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of your high school
and college graduates
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MOUNTAIN GAZETTE

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Chittenden County Fish and Game Club to hold free Father's Day Fishing Derby

Above, the Grand Prize Derby Winners in last year's Father's Day Fishing Derby with their trophies. This year's Free Father's Day Fishing Derby is Sunday, June 19, 8:00 - 11:00 AM at the Chittenden County Fish and Game Club, 1397 Wes White Hill Rd., Jonesville. For information, 434-3210. PHOTO CONTRIBUTED

Richmond Round Church Arts Festival to be held June 18

The Western Slopes Business Association (WSBA) will be hosting the second annual Richmond Round Church Arts Festival on Saturday, June 18 from 10:00 AM – 4:00 PM, rain or shine, on the historic green of the Round Church. The festival will be the perfect gift-buying opportunity, with some 30 vendors. Shoppers can enjoy a beautiful setting while finding art, jewelry, furniture, clothing and some edible items. The event will include performances by singer/songwriter Hannah Fair (12:00 – 2:00 PM) and jazz guitarist Art Herttua (2:00 – 4:00 PM). The Round Church will be open for tours during the festival. The event will benefit the Richmond Historical Society Round Church Building Fund. Event sponsors include Mansfield Heliflight Inc., Green Mountain Flight Academy, Green Mountain Power, Hickok & Boardman Insurance Group, Vermont Lake Monsters and Polli Construction, Inc. PHOTOS CONTRIBUTED

Laurel Foster a winner in calendar art contest

Artwork by Laurel Foster of Underhill was chosen for the 2017 Casella Waste Management calendar in contest open to third grade students from across Vermont. Laurel was recently presented with a framed copy of her artwork and a $25 TD bank card from Tim Williamson of Casella Waste Management at a special ceremony at her school, the Renaissance School in Shelburne. The theme of the 2017 calendar is the importance of composting. Laurel said "I was so happy to learn that my picture was chosen and I love art!" PHOTO CONTRIBUTED

BRMS garden donations

Thank you, Jeri-Hill Hardware and Victory Gardens for the seed and plant needs here at Browns River Middle School in Jericho. We especially appreciate Karen at Jeri-Hill and Linda at Victory! BRMS staff and students planted these donations in the ground over the Memorial Day weekend. PHOTO CONTRIBUTED

Browns River Little League holds successful fundraiser

Left to right: Dan Randall, Spencer Levi, and Roger Frey. PHOTO CONTRIBUTED

To the Community,

I wanted to take this opportunity to thank everyone, community members, parents, and players, who helped make the fundraiser a big success. The money we raised will be used for our field enhancements. We are proud of our baseball fields. If you have not seen them lately, stop by and check them out, and maybe you will be lucky enough to catch a Little League game while you are there.

A special thanks and recognition to Bond Auto for donating the Red Sox tickets. Thank you for your generosity and support. The winner of the 2016 Browns River Little League ticket raffle was Roger Frey of Underhill. Roger and his guests will be enjoying the game between the Red Sox and Angels on July 3. Congratulations Roger! We will be watching on TV.

Dan Randall, Browns River Little League Commissioner

Browns River Middle School students in perfect harmony

Richmond Elementary School Principal Michael Berry captured students from Browns River Middle School using a drone. Berry is going around to all the schools in the district to create an ariel view like this one. PHOTO BY MICHAEL BERRY

4-H NEWS

Audrey Teague (left) and Hailee Blades, both from Jeffersonville, relax after performing a song and dance routine at 4-H State Day, Saturday, May 21 in Barre, with their 4-H club the Whispering Pines 4-H Club of Westford.

PHOTO BY LISA MUZZEY/UVM EXTENSION 4-H

4-H'ers take center stage at 2016 4-H State Day

The 2016 4-H State Day brought more than 150 of Vermont's most talented 4-H'ers to Barre to enlighten and entertain the public about their 4-H club work through their action exhibits, stage presentations, illustrated talks, tabletop exhibits, and more.

University of Vermont Extension 4-H sponsored the event, which was held Saturday, May 21 at the Barre Civic Center. While all participants were winners at the regional level, those chosen as state winners are invited to repeat their presentations and performances or display their photos, posters, and tabletop exhibits at Eastern States Exposition in West Springfield, MA, in September.

They are, listed alphabetically by category:

ACTION EXHIBITS: Caledonia County 4-H Dairy, Danville (From Our Parlor to Your Table); Flying Hooves 4-H Club, Colchester, and the High Hopes 4-H Club, Fairfax (The Crayon Crew); Leprechauns 4-H Club, Johnson (Old-fashion Cake Doughnuts); REAL 4-H Club, Rutland (Pillowcases); Silver Stars 4-H Club, St. Johnsbury (Equine Road Safety)

FASHION REVUE: Raven Collett, Benson; Charlotte Doyle, Starksboro; Sheyenne Miller, Randolph; Nicole Palmer, Weybridge

PHOTO DESIGN: Whitney Dunklee, Vernon; Emeillia Gomo, Chester; Kelsey Kissell, Vernon; Caroline Murray, East Montpelier; Kassidy Wyman, Cambridgeport

PHOTOGRAPHY: Jessica Bortz, Colchester; Whitney Dunklee, Vernon; Erin Egan, Essex Junction; Arin Kenyon, Chester; Luke McReynolds, Danville; Katie Niekrewicz, Williston; Julia Paul, Newport; Holly Weglarz, Hartland; Kassidy Wyman, Cambridgeport

POSTERS: Chloe Barewicz, Jericho (Why This Color?); Morgan Michaud, East Hardwick (Sugar on Snow); Kassidy Wyman, Cambridgeport (Equine Evolution)

STAGE PRESENTATIONS (GROUP): Nora Allen and Noelani Rupp, both from South Burlington (Irish dance); Geneva Audette and Alex Taylor, both from South Royalton (singing); Border Livestock Plus 4-H Club, Derby Line (skit); River Riders II, Cambridgeport (song and guitar); Flying Hooves 4-H Club, Colchester and High Hopes 4-H Club, Fairfax (Wizard of Oz skit); Midnight Riders 4-H Club, Hinesburg (skit/drill team); Starry Nights 4-H Club, Jericho (dance); Whispering Pines 4-H Club, Westford (song and dance)

STAGE PRESENTATIONS (INDIVIDUAL): Abigail Armstrong, Granville, NY (dance); Jazmine Bogie, Lyndonville (singing and guitar); Lexy Brooks, Whitehall, NY (singing); Ava Carroll, South Burlington (dance); Raven Collett, Benson (song/dance); Sieanna Forkey, Waterbury (singing); Molly Patenaude, Derby Line (piano); Audrey Teague, Jeffersonville (song); Frankie Thompson, Newport (violin); Violet Tuckerman, South Woodstock (gymnastics); Tamara Tyminski, Wallingford (singing); Morgan Van Blunk, Eden (karate pinan); Kelly Xu, South Burlington (piano solo)

TABLETOP EXHIBITS: Kayli Aldrich, Athens (Kayli's Pickling Power); Ruby Proulx, Calais (Eat More Quail); Kassidy Wyman, Cambridgeport (Equine Wounds)

Other top exhibitors at 4-H State Day were:

DEMONSTRATIONS (INDIVIDUAL): Senior Division: Raymond Bushey, Addison (Life and Coo of a Pigeon); Junior Division: Tanya Wheeler, Wilmington (The Wonderful World of Driving)

ILLUSTRATED TALK: JUNIOR DIVISION: CC Allembert, Wilmington (Know Your English Bridle); Gabriel Michaud, East Hardwick (Steers); Noelani Rupp, South Burlington (Brahmas)

NON-CLOTHING SEWING: Nicole Cutler, Waterbury (stuffed horse); Annie Fiegel, Arlington (needle felting); Corinna Hobbs, Hinesburg (forest animal bag); Casey Sue Thompson, Brandon (patchwork pillow)

PUBLIC SPEAKING: SENIOR DIVISION: North Johnson, Poultney (Budweiser Clydesdales); Holly Weglarz, Hartland (The Heart of a 4-H'er). JUNIOR DIVISION: Julia Howe, Tunbridge (My 4-H Adventures); Emerson Jolliffe, Barnet (ADHD and Riding Horses)

QUILT: Laura Rosenthal, East Arlington

TABLETOP EXHIBITS (category winners but not selected for Eastern States): Carrie Egan, Essex Junction (How to Make a Sock Cat); Erin Egan, Essex Junction (Calligraphy: The Art of Beautiful Writing); Emeillia Gomo, Chester (My Intro to Dressage); Arin Kenyon, Chester (Spotted Draft Horses); Gabriel Michaud, East Hardwick (Farmall Tractors); Lincoln Michaud, East Hardwick (Western Native Americans); Brooke Putzier, Jericho (Eventing)

TECHNOLOGY (Video): Caroline Murray, East Montpelier (Running Horse)

TINKER/MAKER: Aiden Bogie, Lyndonville (Farm Hand)

For more information about the UVM Extension 4-H program, call the State 4-H Office at 802-656-0311 or 800-571-0668 (toll-free in Vermont).

Kids invited to play Bookstore Bingo

Kids entering grades 4-8 in the fall are invited to play Bookstore Bingo a summer reading program that runs June 1-August 1 with Phoenix Books! Read books to achieve "BINGO" and win great prizes. Come on in to Phoenix Books in Burlington (802-448-3350) or Essex (802-872-7111) to sign up and get your Bingo card. Sign-up began June 1, but feel free to join throughout the summer.

Richmond Farmers Market – every Friday

Here comes another fun-filled week at the market! Stop by to pick up some fresh veggies, meats, and baked goods, or stay and enjoy some delicious wood-fired pizza and maple soda. We'll have face painting for the kids and music starting at 5:00 PM every week. On June 3, Wild Branch will be taking the stage to play their upbeat bluegrass; on June 10, Out O' The Blue will play some rhythm and blues with a twist!

The Richmond Farmers Market runs from 3:00 – 6:30 PM every Friday at the Volunteer's Green. Contact Margaret, *RFMmanager@gmail.com*, or visit *www.richmondfarmersmarketvt.org* for more information. We accept EBT and debit cards.

COMING EVENTS

Saturday, June 4

Underhill Conservation Commission Annual Plant Sale, 9:00 AM, Underhill Town Hall, Pleasant Valley Rd., Underhill Center. Bring your labeled perennials, anual seedlings, shrubs, bulbs, or healthy plants to share in bags, boxes, or another container by 8:45 AM. You can also post digging rights to your plants. Sale begins promptly at 9:00 AM! Questions? Karen, 899-4185.

Friday, June 10

Queen City Contras dance, 8:00 PM, Shelburne Town Hall, 5376 Shelburne Rd., Shelburne. Music by Atlantic Crossing; caller Lausanne Allen. All are welcome, all dances taught, no partner or experience necessary. Beginners' session, 7:45 PM. Admission $9 adults, under 12 free. Please bring clean, soft-soled shoes for dancing. Information: 802-371-9492, 802-343-7166, or *www.queencitycontras.org*.

Saturday, June 11

Poetry and Music at Fielder Farm, 9:00 AM - 5:00 PM, Fielder Farm, Huntington. Sundog Poetry Center, a non-profit that supports poets and poetry, will hold its first celebration of lyrical arts with presentations and workshops from VT poets, lyricists, and musicians. Advanced registration required. Attendees choose sessions and live concerts to attend and are encouraged to create and share their own work. Artists include Michael Arnowitt, Bill Drislane, Bill Ellis, Karin Gottshall, Laura Heaberlin, Reuben Jackson, Steven Klimowski, Angela Patten, Neil Shepard, Pete Sutherland, Tony Whedon, and Diana Whitney. Performances from Anima, Social Band, and Toss the Feathers will occur throughout the day. Space and tickets limited; registration and admission due by June 10. For a full schedule or to register, visit *www.sundogpoetry.org.*

Tuesday, June 14

If I Forget You, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Thomas Christopher Greene to celebrate the launch of his new novel. Two former lovers reconnect in this beautiful and haunting tale of great lost love from the critically acclaimed author of The Headmaster's Wife. Tickets $3 per person include coupon for $5 off a book by the featured author. Coupons expire at closing the evening of the event. Seating is limited. Information: *www.phoenixbooks.biz* or 448-3350.

