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MOUNTAIN GAZETTE

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Browns River Middle School students promote Soccer for Soles



BRMS soccer players (from left) Devyn Beliveau-Gale, Emma Forsyth, and Ayla York with coach Anbgie Faraci. The students organized Soccer for Soles, which raises funds to support Soccer Dreams without Borders, a non-profit organization that provides funds and equipment for youth soccer in Africa.

PHOTO CONTRIBUTED

By Phyl Newbeck

Special to the Mountain Gazette

Last year, Browns River Middle School (BRMS) soccer players Devyn Beliveau-Gale, Emma Forsyth, and Ayla York decided to use the game they love for a good cause. At an *Empowerment Through Sports* leadership conference in Boston, the trio met professional soccer players and learned about nutrition and sports medicine, but what really resonated with them was a session on philanthropy. Back in Vermont, they came up with the idea of putting together a soccer festival to raise money for *Soccer Dreams without Borders*, a non-profit organization that provides funds and equipment for youth soccer in Africa.

The student-run *2013 Soccer for Soles Festival* brought in \$2000. This year, the ninth graders are hoping to double that amount. Last year, teams didn't register until the day of the event but there are already eleven teams signed up for 2014. The festival will take place on August 31 from 11:00 AM – 3:00 PM, with 20-minute three-on-three games for players six years of age and up. Last year, teams from Rhode Island and Massachusetts came to the festival and the girls are hoping to cast a wide net again this year. They have already done local outreach by visiting area elementary schools and have recruited some younger students to serve as ambassadors, assisting with their publicity and fundraising efforts. Several BRMS teachers have also agreed to help out on the day of the festival.

This year, the girls also have a head start on fundraising, having sent out letters to family, friends, and area businesses. As a result, they

Still time to host a fresh air child in western VT

Share the pure joys of summer with a Fresh Air child in your own backyard! The Fresh Air Fund is currently seeking more western Vermont families to give inner-city children a Fresh Air experience this August.

Fresh Air summers are filled with children running barefoot through the grass, gazing at star-filled skies or swimming for the first time. Each summer, over 4000 inner-city children visit suburban, rural and small town communities across 13 states from Virginia to Maine and Canada through The Fresh Air Fund's Volunteer Host Family Program. "Being able to run around outside is a freeing experience for our Fresh Air child. I still enjoy watching her face as she takes joy in the simple things, like roasting a marshmallow or jumping into the lake," says a Fresh Air host mom.

already have donations totaling over \$1600. In addition, Ayla's Nordic U15 soccer team will be sending a donation in memory of Ayla's grandfather, who passed away this June. Two local businesses, Fit 2 Excel and the Buckley Company, have agreed to be corporate sponsors. A cotton candy machine has been contributed and there will be pizzas provided by Mountain High Pizza Pie and ice cream from Ben & Jerry's. The girls' families are contributing themed baskets to raffle off with chocolate, maple, and cinema as three of the themes. To supplement the monetary donations, the girls placed a bucket at school looking for donated cleats to send to the charity and in a short period of time received eight pairs, including a brand new pair their coach found at a garage sale.

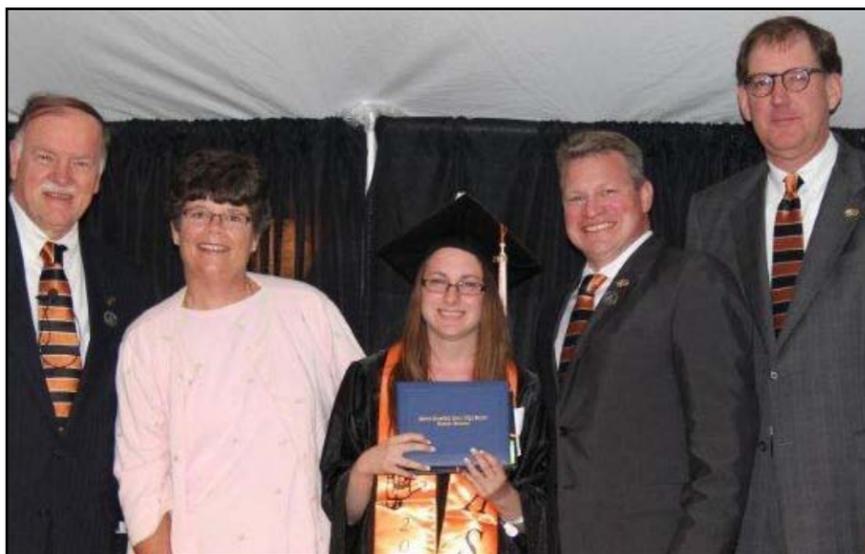
Emma and Ayla continue to be passionate about *Soccer Dreams Without Borders*. Ayla recently travelled to Mexico and saw poor children playing soccer barefoot in the streets. "They were having the time of their life," she said. "There were smiles on their faces and it made me realize that we can improve children's lives in a small way." Ayla attended a professional soccer match during her stay and she could see how much the game meant to the children in the stands. "Every kid in that stadium wanted to be down there playing," she said.

Emma is hopeful *Soccer for Soles* will be an annual event at BRMS, even after she and her colleagues have graduated. "We're strong believers in what we're doing," she said. "We're hoping this becomes big enough that we can travel to Africa and see what's happening. We have a picture in our mind but it would be great to go see what our work has done for others."

Fresh Air children are boys and girls, from six to 18 years old, who live in New York City. Children on first-time visits are 6-12 years old and stay for 1-2 weeks. Children who are reinvited by host families may continue with The Fresh Air Fund through age 18 and can enjoy extended trips. Over 65 percent of all children are reinvited to stay with their host families, year after year.

The Fresh Air Fund, an independent, not-for-profit agency, has provided free summer experiences to more than 1.8 million New York City children from low-income communities since 1877. For more information on hosting a Fresh Air child this August, please contact Emily Olsen at 212-897-8889 or visit The Fresh Air Fund online at www.freshair.org.

MMUHS Graduate of 2014



Zoie E. Haggarty, received her diploma from Mount Mansfield Union High School in Jericho, VT, and also one from the American School for the Deaf on Tuesday, June 24, 2014 in West Hartford, CT. Zoie's photo was not included in the July 17 special MMUHS Graduates section of the Mountain Gazette.

PHOTO CONTRIBUTED

New additions and moving forward

By Mark Carbone

Principal, Camel's Hump Middle School

We are excited to welcome Lashawn Whitmore-Sells as the new Assistant Principal. Ms. Whitmore-Sells has been Assistant Principal at Lyman C. Hunt Middle School for the past two years. She has nine years of experience as an elementary teacher and 12 years as Diversity/Multicultural Affairs Director in Virginia and as the Diversity Director and ESL Coordinator in the Burlington School District.

Other additions to the CHMS team include: Matt Young as part-time Physical Education Teacher and Dave Cavanaugh as Guidance Counselor. Renee Provost, half time with Browns River Middle School, will work with teachers integrating technology in the curriculum.

This coming school year, 6th grade students will join in the 1:1 laptop initiative. Combined with the 7th and 8th graders already participating, 75% of the CHMS student body will have daily access to laptop technology.

This summer, our teachers have been working on professional development in Readers and Writers Workshops as well as the program *Math Menu*. The physical plant at Camel's Hump is undergoing the annual rigorous preparation

including: new carpeting, painting, wall partition replacement, heating and ventilation system upgrades, and electrical work.

Please mark your calendars for the First Annual Punkin' Chuckin' on Saturday, October 25, 10:00 AM – 3:00 PM. Come and witness pumpkins in flight! There will be various divisions – expert to novice. This fun family event will help support the continuation of the PROSPER Program, a seven week program for 6th grade students and their families to assist both through the challenges of adolescence.

Camel's Hump Middle School is looking for parent and community volunteers to help in the education and success of our students. Math and reading volunteers are needed to support math and literacy development skills. Math volunteers will help with basic calculation and computation skills. Literacy volunteers will assist with reading fluency and comprehension. Training is provided and schedules are flexible. Please consider volunteering. For more information, please call 434-2188 or email mark.carbone@cesuvt.org.

The next CHMS/MMU school board meeting will be held on September 11. The public is welcome, and encouraged, to attend.

Cambridge Area Rotary, the place to make friends



Want to meet a lot of really nice people while helping us make a difference in our community and our world? Cambridge Area Rotary meets on the first four Thursday mornings each month, 7:00 – 8:00 AM upstairs at 158 Main Restaurant. We usually have a guest speaker, though the first meeting of every month is for committee meetings. No pressure, no secret handshake – we'll even buy your breakfast on the first visit. Contact Susan Lassiter for more information, 644-6600 or Slassiter@unionbankvt.com. We look forward to meeting you! Above, President Anita Lotto with guests who joined us from the Long Trail: Debbie Marcus from Manchester Essex Rotary in Massachusetts and Teri Wilson from Lebanon, NH.

