

Property reassessment plans in Jericho

By Phyl Newbeck
Special to the Mountain Gazette

In Jericho, Front Porch Forum has been abuzz with posts from citizens who looked at their tax bills and discovered that the description of their acreage had changed from previous years. These changes came about because the acreage descriptions had been revised to reflect the values found on Jericho's parcel maps, which are part of the two-year reappraisal process. Those maps are available for viewing at <http://map.ccrpvt.org/jerichomap/>.

Jericho Assessor and Lister Sandra Costes has been involved in municipal appraisals for over three decades in communities as diverse as Burlington and Brownington. She described the progression of the appraisal system over the years from physical parcel maps on yellowing paper to the current digitized versions. Costes said most land deeds are less than precise, listing 10 acres +/- rather than an exact number. "We don't live in an absolutely linear world," Costes noted. Some deeds also contain references to physical features, like trees, which may no longer be in existence.

Jericho is currently going through a reappraisal process, the goal of which is to ensure that residents' assessments accurately reflect their property values. Jericho's parcel maps are a tool to aid that process. Costes found a few parcels which had not previously been assessed and a few that had significant acreage changes. In the cases in which the discoveries made a difference in assessed value, the property owners were notified of the change. Costes said that for the most part, the difference between the acreage on the parcel maps and the "plus or minus" descriptions in the deeds is relatively small. She stressed that landowners' deeds which are the documents used when property is transferred are unchanged and unaffected by the process. Going forward, property owners should know that if there is a survey conducted by a licensed Vermont surveyor on file, that acreage will be used in their reappraisal.

In response to the posts on Front Porch Forum (a "great showcase of democracy," in Costes' words), Underhill surveyor and former Select Board member Brad Holden tried to reassure residents. "Tax maps or parcel maps... are nothing more than a graphical inventory of all the properties that appear on the Grand List," he wrote. Holden explained that maps are essential record-keeping tools for the Town Assessor and Listers, as well as being documents that inform the Planning and Zoning process.

Next year, when the Jericho reappraisal has been completed, the new values will be included and that is when residents may see a minor variation in their bills. Costes said her ultimate goal is to have all the information online to make it easier for people to understand. "Nobody gained or lost anything," she said. "Only in a perfect world do we have finite borders." Costes said a best-case scenario would be to have the whole town surveyed from the ground, preferably by the same surveyor, but that is unlikely to occur. In the meantime, residents can be assured that the new maps are solely for assessing and planning purposes. Their deeds are still valid documents for land transfers.

News from MMCTV

During the week of Monday-Friday, August 17-21, Mount Mansfield Community Television will be filled with eight middle-school filmmakers, for MMCTV's first-ever video camp. The campers will recreate classic music scenes and make news reports, music videos, and public service announcements. Downtown Richmond will be their canvas! The public is invited to the final screening of the campers' works on Friday, August 21 at 2:00 PM at the Richmond Free Library, which is kindly hosting the camp this year.

Cooing with Coorie – MMCTV is proud to support the music at the Richmond Farmers' Market. This year we are sponsoring the performance of *Cooie* on Friday, August 21 at 5:00 PM. Other performances captured by filmmaker Arthur Hynes for MMCTV earlier this summer include Cricket Blue, The Dan Johnson Band, The Front Porch Foursome, The Swing Peepers and Steve Spensely.

Building Community – MMCTV's commitment to helping other non-profits includes our *Poets & Their Craft* lecture series (now on episode 7 of 10), with works-in-progress about *Our Community Cares Camp* and *Protect our Wildlife*.

Look for MMCTV on Wednesday, August 19 at 7:00 PM for an informative program entitled *Lyme Disease & Other Tick Borne Illnesses* at the Richmond Free Library. We'll be making a video about the topic.

Mount Mansfield Community Television is located at 35 West Main St., Richmond. For information about MMCTV: 802-434-2550, www.mmctv15.org, or mmc-tv@comcast.net. Watch online at www.vimeo.com/mmctv.

Volunteers needed to transport cancer patients to treatment

Getting to and from medical treatments is one of the greatest concerns cancer patients face during treatment. To ensure patients get to those much-needed treatments, the American Cancer Society provides free rides through its *Road To Recovery*® program. The Society is currently looking for volunteer drivers in Chittenden County so that all patients have transportation when they need it.

An estimated 4020 Vermont residents will learn that they have cancer this year; however, getting to their scheduled treatment may be a challenge.

"One cancer patient requiring radiation therapy could need anywhere from 20 to 30 trips to treatment in six weeks," said Patty Cooper, Mission Delivery program manager for the American Cancer Society. "A patient receiving chemotherapy might report for

Kira Clokey, aboard Jack, receives blue ribbon at AQHA Region 6 Championships



Kira Clokey of Jericho, VT along with her horse, Jack, competed at the AQHA Region 6 Championships in Springfield, MA in July 2015. She came in first place in Novice Youth Hunt Seat Equitation and third place in Novice Youth Hunter Under Saddle. This qualifies her to compete at the AQHA Level 1 Championships in Virginia at the end of September. Kira trains with Giroux Performance Horses out of Brigham Hill Stables in Essex, VT.

PHOTO CONTRIBUTED

Donate blood to help offset seasonal decline

The American Red Cross urges eligible donors to give blood in August and help meet the constant need for blood products by patients. Every two seconds someone in the U.S. needs blood.

Summer is an especially difficult time to collect enough blood to meet the needs of hospital patients. Despite travel and other activities that may cause some donors to be less available to give, the Red Cross must collect 15,000 blood donations every day to meet the needs of patients at approximately 2600 hospitals and transfusion centers across the country.

With more summer days ahead, every blood donation is important in helping ensure blood is available for patients in need, and volunteer donors are the only source of blood for those who need it. Donors of all blood types – especially those with types AB, O negative, A negative, and B negative – are needed to help ensure blood products are available to hospital patients this summer.

To make an appointment to give blood, download the Red Cross Blood Donor App, visit redcrossblood.org, or call 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation opportunities:
Wednesday, August 19, 11:30 AM – 5:00 PM, Congregational Church, 20 Church St., Richmond

Thursday, August 20, 12:00 – 5:00 PM, The Rock of Greater Burlington, 73 Thompson St., S. Burlington

Wednesday, August 26, 10:00 AM – 2:00 PM, UVM Medical Center, 111 Colchester Ave., Burlington

Thursday, August 27, 10:00 AM – 3:00 PM, Chittenden County Regional Planning Commission, 110 W. Canal St., Winooski

Friday, August 28, 10:00 AM – 3:00 PM, VFW Post 6689, 73 Pearl St., Essex Junction

Saturday, August 29, 11:00 AM – 4:00 PM, Essex Cinema, 21 Essex Way, Essex

treatment weekly for up to a year. In many cases, a patient is driven to hospitals or clinics by relatives or friends, but even these patients must occasionally seek alternative transportation. That's where the *Road To Recovery* program comes in."

"I really enjoy driving for the American Cancer Society *Road To Recovery* program," said Mary Osborne, a volunteer *Road To Recovery* driver. "It feels good to be helping someone. There is no pressure from the Road coordinators to drive a certain amount of times or days per week. When a coordinator calls, if I can drive, I accept the ride; if I can't do it, that is not a problem."

For additional information about the *Road To Recovery* program or to volunteer, contact Patty Cooper at patty.cooper@cancer.org or 603-471-4111.

Planning grant awarded to reduce flood damage

The Lamoille County Planning Commission (LCPC) has received a grant through the Federal Clean Water Act from the VT Department of Environmental Conservation (DEC) to provide technical assistance to local communities for transportation capital improvement planning. For this project, LCPC will work with selected towns to identify areas where road infrastructure is highly susceptible to future flood-related catastrophic failure and associated water quality concerns. Documenting this information will assist towns in developing transportation capital budgets, which will better position them to leverage funding sources to retrofit or replace undersized structures. "We are very pleased to have received this grant, which will help further flood resilience efforts in our communities," stated LCPC's Executive Director Tasha Wallis.

Communities face road washouts every year, sometimes isolating residents and businesses from work, school, and emergency services. These road failures also contribute significant amounts of sediment and pollution into our waterways. As LCPC Planner Melinda Scott stated, "Upgrading culverts and bridges can also improve water quality." Many bridges and culverts are undersized, leaving the transportation infrastructure vulnerable to catastrophic failure. In the event of a disaster, the loss of services can be devastating and the unbudgeted costs for repairs can be formidable. Installing appropriately sized bridges and culverts is one of the best investments a community can make in their road system. Budgeting for roads requires careful annual work informed by a capital program with an understanding of what's worn out and what's dangerous.

Lamoille County has received eight federal disaster declarations and incurred more than \$2.6 million in damages to public infrastructure since 2006; seven of the eight declarations were flood-related. This project will build upon efforts by local municipalities to strengthen their transportation infrastructure. For instance, Eden recently replaced an undersized culvert with a properly sized bridge, and Belvidere has systematically worked to upgrade culverts and bridges town-wide to increase their flood resiliency and reduce taxpayer-funded damage costs. By preventing flood damage and water pollution today, communities can avoid expensive repair and clean up costs in the future.

For more information, contact LCPC at 888-4548 or melinda@lcpvt.org.

Getting ready for the start of school

By Mark Carbone, principal
Camel's Hump Middle School

We are excited to welcome Hope Engels as the new Assistant Principal at Camel's Hump Middle School. Ms. Engels earned her BS from Dartmouth College and her Master's in Education from Harvard Graduate School of Education. She has twelve years' experience including a number as teacher and education director in Philadelphia, PA. Ms. Engels brings a wealth of knowledge and energy to our middle school and we look forward to her expertise and leadership. Please stop by Camel's Hump and welcome her to our community!

Other additions to the CHMS team include: Ms. Sabbattis Twichell will teach foreign language; Ms. Amira Bakr joins the 7th grade team Summit; and Ms. Hannah Lindsey will teach on the 8th grade team Grit.

CHMS teachers have been working on professional development in Readers and Writers Workshops as well as math instruction again this summer. For the first time, 5th grade students will join in the 1:1 laptop initiative. I am pleased to announce that 100% of the CHMS student body will now have daily access to laptop technology.

The physical plant at Camel's Hump is undergoing the annual rigorous fall preparation, including duct cleaning, painting, heating and ventilation system upgrades, electrical work, library window replacement, replacement of the upright refrigerator as part of the kitchen's upgrades from LP to natural gas, replacement of a 750-gallon hot water tank with two 119-gallon high-efficiency tanks that will run 100% off either the woodchip or natural gas-fired boilers, and draining the glycol out of the wood boiler and natural gas boiler systems as part of the school's insurance requirements.