Sunday, June 19

Fathers Day Fishing Derby, 8:00 - 11:00 AM, Chittenden County Fish and Game Club, 1397 Wes White Hill Rd., Jonesville (follow signs from the Jonesville bridge). For youths ages 14 and under; trophies in age groups 5-14 years. Lunch available. For information, 434-3210.

Saturday, June 25

Bird Monitoring Walk, 7:30 – 9:00 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Join fellow birders (and would-be birders) on the monthly monitoring walk on the Museum's property, last Saturday of the month. Most fun for adults, older children. Please bring your own binoculars. Free; please pre-register, 802-434-2167 or *museum@birdsofvermont.org*.

Sunday, June 26

French Heritage Day, 9:30 AM – 3:30 PM, Winooski Falls Way, Winooski. Second annual outdoor celebration of all things French – music, art, crafts, food, and languagep. Produced by the Winooski Historical Society. Free admission, just show up for a great day of fun for all ages visiting knife makers, genealogists, hand spinners, fiddlers, singers, historians, craftsmen, lace-makers, traders, and trappers, alongside the regular Sunday Farmers' Market in the same location. Free parking in the downtown garage. Please see *facebook.com/VermontFrenchHeritageDay* for more information.

Send your nomination for Humanities Educator Award

Do you know a Vermont teacher who has inspired you and who deserves statewide recognition?The Vermont Humanities Council seeks nominations for its Victor R. Swenson Humanities Educator Award, which recognizes a Vermont educator in grades 6-12 who exemplifies excellence in the teaching of the humanities. Nominating letters are due Wednesday, June 15.

The recipient will receive a $1000 check and public recognition at VHC's fall conference on November 5 at UVM's Dudley Davis Center. Last year's winner was Burr & Burton Academy teacher Sunny Wright.

The award is named for Victor Swenson, VHC's first executive director, whose 28 years of service helped nourish the humanities across the state.

VHC seeks an educator who inspires students and encourages in them intellectual curiosity and a lifelong love of learning. The teacher should possess extraordinary knowledge, ability, and accomplishment in the teaching of language, literature, history, social studies, or other humanities fields. The educator should exhibit infectious enthusiasm for his or her subject and learning in general, and embody a commitment to the highest standards of achievement, for him or herself and students.

Any community member may make a nomination, including parents, coworkers, current and former students, and school administrators.

The nomination process begins with a letter of nomination due at VHC's Montpelier office by June 15. (Individuals may not nominate themselves.) Nominations may be made online at vermonthumanities.org/swenson or mailed to VT Humanities Council, Victor R. Swenson Humanities Educator Award, 11 Loomis St., Montpelier, VT 05602 or emailed to *info@vermonthumanities.org*. For details on the nomination process, visit *vermonthumanities.org/swenson.*

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

COMMUNITY COLUMNS

10 signs of danger

By Scott Funk
Aging in Place Advocate

Whether you are shopping for a cell phone or for a complicated financial service or product, there are things the sales person (or website) can do that should serve as a warning. While it is risky to generalize, these are so often signs of trouble that they are worth listing to help you avoid them:

1. Unsolicited calls offering a financial product or service. It is unusual for a reputable company or person to call out of the blue expecting to do business with you. Of course, if you sent in a coupon or filled out a form on a website, you invited the call. So a good first step is to ask, "How did you get my number?" If the answer isn't an acceptable one, hang up!

2. Pressure to decide right now. Yes, there are occasions when a "limited time offer" is legitimate, but that is rarely the case with complicated financial products. My dad had a good answer for people who tried to pressure him into a sale: "I only have one quick answer and that is no."

3. Special offers because you are special. Business is business and sales is about money, not personalities. That person trying to get you 'sold' is not your friend and doesn't come with the product. Once you buy, he or she is going to be off chasing the next customer.

4. Anger or bullying is never acceptable behavior from a sales professional. Rude or emotional behavior in response to your deciding to shop around or to wait doesn't deserve a polite reply, so you don't owe one. Just hang up or walk away.

5. Additional items that drive the cost up beyond what you anticipated, just so the product will work as advertised. 'Nickel and diming' can add up to big dollars when you thought you were buying something inexpensive. If it doesn't feel right, it probably isn't right.

6. Anyone asking for information like your bank account or credit card number before you have decided to make the purchase.

7. Internet offers that require your Social Security Number. Never give out that number unless you are certain about the person you are dealing with and why your number is needed.

8. Being told not to talk things over with respected advisors or family. Bringing in the counsel of those you trust is an important part of making a safe, successful decision.

9. Someone who thinks she/he knows the solution to your problem without asking you anything about your problem. Think of your doctor. Even when you come in telling her/him what is wrong, you still have to answer questions so the doctor can determine be certain of providing the right treatment.

10. Internet offers with big benefits if you give them details about yourself. These are often sites that gather and sell people's personal data.

Not all sales people are bad and not all internet sites are unsafe. It is sort of like dealing with a dog someone is walking on a leash. Not all of them will bite you, but the wise thing is to behave as though they might.

Aging in Place, it's no accident. You have to be careful out there.

Bad news and some good advice: Buckle up, Vermont!

By David Reville
AARP Associate State Director Communication

First the bad news. Traffic fatalities in Vermont have increased in 2016 by over 80% compared to last year at this time. That's over 30% above the previous three-year average. And more than a third of the fatal crash victims were unbelted. Could they have been saved, had they only taken a minute to buckle up? We will never know. But we do know that according to the National Highway Traffic Safety Administration, seat belts are the single most effective safety device for preventing death and injury on the road, and can reduce the risk of death or injuries by nearly 50% in cars - more in larger vehicles.

Vermont law requires ALL occupants of a motor vehicle to be restrained with a safety belt or federally approved child restraint system. Yet while 2015 usage was up to 86% in VT, compliance was still 2.5% below the national average and even our own state record of 87.3% in 2008. We can do better. And we should!

Safety belts hold us in a safe, comfortable position for better control of the vehicle and optimal airbag protection. They are most effective when the belt fits snugly across the hips, not over the stomach, then across the center of the chest and over the shoulder, away from the neck - NEVER under your arm or behind your back. And many vehicles have adjustments for a more comfortable fit. Wearing your belt is easy and safer, so why not do it?

Sadly, it's too late for too many of us, but the remaining 14% out there still have a chance. This year's national Click it or Ticket mobilization ended May 30. but every day, all year, is the right time to buckle up whenever you're on the road. Because it's the law and it's just plain common sense. Come on, do it for your family.

Random acts of kindness

By Sue Kusserow
Special to the Mountain Gazette

Random: a moving course without direction, rule or method
Acts: to do a thing; to function
Kindness: kind feeling, affection, good will

These are dictionary definitions. Yet, when put together, they have the blessing of many such phrases: they start to make sense beyond the individual words. And in this case, the phrase blossoms into our personal remembrances of random acts that we recall…some kindness that gave us enough warmth to stay with us, sometimes over many years. I hope analysis doesn't spoil the good feeling, but I think we might build them into our lives a little more, if we looked at some of the building blocks.

First: size. They are never large, never labored, usually not planned. And since their size is small, they're easy to carry around. A conscious yearning for morality isn't asking for an elaborate strategy. Small size can erase the feeling that there is nothing we can do... the problems, hurts, sorrows are so immense in our world that we feel defeated even in the beginning. Random Acts of Kindness are activated by acceptance of their minuteness, as well as a renewed belief in the power of small things.

Second: spontaneity. The young woman in line with a fussy baby laced over her tummy, could use a little help getting her groceries out of the cart. You did not have to plan, outline, read a book, calculate the time gained/lost. You just did it.

Third: truthfulness. I would like to say that your scarf is beautiful, but I don't truly think that it is. Rather, I try to imagine you picking it out this morning, grabbing the shopping list, and running out the door. So: "That color goes with your earrings… how clever!" "My sister had a scarf like that and she wore it to death. Where did you get yours?"

Fourth: hesitancy. I don't think I have quite the right descriptor. I guess I am trying to describe that feeling of not wanting to interfere, not wanting to sound patronizing or superior… i.e., what right do I have that might be misinterpreted as a judgment? Is a smile, a comment stepping out of our self-constructed boundaries? I really don't know this person; will they think of me as interfering? I feel that kindness has a way of negating any sense of condescension. Random Acts of Kindness are survivors without connection. The encounter is brief, non-solicited, and because of its fleeting quality, has only the impact of a remembered smile without a purpose of correction of any sort.

Fifth: superiority. How can I, imperfect and incomplete, give a compliment to someone else. Compliments have a bad reputation: Why did she say that? What does she want? We don't want to come through as judgmental, so we hesitate, and then the moment of the mother and baby, the scarf, is lost to the inability to connect. Time does not wait for us to think. It counts on, regardless of our hesitancy.

Sixth: power… to break a pattern, to reach out, even to the querulous, to use power in very small doses to break down its structure into usable, gentle ways.

Seventh: Random Acts of Kindness both give and receive; it is a two-way street. In a very small but meaningful way, we have reached out, both verbally and unobtrusively, to connect with another human being. The warmth is palpable, transferable, with a short beginning and ending. Unless you are Chet, my friend who, in his practice as an optometrist, is insatiably curious. He wants to know about you; he learns from you, no matter what you present. And his curiosity is a superb and rare gift of the equality of question and answer. So, his office visits can be quite long! But never judgmental or superior.

In a world where the individual has little meaning, where tragedy is rampant on such a massive scale that we cannot either comprehend it, or stand it, we can still create our own small joys. We are not given happiness; we need to mold it, cultivate it ourselves, shape it to protect and soothe ourselves. We can find it in small acts of kindness. What a wonderful opportunity! One of the best summations of what we can do is given in a mantra/chant/rule… although John Wesley, to whom it is attributed, would probably classify it as a rule.

Do all the good that you can
By all the means that you can
In all the ways that you can
In all the places that you can
At all the times that you can
To all the people that you can
As long as ever you can

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VT Senate update

By Tim Ashe
State Senator, Chittenden County
Chair, Senate Finance Committee

It seems nearly every day brings news of an overdose occurring somewhere in Chittenden County that relates directly to opiate addiction. Opiate addiction cuts across all income groups, ethnicities, and professions, and has become the most pressing public health issue facing Vermont.

Last fall I reached out to constituents asking for ideas and direction for legislation in 2016. The overwhelming priority throughout the county was battling the opiate epidemic.

In response, Michael Sirotkin and I introduced S.243, a bill that included a number of strategies to fight this problem. The strategies included more and better use of the state's prescription drug monitoring system, an increase in the number of addicted patients allowed to be under the supervision of a physician, the development of a prescription drug takeback program, and opiate prescribing education of medical professions. This bill, which passed both the House and Senate, will soon be signed into law by the Governor. It was the Legislature's best attempt to update our efforts to better manage those who become addicted and to reduce the number of people who become addicted in the first place.

I would like to thank all of you who contacted me on this critical issue throughout the process, and there were many of you. I think S.243 is a great example of the progress we can make when the Legislature and the knowledgeable, thoughtful people we represent come together to solve problems.

Please contact me at *timashe@burlingtontelecom.net* with any questions on this or any other legislative issue.

