

## Underhill Co-op Update

By Phyl Newbeck  
Special to the Mountain Gazette

Thanks to an outpouring of interest from the Underhill community, the Underhill Country Store has re-opened as a cooperative. After the election of an interim Board of Directors, a permanent board was elected in June consisting of two members of the interim board, Kyle Clark and John Koier and five others: Peter Booth, Amy Golodetz and Greg Leech who will share a seat, Charlie Smith, Catherine Tarrant, and Lisa Timbers. Members will serve between one and three years. Six of the seven board members will also chair the co-op's six committees: membership, facilities, finance/legal, operations, communications/newsletter, and event planning.

Initially the co-op hired Brita Hansen for the job of general manager. Hansen turned out not to be a good fit for the business and left on June 15. The board is still trying to determine the best management structure. Nick Bosco is currently serving as interim manager and will do so until August. Lisa Timbers is serving as co-manager and Ann Linde continues to be in charge of the deli. "We've finished setting up the co-op and now we're trying to hammer out the details," board member John Koier reported.

Koier wants to ensure that the co-op develops and focuses on its strengths which include providing timely products for all customers. The store is open from 7:00 AM to 7:00 PM, seven days a week. Those visiting in the morning are generally looking for coffee, baked goods, and breakfast sandwich options while the lunchtime crowd wants specialty sandwiches, salads, deli specials and desserts. Those stopping by on their way home from work favor prepared foods for dinner options as well as the New York Style pizzas which are a new item available on Fridays and Saturdays. "Nick Bosco is a chef and does an awesome job with the pizza," Koier said. "The pizza department has really taken off." The board is hoping to increase the number of toppings available as the summer progresses.

Koier reported that Bosco is working to improve the beer inventory and board member and staffer Lisa Timbers is charged with increasing the wine

selection and including better descriptions of the store's offerings. Over the summer, creamees made from ice cream from the St. Albans Creamery are a well-loved offering. The co-op is hoping to eliminate artificial flavoring for these popular treats.

Board members plan to expand the store's breakfast sandwich options as well as deli offerings and other prepared food. The co-op is currently using beans from the Vermont Coffee Company but when that inventory is depleted they intend to switch to Vermont Artisan Coffee with an emphasis on beans from across the globe. In the fall, espresso may be added to the list. The co-op may also initiate "Buying Clubs" for those who would like to share bulk prices on meats, cheeses, wines, and other products.

Given the fact that a new market will be opening three miles away in Jericho in August, the co-op is hoping to emphasize Vermont specialty products although they will continue to carry basics like chips, soda and Ben & Jerry's ice cream. They intend to stop stocking canned and baking goods which are readily available elsewhere but will continue to carry staples like pasta, sauce, milk and cream. The co-op hopes to remain the go-to destination for hikers, campers, cyclists and other tourists. In the summer they intend to carry local produce but that will be reassessed in the fall to determine how much competition the Jericho Market provides in that field.

There are currently 109 co-op members but the board is hoping for a total of 150. Koier said he hopes some members will volunteer to help at the store, stocking and receiving orders or perhaps filling in when staff members are sick. He admits that there will be no tangible gain from doing so other than "a huge warm feeling." However, since half the co-op members live within a mile of the store, he believes volunteers may be willing to lend a hand. "The community support and help with remodeling our facility has been wonderful," Koier said. "Now we're hoping that everyone will come out and visit us and see what we have to offer."

## Community Center in Jericho to hold Country Garden Tour 2016



On Saturday, July 16, seven gardeners from the Underhill and Jericho area will open their gardens for *Country Garden Tour 2016*, a fundraiser for the Community Center in Jericho. From 9:00 AM - 3:00 PM, ticket holders will enjoy a self guided tour and complimentary tea. The tour is honoring the 400<sup>th</sup> year since the passing of William Shakespeare, with the theme "Shakespeare in the Garden." Elizabeth Bernstein will be reciting quotes from Shakespeare's plays mentioning flowers or herbs in one of the gardens. Stakes will be placed in the gardens identifying flowers, shrubs, and herbs used in his works.

A little bit of magic from each garden:

\* The garden celebrates the works of Shakespeare. It is designed with plants mentioned in Shakespeare plays and influenced by the rustic Shakespeare Garden installed in Central Park in 1961 composed of rustic cedars, trellises and benches.

\* The main focal points of this garden are the medium size pond and two streams that feed it as they splash down the hillside over several small waterfalls and rock ledges.

\* This garden has a formal entrance through an arbor with slates under the arch encouraging all who enter to "Heal Thy Self." There are over forty plants that are used to make healing teas, tinctures, oils, salves, and crams for respiratory illnesses and skin needs. Look for "stone creatures" throughout the beds.

\* Located in a wooded clearing, the garden

features a terrace slope with native stone retaining walls. The growing season is extended with a hoop house that helps maximize the harvest in the shoulder seasons, and a root cellar stores sturdy vegetables through the winter. Flowers fill the terraces with shifting palettes of color and texture.

\* This garden is a pleasant sight for the eyes with interest created through an abundance of grasses, fruits, vegetables, and a variety of unique miniature dwarf and intermediate conifers, each plant carefully chosen and placed.

\* Since owning this old Victorian Inn, the owners have designed their garden to compliment the historic period of their grounds. Nestled around the beds is a lily pond with trickling water adding a musical sound to the garden.

\* The Complimentary "Tea Site" reflects the personality of this accomplished musician. Besides creating a rock band vegetable garden, when a myriad of toads showed up in her garden this talented horticulturist also created a toad garden.

Tickets, \$15, can be purchased at the Jericho Center Country Store, Old Mill Craft Shop in Jericho, and the Underhill Country Store. On the day of the tour available tickets can be purchased at the Old Mill Craft Shop.

The Community Center in Jericho is a non-profit organization that maintains a historic building in Jericho Center for public use for Jericho and surrounding communities.

For more information call 899-3853.

## Rice High School graduates



These local residents were among the 2016 graduating class at Rice Memorial High School, Burlington (from left): Christophe Aselin of Jericho Center (NHS, four-year honors), Sarah Sem of Jericho (NHS, four-year honors, received the Peter Godfrey Award, Excellence in Religious Studies Award, Global Advocate Award), Eliza O'Grady of Jericho, and James Michael Johnson of Underhill.

PHOTO CONTRIBUTED

## MMUHS receives award for excellence in global education



District Superintendent John Alberghini, EF Coordinator Jan Bedard, Board Chair Jon Milazzo, and EF students Wilma Pramberg and Elena Vinchesi.

PHOTO CONTRIBUTED

Mount Mansfield Union High School in Jericho was recently presented the Global Education Excellence award by students representing EF High School Exchange Year at a Mount Mansfield Modified School District School Board Meeting. MMU was one of a select group of high schools recognized across the United States by EF, a leader of high-school exchange programs. Board Chair Jon Milazzo and Superintendent John Alberghini accepted the award, which is presented annually to high schools that demonstrate an "extraordinary commitment to international understanding and global awareness."

Continuing a long association with EF High School Exchange Year, MMU welcomed Wilma from Sweden and Elena from Italy this year. In the past 25 years, the total number of EF students from all over the world who have attended MMU is well over one hundred students.

Speaking on behalf of EF High School Exchange Year, Jan Bedard, a local coordinator, said: "We proudly recognize Mt. Mansfield for its remarkable commitment to international

exchange. We also want to thank the administration, teachers, students, and families for welcoming Wilma and Elena into the school and community."

This year's students have been delighted at being able to choose their classes. They have enjoyed strong relationships with their teachers, participated in after school clubs and teams and continued to enjoy the scenic beauty of Vermont throughout their stay. Both students remarked on the differences in the educational systems back home and in the US, and expressed gratitude for having the chance to attend school here at MMU.

For over 30 years, the organization has brought more students to the US each year than any other high school exchange program, and since 1979 it has connected more than 100,000 talented, enthusiastic international students with caring host families across the US.

To find out more information about hosting and EF High School Exchange Year, contact Bedard at 482-3494 or [gbedard920@gmail.com](mailto:gbedard920@gmail.com), or visit [www.efexchangeyear.org](http://www.efexchangeyear.org).

## 4-H IN THE NEWS



Alexis Walker of Westford (left) and Hannah Lang, Essex Junction, demonstrate how to make non-toxic fly sprays and coat conditioners for horses at the State 4-H Horse Communications Contest held Friday, June 24 in Berlin.

PHOTO: WENDY SORRELL /UVM EXTENSION



Kassidy Wyman of Cambridgeport, VT won the individual demonstration category at the Vermont State 4-H Horse Communications Contest held on Friday, June 24 in Berlin, with her presentation on how to buy a horse.

PHOTO: WENDY SORRELL /UVM EXTENSION

## COMMUNITY COLUMN

## Sitting

By Sue Kusserow  
Special to the Mountain Gazette

Yes, I actually am, and this is no mean feat. It has taken me to age 84 to learn the mechanics of this, and more importantly, to give myself permission to do so. Most of my life, through nurse's training and graduate school, I had work apportioned out to me, to which I added more, out of ambition, guilt, habit, and, finally, curiosity. My parents started this whole thing, of course. Raised on Midwestern farms, every act had a result that was measured and expected and fulfilled within itself. That was to be enough. Sitting was something you did on Sundays, looking pious and absorbed, while thinking of how many for dinner and had someone plucked the two murdered chickens? Lying down was all right occasionally, since it balanced the workload, with of course no excuses for imbalances. But sitting had to be combined with something worthy of the posture, like knitting, mending a halter, or a bad cold. Meditation was not popular or condoned. Curiosity pushed my parents into penury and graduate school with the then-prevalent hope that they would get a job doing something they actually loved.

I could sit if I had a worthy scenario, a tepid sense of reward from work completed, and nothing perturbingly intellectual... i.e. curiosity running amok. Sitting takes the ability to wipe the slate clean, at least temporarily, the slate being a capitalized list euphemistically labeled TO DOs... (as if you had the chance of a snowball in Hell of completely crossing out the most mundane directive: "take-out-the-garbage.")

Sitting in its pure form is a choice rather than a directive. Now, the freedom is combined with a physical necessity: the phrase "weak in the knees" has a completely literal translation. But this is substituting the physical for the social: the aching need vis-à-vis the pure sense of choice. Lack of mobility may get you into the chair, but continuing to stay takes a more ethereal motive... a philosophical withdrawal.

First, one needs to have a special chair. A bed or a couch is not a choice. The temptation to swing one's legs up and over becomes a gentle rationalization. This special chair needs a view. It cannot be one which will hoist any worthy hausfrau upwards, with a sigh of contrition and a quick prayer for forgiveness. Nature is generally delightful as long as it doesn't introduce a completing need to weed, prune, or mow.

Second, the phone needs to be hidden underneath a pillow, muffled enough to produce mild curiosity, but not the guilt produced by an imagined feeling of self-importance. Or it can be right nearby, so that a glance produces the feeling that you need not speak to AT&T, or to The Grain Producers of America.

Now for the thoughts. Sitting allows them – nay, even encourages them as long as they are not too taxing. I asked my daughter whether sitting, at its best, could be classified as meditation or its new label: mindfulness. "No," she said. "When your mind is too busy wandering (a combination of wander and want) around, you're out of it. You need to go back to breathing." That interested me, since I have been breathing quite naturally for my whole life. It is relaxing though, and I often seem to miss the exalted and peaceful stage between sitting and snoozing. But I am sure to wake up, hastily checking if I am breathing properly or improperly, when the phone rings. It is from the The Grain Producers of America, asking if I am gluten-sensitive and can I take their little quiz?

The dogs whine at the door. They haven't been patted in at least an hour. The guns on the Firing Range start aurally shooting the residents of Range, Krug, and Beartown Roads. And Will gets pushed into mowing the back lawn. Even the sun hides under a cloud. Sitting time is over.

## COMING EVENTS



Audubon Vermont in Huntington is offering a public preschool program on Thursday, July 21, where kids aged 3-5 (with an adult) can discover insects, birds, and wildlife at the Audubon. To pre-register or for information including cost, 802-434-3068. PHOTO CONTRIBUTED

## COMING EVENTS

## Friday, July 8

**Bird Banding: Science in Action**, 7:00 – 11:00 AM, Audubon Vermont, 255 Sherman Hollow Rd., Huntington. Drop in anytime at Green Mountain Audubon's bird banding station this summer; stay as long as you like. Learn about the banding process, from mist nets to data sheets. Learn about Audubon's bird conservation and view wild birds up close. Bring a camera, mud boots, and a cup of coffee. All ages; \$5 suggested donation. Please check before coming as all banding dates may change due to weather or other unforeseen circumstances: 802-434-3068.

