# Annual Fall Fest at Smugglers' Notch

By Phyl Newbeck Special to the Mountain Gazette

2016 marks the fourth year for Smugglers' Notch's annual Fall Fest. While the event continues to focus on the disc golf Green Mountain Championship (GMC), this year there will be a greater variety of events for outdoor enthusiasts of all stripes. In addition, when the GMC concludes, it will be followed by the Disc Golf Pro Tour Championship, which will bring world-class disc golfers to the mountain resort.

This year's Fall Fest will take place from Friday-Sunday, September 16-18 and will include a night-time Glow Golf tournament and a Texas Hold 'Em fundraiser for the Smuggs Special Olympics Team. In previous years, organizer Jeff Spring introduced guided mountain biking and rock climbing, and this year he is adding fly fishing and a kayak tour down the Lamoille River. "The event is still growing into its skin," Spring said. "We are trying to offer as many opportunities as possible for our guests as well as for locals. We have expanded the offerings for outdoor adventure lovers."

In addition to the athletic events, there will be more sedentary activities including local vendors, a pig roast, and free music starting with the *Seth Yacovone Band* and *Eat a Peach* on Friday and ending with *Upstate Rubdown* and the *Blind Owl Band* on Saturday. Last year just under 2000 people attended the evening musical events despite less than stellar weather on the second night, and Spring is hoping that this year will bring out even more concertgoers.

Citizen Cider will be at the festival but the big news in adult beverages is the release of a new Fiddlehead Beer, which is being brewed specially for the event. The brew – named Stable IPA after a disc golf term – is a collaboration between Fiddlehead and three-time disc golf world champion Nate Doss, who runs Bevel Craft Brewing in Bend, OR with his wife and in-laws. The four golfer/brewers have a total of eleven world championship titles between them. On Friday between 6:00 – 7:30 PM, those attending the festival can purchase cases of the new flavor – which is only available during Fall Fest.

The Green Mountain Championship begins on Thursday, September 15 and continues through Saturday, September 17, at which point the Pro Championship begins. Within the first two hours of opening registration for the GMC, all 300 slots were filled and the waiting list has grown to 150 people. Golfers are divided evenly between pros and amateurs, and within the latter group there are age-protected divisions. The pro tour will feature the two men who are vying for the top spot in the world: Paul McBeth of California and Ricky Wysocki of South Carolina. Competitors come from across the U.S. and Canada with additional golfers from Australia, Germany and Sweden. "We have one of the best fields of golfers in the world," Spring said. He should know. In 2014 and 2015, Spring qualified for the World Championship in Oregon, but his duties as organizer are keeping him out of this year's event.

Spring hopes lots of people will come out to watch the competitors in action. "Disc golf is more exciting than traditional golf," he said. "You can see the flight of the disc much more clearly and the course is extremely beautiful."

For more information, go to http://www.smuggs.com/pages/summer/discGolf/fallfest/.

### The hidden gems of Harvest Market

By Deirdre Goldenbogen

The 2016 Harvest Market will be held the weekend of September 24-25 at the United Church of Underhill, located at the intersection of VT Rt. 15 and Park Street in Underhill Flats. Most people who have come to Harvest Market before know about the shopping, kids' games, great food, and music, but there are some wonderful hidden gems in all of those categories. Here's a rundown of what you'll find at Harvest Market this year – keep an eye out for the hidden gems (in **bold**):

If you like shopping, you probably know about the Clutter Barn and its wide range of amazing bargains, and the 100+ vendors, including crafters, artisans, antiques dealers, and community organizations who have booths at Harvest Market. But be sure to check out the **Silent Auction**, held outside near the entrance to the Cookie Factory, and put your bids in on a wide range of antiques, artwork, sports equipment, gift certificates, and more, including items that many of our flea market vendors are kind enough to donate. Bids are accepted all day Saturday and Sunday until 2:00

Parents who have been to Harvest Market before have almost definitely spent some time in the Children's Games Area, and their kids have tried all sorts of old-fashioned activities such as stilt walking, a ring toss, hoop rolling, the greased pole, and the ever-popular dunking booth and bounce house. Parents may also have brought their kids there between 1:00 - 3:00 PM each afternoon for the fun races - hoop races, sack races, a threelegged race, wheelbarrow races, water balloon toss, and the very popular sawdust candy scramble. But did you know about the Pet **Show** and the **zucchini decorating contests**? At noon on Sunday, children ages 12 and under are encouraged to bring their favorite pet to show off at the Pet Show. Additionally, if you and your kids are feeling creative, decorate a zucchini at home and bring it to Harvest Market's zucchini decorating contest. Let your imagination fly! Decorate a zucchini with other veggies, paint, glitter, whatever! Some zucchinis may be available to decorate "on the spot" at Harvest Market. Entries will be accepted all day Saturday and Sunday until 1:30 PM. Both the Pet Show and the zucchini decorating contest are

# It takes a village to raise a child – or build a community project!

We are certain you've heard this phrase before, but have you seen it in action? Our supportive Jericho community members stepped up to the call of Jericho Elementary School's fourth graders. Mrs. Randall's students were inspired to create a welcoming area in front of their school, a place where community members can sit and read a good

book. On paper, they created a Little Free Library – a patio area with a bench and a post that held signs sharing all the wonderful places you can go while reading a book. After careful research and planning, students were ready to see their creative ideas unfold. They gathered around the front of JES and looked carefully at the overgrown shrubs that were older than they were! "How are we going to dig out those roots?" they wondered. That's where Robert Schantz from Creative Gardens comes into our story! He jumped at the chance to support the vision, knowing that our budget was ronevistent.

Part two of our story takes us to The Cleary Stone Company. Jean and John Cleary were just as eager to help! They donated beautiful pavers for our patio area and checked in regularly to give valuable advice to ensure quality and longevity of our project.

Back at school, students designed a Little Free Library and with the help of school custodian Dave Dolan, put together a beautiful building. Students wanted to use maple leaves and snowflakes as art pieces on the outside walls of the library. Luckily, Ann Joppe-Mercure was volunteering in the class on a regular basis doing amazing art work with the kids! She helped each student play an active role in painting the Little Free Library, and create signs for the post "all the places you can go in a book".

The project area in front of JES was in full construction mode this summer! Robert Schantz and his crew put in countless hours digging,



placing stone, and creating a perfect patio area for the library. Once the patio was complete, students headed to his greenhouse to pick out plants. In addition to the blue flowers Robert donated, Linda Lewis at Victory Gardens donated yellow ones! (JES school colors are blue and yellow.) John Leo's donated all the mulch around the flower bed, around the trees, and school sign in front of the school.

The final part of the story is the installation of the Little Free Library. Don Foote happily installed the library for the final step in the project! We are extremely thankful to have such generous and supportive members of our Jericho community!

Each one of the following people played a crucial role in ensuring the vision of Mrs. Randall's fourth grade class was brought to fruition! Happy reading!

Robert Schantz, The Cleary Stone Company, Chris Cleary, John Leo, Dave Dolan, Don Foote, Karen Stone, Ann Joppe-Mercure, Tim Birmingham, Linda Lewis, Dan Randall, and Vicki Graf.

If you are interested in finding a Little Free Library in your area, check out www.littlefreelibrary.org.

With sincere gratitude,

Mrs. Randall's Class: Taylor Carlson, Evan Chicoine, Eva DeJong, Adrien Dezon-Gaillard, Anthony Epperson, Emmy Foote, Anna Klein, Avela Kniffin-Krull, Kate Leach, Aidan Morey, Owen Moriarty, Easton Randall, Beck Samuelsen, Alek Shanks, Natalie St. Amour, and Annabella Voyer

# **Local families Turn The Towns Teal**

Turn The Towns Teal® is a national campaign to promote awareness of ovarian cancer and its subtle symptoms. Volunteers tie ribbons throughout town centers and hand out symptom cards during the month of September, which is National Ovarian Cancer

Dick and Donna Dunn of Bolton and the Kinnaman family of Richmond are taking part in this month's awareness events in Richmond.

Turn The Towns Teal® was founded by Gail MacNeil of Chatham, NJ, who was inspired by her own experiences. During Gail's ten-year battle with ovarian cancer, she realized first-hand that not enough was being done to publicize the symptoms of the disease. She wanted to spare others what she and her family endured. Gail was fastidious about her health and went to her gynecologist on three separate occasions complaining of classic symptoms; however, her doctor dismissed these symptoms as merely the onset of middle age. On December 23, 1997 Gail was diagnosed with Stage IIIC ovarian cancer. There is NO early detection test for ovarian cancer, which is why this campaign is so very, very critical in fighting the disease.

Gail had laid the foundation of Turn The Towns Teal® and set forth certain guidelines for the campaign including the requirement that ribbons be put up in the beginning of September and taken down at the end of the month. She also required that volunteers receive written approval from their towns about placement of the ribbons. She started this campaign in 2007, at which time 40 towns in New Jersey participated. In 2015, there were registrants in all 50 states as well as Canada and Bermuda.

In 2009 Gail's husband trademarked the name Turn The Towns Teal®, and Turn the Towns Teal, Inc. was formed. Subsequently the trademark was assigned to the new corporation, which was later granted 501 (c)(3) status as a non-profit organization. Today, the campaign is being carried forward by The MacNeil Family and a group of dedicated volunteers.

Gail was also a co-founder of The Kaleidoscope of Hope Foundation (KOH) in May 2000, along with two other ovarian cancer survivors, Lois Myers and Patricia Stewart-Busso. KOH's mission is to raise funds for ovarian cancer research and increase awareness of the symptoms of the disease. Since its inception, KOH has contributed more than \$2 million dollars to organizations and institutions involved in ovarian cancer research and disease advocacy, with walkathons to help raise funds and awareness to further the mission of KOH. For more information, please visit the KOH website at <a href="https://www.kohnj.org">www.kohnj.org</a>.



Ben and Joanna Kinnaman and family of Greensea Technology in Richmond. The Kinnaman family Turned the Town Teal in memory of Ben's mother, Caroline Kinnaman.

Dick and Donna Dunn of Bolton helped to Turned the Town Teal in Richmond.

PHOTOS CONTRIBUTED



### **COMING EVENTS**

### Wednesday, September 14

Embroiderers' Guild meeting, 9:30 AM, living/dining room, The Pines, 5 Aspen Dr., S. Burlington. The Green Mountain Chapter of the Embroiderers' Guild of America welcomes people of all abilities to come and learn about Portuguese Embroidery. 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 15

Water in Plain Sight, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Author Judith D. Schwartz presents a refreshing perspective on water that transcends zero-sum thinking. By allying with the water cycle, we can revive lush, productive landscapes. Like the river in rural Zimbabwe that, thanks to restorative grazing, now flows a mile further than in living memory. Or the mini-oasis in West Texas nourished by dew. Animated by stories from around the globe, Water In Plain Sight is an inspiring reminder that fixing the future of our drying planet involves understanding what makes natural systems thrive. Tickets \$3 per person include coupon for \$5 off a book by the author. Coupons expire at closing the evening of the event. Seating is limited. Information: www.phoenixbooks.biz or 448-3350.