PHOTO CONTRIBUTED

Underhill-Jericho Fire Department News

By Kitty Clark

EMERGENCY CALLS:

Friday, July 11, 9:46 AM – EMS, Richmond.
 Saturday, July 12, 4:59 AM – One vehicle into tree, near 905 VT Rt. 15, Underhill.
 Saturday, July 12, 10:40 AM – Power pole on fire, near 213 VT Rt. 15, Jericho.
 Sunday, July 13, 7:23 PM – One vehicle into tree, with entrapment, near 385 Pleasant Valley Rd., Underhill.
 Tuesday, July 15, 8:14 AM – EMS, Underhill.
 Tuesday, July 15, 10:07 AM – EMS, Essex.
 Wednesday, July 16, 3:48 PM – EMS, Jericho.
 Thursday, July 17, 10:51 AM – EMS, Underhill.
 Monday, July 21 – EMS, Jericho.
 Monday, July 21, 10:55 AM – EMS, Essex.
 Tuesday, July 22, 12:35 PM – Vehicle into pole, near 295 Nashville Rd., Jericho.
 Tuesday, July 22, 2:50 PM – EMS, Underhill.

TRAINING AND EVENTS:

Tuesday, July 15 instead of the usual Tuesday drill, the members of the UJFD were invited to the Deane Estate on Deane Road for a BBQ. The family wanted to thank the members for their response to their fire on Friday, June 6 at 8:00 PM. It was a beautiful evening and everyone had a great time.

Tuesday, July 22, A presentation was given by Corey Clark and Andrew Champlain about their week at the Vermont Fire Cadet Academy held in Randolph at the Vermont Technical College. This is held each year for 14- to 17-year-olds thinking about becoming firefighters. The boys had a great time and learned a lot about firefighting, and also were certified in CPR. Graduation was held Saturday, July 19, when Corey received the Ray Davidson Award. We are very proud of these two young men who will be the future of the UJFD.

Their presentation was followed by a critique of the accident that happened on Sunday, July 13, which involved a hybrid car. The instructor, Tim Clark, went over the times of the call and the extrication part. Mat Champlin was the command officer of the scene and he went over what he saw when he first arrived and what needed to be done. The vehicle was wedged between two trees, making access to the patient difficult. The patient was transported by Essex Rescue. A video of the hybrid car was shown and members learned what to look for and the “do not cut” zones. Shearer Chevrolet donated a hybrid car for the evening so members could look at the outside and inside of the car.

Remember to practice fire safety every day, and drive carefully!

Firewood applications being accepted

Applications are now being accepted for the Lamoille County Firewood Project, now known as the Lamoille Wood Bank. This program was designed to assist income-eligible people in Lamoille County heat their homes. Those receiving wood are required to assist in the processing and transport of their wood. For those who are not physically unable, delivery is available.

To find out if you are eligible for this program, please visit the United Way of Lamoille County website at www.uwlamaille.org and click “Firewood Application.” Income guidelines are included on the application form. The application deadline is Friday, September 5. Late applications will not be accepted.

A firewood work and distribution date is scheduled for Thursday, September 11 from 9:00 AM – 3:00 PM. If you are eligible to receive wood and are physically able, please set aside this date to come and help with the project. If you are not available on that date, you will need to make arrangements to help on another day.

The Lamoille Wood Bank is a community-based project whose goal is to glean and distribute firewood to income-eligible people in our community. We are always in need of volunteers to help cut, split, transport, and stack wood, as this is an ongoing project. To learn more about this program, please call Dawn at the United Way office, 888-3252. If you are interested in volunteering for this project, call Dan Noyes at the Volunteer Center, 888-2190.

Underhill Historical Society pie and ice cream social a success

A Blueberry Pie/ Ice Cream Social sponsored by the Underhill Historical Society was held at the District 5 Schoolhouse at the corner of Pleasant Valley and Stevensville Rds. on Sunday, July 27. Several hundred residents of Underhill and Jericho were served pies baked by townspeople from blueberries provided by John and Carol Larue of Covered Bridge Berry Patch.

Call to Artists

Established and emerging artists are invited to think SQUARES! The next show at the Jericho Town Hall will reflect your interpretation – in any medium – of the square: component parts of a piece? composition? format? only the frame? Get creative! Register by August 15; for submission date, other information, and registration: 899-2974 or blgreene@myfairpoint.net.

The exhibit is one of an ongoing series of shows that are part of a collaborative project between the Town of Jericho and a committee of volunteers involved in the arts. The Committee includes Jericho Selectboard member Catherine McMains, artists Dianne Shullenberger and Barbara Greene, and gallery owner Emilie Alexander.

Smallest sounds

By Bernie Paquette

Green and Clean Advocate

I like to sit outside early in the morning before the traffic, airplanes, and temperature rev up, for it is then that one can hear the smallest sounds.

An early rising bumblebee bends a flower stem, spreading pollen about with its hearty wings beating against its tiny body, creating a buzz note of maybe a middle C, causing a dust bowl effect inside the flower.

The sun peers over the heads of the oaks, black locust, and maple trees. I hear it creeping up behind me as it cascades down this side of the tree's branches and leaves, falling vertically, and then approaching horizontally, chasing the shade, creeping up my back, warming and tickling my bare neck. A light breeze seen but not heard later in the day now whistles quietly, swaying tall uncut virgin grass, shaking grass seeds, their progeny, onto the bedrock. Dainty poppies dance, showing off each their own pink, red, orange, and peach dresses – I can hear their giggles as they twirl and bow and swirl on the dance floor in delight.

Bright blue flash and a soft landing announces not Jet Blue, but a blue jay landing atop a blackberry plant stake, his wings flapping for a whirling helicopter like landing. An errant mosquito inadvisably warns me of her approach with her soft buzzing. The last sound she hears is the clapping, or should I say clasping of my hands together – squish.

Squash, zucchini, cucumbers, and lilies yawn as their large bright yellow flowers open wide – along with red bee balm, they ring the breakfast bell. A nearly loud small sound briefly startles me, steering my attention to the raised bed of strawberry plants. Rustling and scampering little feet tear through the strawberry plants – as though a rhinoceros was charging through the forest – announce a predator with an astounding appetite given its size. As the rustling stops, a strawberry pierces through the canopy followed by its new owner, the predator of my fruit and vegetable gardens – a chipmunk. Resting on the edge of strawberry fields forever, the red stained faced chipmunk chomps loudly, irreverent of his mother's lessons to chew quietly.

Queen Ann's Lace bows in the now bright sunlight, exposing a single tiny red flower in the middle of and surrounded by a multitude of tiny white flowers. A drop of blood from the queen's pricked sewing finger has stained the white veil. No needle through thread sound did I hear, yet I imagined her royal highness admonishing herself with a small indignity following an abrupt silence piercing – Ouch.

A few more bees, moths, butterflies, and birds are now about, though their smallest of sounds are lost amidst the unaware traffic of human over-activity and our big loud sounds.

I will continue to stop, look, and listen as long as there are quiet mornings, evenings, and places where the smallest of sounds are pervasive and heard throughout the day, for it seems to me the seemingly purposeless smaller sounds are the most purposeful of all.

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After the Move

Scott Funk

VT Aging in Place advocate.

Over the years, I've encouraged people I met with that if they are going to have to move, the sooner they do it the better off they will be. Well, as true as that may be, I could never really appreciate the depths of what it means to move when you are older until I did it myself.

The house I left was my home for nearly 30 years. It is where I raised my daughter. It is also where I grew to manhood and became a mature, responsible adult. There, I faced my demons and grabbed the brass ring of success in business.

But the grand house, which I truly loved, was becoming too much for my wife and me. That wonderful, spacious Victorian wanted a family, and we needed a smaller, less-demanding house. It was time for a more aging-appropriate place to live.

The house Kelly and I have moved to is only 70 years old and much smaller. I have two-dozen pictures there isn't room to hang. It is a more aging-appropriate house and the quiet, private setting is very peaceful. It is a more central hub for driving around the state in my business. On top of that, we love the community we have moved to. Barre City is a wonderful place with friendly people, a good hospital, and an excellent downtown.

All good stuff, but I miss my daughter so much more here than in the old house. The rooms I watched her grow up in are now filled with another family and are beyond my reach. Somehow, the old house consoled and comforted me. I could walk down the upstairs hall and recall when I put the birch tree up and built walks for the cats. They would perch up in the branches or walks, making visiting children squeal when the cats pounced down from above. This new house is a great place, but it doesn't hold the ghosts of my past. I am lonely here in a way I was never lonely back there.

Do I miss the old place? Yes, of course I do. It is more than just the house, too. In the village everyone knew me and I knew them. In Barre, people are amazingly friendly. Everyone says hello and smiles as they pass by. But before, I knew the people, their children, and even their parents.

