Bike commuting workshop in Westford

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

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

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

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

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 bulling 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-vard scamper by Wilson for MMU's first touchdown. The PAT failed. St Albans 7, MMU

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

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!

Underhill-Jericho **Fire Department News**

By Kitty Clark

EMERGENCY CALLS:

Saturday, August 16, 2:11 PM - Lift assist with Essex Rescue,

Monday, August 18, 2:20 PM - EMS, walk-in at the Underhill

Monday, August 18, 2:44 PM - EMS, Essex.

Tuesday, August 19, 9:44 AM - EMS, Underhill.

Sunday, August 24, 3:00 PM - Standby duty at the Cambridge Fire Department.

Monday, August 25, 8:00 AM – Standby duty at the Cambridge Fire Department.

Tuesday, August 26 @10:38 AM - EMS, Underhill

Tuesday, August 26, 2:13 PM – Mountain rescue, injured hiker on Sunset Ridge Trail

Wednesday August 27, 8:05 AM – EMS, Jericho. TRAINING AND EVENTS:

Tuesday, August 19, search and rescue training at the pit

Tuesday, August 26, training at the pit using Engine 1 Playbook. Sincere sympathy to Mat Morse and his family with the passing of his dad, Tom Morse. Several members attended the wake for Tom, as he was a past member. Also, four members attended his funeral at St Thomas Church. The last alarm was sounded for Tom

Sincere sympathy to the Howard Cary family and to all the members of the Cambridge Fire Department. Howard's passing was very sudden and a shock to all of us. Howard served his department for 50 years, serving as chief for many years, and was given the title of Honorary Chief. Members of our department attended the wake in Fairfax on Sunday and the funeral at the Cambridge Fire Station on Monday

Thank you to the Essex Fire Department for covering our station so that our members could attend Honorary Chief Howard Cary's

Safety Message: Colder weather is now upon us even though we do not like the fact – be sure that your heating systems have been checked and chimneys are clean.

Practice fire safety every day!



WATCH THE VIDEOS

for Moment in Time interviews at www.mmctv.vimeo/album/2821251

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If you use a box with a hood try taking it off. Keep at least one more box in the house than you have cats. You could also try using a different type of litter, but if none of these work you need to check with your vet, it could be a medical problem.







www.affectionatelycats.com 860-CATS(2287)

COMING EVENTS

Saturday, September 6

VT Genealogy Library Open House, 10:00 AM - 4:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. Members will show you our many resources. Demonstrations and exhibits; refreshments and over 100 genealogy titles on sale. Use our resources for free to see how we can help you in your searches. Free. For information, www.vtgenlib.org or 802-310-

Beekeeping Workshop, 1:00-3:30 PM, 18 MacLean Rd., Alstead, NH 03602. Charles Andros, former NH/VT Apiary Inspector. Topics: treatment of nosema and mites, winter preparations, winter protein and carbohydrate supplements, and making beeswax hand creams. Inside if it is a rainy day. Registration required; lindenap@gmail.com or call 603-756-9056

Sunday, September 7

Pride Vermont, weeklong September 7-14, Burlington. The Pride Vermont celebration features a rousing High Heel Race on Church Street, a gender issues forum, an inter-faith service, Out-On-Church-Street discounts, a dance party, parade, and festival. www.northerndecadence.com.

Monday, September 8

Full Moon Walk, 7:30 PM, Delta Park, Colchester. Join the Winooski Valley Park District to watch the moon rise over and reflect on the waters of Lake Champlain. We'll discuss how birds and wildlife are preparing for their upcoming migration. Free. Please contact Lauren, *info@wvpd.org* or 802-863-5744 to register or for more information.

Tuesday, September 9

Board of Water Commissioners of the Village of Jericho, 7:00 PM monthly meeting, 7:30 PM annual meeting, Old Red Mill, 4B Red Mill Drive, Jericho. For information, 899-2938 or ierichovtvillage@comcast.net.

Wednesday, September 10

Green Mountain Chapter of the Embroiderers' Guild of America, 9:30 AM, The Pines, 5 Aspen Dr., South Burlington. Presentation: "Stories in Stitches: Vermont Made Samplers." All abilities welcome. First meeting is complimentary. Bring a bag lunch. Car-pooling available from many areas. For information, 372-4255 or gmc.vt.ega@gmail.com.

Thursday, September 11

MMU Lasagna Dinner, 4:30 - 6:30 PM, Mount Mansfield Union High School, Jericho. The MMU Academic Boosters sponsor this 28th Annual Pre-Open House Lasagna Dinner. Dinner includes lasagna, salad, roll, beverage, and pie. \$8-adult, \$6-student, \$3-preschooler, \$25-family of four. Tickets available at MMU Main Office, Jericho Center Country Store (Jericho Center), Underhill Country Store (Underhill Center), Richmond Home Supply (Richmond), and Beaudry's Store (Huntington), and at the door. Proceeds support academic programs at MMU.

Friday, September 12

Contra Dance, 8:00 PM, Edmunds School, 299 Main St., Burlington. Queen City Contras' regular dance. Music by Frost and Fire (Hollis Easter, Viveka Fox, Peter Macfarlane, Aaron Marcus); caller Peter Johnson. All are welcome, all dances taught, no partner or experience necessary. Beginners' session at 7:45 PM. Admission is \$8 adults; under 12 free. Please bring clean, soft-soled shoes for dancing. For information, 802-371-9492, 802-343-7165, www.queencitycontras.org.

Saturday, September 13

5k Goes to The Dogs, 9:00 AM, Sterling Ridge Resort, Jeffersonville. Come support North Country Animal League with the 5k for dogs and humans! Pick up your race packet by 8:30 AM. For information, www.sterlingridgeresort.com.

Old Schoolhouse Café Pot Luck Dinner, 5:00 – 9:00 PM, District 5 Schoolhouse, 32 Pleasant Valley Rd., Underhill Center. 2nd annual pot luck, hosted by the Underhill Task Force. Bring a favorite dish or dessert to share. The Underhill Historical Society will be honoring two late Underhill leaders, Loraine Dwyer and Mary B. Fell, for their contributions to the town.

