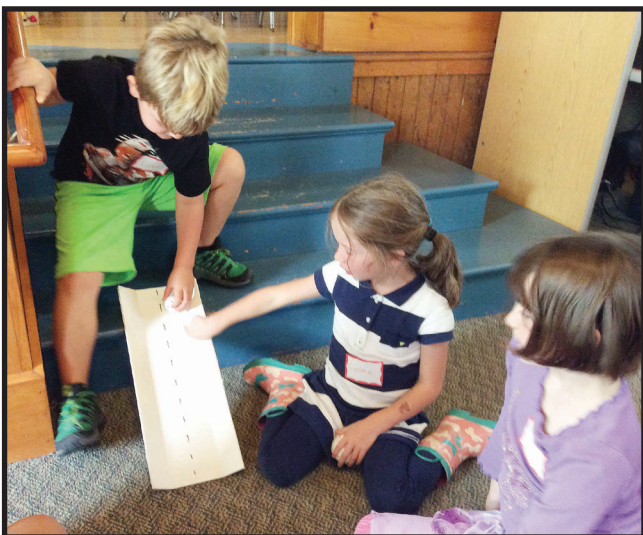


Is your phone number listed in the 2016 Jericho-Underhill Directory? **NO!** Contact Brenda at mtgazette@earthlink.net

STEM studies at the Westford Library



By Phyl Newbeck
Special to the Mountain Gazette

It may be a little too early for them to be applying to MIT or Cal Tech, but some first graders and kindergartners in Westford have been studying the principles of Newtonian physics. That's because the Westford Public Library is the recipient of a federal grant designed to help youngsters learn about the STEM (science, technology, engineering, and math) fields.

The state of Vermont applied for the National Leadership Grant, which is being administered by the Institute of Museum and Library Services. A number of entities helped with the application including the Vermont Department of Libraries, the Vermont Center for the Book, and the offices of Governor Shumlin, Senator Leahy, Senator Sanders, and Congressman Welch. Westford is one of 25 libraries chosen for the three-year pilot program, in part because of their participation in the Vermont Early Literacy Initiative. The program is expected to be a model for rural libraries nationwide.

Westford librarian Bree Drapa said the individual libraries were given a great deal of latitude as to how to approach the grant. Students ranging in age from three to seven could be the recipients so Drapa opted to work with children in first grade and kindergarten. A separate part of the grant allows for outreach to child care centers and for that section, Westford partners with Milton, which is also a grant recipient.

Drapa offered the program to a maximum of ten youngsters and the slots filled up almost immediately. She also selected four sixth grade STEM buddies, chosen because Westford has a tradition of reading buddies for the younger children. The program centers around hands-on, inquiry-based learning and all the librarians involved in the grant received training this spring. Drapa has set up a four-week session to be followed by a family night, where the children can show their families what they have learned.

The first session took place on Wednesday, September 14. "I was blown away by my big kids and little kids and all the discoveries they made," Drapa said. The theme for the first year of the program is force and motion. "It's simple tasks," she said, "but it's essentially Newtonian physics for kids." For the first session, the students were divided into four groups and given a ramp, some balls, and a cylinder. They were introduced to concepts like mass, weight, and gravity, and then set loose on the challenge of knocking down the cylinder. Soon the children were trying out different balls, different sized ramps, and different objects to knock down. They worked for an hour before being told it was time to regroup. None of the children ever requested to take a break at the break station that had been set up, and none of the older kids suggested that they do so. At the end of the hour was a period of reflection where they talked about what they had learned.

"It was amazing to see the creativity and what happens when you just let kids play," Drapa said. "It was really neat to see how the buddy system played out." Drapa believes the reflection piece is an important part of the learning experience. "That's a part that may get passed over," she said. "If we don't reflect, we don't learn." Drapa was amazed to hear the kindergartners report that the balls with more mass knocked down more blocks and that the heavier balls went further. "It's amazing what you can do with something as simple as balls and a ramp," she said.

"A lot of the kids wanted to keep going," said Drapa. "It was a wonderful thing to see. They were focused on the task for the entire hour after a full day of school. They were engaged the whole time with very simple prompts and materials."



To Russia to dance

By Brenda Boutin
Mountain Gazette staff

Julia Spensley, a junior at Mount Mansfield Union High School in Jericho, is leaving Vermont to study ballet at the Bolshoi Ballet Academy in Moscow, Russia. The accomplished dancer qualified by attending the Bolshoi Ballet Academy Summer Intensive in New York City, where she auditioned and won one of the coveted spots in a year-long intensive program. At the end of the program she received a letter saying she had been accepted into the full-time academy in Moscow. "I had been selected by my teacher from New York," Julia said. "I was ecstatic and very grateful because very few people are admitted each year."

According to her mother, Julia started dancing as soon as she started walking. "However, I particularly remember her dancing joyfully through our house at the age of three," her mother said. "She moved so naturally and gracefully and I remember thinking to myself that she moves as a ballerina. I bought a Celtic music and every day Julia would beg me to play it, so the two of us could dance to it."

Julia started dance training at the age of three at a small studio in Maryland. The family moved to Vermont from Washington, D.C. area in 2006 to be closer to her father Kevin Spensley's family in Montreal, and also to raise their two children in a beautiful rural setting.

She was six when she turned her attention to Scottish Highland dancing, training at the Heather Morris School of Dance in Richmond. At 12 she added ballet classes at the Elan Academy of Classical Ballet in Essex Junction, where she studied with Alyssa Pettingill. A year later Julia joined Vermont Ballet Theater School under the direction of Alexander Nagiba, a professional ballet dancer and teacher from the Ukraine.

Spensley commented, saying, "Ballet is a perfectionist's art where you are always striving to do better and better. This can get a little frustrating at times but it is that constant desire to do better that pushes me to keep going. The music is also very beautiful and very inspiring, so when I am feeling as if I can't go on, I listen to the music and it carries me through the rest of the dance."

And dance she does, performing at the Flynn Theater for the last three years in the *Nutcracker Suite* and other programs. Julia names *Swan Lake* as one of her three favorite ballets. Spensley related, "I have been inspired by many dancers: Sarah Lamb, Natalia Osipova, Lauren Cuthbertson, and many more. But I always try to find my own way. As far as influence goes, my dad has really influenced me. He has acted as my mental coach through all of my challenges. Dance is as much mental as it is physical, and he has always been there to keep me in the right mindset and to push me to be the best dancer and person I can be. I can honestly say I would be nothing without my dad by my side, helping me along the way."

Julia says that her parents are her biggest supporters. "They are always there for me when things get tough but they also always push me to reach my full potential," she said. "They sacrifice so much to support my dream and am so grateful for all that they do for me. My teacher Alexander Nagiba and everyone from Vermont Ballet Theater have also been huge supporters."

Julia hopes to become a better ballet dancer through building strength and refining her technique. Her ultimate dream is to become a professional ballerina with a company somewhere in the world. Russian ballet is a completely different style from the American and will take time to master. "The Russian style is more about the line and grace," she says. "The American incorporates more lifts and jumps."

The coveted spots at the Bolshoi come at a cost, the Spensleys will have to pay \$25,000 for Julia to attend the yearlong trainee program. The Spensley family has launched a GoFundMe campaign to help reach that goal. "We are getting close," Elena said. "We have had tremendous support from our family and friends." They still



Julia as a lead Candy Cane in the Nutcracker.



Julia with Alex Nagiba, her teacher at the Vermont Ballet Theater.



Above: Julia preparing for the dance.



Left: Julia as Clara at the Nutcracker performance at the Flynn Theater in Burlington.

could use some help so if you can, please contribute. (Julia's Bolshoi Training: <https://www.gofundme.com/Julia-Bolshoi>.)

Julia loves arts and crafts and has acted in her middle school plays. However, for the past several years her intense commitment to ballet, dancing five days a week for three to four hours at a time, has taken over her life. Ballet has been her primary focus.

Julia is a strong student and does very well at school. She studies Russian through an online program, preparing for her stay in Moscow. Julia will continue her high school studies online for the year she is gone.

Elena, Julia's mother, says, "I am both excited and nervous at the same time. I am proud of her achievement and of the fact that she is willing to take the risk of moving so far from home to do what she loves the most. She understands Russian and is familiar with a Russian culture, since I was born and raised in Ukraine and my native language is Russian. Since her birth Julia was exposed to Russian language, food, and music. This fact makes it much easier for me to let her go and study in Russia. Over the last two summers she spent weeks away from home, attending intensive ballet programs in Seattle and NYC. As a result of those experiences, she became a much better dancer."

Julia will be met by a dear friend of her mother's who will welcome her to Moscow. Also, a brother-in-law lives in Copenhagen, which is just a two hour flight from Moscow. Her parents hope that she will spend her school breaks with his family in Denmark.

Julia has a younger brother, Alec John, who is an avid hockey and soccer player, a talented cartoonist, and one of the most social kids they know. "He doesn't pay attention to ballet," Julia says with a smile.

The Jericho family has a white fluffy cockatoo and Emerson, the most easy-going and snuggliest dog in the world. They also have a black cat, Lulu. Both pets came into their lives because of Julia. "She convinced us that we simply have to have these pets in our lives and we don't regret for a moment that they have been a part of our family," Elena said.

The Bolshoi Ballet, an internationally renowned classical dance company, was founded in 1776. The Bolshoi Ballet has its origins in the Moscow Orphanage. Catherine the Great founded the orphanage in 1763. Profoundly interested in the arts, she also established the Directorate of Imperial Theatres, which oversaw all official artistic productions. Today the Academy produces some of the world's outstanding dancers.



PHOTOS CONTRIBUTED

4H NEWS



The Vermont 4-H dairy delegation had an impressive showing at the Eastern States Exposition dairy events in West Springfield, MA September 15-18, winning several first-place ribbons and championships. PHOTO BY SARA KIRBY

National 4-H Week celebrates 4-H'ers

National 4-H Week, October 2-8 this year, recognizes the role that 4-H plays in helping young people "learn by doing" through club work, community service, and activities that cultivate strong leadership, citizenship and life skills.

This year's theme, #4Hgrown, promotes the message that 4-H grows leaders, grows responsibility, and grows skills. Throughout the week, many Vermont clubs will have displays in local libraries or storefronts. Others will set up exhibits and visit with customers at their local Tractor Supply Company (TSC) store as part of the fall 4-H Paper Clover Campaign.

This cooperative effort of TSC stores and National 4-H raises money to support local 4-H programs through the purchase of paper clovers at checkout. The campaign runs from Wednesday, October 5 to Saturday, October 16.

In Vermont more than 6400 young people ages 8-18 are involved in 4-H. Just over 1300 of these youths are enrolled in 123 4-H clubs, participating in projects, activities, and local and statewide events. Others take part in in-school enrichment and out-of-school programs that teach about science, healthy living, and various other fields such as embryology, rocketry, robotics, and farm

safety with tractor training certification.

