Morel) Villeneuve are the proud parents of a baby boy, Jordan Haze Villeneuve, born on June 21, 2011 at Fletcher Allen Health Care in Burlington, VT.

JUST MARRIED

LENEAU-HANLEY

Emily Luneau, daughter of Paul and Laura Luneau of Jeffersonville, VT, and Jesse Hanley, son of Eric Hanley of Jeffersonville and Naomi Fletcher of Chandler, Ariz., were united in marriage June 25, 2011.

Justice of the Peace Steve McQueen officiated at the double-ring ceremony at the Hampton Inn, where a reception also was held.

Laura Broe was the maid of honor. The bridesmaids were Catrina McKnight, Kristen Hanley and Shannon Fletcher.

Ryan Whittemore was the best man. The ushers were Jason Luneau, Codi Bryce and Ryan Marsh.

Mrs. Hanley graduated from Lamoille Union High School and Johnson State College. She is a fourth-grade teacher at Morrystown Elementary School. Her husband graduated from Lamoille Union High School and New Hampshire Community Technical College. He is chief technician at Stowe Cablevision.

The couple resides in Waterville, VT.

MMU Soccer Andrea Carter Alumni Games

The MMU Varsity Girls and Boys Soccer Teams will be hosting the 7th Annual Andrea Carter Alumni Soccer Games on Saturday, August 27. All MMU Soccer Alumni families and friends are invited to come play or watch at the MMU Varsity Soccer Field. All proceeds will benefit the Andrea Carter Scholarship fund and MMU Girls and Boys Soccer.

Cost to play is \$20, which includes an MMU Soccer T-Shirt. To pre-register, or make a donation to the Scholarship Fund and Friends of MMU Soccer please send a check to: Eric Barker, Activities Director, MMUHS, 211 Browns Trace, Jericho, VT 05465. Please make checks payable to Friends of MMU Soccer.

All preregistered players please include t-shirt size with your payment. Shirts will also be available on the 27th.

Questions? Please contact Eric Barker at eric.barker@cesu.k12.vt.us or 355-0160

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PEOPLE IN THE NEWS



A delegation of Vermont 4-H teens participated in Citizenship Washington Focus in Washington, D.C., July 2-9. They included: Front row (L to R): Bethany Demuynck, Underhill; Shelby Biasini, Morrisville; Rachel Howlett, Bridport; Kelli Jerome, Leicester; Elizabeth Hill, Bristol; Jonas Hastings, Bridport; Billy Wright, Lunenburg; Beth Carini, West Rutland. Back row (L to R): Emi Schweikert, Underhill; Victoria Mousley, Jericho; Jen Carp, Colchester; Kendall Edmondson, St. Johnsbury; Braeden Langmaid, Enosburg Falls; Brian McGarry, Enosburg.

4H teens visit Washington, D.C. to take closer look at political system

Thirteen Vermont 4-H teens recently returned from Washington, D.C where they had a chance to study the workings of our federal government firsthand through participation in a special 4-H program, Citizenship Washington Focus (CWF). The July 2-9 visit, coordinated by University of Vermont (UVM) Extension, provided a unique opportunity to learn more about the political process, the country's heritage and the teens' responsibilities as informed citizens.

Each summer more than 3,000 youths, ages 14 to 19, participate in one of seven week-long training sessions at the National 4-H Youth Conference Center in Chevy Chase, Md. This year's program included several issue-oriented workshops, motivational speakers, a day on Capitol Hill and tours of cultural and historic sites including Arlington National Cemetery, the National Cathedral, Mount Vernon and many of the Smithsonian Institute's museums.

The Vermont delegation also met with Jake Oster, the agricultural staffer from U.S. Representative Peter Welch's office to dis-

cuss legislative issues and participated in the National Independence Day Parade and an evening tour of Washington that included several presidential and war monuments and memorials. Prior to the start of the conference, they visited the National Zoo.

CWF, coordinated annually by the National 4-H Council, is one of the largest national citizenship education programs for youth. Vermont 4-H'ers were able to attend thanks to scholarship help from the State 4-H Foundation, local county 4-H foundations and local donations.

Beth Carini, a 4-H volunteer from West Rutland, accompanied the group, which included the following delegates from Underhill and Jericho: Bethany Demuynck, Underhill; Victoria Mousley, Jericho; and Emi Schweikert, Underhill.