Bird Monitoring Walk, 7:30 – 9:30 AM, Audubon VT, 255 Sherman Hollow Rd., Huntington. Information – 802-434-3068.

Beginning Genealogy, 10:30 AM – noon, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. This talk is aimed at those who are about to start their genealogy searches and those who are relatively inexperienced. Sheila Morris will discuss records, methods and best practices for research and organizing the records and information you find. For information including cost, www.vtgenlib.org or 802-310-9285.

Home Grown: Adventures in Parenting Off the Beaten Path, Unschooling, and Reconnecting with the Natural World book launch, 7:00 PM, Phoenix Books Essex, 21 Essex Way, Essex. Ben Hewitt shows how small, mindful decisions about day-to-day life can lead to greater awareness of the world in your backyard and beyond. When the parent is also the teacher, how do parenting decisions affect a child's learning? Free. For information, www. phoenixbooks.biz or 802-872-7111.

Sunday, September 14,
Black Bear Carving Class, 9:00 AM – 3:00 PM, in the workshop at the Birds of Vermont Museum, 255 Sherman Hollow Rd., Huntington. One-day carving class with David Tuttle of the Green Mountain Woodcarvers. We will carve and paint a Black Bear. Wood blank, snacks, and coffee provided. No carving experience required! Please bring your tools and gloves if you have them; if you don't, let us know. Dave often brings some knives, gloves, etc. to sell. Great for teens and adults. Please bring your lunch. Call 802-434-2167 to for cost and to pre-register

Better L8 Than Never Car Show, 9:00 ÂM – 4:00 PM, Bristol Recreation Field, Bristol. A festive car show plus music and food. Hosted by the Snake Mountain Cruisers. Admission benefits Camp Ta-Kum-Ta. For information, www.BetterL8ThanNever.com or 802-388-7951, maria@addisoncounty.com.

Northern Decadence Food & Travel Expo, Battery Park, Burlington. Sample Vermont's diverse specialty foods, beer, wine, and spirits at Northern New England's premier Pride Festival. This event includes tasting samples, a silent auction and the Decadent Cupcake competition. www.northerndecadence.com.

Tour de Goat, 11:00 AM – 6:00 PM, VT Goat Collaborative, 1020 Pine Island Rd., Colchester. Join Vermont Farm Tours for the first Tour de Goat! 10- or 30-mile road ride (the Road Goat) and/or a 6- or 18-mile mountain bike ride (the Mountain Goat). Return to the working farm for tours, music, Nepali dinner, and goat roast! (Vegetarian options plentiful.) Register for the Tour between 10:00 10:45 AM. Bring or purchase lunch along the route. The Goat Collaborative is a working farm in Colchester supporting New Americans (recent refugees to Vermont) in raising goat meat to supply the ethnic market of Burlington and Winooski. Tours of the farm take place as riders return. Dinner begins at 4:30 PM. Rain or shine. For information contact Chris Howell, 802-922-73461 www. vermontfarmtours.com/tourdegoat.html.

Wednesday, September 17

Slip Sliding Away, 7:00 PM, Phoenix Books Essex, 191 Bank St., Burlington. Sean Mulcahy reads from and discusses his debut novel. When Millennial Michael Reilly heads home to send his brother off to Iraq, his growing depression and frustration with his situation forces him to confrontations with his past - and his uncertain future. Free. For information, www.phoenixbooks.biz or 802-448-3350.

Thursday, September 18

Spider Safari (preschool program), 9:00 - 10:30 AM, Audubon VT, 255 Sherman Hollow Rd., Huntington. Information

Friday, September 19

Animals of the North: What Will Global Climate Change Mean for Them? 6:30 - 9:00 PM, Ethan Allen Homestead, Burlington. Sue Morse of Keeping Track ® presents a slide show featuring her wildlife photography. Learn how northern wildlife species are being affected by climate change, and what we can do about it. Sponsored by Winooski Valley Park District and the Green Mountain Club Burlington Section (gmcburlington.org). If interested, register for the Keeping Track ® Monitoring Program course starting in October. To learn more about the KTMP course visit keepingtrack.org or contact the WVPD, 802-863-5744 or mailto:info@wvpd.org.

ONGOING EVENTS

ADULT ACTIVITIES

Toastmasters of Greater Burlington, 2nd and 4th Wednesdays 7:00 PM Holiday Inn, 1068 Williston Rd., S. Burlington. Are you hoping to develop your speaking and leadership skills? Ace a job interview? Ignite your career? Come and join us!

Birds of Vermont Museum open every day, 10:00 AM – 4:00 PM,

through October 31. Exhibits: Perilous Passages and Wings of Clay, on the consequences of the extinction of the Passenger Pigeon as interpreted in art. Admission: members free; non-member adults \$7; discounts for seniors/children. 900 Sherman Hollow Rd., Huntington. 802-434-2167 or museum@birdsofvermont.org.

Bird Monitoring Walk, last Saturdays (September 27), 9:30 AM, Audubon VT, 255 Sherman Hollow Rd., Huntington. Discover birds and the changes from month to month during the Museum's monitoring walks. Join experienced birders on the last Saturday of every month. We end the walk with cocoa, coffee and tea at the Bird Viewing Window inside the Museum. Most fun for adults, older children, and somewhat more experienced birders. Please bring your own binoculars and dress for the weather. Free. To preregister and for information, 802-434-3068, museum@birdsofvermont.org, or

www.birdsofvermont.org.

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

Contra Dance, Shelburne Town Hall, Shelburne. Callers Amelia Fontein and Guillaume Sparrow-Pepin and Jokers Wild (Everest and Alden Witman and Aidan Murphy). Monthly dances presented by Queen City Contras, http://www.queencitycontras.org. Admission

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.

