

Jeffersonville silo project to be unveiled

By Brenda Boutin
 Mountain Gazette Staff

On Friday, August 12 between 5:00 and 8:00 PM, the residents of Jeffersonville and the surrounding area are invited to come and view the completed silo project sponsored by the Cambridge Arts Council and painted by local artist Sarah C. Rutherford.

The village of Jeffersonville is forever evolving from a traffic circle to painted silos. The silos stand on a piece of property that once was the home of Bell-Gates Lumber Corporation, which closed in 2002. The land was purchased by St. Albans-based Jolley stores for a proposed site of a 16-pump gas station. The village of Jeffersonville decided to try to purchase the land from Jolley because the property lay in a flood plain. Jeffersonville received a \$125,000 grant from the Vermont Housing and Conservation Board for that purpose, augmented by more than \$200,000 in private donations and tax revenue. They were successful in their endeavor.

Cambridge Arts Council envisioned a plan for an artist installation on the silos. CAC member Justin Marsh explained that the railroad ran through there and the lumber company supported many local families for years. Marsh took the lead in writing the grant.

The Cambridge Arts Council applied for a grant from the Vermont Arts Council in 2014 and received a \$15,000 Animating Infrastructure grant from the Vermont Arts Council for the beautification and art-implementation of the silos.

The silo project was welcomed by some residents and contested by others. Suggestions were made to use the funds to demolish the silos. The VAC's website states that Animating Infrastructure grants aim to integrate public art into proposed infrastructure improvements. These grants cannot be used for demolition. In a *Seven Days* article, Michele Bailey, senior program director at the VAC, said such grants are not awarded on the basis of the intended permanence of the projects they fund. Rather, she said, their purpose was to spark community dialogue. And spark dialogue it did. *Front Porch Forum* was ablaze with the pros and cons of the project.

The CAC communicated with the village through meetings. Kim Martin, a then-trustee of the Village of Jeffersonville, explained on *Front Porch Forum* that the grant's funds were not drawn from residents' taxes, nor could the funding be used to tear down the silos, as some contributors suggested. The village had an opportunity to view drafts of the proposed designs and to weigh in on the process. The community members attending the last meeting, who voted, voted unanimously for the project.

The designs for the project are a combination of honoring the area's past and looking to the future. Rutherford explained how she came to create the visuals. She spoke to people of all ages, elementary school kids to older residents. The northern silo sports a powerful image of a farmer, horses drawing logs, and an impressive church. The farmer faces the image of a little girl on the southern silo who is holding a hermit thrush. This southern silo depicts the future. "I incorporated the thrush and the red clover," said Rutherford, "as they are symbols of Vermont."

who supported the mural took on the nickname of the Silo Sisters. They held a shared belief that their public art plan is about place making.

The CAC is a non-profit volunteer organization dedicated to organizing, sponsoring, and supporting performances and presentations of various forms of art and to develop appreciation and understanding of the arts in the community through arts education projects.



Artist Sarah J. Rutherford working on one of the silos.



South silo features a young girl delicately holding a Hermit Thrush, which is the Vermont state bird.



North silo features an older man ready for work. Each silo has red clover, the Vermont state flower.

Remembering mentor and friend, Richard Mindell

By Graham Swaney
 Special to the Mountain Gazette

On Tuesday, July 19, 2016, Richard Mindell passed away after a courageous, year long battle with cancer. At the time of his passing Richard was teaching me how to be a journalist. During the time I spent with Richard he became more than just a dedicated teacher, he became my friend. The way he taught me epitomized who he was. He volunteered his time to mentor me. He didn't receive one penny for his time, nor did he want one. He invested his time in me, just for the sake of doing so, and the time we spent together was very special. Knowing he had helped me develop my own skills for the future was payment enough for him.

I remember the first time I met him, he brought an enthusiasm and youthfulness to that meeting and every other meeting, which I will never forget. He had all the experience of a seasoned editor, and an intricate understanding of the relationship between subject and audience. He didn't mince words either. You could count on him to tell you exactly what he thought about a piece of writing. Yet despite him being in the position of making frequent corrections to a young writer, I always got a warm feeling from Richard. He was quick to critique, but quicker to compliment. He masterfully balanced the need to teach against a strong will to inspire.

My writing improved by leaps and bounds under his instruction and I never felt discouraged, even after a tough editing session. We talked about the writing, but we also discussed everything from politics to literature, to school and sports. We connected over our shared critical eye for social issues, and our common rebellious streak. He showed me how to develop this critical eye into a reporting skill. He was one of those few special people in my life who I felt like I could trust completely.

When I started working with Richard I was still very unsure about what I wanted to do with my life. Journalism was just an idea my Mom and I had come up with. So the internship was an experiment, an open question. Do I want to be a journalist? Thanks to Richard I have a better understanding of what journalism looks like. Thanks to Richard I am not only fully decided that I want to go into journalism, but I am inspired by the opportunities it offers. My time with Richard was a turning point in my life, a moment of clarity in the hazy transition between childhood and adulthood.

I miss Richard, as I'm sure all of those who knew him do. I miss editing a piece of work with him. I miss the mutual excitement we felt when discussing a future project over drinks at the Jericho Café and Tavern. I miss our warm friendship and his unconditional kindness. However, my lasting emotion towards Richard is not one of sorrow, but one of gratitude. Richard touched my life, as he touched the lives of many others, and I am grateful for the gift of time he shared with me.

Richard, thank you for everything you've given me.

Better Baked in Jericho

By Phyl Newbeck
 Special to the Mountain Gazette

Sarah Carroll loves to bake. She used to work for a caterer in southern Vermont but since last April she has been satisfying the hunger of others with cakes, pies, cookies, and breads baked in her Jericho home. "I come from a family of caterers and bakers," Carroll said. "My mom is an amazing cook and I've always had an interest in baking." When Carroll decided to branch out on her own, she went through the process of getting her kitchen certified and now has the opportunity to share her baking with others.

Carroll has two small children so she is keeping her business small. She sells her products at the Richmond Farmers' Market and the Jericho Center Country Store. She also does a lot of custom orders for people who have tried her products or found her through her website or Facebook page. When both her children begin elementary school in a few years, Carroll hopes to be able to expand and sell her products at other stores as well as the Jericho Farmers' Market since she is thoroughly enjoying her time in Richmond.

There is no limit on the kind of custom orders Carroll can produce, although she notes that cake decoration is not her area of expertise. She makes lots of pies and tortes for the holiday season and does a brisk business with birthday cakes. Last year she was hired to prepare a large batch of Christmas cookies for Champlain College. Carroll makes deliveries throughout Jericho, Essex, and Richmond, and is also willing to ship her products.

Although Carroll primarily makes cookies and brownies for the Jericho Center Country Store, her specialty is cheesecake. For the Richmond Farmers' Market, she makes miniature cheesecakes measuring four inches in diameter, which are very popular. She has recently begun to branch out into breads, as well. Carroll tries to keep her ingredients as local as possible, using Cabot butter and sour cream and King Arthur Flour; she has been using the latter for years, before ever living in Vermont. When possible she uses other local ingredients. At a recent farmers' market Carroll had a strawberry theme, with berries picked at Chamberlin's farm in Underhill.

Carroll's children serve as her taste-testers but she's not worried about their expanding waistlines. "I grew up with a caterer," she said. "There's always amazing food but nothing you can eat except for a small sample because it's for someone else."



With the funds in place and the go-ahead from the village, the CAC was free to prepare the silos for painting. Volunteers came together to clear the old growth from the silos and the Cambridge Volunteer Fire Department hosed off years of dirt and grime.

Two years from planning to completion, this project has stirred the community, created conversation, inspired volunteers, and will be enjoyed for many years.



Cambridge firefighters wash away years of grime.

PHOTOS BY MASON SAWYER

4-H NEWS

Turnout impressive for annual 4-H horse show

Nearly 100 competitors from 20 Vermont 4-H clubs participated in the annual Vermont 4-H Horse Show, held July 7-10 at the Addison County Fair and Field Days site in New Haven.

University of Vermont (UVM) Extension 4-H sponsored the event, which included a division for youths without horses. All participants took part in quiz bowl, judging, and general knowledge contests, while 4-H'ers with horses competed in the 4-H Division and also were evaluated in fitting and showmanship and 4-H project classes.

Winners of the Horseless Division were:

Junior (8-10): Champion – Emeillia Gomo; Reserve Champion – Britney Zager, Gill, MA

Junior (11-13): Champion – Grace Parks, Essex; Reserve Champion – Emma Cushman, Barre

Senior (14-18): Champion – Lexy Brooks, Whitehall, NY; Reserve Champion – TJ Beaumier, Fairfax

The 4-H Division winners were:

Beginner: Champion – Anna-Lisa Cooledge, Westford; Reserve

Champion – Megan Carson, Windham

Advanced Beginner: Champion – Jenna Dolloph, Chester; Reserve Champion – Emma Rubin, Jericho

Junior (13 and under): Champion – Eva Joly, Essex Junction; Reserve Champion – Faith Ploof, Essex Junction

Senior (14-18): Champion – Catherine Thrasher, Rupert; Reserve Champion – Shannon Watelet, North Chittenden. For winning the Senior 4-H Championship, Catherine received the Paul Quinn Memorial Award, which honors Quinn, a staunch supporter of the Vermont 4-H Horse Show for many years.

