Mountain Gazette

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Lisa Buckton: the new face at Jericho Town Library

By Phyl Newbeck
Special to the Mountain Gazette

It is a little ironic that Lisa Buckton is taking a job in Jericho shortly after moving out of the town. "I was having a hard time transitioning out of the community," she said, "but now I get to return to it every day." Thanks to a dual appointment as Jericho Town Librarian and Assistant Town Clerk, Buckton has a reason to come back to the community she grew to love.

"I lived in Jericho for a little over five years," Buckton said. "When I came here I completely swooned over the Harvest Festival. During my time, I became quite fond of the library and I often found myself on the Green on the weekends. When I heard about the opening, I knew I had to apply because I've always held it as a gem in the community. I think libraries serve as the heart of communities and I needed to be part of a place that I already loved."

Buckton grew up in Saugerties, NY and lived in various areas around the Empire State before heading to New York City for two years. Two years in the big city was sufficient for her to seek a new challenge. "I went to the New York Public Library and took out some travel books," she said, "and Vermont was one of the places at the top of the list for where I wanted to visit." Buckton had thought about moving to the Pacific Northwest but that area was suffering from severe library budget shortages so she began to call other states. "Vermont was the friendliest state I called," she said. "People even offered to let me stay in their homes when I came up for an interview. Everything fell into place and I've felt really at home in Vermont ever since. People have been so supportive."

Initially, Buckton lived in central Vermont and worked as a school librarian for several locations before getting a position at Fletcher Free Library. "My school background works well," Buckton said, "because those are smaller libraries. I'm really comfortable with kids of all ages so I'm excited to jump in and help with programming. I'm also used to managing an entire library space and I have a background in both programming and collection development. One nice thing is here I'll have a little more quiet time to get things done behind the scenes."

Buckton has already had a number of conversations with patrons and community members and hopes to continue popular programs like Circle Time and Story Time, as well as the regular Community Nights. "There are some really phenomenal programs like the seed library," she said, "and I'd like to expand that to other things that can be checked out like high quality puzzles or toys." Buckton will also try to keep an active social media presence for the library on Facebook and Instagram. She was happy to see all the community members who came to greet her at her incoming social on September 15. "The community has been really supportive," Buckton said. "It's nice that I already have connections in town and that's coming full circle."

An avid knitter, Buckton is also a published poet who is about to add a Masters in Fine Arts and Creative Writing from the Vermont College of Fine Arts to her Masters in Library Science from SUNY-Buffalo. She was most recently published in *Grist*, which is the literary magazine of the University of Tennessee at Knoxville. In addition to her work at the library, Buckton has also been appointed Assistant Town Clerk, making her time in Jericho the equivalent of a full-time position. "It makes sense for the two to work in tandem," she said. "I'm meeting people from groups like the Cemetery Commission and Historical Society so there is overlap."

The Jericho Town Library is open on Mondays, Tuesdays, Thursdays, and Fridays from 2:00 – 5:00 PM, Wednesdays from 10:00 AM – 12:00 PM and 2:00 – 7:00 PM, and Saturdays from 10:00 AM – 12:00 PM, and Buckton hopes community members will come by to say hello. "I'm thrilled to be here," she said. "I want folks to contribute ideas and come by if they have any questions. It's not my library; it's the community's library."

Fall Festival full of family fun

The fourth annual Pumpkin Chunkin', Saturday, October 28 in Richmond, promises plenty of flying pumpkins, games, and other family fun.

The free fair, will run from 11:00 AM – 2:00 PM at the Camel's Hump Middle School (173 School St., Richmond) is organized by the PROSPER Community Team, a partnership of University of Vermont (UVM) Extension and CHMS. It will be held in conjunction with Richmond Elementary School's Big Truck Day.

The highlight of the day is an exhibition featuring the launching of several pumpkins into the air with the trebuchets made by teams of the middle school students. Other activities include face painting, crafts and games for kids, pumpkin painting, and raffles. Food and T-shirts will be available for sale with proceeds to benefit the PROSPER program.

PROSPER, short for PROmoting School-community-university Partnerships to Enhance Resilience, encourages positive youth development and strong families. This collaboration between UVM Extension and CHMS is geared toward helping young people entering their teen years to make healthy choices and avoid risky behaviors such as drug and alcohol use.

For information about Pumpkin Chunkin', send an email to *chmsprosper@cesuvt.org*. To learn more about PROSPER contact Briset Flores, *briset.flores@uvm.edu*.

Underhill woman in 2018 Dragon Boat World Championships

Club seeks additions to roster

A local woman was part of a Burlington-based women's dragon boat crew that recently clinched an invitation to compete internationally next year.

Phyllis Geiss of Underhill and her Malia Mayhem teammates finished second in their division at the United States Dragon Boat Federation's National Championships held Saturday-Sunday, September 16-17 in West Windsor, NJ. Their silver-medal performances in races that were decided by as little as two hundredths of a second now guarantee a face-off with the world's fastest crews in Szeged, Hungary next July. The category has been dominated by Canadian, Philippine, and Thai teams in past years. The Malia crew aims to change that... and is looking for a few more women over the age of 40 to round out the roster.

Dragon boating is a millenia-old team watersport that pits crews of 20 or 10 paddlers against one another in races ranging from 200m to 2km. Synchronicity and teamwork are as important as strength and cardiovascular endurance; teams win or lose as a unit – there are no individual stars.

Geiss and her teammates have been training under Liisa Reimann and Gisela Veve, former world champions and Team USA paddlers and coaches. This women's team, Mayhem, was established just last year, though the club's men's, women's, and mixed gender teams have been working diligently up through the levels of competitive racing since Malia's first season in 2013. The women of Mayhem decided this was the year to take a run at national and international titles.

Reimann and Veve established the club in 2012 with the purpose of "finding and releasing the athlete in all of us," says Reimann. The two are thrilled at the prospect of returning to Hungary next summer. "We were there as paddlers in 2013, with Team USA," says Veve, "which was an amazing experience. But to go now with OUR team, the crew we created and prepared ourselves… that's priceless."

Trained by top Canadian coaches, whose elite teams they now aim to beat, the duo invites any motivated woman interested in earning a seat on the boat to get in touch. "If you can make the grade in our fitness program, we can help you make the grade as a paddler," Reimann promises. "We have 10 months to get ready. We're giving ourselves a bit of a break for October, but we'll be hitting it hard on November 1."

An informational meeting for anyone interested in either earning a spot on the Mayhem roster or joining one of Malia's other teams – with sights set on events like the 2019 Pan American Championships in Trinidad & Tobago – will be held on Monday October 2, at 6:00 PM at the Heineberg Community Senior Center (14 Heineberg Road) in Burlington.

Cancer Walk set for Sunday, October 15

American Cancer Society Making Strides Against Breast Cancer-Northern VT Walk is Sunday, October 15.

Celebrating 10 years of saving lives locally, the American Cancer Society Making Strides Against Breast Cancer-Northern Vermont walk will be held Sunday, October 15 at Veteran's Memorial Park, S. Burlington to support the fight against the second leading cause of cancer death in women and ensure no one faces breast cancer alone. Registration for this noncompetitive, inspirational event begins at 11:00 AM and the walk is set to start at 1:00 PM.

Dollars raised by Making Strides supporters help the American Cancer Society ensure no one faces breast cancer alone by funding innovative breast cancer research; promoting education and risk reduction; and providing comprehensive patient support to those who need it most.

Since 1993, more than 13 million supporters have raised more than $810 million nationwide. Last year, 700 walkers in northern Vermont helped to raise more than $250,000.

According to the American Cancer Society Cancer Facts & Figures 2017, an estimated 252,710 women in the United States will be diagnosed with breast cancer and 40,610 will die from the disease this year.

"Because of the determination of Making Strides supporters, the American Cancer Society is there for people in every community affected by breast cancer, whether they're currently dealing with a diagnosis, may face one in the future, or will avoid it altogether because of education and risk reduction," said Dave Carmichael, Community Manager. "At the event, communities embrace a bittersweet mix of purpose – celebrating survivorship and paying meaningful tributes to loved ones lost. From research to education, prevention to diagnosis, and treatment to recovery, we provide support to everyone impacted by breast cancer."

To learn more about the Making Strides Against Breast Cancer event and how you can become involved, visit MakingStridesWalk.org/chittendencountyvt or contact Dave carmichael at 802.872.6325 or *dave.carmichael@cancer.org.*

St. Thomas Church annual Ham Harvest dinner

Foliage season is upon us and what better way to enjoy it than a ride in the countryside on a Sunday afternoon. At the end of your ride, celebrate the harvest with the folks at St. Thomas Church in Underhill Center at their annual Harvest Ham Dinner in Sunday, October 8. The menu will include ham, baked potatoes, squash, carrots, coleslaw, rolls, and homemade desserts. We will be serving two sittings this year, at 4:00 PM and 5:15 PM. Takeout meals will be available. Tickets are $12 for adults, $6 for children 6-12 years, and children 5 and under are free. Purchasing your tickets early reserves your place at the seating of your choice. Tickets are also available at the door, at Wells Corner Market, or by calling the church office at 899-4632. Hall is not handicapped accessible. Hope to see you there!

Vera Jones promoted to COO, Copley Hospital

Copley Hospital President and CEO Art Mathisen today announced the promotion of Vera Jones to Chief Operating Officer (COO). Jones has served as the hospital's Vice President of Operations for the past 16 months. As COO, Jones is responsible for the day-to-day operations of the hospital.

Jones' history with Copley Hospital dates back to 2008 when she served as a consultant for special projects. She returned in 2015, dividing her time between Copley and Gifford Medical Center serving as Interim Vice President of Physician Practices. In June 2016, Jones joined Copley full-time as Vice President of Operations.