"All our 4-H programming builds both life and job skills, introducing participants to career opportunities and the skills that are needed to excel in those careers," Kleinman adds. Teen and leadership programs also are a big part of Vermont 4-H. TRY (Teens Reaching Youth) for the Environment, an environmental leadership opportunity for students in grades 7-12, is one of the big success stories. Through this program, teens teach younger kids about renewable energy, waste solutions, food systems, and forests and trees. This fall a new TRY 4-H effort, using 4-H ambassadors to introduce 4-H programming, will be launched in Chittenden, Addison, Orleans, and other counties.

Throughout October, many 4-H clubs will enroll new members as they gear up for the upcoming project year. It's also an ideal time for 4-H alumni to reconnect with 4-H through social media (<https://www.facebook.com/Vermont4H> or on twitter @UVM4H) or become a 4-H volunteer. For more information, contact the University of Vermont Extension State 4-H Office toll-free: 800-571-0668 or 802-656-0311.



Vermont's 4-H horse delegation, who competed September 21-25 at the Eastern States Exposition in West Springfield, MA, ham it up for the camera, pretending to be horses after their big wins in various horse events. Front row (from left): Lexy Brooks, Whitehall, NY; Alexis Walker, Westford; Emma Pearson, North Hero; Holly Weglarz, Hartland; David Gringeri, West Haven. Middle row: Chelsea Carcoba, Danville; Lauren Hodsdon, Bridport; Cassidy Wyman, Cambridgeport; Callon Fish, Rutland; Catherine Thrasher, Rupert; Betsy Coburn, Castleton. Back row: Hannah Lang, Essex; Olivia Suker, Shrewsbury; Hailee Blades, Jeffersonville. PHOTO BY STACEY WALKER

VT takes championships at Big E 4-H horse competition

Vermont 4-H club members proved once again that they are champs when it comes to everything equine, with several first-place wins in 4-H horse events September 21-25 at Eastern States Exposition in West Springfield, MA.

The University of Vermont Extension 4-H delegation included nine delegates and five teen leaders. Along with delegates from the five other New England states, the 4-H'ers competed in general knowledge, fitting and showmanship, and equitation classes. Some of the Vermont state quiz bowl and judging team members also competed in those contests at Eastern States.

Vermont had an impressive win in the regional 4-H horse quiz bowl contest, coming in first by a wide margin for the sixth year in a row. Lexy Brooks, Whitehall, NY (member of a Rutland County 4-H club), Chelsea Carcoba, Danville, David Gringeri, New Haven, and Catherine Thrasher, Rupert made up the winning team.

The judging team lost to New Hampshire although all four members of the team placed in

the top ten for high individual scores. Cassidy Wyman, Cambridgeport, came in third, Callon Fish, Rutland, was fourth, Hannah Lang, Essex, seventh, and Betsy Coburn, Castleton, tenth.

In the general knowledge contest for delegates with horses, Vermonters captured five of the top ten placings: Emma Pearson, North Hero (second), Catherine Thrasher, Rupert (third), Cassidy Wyman, Cambridgeport (fifth), Lauren Hodsdon, Bridport (sixth); and Alexis Walker, Westford (tenth).

The 4-H teen leaders also competed in this contest in their own division, capturing first through fifth place. In order of rank, they were David Gringeri, New Haven, Hailee Blades, Jeffersonville; Lexy Brooks, Whitehall, NY, Olivia Suker, Shrewsbury, and Chelsea Carcoba, Danville.

In the fitting and showmanship classes the 4-H'ers were scored on how well they handled and

4H horse continued on page 3

Bill Lawrence maintains a deep commitment to critical issues facing the residents of Vermont.

He has been listening to your concerns and will make them heard in Montpelier! He's the candidate who will work for you!

Affordability:

We need to reduce the ever-increasing tax burden on the middle class here in Vermont. We need to grow the economy here in Vermont, so people of all ages will be able to stay in Vermont.

State Spending:

In the past 7 years we have increased state spending by \$700 million, we cannot continue to spend money we don't have. As families work within their budget, let's make the state do too as well.

Community Empowerment:

We need to empower local communities like Jericho and Underhill with more local control, from energy siting decisions to education. Community empowerment also means that local town boards and town residents need to have a say in the growing of wind farms and solar farms.

Health Care:

We need to end the mandate that forces individuals and businesses to only buy through Vermont Health Connect, and offer more affordable choices and options. Vermonters deserve better, so let us examine the options.

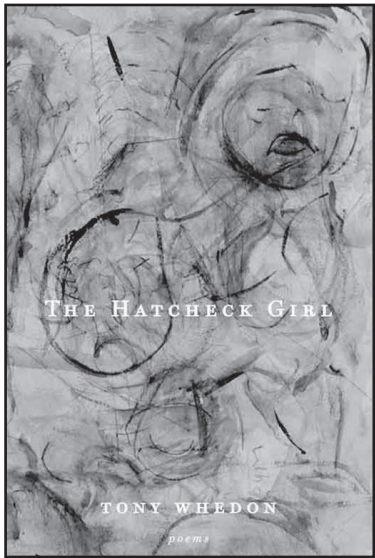
Carbon Tax:

We need to stop this tax! This tax will add approximately 88 cents to each gallon of gasoline, \$1.02 per gallon of diesel and home heating oil, and similar increases for propane, natural gas, kerosene, along with butane and aviation fuel.

802-999-2163 | billLawrence802 | LawrenceforVTHouse@gmail.com

LAWRENCE
FOR
VERMONT HOUSE

COMING EVENTS



Tony Whedon, a former professor at Johnson State College, will read from his newest poetry collection *The Hatcheck Girl* at 7:00 PM on Thursday, October 13 in the Stearns Student Center Cinema, Johnson State College, Johnson. The reading, free and open to the public, is part of JSC's Bachelor of Fine Arts (B.F.A.) Reading Series. Whedon, also a jazz trombonist, taught in the B.F.A. program.
PHOTO CONTRIBUTED

Wednesday, October 5

Richmond Chicken Pie Supper, seatings at 5:00, 6:00, and 7:00 PM, Richmond Congregational Church, Richmond. Take-outs available at 4:30, 5:30, and 6:30 PM. Reservations are required and can be made via the church website, www.rcuce.org, or by calling 802-318-5359 between 6:00 – 9:00 PM. Adults \$12; under 12, \$6; preschoolers free. All take-outs \$12.

The Warmth of Other Suns: The Epic Story of America's Great Migration, 5:00 PM, Ira Allen Chapel, 26 University Place, Burlington. Pulitzer Prize-winning author Isabel Wilkerson chronicles one of the greatest stories of American history: the decades-long migration of black citizens who fled the South for northern and western cities in search of a better life—a movement that reshaped culture and politics and set in motion racial challenges we now face. Part of the VT Humanities Council's First Wednesdays program. Free and open to the public.

Thursday, October 6

Free Community Soup & Bread Supper, 4:30 – 6:30 PM, Covenant Community Church, 1 Whitcomb Meadows Lane, Essex. Eat in or take out – the menu provides a quick, easy, and delicious meal. Choose from a variety of hearty soups and breads and a sweet dessert. Stay and eat with friends and family, or pick up to take home. Donation accepted. Call Pastor Steve Anderson, 879-4313, for more information.

The Diary of a Movie Greaser book launch, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Celebrate the launch of *The Diary of a Movie Greaser: Remembering Grease from Start to Finish* with Sean Moran, who has a BFA in Theatrical Arts and a Masters in Educational Theatre, and who in 1977 moved to Hollywood to shoot *Grease* with John Travolta and Olivia Newton-John. He has appeared in or directed hundreds of theatrical productions. His television and film credits include everything from *West Wing*, *ER*, and *Grey's Anatomy* to *Flags of Our Fathers*, *The Devil's Rejects*, and *Tremors*. Tickets \$3 per person include coupon for \$5 off a book by the author. Coupons expire at closing the evening of the event. Seating is limited. Information: www.phoenixbooks.biz or 448-3350.

Friday-Saturday, October 7-8

Rummage Sale, Flea Market, Bake Sale, Friday 9:00 AM – 5:00 PM, Saturday 9:00 AM – 2:00 PM, St. John's Catholic Church, St. John's St., Johnson. Proceeds of this semi-annual event benefit Most Holy Name of Jesus Parish. Until Thursday, October 6, accepting clean, saleable items in good condition (please no TVs, computer, or child car seats); please leave items on the steps of the church.

Saturday, October 8

Brewer's Fest and Cookout, 3:00 – 6:00 PM, Moore Park (across from Underhill Town Hall), Underhill Center. Hosted by the Underhill Historical Society. Sample beers from local amateur brewers and feast on the barbeque offerings of Mike Fullem and Chad Riley of Sparky's BBQ. Besides many side dishes and desserts, there will be a kids' menu and freshly made cider. Kids games including a cornhole tournament. Meal is \$10 adults, \$5 children. No charge for beer samples. In case of rain, the event will be held in the Underhill Town Hall.

116th Chicken Pie Supper, seatings at 4:30, 5:30, 6:30, and 7:30 PM, Jericho Congregational Church, Jericho Center. Take-outs also available. Tickets on sale at the Jericho Center Country Store: adults \$10, children 3-12 years \$5, under 3 free.

Purple Hearts Reunited: How Military Medals Find a Home, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. Purple Hearts Reunited was

established here in Vermont with the goal of returning lost or stolen medals to veterans and military families. Captain Zachariah Fike, the founder, will discuss how the program got started and how he conducts his research, including which tools he relies on the most. Capt. Fike will take the audience through several successful cases that resulted in a Return Ceremony. Class \$5; parking and entrance are across from the State Police building. For more information, www.vtgenlib.org or call 802-310-9285.

Star Wars Reads Day, 1:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Celebrate Star Wars Reads Day and master the art of reading! We'll have the latest Star Wars books (for everyone from kids to adults), Star Wars-themed crafts, and more. Star Wars Reads Day is a national event that celebrates reading and Star Wars. Costumes encouraged! Free. Information: www.phoenixbooks.biz or 448-3350.

Sunday, October 9

Sunday Brunch, 9:00 – 10:30 AM, VFW Post 9653, Pleasant St., Morrisville. Adults \$10, under 10 years \$5. Benefits Lamoille County VFW Auxiliary to Post 9653.

Sundays for Fledglings, 2:00 – 3:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Kids ages 5-9 (siblings welcome) discover birds from feathers to flying, from art to zoology, and develop "mad skillz" in observation, research, and goofing around. Ask about a Junior Birder Badge! Free with admission; donations welcome. Information: 802-434-2167 or museum@birdsofvermont.org.

