

Cambridge Area Rotary announce new president



Outgoing Cambridge Rotary President Greg Smithers with Bruce MacMillan, recipient of the Rotarian of the Year award for 2015/2016.
 PHOTO CONTRIBUTED



Tom LaChance, incoming President of Cambridge Rotary for 2016/17, with outgoing President Greg Smithers (2015/16).
 PHOTO CONTRIBUTED

Cambridge Area Rotary conducted its annual changeover at the Sterling Ridge Resort on Thursday, June 30. Tom LaChance was inducted as President for 2016/17 by outgoing President Greg Smithers (2015/16).

Susan Lassiter will be President-elect. Greg Johnson and Diana Wood will continue as Club Treasurer and Secretary.

At the meeting, outgoing President Smithers announced that Bruce MacMillan was the recipient of the Rotarian of the Year award for 2015/2016.

Rotary is a worldwide organization of business and professional leaders that provides humanitarian service and encourages high ethical standards in all vocations. Rotary's main

objective is service – in the community, in the workplace, and around the globe. The 1.2 million Rotarians who make up more than 35,000 Rotary clubs in nearly every country in the world share a dedication to the ideal of Service Above Self. Rotary clubs are open to people of all cultures and ethnicities and are not affiliated with any political or religious organizations.

The Cambridge Area Rotary meets every Thursday at 7:00 AM, upstairs at 158 Main in Jeffersonville. If you are interested in attending a meeting or joining, please contact Susan Lassiter, the Membership Committee chair, at Slassiter@unionbankvt.com to make arrangements.

The Clutter Barn

Just off “the Green” at Underhill Flats next to the brick apartment/hair salon building and adjacent to its sponsor, the United Church of Underhill, stands The Clutter Barn – a sort of second-hand mercantile store with a unique inventory of gently used household items, toys, games, puzzles, books, clothing in sizes infant to adult, sewing/craft/knitting supplies, office supplies, holiday accessories, sporting goods, a small collection of furniture, and much more. The Clutter Barn is a working mission of the United Church of Underhill, with the purpose of offering workable/useable items for sale at moderate prices to the wider community, with all proceeds benefiting in-house and outreach programs of the church.

Every Saturday from the first of May to September 10, donations of goods are accepted from 8:30 AM – 12:00 noon, excepting the last Saturday of each month when the “store” is open to the public for a tag sale. Volunteers from the church and the community are available in the building to receive, sort, and price donated items, as well as to assist donors when needed. On tag sale days, the building and outdoor tents are buzzing with customers eager to find treasures among the inventory!

Coming up on Saturday, July 30, from 8:00 AM – 3:00 PM is this month’s tag sale.

Our tables and shelves are overflowing with interesting merchandise and the public is invited to take advantage of this incomparable shopping experience! A feature of the July sale is selected spring and summer clothing displayed outside the building on sale for 25¢ each item.

The Clutter Barn is also open during the United Church of Underhill Old Fashioned Harvest Market, Saturday and Sunday, September 24 and 25. This is an annual event sponsored by the church and offers two fun-filled days of shopping at vendors’ booths, amazing entertainment, a variety of mouth-watering foods, children’s games, silent auction, and surprises for all.

Come – share all of these experiences with family, friends and neighbors!

UVM Extension program to host tours of electric plants

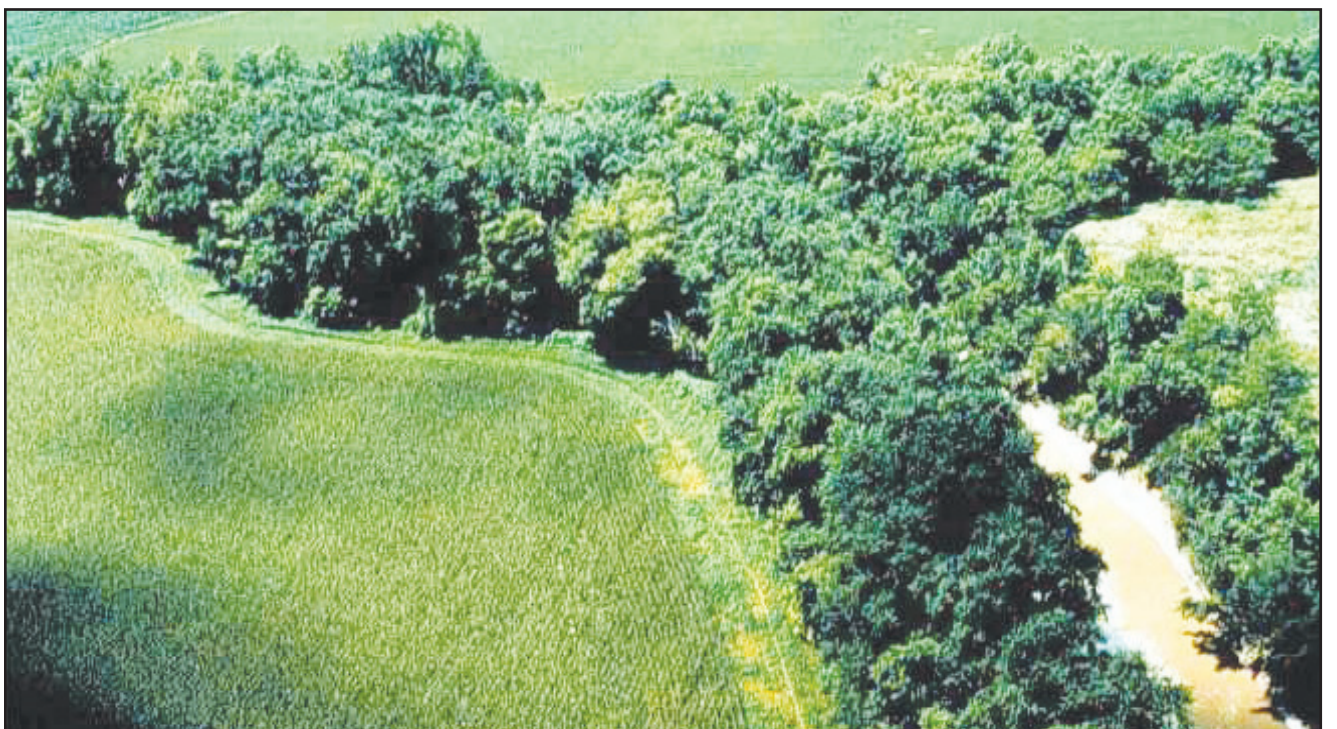
To increase public awareness of water use and management in the Lake Champlain Watershed, University of Vermont Extension’s Lake Champlain Sea Grant Program will host free tours of two electric generating facilities in August as part of its *Get to Know Our Lake Champlain Watershed* Summer 2016 Tours.

On Thursday, August 18 the public is invited to visit the Joseph C. McNeil Generating Station, a wood-powered electric generating facility in Burlington, which came on line and began producing power for the New England grid in 1984. The tour will run from 2:00 – 3:00 PM.

A behind-the-scenes look at the Winooski One Hydro Plant will be offered on Thursday, August 25 from 3:00 – 4:00 PM.

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WNRCD seeking participants for 2017 Trees for Stream Initiative



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 riparian buffers on their property during the 2017 growing season.

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 VT’s total phosphorus load into the lake. Stream bank erosion is of particular concern in the Winooski watershed, where so many live and work adjacent to our rivers.

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 set up a site visit. Landowners who participate in the program will be required to contribute a small portion of the planting cost and commit to a long-term stewardship of the buffers once planted.

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.

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

COMING EVENTS

Thursday, July 21

Roast Turkey Supper, serving at 5:00 and 6:00 PM, Binghamville United Methodist Church, Fletcher. Roast turkey with stuffing, mashed potato and gravy, vegetables, cabbage and Jell-o salads, rolls, cranberries, pickles, and dessert. Adults, \$10; children under 12, \$5. To reserve tickets: 849-2120.

Vermont Prohibition: Teetotalers, Bootleggers & Corruption, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Adam Krakowski for a talk on his new book and discover the tumultuous side of Vermont's temperance movement. Vermont became the nation's second dry state in 1853. But some locals refused to comply, and what was intended to increase wholesomeness forced a newly carved detour toward crime and corruption. Adam Krakowski is also the author of Vermont Beer: History of a Brewing Revolution. Tickets \$3 per person include coupon for \$5 off a book by the featured author. Coupons expire at closing the evening of the event. Seating is limited. Information: www.phoenixbooks.biz or 448-3350.

