

Preserving a piece of Westford history

By Phyl Newbeck
Special to the Mountain Gazette

Nobody can pass by the Jackson property on Brookside Road in Westford without staring at the beautiful stone wall which is almost a mile long. Patrick Haller, who lives across the road, may have felt more strongly about that structure than others but townspeople generally agreed that the Jackson property was a treasure. Wendy Doane of the Planning Commission noted that Bob Jackson, himself, had a vision for what would happen to the house he grew up in after he was gone; his hope was that it would remain in agricultural use. Now, thanks to the work of Haller, Doane, and others, Westford residents will get a chance to vote on whether the iconic property should be permanently conserved.

Jackson and his three brothers kept the family farm going after the premature death of their parents; the oldest of the four was still a teenager when they were orphaned. One brother died young and another lost his leg at the wood mill, but the family persevered. When Jackson died in 2011, his daughter and son-in-law, Lynn and David Gauthier of Westford, inherited the land but weren't interested in living there. "On numerous occasions," Haller recalls, "Bob said he'd roll over in his grave if the property was developed and he'd hate to see the stone wall broken up." After Jackson's death, Haller and his wife Amber expressed an interest in purchasing the land but the Gauthiers' price was more than they could afford. In 2014, the Hallers invited the Gauthiers over for dinner and Lynn and David agreed to think about conserving the parcel.

Discussions with the Vermont Land Trust were initiated and the organization recognized the importance of the land to the community when 30 Westford residents walked the land on a cold and snowy October day. When VLT realized how fully engaged the town was in protecting the land, they came on board to help conserve it. "The sum of the land," Doane said, "is far greater than the parts and includes some real emotional attachment by the people of Westford."

The Gauthiers had the land appraised and at Haller's instigation, an emergency meeting was assembled in April of 2015 for members of various Westford boards and commissions. "It was a vision everyone could work with," Doane said of the conceptual plan that was presented. VLT helped what became the Jackson Farm and Forest Coordinating Committee successfully apply to the Vermont Housing and Conservation Board for a grant. The land is now under contract. The final cost of the project is \$630,000, with roughly two-thirds covered by the grant. In November, a ballot item will ask the town for a sum not to exceed \$185,000 to cover the rest of the purchase, and the committee will also try to secure \$50,000 in private donations.

The closing date for the property is set for next summer if voters approve the municipal funding and the additional private funds are raised. The plan is for the forested portion to become a 130-acre



town forest, and the hope is that a network of trails will connect to existing trails on the Westford School property. Forty-two acres of open meadow will be farmed by the Pouliot family, thanks to a conservation easement. In addition, a portion of the northern meadow will be used for an in-ground leach field. Doane notes that most of the septic systems in the Town Center are failing and no further development can take place there without additional wastewater capacity.

Bob Heiser of the Vermont Land Trust is enthusiastic about the project. "This has been an amazing, community-led effort from the beginning," he said. "The Jackson Farm clearly means a lot to the residents of Westford, for both practical and emotional reasons, and it is inspiring to see how hard they are working to protect the farm and forestland as enduring features of their town."

Haller reports that he used to see a neighbor walk her dog past the stone wall every day, and then for a while he didn't see her. She told him that the thought of losing the iconic property hurt her so much that she couldn't bear to walk by, but now that she has hope it will be protected, she has resumed her walks. "This property nails every aspect of our town vision," Haller said. "This is Westford."

Blood donations needed in the final weeks of summer

The American Red Cross urges blood donors to give in the final weeks of summer to help overcome a critical summer blood shortage.

The summer months are among the most challenging times of years to collect enough blood and platelet donations to meet patient needs. Many regular donors delay giving while they take vacation and participate in summer activities.

Donors of all blood types are urgently needed to give now to help ensure blood is available for patients in need. Those who donated blood earlier this summer may be eligible to donate again. Blood can be safely donated every 56 days, and double red cells (www.redcrossblood.org/donating-blood/types-donations#double_red) can be donated every 112 days. In appreciation for helping to save lives, those who come to donate blood or platelets with the Red Cross now through August 31 will receive a \$5 Amazon.com gift card claim code.

Schedule an appointment to give blood by downloading the free Red Cross Blood Donor App, www.redcrossblood.org/bloodapp, visiting www.redcrossblood.org, or calling 1-800-RED CROSS (1-800-733-2767). To help reduce wait times, donors are encouraged to make appointments and complete the RapidPass online health history questionnaire at www.redcrossblood.org/rapidpass.

Upcoming blood donation opportunities:
 Tuesday, August 16, 12:30 PM – 6:00 PM, St. Jude's Parish Hall, VT Rt. 116, Hinesburg
 Wednesday, August 17, 11:30 AM – 5:00 PM, Congregational Church, 20 Church St., Richmond
 Friday, August 19, 10:00 AM – 3:00 PM, VFW Post 6689, 73 Pearl St., Essex Junction
 Sunday, August 21, 11:00 AM – 4:00 PM, Burlington Town Center, upper level between Spencer's and Famous Footwear, Burlington
 Monday, August 22, 11:00 AM – 4:00 PM, Holy Family Church, 4 Prospect St., Essex Junction
 Monday, August 22, 9:00 AM – 2:00 PM, UVM Medical Center, 111 Colchester Ave., Burlington
 Thursday, August 25, 11:00 AM – 4:00 PM, Heritage Automotive Group, 1600 Shelburne Rd., S. Burlington
 Saturday, August 27, 11:00 AM – 4:00 PM, Essex Cinema, 21 Essex Way
 Tuesday, August 30, 10:00 AM – 3:00 PM, The Residence at Shelburne Bay, 185 Pine Haven Shores Rd., Shelburne
 Wednesday, August 31, 11:00 AM – 4:00 PM, CSWD, 1021 Redmond Rd., Williston

Jericho Market celebrates Grand Opening with ribbon-cutting ceremony



Mike Comeau of Jericho, VT, in conjunction with PeakCM, is excited to announce the grand opening of Jericho Market!

This market joins a quartet of stores currently owned by Comeau, including Richmond Market and Beverage, est. 2010; Village Market of Waterbury, est. 2001; Johnson's Sterling Market, est. 2013; and Shelburne Market, which Comeau purchased in July 2015. Starting out with a corner market in Richmond in 2004, what was then a modest vision has since evolved into five successful and community-oriented full-service markets employing over 200 Vermonters.

The goal of this project is to provide Jericho with a clean, friendly, and affordable place for people to buy their groceries, whether they are conventional or local and organic. The renovated sawmill still visibly has many of the original features and was designed to be as energy efficient as possible, both in regard to building technique and the equipment housed in the store itself.

Mike would like to extend a sincere thank-you to everyone who has been a part of this venture. Without the support of his entire team of employees, the vendors who supply these five stores – especially Associated Grocers of New England, as well as Lisa Overton and the People's United Bank, the Villeneuve family, PeakCM, and of course the town of Jericho. Without their support this project would not have turned out to be the labor of love and perseverance that it is.

PeakCM, the construction company on the project, based out of Winooski, VT, with an office also in Orlando, FL, specializes in commercial construction including entertainment/hospitality, office buildings, medical, airport, general commercial, renovation, and custom building design like the Jericho Market. PeakCM was responsible for the permitting, design coordination, budgeting, estimating, scheduling, and all aspects of construction for this project.

PeakCM would like to recognize the design team of Gardner Kilcoyne Architects, Dubois & King, Hardy Structural Engineering, and Trudell Consulting Engineers for a very well designed and efficient building and site. In addition, PeakCM would like to thank the town of Jericho for their valued input and assistance during the permitting and design process, and Northfield Savings Bank for their responsiveness and assistance during pre-construction and funding throughout this project. Finally, PeakCM would like to thank all the subcontractors and suppliers that worked on this project, as it is you who make PeakCM stand out and succeed.

With that said, it is with great pleasure that we invite you to a ribbon-cutting ceremony for Jericho Market on Tuesday, August 16, 2016 at 1:00 PM. The ceremony will be followed up with refreshments and a tour of the new market before it opens to the public at 7:00 AM on Wednesday, August 17. We hope that you will all join us in celebration of this new venture.

Underhill native is Never Homeless

Ben Larson was born and raised in Underhill, graduated from Mount Mansfield Union High School, and has spent the past several years traveling around – from Norway to Alaska to Tasmania. Back at home for the summer, he just completed his first book about his travels. He spent the past winter hitchhiking across Australia and New Zealand, and *Never Homeless* chronicles the wild adventures that ensued.

The book is a collection of stories filled with wild characters, absurd coincidences, unlikely friendships, and lucky breaks encountered as he hitchhiked around Australia and New Zealand armed with only his guitar, backpack, and wits. Along the way, Larson joined a cult, interviewed a professional snake catcher, fought a Tasmanian guitar duel, and skied a volcano in his underwear, along with many more adventures.

The major themes of many of the stories are the power of music to bring people together and the incredible kindness of complete strangers who have no qualms about inviting travelers to share in their often unique lifestyles.

Larson likes to joke that reading this book will make readers almost 10% more likely to quit their job and set forth immediately for the wild places of the world.