Mark your calendars for the second annual Pumpkin Chuckin' on Saturday, October 24, 10:00 AM – 3:00 PM. Come and witness pumpkins in flight, in expert to novice divisions. This fun family event helps support the continuation of the PROSPER Program; a seven-week program for 6th grade students and their families to assist both through the challenges of adolescence. If you would like more information about this program, please contact Rebecca Thompson, 434-2188 or rebecca.thompson@cesvt.org.

Camel's Hump Middle School continues to look for parent and community volunteers to help in the education and success of our students. Math and reading volunteers are needed to support math and literacy development skills. Math volunteers will help with basic calculation and computation skills. Literacy volunteers will assist with reading fluency and comprehension. Training is provided and schedules are flexible.

Please consider volunteering. For more information, please call 434-2188 or email mark.carbone@cesvt.org.

The next Mount Mansfield Modified Union School Board meeting will be held on Monday, August 24 at 6:30 PM. The public is welcome, and encouraged, to attend.

COMMUNITY COLUMNS

Painless anesthesia for your children – and you

By Dr. Lewis First

Chief of Pediatrics at UVM Medical Center

Parents have been asking me some painless, but important, questions about pediatric anesthesia and what they should ask if their child needs surgery or a procedure. Let me try to put to sleep any concerns you may have about pediatric anesthesia.

There are three types of anesthesia: general, regional, and local. General anesthesia is used to keep a child asleep during the operation with no awareness or memory of the surgery. It can be given intravenously or by inhaling gases given by a mask or breathing tube. When it is used, an anesthesiologist is always present to make sure your child is receiving the right dose of medication at all times.

Regional anesthesia is used to numb a cluster of nerves that oversee a region or larger part of the body. In infants, our children's hospital may recommend spinal regional anesthesia for operations like hernias rather than general. Spinal anesthesia is less apt to interfere with your baby's breathing, blood pressure, or other side effects that can occur, although rarely, with general anesthesia.

Local anesthesia is given as a shot, spray, or ointment and numbs only a small part of the body – like a foot, hand, or patch of skin. A patient is usually awake when local anesthesia is used.

The type of anesthesia used will vary according to the type of surgery, location, duration, your child's underlying medical condition, allergies, medications, and previous reactions to anesthesia. Your child's age, height and weight are factors as well.

An anesthesiologist is always prepared to talk with you about the best anesthesia that is most effective and has the least amount of possible side effects for your child. To avoid or reduce the risk of complications with anesthesia, follow the directions recommended for your child about what not to do before surgery. An example is how long to not eat or drink.

If your child is worried about having anesthesia, make sure they understand that you will be with them before and after they wake up, often with Child Life specialists available in children's hospitals like ours who can help your child relax before the operation. In addition, make sure they understand that having anesthesia means they will not feel pain during the procedure. If you can't answer their questions, ask your child's doctor or anesthesiologist.

Most importantly, stay calm and supportive. If you appear fearful, your child will be too, regardless of what you say to them.

Hopefully tips like this will ease your pain and discomfort when it comes to worrying about your child needing anesthesia.

Correction

In the August 6, 2015 edition of the *Mountain Gazette*, we failed to note that Bernie Paquette was the author of the *Growing Young Gardeners* article on page 3. The *Gazette* regrets the oversight. Bernie Paquette's website is www.litterwithastorytotell.blogspot.com/.

CAMPUS HONORS

Emily Adams of Jericho, VT has been named to the Dean's List for the spring 2015 semester at St. Lawrence University, Canton, NY.

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

Machia Wilderness Camp

By Bernie Paquette

Thwack whish, pop, bang, crackle, sizzle, snap. Are these sounds from a scene in a *Batman* movie? No, these are real, outdoor sounds heard in Vermont. Better than any artificial movie scene, we would like to hear more of them!

Since 2004, these are the sounds heard only one week every year at the Ethan Allen Firing Range, a National Guard facility and biathlete-training center in Jericho, VT. Mixed with the voices of thirty youths ages 11-18 and their [501(c) (3) nonprofit] Machia Wilderness Day Camp training instructors, these sounds are heard as the youth shoot arrows into targets, snap fly rod fishing lines with grace, shoot .22 rifles aiming for a tight circle, and discharge shotgun blasts, breaking clay pigeons into tiny fragments.

A crackling sound breaks the silence following the strike of a *single allotted match* lighting carefully and methodically stacked twigs and bark. Soon the sizzle of forest gathered edibles, cook in a sub earth pit, emitting a primal odor, enticing a well-earned appetite.

The snap of dead tree limbs breaking announces preparation of an outdoor overnight shelter. Silence, followed by a whispered story, then a chorus of shrieking screams followed by laughter cascades out through the forested camp as another ghost story settles in for a good night's sleep. Meanwhile, the campers head back home before nightfall.

The goal of the Machia Wilderness Camp is to introduce youth to the outdoor experience; to learn the life skills needed to survive in nature and learn to be productive keepers of the earth. The instructors challenge the campers to carry their learned skills into everyday life, and teach others what they have learned.

All programs involve interactive classroom activities combined with hands on outdoor learning. At the conclusion of the camp, participants, upon passing the test, receive required certifications to obtain VT hunting licenses. Included are the VT State Hunter Safety certification, Archery certification, and a *Let's Go Fishing* certificate. Along with teaching skills and imparting ethical awareness, the instructors encourage, cheerlead, and help build self-confidence. Apprentices – campers selected from previous years – assist new campers in learning skills while expanding their own knowledge.

The Machia Wilderness Camp was the vision of Larry Machia, who was an avid hunter, construction engineer, mechanic, and log homebuilder. Larry imagined that apprentice programs could provide hands-on training for youth, challenging them to carry their learned skills into everyday life and teaching others what they learned. Although Larry passed away in May 2003, the vision did not pass away with him. Larry's widow Bonnie Machia assembled a Board of Directors and with many friends and family members who gave of their time, money, and creative energy, launched of a trial run of the program in July 2004. Sixteen youths attended programs at Camp Johnson in Colchester, VT and participated in hunter education, trapping, and archery. Campers gathered once again for a successful week of outdoor experiences in July 2005. The organization added fishing to its hunting, trapping, and archery programs. Three former campers were invited to return, initiating the Apprentice Program and further enhancing their own skills while assisting the new campers. Machia Wilderness Camp was granted 501(c)3 status in September 2005, formalizing its recognition as a non-profit. The camp events are currently held at the Ethan Allen Firing Range, a National Guard facility and biathlete-training center.

At the time of the camp's inception, a life coach working with Larry advised Bonnie that even though the original vision was her husband's (Larry's), it would probably eventually become hers as well, and so it has. Bonnie and the Machia Wilderness Camp board members along with the instructors will continue to fulfill the vision but over a larger program, adding such lesson plans as maple sugar-making, gardening (large gardens – teaching food self-sufficiency), mechanical skills, woodworking, building, and forest management.

Machia Wilderness Camp (MWC) is looking forward to expanding their current programs and, more importantly, offering the lessons and experiences to a much greater number of youths (up to 300 youth per summer), as well as creating overnight programs and an eventual year-round program. Meeting these objectives requires a land purchase of about one hundred acres. MWC is currently in the first phase of a capital campaign to raise funds for the land purchase as well as road and power installation, with any balance exercised for a main camp structure build on the property.

For more information about Machia Wilderness Camp, current programs, or their capital campaign, visit <http://machiacamp.org/> or contact Bonnie (Director of Machia Wilderness Camp), 802-863-3557 or marilynmachia@comcast.net. View photos of camp events on Bernie's website.

Bernie publishes essays and photos reflecting Vermont values of Green and Clean and Community. Bernie's website is www.litterwithastorytotell.blogspot.com/.

COMING EVENTS

Thursday, August 20

Hot Dish Supper, 5:00 PM until all are served, Binghamville United Methodist Church, Fletcher. Menu includes a wide variety of hot dishes, hash, baked beans, salads, rolls, pickles, and pie. Adults \$10, children under 12 \$5. Families welcome. To reserve tickets, call 849-2120.

Friday, August 21

Annual Corn Roast, 7:00 PM, Monkton Recreation Field, Monkton. Sponsored by the Monkton Recreation Committee. Free, but donations welcome and appreciated. Entertainment by the Bristol Band. BYO blanket and/or chairs; bring the kids, bring your friends, and bring your appetite! All are welcome! For more information, call Charlie at 877-2888.

Sunday, August 23

Sundays for Fledglings, 2:00 – 2:45 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Birds – from feathers to flying, from art to zoology – develop mad skillz in observation, research, and goofing around. Kids can earn a Junior Birder Badge. Perfect for kids 5-9; siblings welcome. Free with museum admission; donations welcome. Pre-registration helpful. For information, 802-4334-2167 or museum@birdsofvermont.org.

Saturday, August 29

Bird Monitoring Walk, 7:30 – 8:30 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Experienced birders, walks in the woods, and bird-friendly coffee. Please bring your own binoculars and dress for the weather. Free, but please pre-register. For information, 802-4334-2167 or museum@birdsofvermont.org.

Sunday, September 6

Sundays for Fledglings, 2:00 – 2:45 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Birds – from feathers to flying, from art to zoology – develop mad skillz in observation, research, and goofing around. Kids can earn a Junior Birder Badge. Perfect for kids 5-9; siblings welcome. Free with museum admission; donations welcome. Pre-registration helpful. For information, 802-4334-2167 or museum@birdsofvermont.org.

Tuesday, September 8

Storytime in the Nestlings Nook, 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Listen to stories about birds and more. Books followed by a craft project, music, or nature walk. Got a favorite book about birds? Share it with us! For pre-schoolers but all ages welcome. Free with museum admission; donations welcome. For information, 802-4334-2167 or museum@birdsofvermont.org.

Saturday, September 12

Annual UHS Pig Roast, 4:00 – 7:00 PM, Connell Farm, 14 Krug Rd., Underhill Center. This event is sponsored by the Underhill Historical Society.

Sunday, September 13

Wild Mushrooms of Autumn, 1:00 – 3:00 PM, Audubon VT, 255 Sherman Hollow Rd., Huntington. Amidst the falling autumn leaves, a mysterious and fascinating array of mushrooms fruit from trees, stumps, and soil. Join Ari Rockland-Miller of *The Mushroom Forager* for a colorful presentation introducing gourmet and medicinal wild mushrooms of autumn. We hope to find porcini, lion's mane, yellowfoot chanterelles, and hedgehog mushrooms. Register early, vermont@audubon.org or 434-3068.