**Critter Construction**, 9:00 – 10:30 AM, Audubon Vermont, 255 Sherman Hollow Rd., Huntington. Have you wondered how a beaver builds a lodge or a squirrel builds a drey? We'll explore different styles of critter construction and work on creating our own

cozy hideaways. No hammers or nails necessary! For ages 3-5 with adult. Members: \$8 adult-child pair, non-members \$10; for both, \$4 each additional child. Preregister at *vermont@audubon.org* or 434-3068

### Friday, September 16

Golf Tournament to benefit VNA, 9:00 AM registration, shot gun start 10:00 AM, Kwiniaska Golf Club, Shelburne. In memory of Nelson Brice, this tourney benefits the Visiting Nurse Association. Prizes awarded for Four Man Scramble "Best Ball", Longest Drive, Closest to the Pin, and more! Cost \$100 includes meal; limited to 100 players. For more information, www.vnacares.

org.
Saturday, September 17

**Craft Fair and Flea Market**, 9:00 AM – 3:00 PM, Hinesburg Fire Department, Hinesburg. Sponsored by Life's Helpers Inc. to benefit the fire department. There will also be a bake sale and raffle. There are still spaces available; if interested or for information, call Penny, 802-434-6053.

**Beginning Genealogy**, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. If you are relatively new to genealogy, this class can help. Sheila Morris will discuss records, methods, and best practices for conducting sound research. She will also share strategies on how to organize the information you find. Bring as much information as you can about your grandparents – births, marriages, deaths, and where they lived. After the talk our volunteers can help you get started using

our many resources. Class \$5; parking and entrance are across from the State Police building. For more information, www.vtgenlib.org or call 802-310-9285.

### Wednesday, September 21

**Logger Turns Storyteller**, 7:00 PM, Memorial Hall, Essex Center. Essex Community Historical Society presents Essex native Bill Torrey, who will share his thoughts on the rugged heritage of his family and his experiences as a student growing up in Essex. Bill has won several local competitions. This should be an interesting evening!

### Thursday, September 22

An American Harvest, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Dr. Cardy Raper for a talk on her new memoir, subtitled How One Family Moved from Dirt-Poor Farming to a Better Life in the Early 1900s. A wonderfully authentic swatch of Americana ranging from tobacco raising to hog butchering, old-time revivals to community corn-shucking, and clannish feuds to mutual help in times of need... a loving evocation of a hard way to live. Tickets \$3 per person include coupon for \$5 off a book by one of the featured authors. Coupons expire at closing the events of the event. Seating is limited. Information: www.phoenixbooks. hiz or 448-3350

### Friday-Sunday, September 23-25

Tag Sale, Friday-Saturday 9:00 AM – 4:00 PM, Sunday 10:00 AM – 3:00 PM, Calvary Episcopal Church, VT Rt. 15, Jericho. Something for everyone! Clothing, books, furniture, household items, tools, toys and games, DVDs, CDs, movies, and much more. Information: 899-2326.

### Saturday, September 24

**Bird Monitoring Walk**, 8:00 – 9:00 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Join fellow birders for this monthly monitoring walk on the Museum property. Most fun for adults, older children; birding experience optional. Please bring your own binoculars. Free; please pre-register. 802-434-2167 or *museum@birdsofvermont.org*.

Understanding and Using DNA Ethnicity Maps, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. Ethnicity maps showing the origins of a person's ancestors are easy to understand, but there are details which limit their value. Ed McGuire will identify the valid applications for your research, and details that limit accuracy. He'll provide examples comparing results from each company. If you want to know whose ethnicity test is best, or if you wonder why you can't find a trace of a certain ancestor, then this talk will be quite helpful. Class \$5; parking and entrance are across from the State Police building. For more information, www.vtgenlib.org or call 802-310-9285.

### Tuesday, September 27

Gardening and Climate Change in Vermont, 12:30 PM, Faith United Methodist Church, 899 Dorset St., S. Burlington. Crocuses in January? Planting before Memorial Day? Leaves on the trees well into November? If you've observed any of these phenomena recently and are curious about how our changing climate is affecting

Coming Events continued on page 3

### **Harvest Market** continued from page 1

held at the children's games area, with prizes for all entries.

There's no shortage of great food all around Harvest Market, and you almost can't miss the cider donuts and fresh squeezed cider and lemonade, hand-cut French fries, homemade soup and chili, burgers, hot dogs, and freshly baked cookies. But did you ever notice the homemade pies, jams, jellies and other delights in the **Country Store Tent**? You may think that you don't like cotton candy, but REAL maple cotton candy made right in front of your eyes might just change your mind!

The music runs all day on both Saturday and Sunday, alternating between the church sanctuary and the Music Tent right outside. This year's music will emphasize local talent, from long-standing Harvest Market favorites to new performers, including a wide range of young musicians. Many musical gems indeed!

Saturday's opening parade is the fun kickoff to Harvest Market weekend. Each year, it serves as a showcase of the schools, organizations, performers, and companies that make our community so great. But it also allows us to honor those who have made particular contributions to our community: each year, a person, couple, or group from the United Church of Underhill is chosen as the Parade Marshals, and someone who has made particular contributions to the Jericho-Underhill area is named as the Community Citizen of the Year. For 2016, the United Church of Underhill is happy to announce that **Betty and Lou Wilson will** 

serve as Parade Marshals, and Kelly King is the Community Citizen of the Year. Make sure to look for them in the parade on Saturday at 9AM, and keep an eye out for more information about these wonderful citizens in an upcoming *Mountain Gazette* article!

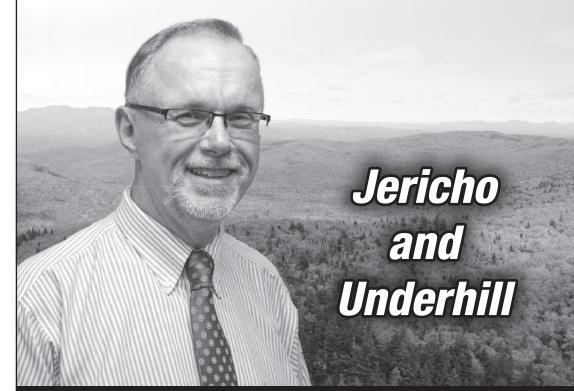
Most of Harvest Market can be experienced at a leisurely pace, but not all of it! The **Fun Run** at 8:00 AM on Saturday happens even before Harvest Market officially begins, and did you know that Harvest Market is your chance to participate in a **cross-cut log sawing competition**?! No experience is required, and equipment and training are provided. Grab a spouse, sibling, or friend and head over to the cross-cut sawing zone on Saturday at 12:30 PM.

The first Old Fashioned Harvest Market was held 42 years ago, and has since become an amazing community event. It is one of the many ways that the United Church of Underhill provides opportunities to build community, and we'd love to hear from you about other ways. Stop by the United Church of Underhill's Welcome Table inside of the Country Store Tent to find out more about our recent listening campaign, share your thoughts on the needs of our local community, and enjoy some fresh bread!

Harvest Market runs from 9:00 AM – 4:00 PM on Saturday and from 10:30 AM – 4:00 PM on Sunday, with a special worship service at 9:30 AM. Details, including full vendor listing and event calendar, can be found at www.underhillharvestmarket.com.

# As Chittenden-3's representative in the House, Bill will be your voice to:

- Reduce the ever-increasing tax burden on the middle class
  - Empower local communities with more control—from energy siting decisions to education
  - Say NO to the carbon tax



As a resident of Underhill, Bill has spent the last several years advocating for the issues that matter the most to the hard working families in our state.

- ▶ I have lived in Underhill for the past 14 years.
- ▶ I attended Canisius and Siena Colleges studying Political Science.
- Recently retired after 30 years in the hotel and airline business, managing both full and limited service hotels in the Northeast, along with being a Brand and Opening Specialist Director for 16 years with Choice Hotels International.
- ➤ Active in St. Thomas Church, in Underhill Center, as well as the Knights of Columbus #7810.
- Serves on the Audit Committee for the Essex-Jericho-Underhill Ecumenical Ministry Food Shelve.
- ▶ Owner of the WJLawrenceConsulting, LLC.

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### SEND US YOUR SQUASH RECIPES



### **Delicious Zucchini Chips**

### **Ingredients**

Cooking spray

2 medium zucchini (about 1 pound total)

1 tablespoon olive oil

1/4 cup freshly grated Parmesan (3/4-ounce)

1/4 cup plain dry bread crumbs

Freshly ground black pepper **Preheat** the oven to 450 degrees F. Coat a baking sheet with cooking spray.

#### **Directions**

Slice the zucchini into 1/4-inch thick rounds. In a medium bowl, toss the zucchini with the oil. In a small bowl, combine the Parmesan, bread crumbs, salt, and a few turns of pepper. Dip each round into the Parmesan mixture, coating it evenly on both sides, pressing the coating on to stick, and place in a single layer on the prepared baking sheet.

Bake the zucchini rounds until browned and crisp, 25 to 30 minutes. Remove with spatula. Serve immediately.

### **Coming Events** continued from page 2

our trees, Vermont State Climatologist and UVM Professor Lesley-Ann Dupigny-Giroux will discuss gardening and climate change in Vermont. Presented by the Burlington Garden Club. There will be social time from 12:30 – 1:15 PM; a short business meeting will follow, and then the presentation will begin. Plan to arrive shortly before 1:30 PM if interested in the just the presentation itself. Free and open to the public. For information, 802-489-5485.

### Thursday, September 29

Enough! How to Liberate Yourself and Remake the World with Just One Word, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Have you wondered why, no matter what you achieve or buy, the feeling of not being enough and not having enough keeps returning again and again? Are you concerned that humanity is consuming far too much? Join Laurie McCammon, MS as she traces the origin of the "Never Enough" story and reveals how to break through to the larger story told by the entire cosmos, which for 13.8 billion years has been an "Enough" story. Tickets \$3 per person include coupon for \$5 off a book by one of the featured authors. Coupons expire at closing the evening of the event. Seating is limited. Information: www.phoenixbooks.biz or

### Saturday, October 1

Using Grand Army of the Republic Records for Genealogy, 10:30 AM - 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. After the Civil War, organizations formed to honor veterans and record the histories of their units. The Grand Army of the Republic (GAR) was founded in 1866; by 1890 it would have 409,489 members. Author Liam McCone will describe the formation of the GAR, its mission, history, and its records. His talk will also discuss the Sons of Union Veterans of the Civil War (SUVCW). Join us and discover what records exist and how they may help you research your Civil War ancestors. Class \$5; parking and entrance are across from the State Police building.

For more information, www.vtgenlib.org or call 802-310-9285.

Whole Book Approach Storytime, 11:00 AM, Phoenix Books Essex, 21 Essex Way, Essex. Calling all kids! Join us for our weekly Whole Book Approach Storytime. The "Whole Book Approach' is a storytime model that explores the ways that words, pictures, and book design work together to tell a complete story. The adult leads the children in reading the book, rather than reading the book at/to them. We'll hold storytime just about every week. All ages are welcome. This particular method has proven successful for a wide range of ages, reading levels, and learning styles. Traditional storytime "dropouts" are encouraged to attend! Want to double check on a particular date? Call us at 802-872-7111.