Do I wish I were back in the old place? Absolutely not! Moving now was the right thing to do. It was the right time and I have come to the right place for the next part of our lives. The move was physically harder than I imagined. All those boxes to be packed and then unpacked! Postponing that to face later would have been a mistake.

I spent a long time as a drifter. Over my life I've left a lot of people and places behind. But only once have I left the place I made a family and raised a child. The taproot there ran deep. The leaving will take long and peel off me like pieces of an onion, one bit at a time. In its own way, that is good too, for as I miss and I remember and revisit so many things, they aren't rooted in a house but held deeply in my heart.

Aging in Place it doesn't happen by accident and it doesn't always happen in one place, either.

ONGOING EVENTS

ADULT ACTIVITIES

Toastmasters of Greater Burlington, 2nd and 4th Wednesdays 7:00 PM Holiday Inn, 1068 Williston Rd., S. Burlington. Are you hoping to develop your speaking and leadership skills? Ace a job interview? Ignite your career? Come and join us!

Birds of Vermont Museum open every day, 10:00 AM – 4:00 PM, through October 31. Exhibits: *Perilous Passages* and *Wings of Clay*, on the consequences of the extinction of the Passenger Pigeon as interpreted in art. Admission: members free; non-member adults \$7; discounts for seniors/children. 900 Sherman Hollow Rd., Huntington. 802-434-2167 or museum@birdsofvermont.org.

Bird Monitoring Walk, last Saturdays (August 30, September 27), 7:30 – 9:30 AM, Audubon VT, 255 Sherman Hollow Rd., Huntington. Discover birds and the changes from month to month during the Museum's monitoring walks. Join experienced birders on the last Saturday of every month. We end the walk with cocoa, coffee and tea at the Bird Viewing Window inside the Museum. Most fun for adults, older children, and somewhat more experienced birders. Please bring your own binoculars and dress for the weather. Free. To preregister and for information, 802-434-3068, museum@birdsofvermont.org, or www.birdsofvermont.org.

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

Contra Dance, Shelburne Town Hall, Shelburne. Callers Amelia Fontein and Guillaume Sparrow-Pepin and Jokers Wild (Everest and Alden Witman and Aidan Murphy). Monthly dances presented by Queen City Contras, <http://www.queencitycontras.org>. Admission charged.

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

Drop in Watercolor Painting, Every 3rd Saturday, 9:00 – 11:00 AM, River Arts Center, Morrisville. An opportunity to refine your watercolor skill set or learn new techniques if you're a beginner. Bring your own materials, no registration required, drop in. Suggested donation \$8. Call 888-1261, or visit our website: www.riverartsvt.org for more details.

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

Essex Art League meets the 1st Thursday of the month, from 9:00 – 11:00 AM, at the Essex Junction Congregational Church, VT Rt. 15. The meeting agenda includes a business and social time, and features a guest artist presentation. A detailed calendar, listing featured speakers, is published on the League's website: www.essexartleague.com.

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 gather on the 3rd Thursday of the month, 6:30 – 8:30 PM. Modelers encompassing all categories of interest and skill levels are welcome. Brownell Library, Kolvoord

Ongoing continued on page 4



Local college graduates

Hannah Cohen of Cambridge, VT received a Bachelor of Arts in Psychology from Roger Williams University in Bristol, RI.

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COMMUNITY COLUMN

Evolution

By Sue Kusserow, *Special to the Mountain Gazette*

I suppose everyone has their bag of tricks... those accoutrements that are necessary to pad and pinch the existing structures or lack of them.

In our 50s when the spider webs of gray started to creep in, most of us fell for the line: Revitalize, Rejuvenate, Recolor, and became Autumn Gold, Russet Amber, or Goth Black. Some of us took up drawing, yoga, and hopeful exercising, under the healthy guise of physical therapy. It was both an acceptable defense and something to do, "now that the kids have gone."

In our 60s, decaf replaced coffee. Tai chi was a peaceful calm way to exercise, priding ourselves with the illusion of philosophy transcending our bodies. We were all on some kind of vitamins, which changed each time a new article came out. We made our lattes with soy milk.

Most of these practices continued into our 70s. Our stories were narratives of our past, sometimes tragic, with a huge dose of humor and wry distancing. Now the bag of tricks doesn't fool us anymore and we realize it never fooled anyone else either. We stand where we

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, 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, 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

Preschool Partnership slots for Jericho, Underhill residents

The Chittenden East Supervisory Union (CESU), through two grants received from the Vermont Community Preschool Collaborative, is offering 18 Preschool Partnership slots for three- and four-year-olds of Jericho and Underhill residents, nine for each town. These Preschool Partnerships allow for up to ten hours per week of developmentally appropriate preschool at a program of the parent's choice. Enrollment must be in an approved preschool. Priority will be given to four-year-olds in their year before kindergarten.

A designated tuition amount will be paid directly to the Preschool Partners for the ten hours per week for 35 weeks during the school year. If this amount is less than the actual cost of the preschool program, providers may charge families the difference between the actual cost and the amount they receive from CESU. Actual cost will be determined by Preschool Partners completing a "Template for Calculating Actual Cost of Preschool."

Parents and/or guardians of children who will be three or four by September 1, 2014, and who reside in the towns of Jericho or Underhill, are eligible to apply. If more applications are received than there is funding to support, a lottery system will be used to determine who receives the funding.

Letters and applications have been sent to families using school census lists. If families meet the criteria and did not receive an application, one can be obtained by calling the CESU Central Office at 434-2128. All applications must be postmarked by August 11, 2014. Decisions will be made by August 15, 2014 and parents will be notified.

Additional grant opportunity information is available by contacting Beverly White, CESU Special Services Director, at 434-2128.

are, as we are, with no pretense to being different... or better... or sweeter. I remember when I was young, being introduced to elderly women in our neighborhood who had long since relied on the retirement of others or their own monies cached away for just such a future. I remember how uninterested I was; there was an acidic fretfulness about them which I couldn't understand. And perhaps because of my youthful and naive judgment, I saw their world as if they had chosen it... and I condemned them for their choice. Now that I have entered the world of the old, I understand why they represented themselves in such a stark, visible fashion; they were too tired to do otherwise.

As I inevitably limp into the 80s, I have tried to be very wary of a characteristic of aging: the idea that you can say what you want, under the illusion that: (a) you have amassed enough living to be quite wise about the process; (b) you can freely give advice, since is based on enough crumbling experiences to justify a little hyperbole; (c) a pleasant presentation will cover over the rather churlish yearning to be heard that turns one into a gossip. If you are truly wise, you will realize that no one is listening, and if you are truly humble and secure enough, you will not care.

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 International Lyme Disease Society (ILADS), view the documentary *Under Our Skin*, or contact me at jerichochoiro.com.

So we slow, in many necessary and often pleasant ways. I sit again with my Dad on the porch, remembering that thunder is "the Norse Gods in a bowling match with the Huns." The monotony of rain on the metal roof cancels thought. We see deeper, for instance, into an individual flower, especially the small tender pallid one which is often ignored. We understand that feeling... we have time now. Time to watch the clouds drift into many shapes which help us recall our childhood. Time to reach down and pat the old dog who sits as close as possible, now that he can't hear; time to greet a friend who knows us so well we don't need any preamble. We do not have much choice about what we receive, so we turn it into as much rejoicing as we can. The small things of our surroundings become larger. And that is enough to cover us... for today.

WORSHIP SERVICES

CALVARY EPISCOPAL CHURCH

Calvary Episcopal Church is a welcoming, caring, Christian Community called to live the Gospel of Jesus Christ, grow our spiritual gifts, and serve our neighbors.
372 VT RT 15, Jericho
Sunday Worship Service 9:30 AM
Rev. Regina Christianson Rector
Karen Floyd, Parish Administrator, 899-2326
www.calvarychurchvt.weebly.com

GOOD SHEPHERD LUTHERAN CHURCH (ELCA)

273 VT RT15 - between Jericho and Underhill
Rev. Phillip Roushey, Pastor.
Sunday Worship 9:00 AM - Nursery Provided
Sunday School for all ages - 10:30 AM
pastor_phil@goodshepherdjericho.org
www.GoodShepherdJericho.org

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Sunday School at 9:30 AM for all ages
Fellowship at 10:30 AM
Sunday Youth Group at 6:15 PM
Signing for the deaf & wireless hearing receivers on request.
899-4911; officejcc@comcast.net; www.jccvt.org

JERICHO UNITED METHODIST CHURCH

"Open Hearts, Open Minds, Open Doors"
71 VT RT 15, Jericho (next to the Town Hall)
Rev. Sangchul Bae, 899-4288
Sunday Worship Service, 9:00 AM
Children's Sunday School, 9:00 AM
Men's breakfast - third Sunday, 7:00 AM
jerichoumc@jumvt.org; www.jumcv.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) on the 2nd and 4th Sundays of September - June for worship, reflection, growth, and support. All are welcome.