Jones has nearly 25 years of healthcare administration experience, specializing in physician practices, managing construction projects associated with physician acquisition, and strategic oversight. She has held executive roles with Central Vermont Medical Center and Gifford Medical Center. From 1990-2002 she served with Central Vermont Medical Center as Vice President of Physician Services and President of the Physician Practice Corporation and later as Vice President of Community Relations and Development. In 2007 she joined Gifford Medical Center where she served the next nine years working collaboratively with the medical staff, nursing staff, and administration, specializing in patient relations and complaint management. Prior to her career in hospital administration, Jones served for six years as the Executive Director of the VT Board of Medical Practice in Montpelier, VT. Jones resides in Morrisville.

Workshop on *Storytelling for Social Change*

Storytelling is a powerful tool for the documentation of voices, memories, and histories. It can also be a catalyst for activism and social change. In this workshop we will explore the ethics and techniques of oral history, ethnography, and storytelling as activist research methodologies. Attendees will be introduced to these three merging methodologies through a combination of short media pieces and discussions, and will learn the basics of corresponding skills such as interviewing, story circle facilitation, and ethnographic observation. We will also cover the technical aspects of storytelling for social change, providing an introduction to minimal resource audio recording tools.

The workshop is intended for anyone interested in developing collaborative documentary or storytelling skills, including students, community members, and staff members of organizations doing cultural, community, and social-service work. In addition to developing attendees' collaborative research abilities, the workshop seeks to expand participants' listening skills – and by extension, interviewing skills – while also encouraging attendees to consider the challenges, possibilities, and ethics of representation. The workshop will conclude with a discussion of participants' project ideas. Instructors: Kathleen Haughey, VFC Executive Director & Ethnomusicologist; Mary Rizos, VFC Director of Education & Photographer.

This workshop will be held at the VT Folklife Center, 88 Main St., Middlebury. Tuition $95; deadline for registration Thursday, October 12. Register by calling 802-388-4964.

Like the *Mountain Gazette* on Facebook at *https://www.facebook.com/MountainGazetteofVermont/*

COMING EVENTS

Wednesday, October 4

70th annual Richmond Congregational Church Chicken Pie Supper, seatings at 5:00, 6:00, and 7:00 PM; take-outs will be on the half hour 4:30, 5:30, and 6:30 PM, Richmond Congregational Church. This is a traditional supper to celebrate the fall harvest and season. The fare features chicken pie, mashed potatoes, winter squash, and cole slaw topped off with apple or pumpkin pie. Reservations are required and can be made by going to *www.rccucc.org* and selecting the CPS tab or by calling 802-318-5359 between the hours of 6:00 – 9:00 PM. Adults and takeout, $12; children under 12, $6; preschool, free.

Thursday, October 5

Free Community Soup and Bread Supper, 4:30 – 6:30 PM, Covenant Community Church, 1 Whitcomb Meadows Lane, Essex (across from John Leo's). Stay to enjoy hearty soups, breads, and a sweet dessert with friends and family, or pick up to take home. Donations not expected but welcome. For more information, call Pastor Jeannette at the church, 879-4313.

20th Anniversary Harvest Dinner, 6:30 – 9:00 PM, West Monitor Barn, Richmond. Enjoy the fall fruits of your favorite local chefs and farms, while supporting your community media. Music by *Red Hot Juba*. Each guest receives a 20th Anniversary MMCTV/Stone Corral Brewery commemorative beer glass. Kids welcome. Please join us and support our efforts to offer the best service to our towns, while enjoying an amazing fall meal provided by the generosity of local restaurants, food organizations and farms. You can purchase tickets online here *https://www.eventbrite.com/e/mmctv-20th-anniversary-harvest,* at MMCTV, or by sending a check to P.O. Box 688, Richmond, VT. Tickets in advance: adult $35; kids under 18, $10; at the door: $40 adult.

Friday-Saturday, October 6-7

Fall Rummage Sale, Friday 9:00 AM – 4:00 PM, Saturday 9:00 AM – 1:00 PM, Grace United Methodist Church, 130 Maple St., Essex Jct. Take what you need and pay what you can. For more information call Jane, 878-4078, or Ann, 879-7943.

Healing Tonics, Juices and Smoothies meet & greet/tasting, 5:00 – 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join us for a tasting and meet and greet with Jessica Jean Weston, author of the new book Healing Tonics, Juices and Smoothies. Jessica is owner and executive chef at Brattleboro's Superfresh! Organic Cafe. With a BA in medical anthropology from Ithaca College and as a graduate student of the Institute for Integrative Nutrition, Jessica has spent her career exploring the broad subject of food as medicine with Mayan healers in Belize, on organic farms, and with herbalists, shamanic practitioners, and more. Free and open to all. Information: *www.phoenixbooks.biz* or 448-3350.

Friday & Saturday, October 6 – 7

Rummage Sale, Friday 3:00 – 7:00 PM, Saturday 9:00 AM – 2:00 PM, Fairfax Community Center (aka) Baptist Building. Clean clothes, books, toys, and white elephant. Benefits the United Church of Fairfax missions. Information: 849-6313 or *ucffairfax@gmail.com*.

Saturday, October 7

***GenomeMate Pro*: A DNA Research Solution**, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. DNA tests are a great way to find "genetic cousins." But matches often number in the hundreds and we need ways to organize all of the DNA data, family trees, and emails. Ed McGuire will take look at *Genome Mate Pro*, a free software product designed specifically for this task. There is a steep learning curve and the setup can take awhile. Ed will demonstrate several features. This program is for those who are comfortable downloading raw data and who are patient and persistent. For more details: *www.vtgenlib.org* or 802-310-9285. Classes $10. We are open for research Tuesdays 3:00 – 9:30 PM and Saturdays 10:00 AM – 4:00 PM.

Story Time & Visit from the Cat in the Hat! 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Meet the Cat in the Hat and celebrate this beloved character's 60½ birthday! Bring your own camera, and get your photo taken with the guest of honor. All ages are welcome to this free event. Information: *www.phoenixbooks.biz* or 448-3350.

Sunday, October 8

Harvest Ham Dinner, 4:00 and 5:15 PM, St. Thomas Catholic Church, Underhill Center. Ham dinner with baked potatoes, squash, carrots, coleslaw, rolls, homemade desserts. Takeout available. Tickets $12 adults, $6 children 6-12, children under 6 free. Reserve your seating by purchasing tickets in advance. Tickets available at Wells Corner Market, by calling the church office (899-4632), and at the door. Not handicapped accessible.

Take Care: Tales, Tips and Love from Women Caregivers, 2:00 PM, Phoenix Books Essex, 2 Carmichael St., Essex. Join author Elayne Clift, editor of this first-of-its-kind anthology by 21 women who understand the challenges, and rewards, of caretaking, whether for parents and other family members, spouses, children, or friends. Free and open to all. Information: *www.phoenixbooks.biz* or 448-3350.

Sunday Brunch, 9:00 – 10:30 AM, Morrisville VFW, Pleasant St., Morrisville. Adults $10; children under 10 years $5.

Tuesday, October 10

Forest of a Thousand Lanterns prelaunch, 6:30 PM, Phoenix Books Essex, 2 Carmichael St., Essex. Julie C. Dao introduces her epic young adult fantasy set in a mythical /mystical version of the Far East. This reimagining of the Evil Queen legend is about a peasant girl's quest to become Empress, and the darkness she must unleash to achieve her destiny. Copies of the book will be available for attendees to purchase and have signed. Free and open to all ages. Information: *www.phoenixbooks.biz.*

Nestlings Find Nature (preschoolers), 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Preschoolers discover birds through stories and investigative play, and discover how nestling songbirds grow and develop in their world. Books, crafts, nature walks, and outdoor activities. Intended for preschoolers; parents and siblings welcome. Cost included with Museum admission. Information: 802-434-2167, *museum@birdsofvermont.org* or *http://www/birdsofvermont.org*.

Wednesday, October 11

JSC Free Community Meal, 11:30 AM – 12:30 PM, United Church of Johnson, 100 Main St., Johnson. Open to the public, Johnson State College students, faculty, and staff volunteer to serve a hot lunch on the second and fourth Wednesdays of each month through May for all who attend. Sponsored in part by JSC Dining Services, the JSC SERVE program, and Laraway Youth and Family Services.

The Devil's Cabinet, 6:00 PM, Warner Lodge, Cambridge Historical Society, 49 School St., Jeffersonville. The Eddy family of Chittenden (in Rutland County) were famous world-wide as spirit mediums who could produce full-bodied spirit manifestations of the dead. People came from all over to see their dearly-departed, or to debunk the stories. This free presentation by Jason Smiley is free and open to the public, and will be followed with Halloween refreshments.

Embrioderer's Guild of America meeting, 9:30 AM, Living Room/Dining Room, The Pines, 5 Aspen Dr., S. Burlington. All abilities welcome to this meeting of the Green Mountain Chapter of the Guild. We will be working on a crewel project, or bring your own to work on. First meeting is complimentary. Bring a bag lunch. Car-pooling available from many areas. For information, 372-4255 or *gmc.vt.ega@gmail.com*.

Thursday, October 12

Trace, the 28th Joe Gunther mystery, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. In Archer Mayor's latest book, Gunther and the VBI are pulled into three different critical cases at the same time, each equally important, each potentially deadly. Mayor, besides writing this book series, is a death investigator for the state medical examiner and has 25 years of experience as a firefighter/EMT. He lives near Brattleboro. Tickets $3 include a coupon for $5 off a copy of the featured book; coupons expire at closing the evening of the event. Information: *www.phoenixbooks.biz* or 448-3350.

Friday-Saturday, October 13-14

Rummage Sale, Richmond Congregational Church, Friday 9:30 AM – 7:00 PM, Saturday 9:30 AM – 2:00 PM, 20 Church Street. Information 434-2053.