Chittenden County Postage stamps and post card club, 1st Wednesday of the month 6:15 – 8:30 PM, A IDX Circle GE Healthcare Building. South Burlington Information email: Laineyrapp@yahoo. com or call me at 802-660-4817

Drop in Watercolor Painting, Every 3rd Saturday, 9:00 – 11:00 AM, River Arts Center, Morrisville. An opportunity to refine your watercolor skill set or learn new techniques if you're a beginner. Bring your own materials, no registration required, drop in. Suggested donation \$8. Call 888-1261, or visit our website: www.riverartsvt.org

Eagles Auxiliary #3210 holds bingo at the club house, VT Rt. 109, riday nights. Doors open at 5:30 PM. Bingo starts at 7:00 PM. For more info contact Sally, 644-5377

Essex Art League meets the 1st Thursday of the month, from 9:00 11:00 AM, at the Essex Junction Congregational Church, VT Rt. 15. The meeting agenda includes a business and social time, and features a guest artist presentation. A detailed calendar, listing featured speakers, is published on the League's website: www.essexartleague.com.

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 gather on the 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 Street, Essex Junction.

The Women of the United Church of Underhill meet on the 2nd Saturday of each month, 8:00 AM at the Church located at the park, VT Rt. 15, Underhill Flats. Women interested in sharing Christian prayer and discussions are welcome. Contact Julianne Nickerson at 899-3798 for more information.

Smugglers Notch 55+ Club meets every Wednesday at Smugglers Notch for a social time, then break into groups to ski. We start with a brief organizational meeting, coffee and rolls, and then we head out to the trails in self-selected ability groups, gather informally throughout the summer for a wide variety of outdoor activities. Membership benefits include various discounts at Smuggs. For more information call Deborah at 644-5455 or just attend a meeting at the Morse base lodge starting at 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.

Ongoing continued on page 4

PEOPLE IN THE NEWS

OBITUARIES



Thomas J. Morse of Underhill, VT was born in Island Pond, VT on March 2, 1937, and died on Saturday, August 16, 2014 at his home in Underhill. Mr. Morse graduated Salutatorian of his class in 1954 from St. Mary's Academy in Island Pond. In 1954, he joined the Air Force and served for four years in Savannah, GA. In 1958, he was hired by General Electric as an armament technician and continued to work with all branches of the military, traveling worldwide installing new weapon systems. He actually

had "Have Guns Will Travel" business cards. He is best known for his installation of weapons in the first gun ship "Puff the Magic Dragon" in Vietnam. Six months later, he was present at Wright Patterson Air Force Base where 24 new gun ships and crews took their last training flight before going to Vietnam. Mr. Morse actually spent time with a Navy Seal floating in the Atlantic Ocean, when during bad weather they were thrown off their gun boat. In 1961, he married Betty Anne Kane and they had one son, Matthew Thomas Morse. Mr. Morse was a native of Vermont and established Green Mountain Foam Products in 1967, which for nearly 50 years acted as a resource center in Underhill for the upholstery, slip cover, drapery, automotive, and marine businesses. GMF helped hundreds of people establish their own businesses by supplying all of the necessities. He leaves his son; grandson Sammy; brother Carroll and his wife, Pat; and many nieces and nephews. Visiting hours were Tuesday, August 19, 2014 at the Gifford Funeral Home, Richmond, VT. A funeral service was held on Wednesday, August 20, 2014 at St. Thomas Church in Underhill Center, VT, followed by burial in the Park Street Cemetery in Underhill. In lieu of flowers, donations may be made to the American Heart Association.

Howard Carlyle Cary, 66, Jeffersonville, VT died unexpectedly at his home on Tuesday, August 19, 2014. Howard was a devoted husband, father, son, brother, uncle, grandfather, great-grandfather, and friend. He was born on April 5, 1948 in St. Albans, VT, the son of Carlyle and Winnifred (DeCelle) Cary. He graduated from Cambridge High School in 1966. After graduation, he served in the Air National Guard. Howard retired from IBM after 30 years and then worked at G.W. Tatro. On



September 30, 1966 he married the love of his life, Linda Wells Cary. They were married for almost 48 years. He spent many years refereeing basketball, hunting with his son and son-in-law, and supporting his children. There was nothing more important to Howard than his family and he loved spending time with his grandchildren and great-grandchildren. He had a special bond with each of them. Howard dedicated much of his life to serving the community of Cambridge, VT. He joined the Cambridge Fire Department at the age of 16 and served for 50 years. He was Chief for 15 years and took tremendous pride in hosting the State Fire Convention in 1975, receiving Fire Chief of the Year from the State of Vermont in 1997, and being honored by his community with the dedication of the new Fire Station in 2013. He was a past President of the Lamoille County Fire Mutual Aid Association. He served on the Town Finance Committee since its inception in 1974 for 40 years, and as a Jeffersonville Village trustee for five years. He is survived by his loving wife Linda of Jeffersonville; son Alan Cary and wife, Jennifer, of Fletcher, VT; daughter Wendy LaFreniere and husband, John, of Jeffersonville; grandchildren Amber and Mike Couture, Marissa, Lindsay, and Trevor Cary, and Nicole and Katie LaFreniere; great-grandchildren Hailey and Michael; and many special cousins, nieces, and nephews. Howard was so looking forward to meeting his next two great-grandchildren expected in October. He was predeceased by his father, Carlyle Cary; mother, Winnifred Cary; and his beloved sister, Lilla Quick. Visiting hours were Sunday, August 24, 2014 at the A.W. Rich Funeral Home -Fairfax Chapel. A funeral service was held Monday, August 25, 2014at the Cambridge Fire Department. Burial followed in the family lot in Jeffersonville Village Cemetery. The family also invites you to share your memories and condolences by visiting www.awrfh.com. Memorial contributions in Howard's memory may be made to the Cambridge Fire Department, P.O. Box 517, Jeffersonville, VT 05464.

Gideon "Gid" A. Langdell, 65, of Cambridge, VT passed away at home with his family by his side, following a brief illness, on Wednesday, August 20, 2014. A luncheon for all was held Wednesday, August 27, 2014 at the Waterville Union Church, followed by a procession directly to the Wheeler Cemetery in Morrisville for a graveside service. Friends called Tuesday, August 26 at the White-Fiess Funeral Home, Morrisville.