ST. THOMAS ROMAN CATHOLIC CHURCH

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On Green Street in Underhill Center
Weekend Masses:
Saturday 4:30 PM
Sunday 8:30 AM
Pastor: Rev. Charles "Rick" Danielson
Deacon: Peter Brooks
Religious Ed. Coordinator: Laura Lynch Wells, 899-4770
Parish Secretary: Theresa Gingras
Phone: 802-899-4632, email: stthomas5@myfairpoint.net
Website: www.stthomasvt.com

UNITED CHURCH OF UNDERHILL

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

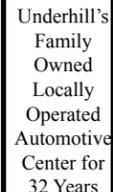
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- Therapy for Urinary Incontinence
- Work Conditioning
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Locations:

Rehabilitation Clinic at Copley Hospital
528 Washington Hwy.
Morrisville

Rehabilitation Clinic at Mansfield Orthopaedics
555 Washington Hwy.
Morrisville

Hardwick Rehabilitation
88 High St.
Hardwick



Steve Hayes, PT; Yuri Yermenko, OT; Ellen Adams, PT, MS, Director, Rehabilitation Services



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COMING EVENTS

Thursday, August 7

Insect Extravaganza preschool program, 9:00 – 10:30 AM, Audubon VT, 255 Sherman Hollow Rd., Huntington. For information, 802-434-3068 or vt.audubon.org.

Friday, August 8

Contra Dance, 8:00 PM, Shelburne Town Hall, 5376 Shelburne Rd., Shelburne. Queen City Contrás welcome everyone, all dances taught, no partner or experience needed. Beginners' session, 7:45 PM. \$8 adults; under 12 free. Please bring clean, soft-soled shoes for dancing. For information, 802-371-9492 or 802-343-7165; www.queencitycontras.org.

Saturday, August 9

Bird Monitoring Walk, 7:00 – 9:00 AM, Audubon VT, 255 Sherman Hollow Rd., Huntington. For information, 802-434-3068 or vt.audubon.org.

Monday, August 11

4-H State Dairy Show, 9:00 AM, Addison County Fair and Field Days grounds, New Haven. Annual championships compete for a chance to show their animals in New England regional competition in September. Free; spectators welcome. Sponsored by UVM Extension. Lunch available for purchase on-site. For information, UVM Extension 4-H livestock educator Wendy Sorrell, 802-656-5418 or 800-571-0668, ext. 2 (within Vermont).

Saturday, August 16

Life's Helpers Craft Fair/Flea Market, 9:00 AM – 4:00 PM, Hinesburg Fire Dept., Hinesburg. Many great vendors already lined up including a food truck. Some spaces still available if you're interested in setting up. For information call Penny, 802-434-6053, or Phyllis, 802-434-2559.

Sunday, August 17

SUN CARNIVAL, 1:00 – 4:00 PM, St. Michael's College (Klein Hall parking lot), Colchester. What's with all those electric cars tooling around in Vermont? Come learn more and have fun at a family event by SunCommon and others working for a healthy Vermont. There will be: Multitudes of electric vehicles displayed by their knowledgeable owners. Want a test ride? Sure thing! Solar power galore for the music stage and our kid-friendly sunny bouncy house. Free Open Hearth pizza and Ben & Jerry's ice cream. SunCommon staff will be on hand to answer questions about going solar! For more information, clary@suncommon.com.

Story Time, 1:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Diane Cameron for a discussion of her book *Out*

of the Woods, an engaging guide to the trials of long-term addiction recovery. People new to recovery find a lot support, but with time, face complacency, new relationships, aging, and concerns about relapse. Cameron is a journalist, an award-winning columnist, and speaker in long-term recovery. Free. For information, www.phoenixbooks.biz or 802-448-3350.

Saturday, September 6

Beekeeping Workshop, 1:00-3:30 PM, 18 MacLean Rd., Alstead, NH 03602. Charles Andros, former NH/VT Apiary Inspector. Topics: treatment of nosema and mites, winter preparations, winter protein and carbohydrate supplements, and making beeswax hand creams. Inside if it is a rainy day. Registration required; lindenap@gmail.com or call 603-756-9056.

Sunday, September 14,

Black Bear Carving Class, 9:00 AM – 3:00 PM, in the workshop at the Birds of Vermont Museum, 255 Sherman Hollow Rd., Huntington. One-day carving class with David Tuttle of the Green Mountain Woodcarvers. We will carve and paint a Black Bear. Wood blank, snacks, and coffee provided. No carving experience required! Please bring your tools and gloves if you have them; if you don't, let us know. Dave often brings some knives, gloves, etc. to sell. Great for teens and adults. Please bring your lunch. Call 802-434-2167 to for cost and to *pre-register*.

Saturday, September 27

Museum Day Live! Free! All day, Audubon VT, 255 Sherman Hollow Rd., Huntington. In the spirit of Smithsonian Museums, which offer free admission every day, Museum Day Live! is an annual event hosted by *Smithsonian* magazine in which participating museums across the country open their doors to anyone presenting a Museum Day Live! ticket... for free. Get your ticket at <http://www.smithsonianmag.com/museumday/>. For information, 802-434-3068, museum@birdsofvermont.org, or www.birdsofvermont.org.

Leaf Garlands with Lori Hinrichsen, 1:00 – 3:00 PM, Audubon VT, 255 Sherman Hollow Rd., Huntington. Celebrate fall! Join artist Lori Hinrichsen in making Leaf Garlands in our new Treehouse (if it's warm enough!) We will gather leaves and use needle and thread to make a cascade of color. We may have snacks and cocoa, too. Limited to 12 participants, so please pre-register. Ages 7 and up. Free with Museum admission, donations welcome. For information, 802-434-3068, museum@birdsofvermont.org, or www.birdsofvermont.org.

LIBRARY NEWS

DEBORAH RAWSON LIBRARY, UNDERHILL

As part of our community's reading of the Vermont One-Book Challenge, *Wonder* by RJ Palacio, we welcome guest speaker Laurel Sanborn on Thursday, August 7 at 6:30 PM. Laurel and Mark Sanborn live in Richmond and have two daughters, Amelia (12), and Olivia (10) who was born with a rare craniofacial syndrome called Pfeiffer Syndrome. Laurel says, "Our family is very involved in a broad craniofacial community, much of which spans the U.S. and abroad. We are a real live *Wonder* family." All are welcome for this special evening. Light refreshments will be served.

Parlez-vous français? French Conversation Group will meet Thursday, August 7 at 6:30 PM. Join the group for casual conversation and some cultural exchange! For information call Henry, 899-3349. A bientôt!

"The Buzz on Designing Pollinator-Friendly Landscapes," Saturday, August 9, 10:00 AM – noon. This lecture with speaker and native Vermonter Annie White from UVM will explore the fascinating ways in which plants and pollinators interact in Vermont landscapes, including your home gardens. Enhance pollinator habitat on your property by learning the secrets to designing landscapes that attract and support bees, butterflies, and hummingbirds. After the talk we will go outside and tour the butterfly garden, which features plants native to our area. Sponsored by the library and the Extension Master Gardeners.

Deborah Rawson Book Lovers (DRBL) will meet on Tuesday, August 12. This adult book discussion group meets every month at the library. The book for August is *The Light Between Oceans* by M. L. Stedman. New members are always welcome to drop in on any meeting – always the

second Tuesday of the month at 7:00 PM. For more information about book club, contact Christine Staffa at Christine@cstaffa.com.

Adult Writers Group, Wednesday, August 13, 6:00 PM. Whether you've been working on your novel for years or have just picked up a pen, we would love to welcome YOU to our community of writers. Meetings are devoted to talking about what we are reading, our observations, and thoughts of improvement. We meet the second Wednesday of every month. For more information about the group please contact Elise Doner, 899-2644 or busyfeet4kids@gmail.com.

Calling all Scrabble players! Monday, August 18, 6:30 – 8:30 PM is the next Scrabble night. Come join your neighbors for an evening of challenging word fun and laughter!

Join The Mystery Book Group on Tuesday, August 19, 7:00 PM in the Fireplace Room. August's book pick is *Ice Princess* by Camilla Lackberg.

For Families and Kids

Summer Story Time is coming to an end! Our last summer story times will be Wednesday, August 6, 10:30 AM and Thursday, August 7, 10:00 AM. No registration required. Regular story times on Wednesdays and Thursdays will resume in September.

If you love to experiment, build, and tinker with machines, join Thad on Thursday, August 7 from 2:30 – 4:00 PM for kids in grades 3 and up. Build a Model (Corvette or Lamborghini). TinkerTime is experimental play and innovation. Take things apart and look inside! Use parts to build something else! Invent and create! Call 899-4962 to sign up and reserve your spot!

Come play *Magic: The Gathering*, Monday, August 11, 6:30 – 8:00 PM. In this trading card game, you play the role of a Planeswalker – a powerful wizard who fights other Planeswalkers for glory, knowledge, and conquest. Grab your deck and a friend and head to DRML!