For more information about other fun, educational opportunities for kids, 8 to 18, offered through UVM Extension 4-H, contact the State 4-H Office at (802) 656-5433 or toll-free at (800) 571-0668.

United Church of Underhill enjoys barbecue

Left: Children playing on equipment at picnic at United Church of Underhill parsonage, July 10, 2011: L to R: Simon Goldenbogen (on ground), Daniel Allard, Owen Goldenbogen, and Tressia Allard (behind Owen).



Above: Pastor Kevin Goldenbogen assists Sandy Niles with grill at picnic at United Church of Underhill parsonage, July 10, 2011.



Volley ball game at the barbecue picnic held by Pastor Kevin Goldenbogen and his family at the United Church of Underhill parsonage on July 10, 2011: L to R: David Edson, Nancy Miller, Roger Miller, Dave Williamson.

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On fifth day, drain and slice cucumbers 1/2 to one inch slices. Combine sugar, spice, salt, vinegar, bring to a boil and pour over pickles. Let stand 2 days on the third, bring to a boil, place in hot sterile jars, seal immediately. Makes 5 or 6 pints.

CVAA Senior Meals

The Champlain Valley Agency on Aging offers an ongoing series of special meals for groups of seniors at a variety of restaurants in the area. The schedule is listed below. All seniors are welcome to join the group and enjoy lunch with neighbors and friends. Participating seniors must be at least 60 years old, or the spouse of someone at least 60 years old. Suggested donation for meals is \$3 at Covenant Church and United Church; for meals at other sites, \$5. Transportation may be available if needed. Reservations are required for these meals and may be arranged ahead of time by calling 865-0360.

Thursday July 21 – St. Michael's College, 11:15 AM check in, 11:30 AM lunch, Buffet.

Friday July 22 – United Church, Hinesburg, 12:00 noon. Chicken Alfredo, Honey Dill Carrots, Whole Wheat Roll, Lorna Doones.

Monday July 25 – Pizza Putt, Airport Parkway, So. Burlington, 10:30 AM check in, 11:00 AM lunch. Spaghetti and meatballs.

Tuesday July 26 – Ponderosa, Williston, 11:00 AM check in, 11:15 AM lunch. All you can eat pizza buffet.

Wednesday July 27 0 JP's Restaurant, River Road, Essex Jct., 10:30 AM check in, 11:00 AM lunch. Meatloaf.

Thursday July 28 – Holiday Inn, So. Burlington, 11:00 AM check in, 11:30 AM lunch. Turkey dinner.

Friday July 29 – United Church, Hinesburg, 12:00 noon. Herb roasted chicken, rice pilaf, mixed vegetables, marbled rye bread, fresh fruit.



Karen and Mark Selig hold their grandson Brayden Baslow at the picnic at the United Church of Underhill parsonage on July 10, 2011. Brayden is the son of Elise and Russ Baslow (and brother of Hannah) and was baptized during worship on July 10 along with his dad Russ.

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The successful candidate will have five to ten years of administrative experience in a municipal or comparably multifaceted organization, excellent oral and written communication skills, planning and organizing expertise, and will work well independently. Bachelor's degree preferred.

To apply, please send a cover letter, resume, and three references to:

Underhill Town Administrator Search
c/o VLCT
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You may also email your application to eharrington@vlct.org with Underhill Town Administrator in the subject line. Application review will begin on August 15, 2011.

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Wild animals need professional care when they are sick or injured. Licensed Wildlife Rehabilitators are people who dedicate their time and energy to healing sick wildlife and raising orphaned youngsters with the goal of returning them to their natural home. They are licensed by state and federal agencies.

Remember! All wild birds are protected by law.

Government Banding Lab

If you find a bird with a band you can submit an electronic report or you may call toll-free to 1-800-327-BAND (2263) from anywhere in Canada, the United States and most parts of the Caribbean. The operator will need to know the band number, how, when and where the bird or band was found.

BIRD RESCUE AND TRANSPORT INFORMATION:**Rescue an animal only if:**

- the parents are known to be dead and the animal is too young to survive on its own
- the animal has been injured
- the animal is in immediate or obvious danger
- bird is found with a cat

Transporting Injured Birds:

- Place box or paper bag in a quiet, temperate area and transport to a licensed wildlife rehabilitator as soon as possible.
- Provide a quiet, dark place for birds to rest while waiting for transport.

