

Bike commuting workshop in Westford

By Phyl Newbeck
Special to the Mountain Gazette

With gas prices going up it may be time to think about alternate ways to commute. For those who are considering using pedal power instead of a car, there's a workshop in Westford to help you make the switch. On Thursday, September 25 from 6:00 – 7:00 PM, Local Motion, a Burlington-based non-profit pedestrian and bicycle advocacy group, will present a class on bike commuting at the Westford Town Library. The class will cover what kind of gear bike commuters need, how to map out a route, how to "read" the street, and how to make sure bikes are in good working order.

Westford Librarian Bree Drapa learned about the workshop when someone from Local Motion pedaled his way to the library. The man wasn't a resident and had never been to the library but when he described the workshop, Drapa jumped on board. "I thought it was a really cool idea," she said. "Westford is a very active community." Drapa believes Westford already has a lot of bike commuters but she thinks others who might be interested are daunted by the traffic, guardrails, and steep embankments on VT Rt. 128. "Maybe this will give people the impetus to get out and be a bike commuter," she said.

The Westford Town Library is already a bicycle-friendly place. Conservation Commission member Chuck McGill worked with Local Motion to get bike racks for both the library and the Town Common. "We have a lot of kids and adults riding to the library," said Drapa. "We once had a man call and ask if there was any place he could hitch his horse. I suppose the bike rack might work for that, as well." McGill said the racks were ordered in the fall and installed in April. "The library was an obvious location," he said. There is also one bike rack at the playground at one end of the Town Common and another by the pavilion.

The Vermont Bicycle and Pedestrian Coalition (VBPC) offers some basic tips for bike commuters, which will be part of the presentation. The first is to select a bike that's appropriate for the road conditions you'll be encountering. A road bike's skinny tires won't be suitable for dirt roads and a heavy mountain bike will make your commute more arduous than necessary, so they recommend hybrid bikes with fenders and racks. A helmet is an absolute necessity and lights (LEDs in front and blinking lights in back) and rear view mirrors are also important. The mirrors can be attached to handlebars, helmets, or glasses. You should perform regular check-ups on your bike and take it to a bike shop for annual evaluations.

It's always a good idea to carry a lock as well as a basic tool kit, and you should never leave the house without a pump or CO2 cartridge and a spare tube. Your visibility is enhanced by wearing bright colors or reflective gear. Proper cycling shorts with padding will make the trip more comfortable; mountain bike shorts will work for those who might be self-conscious about wearing Lycra. Panniers (bags which hang off a rear wheel rack), handlebar bags, and saddle bags are the best way to carry extra

clothing and whatever else you'll need at your destination, although keeping a change of clothes at that location is also a good idea. It's best to dress in layers and keep fabric that wicks moisture away as your inner-most layer. When the weather is cold there are neoprene boot covers, helmet covers, headbands, and "lobster gloves," which have two double-finger slots and a thumb and are better for shifting gears than mittens. A Gore-Tex outer layer is helpful in the rain or snow.

Cyclists should ride as far to the right of the road as possible in the same direction as traffic and obey all traffic signals and signs. It goes without saying that cyclists need to be vigilant of their surroundings, so headphones and ear buds are not recommended. Texting while cycling is a recipe for disaster.

The shortest route may not necessarily be the best one to take. Try to find roads with wide shoulders, good visibility, and fewer cars; something which is easier said than done. There is strength (and visibility) in numbers so it's always good to try to find people who are going your direction.

VBPC recommends talking to your employer about your commuting plans, which could help convince them to add bike racks if none exist or provide shower facilities. The federal Bicycle Commuters Act of 2008 allows employers to pay bicycle commuters up to \$20 a month for "reasonable" expenses such as equipment, repairs, and storage if the bike is used as a "substantial" part of their commute.