The Big Sit! dawn to dusk, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Sit – watch – listen – be happy. Join Team Loonatics as we participate in the International Big Sit! The world's most sedentary birding event. How many birds can we perceive from a 17-foot diameter circle? Free! Pledges and donations welcome. Snacks and coffee provided Please bring your own binoculars. Information: 802-434-2167 or museum@birdsofvermont.org.

Tuesday, October 11

Discovery Time in the Nestlings Nook, 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Theme: Wild Birds, Wild Art. Discover birds through stories and investigative play. Books, crafts, music, nature walks, and more. Free with admission; donations welcome. 802-434-2167 or museum@birdsofvermont.org.

Thursday, October 13

Presumption of Guilt, 7:00 PM, Phoenix Books Essex, 21 Essex Way, Essex. Join Archer Mayor for a talk on his 27th Joe Gunther mystery novel. Archer Mayor, in addition to writing the *New York Times* bestselling Joe Gunther series, is a death investigator for the state medical examiner and has 25 years of experience as a firefighter/EMT. He lives near Brattleboro. Free and open to all. For information, www.phoenixbooks.biz or 802-872-7111.

Friday, October 14

Contra Dance, 8:00 PM, Shelburne Town Hall, 5376 Shelburne Rd., Shelburne. Queen City Contrasts' regular dance with music by *Red Dog Riley*; Mary Wesley will be the caller. All are welcome, all dances taught, no partner or experience necessary. Beginners' session, 7:45 PM. Admission \$9 adults; under 12 free. Please bring clean, soft-soled shoes for dancing. Information: 802-371-9492 or 802-343-7166; www.queencitycontras.org.

Throw-A-Thon Ceramics Event, 12:00 PM – 12:00 AM, Johnson State College ceramics studio, Johnson. Students and the general public create ceramic items to donate to the studio, where students dry, fire, glaze, and re-fire the pieces to sell at JSC's annual Holiday Ceramics Sale on Wednesday, November 16. Proceeds from this 22nd annual event go to Operation Smile, an organization that provides free surgery for children born with a cleft palate. The fee for members of the public to participate is \$5 per person.

Friday-Saturday, October 14-15

Rummage Sale, Flea Market, Bake Sale, Friday 9:00 AM – 5:00 PM, Saturday 9:00 AM – 2:00 PM, St. John's Catholic Church, St. John's St., Johnson. Proceeds of this semi-annual event benefit Most Holy Name of Jesus Parish.

Saturday, October 15

Organizing Your Research with Evernote, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. As genealogists we often deal with the inability to find that file or photo we need right now. If this is you, Evernote might be the answer. Evernote is a free and powerful tool for taking charge of your records that can be used on all computers, tablets, and smartphones. Ed McGuire will describe how it works, how to construct forms and save various types of documents, as well as Evernote's ability to find anything you've saved. Join us to learn about this genealogy organizing tool. Class \$5; parking and entrance are across from the State Police building. For more information, www.vtgenlib.org or call 802-310-9285.

Sunday, October 16

Sundays for Fledglings, 2:00 – 3:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Kids ages 5-9

(siblings welcome) discover birds from feathers to flying, from art to zoology, and develop "mad skillz" in observation, research, and goofing around. Ask about a Junior Birder Badge! Free with admission; donations welcome. Information: 802-434-2167 or museum@birdsofvermont.org.

Monday, October 17

Viking Economics: How the Scandinavians Got It Right – and How We Can, Too, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join George Lakey for a talk on his new book. Lakey will explore the inner-workings of the Nordic economies that boast the world's happiest, most productive workers, and explain how we, too, can embrace equality in our economic policy. Tickets \$3 per person include coupon for \$5 off a book by the author. Coupons expire at closing the evening of the event. Seating is limited. Information: www.phoenixbooks.biz or 448-3350.

Tuesday, October 18

World of Warcraft: The Official Cookbook book launch, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Calling all World of Warcraft fans! Join Chelsea Monroe-Cassel to celebrate the launch of *World of Warcraft: The Official Cookbook*. We'll have samples of treats from the book for attendees to try! Chelsea Monroe-Cassel is also the co-author of the *New York Times* bestseller *A Feast of Ice and Fire: The Official Game of Thrones Companion Cookbook*. Like the literature and fictional settings she loves, Chelsea's work is a synthesis of imagination and historical research. Tickets \$3 per person include coupon for \$5 off a book by the author. Coupons expire

Coming events
continued on page 4

**Mountain High
Pizza Pie**

Monday - Thursday
11:00 AM - 8:30 PM
Friday
11:00 AM - 9:00 PM
Saturday
11:00 AM - 8:30 PM
Sunday
4:00 - 8:00 PM

899-3718Route 15, Jeri-Hill Plaza
Jericho

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Must be signed for attribution with writer's address and phone number.

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Area Worship Services

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

**MOUNT MANSFIELD UNITARIAN
UNIVERSALIST FELLOWSHIP**
A Liberal Spiritual Community 195 VT RT 15, Jericho, VT 05465
Phone: 899-2558 [website www.mmuuf.org](http://www.mmuuf.org)
We gather at 9:30 AM at the newly renovated space at 195 VT RT 15,
Jericho (red barn across from Packard Road)
All are welcome.

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

UNITED CHURCH OF UNDERHILL
"Welcoming, Worshipping, Working for God"
At the Green on VT RT15 - Rev. Kevin Goldenbogen - 899-1722
www.unitedchurchofunderhill.com
Worship and Sunday School 10:30 AM
Local and Global Mission and Service Outreach Opportunities
for families, men, women and youth Streaming audio sermons:
www.becauseyoumay.com

4H horse continued from page 2

presented their horse as well as the animal's overall appearance including body condition and grooming. Delegates were divided into two groups of English and one group of Western riders as well as driving and small equines. Teen leaders were allowed to borrow a horse from a delegate in order to compete.

Four Vermont delegates won their classes. They were Lexy Brooks, Whitehall, NY (teen leaders), Alexis Walker, Westford (English A), Catherine Thrasher, Rupert (English B), and Holly Weglarz, Hartland (Western).

In addition, Holly Weglarz of Hartland was named the Showmanship Champion and also took the Western Equitation Championship. Lexy Brooks of Whitehall, NY won the Showmanship Reserve Championship. Other Vermont equitation champions included Alexis Walker of Westford (English A) and Catherine Thrasher of Rupert (English B).

Some of the competitors also participated in the Team Challenge, in which four-member teams earned points for placements in various events. No more than two 4-H'ers from any given state were permitted on each team. Vermonters on the top three teams were David Gringeri, New Haven and Holly Weglarz, Hartland (first-place team), Chelsea Carcoba, Danville (second-place team) and Lexy Brooks, Whitehall, NY and Catherine Thrasher, Rupert (third-place team).

For the fifth year in a row, a Vermont 4-H'er was awarded the Mac MacDonald Award for earning the highest combined scores in the general knowledge, judging and fitting and showmanship competitions. Cassidy Wyman of Cambridgeport was the recipient of this year's award, given in memory of a man who loved and supported this regional 4-H horse show.

The Dick Woolam Memorial Award for Sportsmanship went to Callon Fish of Rutland.

For information about the UVM Extension 4-H Horse Program, contact Wendy Sorrell, UVM Extension 4-H livestock educator, at wendy.sorrell@uvm.edu.

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HEALTH INFORMATION

Conflict and remote first aid course offered to public at JSC

Part of the Johnson State College campus will resemble a battlefield in November, but there's no need for alarm.

The artificial blood, simulated smoke, and taped sounds of gunshots, screaming, helicopters, and trucks will be part of a *Conflict and Remote First Aid* course, designed for non-military people in remote conflict zones. The course – offered for the first time in Vermont – will be Friday-Saturday, November 11-12 at Johnson State College and is open to the public.

The course fee is \$425. All proceeds will benefit the New York-based nonprofit *Reporters Instructed in Saving Colleagues* (RISC), founded by New York Times best-selling author and war reporter Sebastian Junger. RISC offers emergency medical training to freelance journalists in conflict zones.

The first aid course at JSC will teach how to treat preventable battlefield deaths – hypothermia, excessive bleeding, chest wall trauma, and airway management – and basic travelers' first aid. People who pass the class will receive a three-year certification in Wilderness First Aid and Adult CPR from Wilderness Medical Associates International (WMA), a Portland, ME-based company that teaches backcountry medicine and

is offering the course.

"The class is designed for anyone who is going to a remote or conflict area, for example, general contractors or journalists," says Sawyer Alberi, an adjunct professor in JSC's Wellness and Alternative Medicine program who will be a co-instructor.

The course will be taught rain or shine. Given the subject matter and the attempt to simulate war conditions, "the worse weather, the better," Alberi says.

Alberi, a Wilderness Emergency Medical Technician (WEMT), worked for the Vermont Army National Guard as a flight medic in Iraq in 2006 and a combat medic in Afghanistan in 2010. Now retired from the National Guard, the Coast Guard veteran also was a medic and taught mountaineering at the Army Mountain Warfare School in Jericho.

The other instructor will be Bill Frederick, also a WEMT, and founder and director of Lodestone Safety International, which provides training and program development for organizations that operate overseas.

To register and for information, go to <https://www.wildmed.com/wilderness-medical-courses/first-aid/conflict-remote-first-aid/course-5042/>.

Health workshops sponsored by Northwestern Medical Center

Exercise

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

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

Workshops

Vermont Quit Network Fresh Start Tobacco Cessation Class, Tuesdays in November, 10:30 – 11:30 AM. Join others for this four-session series to help you successfully quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. As a Vermont resident, you can get free patches, gum, and lozenges.

Support Groups

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

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

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

Chronic Disease Support Group Workshops, Healthier Living Workshop – held at various locations and dates. Are you or someone you know living with a chronic health condition? Then this 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. Each session is 2½ hours once a week, for six weeks. Pre-registration required; contact Deb Robertson, 524-1031 or drobertson@nmcinc.org. Free.

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

Home Health Circle. For more information, contact Lori Wright, 527-7531.

Shadows Of The Moon Autism Support Group – for 1:1 phone support, please call Cheryl, 802-868-3658, or Laura, 802-849-2817.

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

Maternity

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

Breastfeeding and You, Wednesday, October 19, 12:00 – 1:30 PM, VT Department of Health, St. Albans District Office, Federal St., St. Albans. This free breastfeeding prep class for you, family members, and other moms-to-be will help you 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! Pre-registration required, call 524-7971.

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

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. To schedule an appointment, please call our office at 802-527-7531. The cost for Foot Care Clinics is \$20.

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

Exercise

Tim's House 4th Annual Walk to End Homelessness – Saturday, October 22, registration 2:00 PM, walk starts 3:00 PM, Collins Perley Sports Complex, St. Albans. Show your support! Walk to raise money and awareness to end homelessness! 100% of proceeds will go

NMC continued on page 5

Coming Events continued from page 3

at closing the evening of the event. Seating is limited. Information: www.phoenixbooks.biz or 448-3350.