DO NOT HANDLE THE BIRDS, OR LOOK AT THEM ANY MORE THAN IS ABSOLUTELY NECESSARY. STRESS KILLS!

- Attempting to feed is NOT recommended. It is usually best to provide water only.
- Never transport a bird held in a person's lap or loose in the vehicle. The bird could get loose and cause an accident.
- Speak quietly, do not play the radio in your car.

(left-outdoor flight enclosure, right- ICU indoor inclosures)

Handling Injured Adult Birds

Any wild animal including birds, when scarred, will try to protect itself no matter how big or small. When you approach a wild bird they do not understand that you are trying to help. Unlike baby birds that will gape for food from anyone, adult birds are very frightened of people!

Cats carry a bacteria (*Pasteurella multocida*) in their saliva that is very toxic to birds and can cause death within 48 hours. Any bird found with a cat should be examined by a Wildlife Rehabilitator immediately.

- Prepare a box (before capturing the bird if possible) by

Motivating individuals and communities to care for the environment through education, research and avian wildlife rehabilitation.



placing ventilation holes in the top of the box and placing a towel or paper towels on the bottom of the box for traction. The box should be large enough for them to stand in but small enough to keep them from flapping or flying around.

Gently pick up the bird with an appropriately sized towel. Place a towel or sheet over the bird. Pick up the bird, covering and all, and place in the box. Gently try to remove the covering, leaving the bird in the box. If the bird is firmly attached to the towel or sheet try to at least uncover the bird's head.

Use gloves (such as welders gloves) in addition to the sheet or towel and wear eye protection when handling loons, herons and other birds with long necks and large pointed beaks. These birds should be approached with great caution. They will strike at your face with great accuracy!

Place the bird in the box and put the box in a quiet room, away from extreme temperatures.

Take the bird to a wildlife rehabilitator as soon as possible following the transport instructions above.

Injured owl or hawk adults:

Approach raptors with great caution. Most injured raptors will use their strong feet & talons as their main protection but will also bite.

Use of gloves (such as welders gloves) in addition to a sheet or towel is recommended.

Place a towel or sheet over the raptor allowing them to grasp it with their feet.

Pick up the bird, covering and all, and place in the box.

Gently try to remove the covering, leaving the bird in the box. If the bird is firmly attached to the towel or sheet try to at least uncover the bird's head.

Transport the raptor to a wildlife rehabilitator as described above.

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Flame resistant clothing now in stock at Johnson Farm and Garden. 635-7282. Pants, hooded, sweatshirts, work-dry Henley shirts. Also lime, high-visibility, t-shirts, long dry sleeved or come in to order what you need. Can get embroidered for your company.

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makeup for tweens; Green Science Projects; Art and Craft supplies; Melissa and Doug; John Deere and Bruder; Legos; Bryer Horses; Schleich; Nerf; Music selections; much, much more! So not need to go to Burlington! Wooden toys, even adults Ravensbue Puzzels and board games; Ride ons Peg Pergo! Many stocking stuffers! 635-7282.

Appliance Department now at Johnson Hardware and Rental. Now in chest and upright freezers, washers and dryers, ranges, refrigerators and microwaves; Maytag, Whirlpool, Amana and KitchenAide, Delivery and service available! 635-7282. Small appliances too!

Deer Fence! 7 1/2" tall – Sturdy plastic, easy to handle! Johnson Farm and Garden 635-7282.

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Isis beautiful clothing designed for women by women in Burlington, VT!! Flirty, comfortable! Great fabrics for travel. Johnson Farm and Garden. 635-7282. Dresses have Dri-Release and Fresh Guard.