The Clutter Barn

Was it really nearly four months ago that we started talking about the opening date of the Clutter Barn? As the 2016 season draws to an end, we are exceedingly grateful for the continued support of our mission by the Underhill/Jericho and extended communities. We also extend thanks to the *Mountain Gazette* and Front Porch Forum for helping us spread the word. It has been a wonderfully successful season!

But we're not quite done yet! We will have one more summer Tag Sale on *Saturday, August 27* at the usual time, 8:00 AM – 3:00 PM. Donations of gently used household items come in weekly, so there's always something new to discover among our inventory. We still have some collectables looking for a new home, some very nice fabric for our sewing customers, lots of knick-knacks and holiday accessories, office supplies, art work and frames, winter clothing for the whole family, an assortment of linens, kitchen items and small electrical appliances, a few articles of furniture, and much more! Our volunteers will be on hand to welcome and assist you.

We will still accept donations on Saturdays, August 20 and September 3 and 10; then we will take a break in order to get the Clutter Barn ready to greet the public at the annual United Church of Underhill Old Fashioned Harvest Market, Saturday-Sunday, September 24-25, that spreads out over "the green" at Underhill Flats, the church grounds, and within the church, offering entertainment, crafters, refreshment, silent auction, children's games – and two days filled with fun and excitement! Mark your calendars for August 27 and September 24 and 25. Come! Bring your family and your friends. Don't miss out on these two special community events.

Starksboro hop growers to share experiences

The owners of Homestead Hops in Starksboro will share their experiences with starting a hopyard at a University of Vermont (UVM) Extension-sponsored field day on Thursday, September 1.

Kelly and Kathleen Norris will describe the investments, start-up challenges, and other steps they took to establish their hopyard in 2014. Growers also will have an opportunity to view the irrigation pond they built along with a recently purchased harvester, air blast sprayer, and other equipment. In addition, Heather Darby, an agronomist with the UVM Extension Northwest Crops and Soils Program, will update farmers on UVM hops research. The program will run from 3:00 – 6:00 PM. Light refreshments will be served.

The event, which will take place at the hopyard, 2951 VT Rt. 17, is free but registration is requested by Tuesday, August 30. Growers may register online at <http://homesteadhops.eventbrite.com> or by contacting Susan Brouillette, 802-524-6501, ext. 432, or 800-639-2130 (toll-free in Vermont).

COMING EVENTS



Hard to beat floating a little boat down a little river in summer! Audubon Vermont offers a preschool program to the public on Thursday, August 18, 9:00 – 10:30 AM. For information including cost and to preregister, 434-3068 or vermont@audubon.org.

PHOTO CONTRIBUTED

Thursday, August 18

Hot Dish Supper, servings at 5:00 and 6:00 PM, Binghamville United Methodist Church, Fletcher. Adults \$10, children under \$12, \$5. Families welcome. Menu includes a variety of hot dishes, hash, baked beans, salads, rolls, pickles, and pie. To reserve tickets, call 849-2120.

Open House: A Spirited Evening of Entertainment, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Come in out of the heat, and join us for a spirited evening of entertainment! The event will feature tastings and cocktails by Appalachian Gap Distillery, a PinBox 3000 Arcade, and adult coloring activities. Phoenix Books will provide coloring templates and tools, but attendees are also welcome to bring their own coloring supplies. Free admission to event. Cash bar for adults aged 21 or older only; please be sure to bring an acceptable photo ID. Information: www.phoenixbooks.biz or 448-3350.

Down By the River, 9:00 – 10:30 AM, Audubon Vermont, 255 Sherman Hollow Rd., Huntington. Visit the water on a hot summer's day with this preschool program. Turn over river rocks and sand, find water striders and salamanders, build boats and watch them float. For ages 3-5 with adult. Members: \$8 adult-child pair; non-members \$10. Additional child \$4. Preregistration required, 434-3068. Information: vermont@audubon.org.

Saturday, August 20

Craft Fair /Flea Market, 9:00 AM – 3:00 PM, Hinesburg Fire Department, Hinesburg. Sponsored by Life's Helpers Inc. Still looking for a few vendors; if interested, call Penny, 434-6053.

Thursday, August 25

Riverine: A Memoir From Anywhere But Here, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Angela Palm to celebrate the launch of her new memoir. The winner of the Graywolf Press Nonfiction Prize, *Riverine* is a collection of essays on place, young love, and a life-altering crime. Angela Palm is the editor of an anthology of Vermont writers, *Please Do Not Remove*.

She lives in Burlington. Tickets \$3 per person include coupon for \$5 off a book by the author. Coupons expire at closing the evening of the event. Seating is limited. Information: www.phoenixbooks.biz or 448-3350.

Saturday, August 27

Bird Monitoring Walk, 7:30 – 9:00 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Join fellow birders for this monthly monitoring walk on the Museum property. Most fun for adults, older children; birding experience optional. Please bring your own binoculars. Free; please pre-register. 802-434-2167 or museum@birdsofvermont.org.

Sunday, September 4

Sundays for Fledglings, 2:00 – 3:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Kids explore the world of birds from feathers to flying, from art to zoology. Develop *mad skillz* in observation, research, and goofing around. Earn a Junior Birder Badge! Perfect for kids aged 5-10 (siblings welcome), this program is offered as a series on almost every Sunday from May to October. Our September (4, 11, 18, 25) theme is: Changes for the Birds. Free with admission; donations welcome. Pre-registration helpful, 802-434-2167 or museum@birdsofvermont.org.

Saturday, September 10

Fall Volunteer Work Party, 10:00 AM – 2:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Come for an hour or all day – bring yourself, a friend, a family. Lots of outdoor and indoor tasks from window netting, cleaning, trail work, prepping for Open Studio, and more. All are welcome! Lunch provided to those who preregister. If you can't come this day, please consider a couple of hours, another day, a weekly rotation, or something else! Whether you are out in the meadow, helping visitors at the front desk, or deep in the office, we would love your company and assistance. We train, too. 802-434-2167 or museum@birdsofvermont.org.

Sunday, September 11

Huntington Chicken BBQ, servings 11:00 AM – 2:00 PM or till all are served, Brewster-Pierce Elementary School parking lot, Huntington Center. The Lacaillade family grills the chickens for this event to benefit HELD, the Huntington Endowment for Library Development, which supports the Huntington Public Library. The meal features a slow-roasted half chicken, baked beans, fresh dinner roll, homemade pie, beverage, and a choice of seven fresh salads made with local vegetables and fresh herbs. A variety of choices are to be had to suit the needs of all; vegetarian option available. \$12 half chicken dinner; \$9 salads dinner; \$6.50 under-12 child's chicken dinner. Tickets available at the door or reserve your meal by calling 434-4583 or 434-2690. Takeouts available. Half chickens for the freezer will be available for \$7 and whole pies will be available for \$16, beginning at 12:30 PM.

Wild Mushrooms of Autumn, 1:00 – 3:00 PM, Audubon Vermont, 255 Sherman Hollow Rd., Huntington. Join Ari Rockland-Miller of The Mushroom Forager (www.themushroomforager.com) for an introduction to gourmet and medicinal wild mushrooms of autumn. Then, head into the woods around the Green Mountain Audubon Center to seek the mushrooms on the ForageCast, including porcini,

lion's mane, yellowfoot chanterelles, and hedgehog mushrooms. Participants will receive a September ForageCast handout for the region. For ages 12 and up. Members: \$25; non-members \$30. For more information and a link to registration page <http://vt.audubon.org/events/wild-mushrooms-autumn> or 434-3068.

5K Fun Run and Walk on Labor Day

Cambridge Area Rotary (CAR) presents the 29th 5K Fun Run and Walk on Labor Day, Monday, September 5. Start time is 9:30 AM.

Runners and walkers of all ability levels and ages encouraged to participate. Clubs and school teams of three or more will get special rate when they register as a group!

This spirited event is quite popular and brings many community members and businesses together for a charitable cause. The proceeds go to fund a variety of community service projects throughout Lamoille County, including Winter Wellness Days at Smugglers' Notch, the Cambridge Community Skating Rink, and literacy programs being conducted throughout Lamoille County Schools.

The 5K (3.1 miles) course begins on Lower Valley Road between the Cambridge Village Market and the Cambridge Post Office. Head south toward Pleasant Valley, turn left onto Bryce Road, turn left onto Williamson Rd, turn left onto Upper Pleasant Valley Road, cross Church Street onto Maple Street, turn right onto Depot Street, cross Main Street onto School Street, and finish at the Cambridge Community Center. The course is asphalt and hard-packed dirt roads.

In-person registration and packet pickup Sunday, September 4, 5:00 – 6:30 PM outside the Cambridge Post Office, or the morning of the race from 7:30 – 9:00 AM outside the Cambridge Community Center. If registering day of race, arrive early and allow extra time. Entry fee (before 8/27, after add \$5): adult \$15, youth 12 and under \$10, older youths 60+ \$10; family (adult and one child) \$20, student club/team (three or more participants) \$10 each.

Divisions: male and female: 9 and under, 10-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, and 80+. Awards for female and male first place finishers in each division.

All participants are eligible for raffle and door prizes! On race day, everyone will need to park at the Cambridge Community center, with overflow at the Cambridge Elementary School. Bus service will be provided to the starting line between 8:00 – 9:00 AM.