12-Hour Comics Day, 9:00 AM – 9:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. 24-Hour Comics day, the fun and possibly grueling challenge for comic artists and writers world-wide, is back... sort of! This year's event, hosted by Phoenix Books and Richard Evans, is a full twelve consecutive hours of comics making! Phoenix is proud to be the new home of the longest running 24HCD in Vermont as it celebrates its tenth year. The event is free and open to comic artists of all abilities over age thirteen. Anyone interested in accepting this singular challenge should email their name, address, and telephone number to 24hcdvt@obscurius.org. Space is limited, so sign up today! Information: www.phoenixbooks.biz or 448-3350.

### Wednesday, Óctober 5

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

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

### Thursday, October 6

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

### **COMMUNITY COLUMNS**

### People my age

By Sue Kusserow Special to the Mountain Gazette

I have been more aware of books on aging, as I age. It seems that the people who write them are in the glow of their 50s and 60s: able to look backwards and pontificate on what works, and with enough time left in their lives to write with credible objectivity. But for those of us who are walking, rather resignedly, with diminished time, we voice ourselves in a subjectivity more suited to poems and essays. Call it realism. I feel strongly that I, at age 84, need to be as truthful and direct as my everyday life demands of me.

One of the first questions to answer is: What do we call ourselves? Senior Citizens is very general and soothing. The Golden Years is completely untruthful. Elders is polite and pops us into a segregated category of incipient dementia and hearing loss; Aged seems to echo the creaking and cracking of bones. To answer by simply stating your age, elicits the usual response: "My, you don't look that old!" I sometimes feel as if I were a confessor at an AA meeting: "My name is Suzanne and I am old."

I would like to note some topics that I have been turning around in my mind, probably more for my need to be seen as still intellectually functional. One very broad area is patterns. We have built many over the years... the simple ones that guide our mundane daily actions, and those that dictate how and what we think. As we age these need to change, either voluntarily or because of limitations of body and mind. And what will also change is how others view us. This is often the hardest part, since it often leaves us with a diminished sense of being part of family, of activities, of "how it used to be." I, personally, have tried to catch up with technology, phones, computers, texting, bills-by-automation, but find that such a Herculean effort makes little difference. It is like running a race, where you are still trying to find the starting gate. I guess the only solution is to redefine defeat, and walk along the track, looking at the trees along the way, stopping to admire a wildflower while

Another broad area is language. We speak differently than our teen-age grandchildren. And generally they are speaking too fast, in a frequency that doesn't seem to register with our hearing aids. It makes us look stupid to keep saying different variations of the word WHAT? So we often nod wisely, and continue to "tend to our knitting" both figuratively and literally. If one doesn't knit, there is always mending, or asking about school, college, work, etc. Or taking a short nap.

There also seems to be a weight differential. When I tote grocery bags up the stairs, they seem to have added ounces to each item. When I wobble, look pale and wan, or otherwise act my age, my grandson seems able to run them up, two steps at a time. Which is very helpful, of course, except that he seems mystified as he accepts my thanks. What was so difficult, Gram?

I started this essay with the intention of flaunting my subjectivity, of reaching out to my elderly peers in a way that younger writers can't really do. But somehow, whimsy crept in. That brings me to the lesson that seemed so innate, basic, almost juvenile when I was younger. Now, it is essential to a good day, to the relief of symptoms, to my view of the timeless mountains. Keep your sense of humor, the ability to laugh at yourself and to laugh with others. It is a saving grace, a raison d'être, a warm place in bed at the end of the day. Just as God gives us little kittens to hold, chickadees to dash into our hand for a sunflower seed, young people who sing the old songs with us, a chocolate to sneak out of the box when no one is looking... so we have smiles to cheer us, both inside and out. We are urged as elders, senior citizens, old folk, wise ancient crones, to keep exercising. This keeps our facial muscles in tone, our hearts pumping regularly, our toes wiggling, our bodies relaxed. And laughing expands the lungs, clears the throat, tightens the abdominal muscles, and joins us with others, young and old. We must all practice!

### LETTERS TO THE EDITOR

### **Endorses Trevor Squirrell**

Dear Jericho and Underhill Voters,

It is with great pleasure that I heartily endorse Trevor Squirrell for Representative in the Vermont House. I believe that he has the skills and personality to represent Jericho and Underhill well in Montpelier. My support for Trevor is based on my knowing and working with him for the past twenty-five years. Trevor and I were on the founding board members of Nordic Soccer Club and he coached our daughter in the program. As board member and coach, he developed positive relationships with players, parents, and coaches. He was very successful in promoting youth soccer, especially for girls and young women.

Trevor will be an asset in the House just as he has been an asset to the town of Underhill in his service on the Planning Commission. His dedication to volunteering speaks highly of his commitment to serving our community. I urge your support for Trevor Squirrell in his Democratic Party bid for Jericho-Underhill House of Representatives

> Joseph P. O'Brien, Chair **Underhill Democratic Committee**

### Squirrell experienced, able

I heartily endorse Trevor Squirrell for the office of Vermont State Representative for Underhill and Jericho. I have known Trevor as an active citizen of the Town of Underhill. He understands the workings of town government as he has had roles on the Planning Commission (continued into the present) and on the Conservation Commission, where he last served competently as chair. He has had an opportunity to show positive vision in both of those roles. He also has experience and ability in fiscal matters by being the executive director of a non-profit, the Brain Injury Association of Vermont, where he manages public funds responsibly and applies them effectively in this compassionate work. I will be supporting and voting for Trevor and I enthusiastically encourage others to do

> Dan Steinbauer Underhill

Send your news, births, engagements, weddings, obits, events to mtgazette@earthlink.netor call Brenda at (802) 453-6354

### Keeping children healthy at school

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

School is back in session, and parents have been testing me on ways their children can stay healthy during the school year. Let me take on that assignment and provide a few back-to-school tips on preventing those sick days.

An annual physical exam before the start of the school year will often make sure everything is fine to start with. Keeping immunizations up to date is also very important.

If your child does have a medical condition such as asthma, diabetes, or even a food allergy, review what to do about it with the school nurse, including any medications that need to be administered while your child is at school.

Another good way to keep your children healthy is to make sure they wash their hands before eating lunch and when they get done with activities such as gym, where they can pick up germs from others through close contact. You might even put alcohol-based hand sanitizer packets in their backpacks to use if no sink is readily available. Day care centers should have sinks within arm's reach of the diaper table and a second one, also in the room, for toddler hand-washing.

Remind your children not to drink from the same cups or water bottles as other children to prevent the spread of germs. And make sure they know not to share combs or brushes, since head lice can spread this way very easily.

Make sure your children get enough sleep: at least eight and more likely 10 hours every night.

Finally, make sure your children are fed a nutritious and balanced diet. That starts with a good breakfast to ensure they get all the vitamins and minerals they need to stay healthy and perform well in school

Hopefully with tips like these you'll pass the test and go to the head of the class when it comes to keeping your children or toddlers healthy at school or child care this year.

Lewis First, MD, is chief of

Pediatrics at The University of Vermont Children's Hospital and chair of the Department of Pediatrics at the University of Vermont College of Medicine.

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### **Mountain High** Pizza Pie

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### The Mountain Gazette

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### Send your news to mtgazette@earthlink.net

Read us online at www.mountaingazetteofvermont.com

### **Area Worship Services**

JERICHO CONGREGATIONAL CHURCH

"An Historic Church Proclaiming an Eternal Message" On the Green in Jericho Center, VT Senior Pastor David Coons and Youth Pastor Glenn Carter Sunday Services at 8:00 AM & 11:00 AM Nursery care provided Sunday School at 9:30 AM for all ages Fellowship at 10:30 AM

Youth group 6:15 PM Sundays in our Sunday school building

Signing for the deaf upon request 899-4911; officejcc@comcast.net; www.jccvt.org

### **MOUNT MANSFIELD UNITARIAN UNIVERSALIST FELLOWSHIP**

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

### ST. THOMAS ROMAN CATHOLIC CHURCH

"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

### **HEALTH INFORMATION**

### Donate your passenger seat to help cancer patients

Many of us have been touched by cancer in some way. Whether it is a loved one, a coworker, or even ourselves, being diagnosed with cancer is a frightening, life-altering experience that oftentimes marks the beginning of a lengthy and difficult journey. Those not closely touched by the disease may not realize that a significant barrier to recovery for cancer patients is the lack of transportation to and from lifesaving treatment appointments. Many patients are simply too ill to drive themselves or have limited support networks. Still others have no support network at all. The American Cancer Society's Road To Recovery® program exists to help.

Through the kindness and generosity of volunteer drivers, Road To Recovery provides much-needed transportation for cancer patients who would otherwise be unable to get the treatment they need to get well. The compassion and dedication of volunteer drivers is helping to meet a significant service gap in communities across the state, and the benefits extend both ways. Just ask Gary Pittman, a volunteer driver in the Road To Recovery program since the early 2000s.

"I'm lucky, healthy, and in a position to give back," says Pittman. "Being a Road To Recovery driver is a meaningful way for me to help others at a time when they need it most." As a retiree, Gary typically assists one to three patients per week with transportation.

Some patients are very talkative during the drive, while others pass the time in contemplative silence. The interactions are as unique as the patients themselves, but one thing remains constant: the heartfelt appreciation for the support they receive.

Recently, the Road To Recovery program was enhanced with Service Match, an online tool that simplifies the pairing of a driver's availability with a patient's need for transportation. Service Match provides instant visibility into the schedules for both patients and drivers, creating a quick and flexible "self-service" experience to match transportation needs with volunteer availability.

This convenience and ease-of-use is paving the way for expansion of the Road To Recovery program in Vermont. Now, with Service *Match*, there is greater capacity for more volunteer drivers to give as little or as much time as their schedules allow. Whether once a week, once a month, or at any other interval, the need for volunteer drivers is on the rise and there's never been a better time to get involved. Like Gary, donating your passenger's seat can make a meaningful difference in the life of someone in need.

To learn more about how you can make a lifesaving difference as an American Cancer Society Road To Recovery volunteer driver, call 1-800-227-2345 or visit cancer.org/roadtorecovery

### Turn the Towns Teal to raise ovarian cancer awareness

This September - National Ovarian Cancer Awareness Month teal ribbons will adorn trees in towns and villages all across the country. These biodegradable ribbons are to make people aware of ovarian cancer and its often silent symptoms

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Ovarian cancer is the leading cause of death from gynecologic cancers in the U.S. There is NO early detection test and the symptoms are subtle and often misdiagnosed, which is why knowing the symptoms is so very, very critical.

Nicole Feller Lee, founder of the Corinne Feller Memorial Fund, said, "We want to get people asking questions about ovarian cancer. There is no regular screening test for ovarian cancer so women need to know the symptoms. With early diagnosis, treatment is 90-95 percent effective, but most women aren't diagnosed until it's too late.'

Classic symptoms of ovarian cancer are: pelvic or abdominal pain/discomfort (bloating), vague but persistent gastrointestinal upsets, frequency and/or urgency of urination, unexplained changes in bowel habits, unexplained weight gain/loss, ongoing unusual fatigue, back pain, menstrual changes, and pain during intimacy.