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

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Area Worship Services

JERICHO CONGREGATIONAL CHURCH
"An Historic Church Proclaiming an Eternal Message"
On the Green in Jericho Center, VT
Senior Pastor David Coons and Youth Pastor Glenn Carter
Summer schedule of Sunday services at 8 am & 10 am
(June 19th through September 4th)
Nursery care provided
Fellowship at 9:30 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*
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
"Worshiping 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*

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www.unitedchurchofunderhill.com
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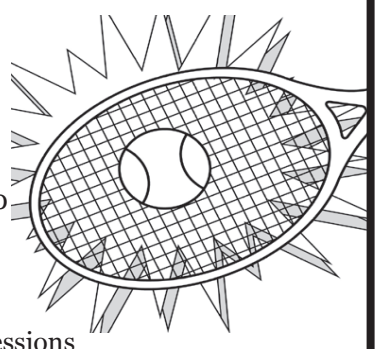
Friday
11:00 AM - 9:00 PM
Saturday
11:00 AM - 8:30 PM
Sunday
4:00 - 8:00 PM
899-3718
Route 15, Jeri-Hill Plaza
Jericho

Cougar Tennis Camp 2016

Nick deTarnowsky
MMU Boys Tennis Coach
Jericho Elementary School



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HEALTH NEWS

Lyme disease

By Mary H. Kintner, D.C., R.N.
Chiropractor and Nutritional Consultant

Lyme disease is an infection caused by a bacteria transmitted by the black-legged tick (formally known as the deer tick.) Lyme disease appears to be growing exponentially. In 2002, 37 cases were reported; in 2011, 623. This year, veterinarians were alerted to be aware of tick borne illnesses. "Lyme literate" physicians (those aware of and accepting the existence of chronic Lyme) are reporting an increased incidence this season.

First symptoms of Lyme include flu-like symptoms, chills, fever, swollen joints — especially the knees, headache, "brain fog," and extreme fatigue. The telltale sign is a painless bull's-eye rash, but as few as 50% get this sign. If Lyme is diagnosed, treatment in the first stage of infection is oral antibiotic for ten days. If treatment is not successful or the infection is not recognized, Lyme can become chronic.

Chronic Lyme is controversial. Many in the medical community do not recognize its existence. I have seen and read too much to subscribe to this conclusion. Symptoms of chronic Lyme are varied. In fact, Lyme is sometimes called the great imitator because there are so many presentations. When Lyme becomes chronic, the heart, nervous system (including the brain) and the joints, especially the knees, can be affected. People with chronic Lyme have been misdiagnosed with chronic fatigue, fibromyalgia, ALS (Lou Gerhig disease), HIV, rheumatoid arthritis, multiple sclerosis, lupus, and Parkinson's disease, to name a few. The lack of recognition by health care professionals puts many people at risk for severe complications.

The first case of Lyme diagnosed in Vermont was identified in 1988. The highest rate of infection has been in the four southern counties of Vermont. Infections are most common in the months May, June, and July. The incidence of Lyme parallels the deer population. Lyme is linked to climate change and increased urbanization by creating ideal habitat for deer and ticks. The ticks are found in areas of high grass and leaf litter.

Prevention of Lyme is always best. Wear light colored clothing to increase your ability to spot a tick. Tuck your pants into your socks. Wear a hat. Insecticides can be used. There are some herbal alternatives including cinnamon leaf oil, vanilla extract, eucalyptus oil, catnip oil and/or citronella. After you have been in a potentially infested area, inspect yourself. If you find a tick, immediately and carefully remove it with tweezers or special tick removers, being sure to remove all of the tick. Save it in a bag with the date it was removed for identification in case you become symptomatic. Wash the area and your hands thoroughly with disinfectant.

Treatment can include long term antibiotics, dietary management, and supplements as well as supportive care like chiropractic to balance the nervous system and ease symptoms.

Be tick aware. Take steps to prevent Lyme disease. If you find a tick or bull's-eye rash, seek immediate medical care. If you find yourself struggling with unresolved neurological or musculoskeletal signs and symptoms, find a Lyme literate physician for treatment. The sooner, the better!

For further information, contact the International Lyme disease Society (ILADS), view the documentary Under Our Skin, or contact me at *www.jerichochiro.com.*

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Copley kicks off campaign for new surgical center

Operating Room RN Terry Phillips, urologist Dr. Betsy Perez, Andy Carpenter, Rep. Avram Patt, anesthesiologist Dr. Chris Rohan, CEO Art Mathisen, Trustees Elaine Nichols and Nancy Putnam, and Senator Rich Westman join retiring CEO Mel Patashnick, VP of Support Services Greg Ward, and Rep. Linda Martin to break ground for the James and Mary Louise Carpenter Surgical Center at Copley Hospital.
PHOTO CONTRIBUTED

Copley Hospital has held a ceremonial groundbreaking for its new 19,450 square-foot Surgical Center. State and local officials joined Copley Hospital CEO Art Mathisen and retiring CEO Mel Patashnick for the event that marked a construction project estimated to last 18 months.

"Copley cared for my Dad. I knew he was getting the best care possible and it was delivered with compassion," said Senator Richard Westman. "However we reshape Vermont's health care system, community hospitals like Copley are the underpinnings of our quality-driven, reasonably priced system of care for Vermonters. I am proud to be here to honor the quality of care provided at Copley Hospital; I congratulate them as they begin this needed facility improvement, and I look forward to watching the construction progress."

Elaine Nichols, Chair of the Copley Hospital Board of Trustees launched the public phase of "Critical Caring: the Campaign for Copley's New Surgical Center," which aims to raise $3.2 million in community support by the end of 2017. During the groundbreaking ceremony, Nichols announced that the campaign already had raised more than $2.7 million, 86% of the goal, during its "quiet phase," which began in May of 2013.

Trustee Nancy Putnam provided the highlight of the ceremony when she announced Copley Hospital will name the new Surgical Center in honor of The Reverend James and Mary Louise Carpenter. The Carpenters were summer residents of Greensboro since the mid-1960s and their extended family maintains ties to Greensboro to this day. "The board, staff, and patients of Copley are deeply grateful to the anonymous donors who made a $1.6 million transformative gift to Copley in loving memory of the Carpenters," said Putnam.

James Carpenter was an Episcopal priest and professor of theology at General Theological Seminary in New York City and the founder and director of The Center for Jewish-Christian Studies and Relations. He passed away in 2013. Dr. Mary Louise Dunbar Carpenter, his wife, was a research psychologist at the Bronx (NY) Psychiatric Center and the Nathan S. Kline Institute for Psychiatric Research in Orangeburg, NY. She passed away in 2005.

Also recognized during the ceremony was the Lucy Downing Nesbit Charitable Fund, Bank of America, N.A. Co-Trustee for a grant of $250,000. The Copley Hospital Auxiliary was also recognized for the first lead gift and an additional pledge totalling $90,000 made using proceeds from the Hospital's Gift Shop and Second Chance, the Auxiliary's thrift and consignment shop.

The new Surgical Center is a direct replacement of Copley's existing services with the goal of addressing space deficiencies and improving patient experience.

The project involves new construction to build the integrated Surgical Center, renovation to the Outpatient Services Center's Infusion Suite to create a corridor connecting the Emergency Department and inpatient rooms to the Surgical Center, and modifications to re-purpose the current OR space.

The new integrated Surgical Center includes three operating rooms, one procedure room, central sterile and processing, pre- and post-operative beds, a dedicated waiting area for families, a consultation room for physicians and family members, and expanded space for storage and support services.

Copley will gain seven more parking spaces for patients and visitors near the entrance when construction is completed. Traffic flow on and off Copley's campus will improve thanks to the construction of an exit road circling around the Rehabilitation Services building out toward Lamoille Home Health and Hospice and exiting onto Farr Avenue.

Copley is partnering with architects Freeman French Freeman and the ReArch Company to manage the construction; JMK is serving as the hospital's owner representative, managing the project overall. An extensive planning process was utilized, involving physicians, nurses, staff, and patients, with the resulting design the outcome of this planning process.

Patient and visitor parking will be affected during the initial phase of construction, which includes construction of two new parking lots and the exit road. Temporary parking lots have been created to keep patient and visitor parking near the hospital entrance. Parking for patients and visitors will be clearly marked.

Construction should be fully completed in 18 months, with the anticipated opening of the Surgical Center scheduled for the end of 2017.

Give blood June 8 at Catalyst Church

Area residents and visitors alike are encouraged to give blood on Wednesday, June 8 at Catalyst Church on Raceway (United Christian Assembly) in Jericho. Donor hours are 1:00 –6:00 PM. The need is constant... the gratification is instant. As always, delicious snacks await you after your donation. Call 1-800-733-2767, option 2, to make an appointment, or go to *www.redcrossblood.org* to schedule your appointment. Also, use the "Rapid Pass" process to speed everything up on the time of your appointment.

Sound advice for preventing hearing loss

By Lewis First, MD
Chief of Pediatrics at UVM Children's Hospital

With the annual Burlington Discover Jazz Festival bringing lots of live music to town, parents have been making a lot of noise asking about whether loud music can be damaging to their children's ears.

This is my rule of thumb: if the noise around you is so loud that you have to shout to be heard, there is a chance of injury and even temporary hearing loss. Initially with brief loud noises, your hearing will return to normal. But over time you can lose your hearing permanently if constantly exposed to loud noise or music – a condition referred to as noise-induced hearing loss.

How can you tell if you or your child is experiencing hearing loss? Acutely, you may hear ringing in your ears or a feeling of fullness that muffles sounds such as speech. You may find your child or teen asking people to repeat what they said or your children are being told by their friends that they don't hear well.

The best solution for this problem is to prevent hearing loss. For example, teach your children to turn down the volume so you don't have to shout for them to hear you or so you don't hear the music coming out of their headphones or ear buds while they are wearing them. This would mean the sounds they are hearing are probably greater than 80 decibels (decibels being a measure of how loud a sound is). If someone listens to 80 decibels for at least an hour a day, their risk of noise-induced hearing loss increases and that hearing loss may become permanent.

Music at a rock concert, or even noise through headphones, played at 110 decibels can damage a youngster's ears in just 30 minutes. Encourage your children to wear earplugs to a concert, especially if they are going to be near big speakers. They'll still be able to hear the music, but with less injury to the ear.

If you suspect your child or teen may be experiencing noise-induced hearing loss, talk to your child's health care professional to make sure it's not an infection or clogged ear, which can be easily treated. Your child's health professional can also test your child's hearing to see if the damage is permanent and if a referral to a hearing specialist for further treatment like hearing aids is warranted.

Hopefully you'll listen well to tips like these when it comes to protecting your child's ears, as well as your own, from the dangers of overexposure to loud music.

HEALTH NEWS

Health classes, workshops at Northwest Medical Center, St. Albans

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

Fit Moms, Wednesdays, 7:00 – 8:00 PM. Get in shape for a strong birthing experience. Join other moms as we prepare our bodies for labor. Please consult a physician before beginning this exercise program. Stephanie Preedom, AFAA. NMC Wellness & Fitness Room. Pre-registration required; contact Stephanie, 802-288-1141 or stephanie.preedom@gmail.com to register or for more information. Free to Northwestern OB/GYN patients.

Vermont Quit Network: Freshstart (tobacco cessation class), Tuesdays, June 7, 14, 21, 28, 5:30 – 6:30 PM at the Highgate Library; or Wednesdays, June 1, 8, 15, 22, 2:00 – 3:00 PM, Northwestern Medical Center, Grand Isle Room. Join others for this four-session series to help you successfully quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. As a Vermont resident, you can get free patches, gum, and lozenges. To sign up for a session call Chari, 524-8480.

Look Good Feel Better – June 6, 4:30 – 6:00 PM. For women with cancer who are experiencing appearance related side effects due to treatment. Join us to learn how to look good and feel better about the skin and hair changes that cancer treatment can cause. Free workshops led by trained, volunteer cosmetologists; get help with cosmetics, skin care, and head covering options. Free interactive demonstration with Carol Lumbra, Beautician, Rail City Salon and Bonnie Rainville, Beautician, Elite Body Boutique. Northwestern Medical Center, Conference Room #3. Free. Please RSVP to 524-8479 to register.

Saturday Childbirth Education Workshop, June 4, 8:30 AM – 4:30 PM. Join other expectant parents in a day-long workshop to prepare for the birth and care of your baby. You will learn about labor, birth, medications in labor, and relaxation and breathing techniques. You can also enroll in an optional breastfeeding class held on the Monday evening following your workshop. Franklin County Home Health, 3 Home Health Circle, St. Albans. Fee: $90. Pre-register required: 527-7531.