Jason Van Driesche of Local Motion said the training won't stop with the workshop. Thanks to grants from VTrans and the Chittenden County Regional Planning Commission, the non-profit can provide one-on-one advice to anyone with further questions. In particular, Local Motion has expertise in area roads and can help riders figure out the best way to get from point A to point B. "We help you read the streets and figure out a good potential route," he said.

Van Driesche said all kinds of potential bike commuters are welcome to attend the event. "This is a workshop for anyone who would like to bike more than they do and would like some help in figuring out how to incorporate bicycling into their commuting routine in any way that makes sense for them," he said. "It's not about trying to convince people to completely change their habits. There are people who bike every day of the year no matter what conditions but for others, driving part way to work and finding a quiet place to stop and bike the rest of the way four or five days in the summers will be enough. We want to help people figure out where they want to fall in that spectrum and give them what they need to do it comfortably."

A waterproof bicycle rack bag – an \$80 value – will be raffled off if the workshop has ten or more participants, but other safety gear will be given away free of charge and low-cost bike lights and reflective vests will be available for sale.

Those interested are asked to RSVP at westfordpubliclibrary@gmail.com.

Underhill Historical Society to honor two late residents

The Underhill Historical Society will be honoring two late residents of Underhill at the Schoolhouse Task Force's Pot Luck Dinner, to be held Saturday, September 13, 5:00 – 9:00 PM, at the District 5 Schoolhouse. The Schoolhouse is located at the intersection of Pleasant Valley and Stevensville Roads.

Loraine (Spaulding) Dwyer (1913-2013) was born in Burlington. She moved to Underhill in 1953 where she lived for 50 years on Irish Settlement Road. Loraine was very active in town affairs and served as assistant town clerk, auditor, lister, and on the zoning board. Always interested in local history, she was a founding member of the Underhill Historical Society, and in 1976 she wrote *The History of Underhill: The Town Under The Mountain*.

Mary Bromer Fell was born in Mont Clare, PA. She was educated at Vassar College before serving in the Women's Army Corp. during World War II. Receiving her Master's Degree at the University of Michigan in 1950, she took a job as a medical cataloger, and later as an assistant reference librarian at the University of Vermont. She was active in Underhill government, serving as a lister and on the zoning board of adjustment. She volunteered in her free time with the Audubon Society and with Meals On Wheels.

The tribute will be held in conjunction with the pot luck dinner. Bring a favorite dish or dessert to share with your neighbors!



It is pickling time. Hope Boutin, age 10, has fallen in love with canning. Her first experiments refrigerator bread and butter pickles, dill pickles. PHOTO BY BRENDA BOUTIN

Not for lack of heart, Cougars fall to St. Albans, 30-14, in season debut

By Richard Mindell
Special to the Mountain Gazette

It was the perfect setting for the MMU varsity football team to unveil their new offensive game plan last Saturday afternoon as the Cougars squared off against BFA St. Albans on the MMU home field on Browns Trace, in Jericho. You couldn't have asked for better weather, the stands were full of loyal fans and the MMU coaches and players were eager to try out their new spread offense which promised to add excitement to their game.

Unfortunately, the St. Albans players had plans of their own, which included pouncing on the Cougars in the first quarter and never letting up. The Bobwhites scored early and often on their way to a 30-14 victory that really wasn't as close as the score suggests.

The Cougars dressed only 30 players for the game forcing many of the kids to play both ways for the entire contest. But fatigue wasn't a factor in the first quarter when St. Albans engineered a 73-yard drive on their way to their first touchdown and PAT just six minutes into the game to take a 7-0 lead. The Bobwhites overwhelmed the stunned Cougars bullying their way to five first downs while averaging six yards a carry on the drive.

MMU, on the other hand, couldn't move the ball despite their new spread offense. They started out sharp, with junior quarterback, Dominic Mosca, completing two passes, one for sixteen yards and the other for twenty four yards, and two first downs to senior wide receiver, Justin Fischer. Sophomore running back, Ray Wilson, got into the act running through a gaping hole created by senior left tackle, Jeff Carter, for ten yards and another first down. But then the new spread offense stalled leaving the Cougars mired deep in their own territory as the

first quarter ended.