## Friday-Saturday, July 8-9

**Annual Tag Sale**, Friday 8:00 AM – 4:00 PM, Saturday 8:00 AM – 1:00 PM, Waterville Union Church, Waterville. Hot dogs, baked goods, and other refreshments will be available for purchase. Funds raised from the sale will be used to support the church and the community. To make a donation or for information, contact Sandi Tilton, 644-2454, or Jane Langdell, 644-8117.

## Saturday, July 9

**Bird Monitoring Walk**, 7:00 – 9:00 AM, Audubon Vermont, 255 Sherman Hollow Rd., Huntington. The birds have gotten much more quiet, but that just makes the monitoring a little more challenging. Come see which birds we can find at the Audubon Center. No pre-registration needed; donations appreciated. Information: 802-434-3068.

## Tuesday, July 12

**Discovery Time in the Nestlings Nook**, 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Theme: You and the Birds. 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](mailto:museum@birdsofvermont.org).

## Thursday, July 14

**The Killer in Me**, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Margot Harrison to celebrate the launch of her young adult thriller. This rich, psychologically complex story will appeal to adult readers as well as teens. She is the Associate Editor at Burlington's own *Seven Days*. *The Killer in Me* is her first novel. 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](http://www.phoenixbooks.biz) or 448-3350.

**Bird Banding: Science in Action**, 7:00 – 11:00 AM, Audubon Vermont, 255 Sherman Hollow Rd., Huntington. Drop in anytime at Green Mountain Audubon's bird banding station this summer; stay as long as you like. Learn about the banding process, from mist nets to data sheets. Learn about Audubon's bird conservation and view wild birds up close. Bring a camera, mud boots, and a cup of coffee. All ages; \$5 suggested donation. Please check before coming as all banding dates may change due to weather or other unforeseen circumstances: 802-434-3068.

## Thursday, July 14

**Public preschool program**, 9:00 – 10:30 AM, Audubon Vermont, 255 Sherman Hollow Rd., Huntington. Discover insects, birds, and wildlife at the ponds, rivers, and forests; play camouflage and explore the most popular stops along Audubon's trails. For ages 3-5 with adult companion. For information including fee and to pre-register (required): 802-434-3068 or [vermont@audubon.org](mailto:vermont@audubon.org).

## Saturday, July 16

**Jericho-Underhill Country Garden Tour**, 9:00 AM – 3:00 PM, seven gardens of Jericho and Underhill. Ticket holders will

enjoy a garden tea and a self-guided tour through some of the most delightful gardens in Jericho and Underhill. To honor the 400-year passing of Shakespeare, the theme this year is *Shakespeare in Your Garden*. Elizabeth Bernstein will be reciting quotes from Shakespeare's plays, mentioning flowers or herbs, in one of the tour gardens. Stakes will be placed in gardens identifying plantings from his works. Tickets (\$15) can be purchased at the Jericho Country Store, Old Mill Craft Shop, and the Underhill Country Store after Friday, June 24. The day of the tour, available tickets can be purchased at the Old Mill Craft Shop. Sponsored by the Community Center in Jericho. For information: Orellyn Emerson, 899-3853.

**Intro to Bird-Friendly Sugarbush Management**, 9:00 AM – 12:00 PM, Audubon Vermont, 255 Sherman Hollow Rd., Huntington. Sugarbushes not only provide us with maple syrup,

they also provide nesting habitat for a variety of songbirds. The Audubon Center's sugarbush will serve as an outdoor classroom for learning the principles of bird-friendly sugarbush management. Learn about bird species that commonly nest in "the bush," what their habitat needs are, and practical forest management approaches to integrating bird habitat with sap production. Opportunities for getting involved with the Bird-Friendly Maple Project will also be explored. This workshop is geared toward beginner and/or hobby maple producers with limited knowledge of sugarbush management. Presented in partnership with the VT Dept. of Forests, Parks, and Recreation and the VT Maple Sugar Makers Assoc. For adults; \$10 members, \$15 non-members; pre-registration required, 4340-3068 or [vermont@audubon.org](mailto:vermont@audubon.org).

**Annual Butterfly and Bug Walk**, 10:00 AM – 12:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Join the VT Entomological Society naturalists and entomologists for an exploratory stroll on the museum grounds. Bring binoculars, magnifying glass, and an insect net if you have one. Pack a lunch if you would like to picnic after the walk. If it's raining the day of the walk, call to see if the walk has been rescheduled. Free! (Donations welcome.) 802-434-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).

## Thursday, July 21

**Roast Turkey Supper**, serving at 5:00 and 6:00 PM, Binghamville United Methodist Church, Fletcher. Roast turkey with stuffing, mashed potato and gravy, vegetables, cabbage and Jell-o salads, rolls, cranberries, pickles, and dessert. Adults, \$10; children under 12, \$5. To reserve tickets: 849-2120.

## Saturday, July 23

**VT Writer's Summer Conference**, all day, DoubleTree Hotel, Williston Rd., S. Burlington. The League of Vermont Writers hosts its fourth biennial Writers Meet Agents event, with workshops, presentations, and a limited number of (paid) pitch sessions with eight dynamic literary agents (reservation required; first come, first served). Janet Reid will present her advice on querying agents; Dede Cummings will present her experience as a seasoned writer, agent, and publisher now working in Vermont; Jan Kardys will talk about building a writer's platform and marketing.

Keynote speaker Jan Gangsei will talk about her new YA political thriller *Zero Day* and her experience finding and building a relationship with her agent. There will also be an agent panel, breakout roundtable sessions, and a post-conference cocktail hour to give writers a chance network with peers and professionals. For more information and registration instructions, [www.leagueofvermontwriters.org](http://www.leagueofvermontwriters.org).

## Thursday, July 28

**Feathered "Foliage"**, 6:30 – 8:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Bob and Shirley Johnson share their experience traveling in southeast Brazil with Victor Emanuel Nature Tours, with Shirley's notes complementing Bob's photography of the amazing colors and lively lifestyles of these southern birds, especially antbirds, woodcreepers, and cotingas as well as tanagers, hummingbirds, woodpeckers, and parrots. Enjoy wine and cheese before the presentation. \$10 suggested donation. 802-434-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).

## Saturday, July 30

**Ice Cream Social**, 2:00 – 4:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Celebrate Bridges to Birds and mark the opening of the bridge phase of the project with tributes, conversation, and plenty of ice cream. From rain storm to rain garden, water to walkways, you can find out the whole story, and enjoy our new spaces. Join us to thank all those amazing donors who made it happen. Bring friends and family! Donations welcome. Information: 802-434-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).

**Bird Monitoring Walk**, 7:30 – 9:00 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Join fellow birders for this monthly monitoring walk on the Museum property. Most fun for adults, older children; birding experience optional. Please bring your own binoculars. Free; please pre-register. 802-434-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).

## 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](mailto:museum@birdsofvermont.org).

## Saturday, August 27

**Bird Monitoring Walk**, 7:30 – 9:00 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Join fellow birders for this monthly monitoring walk on the Museum property. Most fun for adults, older children; birding experience optional. Please bring your own binoculars. Free; please pre-register. 802-434-2167 or [museum@birdsofvermont.org](mailto:museum@birdsofvermont.org).

## Tuesday, September 13

**Discovery Time in the Nestlings Nook**, 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Theme: Bird Seasons. 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](mailto:museum@birdsofvermont.org).

FLYNN GARDEN TOUR



SUNDAY, JULY 17

10 AM – 3 PM

\$40/pp

View seven private gardens.  
Afternoon tea included from 3 to 4 pm.

20<sup>TH</sup> ANNIVERSARY TOUR IN HINESBURG

Purchase tickets early as the tour sells out! Tickets available at FlynnTix, Gardener's Supply in Burlington and Williston, Lang Farm Nursery in Essex Junction, Red Wagon Plants in Hinesburg, and Shelburne Supermarket. Event is rain or shine.

For tickets and information:

802-863-5966, V/relay • [www.flynncenter.org](http://www.flynncenter.org)

Sponsors



HEALTH NEWS

Health classes, workshops at

Northwest Medical Center, St. Albans

**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](mailto:stephanie.freedom@gmail.com) to register or for more information. Free to Northwestern OB/GYN patients.

**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.

**First Steps Childbirth Education** – Our Saturday Childbirth Education workshop will help prepare you for the birth of your baby. You will learn what to expect in labor, birth and care for your newborn. You will meet other people who are also anticipating the birth of their baby. Many parents benefit from group discussions and form lasting friendships. One Day Workshop, Saturday, July 9, 8:30 AM – 4:30 PM. Franklin County Home Health Agency. Program Charge: \$90; preregister by phone, 527-7531 ext. 718 – Diana Bourgeois, or online at [www.fchha.org](http://www.fchha.org).

**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](http://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](http://www.fchha.org).

**The Diabetes Support Group** meets the second Monday of every quarter (March, June, September, and December) in The Green Mountain Room at Northwestern Medical Center. The lunch session starts at 11:30 AM (complimentary lunch provided); topic is from 12:00 – 1:00 PM. The evening session starts at 5:00 PM (complimentary dinner provided); topic is from 5:30 – 6:30 PM. There is usually a guest speaker. Call Debbie Robertson to indicate which session you would like to attend: 524-1031.

**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).

**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.

**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** – 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. Each session is 2½ hours once a week, for six weeks. Your interest will help decide locations, dates and times.

**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.

**New 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 lead by an experienced pediatric registered nurse. This group is for both pregnant women and mothers. Second and fourth Tuesdays of the month from, 5:30 – 6:30 PM, Birthing Center, Northwestern Medical Center, St. Albans. For more information, contact Rhonda Desrochers at Franklin County Home Health Agency, 802-527-7531. This program is presented jointly by Franklin County Home Health Agency, Northwest Counseling and Support Services, Northwestern Medical Center, and the VT Department of Health.

**Mom's Night Out** – First Thursdays, 6:00 – 8:00 PM, LaQuinta Inn (Franklin Meeting Room), 813 Fairfax Road, St. Albans. Are you the mother of a child with special needs? Is your life just too busy? Too stressful? Have you got too many things to do? Are you up to your armpits with paperwork? Do you have to advocate for your child and family? Do you wish you had someone to have conversations with? That understands because they are the mother of a child with special needs too. Take some time once a month for you. Contact: Betty Morse, Family Support Consultant, 1-800-800-4005-ext. 201 or [betty.morse@vtfn.org](mailto:betty.morse@vtfn.org).

**SHADOWS OF THE MOON**, A support group for families and individuals living with Autism Spectrum Disorders (ASD). Please come and join us to talk, learn and even teach each other. Last Tuesday of every month, 6:30 – 8:30 PM, La Quinta Inn & Suite (Franklin Conference Room), 813 Fairfax Rd., St. Albans. For more information, call Cheryl, 802-868-3658, or Laura, 802-849-2817.

**Franklin/Grand Isle Counties VFN Families Together** – A support group for parents and caregivers of children/youth/ adults with special needs. Third Thursdays, 6:00 – 8:00 PM, Holy Trinity Episcopal Church Parish Hall, 38 Grand Ave., Swanton. FREE pizza will be served, RSVP required by noon on Thursday to Laura Weber, Family Support Consultant, [laura.weber@vtfn.org](mailto:laura.weber@vtfn.org).

**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



**Mountain High Pizza Pie**  
**Monday - Thursday**  
 11:00 AM - 8:30 PM  
**Friday**  
 11:00 AM - 9:00 PM  
**Saturday**  
 11:00 AM - 8:30 PM  
**Sunday**  
 4:00 - 8:00 PM  
**899-3718**  
 Route 15, Jeri-Hill Plaza  
 Jericho

The Mountain Gazette

6558 VT Rt 116 Starksboro, VT 05487  
 (802) 453-6354 • [mtgazette@earthlink.net](mailto:mtgazette@earthlink.net)  
[www.mountaingazetteofvermont.com](http://www.mountaingazetteofvermont.com)

Deadline: July 14, Publication: July 21

Brenda Boutin publisher/ad sales /delivery  
 News writers - Phyl Newbeck, Editing - Sara Riley

Letters Policy:

Maximum 450 words; one letter per writer, per calendar month.  
 Must be signed for attribution with writer's address and phone number.