Saturday, July 23

VT Writer's Summer Conference, all day, DoubleTree Hotel, Williston Rd., S. Burlington. The League of Vermont Writers hosts its fourth biennial Writers Meet Agents event, with workshops, presentations, and a limited number of (paid) pitch sessions with eight dynamic literary agents (reservation required; first come, first served). Janet Reid will present her advice on querying agents; Dede Cummings will present her experience as a seasoned writer, agent, and publisher now working in Vermont; Jan Kardys will talk about building a writer's platform and marketing. Keynote speaker Jan Gangsei will talk about her new YA political thriller Zero Day and her experience finding and building a relationship with her agent. There will also be an agent panel, breakout roundtable sessions, and a post-

conference cocktail hour to give writers a chance network with peers and professionals. For more information and registration instructions, www.leagueofvermontwriters.org.

Tuesday, July 26

The Nature of the Beast, 2:00 PM, First Unitarian Universalist Society Meeting House, 152 Pearl St., Burlington. Phoenix Books welcomes celebrated mystery author Louise Penny for the paperback release of her latest Chief Inspector Gamache novel. Join us for the author's only Vermont appearance on this book tour. Penny, author of ten previous Chief Inspector Armand Gamache novels, will discuss her book The Nature of the Beast and answer audience questions. Books will be pre-signed by Penny, and guests will have the opportunity to have their books personalized after the reading. Other titles by Penny will also be available for purchase at the venue. Tickets \$20 per person includes one admission, one presigned paperback of the featured book, and one \$5 coupon good at Phoenix Books. Purchase admission package ahead of time at Phoenix Books Burlington, online at www.phoenixbooks.biz, or 448-3350.

Thursday, July 28

Feathered "Foliage," 6:30 – 8:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Bob and Shirley Johnson share their experience traveling in southeast Brazil with Victor Emanuel Nature Tours, with Shirley's notes complementing Bob's photography of the amazing colors and lively lifestyles of these southern birds, especially antbirds, woodcreepers, and cotingas as well as tanagers, hummingbirds, woodpeckers, and parrots. Enjoy wine and cheese before the presentation. \$10 suggested donation. 802-434-2167 or museum@birdsofvermont.org.

Saturday, July 30

Ice Cream Social, 2:00 – 4:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Celebrate Bridges to Birds and mark

the opening of the bridge phase of the project with tributes, conversation, and plenty of ice cream. From rain storm to rain garden, water to walkways, you can find out the whole story, and enjoy our new spaces. Join us to thank all those amazing donors who made it happen. Bring friends and family! Donations welcome. Information: 802-434-2167 or museum@birdsofvermont.org.

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

Sunday, July 31

Ice Cream Social and Band Concert, 7:00 PM, Binghamville United Methodist Church, Fletcher. Come and bring a friend, an armchair and/or blanket and enjoy a cone, sundae, or banana split while listening to the Fletcher-Fairfax-Westford band.

Thursday, August 4

New Flora of Vermont, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Calling all botanists, gardeners, and nature lovers! Join Arthur Gilman for a talk on his book, New Flora of Vermont. Incorporating many innovations and advances in floristic knowledge, the book is a comprehensive treatment of the known plant species found in Vermont. Arthur's talk will feature live specimens of some plants of particular interest! Tickets \$3 per person include coupon for \$5 off a book by the featured author. Coupons expire at closing the evening of the event. Seating is limited. Information: www.phoenixbooks.biz or 448-3350.

Saturday, August 6

Underhill Historical Society Flea Market and Silent Auction, 9:00 AM – 4:00 PM, Moore Park, across from the Town Hall on Pleasant

Valley Rd., Underhill Center. Vendor spaces for the flea market are \$25; contact Essie Howe, 899-3146 or eehoweern@aol.com. Donations for the silent auction can be made by contacting Scott Tower, 899-2983 or scotttower@hotmail.com. New items or services from local merchants, artisans, or individuals are appreciated.

City Limits exhibit and opening reception, 6:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join us to celebrate the opening of James Benoit's City Limits, a collection of black and white photographs of Burlington architecture and landmarks. The exhibit runs through September 10. James Benoit started with photography while in the Army, with a Canon rangefinder camera. During a 32-year government career, his photographs documented travels around the United States. In recent years, he has produced large format digital color prints, and his pictures have appeared on calendars and the cover and pages of Vermont Magazine. Free and open to all. Information: www.phoenixbooks.biz or 448-3350.

Tuesday, August 9

Discovery Time in the Nestlings Nook, 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Theme: Bird Bodies. 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.

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.

COMMUNITY COLUMNS

Teach your children (two languages) well

By Lewis First, MD

Chief of Pediatrics UVM's Children's Hospital

Parents who speak more than one language in their home have been asking me lots of questions about what to expect when teaching their infants and toddlers to be bilingual. Let me translate those concerns into some helpful information about children who are raised or taught to be bilingual.

There are benefits to being bilingual. Studies have shown that children exposed to several languages are more creative and better at developing problem-solving skills. Other studies say that speaking a second language helps that child have an easier time learning other languages in the future. It may also lead to cultural benefits, such as children communicating better with relatives or making children more eager to learn

about the history and traditions of their family's country of origin. This, in turn, can help them develop stronger identities related to their cultural heritage.

So if you want to bring your children up as bilingual, I have some suggestions. First make a plan as to how fluent you want your children to be: do you want them just speaking the language, or reading and writing it as well? Once the plan is made, consistency in carrying out that plan is crucial. Studies suggest that children need to be exposed to a second language at least 30 percent of their waking time to become bilingual, but this is just a guideline and it may be more or less.

As to how best to teach a second language, there are several approaches. The most common approach is the "one-parent, one-language" technique: one parent speaks to the child in English and the other in the second language. You can also try the "second language at home" method, where children speak English when out

in public or at school with others and only speak the second language when at home.

It is important to not mix two languages into one sentence or sentences, although your child may do that. If your child does this, casually correct them by providing the proper word in the language you are using at the time. You might find materials online that are fun for children to watch and learn from as well.

But does learning two languages at once delay speech development? Some studies say it may initially slow overall language development relative to single language children, but by the time bilingual children are ready to enter school, they have easily caught up in their language skills and no speech and language delay is noted.

Hopefully tips like this will not lose something in translation when it comes to considering whether or not to teach your young children to be bilingual.

What is natural?

By Sue Kusserow

Special to the Mountain Gazette

(This essay comes from my second marriage with a husband who was first a ranger at Yellowstone Park; then a naturalist, and then introduced the training program for both new and seasoned naturalists in Yellowstone Park. This was his beloved job for 40 summers; I was a

volunteer there for 25 summers.)

How "natural" is a national, regional, state park supposed to be... allowed to be? How far "back" is natural? Should paved, two-way roads, with a clover-leaf design leading three million visitors per year in to see Old Faithful, be allowed/necessary/hideous in such rare and thrilling mountain country? Roads started as elk trails and bison poachers' hideouts. Yellowstone was established as the first National Park in 1872, and as a National Park Service in 1916. The pledge was made at that time, to keep the areas as they were "supposed to have been." Wolves were here "naturally" at some point in pre-Park time. Does that mean they should be brought back... under quite different social, agricultural, and economic conditions?

Herds of elk seemed too much for the carrying capacity of the land. And conversely, the bison population was down to 15 animals in Yellowstone due to poaching. So, during the early 1900s there was a policy of "adjusting" the numbers of animals to the carrying capacity of the land; one reason for the re-introduction of wolves... to keep the elk population at bay. The same ecological imbalance is occurring again and is being studied.

It was discovered that bison did not seem to know where the roads go; in winter they found it easier to follow a plowed road than to swing their

What is natural? continued on page 3

Tours continued from page 1

Situated on the Winooski River in Winooski, this 7.4-megawatt hydroelectric generating station also has a fish lift and riverside park.

Because space is limited, preregistration is mandatory. The deadline to register is two days prior to each event. To register, go to www.uvm.edu/seagrant/events. Instructions on where to

meet will be provided.

If you require a disability-related accommodation to participate, please contact Kris Stepenuck, 802-656-8504 by Wednesday, July 27 for the McNeil Generating Station tour or Wednesday, August 3 for the Winooski One Hydro Plant tour.

What to do with Leaves & yard debris

Leaves, yard debris, and clean wood are banned from landfill disposal throughout all of Vermont. This material **IS** accepted at several facilities in Chittenden County.

Limits, specifications & fees may apply. Please call ahead!

Dumping mechanisms allowed only at Green Mountain Compost, McNeil, Parsons & Williston Drop-Off Center.

NON-WOODY yard debris: leaves, grass, weeds, garden & house plants

NO plastic bags or pots, wood, branches, dirt, rocks, etc.