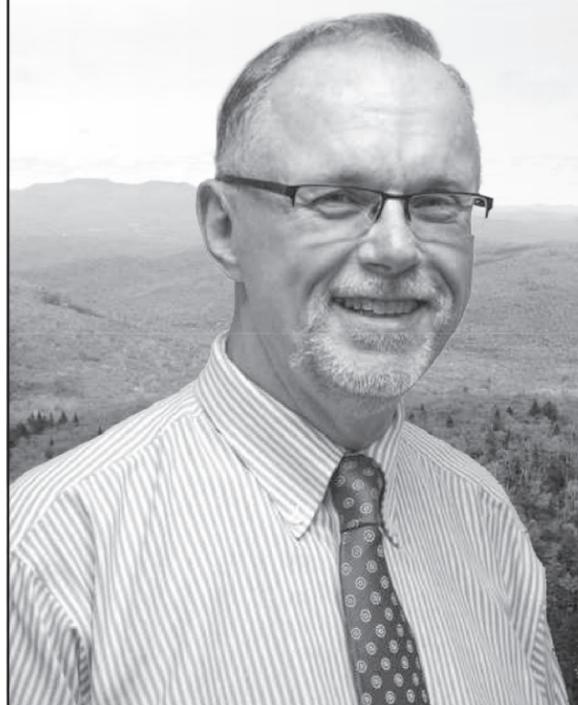
Please note: there will be a water station at the finish line only. Also, we love your pets but please leave them at home.

CAR is pleased to be partnering with Cambridge 360 and The Cambridge Community Center in celebrating their Grand Opening at the finish line immediately following the completion of the race. Race tabulation and snacks will be inside the Community Center.

You can register online at <https://www.raceplanner.com/register/index/29th-annual-cambridge-5k-funrun-and-walk?sid=a8ede88b7c1438f8d260155c4e490fd>, or request a paper registration form by email to Sam Lotto, swlvt@together.net. For more information, email or call Sam, Chair 2016 Cambridge Area Rotary Fun Run and Walk, at 802-793-5509.

As Chittenden-3's representative in the House, Bill will be your voice to:

- ▶ Reduce the ever-increasing tax burden on the middle class
- ▶ Empower local communities with more control—from energy siting decisions to education
- ▶ Say NO to the carbon tax



**Jericho
and
Underhill**

As a resident of Underhill, Bill has spent the last several years advocating for the issues that matter the most to the hard working families in our state.

- ▶ I have lived in Underhill for the past 14 years.
- ▶ I attended Canisius and Siena Colleges studying Political Science.
- ▶ Recently retired after 30 years in the hotel and airline business, managing both full and limited service hotels in the Northeast, along with being a Brand and Opening Specialist Director for 16 years with Choice Hotels International.
- ▶ Active in St. Thomas Church, in Underhill Center, as well as the Knights of Columbus #7810.
- ▶ Serves on the Audit Committee for the Essex-Jericho-Underhill Ecumenical Ministry Food Shelve.
- ▶ Owner of the WJLawrenceConsulting, LLC.

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LETTER TO THE EDITOR

Sirotkin thanks voters

To the Editor,

I want to thank the voters of Bolton, Jericho, Underhill, and Westford for the strong support given me in the August 9 Senate Democratic primary, and for coming out to vote in such large numbers. With eleven qualified candidates, it was indeed a competitive and positive primary. I look forward to continuing to earn your support in November and, hopefully, will be honored and privileged to continue to represent Chittenden County in the Vermont Senate. Thank you.

Senator Michael Sirotkin
Chittenden district

VOLUNTEER OPPORTUNITIES

By Sue Alenick, United Way Volunteer Columnist

Volunteer! United Way of Northwest Vermont's mobile-friendly Volunteer Connection search platform connects you to hundreds of volunteer needs. Search by age, date, county or interest; search for nonprofits by causes that are meaningful; "fan" your favorite nonprofit and get an email when they post new needs. Now volunteers have even more ways to stay connected to community needs. Go to www.unitedwaynwvt.galaxydigital.com or contact us at volctr@unitedwaynwvt.org or 860-1677.

TAKING STEPS – Steps to End Domestic Violence provides a safe living space for those fleeing and surviving abuse. Up to 15 residents share a weeknight dinner and provide support for each other. Volunteers can help by bringing a prepared meal to a drop-off location or having a meal picked up at the volunteer's location. Contact Kim Jordan, 658-3131, Ext. 1081, or kimj@stepsvt.org.

ADAPTIVE SPORTS – Vermont Adaptive Ski & Sports is searching for energetic, dedicated individuals with a passion for outdoor recreation to instruct participants with disabilities in activities such as paddling, cycling, mountain biking, climbing, skiing, snowboarding, Nordic skiing, and more. Training provided. Contact Maggie Burke, 786-4991, Ext. 30, or managingdirector@vermontadaptive.org.

ENTERTAINERS NEEDED – VNA Adult Day Program invites talented volunteers to perform for a group of 15-20 individuals by playing instruments, dancing, or singing. Flexible scheduling. Background check required. Contact Donna LaFromboise-Perretta, 860-4458 or lafromboiseperretta@vna.org.

COMING EVENTS – Several local groups are planning special events in the coming weeks and need volunteers to help make their efforts a success: **Let's Grow Kids** has tables at Vermont fairs to provide information and to entertain kids with a giant *Chutes & Ladders* game. Volunteers are needed to staff the booth, help children play the game, and get pledges signed. Various shifts available August 26-September 4 at the Fair Grounds in Essex Junction. Training provided. Contact Shayla Zammuto, 448-4409 or Shayla@letsgrowkids.org. **Catamount Trail Association** invites volunteers to help at the Race to the Top in Stowe, August 27 and 28. Volunteers can help with parking, registration, course and venue set-up, water stations, shuttle driving, awards ceremony, photography/digital video, and more. Volunteers receive a t-shirt, raffle ticket, and entry to the barbecue! Contact Amy Kelsey, 864-5794 or akelsey@catamounttrail.org. **Howard Center** is planning Zoe's Race, a fun, festive 1K or 5K walk/run on August 28, from 7:00 AM – 12:00 PM in Oakledge Park, Burlington in support of their "making Homes Accessible" program. Volunteers can help with registration, course support, food service, set up, clean up, and more. Prep work help is also needed during the week of August 22. Contact Denise Vignoe, 488-6912 or dvignoe@howardcenter.org.

SHOPPING SMART – Mercy Connections needs volunteers to help support their work by grocery shopping for their weekly community meal. Purchase quality food from a provided list for a meal to serving 40 people. Shopping can be done on Monday, Tuesday, or early Wednesday, and volunteers are invited to join the Thursday meal. The program runs September-June. Contact Darrell Morris, 846-7063 or dmorris@mercyconnections.org.

A DRIVING NEED – Green Mountain Transit provides volunteer drivers to transport seniors and individuals with disabilities who live beyond regular fixed route bus service in Franklin and Grand Isle regions. Volunteers are needed for trips to medical appointments, shopping, social visits, and community events. A valid driver's license, auto insurance, and a good driving record are required, and drivers are reimbursed for mileage. Contact Patti Chadwick, 527-2181 or pchadwick@gmtaride.org.

COLLEGE HONORS

Patrick Aselin of Jericho, VT was named to the spring 2016 Dean's List at Rensselaer Polytechnic Institute, Troy, NY.

Marina Bowie of Jericho, VT earned highest honors and was named to the spring 2016 Dean's List at the University of New Hampshire, Durham, NH.

Ethan Brooks of Waterbury, VT has been named to the spring 2016 Dean's List at Champlain College, Burlington, VT. Brooks is majoring in Computer Science and Innovation.

Hailey Burkhard of Underhill, VT made the spring 2016 Dean's List at Rochester Institute of Technology, Rochester, NY, where she is studying Mechanical Engineering.

Kayla Bushey of Waterbury, VT has been named to the spring 2016 President's List at Champlain College, Burlington, VT. Bushey is majoring in Accounting, Forensic Accounting, Human Resource Management, Organizational Development, Project Management, Accounting, Advanced Accounting, Management, Cost Accounting, Accounting.

Alex Carrier of Jericho, VT has been named to the spring 2016 Dean's List at Champlain College, Burlington, VT. Carrier is majoring in Criminal Justice.

Moya R. Cavanagh of Underhill, VT has been named to the spring 2016 Dean's List at St. Lawrence University in Canton, NY. Cavanagh, a member of the class of 2016, is majoring in global studies. She attended Mount Mansfield Union High School, Jericho, VT.

Alexander Clift of Jericho, VT, a Music Education major, was named to the spring 2016 Dean's List in the School of Music at Ithaca College, Ithaca, NY.

Kira Clokey of Jericho, VT has earned Dean's List honors at Becker College, Worcester, MA for spring 2016. Clokey, who is majoring in nursing, was also inducted into Alpha Lambda Delta.

College Honors continued on page 4

COMMUNITY COLUMNS

My Birds

By Sue Kusserow

Special to the Mountain Gazette

Of course they are not my birds, but let me explain. I moved from my large home to my current home, which is located on the second floor next to my daughter's family. One of the first things I did was to mount a wide board on two brackets outside the east window. This is now filled with sunflower seeds, millet mix, a small dish of water, and a brick of suet with seeds. I can therefore feed birds all summer, since no bear or raccoon that I know of can climb that high. And a further advantage: the slant of the light and the location of a comfy couch means that I can sit and watch the birds, with the shadow of the room making me almost invisible. Yet the birds are two to three feet away. (Ornithologists: please let me know if this is a harmful disruption of the usual schedule.)