Things picked up in the second quarter for MMU when senior wide receiver and safety, Kyle Haley, recovered a St. Albans fumble on the Bobwhite fifteen yard line. Wilson was held for no gain but Mosca ran for thirteen yards and a first-and-goal on the next play to set up a two-yard scamper by Wilson for MMU's first touchdown. The PAT failed. St Albans 7, MMU 6.

It was all down hill from there for MMU. St. Albans outscored the Cougars 23-0 from the middle of the second quarter until there were only three minutes left in the game when Wilson ran it in from the Bobwhites' two yard line for MMU's second touchdown of the afternoon. Sophomore quarterback, Kyle Legget, hit Justin Fischer in the end zone for the two-point PAT. Final, St. Albans 30, MMU 14.

Despite the score, MMU coaches, especially head coach, Marty Richards, were effusive in their praise of the team. "I loved the effort," Richards said. "The effort never went away."

Assistant coach, Norm Lozier agreed. "The effort outstanding," Lozier said. "We'll get better. We'll be better next week."

Richards also had high praise for Jeff Carter, senior center and nose guard, Aaron "The Train" Howland, junior guards, Dalton Hallock and Gus Tarrant and junior tackle, Tim Mulvihill.

Both he and assistant coach, Joe O'Brien cited the excellent play of the linebackers, led by Justin Fischer and a crew of young gun sophomores including, Wilson, Charlie Myers and Johnny Benvenuto.

"You can't coach heart," Richards added. "And that's what our team showed today."

Next weekend the Cougars travel to Mt Anthony for a Friday night contest under the

Football continued on page 8

LETEERS TO THE EDITOR

CSWD plan to consolidate services eliminates small haulers

To the Editor,

I was dismayed to learn only recently of what appears to be a long-standing plan of the district to consolidate waste and trash services in Chittenden County.

Why the district supports consolidation at the expense of the small haulers and, more importantly, we the consumers, is beyond comprehension.

I have been a customer of Gordy Russell at Trashaway since 2001. I changed from Bob Perry, now Casella, because Gordy offered back door service for both trash, recycling and anything else that I needed to get rid of.

Not only does consolidation get rid of the small hauler, but it is my understanding from reading (CSWD's) website that the small hauler can't even bid on the contract because of the size of its present customer base.

I urge you to reconsider this flawed plan and let the marketplace decide. My sense is that I speak for most - if not all - Trashaway's 350 or so customers as well.

Sincerely, James W. Murdoch, Charlotte

What United Way means to our community and to us

To the Editor,

One of the most important aspects of our work at Lamoille Home Health and Hospice is our understanding of the words "team" and "community."

There is another organization in our community that contributes greatly to the overall health and wellbeing of Lamoille County, and that is United Way.

Our agency is a proud United Way partner. Our Homemaker Program, in particular, has benefited from a generous United Way grant that enables us to provide needed personal assistance to our homebound clients.

During their fall campaign, I encourage you to consider United Way as one of the charitable organizations you support with a financial gift.

Kathy Demars, RN Executive Director Lamoille Home Health & Hospice

LIBRARY NEWS

DEBORAH RAWSON LIBRARY, UNDERHILL

Thank you for an amazing summer program! Thanks to all who came out to DRML for programs, story times, and events this summer!

Parlez-vous français? French Conversation Group will meet Thursday, September 3, 6:30 PM. Join the group for casual conversation and some cultural exchange!

Deborah Rawson Book Lovers (DRBL) will meet on Tuesday, September 9. DRBL is an adult book discussion group that meets every month at the library.

Adult Writers Group, Wednesday, September 10, 6:00 PM. Whether you've been working on your novel for years or have just picked up a pen, we would love to welcome you to our community of writers.