- Green Mountain Compost (1042 Redmond Rd., Williston) Mon.-Sat: 8-4 • 660-4949
- CSWD Drop-Off Centers (these facilities are not landfills) • 872-8111
 - Burlington (339 Pine St.) Wed 9:30-5; Thur & Sat 8-3:30
 - Essex (218 Colchester Rd.) Tue 9:30-5; Wed-Sat 8-3:30
 - Hinesburg (907 Beecher Hill Rd.) Sat 8-3:30
 - Milton (36 Landfill Rd.) Mon 9:30-5, Fri & Sat 8-3:30
 - Richmond (80 Rogers Ln.) Tue & Sat 8-3:30, Thur 9:30-5
 - So. Burlington (87 Landfill Rd.) Mon, Tue, Thur & Sat 8-3:30, Fri 9:30-5
 - Williston (1492 Redmond Rd.) Mon-Sat 8-3:30
- McNeil Wood & Yard Waste Depot (111 Intervale, Rd., Burlington) Tue, Thur, Fri & Sat, 8-4 • 864-7446

Woody debris: branches, logs, clean stumps

NO pressure-treated, painted, or stained wood; **NO** dirt, rocks, etc.

- McNeil Wood & Yard Waste Depot See above for info
- CSWD Drop-Off Centers • All except Burlington & Hinesburg
- Parsons Stump Dump • Colchester - 355-5512 • Call first!

CSWD CHITTENDEN Solid Waste District 872-8111 **CSWD.NET**

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"Chris Pearson is a good friend of working people and of mine."

– Sen. Bernie Sanders



HEALTH NEWS

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

Cancer Exercise Rehab Group, ongoing every Tuesday and Thursday, 11:00 AM – 12:30 PM. A physical therapy evaluation is required to assure that the client is able to participate. This class pinpoints the common needs of patients. This includes decreased range of motion, decreased strength, cancer related fatigue and lymphedema. Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist. NMC Rehab gym, Cobblestone Building. 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 Preedom, AFAA. NMC Wellness & Fitness Room. Pre-registration required; contact Stephanie, 802-288-1141 or stephanie.preedom@gmail.com to register or for more information. Free to Northwestern OB/GYN patients.

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

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

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

Home Health Agency to learn more about your hospice and palliative care options, 802-527-7531, or visit our website www.fchha.org.

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

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

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

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

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

Grief and Recovery Support Group – Experiencing a loss can be painful to face alone. Franklin County Home Health's Grief and Recovery Support Group serves as a safe place to share feelings

with others who are coping with grief. This support group is offered free of charge to anyone who would like to talk to others and help one another. It also provides a resource for grief education in our community. The group meets the first and third Wednesday of each month from 7:00 – 8:00 PM at the Franklin County Home Health office in St. Albans, 3 Home Health Circle. For more information, contact Lori Wright, 527-7531.

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

Baby Bumps Support Group for Mothers and Pregnant Women

Pregnancy can be a wonderful time of your life. But it can also be a time of stress that is often compounded by hormonal swings. If you are a pregnant woman, or have recently given birth and feel you need some help with managing the emotional bumps in the road that can come with motherhood, please come to this free support group led 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

Health classes 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

899-3718

Route 15, Jeri-Hill Plaza
Jericho

What is natural? continued from page 2

massive heads like a snow plow, into a snow bank to get down to the grasses. But these roads led the bison into a different milieu and mindset. The wandering animals walking the winter roads to find food were shot when outside the Park boundaries, since they were disobeying the rules of the agribusiness industry in Montana. (This practice was recently discontinued.)

A bison calf is left on a small island; it can't seem to follow its mama across the river. It whimpers; the mama bellows. Its cinnamon-colored coat stands out on the farther edge of the river where an empathic crowd has gathered. The mother calls again, waits a while and then leaves. Is that desertion or the natural consequences of not interfering with instinctual decisions? Yellowstone Park visitors complained and pleaded to have the calf rescued. A moral sense of concern for a helpless entity seems important to respond to... but, are we then breaking the laws and patterns of those we are hired to protect... to keep in their "natural" state?

Years ago, an impossibly-steep cliff trail led halfway down, almost to the base of the Lower Falls of the Yellowstone River. In the early 1900s it was a popular adventure for young ladies dressed for travel and daring outings (voluminous skirts, high-button shoes, mutton-leg sleeves reaching to the wrists). An enterprising concessioner offered, for a fee, a sling on a rope that lowered the braver ladies down to a drenching view of the Falls... a very slow and decorous version of a bungee jump. Later, a series of iron steps was substituted and christened *Uncle Tom's Trail* in honor of the original entrepreneur. Many travel down, and many, in all shapes and sizes, struggle back up. Does enabling visitors to descend and stand in awe at the natural spray and power of the Falls forgive the intrusion of iron steps on the side of a 308-foot waterfall?

Our attitude towards questions presents an interesting dichotomy. "Why are those trees planted so close together?" asks a bus tour member. Answer: "They're not planted deliberately, Ma'am. After the fires of 1988, burning cones of Lodgepole Pine burst forth to distribute millions of seeds, and they sprouted along the roadsides where they had plenty of sun." Because one knows the explanation and another does not, is that listed as a silly, ridiculous question? Does what is natural at one point become so encrusted that the term disables itself? Because we need to explain so much, is that therefore a silly question, or is it our own enthusiastic need to explain that becomes overdone? A huge boulder, a glacial erratic at Canyon Village, is surrounded by trees. "Isn't it wonderful how nature put that boulder down without breaking any trees!" Ravens have figured out how to work together to get food out of the bear-proof garbage cans. Radios connect addicted summer geyser gazers with rangers so that each eruption of known geysers is recorded. Boiling River, a hot spring combined with an icy snow-fed river, is close to the boundary of Yellowstone Park and a small town: Gardiner, Montana. It was long been considered the right of the

townspeople and Park visitors to get a warm, bubbly bath. Although the Park protested for years, it was finally realized that parks are for the enjoyment of ALL the people, including Yellowstone's human residents.

Heart attacks, altitude sickness, wind-tossed pines that threaten tenting areas, refrigeration for medications that visitors carry, rental bikes, horses to ride, insurance, trucks steaming along at 8000 feet bringing Ben and Jerry's ice cream, first-aid training for staff, clinics with prothrombin meters for visitors, a federal court system at Park headquarters for drunken drivers and defacers of obsidian cliffs, elk anesthetized and antlers sawn off due to aggressiveness to Park visitors, CD directions through your ears. So what is natural? Sometimes the questions that sound silly bring us back to what we are doing; laughing at a question may be more insidiously ironic that we are willing to admit.

When there is such a gap between what is questioned and what is explained, does this translate as silly, sensible, ignorant, or unaware? Have we as NPS staff become "natural-ized" to this place?

Definitions do change – natural of one time is not the natural of another time... the meaning is not going to be the same. What we try and understand and certainly try to influence, is the definition that is in the mind of the person who now may see it differently... a word epiphany. The meanings of words are in the people who use them, not inherent in the words themselves. We honor previous peoples, history, time spans, Indians, influential people in the Park (via the names of features, the history we tell in books, on walks, the artifacts in a Visitor Center). But, we would not let Indians repossess this land, even though it was "natural" to them.

We are supposed to introduce visitors to our explanations of nature, but still knowing that we, too, will not always be natural to a place or time. A video camera at Old Faithful now records each eruption. It cuts down on the numbers of people crowding around for the countdown to its burst of boiling water, but my "natural world" is no substitute. A cure to one thing often brings another. Elk wear collars and can be trailed through the wilderness. Visitors' Centers have coyotes howling, elk bugling, bison grunting, geese honking... and all at the push of a button. Geothermal energy is used in ordinary homes in other countries and we "waste" so much of it here. Why not put the geysers to work? And the wasted lumber of pine blowdowns... "Look all that good lumber just going to rot because it's natural?" The National Park Service phrase "Enjoyment For All" means housing, meals, a bed for those who don't want to camp out, and housing for the superintendent of Yellowstone as well as summer-only workers from Lithuania selling sweatshirts with a sketch of a bugling elk.

So, go enjoy nature for yourself and write your own definition of it, as my late husband and I did for many years.

The Mountain Gazette

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Maximum 450 words; one letter per writer, per calendar month.
Must be signed for attribution with writer's address and phone number.

Send your news to
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Read us online at www.mountaingazetteofvermont.com

Area Worship Services

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Library news continued from page 5

Fitness Fun! Seuss Style: Friday, August 5, 11:00 AM. Test your fitness abilities and Dr. Seuss knowledge at the same time. Presented by Danielle Brown. Ages 5-10.

Magic Show with Tom Joyce: Summer Reading Finale and Raffle Drawing: Monday, August 8, 6:30 PM. An evening of comedy and magic for all ages.

Spanish Music with Constancia: Thursday, August 11, 10:30 AM. Songs, books and rhymes for children up to age 5. Non-Spanish speakers welcome! Presented by Constancia Gomez.

Kindergarten Kickoff and Library Open House: Monday, August 15, 6:30 PM. New kindergarten students and their families are invited to listen to stories, get a library card, and meet new friends. If you are signing up for a new library card, please bring ID with your Williston or St. George address. For Williston and St. George students entering kindergarten in 2016. Call 878-4918 to register. Presented with Building Bright Futures.