Send your news to

[mtgazette@earthlink.net](mailto:mtgazette@earthlink.net)

Read us online at [www.mountaingazetteofvermont.com](http://www.mountaingazetteofvermont.com)

Area Worship Services

**JERICHO CONGREGATIONAL CHURCH**

"An Historic Church Proclaiming an Eternal Message"  
 On the Green in Jericho Center, VT  
 Senior Pastor David Coons and Youth Pastor Glenn Carter  
 Summer schedule of Sunday services at 8 am & 10 am  
 (June 19th through September 4th)  
 Nursery care provided  
 Fellowship at 9:30 am  
 Youth group 6:15 pm Sundays in Sunday school building  
 Signing for the deaf upon request  
 899-4911; [officejcc@comcast.net](mailto:officejcc@comcast.net); [www.jccvt.org](http://www.jccvt.org)

**MOUNT MANSFIELD UNITARIAN UNIVERSALIST FELLOWSHIP**

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

**ST. THOMAS ROMAN CATHOLIC CHURCH**

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

**UNITED CHURCH OF UNDERHILL**

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

LETTERS TO THE EDITOR

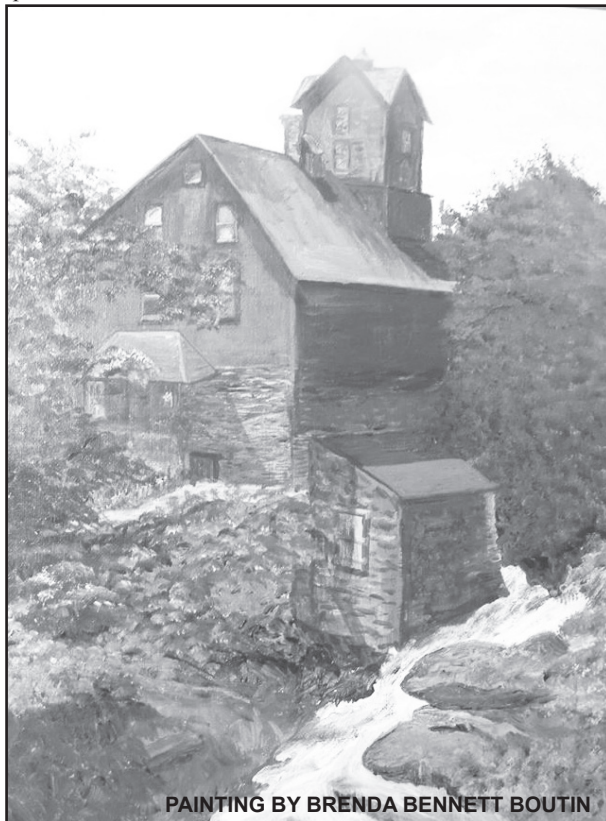
Restoring Jericho support for its Historical Society

To the Editor,

As one the seventh generation in my family to live/grow up in Jericho, I have always been very proud of my home town. Growing up there in the 1960s, the town consisted of the two villages, as it does today, but the remainder of the town was made up of family farms. Everyone knew everyone else, neighbors helped neighbors, and there was a real sense of pride in the heritage and history of the town. I remember well the Bicentennial celebration in 1963, and how that pride shone through. So much has changed in the ensuing years – the town has grown and the farms have all but disappeared, new houses dot the landscape where cows once grazed. As with many small towns throughout Vermont, Jericho sometimes struggles to maintain that "small town" charm and preserve pieces of the past. The community is extremely fortunate to have an organization like the Jericho Historical Society, whose mission it is to preserve the history of this wonderful town. When Blair Williams started the JHS in the early 1970s, the first goal was the restoration and preservation of the Old Red Mill, Jericho's most famous landmark. This was and continues to be a huge undertaking, which has been accomplished only through the dedication and hard work of the many individuals who have served as members of the Society. The other mission of the Society was to preserve the legacy of Wilson Bentley, Jericho's world-famous "Snowflake Man."

I was saddened to learn that at Town Meeting this year, the

Letters to the Editor continued on page 4



PAINTING BY BRENDA BENNETT BOUTIN



**PATTERSON**  
**FUELS.COM**

(802)434-2616

1-800-427-WARM

## LIBRARIES

DEBORAH RAWSON MEMORIAL LIBRARY  
UNDERHILL

Mah Jongg at DRML. Join us for our afternoon Mah Jongg time on Monday, July 18 at 1:30 PM. Whether you have never played before, would like to sharpen your skills, or just join a bunch of folks ready for a fun time, please join us as we explore the ancient Chinese tile game of winds, dragons, and number tiles.

Abenaki Games Thursday, July 7, 1:00 – 2:00 PM. PreK-3. Join Sarah Stein and learn some traditional games played by the Abenakis. Find out how these Vermont natives used their environment to create games to play and enjoy life.

PUKA Music! Friday, July 8, 10:30 – 11:30 AM. Grades preK-K. Come move with Peter as he inspires and engages you with his guitar music! He allows the children endless opportunities to choose the direction of the fun while using musical games, original songs and new versions of traditional songs. Sponsored by the Friends of DRML.

Teen Beginner Ballroom Dancing, Saturday, July 9, 7:00 – 9:00 PM. Grades 7-12. Teens come learn the basics of ballroom dancing to contemporary music. A couple young ballroom veterans will teach you the Swing, Foxtrot, Waltz, and Boxstep. Refreshments will be served! Bring a friend to make for a swinging night.

Nature Walk – Monday, July 11, 10:00 – 11:00 AM (rain date Monday, July 18, 10:00 AM). PreK-3. Join this story walk starting at the library and continuing to the Mills Riverside Park. Pond Walk by Nancy Elizabeth Wallace will be featured followed by a craft and snack at the park.

Jump Ropes Monday, July 11, 1:00 – 1:30 PM. Grades K-2. Make a customized jump rope for your exact height. Then have some jump roping fun with Kathleen Gembczynsk.

Baby Time! Tuesday, July 12, 10:30 AM. Ages birth to 18 months. Join Thad as he leads the group with board books, lap rhymes, and songs for babies 18 months and younger. A great time for parents and childcare providers to connect, chat, and share ideas. Older siblings welcome. No registration required. While visiting, please ask to join our BabyTime email list.

Read to Jackson the Dog, Tuesday, July 12, 2:00 – 3:00 PM. (15 minute sessions). Grades preK-3. Practice reading aloud to become an active reader! Jackson will love to hear you read to him. Jack is a certified Therapy Dog of Vermont. Make sure to bring your favorite book(s) to share with him.

Story Hour! Wednesdays, July 13 and 20, 10:30 AM, and Thursdays, July 14 and 21, 10:00 AM. Come hear stories and enjoy specific weeks when special visitors join Thad for some stories and fun! Children's emerging language and literacy skills will be encouraged as we enjoy fingerplays, songs, stories, a project, and snack. Recommended for preK-grade 2. No registration needed. While visiting, please ask to join our StoryHour email list.

Garden Program – Seeds, Wednesday, July 13, 2:00 – 3:00 PM. Ages 4+. Come play in the dirt with Colleen Korniak from Jericho Town Library in this hands-on kids' gardening workshop! Through the simple activity of making seed bombs, we learn about the importance of spreading native plants, composting, and how to protect native pollinators.

Teen GMUke Hang Out, Friday, July 15, 6:30 – 8:00 PM. Grades 6+. Green Mountain TEEN Ukulele Hangout – UKULELE! It's fun – it's easy – it's cheap – and it's portable. Learn just three or four easy chords and you can sing hundreds of rock, pop, folk, country, disco, heavy metal songs, too! There will be a limited number of ukuleles to use for the night but bring your own if you have one. Give us a call to let us know you'll be coming.

Motorized Vehicle TinkerTime, Tuesday, July 19, 2:30 – 4:00 PM. Grades 4+ (K-3 with adult). Create your own vehicle with a motor and battery using a wide variety of parts.

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 (July 7), 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](mailto:jerichoopenmic@gmail.com).

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

Tai Chi for all levels and all ages: Wednesdays, July 13 and July 27, 10:00 – 11:00 AM. Join instructor Shaina Levee on the Jericho

Center Green to learn and practice Tai Chi, a powerful healing art, moving meditation, and non-contact martial art all in one. This series is open to all ages and all levels. Free and open to the public. Rain location to be announced.

## Youth Programming

Dungeons & Dragons: Wednesdays, 4:30 – 6:30 PM. Players ages 12 and up. No experience necessary, but a commitment to the group is needed in order to follow the on-going story line.

LEGO Club: This club is taking a break for the summer, to resume in September. Thank you to all who have participated!

Summer youth programming – please pre-register online or by calling the library.

Get Up To Speed! (Ages 6 and up with adult): Friday, July 8, 1:00 – 2:00 PM. Bike education and skills training for kids! Local Motion joins us for a game based bike skills training and safety practice session. Bring your bike and helmet. Rain or shine.

The Noble Sport: Falconry (all ages), Monday, July 11, 1:00 – 1:45 PM. Have you ever seen a hawk soar through the air, only to land on a person's fist? If you've ever wondered how this is possible, join VINS for a family-friendly adventure in falconry! You'll meet three live raptors up close!

Yoga for Kids (ages 8 and up): Wednesday, July 13, 11:00 AM – 12:00 PM. From yoga basics to energizing flowing sequences, yoga instructor Kori Gelinis will guide kids in a fun exploration of yoga for every body and ability. Dress comfortably. This program will be held on the Jericho Center Green. In the event of rain, it will be held at the Jericho Community Center.

Tinker Time with Thad (ages 5 and up w/adult): Friday, July 15, 1:00 – 2:00 PM. Have you ever wondered what makes an electronic device work? What is underneath all that plastic and metal? If you have an electronic gadget, device, or toy you're curious about, then bring it in to disassemble and explore! We may even get to reimagine it as a new device! Note: Make sure device is parent-approved as they will not be sent home in one piece.

Whoop! Whoop! Hoola Hoopla (ages 5 - 10): Monday, July 18, 2:00 – 3:00 PM. Whoop it up with playful, creative movement in this hula hooping workshop! Lead by instructor Heather Hayes, kids will hoop, dance, and have fun! Hula hoops will be available or bring your own. This program will be held on the Jericho Center Green. In the event of rain, it will be held at the Jericho Community Center.

But Out! (all ages): Wednesday, July 20, 10:00 – 11:00 AM. Learn all about bugs: where they may be found, how they live, and what they eat! Beautiful Bugs teaches children about Praying Mantis, Woolly Bears, Dog Day Cicada, and the Hummingbird Moth. This program is presented by the Humane Society of Chittenden County as part of their *Paws on the Go* Humane Educational programs.

Cardboard Tech: DIY Foosball games (ages 5 and up): Wednesday, July 20, 2:00 – 3:00 PM. Got game? Using basic materials, we'll construct a table top foosball game to take home. Bring a shoe box and your imagination, we'll supply the rest! Construction followed by game sessions.

Pizza Friday Returns! Join us every Friday in July for a pizza party on the green. We are once again teaming up with Our Community Cares Camp, Inc. (OCCC) to provide a healthy lunch and fun activities for youth. OCCC will bake homemade pizzas to serve with locally harvested veggies and fruit, then the library hosts fun programs and activities. For more information and to register for Pizza Friday, visit our webpage: <http://www.jerichotownlibraryvt.org/pizza-friday.html>.

All library programs are free and open to the public.

## Library Services

Interlibrary Loan will not be available from Friday, July 29-Sunday, August 14. Please plan accordingly so that we can help you get the books you need! Thanks for understanding.

The next meeting of the board of directors will be Monday, July 18 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](http://www.jerichotownlibraryvt.org).

## VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

Monday, July 11, 7:00 – 8:30 PM: Varnum Reads. Miss Peregrine's Home For Peculiar Children by Ransom Riggs. All adults are welcome to join us in reading this book and we will meet to talk about it. If you have already read the book, you are also welcome to come to our discussion.

Tuesday, July 12, 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.

Library news continued on page 5



Michael Clough from Southern VT Natural History Museum will be at the Varnum Memorial Library, Jeffersonville, for Animal Athletes on Wednesday, July 20, 1:30 – 3:00 PM.

PHOTO CONTRIBUTED

## HEALTH NEWS

Mask, Mascots  
and Costumes, Oh My!

By Louis First, M.D.

Chief of Pediatrics at UVM Children's Hospital

With July 4<sup>th</sup> and other holiday parades come lots of costumed characters, including often our own University of Vermont Children's Hospital mascot Monty the Moose. And parents have certainly not been masking their questions in regard to how to help their toddler or preschooler overcome their fear of costumed characters and mascots. Well, let me try to remove those fears with some suggestions on this topic.

Maskophobia, or fear of masks, is a real fear. It occurs as a normal phase of a young child's development, given a toddler's developing mind and growing imagination and an inability to separate fantasy from reality. In addition, a toddler's small size in a large world can be scary when approached by an oversize costumed character. Usually, that fear is one that children will grow out of before they reach school age.

But at a time when young children are told not to talk to strangers, you can imagine their confusion when confronted with a strange, large character who is trying to approach them, much to their fear and surprise.

So what do I recommend? If the fear is real, don't tease your child about it, but simply be supportive and let your child know that you understand and it is okay to be afraid of costumed characters. If this is the case, please don't force a close encounter with the costumed kind: the photo-op is not worth it if your child is too anxious.