Sunday, September 20

Sundays for Fledglings, 2:00 – 2:45 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Birds – from feathers to flying, from art to zoology – develop mad skillz in observation, research, and goofing around. Kids can earn a Junior Birder Badge. Perfect for kids 5-9; siblings welcome. Free with museum admission; donations welcome. Pre-registration helpful. For information, 802-4334-2167 or museum@birdsofvermont.org.

Saturday, September 26

Free Museum Admission Day, all day, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. In the spirit of Smithsonian Museums, which offer free admission every day, *Museum Day Live!* is an annual event hosted by *Smithsonian* magazine in which participating museums across the country offer free admission to anyone presenting a ticket for *Museum Day Live!* Get your ticket at <http://www.smithsonianmag.com/museumday/>. For information, 802-4334-2167 or museum@birdsofvermont.org.

Saturday-Sunday, September 26-27

Harvest Market, United Church of Underhill, Park St., Underhill Flats.

Sunday, September 27

UHS Pie Eating Contest, 2:00 PM, Harvest Market, United Church of Underhill, Park St., Underhill Flats.

Sunday, October 11

UHS Flea Chili Cookoff, 5:00 – 7:00 PM, Old District 5 Schoolhouse, Underhill Center. Lucius Jackson Award for contribution to Underhill community and history.

Wednesday, October 28

Salem Witch Trials, 6:30 PM, Deborah Rawson Memorial Library, Jericho. Stephen Nissenbaum speaks at the library; sponsored by the Underhill Historical Society.

Sunday, November 1

Earl Cross Photo Exhibit, 1:00 PM, Deborah Rawson Memorial Library, Jericho. Opening of the month-long exhibit at the library.

Wednesday, December 9

Civil War Soldiers of Underhill, 6:30 PM, Deborah Rawson Memorial Library, Jericho. Sponsored by the Underhill Historical Society.

Green Mtn. Bicycle Club rides

All riders with the GMBC must wear helmets and obey the rules of the road. Please do not ride two abreast if there is traffic in either direction. For mornings with questionable weather, please call the Ride leader to make sure the ride is still taking place. Ride leaders are obligated to go to the starting point and provide maps but may choose not to ride if the weather is miserable. Riders below the age of 18 must be accompanied by a parent. E indicates an easy ride, M for moderate, and S for strenuous. Social rides are more leisurely versions of the mapped ride – usually the shorter route – with longer food breaks.

Sunday, August 23, Buck Hollow and Beyond. The 40-mile (M) route goes north to Fairfax, through Buck Hollow into Fairfield, returning via St. Albans. The longer loop (58 miles, M/S) continues into Sheldon. There are potential food stops in St. Albans, Georgia, and Fairfax. The social ride will go in the opposite direction. Meet at 8:45 AM, Milton High School. Leader: Joyce McCutcheon, 893-1690 / mellowmiti@aol.com; co-leader: Dave Merchant, 825-3808 / dpierchand@comcast.net.

GMBC rides continued on page 8

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United Way Volunteer Connection listings

By Sue Alenick, United Way Volunteer Columnist

Choose one of the options below or go to www.unitedwaycc.org/volunteer to check out more than 300 other volunteer options from local nonprofits, schools, and public partners or call us at 860-1677.

HEALTH CARE SHARE – Did you know Vermont is the 9th hungriest state? By volunteering at The Farm at **Vermont Youth Conservation Corps**, you can join the effort against hunger in our state. Volunteers can help grow and harvest fruits and vegetables to help 300 low-income Vermont families live healthier lives. Volunteers are needed Tuesdays and Wednesdays to help harvest, wash produce, and pack Health Care Shares, now through the end of October. It is hard work but worth effort! Individuals and groups of up to 40 volunteers are welcome. Contact Jackie Bishop, 434-3969, Ext. 113, or Jackie.Bishop@vycc.org.

FOR THE CHILDREN – Foster Grandparent Program invites volunteers 55 years of age and older to volunteer as Foster Grandparents at preschools, child cares, Head Starts, and elementary schools. Volunteers serve 15-40 hours a week under the supervision of a teacher/staff person, and receive a small, non-taxable stipend. Tasks depend on the ages of children and can include tutoring, mentoring, and self-esteem building. References and background check required. To volunteer in Chittenden County, contact Susan Abell, 861-7823 or Susana@unitedwaycc.org.

RAILROAD FANS & GARDENERS– The Shelburne Museum is looking for tool-loving volunteers who would like to help preserve an historic Locomotive 220 that once pulled freight and passenger cars across Vermont and pulled trains for Presidents Coolidge, Hoover, Roosevelt and Eisenhower. Training provided. The Museum also needs seasonal gardeners and landscapers to help with maintenance of annual and perennial gardens, planting, weeding, watering, etc. Background check required. Contact Laura Need, 985-3346, Ext. 3305, or Ineed@shelburnemuseum.org.

WALK TO END ALZHEIMER’S – Alzheimer’s Association invites volunteers to join their steering committee to help coordinate and spread the word about the 2015 Walk to End Alzheimer’s. Volunteers attend monthly planning meetings and/or help distribute posters and brochures as well as help on the day of the event, Sunday, September 20. Contact Jane Mitchell, 316-3839 or jmitchell@alz.org.

A FRIENDLY VISIT – Cathedral Square Corporation invites volunteers to spend an hour or two a week with residents, chatting, playing games, going for a walk, etc. References and background check required. Contact Beth Alpert, 859-8819 or alperts@cathedralsquare.org.

DIRECTORY UPDATES – Big Heavy World needs volunteers to help rebuild their directory of Vermont musical artists. Volunteers may research bands online to identify the genre of each group so they can be included in the “band guide.” Training and other resources provided. Contact James Lockridge, 865-1140 or jim@bigheavyworld.com.

FIRE PREVENTION – The **American Red Cross** needs volunteers for an educational outreach campaign to prevent home fires. Volunteers may go door-to-door to talk about smoke alarms and promote a free installation service; organize canvassing events; help residents develop a fire escape plan; or install smoke alarms, replace batteries, and teach people how maintain their alarms. Training and a background check are required. Contact Dan Lavilette, 660-9130 Ext. 105 or dan.lavilette@redcross.org.

TOUR GUIDES – Ethan Allen Homestead Museum is looking for tour guides and greeters to help bring Vermont history to life. Volunteers serve three hours/week. Enthusiasm and an appreciation for history are important. Contact Mary Kelsey Trumps, 865-4556 or vc@ethanallenhomestead.org.

GLEANERS – Volunteer gleaners help gather food remaining in fields and get it to low-income Vermonters; programs include:

- **The Intervale Foundation** – Food is harvested from the Intervale farms and distributed to the hungry in our community. Volunteers work every Thursday and Friday through October 16 in two-plus hour shifts. Groups of up to 10 are welcome. Contact Chelsea Frisbee, 660-0440 Ext. 113 or chelsea@intervale.org.

- **Vermont Youth Conservation Corps** in Richmond – Food from this program goes to the Health Care Share CSA program for low-income Vermonters. Volunteers can work every Tuesday or Wednesday through October 14, four-hour shifts at 8:00 AM or 1:00 PM. Groups of up to 40 are welcome. Contact Jackie Bishop, 434-3969 Ext. 113 or jackie.bishop@vycc.org.

Clutter Barn news

Saturday, August 29 from 8:00 AM – 3:00 PM is the date and time for the last 2015 Tag Sale at the Clutter Barn before the Old Fashioned Harvest Market. Our inventory is re-stocked every week and there’s always something new to be found on our many tables and shelves for the shopping pleasure of our customers. Come in and browse, meet up with neighbors and friends, and be assured that our dedicated volunteers will be on hand to assist you whenever needed.

The Clutter Barn will continue to receive donations of clean, workable/useable household items on the following Saturdays from 8:30 AM – 12:00 noon: August 22, September 5 and 12. Toys (clean and unbroken), sports goods, pet items, books, sewing/knitting/craft supplies, office supplies, and winter clothing (please, no summer clothes) are also acceptable. We will be closed on Saturday, September 19 to prepare for the United Church of Underhill’s Old Fashioned Harvest Market that will be held on the church grounds and “the green” on September 26 and 27.

The Clutter Barn is a mission of the United Church of Underhill. Proceeds from Tag Sales assist “in house” and outreach programs offered by the church. In addition, donations are often passed on to various charitable organizations and families in need. With God’s guidance, the Clutter Barn is kept alive by grateful donations of goods from members of the church family and the extended community, generous donations of time and energy from many volunteers, devoted leadership, and prayers, prayers, prayers! Contact Sharon (899-3572), Kathy (899-3122), or Betty (899-5878) for further information.

WELCOME HOME

Jeffersonville

(Torrence, Lambert) Corbett Torrence and Margaret Lambert had a son, Zander Torrence, on Sunday, June 28, 2015 at the University of Vermont Medical Center, Burlington, VT.

HELP STUDENTS LEARN – RSVP of Chittenden County is looking for caring adult volunteers to help with academic support programs during and after the school day or in community mentoring programs. Volunteers with a professional background in science, technology, engineering, and math are especially needed. Training and supervision provided. References and background check required. Contact Phet Keomanyvanh at 861-7821 or phet@unitedwaycc.org.

GET THE PICTURE – Vermont Senior Games Association is in need of a volunteer amateur photographer to capture the excitement and success of statewide competitions through October 3. Choose the dates that work for you! Contact Janet Nunziata, 656-4220 or jnunziata@uvm.edu.

LAWN MOWING – HOPE Works is looking for a volunteer to mow their lawn once a week during the summer and fall. Lawn mower is provided. Contact Federica Velutini-Hoffman, 864-0555 or Federica@hopeworksvt.org.

BLOOD DONOR SERVICES – American Red Cross Blood Services has need of volunteers at their Burlington Donor Center and at blood drives throughout Chittenden County. Reception volunteers help welcome donors and answer the phone, registration volunteers help register donors and respond to questions, and canteen volunteers serve refreshments and chat with donors to be sure all is well. Shifts vary depending on the position. Interview and background check are required for all. Contact Alice Drislane, 497-6807 or alice.drislane@redcross.org.

RECEPTIONIST – Vermont Family Network in Williston needs on-call reception volunteers to fill in at the front desk as needed, estimated four hours/month. Answer phones, connect callers, welcome and assist visitors, and other administrative duties. Contact Peg Manrique, 876-5315 or HR@vtfn.org.