Wednesday, October 19

Book launch event, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Elizabeth Powell and David Huddle to celebrate the release of their new titles! Elizabeth Powell's *Willy Loman's Reckless Daughter* is the winner of the 2015 Robert Dana-Anhinga Prize for Poetry. Both a cyber-thriller and a simmering romance, David Huddle's novel *My Immaculate Assassin* raises disturbing and timely questions.

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

Thursday, October 20

Baked Ham Dinner, Binghamville Methodist Church, Fletcher, servings at 5:00, 6:00 and 7:00 PM, until all are served. Adults \$10.00, children under 12 - \$5.00. Preschool free. Menu: Baked ham, mashed potato and gravy, vegetables, cabbage salad, rolls, pickles and homemade desserts. Call Denis or Charles at 849-2120 for reservations.

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Peter Shaw injured his finger while rebounding a basketball. His misfortune brought him to hand specialist Dr. Joseph McLaughlin where he "felt instantly comfortable." Dr. McLaughlin discussed treatment options and Peter decided to have the surgical procedure. Today, Peter is almost at 100% with hand strength and flexibility.

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People My Age (cont.)

By Sue Kusserow
Special to the Mountain Gazette

The essay that preceded this one suggested that there have been many self-help books on aging which have been written by authors in their 50s and 60s. Generally, they have been able to pontificate on what works, and have enough time left in their lives to write with objectivity about aging. For those of us who are already in our eighties, we voice ourselves in more subjective ways, often more suited to poems and essays. I wrote about patterns: the many that we have built over the years, both practical and functional, and also those which have formed and governed our patterns of thinking. And we often wonder why it is so difficult to change a pattern, forgetting that we have given a lifetime to learning and supporting it.

Some old people keep faith close to them, surrounding themselves with patterns of belief, ritual, group support, platitudes that construct them anew. The physical body is the transport of the soul, and when we are older, the soul struggles inside many physical symptoms. But it survives! And this is an old pattern that repeats itself and gives calm and certainty.

Socialization, both real and imagined, is one of the most important needs of elders... not to be left alone, to be surrounded by voices and activity. How many times when you visit is the radio or the TV on... which is delightedly turned off, when the real thing comes along!

I have always liked the phrase 'gentle strength' but in our present raucous culture, it is considered an oxymoron. Dylan Thomas warned us: "Do not go gentle into that good night." But his dependence on alcohol kept his disposition gnarly enough to avoid any serenity that might be mistaken for gentleness. We tend to look backwards, into childhood, until memory becomes translucent. How often we want to share these memories, but we are all familiar with the glazed look that tells us we have told this before. We would like to share so much: the dreams of our childhood that drift us into sleep, the joys that others are feeling, a place in a warm corner where we can listen, and think wistfully of what advice we could be giving... if we were asked. But we're not, and somehow that's OK, too. Our time of being heard, of having even the slightest power or control, is gone. We need to rest easy with that.

This is accurate by description, and perhaps dismal by interpretation. But for every age there is loss, resignation, and, even for the old, a sense of renewal. Aging needs a positive spin on it... but only we can do that. It takes gentle strength to write a serene ending to our stories. We have inadvertently arrived at the prized goal of meditation and mindfulness: living in the NOW. We know there is no choice; it is all we have and we need to make it as precious as possible. "Treasure this day and treasure yourself. Truly, neither will ever happen again." (Ray Bradbury) This is a mantra for every stage of life!

Is your child a head banger?

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

Parents have been heading me off at the pass with lots of questions about their babies who seem to enjoy banging their heads against the floor or crib. Let me see if I can provide some bang-up advice on this topic.

Head banging, although uncomfortable to watch, is actually a normal soothing or rhythmic behavior demonstrated by up to 20% of healthy infants and toddlers, usually between the ages of 6 months and 3 years of age. Boys do it three to four times more than girls.

While one worries that this behavior might be a sign of developmental delay or autism, it is rare that either condition would present itself this way without other clues.

What causes so many healthy children to want to bang their heads? It may be that your child is frustrated, under-stimulated, over-stimulated or perhaps stressed by something. What we do know is infants and toddlers will do it again and again – perhaps subconsciously – to keep any parental attention coming their way, especially when it is known that doing this will not harm or injure a child's brain or affect their intelligence, since these young children lack the force to cause such damage.

So what can we do about head banging? First,

try to ignore this behavior as much as possible, or if you see it starting, try distraction with a different activity to divert your child's attention. If it is done when your child is in the crib, pull the crib away from the wall and pad the legs to soften the noise and the impact. Carpeting the floor can also do the same thing.

Using a metronome or playing music has also been found to give your child a different rhythm to enjoy than that which they get from head banging.

When do you worry? If the head banging continues beyond three years of age and is interfering with sleep, or if your child is demonstrating other signs that may worry you such as not relating well to other people or not achieving expected developmental milestones, talk to your child's health care professional. It's possible that a more detailed developmental evaluation is in order, though these situations are rare.

Hopefully tips like this will head off any concerns you might have, and smooth out the bumps, when it comes to being concerned about your child's head banging.

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

LETTERS TO THE EDITOR

Frank supports Squirrel for VT House

To the Editor,

I am extremely pleased that Trevor Squirrel is running for my seat in the Vermont House of Representatives. I give him my whole-hearted support. Trevor has proven his commitment to service for our communities by serving on many boards including the Underhill Planning Commission, the Jericho Underhill Land Trust, and the Chittenden County Regional Planning Commission. His leadership skills are proven by chairing many of these boards as well as the statewide Concussion and Brain Injury Board. His experience in community service gives him exceptional qualifications to serve as our Representative.

If you have not had an opportunity to talk with Trevor when he knocked on your door please come to the Community Center in Jericho, Thursday, October 13 from 5:00 – 7:00 PM. Trevor and George Till will be there to talk with you about your concerns for Vermont.

We are very fortunate to have Trevor willing to serve us in the Vermont House. Please join me in voting for him on November 8th or if it is more convenient you can vote early at your Town Hall.

Rep. Bill Frank
Underhill

Fresh Air Fund thanks local volunteer leaders, host families

To the Editor,

This summer we celebrated The Fresh Air Fund's 140th summer of serving children from New York City's low-income communities. I would like to take this opportunity to extend my gratitude to our extraordinary Fresh Air volunteers, hosts, and supporters in the Champlain Valley for their dedication and commitment.

Fresh Air host families open their hearts and homes, and share the everyday joys of summertime with their Fresh Air friends. I am inspired by the commitment of our local volunteer leaders, many of whom are also hosts. They volunteer to interview prospective host families, help recruit new families, and plan special activities. I would also like to thank the individuals and local businesses who so generously give their time and resources to make The Fresh Air Fund's Friendly Towns Program throughout the Champlain Valley a great success each year.

Since 1877, The Fresh Air Fund has provided free summer experiences to more than 1.8 million New York City children from low-income communities. Each year, nearly 7000 children enjoy outdoor summer adventures through visits with volunteer host families along the east coast and southern Canada and at The Fund's five overnight camps in Fishkill, NY. Fresh Air children also participate in year-round leadership and educational programs.

Please contact Wynton Marsalis at 212-897-8942 or visit www.freshair.org to learn more about hosting a child through The Fresh Air Fund.

Sincerely,
Fatima Shama
Executive Director
The Fresh Air Fund

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NMC continued from page 4

directly to assisting individuals and families to transition from homelessness into safe, affordable, and permanent housing and self-sufficiency. Organizer Joe LeClair, 524-0847 or Joe.leclair@samaritan-house.com. Pre-registration not required.

Workshops

AARP Smart Driver Course, Saturday, October 22, 8:30 AM – 1:00 PM, NMC Green Mountain Room, St. Albans. This four-hour refresher 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. Speaker Doug Masson, AARP instructor. Pre-registration required; call Doug, 802-644-8310. Course fee \$15 AARP members, \$20 non-members.

Education

All Of Me – feature length documentary film,

Thursday, October 6, 7:00 PM, NMC Green Mountain Room. Director Bess O'Brien's film focused on the lives of women, girls, and some boys who are caught in the downward spiral of eating disorders and their struggle to regain a sense of self-compassion and healing. The film will focus on body image, a lack of connection with one's physical and emotional being, and the need to delve deep within one's self to find the systemic reasons that triggered this disease. No pre-registration required. \$12 adults, \$7 youth.

Diabetes and You, Saturdays October 15-November 12, 9:30 – 11:30 AM, NMC, St. Albans. Join us at this self-management educational series for people with diabetes and their families, which has been proven to help people improve control of this disease. Learn how to keep diabetes from controlling your life and improve your blood sugar control to feel better and delay or prevent complications. Pre-registration required, call Deborah Robertson, 514-1031. NMC will bill your insurance for the course fee. Scholarships available. No one will be turned away for lack of ability to pay.

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY, UNDERHILL

Storyhour – Join us for fall-themed storyhours, Wednesdays and Thursdays. 10:30 – 11:30 AM. No registration required.

Deborah Rawson Book Lovers (DRBL) – Tuesday, October 11, 7:00 PM. DRBL is an adult book discussion group that meets monthly at the library. This month's selection is *The Boys in the Boat*, by Daniel James Brown. New members are always welcome to drop in on any meeting, which is always the second Tuesday of the month at 7:00 PM. For more information, contact Christine@cstaffa.com.

Thursday, October 13, 6:30 PM – Phil Murdock of Chapin Orchards will be at DRML to talk about several of the over thirty apple varieties that they grow at Chapin Orchard. He'll discuss the origin and basic qualities of each apple and how they fit into the overall mission of their farm. Phil will be bringing samples of each apple and offer slices of each variety so that we are able to compare and contrast each variety. And, he will also bring some of their famous fresh apple cider and his wife Helen's fabulous cider donuts. Please join us for what promises to be an interesting – and tasty – evening!

Mah Jongg at DRML – We will be playing on Monday, October 17 at 1:30 PM. Whether you have never played before, would like to sharpen your skills, or just join a bunch of folks ready for a fun time, please join us as we explore the ancient Chinese tile game of winds, dragons, and number tiles. If you like card games, you'll probably love Mah Jongg!

StoryHour – Beth London, formerly of Poker Hill School, will be offering song and story hour

on Friday mornings in October. Beth will bring a favorite story and follow that with songs for singing and dancing accompanied by her guitar, ukulele, and other instruments. Children of all ages are welcome to join her at 11:00 AM. No registration needed.

Crazy 8's Math Club - Thursdays, October 6, 13, 20, and 27, 3:00 – 4:00 PM. Grades 3-5. Crazy 8's is a recreational after-school math club that helps kids enjoy the math behind their favorite activities. It's math gone wild, nothing like your usual math club! Kids build glow-in-the-dark structures, crack secret spy codes, and play games like Toilet Paper Olympics. This is an eight-week program. Please call 899-4962 for more information.