If you do plan to meet with a character, make sure it is one that your child knows well. And if you can, try to let the character know of the fear in advance. This way, they can avoid contact or only wave to your child from afar until the child is more comfortable and wants to get closer.

Another suggestion is to play with masks at home in advance so your child understands that the mask is just a costume – and there is another real person inside the costume. Often the key to success is to have your child watch other children interact with a costumed character or have a parent go first to say hi to the mascot or get a picture taken.

Be patient. This phase will likely pass. And if it doesn't, then additional strategies from your child's health care professional may be in order to make your child less anxious in this situation.

Hopefully tips like this will unmask any concerns you have when it comes to helping your toddler overcome their fear of costumed characters and mascots.

Lewis First, MD, is chair of the Department of Pediatrics at the University of Vermont College of Medicine.

## Letters to the Editor continued from page 3

residents of Jericho voted to eliminate the, albeit small, funding for the Jericho Historical Society. For a town whose identity has been so closely tied to the Old Red Mill and the work of Snowflake Bentley that both are incorporated in the town logo, I have to wonder why this decision was made. Perhaps the voters were not presented with all the facts. Perhaps they were somehow misled by an individual or individuals with a personal agenda. Perhaps when Town Meeting comes around next year, the voters will recognize the invaluable work the Jericho Historical Society had done and continues to do

to preserve not only the Old Red Mill, the gateway to this beautiful town, but the rich heritage that is Jericho.

As the great-great niece of "Snowflake" Bentley, I know I speak for the entire Bentley family when I say a heartfelt "Thank You" to the Jericho Historical Society for your tireless dedication to preserving the legacy of this remarkable man, and this wonderful town.

Sue Mayers Richardson  
Waterbury, VT

## David Scherr for State Senate

## To the Editor,

I am writing to encourage my friends and neighbors to vote for David Scherr for State Senate in the August 9<sup>th</sup> Democratic primary. Did you know that of all of the counties in New England, Chittenden County has the second highest percentage of residents who need to pay more than one third of their income in rent? My husband and I have seen firsthand how this affordability crisis impacts us and so many of those around us. Many young people we know have made the difficult choice to leave Chittenden County in order to make more of their skills and hard work elsewhere. We see elderly and middle-income families struggling, too. We need legislators who actually understand what it takes to make housing affordable. David Scherr serves on the Chittenden County Regional Planning Commission, and the Governor appointed him to the Vermont Community Development Board. He is already engaged in the fight to build affordable and sustainable housing in Chittenden County. He understands that we must grow downtown density in order to avoid urban sprawl. He understands that development must go hand in hand with increased public transportation. David Scherr has both the passion and experience necessary to enact meaningful change in Montpelier. This is why I will give him my vote for Vermont State Senate on August 9<sup>th</sup> and I hope you will do the same.

Cara Cookson  
Richmond

## VT Senate update

Martin Shkreli, CEO of Turing Pharmaceuticals, made headlines when his company increased the price of an important and existing AIDS drug by a whopping 5000%. While that situation garnered much attention, prices for another 20 name brand drugs quadrupled in the last two years, and another 60 at least doubled!

These massive spikes hurt patients, and are a huge strain on Vermont's budget. For instance, despite paying for 12.5% fewer prescriptions of the antipsychotic drug Abilify than it did six years ago, VT Medicaid actually pays 66% more today in total on the drug. Existing program, fewer patients, jacked up price, \$1.8M additional cost to taxpayers.

To help address this, a committee I served on crafted a law this year requiring manufacturers of drugs which have seen price hikes of more than 50% in the previous year to explain the increase in detail to the Attorney General's office. While drug companies like to tout their research and development costs as a reason, too often the price hikes are related to nothing more than marketing and profits. It's our belief other states will follow suit by requiring this price transparency, and that drug companies will be hesitant to jack up their prices once people can see where the money is going.

Ideally Congress would take the lead in reigning in these excesses but we can't let Washington's inaction prevent us from using the tools we have to make progress.

Please contact me at [timashe@burlingtontelecom.net](mailto:timashe@burlingtontelecom.net) with any questions.

Tim Ashe  
State Senator, Chittenden County  
Chair, Senate Finance Committee

## CHIROPRACTIC CARE

- Gentle Head to Toe Care
- Unhurried Appointments
- Flexible Scheduling
- Emergency Care
- Practicing Since 1989
- Former Registered Nurse
- Nutritional Counseling
- High Quality Supplements
- Orthotic/Foot Beds
- Spinal Support Products

## 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](mailto:DrMaryDC@comcast.net)  
[www.JerichoChiro.com](http://www.JerichoChiro.com)



Dr. Mary H. Kintner

Library news continued from page 4

Wednesday, July 13, 1:30–3:00 PM: *Taradiddle - Teamwork: All For One & One For All?* The Varnum welcomes storytelling duo, Taradiddle, to our library! Join us for songs and stories!

Wednesday, July 20, 1:30 – 3:00 PM: Animal Athletes. We are delighted to welcome back Michael Clough from the Southern Vermont Natural History Museum! He will share with us stories about athletic animal superstars!

Wednesday, July 27, 1:30– 3:00 PM: On Your Mark, Get Set...MOVIE! Come to the library for popcorn and a movie that incorporates the summer theme!

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](mailto: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](http://www.westfordpubliclibrary.wordpress.com); email [westfordpubliclibrary@gmail.com](mailto:westfordpubliclibrary@gmail.com). Like us on Facebook. 878-5639, Bree Drapa, Librarian.

**RICHMOND LIBRARY**

Ongoing:

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.

**Brownell renovations to affect service in July**

Work to install Brownell Library's new subflooring and carpeting on the main floor of the Library began on June 27. Work is expected to take three weeks, limiting library service and programming during this time.

Beginning on June 27, the Main Reading Room will be unavailable for patron use. Work is expected to take one week in the Main Reading Room. When the work moves beyond the Main Reading Room, the rest of the library will be closed, except for a satellite library operating in the Kolvoord Community Room. Accessible through the rear entrance, the satellite library will open for limited hours on weekdays for the remainder of the renovation. A limited selection of materials will be available for checkout. There will be no public computers available.

Summer Reading programs that conflict with the timing of the construction will be held on the Library grounds, or across the parking lot in Lincoln Hall.

Satellite Library hours will be Monday, Wednesday, Friday 1:00 – 6:00 PM, and Tuesday, Thursday 9:00 AM – 2:00 PM. The Library will be closed on Saturdays for its regular summer schedule beginning on July 2 through Labor Day. Please check the Library website, [www.brownelllibrary.org](http://www.brownelllibrary.org), and Facebook page <https://www.facebook.com/brownelllibrary> for updates, or check the answering machine message at

**Stories and free books inspire Jericho children**

On Monday, July 25, children served by the Jericho Town Library and Jericho Play Group will be treated to a storytelling presentation and receive brand-new books to keep, thanks to a grant from the Children's Literacy Foundation (CLiF).

Join us for an interactive presentation and animated stories told by professional presenters for children of all ages. At the end of the presentation, each child will select two new books to keep from hundreds of popular titles.

And, of course, browse [www.rfl.kohavt.org](http://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](http://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 have begun, and run until the first day of school in August: Monday-Wednesday-Friday 10:00 AM – 5:30 PM, Tuesday-Thursday 9:00 AM – 8:00 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](http://www.echovermont.org)). Year round.
- Lake Champlain Maritime Museum: Allows one family free entrance ([www.lcmm.org](http://www.lcmm.org)). Seasonal.
- Shelburne Farms: Free admission for one family to the walking trails and children's farmyard ([www.shelburnefarms.org](http://www.shelburnefarms.org)). Seasonal.
- Shelburne Museum: Free entry for two adults and accompanying children under 18 ([www.shelburnemuseum.org](http://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](http://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.vtstateparks.com](http://www.vtstateparks.com)). Seasonal.

All events are free unless noted. Pre-registration encouraged. Call or email [libraryprograms@fvsu.org](mailto:libraryprograms@fvsu.org).

Tuesdays, July 5, 12, 19, and 26, 5:00 – 8:00 PM: Gaming Group. Ages 10+ play tabletop board and card games at this weekly event. All are invited.

Thursday, July 7, 10:00 – 11:00 AM: Chocolate Olympics. Can you balance an M&M on a spoon while walking through an obstacle course? Find out at the Chocolate Olympics where kids age 6+ complete many fun and different chocolate challenges. Eating included. Must register.

Thursday, July 7, 6:30 – 7:30 PM: Make Your Own Bug Repellent. Using just essential oils as the active ingredients – including the one shown to be most effective against biting insects and ticks – make your own bottle of bug spray. Also learn more about ticks and avoiding Lyme disease. \$5 materials fee. Adults and youth 7+ (ages 7-11 must be accompanied by an adult).

Tuesdays, July 12, 19, and 26, 9:30 – 10:30 AM: Preschool Story Hour. July 12: Move It! July 19: What's Yummy to Eat. July 26: Olympics.

878-6955. We expect the library will reopen for regular business in mid-July.

Library patrons interested in getting materials can call the Library at 878-6955 during open hours or email [frontdesk@brownelllibrary.org](mailto:frontdesk@brownelllibrary.org) anytime to request materials, and staff will retrieve requested materials when possible. Brownell cardholders can also place holds on materials online at <http://brownell.kohavt.org/> if they have their account set up for access. Patrons will receive confirmation when materials are available for pickup. No interlibrary loan requests will be processed during this time. Book donations will also not be accepted at this time.

Library materials will now have an extended due date. Patrons are encouraged to check out as much material as they will need during this partial closure. Library materials can be returned in the library book drop outside the main entrance, which is available 24/7.

Brownell Library is part of the Homecard System and card holders can access 21 libraries in the area. For a listing of these libraries and their hours of operation, patrons can visit <http://brownelllibrary.org/using/homecard.html> or stop in the library for a brochure. Downloadable ebooks and audiobooks are also available to library patrons through [www.listenupvermont.org](http://www.listenupvermont.org) with a valid library card number.

CLiF awards Summer Readers grants to organizations serving kids at high risk of experiencing a "summer slide" in literacy skills. Research shows that children who don't read over summer vacation tend to lose literacy skills while children who do read improve their reading abilities. Low-income children and youth often experience greater summer learning losses than their higher-income peers. Jericho Town Library Director Colleen Korniak relayed, "We are thrilled to join the Jericho Play Group in hosting the CLiF storytelling program."

Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for story hour.

Tuesday, July 12, 6:00 – 7:30 PM: Home Cheesemaking for Beginners. Offered by local backyard goat herder and former biochemist Christine McMillian. Delicious mozzarella and ricotta will be crafted in class, while we discuss the chemistry and history of cheese! Ages 16+. There is no fee for this workshop, but space is limited. Must register.

Wednesday, July 13, 3:00 – 4:00 PM: Summer Science: Archeology. Kids 6+ will dig for artifacts, create sandpaper petroglyphs, and piece together clues to learn about ancient civilizations. Please register.

Thursday, July 14, 6:00 – 7:30 PM: Sewing Basics. Wish you knew how to sew on a button, hem your pants, or patch a rip? Now is your chance to learn! Join Karin Hernandez as she covers all the basics of sewing to keep your favorite clothes looking great. No experience needed. Recommended age 10+.

Saturday, July 16, 10:00 AM – 12:00 PM: DIY Cardboard Arcade. Youths will build their own cardboard arcade games, then play each other's games for prizes. Recommended ages 8+. Please register.

Thursday, July 21, 10:00 – 11:30 AM: Bike Day. Bring your bike and helmet and meet at the basketball court near the Elementary School for a bike safety course. Plus try out the Smoothie Bike from Rise VT and have a refreshing drink you helped make! All ages. Please register.

Thursday, July 21, 5:30 – 7:30 PM: Tea and Bristles. Perfect for all skill levels, Julie Griffis leads this painting class through step-by-step instructions to create a masterpiece. This month's piece will be a painting of sunflowers. Recommended ages 16+. Cost is \$25 for materials and snacks. Must register.

Thursday, July 28, 5:00 – 7:00 PM: Library Olympics. Meet on the lawn in front of the Middle School for a field day with lots of fun outdoor games. Ages 4+. Sponsored by FLARE.

Saturday, July 30, 10:00 AM – 1:00 PM: Fairfax Mini Renaissance Faire. This community festival will feature longsword and jousting demonstrations, a Bird on Glove presentation by VINS, Renaissance games, refreshments, and much more. Held on the lawn outside the BFA Middle School. Fun for the whole family. Free. For up-to-date info about programs, visit our website: [www.fairfaxvtlibrary.org](http://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 and Thursdays, 10:30 AM. Up to age 5 with a caregiver.