LEAD THE WAY – Richmond Historical Society is seeking volunteers to greet visitors and serve as guides in the Old Round Church, a 200-year old National Historic Landmark. Guides serve a three-hour shift (10:00 AM – 1:00 PM or 1:00 – 4:00 PM) twice a month on weekends in August, September, and October. Training provided. Contact Martha Turner, rhs@oldroundchurch.com.

CHILD CARE – Prevent Child Abuse Vermont needs volunteers who love to read, sing, play, dance, create, and just have fun with kids of all ages while their parents and caregivers take part in parenting programs and support groups. Volunteers also share a meal with families. A great opportunity for high school and college students, as well as adults and grandparents. PCAV is also looking for volunteers to facilitate parent education programs across Chittenden County communities. Programs typically run 13-18 weeks. A background in social work and/or education is helpful, but not required. Training provided. References and background check required. Contact Patricia Hendee, 498-0607 or phendee@pcavt.org.

COMING EVENTS – Several local groups are planning special events in coming weeks and need volunteers to help make their efforts a success:

- **Catamount Trail Association** – Race to the Top of Vermont road race to the top of Mount Mansfield. Volunteers help with parking, registration, set up, water stations, shuttle driving, awards, photography/digital video, etc., and receive a race shirt, raffle ticket, and entry to the post-race BBQ. Contact Andy Wood, 864-5794 or outreach@catamounttrail.org.

- **Let’s Grow Kids** – Help staff tables and a giant Chutes & Ladders game for kids at the Champlain Valley Fair. Volunteers staff the booth, teach people about the importance of children’s early years, and help children play. Training provided. Contact Shayla MacDowell, 518-524-0661 or Shayla@letsgrowkids.org.

- **Howard Center** – 1K or 5K walk/run in Oakledge Park in support of *Making Homes Accessible*. Volunteers help with registration, course support, food serving, set up, and clean up. Race t-shirt provided. Contact Denise Vignoe, 488-6912 or dvignoe@howardcenter.org.

ART FROM THE HEART offers art-making opportunities to patients and their families and caregivers at the University of Vermont Children’s Hospital and at Children’s Specialty Center outpatient clinics. Volunteers can help transform waiting areas, hospital rooms, and chemotherapy infusion bays into temporary art studios that can help transform the hospital environment. A six month, one morning a week commitment is desired. Training provided. No art experience necessary. References and background check required. Contact Rebecca Schwarz, 578-2831 or rschwarz@burlingtoncityarts.org.

Smuggs For Life to benefit American Cancer Society

Smuggler’s Notch Resort will host *Smuggs For Life*, an all-day outdoor family event to benefit the American Cancer Society, on Saturday, October 3, 12:00 – 8:00 PM at Bootleggers’ Basin at Smuggler’s Notch Resort on VT Rt. 108 South in Jeffersonville. The day’s activities will include a scenic foliage walk; Farmers Market; Human Foosball Tournament; volleyball, horseshoes, and games and relay races for all ages; a cancer survivor celebration; Luminaria ceremony; food vendors and wine tastings; and entertainment from bands, soloists, and comedians.

“Smuggs For Life offers something for everyone,” said Jen Clark, *Relay For Life* community manager. “This is an opportunity to fight back against cancer while having a good time with family and friends.”

A \$400 registration fee is required for the six-person team participation in the double elimination Human Foosball Tournament. Register at relayforlife.org/smuggsvt.

Form a team and enjoy walking the scenic trail loop at Smuggs with its dramatic mountain views during peak foliage season. At dusk, cancer survivors and loved ones lost will be honored and remembered during an inspiring Luminaria Ceremony.

Smuggs For Life participants will enjoy discounted lodging at Smuggler’s Notch Resort through the weekend, including use of resort amenities for the whole family. For reservations, call 800-419-4615 or 802-332-6841.

For more information and event registration for *Smuggs For Life*, or sponsorship opportunities, visit relayforlife.org/smuggsvt or contact Jen Clark, Jen.clark@cancer.org or 802-872-6323.

We are gathering information

for the 2015-16 Jericho-Underhill Community Directory.

Please send us any updates for your line listings

to mtgazette@earthlink.net.

Back to school

By Mary H. Kintner, D.C., R.N.

Chiropractor and nutritional consultant in Jericho

Back to school is a time of excitement and a transition back to a regular schedule. This is an ideal time to evaluate behaviors and improve any unhealthy ones. Childhood is a time when bones are developing and dietary and sleep habits are forming. Good nutrition, healthy sleep habits, and proper spine health are important considerations for growing healthy children.

Children carry books, school supplies, athletic wear, lunches, and after school needs to and from school each day. Children are carrying much more weight than is recommended. Children should carry no more than 10-15% of their body weight on their backs. This means a 40 pound child should carry no more than four to six pounds! Pre-teens and teens can carry up to 20% of their body weight. In addition to the amount of weight a child carries, the backpack they carry it in also makes a difference. I became interested in backpack safety when I began to see children complaining of back pain. This was not typical when I was young! Check your child’s pack regularly and make sure they are not carrying any unneeded items. Teach your children to load their backpacks so that the heaviest items are carried low in the pack and close to the spine. Backpacks with built-in lumbar and shoulder supports and that are designed to ride correctly on the back and to distribute load weight safely are available for order. Be sure to wear the straps on *both* shoulders. Backpacks have come a long way in recent years and are now very comparable in “looks” and price to the popular store and catalog brands. I recommend these ergonomic backpacks as a preventative measure for the long term health of a child’s back.

Breakfast is important! Studies show that students who eat breakfast perform better socially and academically. Be sure breakfast consists of whole foods such as whole grains, fruits, and protein. The same rules apply to all meals. Be sure each meal contains adequate protein, complex carbohydrates, and quality fats (avoid trans/hydrogenated fats.) Try to avoid or minimize processed foods because they contain many harmful ingredients, lack nutrients, and are high in calories. Multivitamins can help fill in the daily diet. Also, be sure children are staying hydrated by drinking plenty of water. By the time they get thirsty, the body has already become dehydrated to some degree and even mild dehydration can negatively impact brain function.

Back to school continued on page 4

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Saturday
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Sunday 12:00 - 7:00 PM

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Route 15, Jeri-Hill Plaza
Jericho

The Mountain Gazette

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

Area Worship Services

JERICO CONGREGATIONAL CHURCH
“An Historic Church Proclaiming an Eternal Message”
On the Green in Jericho Center, VT
Interim Pastor Doug Walker and Youth Pastor Glenn Carter
Sunday Services at 8:00 AM & 11:00 AM
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Sunday School at 9:30 AM for all ages
Fellowship at 10:30 AM Youth group 6:15 PM
Sundays in Sunday school building
Signing for the deaf upon request 899-4911;
officejcc@comcast.net; www.jccvt.org

MOUNT MANSFIELD UNITARIAN UNIVERSALIST FELLOWSHIP
A Liberal Spiritual Community 195 VT RT 15, Jericho, VT 05465
Phone: 899-2558 [website www.mmuuf.org](http://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 Road)
All are welcome.

ST. THOMAS ROMAN CATHOLIC CHURCH
“Worshipping God in Spirit and in Truth in the Holy Sacrifice of the Mass”
On Green Street in Underhill Center Weekend Masses:
Saturday 4:30 PM Sunday 8:30 AM
Pastor: Rev. Charles “Rick” Danielson
Deacon: Peter Brooks Religious Ed. Coordinator: Laura Lynch Wells, 899-4770 Parish Secretary: Theresa Gingras Phone: 802-899-4632, email: stthomas5@myfairpoint.net, Website: www.stthomasvt.com

UNITED CHURCH OF UNDERHILL
“Welcoming, Worshipping, Working for God”
At the Green on VT RT 15 - Rev. Kevin Goldenbogen - 899-1722
www.unitedchurchofunderhill.com
Worship and Sunday School 10:30 AM
Local and Global Mission and Service Outreach Opportunities for families, men, women and youth Streaming audio sermons:
www.becauseyoumay.com

ONGOING EVENTS

ADULT ACTIVITIES

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

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

Yoga, Tuesdays, 6:30 – 8:00 PM, Collins-Perley Sports Complex, St. Albans. For information including cost, 802-527-1202.

Chittenden County Postage stamps and post card club, 1st Wednesday of the month 6:15 – 8:30 PM, IDX Circle, GE Healthcare Building, South Burlington. Information email Laineyrapp@yahoo.com or 802-660-4817.

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

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

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

The Women of the United Church of Underhill meet the 2nd Saturday of the month, 8:00 AM at the Church, VT Rt. 15, Underhill Flats. Women interested in sharing Christian prayer and discussions are welcome. Contact Julianne Nickerson at 899-3798 for more information.

Smugglers' Notch 55+ Club meets Wednesdays at Smugglers' Notch for a social time, then breaks into groups to ski. Brief organizational meeting, coffee and rolls, and then head out to the trails in self-selected ability groups. Gather informally in summer for a wide variety of outdoor activities. Membership benefits include various discounts at Smuggs. Information: Deborah, 644-5455 or just attend a meeting at the Morse base lodge, 9:00 AM every Wednesday.

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

HEALTH EVENTS & GROUPS

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

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

Alcoholics Anonymous Meeting "Wing It" group meets Sundays, 11:00 AM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Speaker meeting followed by a brunch (\$10 for brunch).

Alcoholics Anonymous Meeting, "The Firing Line" group meets Wednesdays, 7:15 – 8:15 PM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Step meeting.

Alcoholics Anonymous Meeting "The Firing Line" group meets Saturdays, 8:00 – 9:00 PM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Speaker Discussion meeting.

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

Alzheimer's support group, monthly on the 3rd Wednesday, 9:30 – 11:30 AM, The Arbors, 687 Harbor Rd., Shelburne. Free education for individuals and families in the early stages of Alzheimer's disease and related dementias. For information and to register, contact Nicole Houston, 985-8600.

Brain Injury Support Group – a place for survivors and family members, caregivers, friends, and the community to receive valuable resources and information about brain injury. The support group is a place to share experiences in a safe, secure, and confidential environment. Monthly meetings: 4th Fridays at the YMCA in Winooski 11:00 AM – noon; 1st Wednesdays at Fanny Allen in Colchester, 5:30 – 7:30 PM; and 2nd Tuesdays at the Saint Albans Diner in Saint Albans. Call the BIAVT help line, 877-856-1772.