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

JERICHO TOWN LIBRARY

Tai Chi for all ages and all levels: Wednesdays, 10:00 – 11:00 AM. Join instructor Shaina Levee on the Jericho Center Green to learn and practice Tai Chi – a powerful healing art, moving meditation, and martial art all in one. This series is open to all ages and all levels. Wear loose, comfortable clothes. Free and open to the public. Rain location is the Jericho Community Center.

Youth Programming - Dungeons & Dragons: Wednesdays, 4:30 – 6:30 PM. Players ages 10 and up. No experience necessary but a commitment to the group is needed in order to follow the on-going story line.

LEGO Club: Thursdays, October 6 and 20,

4:30 – 5:30 PM. Lego challenges, competitions, and creative play.

Little One & Me Circle Time (Ages 0-5): Wednesday, October 19, 10:00 – 11:00 AM. Join Katie Coons for interactive circle time with movement, free play, songs, craft, and a healthy snack.

Whiskers & Wings Halloween Storytime: Wednesday, October 26, 10:00 – 11:00 AM. Storytime with Elizabeth Bernstein. Costumes encouraged! Black cats whiskers, bat wings, and "wooooo!" ghost whispers! Explore the letter "W" in this friendly, spooktacular holiday story time! Children of all ages and their families are invited for Halloween stories, songs, crafts, and trick-or-treating in the library and Jericho Country Store!

All library programs are free and open to the public.

News fro the JTL Board of Directors - The next meeting of the board of directors will be Monday, November 7 at 7:15 PM. Everyone is welcome to attend.

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

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

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

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

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

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

WESTFORD PUBLIC LIBRARY,

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

Playgroup every Monday, 9:30 AM!

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

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

RICHMOND LIBRARY

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

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

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

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

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

Open Monday and Wednesday, 10:00 AM – 8:00 PM, Tuesday and Thursday, 1:00 – 6:00 PM; Friday, 10:00 AM – 6:00 PM; Saturday, 10:00 AM – 2:00 PM.

FAIRFAX COMMUNITY LIBRARY

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

Tuesdays, October 4, 11, 18, and 25, 9:30 – 10:30 AM: Preschool Story Hour. Join us for themed stories, songs, and activities for ages 0-6. October 4: Apples. October 11: Eggs and Birds with Special Animal Guests. October 18: Owls and Spiders. October 25: Pumpkins. No registration necessary for story hour.

Tuesday, October 4, 6:00 – 8:00 PM: Family Game Night. Join us for this fun monthly tabletop game event! Bring a favorite game or come and learn a new one. Drop in. Ages 5+.

Saturday, October 8: 11:00 AM – 12:00 PM: Fall Favorites Recipe Swap. Cookies, pies, stews, and more! Bring in your favorite fall recipes and, if you are able, samples as well. We can make photocopies of recipes here too. Hot cider will be

provided.

Tuesday, October 11, 6:00 – 7:00 PM: PJ Story Hour. Join us for a special Tuesday Pajama Story Hour. Kids age 0-6 listen to themed stories, followed by a craft and snack. Thanks to Success by Six for this wonderful program.

Wednesday, October 12, 3:00 – 4:00 PM: LEGO Club Ages 6+ enjoy themed Lego play after school. Please register.

Thursdays, October 13 and 27, 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 13, 6:30 – 8:00 PM: Non-Fiction Book Group discusses *Water: A Natural History* by Alice Outwater. Copies available at the library. New members welcome!

Saturday, October 15, 9:00 – 11:00 AM: Tech Help: Intro to Microsoft Word. Come at 9:00 AM for small group learning about Microsoft Word and stay for individual tech questions from 10:00 – 11:00 AM. You can ask any tech question and/or bring in a device with which you need help. You will be ably assisted by our techie, Josiah.

Monday, October 17, 3:00 – 4:00 PM: Crafternoon: Pumpkin Decorating. Kids 6+ will decorate miniature pumpkins. Must register.

Tuesday, October 18, 5:30 – 7:30 PM: Tea and Bristles. Perfect for all skill levels, Julie Griffin leads this painting class through step-by-step instructions to create a masterpiece. This month's theme is *Fall on the Farm*. Recommended ages 16+. Cost is \$25 for materials and snacks. Must register.

Saturday, October 22, 10:00 – 11:30 AM: DIY Plaid Scarf. Join seamstress Karin Hernandez as she shows how to make a "no-sew" plaid scarf to keep you cozy and warm as the weather gets cold. A \$20 class fee covers all materials and instruction. Return home with a completed scarf of your own, or give as a gift.

Wednesday, October 26, 3:00 – 4:00 PM: STEM club: Kids age 6+ will continue to investigate jet propulsion. Must pre-register.

Thursday, October 27, 6:00 – 8:00 PM: Eddy Family of Spirit Mediums: Fact and Fiction. Last year we learned about the Eddy Family from local historian Jason Smiley. He returns this year to refresh us on the legends of this spooky Vermont family, and to dive into the theories behind some of their most renowned performances, including the "Devil's Cabinet." Recommended for teens and adults.

Saturday, October 29: 10:00 – 11:30 AM: SciFi/Fantasy Book Group. Explore new worlds with this brand new book group. Coffee and snacks provided. Our October pick is Neil Gaiman's *Neverwhere*. Limited copies available at the library (ask about ILL), additional digital copies available through ListenUp Vermont, or purchase your own.

Monday, October 31: 5:00 – 7:00 PM: Trick or Treat at the library. The library will be open to trick-or-treaters. Come in your costume and get your picture taken! (Bathrooms also available.)

The library is open Monday and Wednesday 8:30 AM – 5:30 PM, Tuesday and Thursday 8:30 AM – 8:00 PM, Friday 8:30 AM – 3:15 PM, Saturday 9:00 AM – 1:00 PM.

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

DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON

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

Spanish Musical Playgroup: Saturday, October 1, 10:30 AM – 12:00 PM. Spanish rhymes, books, and songs for children birth to age 5. Non Spanish-speakers welcome! Includes playtime and snack. Sponsored with Building Bright Futures.

Preschool Music: Mondays at 11:00 AM with Peter Alsen (except October 10: library closed) and Thursdays at 10:30 AM with Marcie Hernandez. For children up to age 5 with a caregiver. No pre-registration. Limit one session per week per family.

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. Presented with Building Bright Futures.

LEGO Club: Tuesday, October 4, 2:00 – 3:00 PM. Make your own LEGO creations using the library's LEGO collection. All ages. Snacks provided. Children ages 8 and younger must be accompanied by an adult.

Food for Thought Teen Library Volunteers: Thursday, October 6, 4:00 – 5:00 PM. Teens meet for pizza, discussion, book/DVD selection, and planning special events for the library. Community service opportunity. Grades 7-12. New members welcome.

Fun with Electricity! Tuesday, October 18, 2:00 – 3:00 PM. Make an electromagnet and experiment with the library's LittleBits electronics kits. Grades 3 and up.

Homeschool Program: Magnificent Monarchs: Wednesday, October 19, 1:00 – 3:00 PM. Explore the fascinating world of Monarch butterflies through writing, inquiry, and art. Ages 6 and up. Pre-register at 878-4918. Presented by Kristen Littlefield, Environmental Educator.

Fall Story Times: Tuesdays at 10:30 AM. October 4: Autumn Leaves with Victoria Francis;

Library news continued on page 7

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Library news continued from page 6

October 11: Fall Animals; October 18: Harvest Time; October 25: Pumpkin Tales. Ages 3-5.

Halloween Stories: Monday, October 24, 6:30 PM. Bring kids in PJs or costumes with their favorite stuffed animal for stories, a craft, and a bedtime snack. Sponsored with Building Bright Futures.

Homework Help: Wednesday, October 26, 3:00 – 4:00 PM. Staff from the Stern Center for Language and Learning will provide general academic support (reading, writing, math, social studies). All ages. No pre-registration.

Drop-In Craft: Halloween Lanterns: Thursday, October 27, 3:00 – 4:00 PM. All ages.

Preschool Yoga with Danielle: Friday, October 28, 10:30 AM. Simple yoga poses, stories, and songs for children birth to age 5 and their caregivers. No pre-registration.

Read to a Dog: Tuesdays, 3:30 – 4:30 PM (except October 11). 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.

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

BROWNELL MEMORIAL LIBRARY, ESSEX JCT.

Tuesdays, October 4, 11, 18, and 25, 3:15 – 4:00 PM – Read to Daisy. Daisy loves to listen to kids read. She is certified by Therapy Dogs of Vermont. Daisy's owner is Maddie Nash, retired school counselor. For all ages.

Tuesday, October 4; 3:30 – 4:30 PM – MPH. First meeting. Make snacks; create Mad Libs/Halloween style; plan Halloween event for kids and learn what MPH is all about. All 6-7-8 graders welcome!

Wednesday, October 5, 5:00 – 6:30 PM at Ira Allen Chapel, First Wednesday Lecture: The Warmth of Other Suns: The Epic Story of America's Great Migration. Pulitzer Prize-winning author Isabel Wilkerson chronicles one of the greatest stories of American history: the decades-long migration of black citizens who fled the South for northern and western cities in search of a better life, a movement that reshaped culture and politics and set in motion racial challenges we now face. *Please note time and location.*

Thursdays, October 6, 13, 20, and 27, 3:15 – 4:00 PM – Read to Archie. Archie loves to listen to kids read. He is certified by Therapy Dogs of Vermont. Archie's owner is Christine Packard, Chair of Brownell Library Trustees. For all ages.

Fridays, October 7 and 21, 10:00 – 10:30 AM – All Ages Story Time. Come listen to Picture Book Stories and have fun with puppet, finger plays and rhymes. For ages birth to 5.

Friday, October 7, 3:00 – 4:30 PM – TAB. Teen Advisory Board (TAB) has their first meeting of 2016-17! Make a snack to celebrate Spanish Heritage Month; learn a Brazilian game; and plan events for the new year. All 9-12 graders welcome!

Friday, October 7, 6:00 – 8:00 PM – Magic: The Gathering. Whether you know the game or are curious to find out more, come have tons of gaming fun! Grades 6 and up.

Brownell Library Youth Librarian Mary Graf to retire October 7

Mary Graf, Youth Librarian at Brownell Library, will be retiring after providing service to the Essex Junction community since 1993. Mary began guiding Youth Services at Brownell when the Youth Department was in the Library's lower level with the beloved bathtub and card catalog. Mary ends her Brownell career after the Library's most recent renovation on the main floor, which brought fun colors, new furniture, an iPad catalog, and a re-classification of the picture book collection making kid's favorite topics in picture books more easy to find.

Reflecting on her career at Brownell, Mary Graf states, "During the past 23 years, I have enjoyed helping Brownell Library evolve from a repository of books to a welcoming place where people of all ages, abilities, and cultures can access information, find enrichment, and connect with their community. I encourage every adult to bring a child to the library to discover the wonders inside. I have seen lives transformed here, and it starts when an adult shares a picture book with a child."