Holly Weglarz of Hartland was named the 4-H Showmanship Champion. The Reserve 4-H Showmanship Champion was Anna-Lisa Cooledge of Westford.

The 4-H'ers who won championships in the English riding classes (based on combined scores in equitation, trail, pleasure, and either road hack or hunter under saddle classes) were:

Beginner: Champion – Neika Haire, Hinesburg; Reserve Champion – Megan Carson, Windham

Advanced Beginner: Champion – Jenna Dolloph, Chester; Reserve Champion – Grace Trahnstrom, Mendon

Junior (13 and under): Champion – Anna Bower, Rutland; Reserve Champion – Madeleine Larson, Essex

Senior (14-18): Champion – Shannon Watelet, North Chittenden; Reserve Champion – Catherine Thrasher, Rupert

Top winners in the Western division (based on combined scores from equitation, trail, performance, and pleasure classes) were:

Beginner: Champion – Elizabeth Brown, Vernon; Reserve Champion – Kayli

Aldrich, Athens

Advanced Beginner: Champion – Lilia Kocsis, Vernon; Reserve Champion – Rylie Zager, Gill, MA

Junior (13 and under): Champion – Katie Haas, Rutland; Reserve Champion – Abbey Watelet, North Chittenden

Senior (14-18): Champion – Kylee Taylor, Athens; Reserve Champion – Lauren Hodsden, Bridport

Allison Tourville of Georgia won the dressage high point award.

Individuals earning top honors in gymkhana (speed pattern racing and timed games on horseback) were:

Beginner: Champion – Megan Carson, Windham; Reserve Champion – Vivienne Babbott, Hinesburg

Junior (13 and under): Champion – Garrette Shanks, Vernon; Reserve Champion – Jenna Dolloph, Chester

Senior (14-18): Champion – Cassidy Wyman, Cambridgeport; Reserve Champion – Arin Kenyon, Chester

Other awards given out at the show included:

Outstanding 4-H Member Award (for overall achievement in the UVM Extension 4-H horse program): David Gringeri, West Haven; Alexis Walker, Westford; and Holly Weglarz, Hartland. To be eligible to receive this award, individuals must participate in three New England 4-H Horse Shows at Eastern States Exposition in West Springfield, MA, and at Eastern National 4-H Horse Roundup in Kentucky three times.

Designated Hit Trophy (overall high points 4-H Champion): Catherine Thrasher, Rupert

Jim Wallace Memorial Pleasure Class Award (first-place winner in this class): Shannon Watelet, North Chittenden

Melissa Issler Alumni Equitation Class for 4-H alumni: Stephanie Wissel, Castleton

Marci Mac plaque (winner of the versatility class): Shannon Watelet, North Chittenden

4-H Club Award (club with the highest combined scores in general knowledge, judging, quiz bowl, fitting and showmanship, and 4-H project classes): Horsepower 4-H Club of Castleton.

To learn more about the UVM Extension 4-H Horse Program contact Wendy Sorrell, UVM Extension 4-H livestock educator, at 802-656-0648 or 800-571-0668 (toll-free).



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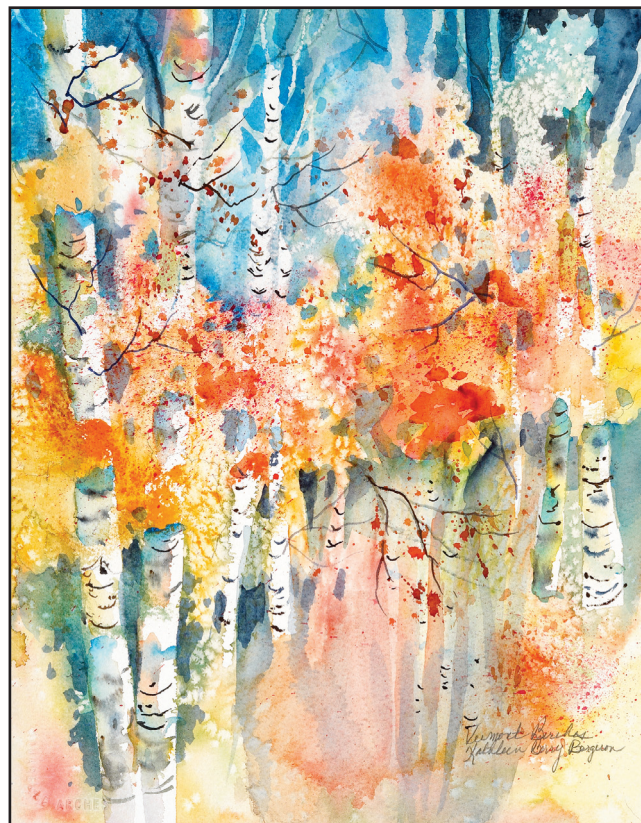
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Local students to attend college this fall

Alexander Cummings of Jericho, VT, a graduate of Mount Mansfield Union High School in Jericho, will begin studying this fall at Clarkson University, Potsdam, NY as a member of the class of 2020. He will major in mechanical engineering.

Christopher Pendris of Jeffersonville, VT, a graduate of Bellows Free Academy in Fairfax, VT, will begin studying this fall at Clarkson University, Potsdam, NY as a member of the class of 2020. He will major in engineering studies.

Shannon Springer of Jericho, VT attended the July summer orientation for Newberry College, Newberry, SC on Friday, July 22, 2016. Springer will enroll at Newberry College in fall 2016.

Always vote for principle, though you may vote alone, and you may cherish the sweetest reflection that your vote is never lost.

John Quincy Adams

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

VOTE IN THE PRIMARY AUGUST 9! OR GET YOUR ABSENTEE BALLOT AND VOTE EARLY!

A Lifelong Vermonter: My life has been shaped by my dedication to Vermont and the people who live here. I grew up in our green mountains and I have worked to build a career of public service here in Chittenden County.

A Commitment to Affordability: Our housing and affordability challenges in Chittenden County are real, immediate, and require action. I was appointed by the governor to serve on the Vermont Community Development Board, and I also serve on the Chittenden County Regional Planning Commission. As a state senator I would apply the expertise gained from this experience.

A Passion for Justice: I work as an attorney on behalf of low-income Vermonters, fighting the effects of poverty and on behalf of those seeking justice in difficult circumstances. I'm passionate about providing opportunities for us all to succeed. I'm honored to help people on a case by case basis, and I intend to use that knowledge to tackle the broad systemic challenges that burden many Vermonters.

A Dedicated Environmentalist: Climate change is a defining issue of our time. And the threats to Vermont's natural landscape are real—water quality degradation and sprawl are problems that demand action now.

Get in touch:

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Steve is highly energetic and committed to advancing the interests of all Richmond residents.

—Fran Pomerantz
Old Farm Road

Steve listens and is really interested in other people's perspectives, ideas and concerns.

—Cameron Thomas
Hillview Road



Steve cares deeply about public service and the direction taken by Richmond locally and by Vermont as a whole. His approach of humble service will serve Richmond and Vermont well.

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COMMUNITY COLUMNS

Best part of the pie

By Sue Kusserow

Special to the Mountain Gazette

My introduction to pie dough was watching my Mom bracing an old bowl into the crook of her arm, pouring in water and adding white lard from a square carton. She didn't measure; didn't even look, turning on the oven with the other hand, dragging out the flour canister, listening to the radio. She sprinkled flour onto the floating islands of lard in the bowl. Somehow without my being aware, she must have gotten salt in there somewhere, with a scattering of sugar. Next it was my job to take the barely-shaped dough and fit it into a pie plate. Flavorwise, it was not an outstanding crust, but what impressed me, standing with my nose barely surfacing above the counter, was how simple it was. It then took me about 50 plus years to come even close to it!

My first written pie recipe came from Julie Nichols, an assistant in my husband's medical research lab. Julie could bake the proverbial cherry pie, and any other kind, "quick as a cat can blink its eye..." and she still whisks them out of the oven as good as ever. Now, after years of being on my own, you would think I might have added some variations... at least some magical secret ingredient or wave of a hand just as the Granny Smith apples are sliced, etc. But no, here it is... thanks to Julie... in all its deceiving simplicity:

4 cups of flour

Cut in: 1 1/4 cup of butter-flavored Crisco

1 T salt

When the fat particles are the size of peas, beat and add a mix of: 1 egg, 1 T of cider vinegar, and enough water to bring the level to an ample 2 cups.

1T sugar

There you have it. Seems simple, doesn't it. Variations have worked their way in, from experimental to universal over the years, but the caveat *don't mess with a good thing* still holds.

In an unprecedented and painful fit of sorting... anything small enough to hold... I came upon three recipes in one of those inventive little pockets that cookbooks have to hide those clippings that you will try "some day." I found a hand-written cookie recipe on the back of an order for Vitamin D from my child health nurse partner when we first worked in the New Haven, Connecticut slum areas. And there is a delightful idea for carrots, which may still come in handy when the fall overload comes in. Of course, I did

not keep any recipes for oversize zucchini, since this is a cookbook, not a *Booke of Magick Spelles*. But I did find three recipes for pie crust, which I will share.

