



Jeffersonville home elevation

By Phyl Newbeck
Special to the Mountain Gazette

Jean Jenkauskas and Shaun Phillips were tired of having the Lamoille River invade their house after heavy rain events. They loved their historic Jeffersonville home which had been built around 1825, but it was becoming a burden. Their options, ironically, were two homonyms: either raze the structure completely or raise it out of danger. They chose the latter.

"If you live near rivers, flooding is something you pay a lot of attention to," Jenkauskas said. She and Phillips had developed a lengthy to-do list to prepare for potential flooding including collecting dozens of milk crates to elevate personal items, bungee cords to tie them down, and chicken wire to keep firewood from floating away; all lessons they had learned the hard way. Their property flooded at least 17 times in 34 years but the floods which occurred between 2011 and 2014 were worst. At that point, the couple realized that flooding was becoming more severe as well as more frequent. Although the village of Jeffersonville and the town of Cambridge had taken a number of steps to help, clearly more was needed to keep their home dry.

Kate Lalley, a landscape architect who works as a community design consultant for the Lamoille County Planning Commission, designed the project to elevate the Jenkauskas/Phillips home above the 500-year-floodplain. "The house is one of the oldest homes in Jeffersonville," Lalley said. "It's an iconic house and people love to look at their horse and their beautifully stacked firewood." The artfully stacked firewood was even featured in a 2010 photo in

Vermont Life. Lalley explained that the couple was eligible for FEMA funding to either raze the building entirely or move it out of the floodplain but the latter option was complicated because the house is a recognized historical structure, requiring input from the State Division of Historic Preservation. A decision was made to build a retaining wall about eight feet off the back of the property to protect the attached barn and firewood. "It will be as though the house is on a pedestal," Lalley said, noting that the Division of Historic Preservation allowed them to have some minimal backfill.

Jamie Duggan, Historic Preservation Review Coordinator for the state of Vermont, praised Phillips and Jenkauskas for not taking the easy way out and having their house demolished. He noted that after Tropical Storm Irene, a number of historic structures were destroyed rather than rebuilt. Duggan described the Jenkauskas/Phillips home as a "contributing resource to the Jeffersonville Historic District" which is listed on the National Register of Historic Places. "Often elevating a building changes the context of its setting and we have seen a number of elevations that have had adverse aspects aesthetically," Duggan said "but this is a great treatment." Duggan was pleased by Lalley's use of landscaping terracing. "One of the goals we've all been trying to work towards here is to find a way to enhance the elevated condition by preventing a scenario where the house might seem to loom over the others in the district," he said.

Jenkauskas admitted that she and Phillips had almost given up hope. Their home used to be surrounded by hayfields but it had become a low-spot due to increased building in the surrounding area, raising the potential for flooding. The couple initially submitted an

application for a buy-out which would have led to the demolition of the home. "This became an incredibly depressing thought," Jenkauskas said, "so we subsequently retracted the application and opted to elevate."

Lalley praised the couple for their willingness to take on the work required of the job. "Not everyone has the energy to do this," she said. "Many people would just take the buyout but we're hoping that this can be a template for what can be done to save these buildings as we deal with climate change. The community is grateful for what they are doing." Lalley added that many different entities worked together to make the project a success. "It was amazing once we got everyone together," she said. "We got to 'yes' almost immediately. If there is a silver lining, this may be a way for people to reinvest in their properties and be safe."

Road work in Underhill

Tuesday, August 14: Culvert replacement at 35 Bill Cook Road (near Underhill/Westford Town Line). Road will be closed at that location from 8:00 AM – 6:00 PM. Traffic to or from points east of 35 Bill Cook Road can access Poker Hill Road by way of North Underhill Station Road.

Wednesday-Thursday, August 15-16 and Monday-Thursday, August 20-23: Blakey Road will be impacted by ditching, one lane will be kept open, expect brief delays. Motorists are encouraged to reduce speed and travel carefully through the work zone.