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

Programs for Adults

Shape and Share Life Stories: Monday, August 1, 12:30 – 2:30 PM. Learn to craft stories from life experiences. Led by Recille Hamrell.

Archery: Thursday, August 11, 4:00 – 5:45 PM. Engage in hands-on-learning with the sport of archery. Sign up for session 1 (4:00 – 4:45 PM) or session 2 (5:00 – 5:45 PM). Presented by Pelkey Archery. Pre-register. Space is limited.

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

Brown Bag Book Club: Friday, August 19, 12:30 - 1:30 PM.

Meet others who love to discuss books. This month we will discuss The Burgess Boys by Elizabeth Strout. Books available at the front desk. Beverages and dessert provided.

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

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

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

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

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

BROWNELL MEMORIAL LIBRARY, ESSEX JCT.

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



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United Way Volunteer Connection Listings

By Sue Alenick, United Way Volunteer Columnist

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

SORT IT OUT – ReSOURCE is looking for volunteers to help transform their Household Goods Store to a more inviting, functional space. Volunteer crews will help move furniture, clean, paint, decorate, and organize dishware, small appliances, arts and crafts, books, etc. Food and beverages provided. Sunday, July 24, shifts between 9:00 AM – 6:00 PM. Contact Bridget Johnsonm 658-4143 or volunteer@resourcevt.org.

ALL SKILLS NEEDED – Green Mountain Habitat for Humanity needs volunteers who can commit to a weekly four-hour shift to help with customer service and greeting, unloading donations, testing, cleaning, and pricing donations, volunteer recruitment, and more. They'll create a volunteer position just for you! Monday-Saturday shifts, 9:00 AM – 1:00 PM, 11:00 AM – 3:00 PM, and 2:00 – 6:00 PM. Contact David Mullin, 872-8726 or dmullin@vermonthabitat.org.

HELP SPREAD THE WORD – The Lake Champlain Regional Chamber of Commerce sends out bimonthly newsletters to their members. They need volunteers to place inserts in the newsletters, then seal them with paper tabs. Donuts and coffee provided! About two to two-and-a-half hours per shift. Contact Junelle Shepard, 864-3489 Ext. 233, or junelle@vermont.org.

A DRIVING NEED – The City of Winooski is seeking a group transportation driver to drive a city-owned vehicle with up to 14 passengers to and from programs and special events. Volunteer must have a valid Vermont driver's license and be comfortable with diverse populations. Background check required. Contact Paul Sarne, 655-6410, Ext. 12, or vista@winooskivt.org.

FOOD FOR THOUGHT – Burlington Dismas House needs volunteer cooks to prepare dinner one evening a month for up to 10 residents and staff. Volunteers may bring food already prepared or bring groceries and cook in the house kitchen. Volunteers may also join the residents for dinner. Contact Chris Celotto, 658-0381 or chris@dismasofvermont.org.

SENIOR MEALS – The City of Winooski hosts community meals at the Senior Center every Thursday. Volunteers can help set up, serve, and clean up after these meals. 10:30 AM – 12:30 PM. Training provided. Background check required. Contact Paul Sarne, 655-6410, Ext. 12 or vista@winooskivt.org.

COMING EVENTS – Several local groups are planning special events in August and need volunteers to help make their efforts a success:

- Epilepsy Foundation of Vermont – 27th Annual Essex Mud Volleyball Tournament, Sunday, August 14. Volunteers needed the day before from 9:00 AM – 2:00 PM to prepare the field, hang banners, set up nets, etc. On the 14th, volunteers can help with the barbecue, parking, selling t-shirts, and clean-up. Contact Audrey Butler, 318-1575 or epilepsy@sover.net.

- Samaritan House – 9th Annual Golf Classic, Friday, August 19. Help stuff bags the night before and/or be on the green on Golf Day. Contact Joe LeClair, 527-0847 or joe.leclair@samaritan-house.com.

Green Mountain Bicycle Club day tour rides

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

Sunday, July 24: Covered Bridges of Franklin and Lamoille County. The hilly 41-mile loop (M) goes through Eden and Johnson, while the 55-mile ride (M/S) passes more covered bridges in Montgomery Center, returning through Bakersfield. Meet 8:45 AM at Jeffersonville Fish and Wildlife Access (.3 mile north of the intersection of VT Rts. 15 and 108, across the bridge). Leader Mike Egan, 734 4076 /egan1955@gmail.com; co-leader Viola Chu, 735-7924 /hviolachu@gmail.com.

Sunday, July 31: Not Quite Quebec. 51 (M) and 64 (M/S) rides on low traffic roads near the Canadian border. This is a reworking of our old Almost to Canada ride, which eliminates some of the higher traffic roads while crossing the Missisquoi River twice and travelling along the shore of Lake Carmi. Meet 8:45 AM at Tractor Supply Company at exit 20 off I-89. Leader Dave Merchant, 893-6794 /dpierchand@comcast.net; co-leader Joyce McCutcheon, 893-1690 /mellowmitti@aol.com; social ride leader Donna Leban, 862-1901 /lightspd@comcast.net.

Sunday, August 7: GMBC Picnic Date – Double Ferry South. 50 (M/S) miles starting with the Burlington to Port Kent ferry. The hilly terrain on the New York side brings beautiful views of the lake. The second ferry will take us from Essex, NY to Charlotte and we'll return on flatter terrain back to Burlington. Bring money for the ferries. Please note this is the reverse of the way the ride used to go. Meet 7:45 AM for 8:10 AM ferry, at the Burlington Ferry dock. Leader Kevin Batson, 825-5816 / kevbvt@gmail.com; co-leader Amy Otten, 878-4070 / amyotten@netscape.com; social ride leader Donna Leban, 862-1901 / lightspd@comcast.net. Following the ride there will be a picnic prepared by Sal DeFrancesco at Charlie Auer's Boathouse starting between 2:00 – 3:00 PM. Riders are encouraged to bring a desert or side dish to share.

Saturday, August 13: Upper Valley Weekend – Horse Country Ride. All three rides start in South Royalton. The short ride (26 M) will travel north to Chelsea and return; the medium (40 M/S) continues up VT Rt. 110 to the top of the hill in Washington and back; and the long ride (51 S) goes to Chelsea, up to the Vershire heights, then down into the Connecticut River valley, back through

Bike Club continued on page 7

ART / MUSIC / THEATER

ART/PHOTOGRAPHY

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

A Visual Picnic! Come feast your eyes on the wonderful new art display offered by the members of the Essex Art League during the month of July at the Old Red Mill in Jericho, <http://www.jerichohistoricalsociety.org/the-old-red-mill.html>. Paintings in all mediums, photographs, matted prints, and ceramic art are available for purchase. For information on the league as well as a detailed calendar of events, online gallery, and meeting times, visit their website, <http://www.essexartleague.com>.

In *Layers: The Art of the Egg* is a community art show focused on the beauty, biology, and essence of eggs at the Birds of Vermont Museum, 900 Sherman Hollow, Rd., Huntington daily through October 31. Let the work of almost two dozen artists, amateur and professional, young, old, and in-between, hatch feelings of passion, delight, commitment, and discovery in you. Admission included with museum admission. For information, 434-2167, museum@birdsofvermont.org, or www.birdsofvermont.org.

The annual outdoor sculpture show, Exposed, opens on Saturday, July 23 at Helen Day Art Center, Stowe, with an opening reception and walkabout beginning at 4:00 PM. Light refreshments will be available in the gallery, and artists will be available to talk about their work. After the walkabout, celebrate Nathan Suter's 10 years of service to Helen Day at his Farewell Party. Prints and Drawings by Pat Steir will be on exhibit in the main and east galleries at Helen Day Art Center in Stowe through Sunday, November 13. Video of Steir by Stowe artist Molly Davies will accompany the work. On Thursday, September 30 at 6:00 PM, guest lecturer Suzy Spence will present Steir's work in the context of art history and contemporary art. In the west gallery is Beyond the Far Blue Mountains, a remastered, digital HD projection of the original 16mm film by Molly Davies. Upcoming exhibits: August 12-September 4, Vermont based artist Tara Thacker will present her ceramic sculpture and installation

Bike Club continued from page 6

Strafford and Sharon to S. Royalton. There are two country stores in Chelsea, and additional ones in West Fairlee and Strafford on the long ride. Meet 9:15 AM at North side of the South Royalton Green. Leader Pat Stabler, 781-929-9085 / everstab@verizon.net; co-leader Tom Evers, 617-605-0928 / everstab@verizon.net. After the ride, cyclists can camp out in South Royalton, stay at an area hotel, or return home. There is a \$10 fee for camping, part of which might be refunded. Talk to Pat and Tom to get more info about the camping.