Gerald "Windy" Mallow, 74, of West Bolton, VT died peacefully at home, after a year of bravely fighting cancer, on Sunday, August 24, 2014. He was born in Burlington, VT on December 22, 1939 to the late Howard and Maxine Mallow. Windy graduated from Jericho High School and worked in the building construction field. He founded and ran GEM Construction

> 600 than homes in the Burlington

area. After retiring the business in 2001, he worked at Camel's Hump Middle School for five years. Windy enjoyed his life to the fullest. He especially enjoyed coon hunting for many years with his black and tan dogs, deer hunting and camp in the fall, and of course on Friday afternoon, you would find him at Murray's Tavern playing pool and he always had a joke to tell. On his birthday in 1966, he married Natalie Mason and together they raised five children. Fun with the family meant fast cars, motorcycles, snowmobiles, and school activities. Some of Windy's best friends were his



Mountain High Pizza Pie

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

899-3718 Route15, Jeri-Hill Plaza Jericho

dogs - Rottweilers Bear, Blaze, and Gus. In 2010, after several years of being alone, he married Barbara Nowak. They enjoyed life together, listening and dancing to country music. Windy is survived by his devoted wife, Barbara; son Merritt (Marty) and wife, Lynn, and children Danielle, Heather, and Chris; daughter Laura Spencer and husband, Barry, and children, Adam and Sam; daughter Deborah Mallow and husband, Fran Racicot, and her son, Nicholas; son Michael and wife, Pam, and children, Ryan and Jessica; son Patrick Mallow; stepson Richard Nowak and children, Alexander, Katrina, and Allyssa; stepson Peter Nowak and children, Katie, Brian, Molly, and Erin; one greatgranddaughter Natalie; sister Elaine Delorme, and daughters, Melinda and Sue; special friends Dick and Sue Reyome; and many other friends. He was predeceased by his parents; and his first wife, Natalie. A special thanks to the VNA staff who offered their kind thoughts and assistance during this trying time. Kelly, Melanie, and Jeanette deserve special thanks. Also, thank you Sue-Ellen Booher (FAHC) for your diligence and care. A graveside service for family and friends was held Friday, August 29, 2014 in Pleasantview Cemetery, Jericho Corners, followed by a celebration of his life at the family home in West Bolton. In lieu of flowers, memorial donations may be made to Vermont Nursing Association Hospice Program, 1110 Prim Rd., Colchester, Vt., 05446; or to your local Humane Society.



Kevin Cunningham, of Huntington, VT passed away unexpectedly. Born April 27, 1960, he moved to Staten Island, NY with the opening of the Verrazano Bridge; and in 1970, continued westward to Flemington. NJ where he attended high school and learned to drive Jersey style. In 1978, he made his way to Vermont to attend the University of Vermont, where he found his true home. In February 1985, after college while running a bar in Stowe, VT,

he stumbled upon the love of his life, Sandy Prevost. They were married in November (on a most rainy day) and embarked on 28 years of adventures. Over the years, they were blessed with three daughters: Katlin (26), Colleen (25), and Margaret (19). These girls sent Kevin in new directions. He wound up serving over ten years on the Bolton and Huntington School Boards. They also led him into a fourteen-year career of assistant coaching in soccer (where years later, a field hockey coach complimented him on what fine field hockey players the Huntington soccer coaches produced), basketball, and - his favorite - girls' softball. And he also served on the Huntington Recreation Committee for 18 years. Kevin had several careers. The most interesting one (at least in the mind of the daughters) was 16 years working for Ben & Jerry's in the regional sales group. This position forced Kevin to drag his family to ski areas, concerts, and other such events. He had the privilege of representing the company in Russia during the mid-90's not once but twice, a month at each time. Many adventures in Moscow for sure... And the Cunningham freezer was always an ice cream mecca. And GMCS for the last 10 years... In his spare time (when not doing the above coaching, etc.), he followed his girls' athletic endeavors. Wintertime was the best – ski season. The family made its way to Bolton Valley pretty much every weekend, with springtime side trips to other mountains. This has continued to this day, where Kevin was able to attain his goal of forty days per season (must get minimum three runs in, of course). After (and sometimes before), he could be found holding court at the James Moore Tavern with the Bolton Valley Riff Raff. His other passion was watching all sorts of music, and especially seeing Phish. This summer he proudly caught show #50 with Sandy on Randall's Island, NYC. And, of course, summer was the time for the garden, which he spent many an hour doing something. He was a passionate Giants football and NY Yankees fan. And annual "work trips" to Bonnaroo. Most importantly, he valued his time with friends and family - especially those three daughters who he adored. Kevin leaves behind the love of his life, Sandy (Prevost); daughters Katlin and her special friend Asa Bartell, Colleen and her fiancé Joey Phelan, and Margaret. He also leaves behind his mother, Barbara Cunningham; grandmother, Ruth Collins; father John Cunningham and his wife Brenda; brother John and his wife Maureen; sister Maura Taggert and her husband Mark; and brother Marty and his wife Patty; along with his in-laws and numerous nephews and nieces. In lieu of flowers, donations may be sent to Cunningham Family Trust. No viewing hours. There was a Circle of Remembrance at the Cunningham residence in Huntington Sunday, August 24. A Celebration of Life may come

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down the road. Arrangements are in the care of the Cremation



Society of Chittenden County, a division of the Ready Family. To send online condolences to the family please visit www. cremationsocietycc.com.

Charles W. Butler, 57, of Cambridge, VT passed away Wednesday, Aug. 27, 2014. Per Chuck's wishes, there will be no visiting hours held. A memorial service was held on Saturday, August 30, 2014 at Catalyst Church on Raceway in Jericho, VT.

BIRTHS

CAMBRIDGE

Slater, Amanda (Wigging) and Samuel had a son, John-Charles Wigging Slater, on July 4 at FAHC.

FAIRFAX

Wilson, Rebecca (Bangs) and Aaron had a daughter, Alana Collier Wilson, on July 1 at FAHC.

HUNTINGTON

Fitzgerald, Kristen (Caswell) and Jeremie had a son, Ethan William Fitzgerald, on June 27 at FAHC.

