

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 PM.

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 three-legged 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

Harvest Market continued on page 2

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 nonexistent.

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 Awareness Month.

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 www.kohnj.org.



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 evening of the event. Seating is limited. Information: www.phoenixbooks.biz 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

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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.

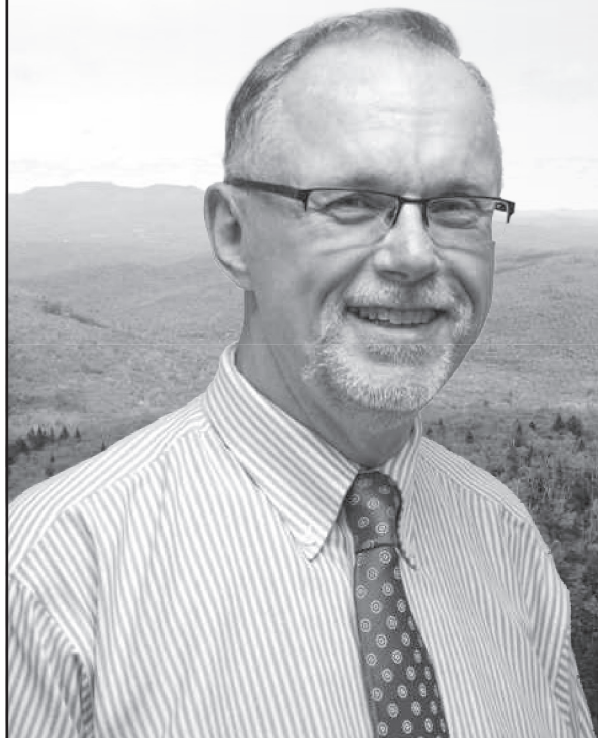
The first Old Fashioned Harvest Market was held 42 years ago, and has since become an amazing community event. It is one of the many ways that the United Church of Underhill provides opportunities to build community, and we'd love to hear from you about other ways. Stop by the United Church of Underhill's 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.

Coming Events continued on page 3

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



**Jericho
and
Underhill**

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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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.

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.

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.

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

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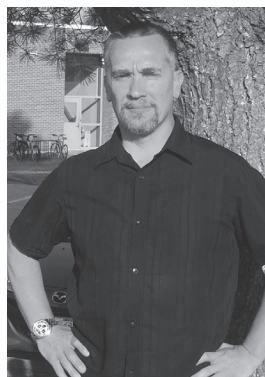
PETER SHAW, EDEN MILLS

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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EXCEPTIONAL CARE. COMMUNITY FOCUSED.

Health workshops sponsored by Northwestern Medical Center

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

Fit Moms, Wednesdays, 7:00 – 8:00 PM. Get in shape for a strong birthing experience. Join other moms as we prepare our bodies for labor. Please consult a physician before beginning this exercise program. Stephanie Preedom, AFAA. NMC Wellness & Fitness Room. Preregistration 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 self-help cancer support group for women of all ages and lifestyles who have cancer. At our monthly meetings, we share information, offer each other support and comfort, and learn new things from speakers. We extend an invitation to any woman who has cancer, whether you are newly diagnosed or a long term survivor. Held the first Tuesday of every month, 5:00 – 6:30 PM, Northwestern Medical Center Conference Franklin Room. Free call 802-524-8479 with any questions or to RSVP (not required).

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

Chronic Disease Support Group Workshops, 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 drobotson@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

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, VT 05452.

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. 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 [Istanbul Passage](#) 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 –

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

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

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

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 Grounds 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 hands-on oil blending workshop.

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 on-going 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**



A NEW VOICE AND EXPERIENCED LEADER

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- Jericho Underhill Land Trust – Board of Trustees
- Underhill Conservation Commission – Chair
- Chittenden County Regional Planning Commission
- 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
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- B.S – Experimental Psychology

- ✓ A proven leader
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TREVOR WANTS TO HEAR FROM YOU!
By email tsquirre@sover.net or phone 899-2382

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



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!

42nd Old Fashioned Harvest Market



42nd 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 Registration begins at 7:30AM Race begins at 8:00AM Race is held at Mills Riverside Park. Follow the signs to the pavilion.	Opening Parade 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.
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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.

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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)
- Sebastian 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:

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

Music

Check website for times!

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!

Shopping

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
- 1:30 judging of zucchini competition

Kids' Activities

Competitions

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

SUNDAY:

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



PARKING

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 School (on River Road, just off Rte 15) or Mills Riverside Park (on Rte 15). Free shuttle bus will run both days.

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

- 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

Food

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.

Sunrise Physical Therapy

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



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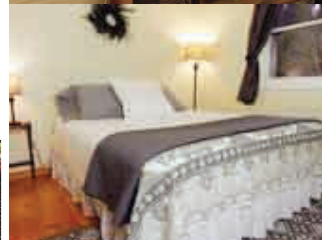
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42nd Old Fashioned Harvest Market

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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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Is not this a true autumn day? Just the still melancholy that I love — that makes life and nature harmonize. The birds are consulting about their migrations, the trees are putting on the hectic or the pallid hues of decay, and begin to strew the ground, that one's very footsteps may not disturb the repose of earth and air, while they give us a scent that is a perfect 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 successive autumns.

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

Mountain Gazette
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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.



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

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 –

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

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

Call to artists: The Art of Horror – the S.P.A.C.E. Gallery and Back Space, 266 Pine St., 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 mind. 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 through October 31.

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.garystroustos.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 Flyntix.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.

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 Art and Animation.



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



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, jquinninv1@aol.com.

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

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

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

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

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

THRIFT SHOPS & FOOD SHELVES

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

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

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

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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

of Principal of Saint Joseph Regional School in Keene, NH for over 10 years. She also served as President of Walsingham Academy in Williamsburg, VA; principal, assistant principal, and teacher at Mater Christi School from 1984-2000; and as a public school teacher in Milton for 13 years.

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 student-run 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, NY.

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 to have Emily's social media and marketing expertise at our disposal. Elisabetta 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, August 30, a five percent increase in enrollment from 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.

PHOTO CONTRIBUTED

CVAA Community Senior Meals

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

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

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 check-in, 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, creamer.

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

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.

Thursday, September 29 - IHOP Lunch, University Mall, S. Burlington, 10:30 AM check-in, 11:00 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 - 6:30 PM.

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



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Green Mountain Bicycle Club day tour rides

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

Sunday, 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

miles (S) traveling down to the Crown Point Bridge and returning through the Champlain Valley. Those looking for an extra challenge can do the Double Gap Century, which is 113 miles and includes the Middlebury and Appalachian Gaps. Meet 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.