The title of this essay is taken from an article by Corby Kummer in the July 1985 *Atlantic*. He was an associate editor of the magazine, and every month, if the readers were lucky, we would be informed of the painstaking steps behind each scientific marvel, and also of the many delicious tastings along this culinary road. He knew the experts in each field, and drew on their ideas to write his articles. They were rather lengthy for a food article, but after carefully reading the seven columns in this treatise, you were convinced that he researched and substantiated every sentence... both as the spoken word and as the word of mouth. (Not a bad idea for those who like cooking articles, to look up his name...) His basic recipe is the same as Julie's, with each step explained and foot-noted. "If you have been using a food processor, go back to a pastry blender, the kind with parallel blades, rather than four wires. You want to cut the fat, not mash it. The pieces should range in size from tiny BB shot-like pellets to lumps as big as the eraser on a new pencil." I remember that after reading the articles, I felt I should take an exam to see if I could continue my subscription to *Atlantic*.

The next little gem in my pocket cookbook is an article from *Cook's Illustrated* of July-August 2008, which describes a blueberry pie using an apple as part of the thickening for the berries. This one uses a combination of butter and shortening for the pie dough. It also calls for "1/4 cup of cold vodka... (see note)." I couldn't find the note, so the use of vodka is left unexplained. Any ideas? But the pie dough is the same basic recipe.

My last clipping is in beautiful Technicolor, with numerous photos of how to roll out a pie crust. The recipe repeats the above mixture of butter and shortening, and adds "2 T of tapioca to be sprinkled on the bottom crust." This I have not tried, but I presume it is used to ensure a thoroughly-baked crust. Corby Kummer would have you bake the bottom crust separately, "whether the recipe calls for that or not. They always taste better."

We all have our own variations, our secrets, which are probably well-known to many bakers and not so personalized after all. And just when we think competence and practice can no longer be threatened by carelessness: The last pie I baked was probably one of the worst of my career; just when I thought I could rest on my laurels... or strawberries... or rhubarb... or lemon meringue.

Ooh, meringues: well, that's another story!

COMING EVENTS

Thursday, August 4

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

Saturday, August 6

Underhill Historical Society Flea Market and Silent Auction, 9:00 AM - 4:00 PM, Moore Park, across from the Town Hall on Pleasant Valley Rd., Underhill Center. Vendor spaces for the flea market are \$25; contact Essie Howe, 899-3146 or eehowe@earthlink.net. Donations for the silent auction can be made by contacting Scott Tower, 899-2983 or scotthtower@hotmail.com. New items or services from local merchants, artisans, or individuals are appreciated.

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

Whole Book Approach Storytime, 1:00 PM, Phoenix Books Essex, 21 Essex Way, Essex. Calling all botanists, gardeners, and nature lovers! 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. Free. 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!

We'll hold storytime just about every week. Want to double check on a particular date? Call us at 802-872-7111.

Tuesday, August 9

Discovery Time in the Nestlings Nook, 10:30 - 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Theme: Bird Bodies. Discover birds through stories and investigative play. Books, crafts, music, nature walks, and more. Free with admission; donations welcome. 802-434-2167 or museum@birdsofvermont.org.

Wednesday, August 10

Cambridge Historical Society BBQ Chicken Dinner, dinner 5:30 PM, program *Pumpkin Harbor* 7:00 PM, Cambridge Christian Fellowship Church, 154 North Main St., Cambridge Village. A Civil War Days favorite will be offered summer style. Tickets are \$10 and include 1/2 BBQ chicken, two sides, drink, and dessert. All proceeds benefit the Cambridge Historical Society. Best to pre-purchase tickets; only a limited number of walk-ins can be accommodated. Tickets available at Cambridge Village Market and Hanley's General Store, from any Cambridge Historical Society director or officer, or online at <https://squareup.com/market/cambridgehistoricalsociety/bbq-chicken-dinner-ticket>.

Saturday, August 13

Blueberries for Sal Storytime, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy your Saturday morning

Coming events continued on page 4

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To nap or not to nap?

By Lewis First, MD

Chief of Pediatrics at UVMChildren's Hospital

Recently I found parents awakening me from my mid-day nap by asking me if it's okay that their toddler no longer wants to nap. I don't want anyone dozing off on this topic, so let me provide some information on toddlers and napping.

First, naps can be quite beneficial. They focus a child's energy away from active play and more into time for growth. In addition, naps also provide a predictable break in the schedule for parents and caregivers to take care of chores - or just unwind.

While most infants from six months to about a year of age will take at least two naps a day, a toddler or preschooler is more apt to take one in the early afternoon and for no more than two hours. Also, I don't recommend naps past 3:00 or 4:00 PM, if you want your toddler to go to sleep at a reasonable time at night. Most children give up naps between ages four and five, only to wish for them again as adults.

On the other hand, there are some children who want the naps to end by age three, a few even by age two. Why? The main reason is that toddlers and preschoolers are so interested in what's going on around them they feel that by napping, they may miss out on something. Saying no to the nap is also a way for your toddler to exert their ever-growing independence and control of a situation.

So what do I suggest about naps? If there is no quiet-down routine in the middle of their day, your child will not want to nap. Reward your child for doing something quiet even if they don't want to sleep, such as looking at books while they rest. This will still enable them to use some energy for growing rather than just playing.

If there is no change for the worse in your child's behavior after they stop napping, particularly in the late afternoon hours, then it's okay to forgo the afternoon nap. It's very possible that you will be the one who takes the toll, given this was your mid-afternoon moment of relaxation - and it will now disappear.

Hopefully tips like this will not have you lying awake at night, or during the day, when it comes to figuring out whether or not your child really needs that mid-afternoon nap.

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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HEALTH INFORMATION

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

AARP Smart Driver Course, Tuesday, August 23, 4:00 – 9:00 PM, Northwestern Medical Center, Green Mountain Room, St. Albans. This four-hour refresher course is open to all drivers 50 years and older. The curriculum addresses the normal physical changes brought on by the aging process, how these changes can affect driving ability and then offers ways to compensate for those changes. The course also addresses changes in vehicles, regulations and roads. Participants will also learn how to interact with other road users, including truckers, bikers, pedestrians and distracted drivers. Preregistration required; call AARP instructor Doug Masson, 802-644-8310. Fee \$15 for AARP members, \$20 non-members.

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 Freedom, AFAA. NMC Wellness & Fitness Room. Pre-registration required; contact Stephanie, 802-288-1141 or stephanie.freedom@gmail.com to register or for more information. Free to Northwestern OB/GYN patients.

Saturday Childbirth Education Workshop, August 6, 8:30 AM – 4:30 PM, Franklin County Home Health, 3 Home Health Circle, St. Albans. Join other expectant parents in a day-long Saturday Workshop to prepare for the birth and care of your baby. You will learn about labor, birth, medications in labor, and relaxation and breathing techniques. You can also enroll in an optional breastfeeding class held on the Monday evening following your workshop. Fee \$90; pre-registration required, 527-7531.

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

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

Start the Conversation – End of Life Planning. We plan for all life's milestones – marriage, birth, retirement. But few of us have plans in place for our end of life. Planning for end-of-life starts with understanding your care options, including hospice and palliative care options. An advance directive can provide this information for your family and physician. Start this conversation with your family before you are in a health crisis. Information and materials to help facilitate your conversation are available on a new website for the Start the Conversation statewide initiative, www.starttheconversationvt.org. You can also call Franklin County Home Health Agency to learn more about your hospice and palliative care options, 802-527-7531, or visit our website www.fchha.org.

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

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 – Are you, or someone you know living with a chronic health condition? Then the Healthier Living 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. If you are interested, call 524-8831 or 524-1031. Mondays, August 8-September 12, 1:30 – 4:00 PM, Northwestern Georgia Health Center; and Tuesdays, August 9-September 13, 9:00 – 11:30 AM, Northwest Counseling and Support Services. Each session is 2½ hours once a week, for six weeks.

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.

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

Baby Bumps Support Group for Mothers and Pregnant Women – Pregnancy can be a wonderful time of your life. But it can also be a time of stress that is often compounded by hormonal swings. If you are a pregnant woman, or have recently given birth and feel you need some help with managing the emotional bumps in the road that can come with motherhood, please come to this free support group led by an experienced pediatric registered nurse. This group is for both pregnant women and mothers. Second and fourth Tuesdays of the month from, 5:30 – 6:30 PM, Birthing Center, Northwestern Medical Center, St. Albans. For more information, contact 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.

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 Tuesday, August 30, 12:00 – 1:30 PM at the VT Dept. of Health, St. Albans District Office, Federal St., 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!

Free Monthly Events in Franklin and Grand Isle Counties for Pregnant and Breastfeeding Women: 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 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.

YMCA Diabetes Prevention Program helps adults at high risk of developing type 2 diabetes reduce their risk for developing the disease by taking steps that will improve their overall health and wellbeing. The program runs 12:00 – 1:00 PM beginning Wednesday, August 10 and then weekly for 16 weeks; monthly the remainder of the year, at Northwestern Medical Center. Call Debbie, 524-1031, for any questions or to register.