Foot Clinics – Regular care of your feet can prevent problems. If you are an elderly and/or disabled person who is unable to do your own foot care, please consider attending a Foot Clinic. Franklin County Home Health Agency offers monthly Foot Clinics throughout the year in St. Albans, Swanton, Franklin, East Fairfield, and Enosburg. To schedule an appointment, please call our office at 802-527-7531. The cost for Foot Care Clinics is $20.

Breastfeeding and You – Learn how your body makes milk, what to expect, tips for getting nursing off to a great start and who to call if you need support or help. Monday, June 20, 12:00 – 1:30 PM. VT Department of Health, St. Albans District Office, Federal St., St. Albans. Free. Call 524-7971 to register.

First Steps Childbirth Education – Our Saturday Childbirth Education workshop will help prepare you for the birth of your baby. You will learn what to expect in labor, birth and care for your newborn. You will meet other people who are also anticipating the birth of their baby. Many parents benefit from group discussions and form lasting friendships. One Day Workshop, Saturday June 4 or July 9, 8:30 AM – 4:30 PM. Franklin County Home Health Agency. Program Charge: $90; preregister by phone, 527-7531 ext. 718 – Diana Bourgeois, or online at *www.fchha.org*.

Healthy Weight Support Group, every Monday, 12:00 – 12:30 PM. This weekly support group for those working on weight management combines behavioral and nutritional strategies to increase physical activity and decrease calorie intake. It will provide you with techniques to help you manage your eating behaviors. Come 15 minutes early for a weight check. Northwestern Medical Center, Grand Isle Room. Speakers Kay Tran, Registered Dietitian, MS, CDE, and Leslie Gardzina, Registered Dietitian, Northwestern Medical Center. Free. No registration required, just drop in to attend.

Start the Conversation – End of Life Planning. We plan for all life's milestones – marriage, birth, retirement. But few of us have plans in place for our end of life. Planning for end-of-life starts with understanding your care options, including hospice and palliative care options. An advance directive can provide this information for your family and physician. Start this conversation with your family before you are in a health crisis. Information and materials to help facilitate your conversation are available on a new website for the Start the Conversation statewide initiative, *www.starttheconversationvt.org*. You can also call Franklin County Home Health Agency to learn more about your hospice and palliative care options, 802-527-7531, or visit our website *www.fchha.org*.

The Diabetes Support Group meets the second Monday of every quarter (March, June, September, and December) in The Green Mountain Room at Northwestern Medical Center. The lunch session starts at 11:30 AM (complimentary lunch provided); topic is from 12:00 – 1:00 PM. The evening session starts at 5:00 PM (complimentary dinner provided); topic is from 5:30 – 6:30 PM. There is usually a guest speaker. Call Debbie Robertson to indicate which session you would like to attend: 524-1031.

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

Are you breastfeeding? Thinking about it? Come and join other moms, babies, and families at our regular breastfeeding support/social group. The group is offered by the VT Department of Health and is free to all. You can ask questions and get help, join in group discussion, and most important – meet moms just like you and share your experiences. There are four meeting times each month: first Saturdays, 9:30 – 11:30 AM at the Bent Northrop Memorial Library, Fairfield (by Fairfield Center School); second Wednesdays, 9:30 – 11:30 AM, Family Center in Alburgh; third Thursdays, 10:00 AM – 12:00 PM, Family Birth Center conference room, Northwestern Medical Center. Call 524-7970 for more information.

Have you lost a loved one to suicide? If yes, please consider attending a free, confidential group that meets monthly in St. Albans. Everyone in the group, including its facilitators, has had someone close to them take their life and knows how devastating that experience can be. You can just come and listen to others share what they are going through and how they are coping or you can share your own story. The choice is always yours to do what feels best to you. For more information on dates, times and location or to answer any questions you may have call Tony at 802-393-6503.

Chronic Disease support group workshops – Learn to feel better by learning how to deal with frustration, fatigue, and pain, manage symptoms and medications, and improve strength and flexibility. If you are interested, call 524-8831 or 524-1031. Each session is 2½ hours once a week, for six weeks. Your interest will help decide locations, dates and times.

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

New program now enrolling first time mothers – Franklin County Home Health Agency's Nurse Family Partnership Program (NFP) helps first time mothers in Franklin, Lamoille, and Grand Isle counties. NFP is an evidence-based program that enrolls mothers during pregnancy and provides them with regular nurse visits until their child's second birthday. Nurses provide support, education, and counseling on health, behavioral, and self-sufficiency issues. Interested women and their healthcare providers can call 802-527-7531 for more information.

Baby Bumps Support Group for Mothers and Pregnant Women – Pregnancy can be a wonderful time of your life. But it can also be a time of stress that is often compounded by hormonal swings. If you are a pregnant woman, or have recently given birth and feel you need some help with managing the emotional bumps in the road that can come with motherhood, please come to this free support group lead by an experienced pediatric registered nurse. This group is for both pregnant women and mothers. Second and fourth Tuesdays of the month from, 5:30 – 6:30 PM, Birthing Center, Northwestern Medical Center, St. Albans. For more information, contact Rhonda Desrochers at Franklin County Home Health Agency, 802-527-7531. This program is presented jointly by Franklin County Home Health Agency, Northwest Counseling and Support Services, Northwestern Medical Center, and the VT Department of Health.

Mom's Night Out – First Thursdays, 6:00 – 8:00 PM, LaQuinta Inn (Franklin Meeting Room), 813 Fairfax Road, St. Albans. Are you the mother of a child with special needs? Is your life just too busy? Too stressful? Have you got too many things to do? Are you up to your armpits with paperwork? Do you have to advocate for your child and family? Do you wish you had someone to have conversations with? That understands because they are the mother of a child with special needs too. Take some time once a month for you. Contact: Betty Morse, Family Support Consultant, 1-800-800-4005-ext. 201 or *betty.morse@vtfn.org*.

SHADOWS OF THE MOON, A support group for families and individuals living with Autism Spectrum Disorders (ASD). Please come and join us to talk, learn and even teach each other. Last Tuesday of every month, 6:30 – 8:30 PM, La Quinta Inn & Suite (Franklin Conference Room), 813 Fairfax Rd., St. Albans. For more information, call Cheryl, 802-868-3658, or Laura, 802-849-2817.

Franklin/Grand Isle Counties VFN Families Together – A support group for parents and caregivers of children/youth/adults with special needs. Third Thursdays, 6:00 – 8:00 PM, Holy Trinity Episcopal Church Parish Hall, 38 Grand Ave., Swanton. FREE pizza will be served, RSVP required by noon on Thursday to Laura Weber, Family Support Consultant, *laura.weber@vtfn.org*.

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

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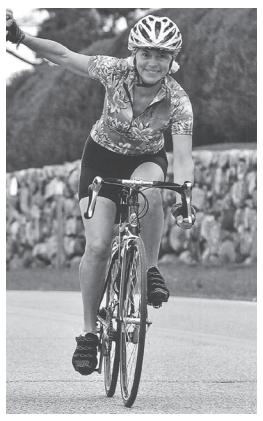
Our orthopaedic specialists: Brian Aros, MD; Bryan Huber, MD; John Macy, MD; Joseph McLaughlin, MD; and Saul Trevino, MD.



To make an appointment with a Mansfield Orthopaedic Specialist at Copley Hospital, call 802.888.8405

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ART / MUSIC

ART/PHOTOGRAPHY

Double Exposure: Visual Art and the Written Word In Honor of National Poetry Month, the next exhibit at the Jericho Town Hall, will reflect a collaboration between two artistic disciplines. Established and emerging artists are invited to submit one or two artworks in any medium (including photography) together with a short poem, excerpt from a longer one, or a passage from another written work that inspired the artwork or that the artwork inspired. The show will run through Friday, June 24 at the Jericho Town Hall, VT Rt. 15, Jericho Corners. For information, *blgreene@myfairpoint.net* or 802-878-8887.

MUSIC

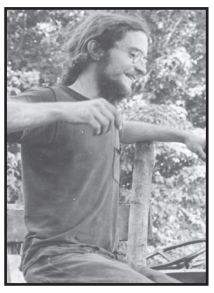
The Belvidere Community Club presents the Rattling Brook Bluegrass Festival on Saturday, June 18, rain or shine, at the Community Club Recreational Field, Belvidere from 11:00 AM – 8:00 PM. Admission is $15 per person, children under 12 free. Bands: Bluegrass Revisited; Mad Mountain Scramblers; Bob Amos & Catamount Crossing; The Four Hoarse Men; Beg, Steal or Borrow, and The Stockwell Brothers Band. This is a 100% family event sponsored by the Belvidere Community Club. For more information, call 802-644-2751 or 802-644-2498.

Cathedral Arts has announced its Spring 2016 series of concerts presented at the Cathedral Church of St. Paul, 2 Cherry St., Burlington. All tickets available through *Flynntix.com*; Hopkins Bookshop (Cathedral lower level, 658-6223), or at the door just prior to the performance. Friday, June 3, 7:30 PM: The Lyrical Piano, Greenfield Piano Associates' Annual Concert. GPA members perform a varied program displaying the piano's ability to "sing." The concert includes works by Bach, Beethoven, Schubert, Brahms, Chopin, MacDowell, and Fauré. Admission: $15; 15 and under: $7.

PEOPLE IN THE NEWS

OBITUARIES

Michael A. "Mike" Pendriss, age 66, of Shelbyville, KY, died November 16, 2015. Funeral services at 11:00 AM, Saturday, June 4, 2016 at Jericho Center Cemetery, 14 Barber Farm Rd., Jericho, VT. In lieu of flowers, donations to The Veteran's Place, 220 Vine St., Northfield, VT 05663.



A memorial service for Steve Titcomb, whom many people in Chittenden County knew and loved, was held outside at a beautiful location on Flye Point, near Blue Hill, ME, where he lived. Many people bravely spoke of their treasured memories. Steve's life here in West Bolton, VT, on Fletcher Mountain, and in Jeffersonville, VT was honored in the best possible way by those who told stories in front of a very large number of people including Neidi Suursoo, Bradlee Westie, and John Westie. Greg Kelty, who lived in West Bolton in the 1970s, flew in from South Carolina, as did many people from Steve's far-reaching adventures. It was difficult to see the family's grief, especially that of his wife Terri. His skiing partner broke down when he told us all what it was like on that last day in the Alps. Steve, a magnificent skier who grew up on Okemo, VT was with some local ski friends on a guided hut-to-hut backcountry ski trek in Italy, with fourteen skiers and two guides. There was lots of climbing (with ice axes and crampons). On their last day, they were climbing up through a final pass and then were skiing down and out. They were all together when Steve collapsed and died within minutes. The guides were fully trained in what to do, but nothing revived him. A fog rolled in and the seabirds cried and the folks moved to a large tent as a rain softly fell. His daughter Leah and son Jack made a gallant effort to put together the open ceremony that allowed all to express their thoughts. His Mom, who is 95 and lives in Perkinsville, VT, was happy to see us again. She proclaimed just one phrase before the crowd: "Steve was fun!"