Saturday, October 14

Guided History Bus Tour of Cambridge, 1:00 PM, Cambridge Elementary School, Cambridge. Join Matt Safford and Roberta Marsh of the Cambridge Historical Society for a guided bus tour for a visual storytelling event. Seating very limited. Tickets ($10 cash or check to Cambridge Historical Society) in advance only from the Varnum Memorial Library, 194 Main St., Jeffersonville. Bus leaves CES promptly at 1:00 PM, returns at 4:00 PM (or so).

Building a Genealogy File using Neighbors, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen,

Coming events continued on page 3

DO YOU RECOGNIZE THE SUBTLE
SIGNS OF SICKNESS?

1. Inappropriate elimination
2. Unexplained weight loss or gain
3. Changes in grooming habits
4. Changes in interaction
5. Changes in activity
6. Changes in sleeping habits
7. Changes in food or water consumption
8. Signs of stress
9. Changes in vocalization
10. Bad breath

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ONGOING EVENTS

ADULT ACTIVITIES

Veterans Job Networking, Wednesdays, 9:30 – 11:00 AM, VFW Post, Essex Junction; 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.

Eagles Auxiliary #3210 holds bingo at the club house, VT Rt. 109, Jeffersonville, 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 Amy, 899-2154, for information.

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

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

HEALH EVENTS & GROUPS

Healthier Living with Diabetes – free six-week class at the Cambridge Health Center to learn self-management techniques to prevent low blood sugar, practice healthy eating, be more active, reduce stress, communicate effectively with your healthcare team, and more. Upcoming sessions will run Wednesdays, April 18-May 23, 2018, 2:00 – 4:30 PM. For information, contact Rorie, 644-5114.

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 Junction. 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 Junction, across from Grange Hall.

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 Cathy Michaels, 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. Evening group: first Wednesday of every month 5:30 – 7:30 PM at Fanny Allen Campus, 790 College Parkway, Colchester, follow the signs; daytime group last Friday of every month at the Department of Labor, 63 Pearl St., Burlington, 12:00 – 1:00 PM conference room A. Call the BIAVT help line, 877-856-1772.

Autism – Vermont Healing Networrk, excellent autism resource 1-800-800-4005, *vermontfamilynetwork.org.*

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 information. Cost: $20.

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

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

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: Good Shepherd Church, VT Rt. 15, Jericho, 9:30 – 11:00 AM; Wednesdays: Richmond Free Library, 8:45 – 10:15 AM; Fridays: Huntington Public Library, 10:00 AM – 11:30 PM.

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 PM; short meeting or presentation after. Call Carol Howrigan 878-3090 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 PM at the Community Baptist Church, Huntington Center.

St. Jude's Church senior meals, Hinesburg, 2nd and 4th Tuesday of each month. Free bingo games afterward. Everyone welcome, including caregivers. Suggested donation $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.

TOWN GOVERNMENT & ORGANIZATIONS

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

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

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

Jericho-Underhill Water District meets 1st Monday of the

Ongoing events continued on page 8

COMMUNITY COLUMNS

Bookends of Summer

By Sue Kusserow
Special to the Mountain Gazette

And what is so rare as a day in June,
Then, if ever, come perfect days

So writes James Russell Lowell… a beautiful coupling with a supportive rhythm… an enthusiastic voice for June and the days that we all can remember, as spring blossomed into summer.

And Helen Hunt Jackson has another of my favorite lines:
October's bright blue weather…

I often look for hints about writing and generally don't learn any new "tricks" because there are so few in poetry. A phrase may make one gasp, hitting like the proverbial hammer-on-nail, or, like opening an egg and finding a bird, or, like diving deeply so quietly that the fish still swim beneath. But that is genius, not "tricks." Why did Helen Hunt Jackson pick *bright*? What a plain word; what about cerulean: the blue of cornflowers, or a blue jay wing, or a drop of ink bursting through a glass of water? Or, how about deep blue? *Blue* as it stands alone is just barely on the side of laughter; it is calm, soothing, connected with vast things like sky and ocean. We have attached human feelings to colors: chromatic symbolism, anthropomorphism of colors, and blue just doesn't have the same jolly quality as yellow, or the temper of red, or the purity of white. So, the possibility of "deep" just intensifies the lonely loveliness of blue. Would "cool blue" work? But the sounds of those words together are too smooth, too blended in sound to have any punch, nothing one might wish for. And days in October are bright! The word needs enunciation; one must hold onto it with the lips and end it with the tongue; it cannot be slid out casually. And it is also plebian, true, common, and to-the-point, in the same voice that Helen Hunt Jackson used to write the rest of this simple poem about rejoicing in October.

Ana, my granddaughter, brought me a freshly-born Monarch butterfly, still slightly wet from the cocoon and clinging to a day lily blade, with wings that feebly fluttered in the shade of the house. "Let's bring it around to the sun," we said. And then the tiny thing, guided by clumsy hands, stretched its wings outward in the same way that humans express wideness, freedom, and joy, by lifting our arms to the sky. It was a butterfly so fragile that the sun shone right through the wings to bring the leaf beneath into a gentler green tinged with orange; and so strong that it would someday swarm with others in the forests of Mexico, guided by instincts housed in a brain smaller than a lettuce seed… rather like the mysterious hidden cocoon of the human spirit.

"Ana," I said, "remember this moment." And in my heart, I went on to say: *This sun, gentle enough to unfold butterfly wings, someday will warm your heart so that you, too, will throw your arms open to love. Yet know that you must also respect a sun that is strong enough to kill a land and its people, and what can you do to gentle that power? Someday these wings, this sun, these colors, these hands that cup a butterfly, and these old hands that cup yours, will keep you steady, will stop time, will spread memory to cover hurt, will bring you home again, wherever home will be then. So don't lose this, these moments, this October of the bright blue weather. With the rare days of June, these are the bookends of summer.*

St. Thomas Church annual Ham Harvest Dinner

Foliage season is upon us and what better way to enjoy it than a ride in the countryside on a Sunday afternoon. At the end of your ride, celebrate the harvest with the folks at St. Thomas Church in Underhill Center at their annual Harvest Ham Dinner in Sunday, October 8. The menu will include ham, baked potatoes, squash, carrots, coleslaw, rolls, and homemade desserts. We will be serving two sittings this year, at 4:00 PM and 5:15 PM. Takeout meals will be available. Tickets are $12 for adults, $6 for children 6-12 years, and children 5 and under are free. Purchasing your tickets early reserves your place at the seating of your choice. Tickets are also available at the door, at Wells Corner Market, or by calling the church office at 899-4632. Hall is not handicapped accessible. Hope to see you there!

Coming events continued from page 2

Colchester. Hazen P. Day, a Maryland resident, claimed an 1816 VT birth to VT born parents but none of the records collaborate this information. Yet, studying his ties to his "neighbors" – associates with geographic, vocational, political, and spiritual proximity – builds a persuasive case for his kinship ties. Instructor Catherine Demaris is a professional genealogist. For details: *www.vtgenlib.org* or 802-310-9285. Classes $10. We are open for research Tuesdays 3:00 – 9:30 PM, Saturdays 10:00 AM – 4:00 PM.

Story Time and Visit from Bruce the Bear, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Join us to meet Bruce the Bear and for a story time featuring Bruce's Big Move! In this sequel to Hotel Bruce and Mother Bruce, our favorite curmudgeonly bear shares his home with not only his four geese, but three rowdy mice besides. Fed up with their shenanigans, Bruce sets off to find a rodent-free household… but as usual, nothing goes quite according to plan. All ages are welcome to this free event. Information: *www.phoenixbooks.biz* or 448-3350.

Tarot Readings with Rachel, 6:00 – 7:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Jungian-inspired tarot reading with Rachel, who has been reading tarot for 6 years and whose approach draws from the concept that we can access collective symbols and archetypes from unconscious that can assist in guiding our intuition. Rachel has an MA in clinical mental health counseling from Antioch University New England and has a private psychotherapy practice. Readings are first-come, first-served, and are for entertainment purposes only. Suggested donation $5-10. Information: *www.phoenixbooks.biz* or 448-3350.

Thursday, October 19

Put Your Best Feet Forward, 7:00 PM, Phoenix Books Essex, 2 Carmichael St., Essex. Join Structural Reflexologist Geraldine Villeneuve for a talk on her new book. Villeneuve educates readers on the importance of foot health for that of the body and mind. SFree and open to all. Infor: *www.phoenixbooks.biz* or 448-3350.

Saturday, October 21

When's My Birthday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Author Julie Fogliano will narrate and list all the things that will make her birthday the *best* birthday. All ages are welcome to this free event. Information: *www.phoenixbooks.biz* or 448-3350.

Cord Stumps and Belly Buttons

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

Parents of newborns have been trying to stump me with their questions about how best to care for their baby's belly button or umbilical cord stump. Let me try to clamp off anyone's concern and provide some information on this topic.

The quickest way to have the cord stump fall off, leaving a nice new belly button, is to have it dry out. The best way to speed up the drying process is to sponge bathe your baby rather than submerge the baby in a tub of water. Then you can dry the cord stump with a clean absorbent cloth or fan it with a piece of paper. Swabbing the cord stump with alcohol may actually irritate the skin and slow down healing and drying. You can also keep the diaper folded below the cord stump to keep urine from soaking into the area.

When the stump looks ready to falls off, you should let it do so on its own and not pull it off. Once it falls off, you can then bathe your baby in a baby tub or sink.

While parents may want to put antibacterial agents on or around the cord, there is no clear benefit of doing this. Reducing the friendly bacteria that live on the skin around the cord through use of such agents may lead to less friendly bacterial strains that can infect the cord.

It may take a few weeks for the cord stump to fall off. When it does, there may be a few drops of blood, which is normal. But if the cord does actively bleed, then further medical attention is needed.

What are other reasons to be concerned about your baby's umbilical cord? If the cord area starts to turn red at the base, if your baby cries when you touch the cord or skin next to it, or if there is a foul-smelling yellowish discharge from the cord stump or belly button, these could be signs of infection. Medical attention is warranted in this case, since infection of this area – or what we call omphalitis – is a medical emergency.