CFS, Fibromyalgia, Lyme Disease, Chemical Sensitivity, and Gulf War Syndrome, 1:00 – 3:00 PM, monthly, 3rd Thursdays, The Bagel Cafe, Ethan Allen Shopping Center, Burlington. For information, www.vtcfids.org. Lainey at 802-660-4817, or 800-296-1445 ask for Rik.

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

Eating Disorders Parental Support Group, monthly on the 3rd 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.

Foot Clinics – Having trouble trimming your own toenails? Franklin County Home Health provides foot clinics around the county that can help. Call 802-527-7531 for an appointment and cost information. Cost: \$20.

Healthy Weight Support Group, Mondays, 12:00 – 12:30 PM, Northwestern Medical Center, Conference Room 3, St. Albans. For those working on weight management. Behavioral and nutritional strategies to increase physical activity and decrease calorie intake; techniques to help manage eating behaviors. Come 15 minutes early for weight check. Kay Tran, Registered Dietitian, MS, CDE, & Leslie Gardzina, Registered Dietitian. No registration required, just drop in.

International Cesarean Awareness Network supporting mothers and families recovering from or learning about cesareans and VBACs. Information: ICANvt@gmail.com or call Jessilyn at 802-363-5499.

Overeaters Anonymous meets 6:00 – 7:00 PM Wednesdays, Jericho United Methodist Church, VT Rt. 15, Jericho.

Champlain Valley Prostate Cancer Support Group, 6:00 – 8:00 PM, 2nd Tuesdays, Hope Lodge, 237 East Ave., Burlington. Newly diagnosed? Prostate cancer recurrence? General discussion and sharing among survivors and those beginning or rejoining the battle. Information: Mary L. Guyette RN, MS, ACNS-BC, 802-274-4990.

TOPS Chapter 145 meets Thursdays 6:15 PM, Eagles Club, VT Rt. 109, Jeffersonville. Weigh-in 5:15 – 6:00 PM.

Healing Circle Breast Cancer Network, support group for women with breast cancer, monthly meetings 1st Tuesdays 5:30 PM, Northwestern Medical Center, Conference Room #1. RSVP at 524-8479.

Lamoille Home Health & Hospice: Hospice Volunteer Training. Health care professionals share their knowledge and passion for hospice. Please contact Charlene at 888-4651 or ccamire@lhha.org for more information.

Franklin County Prostate Cancer Support Group, monthly, 1st Tuesdays, 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. Information: Fern Mercure, 524-0719.

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

KIDS

Saturday Story Times at Phoenix Books, 191 Bank St., Burlington. Every Saturday through August 29, 11:00 AM; free. Enjoy timeless tales

and new adventures with your little ones. Wondering what we'll read? Each week a new picture book, a classic, or a staff favorite. We might even take audience requests!

Playgroups free of charge and open to all children birth-5 years, and their caregivers. Stories, songs, crafts, free play, local events and information, and more – an opportunity to play with the children in your life, meet other playmates, and connect with other parents and caregivers. Playgroups follow the school calendar. Come to any or all groups that fit your schedule. For information on any playgroup, contact Heather Lebeis, 899-4415 or underhillplaygroup@yahoo.com. Mondays: Jericho Community Center, 9:30 – 11:00 AM; Wednesdays: Richmond Free Library, 8:45 – 10:15 AM; Fridays: Underhill Central School, 9:30 – 11:00 AM; Saturdays: Huntington Public Library, 11:00 AM – 12:30 PM.

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

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

SENIORS/COMMUNITY MEALS

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

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

Westford Senior Lunches – Join Westford Seniors for lunch at the Red Brick Meeting House on the Common, monthly on the 2nd Monday. Lunch, 12:00 noon; short meeting or presentation after. 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. Meal at 5:00 PM. Open to adults 60+. Contact Doris Wheelock at 434-3769.

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

St. Jude's Church senior meals, Hinesburg, 2nd and 4th Tuesday of each month. Bingo games afterward. Everyone welcome, including caregivers. Dinners \$4 per person. Information: Ted Barrette, 453-3087.

Starksboro First Baptist Church senior meals, Starksboro, 4th Thursday of the month, 11:30 AM. Call Brenda Boutin, 802-453-6354 for more information. (No meals in November and December.)

"Good Food for All" free dinners, 2nd Thursday of the month, United Church of Underhill, VT Rt. 15, Underhill Flats, 5:00 – 7:00 PM; and on the last Thursday of each month at Calvary Episcopal Church, VT Rt. 15, Underhill Flats, 5:00 – 7:00 PM. Everyone in the communities is invited.

SPORTS ACTIVITIES

Ongoing Pilate classes, Dakini Studio, Underhill, Mondays and Thursdays, 6:00 PM. Register at 899-4191. For more information and other scheduled classes, www.dakinistudio.wordpress.com.

Qi Gong, the ancient Chinese art of movement, classes: Saturdays 9:00 – 10:00 AM, 562 VT Rt. 15, Johnson; Saturdays 11:00 AM – noon, River Arts, Morrisville; and Sundays 11:15 AM – 12:15 PM, Artful Cup, Jeffersonville.

Zumba, Tuesdays, 5:30 PM, Red Brick Church, Westford, with Heather Sanders, \$5, first class free; Saturdays, 9:15 AM, BFA, Fairfax, \$5; Sundays, 9:00 AM, Meeting House, Fletcher, \$5; with Kathy Bourdeau Mondays, 7:30 PM, BFA, Fairfax, \$5; Wednesdays, 7:00 PM, BFA, Fairfax, \$5.

Zumba Fitness, Monday evenings only, 5:30 – 6:30 PM, River Arts Center, Morrisville. Certified instructor Karen Machia. No registration required, drop in. 888-1261 or www.riverartsvt.org for more details.

TOWN GOVERNMENT & ORGANIZATIONS

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

Westford Fire Department, Mondays, 7:00 PM, at the fire station next to the Town Garage. Information: John Quinn, jquinninvt@aol.com.

Jericho Village Water District Board of Commissioners meet on the 3rd Wednesday of the month, 7:00 PM, Old Red Mill, Jericho.

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

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

Jericho Underhill Park District Board meeting, 1st and 3rd Wednesdays, 7:00 PM, Deborah Rawson Memorial Library project room, Jericho. Residents of Jericho and Underhill always welcome. Information: 899-2693.

Jericho Energy Task Force meets monthly, 2nd Thursdays, 7:00 – 8:30 PM, Jericho Town Hall, VT Rt. 15, Jericho.

THRIFT SHOPS & FOOD SHELVES

Clutter Barn: Donations are accepted on Saturdays, 8:30 AM – 12:00 PM, through Saturday, September 12. The Clutter Barn is located in Underhill Flats, between the Brick House and the United Church of Underhill.

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

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

The Heavenly Cents Thrift Shop, just east of Five Corners, Essex Jct., VT Rt. 15, 10:00 AM – 3:00 PM Tuesdays and Wednesdays; 4:00 – 8:00 PM Thursdays.

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Back to school continued from page 3

This time of the year is often a time to purchase new shoes. The feet are the body's foundation and the entire body is influenced by them. When purchasing shoes, be sure they have arch support, a heel cup and cushioning, and are the right size. Many problems with the feet are caused by ill-fitting shoes. Problems with the back can be caused by misaligned feet. Even jaw problems can be the result of misaligned feet because the feet are the foundation of the skeleton. When misalignment is present it is common to adjust the way one stands, runs, and walks to avoid the discomfort of the misalignment. This can occur unconsciously and further aggravate the skeletal alignment. Orthotics, a.k.a. shoe inserts, come in a variety of styles for different types of footwear, from dress shoes to sneakers to ski boots. Orthotics help feet stay properly aligned when in motion and when still. In my practice patients are amazed at the improvements they experience after I custom fit them with orthotics. They notice reduction or elimination of pain and improved posture.

School chairs were not designed with comfort or spinal health in mind! Sitting puts a lot of pressure on the spine and students spend most of their time in school seats. I suggest a lumbar support cushion that helps improve spine alignment and back comfort when sitting.

Sleep is another extremely important consideration for optimum health and academic excellence. Bed pillows can make a big difference! Unsupportive pillows contribute to restless sleep, fatigue and health problems. Pillows that properly support the cervical spine (neck) contribute to good sleep, alertness, and overall health. I carry a variety of high quality cervical support pillows and help people pick the pillow that will offer them the amount of neck support they need. We spend at least one quarter of our lives in bed – the pillow matters!

Make this school year as healthy and successful as possible through backpack safety, good nutrition, properly fitting and supportive shoes, restful sleep, supportive pillows and spinal alignment.

PEOPLE - OBITUARY



Gary Vaughn, 79, of Jericho, VT died Tuesday, June 23, 2015 in the Central Park Nursing Center in Syracuse, NY after a courageous 10-year battle with Alzheimer's. He was born in Utica, NY on December 19, 1935, the son of Gardner B. and Ada (Dolbear) Vaughn of Old Forge, NY. He attended Town of Webb schools as a multi-sport athlete with a particular prowess in alpine ski racing. Graduating in 1954, he went on to Norwich University in Northfield, VT where he competed in all four Division I

Winter Carnival events, especially strong in downhill. He graduated from Norwich as a 2nd Lieutenant in the U.S. Army. Later, in 1983, Gary was inducted into Norwich University's Athletic Hall of Fame. In January 1960, Gary was chosen first alternate for the U.S. Men's Olympic Ski Team competing in Squaw Valley, CA. From 1962-1965 Gary returned to his roots as a golf pro for the Thendara Golf Club in Thendara, NY. As an 11-year old, he'd shagged balls and caddied at this very club. In 1964, he began his collegiate ski coaching at Dartmouth College (NH) and later coached at Middlebury College (VT) where he met his future wife, Sue Bowdish, during Winter Carnival organizational meetings in 1967. Gary and Sue married in July 1968 and moved to Jericho. Gary soon opened a local ski and bike shop, Jericho Sports, in their home, and Sue was hired to teach English and coach field hockey at the new Mount Mansfield Union High School in Jericho. They both shared a love of sports, the great outdoors, and their dogs. They cross-country skied the many area citizens' races including The Madonna Vasa, played many hours of tennis on the local courts, hiked or skied the surrounding woods and mountains catching spectacular sunsets, multiple July firework displays from above Butler Lodge, and discovered delightful May snow slides for their frolicking pups in shaded mountain hollows. As time passed, the marriage faltered and eventually dissolved, but a strong friendship remained. Diagnosed with Alzheimer's in 2004, Gary was still high functioning and pretty independent, but clearly in need of support as the disease progressed. Sue would like to thank community members and neighbors aware of Gary's challenges for their support and interventions. Gary was able to remain in familiar surroundings until 2010, enjoy community activities, engage in physically demanding projects like perennial bed restoration and neighborhood storm damage clean-ups, and share the regular companionship of Sue and his various furry four-legged friends. As Gary navigated the minefield of this disease, his instinctive dead reckoning skills freed him to ramble with his faithful companions, enjoy the outdoors, and exercise despite the progressive decline of his language skills and his fading memories. He taught those around him the importance of living in the moment and cherishing every smile and laughter. Gary is survived by his sisters, Edythe V. Lefebvre (Tom) of Syracuse, NY, and Sally R. Vaughn of Old Forge, NY; six nephews and one niece; three great-nieces and five great-nephews; and many cousins. He is also survived by his former wife, Sue (Bowdish) Vaughn of Jericho. Gary was predeceased by his parents; and his good friend, Carol Mahoney of Underhill. His wonderful smile, his enthusiasm, and energy will be missed by all who knew him. Remembrances in Gary's name may be made to the Alzheimer's Association, 441 West Kirkpatrick St., Syracuse, NY 13204. Visit burlingtonfreepress.com/obituaries to express condolences and sign the guest book.