I have always enjoyed birds; this is a rare opportunity to learn more. The chickadees are the most constant visitors. They visit in twos or threes, with their *dipping, cheery* flight giving them away before they arrive. Generally, they take only one sunflower seed and fly back to the safety of a tree. I have rarely seen them stay for any length of time. Perhaps the addition of husked sunflower seeds *confused* them. Where did the covers go? The arrival of the *dreaded* blue jay sends them chirping to their *favorite* maple tree; I learned recently that the number of "ending notes" to their call indicates the degree of danger they are announcing: the more "dee, dee, dee" the greater the danger. Some seem to have a slightly different coloring than the others, but there are no notations in Sibley that verify this. (David Allen Sibley's *Guide to Birds* is the current bible in this field, although I grew up on Roger Tory Peterson's Audubon series.)

At first glance, I sometimes mistake the nuthatch for his *pals*, since they both are about the same size. The nuthatch is more *acrobatic*, sometimes holding on to the screen (upside down) before he flips onto the feeding tray. He has a thin, *fierce-looking* bill, which seems quite effective in spearing into the suet. But the experts in this are the two pairs of woodpeckers (downy and hairy), who spend quite a bit of time pecking away, making loud (for a bird) noises, pounding on the wooden board. But even more arresting is their arrival call: not quite a squawk, but certainly a very commanding chirp. Both pairs have gotten used to me, and don't seem to even notice. When you can see the nictitating membrane move across the eye, you are quite close! The males have a *perky* red toque; otherwise both species are quite alike, except for size. (N.B. the symbol for male is taken from the sword and shield of Mars; the female symbol is the mirror of Venus.) All of them have spent enough time in the suet tub to get their usually-white breasts rather greasy and dirty-looking. But I suppose when food is this plentiful, even a bird might go rather *wild*.

I have a pair of cardinals nesting in the well-leafed pear tree and within easy distance of the feeder. The male is *amazing*: pure bright red, with a black mask around his eyes and bill. The female colors are more subtle and therefore in a way more *interesting*. Her wings are a rosy red, and the flanks and belly a soft yellow-tan. In the early part of the season, I could watch the male courting the female: working the sunflower seed out of its husk and feeding it to her. They do command the feeder, both in color and dominance, when sitting side-by-side.

What will scare all the birds away, though, is a blue jay of the *notorious* crow family... a very wary bird, who chases away the other birds, and quickly eats and flies off. If you can catch a member of the goldfinch family coming in to feed, they have a very characteristic bounding flight, and usually come as a group. Then the little redpolls (part of the grosbeak family) follow, with their small *hats* of rusty red. These birds have some of the most functional bills: comparatively large, strong... the pliers of the bird world. But they would not be here had they not evolved into the most effective way to get food.

My prize has been a rose breasted grosbeak, one of the most *beautiful* of songsters. My Dad would say, "like a robin who took singing lessons." The bright candy-pink on the breast and the inside of the wings is *astoundingly* beautiful. I only saw my *friend* once, but I am glad he visited!

As I write this, a new sight surprises me: a blue jay eating husked sunflower seeds on one end of the feeding board, and a hairy woodpecker taking a drink of water out of the small cup on the other end.

I have, and will, learn a great deal. I remember a lesson taught by the scientists in my family: A famous ichthyologist, Louis Agassiz, told his graduate student to go to the aquarium and watch a small fish and then report his observations. The student spent a long afternoon, finished, and came back with all sorts of information: all that was possible, he thought. Agassiz sent him back... and he spent the next month... observing!

And so we learn.

You will notice that some of the words above are in italics. In going over the writing, it made me realize how much of what we attribute to other species is molded to fit our human definitions. It's called anthropomorphism... a wonderfully descriptive word that can be over used, but often unites we human learners via visual descriptions within our own sphere.

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Iron is important for everyone, not just Tony Stark (aka Iron Man)

By Lewis First, MD

Chief of Pediatrics at UVM Children's Hospital

Parents of toddlers are frequently putting their irons into the fire and asking me questions about how to prevent their child from getting iron deficiency anemia. Well, being the iron man that I am – *not* – let me provide some information on this topic.

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

The most common reasons for iron deficiency are not eating enough foods that contain iron or needing an extra supply for growth, which is why this problem is most commonly seen in infants and teens, especially teen girls. In fact, recent studies suggest that as many as 12-15 percent of infants and toddlers may be iron deficient.

So what can be done about this? The American Academy of Pediatrics recommends varying the amounts of iron based on a child's age. For example, infants in their first year of life need 11 milligrams of iron daily. If infants are being exclusively breastfed, they will likely need to be started on an oral iron supplement anywhere from one month of age, if a preterm infant, and no later than four months of age, if term.

Iron-fortified solids like cereals are started around six months of age. Your baby's doctor can help determine the right amount of iron for your baby if you are exclusively breastfeeding for the first six months of your baby's life (which hopefully you are).

Infants on formula should have enough iron in their formula to meet the 11 milligram requirement and not need an oral supplement prior to starting solids. Most importantly, no baby, breast- or formula-fed, should be started on whole milk before a year of age. Whole milk is low in iron and can decrease the absorption of iron from other foods if more than 24 ounces are drunk a day.

Toddlers and children up to age 12 need 7-10 mg of iron a day, which they can get from lean red meats, fish, poultry, green leafy vegetables, and iron-fortified breads and cereals. During adolescence, the daily iron requirement goes up again, with males needing 12 mg and females 15 mg a day. Athletes may need more.

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HEALTH INFORMATION

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

AARP Smart Driver Course, Tuesday, August 23, 4:00 – 9:00 PM, Northwestern Medical Center, Green Mountain Room, St. Albans. This four-hour refresher course is open to all drivers 50 years and older. The curriculum addresses the normal physical changes brought on by the aging process, how these changes can affect driving ability and then offers ways to compensate for those changes. The course also addresses changes in vehicles, regulations and roads. Participants will also learn how to interact with other road users, including truckers, bikers, pedestrians and distracted drivers. Preregistration required; call AARP instructor Doug Masson, 802-644-8310. Fee \$15 for AARP members, \$20 non-members.

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. Preregistration 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 Freedom, AFAA. NMC Wellness & Fitness Room. Pre-registration required; contact Stephanie, 802-288-1141 or stephanie.freedom@gmail.com to register or for more information. Free for the first eight weeks, then \$40 for open gym access.

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.

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.

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).

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.

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.

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.

SHADOWS OF THE MOON Autism Support Group – for 1:1 phone support, please call Cheryl, 802-868-3658, or Laura, 802-849-2817.

Alzheimer's Support group – This group for those with Alzheimer's 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.

Breastfeeding and You – the VT Dept. of Health's FREE breastfeeding prep class for new moms, family members, and moms-to-be will be held Tuesday, August 30, 12:00 – 1:30 PM at the VT Dept. of Health, St. Albans District Office, Federal St., St. Albans. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions, and get real-life answers. You can do it, WIC can help!

Free Monthly Events in Franklin and Grand Isle Counties for Pregnant and Breastfeeding Women: Breastfeeding Moms Group, first Wednesday of each month, 10:30 AM – 12:00 PM. Meet once a month for snacks, crafting activities, making baby blankets, and get information from the experts. Call 393-6591 for location and to register. **Breastfeeding and Infant Massage Group**, second Wednesday of each month, 9:30 – 11:15 AM, Alburgh Library. Join other moms and babies to learn how to massage your baby and discover more about breastfeeding and parenting. No registration necessary. **Latch On! Discussion Group**, third Saturday of each month, 10:00 AM – 12:00 PM, Family Birth Center, Northwestern Medical Center. Learn about breastfeeding and share your stories. Enjoy light refreshments and connect with other Moms. No registration necessary.

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. 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.

College Honors continued from page 3

Jack Colelli of Jericho, VT, a member of the class of 2018, has been named to the spring 2016 Dean's List at Tufts University, Medford, MA.

Lillian M. Devereux of Jericho, VT has been named to the spring 2016 Dean's List at St. Lawrence University in Canton, NY. Devereux, a member of the class of 2019, attended Mount Mansfield Union High School, Jericho, VT.

Bethany M. DeMuyneck of Underhill, VT has been named to the spring 2016 Dean's List at St. Lawrence University in Canton, NY. DeMuyneck, a member of the class of 2018, attended Mount Mansfield Union High School, Jericho, VT.

Andrea Duncan of Underhill, VT was named to the Dean's List for the spring 2016 semester at Rensselaer Polytechnic Institute, Troy, NY. Duncan studies Biomedical Engineering.

Kaylee Ferris of Waterbury, VT was named to the spring 2016 Dean's List at Mount Ida College, Newton, MA. She is a Veterinary Technology major.

Callan Gravel-Pucillo of Jericho, VT, a member of the class of 2018, has been named to the spring 2016 Dean's List at Tufts University, Medford, MA.

Theresa Gwozdz of Westford, VT has been named to the spring 2016 Dean's List at Champlain College, Burlington, VT. Gwozdz is majoring in Early Childhood/Elementary Education.