If the cord has not fallen off in four to six weeks, please let your child's health care professional know. In this instance, they may use a chemical called silver nitrate to speed the drying process along. They can also make sure there is no problem with your baby's immune system that could prevent the cord stump from drying up and falling off.

Hopefully tips like this will put you in the "inny" crowd so you are not left "outie" in the cold when it comes to speeding up the drying and falling off of your baby's umbilical cord stump.

Lewis First, MD, is chief of Pediatrics at UVM Children's Hospital and chair of the Department of Pediatrics at the Robert Larner, M.D. College of Medicine at UVM

Wednesday Story Time at Phoenix Books Essex

Enjoy timeless tales and new adventures with your little ones at Wednesday Story Time, 10:00 AM on Wednesdays through November 15 at Phoenix Books Essex, 2 Carmichael St., Essex. Each week we'll choose a new picture book, a classic, or a staff favorite to read aloud together. Free and open to all ages. For more information, *www.phoenixbooks.biz.* See you there!

Meet and greet Elayne Clift at Phoenix Books

***Elayne Clift – writer, author, lecturer, doula, internationally experienced health communications specialist, wife, mom, and woman of a certain age – will be at Phoenix Books Essex, 2 Carmichael St., Essex on Sunday, October 8 at 2:00 PM to speak about the new book she has edited, Take Care: Tales, Tips and Love from Women Caregivers. For information, 802-872-7111 or* http://www.phoenixbooks.biz/.**

PHOTO CONTRIBUTED

COLLEGE NEWS

Francesca Frost of Underhill, VT has enrolled at St. Lawrence University, Canton, NY as a member of the class of 2021. Frost attended Mount Mansfield Union High School in Jericho, VT.

India Harvey of Waterbury, VT is participating in an off-campus study-abroad program during the fall 2017 semester through St. Lawrence University, Canton, NY. Harvey is a member of the class of 2018 majoring in performance and communication arts. She attended Harwood Union High School.

Mountain High Pizza Pie
Monday 4:00 - 8:00 PM
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FREVO, a cross over group from the Vermont Contemporary Music Ensemble, will be at the Westford UCW white church Sunday, October 15, 4:00 – 5:00 PM with an eclectic sampling of chamber music for flute, clarinet, and cello and classical guitar and featuring a mix of music. The quartet is known for high energy and love of playing music for all groups, ages and genres. For the entire family with music from the Beatles and children's songs to classical jazz pieces. Refreshments. Information: Marge Hamrell, 802-879-4028. PHOTO CONTRIBUTED

LETTER TO THE EDITOR

Re: Underhill Center "Old Schoolhouse" Decay

To the Editor,

As President of the Underhill Historical Society 1983-89, and as the person who – along with a cadre of spirited and talented residents – initiated the Old Schoolhouse Restoration in the mid-1980s and completed restoration of the exterior, today I am shocked to drive down Pleasant Valley Road and come upon this building's condition going backwards.

About the appalling state of the building's south side, I will say nothing.

But I do call attention to the seriously deteriorated condition of the corbelled brick chimney, now in danger of collapse. The 1980s restoration included repair and re-mortaring of the chimney by a skilled mason. But today, so much mortar has eroded that one can see daylight through the chimney!

If, or when, the chimney collapses, and bricks fly to the ground, I hope no passerby is killed. I also hope (probably in vain) that a sufficient plan of the chimney will have been kept to allow restoration…

I stopped at the Underhill Town Clerk's office a few days ago, to voice my concerns. The individual at the desk muttered the usual "not enough money" mantra, but this is untrue. In a recent Town Report, the Historical Society claimed to have assets in excess of $30,000.

Carol Christine Wagner
Underhill

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Health workshops sponsored by Northwestern Medical Center

Parkinson's Support Group will meet Tuesday, October 10, 10:00 - 11:30 AM, Pillsbury Senior Community. Pre-registration not required: Contact information: Pat (802) 524-5520, Judy (815) 895-2312. Free. This group is open to those with Parkinson's and their caregivers including family and loved ones. The monthly meetings can provide an open forum to share experience with others who are coping with Parkinson's disease, gaining education and support. The meetings will be held in the conference room next to the library on the first floor of the Pillsbury Senior Community at 3 Harborview Drive, St. Albans. There is wheelchair accessibility. This Month: Robert Rousseau, Tai Chi/Karate for over 30 years.

Breastfeeding and You, Wednesday, October 18, 12:00 - 1:30 PM. The VT Dept. of Health, St. Albans District Office, Federal St.. To register please call 524-7971. Free. Welcome to the Department of Health's FREE Breastfeeding Prep Class for you, family members, and other moms-to-be to plan for breastfeeding your newborn in the first month of life. 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!

Stretching, Thursday, October 19, 4:00 - 5:00 PM. Collins-Perley Sports and Fitness Center. To register please call Faith DuBois at (802)524-1217 or email *fdubois@nmcinc.org*. Free. Northwestern Medical Center Rehab and RiseVT are partnering with Collins-Perley to offer educational sessions to both the community and active members at Collins-Perley. In this program, led by NMC physical therapist Katherine Lowe, you will learn when and when not to stretch, how to stretch, tips and more. Learn all you need to know about stretching and understand the "why" as well.

Movement for Parkinson's Disease, Friday, October 20, 10:00 - 11:15 AM. Homestead at Pillsbury Manor. Registration and information call (802) 881-9673 or email *saramcm28@gmail.com* Sarah or *patrica_rugg18@comcast.net* Patty Rugg. Free. Movement for Parkinson's Disease is being offered for people with Parkinson's (wheelchair-bound as well as able to stand participants), their care partners and/or others interested in participating. The dance class is designed to engage participant's minds and bodies through many styles of dance while exploring stretching, muscle strengthening, postural stability, and rhythm through instruction and energizing music. The class is offered in a relaxed social environment that emphasizes enjoyment, fun, and creativity, with an eye towards connecting with the community. No dance experience required. No charge, donation appreciated to cover transportation costs for instructor.

AARP Smart Driver Course, Saturday, October 21, 9:00 AM to 1:00 PM. Speaker: Doug Masson, AARP instructor, Northwestern Medical Center, Green Mountain Room. Pre-registration required, call Doug at 802-644-8310. Course fee: $15 for AARP members and $20 for non-members. This 4 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.

"We Need to Talk" Driver's Program, Tuesday, October 24, 6:30 - 8:00 PM, Northwestern Medical Center, Green Mountain Room. Pre-registration required: Call Doug at 802-644-8310. Free. This program addresses the questions families may potentially need to ask about older drivers and is designed to aid in facilitating the difficult conversations that arise when faced with this topic. Learn how to craft caring conversations to address this challenging period and about warning signs and available options. Sponsored by The Hartford Insurance Company in conjunction with the AARP Driver Safety Program. Instructor: Doug Masson.

ONGOING

Exercise

Cancer Exercise Rehab Group, every Tuesday and Thursday, 8:00 – 11:00 AM, NMC Rehab gym, Cobblestone Building. Featuring Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist. 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. Pre-registration required, call 524-1064. Free for the first eight weeks, then $40 for open gym access.

Prenatal Fitness, every Wednesday, 5:30 – 6:30 PM, NMC Wellness & Fitness Room. Featuring Stephanie Preedom, AFAA. Northwestern OB/GYN offers these free prenatal exercise sessions to strengthen and prepare you for a successful birthing experience. Join other moms as we lead you through a customized routine designed to make you feel energized and confident. Please consult a physician before beginning this exercise program. Pre-registration required, contact Stephanie, 802-288-1141 or *stephanie.preedom@gmail.com*. Free to Northwestern OB/GYN patients.

Education

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 evidenced 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.

Vermont Quit Partners Fresh Start Tobacco Cessation Class, ongoing Wednesdays, 11:00 AM – 12:00 PM, Northwestern Medical Center, Cobblestone Building, Suite 202; and Thursdays, September 7-28, 4:00 – 5:00 PM, Richford Notch Health Center, 4th floor. Join others for this series to help you successfully quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. When you are ready to quit, the tools and support can make all the difference. We can provide you with what you need to be successful! As a Vermont resident, you can get free patches, gum and lozenges. Pre-registration required; to sign up for a session call Chari, 524-8480. Free.

Support Groups

Healing Circle Women's Cancer Support Group, first Tuesday of every month, 4:30 – 6:30 PM, Northwestern Medical Center Conference Franklin Room. 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. Please call 802-524-8479 with any questions or to RSVP (not required). Free.

Have You Lost a Loved One to Suicide? If the answer to the question is "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. Second Thursday of every month, 6:00 – 7:30 PM, Northwestern Medical Center. No preregistration required. Free.

Chronic Disease Support Group Workshops – Are you or someone you know living with a Chronic Health Condition? Then the Healthier Living Workshop is for you! Learn to feel better by learning how to deal with frustration, fatigue and pain, manage symptoms and medications, and improve strength and flexibility. If you are interested, please contact 524-1031 or *drobertson@nmcinc.org*. Each session is 2½ hours once a week, for six weeks. Various locations. Pre-registration required, contact Deb Robertson, 524-1031 or *drobertson@nmcinc.org*. Free.

Grief and Recovery Support Group, First and Third Wednesday of each month, 7:00 – 8:00 PM, Franklin County Home Health Office, 3 Home Health Circle, St. Albans. 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. Pre-registration required; to pre-register or for information, contact Lori Wright, 527-7531. Free.

Shadows of the Moon Autism Support Group. For one-on-one phone support, please call Cheryl, 802-868-7745, or Laura, 802-849-2817.

Alzheimer's Support Group, last Tuesday of each month, 6:00 – 7:00 PM, Northwestern Medical Center Green Mountain Room. This group is for those with Alzheimer's and caregivers, family members, and friends. For more information, contact the Alzheimer's Association at 800-272-3900.No pre-registration required. Free.