Summer Story Time Series: Tuesdays, 10:30 AM. July 5: Under the Sea; July 12: Yoga Story Time with Danielle Brown; July 19: Let's Go Camping; July 26: Outdoor Adventure; 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! Yoga Games: Wednesday, July 6, 11:00 AM. Familiar games with a twist. Presented by Danielle Brown, yoga instructor. Ages 5-10.

Lego Day and Movie: Friday, July 8, 10:30 AM – 12:00 PM. Make your own LEGO creations using the library's LEGO collection. 12:00 PM: Family movie, Rated PG, 100 min. Free popcorn. All ages. Children ages 8 and younger must be accompanied by an adult.

Power Smoothies: Wednesday, July 13, 11:00 AM. Pedal your way to a powerful and delicious smoothie while learning how to properly fuel yourself to perform your best. Ages 9 and up.

Very Merry Theatre presents *The Lion King* Thursday, July 14 at 12:00 PM. Performance will be held on the lawn. Old Brick Church if it rains. All ages.

Outdoor Art with MC Baker: Monday and Wednesday, July 25 and 27, 1:00 – 3:00 PM. Get active with art! Create paintings inspired by the power of words. Drop-in program for all ages. Dorothy Alling Memorial Library, 21 Library Lane, Williston. 802-878-4918, [www.williston.lib.vt.us](http://www.williston.lib.vt.us).

**BROWNELL MEMORIAL LIBRARY, ESSEX JCT.**

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](mailto:frontdesk@brownelllibrary.org).

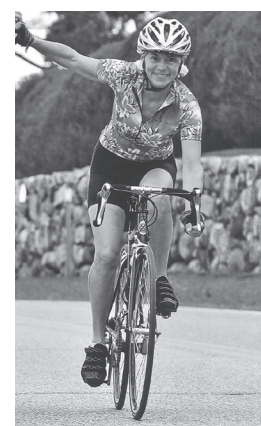
[ CUSTOMIZED TOTAL KNEE REPLACEMENTS ]

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**



OBSTETRICS & GYNECOLOGY | EMERGENCY SERVICES  
GENERAL SURGERY | ORTHOPEDICS | CARDIOLOGY | ONCOLOGY  
UROLOGY | REHABILITATION SERVICES | DIAGNOSTIC IMAGING

528 Washington Highway, Morrisville, VT [copleyvt.org](http://copleyvt.org)

EXCEPTIONAL CARE. COMMUNITY FOCUSED.

## Old Schoolhouse rehab underway

Phase 1 of the rehabilitation of the Old District 5 Schoolhouse in Underhill Center is underway! The work being done now by Fairbanks Construction is on the side facing Stevensville Road. This side has the most deterioration and damage from the fire of 1951, which closed the school. The community is invited to stop by and see the progress.

This 1861 schoolhouse is the last of 15 original Underhill schoolhouses left in public hands, and it occupies one of the oldest developed sites in the village. Underhill children were educated there for 90 years. Its history has been one of narrow escapes. After it survived the fire, it was turned into a town garage and suffered disfiguring alterations that threatened its collapse. It was rescued in the 1980s by a five-year restoration project undertaken by the Underhill Historical Society, but unfortunately it received little maintenance for the next 30 years and is threatened again.

Phase 2 is planned for the spring and summer of 2017, and hopes are that that work will largely finish the exterior and make the second floor

usable for storage. The goal is to make this building an attractive, functional asset to the community that can be used for many events. It is already being used for meetings, potluck suppers, blueberry and ice cream socials, and flea markets. The rehabilitation will also preserve an iconic piece of Underhill history and provide a home for the Underhill Historical Society.

Individuals can join this community effort and the donors' legacy plaque by contributing to Friends of the Old Schoolhouse, P.O. Box 153, Underhill Center, 05490. OR you can donate online at the UHS website, <http://underhillhistoricalsociety.org/>, where you can also view MMU exchange student Faryal Afsar's fantastic award-winning video about the Old Schoolhouse.

The Friends of the Old Schoolhouse – Roger Frey, Chair, John Connell, Pete Czaja, Steve Ferreira, Rick Heh, Kurt Johnson, Floyd Scott, Susan Thomas, and Scott Tower – thank everyone for their support in this community effort.



## United Way Volunteer Connection Listings

By Sue Alenick,

United Way Volunteer Columnist

Check it Out! United Way of Northwest Vermont's newly redesigned, mobile-friendly Volunteer Connection search platform is up and running. Search for volunteer needs 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](http://www.unitedwaynwvt.galaxydigital.com) or contact us at [volctr@unitedwaynwvt.org](mailto:volctr@unitedwaynwvt.org) or 860-1677.

**CRAZY RACE** – People Helping People Global needs volunteers for their 5<sup>th</sup> Annual Brain Freezer 5K event on Saturday, July 9 from 8:30

AM – 12:00 PM. Over 300 racers run 1.5 miles, stop to eat a pint of Ben & Jerry's ice cream, and then finish the final 1.5 miles! Volunteers hand out ice cream, take photos, direct traffic, set up and break down tents and tables, and mark the course the evening before. Contact Alex Tuck, 318-4488 or [alex@phpgmicrolending.org](mailto:alex@phpgmicrolending.org).

**WAKE UP TO DYING** – The Wake Up to Dying Project is coming to Burlington for four event-packed days, Thursday-Sunday, July 14-17 with a traveling exhibit on the lawn of the Fletcher Free Library in downtown Burlington. Volunteers can help with set up, greet people and guide them through the exhibit, break down after the event, etc. Two- to four-hour shifts from 8:00 AM – 8:00 PM daily. Contact Mary Wesley, 802-522-7818 or [programs@wakeuptodying.org](mailto:programs@wakeuptodying.org).

**ROCK CAMP** – Girls Rock Vermont is gearing up summer camp, Monday-Saturday sessions: July 18-23 and August 8-13. Volunteers with musical experience are needed to serve as instrument

instructors in guitar, bass, keyboards, and drums, 9:00 AM – 12:00 PM each day, and band coaches 12:00 – 5:30 PM daily. Preference is for strong female role models. Background check required. Contact Linda Bassick, 503-0409 or [linda@girlsrockvermont.org](mailto:linda@girlsrockvermont.org).

**SUMMER CAMP** – Camp Exclamation Point needs volunteers for a week-long camp Friday-Sunday, August 12-20 in Thetford, VT. Volunteer camp counselors and certified lifeguards will spend a week at a beautiful lakeside camp with 110 campers, grades 3-8. Staff training provided. Background check required. Contact Scott Moore, 855-802-2267 or [campexcl@gmail.com](mailto:campexcl@gmail.com).

**BUILDING HOMES** – Green Mountain Habitat for Humanity asks volunteers to lend a hand at one of their construction sites. Help is needed at a new home being built in Richmond or completion of a build in Milton. Contact David Mullin, 872-8726 or [dmullin@vermonthabitat.org](mailto:dmullin@vermonthabitat.org).

**ALZHEIMER'S EDUCATORS NEEDED** – Alzheimer's Association is seeking educators to help the community gain important access to the

knowledge and resources needed to help with early detection, strategies, and other essential tools. Flexible scheduling. Contact Mike Clark, 316-3839 or [mclark@alz.org](mailto:mclark@alz.org).

**MEAL DELIVERY** – Winooski Community Services Department needs a *Meals on Wheels* assistant to deliver meals to seniors, perform safety checks, and chat with clients who would otherwise be isolated. Volunteers must have a car and valid driver's license, be able to climb stairs carrying meals, and be comfortable with diverse populations. Background check required. Contact Paul Sarne, 655-6410 Ext. 12, or [vista@winooskivt.org](mailto:vista@winooskivt.org).

**A MATTER OF JUSTICE** – Vermonters for Criminal Justice Reform is seeking volunteers to research specific issues and grants related to criminal justice reform, to assist the ED with various administrative duties, and a volunteer to create a simple volunteer policy for their specific needs. Contact Suzi Wizowaty, 802-503-0601 or [wizowaty@vermontersforcriminaljusticereform.org](mailto:wizowaty@vermontersforcriminaljusticereform.org).

## LEGAL NOTICE

### TOWN OF JERICHO- DEVELOPMENT REVIEW BOARD NOTICE OF PUBLIC HEARING

The Jericho Development Review Board will hold a public hearing at 7:00 pm on Thursday, July 28, 2016 at the Jericho Town Hall to consider the following:

- A request to the DRB by Pamela Gillis Revocable Trust for a conditional use review for a 12 x 12 addition at 64 Hiram Crossing (HX064). This parcel is located in the Agricultural Zoning District pending (Rural Agriculture Residential Zoning District).
- A request to the DRB by Old Morgan Orchard LLC for site plan review, conditional use approval and PUD review for a 6 unit (3 duplexes) residential development at 20 Morgan Road (MR020). This parcel is located in the Rural Residential Zoning District pending (Low Density Residential District).

All interested persons may appear and be heard. Additional information related to this application may be viewed at the Jericho Planning and Zoning Office during regular business hours.

Chris Flinn  
Zoning Administrator  
[cflinn@jerichovt.gov](mailto:cflinn@jerichovt.gov)

## COLLEGE HONORS

**Megan Currier** of Westford, VT has been named to the spring 2016 Dean's List at Widener University, Chester, PA. Currier is a biology major.

**Christopher Daniels** of Jericho, VT has been named to the spring 2016 Dean's List at Western New England University, Springfield, MA. Daniels is a pre-pharmacy major.

**Lynda Howell** of Underhill, VT, a student at the University of Vermont, Burlington, VT, has been inducted into the UVM History Department's Alpha Alpha Psi Chapter of Phi Alpha Theta, a national honor society that promotes the study of history.

**Ryan Peden-Spear** of Jericho, VT has been named to the spring 2016 Dean's List at Roger Williams University, Bristol, RI.

**Alexis Perry** of Westford, VT was named to the spring 2016 Dean's List at Merrimack College, N. Andover, MA.

**Sean Stergas** of Cambridge, VT has been named to the spring 2016 Dean's List at Western New England University, Springfield, MA. Stergas is an accounting and finance major.

**Laurel L. Whitney** of Waterbury, VT was named to the spring 2016 Dean's List at Colby College, Waterville, ME. Whitney, a senior, attended Harwood Union High School and is the daughter of Ryan and Kimberley Whitney of Waterbury.

**Christopher Walker** of Jericho, VT, a junior at UVM, Burlington, VT, has been named to the Dean's List for the Spring of 2016 semester. He is majoring in Mechanical Engineering at the College of Engineering and Mathematical Sciences.

**Bradley Adair** of Jericho, VT, has been named to University of Delaware's Dean's List for the Spring 2016 semester.

## Driving safely in work zones

Drive Time – Safety Tips for VT Drivers: *Information, tips and reminders from the Vermont Highway Safety Alliance, who work to keep Vermont drivers safe – VT State Police, VT Department of Motor Vehicles, VT Agency of Transportation, VT Sheriff's Association, and AARP Driver Safety.*

Now that warm weather is finally here, it must be construction season. And that means it's time to refresh our safe driving in work zone skills with these tips:

- Remember that work zone means any properly posted construction, maintenance or utility work site, and rules apply 24/7, not just during the workday.
- Slow down! Speed limits are reduced and fines for speeding are doubled in work zones for a good reason: to protect the workers.

- Follow instructions from flaggers and signs.
- Pay extra attention, minimize distractions and expect the unexpected.

Do NOT use handheld devices; it's illegal in Vermont, except for certain emergency communications.

- Turn on headlights for better visibility.
- Be courteous, and merge as instructed, as soon as it is safe to do so.
- Don't change lanes in the work zone, tailgate, or crowd the road crew. Maintain at least a four-second following distance and give road workers as much space as possible. Try to keep up with the traffic flow.
- Expect delays and schedule extra time, or seek an alternate route.
- Be patient. Remember that they're working hard to improve the roads for all of us.

## COLLEGE GRADUATES

**William Frick** of Jericho, VT was awarded a bachelor of science degree in interactive media and game development with distinction on Saturday, May 14, 2016 at Worcester Polytechnic Institute, Worcester, MA.

**James Nickerson** of Underhill, VT and a graduate of Mount Mansfield Union High School, Jericho, VT, has graduated from Baldwin Wallace University, Berea, OH with a Bachelor of Arts in Film Studies.

**Charlotte Adams** of Westford, VT graduated Cum Laude from the University of Vermont, Burlington, VT with a Bachelor of Science in Environmental Sciences.

**Chelsey Anderson** of Westford, VT graduated with a Bachelor of Science in Middle Level Education.

**Ariel Culupa** of Jericho, VT graduated from the University of Vermont, Burlington, VT with a Bachelor of Science in Animal Sciences.

**Hailey Douglas** of Jericho, VT graduated from the University of Vermont, Burlington, VT with a Bachelor of Science in Early Childhood Preschool.