August Baby Time! Tuesday, August 12, 10:30 AM. Infants and babies up to 18 months are introduced to the wonders of language with nursery rhymes, songs, fingerplays, and board books. This is a great time for parents and childcare providers to connect, chat, and share ideas. Older siblings welcome. No registration required.

For more information on the programs and services available at Deborah Rawson Memorial Library visit www.drml.org or call 899-4962. You can also find us on Facebook and follow us on Twitter!

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

JERICHO CENTER LIBRARY

The next meeting of the Board of Trustees is September 2 at 7:15 PM. Members of the public are welcome to share ideas or to provide comment. There is no August meeting.

The Jericho Town Library's Writers' Group will meet at the library at 7:00 PM on Monday, August 18. Writers of any genre are welcome to join to share their work and to have it critiqued, as well as to listen to and critique the works of others.

Children's story time is Wednesdays from 10:00 AM – noon. Children can enjoy thematic readings (listed below) read by Elizabeth, music with Derek, and a snack. August and September themes are:

- August 6: Shaping Shapes
- August 13: Oceanography
- August 20: Diggin' Those Dinosaurs
- September 3: Going on a Picnic
- September 10: Appreciating Friends Like Eric Carle
- September 17: Car Wash

Library news continued on page 5

EYE CARE

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Shooting sports jamboree hits the mark with 4-H'sers

Fifty-three 4-H'sers from six Vermont 4-H clubs competed at the 2014 4-H Shooting Sports Jamboree, July 25-27, in Pawlet.

University of Vermont (UVM) Extension sponsored the event, which was held at the Ross Gravel Pit. The Oxbow Mountain 4-H Shooting Sports Club (Pawlet) was the local host, while Pownal Valley 4-H Sharp Shooters (Pownal) helped plan the social activities and Rupert Mettowee Valley 4-H Club (West Pawlet) handled Saturday lunch.

Events included archery, pistol, rifle, Seneca Run (timed events including fire starting, hawk and knife throw, longbow, and black powder rifle), shotgun, and a hunting/wildlife competition. The latter involved hunter safety, a timed compass course, and identification of animal skulls, furs, feathers, tracks, and scat. Gold, silver, and bronze medals were awarded in each competition as well as to overall high scorers in each age group.

The first Annual Sean Tillotson Sportsmanship Award was awarded to Austin Tremblay of Underhill, a member of the Mount Mansfield Pioneers. The award was presented in honor of Sean, a member of the Caledonia Sharp Shooters and Green Mountain Shooting Sports 4-H clubs and a National 4-H Shooting Sports Ambassador, who passed away unexpectedly in June.

JUNIOR DIVISION (ages 11-13): Olivia Abair, Jeffersonville; Honorable mention: Niel Fernald, Underhill.

Top scorers in each of the six disciplines, in order of placement, included:

HUNTING – SENIOR: Corey Clark, Underhill. **JUNIOR:** Olivia Abair, Jeffersonville.

RIFLE – JUNIOR: Olivia Abair, Jeffersonville.

SENECA RUN – SENIOR: Honorable mention: Austin Tremblay, Underhill.

SHOTGUN – SENIOR: Austin Tremblay, Underhill. **JUNIOR:** Olivia Abair, Jeffersonville; Sam Barrows, Arlington. Honorable mention: Carson Smith, West Pawlet.

To learn more about the 4-H shooting sports program, contact your Lisa Muzzey, UVM Extension 4-H Shooting Sports coordinator, at (802) 885-8385 or (800) 278-5471 (toll-free in Vermont) or by e-mail at lisa.muzzey@uvm.edu.

Ongoing continued from page 2

Community Room, Lincoln Street, Essex Junction.

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

Smugglers Notch 55+ Club meets every Wednesday at Smugglers Notch for a social time, then break into groups to ski. We start with a brief organizational meeting, coffee and rolls, and then we head out to the trails in self-selected ability groups, gather informally throughout the summer for a wide variety of outdoor activities. Membership benefits include various discounts at Smuggs. For more information call Deborah at 644-5455 or just attend a meeting at the Morse base lodge starting at 9:00 AM every Wednesday.

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

HEALTH EVENTS & GROUPS

Al-Anon meetings, Jericho United Methodist Church, Thursday mornings 10:00 AM, and Saturday mornings, 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 charge for the 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.

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

Brain Injury Support Group – offer survivors and family members, caregivers, friends and the community a place to come and 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.

Foot Clinics – Having trouble trimming your own toe nails? 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. Support group for those working on weight management. Combines behavioral and nutritional strategies to increase physical activity and decrease calorie intake. Provides techniques to help manage eating behaviors. Come 15 minutes early for weight check. Kay Tran, Registered Dietitian, MS, CDE, & Leslie Gardzina, Registered Dietitian. No registration required, just drop in.

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

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

Prostate Cancer Support Group meets 6:00 – 8:00 PM, second Tuesdays, Hope Lodge, 237 East Ave., Burlington. Wives, partners, men newly diagnosed or dealing with recurrent prostate cancer and/or side affects of treatment, and men who have been successfully treated. Any men dealing with advanced prostate cancer are also encouraged to attend to benefit themselves and others by sharing experiences. For information contact Mary L. Guyette RN, MS, ACNS-BC at 802-274-4990 or vmay@aol.com.

TOPS Chapter 145 meets 6:15 PM Thursdays, 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,

Ongoing continued on page 5

BEAUTY

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www.JerichoChiro.com



Dr. Mary H. Kintner

Library News continued from page 4

Summer Program: The summer program ended with a Mad Science Party on July 30 for all who participated. A huge thank you to Donna and Thad who coordinated the summer programs at JTL and DRML, respectively, and a thanks also to the adults who volunteered to run the programs and to all of the participants. Each and every one contributed to its success.

Book acquisitions: *Rescue of the Bounty*, Michael J. Tougas; *The Pigeon Needs a Bath*, Mo Willems; *The Book of Life*, Liane Moriarty; *Big Little Lies*, Deborah Harkness; *Close Your Eyes, Hold Hands*, Chris Bohjalian; *The Silkworm*, Robert Galbraith; *Poached*, Stuart Gibbs; *One Plus One*, JoJo Moyes; *All Fall Down*, Jennifer Weiner.

CD acquisitions (partial list): *Ramona Forever*, Beverly Cleary; *Beezus and her Father*, Beverly Cleary; *The Roald Dahl Collection*, Roald Dahl; *Flora & Ulysses*, Kate DiCamillo; *Three Tales of my Father's Dragon*, Ruth Stiles Gannett; *The Chronicles of Narnia*, C. S. Lewis (2 boxes) ; *Magic Tree House Books 1-8 and 9-16*, Mary Pope Osborne; *Harry Potter and the Sorcerer's Stone*, J.K. Rowling; *Holes*, Louis Sachar; *The Cat in the Hat & Other Stories*, Dr. Seuss; *Charlotte's Web*, E.B. White; *How to Train Your Dragon*, Cressida Cowell; *Diary of a Wimpy Kid*, book 1, Jeff Kinney; *The Hobbit*, JRR Tolkien; *Mary Poppins*, P.L. Travers; *Stuart Little*, E.B. White.

DVD acquisitions: *Austenland*; *From Up on Poppy Hill*; *Masterpiece Theatre: Downton Abbey #4*; *Saving Mr. Banks*.

Library hours are: Monday 1:00 – 7:00 PM; Wednesday 10:00 AM – noon (includes children's story time) and 2:00 – 7:00 PM; Friday 1:00 – 5:00 PM; Saturday 10:00 AM – noon. For more information call 899-4686 or email Jerichotownlibrary@gmail.com.

FAIRFAX COMMUNITY LIBRARY

A reminder about summer hours. Until August 26 we are open Mondays, Wednesdays, Fridays, 10:00 AM – 5:30 PM; Tuesdays, Thursdays, 9:00 – 8:00 AM; and Saturdays 9:00 AM – 1:00 PM. Please note we will be closed from August 11-15 for cleaning and maintenance.

Lazy dog days of summer? Heck no! There's a ton of fun and educational things to do at the library in August, not the least of which is to participate in the Summer Reading Program for ages 0-18. The finale is set for August 21, 10:00 AM – noon. There will be a magic show and cake for all, and the drawing for the bikes and all those awesome extra prizes! You don't need to be here to win the prizes. We'll call you if your ticket is drawn. But we hope you will come share the cake and fun with us! While you're here, be sure to check out some of our new chairs! We have great new seating for kids and adults!!

Use of our passes is up this year, so don't forget you can call or email to reserve one of our 8 passes to area attractions. We do ask that you return the pass the same day you use it, and putting it in the book drop is fine. Reservations can be made up to one week in advance. We are considering online registration for the passes next year. What do you think of that? Input appreciated.

Has your phone number changed? Just using a cell phone and no land line now? Please update your library account with us so we can get in touch with you. Same thing if your email address has changed. Thanks!