JERICHO

Douglass, Cassandra (McDonald) and Matthew had a son, Logan Douglass, on July 1 at FAHC.

Kolinich, Julie (Slayton) and Jonathan had a daughter, Haley Lynn Kolinich, on July 4 at FAHC.

American Red Cross blood drives

The American Red Cross encourages eligible donors to give blood in September. Whole blood can be donated every 56 days, and platelets can be donated every two weeks. Donating blood is a community responsibility and we must work together to make sure blood is available whenever a patient needs it.

All presenting donors during the month of September will receive a coupon for a free round of golf at participating golf clubs.

Blood drives are held across Vermont throughout the month; to find a blood drive near you or to make an appointment to donate blood, visit redcrossblood.org or call 1-800-RED CROSS (1-800-

Here are some upcoming blood donation opportunities:

- Thursday, September 11, 1:00 7:00 PM, UVM Patrick Spear St., Burlington.
- Friday, September 12, 12:00 6:00 PM, VFW, 28 Pleasant St., Morrisville.
- Friday, September 12, 11:00 AM 4:30 PM, Keller Williams Community Drive, 302 Mountain View, Suite 300,
- Sunday, September 13, 10:30 AM 4:00 PM, University Mall, Dorset St., S. Burlington.

WORSHIP **SERVICES**

CALVARY EPISCOPAL CHURCH

Calvary Episcopal Church is a welcoming, caring, Christian Community called to live the Gospel of Jesus Christ, grow our spiritual gifts, and serve our neighbors. 372 VT RT 15, Jericho Sunday Worship Service 9:30 AM Rev. Regina Christianson Rector Karen Flovd. Parish Administrator. 899-2326 www.calvarychurchvt.weebly.com

GOOD SHEPHERD LUTHERAN CHURCH (ELCA)

273 VT RT15 - between Jericho and Underhil Rev. Phillip Roushey, Pastor. Sunday Worship 9:00 AM - Nursery Provided Sunday School for all ages - 10:30 AM pastor_phil@goodshepherdjericho.org www.GoodShepherdJericho.org

JERICHO CONGREGATIONAL CHURCH

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

MOUNT MANSFIELD **UNITARIAN UNIVERSALIST FELLOWSHIP**

A Liberal Spiritual Community 195 VT RT 15, Jericho, VT 05465 Phone: 899-2558 website www.mmuuf.org We gather at 9:30 AM at the newly renovated space at 195 VT RT 15, Jericho (red barn across from Packard Road) on the 2nd and 4th Sundays of September - June for worship, reflection, growth, and support. All are welcome.

ST. THOMAS ROMAN CATHOLIC CHURCH

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

UNITED CHURCH OF UNDERHILL

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

LETEERS TO THE EDITOR

CSWD plan to consolidate services eliminates small haulers

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. While I am a regular reader of the Burlington Free Press and the local newspapers, this only came to my attention from friends, neighbors and the Charlotte Front

Why the district supports consolidation at the expense of the small haulers and, more importantly, we the consumers, is beyond comprehension. We should have the right to choose who we wish to pick up our trash, and not be subject to the whims of one trash hauler in a district created monopoly because the larger trash haulers have the economic power and can dictate service.

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. At my age, I am not prepared to haul my trash a quarter of a mile to the curb where the school bus comes by or go to the dump as I did as a kid.

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. The plan of consolidation, and we all know who is going to get the contract, will not only raise process, but diminish - if not eliminate - personal service. It is my understanding that now in north Ferrisburg and northern Addison County where there is only one hauler, the prices are much higher, and the service is less. At the very least, the small hauler should have the right to bid or participate in the process, the districts should be smaller and towns' and the consumers' desires and wishes should control.

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

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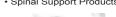
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What United Way means to our community and to us

One of the most important aspects of our work at Lamoille Home Health and Hospice is our understanding of the words "team" and 'community." Without my team of dedicated nurses, therapists, personal care attendants, and administrative staff, and without our extended team of local and state agencies, care providers, nursing home partners, doctors, and others, we could not be the strong and successful home health care and hospice provider that we are.

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 local United Way agency, under the experienced leadership of Dawn Archbold, her staff, Board of Directors, and volunteers, works vigorously within our community to provide the kinds of services and support that help us all to maintain the vitality Lamoille County is known for.

Our agency is a proud United Way partner. Our Homemaker Program, in particular, has benefitted from a generous United Way grant that enables us to provide needed personal assistance to our homebound clients. This program would not be nearly as vibrant and extensive without the generosity of United Way of Lamoille County. Through this grant more people are able to remain in their homes where they feel most comfortable, secure, healthy, and

During their fall campaign, I encourage you to consider United Way as one of the charitable organizations you support with a financial gift. Your money will be well invested and all of us will reap the rewards of your generosity.

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! It was a blast learning and reading with you! A huge thank you goes to all of our wonderful volunteers who worked so hard and helped us in so many ways. We would be lost without

Parlez-vous français? French Conversation Group will meet Thursday, September 3, 6:30 PM. Join the group for casual conversation and some cultural exchange! For more information, call Henry at 899-3349. A bientôt!

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. The book for September is *The Help* by Kathryn Stockett. New members are always welcome to drop in on any meeting – always the second Tuesday of the month at 7:00 PM. For more information about book club, contact Christine Staffa, Christine@cstaffa.com.

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. We meet the 2nd Wednesday of every month. For more information about the group, please contact Elise Doner, 899-2644 or busyfeet4kids@gmail.com.

Calling all Scrabble players! Monday, September 15, 6:30 -8:30 PM is the next Scrabble night. Come join your neighbors for an evening of challenging word fun and laughter!

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. This is a great time for parents and childcare providers to connect, chat, and share ideas. Older siblings welcome. No registration required.

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. TinkerTime is experimental play and innovation. Take things apart and look inside! Use parts to build something else! Invent and create! Call 899-4962 to sign up and reserve your

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. Grab your deck and a friend and head to DRML! No registration required.

Story Time is back! Resuming the week of September 17! Drop in for stories, projects and a nutritious snack! Wednesday Story Time September 17 and 24, and October 1 is at 10:30 AM, and Thursday Story Time (September 18 and 25, and October 2 and 9) is at 10:00 AM, no registration required.