A memory book is located by the dragon in the Youth area for anyone who would like to sign it during open library hours. The memory book will be presented to Mary on Friday, October 7 and refreshments will be provided throughout the day for anyone who'd like to stop in and say goodbye before she heads off on her next chapter.

Monday, October 10 – Library Closed for Columbus Day

Tuesdays, October 11, 18, and 25, 9:10 – 9:30 AM – Story Time for Babies and Toddlers. Picture books, songs, rhymes and puppets for babies and toddlers with an adult.

Tuesdays, October 11, 18, and 25, 10:00 – 10:45 AM – Story Time for Preschoolers. Picture books, songs, rhymes, puppets, flannel stories, and early math activities for preschoolers.

Thursday, October 13, 3:30 – 4:30 PM – Fall Tree Filter Craft. Bridget Meyer will help students create a treescape with colored filters. For students grades 1 and up.

Thursday, October 13, 7:00 – 8:30 PM – Teaching and Parenting in the Digital Age: Technology Tools and Media Mentors. In a public presentation by Chip Donohue, PhD, Donohue will explore how technology can empower and engage children, parents, families, librarians, and early childhood educators. His talk is sponsored by the VT Humanities Council.

Fridays, October 14 and 28, 10:00 – 10:45 AM – Songs and Stories with Matthew. Matthew Witten performs songs about our world and tells adventurous tales. Funded by the Friends of Brownell Library. For all ages.

Friday, October 14, 3:00 – 4:30 PM – Tinker Time. Did you ever wonder what is inside a coffee maker or a printer? Come to this program and find out! We'll use screwdrivers, pliers and more!

Fridays, October 14 and 28, 6:00 – 8:30 PM – Dungeons & Dragons. Embark upon imaginary adventures. Our Dungeon Master serves as the game's referee and storyteller. Grades 6 and up.

Fridays, October 14 and 28, 6:30 – 8:30 PM – Maggie's Fiber Friday for Adults. Maggie Loftus, veteran knitter, will be settled in front of the fireplace in the Main Reading Room. She invites adult knitters and crocheters to join her with their projects and engage in conversation. Bring patterns to share if you'd like. If you wish to contact Maggie: 6maggie2@myfairpoint.net.

Monday, October 17, 4:30 – 5:30 PM – Star Wars Club. Our Library Trustee Max Holzman leads the Star Wars Club. For all ages. Popcorn and drink!

Tuesday, October 18, 7:00 – 9:00 PM: Brownell Library Trustees Meeting

Wednesday, October 19, 7:00 – 8:30 PM – Antarctica: A Season on "The Ice." Vermont native Brough Zansler spent seven seasons

as a science support crew member for The U.S. Antarctic Research Program. He will discuss his experience and share photos of his time at the South Pole.

Thursday, October 20, 3:00 – 4:30 PM – Tree Weaving Craft. Bridget Meyer will help students create beautiful woven trees. Grades 1 and up.

Friday, October 21, 1:00 – 4:00 PM – Inter-Generational Book Discussion: Shackleton. Seniors and students will come together over book-related snacks to discuss the Vermont Reads Book for 2016.

Friday, October 21, 6:30 – 8:30 PM – Family Movie. Free popcorn! All ages.

Saturday, October 22, 3:00 – 4:00 PM – Chess Club. Come play! Teen chess players help you discover new moves. All ages and skill levels are welcome. Kids 8 and under must be accompanied by an adult.

Wednesday, October 26, 3:00 – 4:30 PM – Lego Fun. Participate in fun and friendly building with LEGO. For kids entering K and up. (Kids under 5 are welcome to participate with parental supervision.)

Thursday, October 27, 3:30 – 4:15 PM – Spooky Stories. Storyteller Linda Costello celebrates Halloween with some spooky stories for the season. Grades 2 and up.

Friday, October 28, 3:30 – 5:00 PM – LARP. Live Action Role Play with Sydney is open to all middle and high school students who want to have adventures in a mythical land.

Monday, October 31, 3:30 – 5:00 PM – Halloween Face Painting. Face painting provided free by teens! Come in costume or just as you are. All ages welcome.

Youth Services Librarian Mary Graf will retire on Friday, October 7. She has enjoyed 23 years of helping children discover reading and connecting with their community here at Brownell. Please stop by the Youth Desk so Mary can say farewell. There will be a Memory Book to sign and share any special moments!

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

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will be distributed after December 31, 2016.

Deadline for advertising is October 15, 2016.

4000 directories are distributed throughout Jericho and Underhill as well as Hannafords in Essex Center, and other Essex businesses. The entire phone book appears on our website and your ads are hyper-linked to your own website. Additionally each advertisers receives a free bold line listing among the phone number listings.

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PEOPLE IN THE NEWS

OBITUARIES

Caroline "Carol" Fuller, 83, of Jericho, VT and formerly of Gurnee, IL, passed away after a long illness on Saturday, September 24, 2016 at the Vermont Respite House, Colchester, VT, surrounded by loving family. Carol was born September 11, 1933. She was an avid gardener, with a degree in horticulture she pursued and obtained at the age of fifty from the College of Lake County, Grayslake, IL. Carol is survived by her sister Christine Butera, by her daughters Victoria Fuller and Kristi Gallant / fiancé Roy Smith, and

by her son Ronald Fuller / fiancé Julie Bottomley, as well as by many great-grandchildren, grandchildren, nieces, and nephews. A memorial service was held Monday, September 26, 2016 at the Jericho Congregational Church, Jericho Center, VT. Arrangements were under the care of LaVigne Funeral Home and Cremation Service. Donations in her name may be made to a charity of one's choice. Condolences maybe shared with the family at www.lavignefuneralhome.com or at www.burlingtonfreepress.com/obituaries.

COLLEGE NOTES

Charles K. Cobb of Westford, VT enrolled at Colby College in Waterville, ME this fall. Before classes began on Tuesday, September 6, 2016, Cobb took part in a weeklong orientation that included a civic engagement component in downtown Waterville, an introduction to academic and intellectual life at Colby. A graduate of Mount Mansfield Union High

School, Jericho, VT, Cobb is the son of Matthew Cobb and Rosemary Shea-Cobb of Westford, VT. **Andrea Duncan** of Underhill, VT is a member of the Rensselaer Polytechnic Institute (Troy, NY) cross-country team. The Biomedical Engineering major has helped the Engineers to a strong start through the first two weeks of the season, including a second-place finish at Siena College.



Tommy O'Connor named president of Consortium of Vermont Colleges

Johnson State College Assistant Director of Admissions Tommy O'Connor is the new president of the Consortium of Vermont Colleges (CVC), which represents 20 institutions and the Vermont Student Assistance Corp., a financial aid organization. O'Connor will serve a one-year term as president of the CVC, composed of admissions officials who promote Vermont higher education, discuss trends and ways to increase enrollment, and offer professional-development opportunities. The CVC also hosts an annual bus tour of Vermont colleges for out-of-state high school guidance counselors. He has been a member of the CVC, overseen by the Vermont Higher Education Council, since 2012, and is former chairman of the professional development committee.

PHOTO CONTRIBUTED

SCHOOL NEWS

Mater Christie School students study reporting of Atticus Finch's day and today

As eighth grade literature teacher Allan Whyland was planning his lessons before the start of the school year, he suddenly discovered a link between the assignment he was preparing to give his Mater Christi students and the assigned reading of *To Kill a Mockingbird*. In the novel, lawyer Atticus Finch has the habit of reading the daily newspaper to his children Jem and Scout in the evenings after supper. Other than gossip across fences, the newspaper was perhaps the only way in which news traveled through small American towns in the early 1930s.

Whyland alluded to Atticus Finch and his newspaper reading when he met with his literature classes. He explained to his students that they would be reporting and writing a newspaper article based on an important event or person of the 1930s decade such as the Hindenburg disaster, Amelia Earhart, and Lou Gehrig. The next step Mr. Whyland took to fill in the knowledge gap between the choosing of a topic and actually turning it into journalism was inviting the president and publisher of the *Burlington Free Press* to address the fifty MCS 8th graders. Mr.

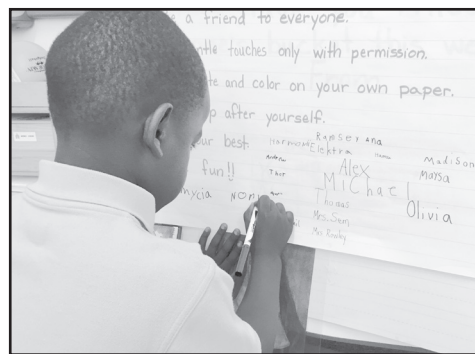
Getler very willingly accepted the invitation and met with the students on Thursday, September 15.

To everyone's surprise, Al spent little time in discussing the paper edition of the *BFP* and instead described how the *Free Press* keeps news current using online digital solutions, including podcasts and videos. One interesting comment he made was that the newsperson must base his/her reporting on facts and that second person accounts are not facts. This introduced the idea of the use of drones with 3D cameras. Drones definitely have the ability to keep news current and factual, and without discounting their real importance, Al did allude to the new FAA regulations.

He ended his talk with the reminder that reporters/journalists still use the *Who, What, Where, When, Why* questions as their basis for finding facts with the goal of presenting them in news articles. Mr. Getler emphasized how essential to any news writer are eyes, ears, and the ability to tell a story, and in the end "these essentials do not need media to get the job done."

Atticus Finch seems to have understood this both as a lawyer and a reader of newspapers.

Mater Christi first graders' celebrate Constitution Day and Citizenship Day



A Mater Christi School first grader signs his classroom's Constitution.

PHOTO CONTRIBUTED

Before 2004, Constitution Day was an American federal observance that recognized the adoption of the United States Constitution and those who had become U.S. citizens. It was normally observed on September 17, the day in 1787 that delegates to the Constitutional Convention signed the document in Philadelphia.

The law that established the present holiday was created in 2004 with the passage of an amendment by Senator Robert Byrd. This law renamed September 17 "Constitution Day and

Citizenship Day." Leslie Sem's first graders at Mater Christi prepared to celebrate the day by learning about the US Constitution. The youngsters learned that delegates to the Constitutional Convention created rules for their newly formed country, and so the youngsters decided to create rules for their newly formed 1S class.

The students spent a couple of weeks talking about what rules would be good to help each one in the class live, work, and play well together. Using the Responsive Classroom Model the students brainstormed, voted, and pared down the list they had created. They also came up with Logical Consequences and Apologies of Action.

The first graders finalized their "Classroom Constitution" on September 16, printing the rules (nine of them) on a large sheet of poster paper. Next, each child signed it in honor of Constitution Day. The students also made personal copies of the Classroom Constitution, which they are keeping accessible throughout the school year.