Local volunteers gave of their time to tie the ribbons into elaborate bows to make them attractive and eye-catching. Awareness cards with the symptoms of ovarian cancer are also being distributed in areas where the teal ribbons are seen.

Turn The Towns Teal is a national campaign being represented in all fifty states as well as in Canada and Bermuda. To learn more about Turn the Towns Teal, visit www.turnthetownsteal.org.

"I would rather sit on a pumpkin, and have it all to myself, than be crowded on a velvet cushion."

– Henry David Thoreau

### Red Cross needs all blood types to maintain a diverse supply

During National Sickle Cell Awareness Month, the American Red Cross urges eligible donors to give blood to help ensure a stable and diverse blood supply for patients in need.

Blood donors may be helping patients like 11-year-old Martin Mwita, who has sickle cell disease. His body doesn't produce enough healthy red cells to carry adequate oxygen through his body, so he relies on monthly transfusions to stabilize his health.

A diverse blood supply is important to ensure the needs of all patients are met. Red blood cells carry markers that determine one's blood type, and some blood types are unique to certain racial and ethnic groups. Because blood from donors of the same ethnic background as the recipient is less likely to cause complications, the Red Cross must maintain a diverse blood supply to meet these diverse patient needs

Whether blood is needed for a chronic condition such as sickle cell disease, a surgical procedure, or a large-scale emergency, it's the blood already on the shelves that helps save lives. Donors of all blood types are needed.

To make an appointment to give blood, download the Red Cross Blood Donor App (http://www.redcrossblood.org/bloodapp), visit www.redcrossblood.org, or call 1-800-RED-CROSS (1-800-733-2767). Donors are encouraged to make appointments and complete the RapidPass online health history questionnaire at www. redcrossblood.org/RapidPass to help reduce wait times.

Those who come out to give blood or platelets by Friday, September 30 will receive a free haircut coupon via email, courtesy of Sport Clips Haircuts. The coupon is valid through November 6 at participating Sport Clips locations; donors must have a valid email address on record to receive the coupon.

Upcoming blood donation opportunities include:

Friday, September 23, 1:00 – 6:00 PM, Fletcher Elementary School, 340 School Rd., Cambridge

Friday, September 23, 12:00 - 6:00 PM, VFW, 28 Pleasant St., Morrisville

Saturday, September 24, 11:00 AM - 4:00 PM, Essex Cinema, 21 Essex Way, Essex

Monday, September 26, 11:00 AM - 4:00 PM, Church of the Nazarene, VT Rt. 15, Johnson Monday, September 26, 1:00 - 6:00 PM, CCV Morrisville, 197

Harrel St., Morrisville Wednesday, September 28, 1:00 – 6:00 PM, Covenant Community

Church, 1 Whitcomb Lane, Essex Thursday, September 29, 2:00 - 7:00 PM, Pizza Putt Restaurant, 1205 Airport Parkway, S. Burlington

### Health workshops sponsored by Northwestern Medical Center

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

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

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

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

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

Chronic Disease Support Group Workshops, held at various locations and dates. Are you or

someone you know living with a chronic health condition? Then this workshop is for you! Learn to feel better by learning how to deal with frustration, fatigue, and pain, manage symptoms and medications, and improve strength and flexibility. Each session is 2½ hours once a week, for six weeks. Pre-registration required; contact Deb Robertson, 524-1031 or drobertson@ nmcinc.org. Free.

Grief and Recovery Support Group - Experiencing a loss can be painful to face alone. Franklin County Home Health's Grief and Recovery Support Group serves as a safe place to share feelings with others who are coping with grief. This support group is offered free of charge to anyone who would like to talk to others and help one another. It also provides a resource for grief education in our community. The group meets the first and third Wednesday of each month from 7:00 - 8:00 PM at the Franklin County Home Health office in St. Albans, 3 Home Health Circle. For more information, contact Lori Wright, 527-7531.

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

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

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

Free monthly events for pregnant and nursing moms: Breastfeeding Moms Group, first Wednesday of each month, 10:30 AM 12:00 PM. Meet once a month for snacks, crafting activities, making baby blankets, and get information from the experts. Call 393-6591 for location and to register. Breastfeeding and **Infant Massage Group**, second Wednesday of each month, 9:30 – 11:15 AM, Alburgh Library. Join other moms and babies to learn how to

NMC continued on page 5

[ MANSFIELD ORTHOPAEDICS ]

Dr. McLaughlin made me feel *at ease* and in good hands!
PETER SHAW, EDEN MILLS

> Welcome to the 21st century community hospital. Welcome to Copley.

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

"I'm a very active person. I coach girls varsity lacrosse, so reaching my 100% was critical. Thanks to Doctor Joe, I am back to doing the things I enjoy the most.

Our orthopaedic specialists: Nicholas Antell, MD; Brian Aros, MD; Bryan Huber, MD; John Macy, MD; Joseph McLaughlin, MD; and Saul Trevino, MD



Peter Shaw has regained hand strength and flexibility with help from Mansfield Orthopaedics.

To make an appointment with a Mansfield Orthopaedic Specialist at Copley Hospital, call **802.888.8405** 



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### LIBRARY NEWS

#### DEBORAH RAWSON MEMORIAL LIBRARY UNDERHILL

Please note: Our Sunday hours started Sunday, September 11. We will be open from 1:00-4:00 PM.

The library will be closed the weekend of Harvest Market, Saturday-Sunday, September 24-25.

The Board of Trustees will meet Thursday, September 15 at 7:00 PM.

The Friends of the DRML will meet Wednesday, September 21

at 10:30 AM. Tai Chi for Health and Wellness (for those 50+) offered by the Champlain Valley Agency on Aging (CVAA) Once again, CVAA Tai Chi will be held at DRML on Tuesday and Thursday mornings, from 9:00 – 10:00 AM starting on Tuesday, September 13. Tai Chi is recommended by the Centers for Disease Control and Injury Prevention (CDC) so you can stretch and bend without injury, pain, or fear of falling. It has been proven to reduce arthritic pain, while increasing both lower and upper body strength and improving balance and agility. CDC reports this program reduces falls by 55% and recurrent falls by 70%. Additional research shows Tai Chi can help reduce symptoms for people with Parkinson's, fibromyalgia, diabetes, hypertension, lower back pain, and depression. Take a step toward maintaining your safety, health, and independence. Classes are offered at no charge to adults 50+, but you must register. Call the library, 899-4962, or contact Karen at CVAA, 1-800-642-5119, ext. 1019, or email rachael@cvaa.org or taichi@cvaa.org. Classes are led by certified instructors.

Seated Tai Chi - CVAA's "Seated Tai Chi for Health & Balance" is being offered again (for those 50+) at DRML on Tuesday and Thursday mornings from 10:00 – 11:00 AM starting on Tuesday, September 13. The class is a starter level course for older adults interested in improving or maintaining strength, balance, agility, and flexibility while increasing pain-free range of motion for persons with inflammatory joint conditions. This seated form is also beneficial for people with chronic conditions such as Lupus, Parkinson's, MS, and Fibromyalgia. The combined slow, continuous movement, deep breathing techniques, positive visualization, and mindfulness exercises reduce stress and help maintain an overall sense of well-being. Classes are free, but you must register for the class. To register, call the library, 899-4962, or contact Karen Hatin at CVAA 1-800-642-5119 ext. 1019, or email taichi@cvaa. org. Open to anyone age 50 +. There is no charge for classes, but donations to sustain the program are most welcome and can be mailed directly to CVAA, 76 Pearl St, Suite 201, Essex Junction,

Mah Jongg at DRML-Please join us to play on the third Monday afternoon, September 19, at 1:30 PM. Come explore the ancient Chinese tile game of winds, dragons, and number tiles. If you like card games, you'll probably love Mah Jongg!

Adult Coloring is back! Tuesday, September 20, 7:00 PM.

Adult Coloring is back! Tuesday, September 20, 7:00 PM. Remember how much fun you used to have coloring? Well, we do and so we're getting out our crayons and colored pencils and relaxing by the fireplace (maybe some quiet music playing?) and coloring some beautiful and intricate designs. Stop in and partake in this creative way to unwind. We will provide materials (coloring sheets, crayons...) and maybe some cookies, too! Adults only, please.

Current Events Conversation over Coffee – Monday, September 26, 10:30 – 11:30 AM. Join this new discussion group as we gather to talk about some of the top news of the day. We plan to meet in the fireplace room a couple of times a month. Feel free to participate whether you are very up-to-date on current events, or would like to become more so.

An Anglophile's Journey to England – Wednesday, September 28, 6:30 PM. In this first of a series of presentations on the fun places your librarians and friends visited this summer, join Renee Turvey and share some pictures and stories of the trip she made to England – to pursue Sherlockian dreams, visit the real Downton Abbey, and discover the historical pubs for which London is famous. We'll enjoy some tea (of course!) and some light refreshments – scones, anyone?

The Mystery Book Group is not meeting until October when they will gather to discuss <u>Istanbul Passage</u> by Joseph Kanon. Please check the October newsletter for the date.

For Children and Families

StoryHour – Beth London, formerly of Poker Hill School, will be offering song and story hour on Friday mornings in September and October. Beth will bring a favorite story and follow that with songs for singing and dancing accompanied by her guitar, ukulele, and other instruments. Children of all ages are welcome to join her at 11:00 AM. No registration needed.

Crazy 8's Math Club - Thursdays, September 22, 29, October 6, 13, 20, and 27, 3:00 – 4:00 PM. Grades 3-5. Crazy 8's is a recreational after-school math club that helps kids enjoy the math behind their favorite activities. It's math gone wild, nothing like your usual math club! Kids build glow-in-the-dark structures, crack secret spy codes, and play games like Toilet Paper Olympics. This is an eight-week program. Please call 899-4962 for more information.

After School Coloring Club... for Kids! Tuesday, September 20, 2:45 – 4:00 PM. Come and color at the library! No need to stay in the lines! You'll be able to de-stress and relax while coloring from a large selection of coloring pages. All supplies will be provided. For kids 8 and up. No registration needed.

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 –

### Varnum Writers' Group invites new members

Fall is here. If you've been thinking you'd like to try writing, or are already writing but would like to meet other writers, check out the Varnum Writers' Group. On the fourth Wednesday of most months (not November or December), this group of writers meets at the Varnum Memorial Library in Jeffersonville from 7:00 – 8:30 PM. This month that meeting date is September 28.

Current members write poetry, a blog, and stories for children, but any form of writing is welcome. Participants are welcome to share not more than four double-spaced pages and should bring four or five copies with them. If you don't have anything to share, come prepared to offer encouragement and ask questions. The group is currently facilitated by Kathy Quimby Johnson, a local writer, editor, and adjunct professor at Champlain College.

For more information, contact the Varnum Memorial Library at at 644-8233 or *kmquimby@sover.net*.



From left, members of the Varnum Memorial Library Writers' Group meet and work at the library in Jeffersonville: Terry Holden, facilitator Kathy Quimby Johnson, and Laurie Baron.

PHOTO CONTRIBUTED

644-2117 or www.thevarnum.org, or contact Kathy Quimby Johnson

6:00 PM, Saturday 10:00 AM – 2:00 PM, Sunday 1:00 – 4:00 PM; closed Monday. For information on any of the library's programs, call 899-4962.