Dr. Donald J. Balch, 93, of Underhill, VT passed away peacefully at the University of Vermont Medical Center, Burlington, VT on Friday, May 13, 2016. He was born in Hanover, NH on July 15, 1922. He was the son of Ralph and Mareta Balch. He grew up on a small dairy farm in Lyme, NH and graduated from Hanover High School. He was attending the University of New Hampshire when, at age 20, he enlisted in the U.S. Army. Donald served with the 121st Calvary reconnaissance squadron as corporal and section leader. He was in combat during the Battle of the Bulge and through Germany, and was among the first to liberate the concentration camp at Dachau. Donald was awarded four battle stars, the Victory Medal, and the French Fouragere. He had met Mary Sawyer just prior to leaving for the service. After his discharge, they reconnected and were married on Easter Sunday, 1946. Donald returned to UNH on the G.I. bill and completed his Bachelor and Master degrees. He worked for two years as assistant herdsman at Hycrest Farm in Massachusetts. It was the largest purebred Brown Swiss herd in the country. In 1952 he accepted a position at the University of Vermont, Burlington, and settled his family in Underhill. He taught animal science courses, was Extension Livestock specialist for the State of Vermont, and directed the Morgan Horse Farm breeding program. In 1962 he completed his PhD in animal genetics. Now his work became more focused on developing the Morgan Horse program and farm. Donald loved the farm and the beautiful horses and through his dedication the farm and program evolved from a state of near extinction to a National Historic Site and a source of pride for Vermont. Dr. Balch succeeded in producing outstanding championship quality horses, began the Volunteer Apprentice Program, and did much fundraising to help make the farm self-sufficient. In 1964 he was named Man of the Year by the American Morgan Horse Association. Don was a respected show judge and author of many articles. In 1988 he was inducted into the American Morgan Horse Association in Los Angeles, CA. Donald officially retired from UVM in 1985. He was honored again in 2000 by a special dinner in Northampton, MA. An auction was held which raised considerable funds to kick start the Balch endowment for the farm and program. He was also inducted into the Vermont Agricultural Hall of Fame in 2005. Dr. Balch touched many lives during his career and beyond. He was admired, loved, and respected by those who knew him. Donald was predeceased by his beloved wife, Mary, in 1993. He is survived by his son Brian and his wife Diantha of Waltham, VT, his daughter Brenda Charron and her husband Lee of New Haven, VT, his granddaughter Kristin Blier and her husband Kevin, of Brandon, VT, his grandson Kevin Charron and his wife Jamie of Barron, WI; five great-grandchildren, Aidan and Collin Blier, Mary Anna, Logan and Kolby Charron. He also leaves an older brother Charles and his wife Mertie, niece Priscilla Power, and nephew Russell Balch, all of Lyme, NH. Mary's nieces Ruth Allsop, Marie Ames, and nephew Gerald Ames were also important in his life. Don loved his family and friends and will be greatly missed. We thank the team at the Medical Center Shepardson 4, Laura Nelson from Home Instead, Dr. Peter Gunther, and Rev. Kevin Goldenbogen for their compassionate care. We also thank Dave and Irene Kelly, Bill and Bev Frank, Tracy Wright, Roland Burroughs, and all his caring and helpful friends. There will be a celebration of Don's life Wednesday, June 8 at 11:00 AM at the United Church of Underhill. In lieu of flowers, donations may be made in his name to the United Church of Underhill, 7 Park St., Underhill, VT 05489, or the UVM Morgan Horse Farm, 74 Battell Dr., Weybridge, VT 05753.

Phyllis Perreault, age 77, went to be with our Lord on Tuesday, May 17, 2016. Visiting hours were on Monday, May 23, 2016 at The Gifford Funeral Home, Richmond, VT. A graveside service was held on Tuesday, May 24, 2016 at the West Bolton Cemetery, Cemetery Road, West Bolton VT. A full obituary appears on The Gifford Funeral Home website, *www.giffordfuneralhome.com*.

Marion Fulton (Wade) Fletcher, 87, of Jeffersonville, VT passed into the arms of her heavenly Father on Wednesday, May 18, 2016. Marion was born December 23, 1928 in Braintree, MA, daughter of the late John and Marion (Redfield) Wade. Marion met her late husband, Gordon Arthur Fletcher, in Williamsville, VT. They were married May 25, 1947 in Randolph, MA after Gordon returned from World

War II. They initially lived in Washington, D.C. before they moved to Hinesburg, VT. In Hinesburg, they built Chittenden County's first free-stall barn. Marion had always said that she never wanted to marry a farmer, but her love for Gordon and animals transformed the cultured city girl, who loved ballet and opera, into a willing and hard-working partner on the farm as they raised seven children together. After 20 years in Hinesburg they moved to Sheldon, VT where they farmed for another 20 years. After Gordon's retirement from farming they moved to Jeffersonville in 1999. Marion was always an active part of her churches and community. She had many interests including a deep love of learning, reading, flower arranging, all animals, and insects (including daddy long-legs and ladybugs). Music was foremost in her everyday life. To her, life was not as enjoyable without it. An accomplished vocalist, Marion had the honor of being invited to sing at many functions in Chittenden and Franklin Counties. She was a member and youth director of several choirs. A social butterfly, Marion loved meeting new people and especially enjoyed visiting elder friends at home and care facilities to share in their stories and wisdom. She was so adept at engaging people in conversation that Gordon joked she should have worked for the IRS or the Secret Service. She loved humor, which helped her maintain a positive and inspiring outlook while overcoming cancer and the loss of her hearing. Coming from a close and loving family, Marion's greatest love was for her own family. She was the focal point of family gatherings, where she found comfort and joy in being surrounded by her children, grandchildren, and great-grandson. She will be greatly missed by many beyond her family. She never met a stranger; everyone was a friend. Marion is survived by six of her seven children: Dale Cota Fields of Jeffersonville, Ronald Fletcher of Fairfield, VT, Melissa Fletcher of Phoenix, AZ, Mark Fletcher and wife Sarah Phillips of Fairfax, VT, John Fletcher of Missoula, MT, and Eric Fletcher of Brandon, FL; her grandchildren: Chawna Cota and partner Christopher Page of Winooski, VT, Ginger Fletcher-Santillan of Mexico City, Mexico, Nicholas Cota of S. Burlington, VT, Amy Fletcher and partner Kyle Conger of Fairfield, Steven Fletcher and partner Kaitlynn Heflin of Eugene, OR, Christina Fletcher and partner Tony Munsell of Fairfield, Wade Fletcher and girlfriend Dillyn Klemchuk of Indianapolis, IN, Sara Gabaree and husband Bruce of Essex, VT, and Stacey Fletcher of Antelope, CA; as well as her great-grandson, Neill Arthur Bullis of Fairfield. Marion is also survived by her brothers John Wade Jr. and wife Ondina of Chula Vista, CA, and Reverend James Wade, Sr. of Oakland, CA, as well as her daughter-in-law Mary Allard (Fletcher) Stanley and husband Jeff of Swanton, VT, and late daughter (Margot)'s partner John Yarbrough, of Las Vegas, NV; as well as many nieces and nephews. In addition to her parents, Marion was predeceased by her husband of 65 years, Gordon, sister Elizabeth "Betty" Fox, sister Helen Wade, daughter Margot Fletcher, daughter-in-law Nancy (Dow) Fletcher, grandson Alexander Fletcher, sister-in-law Christina Wade, and brother-in-law Walter Fox. Marion's family would like to extend their heartfelt thanks for the excellent care and concern she received from Lamoille County Home Health, Dr. John Dunn, Northwestern Medical Center, Franklin County Rehab, and Holiday House. Visiting hours were held at Holy Trinity Episcopal Church, Swanton, VT on Thursday, May 26, 2016 before the service at 6:00 PM. A reception celebrating Marion's life immediately followEd the service. Graveside commitment will be private and at the convenience of the family. In lieu of flowers, memorial contributions in Marion's memory may be made to Franklin County Animal Rescue, 30 Sunset Meadows, St. Albans, VT 05478. The family also invites you to share your memories and condolences by visiting *www.awrfh.com*. Love Lives On: Those we love are never really lost to us; we feel them in so many ways –through friends they cared about and dreams they left behind, in beauty they added to our days in words of wisdom we still carry with us, and memories that never will be gone. Those we love are never really lost to us; for everywhere, their special love lives on.

MOUNTAIN GAZETTE RATES – 2016

The ***Mountain Gazette*** is the hometown community newspaper for Bolton, Cambridge, Jeffersonville, Jericho, Underhill, and Westford, Vermont.

The ***Mountain Gazette*** store-delivers 4,500 - Bolton, Cambridge, Jeffersonville, Jericho, Underhill, Westford, Essex Junction, Essex, Essex Center, Fairfax, Huntington, Hinesburg, Jonesville, and Richmond.

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PEOPLE IN THE NEWS

COLLEGE GRADUATES

Joseph Freitas of Jericho, VT graduated from Champlain College, Burlington, VT on Saturday, May 14, 2016.

Theresa Gwozdz of Westford, VT graduated from Champlain College, Burlington, VT on Saturday, May 14, 2016.

Miranda Haskell of Richmond, VT graduated from Champlain College, Burlington, VT on Saturday, May 14, 2016.

Ashley McClain of Jeffersonville, VT graduated from Champlain College, Burlington, VT on Saturday, May 14, 2016.

Christopher Miller of Jericho, VT graduated from Champlain College, Burlington, VT on Saturday, May 14, 2016.

Dakotah Patnode of Jericho, VT graduated from Champlain College, Burlington, VT on Saturday, May 14, 2016.

Christin Young of Westford, VT graduated from Champlain College, Burlington, VT on Saturday, May 14, 2016.

Joseph Faryniarz of Jericho, VT graduated from Paul Smith's College, Paul Smiths, NY in May 2016. Faryniarz earned a bachelor of science degree in fisheries and wildlife science.

Travis Maney of Bolton Valley, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with a B.A. in Business.

Jeffrey Barr of Jeffersonville, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with a B.A. in Professional Studies.

Kelli East of Jeffersonville, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with a B.A. in Business.

Caitlyn Hartshorn of Jeffersonville, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with an M.A. in Counseling.

Grace Holcomb of Jeffersonville, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with an M.A. in Counseling.

Erin Marcoux of Jeffersonville, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with a B.A. in Psychology.

Ethan McGovern of Jeffersonville, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with an A.A. in Technical Theater

Katherine Collins of Jericho, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with an M.A. in Counseling.

Deane Dudley of Jericho, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with an M.A. in Education.

Julia McGrath of Jericho, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with an M.A. in Education.

Jill Smith of Jericho, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with an M.A. in Education.

Daniel Giangreco of Richmond, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with a B.A. in Professional Studies.

Kimberly Kenney of Richmond, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with a B.A. in Hospitality & Tourism Management.

`Jennifer Many of Richmond, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with a B.S. in Environmental Science.

Galloway Morris of Richmond, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with a B.A. in Childhood Education.

Nolan Frey of Underhill, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with a B.A. in Childhood Education.

Jaymi Kendall of Underhill, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with a B.S. in Health Science; Sandra Murphy, M.A. in Education.

Allison Champlin of Waterbury, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with a B.A. in Childhood Education.

Amanda Charron of Waterbury, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with an M.A. in Education.

Andrew Hathaway of Waterbury, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with a B.A. in Psychology.

Kateri Bisceglio of Waterbury, VT graduated from Johnson State College, Johnson, VT on Saturday, May 14, 2016 with a B.S. in Environmental Science

Tricia Sullivan of Underhill, VT graduated from Emerson College, Boston, MA on Sunday, May 8, 2016 with a BFA in Writing Lit and Publishing BFA.

Allison Nicole Meshako, a 2012 graduate of Mount Mansfield Union High School in Jericho, VT, graduated cum laude on Friday, May 6, 2016 from the University of Massachusetts /Amherst with a BS degree in Nursing. Allison is a member of the Sigma Theta Tau International Honor Society. She is from Jericho and currently resides in Massachusetts.

Laurel L. Whitney of Waterbury, VT graduated from Colby College in Waterville, ME on Sunday, May 22, 2016 receiving a bachelor of arts degree.

Benjamin Brannagan King of Jericho, VT graduated from Clarkson University, Potsdam, NY on Saturday, May 7, 2016 with a bachelor of science degree with distinction in civil engineering.

John R. Gambino of Westford, VT graduated from Clarkson University, Potsdam, NY on Saturday, May 7, 2016 with a bachelor of science degree in software engineering .

Gregory Potter of Jericho, VT graduated with a Bachelor of Science degree in Computer Science (EN) from Lehigh University, Bethlehem, PA on May 23, 2016.

Logan Liberty of Duxbury, VT has received a BS degree in Sport Management from Lasell College, Newton, MA on Sunday, May 15, 2016.

COLEGE NOTES

Kyle McDevitt, a 2008 graduate of Mount Mansfield Union High School, Jericho, VT, is enrolled the Samueli School of Engineering at University of California, Irvine, CA. He is in the department of Chemical and Materials Engineering and recently passed the preliminary examination for entrance to the PhD program. For his dissertation, Kyle is studying phase transitions in ceramic materials and designing new materials for energy storage applications.