Mrs. Sem felt that these personal copies as well as the large signed poster would help serve as daily reminders of the rules by which the children had agreed to interact at school. She also hopes that the project aided her first graders in understanding the important role the US Constitution plays in the life of each American citizen.



Mater Christi School grade 8 class with Mrs. Melloni, their religion teacher, posing with the Peace Proclamation shortly after it was delivered to Mater Christi School. Kneeling (from left): Owen Greene, Underhill; David Wendeln, Burlington; Will Noonan, Shelburne; Nicholas Ravaschiere, Williston. Second row: Mrs. Melloni; Oceana Reardon, Winooski; Sam Rubman, Burlington; Harper Plunkett, Burlington; Hannah Sheppard, Colchester; Vanessa George, Burlington; Helen Argraves, Burlington. Back row: Emily Bloom, Colchester; Parrish Cormier, Shelburne; William Tritt, Shelburne; Atticus Phinney-Anderson, Westford; Tyler Rowley, Milton; Deena Jacunski, Colchester; Cole Tarrant, Colchester.

PHOTO CONTRIBUTED

Multi-faceted Peace Day at Mater Christi School

The middle schoolers at Mater Christi spent a year preparing for the 2016 United Nations Peace Day. They began by getting permission in 2015 to write peace slogans on the steps of City Hall and asking the mayor to consider declaring September 21, 2016 as Burlington, VT Peace Day.

During the course of the year, the mayor gave the go-ahead for them to decide what they wanted the "Peace Proclamation" to read. When the school year began, so did a multitude of peace activities spearheaded by grades 6, 7, and 8 religion teacher Mrs. Julia Melloni.

Among these was composing the wording for the Proclamation. This was sent to Mayor Miro Weinberger's office and with some further suggestions made by Jordan Redell, assistant in the Mayor's office, the proclamation was signed by the mayor, and Jordan hand-delivered the

proclamation just as the Peace Day celebration at MCS was beginning.

The last paragraph of the proclamation reads:
NOW THEREFORE, I, Miro Weinberger,
Mayor of the City of Burlington,
do hereby proclaim that
September 21, 2016, be declared
PEACE DAY
in the City of Burlington
and BE IT FURTHER RESOLVED
that I commend the community of students,
faculty, and families at Mater Christi
for their commitment
to spreading the message of peace.

During study hall, grades 6, 7, and 8 assembled on the school/convent lawns and formed a gigantic peace symbol. Before going back to their

Peace Day continued on page 10

Ongoing continued from page 8—

TOWN GOVERNMENT & ORGANIZATIONS

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

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

Jericho Village Water District Board of

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

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

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

Jericho Underhill Park District Board meeting, 1st and 3rd Wednesdays, 7:00 PM, Deborah Rawson Memorial Library project

room, Jericho. Residents of Jericho and Underhill always welcome. Information: 899-2693.

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

THRIFT SHOPS & FOOD SHELVES

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

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

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



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



SCHOOL NEWS

Camel's Hump Middle School news

By Mark Carbone, Principal

We are pleased to introduce Anna Stern to the Camel's Hump Middle School teaching faculty on 7th grade team *Spark*. Ms. Stern earned her Master's Degree at University of Vermont and brings a wealth of experience in teaching reading and writing. Welcome Ms. Stern!

Mark your calendars for the Third Annual Pumpkin Chunkin' on Saturday, October 22, 11:00 AM – 3:00 PM. Come and witness pumpkins in flight! We are looking for teams throughout the community to participate; if you are interested, please contact mark.carbone@cesvvt.org. This fun family event helps support the continuation of the PROSPER Program, a seven-week program for 6th grade students and their families to assist both through the challenges of adolescence. PROSPER participants meet weekly for seven sessions that include family dinner, games and activities, and childcare for younger siblings. For a portion of the time, parents attend workshops on topics such as setting limits and computer/Internet safety, while the student group discusses topics such as saying "no," advocacy, and problem-solving. We are excited for the upcoming Pumpkin Chunkin' contest – and hope that you and your family will join in the fun!

On a more serious note, hunger is on the rise in Vermont. Hunger Free Vermont reports that 1 in 7 children in Chittenden County are food insecure. CHMS students have begun a food drive to help those in need. Our food drive not only teaches students the importance of community service and helping others, it helps provide a safety net for those in need.

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

We are hoping to expand our after-school opportunities. What would you like to share with kids – yoga, crafts, science experiments? Some funding is available. Contact mark.carbone@cesvvt.org if you are interested.

The next Mount Mansfield Modified Union School Board meeting will be held on Monday, October 10, 6:00 PM at Jericho Elementary School. The public is welcome, and encouraged, to attend.

Volunteer opportunities – United Way

By Sue Alenick,

United Way Volunteer Columnist

Give the gift of time! United Way of Northwest Vermont's mobile-friendly Volunteer Connection search platform connects you to hundreds of volunteer needs with local nonprofits. Search by age, date, county, or interest; find nonprofits by causes that are important to you. Now volunteers have even more ways to stay connected to community needs. Go to www.unitedwaynwvt.galaxydigital.com or contact us at volctr@unitedwaynwvt.org or 860-1677.

A DRIVING NEED – Cathedral Square is looking for a volunteer to drive a South Burlington senior to the new McClure Miller Respite House in Colchester on Fridays, pick up at 11:30 AM, return trip at 3:30 PM. One volunteer does not have to drive both shifts. Day, frequency, and times may be flexible. Contact Beth Alpert, 859-8819 or alpert@cathedralsquare.org.

THRIFT SHOP – Hinesburg Community Resource Center's "Twice is Nice" thrift shop is in need of friendly volunteers to work beside the store manager to run the shop and help educate the public about their mission to address needs of Hinesburg residents. Tasks include helping customers, making sales, tidying the shop, accepting donations, stocking, etc. Contact Rachel Kring, 482-4946 or hinesburgfof@gmail.com.

GLEANING – Salvation Farms has returned for another fall of gleaning at a small family orchard in Monkton/Hinesburg and is looking for volunteers to help on Saturday, October 1. A great individual or group activity! Contact Theresa Snow, 888-4360 or Theresa@salvationfarms.org.

MORE GLEANING – Intervale Center is also looking for gleaners on Thursdays and Fridays to rescue fresh food and package for individuals, families, and social service agencies. Contact Carolyn Zeller, 660-0440, Ext. 118, or Carolyn@intervale.org.

SHOW THE WAY – The Howard Center will be hosting talks on Suicide Risk and Prevention

Local students are

National Merit Scholarship semifinalists

Officials of National Merit Scholarship Corporation (NMSC) have announced the names of approximately 16,000 Semifinalists in the 62nd annual National Merit Scholarship Program. These academically talented high school seniors have an opportunity to continue in the competition for some 7500 National Merit Scholarships worth about \$33 million that will be offered next spring. To be considered for a Merit Scholarship® award, Semifinalists must fulfill several requirements to advance to the Finalist level of the competition. About 90% of the Semifinalists are expected to

on Thursday, October 13 at Dealer.com and needs ushers from 5:15 – 7:45 PM to help attendees navigate to the theatre. Contact Denise Vignoe, 488-6912 or dvignoe@howardcenter.org.

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

• **With Love from Vermont – Turn Hunger into Hope:** Help scoop, measure, and pack a nutritional food mixture to be sent to hungry and starving children around the world. Also bring a non-perishable food item for the local food shelf to address hunger in Vermont. Friday, October 14, 6:00 – 8:00 PM and/or Saturday, October 15, 9:00 – 11:00 AM and 11:30 AM – 1:30 PM. Contact Barbara Kohler, 989-1562 or bnbk@gmavt.net.

• **American Cancer Society – Making Strides Against Breast Cancer:** Volunteers of all talents and skills are needed to help with this Chittenden County event. For ways to be involved, contact Kristina Hermanson, 872-6300 or Kristina.hermanson@cancer.org.

• **VSA Vermont – BOOM Vermont Drum Festival:** Volunteers can help at the 4th annual BOOM VT Drum Festival and Disability Identity Project on Sunday, October 16. Help with workshops, art activities, set-up, registration, hospitality, prizes, clean up, and more. Shifts from 11:00 AM – 4:00 PM. Contact Heidi Swevens, 238-5170 or Heidi@vsavt.org.

• **Epilepsy Foundation of Vermont:** 17th annual Casino Night, Saturday, October 29 at the Elks Club in Burlington from 4:00 – 11:30 PM. Volunteers 21 and older can help with registration, dealing poker and blackjack, etc. Volunteers will need to wear black-and-white attire. Contact Audrey Butler, 318-1575 or epilepsy@sover.net.

• **Shelburne Museum:** Have a spooktacular time at the family friendly Haunted Happenings on Sunday, October 30, from 9:00 AM – 1:30 PM. Volunteers, who must come in a costume, can hand out candy to trick-or-treaters, and help with many fun activities. Volunteer with a friend or get the whole family involved! Contact Laura Need, 985-0865 or lneed@shelburnemuseum.org.

INVASIVE CONTROL – The Nature Conservancy is restoring natural areas by removing

non-native, invasive species and is looking for volunteers to help in this effort. Tasks involve walking off-trail in rugged terrain, and some lifting. Tools and safety equipment provided. No experience needed. Monday, October 17 at Williams Woods in Charlotte; Thursday, October 13 at LaPlatte River Marsh in Shelburne. Contact the Volunteer Coordinator, 229-4425 or volunteervt@inc.org.

ON THE BOARD – YWCA of Vermont is looking for women to volunteer for their Board and help the organization become more strategic and more relevant as it moves toward its 100th anniversary. Contact Deb Jorschick, 862-7520 or deb.jorschick@ywcavt.org.

OCTOBER OUTDOORS – Two local groups are inviting volunteers to enjoy the brisk October air while they address some important needs:

• **Nature Conservancy of Vermont:** Invasive plant control at Butternut Hill in North Hero: Help restore natural areas by removing non-native species. Walking off-trail in some rugged terrain. Thursday, October 20. Tools and safety equipment provided. Contact Volunteer Coordinator, 802-229-4425 or volunteervt@inc.org.

• **Winooski Valley Park District** – Ethan Allen Homestead Fall Cleanup. Tasks include raking leaves, stacking wood, helping to remove a canoe launch, cleaning garden beds, and more. Contact Tim Larned, 863-5744 or timlarned@wvdp.org.

OUTDOOR KITCHEN – Rock Point Center needs volunteers for a number of ongoing projects in order to get its outdoor classroom/kitchen up and running. Tasks include: landscaping around the kitchen, installation of culinary and medicinal herb gardens, building countertops and a wash station for vegetables, and construction of a small hut to store wood for the pizza oven. Flexible scheduling. Contact Emily Portman, 732-615-8646 or gardens@dioceseofvermont.org.