### JERICHO TOWN LIBRARY

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

SoulCollage: Monday, September 19, 6:00 – 8:00 PM. Fall SoulCollage® Gathering To Exploring Inner Spaces with Beth Hopwood, a certified SoulCollage® Facilitator. Learn to make a personal deck of cards that speak from your Soul and tell your personal story. This creative process opens doorways to your inner wisdom, giving visual and poetic expression to the unique tapestry of your life, while it slowly illuminates energetic patterns of one's personal mythology. This process is easy and fun (no experience necessary).

Essential Oils for Immune Support: Monday, September 26, 5:30 – 6:30 PM. With the seasonal change coming upon us, come learn about detoxifying essential oils to help boost your immunity! Liz Perkins of *Out Wit Cancer* will guide participants in this handson oil blending workshop.

EXTEND THE GROWING SEASON:

EXTEND THE GROWING SEASON: Monday, October 3, 6:00 – 7:00 PM. Homesteader Laura Oliver will share her experience and expertise on extending the growing season. Tips on how to build an economical hoop house, cold frame construction and use, mulching etc.

YOUTH PROGRAMMING

Little One & Me Circle Time (Ages 0-5): Wednesday, September 21, 10:00 – 11:00 AM. Join Katie Coons for interactive circle time with movement, free play, songs, craft, and a healthy snack.

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

LEGO Club will return in October!

All library programs are free and open to the public.

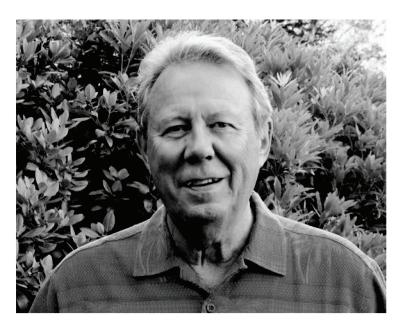
NEWS FROM BOARD OF DIRECTORS The next meeting of the board of directors will be Monday, October 3 at 7:15 PM. Everyone is welcome to attend.

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

**Library News continued on page 8** 

# ELECT TREVOR SQUIRRELL STATE REPRESENTATIVE

FOR JERICHO AND UNDERHILL



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- Jericho Underhill Land Trust Board of Trustees
- Underhill Conservation Commission Chair
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- Brain Injury Association of VT Executive Director
- Nordic Soccer Co-Founder
- Essex Tree Farm Recreational Facility Founder
- Indoor Soccer Ctr. at Champlain Valley Expo Founder
- Vermont Concussion Task Force Chair
- Vermont Traumatic Brain Injury Advisory Board Chair
- M.S. Environmental Studies Conservation Biology
- B.S Experimental Psychology

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**TREVOR** WANTS TO HEAR FROM YOU! By email tsquirre@sover.net or phone 899-2382

> Paid for by "Trevor Squirrell for VT House" Bill Frank, Treasurer 19 Poker Hill Rd, Underhill 05489



### NMC continued from page 4

massage your baby and discover more about breastfeeding and parenting. No registration necessary. **Latch On! Discussion Group**, third Saturday of each month, 10:00 AM – 12:00 PM, Family Birth Center, Northwestern Medical Center. Learn about breastfeeding and share your stories. Enjoy light refreshments and connect with other Moms. No registration necessary.

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

**Start the Conversation – End of Life Planning.** We plan for all life's milestones – marriage, birth, retirement. But few of us have plans in place for our end of life. Planning for end-of-life starts with understanding your care options, including hospice and palliative care options. An advance directive can provide this information for your family and physician. Start this conversation with your family

before you are in a health crisis. Information and materials to help facilitate your conversation are available on a new website for the Start the Conversation statewide initiative, www.starttheconversationvt.org. You can also call Franklin County Home Health Agency to learn more about your hospice and palliative care options, 802-527-7531, or visit our website www.fchha.org.

Breastfeeding and You – the VT Dept. of Health's FREE breastfeeding prep class for new moms, family members, and moms-to-be will be held Thursday, September 22, 6:00 – 7:30 PM at Northwestern Medical Center, Family Birth Center, St. Albans. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions, and get real-life answers. You can do it, WIC can help!

### 42<sup>nd</sup> Annual

### Old Fashioned Harvest Market Sponsored by the United Church of Underhill

### September 24 & September 25 9:00AM to 5:00PM & 10:30AM to 4:00PM

with a special worship service 9:30 on Sunday. ALL ARE WELCOME!

This family-oriented community fair is centered at the United Church of Underhill, at the intersection of Route 15 and Park Street in Underhill, and features two days of entertainment, food, and fun.

#### Opening activities - Saturday morning 5K Fun Run & Walk **Opening Parade**

Registration begins at 7:30AM Race begins at 8:00AM

Race is held at Mills Riverside Park. Follow the signs to the pavilion.

Lineup begins at 8:45AM Parade begins at 9:00AM

Parade begins at Browns River Middle School, down River Road, left onto Park Street to the United Church of Underhill.

### **SATURDAY:**

Front Porch Foursome (Music Tent) Hanaford's Volunteer Fife & Drum Corps demo (near Music Tent) Michele Fay Band(Church Sanctuary)

Jeezum Crow (Music Tent) Sebastiaan West Trio (Church Sanctuary) Buddy Dubay (Children's Games Area) Charlotte & Shane Brodie (Music Tent)

The Ward Boys (Church Sanctuary) Calloway Taxi (Music Tent)

### SUNDAY:

Music

Activities

Matt Belfield (Music Tent) local student talent (Church Sanctuary) Cash is King (Church Sanctuary) Fairfax, Fletcher, Westford Band (Music Tent)

All kids' activities are held in the Children's Games Area unless otherwise noted

### **BOTH DAYS:**

All day bounce house

All day fun old-fashioned games (stilt walking, ring toss, penny pitch, hoops, nail drive, bowling, dunking booth)

11-4 free hayrides

1-3 organized children's games 3:00 sawdust candy scramble

### **SATURDAY:**

TBD **Buddy Dubay** 

### SUNDAY:

Noon pet show & parade

judging of zucchini competition

Fresh baked cookies Fresh squeezed lemonade Fresh hand-cut French fries Fresh squeezed cider and donuts Burgers, hot dogs, soda, chips Homemade soup, chili and baked beans REAL maple cotton candy

Over 100 vendors will be displaying their wares at this year's Harvest Market. Make sure to check out both the indoor AND outdoor vendor spaces for:

- Vermont crafters
- artisans
- antiques dealers
- community organizations

### ...and much more!

Check out the wide variety of items available at the Silent Auction – get your bids in by 2:00 on Sunday! ...and of course, make sure to stop by the Clutter Barn for an eclectic mix of clothing, books, toys, games, puzzles, small appliances and electronics, sports equipment, kitchen items, linens, towels, curtains AND MORE!

### **SATURDAY:**

8:00 Harvest Market Fun Run 12:30 Cross-cut log sawing competition (no experience required) 1-3 organized children's games 3:00 sawdust candy scramble

Competitions **SUNDAY:** pet show & parade Noon organized children's games 1-3 1:30 judging of zucchini competition 3:00 sawdust candy scramble



The nearest parking lot is next to the church – look for the sign near the fire station or at the end of Harvest Run Rd. Proceeds benefit MMU soccer.

For free parking, park at either Browns River Middle

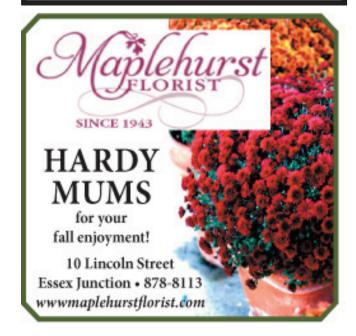
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Riverside Park (on Rte 15). Free shuttle bus will run both days.

School (on River Road, just off Rte 15) or Mills

Additional parking information, including handicapped parking locations, can be found at underhillharvestmarket.com.

Was your phone number left out of the last Underhill - Jericho Community Directory? Send it along to us at mtgazette@earthlink.net for the next directory.



### **Sunrise Physical Therapy**

Look for Katie and Brian cooking sausage and serving soup at Harvest Market!



Katie, Pam, and Brian





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More information on these events, along with a printable schedule & map, can be found at underhillharvestmarket.com or pick up a schedule and map at the Harvest Market Info Booth.



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### 42<sup>nd</sup>Old Fashioned Harvest Market

### Jericho Center Country Store



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### Come see electric vehicles at **Old Fashioned Harvest Market**

The Underhill Old Fashioned Harvest Market will be adding a modern component this year. In addition to all the delightfully delicious fried (and healthy) foods you can eat, local vendors, music, and activities for the kids, the Jericho Energy Task Force will be hosting a display of electric and hybrid vehicles

Come to Browns River Middle School, site of the market's craft fair, and check out the cars arrayed in the parking lot. Vehicles will include a Tesla Roadster, VW eGOLFs, Chevy Volts, Nissan LEAFs, a Prius C, and a Ford Fusion Energi. Drive Electric Vermont will also be on hand to provide information on where one can purchase electric cars in Vermont and what kinds of incentives are available.

"Our intention is to give the communities of Jericho and Underhill the opportunity to have a closer look at vehicles that use cleaner and less energy," said Jericho Energy Task Force Chair Kathie Voigt Walsh. "We are delighted that folks in our communities are willing to share their experiences and give their neighbors a chance to see electric vehicles and hybrids."

The electric vehicle display will be on Saturday, September 24 from 1:00 - 4:00 PM. at the Browns River Middle School parking lot, rain or shine. For more information, please contact enerjericho@gmail.com. To learn more about electric cars in Vermont, check out www.DriveElectricVT.com.

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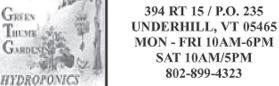
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give us a scent that is a pefect anodyne to the restless spirit. Delicious autumn! My very

soul is wedded to it, and if I were a bird I would fly about

the earth seeking the succes-

sive autumns.

George Eliot, letter to Miss Lewis, 1st October 1841

Mountain Gazette 802-453-6354

> mtgazette @earthlink.net



David Holton, Kate McCuin Clark and John Handy Contact Kate for your insurance needs.



Kate McCuin Clark, CISR CPIW, Owner/Agent 55 Main Street, Suite 1, Jeffersonville 802-644-9900

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### League of VT Writers' annual event

As the leaves begin to turn, the League of Vermont Writers celebrates writing, publishing, and creativity with their fall event to be held on Saturday, September 24.

The League will host this annual seasonal program at a new venue for the organization, Two Brothers Tavern in Middlebury. All writers and those interested in writing and publishing are welcome to attend. Registration is required. The daylong event runs from 9:00 AM – 4:00 PM and includes a diverse group of authors, writing coaches, and publishing professionals featured on the agenda.

William Notte will address the manuscript submission processes; Amy Patricia Meade will talk about plotting a mystery novel; Annalisa Parent will provide advice on building an author's platform; Jensen Beach will discuss subplots in fiction; and Nancy Means Wright will talk about a writing career that spans the traditional to the not-so-traditional and back again.