Remember you can always visit our newly redesigned library website!! <http://www.fairfaxvtlibrary.org/>.

August Events at the Fairfax Community Library, www.fairfaxvtlibrary.org. 802-849-2420 Events are free unless otherwise noted. Please call to sign up.

Tuesday, August 5, 6:30 – 8:00 PM: Make Window Stars. Explore how light and color work together in these fun and pretty window decorations! Ages 8+. Pre-register.

Tuesday, August 5, 6:00 – 8:00 PM: Game Night! Fun for the whole family. Lots of different board and card games to learn and play.

Wednesday, August 6, 4:00 – 5:00 PM: R.E.A.D. to a Dog. Kids ages 5-10 can read a book of their choice to a fuzzy, friendly dog. To sign-up for a 15-minute time slot, call or stop by.

Thursday, August 7, 5:00 – 8:00 PM: Card Making with Karen McNall. Fee per card made. Stay for as long as you like, make one card or many! Karen always brings great papers, stamps, punches and more!

Thursday, August 7, 6:30 – 8:00 PM: Numbers are Magical! Join BFA teacher Joe McSoley as we present a program showcasing just how cool numbers really are! Ages 4+. Parental involvement encouraged.

Saturday, August 9, 10:00 AM – noon: Solar System Walk. Indoors or out, we'll try to get a grasp of the true scale of our solar system as we have an amateur astronomer from the VT Astronomical Society here to guide us through our model solar system. All ages!

Monday, August 18, 1:30 – 3:00 PM: Make Lava Lamp Ooze! Discover how cool it is that water and oil don't mix! We're not really making a working lamp, just cool colored ooze! Ages 8+. Pre-register.

Tuesday, August 19, 6:30 – 8:00 PM: Local Storyteller Grannie Snow Reads *Big Ole Striped Silas*, about Silas the cat! Purrrrrrfect for kids of all ages. Parents, come with the little ones!

Thursday, August 21, 10:00 AM – noon: Summer Reading Program Finale! Master Magician Tom Joyce presents a show, followed by snacks and prize drawings!! Who will win the bikes?

Wednesday, August 27, FIRST DAY OF SCHOOL, REGULAR LIBRARY HOURS RESUME (see below).

For up-to-date info about programs, www.fairfaxvtlibrary.org. Fairfax Community Library: 75 Hunt St., Fairfax, VT, 05454; 849-2420. Program Planner Karyn Norwood, knorwood@fwsu.org; Library News: www.bfafairfax.com/pages/communitylibrarynews.html. Facebook page: www.facebook.com/home.php?_fref=pages/Fairfax-Community-Library.

School Year Library Hours: Monday, Wednesday 8:00 AM – 5:30 PM; Tuesday and Thursday 8:00 AM – 8:00 PM; Friday 8:00 AM – 3:15 PM; Saturday 9:00 AM – 1:00 PM. Summer hours start Thursday, June 19, Mondays, Wednesdays, and Fridays, 10:00 AM – 5:30 PM; Tuesdays and Thursdays, 9:00 AM – 8:00 PM; Saturdays 9:00 AM – 1:00 PM.

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

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

WESTFORD PUBLIC LIBRARY, WESTFORD

Library Hours: Wednesday 1:00 – 7:00 PM, Thursday 10:00 AM – 6:00 PM, Friday 1:00 – 7:00 PM, Saturday 10:00 AM – 2:00 PM; website: www.westfordpubliclibrary.org; Email: westfordpubliclibrary@gmail.com. Like us on Facebook. 878-5639, Bree Drapa, Librarian.

Cessation Counseling. Call 1-877-YES-QUIT (1-877-937-7848). Free.

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

KIDS

Storytime in the Nestlings Nook, Tuesdays, August 12, September 9, October 14, 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Pre-schoolers and friends are welcome for stories about birds, then craft project, music, or nature walk (depends on topic/weather). Free with admission, donations welcome. No pre-register; information, 802-434-

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CHILD FIND NOTICE 2014-15

Any individuals from birth through age 21 with disabilities currently residing within Bolton, Buel's Gore, Huntington, Jericho, Richmond, or Underhill, and who are in need of special education and related services need to be identified, located and evaluated by Chittenden East Supervisory Union (CESU) and its member school districts (listed below). This includes children: not enrolled in school, attending private or independent schools located within the afore mentioned towns, enrolled in home study programs, suspected of having a disability despite advancing from grade to grade, who are highly mobile (such as migrant children), and who are homeless or wards of the state. Any person with information about any disabled person fitting these descriptions should contact:

**Special Services Director
P.O. Box 282, 211 Bridge Street
Richmond, Vermont
Phone: 802-434-2128**

In accordance with CESU's policies and with 34 CFR Part 99 (the Family Education Rights Privacy Act of 1974), this public notice informs all parents within their jurisdictions about how information is maintained when it is collected during identification, location and evaluation of all people with disabilities.

- Personally identifiable information will be protected by each school.
- Personally identifiable information about people eligible, referred or considered for special education services is maintained.
- Parents have the right to know what types of information have been designated as directory information (i.e. contained in a student's education record and is not generally considered harmful or an invasion of privacy if disclosed). This information includes the student's name (unless otherwise requested), address, phone number, date/place of birth, major field of study, participation in officially recognized activities/sports, weight/height, membership in athletic teams, dates of attendance, degrees/awards received, and the previous school attended.
- Parents have the right to know the types and locations of educational records kept by the school and the titles and addresses of officials responsible for the records.
- A list of the names and positions of employees within CESU who have access to personally identifiable information shall be available for public inspection.
- If anyone other than an authorized CESU employee looks at the educational record of a child, that person shall so indicate by signing his/her name, date and purpose for reviewing the record on a form to become part of the education record.
- Parental permission will be obtained prior to disclosing confidential information to anyone who is not an authorized employee of CESU.
- Information relevant to a child's specific disability (such as: medical information, intelligence test results, social/developmental history, comprehensive evaluation report and the individualized education program) will be part of the education record.
- Personally identifiable information will be gathered from screenings, qualified diagnostic centers and other sources, as deemed necessary, to complete a comprehensive evaluation. Parents, or an eligible student, will be able to access Personally identifiable information and inspect and review their education record(s) no later than 45 days after the request is made.
- Parents have the right to a response to reasonable requests for explanations and interpretations of the educational records.
- Parents may obtain a copy of the educational record without a fee for copying, if a fee will be a financial burden and/or will prevent them from obtaining the records.
- Parents have the right to request the education record be amended. The school district will decide whether to amend the record within a reasonable time of the request. If the district refuses to amend the record, it shall inform the parent and advise the parent of the right to a hearing. If, as a result of the hearing, it is found the educational record must be amended, the school district will amend the record and inform the parent in writing. If, as a result of the hearing, it is found the disputed information is not inaccurate, misleading, or otherwise in violation of the privacy right of the child, the school will inform the parent of his/her right to place in the educational record a written statement commenting on the information or stating any reasons for disagreeing with the results of the hearing. This written statement will become part of the educational record and will always be included whenever the contents of the education record is properly viewed or requested.
- Parents have the right to a hearing to challenge the educational records of their child.
- Parents will be notified prior to the school district's destruction of personally identifiable information about their child.
- The parent has the authority to inspect and review records relating to his/her child unless CESU has been advised that the parent does not have the authority under applicable state law governing matters such as guardianship, separation and divorce.
- Parents have the right to file a complaint with the Secretary of the U.S. Department of Education concerning alleged failures by the CESU to comply with this policy.

NOTE: If there are parents within the above mentioned towns who need this information interpreted, please notify the CESU.

CHITTENDEN EAST SUPERVISORY UNION

- Bolton School District
- Huntington School District
- Jericho School District
- Mt. Mansfield Union High School District #17
- Richmond School District
- Underhill I.D. District
- Underhill Town School District

PUBLIC NOTICE

Notice is hereby given that Chittenden East Supervisory Union, including the towns of Bolton, Huntington, Jericho, Richmond, and Underhill intends to destroy the special education record of all students who completed high school on or before June, 2009.

Any student, or former student, who has reached 18 years of age, may review and/or received these records upon request. Also, any parent of a student who is 18 years of age or older, who has retained parental rights, may obtain these records.

In accordance with federal and state laws, special education records are maintained for five years after the student exits the special education program. A permanent record of the student's name, address, phone numbers, grades, attendance record and year completed is maintained without time limitation.

Please contact the Chittenden East Supervisory Union Special Services Administrative Office at 802-434-2128 by **September 12, 2014**. If no student, parent or guardian responds to this public notice prior to or by September 12, 2014, the school district will assume consent to destroy the entire record specific to the student. Destruction of these records will begin on September 15, 2014.

Ongoing continued from page 52167 or museum@birdsofvermont.org.