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

Sugar blues

By Mary H. Kintner, D.C., R.N.
Chiropractor and Registered Nurse

The average Italian uses about 15 pounds of sugar annually. The average American adult uses about 150 pounds of sugar per year (43 teaspoons a day!) while the average American teenager uses almost 300 pounds annually! These empty calories take the place of nutritionally dense foods, contributing to weight gain while the consumer is nutritionally starving. High blood pressure, tooth decay, mood swings, gastrointestinal problems, osteoporosis, even cancer are other conditions associated with simple sugar consumption. Artificial sweeteners were developed in an effort to satisfy our sweet tooth without the health effects associated with simple sugars such as granulated sugar and high fructose corn syrup.

Saccharine was the first artificial sweetener. It was developed from pine tar. It contains a benzene ring – benzene was the first known carcinogen. Saccharine was removed from food when an association with bladder cancer was discovered. It is now on the market again and is marketed as Sweet and Lo.

Aspartame, marketed as Nutrasweet and Equal are responsible for 75% of adverse food reactions. Reactions include headache, mood swings, dizziness, panic attacks, numbness, muscle spasms, rapid heart rate, nausea, loss of taste, ringing in the ears, memory loss, immune suppression. Seizures, hallucinations, brain tumors, and death have been associated with its use. People with the rare but serious hereditary disease PKU must avoid this substitute because they are at risk for the most severe reactions.

More recently Splenda was introduced. It was discovered while researching a pesticide. One source stated that Splenda is more closely related to DDT than food! Symptoms associated with the use of Splenda include skin rashes and flushing, diarrhea, muscle aches, headaches, abdominal cramping, and male infertility. Splenda's safety record is unclear. In rodent studies an immune system gland, the thymus, shrank and there was an enlargement of the kidneys.

Several alcohol-related sugars are available: sorbitol, xylitol, malitol, and mannitol. While blood sugar levels do not increase when these are consumed and they have half the calories of sugar, symptoms such as irritable bowel syndrome, gas, bloating, and a laxative effect have been reported with their use.

Stevia was developed in the 1918 and has few side effects. The sugar industry blocked its development. If a sugar alternative is necessary, Stevia would be the one I would recommend.

On the other hand, it would be best to realign our taste buds and enjoy the natural sweetness in food. By consuming more fruits and vegetables we can satisfy our sweet tooth and provide a source of fiber, vitamins, and minerals. Most of us do not get the recommended amount of fruits and vegetables from our diet – so rather than reach for a simple sugar or an artificial one, why not eat real food?

COLLEGE GRADUATES

Hillary Brintle of Jeffersonville, VT has graduated from the Rochester Institute of Technology, Rochester, NY with a BS in Applied Arts from the School of Individualized Study.

Hailey Burkhard of Underhill, VT has graduated from the Rochester Institute of Technology, Rochester, NY with a BS in Mechanical Engineering from the Kate Gleason College of Engineering.

Nicholas Pittman of Jericho, VT graduated in May 2016 from Ithaca College, Ithaca, NY with a degree from the School of Humanities and Sciences, in Computer Science.

Richard St. Amand of Jericho, VT graduated from the University of Vermont, Burlington, VT with a Bachelor of Science in Forestry.

Carly Taylor of Waterbury, VT graduated from the University of Vermont, Burlington, VT with a Bachelor of Science in Ecological Agriculture.

Kelsey Townson of Jericho, VT graduated from Becker College, Worcester, MA on Saturday, May 14, 2016.

Hannah Woodruff of Waterbury, VT graduated Magna Cum Laude from the University of Vermont, Burlington, VT with a Bachelor of Science in Neuroscience.

Coming Events continued from page 3

with City Market and Phoenix Books, and join us for a reading of the children's book *Blueberries for Sal* by Robert McCloskey. After we read the story together, we will have a blueberry activity!

FAMILY PRACTICE ASSOCIATES

will be closed for renovations
from August 13 thru August 28.

There will be one provider available
for URGENT CARE ONLY.

Please call as soon as possible for prescription
refills and/or follow up appointments.

Family Practice Associates
can be reached at 644-5114.

CHIROPRACTIC CARE

- Gentle Head to Toe Care
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Kintner Chiropractic Center



397 VT Route 15, Jericho
P.O. Box 63
Underhill, VT 05489

Phone (802) 899-5400
Fax (802) 899-5497

Email:

DrMaryDC@comcast.net
www.JerichoChiro.com



Dr. Mary H. Kintner

Free and open to all ages. Information: www.phoenixbooks.biz or 448-3350.

Saturday-Sunday, August 13-14

Lucky 13! KidSafe Yard Sale, Saturday 8:00 AM – 4:00 PM, Sunday 10:00 AM – 12:00 PM, Robert E. Miller Centre, Champlain Valley Expo, Essex Junction. Proceeds support KidSafe's efforts to prevent and address child abuse and neglect in Vermont. Over 125 tables of items no longer needed by donors: household essentials, children's clothing, books, vintage and collectible items, tools, furniture, and more. Donations accepted (drop offs) at the Champlain Valley Expo: Tuesday, August 9, 3:00 – 7:00 PM; Wednesday, August 10, 8:00 AM – 7:00 PM; Thursday, August 11, 8:00 AM – 7:00 PM; Friday, August 12, 8:00 – 10:00 AM only! All items are accepted at KidSafe's discretion; donations are tax-deductible. Admission: suggested donation, \$1. Kids free; each child receives a book. For more information, www.kidsafevt.org.

Monday, August 15

Retrospective of Early American Decoration, 18th and 19th Century, 6:30 PM, Red Brick Meeting House, Westford. Roots of early Americana art forms dominant in this country 200 years ago will be shared with examples of the various styles recaptured by HSEAD artist Parma Jewett, Master Craftsman, Historical Society of Early American Decoration. Sponsored by the Westford Historical Society. Refreshments served. For information, contact Marjorie Hamrell, 879-4028.

Thursday, August 18

Hot Dish Supper, servings at 5:00 and 6:00 PM, Binghamville United Methodist Church, Fletcher. Adults \$10, children under \$12, \$5. Families welcome. Menu includes a variety of hot dishes, hash, baked beans, salads, rolls, pickles, and pie. To reserve tickets, call 849-2120.

Open House: A Spirited Evening of Entertainment, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Come in out of the heat, and join us for a spirited evening of entertainment! The event will feature tastings and cocktails by Appalachian Gap Distillery, a PinBox 3000 Arcade, and adult coloring activities. Phoenix Books will provide coloring templates and tools, but attendees are also welcome to bring their own coloring supplies. Free admission to event. Cash bar for adults aged 21 or older only; please be sure to bring an acceptable photo ID. Information: www.phoenixbooks.biz or 448-3350.

Saturday, August 20

Craft Fair /Flea Market, 9:00 AM – 3:00 PM, Hinesburg Fire Department, Hinesburg. Sponsored by Life's Helpers Inc. Still looking for a few vendors; if interested, call Penny, 434-6053.

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY, UNDERHILL

Deborah Rawson Book Lovers (DRBL) – Tuesday, August 9, 7:00 PM. This adult book discussion group meets monthly at the library. This month’s selection is *The Princess Bride* by William Goldman. New members are always welcome to drop in on any meeting, which is always the second Tuesday of the month at 7:00 PM. For more information, contact *Christine@cstaffa.com*.

Mah Jongg! at DRML – Monday, August 15 at 1:30 PM and since this month has five Mondays, we will also play on the evening of Monday, August 29 at 6:30 PM. (It will help us make it through the Labor Day miss!) Join us as we explore the ancient Chinese tile game of winds, dragons and number tiles.

Ukulele Classes – Come join local musician Dwayne Doner for a beginner ukulele class for ages 8 and up. Classes are free and open to the public, however pre-registration is required. Classes will be Saturdays, August 6 and 20, 10:30 – 11:30 AM. Don’t have a ukulele? No problem! We have a dozen to loan for class. Come *tiptoe through the tulips* with us this weekend! Please call 899-4962 to reserve your spot.

Friday Teen Night – Magic: The Gathering. Friday, August 12, 6:30 – 8:30 PM. Grades 6+. The Glory, Knowledge and Conquest is yours! Grab your deck and a friend and head on over to DRML for Magic: The Gathering!

I WANNA ROCK!!! Do you have a teen who wants to rock this summer? DRML will be hosting a Youth Rock Jam on Sunday, August 14, from 3:00 – 5:00 PM. Musician Dwayne Doner will be on hand to help facilitate. Please bring your own instrument and amplification. Please call or email with any questions: *busyfeet4kids@gmail.com* or 899-2644.

Catch that Bus! Special Story Hour: Thursday, August 18, 10:00 AM. School bus driver Cindy Raymond will be parked next to the library where you’ll be able to board the bus, take a seat, and listen to some stories, and sing an especially well-known song! No registration required.

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

JERICHO TOWN LIBRARY

Community Programs and Events

Open Mic Night: First Thursday of the month, 6:30 – 8:30 PM. An evening of local talent featuring live music, poetry, and storytelling. All ages and all talent levels welcome! Reserve your spot in advance: *jerichoopenmic@gmail.com*.