Rachel McDevitt, a 2011 graduate of Mount Mansfield Union High School, Jericho, VT, has been named to the Dean's list for the spring semester at the University of New England, Portland, ME. Rachel is enrolled in the Pharmacy school and will be entering her third year, she is employed at Maine Medical Center. Rachel secured a research fellowship for the summer and will be developing a computer models for pharmaceutical interactions with protein molecules. A highlight of Rachel's spring semester was a victory for her team in the 2016 UNE Dodgeball Championship.

Joseph Faryniarz of Jericho, VT has been named to the Dean's List at Paul Smith's College, Paul Smiths, NY for the spring 2016 semester. Faryniarz, who is majoring in fisheries and wildlife sciences, was also named an Adirondack Scholar.

Emma English of Jeffersonville, VT, a junior at Johnson State College, Johnson, VT, has been named to the President's List for the Spring 2016 semester.

Nolan Frey of Underhill, VT, a senior at Johnson State College, Johnson, VT, has been named to the President's List for the Spring 2016 semester.

Allison Champlin of Waterbury, VT, a senior at Johnson State College, Johnson, VT, has been named to the President's List for the Spring 2016 semester.

Amy Poor of Bolton, VT, a senior at Johnson State College, Johnson, VT, has been named to the Dean's List for the Spring 2016 semester.

Emily Frazier of Cambridge, VT, a senior at Johnson State College, Johnson, VT, has been named to the Dean's List for the Spring 2016 semester.

Greta Anderson of Jeffersonville, VT, a freshman at Johnson State College, Johnson, VT, has been named to the Dean's List for the Spring 2016 semester.

Jeffrey Barr of Jeffersonville, VT, a senior at Johnson State College, Johnson, VT, has been named to the Dean's List for the Spring 2016 semester.

Robert Beauregard of Jeffersonville, VT, a senior at Johnson State College, Johnson, VT, has been named to the Dean's List for the Spring 2016 semester.

Kelli East of Jeffersonville, VT, a senior at Johnson State College, Johnson, VT, has been named to the Dean's List for the Spring 2016 semester.

Erin Hanley of Jeffersonville, VT, a junior at Johnson State College, Johnson, VT, has been named to the Dean's List for the Spring 2016 semester.

Jennifer Lowney of Jeffersonville, VT, a senior at Johnson State College, Johnson, VT, has been named to the Dean's List for the Spring 2016 semester.

Miranda Bergin of Jericho, VT, a senior at Johnson State College, Johnson, VT, has been named to the Dean's List for the Spring 2016 semester.

Samuel Lewis of Jericho, VT, a junior at Johnson State College, Johnson, VT, has been named to the Dean's List for the Spring 2016 semester.

Nicole Grzywna of Richmond, VT, a freshman at Johnson State College, Johnson, VT, has been named to the Dean's List for the Spring 2016 semester.

College Notes continued on page 12

MMCTV live streams Cuban Bridge show. This one featuring guitarist Danielle O'Hallisey with host Tony Basanta aired on April 26 and can be viewd on Vemo. PHOTO CONTRIBUTED

TV in VT: Streaming and sharing

By Angelike Contis
Executive Director MMCTV

MMCTV has been around for nearly 20 years, but we've only recently started live-streaming area meetings regularly for the first time, including the first Underhill Selectboard meeting of each month. Made possible by new web-based streaming technology, these events are live on a website (*new.livestream.com/mmctv*) and our channel (Comcast 15).

Live TV introduces an element of excitement for our staff and viewers – as we must adapt to late starts, unexpected executive sessions and meeting end times. While more people seem to be watching the videos on our Livestream site immediately afterwards – and not necessarily live – we hope more will start making live viewing a habit. (The meetings are archived online immediately after live events.)

Our most popular streaming event of 2015 was the MMU Graduation, with hundreds of views. We look forward to streaming this event live again in June.

In other MMCTV news, we will hold the second MMCTV TV Camp for middle school students at our studio and the Richmond Free Library. This year, it'll be held Monday-Friday, July 25-29. There are still spaces left. For more information or to register: *www.mmctv15.com*.

This summer MMCTV also continues with its Memory Map internship program, where young people (ages 12-21) make videos about the history of local roads. Six videos have been made to date since this program began in 2012. We accept young filmmakers on a rolling basis, so reach out if you know someone in our towns who might be interested.

Just a few of our recent productions include two Poetry Month-related readings at the Deborah Rawson Memorial Library in Jericho, and a live Cuban Bridge show featuring guitarist Danielle O'Hallisey. As this paper went to press, the Va et Vient trio was heading to our studio. Our biggest online hits in the last month included videos by the Underhill Country Co-Op and the Vermont Lyme Disease Support Network.

MMCTV is part of a file-sharing system of public access TV stations in Vermont and around the country. This means that shows by local producers, such as calligrapher Chris Carfaro, are picked up further afield. His Inkwell Vermont series is airing on many Vermont stations, plus one in California. (He's now on episode 5 out of 10, by the way!)

Finally, if you appreciate all that public access does in your community, consider making a donation to MMCTV. We are a 501(c)3 nonprofit.

Angelike is Executive Director of MMCTV, which reaches Comcast cable subscribers in Jericho, Underhill, and Richmond. For more information, *www.mmctv15.org* or 434-2550. MMCTV productions are online at *www.vimeo.com/mmctv*.

United Way of Northwest Vermont Volunteer Connection Listings

By Sue Alenick
United Way volunteer columnist

We're redefining community! The newly formed United Way of Northwest Vermont unites our expertise, staff, and resources to better address the complex challenges and needs across our interconnected communities. In the next few months, we will be working to build connections between volunteers and opportunities to serve throughout our region. To check out more than 300 volunteer opportunities, go to *www.unitedwaynwvt.org/volunteer* or contact us at *volctr@unitedwaynwvt.org* or 860-1677.

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

Special Olympics Vermont – The Special Olympics Vermont Summer Games will take place Friday-Sunday, June 3-5 at UVM with over 500 athletes competing in aquatics, athletics, bocce, and softball. Volunteers can help at the sport venues, assist with set-up, event logistics, etc. A fun-filled, memorable weekend! Contact Caitlin Jenkins, 861-0274 or *cjenkins@vtso.org*.

Girls on the Run VT – Help celebrate girls who are completing a 10-week session of Girls on the Run by volunteering for their 5K run. Friday, June 3, two-hour shifts between 8:00 AM – 5:00 PM. Contact Sally Malay, 246-1476 or *sally@girlsontherunvermont.org*.

Winooski Valley Park District – Join the trail crew at Colchester Pond to clear brush and downed trees, repair broken puncheon, and help to repair the trail. Friday, June 3, 9:00 AM – 2:00 PM. Comfortable shoes, long pants, and gloves recommended. Contact Timothy Larned, 863-5744 or *timlarned@wvpd.org*.

Lund – Volunteers are needed for the 8th Annual Ride/Walk for Children on Sunday, June 5, from 6:00 AM – 3:00 PM. Help with registration, course monitoring, parking, rest stops, clean-up, and more. T-shirts and free food provided! Contact Jamie Tourangeau, 864-7467 or *jamiet@lundvt.org*.

Vermont CARES – Volunteers to pick up and prepare donated food for the riders in the annual fundraising bike ride and to staff support stops to help fuel the riders. Volunteers can also help set up a picnic lunch at Oakledge Park. Varying hours on Saturday, June 11. Contact Christian Pinillos, 863-2437 or *christian@vtcares.org*.

American Cancer Society – Volunteering for the Relay for Life helps in the fight against cancer and gives volunteers the chance to meet new people and build associations with community leaders, businesses, and organizations. The Chittenden County Relay for Life will be on Friday-Saturday, June 17-18 at Champlain Valley Expo in Essex. The Franklin County event will be on Saturday, June 25 at Collins-Perley in St. Albans. Volunteers can help set up and clean up at either or both events. Contact Jennifer Clark, 872-6323 or *jennifer.clark@cancer.org*.

Women Helping Battered Women – Join the Run for Empowerment without having to run! Help load trucks, take photos, register participants, run activities for children, etc. A great group or family activity! Saturday, June 18, 7:00 AM – 12:00 PM. Email Kim Jordan, *kimj@whbw.org*.

American Lung Association of the Northeast – Volunteer for the Lung Force Walk on Thursday, June 23, 9:00 – 10:00 AM. Contact Kristen Brassard at, 876-6860 or *kbrassard@lungne.org*.

Catamount Ultra Marathon – Join the fun in Stowe for a 25k or 50k race along the trail system at beautiful Trapp Family Lodge. Volunteers can help with parking, registration, set up, aid stations, awards ceremony, photography, and break-down. Saturday, June 25, 4-8 hour shifts. Contact Laura Koloski, 864-5794 or lkoloski@catamounttrail.org.

Epilepsy Foundation of Vermont – 6th Annual Golf Tournament on Monday, June 27, at the Vermont National Country Club in S. Burlington needs volunteers to help with registration, set up, clean up, and throughout the event. Shifts between 9:00 AM – 7:00 PM. Contact Audrey Butler, 775-1686 or *epilepsy@sover.net.*

THE LONGEST DAY – Alzheimer's Association's "Longest Day" on Monday, June 20 symbolizes the challenging journey of those living with the disease, and their caregivers. Teams are invited to create their own experience as they fundraise to honor someone facing the disease. The first Rally will be on Church St., Burlington to create awareness of the daily impact of Alzheimer's. Contact Mike Clark, 316-3839 or *mclark@alz.org*.

ONGOING EVENTS

ADULT ACTIVITIES

Essex Art League meets the first Thursday of the month, September-June, 9:00 – 11:00 AM at the Essex Junction Congregational Church on VT Rt. 15. The meeting agenda includes a business and social time, and features a guest artist presentation. A detailed calendar of meetings, speakers, and online gallery is published on the League's website, *www.essexartleague.com*

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.

Eagles Auxiliary #3210 holds bingo at the club house, VT Rt. 109, Waterville, 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.

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.

HEALH EVENTS & GROUPS

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

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

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

Mom's Night Out, first Thursday of each month, 6:00 – 8:00 PM, LaQuinta Inn (Franklin Meeting Room), 813 Fairfax Rd., St. Albans. Are you the mother of a child with special needs? Do you have to advocate for your child and family? Do you wish you had someone to have conversations with, who understands because they are the mother of a child with special needs too? Contact: Betty Morse, Family Support Consultant, 1-800-800-4005-ext. 201 or *betty.morse@vtfn.org.*

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; playroom 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.

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 reoccurrence? 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

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; Fridays: 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@jsc.edu.*

Westford Senior Lunches – Join Westford Seniors for lunch at the Red Brick Meeting House on the Common, monthly on the 2nd Monday. Lunch, 12:00 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. All ages are welcome!

"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

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.

MMUHS Senior Photos

Do you have a child or family member in the 2016 senior class?
Send a special message by purchasing a space in the *Mountain Gazette*.
Business card - with photo - $32.00
3.25"x4" - with photo - $64.00
3.25"x6" - with photo - $96.00
6.5"x6" - with photo - $168.00
10.25"x8" - with photo - $290.00

Email information to *mtgazette@earthlink.net* by Thursday, June 9 for June 16 publication.

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY, UNDERHILL

The French Conversation Group will meet on Thursday, June 2 at 6:30 PM. Stop in for some conversation and cultural exchange. For more information, call Henry at 899-3349.

Mah Jongg is at DRML twice a month! We play Mah Jongg on the first Monday evening of the month and on the third Monday afternoon of the month. So in June, we will be playing on Monday, June 6 at 6:30 PM and on Monday, June 20 at 1:30 PM.

Deborah Rawson Book Lovers (DRBL) on Tuesday, June 14, 7:00PM. DRBL is an adult book discussion group that meets monthly at the library. This month's selection is The Ocean at the End of the Lane by Neil Gaiman. New members are always welcome to drop in on any meeting, which is always the second Tuesday of the month at 7:00 PM. For more information, contact *christine@cstaffa.com*.

And for the younger crowd...