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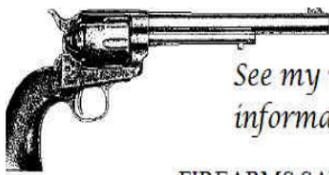
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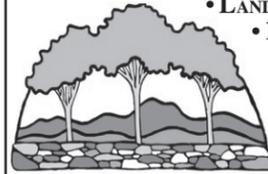
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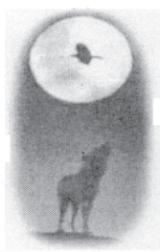
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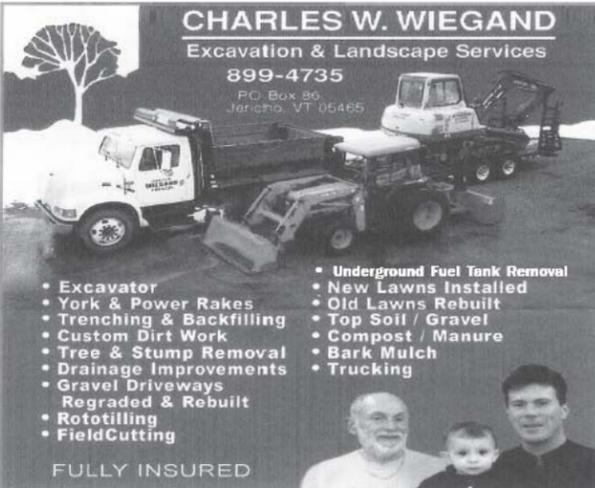
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Underhill Center Post-and-Beam Home \$399,900
Built in 2001 by owner this charming home features 7.2 acres of privacy with southeasterly views; large open living area, a grand room feel; lots of windows and French doors; 3 bedrooms, 1.5 baths. Attached 2 car garage with attic space above (future potential); mature landscaping to be enjoyed from covered porch or patio overlooking the views.



Jericho Colonial on 55 acres and great views to the Adirondacks \$399,000
A 172 acre parcel subdivide into 3 very large parcels. This stunning setting offers a 2918 square foot colonial with full wrap around porch, rosewood floors in areas of home, 4 bedrooms with 2 baths. Extra large master bedroom. Gorgeous swimming pond to be envied at \$399,00.



Underhill Colonial 1869, 6.88 acres, \$389,000
This stately home has much to offer, with much of its old charm still intact plus addition with open kitchen/family area (hearth with wood stove too!). Formal living and dining rooms as well; 5 bedrooms with master featuring its own fireplace and bath; in all 3 Full baths. Screened in-porch offers protected outside dinning and relaxing this time of year; patio and gorgeous in-ground pool, fully fenced and looking out to Mount Mansfield.

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Art/Music/Theater continued from page 5

Company for us to raffle off. Only 200 tickets will be sold, and the winner will be announced during the festival weekend. Tickets are \$25 each and can be purchased by sending email to: info@cvfest.org for more information.

The Festival begins at 5:00 PM on Friday July 29 and winds up at 7:00 PM on Sunday July 31. Advance tickets are \$30 for the full day on Saturday or Sunday; \$15 for Friday and Saturday evening events only; or \$60 for the full weekend. Children under 12 are free. After July 15, all tickets must be purchased from the Flynn Regional Box Office (www.flynnrtix.org, 802-863-5966) or at the gate, and full weekend tickets will be \$65. For more information go to www.cvfest.org.

Third Annual Brown Cow Summer Music Series sponsored for the community by Covenant Community Church, Friday Nights – now thru August 12, 6:30 to 8:00 PM. Covenant Community Church, 1 Whitcomb Meadows Lane, Essex, just off RT 15, across from John Leo's business.

Start your weekend off right this summer with an inexpensive family oriented musical event each Friday evening. This year the venue has changed slightly with 2-3 acts performing each evening. Of course our traditional free home-made root beer will be available! Inexpensive light meal, snacks and scoops of ice cream to transform that root beer into a "Brown Cow" will be available from the event snack bar. A free-will offering will be taken each evening to support the performers.

July 29 – Special Kids Night (Mark Shelton as Captain Radical, Kids on the Block VT)

August 5 – Country Rock/Gospel (Carol Jones, Narda, Shirley and the Nation)

August 12 – Acoustic/Folk/Pop (Carrie Ferguson, Jesse Terry, Jericho Road Crew)

For more info, contact Covenant Community Church at 879-4313. Web: www.jerichocovenantchurch.org, e-mail: fellowship@jerichocovenantchurch.org.

THEATER/FILM

SNOB (Somewhat North Of Boston) Film Festival is kicking into high gear with the September 15-18 event coming up fast. The event will incorporate independent films from local, national, and international filmmakers, and with new film venues in addition to the venerable Red River Theatres, this is event that will not pass unnoticed!

The KNOB (Kids North Of Boston) film block will be returning to the SNOB 2011 lineup. This specialized block of films is not open for submissions through national and international channels, but rather is focused on giving our local kids a chance to see their work appreciated by a real theater audience!

We are currently accepting submissions for the KNOB Film Session until the August 20th deadline. The KNOB Film Session is open to students K-8th Grade and films must be 7 minutes or less. Films for this category may be submitted to: Attn: KNOB Film Session, P.O. Box 273, Concord, NH 03302-0273.