Sunday, August 14: Upper Valley Weekend – *** new *** – Pomfret Perambulations. This 50-mile ride (M/S) heads up Howe Hill, then down the lovely Pomfret Road to West Hartford and the White River. After a climb over the hill to Woodstock, we'll ride along River Road to pick up VT Rt. 12. Another climb will bring you into Barnard and a stop at the excellent general store by lovely Silver Lake. North Road provides you with some lovely views to the west, then back VT Rt. 107 to VT Rt. 14 to the Royalton green. Meet 9:00 AM at north side of the South Royalton Green. Leader Bryan Harrington, 899-2908 / alpinefogman@yahoo.com; co-leaders Pat Stabler and Tom Evers, 781-929-9085 / everstab@verizon.net.

Sunday, August 14: Monkton Ridge Ride. Three options: 23 (E), 38 (M), and 48 (M) miles will travel some familiar roads and some less traveled. The short ride will not ascend to Monkton Ridge but all rides will have some nice descents which, of course, can only be reached by some nice ascents, none of which are too hard. Lots of food stops available along the way. Meet 8:45 AM at Shelburne Village Shopping Center. Leader Lou Bresee, 658-0597 / lakelou@comcast.net; co-leader Amy Ross, 324-2137 / vtamy@comcast.net.

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

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

along with new large scale photography work in the West Gallery; September 16-November 13, Sally Gil will exhibit her collages in the West Gallery. Helen Day Art Center, 90 Pond St., Stowe; open Wednesday-Sunday, 12:00 – 5:00 PM and by appointment.

Beauty within HAVOC – The HAVOC Gallery exhibits fine art by Joël Urruty, Mandy Daniels, George Peterson, Gordon Auchincloss, Susan Madacsi, Damien Hirst, and Bruce R. MacDonald. Gallery Hours: Thursdays and Fridays 9:00 AM – 5:00 PM and every first Friday 5:30 – 7:30 PM. The Gallery is also open by appointment, 800-639-1868; most days there is someone there, so just stop by. The hours of the gallery might be chaotic, but the vision of HAVOC and the art is not. The Havoc Gallery, 27 Sears Lane, Burlington.

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

MUSIC

On Sunday, July 24 at 4:00 pm, the 18th Annual Folk Music Concert will be held at the Old West Church in Calais. The annual event has been organized by singer Deb Flanders in honor of her great-aunt and native Vermonter Helen Hartness Flanders, one of the pioneers of folk music history in the United States and an internationally recognized ballad collector and authority on folk music found in New England and in the British Isles. This year's concert will feature *Last Night's Rain* from Northumberland, England. The Oxnard sisters, Jane on fiddle and Ailsa on guitar, play traditional and contemporary folk music from the UK and the USA. Fiddlers Pete Sutherland and Oliver Scanlon and Vermont Symphony Orchestra cellist John Dunlop, and violinist/fiddler Laura Markowitz will round out the lineup for an afternoon of memorable music making. General admission at the door: \$15; a portion of the proceeds will benefit the Vermont Folklife Center. For more information: 802-233-1015 or www.debflanders.net.

THEATER

Guess Who's Coming to Dinner is coming to St. Michael's Playhouse. Set in the late 1960s, a wealthy white couple's proud, liberal sensibilities are shaken when their daughter brings her African-American fiancé home to meet them. Both sets of parents must confront their own unexpected reactions and concerns

for their children as their beliefs are put to the test. A warm and loving exploration of family and culture and knowing which of them has the greater hold on our hearts. Performances of Todd Kreidler's stage adaptation of the Academy Award-winning film begin on the Playhouse stage Wednesday, July 20. Performances are Wednesday-Saturday evenings, July 20-23, Tuesday-Saturday, July 26-30 (8:00 PM curtain), and Saturday matinees July 23 and 30 (2:00 PM curtain). Ticket prices range from \$35-45 and may be purchased online at saintmichaelsplayhouse.org, calling 802-654-2281, or visiting the walk-up window in the lobby of McCarthy Arts Center. The Playhouse is located at McCarthy Arts Center, VT Rt. 15, Colchester. For a complete show schedule and more information, contact the theater box office directly at 802-654-2281 or visit us at saintmichaelsplayhouse.org.

Running through Saturday, July 23, Dorset Theatre Festival is proud to present the Regional Premiere of Sarah Ruhl's acclaimed play *Dear Elizabeth*, which chronicles the unconventional and remarkable 30-year friendship between two of the most honored American poets of the 20th century: Elizabeth Bishop and Robert Lowell. Chronicling the unconventional and remarkable friendship – with postmarks from Maine to Key West and as far away as London and South America – Ruhl's *Dear Elizabeth* is a lyrical and moving portrait of two lives that unfold in letters. Opening July 28 and running through August 13, Dorset Theatre Festival continues its commitment to developing new plays with the World Premiere of Theresa Rebeck's *The Way of the World*, a contemporary retelling of the sardonic masterpiece by William Congreve. *The Way of the World* is set in the demimonde of the hyper-rich Hamptons and follows the story of a good-hearted heiress who has become prey to the attentions of an amoral party boy. After the callow seduction her aunt, making the older woman a figure of public ridicule, their romance is dead in the water. But his insistence on winning back the moneyed heroine fuels the summer's gossip in the land of the one-percent. Can love emerge in a world where love means nothing? While embracing a language completely of the moment, the play faithfully revels in Congreve's gimlet-eyed questions about society. For more information on this program as well as the Festival in general, please go to dorsettheatrefestival.org or call 802-867-2223.

MOUNTAIN GAZETTE RATES – 2016

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

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

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OBITUARIES



Janine Michelle Mauche DuMond, 67, passed away unexpectedly on Friday, April 15, 2016 at the UVM Medical Center in Burlington, VT. She was born in Elmira, NY. Most recently of Underhill, VT, Janine previously lived for many years in Saranac Lake and Lake Placid, NY – she called both the Green and Adirondack Mountains home. Janine was a devoted and loving mother, grandmother, daughter, sister, and aunt. She was a caring and dedicated nurse, a talented organist and pianist, a piano teacher and a swimming instructor. Janine loved hiking, cross-

country skiing, and kayaking – she held a deep appreciation for nature and was passionate about spending as much time as possible outdoors. She was also a gifted seamstress, amateur astronomer, lover of classical music concerts, as well as an enthusiastic contra dancer and fiddle player. Janine is survived by her son Justin Crawford DuMond (and his wife Alison DuMond) of Erie, CO, and her daughter Lara DuMond Guercio (and Lara's husband Brian Guercio) of Billings, MT; her three grandsons Soren Joseph DuMond, Felix Ansel DuMond, and Brooks Colden Guercio; and her mother Anne Budell (VanVorce) Mauche. The oldest of eight, Janine is survived by her four brothers (Jacques Mauche, Timothy Mauche, Christopher Mauche, and Shawn Mauche) and three sisters (Renee Mauche Faatz, Muffett Mauche, George and Therese Mauche O'Rourke), as well as 12 nieces and nephews. She is predeceased by her beloved father John Joseph Mauche, originally from Rennes, France. Family and friends are invited to a celebration of Janine's life to be held on Tuesday, August 2, 2016 at 11:00 AM at the Adirondack Loj at Heart Lake in Lake Placid, NY (1002 Adirondack Loj Rd.; see ADK.org for further directions). For those interested, her children suggest in lieu of flowers that contributions in Janine's memory be made to the Adirondack Mountain Club, Green Mountain Club, or Appalachian Trail Conservancy.

Stephen Fuller, 62, of Jericho, VT and Winooski, VT, passed away after a long illness on Sunday, June 12, 2016. He was a carpenter by trade and an avid fisherman. He is survived by his daughter Courtney Fuller, his mother Caroline Fuller, sisters Kristi Gallant and Victoria Fuller, brother Ronald Fuller, and by many nieces, nephews and countless friends. A celebration of his life was held on Friday, June 17 at Jericho Community Center. Condolences may be shared with the family at www.laivnefuneralhome.com. Donations in his name may be made to a charity of one's choice.

A graveside service for **Robert George Parent** of Jeffersonville, VT, who passed away on Saturday, December 12, 2015 took place in St. Thomas Cemetery, Range Rd., Underhill, VT on Friday, June 24, 2016, with military honors. Arrangements were in care of Gifford Funeral Home and Cremation Service, 22 Depot St., Richmond, VT 05477.