Parkinson's Support Group, second Tuesday of each month, 10:00 – 11:30 AM, conference room next to the library on the first floor, Pillsbury Senior Community, 3 Harborview Drive, St. Albans. This group is open to those with Parkinson's and their caregivers including family and loved ones. The monthly meetings can provide an open forum to share experience with others who are coping with Parkinson's disease, gaining education and support. Wheelchair accessible. Pre-registration not required, Contact Pat, 802-524-5520, or Judy 815-895-2312. Free.

Maternity

Breastfeeding Moms Group, first Wednesday of each month, 10:30 AM – 12:00 PM, Northwestern Counseling and Support Services Family Center. Meet once a month for snacks, crafting activities, making baby blankets, and information from the experts. Pre-registration required; call 393-6591. Free.

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 pre-registration required. Free.

Latch On! Discussion Group, third Saturday of each month, 10:00 AM – 12:00 PM, Northwestern Medical Center Family Birth Center. Learn about breastfeeding and share your stories. Enjoy light refreshments and connect with other moms. No pre-registration required. Free.

Baby Bumps Support Group for Mothers and Pregnant Women, second and fourth Tuesday of the month, 5:30 – 6:30 PM, Northwestern Medical Center Family Birthing Center. 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 led by an experienced pediatric Registered Nurse. This group is for both pregnant women and mothers. For more information or to pre-register (required), 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. Free.

Miscellaneous

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. Various locations. Pre-registration required; call Franklin County Home Health Agency, 802-527-7531 to schedule. Fee: $20.

Who's Your Person, What's Your Plan? (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. And none of us can plan for the unexpected. Do you know who you want to speak for you and make medical decisions for you when you can't do this for yourself? Everyone 18 years and older should have a Health Care Agent – your person to speak on your behalf. By completing an advance directive you can provide this information to 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 at *http://www.fchha.org/healthcareagent/* as well as *www.starttheconversationvt.org*. You can also call Franklin County Home Health Agency to learn more about completing an advance directive. We are also available to speak to community groups. Start the Conversation today.

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OBITUARIES

Kelly Brannagan King of Jericho, VT passed away on Sunday, September 17, 2017 after living with brain cancer for 1½ years. She died surrounded by a houseful of people crying, hugging, eating, and laughing. She was a wife, homeschool mom, LLL leader, permaculturist, forager, church lady, nanny, and farmers market manager. She is survived by her husband of 32 years, Barry; her four children Elizabeth, Sarah, Ben, and Noah; her mother, Lucy Wilcox; three siblings, and countless family and community members. In lieu of flowers, please make a donation to an organization that supports community and families, such as La Leche League, NOFA VT, or Visiting Nurse Association. The funeral was Saturday, September 23, 2017 at the Jericho Congregational Church in Jericho Center, VT, with interment immediately after at Jericho Center Cemetery. A reception and celebration of her life followed at her home in Jericho. A more detailed obituary is at *https://kellysstupidhead.blogspot.com/2017/09/obituary.html*.

Yvonne E. McClellan, 72, of Underhill, VT died on Tuesday, September 19, 2017 at Green Mountain Nursing Home, Clochester, VT surrounded by her loving family. She was born in Brattleboro, VT on April 18, 1945, the daughter of late Ernest and Ethel (Schermerhorn) Lajoie. She graduated from Rice High School, Butlington, VT in 1963. On August 22, 1964 she married Peter I. McClellan in Burlington. Yvonne worked as cashier at Hannaford's for ten years. She is survived by her husband, Peter McClellan, of Underhill; their children: Walter McClellan and wife Darlene of Panton, VT, Peter McClellan, Jr. of Underhill; Artie M Clellan and wife Cathi of Milton, VT; and Yvonne McClellan of Colchester, VT; seven grandchildren; two great-grandchildren; her sisters, Claire Gabaree and husband Robert of Jericho, VT; Diane Austin and husband Steve of Reading, MA; and several nieces and nephews. Visiting hours were held on Sunday, September 24 at the Ready Funeral & Cremation Service Mountain View Chapel, Essex Junction, VT. A graveside service was held on Monday, September 25, at the Underhill Cemetery, Park Street. In lieu of flowers, donations in Yvonne's memory may be made to the VNA, 1110 Prim Rd., Colchester, VT 05446 or to a favorite charity of one's choice.

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY UNDERHILL

We are now open on Sunday afternoons from 1:00 – 4:00 PM. Stop in for an afternoon of library enjoyment. And Music Sunday is back! On Sunday, October 8, we welcome the Michele Fay Band, a compelling and captivating ensemble featuring original and Americana music from right here in Vermont. Michele's heartfelt lyrics are woven seamlessly together as she delivers with a crystal clear, authentic voice. Their repertoire provides a mix of understated originals and well-placed traditional songs. The band members are Kalev Freeman on fiddle, Michael Santosusso on upright bass, and Michele's husband, Tim Price, on mandolin and guitar. Please join us as we kick off this season of Music Sunday!

The 19th Annual Deborah Rawson Lecture will be held on Thursday, October 5 at 6:30 PM. This event is an annual lecture on topics related to Vermont and the environment. This year we present *The Barber Farm Project* film. Gretchen Siegchrist is a filmmaker who grew up on the Barber Farm in Jericho. In 2003, afraid the farm would be sold and developed, she began making a film about her family, their farm, and its future. *The Barber Farm Project* is a half-hour documentary that follows four generations of her family for more than a decade as they struggle to come to an agreement on what to do with the land, a discussion that eventually led to the conservation of the Barber Farm. Please join us for this film and discussion to follow.

Thursday, October 12, 6:30 PM, *Head Games: The Global Concussion Crisis*, film screening and discussion. Athletes from the professional to the youth levels share their personal struggles in dealing with the devastating and long-term effects of concussions. The film contrasts eye-opening evidence and cutting-edge science on head trauma from the nation's leading medical experts with first-hand accounts from athletes, coaches, and parents.

Tuesday, October 17, 7:00 PM, join the Jericho Energy Task Force for this evening with Efficiency Vermont.

Wednesday, October 18, 6:30 PM: Life as Poetry, Poetry as Life. Sarah Bartlett and Anne Averyt present "A conversation between poets and their poems." Sarah Bartlett says, "We feel a joint presentation works well because we write on similar topics from very different perspectives and styles. We want participants to be engaged, to learn something and to understand that poetry can in fact be accessible to anyone." This event is a collaboration among the libraries of Westford, Huntington, Burnham, Essex Free, and the hosting library, DRML. So please join us for this very special presentation on poetry.

For Children and Families

StoryHour will be held at DRML for the first three weeks of each month, Wednesdays and Thursdays at 10:30 AM. (October 4, 5, 11, 12, 18, and 19.) Drop in for stories, songs, projects, and a nutritious snack! In October, we will be exploring the theme: "Fall." No registration required.

StoryHour with Beth and David London! Beth and David London, formerly of Poker Hill School, share songs and stories with young children and their families on Fridays at 11:00 AM; October 6, 13, and 27. Snack will follow. No registration required.

Music with Peter on the last Thursday of October! DRML has a special music program for children and their families on Thursday, October 26, at 11:15 AM. Peter Alsen has been performing for children and families throughout Vermont for many years. You can find more about Peter at *www.pukamusic.com*. No registration required.

Babytime is back! In October, Babytime will be held on Saturday, October 7, 10:00 – 11:00 AM and Tuesday, October 17, 11:00 AM – 12:00 PM. Introduce your littlest ones (infants and babies up to 18 months) to the wonders of language with nursery rhymes, songs, fingerplays, and board books. This is a great time for parents and childcare providers to connect, chat and share ideas with each other. Older siblings welcome. No registration required.

After School Crafts at DRML! On Tuesday, October 3, DRML will have an after school TOTE BAG decorating workshop, 3:30 – 4:30 PM. Everyone will receive their own tote bag to decorate with fabric markers, fabric paint, and bling! Maybe you need a loot bag for Halloween – this could be your chance to create a one-of-a-kind candy tote! Please call to register 899-4962.

Origami Club with Maya Parry! Join us after school on Tuesday, October 10, 3:45 – 4:45 PM for origami. Maya Parry will be at DMRL once a month after school to teach participants basic origami skills. We hope to be able to progress through the year to more advanced creations with children interested in attending regularly each month. This program is suitable for children ages 8-14. Please call to register 899-4962.

Time for LEGOs! - Join us on Saturday, October 7 from 11:00 AM – 1:00 PM and after school on Tuesday, October 17, from 2:45 – 4:30 PM for LEGO construction time. You will have the opportunity to attempt a building challenge and/or you can build your own independent creation. You can create, construct, and share your works with other LEGO builders. All ages welcome. Children under the age of 8 need to be accompanied by a caregiver. 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. DRML is located at 8 River Rd., Jericho; *www.drml.org*.

JERICHO TOWN LIBRARY

Our new library director is Lisa Buckton. Please come in and say hello!

Board meetings are held the second Monday of every month at 7:15 PM at Jericho Town Library. All are welcome to attend.

Jericho Town Library is open Mondays, Tuesdays, Thursday, and Fridays 2:00 – 5:00 PM; Wednesdays 10:00 AM – 12:00 PM and 2:00 – 7:00 PM; and Saturday 10:00 AM – 12:00 PM.

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

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

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*.

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

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

OctoberArt by Anita Cotrone, display: *Memorabilia of Delta Airlines, the early years.*

Book Discussions**:** Mystery, The Scold's Bridle by Minette Walters, Thursday, October 19, 7:00 PM. The death of Mathilda Gillespie shocks the English village of Fontwell and sets local tongues wagging. The wealthy old woman is found dead in her bath, a bloody kitchen knife within reach, and a scold's bridle – a medieval instrument of torture used to silence nagging women – over her head. Fiction, The Storied Life of A.J. Fikry by Gabrielle Zevin. In the spirit of The Guernsey Literary and Potato Peel Pie Society and The Unlikely Pilgrimage of Harold Fry, Gabrielle Zevin's enchanting novel is a love letter to the world of books – and booksellers – that changes our lives by giving us the stories that open our hearts and enlighten our minds.