Please note: Our first open Sunday will be September 7, 1:00 - 4:00 PM. We will be CLOSED on Saturday, September 27 and Book Nook at the Big Red Barn!

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. Please no textbooks, magazines, encyclopedias, computer manuals, readers' digest condensed books, religious books, or VHS tapes. Limit: 3 boxes per family.

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

JERICHO 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. August and September

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. For more information call 899-4686 or email Jerichotownlibrary@gmail.

FAIRFAX COMMUNITY LIBRARY

All events are free unless noted otherwise. Pre-registration encouraged. No registration needed for story hour. Call or email libraryprograms@fwsu.org.

Library news continued on page 6

Ongoing continued from page 2 -

HEALH 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. This series gives caregivers the opportunity to better understand and develop strategies for the future. Held monthly at The Arbors at Shelburne. For more information and to register, contact Nicole Houston, Director of Family Services, The Arbors at Shelburne, 985-8600.

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. 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; $1^{\rm st}$ Wednesdays at Fanny Allen in Colchester, 5:30-7:30 PM; and $2^{\rm nd}$ Tuesdays at the Saint Albans diner in Saint Albans. Call the BIAVT help line, 877-856-1772

Foot Clinics - Having trouble trimming your own toe nails? 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. Support group for those working on weight management. Combines behavioral and nutritional strategies to increase physical activity and decrease calorie intake. Provides 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.

International Cesarean Awareness Network supporting mothers and families recovering from or learning about cesareans and VBACs. For more information email ICANvt@gmail.com or call Jessilyn at

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 and/or side affects of treatment, and men who have been successfully treated. Any men dealing with advanced prostate cancer are also encouraged to attend to benefit themselves and others by sharing experiences. For information contact Mary L. Guyette RN, MS, ACNS-BC at 802-274-

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. RSVP at 524-

Lamoille Home Health & Hospice: Offering 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. For more information, Fern Mercure, 524-0719.

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 (depends on topic/weather). Free with admission, donations welcome. No preregister; information, 802-434-2167 or museum@birdsofvermont.org.

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. Earn a Junior Birder Badge. Aimed at kids 5-9; siblings welcome. Free with admission, donations welcome. Pre-registration helpful; information, 802-434-2167 or museum@birdsofvermont.org.

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. It is a wonderful 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 more information on any of the playgroups, please contact Heather Lebeis at 899-4415 or underhillplaygroup@yahoo.

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. Information for each date online. Free. For information, www.phoenixbooks.biz or 802-448-

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. Drop-in; no registration needed. We welcome new families. For more info, contact Victoria at 878-5639 or westford pl@ vals.state.vt.us, or visit www.westford.lib.vt.us and click on Events @

Ongoing continued on page 5

Ongoing Events continued from page 4

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-

Johnson Community Meal - 2^{nd} and 4^{th} 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 akini Studio, Underhill Dakini Mondays and Thursdays, 6:00 PM. Register at 899-4191. 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:

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 Recovery Advocacy, Education (AAWARE) in the Lamoille Valley, 3rd Sunday 5:00 PM, Second Congregational Church 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, jquinninvt@

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 nonfood items. All are welcome.

Westford Food Shelf, open monthly, 3^{rd} 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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Library news continued from page 4

Saturday, September 6, 10:00 AM - noon: New! Family Tinker Series. This month: Toy Hacking. Our grant-sponsored events continue. Come take apart and discover what is inside a batteryoperated toy as we learn what makes it work! All materials provided. Age 8+. Sponsored by the Vermont Department of Libraries, Vermont Makers, the UVM College of Engineering and Math, and the funder, Vermont Community Foundation.

Tuesday, September 9, 9:30 – 10:30 AM: Story Time: I Love Books. Stories, music, and crafts for ages 0-6.

Wednesday, September 10, 3:00 - 4:00 PM: LEGO Club resumes. Each month we'll have a fun surprise challenge before open building. Come find out this month's challenge! Ages 6+.

Thursday, September 11, 6:00 - 8:00 PM: Card Making with Karen McNall. Small fee (\$2) per card made. Lots of fun materials to choose from. Stop by and see Karen's samples!
Tuesday, September 16, 9:30 –10:30 AM: Story Time: Wheels

on the Bus. Stories, music, and crafts for ages 0-6.

Wednesday, September 17, 3:00-4:00 PM: Action Origami with Brendan and Annette: 4^{th} grader Brendan will teach kidfriendly models like the magic cube and chompers (a set of paper teeth that really move!) All materials provided. Age 8+. Limited to

Thursday, September 18, 6:30 - 8:00 PM: Fiction Book Club Discussion: Bel Canto by Ann Patchett. Annette Hansen leads the discussion of this amazing novel. Copies now available to borrow and read prior to the meeting. At the meeting you can also pick up October's non-fiction The Immortal Life of Henrietta Lacks, and we'll discuss the November book selection

Tuesday, September 23, 6:30 – 8:00 PM: Learn to Take Great Photos With Your Smartphone. Local artist Nicole Vance leads this informative class. You can already point and shoot - come and learn some professional tricks! You must have and bring your own smartphone.

Thursday, September 25, 6:30 - 8:00 PM: Cider Making with Anne Whyte of VT Homebrew. Anne teaches us all about making different types of cider and will have a few samples. Sign up early!

Tuesday, September 30, 9:30 – 10:30 AM: Story Time: Fairy Houses. Stories, music, and crafts for ages 0-6. If you can, please bring some small twigs, pebbles, bark, soft leaves, pines cones, acorns, etc. We'll have some here too.

Tuesday, September 30, 6:30 - 8:30 PM: Fairfax Reads Wonder. We'll meet at the Foothills Bakery for cookies and cupcakes and to read aloud and discuss some of our favorite parts and characters from the book. Event sponsored by the VT Humanities Council, Renewable NRG Systems, and the Jack and Dorothy Byrne Foundation. Non-perishable food donations for the local food shelf

Read to a Dog returns in October.