Stan Nelson, devoted husband, loving father, grandfather, and great-grandfather, went home to be with his Lord on Friday, June 24, 2016. He was surrounded by his family and caring staff at Green Mountain Nursing Home the last hours of his life. Stan was born in Chicago, IL where he lived until 1995, when he and his wife relocated to Westford, VT to be near their daughters and grandchildren, whom he loved more than anything on Earth. He grew up near Wrigley Field and was an avid Cubs fan, well known to everyone who knew him. He loved to tell his boyhood stories of climbing the fence of Wrigley, to watch games from the bleachers. He also had a passion for the drums, which he played in high school. He told with humble pride of being chosen to play in a marching band that paraded down Chicago's Michigan Avenue, a testimony to his talent. He served for two years in the United States Army during the Korean War era. He was spared going off to war, and his years in the Army with the two closest friends that he made during that time, again became fond memories that he loved to retell. He

is survived by his wife Marion R. Nelson, daughters Dianne Smith and Janice Emanuelsson with their respective husbands Thomas A. Smith and B. Morgan Emanuelsson, grandchildren Shannon Smith Wells (and husband Jim Wells), Tommy Smith (and wife Liz Smith), Lina Emanuelsson and Calle Emanuelsson, great-granddaughters Minnette Wells and Ellyson Smith, and soon-to-be-born Claire Wells. He is also survived by his brother Paul A. Nelson, and sister Frances S. Wallgren, with their families. We would like to especially thank the loving staff at Sterling House Assisted Living in Richmond, VT and Green Mountain Nursing Home in Colchester, VT, who so lovingly cared for him the last eleven months of his life. Memorial services will be held at future dates to be announced in the churches he called home: United Church of Westford (VT) and Winnetka Covenant Church near Chicago. In lieu of flowers, donations may be made to an Alzheimer's Research Fund of choice. As in the words of his favorite hymn, *Precious Lord, Take My Hand*: "Through the storm, through the night, Lead me on to the light. Take my hand, precious Lord, Lead me home." He has been led home to the Light. He will be sorely missed. We love you and thank you for the love you gave us.



Louise Marilyn (Sanborn) Lafountain, 79, passed away on Tuesday July 5, 2016 at The Manor in Morrisville, VT. She was born August 6, 1936 in North Hyde Park, VT, daughter of the late Raymond and Evelyn (Foss) Sanborn. Louise was a loving, kind, and compassionate woman. She enjoyed daily walks in Jeffersonville and gardening, had a great sense of humor, and would do anything for anyone. She just loved to do things for others, loved to take care of them. She loved all animals and had been employed as a veterinary assistant for many years. She loved God and her family. She will be greatly missed by all of her family and friends. Louise is survived by her son Walter "Rick" Lafountain, Jr. of Jeffersonville, her daughter Carmen Amick and husband John of Waterbury Center, VT, her sister Joyce Lawrence of Essex, VT, her three grandchildren Shawn Lafountain, Daniel Lafountain, Aaron Lafountain, five great-grandchildren, several nieces, nephews, and cousins, and many close and dear friends. She was predeceased by her husband Walter Lafountain on January 20, 1999, and by her brothers Larry Sanborn and Philip Sanborn. Visiting hours were Friday, July 8, 2016 at A W Rich Funeral Home - Fairfax Chapel, Fairfax, VT. Funeral services were held on Saturday, July 9, 2016 at A W Rich Funeral Home - with Pastor Larry Wakefield officiating. Burial followed in the family lot in Jeffersonville Village Cemetery. Memorial contributions in Louise's memory may be made to *Love Is, LLC*, 7827 VT Rt. 14, Craftsbury, VT 05827. The family also invites you to share your memories and condolences by visiting www.awrfh.com.



Dennis Ray Longe, 61, of Jeffersonville, VT passed away as a result of a tragic accident on June 30, 2016. He was born in Burlington, VT on December 22, 1954, the son of Douglas and Blossom (Edwards) Longe. He graduated from Lamoille Union High School in Hyde Park, VT. in 1974. Dennis was employed by Engelberth Construction Inc. Previously, he worked for Northeastern Havoc for several years. In 1978 Dennis married his high school sweetheart, Judy Russin. He enjoyed traveling to Colorado to visit their daughter and her family. His three

grandsons were the joy of his life. Dennis was always there to lend a helping hand to anyone who needed anything. He is survived by his loving wife Judy, daughter Trista and her husband David Maughan, and by grandsons Douglas, Zachary, and Joshua of Henderson, CO. He is also survived by his mother Blossom, brother Robert and wife Patricia, sisters Betty Cyko and partner David, Sherrie Melton and husband Robert, and Barbara Longe. Also, he leaves his mother-in-law Marie Salter, whom he respectfully admired, along with many nieces and nephews. Dennis was predeceased by his father Douglas and brother Jack. A memorial service was held Saturday, July 9, 2016 at Jeffersonville United Church, Jeffersonville. Arrangements were under the care of Stephen C. Gregory and Son Cremation Service, S. Burlington, VT.



Edna Smith Andrews died on Tuesday, July 12, 2016 at Franklin County Rehabilitation in St. Albans, VT. She was born January 15, 1921 in Richmond, VT, daughter of Sidney and Gladys (Riggs) Smith. She was predeceased by her four sisters: Sarah Durand, Esther Cray, Eleanor Mahoney, and Lorraine Ring, and brother Foster Smith. She was a lifelong resident in Richmond and attended local schools. On November 28, 1940 she married Sumner Fuller Andrews of Richmond. She was a member of the Richmond Congregational Church, Hale & Hearty Senior Citizen, and co-owner and operator of Richmond Cash Market. She is survived by Rod and Linda Andrews of Holland, VT, Steve and Georgie Andrews of Georgia, VT; her grandchildren Laura Andrews, Eric and Deb Andrews, Steve and Megan Andrews, Justin Andrews and fiancé Brenda Hammond, Heather and Adam Deslaurier, and Peter and Jess Andrews; fifteen great-grandchildren, and one very special dog, Daisy. At Edna's request there will be no visiting hours or funeral services. A private graveside service will be held in the family lot in Riverview Cemetery. In lieu of flowers, memorial gifts may be sent to Humane Society of Chittenden County, 142 Kindness Court, S. Burlington, VT 05403. The family would like to thank the staff at Franklin County Rehabilitation for the outstanding care provided.

LEGISLATIVE REPORT

VT's progress on opioids

By Michael Sirotkin
VT State Senator, Chittenden County



Last November, on a cold weekday night, I was truly moved by the more than 100 Richmond residents who attended a community meeting on the growing heroin problem in their town. They were both troubled and angry at the increase in related crime in Richmond and Chittenden County, while at the same time were compassionate about the need for greater treatment and prevention.

It prompted me, along with Senator Tim Ashe, to introduce an omnibus bill (S.243) to combat opiate addiction, which I can thankfully report was signed into law last month. I am also proud to report that Vermont has now been nationally recognized as one of only four states to make significant progress in confronting the challenge of opioid addiction and overdosing.

In a startling report released June 23, the National Safety Council shows 28 states are failing their residents by lacking a comprehensive, proven plan to eliminate prescription opioid overdoses. The report *Prescription Nation 2016*, www.nsc.org/RxDrugOverdoseDocuments/Prescription-Nation-2016-American-Drug-Epidemic.pdf, sets forth a definitive ranking of how states are tackling the worst drug crisis in recorded U.S. history, and assigned a "Making Progress" rating to only four states – Vermont, Kentucky, New Mexico, and Tennessee.

After exhaustive evaluations of the data and research into prevention strategies, the Council identified six key actions that could have immediate and sustained impact. and the states were ranked based on their efforts in these areas:

1. Requiring continued medical education for prescribers
2. Adopting opioid prescribing guidelines
3. Passing legislation that eliminates "pill mills"
4. Expanding use of prescription drug monitoring programs
5. Allowing overdose reversal drug naloxone to be prescribed with a standing order
6. Closing the treatment gap by increasing access to buprenorphine

Our new law touches upon virtually all of these, enhancing many efforts begun in the last few years. It also does much more, such as putting meaningful resources into community grant programs to support local opioid prevention strategies, which can certainly assist local efforts in Richmond and other Chittenden County towns, and also funds alternative pain treatments as well as a no-charge statewide take-back program for the disposal of unused drugs.

Finally, I am pleased to report that many of the new initiatives in our bill will be paid for by the pharmaceutical industry – the very same folks who profited greatly from the extensive and excessive prescribing of opiates such as oxycontin – as we were able to more than double our current state fees on drug manufacturers. Thanks to Senator Ginny Lyons for her help in seeing these new funds be appropriately directed towards combating opiate abuse.

Please do not hesitate to contact me at sirotkin.senate@gmail.com with questions or concerns on S. 243, or any other legislative matter. Thank you.