**Lauren Dubuque** of Jericho, VT graduated from the University of Vermont, Burlington, VT with a Bachelor of Science in Professional Nursing.

**Tyler Emond** of Jericho, VT graduated from the University of Vermont, Burlington, VT with a Bachelor of Science in Business Administration.

**Michael Flynn** of Waterbury, VT graduated from the University of Vermont, Burlington, VT with a Bachelor of Science in Environmental Sciences.

**Alicia Fortin** of Underhill, VT graduated from the University of Vermont, Burlington, VT with a Bachelor of Arts in History.

**Audree Frey** of Underhill, VT graduated Cum Laude from the University of Vermont, Burlington, VT with a Bachelor of Science in Environmental Studies.

**Seth Frey** of Underhill, VT graduated from the University of Vermont, Burlington, VT with a

Bachelor of Science in Environmental Sciences.

**Christian Guggemos** of Waterbury, VT graduated from the University of Vermont, Burlington, VT with a Bachelor of Science in Elementary Education - K-6.

**Jordan Haenel** of Underhill, VT graduated from the University of Vermont, Burlington, VT with a Bachelor of Science in Biological Science.

**George Haley** of Jericho, VT graduated from the University of Vermont, Burlington, VT with a Bachelor of Science in Biochemistry.

**Mattie Hayes** of Cambridge, VT graduated from the University of Vermont, Burlington, VT with a Bachelor of Science in Nutrition and Food Sciences.

**Ceara Ledwith** of Jericho, VT graduated from the University of Vermont, Burlington, VT with a Bachelor of Arts in Theatre.

**Austin Merrill** of Jericho, VT graduated Magna Cum Laude from the University of Vermont, Burlington, VT with a Bachelor of Science in Biological Science.

**Clare Miller** of Waterbury, VT graduated from the University of Vermont, Burlington, VT with a Bachelor of Arts in Anthropology.

**Christopher Nealy** of Waterbury, VT graduated from the University of Vermont, Burlington, VT with a Bachelor of Science in Civil Engineering.

**David Polson** of Jericho Center, VT graduated Magna Cum Laude from the University of Vermont, Burlington, VT with a Bachelor of Arts in Biology.

**Natalia Richards Ulloa** of Jericho, VT graduated from the University of Vermont, Burlington, VT with a Bachelor of Science in Business Administration.

**Erin Skelly** of Waterbury, VT graduated from the University of Vermont, Burlington, VT with a Bachelor of Arts in English.

**Troy Springer** of Jericho, VT graduated from the University of Vermont, Burlington, VT with a Bachelor of Arts in Mathematics.

## AUCTIONS

USDA Foreclosure: 3BR Village Home

Tuesday, July 19 @ 11AM

276 Lower Main St., Johnson VT



Village 3BR, 2BA home with basement. Close to town amenities and Johnson State College.

Thomas Hirchak Company  
THCAuction.com • 800-634-7653

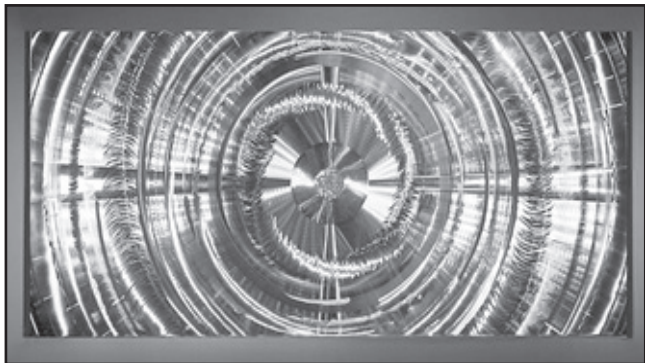
ART / MUSIC / THEATER

ART/PHOTOGRAPHY

Emile A Gruppe Gallery currently features an exhibition of hooked rugs, pillows, and ornaments from the productive hands of the Richmond Rug Hookers. The show will be exhibited through Sunday, July 10. The Richmond Rug Hookers is a group of 36 women who meet weekly to share their skills and materials. About 21 artists have their work on display at the gallery. Much of the work is for exhibit only as the creation of a piece is very time consuming and in many cases personal. Many of the designs are created by the artist themselves, as Sara Burghoff did for Rufus her cat. Other patterns are developed by professional designers. Some of these works are for sale. Gruppe Gallery, Barber Farm Rd., Jericho. Gallery hours are 10:00 AM – 3:00 PM, Thursday-Sunday, or by appointment, 899-3211.

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 20<sup>th</sup> 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](http://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.

A Visual Picnic! Come feast your eyes on the wonderful new art display offered by the members of the Essex Art League during the month of July at the Old Red Mill in Jericho (<http://www.jerichohistoricalsociety.org/the-old-red-mill.html>). Paintings in all mediums, photographs, matted prints, and ceramic art are available



**Radiance, 45"x93"** by Bruce MacDonald, one of the featured artists whose work is on exhibit at the HAVOC Gallery, 27 Sears Lane, Burlington; 800-639-1868 PHOTO CONTRIBUTED

Eagle Eye

(“Just hug somebody and tell them we got this.”)

Hi friends,  
Headlines tell us that gorillas are precious, politicians are super scary, four new Elements are getting actual names, guns kill, Brazil is a mess but has new stadiums, the Dead is on tour, Ali is gone, Prince too, and where does who go to the bathroom? In the middle of all of this shouting we find ourselves. Or we don't. That is the conundrum. Where do we as individuals live today amidst the massive explosion that seems to be civilization?

Paraceratherium Grangeri (say that five times) was the largest mammal ever to walk the earth. It was a hornless rhinoceros species that survived for 11 million years ranging from Mongolia to the Balkans. Roughly 17 feet tall at the shoulders, it weighed up to 40,000 pounds or about the weight of five elephants. Imagine a herd of those wandering about, munching on trees, devoid of fear from any predators. In the '60s, there were 65,000 black rhinos in the wild. In the '70s, ninety percent of them were killed and today there are a total of around 5000 rhinos altogether on the planet. The white rhino is down to three individuals, all in zoos.

I recently read that the total time spent on the video game World of Warcraft was 5.93 million years, or about the equivalent time since our ancestors first stood erect. Biologically, the bodily sensations of anxiety and excitement are nearly identical, so fighting wars – pretend wars – can be really, really stressful and exciting. Clearly, this stuff is addictive. And how about the media? Well, does anyone notice the absolute incendiary nature of the headlines on the Internet? Every storm is the end of the world, every speech is the collapse of the Constitution. The most popular shows on the tube are about cops and terrorists or war and battles with dragons and torture and who gets killed (or magically brought back to life this week) and poison and bribes and judges and slaves and daggers and bedfellows. And this is just the election coverage...

But we can do this. In the 1950s, there were less than 417 breeding pairs of bald eagles in the contiguous U.S. Today there are over 10,000 pairs and the number is growing. I have seen one in my pajamas (“How he got in my pajamas I'll never know...” Groucho) from my living room and one flew over my head at a Mariners' game in Seattle last summer. Think of that moment in the movie when the plucky short guy in the deepest of jams says to the hero, “Just go, I got this.”

And off the hero charges to save the rest of the universe. What is this about? (The exact moment to ask, I think). It's about what I say to my teenagers all the time. “Take care of each other.” That's it. Look out for the person next to you all the time. If you have their back and they have yours we have a chance. Every single person you talk to today was a child and on many levels still is. Treat them with that love and caring you would show to a small, young human being and we can get through all this noise. Focus on the people around you. We are the pinnacle of evolution. Let's act like it. Killing mega fauna is stupid. Every kid will tell you that. Killing things on screens is just reinforcing killing, and wasting the most precious thing we all have...

The root of the word civilization is the same as the one for civility. The non-stop shouting of disaster is the foreground visual assault from all these glass screens. Actual humanity is on the other side waiting. It's pretty awesome. You know, craft beer, garter snakes, bikes, surprise presents, boats of all kinds, lightning, strolling, love, and other cool stuff... Just hug somebody and tell them we got this. Together. Don't listen to the shouting and the hateful speech. We got this.

Summer in,  
Peace out,  
“Summer of Love” sounds pretty great. Let's replay that notion.  
And while you are at it, slow down and have a look at some quality art, the kind made by the people who devote their lives to seeing and contemplating and making...

hugs all around,  
Bruce R. MacDonald

for purchase. For information on the league as well as a detailed calendar of events, online gallery, and meeting times, visit their website, <http://www.essexartleague.com>.

Prints and Drawings by Pat Steir will be on exhibit in the main and east galleries at Helen Day Art Center in Stowe 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. Helen Day Art Center, 90 Pond St., Stowe; open Wednesday-Sunday, 12:00 – 5:00 PM and by appointment.

Beauty within HAVOC – The HAVOC Gallery exhibits fine art by Joël Urruty, Mandy Daniels, George Peterson, Gordon Auchincloss, Susan Madacsi, Damien Hirst, and Bruce R. MacDonald. Gallery Hours: Thursdays and Fridays 9:00 AM – 5:00 PM and every first Friday 5:30 – 7:30 PM. The Gallery is also open by appointment, 800-639-1868; most days there is someone there, so just stop by. The hours of the gallery might be chaotic, but the vision of HAVOC and the art is not. The Havoc Gallery, 27 Sears Lane, Burlington.

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.

At River Arts of Morrisville, *River Works 2* through Tuesday, July 5 includes paintings by Rett Sturman, Elizabeth Nelson, and Liz Kauffman, and photographic work by Katherine Lipke Vigesaa and Robert Malbon. Also through

Art / Music / Theater continued on page 8



This still life by Robert Douglas Hunter is part of an exhibit of his and his students' work at the Bryan Memorial Gallery, Jeffersonville, through Monday, September 5. For information, 802-644-5100. PHOTO CONTRIBUTED

CHITTENDEN MILLS BEVERAGE

5 ¢ OFF

FREE COFFEE 12 OZ.



PER GALLON OF GASOLINE

Cannot be combined with other offers. Ad required for discount.

MOUNTAIN GAZETTE RATES – 2016

The *Mountain Gazette* is the hometown community newspaper for Bolton, Cambridge, Jeffersonville, Jericho, Underhill, and Westford, Vermont.

The *Mountain Gazette* store-delivers 4,500 - Bolton, Cambridge, Jeffersonville, Jericho, Underhill, Westford, Essex Junction, Essex, Essex Center, Fairfax, Huntington, Hinesburg, Jonesville, and Richmond.

TOTAL CIRCULATION – 4500 COPIES

The *Mountain Gazette* is owned and operated by Brenda Boutin. Boutin has a B.A. in Graphic Design and is the Graphic Designer. Ads are designed for you at no added cost.

OPEN RATE

\$8.00 column inch,  
Column width 1-7/16"

Listings below are measured width x height

Business Card

3-1/4" x 2"  
\$32.00

1/16 page  
3-1/4" x 3" \$48.00

1/12 page  
3-1/4" x 4"  
\$64.00

1/8 page  
3-1/4" x 6" or 5" x 4"  
\$96.00

1/4 page  
3-1/4" x 12"  
5" x 8"  
6-1/2" x 6  
\$168.00

1/2 page  
10-1/4" x 8" or 5" x 15-1/2"  
\$292.00

Full page 10-1/4" x 15-1/2" \$395.00

Prepaid Contracts available – Save up to 20%. Purchase six ads, any size and run within 12 months. Call Brenda for details, 453-6354.

Subscriptions \$35.00 per year

Publication: First & Third Thursday/Month  
Deadlines: Thursday before publication:  
Copy – 12:00 Noon  
Advertising – 5:00 PM

Business Directory: \$18 each, must buy 5 issues (\$90 pre-paid) Size: 3-1/4" x 1-1/2".  
Contract rates available, More sizes available

Classifieds: \$6.50 for 25 words, 10¢ each additional word

Other publications available:  
2016 Northwestern Vermont Animal Resources Guide (10,000 COPIES DISTRIBUTED)  
2017 Jericho – Underhill Community Directory (4000 COPIES DISTRIBUTED)

INSERTS: 1 – 4 PAGES, 8-1/2" X 11" COST: \$45.00 PREPAID PER 1000  
MUST PURCHASE FULL 4500 CIRCULATION

The *Mountain Gazette*, 6558 VT RT 116, Starksboro, VT 05487 • Phone: 802-453-6354  
[mtgazette@earthlink.net](mailto:mtgazette@earthlink.net) • [www.mountaingazetteofvermont.com](http://www.mountaingazetteofvermont.com)



## Art / Music / Theater continued from page 7



On Sunday, July 24 at 4:00 PM, the 18<sup>th</sup> Annual Folk Music Concert will be held at the Old West Church in Calais. The concert will feature *Last Night's Rain*, a sister duo from Northumberland, England. For more information: 802-233-1015 or [www.debflanders.net](http://www.debflanders.net). PHOTO CONTRIBUTED

July 5, *Kinder Arts Retrospective* exhibits mixed media, painting, drawing, print making, sculpture photography, and music for children ages 3-5. River Arts of Morrisville, 74 Pleasant St, Morrisville; 802-888-1261 or [info@RiverArtsVT.org](mailto:info@RiverArtsVT.org).