India Harvey of Waterbury, VT has been named to the spring 2016 Dean's List at St. Lawrence University in Canton, NY. Harvey, a member of the class of 2018, attended Harwood Union High School, Moretown, VT.

Lauren Irish of Westford, VT earned highest honors and was named to the spring 2016 Dean's List at the University of New Hampshire, Durham, NH.

Corinne J. Jacobsen of Westford, VT has been named to the spring 2016 Dean's List at St. Lawrence University in Canton, NY. Jacobsen, a member of the class of 2018, is majoring in history. She attended Essex High School, Essex, VT.

Kayla Mazza of Bolton, VT has been named to the spring 2016 Dean's List at Champlain College, Burlington, VT. Mazza is majoring in Professional Writing, Communication, Accounting.

Elizabeth McMurray of Cambridge, VT has been named to the spring 2016 Dean's List at Champlain College, Burlington, VT. McMurray is majoring in Social Work.

Emily A. Mulvihill of Underhill, VT has been named to the

COLLEGE NOTES

Danielle Allendorf of Underhill, VT received her Certificate of Completion in Professional Photography from the Hallmark Institute of Photography in Turners Falls, MA, graduating on June 24, 2016. She received the Outstanding Achievement Award for the Highest Class Credit (GPA) in her graduating class. Her portfolio was selected as one of the top 10% in her class; She received the Award of Achievement for Outstanding Portfolio Imagery. She graduated from the University of Vermont in May of 2015 with a degree in business administration. She specializes in weddings, portraits, and food. For more information see her website at www.dallendorfphotography.com and connect with her on social media: Instagram @dallendorfphoto, Facebook Danielle Allendorf Photography.



PHOTO CONTRIBUTED

ART / MUSIC / THEATER

ART/PHOTOGRAPHY

Call to artists: The Art of Horror – the S.P.A.C.E. Gallery and Back Space, 266 Pine St., Burlington is looking for artwork that best defines the “art of horror.” The work should represent the beautiful side of decay, the finer points of bloodletting, and that special something inside a depraved mind. Artwork should be thematically appropriate and must display a reasonable degree of skill and ability. We will accept 2-D, 3-D, and photography. The “Art of Horror” is a juried show, with curators Beth Robinson and Sarah Vogelsang-Card who will choose pieces that best define the “art of horror.” The chosen collection will be on exhibit at S.P.A.C.E. Gallery and Back Space from October 1-29. The kick-off party will be Saturday, October 1, 6:00 – 11:00 PM with fire, dance, burlesque, vaudeville, bands, DJs and possible cricket eating. Deadline for entries is Monday, September 12 at midnight. This is a firm deadline. Submit your entry online: <https://form.jotform.com/62167415147152>. All entries must be for sale except for special circumstances (i.e., conceptual /performance art). Up to five entries per artist. Work must be ready to hang on wall or install on a pedestal. Submission fee \$15 does not guarantee placement in the show. Performance art wanted! Please submit a proposal of performance art to be executed at the Saturday, October 1 opening kick-off to Sarah Vogelsang-Card, s.vogelsang@hotmail.com. We are looking for dark, creepy, and highly entertaining and/or conceptual acts to celebrate the Art of Horror. More information at www.facebook.com/artofhorrorvt/.

Bryan Memorial Gallery presents Robert Douglas Hunter and his students in its Main Gallery, through Monday, September 5. The exhibit includes 24 landscapes and still life paintings by Hunter, considered the Dean of the Boston School of Painting in the 20th century. It also includes 60 works by 20 of his students in over 40 years of teaching. A digital preview of this exhibit can be seen at www.bryangallery.org. Bryan Memorial Gallery, 180 Main St., Jeffersonville; 802-644-5100. Gallery hours: 11:00 AM – 5:00 PM daily, and by appointment at any time.

In Layers: The Art of the Egg is a community art show focused on the beauty, biology, and essence of eggs at the Birds of Vermont Museum, 900 Sherman Hollow, Rd., Huntington daily through October 31. Let the work of almost two dozen artists, amateur and professional, young, old, and in-between, hatch feelings of passion, delight, commitment, and discovery in you. Artists gathering and reception Saturday, September 10, 10:00 AM – 3:00 PM where you can meet and celebrate the art and artists; light refreshments provided; donations welcome. Admission included with museum

Art / Music / Theater continued on page 5

FAMILY PRACTICE ASSOCIATES

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ART / MUSIC / THEATER



Bagpiper Iain MacHarg will perform on Saturday, September 24 – Vermont Day / Pipers’ Day – at the Eastern States Exposition, West Springfield, MA from 10:00 AM – 12:00 PM with the VT Institute of Celtic Arts, and from 1:00 – 4:00 PM with Prydein, a Celtic rock band from northern Vermont.

PHOTO CONTRIBUTED

Art / Music / Theater continued from page 4

admission. For information, 434-2167, museum@birdsofvermont.org, or www.birdsofvermont.org.

The annual outdoor sculpture show, Exposed, continues at Helen Day Art Center in Stowe. Prints and Drawings by Pat Steir will be on exhibit in the main and east galleries through Sunday, November 13. Video of Steir by Stowe artist Molly Davies will accompany the work. On Thursday, September 30 at 6:00 PM, guest lecturer Suzy Spence will present Steir’s work in the context of art history and contemporary art. In the west gallery is Beyond the Far Blue Mountains, a remastered, digital HD projection of the original 16mm film by Molly Davies. Upcoming exhibits: August 12-September 4, Vermont based artist Tara Thacker will present her ceramic sculpture and installation along with new large scale photography work in the West Gallery; September 16-November 13, Sally Gil will exhibit her collages in the West Gallery. Helen Day Art Center, 90 Pond St., Stowe; open Wednesday-Sunday, 12:00 – 5:00 PM and by appointment.

Free artmaking for all ages at the River Arts Art Tent at the Wednesday Night Live Music Series at the Oxbow Park, Morrisville, Wednesday nights through August 24, 5:30 – 7:30 PM.

MUSIC

Cathedral Arts presents *Bach in Church* on Tuesday, August 23 at 12:15 PM, with Soovin Kim performing works for solo violin by J.S. Bach as part of the Lake Champlain Chamber Music Festival. The program includes Partitas No. 2 in D Minor and No. 3 in E Major. At the Cathedral Church of St. Paul, Episcopal 2 Cherry St., Burlington. Wheelchair accessible; handicapped parking available in the church lot. For concert information, 802-864-0471.

World Flute Master and Cultural Storyteller Gary Stroutos will perform in the Round Church in Richmond on Sunday, September 25 at 3:30 PM. Gary performs world flute music drawn from many traditional cultures. Evoking a spirit of place and the voices of the land, his work includes internationally-acclaimed recordings at sacred sites, using the unique acoustics and history of each great space as the starting point for musical exploration. Admission to the concert is by a suggested donation of \$10. The Round Church is handicapped accessible. For more information about the concert: 802-434-3654 or rhs@oldroundchurch.com; to learn more about Gary Stroutos: www.garystroutos.com.

Vermont musicians and dancers will perform each weekend during the Eastern States Exposition in West Springfield, MA in the Big E’s Vermont Building, including on Vermont Day,

Saturday, September 24. Vermont musicians and dancers who will be performing at the Vermont Building at the Big E will include Gerry Grimo and *The East Bay Dixieland Quintet* on Saturday, September 17 with authentic ’20s and ’30s era dixieland jazz in a classic preservationist style. Sunday, September 18, Steve Hartmann brings contemporary folk with acoustic songs about life and friendship in a variety of tones. Saturday, September 24 is Vermont Day – Pipers’ Day: 10:00 AM – 12:00 PM, the VT Institute of Celtic Arts with pipers Iain MacHarg and Hazen Metro; *Heather Morris Celtic Dancers* perform Scottish Highland, Irish Step, and Cape Breton step dance; 1:00 – 4:00 PM brings *Prydein*, a Celtic rock band from northern Vermont with bagpipers Iain MacHarg, Andy Smith on bass, Caleb Bronz on drums, Hazen Metro on guitar, and vocals by Aron Garceau. Sunday, September 25, *Yankee Chank* brings their passion for traditional Cajun French and Zydeco two-steps and waltzes featuring Bob Naess (fiddle and vocals), Cannon Labrie (accordion and vocals), Jim Burns (guitar), June Drucker (drums), and Mark Sustic (bass and percussion). Saturday, October 1, *Pete’s Posse* plays traditional and roots music with twin fiddles in tight, wild harmony over hi-powered guitar and pounding footwork with mandolin, clawhammer banjo, jawharp and rocking keyboards adding their voices to the mix. Members include Pete Sutherland, Oliver Scanlon and Tristan Henderson. Sunday, October 2, Young Tradition Vermont Day, traditional music featuring the *Sugarsnap Trio* – Collin Cope on harmonica, keys, and vocals; Luke Hausermann on upright bass and vocals; and Chris Page on guitar and vocals. For more information, www.thebige.com.