For up-to-date info about programs, visit our website www. fairfaxvtlibrary.org, where you can find a link to our interactive Google calendar. Follow us on Facebook, VT Grandpa, and Front Porch Forum as well!For up-to-date info about programs, www. fairfaxvtlibary.org. Fairfax Community Library: 75 Hunt St., Fairfax, VT, 05454; 849-2420. Program Planner Karyn Norwood, knorwood@fwsu.org; Library News: www.bfafairfax.com/pages/ communitylibrarynews.html. Facebook page: www.facebook.com/ home.php? - ./pages/Fairfax-Community-Library.

School Year Library Hours: Monday, Wednesday 8:00 AM -5:30 PM; Tuesday and Thursday 8:00 AM – 8:00 PM; Friday 8:00 AM – 3:15 PM; Saturday 9:00 AM – 1:00 PM. Summer hours start Thursday, June 19, Mondays, Wednesdays, and Fridays, 10:00 AM – 5:30 PM; Tuesdays and Thursdays, 9:00 AM – 8:00 PM;

Saturdays 9:00 AM – 1:00 PM. VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE Hours: Mondays and Tuesdays 12:00 – 7:00 PM, Wednesdays 3:00 – 7:00 PM, Thursdays 9:00 AM – 7:00 PM, and Fridays 2:00 5:00 PM, Saturdays 10:00 AM – 3:00 PM

WESTFORD PUBLIC LIBRARY, WESTFORD Friday, September 19 – Art Opening: Longina Smolinski, 6:00 7:00 PM. The local Westford artist will be showing her diverse

Saturday, September 20 - Curious George Day! Co-sponsored by VTPBS 10:30 AM – 2:00 PM. Videos, crafts, snacks, and FUN! We will be viewing a new episode every 30 minutes and then doing a related craft

styles and mediums of expression. Light refreshments served.

Wednesday, September 24 - PJ Storytime, theme: fall leaves, 6:30 – 7:30 PM. Wear your PJs, and come listen to stories and do

Thursday, September 25 - Local Motion Bike Commuting Program, 6:00 - 7:00 PM. Learn the safest ways to bike, proper gear selection, and get started! Prize drawing (an \$80 value if ten or more people are present) and refreshments served.

Friday, September 26 - E-textiles: Light Up Arm Cuffs, 7:00 9:00 PM (for ages 9+, pre-registration required). Combining artistry and engineering – we will design and create a felt arm cuff.

Tai Chi every Monday and Wednesday from 11:15 AM – noon, starting Monday, September 15 (pre-registration required).

Storytime every Thursday, 11:00 AM. Library Hours: Wednesday 1:00 - 7:00 PM, Thursday 10:00 AM - 6:00 PM, Friday 1:00 - 7:00 PM, Saturday 10:00 AM 2:00 PM; website: www.westfordpubliclibrary.org; Email: westfordpubliclibrary@gmail.com. Like us on Facebook. 878-5639, Bree Drapa, Librarian.



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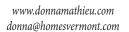
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REVIEWS

ART/PHOTOGRAPHY

Emile A Gruppe Gallery, 22 Barber Farm Rd., Jericho. Call to artists Think square! is one of an ongoing series of shows that are part of a collaborative project between the Town of Jericho and a committee of volunteers involved in the arts. Gallery hours: Thursday-Sunday, 10:00 AM - 3:00 PM or by appointment. Information, www.emilegruppegallery. com or 899-3211

The Jericho Plein Air Festival brings nationally acclaimed artist Aline Ordman to Jericho for a pastel workshop Friday-Saturday, September 26-27. For detailed information including cost and to register, 802-893-4447 or janesmorgan@comcast.net.

Bryan Memorial Gallery, 180 Main St., Jeffersonville. In the Studio with Mary Bryan, through Sunday, September 7, celebrating the 30th anniversary of the gallery's founding. The exhibition of 100 works painted over 30 years in Vermont, Massachusetts, Alaska, the Southwest, England, and the Caribbean. Call to Photographers for A Photographer's View of Land and Light and Water and Air: Friday, September 12 - Sunday, November 2. Bryan Memorial Gallery invites artists to become members and submit to its annual exhibition of artwork in a small format. Deadline: October 26. Exhibition: November 7 – December 28. Membership required. Specs, entry form and information available at www.bryangallery.org, click on CALLS TO ARTISTS. For information, 802-644-5100.

The Fleming Museum reopens with Kara Walker's exhibit, Harper's Pictorial History of the Civil War (Annotated), turning what had formerly been quaint Victorian parlor art into fueled narratives about slavery, sexuality, violence, race, and American culture - in the museum's Wolcott Gallery through December 12. Opening on Tuesday, September 9, Civil War Objects from the UVM Collections. More than 34,000 Vermonters, almost ten percent of the population, went to war. From quilts made for soldiers' fundraisers to prized uniforms to fragments of hardtack (a Civil war ration), Vermonters donated family heirlooms to the Fleming, reflecting their wartime experiences. Beginning Tuesday, September 16, Civil War Era Drawings from the Becker Collection - Joseph Becker was an artist-reporter who documented the Civil War, observing and drawing on the battlefields, in military encampments, and on the move, sending their drawings back to the newspaper for publication. In addition to documenting the war, they also submitted drawings of the construction of the railroads, the laying of the transatlantic cable in Ireland, Chinese workers in the West, the Indian Wars, the Great Chicago Fire, and other aspects of 19th-century American history and culture. These "first-hand" drawings document in lively detail key developments in the history of America as it struggled to establish its national identity. While the Civil War was the first war to be documented by photography, these journalists' drawings often provide more detail, drama, and emotion than did the new technology of the camera. Most of the drawings were turned into engravings for publication in Frank Leslie's *Illustrated Newspaper* but the drawings themselves have never been published. The Robert Hull Fleming Museum, 61 Colchester Ave., Burlington; 802-656-0750.