## MUSIC

The 6<sup>th</sup> Annual Cambridge Music Festival (CMF) has been announced for Saturday, July 16 at the soon-to-be-opened Cambridge Community Center, 22 Old Main St. in the village of Jeffersonville. The festival kicks off at 3:00 PM, presenting a variety of talented musicians, singers, and songwriters from all over New

England, and also features local vendors including food, beer/wine, craft, and more. All proceeds from the event go towards Cambridge 360, a local non-profit organization whose mission is to raise funds for projects such as further development of the community center. The festival is extending its roots at the Cambridge Community Center location with the addition of a permanent stage space. The addition of comedy performances this year add variety to the traditional format and will be happening between longer music acts. The musical lineup for this year includes Cambridge-based band *Locals & Company* (formerly *Pabst Blue Rhythm*) led by Sean Keefe and featuring Spencer Hunt, Eli Martell-Crawford, and Matt Pendris. Joining them are *The Snaz*, *Swale*, and duo *Dwight & Nicole* featuring vocalist Nicole Nelson, Season 3 contestant on NBC's *The Voice*. The scheduled comedic performers are Kendall Farrell (VT's Funniest Comedian – 2015) and Taylor Scribner, with more to be announced in the coming weeks. A sunset fire performance will occur by *Cirque de Fuego* before the final band. The event will be co-hosted by Burlington entertainer Major Face. The festival will also serve as the opening celebration for the community center, with guided tours of the buildings and property scheduled to occur throughout the duration of the festival. Over the past year there have been significant improvements to the building and grounds, including the development of a fitness facility, expected to open in the coming weeks. Tickets are available at [www.cambridgemusicfestival.com](http://www.cambridgemusicfestival.com), from \$5-15; children under 10 are free. For more information, visit [www.cambridgemusicfestival.com](http://www.cambridgemusicfestival.com) or contact Justin Marsh, [Justin@cambridgemusicfestival.com](mailto:Justin@cambridgemusicfestival.com) or 802-730-2383. The Cambridge Music Festival is presented by Cambridge Village Market. Other sponsors to-date include Cambridge 360, Cambridge Arts Council, Celia Vine Marketing, H Studio, Halogen Media Works, Height of Land Publications, and Smugglers' Notch Resort.

On Sunday, July 24 at 4:00 pm, the 18<sup>th</sup> Annual Folk Music Concert will be held at the Old West Church in Calais. The annual event has been organized by singer Deb Flanders in honor of her great-aunt and native Vermonter Helen Hartness Flanders, one of the pioneers of folk music history in the United States and an internationally recognized ballad collector and authority on folk music found in New England and in the British Isles. This year's concert will feature *Last Night's Rain* from Northumberland,

England. The Oxnard sisters, Jane on fiddle and Ailsa on guitar, play traditional and contemporary folk music from the UK and the USA. Fiddlers Pete Sutherland and Oliver Scanlon and Vermont Symphony Orchestra cellist John Dunlop, and violinist/fiddler Laura Markowitz will round out the lineup for an afternoon of memorable music making. General admission at the door: \$15; a portion of the proceeds will benefit the Vermont Folklife Center. For more information: 802-233-1015 or [www.debflanders.net](http://www.debflanders.net).

## THEATER

Running Friday, July 8-Saturday, July 23, Dorset Theatre Festival is proud to present the Regional Premiere of Sarah Ruhl's acclaimed play *Dear Elizabeth*, which chronicles the unconventional and remarkable 30-year friendship between two of the most honored American poets of the 20<sup>th</sup> century: Elizabeth Bishop and Robert Lowell. Chronicling the unconventional and remarkable friendship – with postmarks from Maine to Key West and as far away as London and South America – Ruhl's *Dear Elizabeth* is a lyrical and moving portrait of two lives that unfold in letters. For more information on this program as well as the Festival in general, please go to [dorsettheatrefestival.org](http://dorsettheatrefestival.org) or call 802-867-2223.

Producing Artistic Director Chuck Tobin today announced the July 6 opening of the Vermont Premiere of Ken Ludwig's *The Hound of the Baskervilles: A Sherlock Holmes Mystery*, at Saint Michael's Playhouse, July 6 through 16. Directed by Sarah Carleton the cast features Christian Kohn as Sherlock Homes, Ian Lowe as Dr. Watson, with Bill Carmichael, Adam Petherbridge, and Abby Lee who together ricochet through more than 30 separate roles in this comedic take on one of Sir Arthur Conan Doyle's most popular literary works.

Performances begin on the Playhouse stage on Wednesday, July 6. Performances are Wednesday – Saturday evenings July 6 - 9, Tuesday – Saturday, July 12 – 16, 8:00 PM curtain, and Saturday matinees July 9 and 16, 2:00 PM curtain.

This new adaptation of *The Hound of the Baskervilles*, Sir Arthur Conan Doyle's beloved 1901 mystery, had its the world premiere co-production at the McCarter Theatre Center in Princeton, NJ and Arena Stage in Washington, D.C as part of each theater company's 2014/15 season.

## 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, July 10: Addison Ambler. This route travels south from Vergennes to Weybridge via VT Rt. 125 and then west to Bridport and West Addison and back to Vergennes on quiet roads. The short ride is 45 (M) and the long is 60 (S) with roughly two miles of dirt. Meet 8:45 AM at Vergennes Union High School, Monkton Rd., east parking lot. Leader Dorothy Pumo, 829-8729 [dpumo5@gmail.com](mailto:dpumo5@gmail.com); co-leader Tom Kennedy, 735-5359 [letomkenedy@gmail.com](mailto:letomkenedy@gmail.com). For those who are interested in making this a two-day ride starting from South Burlington with either camping or a Bed & Breakfast in Addison, contact Donna Leban, 862-1901 [lightspd@comcast.net](mailto:lightspd@comcast.net).

Sunday, July 17: Willsboro Wanderer. 40 (M) and 55 (M/S)

Bike Club day rides continued on page 9



# LAWRENCE

# FOR

# VERMONT HOUSE



## 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, July 9, 16, and 23, August 6, 13, and 20, September 3 and 10, from 8:30 AM – 12:00 PM. Tag sales are July 30, and 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 openings are just July 11 and August 8. We continue to be open every Tuesday. Please see our website [www.vigenlib.org](http://www.vigenlib.org) for more information including directions and how to contact us if you are visiting the area.

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

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

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

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

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

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

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

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

**Brain Injury Support Group** – a place for survivors and family members, caregivers, friends, and the community to receive valuable resources and information about brain injury. The support group is a place to share experiences in a safe, secure, and confidential environment. Monthly meetings: 4<sup>th</sup> Fridays at the

YMCA in Winoski 11:00 AM – noon; 1<sup>st</sup> Wednesdays at Fanny Allen in Colchester, 5:30 – 7:30 PM; and 2<sup>nd</sup> Tuesdays at the Saint Albans Diner in Saint Albans. Call the BIAVT help line, 877-856-1772.

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

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

**Eating Disorders Parental Support Group**, monthly on the 3<sup>rd</sup> 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, 2<sup>nd</sup> 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. Speaker July 12: Dr. Peter Holoch, UVM urologist; 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 1<sup>st</sup> Tuesdays 5:30 PM, Northwestern Medical Center, Conference Room #1. RSVP at 524-8479.

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

**Franklin County Prostate Cancer Support Group**, monthly, 1<sup>st</sup> 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](mailto: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](mailto:westford_pl@vals.state.vt.us), or visit [www.westford.lib.vt.us](http://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 1<sup>st</sup> and 3<sup>rd</sup> Wednesday of each month. All seniors welcome. Dinner served at 11:30 AM. Information, Bette Workman, 899-4446, Loreen Teer, 899-1363, or Doug Keith, 899-2582.

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

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

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

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

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

**Starksboro First Baptist Church senior meals**, Starksboro, 4<sup>th</sup> 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**, 2<sup>nd</sup> 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](http://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](http://www.riverartsvt.org) for more details.

## TOWN GOVERNMENT &amp; ORGANIZATIONS

**Cambridge Area Rotary** meets on 1<sup>st</sup> 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](mailto:Slassiter@unionbankvt.com).

**Westford Fire Department**, Mondays, 7:00 PM, at the fire station next to the Town Garage. Information: John Quinn, [jquinnivt@aol.com](mailto:jquinnivt@aol.com).

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

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

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

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

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

## THRIFT SHOPS &amp; FOOD SHELVES

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

**Westford Food Shelf**, open monthly, 3<sup>rd</sup> 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.

## Bike Club day rides continued from page 8—

options of hilly terrain on low-traffic roads in New York. There are two potential stops for ice cream. Bring money for the ferry and food stops. The shorter version of this ride skips the big hill out of Willsboro. Meet 8:15 AM for the 9:00 AM ferry at Old Champlain Flyer parking lot, Ferry Rd., Charlotte (NOT the ferry parking lot). Leader Kevin Batson, 825-5816 /kevbvt@gmail.com; co-leader Donna Leban, 862-1901 /lightspd@comcast.net; social ride leader Amy Ross, 324-2137 /vtamy@comcast.net.

Sunday, July 24: Covered Bridges of Franklin and Lamoille County. The hilly 41-mile loop (M) goes through Eden and Johnson, while the 55-mile ride (M/S) passes more covered bridges in Montgomery Center, returning through Bakersfield. Meet 8:45 AM at Jeffersonville Fish and Wildlife Access (.3 mile north of the intersection of VT Rts. 15 and 108, across the bridge). Leader Mike Egan, 734 4076 /egan1955@gmail.com; co-leader Viola Chu, 735-7924 /hviolachu@gmail.com.

Sunday, July 31: Not Quite Quebec. 51 (M) and 64 (M/S) rides on low traffic roads near the Canadian border. This is a reworking of our old Almost to Canada ride, which eliminates some of the higher traffic roads while crossing the Missisquoi River twice and travelling along the shore of Lake Carmi. Meet 8:45 AM at Tractor Supply Company at exit 20 off I-89. Leader Dave Merchant, 893-6794 /dpierchand@comcast.net; co-leader Joyce McCutcheon, 893-1690 /mellowmitti@aol.com; social ride leader Donna Leban, 862-1901 /lightspd@comcast.net.

Send your news, births,  
engagements, weddings,  
obits, events to  
[mtgazette@earthlink.net](mailto: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 22<sup>nd</sup> of a month, at 10:00 AM. If the 22<sup>nd</sup> is a weekend day, reservations may be made the following Monday. Reservations are on a first-come, first-serve, month-by-month basis only. Milk is served with all meals. Donations are accepted for all of these meals.

Wednesday, July 6 – IHOP Lunch, University Mall, S. Burlington, 10:30 AM check-in, 11:00 AM lunch. Pot roast.

Thursday, July 7 – Dutch Mill, Shelburne Rd., Shelburne, 10:30 AM check-in, 11:00 AM lunch. Baked stuffed chicken.

Friday, July 8 – United Church, Hinesburg, 12:00 PM. Tomato topped meatloaf, dill mashed potatoes, tossed garden salad, garlic bread, tropical fruit.

Monday, July 11 – Covenant Church, Essex Ctr., 12:00 PM. Spaghetti and meatballs, garden salad with dressing, garlic bread, pudding.

Tuesday, July 12 – Pizza Hut, Susie Wilson Rd., Essex Jct., 10:30 AM check-in, 11:00 AM lunch. All

you can eat pizza buffet.

Wednesday, July 13 – Athens Diner, Colchester, 10:30 AM check-in, 11:00 AM lunch. Roast pork.

Thursday, July 14 – Holiday Inn, S. Burlington, 11:00 AM check-in, 11:30 lunch. Turkey buffet.

Friday, July 15 – United Church, Hinesburg, 12:00 PM. Broccoli cheddar soup, egg salad sandwiches, tossed green salad with dressing, carrot cake.

Monday, July 18 – Covenant Church, Essex Ctr., 12:00 PM. BBQ style chicken pieces, baked potato, sour cream, julienne carrots, wheat bread, pineapple and melon.

Monday, July 18 – Papa Nick’s, 3:00 PM. Chicken fingers with French fries.

Tuesday, July 19 – Ray’s Seafood, Essex Jct., 10:30 AM check-in, 11:00 AM lunch.

Wednesday, July 20 – American Legion, Colchester, 10:30 AM check-in, 11:00 AM lunch. Meatloaf.