RE-ELECT SENATOR MICHAEL
SIROTKIN

Essex resident with wife, former Essex Rep. Sally Fox, for 25 years

"CONSUMER ADVOCATE OF THE YEAR"

VT. ASSOCIATION FOR JUSTICE-2014



"MICHAEL IS TENACIOUS,
SMART AND EFFECTIVE.
IT'S IMPORTANT TO
CHITTENDEN COUNTY
THAT WE RETURN HIM TO
THE SENATE"

TJ DONOVAN

CHITTENDEN COUNTY STATE'S ATTORNEY

In this year alone **SENATOR SIROTKIN** championed:

- COMBATING OPIATE ABUSE AND ADDICTION
- PAID SICK DAYS
- IMPROVED REPRESENTATION FOR UTILITY RATEPAYERS
- FARM TO SCHOOL
- PUBLIC/PRIVATE FINANCING FOR BURLINGTON REDEVELOPMENT

PAID FOR BY SIROTKIN FOR SENATE 80 BARTLETT BAY RD SOUTH BURLINGTON VT

ONGOING EVENTS

ADULT ACTIVITIES

Clutter Barn – located next to the United Church of Underhill, Park St., Underhill Flats, the Clutter Barn holds donation days are Saturdays, July 23, August 6, 13, and 20, September 3 and 10, from 8:30 AM – 12:00 PM. Tag sales are July 30, and August 27, 8:00 AM – 3:00 PM. And of course the Clutter Barn is open during the Old Fashioned Harvest Market, held this year Saturday-Sunday, September 24-25.

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

The Vermont Genealogy Library in Fort Ethan Allen, Colchester has the resources to help you find those elusive ancestors. We are open every Tuesday from 3:00 – 9:30 PM. Late summer Saturday opening August 8. We continue to be open every Tuesday. Please see our website www.vtgenlib.org for more information including directions and how to contact us if you are visiting the area.

Toastmasters of Greater Burlington, 2nd and 4th Wednesdays, 7:00 PM, Holiday Inn, 1068 Williston Rd., S. Burlington. Do you want to develop your speaking and leadership skills? Ace an interview? Ignite your career? If so, Toastmasters of Greater Burlington is the place for you. You'll find a supportive learn by doing environment that helps you achieve your goals. For information, 802-782-4832.

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

Eagles Auxiliary #3210 holds bingo at the club house, VT Rt. 109, Waterville, Friday nights. Doors open at 5:30 PM. Bingo starts at 6:45 PM. For information, contact Sally, 644-5377.

Handbell ringers, Tuesday evenings, United Church of Underhill. All are welcome at rehearsals. Two ensembles; opportunity for small groups/shorter time periods. We ring a variety of music in a variety of settings and look forward to new faces joining us. Beginners welcome. Call Roger, 899-3106, for information.

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

Smugglers' Notch 55+ Club meets Wednesdays at Smugglers' Notch for a social time, then breaks into groups to ski. Brief organizational meeting, coffee and rolls, and then head out to the trails in self-selected ability groups. Gather informally in summer for a wide variety of outdoor activities. Membership benefits include various discounts at Smuggs. Information: Deborah, 644-5455 or just attend a meeting at the Morse base lodge, 9:00 AM every Wednesday.

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

HEALTH EVENTS & GROUPS

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

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

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

Alcoholics Anonymous Meeting "Wing It" group meets Sundays, 11:00 AM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Speaker meeting followed by a brunch (\$10 for brunch).

Alcoholics Anonymous Meeting, "The Firing Line" group meets Wednesdays, 7:15 – 8:15 PM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Step meeting.

Alcoholics Anonymous Meeting "The Firing Line" group meets Saturdays, 8:00 – 9:00 PM, Maple Leaf Farm, Stevensville Rd., Underhill. Open Speaker Discussion meeting.

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

Alzheimer's support group, monthly on the 3rd Wednesday, 9:30 – 11:30 AM, The Arbors, 687 Harbor Rd., Shelburne. Free education for individuals and families in the early stages of Alzheimer's disease and related dementias. For information and to register, contact Nicole Houston, 985-8600.

Brain Injury Support Group – a place for survivors and family members, caregivers, friends, and the community to receive valuable resources and information about brain injury. The support group is a place to share experiences in a safe, secure, and confidential environment. Monthly meetings: 4th Fridays at the YMCA in Winooski 11:00 AM – noon; 1st Wednesdays at Fanny Allen in Colchester, 5:30 – 7:30 PM; and 2nd Tuesdays at the Saint Albans Diner in Saint Albans. Call the BIAVT help line, 877-856-1772.

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

Approach Autism With Advocacy, Recovery & Education (AAWARE) in the Lamoille Valley, 3rd Sunday, 3:00 – 5:00 PM, Second Congregational Church of Jeffersonville Community Room, Jeffersonville. Special topics, guest speakers, resource information; playroom for kids, fenced side yard for outdoor play. For information, Terry Holden, 644-2759 (Jeffersonville) or Tina Karl, 888-3430 (Hyde Park.)

Eating Disorders Parental Support Group, monthly on the 3rd Wednesday, 7:00 – 9:00 PM, Covenant Community Church, VT Rt. 15, Essex Center. For parents of children with, or at risk of, anorexia or bulimia. We focus on being a resource and providing reference points for old and new ED parents. For information, Peter, 899-2554.

Foot Clinics – Having trouble trimming your own toenails? Franklin County Home Health provides foot clinics around the county that can help. Call 802-527-7531 for an appointment and cost information. Cost: \$20.

Healthy Weight Support Group, Mondays, 12:00 – 12:30 PM, Northwestern Medical Center, Conference Room 3, St. Albans. For those working on weight management. Behavioral and nutritional strategies to increase physical activity and decrease calorie intake; techniques to help manage eating behaviors. Come 15 minutes

early for weight check. Kay Tran, Registered Dietitian, MS, CDE, & Leslie Gardzina, Registered Dietitian. No registration required, just drop in.

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

Champlain Valley Prostate Cancer Support Group, 6:00 – 8:00 PM, 2nd Tuesdays, Hope Lodge, 237 East Ave., Burlington. Newly diagnosed? Prostate cancer reoccurrence? General discussion and sharing among survivors and those beginning or rejoining the battle. August 9: discussion of treatment alternatives. Information: Mary L. Guyette RN, MS, ACNS-BC, 802-274-4990.

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

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

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

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

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

KIDS

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

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

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

SENIORS/COMMUNITY MEALS

Jeri-Hill XYZ Seniors meet at the Catalyst Church on the Raceway, Underhill on the 1st and 3rd Wednesday of each month. All seniors welcome. Dinner served at 11:30 AM. Information, Bette Workman, 899-4446, Loreen Teer, 899-1363, or Doug Keith, 899-2582.

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

Westford Senior Lunches – Join Westford Seniors for lunch at the Red Brick Meeting House on the Common, monthly on the 2nd Monday. Lunch, 12:00 noon; short meeting or presentation after. Call 878-7405 or 879-7382 for information or for a ride.

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

Huntington senior meal site – The Huntington senior meals are served monthly on the 3rd Tuesday, 12:00 noon at the Community Baptist Church, Huntington Center.

St. Jude's Church senior meals, Hinesburg, 2nd and 4th Tuesday of each month. Bingo games afterward. Everyone welcome, including caregivers. Dinners \$4 per person. Information: Ted

Barrette, 453-3087.

Starksboro First Baptist Church senior "Good Food for All" free dinners, 2nd Thursday of the month, United Church of Underhill, VT Rt. 15, Underhill Flats, 5:00 – 7:00 PM; and on the last Thursday of each month at Calvary Episcopal Church, VT Rt. 15, Underhill Flats, 5:00 – 7:00 PM. Everyone in the communities is invited.

SPORTS ACTIVITIES

Ongoing Pilate classes, Dakini Studio, Underhill, Mondays and Thursdays, 6:00 PM. Register at 899-4191. For more information and other scheduled classes, www.dakinistudio.wordpress.com.

Qi Gong, the ancient Chinese art of movement, classes: Saturdays 9:00 – 10:00 AM, 562 VT Rt. 15, Johnson; Saturdays 11:00 AM – noon, River Arts, Morrisville; and Sundays 11:15 AM – 12:15 PM, Artful Cup, Jeffersonville.

Zumba, Tuesdays, 5:30 PM, Red Brick Church, Westford, with Heather Sanders, \$5, first class free; Saturdays, 9:15 AM, BFA, Fairfax, \$5; Sundays, 9:00 AM, Meeting House, Fletcher, \$5; with Kathy Bourdeau Mondays, 7:30 PM, BFA, Fairfax, \$5; Wednesdays, 7:00 PM, BFA, Fairfax, \$5.

Zumba Fitness, Monday evenings only, 5:30 – 6:30 PM, River Arts Center, Morrisville. Certified instructor Karen Machia. No registration required, drop in. 888-1261 or www.riverartsvt.org for more details.

TOWN GOVERNMENT & ORGANIZATIONS

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

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

SENATOR DAVID ZUCKERMAN
FOR LIEUTENANT GOVERNOR

I'm running to be Vermont's Lieutenant Governor and asking for your vote in the August 9th Democratic primary.

- Farmer and small business owner
- Father and husband
- Representative and state Senator for 18 years
- Leader on minimum wage, marriage equality, GMO labeling

If elected I will be the first active farmer to serve as Lt. Governor in more than 50 years. As your Lt. Governor I will work towards an environmentally sustainable, inclusive, and economically vibrant Vermont.