Helen Day Art Center, Stowe: *In No Time: A Retrospective of Ideas* – the choreography of Polly Motley, Friday, September 19 – Sunday, October 19. Through October 15, Helen Day and Petra and Stephen Levin present the 23rd annual outdoor sculpture exhibition Exposed, hosting sculptures, site-specific installations, and participatory work from national and international artists throughout the town of Stowe. Free and open to the public. Helen Day Art Center, 90 Pond St., Stowe, 802-253-8358, www. helenday.com. Hours: Wednesday - Sunday, 12:00 - 5:00 PM, and by

MUSIC

The Cambridge VT Music Festival, Saturday, September 6, 2:00 -11:30 PM at the Porter Farm, 1867 Lower Pleasant Valley Rd, Cambridge. In its fourth year, this home grown festival is family friendly, lots of fun, and was created to raise money for local initiatives, including a new community center. Learn more at www.cambridgemusicfestival.com/

Green Mountain Monteverdi Ensemble of Vermont, five singers accompanied by theorbo, present Il Pastor Fido: Madrigals to Ornament the Famous Play by Claudio Monteverdi, Heinrich Schütz, and Sigismondo D'India, telling the story of The Faithful Shepherd. Friday, September 5 at 7:30 PM at the Episcopal Cathedral, 2 Cherry St., Burlington. Accessible; free parking. For information including tickets and cost, 802-864-0471 or 802-864-7183, Martin Poppe, Poppe@CathedralArts.org.

The Vermont Civil War Songbook, Sunday, September 7, Academy Circle, South Woodstock. Dressed in period costume, singer/researcher Linda Radtke shares songs from Vermont during the Civil War period, with engaging commentary and letters from Vermont soldiers. Subjects of the songs range from satire on Jefferson Davis to a soldier returning home to die to sentimental ballads. www.greenmountainperkinsacademy.org.

Vermont Symphony Orchestra's Made in Vermont Music Festival runs September 19-29 at locations throughout Vermont – at Johnson State College's Dibden Center in Johnson on Friday, September 19 at 7:30 PM; and at the BFA Performing Arts Center in St. Albans at 3:00 PM. The VSO's "Made in Vermont Music Festival" includes a concerto by Dittersdorf for an under sung pair of solo instruments – viola and double bass – and Holst's popular St. Paul's Suite. Beth Wiemann, a Burlington native, will join us to

introduce the world premiere she has written for the VSO, Before the Snow. The concert concludes with Haydn's Symphony No. 85, nicknamed "La Reine" because its grace and power found favor with Queen Marie Antoinette. For information including tickets, 802-864-5741 x10, or http:// www.vso.org/eventcatview.php?id=1.

2nd annual New Neighbors Coffeehouse presented by Young Tradition Vermont and the Young Writers Project, Friday, September 19, 7:00 PM, North End Studios, 294 North Winooski Ave., Burlington. Special guests Jeunes Musiciens du Monde (Young Musicians of the World) from Sherbrooke will perform traditional Celtic and Québec music, songs, and dances. This year the coffeehouse will also have six Young Writers reading from their work. Other performers include Tim Cummings and Ben Hyams (pipes and whistles); McKinley James and Isabel Oliert (cello and fiddle); the Zii Trees (original songs and ukulele); and Oliver, Loula and Yasi Zeichner. Interested in performing? Contact Mark Sustic, mark.sustic@gmail.com. Free admission; free pizza while it lasts! For more information, www.northendstudios.org or www.youngtraditionvermont.

THEATER/FILM

The 39 Steps, Thursdays - Sundays, September 18 -October 19, Lost Nation Theatre, Main St., Montpelier. A Hitchcock masterpiece + a juicy spy novel + Monty Python + romance + old-timey stage-craft x a ridiculously talented cast of 4 = The 39 Steps. A man with a boring life meets a woman with a thick accent who says she's a spy. When he takes her home, she is murdered. Soon, a mysterious organization called The 39 Steps is hot on the man's trail in a nationwide manhunt that climaxes in a death-defying finale For information including dates/tickets/cost, www. lostnationtheater.org/ or 802-229-0492.

Comedy of Errors, Thursdays – Sundays, September 25 October 19, Lost Nation Theatre, Main St., Montpelier. Two sets of twins, separated at birth, are reunited. But only after a Rube Goldberg of mistaken identities, witty dialogue, puns, and plot-twists. For info including dates/ tickets/cost, www.lostnationtheater.org/ or 802-229-0492.

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



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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

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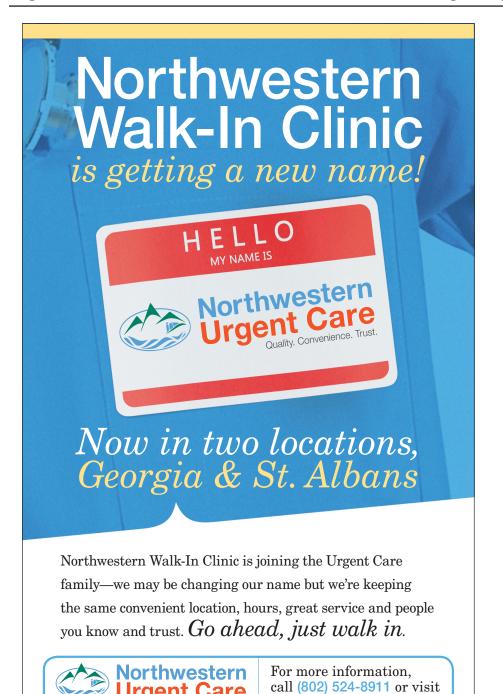
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Football continued from page 1

lights. Kickoff is seven PM. Be there, Cougar

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 The 6-1, 245 lb Wilcox State University. 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.

Ste. 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 / wcinvt@gmail.com; co-leader Karla

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

Century Day, 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 Dorset Park, Burlington. Leader Kuivinen, 802-881-9045 mattkui@earthlink.net; coleader Brian Howard, 802-598-3857 / bjhowd@gmail.

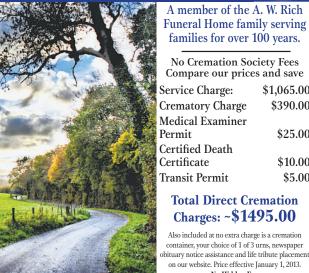
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