If you are interested in submitting to the KNOB

Film Session, please contact us as soon as possible at CONTACT@SNOBFilmFestival.com to request your registration and waiver packet. As with the rest of the festival, this session is open to films made within the last two (2) years. If you need some flexibility with the deadline, please contact us and we will do our best to accommodate you. After all, it's for the kids!

Auditions for **Fairfax Community Theatre Company's** fall production of *The Diary of Ann Frank* will be held at the Brick Meeting House on Route 128 in Westford on July 27, 28, and 29 from 7:00-9:00 PM. The cast calls for 5 women (2 teens) and 5 men (1 teen). For further information contact Jerry Starks at jxsvt@juno.com or 881-4455, or Peggy Bonesteel at mbonesteel@aol.com or call 876-7524.

St. Michael's Playhouse season:

Boeing-Boeing, The Tony Award-winning Broadway Comedy, July 20 - 30, 2011, by Marc Camoletti, adapted by Beverly Cross, directed by Kathryn Markey. The uproarious jet-propelled comedy had audiences and critics cheering in London and on Broadway. Bernard, a successful architect living in Paris, thinks he can easily juggle his three flight attendant fiancées. When an old friend arrives and his three fiancées each change their flight schedules, his life hits some turbulence. It's a rollicking good time show with a "Mad Men" ambience, running evenings, 8:00 PM July 20 - 23, 26 - 30; matinees, 2:00 PM July 23, 30.

The Marvelous Wonderettes, The sensational new Off-Broadway musical, August 3 - 13, 2011. The new hit musical comedy and Off-Broadway sensation, by Roger Bean, Directed and choreographed by Keith Andrews, is a cotton-candy colored, non-stop pop musical blast from the past! Featuring favorite songs from the '50s and '60s, **THE MARVELOUS**

Wonderettes takes you to the 1958 Springfield High School prom where we meet the Wonderettes, four girls with hopes and dreams as big as their crinoline skirts. The girls perform such classic songs as Lollipop, Stupid Cupid, It's My Party, It's In His Kiss, Rescue Me, R-E-S-P-E-C-T, and many more! The show runs evenings, 8:00 PM. August 3 - 6, 9 - 13; Matinees, 2:00 PM, August 6, 13.

Playhouse Jr., Children's Theater – *The Princess and the Pea*, Directed by Tim Maynes, Friday, August 5 at noon, Saturday, August 6 at 10:00 a.m.; Sunday, August 7 at 10:00 a.m. & noon. This hilarious and highly entertaining story by Hans Christian Andersen tells the tale of a bashful prince, an unlikely princess, and a peculiarly hard pea. This classic Danish fairy tale will have audiences giggling with delight.

For tickets and information: Call (802) 654-2281 or go online to www.saintmichaelsplayhouse.org. Or visit the box office in the McCarthy Arts Center lobby on the campus of Saint Michael's College in Colchester, Vermont, weekdays 10 a.m. to 3 p.m.

Last year's festival put Concord New Hampshire and the SNOB Film

Bike law continued from page 1

clists to display a greater degree of responsibility for safety. For the first time, a bicyclist, while riding at night, is required to have a red light on the rear or a minimum amount of reflective material. The light or the reflective material may be mounted on either the bike or the bicyclist. The law gives the bicyclist plenty of flexibility, while at the same time, requiring that the bicyclist be highly visible to other roadway users.

Prior to the passage of this law, if a driver or passenger in a car threw an object at a vulnerable roadway user, the only legal recourse was to charge them with littering. Clearly, harassment and littering are two, very different offenses.

Unfortunately, there are roadway users who are ignorant, thoughtless, and/or arrogant. Some

are motorists, some are bicyclists, and some are pedestrians. The VBPC works to encourage all roadway users to demonstrate respect and courtesy for all other roadway users. Bikes were on the roads before cars and horses were on the roads before bikes. Equestrians, bicyclists, pedestrians, and motorists will be sharing Vermont's roads for a long time into the future. With a little mindfulness and consideration, such sharing can be a pleasant experience for all.

The Vermont Bicycle & Pedestrian Coalition is happy to respond to questions and comments about the new legislation. Feedback may be directed to Executive Director Nancy Schulz at (802) 225-8904 or Nancy@VTBikePed.org.

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