TAX TRAINING – AARP is gearing up for the coming tax season and is looking for volunteers to help low and middle-income residents with their taxes. Fall volunteer training is set for Monday-Tuesday, October 24-25 at the AARP office in Burlington from 9:30 AM – 3:30 PM. Register by Wednesday, October 19 Contact Dominic, 878-8091 or domdi@yahoo.com.

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Jericho - Underhill

Community

Directory?



Send it along to us at

mtgazette@earthlink.net

for the next issue.

Seasonal Part-Time Snow Plow Operator

An opening is available for an experienced part-time snow plow operator for the Town of Jericho on a seasonal basis. Work hours vary according to weather and other needs. Applicants must have a valid Vermont driver's license (CDL license preferred) and pass a drug screening before starting.

Applicants must be available to report to work at any time, including nights, weekends and holidays. There is no set schedule or guaranteed hours. Applicants must be able to respond promptly and be willing to work various shifts and hours. There are no benefits available to this position and the term of employment will last no longer than April 16th, 2017.

The starting hourly wage is \$15.00 depending on qualifications.

A job application can be downloaded from our website at www.jerichovt.gov. They are also available at the Jericho Town Hall, at 67 Vermont Route 15, Jericho, Monday – Friday 8:30 a.m. to 2:30 p.m. Completed applications can be submitted to Paula Carrier in person, via email at pcarrier@jerichovt.gov or via mail to PO Box 39, Jericho, VT 05465.

Applications will be accepted until position is filled.

NOTICE OF PUBLIC HEARING

The Jericho Development Review Board will hold a public hearing at 7:00 pm on Thursday, October 27, 2016 at the Jericho Town Hall to consider the following:

- A request to the DRB by Marjorie B. Hunt for a Boundary Line Adjustment. This property is located at 150 Lee River Road in the Village Zoning Districts.
- A request to the DRB by Scott Simpson for Simpson's High Meadow, LLC for a Preliminary Plat, Final Plat review for a 2 lot subdivision consisting of approximately 202 acres located at 65 Bentley Lane (BL065). This parcel is located in the Forestry and Agricultural Zoning District pending (Rural Agriculture Residential Zoning District).
- A request to the DRB from 364VT Route 15, LLC to amend a previously approved site plan. This property is located at 364 VT Route 15 in Jericho. The parcel is located within the Village Center (VCTR) 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

Peace Day continued from page 9

classes the students were invited to pose with the proclamation as a fellow student, Alexander Preis, took a picture of the group with his drone. The middle schoolers created several peace posters and a bulletin board encouraging everyone to think and act in a positive peaceful manner with each other and all those they meet during the course of their days. These are posted throughout the building.

To bring the day to an appropriate close, the 8th graders handed out peace/friendship bracelets they had made to students and adults at dismissal

time. The bracelets were mounted on cards that listed the Critical Concerns of the Sisters of Mercy (who sponsor the school), one of which is non-violence.

Although each of these endeavors is important, the students understand that the harder part in the peace process is ahead of them – living out the Proclamation statements. The students seem to realize the extreme importance of everyone's efforts in bringing peace to the world as soon and as equitably as possible.

Seasonal Positions

We have immediate openings in our manufacturing department for long-term, full-time seasonal employment. We have other opportunities available throughout our company for days, early evenings, and weekend shifts. No experience is necessary; we will train you.

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Lake Champlain cleanup implementation plan finalized

The State of Vermont has submitted its final Lake Champlain implementation plan to the Environmental Protection Agency (EPA). The comprehensive cleanup plan addresses phosphorus pollution sources across all sectors including agricultural, developed, and forested lands, as well as roads and eroding stream channels.

In June 2016 the EPA released its Lake Champlain phosphorus-reduction targets for the State of Vermont. The Lake Champlain Phase 1 Implementation Plan outlines timelines and deliverables to achieve those targets.

The Environmental Protection Agency's Lake Champlain targets, or "total maximum daily load" (TMDL), and the State Phase 1 Implementation Plan follow on the heels of the Vermont Legislature's passage of the Vermont Clean Water Act (Act 64 of 2015). The Act requires the phase-in of new permitting programs for runoff from our roads, farms, and developed areas, as well as created the Clean Water Fund to support phosphorus-reduction projects.

"The agricultural community is committed to improving water quality across Vermont," said Agriculture Secretary Chuck Ross. "The recent release of the draft Required Agricultural Practices

is a major step towards restoring Lake Champlain for future generations."

The Required Agricultural Practices outline the actions that must be taken on farms across the state to address Vermont's water quality challenges. Those actions and others are built into the Phase 1 Implementation Plan. The EPA looks to this plan for reasonable assurances that the target they set for the lake will be met.

The Vermont Clean Water Act requires the creation of a comprehensive highway stormwater permit program. Municipalities are also inventorying their roads and considering what stormwater projects will be needed to comply with the upcoming local roads permit. Monies from the Clean Water Fund, passed through the agencies of Agriculture, Transportation, and Natural Resources will provide support as sectors work to comply with the new requirements.

The State of Vermont considered comments received through September 7, 2016 in its updates to the plan. A response summary is expected in October.

The Phase 1 Implementation Plan and additional information on Lake Champlain's restoration are posted at <http://dec.vermont.gov/watershed/cwi/restoring>.

Brush up on your skills behind the wheel... It could save your life...

Cars have changed. So have the traffic rules, driving conditions, and the roads you travel every day. Some drivers age 50-plus have never looked back since they got their first driver's licenses, but even the most experienced benefit from brushing up on their driving skills.

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Students in the four-hour AARP Driver Safety Program will learn current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn adjustments to accommodate common age-related changes in vision, hearing, and reaction time. Here are just a few of the subjects covered:

- How to minimize the effects of dangerous blind spots
- How to maintain the proper following distance behind another car
- The safest ways to change lanes and make turns at busy intersections
- Proper use of safety belts, air bags, anti-lock brakes, and new technologies used in cars
- Ways to monitor your own and others' driving skills and capabilities

You may be eligible to receive an **insurance discount** upon completing the course, so consult your agent for details. Cost for AARP members is only \$15 and \$20 for non-members!

To find out about a scheduled class near you and go to www.aarp.org/drive or call Doug Masson at 802-644-8310.

Volunteer with the AARP Driver Safety Program

Looking for a way to give back to your community? We need your help to make the AARP Driver Safety Program available to all who want to improve and maintain their driving skills. The AARP Driver Safety Program is taught and administered by a nationwide network of AARP-trained volunteers. Without our volunteers, the AARP Driver Safety Program would not exist! As a volunteer, you'll receive training, and you'll be reimbursed for approved program-related expenses.

What You Gain by Becoming a Volunteer

- As a volunteer you can:
- Contribute to the health, safety and happiness of others in your community
 - Receive appreciation from the people you help
 - Participate in a thorough orientation and training
 - Learn new skills
 - Meet and exchange ideas with other volunteers

- New volunteers receive a free class for their efforts

Volunteer Positions: Instructors teach the AARP Driver Safety Program at least three times per year. Each course typically consists of a four-hour class. Instructors are trained by our program trainers and prior teaching experience is not required. Candidates must take the AARP Driver Safety Program as a pre-requisite to training. Out-of-pocket expenses are reimbursed and a mileage reimbursement is also provided. Instructors also participate in annual or semiannual local Instructor workshops to maintain and enhance their skills. The most important qualities for Instructors are good communication skills and a strong interest in promoting safe driving.

Call Doug Masson at 802-644-8310 to find out more.

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SCHOOL NEWS

BRMS marching band opens Harvest Market Parade

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The Browns River Middle School Marching Band opened the Harvest Market Parade on Saturday, September 24. Drum major Matthew Baldwin led the BRMS Marching Band under Ms. Berta Frank's direction. Students played a variety of songs like Manhattan Beach. Many of the students are marching for the first time and did an outstanding job. PHOTOS CONTRIBUTED



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WNRCD class for small farms in nutrient management planning

The Winooski Natural Resource Conservation District, in conjunction with the Vermont Association of Conservation Districts, UVM Extension, and USDA-NRCS, are offering a program to help small farms write Nutrient Management Plans (NMP) to meet the upcoming new required agricultural practices.

This program is free to small farms that spread manure. Participating farms will have their soil and manure analyzed and work with staff to create an individualized plan through the class. Participants will receive a land treatment plan that identifies what management practices can be implemented that will protect not only water quality and soil health, but the economic viability of the farm.

Creating and following a NMP will reduce phosphorus runoff and other nutrient loading, improving water quality in Vermont's streams, rivers, ponds, and lakes, as well as maintaining the health

of soils. Through the Nutrient Management Plan class offered in six sessions through January and February, participants will better understand the nutrient needs of their soil, learn how to best use manure on the land, learn how to improve water quality and soil health on their farm, and meet a requirement of the state's Required Agricultural Practices.

This program is funded in part through grants received from USDA/NRCS, VACD, NESARE, UVM, Lake Champlain Basin Program, public donations and funds from our annual tree and trout sales.

Farmers in Chittenden and Washington County interested in participating in the NMP class or learning more about Agricultural Best Management Practices that can be implemented, please email info@winooskinrcd.org. For more information on WNRCD projects and initiatives, please visit our website at www.winooskinrcd.org.

WNRCD seeks participants for streamside riparian plantings

The Winooski Natural Resource Conservation District (WNRCD) is currently seeking landowners within the District who live along rivers or streams and are interested in installing a 35-foot wide riparian buffer on their property in 2017 to control streambank erosion and floodplain protection.

Riparian buffers are the grasses, shrubs, and/or trees that grow along streams. In natural conditions these plants colonize streambanks, controlling erosion and helping to filter and clean stormwater runoff before it enters our waterways. Without this protection, streambanks become unstable, erode, and become a greater source of non-point source pollution. According to the Lake Champlain Basin Program's most recent State of the Lake report, the erosion of streambanks accounts for

roughly 20% of Vermont's total phosphorus loads into the lake.

If you own property along a stream or river and would be interested in having a riparian buffer planted on your property, contact WNRCD's Stormwater Specialist Holly Kreiner at holly@winooskinrcd.org to review the site criteria and to set up a site visit.

Landowners who participate in the program will be asked to contribute a small portion of the planting cost and commit to a long-term stewardship of the buffers once planted (not mowing the buffer and adding future plantings). For more information on participating in our *Trees for Streams* initiative or for more information on conservation programs and resources provided, visit www.winooskinrcd.org and follow us on social media.

The Winooski Natural Resources Conservation District is one of 14 conservation districts throughout Vermont. It encompasses

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all of Chittenden and Washington County as well as parts of Orange County (Orange, Williamstown and Washington). The district relies on grants and individual donations to complete its conservation work. The WNRCD focuses its resources on completing conservation projects within the areas of agricultural assistance, forestland enhancement, urban conservation, and watershed stewardship.

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