LIBRARY NEWS

DEBORAH RAWSON LIBRARY, UNDERHILL

There is still lots of summer fun happening at Deborah Rawson Memorial Library. The silent auction this month is a \$50 gift certificate from *Cultivated Surroundings* in Underhill for the purchase of daylilies or hostas. Bidding is open until August 29 at 2:00 PM.

The art that will be displayed this month at the library is *Fiberworks: Converging Journeys*, an exhibit of 20 fiber works by Jericho resident Marya Lowe. The exhibit will be shown through August 31.

The DRML gardens are in full swing. Please take a minute to walk out back and enjoy a variety of plants. The Extension Master Garden of UVM – along with community volunteers – plan, plant, maintain and harvest. Please accept an open invitation to assist in the garden. We usually work on Wednesday evenings (4:00 – 6:00 PM) and Saturday mornings (9:00 – 11:00 AM). It's best to check in with Susan Adams, sadams15@comcast.net or 899-2742, as we sometimes take a day off.

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

Reading Fun for Adults – Escape the Ordinary at your Library! Reading logs for adults are available at the library. For every five books you read or listen to, fill out a log and you will be entered into a drawing for a gift certificate from a local business at the end of August. Thank you to the Friends of DRML for sponsoring this drawing.

The Parent Support Group will meet Wednesday, August 26 at 6:30 PM. Meet and connect with parents raising children and teens with behavioral challenges (ASD, ODD, ADD, etc.). Contact Elise Doner, 899-2644 or busyfeet4kids@gmail.com, for more information.

Baby Time! Saturday, August 29 at 10:30 AM – Introduce your littlest ones (infants and babies up to 18 months) to the wonders of language with nursery rhymes, songs, fingerplays, and board books. This is a great time for parents and childcare providers to connect, chat, and share ideas with each other. Older siblings welcome. No registration required.

August StoryTime! Drop in for stories, songs, projects and a nutritious snack! Wednesday, August 26 at 10:30 AM and Thursday, August 27 at 10:00 AM. No registration required.

Love LEGOs? Love wearing your PJs? Well then you will really love PJ LEGO Night on Friday, August 28 from 6:30 – 8:30 PM! Come create and collaborate with other LEGO fans at this evening building event! No registration required.

For information on the programs and services available at Deborah Rawson Memorial Library visit www.drml.org. You can also find us on Facebook and Twitter.

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

JERICHO CENTER LIBRARY

Libri Foundation Grant Award Winners: JTL is one of 53 libraries in the nation to have been awarded the Libri Foundation Grant. With this grant, we received a generous collection of fiction and non-fiction works for children and juveniles. Come by the library to browse all the new acquisitions!

Read and Win! Students in grades K-8 who read three books can win a ribbon for FREE admission to the Champlain Valley Fair on Monday, August 31. Those wishing to participate receive a voucher slip when they check out their first book. Upon completion of reading three or more books, a parent/guardian signs the voucher. Students bring the voucher back to the library to receive their ribbon. Students should wear the ribbon for free admission to the Fair on August 31 and to claim a free ice cream from the Dairy Bar.

Story Time: A delightful hour of story, songs, movement, craft, and healthy snack. Every Wednesday at 10:00 AM.

Dungeons & Dragons: Join the adventure! Youth ages 8 and up design adventure stories under the guidance of Dungeon Master Dana VanHorn. This group meets on Wednesdays from 5:00 – 7:00 PM. Pizza is served.

Volunteers for Garden Clean-up: We could use a hand with light weeding of the library gardens. Approximately two hours of work. If you are interested, please contact the library at 899-4686. Thank you!

Summer Hours: Mondays 1:00 – 7:00 PM, Wednesdays 10:00 AM – 12:00 noon and 2:00 – 7:00 PM, and Fridays 12:00 – 4:00 PM.

For more information on news and events, please visit our website at www.jerichotownlibraryvt.org.

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE
On Monday, August 24 at 10:30 AM, the Varnum will host

Vellamo Band, the Finnish songwriting team of Pia Leinonen and Joni Tiala. The program is accompanied by an introduction to the Finnish language and folk music tradition, combining Scandinavian and Slavic influences with folklore from Finland. The program is free and all ages are invited.

For the health and well-being of our patrons, the Crescendo Club Library Association has adopted a Tobacco Free Policy, which includes all tobacco products and e-cigarettes, for the Varnum Memorial Library and library property. If you have questions or concerns, please call 644-2117 and speak to one of the librarians or attend a Crescendo Club meeting to voice your concerns.

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117. Please visit Varnum Library's website, <http://thevarnum.org>.

Hours: Mondays and Tuesdays 12:00 – 7:00 PM, Wednesdays 3:00 – 7:00 PM, Thursdays 9:00 AM – 7:00 PM, Fridays 2:00 – 5:00 PM, and Saturdays 10:00 AM – 3:00 PM. Closed Sundays.

WESTFORD PUBLIC LIBRARY, WESTFORD

Free summer fun! Passes to these attractions are available for a three-day checkout (but passes may not be reserved). VT State Parks day use passes (two passes); VT historic sites; Shelburne Farms (two passes); Shelburne Museum; ECHO Center (two passes, \$4 per person); Birds of VT Museum in Huntington; American Precision Museum (Windsor, VT).

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

RICHMOND LIBRARY

Passes: ECHO Lake Aquarium and Science Center at the Leahy Center for Lake Champlain; VT State Day Use Parks; Craftsbury Chamber Players (new!); Shelburne Museum; and Shelburne Farms. These passes are available for two days. (Late fines of \$5/day are applied.)

Early Bird Math is an interactive math literacy storytime for young children and their caregivers. Through books, songs, and games, children are exposed to numbers, counting, shapes, measurements, and many other early math concepts, and will enjoy a chance to play with their peers. Join Wendy in the Community Room on Fridays at 11:00 AM beginning on September 18.

Lyme Disease & Other Tick Borne Illnesses – Do you love the outdoors? Do you enjoy gardening, hiking, golfing, camping, walking, picnicking, playing in the park, or even just the backyard? Many people are suffering from Lyme Disease and co-infections and are misdiagnosed, or worse, never treated. This presentation may save your life. This presentation will most certainly affect you or someone very close to you soon. VT currently has the 2nd highest incidence of Lyme Disease in the country. We have exceeded numbers for epidemic status and yet, many Vermonters don't know what to do if they are bitten. Many people never even see the tick. Are you safe? Don't miss Lyme Basics. This presentation is sponsored by members of the Lyme Support Network. Join us at Richmond Free Library, Wednesday, August 19 at 7:00 PM. Questions? 434-2373.

Late afternoon Jazz Concert with vocalist Alicia Phelps, Carl Recchia on piano, and Arthur Dequasie on bass. You'll hear a mix of jazz standards straight from the swing era and originals with a new-age flair. Influences include Gretchen Parlato, Cecile McLorin Salvant, Bill Evans, Chet Baker, and Dexter Gordon. Friday, August 21, 5:00 PM.

Book Discussions

Thursday, August 20, 7:00 PM: *Innocent Blood* by P.D. James. (mystery). Adopted as a child into a privileged family, Philippa Palfrey fantasizes that she is the daughter of an aristocrat and a parlor maid. The terrifying truth about her parents and a long-ago murder is only the first in a series of shocking betrayals. Philippa quickly learns that those who delve into the secrets of the past must be on guard when long-buried horrors begin to stir."

Tuesday, September 8, 6:00 PM: *Reconstructing Amelia* by Kimberly McCreight: A stunning debut novel in which a single mother reconstructs her teenaged daughter's life, sifting through her emails, texts, and social media to piece together the shocking truth about the last days of her life.

Thursday, September 17, 7:00 PM: *Spider Woman's Daughter* by Anne Hillerman (mystery). Navajo Nation Police Officer Bernadette Manualito witnesses the cold-blooded shooting of someone very close to her. With the victim fighting for his life, the entire squad and the local FBI office are hell-bent on catching the gunman. Bernie, too, wants in on the investigation, despite regulations forbidding eyewitness involvement. But that doesn't mean she's going to sit idly by, especially when her husband, Sergeant Jim Chee, is in charge of finding the shooter.

Seeking Collectors – If you collect something interesting and would be willing to share it with the community, we would love to hear from you. Every month we showcase something new in our foyer display case. Visitors to the Library enjoy the rotating displays, which are secure behind locked glass panels. Let us know if you have something to show. August gallery: Tim Goodrich photographs. Tim is an outdoor enthusiast and his images capture beautiful vistas and intimate settings of Vermont. September Display: Edible (and preserved) flowers created by June Banks.

Vermont's Flood of 1927: A New Look – The Flood of '27 is remembered as the greatest natural disaster in Vermont history. Stories of loss, tragedy, and heroism abound, and yet the flood is far more than an episode restricted to the history of a single state. This examination of the flood and reconstruction by retired Middlebury College historian Nicholas Clifford sheds light on important facets of our national history, and helps us understand better America's passage through the often anxious and difficult years of the 1920s. Wednesday, September 30, 7:00 PM.

Richmond Free Library, 201 Bridge St., P.O. Box 997, Richmond, VT 05477; 434-3036; 434-3223 (fax); www.richmondfreelibraryvt.org. Open Monday and Wednesday, 10:00 AM – 8:00 PM, Tuesday and Thursday, 1:00 – 6:00 PM; Friday, 10:00 AM – 6:00 PM; Saturday, 10:00 AM – 2:00 PM.