THEATER

Director Jamie Polli has chosen a cast and begun rehearsals for the Neil Simon farce *Rumors* to be presented by Shelburne Players in September. *Rumors* opens at a large, tastefully appointed Sneden’s Landing townhouse, where the Deputy Mayor of New York has just shot himself. Though only a flesh wound, four couples gathered for a tenth wedding anniversary are about to experience a severe attack of Farce. Cast members will include Perry Vasta and Dick Hibbert of Burlington, David Belvedere of Winooski, Geri-Ann Higgins of Essex, David Harcourt of Hinesburg, Kimberly Rockwood and Rob McCarthy of S. Burlington, Kate LaRiviere of Starksboro, and Liz Fotouhi of Charlotte. *Rumors* will be performed at Shelburne Town Center, 5420 Shelburne Rd., Shelburne, on Friday-Sunday September 23-25, and Thursday-Saturday September 29-30 and October 1. More information: <http://www.Shelburneplayers.com>.

LIBRARY NEWS



DEBORAH RAWSON MEMORIAL LIBRARY, UNDERHILL

Deborah Rawson Book Lovers (DRBL) – This adult book discussion group meets monthly at the library. 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.

Mah Jongg! at DRML – Since August has five Mondays, we will play on the evening of Monday, August 29 at 6:30 PM. (It will help us make it through the Labor Day miss!) Join us as we explore the ancient Chinese tile game of winds, dragons and number tiles.

Ukulele Classes – Come join local musician Dwayne Doner for a beginner ukulele class for ages 8 and up. Classes are free and open to the public, however pre-registration is required. Classes will be Saturday, August 20, 10:30 – 11:30 AM. Don’t have a ukulele? No problem! We have a dozen to loan for class. Come *tiptoe through the tulips* with us this weekend! Please call 899-4962 to reserve your spot.

Catch that Bus! Special Story Hour: Thursday, August 18, 10:00 AM. School bus driver Cindy Raymond will be parked next to the library where you’ll be able to board the bus, take a seat, and listen to some stories, and sing an especially well-known song! No registration required.

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

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 10+. No experience necessary but a commitment to the group is needed in order to follow the on-going story line.

All library programs are free and open to the public.

News from the JTL Board of Directors

The next meeting of the board of directors will be Monday, September 12 at 7:15 PM. Everyone is welcome to attend.

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

Library News continued on page 6

[CUSTOMIZED TOTAL KNEE REPLACEMENTS]

30 days after my knee surgery, I was doing a century bike ride!

SUZANNE SZERMER, WARREN

Welcome to the 21st century community hospital. Welcome to Copley.

Suzanne does 8-10 century bike rides a year, and she swims and hikes. When her knee pain became unbearable, she called Mansfield Orthopaedics. Two weeks after undergoing custom total knee replacement, Suzanne was walking 3 miles a day. Thirty days post-surgery, she did a Seacoast Century Bike Ride.

“The surgery changed my life. The total joint class before surgery really prepared me for what to expect, Dr. Huber was wonderful, and my care at Copley was excellent.”

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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Read news sent too late to publish
in the current issue.**

Library News continued from page 5


**VARNUM MEMORIAL LIBRARY,
JEFFERSONVILLE**

Monday August 22 at 7:00 PM: *Varnum Reads*. The library's premier adult book club that exclusively reads young adult literature. For the month of August, we are reading *13 Little Blue Envelopes*. A novel with travel mystery, it is well written and hard to put down. All adults are welcome to join us.

Wednesday August 24 from 7:00 – 8:30 PM: Varnum Memorial Library Writing Group, led by Kathy Quimby Johnson. Please bring four copies of not more than four pages. Double-spaced, please, to make it easy to read and mark.

Story Hour and Crafts with LN, every Thursday, 10:00 – 11:00 AM. Come hear stories from a gifted and talented storyteller, and she does a craft with 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 their 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 preschool age children is every Thursday, 11:00 AM. No registration needed. Several stories around a theme, and a theme-based craft. All ages and levels of attention are encouraged to come. Don't worry if they fidget – they are still getting a lot out of it!

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 www.westfordpubliclibrary.wordpress.com; email westfordpubliclibrary@gmail.com. Like us on Facebook. 878-5639, Bree Drapa, Librarian.


RICHMOND LIBRARY

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

Summer hours run until school starts: Monday-Wednesday-Friday 10:00 AM – 5:30 PM, Tuesday-Thursday 9:00 AM – 8:00 PM, Saturday 9:00 AM – 1:00 PM.

School year hours begin Tuesday, August 30: Monday and Wednesday, 8:30 AM – 5:30 PM; Tuesday and Thursday, 8:30 AM – 8:00 PM; Friday, 8:30 AM – 3:15 PM; Saturday, 9:00 AM – 1:00 PM.

You can 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 – sunset). (www.vtstateparks.com). Seasonal.

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

Thursday, August 18, 6:00 – 8:00 PM: Harry Potter Party. Celebrate all things Harry Potter as the library transforms into Hogwarts for the night. Activities, trivia, snacks and more. Please RSVP so we know how much food to provide. (The new book *Harry Potter and the Cursed Child* will be available August 1, add your name to the wait list.)

Tuesday, August 23, 7:00 – 8:00 PM: "Know Your Neighbor" Speed Networking and Dessert Potluck. Do you love to garden? Looking for a job or new clients? New to town and just want to meet some neighbors? We all have unique gifts and interests, so come down to the library for a fun hour of getting to know your neighbors while snacking on some tasty treats. (For the potluck, please no nuts/nut products).

Thursday, August 25, 5:00 – 7:00 PM: Spy Night. Kids 6+ come to the library for an evening of spy training for a top secret assignment. Create a disguise, use secret codes, complete a mission to save the world.

Saturday, August 27, 10:00 – 11:00 AM: Henna. Learn how to use henna to create temporary designs on the skin. Come with a friend and make a design on each other. Must pre-register. Under age 18 must also have a parent's written permission, as these last up to two weeks.

School hours begin Tuesday, August 30: Monday and Wednesday 8:30 AM – 5:30 PM, Tuesday and Thursday 8:30 AM – 8:00 PM, Friday 8:30 AM – 3:15 PM, Saturday 9:00 AM – 1:00 PM.

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.

Preschool Music: Mondays, 11:00 AM with Peter Alsen; and Thursdays, 10:30 AM with Marcie Hernandez. For children up to age 5 with a caregiver. No pre-registration. Limit: one



session per week per family.

Summer Story Times: Tuesdays at 10:30 AM. August 16: Read with a Police Officer. All ages. No pre-registration.

Lego Day: Thursday, August 18, 1:00 – 3:00 PM. Make your own LEGO creations using the library's LEGO collection. All ages. Children ages 8 and younger must be accompanied by an adult.

Programs for Adults

Current Events Conversation: Wednesday, August 17, 11:00 AM – 12:00 PM. Gather with others interested in informal discussion on current newsworthy topics.

Brown Bag Book Club: Friday, August 19, 12:30 - 1:30 PM. Meet others who love to discuss books. This month we will discuss *The Burgess Boys* by Elizabeth Strout. Books available at the front desk. Beverages and dessert provided.

Tech Tutor: Tuesday, August 23, 4:00 – 6:00 PM. Stop by anytime during tech hours for one-on-one technology help from a teen. Guarantee a time by making a 30-minute appointment, 878-4918.

Movie: Wednesday, August 24, 5:45 PM. Drama film/Romance. With support from his loving wife Gerda (Alicia Vikander), artist Einar Wegener (Eddie Redmayne) prepares to undergo one of the first sex-change operations. Academy Award for Best Actress in a Supporting Role. Rated R. Snacks provided. (Two hours.)

Adult Coloring: Saturday, August 27, 11:00 AM – 12:30 PM. Switch off the phone, computer, and TV. Come try the new coloring book trend that is helping adults benefit from the quiet zen that a coloring session can bring. Books and color pencils are provided.

Venture Vermont Outdoor Challenge: All summer. Download a score sheet; record outdoor activities between April 1 and October 15, 2016 and receive your VIP gold coin – good for entry into Vermont State Parks for the rest of 2016, and for all of 2017! Details at <http://www.vtstateparks.com/html/venturevt.htm>.

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

BROWNELL MEMORIAL LIBRARY, ESSEX JCT.

Library Closed Saturdays until September 10.

Summer Reading Programs are in full swing! Pick up your Reading Records! We'll count until school starts! For Kids: "ON YOUR MARK, GET SET, READ!" For Teens: "GET IN THE GAME, READ!" Register at www.brownelllibrary.org. Call 878-6956 for more details. Parents, ask at the Youth Desk for the special Champlain Valley Exposition Summer Reading Incentive.

Adopt a Beanie Pet – Want a cool pet of your own? Adopt one of our cute critters for a week. Keep a daily journal to share with us. Available until school starts. Sign up at Youth Desk. For all ages.

Through Friday, August 31 – Sports Ball Candy Count. Estimate the number of Chocolate Sports Balls in a big jar at the Youth Desk. Closest guess wins them!

Through Friday, August 19 – Summer Olympic Screening in Kolvoord Community Room. When the Kolvoord Community Room is not in use for other regularly scheduled programs, we will be screening Olympic sports events on our new big screen!

Friday, August 19, 10:00 – 10:45 AM – Songs and Stories with Matthew. Matthew Witten performs songs about our world and tells adventurous tales. Funded by the Friends of Brownell Library. For all ages.