Sundays for Fledglings, "more or less alternate Sundays" (August 10, 24; September 7, 21; October 5, 19), through October 31, 2:00 – 3:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Enjoy discovering birds - feathers to flying, art to zoology. Earn a Junior Birder Badge. Aimed at kids 5-9; siblings welcome. Free with admission, donations welcome. Pre-registration helpful; information, 802-434-2167 or museum@birdsofvermont.org.

Saturday Story Time, August 9, 15, 23, 30, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Listen to and enjoy stories with your little ones. Information for each date online. Free. For information, www.phoenixbooks.biz or 802-448-3350.

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

Mondays: Jericho Community Center, 9:30 – 11:00 AM
Wednesdays: Richmond Free Library, 8:45 – 10:15 AM
Thursdays: Bolton's Smilie School, 9:00 – 11:00 AM the 1st and 3rd Thursdays of the month
Thursdays: Huntington Public Library, 11:00 AM – 12:30 PM

Ongoing continued on page 8**Chittenden East Supervisory Union
Early Childhood Programs**

Are you the parent of a three, four or five year old child? Do you have concerns about your child's development in the areas of...

Understanding and use of language?

Clarity of speech?

Balance, strength and coordination?

Using small muscles to eat, dress, and play with toys?

Play skills and social interactions?

Ability to cope and regulate emotions?

The Chittenden East Early Childhood staff are available to address any concerns you may have regarding your child's development. An individual appointment for you and your child can be scheduled by contacting:

Richmond Families

Richmond Elementary School: 434-2461

Bolton Families

Smilie Memorial School: 434-2757

Huntington Families

Brewster Pierce Memorial School: 434-2074

Jericho and Underhill Families

Underhill Center School: 899-4676

NEW PRICE - \$50,000



Jericho - 350,000

- 2982 Square Feet
- .79 acre lot
- 4 Bed - 3 Bath
- 2 Car Garage
- Newer Roof, Furnace
- SS Appliances, Quartz
- Updated Master Bath
- Great Neighborhood

NEW PRICE - 162,500



Jericho - 162,500

- 1678 Square Feet
- 2 Bed - 1 Bath
- .25 Acre Lot
- In home business - Potential
- Handicap Accessible
- Convenient Location
- Close to Park, Library, Brown's River

NEW LISTING



Jericho - 362,500

- 2034 Square Feet
- 4 Bed - 1, 1/2, 3/4 Baths
- .86 Acre lot
- 2 Car Garage
- Screened Porch
- Natural Gas Heat
- Newer Roof -Garage Doors
- Great Neighborhood

NEW LISTING



Underhill - 255,000

- 1295 Square Feet
- 3 Bed - 1 Bath
- Sunroom, Loft
- 2 Car Garage
- Newer Roof
- 4.4 Acres w/ Pond
- Private Setting
- Cathedral Ceiling



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CHILD FIND NOTICE 2014

Any individuals from birth through age 21 with disabilities currently residing within Essex Junction, Essex Town, or Westford, and who are in need of special education and related services need to be identified, located and evaluated by Chittenden Central Supervisory Union (CCSU) and its member school districts (listed below). This includes children: not enrolled in school, attending private or independent schools located within the afore mentioned towns, enrolled in home study programs, suspected of having a disability despite advancing from grade to grade, who are highly mobile (such as migrant children), and who are homeless or wards of the state. Any person with information about any disabled person fitting these descriptions should contact CCSU.

In accordance with CCSU's policies and with 34 CFR Part 99 (the Family Education Rights Privacy Act of 1974), this public notice informs all parents within their jurisdictions about how information is maintained when it is collected during identification, location and evaluation of all people with disabilities.

- Personally identifiable information will be protected by each school.
- Personally identifiable information about people eligible, referred or considered for special education services is maintained.
- Parents have the right to know what types of information have been designated as directory information (i.e. contained in a student's education record and is not generally considered harmful or an invasion of privacy if disclosed). This information includes the student's name (unless otherwise requested), address, phone number, date/place of birth, major field of study, participation in officially recognized activities/sports, weight/height, membership in athletic teams, dates of attendance, degrees/awards received, and the previous school attended.
- Parents have the right to know the types and locations of educational records kept by the school and the titles and addresses of officials responsible for the records.
- A list of the names and positions of employees within CCSU who have access to personally identifiable information shall be available for public inspection.
- If anyone other than an authorized CCSU employee looks at the educational record of a child, that person shall so indicate by signing his/her name, date and purpose for reviewing the record on a form to become part of the education record.
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- Parents have the right to file a complaint with the Secretary of the U.S. Department of Education concerning alleged failures by the CCSU to comply with this policy.

NOTE: If there are parents within the above mentioned towns who need this information interpreted, please notify the CCSU.

CHITTENDEN CENTRAL SUPERVISORY UNION

Union High School #46
Essex Junction School District
Westford School District

CONTACT: Executive Director of Student Support Services
51 Park Street
Essex Junction, VT 05452
Phone: 857-7000 x4019

GMBC summer bike rides

All riders with the Green Mountain Bicycle Club 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.

Buck Hollow and Beyond, Sunday, August 10. The 40-mile (M) route goes north to Fairfax, through Buck Hollow into Fairfield, returning via St. Albans. The longer loop (58 M/S) continues into Sheldon. There are potential food stops in St. Albans, Georgia,

and Fairfax. The social ride will go in the opposite direction. Meet 8:45 AM, Milton High School. Leader Joyce McCutcheon, 893-1690 / mellowmiti@aol.com. Co-Leader Dave Merchant, 825-3808 / dpierchand@comcast.net. Social Ride Leader Donna Leban, 865-2839 / lightspd@comcast.net.

Willsboro Wanderer, Sunday, August 17. 40 (E/M) and 55 (M/S) options of hilly terrain on low-traffic roads in New York. There are two potential stops for ice cream. Bring money for the ferry and food stops. The shorter version of this ride skips the big hill out of Willsboro. Meet 8:15 AM for the 9:00 AM ferry, Old Champlain Flyer parking lot, Ferry Rd. Leader Sal DeFrancesco, 363-0963 / salnesp1@gmail.com. Co-Leader Warren Coolidge, 735-1836 / wcinvt@gmail.com.

Double or Triple Ferry Ride, Sunday, August 24. This ride starts with the ferry to Port Kent and heads north to the recreation path through the old air base into Plattsburgh. From Plattsburgh, riders will take the ferry across to Grand Isle and down to South Hero. Riders then have the option of taking the Local Motion ferry to Colchester and the Burlington Bike Path (43 E/M with packed gravel) or following the Champlain Bikeway on US Rts. 2 and 7 (50 M). Bring money for the ferries. The ride will be followed by a picnic at Auer's Boathouse just off the bike path. There is room in the fridge there if folks want to bring refreshments before the ride. Meet 7:45 AM for the 8:10 AM ferry, Burlington Ferry Dock. Leader Brian Howard, 598-3857 / bjhowd@gmail.com. Co-Leader Brian Kinsman, 872-7169 / kins11320@comcast.net. Sal DeFrancesco will host the third annual GMBC picnic at Auer's boathouse, 2:00 PM. Bring drinks and a dish to share. We'll provide dishes, utensils, hotdogs, and both regular and veggie burgers. Contact him at salnesp1@gmail.com with any questions.

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ART / MUSIC / THEATER

ART/PHOTOGRAPHY

Bryan Memorial Gallery, 180 Main St., Jeffersonville. *In the Studio with Mary Bryan*, through Sunday, September 7, celebrating the 30th anniversary of the gallery's founding with an exhibition of paintings by Mary Bryan, in whose memory the gallery was built. The exhibition of 100 paintings includes watercolors, oils, collages, and egg tempera paintings, painted over 30 years in Vermont, Massachusetts, Alaska, the Southwest, England, and the Caribbean. A preview of the exhibit can be seen at www.bryangallery.org. Call to Photographers for *A Photographer's View of Land and Light and Water and Air*: Bryan Memorial Gallery invites photographers to join the gallery and submit to a landscape photography exhibition. Memberships due by July 31. Photographs due by August 29. Exhibition: September 12 – November 2. Membership required. Specs, entry form and information available at www.bryangallery.org, click on CALLS TO ARTISTS. Call to Artists for *GEMS*: Bryan Memorial Gallery invites artists to become members and submit to its annual exhibition of artwork in a small format. Deadline: October 26. Exhibition: November 7 – December 28. Membership required. Specs, entry form and information available at www.bryangallery.org, click on CALLS TO ARTISTS. For information, 802-644-5100. Gallery hours: through September 7, daily 11:00 AM-5:00 PM.