Italian Conversation Group: First and third Tuesdays of the month, 6:00 – 7:00 PM. Join native Italian speaker Franco Gotti for an informal Italian conversation group. All levels welcome.

Books & Brews Book Club: Monday, August 15. This month’s discussion will be about the book *When the Sacred Ginmill Closes* by Lawrence Block. Group members meet at a mutually agreeable location including members’ homes and local pubs. Please contact the library for more information.

Youth Programming

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

All library programs are free and open to the public.

Library Services

Interlibrary Loan will not be available until

Monday, August 15. We will be happy to help you after the 15th! Thank you for understanding.

News from the JTL Board of Directors

The next meeting of the board of directors will be Monday, September 12 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.

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

Tuesday August 9 from 7:00 – 8:30 PM: *Poetry People*. Celebrate poetry. Bring poems, yours or an original; free verse or metered, set to music if you wish; or just come and listen. Light refreshments served.

Saturday August 13 at 4:00 PM: Tango Demonstration! The Stowe Tango Music Festival is bringing an outreach program to the Varnum. Please join us for Tango and light refreshments continuing the fun in Jeffersonville following the Festival of the Arts!

Monday August 22 at 7:00 PM: *Varnum Reads*. The library’s premier adult book club that exclusively reads young adult literature. For the month of August, we are reading *13 Little Blue Envelopes*. A novel with travel mystery, it is well written and hard to put down. All adults are welcome to join us.

Wednesday August 24 from 7:00 – 8:30 PM: Varnum Memorial Library Writing Group, led by Kathy Quimby Johnson. Please bring four copies of not more than four pages. Double-spaced, please, to make it easy to read and mark.

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 enthusiasm.

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, WESTFORD

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 Vermont*.

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

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

Summer hours run until school starts: Monday-Wednesday-Friday 10:00 AM – 5:30 PM, Tuesday-Thursday 9:00 AM – 8:00 PM, Saturday 9:00 AM – 1:00 PM.

School year hours begin Tuesday, August 30: 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.

You can take advantage of our Attraction Passes for free or reduced entry. Passes may be reserved up to a week in advance and must be returned on the same day as they are taken out. Here is the list of what we offer you:

- Birds of Vermont: Free admission for one family (immediate family only). Seasonal.
- Echo Leahy Center: Admits up to two adults and three youths with a co-pay of \$4 each (*www.echovermont.org*). Year round.
- Lake Champlain Maritime Museum: Allows one family free entrance (*www.lcmm.org*). Seasonal.
- Shelburne Farms: Free admission for one family to the walking trails and children’s farmyard (*www.shelburnefarms.org*). Seasonal.
- Shelburne Museum: Free entry for two adults and accompanying children under 18 (*www.shelburnemuseum.org*). Year round.

• Vermont Historic Sites: Free entry for one family or groups of up to eight people (*http://historicsites.vermont.gov*). Seasonal.

• Vermont’s History Museum: Free family admission (*www.vermonthistory.org*). Year round.

• Vermont State Parks: Free entry into state park day areas for up to eight people in one vehicle (10:00 AM – sunset). (*www.vistateparks.com*). Seasonal.

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

Tuesday, August 2, 9:30 – 10:30 AM: Preschool Story Hour: My Body. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for story hour.

Tuesdays, August 2, 9, 16, and 23, 5:00 – 8:00 PM: Gaming Club. Ages 10+ play tabletop board and card games at this weekly event.

Thursday, August 4, 11:00 AM – 12:30 PM: Summer Reading Finale with Modern Times Theater. Join us for this modern take on a Punch and Judy show where children help Punch make good choices about his health. Following the show will be our grand prize drawings and cake!

Wednesday, August 10, 3:00 – 4:00 PM: Summer Science: Gears. Kids 8+ will create a cardboard automata that uses gears to animate a 3D picture. Must register.

Saturday, August 13, 10:00 – 11:00 AM: Resumé Writing. Join our very own Lara Bessette as she leads this informative workshop on how to write a resumé for the modern age. Please register.

Tuesday, August 16, 10:00 – 11:30 AM: Fairies in the Library. Kids 3-9 will enjoy fairy themed stories, crafts, games and snacks. Must register.

Thursday, August 18, 6:00 – 8:00 PM: Harry Potter Party. Celebrate all things Harry Potter as the library transforms into Hogwarts for the night. Activities, trivia, snacks and more. Please RSVP so we know how much food to provide. (The new book *Harry Potter and the Cursed Child* will be available August 1, add your name to the wait list.)

Tuesday, August 23, 7:00 – 8:00 PM: “Know Your Neighbor” Speed Networking and Dessert Potluck. Do you love to garden? Looking for a job or new clients? New to town and just want

Library News continued on page 6

LETTERS TO THE EDITOR

Endorses Sirotkin

To the Editor,

When Michael Sirotkin entered the Senate in 2014, he was already well known and highly respected by lawmakers as a trusted and effective consumer advocate for many socially responsible causes. He had a well-deserved reputation for taking on the big named special interests such as tobacco, drug manufacturers and insurance companies – and winning. I had the privilege of seeing Michael’s tenacity in much of the health care debate as he represented the senior citizens of Vermont. He never ceased reminding us of the fact that the elderly had many health care needs beyond what Medicare covered. He was highly involved in establishing the country’s first state office of health care advocate, to represent the interests of Vermont patients and purchasers of health insurance. He has been a leader on the passage of many of Vermont’s nation leading tobacco prevention and cessation laws.

It’s really a pleasure to see Senator Sirotkin put his energy and decades of Statehouse experience to work for the citizens of Chittenden County. He is one of the few Senators who regularly attends the Working Vermonters Caucus in the State House, supporting the working men and women of Vermont. It is also admirable to see how he works to stay connected with his constituents and tirelessly represent their interests in Montpelier.

Please join me join me in voting for Senator Michael Sirotkin in the August 9 Chittenden

County Democratic primary election for the Vermont Senate.

**Representative George Till, M.D.
Chittenden 3, Jericho / Underhill**

Vote for David Scherr

To the Editor,

I am writing about why I am going to vote for David Scherr in the Democratic State Primary on August 9. David is a lifelong Vermonter who combines intelligence, hard work, and experience with a deep commitment to Vermont and a fresh perspective. In his work as an attorney on behalf of low-income Vermonters, David fights for justice on behalf of the most vulnerable, and understands the devastating toll the cycle of poverty has on all too many Vermonters.

Knowing David Scherr personally, I can attest to his collaborative and compassionate style. He has the skills to bring people together to tackle the challenges facing Chittenden County and Vermont. David will focus on creating more affordable housing, double down on efforts to combat the opiate epidemic, fight for social justice reforms, and ensure Vermont is a leader in the battle against climate change.

David Scherr has the real world experience we need to address some of the biggest problems facing our state. On August 9, I hope Democrats in Chittenden County will join me in supporting David Scherr for State Senate.

**Tom Cheney
Jericho**

[CUSTOMIZED TOTAL KNEE REPLACEMENTS]

30 days after my knee surgery, I was doing a century bike ride!

SUZANNE SZERMER, WARREN

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

Suzanne does 8-10 century bike rides a year, and she swims and hikes. When her knee pain became unbearable, she called Mansfield Orthopaedics. Two weeks after undergoing custom total knee replacement, Suzanne was walking 3 miles a day. Thirty days post-surgery, she did a Seacoast Century Bike Ride.

“The surgery changed my life. The total joint class before surgery really prepared me for what to expect, Dr. Huber was wonderful, and my care at Copley was excellent.”

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

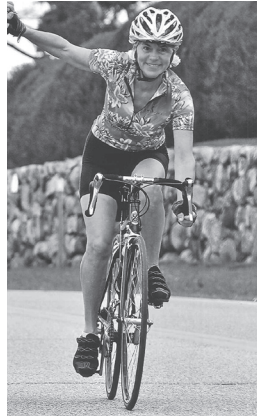
To make an appointment with a Mansfield Orthopaedic Specialist at Copley Hospital, call **802.888.8405**

COPLEY HOSPITAL

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Library news continued from page 5

to meet some neighbors? We all have unique gifts and interests, so come down to the library for a fun hour of getting to know your neighbors while snacking on some tasty treats. (For the potluck, please no nuts/nut products).

Thursday, August 25, 5:00 – 7:00 PM: Spy Night. Kids 6+ come to the library for an evening of spy training for a top secret assignment. Create a disguise, use secret codes, complete a mission to save the world.

Saturday, August 27, 10:00 – 11:00 AM: Henna. Learn how to use henna to create temporary designs on the skin. Come with a friend and make a design on each other. Must pre-register. Under age 18 must also have a parent's written permission, as these last up to two weeks.

School hours begin Tuesday, August 30: 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.

Summer Hours: MWF 10:00 AM – 5:30 PM, TuTh 9:00 AM – 8:00 PM, Sat 9:00 AM – 1:00 PM. Phone: 802-849-2420.

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. (Except Thursday, August 11: Spanish Music with Constanca Gomez.) 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. August 2: Firefighter Story Time; August 9: Yoga Story Time with Danielle Brown; August 16: Read with a Police Officer. All ages. No pre-registration.