BabyTime! Tuesday, June 14 and Saturday, June 25 at 10:30 AM. Join Thad as he leads the group with board books, lap rhymes and songs for babies 18 months and younger. A great time for parents and childcare providers to connect, chat, and share ideas. Older siblings welcome. No registration required. Join our email baby time list. Ages birth-18 months

StoryHour – Wednesdays, June 15, 22, and 29 at 10:30 AM and Thursdays, June 16, 23, and 30 at 10:00 AM. Come hear stories and enjoy specific weeks when special visitors join Thad for some stories and FUN! Children's emerging language and literacy skills will be encouraged as we enjoy fingerplays, songs, stories, a project and snack. Recommended for preK-grade 2. No registration needed. While visiting make sure to join our email storyhour list.

On Your Mark, Get Set... READ!

This summer let's get fit and in shape together! You can participate in a variety of energizing and engaging programs, and get positive results! Visit the library not only to read a lot of books, but also to meet local active community members, make your own jump rope or hula hoop, and learn how you can improve your well-being while having fun and meeting new friends. Come join in and help make this a healthy and happy summer in Jericho and Underhill!

Program Registration Day

Registration for current middle school and high school students will begin on Wednesday, June 15. Registration for all others will be held at DRML on Friday, June 17, 6:30 – 8:30 PM. First day of registration is limited to Jericho and Underhill families. Sorry, no phone sign-ups on the first day of registration. After Registration Day, call, email, or stop by to sign up!

All events are FREE and require advance registration at the library. Please inform in advance if any special accommodations are needed to attend events.

Summer Reading Clubs

During program registration you'll want to sign up and receive an On Your Mark, Get Set... READ Reading Log. Three clubs to choose from: Pre-reader Club, Reader Club, and the Teens Read. This will give you the chance to record the books that you read during the summer. Bring the log each time you visit the library and we will stamp it and enter your name in a drawing for a prize. Drawing will be held at the end of July. Teens Read drawing held on August 25.

Pre-registration for all reading clubs begins on Wednesday, June 8.

Program Registration Movie Night: Friday, June 17, 6:30 – 8:30 PM for all ages.

Come sign up for a summer of programs and a book club while the kids watch a movie: Zootopia (PG-13, 108 min.). From the largest elephant to the smallest shrew, the city of Zootopia is a mammal metropolis where various animals live and thrive. Popcorn provided!

PREVIEW OF COMING EVENTS!

Monday, June 20, 10:00 AM – 12:00 PM, all ages Grand Opening Event: Mike and the Big Blue Trunk. Come and enjoy spirited fun! Mike will arrive with his trunk packed with a bunch of big insane interACTIVE games. All ages welcome. Please call to register. This event is being co-sponsored by the Friends of DRML and the Jericho Town Library.

Tuesday, June 21, 10:00 – 11:00 AM, PreK-4: Carman and the Cosmos. Join educator JoAnn Nichols from the Humane Society of Chittenden County. Children will meet Carman, a three-toed box turtle. They will learn about turtles and their habitat. Participants will plant seeds in their own paper crafted flower pot.

Tuesday, June 21 and 28, 5:30 – 7:00 PM, Grades 5 - 8: Teen Book Lovers. Summer Book Group for teen readers who love the wit, wisdom and mystery of a good story cleverly told. Featuring books and games determined by the group. Read at home, then meet at the library for dramatic reenactments and other creative projects, including food!

Friday, June 24, 10:00 – 11:00 AM, all ages: Backpack Theater. The Traveling Backpack Theater will perform Beauty and the Beast. Charles Poisson must sell all of his belongings and move his family from the city to the country. One night Charles becomes lost and finds himself at a beautiful castle. Charles faces the wrath of the owner of the castle, a beast. The beast demands that either Charles or one of his daughters will have to live with him forever. His daughter, Beauty, volunteers to go and live with the beast. Children and their families will be involved in this play to promote a true literacy experience. The show will be performed at the UID School. No registration is necessary. Feel free to bring a blanket or chair for the performance!

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

JERICHO TOWN LIBRARY

Community Programs and Events

Introduction to Seed Saving: Monday, June 6, 6:00 – 7:00 PM. Ann Gnagey will discuss her experience saving seeds. Bring your questions and your own experience to this interactive talk. Come early to check out seeds from the seed library.

Open Mic Night, first Thursday of the month, 6:30 – 8:30 PM. An evening of local talent featuring live music, poetry, and storytelling. All ages and all talent levels welcome! Reserve your spot in advance: *jerichoopenmic@gmail.com*.

Italian Conversation Group, first and third Tuesdays of the month, 6:00 – 7:00 PM. Join native Italian speaker Franco Gotti for an informal Italian conversation group. All levels welcome.

Youth Programming

Dungeons & Dragons, Wednesdays, 4:30 – 6:30 PM. Players ages 12 and up. No experience necessary but a commitment to the group is needed in order to follow the ongoing story line.

LEGO Club is taking a break for the summer, to resume in September. Thank you to all who have participated!

Please note that story time is "on vacation" for May and June. It will return in July!

Pizza Friday Returns! Join us every Friday in July for a pizza party on the green. We are once again teaming up with Our Community Cares Camp, Inc. (OCCC) to provide a healthy lunch and fun activities for youth. OCCC will bake homemade pizzas to serve with locally harvested veggies and fruit, then the library hosts fun programs and activities. For more information and to register for Pizza Friday, visit our webpage: *http://www.jerichotownlibraryvt.org/pizza-friday.html*

Coming soon... Super exciting summer program sign-ups! Stay tuned for details. There will be something for everyone!

All library programs are free and open to the public.

Library Services

Notary Public: The Jericho Town Library Director is now offering notary services.

News from the JTL Board of Trustees

The next monthly board meeting is scheduled for Monday, June 6 at 7:15 PM. Anyone who wishes to attend is welcome.

For more information on programs and library services, please visit our website at *www.jerichotownlibraryvt.org*.

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

Story Hour and Crafts with LN, every Thursday, 10:00 – 11:00 AM. Come hear stories from a gifted and talented storyteller, and do crafts for kids!

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

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; *thevarnum@gmail.com*. Please visit Varnum Library's website, *http://thevarnum.org*.

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

WESTFORD PUBLIC LIBRARY, WESTFORD

Early Literacy Storytime for birth to pre-school age children is every Thursday, 11:00 AM. No registration needed. Several stories around a theme, and a theme-based craft. All ages and leels of attention are encouraged to come. Don't worry if they fidget – they are still getting a lot out of it!

Playgroup every Monday, 9:30 AM!

Tai Chi 2, every Tuesday and Thursday, 9:00 – 9:45 AM.

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

Ongoing:

Knit Night, Wednesdays, 6:30 – 8:00 PM. Bring your knitting project and join other knitters in the Mezzanine Lounge. Don't knit? Then bring your tatting, crochet, embroidery, needlepoint, quilting, or whatever is keeping your hands busy!

Lego Club: Come join other Lego enthusiasts. We have lots of Legos to build with and our collection is growing thanks to donations from the community. Lego Club is appropriate for youth age 5-10. No registration is required, just come play on Wednesdays from 3:00 – 4:00 PM.

Early Bird Math is an interactive math literacy story time 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.

And, of course, browse *www.rfl.kohavt.org* to discover new audiobooks, movies, and books for all ages! The catalog will also search downloadable ebook and audiobook titles from *ListenUp Vermont*.

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

The library will be closed for annual cleaning, floor waxing, and maintenance from Wednesday, June 15-Tuesday, June 21. This is right after school lets out for the summer! We re-open Wednesday, June 22 at 10:00 AM. Be sure to stock up on books, games, audios, movies and magazines! Our book drop is always available for returns, and our online services, including Listen Up Vermont for ebooks and audiobooks to download, are always available 24/7. Summer hours begin when we re-open on June 22 and run until the first day of school in August.

Summer hours are:

Monday, Wednesday and Friday 10:00 AM – 5:30 PM

Tuesday and Thursday 9:00 AM – 8:00 PM

Saturday 9:00 AM – 1:00 PM

Registration for our Summer Reading Program is now open!

Thank you to our sponsors BFA-Fairfax Trustees, BFA PTSA, Fairfax Community Library Trustees, Earl's Cyclery and Fitness, Nan's, Spare Time, and the tax payers of Fairfax.

Now that the summer season is here, take advantage of our Attraction Passes for free or reduced entry. Passes may be reserved up to a week in advance and must be returned on the same day as they are taken out. Here is the list of what we offer you:

- Birds of Vermont: Free admission for one family (immediate family only). Seasonal.
- Echo Leahy Center: Admits up to two adults and three youths with a co-pay of $4 each (*www.echovermont.org*). Year Round.
- Lake Champlain Maritime Museum: Allows one family free entrance *(www.lcmm.org*). Seasonal.
- Shelburne Farms: Free admission for one family to the walking trails and children's farmyard (*www.shelburnefarms.org*). Seasonal.
- Shelburne Museum: Free entry for two adults and accompanying children under 18 *(www.shelburnemuseum.org*). Year round.
- Vermont Historic Sites: Free entry for one family or groups of up to eight people (*http://historicsites.vermont.gov/*). Seasonal.
- Vermont's History Museum: Free family admission (*www.vermonthistory.org*). Year Round.
- Vermont State Parks: Free entry into state park day areas for up to eight people in one vehicle (10:00 AM to sunset). (www.vtstateparks.com). Seasonal.

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

Thursday, June 2, 6:00 – 7:00 PM: PJ Story Hour. Kids age 0-6 listen to themed stories, followed by a craft and snack. Thanks to Success by Six for this wonderful program.

Saturday, June 4, 11:00 AM – 12:00 PM: Author Visit by Megan Price. Meet the author of the Vermont Wild series! Megan Price is a Vermonter and has collected amazing and hilarious stories from Vermont game wardens and published them in four volumes, available to borrow at the library. Ms. Price will talk about her books and have copies available for purchase and signing, perfect for Father's Day.

Tuesday, June 7, 9:30 – 10:30 AM: Preschool Story Hour: Teddy Bear Picnic. Join us for themed stories, songs, and a special picnic outside after the program, weather permitting. Please bring a blanket and packed lunch/snack. Ages 0-6. No registration necessary.

Wednesday, June 8, 3:00 – 4:00 PM: LEGO Club. Ages 6+ enjoy themed Lego play after school. This will be the last Lego Club of the school year. Please register.

Thursday, June 9, 6:30 – 8:00 PM: Fiction Book Group discusses Ourika by Claire de Duras. Books are available at the library.

Thursday, June 23, 6:00 – 7:30 PM: Summer Reading Kick-Off w/ Backpack Theater. Backpack Theater presents The Wild Things and Sleeping Beauty. Kids of all ages will enjoy this double theatrical performance as our kick-off for our summer reading program. No registration necessary. Held in the BFA-Fairfax Multipurpose Room.

Saturday, June 25, 10:00 AM – 12:00 PM: The Backyard Herbalist. Join Nicole Saur of Over the Moon Natural Living for an hour walk starting at the library to identify common local plants that are useful for poultices, teas, and other at-home uses. Then the class returns to the library to try out some of the recipes. Cost is $15/participant, recommended ages 18+. Please register.

Library News continued on page10

Can't make it?
Watch MMU graduation LIVE on
MMCTV 15
and **online on demand** at
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Graduation DVDs will be available for $13, plus shipping.
MMCTV, 35 West Main St., www.mmctv15.org 434-2550
TV CAMP FOR MIDDLE SCHOOL KIDS: JULY 25-29TH.
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Library News continued from page 9

Tuesday, June 28, 9:30-10:30am: Preschool Story Hour: Back to Nature. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary.

Wednesday, June 29, 10:00 – 11:00 AM: Yoga for Kids. Kids of all ages learn some yoga basics, then listen to yoga-inspired storybooks and try out the stretches in the stories along the way. Please register.

Thursday, June 30, 6:00 – 7:00 PM: Summer Science: You are an Inventor. Kids 6+ participate in hands-on activities such as designing a rubber band-powered robot and a cardboard automata. Please register.

For up-to-date info about programs, visit our website: *www.fairfaxvtlibrary.org*, where you can also find a link to the interactive Google calendar.