Helen Day Art Center: The Appearance of Clarity: Works in Black and White, through August 31. Free and open to the public. This exhibition explores the subtle, double, and hidden meanings the apparent clarity of black and white might obscure. The show's ten contributors include

an artist who makes paintings from redacted government documents, a sculptor who forges metal into unreadable script, and a painter who rendered a portrait in the form of a novel. Artists: Louis Cameron, Sharan Elran, Marietta Hoferer, Jenny Holzer, Sarah Home, Chelsea Martin, Lynn Newcomb, Suzy Spence, Andreas Rentsch, and Nan Tull. **Works on Loan** in the Jeff White Room, through August 31, 2014. "Always Near" by Maria Magdalena Campos-Pons, courtesy of the artist. For information, please contact Rachel Moore, Assistant Director, at hdcexhibits@helenday.com or 802-253-8358. **In No Time: A Retrospective of Ideas**: the choreography of Polly Motley, Friday, September 19 – Sunday, October 19. Helen Day and Petra and Stephen Levin present the 23rd annual outdoor sculpture exhibition *Exposed*, hosting sculptures, site-specific installations, and participatory work from national and international artists throughout the town of Stowe. Free and open to the public. Helen Day Art Center, 90 Pond St., Stowe, 802-253-8358, www.helenday.com. Hours: Wednesday – Sunday 12:00 – 5:00 PM and by appointment.

MUSIC

Craftsbury Chamber Players present their 49th Summer Concert Series, in Hardwick and 34th season in Burlington! Wednesday, August 6, 8:00 PM, UVM Recital Hall, Redstone Campus, Burlington; Thursday, August 7, 8:00 PM, Hardwick Town House, Hardwick. This is a Beethoven summer! Concert IV opens with Beethoven's sparkling Trio in E-Flat Major for violin, cello and piano (OP. 1, #1) written when he was just 23. Though this is the composer's first published work, the emotional depth of his nature is already in evidence. Here he balances the three instruments beautifully. We hear Katherine Winterstein (violin), Mimi Hwang (cello) and Marcantonio Barone (piano). The second piece, Arthur Honeggers Sonatine in E Minor for violin and cello H.80 (1932) played by Mary Rowell (violin) and Mimi Hwang (cello) is a powerhouse of two part writing. Though a "romantic" in temperament, Honegger, like the other members of "Les Six," was deeply influenced by American jazz. The night concludes with the Sonata in G Minor for cello and piano (Op. 19) by Rachmaninov, the ultra-romantic Russian composer, played by Frances Rowell on the

cello, and Marcantonio Barone on piano. Tickets can be purchased at the door beginning at 7:30 PM, \$25 adults, \$10 students with ID; children 12 and under free. In the afternoon of the evening performances, Craftsbury players offer a free mini concert for children of all ages and their guests (Wednesday, 4:30 PM, UVM Recital Hall; Thursday, 2:00 PM, East Craftsbury Presbyterian Church). For more information, Jim West, 800-639-3443 or www.craftsburychamberplayers.org.

Westford Summer Concert Series, on the Common in Westford, 7:00 – 8:00 PM (except 8/17 starts at 6:00 PM). Bring a blanket or lawn chair. Rain location: Red Brick Meeting House. Co-sponsored by the Westford Library, Westford Recreation Dept., and the Westford Parenting/Education Committee. July 26: Mud Season, Westford rooted acoustic renditions of old and new folk, Americana, and contemporary; August 17: Bill Staines, folk music singer/songwriter.

THEATER/FILM

FlynnArts Fall Semester registration is open to the general public, with returning favorites and new opportunities in music, theater, and dance. For a brochure listing the full range of FlynnArts camps, classes, and programs, call 802-652-4548 x4, email flynnarts@flynncenter.org, or download a brochure at www.flynnarts.org.

Ring of Fire, Richard Maltby Jr.'s musical tribute to Johnny Cash, will run through Saturday, August 9 at St. Michael's Playhouse, Colchester. "Ring of Fire is the story of a man in search of his own soul," says Producing Artistic Director Chuck Tobin. "More than two dozen classic hits – including *I Walk the Line*, *Jackson*, *Folsom Prison Blues*, and *Ring of Fire* – paint a musical portrait of The Man in Black ... (a) salute to a uniquely American legend!" *Ring of Fire* features professional actor/musicians – Chris Blisset, Andrew Ross Crowe, Amanda Ryan Paige, Mike Rosengarten, Larry Tobias. Performances are evenings Thursday-Saturday, August 7-9 (8:00 PM curtain). Tickets may be purchased online at www.saintmichaelsplayhouse.org or by calling the Playhouse Box Office, 802-654-2281.

Ongoing continued from page 5

Fridays: Underhill Central School, 9:30 – 11:00 AM
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 at Westford Public Library. Stories and activities utilizing early literacy concepts for age's birth-preschool. Drop-in; no registration needed. We welcome new families. For more info, contact Victoria at 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 Town Hall in Underhill Center on the 1st and 3rd Wednesday of each month. All seniors are welcome. Dinner served at 11:30 AM. For information, Bette Workman, 899-4446, Loreen Teer, 899-1363 or Doug Keith 899-2582.

Westford Senior lunches – Join Westford Seniors for lunch at the Red Brick Meeting House on the Common, monthly on the 2nd Monday. No lunch in July or August. Lunch served at 12:00 noon with a short meeting or presentation following. Call 878-7405 or 879-7382 for information or for a ride.

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

"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, Fairfax, Tuesdays 7:00 – 8:00 PM and Saturdays 9:00 – 10:00 AM. Contact Pam Adams 370-4437 or pamaj68@aol.com.

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.

SUPPORT GROUPS

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

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.

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).

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

Eating Disorders Parental Support Group, 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.

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. For 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. For information, email John Quinn, jquinninv@aol.com.

Jericho-Underhill Water District meets 1st Monday of the month, United Church of Underhill, Underhill Flats, 7:00 PM. For 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. 899-2693 for information.

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

FARMERS' MARKETS

Jericho Farmers' Market, Mills Riverside Park, VT Rt. 15 between Jericho and Underhill, Thursdays through October 2, 3:00 – 6:30 PM, rain or shine. For more information contact Market Manager Kelly King, JerichoFarmersMarket@gmail.com, 802-343-9778.

THRIFT SHOPS & FOOD SHELVES

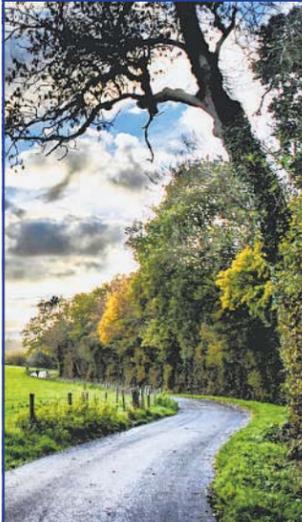
Clutter Barn Tag Sale dates: Saturday, August 30, 8:00 AM – 3:00 PM. Donations are accepted on all other Saturdays, 8:30 AM – 12:00 PM, through September 13. The Clutter Barn is located in Underhill Flats, between the Brick House and the United Church of Underhill.

Essex/Jericho/Underhill Food Shelf, 3rd Saturdays, 9:00 – 11:30 AM, at 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.

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Open House
08.16.14

{tender, loving, care}
we do that here

Of all the mysteries of pregnancy and giving birth, knowing who will be there to offer you full support shouldn't be one of them. We welcome you to join us on **Saturday, August 16th from 9-11 am** for a collaborative open house for Northwestern OB/GYN and the Family Birth Center. Come tour both facilities, meet our team, and learn about our new program—*Healthy Beginnings*. The morning will include refreshments and a chance to win dinner from a local restaurant.



Open house location:
Family Birth Center, NMC Main Building
133 Fairfield Street, St. Albans
From the Family Birth Center, we'll escort you to the Northwestern OB/GYN office as well.



Call us at (802) 524-BABY (2229) or visit Northwestern.org

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Fairfax - \$935,000

- Quality built home on 13+ acres. 2 story vaulted entry
- Master suite up with vaulted ceiling, dressing suite and bath with WI shower & claw foot tub
- 2 addtl bdrms up with bonus rm and grand guest bath. Screened in porch, A/C, oversized two car garage and room for pony barn



New Price! Jericho - \$625,000

- Neighborhood, privacy and 14A of common land. Exquisite detail
- 1.46A site. Fantastic cooks kitchen w/ custom cabinetry & expansive marble topped island
- Spacious master with cozy reading corner. 2 additional bedrooms, bath and large office
- Porch and sunny deck over pool



New Price! Fairfax - \$389,900

- Colonial w/ both 2 car attached and 2 car detached large garages
- Great master bedroom with cove ceiling. Custom tile walk-in shower with travertine stone
- 2 addtl bedrooms up w/ deluxe bath. 2nd floor bonus room. Lower level with exercise room. Fire pit on rear patio. 3+ acres.



New Price! Westford - \$359,900

- Post and beam style home loaded with charm on 15 acres
- Wide pine floors, formal dining rm. Kitchen w/ granite counter-tops, cherry cabinets & pantry
- Large master up with great sitting area. 2 addtl bedrooms
- lg tiled mudroom off covered porch and opens to rear yard