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

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

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

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

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

Programs for Adults

Shape and Share Life Stories: Monday, August 1, 12:30 – 2:30

PM. Learn to craft stories from life experiences. Led by Recille Hamrell.

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

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

Brown Bag Book Club: Friday, August 19, 12:30 - 1:30 PM. Meet others who love to discuss books. This month we will discuss *The Burgess Boys* by Elizabeth Strout. Books available at the front desk. Beverages and dessert provided.

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

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

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

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

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

BROWNELL MEMORIAL LIBRARY, ESSEX JCT.

Library Closed Saturdays until September 10.

Summer Reading Programs are in full swing! Pick up your Reading Records! We'll count until school starts! For Kids: "ON YOUR MARK, GET SET, READ!" For Teens: "GET IN THE GAME, READ!" Register at www.brownelllibrary.org. Call 878-6956 for more details. Parents, ask at the Youth Desk for the special Champlain Valley Exposition Summer Reading Incentive.

Adopt a Beanie Pet – Want a cool pet of your own? Adopt one of our cute critters for a week. Keep a daily journal to share with us. Available until school starts. Sign up at Youth Desk. For all ages.

Through Friday, August 31 – Sports Ball Candy Count. Estimate the number of Chocolate Sports Balls in a big jar at the Youth Desk. Closest guess wins them!

Tuesdays, August 2 and 9, 1:00 – 2:00 PM – Summer Chess Club. Join Teen Chess Lovers from our library for an hour of play. We provide chess sets and you provide strategy. All ages. (8 and under, please bring an adult.)

Tuesday, August 2, 2:00 – 3:30 PM – Page to Stage: *The Day the Crayons Came Home*. Take a book from page to stage! Kids read the story, learn a script, rehearse, and perform for an audience. Family and friends return at 3:15 PM to watch the show! For kids entering grades 1-5. Please register.

Thursdays, August 3, 10, 17, 24, and 31, 12:00 and 1:00 PM – Tech Help with Clif. Offering one-on-one technology help. Bring in your new gadget or gizmo and Clif will sit with you to help you learn its ways! Reservation required. Please call 878-6955 at least 24 hours in advance.

Thursday, August 3, 2:00 – 3:00 PM – Reading Buddies. Kids read for an hour with Teen Mentors. Bring a favorite book or choose one here. Every Wednesday from August 6 to August 10. It's OK to miss a session. For kids entering K-5. Please register.

Thursday, August 3, 6:00 – 9:00 PM. From Book to Movie: *Soul Surfer*. Bethany Hamilton's fight to get back on the board after losing an arm to a shark. Ms. Classen from ADL joins Mary K. to offer a "book to movie" series. Brief book discussion at 6:00 PM, then watch the movie with other community members from 6:30 – 8:30 PM. Compare the book to the movie over snacks afterward. For grades 6 up.

Thursdays, August 4, 11, 3:00 – 4:00 PM – Young Athletes. Special Olympics Young Athletes Program introduces children to the world of sports prior to Special Olympics eligibility at age 8. The Young Athletes Program is a unified sports program, for children with and without intellectual disabilities. Parent must accompany child. For ages 2-7.

Fridays, August 5, 12, and 26, 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 to 5.

Friday, August 5, 3:00 – 4:00 PM – Fitness Friday Jeopardy. Danielle will present Fitness Jeopardy for students ages 9-13.

Friday, August 5, 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.

Sunday, August 7, 3:00 – 5:00 PM – Reception for Kolvoord Community Room artists Linda and Dean Moran. *The Art of Marbling Fabric* opens for the month of August in our Community Room. Burlington native Dean Moran and his wife Linda will soften the walls of our Community Room with close to two dozen works of hand-marbled fabrics that have invented themselves as art for the walls. Using a centuries-old process to marble fabric instead of paper, the two then use needle and thread to create figurative and abstract textiles. They sell fabric internationally and have exhibited their fiber art in gallery shows across the country. Join them for an opening reception in the community room.

Mondays, August 8, 22, and 29, 12:00 and 1:00 PM – Tech Help with Clif. Offering one-on-one technology help. Bring in your new gadget or gizmo and Clif will sit with you to help you learn its ways! Reservation required. Please call 878-6955 at least 24 hours in advance.

Monday, August 8-Friday, August 19 – Summer Olympic Screening in Kolvoord Community Room. When the Kolvoord Community Room is not in use for other regularly scheduled programs, we will be screening Olympic sports events on our new big screen!

Monday, August 8, 11:30 AM – 1:30 PM - Teens Raid the Garden and Prepare a Meal with Seniors. Harvest fresh produce and cook a gourmet vegetarian lunch with Seniors. Grades 6 and up.

Library News continued on page 7

LAWRENCE

FOR

VERMONT HOUSE

Short course on Lake Champlain's aquatic ecology August 29-30

A free short course on Lake Champlain's aquatic ecology will be offered Monday-Tuesday, August 29-30 at the Crown Point Historic Site in Crown Point, NY. The class will run from 6:00 – 8:30 PM the first evening, and 5:30 – 9:00 PM the next night at the site's museum theater. Participants may attend either or both sessions. A light supper will be served.

The event is sponsored by the Lake Champlain Sea Grant (LCSG) Program, University of Vermont Extension and the Rubenstein School of Environment and Natural Resources and the State University of New York-Plattsburgh. Space is limited, so preregistration is requested by Thursday, August 25.

To register, go to www.uvm.edu/seagrant/fisheries-leadership-institute. To request a disability-related accommodation to participate, please contact Kris Stepenuck, 802-656-8504, or Mark Malchoff, 518-564-3037, by Friday, August 12.

In the first session, experts from the sponsoring organizations will share their knowledge about lakes, including a broad overview of the fish, macroinvertebrate, and plankton communities residing in Lake Champlain, to help participants better understand how the lake's structure impacts what lives there and the flow of energy through the lake ecosystem. They also will discuss the interaction between lake health and human activities.

The fisheries of Lake Champlain will be covered on the second night, including the history and management, biology, and ecology of common game and non-game species, and threats to economically important fisheries. In addition, participants will learn about sea lamprey management, catch and release guidelines, and the latest on new aquatic invasive species arrivals, including what to watch for and how to prevent further spread.

The course is part of a LCSG effort to increase public awareness of issues facing Lake Champlain including climate-driven disturbances to Lake Champlain Basin aquatic ecosystems. It is open to everyone although may be of particular interest to sport fishing industry-related businesses, tourism organizations, and elected officials.

Underhill Historical Society to hold Flea Market August 6

The Underhill Historical Society is sponsoring its annual Flea Market and Silent Auction on Saturday, August 6. The event will be held at Moore Park in Underhill Center, across from the Underhill Town Hall on Pleasant Valley Rd., between 9:00 AM – 4:00 PM. In case of rain we will move across the street to the Town Hall.

Spaces in the Flea Market can be purchased for \$25 by contacting Essie Howe, 899-3146 or eehowern@aol.com. Donations to the Silent Auction can be made by contacting Scott Tower, 899-2983 or scotthtower@hotmail.com.

Thus far donations have included a 1959 Sailing Ship print from the Emile A. Gruppe Gallery; gift certificates from Chittenden Mills Beverage, Creative Landscaping, and Mount Mansfield Animal Hospital; books, paintings, and photos from local artists; tools; and a whole-room Vornado heater.

Library news continued from page 6

Monday, August 8, 6:30 - 7:30 PM – Kindergarten Story Time. A story time for students entering Kindergarten this fall. Come and meet new friends and listen to stories about going to school. Sponsored by Building Bright Futures.

Tuesday, August 9, 10:00 AM – 12:00 PM – Olympic Wii Sports. Sample a variety of Olympic Sports on our Wii Console. For all ages.

Thursday, August 10, 2:00 – 3:15 PM at A.D. Lawton School – Our Final Summer Reading Party. No Strings Marionette Company performs *Wasabi, a Dragon's Tale*. Kids get an achievement certificate and a free book after the puppet show. Register at Youth Desk starting August 1. This party is for all kids who have shown

Learn basics of composting through master composter course

A four-week online course, available through the University of Vermont (UVM) Extension Master Gardener program, will be offered this fall on the basics of backyard composting.

Class dates are Wednesdays, September 22 and 29 and October 6 and 13 from 6:15 – 9:00 PM. Participants may either take part in live webinars where they can interact with the instructors or watch archived recordings of the classes at their convenience. The course will be offered statewide through GoToWebinar.

The cost is \$50, payable by Friday, September 9. This fee includes the online training manual, although printed copies will be available for an additional \$15.

Basic computer skills are required. To register go to <http://go.uvm.edu/mastercompostercourse>. To request a disability-related accommodation, please call the UVM Extension Master Gardener Program office at 802-656-9562 by Thursday, August 25.

Topics to be covered include the fundamentals of backyard composting, site and container selection, "recipes" for making compost, management of the compost process, troubleshooting, compost for disease control, worm composting, and Vermont's new Universal Recycling Law, among other areas. The course will be taught by professionals from Vermont's green industry.