Friday, August 19, 6:30 – 8:30 PM – Family Movie: *Cool Runnings*. This sports comedy is loosely based on the Jamaica National Bobsled Team's debut in competition during the 1988 Calgary Winter Olympics. © Disney 1999, PG, 115 min. Free popcorn and drink. All ages.

Thursday, August 24, 3:00 – 4:30 PM – LEGO Fun. Participate in fun and friendly building with LEGO. For kids entering K and up. (Kids under 5 are welcome to participate with parental supervision.)

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.

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ONGOING EVENTS

ADULT ACTIVITIES

Clutter Barn – located next to the United Church of Underhill, Park St., Underhill Flats, the Clutter Barn holds donation days are Saturdays, August 20, September 3 and 10, from 8:30 AM – 12:00 PM. Tag sale August 27, 8:00 AM – 3:00 PM. And of course the Clutter Barn is open during the Old Fashioned Harvest Market, held this year Saturday-Sunday, September 24-25.

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

The Vermont Genealogy Library in Fort Ethan Allen, Colchester has the resources to help you find those elusive ancestors. We are open every Tuesday from 3:00 – 9:30 PM. We continue to be open every Tuesday. Please see our website www.vtgenlib.org for more information including directions and how to contact us if you are visiting the area.

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.

HEALTH 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 recurrence? General discussion and sharing among survivors and those beginning or rejoining the battle. Information: Mary L. Guyette RN, MS, ACNS-BC, 802-274-4990.

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

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

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

Franklin County Prostate Cancer Support Group, monthly, 1st Tuesdays, 5:15 – 7:00 PM, Northwestern Medical Center Conference Room #2, St. Albans. This support group offers men opportunities to educate themselves and each other; share and learn from each other's experiences; offer support to each other, a spouse or partner; and advocate early detection of prostate cancer. Information: Fern Mercure, 524-0719.

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

KIDS

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

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

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

SENIORS/COMMUNITY MEALS

Jeri-Hill XYZ Seniors meet at the Catalyst Church on the Raceway, Underhill on the 1st and 3rd Wednesday of each month. All

seniors welcome. Dinner served at 11:30 AM. Information, Bette Workman, 899-4446, Loreen Teer, 899-1363, or Doug Keith, 899-2582.

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



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



ONGOING EVENTS



Heather Morris Celtic Dancers will perform Scottish Highland, Irish Step, and Cape Breton step dance on Saturday, September 24, Vermont Day, at the Eastern States Exposition, West Springfield, MA. PHOTO CONTRIBUTED

Green Mountain Bicycle Club day tour 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, August 21: Buck Hollow and Beyond. The 40-mile (M) route goes north to Fairfax, through Buck Hollow into Fairfield, returning via St. Albans. The longer loop (58 M/S) continues into Sheldon. There are potential food stops in St. Albans, Georgia, and Fairfax. Meet 8:45 AM at Milton High School. Leader Joyce McCutcheon, 893-1690 / mellowmitt@aol.com; co-leader Dave Merchant, 825-3808 / dpierchand@comcast.net.

Sunday, August 28: Awesome Ausable River Ride. A great, challenging ride in New York State. Follow the Ausable River from Port Kent to Lake Placid for the 80-mile (S) option, or turn around prior to Lake Placid for the 64-mile (M/S) version. Food stops include Keeseville, Ausable Forks, and Lake Placid. Bring money for the ferry. Meet 7:45 AM for the 8:10 AM ferry at Burlington Ferry Dock. Leader Matt Kuivinen, 881-9045 / mattkui@earthlink.net; co-leader Dave Merchant, 893-6794 / dpierchand@comcast.net; social ride leader Donna Leban, 862-1901 / lightspd@comcast.net.

Sunday, September 4: Jericho Jubilee. This hilly ride starts out on scenic Pleasant Valley Road with a rest stop at The Cupboard in Jeffersonville. A 45 mile (M) option returns via VT Rts. 104 and 128, while the 65 mile (S) option heads north to Bakersfield and then to Fairfield, Fletcher, and Fairfax before returning through Westford and Essex. Meet at 9:15 AM, Mount Mansfield Union High School, Jericho. Leader Phyl Newbeck, 899-29088 or phyl@together.net.

Saturday, September 10: NEK weekend – Day 1: Moose Country Meandering. 67 (S) loop up through Norton and Canaan on VT Rts. 114, 102, and 105 with (hopefully) more moose than cars. Meet at 9:30 AM, Island Pond fishing access, or along VT Rt. 105 in front of the Irving store. Leaders Pat Stabler and Tom Evers, 781-929-9085 or everstab@verizon.net. Camping is available at Pat and Tom's house just outside East Burke; early birds get beds or floor space in the house. BYOB drinks and/or potluck BBQ for anyone who is interested on Saturday afternoon/evening. There is also the Tiki Bar in East Burke, which is not to be missed.

Sunday, September 11: NEK weekend – Day 2: Willoughby Wanderings. 47 mile (M/S) ride up through Sutton and Barton, along

the shore of Lake Willoughby and through part of Willoughby State Forest. A 30-mile (M) version of the ride returns to Burke via US Rt. 5. Meet at 9:15 AM, Kingdom Trails parking area. Leaders Pat Stabler and Tom Evers, 781-929-9085 or everstab@verizon.net.

Sunday, September 18: Century Day. Three rides, all following the same route for the first 25 miles, with a food stop in Bristol. The Metric Century is 62 miles (M) via Bristol and Vergennes. The full Century is 100 miles (S) traveling down to the Crown Point Bridge and returning through the Champlain Valley. Those looking for an extra challenge can do the Double Gap Century, which is 113 miles and includes the Middlebury and Appalachian Gaps. Meet at 7:30 AM, Wheeler lot, Veterans Memorial Park, S. Burlington. Leader Matt Kuivinen, 881-9045 or mattkui@earthlink.net; co-leader Brian Howard, 505-1148 or bjhowd@gmail.com; Metric Century leader Kevin Batson, 825-5816 or kevbvt@gmail.com.

Sunday, September 25: Waitsfield and Waterfalls. Enjoy a scenic tour through the countryside of Waitsfield and Warren with a visit to Moss Glen Falls. Turn around at the falls for a 35 mile (M) ride, or continue up Middlebury Gap with a stop at Texas Falls before turning around for a 60 mile (M/S) ride. A stop at the Warren Store is always popular and the general store in Hancock provides an additional respite for those on the long ride. Meet at 9:45 AM at Waitsfield Elementary School (on the left traveling south on VT Rt. 100). For those coming from the Burlington area, we suggest carpooling at the Richmond Park and Ride at Exit 11 off I-89. Leader Mark Dupuis, 864-5567 or mdd514902@yahoo.com.



A family approach to preventing obesity

Parents have been feeding me lots of questions as to what they can do to help their child deal with being overweight or obese. Let me weigh in and provide some information on this topic.

Twenty-five percent of US children are overweight and half to three-quarters of overweight children will go on to become overweight or obese adults, increasing their risk of high blood pressure, heart disease, bone and joint problems, liver disease, and even depression.

What is contributing to this obesity problem? Obesity can be largely a function of heredity, overeating, and lack of exercise – all of which revolve around, but are not caused by, the overweight child.

In fact, a child has no motivation to lose weight until they become self-conscious about it, usually in adolescence. Therefore the focus should be on the family of the overweight child and the role the family can play in preventing excess weight gain while maintaining a child's healthy growth. And I've got a few suggestions that may help.

First, don't put your child on an individualized, strict diet that will be unpleasant for your child. And don't deprive your child of food or regularly scheduled meals. Withholding food only leads to overeating. Instead, serve everyone average portions, limit seconds, and serve less-than-average-sized desserts. Avoid sugar-sweetened beverages, and focus on a family diet that is low in calories. Your child's health care professional or a nutritionist can identify foods your child likes that will do this. Weight loss medications, by the way, are not recommended for children because the risks outweigh the benefits.

Second, engage the entire family in an exercise program that consists of simple activities the family can do together, such as walks, biking, or helping to do active chores that will provide everyone with 60 minutes a day of moderate to vigorous physical activity. Reducing the amount of recreational TV or internet time to less than two hours a day will help to encourage more physical activity and less snacking.

Third, and most importantly, please do not refer to your child as fat. As a parent, you have a role to play in protecting your child's self-esteem. Focus on the positives of what your child does well rather than constantly remind them of the weight problem. Feeling good about oneself may be the motivation needed for your child to want to start to work on not putting on the excess pounds.

Hopefully tips like these will give you something to chew on and reduce your concerns the next time you are worried about your child gaining too much weight.

Lewis First, MD, is chief of Pediatrics at The University of Vermont Children's Hospital and chair of the Department of Pediatrics at the University of Vermont College of Medicine.



Rob McCarthy, left, and Kate LaRiviere read through a scene at auditions for the Neil Simon play Rumors, which will be presented by the Shelburne Players September 23-25 and September 29-30 and October 1 at the Shelburne Town Center, Shelburne. Information: <http://www.Shelburneplayers.com>.