Calling all Scrabble players! Monday, September 15, 6:30 - 8:30 PM is the next Scrabble night.

Baby Time! Tuesday, September 9, 10:30 AM. Infants and babies up to 18 months are introduced to the wonders of language with nursery rhymes, songs, fingerplays, and board books.

If you love to experiment, build, and tinker with machines, join Thad on Thursday, September 11, 3:00 - 4:30 PM for kids in grades 3 and up.

Come play Magic: The Gathering, Friday, September 12, 6:30 - 8:00 PM. In this trading card game, you play the role of a Planeswalker - a powerful wizard who fights other Planeswalkers for glory, knowledge, and conquest.

Story Time is back! Resuming the week of September 17! Drop in for stories, projects and a nutritious snack!

Please note: Our first open Sunday will be September 7, 1:00 - 4:00 PM. We will be CLOSED on Saturday, September 27 and Sunday, September 28 for Harvest Market.

Book Donations for the Book Nook at Harvest Market may be brought to the Big Red Barn (next to Mills Riverside Park) on Saturday, September 6 or Saturday, September 16 from 10:00 AM - 12:00 noon.

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.

JERICO CENTER LIBRARY

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

- September 10: Appreciating Friends Like Eric Carle
September 17: Car Wash

Library hours are: Monday 1:00 - 7:00 PM; Wednesday 10:00 AM - noon (includes children's story time) and 2:00 - 7:00 PM; Friday 1:00 - 5:00 PM; Saturday 10:00 AM - noon.

FAIRFAX COMMUNITY LIBRARY

All events are free unless noted otherwise. Pre-registration encouraged. No registration needed for story hour.

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HEALTH EVENTS & GROUPS

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

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

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

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

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

Alzheimer's Support Group - Free educational support group series for families coping with a loved one with Alzheimer's disease and related dementias.

Brain Injury Support Group - offer survivors and family members, caregivers, friends and the community a place to come and receive valuable resources and information about brain injury.

Foot Clinics - Having trouble trimming your own toe nails? Franklin County Home Health provides foot clinics around the county that can help.

Healthy Weight Support Group, Mondays, 12:00 - 12:30 PM, Northwestern Medical Center, Conference Room 3, St. Albans. Support group for those working on weight management.

International Cesarean Awareness Network supporting mothers and families recovering from or learning about cesareans and VBACs.

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

Prostate Cancer Support Group meets 6:00 - 8:00 PM, second Tuesdays, Hope Lodge, 237 East Ave., Burlington. Wives, partners, men newly diagnosed or dealing with recurrent prostate cancer.

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

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

Lamoille Home Health & Hospice: Offering Hospice Volunteer Training. Health care professionals share their knowledge and passion for hospice.

Franklin County Prostate Cancer Support Group, monthly, 1st Tuesdays, 5:15 - 7:00 PM, Northwestern Medical Center Conference Room #2, St. Albans.

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

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

KIDS

Storytime in the Nestlings Nook, Tuesdays, September 9, October 14, 10:30 - 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Pre-schoolers and friends are welcome for stories about birds, then craft project, music, or nature walk.

Sundays for Fledglings, "more or less alternate Sundays" (September 7, 21; October 5, 19), through October 31, 2:00 - 3:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Enjoy discovering birds - feathers to flying, art to zoology.

Playgroups are free of charge and open to all children birth through age 5 and their caregivers. At playgroup you will find stories, songs, crafts, free play, local events and information, and more.

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

Thursdays: Huntington Public Library, 11:00 AM - 12:30 PM
Fridays: Underhill Central School, 9:30 - 11:00 AM

Saturday Story Time, Saturdays September 6, 13, 20, and 27, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Listen to and enjoy stories with your little ones.

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

Early Literacy Storytime, Thursdays, 11:00 AM at Westford Public Library. Stories and activities utilizing early literacy concepts for age's birth-preschool.