Weekly Children's Programs – No one ever regrets taking their child to storytime. We offer three weekly programs for young children. Choose the one that's right for your child and schedule. While the programs are planned with the ages listed in mind, older and younger children are always welcome. No registration is required.

Baby Laptime, Mondays, 10:30 AM: This short storytime is for babies ages 0-24 months and their grownups. We will share the magic of stories, songs, rhymes, bounces, and fingerplays designed to introduce these youngest children to color, sounds, fine motor skills, and body movement.

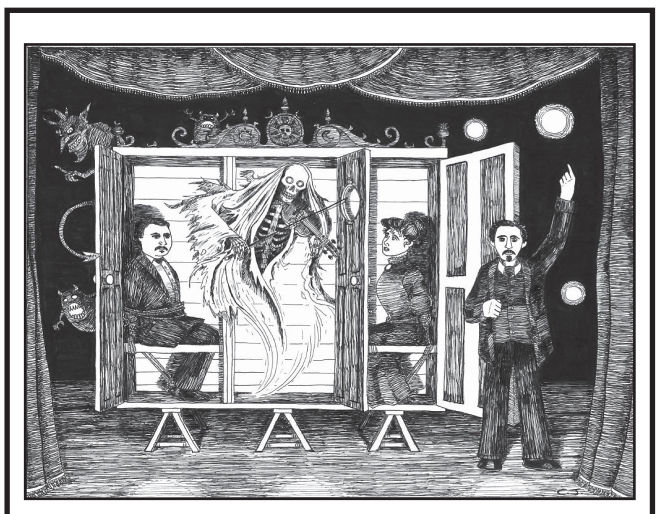
Playgroup 8:45 AM and Storytime 10:00 AM: For children age infant-5. Introduce your child to many new friends and to the wonderful world of books.

Early Bird Math Storytime, first three Fridays of the month, 11:00 AM: For children ages 2-5. We will explore numbers, shapes, patterns, and sets through books, songs, rhymes, and games. This fun, interactive storytime happens in the community room.

Yoga Storytime, fourth Friday of the month, 11:00 AM: For ages 2-5. We'll enjoy thoughtful books and engage our bodies with active movement.

Read to Tippy the Dog, second Tuesday the month, 3:00 – 4:00 PM in the Community Room. Children ages 4-12 can sign up for a private session with Tippy, a Certified Therapy Dog. Why read to Tippy? Because Tippy is friendly and cute and she will love anyone who reads her a story. Readers will gain confidence while they enjoy some private story time with Tippy. Tippy will gain praise and adoration. Sign up for a slot in advance or just drop by.

Diabetes Prevention Workshop, for those diagnosed with prediabetes or at risk, begins on Wednesday, October 4 at 1:30 PM. This workshop will meet once per week for 16 weeks, then every other week for a total of 25 sesions. Participants will receive education and support to help them adopt healthier eating and exercise habits that can lead to weight loss and reduce their risk of getting diabetes. If you are overweight, don't get enough exercise, have high blood pressure, have abnormal cholesterol, or have a parent or sibling with diabetes, you are at greater risk for developing diabetes. Prevent it now! To register and for more information, contact Amanda Biggs of Community Health Improvement, 847-5468.



The Devil's Cabinet

During the mid to late 1800s the Eddy family of Chittenden, VT became world-renowned as spirit mediums, with the alleged ability of generating full-bodied spirit manifestations or "materializations" of the departed. People traveled from all over the world to Chittenden, some with the hope of seeing and speaking to their own departed family members, others hoping to debunk the family's alleged powers as "humbug." By 1874 the family was so well-known that Chittenden began to be referred to as "Spirit Vale." To this day many believe the Eddys had genuine supernatural abilities. The family and story has ties to P.T. Barnum, Mark Twain, Sir Arthur Conan Doyle, Harry Houdini, Queen Victoria, and President Lincoln. This presentation of the Cambridge Historical Society by Jason Smiley is free and open to the public on Wednesday, October 11 at the Warner Lodge, 49 School St., Jeffersonville, with a board meeting (open to all) at 6:00 PM and the presentation at 7:00 PM, with Halloween refreshments to follow. PHOTO CONTRIBUTED

We add new items to our shelves every month. Recently we have been paying particular attention to our junior non-fiction section. Remember that our shelves are full of excellent resources for complementing the school library and aiding with school assignments. Think of us at book report time.

We have new youth Playaway titles. If you haven't yet discovered the ease and portability of these small, all-in-one audio devices, ask us for a demonstration and take a look at our growing collection for youth age 4-12.

Is the font on the page starting to look smaller and smaller? Try some of our large print titles. We've added some recently, so browse our "new" shelves. They represent an array of fiction and non-fiction. After being on display for a while, large print items are shelved with regular print items. We also maintain a small rotating list of large print titles, from the VT Department of Libraries. Titles are swapped out every three months. Please ask a staff member to help you if you're not sure where to look.

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.

Richmond Free Library, 201 Bridge St., P.O. Box 997, Richmond, VT 05477; 434-3036; 434-3223 (fax); *www.richmondfreelibraryvt.org*.

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

The library will be closed on Monday, October 9.

LEGO Robotics, Mondays, October 2-November 13 (except October 9), 3:00 – 4:15 PM. Learn simple programming and make a robot using LEGO Mindstorms. Presented by Mark Sherwin of SciTech4Kids. Grades 3-5. Pre-register.

Food for Thought Teen Library Volunteers, Thursday, October 5, 4:00 – 5:00 PM. Teens meet for pizza, discussion, book/DVD selection, and planning special events at the library. Community service opportunity. Grades 7-12. New members welcome!

Fall Story Time, Tuesdays at 10:30 AM. Join us for stories and a craft activity. October 3: Let's Get Dressed, with Victoria Francis; October 10: Counting; October 17: Five Senses; October 24: Pumpkins. All ages.

Preschool Music, Mondays, 11:00 AM with Peter Alsen; and Thursdays, 10:30 AM with Marcie Hernandez. Second Thursday of each month: Spanish Music with Constancia Gomez. For children up to age 5 with a caregiver. No pre-registration. Limit: one session per week per family.

Thursday Playtime, Thursdays, 11:00 AM – 12:00 PM. Preschoolers and their caregivers are invited for an informal play time following our Preschool Music program. For children birth to age 5.

Read to a Dog, Thursdays (except October5), 3:30 – 4:30 PM. Bring a book and read to one of our registered Therapy Dogs of Vermont. All ages. Call 878-4918 to pre-register for individual sessions.

Preschool Yoga with Danielle, Friday October 13, 10:30 AM. Simple yoga poses, stories, and songs for children birth to age 5 and their caregivers.

Spanish Musical Playgroup, Saturday, October 14, 10:30 AM – 12:00 PM. Spanish rhymes, books, and songs for children birth to age 5. Presented by Constancia Gomez. Includes playtime and snack. Non-Spanish speakers welcome.

Library news continued on page 7

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ART / MUSIC

ART/PHOTOGRAPHY

Bryan Memorial Gallery presents *Land and Light and Water and Air*, including over 100 juried landscape paintings of New England scenes from regional artists. The exhibit opened September 7 and the prize winners were announced at a ceremony in the gallery subsequently. Artist in Residence Executive Director Nancy Patch of Burlington, VT was invited to serve as the Prize Juror and made the following awards. First place / Best of Show and the Alden Bryan Medal for Painting went to Mary S. Martin of Dunham, Québec for her oil painting *After the Rain*. Second place went to Neil Berger of Shelburne for his landscape *Early Spring*. Third place to James Coe of Hannacroix, NY for his oil painting *Swamp Willows, Deep Snow*. Honorable mention to Hilary Baldwin of Arlington, MA for her oil painting *Resting in the Bay*. Until October 9, the gallery is open daily, 11:00 AM – 5:00 PM; after October 9, Thursday-Sunday, 11:00 AM – 4:00 PM and by appointment. Free admission. Bryan Memorial Gallery, 180 Main St., Jeffersonville; 802-644-5100; *www.bryangallery.org.*

Essex Art League meets the first Thursday of the month, September-May, 9:00 – 11:00 AM at the Essex Junction Congregational Church on VT Rt. 15, Essex Junction. The agenda includes a business and social time and a guest speaker/artist presentation. More information including a calendar and online gallery is available at the League's website *www.essexartleague.com.*

Visions of Vermont Art Galleries in Jeffersonville is open Tuesday-Sunday, 11:00 AM – 5:00 PM. Hosts Jane and Terry Shaw, 644-8183; Visions of Vermont, 100 Main St., Jeffersonville. For more information, visit *www.VisionsofVermont.com.*

Work by Dianne Shullenberger of Dianne Shullenberger Gallery, Nashville Rd., Jericho will be featured in the exhibit *refuge Vermont Artists Respond* at the Kent Museum, Calais, through Sunday, October 8. The Kent Museum is open Fridays-Sundays, 10:00 AM – 5:00 PM or by appointment.

Tony Conner, celebrated watercolor artist from Bennington, VT will be featured at the Emile A Gruppe Gallery through Sunday, October 8. Most of Conner's work is focused on the quality of light itself and drawn from direct observation. "My senses are particularly in tune with time as it passes through the cycle of seasons… Times of transition… are especially captivating. Watercolor is my main medium of choice. It is truly the medium of light." Emile A Gruppe Gallery, 22 Barber Farm Rd., Jericho; open 10:00 AM – 3:00 PM Thursday-Sunday or by appointment; 802-899-3211 or *www.emilegruppegallery.com*.