PHOTO CONTRIBUTED

OBITUARY



Rudolph "Rudy" Botala, 84, of Grand Isle, VT passed away peacefully in the presence of his loving family on Thursday, August 11, 2016 in the St. Albans Health and Rehabilitation Center in St. Albans, VT. Rudy was born March 4, 1932 in Shelburne, VT, the son of the late John and Inez Center Botala. On September 5, 1954 he married Patricia Knox in Charlotte, VT. A dairy farmer for most of his life, he started out working for the Bucklin Farm in Shelburne as a young man and from there he found employment with the Thorpe Farm in Charlotte. In 1967 Rudy and Patricia purchased a farm of their own and moved with their young family to the homestead in Westford, VT. In 1976 Patricia passed away. Due to his declining health, Rudy had been living with his son and daughter-in-law, Bill and Patty Botala, in Grand Isle until the last few weeks; he enjoyed living at the St. Albans Health and Rehab Center. As one who loved children, Rudy enjoyed driving school bus for Roland Pigeon in Westford and the surrounding area. He will be dearly missed. Rudy is survived by his children Patsy Parker and her husband Eddy of St. Albans, Beverly Botala of Hinesburg, VT, Randy Botala and his wife Lisa of Fairfax, VT, Lucy Botala of Swanton, VT, Barb Botala of Tupper Lake, NY, Bill Botala and his wife Patty of Grand Isle, Lindsey Carrievio of Lynn, MA, and Rodney Botala, Joshua Botala and Rachel Botala all of Alburg; 21 grandchildren and 18 great-grandchildren, his sister Frederica Botala of North Ferrisburgh, VT, as well as several nieces, nephews, and cousins. Rudy was predeceased by his wife Patricia, his brothers Cyril, Arnold, Frank, John, and Harold Botala, and his sister Arline Lewis. Visiting hours were held on Tuesday, August 16, 2016 followed by a funeral service in the Minor Funeral Home, US Rt. 7, Milton, VT. Committal will be held later at the convenience of the family.

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Please email cover note and resume
to Sara at sryan@gbymca.org
or call Sara at 802-652-8150 if you have questions.

School Age Assistant

The Y manages after school programs in 14 elementary and middle schools serving children between the ages of five and twelve. Openings in Fairfield, Fairfax, Essex, Georgia, Huntington, Jericho, St. Albans, Underhill and Waterbury. 2:30 to 6pm Monday through Friday and the pay rate is \$10.50/hr. Experience working with groups of school-age children.

Please email cover note and resume
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SENIOR MEALS

Call CVAA, 865-0360, if you have questions or to make reservations for the following month, on or after the 22nd of a month at 10:00 AM. If the 22nd is a weekend day, reservations may be made the following Monday. Reservations are on a first-come, first-serve, month-by-month basis only. Milk is served with all meals. Donations are accepted for all of these meals.

Tuesday, August 16 – Ray's Seafood, Essex Jct., 10:30 AM check-in, 11:00 AM lunch.

Wednesday, August 17 – American Legion, Colchester, check-in 10:30 AM, lunch 11:00 AM. Meatloaf.

Thursday, August 18 – IHOP Lunch, University Mall, S. Burlington, 10:30 AM check-in, 11:00 AM lunch. Pot roast.

Friday, August 19 – United Church, Hinesburg, 12:00 PM. BBQ style chicken pieces, roasted red potato, sliced carrots, wheat bread, cinnamon applesauce.

Monday, August 22 – Covenant Church, Essex Ctr., 12:00 PM. Homestyle chicken and biscuits, mashed potatoes, wax beans, mandarin oranges.

Monday, August 22 – Papa Nick's, 3:00 PM. BBQ chicken.

Tuesday, August 23 – IHOP Lunch, University Mall, S. Burlington, 10:30 AM check-in, 11:00 AM lunch. Pot roast.

Wednesday, August 24 – Athens Diner, Colchester, 10:30 AM check-in, 11:00 AM lunch. Cold plate.

Thursday, August 25 – Pizza Putt, S. Burlington, 10:30 AM check-in, 11:00 AM lunch. Spaghetti and meatballs.

Friday, August 26 – United Church, Hinesburg, 12:00 PM. Parmesan baked fish, tartar sauce, mashed sweet potatoes, tossed green salad, pumpernickel bread, pineapple and melon medley.

Monday, August 29 – Covenant Church, Essex Ctr., 12:00 PM. Broccoli cheddar soup, egg salad sandwiches, tossed green salad with dressing, carrot cake.

Tuesday, August 30 – Jackie Labounty Memorial Day at the Fair, Beer Tent, next to Grandstand. Tickets required; contact Pat Long, 865-0360.

Wednesday, August 31 – JP's Diner and Deli, River Rd., Essex Junction, 10:30 AM check-in, 11:00 AM lunch. Chicken 'n biscuits.

Thursday, September 1 – Dutch Mill, Shelburne Rd., Shelburne, 10:30 AM check-in, 11:00 AM lunch. Baked stuffed chicken, mashed potatoes, vegetables, bread, strawberry shortcake.

Monday, September 5 – Labor Day holiday, no meal.

Tuesday, September 6 – Pizza Hut, Susie Wilson Rd., Essex Junction, 10:30 AM check-in,

11:00 AM lunch. All you can eat pizza buffet.

Wednesday, September 7 – IHOP Lunch, University Mall, S. Burlington, 10:30 AM check-in, 11:00 AM lunch. Pot roast, mashed potatoes, green beans, wheat bread, ice cream sundae, juice.

Thursday, September 8 – Holiday Inn, S. Burlington, 11:00 AM check-in, 11:30 AM lunch. Turkey stew, mashed potatoes, vegetable medley, salad bar, buttermilk biscuit, choice of assortment of desserts.

For the following special restaurants requiring ticket, the suggested donation is \$5 per ticket; this non-returnable and non-exchangeable universal ticket is available the first of each month and must be used in the month it is purchased. The tickets are available from Pat Long at the different meal sites, or at the CVAA office (the office has a limited amount of money available to make change) located at 76 Pearl St., Suite 201, Essex Jct. – in the plaza with the post office and Big Lots and across the parking lot from Kinney's (across from the fairgrounds). There is an elevator on the side across from Kinney's. Tickets must be presented before ordering. Restaurants have the right to offer limited menus.

Athens Diner, Colchester: Monday-Saturday, 6:00 AM – 4:00 PM; Sunday, 6:00 AM – 3:00 PM.

Dam Diner, Milton: Breakfast served all day. Sunday-Thursday, 7:00 AM – 8:00 PM; Friday-Saturday, 7:00 AM – 9:00 PM.

Dutch Mill, Shelburne Rd., Shelburne: every day, 7:30 AM – 2:00 PM.

Holiday Inn, Williston Rd., S. Burlington: Early Bird Dinner, Monday-Sunday, 5:00 – 7:00 PM with choice of one of four entrees (chicken, haddock, quesadilla, or soup and sandwich

IHOP, University Mall, S. Burlington: Monday-Friday, 11:00 AM – 9:00 PM – breakfast served all day; order off special senior menu.

Pearl St. Diner, Pearl St., Burlington: Tuesday-Friday, 6:30 AM – 3:00 PM, breakfast served all day; Saturday-Sunday, 8:00 AM – 3:00 PM.

Pizza Putt, Airport Parkway, S. Burlington: lunch or dinner, seven days a week – choice of spaghetti with marinara or baked ziti with tomato sauce and cheese. Each with salad, garlic bread or roll, soda, coffee, or milk.

St. Michael's College, Colchester: Monday-Friday, breakfast 7:15 – 8:30 AM; lunch 11:30 AM – 1:30 PM; dinner 5:00 – 6:30 PM. Saturday-Sunday, brunch 11:30 AM – 1:00 PM, dinner 5:00 – 6:30 PM.

Trader Duke's, S. Burlington: Mondays, 4:00 – 6:30 PM – choice of grilled chicken or meatloaf meal.

Send your news, births,
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LEGAL NOTICE

NOTICE OF PUBLIC HEARING

The Jericho Development Review Board will hold a public hearing at 7:00 pm on Thursday, September 8, 2016 at the Jericho Town Hall to consider the following:

- A request to the DRB by Phylvin Acres LLC (Betty Keefe) for preliminary plat review (possible final plat) of a proposed 2 lot subdivision of existing 75.5 acres. This property is located at 581 Brown Trace Road in the Agricultural, Forestry & Rural Residential Districts (pending Rural/Agricultural Residential, Forestry, Low Density Residential).

All interested persons may appear and be heard. Additional information related to this application may be viewed at the Jericho Planning and Zoning Office during regular business hours.

Chris Flinn
Zoning Administrator
cflinn@jerichovt.gov

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Announcing...

...the birth of **August Jeffery Richard Adams** born on Saturday, August 13, 2016 at 7:22 PM at the University of Vermont Medical Center, Burlington, VT. August is the son of Corey and Alisha (Aiken) Adams. He weighed in at 5 lbs. 14 oz. and is 18 inches long.

His maternal grandparents are Angela Borden of Milton, VT and the late Jeffery Gay. His paternal grandparents are Lynn Manning of Winooski, VT, and Matthew and Doris Adams of. He also has step-grandparents Clifton and Kelley LaPlantof Starksboro, VT and Justin Borden.

Great-grandparents are Brenda and Dave Boutin of Starksboro, VT, and Wayne and the late Sharon Aiken.

August lives with his parents in Milton Vermont.

*Congratulations to this wonderful family
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