We wanted to offer something for everyone, providing information that's useful for all genres, and both published and pre-published writers," says Alyssa Berthiaume, League President. Berthiaume said the event showcases more speakers than the League typically schedules, using the opportunity to encourage writers to become members.

'It's a great chance to join, because members will attend this event for \$55, but if they bring a non-member friend, the friend's ticket is half-price, \$27.50 (the unaccompanied non-member rate is \$65). As always, our doors are open to new writers. We are an incredibly supportive community, and we continue to strengthen our presence as a writing resource throughout the state.'

For more details and to register for the event, writers can visit the LVW website at www.leagueofvermontwriters.org, or email the organization's registrar at lvw@leagueofvermontwriters.org.

### Small farms class offered in nutrient Course promotes stewardship

The Winooski Natural Resource Conservation District (WNRCD), in conjunction with the Vermont Association of Conservations Districts, UVM Extension, and USDA-NRCS, is offering a program to help small farms write Nutrient Management Plans (NMP). NMPs have been required for large and medium farm operations, but under the upcoming Required Agricultural Practice, small farms also will be required to account for the use of their manure and other amendments. Implementing an NMP will reduce phosphorus runoff and other nutrient loading, improving water quality in Vermont's streams, rivers, ponds and lakes, as well as maintaining the health of soils.

Through the Nutrient Management Plan class, offered in six sessions through January-February, participants will better understand the nutrient needs of their soil, learn how to best use manure on the land, learn how to improve water quality and soil health on their farm, and meet a requirement of the state's Required Agricultural Practices. Sarah Janson, WNRCD Agricultural Water Quality Specialist, says, "By writing your own NMP, you get a plan that is very easy to use and you are ahead of the curve in terms of meeting the proposed state law."

WNRCD is pleased to have been awarded funding from multiple partners to undertake outreach within the District to small farms, including The Lake Champlain Basin Program, USDA/NRCS, VACD, NESARE, UVM, public donations, and funds from our annual tree and trout sales. Farmers interested in participating in the NMP class or learning more about Agricultural Best Management Practices that can be implemented, please email info@winooskinrcd. org. For more information on WNRCD projects and initiatives, please visit our website at www.winooskinrcd.org.

### management by WNRCD

Responsible land stewardship is essential to maintaining a healthy backyard woodland, improving wildlife habitat, and getting the most value from the land. A six-week online course, beginning Monday, October 3 will

of backyard woodlands

help private landowners in Addison and Chittenden Counties with fewer than 25 acres learn how to actively care for and maintain their wooded property. It is offered through the Vermont Urban and Community Forestry Program's Vermont Backyard Woods

Registrations for the course will be accepted through Wednesday, September 28. The fee is \$50, which includes a course manual, a tree identification book, and a hands-on session. To register or view course details, go to http://go.uvm.edu/backyardwoodsprogram.

Anyone requiring a disability-related accommodation to participate should contact Kate Forrer, 802-476-2003, ext. 210 by Wednesday, September 28.

The course will cover tree identification, invasive plants, wildlife habitat management, introduction to birding, and how to read a forested landscape. Landowners also will learn how to map their woods, create a species list, plant and care for trees, promote pollinators, grow mushrooms, develop a trail, and harvest firewood, along with preparing a stewardship action plan for their backyard

In addition to the online modules, participants will take part in discussion forums and learning activities. Live webinars will be offered on Monday, October 10 and Wednesday, October 26, and a backyard woods field day on Saturday, October 29 will provide an opportunity to practice skills introduced in the course and participate in an interpretive walk in the woods.

### Library News continued from page 5-

#### VARNUM MEMORIAL LIBRARY, **JEFFERSONVILLE**

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

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

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

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

### WESTFORD PUBLIC LIBRARY,

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

Playgroup every Monday, 9:30 AM!

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

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

### RICHMOND LIBRARY

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

Lego Club: Come join other Lego enthusiasts. We have lots of Legos to build with and our collection is growing thanks to donations from the community. Lego Club is appropriate for youth age 5-10. No registration is required, just come play on Wednesdays from 3.00 - 4.00 PM

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

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

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

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

### FAIRFAX COMMUNITY LIBRARY

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

Tuesdays, 9:30 - 10:30 AM: Preschool Story Hour. September 20: Insects. September 27: Fall and Colors. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for story hour.

Wednesday, September 14, 3:00 - 4:00 PM: LEGO Club. Ages 6+ enjoy themed Lego play after school. Please register.

Saturday, September 17, 9:00 – 11:00 AM: Tech Help: intro to email and Facebook, plus Q&A. Come at 9:00 AM for small group learning about email and Facebook basics, and stay for individual tech questions from 10:00 - 11:00 AM. You can ask any tech question and/or bring in a device with which you need help. You will be ably assisted by our techie, Josiah.

Monday, September 19, 3:00 - 4:00 PM: Crafternoon: Fire Breathing Dragon. Kids 6+ will create this awesome interactive costume/toy out of cardboard and paper. Must register.

Thursday, September 22, 5:30 - 7:30 PM: Tea and Bristles Kids! This painting party is for children and youth ages 8+. These budding artists will create glow-in-the-dark paintings of flowers and fireflies. Led by Julie Griffis of Blue Jay Creative Common. Cost: \$25 for materials and snacks. Must register.

Saturday, September 24: 10:00 - 11:30 AM: NEW! SciFi/ Fantasy Book Group. Explore new worlds with this brand new book group. Coffee and snacks provided. Our first book pick will be Six of Crows by Leigh Barduro. Limited copies available at the library, additional digital copies available on ListenUp Vermont or purchase your own. We will also vote on a fun name for our group.

Monday, September 28, 3:00 – 4:00 PM: STEM club: Kids age 6+ will investigate jet propulsion using tethered balloons. Must

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

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

### DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON

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

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

Summer Story Times: Tuesdays at 10:30 AM. All ages. No preregistration.

Programs for Adults

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

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

### BROWNELL MEMORIAL LIBRARY, ESSEX JCT.

Fridays, September 16, 30, 10:00 - 10:30 AM: All Ages Story Time. Come listen to picture book stories and have fun with puppet, finger plays, and rhymes. For ages birth-5.

Friday, September 16, 6:30 - 8:30 PM: Family movie. Free popcorn and drink. All ages.

Friday, September 23, 10:00 - 10:45 AM: Songs and Stories with Matthew. Matthew Witten performs songs about our world and tells adventurous tales. Funded by the Friends of Brownell

Friday, September 23, 6:00 – 8:30 PM: Dungeons and Dragons. Embark upon imaginary adventures. Our Dungeon Master serves as the game's referee and storyteller. Grades 6 and up.

Friday, September 30, 6:00 – 8:00 PM: Magic: The Gathering. Whether you know the game or are curious to find out more, come

have tons of gaming fun! Grades 6 and up.

Monday, September 26, 7:00 – 8:00 PM: Dog Safety with
Dogs Rock Vermont. Is this dog friendly? An introduction to dog safety by Laurie Lawless, Professional Dog Trainer. Nation wide, shelters and rescues are working towards the "no-kill" movement - a movement described by the No Kill Advocacy Center as, "an end to the killing of all non-irremediably suffering animals," or als in physical pain. On the surface, "no-kill" sounds great animals have more than physical needs and as professionals we are beginning to see more dogs with behavior and aggression problems being placed into homes. What does this mean? Understanding dog body language is absolutely key to keeping you and your family safe and out of harm's way when greeting unknown dogs. This presentation will focus on dog body language basics, stress behaviors and absolute warning signs that a dog is asking for space immediately.

Wednesday, September 28, 3:00 - 4:30 PM: Lego Fun. Participate in fun and friendly building with LEGO. For kids entering K and up. (Kids under 5 are welcome to participate with parental supervision).

Wednesday, September 28, 6:00 - 7:30 PM: Why have a mortgage? With so many financing options available, if you are struggling to determine what loan is best for your unique situation and the financing that best meets your current and future financial goals, this seminar is for you!

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

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

### Volunteer opportunities – **United Way**

By Sue Alenick

United Way Volunteer Columnist

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

SPREAD THE WORD - Prevent Child Abuse Vermont is planning its Walk to End Child Abuse in Burlington and is looking for volunteers to hang and distribute posters to publicize the event. Volunteers are also needed on the day of the event, Saturday, September 17. Contact Heather Niquette, 802 -229-5724 or hniquette@pcavt.org

HAUNTED HAPPENINGS - The Shelburne Museum has a great volunteer opportunity for those who love Halloween and candy! Put on a costume and join the fun at the annual Haunted Happenings event on Sunday, October 30, from 10:00 AM - 1:00 PM. Help with fun activities and hand out candy. A great family or group activity! Contact Laura Need, 985-0865 or lneed@ shelburnemuseum.org

GRANT WRITING AND MORE - Lake Champlain International has opportunities for volunteers interested in delving into grant writing to support its programs and initiatives. They also need help with marketing, graphic design, and various administrative tasks such as coordinating printing services, to identifying landscapers for various projects. Contact Juliana Dixon, 879-3466 or Juliana@champlain.ngo.

OUTREACH AND EDUCATION - Lake Champlain International has a need for volunteers who are interested in learning the background of their campaigns and initiatives for clean water and are eager to be out in public sharing that information. Information might be offered at the waterfront, on hiking trails, at playgrounds, etc. Flexible scheduling. Contact Juliana Dixon, 879-3466 or Juliana@champlain.ngo.

PANEL MEMBER NEEDED - Franklin Grand Isle Restorative Justice Center is looking for volunteers to serve on restorative justice panels. Restorative Justice looks at crime as a violation of people and relationships and then involves victim, offenders, and the community in an effort to put things right and repair the harm. Panel members attend meetings, work as a team to understand the harm caused and the best way for amends to be made and for the offender not to re-offend. Contact Chloe Viner Collins, 752-2094 or chloe@fgvic.org.
CIRCLE OF SUPPORT – Franklin Grand Isle Restorative

Justice Center is seeking volunteers to make a difference in the lives of offenders who have been released from prison by helping them successfully re-enter the community through positive connections and encouragement. Volunteers meet in teams and meet weekly with the client to help him/her return to the community and manage everyday living. References and interview and background check required. Training provided. A one-year commitment is required. Contact Chloe Viner Collins, 752-2094 or chloe@fgvic.org.

JACK OR JILL OF ALL TRADES - Cathedral Square **Corporation** needs a few volunteers who are comfortable with simple household projects such as hanging shelves, assembling furniture from a kit, transporting items to the dump, etc. They also need volunteers with more experience in carpentry who can help repair a small section of wood siding on a mobile home. Contact Beth Alpert, 859-8819 or alpert@cathedralsquare.org.

### PEOPLE IN THE NEWS

### Retiring, with honor

Jericho resident and retiring pilot Colin MacDonald is one of approximately 200 recently honored for celebrating a significant career milestone with American Airlines, each with at least 45 years of service and 35 or more years for pilots due to the mandatory retirement age. These special employees' tenures collectively total nearly 10,000 years of experience. On his retirement, MacDonald was celebrated for 37 years with American Airlines.