To become a certified Vermont Master Composter (optional), course graduates must volunteer for at least 20 hours within a two-year period for community or school composting projects, outreach efforts such as presenting talks or staffing displays at fairs, farmers' markets and other outlets, or assisting with UVM Extension Master Gardener projects with a composting component. Once certified, individuals are asked to provide a minimum of five hours of community outreach each year.

Veterans Book Groups return to Chittenden County

The Vermont Humanities Council's Veterans Book Groups program returns to the Burlington area with two groups that start later this summer. The groups are free, but pre-registration is required.

Beginning Wednesday, August 31, the South Burlington Vet Center will host eight sessions on selected Wednesday evenings. And starting Friday, September 9, the Burlington Women Veterans Book Group will host eight sessions on selected dates at the Burlington Lakeside Veterans Clinic.

Veterans Book Groups create an opportunity for veterans to connect with each other, build relationships, read insightful materials, and share experiences. The program began in 2015 and has served more than 70 veterans at five sites in Vermont.

"For the first time since I left my active-duty life, I feel like I have a group of people I can relate to," said a recent participant in a Veterans Book Group. "I moved back [to Vermont] and have not felt acclimated yet to the community. But [the meeting] last night served as a beacon of hope."

For information, contact Amy Cunningham, Director of Community Programs, 802-262-1356.

JUST MARRIED



ANDERSON - MONGEON

Elizabeth Loughran Anderson and Brian Richard Mongeon were united in marriage on Saturday, June 20, 2015 at St. Thomas Church in Underhill Center, VT. The Reverend Monsignor Bernard Bourgeois, the Principal at Rice Memorial High School, from where the couple graduated in 2003, celebrated the Wedding Mass. The Concelebrant was the Reverend Andrew Smith, O.S.B., from St. Mary's Abbey, Morristown, NJ, who married the bride's parents 34 years ago. The bride's sister Emma Anderson was maid of honor. Adam Mongeon, brother of the groom, was best man. The bride is an Assistant District Attorney in Nassau County, NY. She graduated cum laude from James Madison University and received a law degree from St. John's University, where she was Editor and Chief of the American Bankruptcy Law Review. She is the daughter of Thomas D. and Wendy P. Anderson of Arlington and Williamsburg, VA. They are formerly of South Burlington, VT. Her father is the former United States Attorney for the District of Vermont and is currently Deputy General Counsel with the Department of Justice. Her mother is Assistant Superintendent of Schools for the Archdiocese of Washington. The groom is trader at Saba Capital Management in New York City. He graduated cum laude with a degree in applied economics and management from Cornell University, where he ran varsity track. He is the son of Richard and Louise Mongeon of Winooski, VT. His father is retired from the United States Postal Service. His mother is the School Nurse at H.O. Wheeler Elementary School in Burlington, VT. The bride and groom were surrounded by their family and many friends from far and near on a sparkling Vermont summer day for the Wedding Mass and reception at Boyden Winery in Cambridge, VT. They will return home to New York after honeymooning in the Greek islands.

UNITED WAY VOLUNTEER LISTINGS

By Sue Alenick, United Way Volunteer Columnist

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

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

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

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

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

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

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

- Epilepsy Foundation of Vermont – 27th Annual Essex Mud Volleyball Tournament, Sunday, August 14. Volunteers needed the day before from 9:00 AM – 2:00 PM to prepare the field, hang banners, set up nets, etc. On the 14th, volunteers can help with the barbecue, parking, selling t-shirts, and clean-up. Contact Audrey Butler, 318-1575 or epilepsy@sover.net.
- Samaritan House – 9th Annual Golf Classic, Friday, August 19. Help stuff bags the night before and/or be on the green on Golf Day. Contact Joe LeClair, 527-0847 or joe.leclair@samaritan-house.com.

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or call Brenda at (802) 453-6354 for more information.

us their Reading Records at the library.

Thursday, August 10, All Day: Teddy Bear Sleep Over. Kids drop off their stuffed animals sometime during the day. Pick up your bears the next day. For all ages. From 6:30 – 8:30 PM: Teens come in for pizza, picture-taking of stuffed animals, and writing notes about the animal's stay at the library. Grades 6 and up.

Thursday, August 11, 5:00 – 7:00 PM – After Hours Party for Teens who volunteered this summer. Grades 6 up.

Fridays, August 12 and 26, 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.

Fridays, August 12 and 26, 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@myfairpoint.net.

Monday, August 15 – Library Closed for Bennington Battle Day

Friday, August 19, 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 Library. For all ages.

Friday, August 19, 6:30 – 8:30 PM – Family Movie: *Cool Runnings*. This sports comedy is loosely based on the Jamaica National Bobsled Team's debut in competition during the 1988 Calgary Winter Olympics. © Disney 1999, PG, 115 min. Free popcorn and drink. All ages.

Thursday, August 24, 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.)

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

ONGOING EVENTS

ADULT ACTIVITIES

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

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

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

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

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

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

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

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

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

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

HEALTH EVENTS & GROUPS

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

KIDS

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

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

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

SENIORS/COMMUNITY MEALS

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

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

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

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

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

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

Starksboro First Baptist Church senior 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, jquninv@atol.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.

RE-ELECT SENATOR MICHAEL SIROTKIN

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

"CONSUMER ADVOCATE OF THE YEAR"

VT. ASSOCIATION FOR JUSTICE-2014



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

TJ DONOVAN

CHITTENDEN COUNTY STATE'S ATTORNEY

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

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

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

Politics is the art of looking for trouble, finding it everywhere, diagnosing it incorrectly, and applying the wrong remedies.

Groucho Marx

COLLEGE HONORS

Patrick Aselin of Jericho, VT was named to the spring 2016 Dean's List at Rensselaer Polytechnic Institute, Troy, NY.

Ethan Brooks of Waterbury, VT has been named to the spring 2016 Dean's List at Champlain College, Burlington, VT. Brooks is majoring in Computer Science and Innovation.

Hailey Burkhard of Underhill, VT made the spring 2016 Dean's List at Rochester Institute of Technology, Rochester, NY, where she is studying Mechanical Engineering.

Kayla Bushey of Waterbury, VT has been named to the spring 2016 President's List at Champlain College, Burlington, VT. Bushey is majoring in Accounting, Forensic Accounting, Human Resource Management, Organizational Development, Project Management, Accounting, Advanced Accounting, Management, Cost Accounting, Accounting.

Alex Carrier of Jericho, VT has been named to the spring 2016 Dean's List at Champlain College, Burlington, VT. Carrier is majoring in Criminal Justice.

Alexander Cliff of Jericho, VT, a Music Education major, was named to the spring 2016 Dean's List in the School of Music at Ithaca College, Ithaca, NY.

Kira Clokey of Jericho, VT has earned Dean's List honors at Becker College, Worcester, MA for spring 2016.

Jack Colelli of Jericho, VT, a member of the class of 2018, has been named to the spring 2016 Dean's List at Tufts University, Medford, MA.

Andrea Duncan of Underhill, VT was named to the Dean's List for the spring 2016 semester at Rensselaer Polytechnic Institute, Troy, NY. Duncan studies Biomedical Engineering.

Kaylee Ferris of Waterbury, VT was named to the spring 2016 Dean's List at Mount Ida College, Newton, MA. She is a Veterinary Technology major.

Callan Gravel-Pucillo of Jericho, VT, a member of the class of 2018, has been named to the spring 2016 Dean's List at Tufts University, Medford, MA.

Theresa Gwozdz of Westford, VT has been named to the spring 2016 Dean's List at Champlain College, Burlington, VT. Gwozdz is majoring in Early Childhood/Elementary Education.

Kayla Mazza of Bolton, VT has been named to the spring 2016 Dean's List at Champlain College, Burlington, VT. Mazza is majoring in Professional Writing, Communication, Accounting.

Elizabeth McMurray of Cambridge, VT has been named to the spring 2016 Dean's List at Champlain College, Burlington, VT. McMurray is majoring in Social Work.

William Myers of Jericho, VT was named to the spring 2016 Dean's List at Emmanuel College, Boston, MA.

Dakotah Patnode of Jericho, VT has been named to the spring 2016 President's List at Champlain College, Burlington, VT. Patnode is majoring in Early Childhood/Elementary Education.

Darcy Patnode of Jericho, VT has been named to the spring 2016 Dean's List at Champlain College, Burlington, VT. Patnode is majoring in Early Childhood/Elementary Education.

August Stevens of Waterbury, VT has been named to the spring 2016 Dean's List at Champlain College, Burlington, VT. Stevens is majoring in Computer Science and Innovation, Finance.

William Tanona of Waterbury, VT has been named to the spring 2016 Dean's List at Champlain College, Burlington, VT. Tanona is majoring in Software Development, Software Development, Java Programming, Mobile Programming.

Chelsea Therrien of Underhill, VT has been named to the spring 2016 President's List at Champlain College, Burlington, VT. Therrien is majoring in Business Management, Business Management.

Sara Till of Jericho, VT was named to the Dean's List for the spring 2016 semester at Rensselaer Polytechnic Institute, Troy, NY. Till studies Psychology.

Kelsey Townson of Jericho, VT has earned Dean's List honors at Becker College, Worcester, MA for spring 2016.