FAIRFAX COMMUNITY LIBRARY

We certainly hope to see you often this summer and remember on those hot days, WE ARE AIR CONDITIONED!

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

We have passes! Check out the latest exhibit at the Shelburne Museum: *Walter Wick: Games, Gizmos And Toys In The Attic*. For information including summer hours and admission, www.shelburnemuseum.org. We also have passes for Vermont State Parks, ECHO museum, Shelburne Farms, VT historic sites, Vermont's History Museum, Birds of Vermont, and the Lake Champlain Maritime Museum.

Parents, did you know that a child needs to be 8 years of age to be in the library without a parent or supervising babysitter?

Here in Fairfax we are lucky to have a beautiful rec path near the river, and 100 acre wood in North Fairfax! Stop by the library

Libraries continued on page 6



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ART / MUSIC / THEATER

ART/PHOTOGRAPHY

At Bryan Memorial in Jeffersonville through December 30, the Bryan's 2015 *Legacy Collection* features 25 living artists and 13 deceased artists whose works continue the legacy of Alden Bryan, founder of the gallery, and Mary Bryan, in whose honor the gallery was founded. Each year, Bryan Memorial Gallery chooses artists for inclusion in the Legacy Collection. The Legacy Collection also includes a subset entitled *Hidden Treasures*, which includes deceased artists' works that are owned by gallery members and available for sale. All exhibited works are oriented toward the current season, and will be changed throughout the course of the year. All 2015 Legacy Collection art is for sale. Bryan Memorial Gallery, 180 Main St., Jeffersonville, 802-644-5100. A preview of the exhibit can be seen at www.bryangallery.org. Gallery hours are Thursday-Sunday, 11:00 AM – 4:00 PM, and by appointment.

Helen Day Art Center, through Sunday, August 23: *The Best of the Northeast MFA* Exhibition, emerging contemporary artists from Québec, New England, and New York MFA students. Through Wednesday, October 14, *Exposed*, the 24th annual outdoor sculpture exhibit, throughout the town of Stowe. Friday, September 11 through Sunday, November 22, *Fractured: Works on Paper*, a group exhibition of works on paper looking at fractured space through the lens of the narrative, structure, and optics and how those de/constructions create new meaning, perceptions, and truths. Friday, December 4 through Sunday, January 3, Members' Art Show and Festival of Trees & light, bringing together the community to share and celebrate the season through decorated evergreens, a Hanukkah display, and over 100 members' artwork. Helen Day will be running a variety of workshops and classes throughout the fall; contact the Art Center for details. Helen Day Art Center, 90 Pond St., Stowe. Gallery hours: Wednesday-Sunday 12:00 PM – 5:00 PM and by appointment.

Vermont self-taught artist Larry Bissonnette creates bold, energetic works that are at once highly personal and an invitation to marvel and engage. The Milton-based painter is also a world-traveled spokesman for autism, as well as the subject of two documentaries that examine his life and art through the lens of ability versus disability. Showcasing select pieces on loan from private collectors (the G.R.A.C.E. Gallery in Hardwick and Bissonnette's Burlington studio), *LOOKING OUT* at the Flynn Center for the Performing Arts' Amy E. Tarrant Gallery, 153 Main St., Burlington will be the first major solo retrospective of this important Vermont artist, who has chosen not to let disability define him or his art. Through Saturday, August 29. For information, 652-4500.

LCATV's gallery of exhibitions by local artists presents Milton Artists' Guild show *Collage*, by members of the Guild exploring the genre of collage in various media. The exhibit runs throughout August. Gallery hours and location: Mondays 10:00 AM – 7:00 PM, Tuesdays-Thursdays 10:00 AM – 5:30 PM, Fridays 10:00 AM – 3:00 PM, Saturdays 12:00 – 4:00 PM; 63 Creek Farm Plaza Suite 3, Colchester. For information, www.lcatv.org or www.miltonartistsguild.org.

MUSIC/DANCE

The 5th Annual Cambridge Music Festival (CMF) has been

announced for Saturday, August 29 at the future Cambridge Community Center, 22 Old Main St., Jeffersonville beginning at 2:00 PM. The musical lineup this year includes seven-piece jazz/funk fusion band *Grundfunk*, Boston-based *Hayley Jane and The Primates*, and five other acts. Local vendors will be on hand with food, beer/wine, crafts, and more. Pack a chair and/or bring a blanket! All proceeds from the event go towards Cambridge 360, a local non-profit organization whose mission is to raise funds for projects such as further development of the community center. Discounted tickets are available for advanced purchase with prices ranging from \$5-20; children under 10 are free. For more information and tickets, www.cambridgemusicfestival.com or contact Justin Marsh, Justin@cambridgemusicfestival.com or 802-730-2383.

There are two upcoming free *Noon Concerts: Bach in Church*, sponsored by Cathedral Arts and presented by the Lake Champlain Chamber Music Festival. Tuesday, August 25 at 12:15 PM features Deborah Pae on cello performing two Bach compositions: *Suite No. 5 in c*, and *Suite No. 2 in d*. On Thursday, August 27 at 12:15 PM, Wenting Kang on viola will perform Telemann's *Fantasia No. 5*, Bach's *Partita No. 1 in e*, and Ligeti's *Sonata*. Both concerts are at St. Paul's Cathedral, 2 Cherry St., Burlington. Bring a bag lunch – coffee and tea are provided, the site is accessible and parking is free. For information, 802-864-0471.

Grab your friends, grab your lunch, and come to City Hall Park in Burlington for a free concert series every Wednesday and Friday, 12:00 – 1:00 PM, through August.

At Shelburne Vineyard on Friday, August 21 from 6:00 PM till dusk, Burlington-based Bluegrass group *Hardscrabble* will wrap up the season. The band's talents include acoustic strings and tight vocal harmonies. Bring family and friends and a blanket or lawn chairs. This is a family friendly event; free; Bluebird BBQ Food Truck will be on site as well as Queen City Pops. 6308 Shelburne Rd. (US RT. 7), Shelburne. For information, www.shelburnevineyard.com.

THEATER/FILM

Dorset Theatre Festival will stage *I Hate Hamlet*, a hilarious play by Obie Award-winning playwright and pre-eminent humorist Paul Rudnick. The production will be directed by Carl Andress and will run from Thursday, August 20 through Saturday, September 5. The play tells the story of Andrew Rally, a rising Hollywood star who has just accepted the role of Hamlet at New York's *Shakespeare in the Park*, leading his agent to think he's gone daft. With advice coming from unexpected directions, including none other than the ghost of the great actor John Barrymore, Andrew is left to decide between Shakespeare and the fame and fortune of a television career. Special event programming for this production includes a post-show talk-back with the cast and creative team following the matinee on Saturday, August 22. Tickets \$20-49 adults; students \$20; 12 and under, \$8. For information, 802-867-2223 or dorsettheatrefestival.org.

Libraries continued from page 5

for a rec path map and treasure hunt page, and then head out for some family fun! When you are hot and sweaty, come back to our air conditioned library for a rest!

Through October, our wonderful library assistant Keagan will be on maternity leave, and so you will be seeing our amazing substitute Mary Lou at the front desk. Mary Lou subbed for Keagan during her last maternity leave and also subs for vacation and sick days, so she knows the ropes! This summer you may also meet our summer student assistant, Alex Hamel.

The Fairfax Community Library is a Classical Connections Grant Winner! The library was awarded a grant from the VT Public Library Foundation to help expose middle-schoolers to classical literature through a fun and engaging program. The five-week program will kick off this fall, pairing a graphic novel version of *Treasure Island* with a modern classic, *The Great Wide Sea*.

Thursday, August 20, 4:00 – 5:00 PM: READ to a DOG. Kids ages 5-10 can read a book of their choice to a fuzzy, friendly dog. Call to reserve a 15-minute slot

Saturday, August 22, 10:00 – 11:30 AM: *Tree of Life* Pendant-Making Workshop. Create a one-of-a-kind pendant using wire and stone beads. All materials provided. Must pre-register. Recommended ages 16+.

Tuesday, September 1, 6:00 – 8:00 PM: Family Game Night. Join us for this fun monthly tabletop game event! Bring a game, if you like. Ages 5+

Thursday, September 3, 6:00 – 8:00 PM: Needle Felt an Owl with local artist Annette Hansen. Cost is \$15 for all materials and instruction. Please register.

Library Hours: Monday, Wednesday 8:00 AM – 5:30 PM; Tuesday and Thursday 8:00 AM – 8:00 PM; Friday 8:00 AM – 3:15 PM; Saturday 9:00 AM – 1:00 PM.

For up-to-date information about programs, visit our website www.fairfaxvtlibrary.org, where you can find a link to our interactive Google calendar. Fairfax Community Library: 75 Hunt St., Fairfax, VT, 05454; 849-2420. Program Planner



PHOTO BY LAKE INARI FINLAND

Varnum to host Finnish Vellamo Band August 24

The Varnum Library invites you to Northern Beat 2015 tour by the *Vellamo Band*, a program on Monday, August 24 that both children and adults can enjoy. On their fourth visit to the U.S., *Vellamo Band's* tour carries them from New England to the Pacific Northwest through 20 states and over 20 concerts – including Jeffersonville.

Vellamo is the Finnish songwriting team of Pia Leinonen and Joni Tiala. Their music is characterized by haunting melodies, Pia's ethereal lead vocals, and Joni's virtuosic guitar stylings. The pair's Vermont connection is their first album, engineered and co-produced in West Townshend. They write songs in English as well as their native Finnish; the duo also performs traditional ballads from Finnish, Celtic, and Scandinavian folk traditions.

The program is accompanied by an introduction to the Finnish language and folk music tradition, combining Scandinavian and Slavic influences with folklore from Finland. With their third album coming out this fall, this energetic duo brings international popularity to small-town Vermont.

Please join us at the Varnum Memorial Library in Jeffersonville on Monday, August 24 at 10:30 AM. The program is free and all ages are invited. For more information, contact thevarnum@gmail.com or 644-2117.

Congratulations college graduates!

Tucker White of Jericho, VT has graduated from Bates College, Lewiston, ME with an undergraduate degree in Economics. The son of Mr. and Mrs. David E. White of Jericho is a 2011 graduate of Northfield Mount Hermon School.

Karyn Norwood, knorwood@fwsu.org; Library News: www.bjfairfax.com/pages/communitylibrarynews.html.

DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON

All events are free.

Preschool Music: Mondays at 11:00 AM and Thursdays at 10:30 AM. For children up to age 5 with a caregiver. No pre-registration. Free.

Summer Story Time Series: Tuesdays, 11:00 AM. All ages. No pre-registration. Free.

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

BROWNELL MEMORIAL LIBRARY, ESSEX JCT.

Summer Reading Clubs: "Every Hero Has a Story!" for Kids & "Unmask!" for teens. Still time to participate in activities at Brownell Library featuring art, games, drama, books!!

Through Friday, August 31 – Candy Brick Count – Estimate the number of candy bricks in a big jar at the Youth Desk. Closest guess wins them! Winner could build an edible Superhero.

Mondays, August 24 and 31, and Wednesdays, August 19 and 26, 12:00 – 1:00 PM – Tech Help with Clif. Offering one on one technology help. Bring in your new gadget or gizmo and Clif will sit with you to help you learn its ways! Reservation required. Please call 878-6955 at least 24 hours in advance.

Friday, August 28, 10:00 – 10:30 AM – Drop-In Story Time for kids of all ages. Babies, toddlers and preschoolers are welcome to come listen to picture book stories and have fun with finger plays and action rhymes.

Fridays August 28, 6:00 – 8:30 PM – Dungeons and Dragons. Embark on imaginary adventure. Our Dungeon Masters serve as the game's referees and story tellers. Grades 6 and up.

Friday, August 28, 6:30 – 8:30 PM – Maggie's Fiber Friday for Adults. Maggie Loftus, veteran knitter, will be settled in front of the fireplace in the Main Reading Room. She invites adult knitters and crocheters to join her with their projects and engage in conversation. Bring patterns to share if you'd like. If you wish to contact Maggie: 6maggie2@myfairpoint.net.

Wednesday, August 19, 2:00 – 3:15 PM @ ADL – Final Summer Reading Party. No Strings Marionette Company performs *The Hobbit*. Kids get an achievement certificate and a free book after the puppet show. Register at Youth Desk starting August 1. This party is for all kids who have shown us their Reading Records at the library, so we can count their books. Register in advance.

Wednesday, August 19, 6:30 – 7:30 PM – Kindergarten Story Time. A story time for students entering Kindergarten this fall. Come and meet new friends and listen to stories about going to school. Sponsored by Building Bright Futures.

Thursday, August 20, 5:00 – 7:00 PM – After Hours Teen Volunteer Party. All teens who have volunteered to help with programs over summer are invited to a pizza party, scavenger hunt, and raffle drawing for prizes. Grades 6 and up. Register in advance.

Friday, August 21, 6:00 – 8:00 PM – Magic: The Gathering. Whether you know the game or are curious to find out more, come have tons of gaming fun! Grades 6 and up.

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

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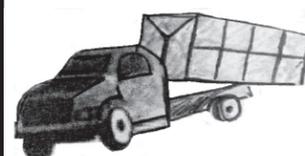
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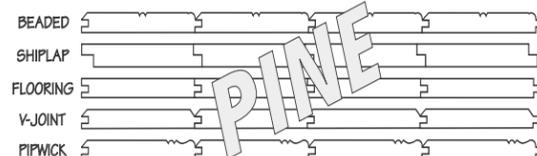
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AUCTION

Tuesday, September 22 @ 11AM

2704 Garfield Road, Hyde Park, VT



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GMBC rides continued from page 2

Saturday, August 29, NEK weekend – Day 1 – Moose Country Meandering. 67-mile (S) loop up through Norton and Canaan on VT Rts. 114, 102, and 105, with (hopefully) more moose than cars. Meet at 9:30 AM, Island Pond Visitor Center. Leaders: Pat Stabler and Tom Evers, 427-3193 / everstab@verizon.net. Camping is available at Pat and Tom's house just outside East Burke; early birds get beds or floor space in the house. BYOB drinks and/or potluck BBQ for anyone who is interested on Saturday afternoon/evening. There is also the Tiki Bar in East Burke which is not to be missed.

Sunday, August 30, NEK weekend – Day 2 – Willoughby Wanderings. 47-mile (M/S) ride up through Sutton and Barton,

along the shore of Lake Willoughby and through part of Willoughby State Forest. A 30-mile (M) version of the ride returns to Burke via US Rt. 5. Meet at 9:15 AM, East Burke Sports; parking is available (check www.kingdomtrails.com) at East Burke Sports (not customer spots), Pub Outback and East Burke Storage parking lots. No parking in Chappy's/River Garden parking lot. Leaders: Pat Stabler and Tom Evers - 427-3193 / everstab@verizon.net.

Sunday, August 30, Kingsland Bay. The 35-mile (EM) ride rolls from Shelburne through Charlotte to Kingsland Bay Park and returns. The 46-mile (M) ride heads towards Vergennes and climbs to Monkton Ridge, returning through Hinesburg and a 65-mile (M/S) option heads into Huntington. Meet at 8:45 AM, Shelburne Village Shopping Center. Leader: Kay Tran, 660-9028 / ktranvt@comcast.net; co-leader: Holly Creeks, 233-9013 / creeksh@yahoo.com; social ride leader: Donna Leban, 865-2839 / lightspd@comcast.net.

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Jericho - \$425,000
 Great sunset views! 4 bdrm plus den home with 3400 sq ft. Open kitchen, bfast nook, hardwood floors & FP in family rm. 1st floor den with potential for guest suite. Lg master with walk-in closet & bath. 3 additional bedrooms up.

Underhill - \$279,000
 Great Mount Mansfield views! 3 acres perfect for gardening. 1st floor with softwood floors, back to back stone hearth with FP in living rm. Eat-in kitchen. Master w/ bath on main level. 2 bedrooms + den & bath on 2nd level.

Fletcher - \$275,000
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AUCTIONS

Foreclosure: Great Country Home w/Views
 Newer Waterville 4BR House
 Wednesday, August 26 @ 3PM
 1850 Coddling Hollow Road, Waterville, VT



- Great Home w/Views!
- Detached 2-Story Barn
- 4BR, 1.5 Baths on 6± Ac.
- Room to Grow & Roam

Foreclosure: 1885 Renovated Farmhouse w/Barn, 12± Ac. & Mt. Mansfield Views
 Tuesday, September 22 @ 3PM
 5 Black Dog Lane, Underhill, VT





Spacious 5BR, 3BA Vermont farmhouse on 12± acres with large open kitchen, bright living areas and more. Secluded location just off Route 15 on private road. Engineered plans on file to subdivide into a 6-acre and two 3-acre lots. Great Chittenden County opportunity.

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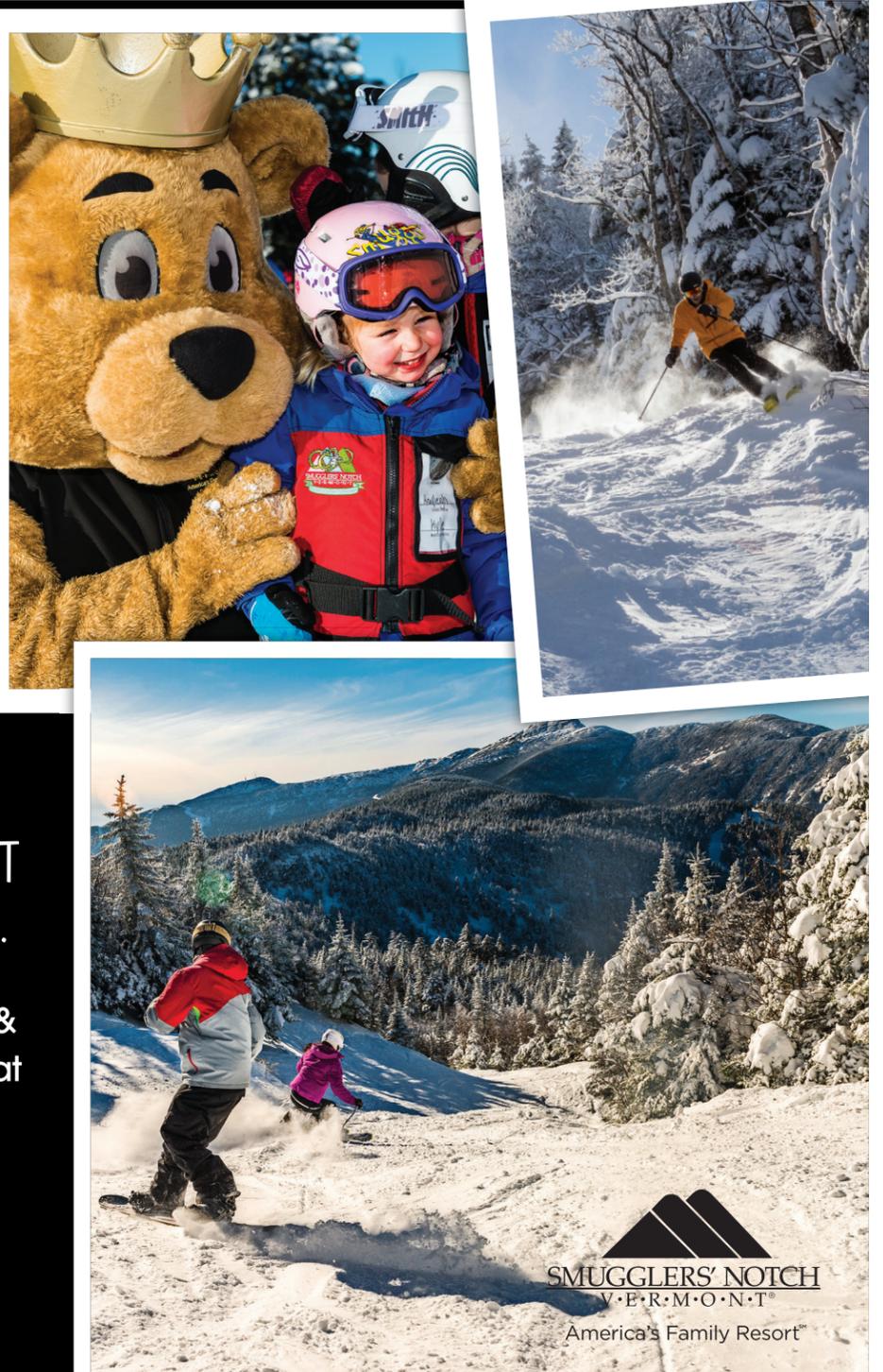


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