### **COLLEGE NOTES**

Travis Benton of Underhill, VT has registered for the fall 2016 semester at Castleton University, Castleton, VT

Samuel Clark of Jericho, VT has entered Champlain College, Burlington, VT as a member of the class of 2020, majoring in Computer Science and Innovation.

College Notes continued on page 9

### PEOPLE IN THE NEWS

### **OBITUARIES**



Evelynne Edwards,
Jeffersonville, VT – A
graveside service with
inurnment was held on
Thursday, September 1,
2016 at South Cambridge
Cemetery for Evelynne
Edwards, who passed
away on Monday,
February 22, 2016. A
reception followed at the
Family Sugar House on

VT Rt. 108 South, Jeffersonville, VT next to the

former Three Mountain Lodge.

Robert Paul "Bob" Hehir, 89, born Woburn,
MA, February 10, 1927 to Daniel and Helen Hehir,
raised in Arlington, MA and a longtime resident
of Dedham, MA, died on Thursday, August 25,
2016 at Burlington Health and Rehabilitation,
Burlington, VT after a brief illness, surrounded
by his family. He is survived by sons Brian (Julie)
Hehir of Jericho, VT and Barry (Julie) Hehir of



Lahaina, HI. He was the proud grandfather of Bobby Hehir of Reno, NV and Jackson Hehir of Jericho, VT. Bob served in the United States Navy aboard the USS Enterprise during World War II. He owned and operated the Westwood Shell station for many years and in retirement enjoyed staying fit at the

Needham YMCA, walking on Nantasket Beach, and meeting friends for coffee every Sunday in Harvard Square. The family extends grateful appreciation to the staff at Burlington Health and Rehabilitation, 3rd floor, and to the Bayada hospice staff for making Bob's days comfortable. A memorial service will be held at a later date. Contributions in Bob's memory may be made to The Home for Little Wanderers, 10 Guest St., Boston, MA 02135.

### ART / MUSIC / THEATER



Beaver Pond Reflections by Northfield artist Kathrena Ravenhorst-Adams is on exhibit until Saturday, October 8 at the Gruppe Gallery, Barber Farm Rd., Jericho Center.

PHOTO CONTRIBUTED

### ART/PHOTOGRAPHY

Currently showing at the Emile A Gruppe Gallery in Jericho is an exhibition of work by Northfield artist Kathrena Ravenhorst-Adams titled *An Artist's Window on Nature*. Scenes of the details of nature and the landscape continue to be favorite subjects for her work. The show runs through Saturday, October 8, with an artist reception on Sunday, September 18 from 3:00 –

5:00 PM. The Emile A Gruppe Gallery, 22 Barber Farm Rd., Jericho; 899-3211 or www. emilegruppegallery.com.

Call to artists: The Art the S.P.A.C.E. of Horror Gallery and Back Space, 266 Pine Št., Burlington is looking for artwork that best defines the "art of horror." The work should represent the beautiful side of decay, the finer points of bloodletting, and that special something inside a depraved Artwork should be thematically appropriate and must display a reasonable degree of skill and ability. We will accept 2-D, 3-D, and photography. The "Art of Horror" is a juried show, with curators Beth Robinson and Sarah Vogelsang-Card who will choose pieces that best define the "art of horror." The chosen collection will be on exhibit at S.P.A.C.E. Gallery and Back Space from October 1-29. The kick-off party will be Saturday, October 1, 6:00 - 11:00 PM with fire, dance, burlesque, vaudeville, bands, DJs and possible cricket eating. More information at www.facebook. com/artofhorrorvt/.

In Layers: The Art of the Egg is a community art show focused on the beauty, biology, and essence of eggs at the Birds of Vermont Museum, 900 Sherman Hollow, Rd., Huntington daily

Hollow, Rd., Huntington daily through October 31. Let the work of almost two dozen artists, amateur and professional, young, old, and in-between, hatch feelings of passion, delight, commitment, and discovery in you. Artists gathering and reception Saturday, September 10, 10:00 AM – 3:00 PM where you can meet and celebrate the art and artists; light refreshments provided; donations welcome. Admission included



### Welcome Cambridge Area Rotary new member

Cambridge Area Rotary would like to extend a sincere welcome to its newest member Aislyn Vaughan. We are glad to have you with us! People join Rotary for the opportunity to make life better for people and to enjoy the fellowship of others while doing so. Our motto is Service Above Self. Rotary clubs exist to improve communities by providing humanitarian service, and building goodwill and peace. If you have a sincere desire to serve to make life better for people, while at the same time enjoying fun and fellowship with other Rotarians, we welcome you to find out more. We meet upstairs at 158 Main in Jeffersonville every Thursday from 7:00-8:00 AM. PHOTO CONTRIBUTED

with museum admission. For information, 434-2167, museum@birdsofvermont.org, or www.birdsofvermont.org.

The annual outdoor sculpture show, Exposed, continues at Helen Day Art Center in Stowe. Prints and Drawings by Pat Steir will be on exhibit in the main and east galleries through Sunday, November 13. Video of Steir by Stowe artist Molly Davies will accompany the work. On Thursday, September 30 at 6:00 PM, guest lecturer Suzy Spence will present Steir's work in the context of art history and contemporary art. In the west gallery is Beyond the Far Blue Mountains, a remastered, digital HD projection of the original 16mm film by Molly Davies. Through September 4, Vermont based artist Tara Thacker will present her ceramic sculpture and installation along with new large scale photography work in the West Gallery; September 16-November 13, Sally Gil will exhibit her collages in the West Gallery. Helen Day Art Center, 90 Pond St., Stowe; open Wednesday-Sunday, 12:00 - 5:00 PM and by appointment.

The exhibit A Rag, a Bone, a Hank of Hair by New Jersey artist Caroline Burton will be displayed through Friday, September 30 at the Julian Scott Memorial Gallery, Dibden Center for the Arts, Johnson State College, Johnson. Burton's work is also on exhibit at the Vermont Studio Center, 80 Pearl St., Johnson, through Wednesday, September 21. "Envisioned as one exhibition, dialogue exists between the artworks and the galleries that hold each body of work. As the viewer traverses from one space to another, they become the thread that completes the space between," Julian Scott gallery director and assistant JSC professor Michael Zebrowski says. The Dibden Center is open to the public 1000 AM - 6:00 PM, Tuesdays-Fridays and 10:00 AM – 4:00 PM Saturdays. Admission is free. For more information about Burton, visit http://www. carolineburtonstudio.com/.

Bryan Memorial Gallery, 180 Main St., Jeffersonville; 802-644-5100; www.bryangallery. org. Gallery hours: 11:00 AM – 5:00 PM daily, and by appointment at any time.

### MUSIC

World Flute Master and Cultural Storyteller Gary Stroutsos will perform in the Round Church in Richmond on Sunday, September 25 at 3:30 PM. Gary performs world flute music drawn from many traditional cultures. Evoking a spirit of place and the voices of the land, his work includes internationally-acclaimed recordings at sacred sites, using the unique acoustics and history of each great space as the starting point for musical exploration. Admission to the concert is by a suggested donation of \$10. The Round Church is handicapped accessible. For more information about the concert: 802-434-3654 or rhs@oldroundchurch.com; to learn more about Gary Stroutsos: www.garystroutsos.com.

The Burlington Chamber Orchestra kicks off its tenth season with their BCO Founder and former Artistic Director Michael Hopkins as guest conductor on Saturday, October 22 at the UVM Recital Hall, Burlington at 7:30 PM. The program includes Sinfonia no. 4 in A, Wq 182 by Carl Philipp Emanuel Bach; Charterhouse Suite by Ralph Vaughan Williams; Overture Burlesque by Georg Philipp Telemann; and String Symphony No. 10 in B minor by Felix Mendelssohn. Advance tickets can be purchased through Flynntix.org or by calling 802-86-Flynn. Tickets will also be available at the door on the day of the performance.

Vermont musicians and dancers will perform each weekend during the Eastern States Exposition in West Springfield, MA in the Big E's Vermont Building, including on Vermont Day, Saturday, September 24. Vermont musicians and dancers who will be performing at the Vermont Building at the Big E will include

Art / Music / Theater continued on page 10

### College Notes continued from page 8 -

**Kathryn Hogan** of Cambridge, VT has registered for the fall 2016 semester at Castleton University, Castleton, VT.

**Shudder Hurd-Burnell** of Waterbury, VT has registered for the fall 2016 semester at Castleton University, Castleton, VT. **Charles Isvak** of Waterbury, VT has registered for the fall 2016

semester at Castleton University, Castleton, VT. **Reuben Kernan** of Waterbury, VT is studying abroad at the Dublin, Ireland campus of Champlain College, Burlington, VT for

the fall 2016 semester.

Wyatt Kitchen-Glodgett of Jericho, VT has entered Champlain College, Burlington, VT as a member of the class of 2020, majoring in Psychology.

in Psychology. **Zoe Kravitz** of Waterbury, VT is enrolled at Lehigh University, Bethlehem, PA as part of the class of 2020.

**Derek Lautenschlager** of Jericho, VT has registered for the fall 2016 semester at Castleton University, Castleton, VT.

Riley Morrissey of Jericho, VT has entered Champlain College, Burlington, VT as a member of the class of 2020, majoring in Game Art and Animation

Mark Potter of Jericho, VT has joined the class of 2020 at Rensselaer Polytechnic Institute, Troy, NY for the 2016-2017 school year.

**Emily Quinn** of Waterbury, VT has entered Champlain College, Burlington, VT as a member of the class of 2020, majoring in Radiography.

Mikayla Racine of Jericho, VT has registered for the fall 2016 semester at Castleton University, Castleton, VT.

**Emma Rivers** of Jericho, VT has entered Champlain College, Burlington, VT as a member of the class of 2020, majoring in Business Administration.

**Rebecca Russell** of Waterbury, VT has registered for the fall 2016 semester at Castleton University, Castleton, VT.

**Brandon Sibley** of Jericho, VT has entered Champlain College, Burlington, VT as a member of the class of 2020, majoring in Computer Networking & Cybersecurity.

Julia Smith of Jericho, VT has registered for the fall 2016 semester at Castleton University, Castleton, VT.

Sean Springer of Jericho, VT has registered for the fall 2016

semester at Castleton University, Castleton, VT. **Travis St. John** of Jericho, VT has enrolled at James Madison University, Harrisonburg, VA for the fall 2016 semester. St. John's

selected major is Finance. **Kurtis Swahn** of Jericho, VT has registered for the fall 2016

semester at Castleton University, Castleton, VT.

Jonah Vita of Jericho, VT has entered Champlain College,
Burlington, VT as a member of the class of 2020, majoring in Game



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### **ADULT ACTIVITIES**

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

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

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

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

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

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

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

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

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

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**UCTION** 

### **ONGOING EVENTS HEALH EVENTS & GROUPS**

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

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

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

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

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

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

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

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

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

Mom's Night Out, first Thursday of each month, 6:00 - 8:00 PM, LaQuinta Inn (Franklin Meeting Room), 813 Fairfax Rd., St. Albans. Are you the mother of a child with special needs? Do

you have to advocate for your child and family? Do you wish you had someone to have conversations with, who understands because they are the mother of a child with special needs too? Contact: Betty Morse, Family Support Consultant, 1-800-800-4005-ext.