ART / MUSIC / THEATER

ART/PHOTOGRAPHY

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

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

The annual outdoor sculpture show, Exposed, 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. Upcoming exhibits: August 12-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.

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

MUSIC

Frevo is a quartet performing an eclectic sampling of music for flute, clarinet, cello, and guitar, with musicians Steve Klimowski (clarinets), Bonnie Thurber Klimowski (cello), Wendy Greenwald Matthews (flute), and Peter Matthews (guitar) performing world music, jazz, classical, pop, and their own original compositions. They will perform at Jericho Congregational Church, Jericho Center on Friday, August 5 at 7:30 PM. The concert includes various groupings of the four – solos, duos, trios, as well as the full quartet. Highlighted is the music of Piazzolla, Gismonti, Morricone, The Beatles, and Gershwin. From tango to ballad, sonata to Brazilian dance, their music appeals to audiences of all ages. For information, contact Wendy Matthews, 802-334-2002 or wendygmatt@gmail.com.

THEATER

With book by James Hindman, music by Patrick Brady, and lyrics by Mark Waldrop, *Pete 'n Keely* is a recreation of a live star-spangled telecast of a 1968 television special at NBC studios in New York City that reunited one of the most famous entertainment industry couples of the 50s and 60s... Pete 'n Keely. Despite their big breakup at Caesar's Palace five years ago, this glitzy celebrity couple takes the audience on a dazzling and hilarious ride. Tunes, mayhem, and sparks fly as they attempt to keep their turbulent past out of the limelight while performing their greatest hits. A sparkling musical cocktail... on the rocks. The musical comedy opens August 3 at Saint Michael's Playhouse, Colchester, and runs through August 13. Performances are Wednesday-Saturday evenings August 3-6, Tuesday-Saturday August 9-13 (8:00 PM curtain); and Saturday matinees August 6 and 13 (2:00 PM curtain). Ticket prices range from \$35-45 and may be purchased online at saintmichaelsplayhouse.org or by calling 802-654-2281 or visiting the walk-up window in the lobby of McCarthy Arts Center, VT Rt. 15, Colchester. For a complete show schedule and more information, contact the theater box office directly, 802-654-2281, or visit saintmichaelsplayhouse.org.

OBITUARIES

Richard A. Mindell of Jericho, VT passed away from cancer on Tuesday, July 19, 2016 with his family by his side. He was born March 26, 1948 in Boston, MA to Albert and Mildred Mindell. He graduated from high school in Great Neck, NY, and from Queens College, New York City, NY with a Master's degree in Political Science. Richard taught History and English in Garden City, NY, where he met his wife of 40 years, Leslie Hinchliffe. He worked as a salmon fisherman, cabinet maker, artist, home-builder, and master carpenter. Richard built a home for his family in Jericho, where they lived for 30 years until his death. Richard founded two Vermont newspapers, wrote five novels, and built many homes, including Vermont's first energy efficient concrete house. In his later years, Richard was a much loved substitute teacher, covered sports for the local newspaper, and mentored aspiring journalism students. He loved his family, coaching his kids' sports teams, boats, Red Sox, Celtics, his pets, his students, American History, Chinese food, NY bakeries, and crossword puzzles. He is survived by his wife Leslie, his children Jennifer and Luke, his brother and sister Larry Mindell and Cynthia Pazyra, his nephew Danny and nieces Rachel and Allison, his best friends Paul and Geoff, and many cherished friends and in-laws.

Editor's note: We are saddened by the passing of Richard Mindell, our friend and writer. We at the *Mountain Gazette* offer our sincere condolences to his wife Leslie and children Luke and Jen.

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

Saturday, August 13: Upper Valley Weekend – Horse Country Ride. All three rides start in South Royalton. The short ride (26 M) will travel north to Chelsea and return; the medium (40 M/S) continues up VT Rt. 110 to the top of the hill in Washington and back; and the long ride (51 S) goes to Chelsea, up to the Vershire heights, then down into the Connecticut River valley, back through Strafford and Sharon to S. Royalton. There are two country stores in Chelsea, and additional ones in West Fairlee and Strafford on the long ride. Meet 9:15 AM at North side of the South Royalton Green. Leader Pat Stabler, 781-929-9085 / everstab@verizon.net; co-leader Tom Evers, 617-605-0928 / everstab@verizon.net. After the ride, cyclists can camp out in South Royalton, stay at an area hotel, or return home. There is a \$10 fee for camping, part of which might be refunded. Talk to Pat and Tom to get more info about the camping.

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

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

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

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

WELCOME HOME

CAMBRIDGE

(Amadon, Niles) Robert Niles and Katie Amadon had a daughter, Willa Debbie Niles, on Tuesday, June 14, 2016 at Copley Hospital, Morrisville, VT.

JEFFERSONVILLE

(Noonan) Angela (Handy) and Shaun Noonan had a son, Michael Antonio Noonan, on Monday, June 13, 2016 at the University of Vermont Medical Center, Burlington, VT.

WESTFORD

(Elliot) Kristen (Kimball) and George Elliot had a daughter, Isabella Elliot, on Tuesday, June 14, 2016 at the University of Vermont Medical Center, Burlington, VT.

JEFFERSONVILLE

(Mossey, Gadue) Joshua Gadue and Felicia Mossey had a daughter, Briella Rose Gadue, on Friday, May 20, 2016 at Copley Hospital, Morrisville, VT.

(Gillen) Jamie (Whalen) and Isaac Gillen had a daughter, Piper Elizabeth Gillen, on Tuesday, May 3, 2016 at Copley Hospital, Morrisville, VT.

JERICHO

(Grogan) Holly (Gifford) and Andrew Grogan had a daughter, Norah Ann Grogan, on Friday, May 6, 2016 at the University of Vermont Medical Center, Burlington, VT.

Was your phone number left out
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Community Directory?
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mtgazette@earthlink.net
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Now offering a low cost
Vermont Spay/Neuter Day
every Wednesday!



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

CVAA Community Senior Meals

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

For the following special restaurants requiring ticket, the suggested donation is \$5 per ticket; this non-returnable and non-exchangeable universal ticket is available the first of each month

and must be used in the month it is purchased. The tickets are available from Pat Long at the different meal sites, or at the CVAA office (the office has a limited amount of money available to make change) located at 76 Pearl St., Suite 201, Essex Jct. – in the plaza with the post office and Big Lots and across the parking lot from Kinney's (across from the fairgrounds). There is an elevator on the side across from Kinney's. Tickets must be presented before ordering. Restaurants have the right to offer limited menus.

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

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

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

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

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

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

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

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

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

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



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RECEIVE 10 FREE COLORADO BLUE SPRUCE TREES BY JOINING THE ARBOR DAY FOUNDATION IN AUGUST

Spruce up your landscape by joining the Arbor Day Foundation in August.

Everyone who joins the nonprofit Arbor Day Foundation with a \$10 donation will receive 10 free Colorado blue spruce trees through the Foundation's Trees for America campaign.

The trees will be shipped postpaid between October 15 and December 10, depending on the right time for planting in each member's area. The 6- to 12-inch trees are guaranteed to grow or they will be replaced free of charge.

"Colorado blue spruce trees provide homeowners with numerous benefits," said Matt Harris, chief executive of the Arbor Day Foundation. "They can be used as an energy-saving windbreak, for privacy, as ornamental trees, and even as living Christmas trees out in the yard. They truly provide year-round beauty for any landscape."

New members of the Arbor Day Foundation will also receive The Tree Book, which includes information about tree planting and care, and a subscription to Arbor Day, the Foundation's bimonthly publication.

To receive the free Colorado blue spruce trees, send a \$10 membership contribution to: Ten Free Blue Spruces, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, by August 31, 2016, or join online at arbor-day.org/august.



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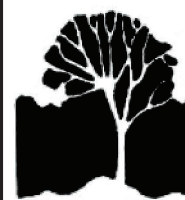
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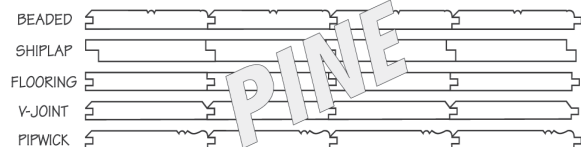


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Funatics Annual Pickleball Tournament



Jack Besio of Jericho and his partner Jim LeClair of Colchester won the Men's Doubles, Division A of the third Annual 2016 Funatics Pickleball double elimination Tournament on Thursday, July 21 at Airport Park in Malletts Bay. Nearly 50 players competed in the Men's, Women's, and Mixed doubles play in Divisions A and B. Pickleball is a cross between tennis and ping pong and is generally played by this local group in doubles matches. The shorter court, a smaller paddle, a light-weight ball, and other attributes of the game have attracted a following among seniors. Participants in this tournament ranged in age from 57-79 years. The game was created in 1965 and is said to be named after the founder's dog, Pickles. For more information on pickleball, how to join the Funatics group, or how to begin learning this fun sport designed to increase your cardio health, write to Wayne Davis, wrdavisvt@gmail.com, or Marilyn Tofani, martofvt@gmail.com. PHOTO CONTRIBUTED

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