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Ongoing Events continued from page 4

SENIORS/COMMUNITY MEALS

Jeri-Hill XYZ Seniors meet at the Town Hall in Underhill Center on the 1st and 3rd Wednesday of each month. All seniors are welcome. Dinner served at 11:30 AM. For information, Bette Workman, 899-4446, Loreen Teer, 899-1363 or Doug Keith 899-2582.

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 will be followed by community gathering. For information, please contact: 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 served at 12:00 noon with a short meeting or presentation following. Call 878-7405 or 879-7382 for information or for a ride.

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

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, Hinesburg, senior meals held on 2nd and 4th Tuesday of each month with bingo games afterward. Everyone is welcome including caregivers. Dinners \$4 per person. For information call Ted Barrette, 453-3087.

Starksboro First Baptist Church, Starksboro senior meals, 4th Thursday of the month, 11:30 AM. For info call Brenda Boutin, 802-453-6354. **"Good Food for All" free dinners**, 2nd Thursday of the month, United Church of Underhill, VT Rt. 15, Underhill Flats, 5:00 - 7:00 PM; and on the last Thursday of each month at Calvary Episcopal Church, VT Rt. 15, Underhill Flats, 5:00 - 7:00 PM. Everyone in the communities is invited.

SPORTS ACTIVITIES

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

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

Zumba, Fairfax, Tuesdays 7:00 - 8:00 PM and Saturdays 9:00 - 10:00 AM. Contact Pam Adams 370-4437 or pamaj68@aol.com. **CHANGE TO Heather Sanders Classes** Tuesdays in Westford at the Red Brick Church at 5:30pm Cost:\$5 First class is Free Saturday in Fairfax at BFA at 9:15am Cost:\$5 Sunday in Fletcher at the Meeting House at 9:00am Cost: \$5 Kathy Bourdeau Monday in Fairfax at BFA at 7:30pm Cost: \$5 Wednesday in Fairfax at BFA at 7:00pm Cost: \$5

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

SUPPORT GROUPS

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

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

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

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

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

TOWN GOVERNMENT & ORGANIZATIONS

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

Westford Fire Department, Mondays, 7:00 PM, at the fire station next to the Town Garage. For information, email John Quinn, jquinnimvt@aol.com.

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

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

Jericho Underhill Park District Board meeting, 1st and 3rd Wednesdays, 7:00 PM, Deborah Rawson Memorial Library project room, Jericho. Residents of Jericho and Underhill always welcome. 899-2693 for information.

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

FARMERS' MARKETS

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

THRIFT SHOPS & FOOD SHELVES

Clutter Barn: Donations are accepted on Saturdays, 8:30 AM - 12:00 PM, through September 13. The Clutter Barn is located in Underhill Flats, between the Brick House and the United Church of Underhill.

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

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

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.

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- Functional Capacity Evaluation

Locations:

Rehabilitation Clinic at Copley Hospital
528 Washington Hwy.
Morrisville

Rehabilitation Clinic at Mansfield Orthopaedics
555 Washington Hwy.
Morrisville

Hardwick Rehabilitation
88 High St.
Hardwick



Steve Hayes, PT; Yuri Yeremenko, OT;
Ellen Adams, PT, MS, Director,
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GMBC summer bike rides

All riders with the Green Mountain Bicycle Club must wear helmets and obey the rules of the road! Please do not ride two abreast if there is traffic in either direction. For mornings with questionable weather, please call the ride leader to make sure the ride is still taking place. Ride leaders are obligated to go to the starting point and provide maps, but may choose not to ride if the weather is miserable. Riders below the age of 18 must be accompanied by a parent. E indicates an easy ride, M is for moderate, and S is for strenuous.