Thursday, July 21 – IHOP Lunch, University Mall, S. Burlington, 8:30 AM check-in, 9:00 AM breakfast. Two eggs, hash browns, choice of breakfast meat, pancakes, small juice.

Friday, July 22 – United Church, Hinesburg, 12:00 PM. Parmesan baked fish, Tartar sauce, mashed sweet potatoes, peas, oatmeal raisin cookies

Monday, July 25 – Covenant Church, Essex Ctr., 12:00 PM. Chicken Parmesan, buttered noodles, garden vegetable medley, whole wheat roll, peach shortcake.

Tuesday, July 26 – Ray’s Seafood, Essex Jct., 10:30 AM check-in, 11:00 AM lunch.

Wednesday, July 27 – JP’s Diner and Deli, River Rd., Essex Junction, 10:30 AM check-in, 11:00 AM lunch. Meatloaf.

Thursday, July 28 – Pizza Putt, S. Burlington, 10:30 AM check-in, 11:00 AM lunch. Spaghetti and meatballs.

Friday, July 28 – United Church, Hinesburg, 12:00 PM. Beef stroganoff with egg noodles, honey glazed carrots, dinner roll, watermelon.

-----  
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.

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). No longer offering turkey buffet on Thursdays with the ticket program. Must sign up through the community meals once a month.

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 – 1:00 PM; dinner 5:00 – 6:00 PM. Saturday-Sunday, continental 8:30 – 9:30 AM; brunch 11:30 AM – 1:00 PM, dinner 5:00 – 6:00 PM.

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

# MOUNTAIN GAZETTE

## Publication & Deadline Dates 2016

The Mountain Gazette publishes on the 1st and 3rd Thursday of each month .  
The deadline for receiving copy is Thursday, a week before publication, at noon.  
The advertising deadline is Thursday, a week before publication at 5:00 PM.

For more information, please contact Brenda Boutin  
Publisher of the Mountain Gazette  
6558 VT RT 116, Starksboro, VT 05487  
Phone: 453-6354 • [mtgazette@earthlink.net](mailto:mtgazette@earthlink.net)  
On the web at [www.mountaingazetteofvermont.com](http://www.mountaingazetteofvermont.com)

PUBLICATION DATES:	DEADLINE DATES:
THURSDAY	THURSDAY
January 7	December 31
January 21	January 14
February 4	January 28
February 18	February 11
March 3	February 25
March 17	March 10
April 7	March 31
April 21	April 14
May 5	April 28
May 19	May 12
June 2	May 26
June 16	June 9
July 7	June 30
July 21	July 14
August 4	July 28
August 18	August 11
September 1	August 25
September 15	September 8
October 6	September 29
October 20	October 13
November 3	October 27
November 17	November 10
December 1	November 23
December 15	December 8

**FEATURED PUBLICATIONS:**

Northwestern Vermont Animal Resources Guide - Deadline April 15, 2016 • Distribution after July 1, 2016  
Jericho Underhill Directory - Deadline June 30, 2016 • Distribution after September 15, 2016

[mtgazette@earthlink.net](mailto:mtgazette@earthlink.net)  
[www.mountaingazetteofvermont.com](http://www.mountaingazetteofvermont.com)  
For information Brenda Boutin • 802-452-6354  
Fax: 802-453-2468

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

**BUSINESS DIRECTORY**

**Business Directory Ad Rates**

3.25"x1.5" • \$90.00

for 5 issues

3.25"x3" • \$115.00

for 5 issues

3.25"x4" • \$175.00

for 5 issues

All ads must be prepaid prior to running.

Email: [mtgazette@earthlink.net](mailto:mtgazette@earthlink.net)

for more information

or call **Brenda Boutin at 802-453-6354**

12 month contracts

at reduced rates available

**LANDSCAPING/PROPERTY MAINTENANCE**



113 RT 15 • JERICHO • 899-8900  
 Growing well rooted plants and relationships since 1983  
 Design • Stonework • Planting • Patios • Water Features  
 www.creativelandscapingvt.com • Like us on @ creative LGC  
**ROBERT SCHANTZ** HORTICULTURIST  
 113 Route 15, Jericho, VT 589  
 robertschantz@msn.com  
 Ph 802-899-8900  
 Fax 802-899-4957  
 Cell 802-363-4445

**All Phase Property Maintenance, LLC**

Free Estimates



24 Hour Services Estimates

Lawn Care & Gardens, Fence Installation/Repair, Pressure Washing, Stone-Concrete Walkways, Walls and Patios, Firewood, Light Trucking, Driveway Installation & Repair, Yorkraking, Brushhogging, Snow Plowing, Sanding & Salting, Electrical & much more...

Office: 899-2919 - Cell: 734-8247

Stephan Griffiths Jr. - Owner

Fully Insured

[allphase87@email.com](mailto:allphase87@email.com)

Essex, VT 05452

**FORESTRY MANAGEMENT**

NATURAL RESOURCE CONSULTING • FOREST MANAGEMENT PLANNING



Providing forest management service for over 20 years

Scott Moreau

PO Box39  
 Westford, VT 05494  
 office 802-849-6629  
 cell 802-343-1566

[www.GLForestry.com](http://www.GLForestry.com)  
[GLForestry@aol.com](mailto:GLForestry@aol.com)

GREENLEAF CONSULTING, INC

**HOME IMPROVEMENT**

**CARTER CARPENTRY  
 REMODELING & DESIGN**

SMALL HOME REMODELING PROJECTS  
 AND HOME REPAIRS

Tom Carter  
 Jericho, VT 802-899-5070  
[tcarter1@comcast.net](mailto:tcarter1@comcast.net) [www.cartercarpentry.com](http://www.cartercarpentry.com)

**Dan Marcotte  
 Construction LLC**

Replacement Windows and Vinyl Siding  
 Building, Remodeling, Repairs  
**899-2926 355-1092**  
[danieljmarcotte@aol.com](mailto:danieljmarcotte@aol.com) • Jericho

**HOME IMPROVEMENT**

**Randy Bishop  
 Construction LLC**



Superior Quality Building

- Residential / Commercial
- Custom Finish Work
- New Construction
- All Phases of Construction
- Remodeling & Additions
- Roofing / Siding
- Custom Building & Design
- Top Quality Building Materials

Free Estimates  
**802-899-4442**  
**Cell 363-7467**

Licensed & Fully Insured  
 Serving the Champlain Valley

**TRUCKING - METAL RECYCLING**



**YOU  
 CALL!  
 WE  
 HAUL!**

We Pick Up and Pay for Junk Automobiles!

Route 15  
 Hardwick  
 802-472-5100

3842 Dorset Lane  
 Williston  
 802-793-9133



**TRUCKING - TOWING**

*Anytime Towing*



Owner operator Matt Norton

**Specializing in Emergency  
 Towing and Recovery • 878-8467**

**24 Hours a Day**

- Wreckmaster Certified
- NATA Certified in Light and Medium Duty
- 4x4 Wrecker with Plow • Flatbed w/Side Puller
- Accident Scene Restoration
- Specializing in Dealing w/Insurance Companies

*Anytime Towing*  
**Snowplowing**

Call 878-8467 now for Winter 2016



23 Kristie Lane  
 Jericho, VT 05465  
[www.thurgate.com](http://www.thurgate.com)

- Customs Homes
- Remodeling
- Design
- Handyman



**Lumber** Superior Quality  
 Mill Direct Great Prices  
 Kiln Dried 6-8%

**HARDWOOD FLOORING**

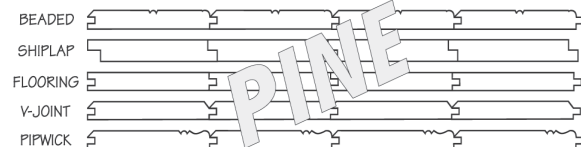
3/4" finished thickness. Random length 4' - 12' (some longer) tongue and groove, recessed back (not end matched). MAPLE, CHERRY, OAK, BIRCH  
 Price & availability can vary. Call ahead to confirm.

**HARDWOODS ROUGH**

Hard & Soft MAPLE, CHERRY, Red & White OAK, ASH, BASSWOOD  
 MAHOGANY, WALNUT & YELLOW POPLAR. No quantity too small.

**ALMOST WHOLESALE**

500' BF pkgs of lumber - Hard Maple, Yellow Birch, Cherry & Red Oak.  
 Select & better. Ask Ken for details.



DRESSED 4 SIDE

Cash & Volume Discounts  
 Great Specials • Friendly Service

All Pine is Kiln Dried  
 Pitch set @ 170°

**The A. Johnson Co.**  
 WHOLESALE • RETAIL  
**L U M B E R**

995 South 116 RD  
 Bristol, VT 05443  
 802-453-4884  
 7am - 4pm Mon-Fri

**TREETOP  
 BUILDERS**

Custom Homes, Remodeling  
 & Timber Frames

Roy Dunphey

20 Stevensville Rd., Underhill, VT  
 Cell 802-363-9881  
[www.TreetopBuilders.com](http://www.TreetopBuilders.com)



**REMODELS, REPAIRS  
 NEW CONSTRUCTION  
 & CUSTOM PROJECTS**

Eric J. McLoughlin  
 In Business Since 2009

802-730-5777. [ericmcloughlin@live.com](mailto:ericmcloughlin@live.com)

# Camel's Hump Middle School holds second annual Trike Grand Prix

Upon completion of SBAC Testing, students at Camel's Hump Middle School in Richmond participated in the second annual Grand Prix! Teams raced tricycles through a challenging course in the school parking lot – as you can see, it was a ton of fun!

PHOTO CONTRIBUTED



## JIM BEDELL

### Excavating

Family Owned & Operated Since 1970

- Complete New Home Excavating
- Septic Systems, Water & Power Lines
- Drainage Problems
- Land Clearing
- Driveway & Road Installation & Repair
- Gravel & Sand
- Stone & Topsoil Deliveries
- Snowplowing & Sanding
- Free Estimates

**899-4981**



**35 Tupper Road, Underhill, VT**



### Serving your self-storage needs!

Unit Sizes:  
 5' x 10'  
 10' x 10'  
 10' x 15'  
 10' x 20'

Info@JerichoMiniStorage.com  
 www.JerichoMiniStorage.com

25 North Main Street, Jericho

**802-899-2900**

**A REPUTATION FOR RESULTS!**



**New Listing! Underhill - \$473,000**  
 15 prvt acres, 2 horse barns & run-in pole bar. Mount Mansfield Views! Unique home with new modern kitchen w/ oversized island, pantry & dining area. Stone courtyard & patio. Formal living rm w/ vaulted ceiling, beam & wooden arched doors. 3 bdrms all w/ remodeled baths. Many improvements!



**New Listing! Underhill - \$375,000**  
 4 bdrm w/ separate 3 bdrm in-law/accessory apartment for family or income! Kitchen with double range & oversized bfast bar opens to lg family rm w/ oak floors. Master w/ prvt bath & balcony. 4 season sunroom. Prvt backyard. 2 storage buildings! \$3500 back @ closing towards closing costs or upgrades.



**Jeffersonville - \$468,000**  
 17+ acres, mountain views and creek frontage for swimming & fishing. 3 bedrooms. Great room with cathedral ceiling and 17' stone fireplace. Kitchen with cherry cabinetry and granite counters. 1st floor master. 5 acre fenced pasture. Pond, in-ground pool & barn. Detached 2 car garage.



**Fairfax - \$297,000**  
 Currently under construction! Relax and rock on your full front porch. 4 bedroom plan for this 2200+ square foot colonial can be 3 bedroom w/ lg bath & walk-in closet. Open 1st floor w/ lg kitchen & dining area w/ deck opening to lg rear yard. Formal living room & family room. Full basement. 2 car garage.

**CALL NANCY TODAY!**  
 Nancy Jenkins Real Estate  
 140 Kennedy Dr, Suite 102  
 South Burlington, VT 05403  
 802-846-4888 - 888-567-4049

**NANCY JENKINS**  
 REAL ESTATE

**VOTE**  
**Pearson**  
**STATE SENATE**



**EFFECTIVE PROGRESSIVE LEADERSHIP**

- Lead sponsor of Property Tax Relief bill
- Lead sponsor of \$15 minimum wage bill
- Champion of drug price transparency law
- Leader for voting rights & campaign finance reform
- Climate Caucus co-founder

**DEMOCRATIC PRIMARY AUG. 9TH**

*"Chris Pearson is a good friend of working people and of mine."*  
 – Sen. Bernie Sanders

Chris@PearsonForSenate.com | (802) 846-7528

**PearsonForSenate.com**

Paid for by Pearson for Senate, 12 Brookes Avenue, Burlington VT 05401 – Gretchen S. Bailey, Treasurer.