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

Eating Disorders Parental Support Group, monthly on the  $3^{rd}$  Wednesday,  $7.\overline{00} - 9.00$  PM, Covenant Community Church, VT Rt. 15, Essex Center. For parents of children with, or at risk of, anorexia or bulimia. We focus on being a resource and providing reference points for old and new ED parents. For information, Peter, 899-2554.

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

Healthy Weight Support Group, Mondays, 12:00 – 12:30 PM, Northwestern Medical Center, Conference Room 3, St. Albans. For those working on weight management. Behavioral and nutritional strategies to increase physical activity and decrease calorie intake; techniques to help manage eating behaviors. Come 15 minutes early for weight check. Kay Tran, Registered Dietitian, MS, CDE, & Leslie Gardzina, Registered Dietitian. No registration required, just drop in.

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

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

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

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

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

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

### KIDS

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

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

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

### SENIORS/COMMUNITY MEALS

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

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

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

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

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

St. Jude's Church senior meals, Hinesburg, 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of each month. Bingo games afterward. Everyone welcome, including caregivers. Dinners \$4 per person. Information: Ted Barrette, 453-3087.

Ongoing continued on page 11

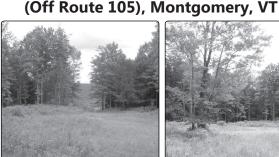
### 201 or betty.morse@vtfn.org. **Art / Music / Theater** continued from page 9 -

Gerry Grimo and The East Bay Dixieland Quintet on Saturday, September 17 with authentic '20s and '30s era dixieland jazz in a classic preservationist style. Sunday, September 18, Steve Hartmann brings contemporary folk with acoustic songs about life and friendship in a variety of tones. Saturday, September 24 is Vermont Day – Pipers' Day: 10:00 AM – 12:00 PM, the VT Institute of Celtic Arts with pipers Iain MacHarg and Hazen Metro; Heather Morris Celtic Dancers perform Scottish Highland, Irish Step, and Cape Breton step dance; 1:00 – 4:00 PM brings Prydein, a Celtic rock band from northern Vermont with bagpipers

Iain MacHarg, Andy Smith on bass, Caleb Bronz on drums, Hazen Metro on guitar, and vocals by Aron Garceau. Sunday, September 25, Yankee Chank brings their passion for traditional Cajun French and Zydeco two-steps and waltzes featuring Bob Naess (fiddle and vocals), Cannon Labrie (accordion and vocals), Jim Burns (guitar), June Drucker (drums), and Mark Sustic (bass and percussion). Saturday, October 1, Pete's Posse plays traditional and roots music with twin fiddles in tight, wild harmony over hi-powered guitar and pounding footwork with mandolin, clawhammer banjo, jawharp and rocking keyboards adding their voices to the mix. Members include Pete Sutherland, Oliver Scanlon and Tristan Henderson. Sunday, October 2, Young Tradition Vermont Day, traditional music featuring the Sugarsnap Trio - Collin Cope on harmonica, keys, and vocals; Luke Hausermann on upright bass and vocals; and Chris Page on guitar and

vocals. For more information, www.thebige.com. **THEATER** 

Shelburne Players' fall comic farce Rumors by Neil Simon comes to Shelburne Town Center, 5420 Shelburne Rd., Shelburne on Friday-Saturday, September 23-24 and Thursday-Saturday, September 29-30 and October 1 at 7:30 PM, and at 2:00 PM on Sunday, September 25. Rumors opens at a large, tastefully appointed Sneden's Landing townhouse, where the Deputy Mayor of New York has just shot himself. Though only a flesh wound, four couples gathered for a tenth wedding anniversary are about to experience a severe attack of Farce. Tickets (\$15 evening shows; \$12 Sunday matinee) are available in advance at Shelburne Market, or reserve at www. shelburneplayers.com or by calling 343-2602. Open seating. More information: http://www. Shelburneplayers.com.





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### **Ongoing** continued from page 10

Starksboro First Baptist Church senior meals, Starksboro, 4th Thursday of the month, 11:30 AM. Call Brenda Boutin, 802-453-6354 for more information. All ages are welcome!

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

### SPORTS ACTIVITIES

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

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

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

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

### TOWN GOVERNMENT & ORGANIZATIONS

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

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

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

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

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

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

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

### THRIFT SHOPS & FOOD SHELVES

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

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

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

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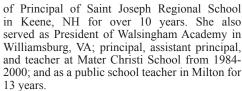
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### **SCHOOL NEWS**

### **Rice Memorial High** School's new staff

Rice Memorial High School started the 2016-17 academic year with several new teachers and staff members, including a new principal.

Sister Laura Della Santa, Principal: Formerly the Superintendent of Catholic Schools for the Roman Catholic Diocese of Burlington, Sister Laura has a strong background in Catholic school administration with over 43 years within the school system, 30 years of which were at Catholic schools. A native Vermonter, Sister Laura returned to Vermont from the Diocese of Manchester, NH, where she held the position



Corinna Gwen Moser, Science Department: With ten years of classroom experience, Corinna will be teaching Biology and Physical Science. She holds a Master's Degree in Education with a concentration on Curriculum and Instruction and a Bachelor's Degree in Human Biology from the University of Kansas. After moving to South Burlington, Corinna began participating

in a variety of volunteer activities including the Junior League of Champlain Valley. Highly committed to student achievement, Corinna is a wonderful addition to the Science Department.

Erin Farmer Tinti. English Department: Recently married (congratulations!), Erin comes to us from the Northwood School in Lake Placid, NY. While at Northwood, Erin chaired the English Department and supervised the campus studentrun Writing Center. While an undergraduate at SUNY Cortland, Erin played on the women's ice hockey team and now serves as a volunteer coach with the USA Hockey Girls' Camp. Erin holds a BA from SUNY Cortland and an MA from the Teachers College, Columbia University, New York,

Patrick Welsch, Religion Department: After spending six years on the faculty of Mater Christi, many of the Rice Community know our new teacher of Religion, Patrick Welsch. Having taught in Vermont, New Jersey, and Nepal, Patrick completed his undergraduate work at Rowan University in Glassboro, NJ and continues his formal education by pursuing a graduate degree from Saint Michael's College.

Emily Rivers, Admissions and Marketing Specialist: Born and raised in Jericho, Emily recently graduated from St. Michael's College, Colchester with a degree in Business. We are excited have Emily's social media and marketing expertise at our disposal.

Élisabetta Anelli, Director of Campus Ministry: Elisabetta brings a strong commitment to Catholic Ministry, while most recently serving as the Campus Minister at the Catholic Center at the University of Vermont. In addition to her work at UVM, Elisabetta spent time ministering to the poor and homeless in Philadelphia, PA and Newark and Paterson, NJ. A graduate of UVM, Elisabetta worked as the Assistant to the Director of Religious Education at St. John

Vianney Parish from 2013 to 2014. Rice welcomed 437 students for

the first day of school on Tuesday, Thursday, September 29 - IHOP Lunch. August 30, a five percent increase in enrollment last year.

### Early start for students at Mater Christi School

Many Vermont schools began their year during the week of August 29, and Mater Christi School in Burlington was no different. The day began with an assembly led by the school's new administrative team with Patrick Lofton, head of school, leading the opening prayer. Following the assembly and despite the heat, the students and teachers settled enthusiastically into the year-long process of questioning, learning, and caring. Pictured are students giving and getting helping hands after the first school assembly of the year.

### **CVAA Community Senior Meals**

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

Tuesday, September 13 - Ray's Seafood, Essex Jct., 10:30 AM check-in, 11:00 AM lunch. Fish and chips, cole slaw, squash, roll, creemee.

Wednesday, September 14 - Athen's Diner, Colchester, 10:30 AM check-in, 11:00 AM lunch. Cold plate: ham, Swiss, lettuce, cottage cheese, tomato, cucumbers, cole slaw, dinner roll, warm apple sauce with cinnamon.

Thursday, September 15 - IHOP breakfast, University Mall, S. Burlington, 87:30 AM checkin, 9:00 AM breakfast. Two eggs, hash browns,

choice of breakfast meat, pancakes, small juice. Monday, September 19 – Papa Nick's, Hinesburg, 3:00 PM. Tomato-topped meatloaf, mashed potatoes, vegetable of the day, creemee.

Tuesday, September 20 - Ray's Seafood, Essex Jct., 10:30 AM check-in, 11:00 AM lunch. Fish and chips, cole slaw, squash, roll, creemee.

Wednesday, September 21 – American Legion, Colchester, 10:30 AM check-in, 11:00 AM lunch. Open-faced hot turkey, mashed potatoes, carrots, fruited jello.

Thursday, September 22 - Pizza Putt, S. Burlington, 10:30 AM check-in, 11:00 AM lunch. Spaghetti and meatballs, tossed salad, garlic bread, ice cream cake.

Tuesday, September 27 - Athen's Diner, Colchester, 10:30 AM check-in, 11:00 AM lunch. Pork roast, mashed potatoes, carrots, roll, warm applesauce with cinnamon.

Wednesday, September 28 - JP's Diner and Deli, River Rd., Essex Junction, 10:30 AM check-in, 11:00 AM lunch. Meatloaf, mashed potatoes, peas, strawberry shortcake.

University Mall, S. Burlington, 10:30 AM check-AM lunch. Pot roast, mashed potatoes, corn, wheat bread, ice cream sundae, juice.

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

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

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

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

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

Friday, 11:00 AM – 9:00 PM – breakfast served all day; order off special senior menu.

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

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

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

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

### Green Mountain Bicycle Club day tour rides miles (S) traveling down to the Crown Point Bridge and returning

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

Sunday, September 18: Century Day. 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 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 at 7:30 AM, Wheeler lot, Veterans Memorial Park, S. Burlington. Leader Matt Kuivinen, 881-9045 or mattkui@earthlink.net; co-leader Brian Howard, 505-1148 or bjhowd@gmail.com; Metric Century leader Kevin Batson, 825-5816 or kevbvt@gmail.com.

Sunday, September 25: Waitsfield and Waterfalls. Enjoy a scenic tour through the countryside of Waitsfield and Warren with a visit to Moss Glen Falls. Turn around at the falls for a 35 mile (M) ride, or continue up Middlebury Gap with a stop at Texas Falls before turning around for a 60 mile (M/S) ride. A stop at the Warren Store is always popular and the general store in Hancock provides an additional respite for those on the long ride. Meet at 9:45 AM at Waitsfield Elementary School (on the left traveling south on VT Rt. 100). For those coming from the Burlington area, we suggest carpooling at the Richmond Park and Ride at Exit 11 off I-89. Leader Mark Dupuis, 864-5567 or mdd514902@yahoo.com.



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island, pantry & dining area. Stone courtyard

& patio. Formal living rm w/ vaulted ceiling,

beam & wooden arched doors. 3 bdrms al

w/ remodeled baths. Many improvements!

Underhill - \$242,500

privacy yet great neighborhood. 1 iving. Open floor plan with bright & sunny kitchen w/ lg island & dining area. Ful basement ready to be finished w/ gas FP Great open backyard. \$2,000 back at losing. 2 car detached garage & shed.





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