A thesis exhibit by Johnson State College Master of Fine Arts student Melissa Fairgrieve will be displayed through Friday, October 20 in the Julian Scott Memorial Gallery at the Dibden Center for the Arts on the JSC campus inb Johnson. The exhibit features large, multiple-piece works in oil and graphite on paper by the Middletown, RI artist. Gallery hours are 10:00 AM – 6:00 PM Tuesday-Friday and 10:00 AM – 4:00 PM Saturday. For more information, *www.jsc.edu/Dibden or 635-1469.*

Helen Day Art Center in Stowe presents *Art of the Selfie* through Saturday, November 11. *Art of the Selfie* is an exhibition of work by Andy Warhol, Suzy Lake, Carrie Mae Weems, Marina Abramovic, Rafael Lozano-Hemmer, and emerging artists who explore the expression and transformation of self-images and identity. Also through Saturday, November 11, *Enough to Divide a Room: Michael Rocco Ruglio-Misurell* is a solo exhibition in the East Gallery featuring the work of the Berlin-based artist. In prints and sculpture his work explores the fluctuation between appearance and disappearance. The work is generated from debris and found objects of urban culture, often infused with a strong history. For more information, *www.helenday.comexhibitions/upcoming144-2017-selfies* or call 802-253-8358.

At the Fleming Museum at UVM in Burlington, the fall 2017 season features two special exhibitions. In the East Gallery will be *Spirited Things: Sacred Arts of the Black Atlantic* featuring objects from the Yorùbá religion of West Africa as well as Haitian Vodou, Cuban Santería, Brazilian Candomblé, and Caribbean Spiritism, faiths that emerged from the practices of enslaved Africans who blended their ancestral cultures with that of their captors. In the Wolcott gallery will be an exhibition of the mid-century modernist painter Herbert Barnett and his distinctive landscapes painted in Vermont between 1940-1948.

Shelburne Vineyard has announced that Stowe-based artist Keilani Lime will display her works at the vineyard's Tasting Room through the end of December. Lime will visit the vineyard Sunday, October 8, 4:00 – 6:00 PM. She holds a degree in Fine Art from the Academy of Art University in San Francisco, and resides in Stowe. She will exhibit large format pieces that focus on design and structural texture on canvas using acrylic and found media. Through her work's minimalistic philosophy, she aims to create balance, focus, and peace, reforming the "din that consumes us." For information, *www.shelburnevineyard.com* or 802-985-8222.

At the Shelburne Museum: *Upstream with Ogden Pleissner*, through October 31, will feature paintings, prints, and ephemera from the Museum's permanent collection to transport viewers to some of the avid anglers' favorite streams, rivers, and lakes from Maine to Wyoming. Through October 31 on the museum grounds, the sculpture of Aaron T Stephan, provoking and challenging viewers to reassess their perceptions of the world built around them. His *Flat World* is a 2.5-ton globe; his *30 Columns* is a spiraling cascade of classical Greek Doric columns that unravel and dance across the lawn. Also through October 31, *Pieced Traditions: Jean Lovell Collects* presents historic bedcovers collected by Jean Lovell since 1979, including Amish and Mennonite quilts from the 19th and 20th centuries. Shelburne Museum, Shelburne Rd., Shelburne; 802-985-0881 or *klevesque@shelburnemuseum.org.*

At Burlington City Arts through October 8: sculptors Diana Al-Hadid's *Immaterial*, and Dave Kennedy's *A Stranger Stands Here*. Free admission. Summer hours: Tuesday-Thursday 11:00 AM – 5:00 PM; Friday-Saturday 11:00 AM – 8:00 PM; Sunday 11:00 AM – 5:00 PM. BCA, 135 Church St., Burlington; 865-5355.

The Milton Artist Guild has a number of fun and varied workshops coming up. For information, contact the Milton Artists' Guild, P.O. Box 369, Milton, VT 05468; *www.miltonartistsguild.org.*

LECTURES

The Vermont Humanities Council's popular First Wednesdays statewide lecture series begins a new season of diverse talks with renowned scholars this fall. Beginning October 4, eight First Wednesdays locations hold talks on topics ranging from The Beatles to FDR's New Deal to the musical *Hamilton*. Speakers include cartoonist Alison Bechdel, Pulitzer-winning historian Douglas Blackmon (who will present two talks), NPR's Robert Siegel, and New York University professor Martha Hodes. And First Wednesdays welcomes the return of former US Poet Laureate Billy Collins and Pulitzer-winning author David Hackett Fischer, among many others. First Wednesdays is a free monthly lecture series that runs October-May at 7:00 PM on the first Wednesday of each month, unless otherwise noted. The program offers regular free lifelong learning opportunities to thousands of people in Vermont communities, and gives audience members the opportunity to engage the speaker during a question-and-answer period following each talk.

Bryan Memorial Gallery presents Mark Tougias in a three-day oil painting workshop:* Creative Thinking for Dynamic Paintings, *Monday-Wednesday, October 16-18, 8:30 AM – 3:30 PM at Bryan Memorial Gallery, 180 Main St., Jeffersonville. There is a charge for this workshop and advance registration is required. To register or for information,* www.bryangallery.org *or 802-644-5100.

PHOTO CONTRIBUTED

MUSIC

The Michele Fay Band will perform at the Deborah Rawson Memorial Library on Sunday, October 8 at 2:00 PM in the Main Reading Room. This concert by a compelling and captivating ensemble will feature original and Americana music from right here in Vermont. Their repertoire provides a mix of understated originals and well-placed traditional songs, played and sung with relaxed polish, personality, and taste. The band members are Michele Fay performing vocals, Kalev Freeman on fiddle, Michael Santosusso on upright bass, and Michele's husband Tim Price on mandolin and guitar. Admission is free. For information, call DRML at 899-4962.

On Tuesday, October 10 at 12:00 PM at the Cathedral Church of St Paul, 2 Cherry St., Burlington, *The Good Times Trio*: Thomas Read, Peter Brown, and Philip Ambrose will perform works for violin, cello, and fortepiano including J.S. Bach's *Second Sonata for Violin and Continuo*, Hayden's *Piano Trio in A Major, Hob XV:9*, and Beethoven's *Piano Trio Op. 2, No. 1 in E-flat Major*. Free; donations appreciated. Bring a bag lunch; coffee and tea provided. Wheelchair accessible; free parking with handicap plates or tags at the Cathedral. Non-handicapped paid parking ($4/hour) at the Cathedral or two hours free in the city lot across the street.

Myra Flynn will help Shelburne Vineyard celebrate its new red wine, named for Flynn, and her wedding to fellow Vermonter and performer Phil Wills on Friday, October 13 at 6:00 PM at the vineyard on Shelburne Rd. in Shelburne. Flynn will be joined by Paul Boffa and Dave Grippo. For more information, contact Gail Albert, *galbert@shelburnevineyard.com* or 802-985-8222.

FREVO, a well-known cross over group from the Vermont Contemporary Music Ensemble, will present a unique offering at the Westford UCW white church on Sunday, October 15 from 4:00 – 5:00 PM. FREVO plays an eclectic sampling of chamber music for flute, clarinet, and cello and classical guitar including original arrangements and music from jazz, Latin, Classical and the newly composed. The quartet features an exciting mix of music with the talents of Bonnie Thurber Klimowski on cello, Steven Klimowski on clarinet, Wendy Greenwald Matthews on flute, and Peter Matthew on guitars. This quartet is known for their high energy and love of playing music for all groups, ages and genres. Appropriate for the entire family with variations of music from the Beatles and children's songs to classical jazz pieces. Refreshments following the concert. For more information call Marge Hamrell, 802-879-4028.

EMPLOYMENT

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LEGAL NOTICE

TOWN OF JERICHO- DEVELOPMENT REVIEW BOARD

NOTICE OF PUBLIC HEARING

The Jericho Development Review Board will hold a public hearing **at 7:00 pm on Thursday October 26, 2017** at the Jericho Town Hall to consider the following:

- A request to the DRB by Richard Bouffard for Preliminary and Final Plat review for a 9 lot major PUD subdivision. This property is located at 232 Barber Farm Road which is located in the Rural Agricultural Residential Zoning Districts (formerly the Agricultural Zoning District).

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

JUST MARRIED

Dr. Sarah Sedney and Christopher Chudzicki were married on Saturday, August 5, 2017 in Cape Neddick, ME. The couple met in 2006 during their freshman year at Williams College, from which they received degrees in the sciences – Sarah in Biology and Chris in Physics and Mathematics. Sarah graduated from Tufts University School of Medicine in 2014 and is currently employed as a Pediatric Physician at Eliot Hospital in Manchester, NH. Chris graduated from the Massachusetts Institute of Technology in 2015, with a graduate degree in Quantum Computing and Physics Education. He is currently employed as a Mathematics teacher at St. Paul's School in Concord, NH. Sarah graduated from Mount Mansfield Union High School, Jericho, VT in 2006. She is the daughter of Katrina and Damian Sedney of Underhill, VT. The couple resides at St. Paul School in Concord, NH.

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Chess Club, Wednesday, October 18, 5:30 – 7:00 PM. Have you wanted to learn how to play, revisit the game, or just love the game of chess? Come on your own or bring a friend and play with members of our community. All ages and experience levels are welcome.

Halloween Yoga, Friday, October 27, 10:30 AM. Simple yoga poses, stories, and songs for children birth to age 5 and their caregivers. Costumes welcome! Presented by Danielle Brown.

Halloween Stories & Pumpkin Painting, Monday, October 30, 6:30 PM. Bring kids in PJs or costumes with their favorite stuffed animal for stories, pumpkin decorating and a snack.

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

FAIRFAX COMMUNITY LIBRARY

Kids Events

Tuesdays, October 3, 10, 17, 31, 9:30 – 10:30 AM: Preschool Story Hour. Join us for themed stories, songs, and activities for ages 0-6. October 3: Same and Different; October 10, Music with Caitlin; October 17, Pumpkins and Autumn; October 31, Spiders and other Creepy Crawlers. October 24, no Preschool Story Hour. No registration necessary for story hour.