NEK weekend, Day 1, Saturday, September 6. Kingdom Swing - The 56-mile (M/S) loop goes down VT Rt. 16 from Glover, through Greensboro and Craftsbury, then up a beautiful valley on VT Rt. 14 all the way to Coventry, then back through Barton to Glover. Afterwards, cool off with a swim at Crystal Lake. No short

version of this ride. Meet 9:30 AM, Currier's Quality Market, Barton. Leaders Pat Stabler and Tom Evers, 802-427-3193 / everstab@verizon.net. Camping is available at Pat and Tom's house just outside East Burke; early birds get beds or floor space in the house. BYOB drinks and/or potluck BBQ for anyone who is interested on Saturday afternoon/evening.

NEK weekend, Day 2, Sunday, September 7. Willoughby Wanderings - 47-mile (M/S) ride up through Sutton and Barton, along the shore of Lake Willoughby and through part of Willoughby State Forest. A 30-mile (M) version of the ride returns to Burke via US Rt. 5. Meet 9:15 AM at East Burke Sports ; parking is available (check www.kingdomtrails.com) at East Burke Sports (not customer spots), Pub Outback and

Bike continued on page 8

HOME IMPROVEMENT

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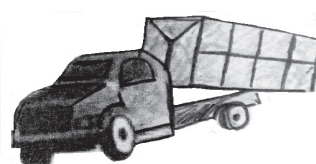
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Football continued from page 1

lights. Kickoff is seven PM. Be there, Cougar fans.

At the game

MMU fans got a rare treat Saturday despite the teams' loss to St. Albans. They got to see one of the most talented kickers you will ever see on the high school level... anywhere! The Bobwhite's Robert Kelly thrilled the crowd by kicking several field goals and extra points that would have been impressive kicks in Foxboro. And with one exception all of his kickoffs sailed out of the Cougar end zone, one bouncing over the fence that separates the track from the girls' softball field. You'll be seeing this kid on national television sometime soon when he's kicking field goals for a major D-I college team.

Rankings

The Cougars were ranked 15th in Vermont in the Max Preps pre-season high school football polls while St. Albans started the season ranked number 10.

Cougars in the news

Brian Wilcox (MMU class of '09), has been named a USA Today 2014 first team All-American. The standout middle linebacker is entering his senior year at Southern Connecticut State University. The 6-1, 245 lb Wilcox was also named first-team All Northeast 10 conference. While at MMU, Wilcox teamed with fellow alum, Ian Shaw, to give the Cougars one of the most exciting and potent backfields in Vermont high school football.

Bike continued from page 7

East Burke Storage parking lots. No parking in Chappy's/River Garden parking lot.

Leaders Pat Stabler and Tom Evers, 427-3193 / everstab@verizon.net.

St. Anne De Sabrevois Winery Ride, Sunday, September 7. A flat 44-mile (M) ride

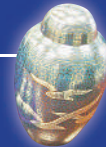
across the border to visit the Vignoble Des Pins winery. Bring your passport or the required customs documents. Meet 9:15 AM, Alburgh Community Education Center, School St., Alburgh. Leader Warren Coolidge, 802-735-1836 / wcinvl@gmail.com; co-leader Karla

Ferrelli, 802-864-0101 / karla.ferrelli@gmail.com.

Century Day, Sunday, September 14. Three rides, all following the same route for the first 25 miles with a food stop in Bristol. The Metric Century is 62 miles (M) via Bristol and Vergennes. The full Century is 100 miles (S) traveling down to the Crown Point Bridge and returning through the Champlain Valley. Those looking for an extra challenge can do the Double Gap Century, which is 113 miles and includes the Middlebury and Appalachian Gaps. Meet 7:30 AM, Wheeler lot, Dorset Park, South Burlington. Leader Matt Kuivinen, 802-881-9045 / mattkui@earthlink.net; co-leader Brian Howard, 802-598-3857 / bjhowd@gmail.com; Metric leader: David Jacobowitz, 802-578-8803 / davidjacobowitz00v@gmail.com.

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