David Zuckerman

PLEASE JOIN US AND VOTE FOR DAVID AUGUST 9TH

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Former Lt. Governor Doug Racine
Senate Majority Leader Phil Baruth
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Ben Cohen & Jerry Greenfield
Martha Abbott
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Send your news, births, engagements, weddings, obits, events to mtgazette@earthlink.net or call Brenda at (802) 453-6354

CVAA Community Senior Meals

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

Tuesday, July 19 – Ray’s Seafood, Essex Jct., 10:30 AM check-in, 11:00 AM lunch.

Wednesday, July 20 – American Legion, Colchester, 10:30 AM check-in, 11:00 AM lunch. Meatloaf.

Tuesday, August 2 – Ray’s Seafood, Essex Jct., 10:30 AM check-in, 11:00 AM lunch.

Friday, July 22 – United Church, Hinesburg, 12:00 PM. Parmesan baked fish, Tartar sauce, mashed sweet potatoes, peas, oatmeal raisin cookies.

Monday, July 25 – Covenant Church, Essex Ctr., 12:00 PM. Chicken Parmesan, buttered noodles, garden vegetable medley, whole wheat roll, peach shortcake.

Tuesday, July 26 – Ray’s Seafood, Essex Jct., 10:30 AM check-in, 11:00 AM lunch.

Wednesday, July 27 – JP’s Diner and Deli, River Rd., Essex Junction, 10:30 AM check-in, 11:00 AM lunch. Meatloaf.

Thursday, July 28 – Pizza Putt, S. Burlington, 10:30 AM check-in, 11:00 AM lunch. Spaghetti and meatballs.

Friday, July 28 – United Church, Hinesburg, 12:00 PM. Beef stroganoff with egg noodles, honey glazed carrots, dinner roll, watermelon.

Monday, August 1 – Covenant Church, Essex Ctr., 12:00 PM. Pork riblets, roasted red potatoes, broccoli and cauliflower, wheat bread, butterscotch pudding.

Tuesday, August 2 – Ray’s Seafood, Essex Jct., 10:30 AM check-in, 11:00 AM lunch.

Wednesday, August 3 – Athens Diner, Colchester, 10:30 AM check-in, 11:00 AM lunch. Cold plate.

Thursday, August 4 – Dutch Mill, Shelburne Rd., Shelburne, 10:30 AM check-in, 11:00 AM lunch. Baked stuffed chicken.

Friday, August 5 – Spirit of Ethan Allen Cruise, check-in 11:30 AM; cruise 12:00 – 1:30 PM. Tickets \$21, include lunch and narrated tour. Tickets required; contact Pat Long, 865-0360.

Monday, August 8 – Covenant Church, Essex Ctr., 12:00 PM. Pork tenderloin au jus with apple and sweet potato garnish, creamed spinach, marble rye bread, peaches.

Tuesday, August 9 – Pizza Hut, Susie Wilson Rd., Essex Jct., 10:30 AM check-in, 11:00 AM lunch. All you can eat pizza buffet.

Wednesday, August 10 – IHOP, University Mall, S. Burlington, 8:30 AM check-in, 9:00 AM breakfast. Two eggs, hash browns, choice of breakfast meat, pancakes, small juice.

Thursday, August 11 – Holiday Inn, S. Burlington, 11:00 AM check-in, 11:30 AM lunch. Turkey buffet.

Friday, August 12 – Hinesburg mealsite, 11:30 AM.

Monday, August 15 – Covenant Church, Essex Ctr., 12:00 PM. Meat lasagna, tomato sauce, tossed garden salad, garlic bread, watermelon.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

MOUNTAIN GAZETTE

Publication & Deadline Dates 2016

The Mountain Gazette publishes on the 1st and 3rd Thursday of each month.

The deadline for receiving copy is Thursday, a week before publication, at noon.

The advertising deadline is Thursday, a week before publication at 5:00 PM.

For more information, please contact Brenda Boutin

Publisher of the Mountain Gazette

6558 VT RT 116, Starksboro, VT 05487

Phone: 453-6354 • mtgazette@earthlink.net

On the web at www.mountaingazetteofvermont.com

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

FEATURED PUBLICATIONS:

Northwestern Vermont Animal Resources Guide - Deadline April 15, 2016 • Distribution after July 1, 2016

Jericho Underhill Directory - Deadline June 30, 2016 • Distribution after September 15, 2016

mtgazette@earthlink.net

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For information Brenda Boutin • 802-452-6354

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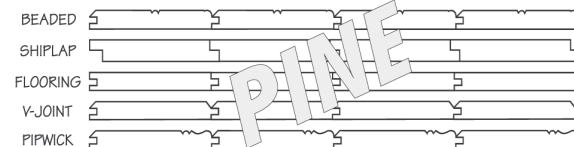


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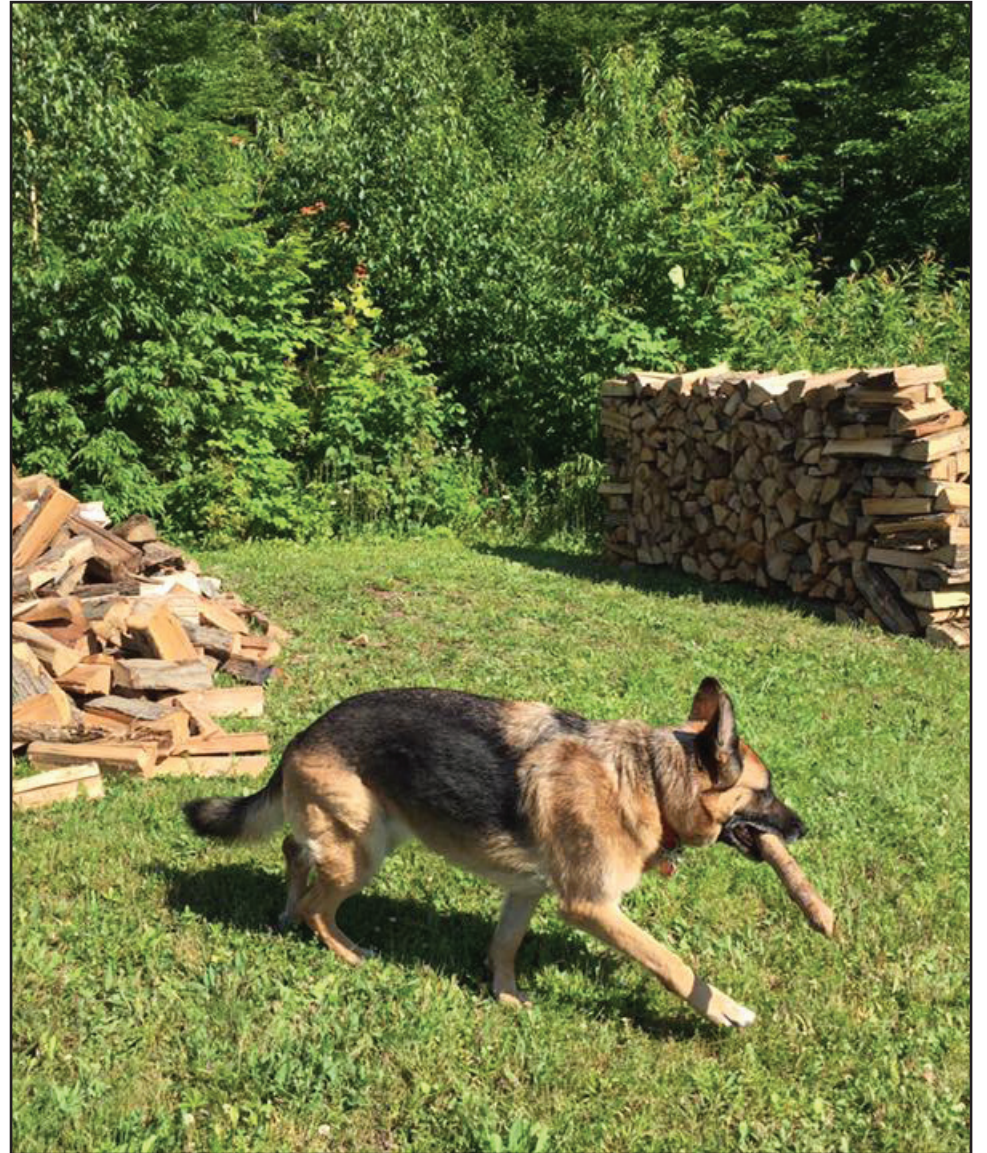
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Getting ready for winter. Many hands make light work! Well, jaws in this case. Wood waiting to be stacked and Kaja finds her own stick to carry. Kaja is a German shepherd owned by Sara Riley.

PHOTO BY SARA RILEY

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