Summer Hours: MWF 10:00 AM – 5:30 PM, TuTh 9:00 AM – 8:00 PM, Sat 9:00 AM – 1:00 PM.

Phone: 802-849-2420

DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON

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

Bike & Pet Parade with Big Insane Games! Summer Reading Kickoff: Saturday, June 18, 10:30 AM. Decorate your bikes, scooters, or anything with wheels! Pets can be part of the parade, too. Costumes welcome. Followed by zany outdoor games and challenges presented by Big Blue Trunk. Sign up for "On Your Mark, Get Set, Read" summer reading program.

Story Time: Tuesdays, 10:30 AM, June 21-August 16. Join us for stories and a craft activity. All ages.

Preschool Music: Mondays, 11:00 AM and Thursdays, 10:30 AM. Up to age 5 with a caregiver.

Williston Trail Hike: Offsite Program: Thursday, June 23, 5:00 - 6:30 PM. Melinda Scott, Williston's Conservation Planner, will lead a guided tour of The Sucker Brook Trail (two miles total). Meet at 5:00 PM at 5035 St. George Rd. (VT Rt. 2A) parking area. Free offsite program.

Disc Golf: Offsite Program: Monday, June 27, 5:00 - 7:00 PM. Learn how to play Disc Golf with instructors from Williston Central School. Meet at the Dorothy Alling Memorial Library and walk to the Williston Central School Fields. Free offsite program.

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

BROWNELL MEMORIAL LIBRARY, ESSEX JCT.

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

Essex Rotary Club presents seven $1000 scholarships

Pictured left to right: Nipunika Coe, Nick Jewett, Jacob Bleau, Ethan Benton, Lydia Stricker, Christina Bhandari, Brooks Moreau.

PHOTO CONTRIBUTED

Essex Rotary Club presented seven $1000 scholarships to students from Essex High School, Mount Mansfield Union High School and the Center for Technology Essex at a luncheon at The Essex on May 18. Six Rotary Scholarships are awarded each year to young men and women who have demonstrated high ethical standards and applied the ideal of Rotary's motto "Service above Self" in their community and personal lives. The Club also presents a Scholarship Award in memory of Carolyn Barra, an Essex High School student who was diagnosed with primary pulmonary hypertension, which has no cure and no known cause in March 2001. Carolyn endured difficult experimental treatment, and passed away in the fall of 2002, her senior year. This $3000 award recognizes academic achievement, excellence in the performing arts and involvement in community service.

The 2016 Essex Rotary Scholarship for recipients were; Nipunika Coe and Jacob Bleau from Essex High School, Brooks Moreau and Lydia Stricker from Mount Mansfield Union High School and Christina Bhandari and Nick Jewett from the Center for Technology Essex. Essex High School senior, Ethan Benton, received the Carolyn Barra Scholarship.

Video creator Faryal Afsar honored

Faryal Afsar was honored on Thursday, May 26 by the Underhill Historical Society members for her Underhill Schoolhouse documentary video.

PHOTO CONTRIBUTED

TREVOR SQUIRRELL ANNOUNCES CANDIDACY FOR VERMONT HOUSE OF REPRESENTATIVES

UNDERHILL, VT – Trevor Squirrell has announced that he is a candidate for the Vermont House of Representatives from the Chittenden 3 District representing the residents of Jericho and Underhill. He is running to fill the open seat created by the retirement of Bill Frank, who will now be Squirrell's campaign treasurer. Squirrell has been a member and Chair of the Underhill Planning Commission, the Underhill Conservation Commission and also was a member of the Chittenden County Regional Planning Commission. He also served four years as a Trustee of the Jericho Underhill Land Trust. Squirrell and his wife, Linda Almy, have seven children and eight grandchildren between them.

Squirrell is the Executive Director of the Brain Injury Association of Vermont and also chairs the Vermont Concussion Task Force and the Vermont Traumatic Brain Injury Advisory Board. He has a BS in Experimental Psychology from SUNY Oswego and a Master's Degree in Conservation Biology from Green Mountain College.

Squirrell was the Co-Founder of the Nordic Soccer Club in 1988 and was also President of the Vermont Youth Soccer Association for the next 10 years. He was the primary architect of the Tree Farm Recreational Facility in Essex and the Indoor Soccer Center at the Champlain Valley Exposition. Residents of Jericho and Underhill who have children or grandchildren that are playing or have played soccer have probably watched them play at the 100 acre 12 field Tree Farm facility or at the Essex Indoor Center. Development of these facilities demonstrates his ability to implement creative solutions to address the challenges of working with multiple stakeholders including the State of Vermont, Town of Essex, Village of Essex Junction, and many potential user groups, a process that took over 5 years. Squirrell has also previously held consultant positions in the telecommunications field.

As a State Representative Squirrell would particularly like to focus on environmental and human services challenges. Next year will see a historical change in leadership of state government and he welcomes the opportunity of working on issues important to the constituents of Jericho and Underhill. In the course of the election season he looks forward to meeting voters in the Chittenden 3 District and listening to their concerns.

PAID FOR BY THE CAMPAIGN TO ELECT TREVOR SQUIRRELL
TO THE VERMONT HOUSE OF REPRESENTATIVES, PO BOX 128, UNDERHILL CENTER, VT 05490

New human resources director at MMMSD

Mount Mansfield Modified School District and Chittenden East Supervisory Union are pleased to announce the hiring of Rebecca Thibault as our new Human Resources Director. Ms. Thibault comes to CESU after ten years of experience at Onion River Co-op, City Market as a Human Resources Benefits Manager. Prior to that, she worked for IBM as a Human Resources Program Coordinator. At City Market, Ms. Thibault focused on the mission of the organization to ensure local farmers, vendors, and members of the community were supported while also serving all employees. During her tenure she shifted employee health care policies to align with the Affordable Care Act. She has worked in policy development, labor relations, benefit plan structuring, and employee wellness, building a strong organizational culture, implementing human resources and payroll software, and recruiting top talent. In addition to her impressive skill set and experience, she brings energy, passion, and a supportive demeanor, all of which will contribute immensely to our school district. Ms. Thibault holds a bachelors' from Saint Cloud State University in Minnesota, and an MBA from the University of Vermont. Ms. Thibault lives in S. Burlington with her family, including two young children. Please join us in welcoming her to our community!

Green Mountain Bicycle Club bike rides

All riders must wear helmets and obey the rules of the road. Please do not ride two abreast if there is traffic in either direction. For mornings with questionable weather, please call the ride leader to make sure the ride is still taking place. Ride leaders are obligated to go to the starting point and provide maps but may choose not to ride if the weather is miserable. Riders below the age of 18 must be accompanied by a parent. E indicates an easy ride, M is for moderate, and S is for strenuous. Rides begin promptly 15 minutes after the meeting time. Social rides are more leisurely versions of the mapped ride (usually the shorter route) with longer food breaks. Always contact the social ride leader before the ride to make sure those versions of the ride are taking place.

Sunday, June 5: Hinesburg Hollow. This route travels south through Huntington via the beautiful Hinesburg Hollow Road. The short route is 25 miles (M) and returns to Williston via North Road while the long one is 47 miles (M/S) and continues through North Ferrisburgh to the lake and back through Hinesburg. The social ride will be a less hilly alternative route. Meet at 9:15 AM at the Williston Central School (by the tennis courts). Leader Tom Kennedy, 735-5359 /or *etomkennedy@gmail.com*; co-leader Dorothy Pumo, 829-8729 or *dpumo5@gmail.com*.

ROAD/HIGHWAY WORKER

The Town of Underhill, Vermont is seeking a qualified person to fill the position of Road/Highway Worker. The incumbent performs unskilled to advanced routine labor tasks and operates light to heavy equipment in the construction, repair, and maintenance of the town roadway and bridge system. Applicant must possess a Class B CDL (Class A preferred) with clean driving record. Individual must live within a 30-40- minute winter time commute.

Complete job description located at *www.underhillvt.gov*. To apply, resume to RaMona Sheppard, HR Manager at *rsheppard@underhillvt.gov.* Applications and resumes also accepted in person at the Town Clerk's office at 12 Pleasant Valley Road, Underhill, VT or by mail to Town of Underhill P.O. Box 120 Underhill, VT 05489

Part-time Youth/Children's Librarian wanted

The Varnum Memorial Library in Jeffersonville, Vermont, is seeking a dedicated and forward-thinking Youth/Children's Librarian for five hours a week. If interested, please submit a cover letter and resume by July 1, 2016. Starting date for the position is August 6, 2016. For complete details, please visit *TheVarnum.org.*

The Mountain Gazette will be running photos of the Mount Mansfield Union High School senior class. Buy an ad to congratulate you graduate. Email *mtgazette@earthlink.net* for more information

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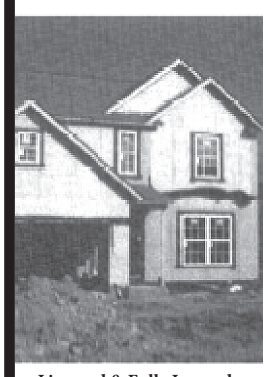

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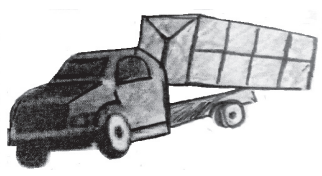

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MOUNTAIN GAZETTE

Publication & Deadline Dates 2016

The Mountain Gazette publishes on the 1st and 3rd Thursday of each month .
The deadline for receiving copy is Thursday, a week before publication, at noon.
The advertising deadline is Thursday, a week before publication at 5:00 PM.
For more information, please contact Brenda Boutin
Publisher of the Mountain Gazette
6558 VT RT 116, Starksboro, VT 05487
Phone: 453-6354 • *mtgazette@earthlink.net*
On the web at *www.mountaingazetteofvermont.com*

PUBLICATION DATES: THURSDAY	DEADLINE DATES: THURSDAY
January 7	December 31
January 21	January 14
February 4	January 28
February 18	February 11
March 3	February 25
March 17	March 10
April 7	March 31
April 21	April 14
May 5	April 28
May 19	May 12
June 2	May 26
June 16	June 9
July 7	June 30
July 21	July 14
August 4	July 28
August 18	August 11
September 1	August 25
September 15	September 8
October 6	September 29
October 20	October 13
November 3	October 27
November 17	November 10
December 1	November 23
December 15	December 8

FEATURED PUBLICATIONS:
Northwestern Vermont Animal Resources Guide - Deadline April 15, 2016 • Distribution after July 1, 2016
Jericho Underhill Directory - Deadline June 30, 2016 • Distribution after September 15, 2016

mtgazette@earthlink.net
www.mountaingazetteofvermont.com
For information Brenda Boutin • 802-452-6354
Fax: 802-453-2468

MMUHS Senior Photos

Do you have a child or family member in the 2016 senior class?

Each year the *Mountain Gazette* prints all of the photos of the senior class at the high school.

Send a special message to your graduate by purchasing an ad in the *Mountain Gazette*.

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Email information to *mtgazette@earthlink.net* by Thursday, June 9 for Thursday, June 16 publication.

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College Notes continued from page 7

Travis Maney of Richmond, VT, a senior at Johnson State College, Johnson, VT, has been named to the Dean’s List for the Spring 2016 semester.

Breanna Laughlin of Underhill, VT, a senior at Johnson State College, Johnson, VT, has been named to the Dean’s List for the Spring 2016 semester.

Agathe Fredette of Waterbury, VT, a junior at Johnson State College, Johnson, VT, has been named to the Dean’s List for the Spring 2016 semester.

Lillian Kolbenson of Westford, VT, a sophomore at Johnson State College, Johnson, VT, has been named to the Dean’s List for the Spring 2016 semester.

Connor Foley of Jeffersonville, VT has been named to the Dean’s List at Lasell College, Newton, MA for the Spring 2016 semester. His major is Fashion Communication and Promotion.

Dakotah Patnode of Jericho, VT was inducted on Saturday, April 30, 2016 into Sigma Alpha Pi, the National Society of Leadership and Success, at Champlain College, Burlington, VT.