Tuesdays, October 10 and 17, 3:00 – 4:30 PM: Sewing Club. Kids age 8+ will create a fall themed sewing project in this two-part class. Must register for both sessions. Space is limited.

Wednesday, October 11, 3:00 – 4:00 PM: Lego Club. Kids ages 6+ enjoy themed Lego play after school. Please register.

Thursday, October 12, 3:15 – 4:15 PM: READ to a DOG. Kids ages 5-10 can read a book of their choice to a fuzzy, friendly dog. Call to reserve a 15-minute slot.

Thursday, October 12, 6:00 – 7:00 PM: PJ Story Hour. Kids age 0-6 listen to themed stories, followed by a craft and snack. Thanks to Building Bright Futures for this wonderful program.

Monday, October 16, 3:00 – 4:00 PM: Crafternoon: Pumpkins. Kids ages 6+ will decorate mini pumpkins. This is always a favorite craft. Must register.

Thursday, October 26, 6:30 – 7:30 PM: Family STEAM Night. Join us for this new family program, where each month parents and children will complete fun activities having to do with Science, Technology, Engineering, Art, and/or Math (STEAM). This month our theme is "Candy Science." Candy is good for more than just

Library news continued on page 8

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Call 878-8467 now for Winter 2018

Ongoing events continued from page 2

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, 3rd Mondays, 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 Junction, VT Rt. 15, 10:00 AM – 3:00 PM Tuesdays and Wednesdays; 4:00 – 8:00 PM Thursdays.

ESSEX AUTOMOTIVE SERVICES

☑ No Appointment Needed

☑ Open 6:59 a.m. M-F

☑ Free Shuttle

☑ #10 Inspection Due Oct. 31

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ASE CERTIFIED BBB

The 6.5K Great Pumpkin Run/Walk & 1K Fun Run

Saturday October 21

1K Fun Run Starts at 9:30 AM
Registration opens at 9:00 AM

6.5K Run/Walk Starts at 10:00 AM
Registration opens at 9:00 AM

Westford School Parking Lot

Fee: $10/Adults, $3/Children up to age 17

KIDS
bring 2 non-perishable food items to donate to the Westford Food Shelf and your registration is Free!

Registration: You can drop off, or mail your registration ahead : Town Office., Attn. Westford Rec Dept., 1713VT. Rte. 128, Westford, VT 05494. Or, you can register the morning of the event. Make checks payable to WRD.

Prizes: Awarded for the Top Male, Female, Under 18 Runners, & Top 3 Walkers.

OPEN TO ALL TOWNS!
Volunteers are needed for timers, food table,results board; please email: ***WestfordVTRec@gmail.com***
or call Tom Schmidt
Westford Recreation Coordinator
802-858-6211
Thanks and see you there!

VOLUNTEER OPPORTUNITIES

By Sue Alenick
United Way Volunteer Columnist

LEND A HAND. VOLUTEER. United Way of Northwest Vermont's mobile-friendly Volunteer Connection connects you to hundreds of local volunteer needs. Search by age, date, county, interests, or causes that are important to you. Stay connected to community needs. Go to *www.unitedwaynwvt.galaxydigital.com* or contact us at *volctr@unitedwaynwvt.org* or 860-1677.

A THANKFUL MEAL – Dismas House in Burlington and Winooski is seeking volunteers to bring a dish and join them for their Thanksgiving dinner. This is a wonderful family friendly opportunity to share the holiday with grateful folks. In Winooski contact Sue Drolette, 655-0300 or *sue@dismasofvermont.org*. In Burlington contact Zoe Bishop, 658-0381 or *zoe@dismasofvermont.org*.

A FRIENDLY HAUNTING – Shelburne Museum is in need of volunteers to greet visitors, help run games, and other activities at Haunted Happenings on Sunday, October 29. A great family opportunity! Contact Laura Need, 985-0865 or *lneed@shelburnemuseum.org*.

FINANCIAL LITERACY – Vermont Business and Professional Women and Bellows Free Academy St. Albans Business Department are sponsoring the second Financial Literacy Day on Wednesday, October 11. They are looking for 40 volunteers to staff 17 booths offering on-hands experience in financial planning, goal-setting, decision-making, and career selection to more than 150 students. Contact Marilyn Grunewald, 527-8237 or *mlg1@aol.com*.

TURN HUNGER INTO HOPE – With Love from Vermont invites volunteers of all ages to scoop, measure, and pack a nutritional food mixture to be sent to hungry and starving children around the world. Volunteers may also bring a non-perishable food item to be given to the local food shelf to address hunger in Vermont. Friday, October 20, 6:00 – 8:00 PM and/or Saturday, October 21, 9:00 – 11:00 AM and 11:30 AM – 1:30 PM. Contact Barbara Kohler, 989-1562 or *julier@lundvt.org* or 864-7467, Ext. 2028.

SHARE A MEAL – Cathedral Square is looking for a few volunteers to help with bi-monthly meals at S. Burlington Community Housing. Volunteers prep, serve, chat, and form new friendships. Second and fourth Wednesdays of the month, 4:30 – 6:30 PM. Contact Beth Alpert, 859-8819 or *alpert@cathedralsquare.org*.

MONDAY VOLUNTEERS NEEDED – Green Mountain Habitat for Humanity ReStore needs volunteers on Monday when the store is closed to the public to organize, price items, and reset the store. Any help between 9:00 AM – 3:00 PM will be appreciated. Contact David Mullin, 872-8726 or *dmullin@vermonthabitat.org*.

GUEST CHEFS AND BAKERS – Ronald McDonald House Charities of Burlington is in need of volunteers to use their cooking and/or baking skills to make cookies, prepare a dessert, or plan and prepare a meal for guest families at Ronald McDonald House. Dinner should serve 12-15 people and can be prepared in their large well-equipped kitchen. Contact Deanna Cameron, 862-4943 or *Deanna@rmhcvt.org*.

Library news continued from page 7

eating; it's great for science experiments! Please register.

Monday, October 30, 3:00 – 4:00 PM: Lab Girls. This club empowers young women to explore science and technology through hands-on experiments and activities. For grades 6-12. This month students will study molecular science by creating a monster lava lamp in honor of Halloween. Must register.

Tuesday, October 31, 5:00 – 8:00 PM: Trick-or-Treat at the Library. The Library will be open on Halloween for Trick-or-Treating, bathroom breaks, and a spot to warm up if it's chilly. We will offer both candy and non-candy alternatives for those with food allergies. You can show off your costumes and have your picture taken, too!

Adult Events

Saturday, October 7, 10:00 – 11:30 AM: *#Adulting* – Money: How to Make (and Keep) a Personal Budget. In this installment of our *#Adulting* series, we will have a guest speaker come in to talk about budget-making. With lots of great hand-outs and resources, participants will walk away with the tools they need to organize their finances by balancing income and expenses, setting money aside for savings or investment, and working on getting out of debt. Must register.

Thursday, October 12, 6:30 – 8:00 PM: Non-Fiction Book Group. Between the World and Me by Ta-Nehisi Coates. In a series of essays, written as a letter to his son, Coates confronts the notion of race in America and how it has shaped American history, many times at the cost of black bodies and lives. Thoughtfully exploring personal and historical events from his time at Howard University to the Civil War, the author poignantly asks and attempts to answer difficult questions that plague modern society. Copies available at the library.

Saturday, October 14, 9:00 – 11:00 AM: Tech Help. Get help with individual tech questions. You can ask any technological question and/or bring in a device with which you need help. You will be ably assisted by our techie, Josiah. Call to reserve a half hour time slot, or drop in.

Thursday, October 19, 6:00 – 7:30 PM: Needle Felt a Pumpkin. Join local artist Nicole Vance as she leads this hands-on needle felting class. Participants will learn the basics of needle felting and will create a beautiful fall decoration. Recommended for teens and adults; children age 8-12 must be accompanied by an adult. Must register.

Saturday, October 21, 10:00 – 11:30 AM: *#Adulting* – Small Engine Maintenance. Participants will learn the basics of how to take care of lawn mowers, snow blowers, and other machines with small engines. This class will cover proper yearly maintenance of engines, including how to getting your lawn mower ready for over-winter storage and what to do in the spring when it's time to bring it back out (and the reverse for your snow blower). A Q&A session at the end will allow participants to get custom advice for their individual concerns.

All events are free unless noted. Pre-registration encouraged. *www.fairfaxvtlibrary.org* , 802-849-2420. Call or email *libraryprograms@fwsu.org*.

IN MEMORIAM
In loving Memory of

Lucas R. Richardson

February 10, 1990 - September 12, 2015

27 Years ago, our daughter Stephanie and husband Pete brought a little bundle of energy and joy into the world. His name was Lucas Ryan Richardson and I am proud to say he is my grandson. He grew up to be smart, handsome, strapping, energetic, adventurous, polite young man. Luke loved the outdoors, back country skiing, rock and ice climbing, hiking in the winter and mountain biking, tenting, and extreme mountain hiking the rest of the year. He graduated from UVM with a degree in Natural Resources & Forestry. He worked in the Appalachian Mountain Club Hut System in New Hampshire, the Wasatch Mountains in Utah and then he moved to Hailey, Idaho where he worked as an arborist climbing and caring for trees. Everyone he ever met loved him for his skills, wit, encouragement, smile, and quietness. He loved the outdoors & golfing and had a great work ethic. When he was in Vermont, he helped me with plumbing jobs and customers are always asking how he is doing. Luke was and is a great example of what every parent wants their child to be. He was a mentor to many people who loved him. Luke died on September 12, 2015 while extreme hiking near the summit of the Pioneer Mountains, ldaho. Now Luke is with friends and relatives in heaven and Gramma Sandy is waiting to comfort him. We always treasured the times he was with us. No one can ever replace Lucas or his Gramma Boardman but they will always be remembered in our hearts and minds and loved forever. We miss you everyday.

~ Proud and Loving Grampa, Doug Boardman