Clutter Barn prepares for final 2018 summer tag sale – but there's more!

The Clutter Barn is preparing for its final Tag Sale for the 2018 summer season, 8:00 AM – 3:00 PM, Saturday, August 25; but it doesn't end there! Coming right up is the United Church of Underhill Old Fashioned Harvest Market, two full days of entertainment, good food, over 70 vendors and sharing of fun, laughter, and camaraderie with friends and neighbors of communities near and far, on Saturday-Sunday, September 29-30. The Clutter Barn will be open and welcoming during this event, still offering an abundance of gently used treasures for your shopping pleasure!

It has been a great season and the Clutter Barn team of volunteers is forever grateful for the generosity of the community in donating useful articles to be passed on and enjoyed by new owners. We have also provided PINS (Partners in Service) with backpacks and school supplies collected throughout the summer, set aside tiny toys for orphaned children in Ukraine, diligently recycled paper, cardboard and metal – and supported other charities. Income from our Tag Sales helps with expenses incurred in the planning and presenting of the Old Fashioned Harvest Market as well as in-house and outreach programs of the United Church.

The Clutter Barn will continue to accept donations of gently used items from 8:30 AM – 12:00 PM on Saturdays, August 18 and September 1, 8, and 15. In order to give our volunteers time to prepare for the Old Fashioned Harvest Market, the Clutter Barn will be closed on Saturday, September 22. We invite all Tag Sale enthusiasts to take advantage of the opportunity to browse through our tables, shelves, and racks inside the building and/or outside in our various tents on Saturday, August 25; and then come back again on September 29 and/or 30 during the Market.

Contact: Sharon Damkot, 899-3572; Betty Wilson, 363-8311; Kathy Williamson, 899-3122.

Essex Rotary exchange students share experiences



Ayla York spent the last year as an Essex Rotary-sponsored exchange student in Argentina. She is a recent graduate of Mount Mansfield Union High School in Jericho, attending Emory University in the fall to study microbiology. She shared with the Club the extraordinary year that she experienced, including many differences and similarities between her home in Vermont and



her year in Argentina. Charlotte Ide, also a recent graduate of MMUHS, is participating in Essex Rotary's short term exchange. She spent four weeks in Belgium, and is now hosting a student from Belgium, Maureen Fortuna (pictured with Charlotte), in Vermont for three weeks. Charlotte will attend Champlain College in the fall. Studying art and film. PHOTOS CONTRIBUTED

Emergency Medical Technician question and answer and answer

By Tessa Roy

I've had friends and family ask questions about what it's like being an EMT and it occurred to me that my readers might have some of the same questions, so this month's article will be a Q and A.

Q: How clean is the back of the ambulance, really?

A: We take the cleaning of our ambulance, stretcher, and equipment very seriously. After each call and before we take another call the bedding is pulled off the stretcher and left at the hospital to be cleaned, then the stretcher is wiped down with germicidal disinfecting wipes and dressed with clean sheets, a new pillow, and fresh blankets. Our driver will stay up with the truck and use those same wipes to clean the equipment used during the call as well as the counter space in the truck. During mud season and winter the

truck is mopped out as well. So all in all, the back of the ambulance is very clean.

Q: Sometimes I see the ambulance go by with the emergency lights and siren but then farther down the road the lights and siren are off and it's pulling into Dunkin Donuts/McDonalds/Subway. Did the crew really need coffee that badly?

A: I guarantee we only use our emergency lights and siren for two things: we're either heading to an emergency call or we're rushing a very sick patient to the hospital. Sometimes we'll turn off those emergency lights and siren because the patient drastically improved and it's much safer to drive to the hospital going with the speed of traffic than to make everyone move over. Other times we'll turn off the emergency lights and siren because the call

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COMING EVENTS

Tuesday, August 14

Nestlings Find Nature: Resourceful Birds, 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Kids discover birds through stories and investigative play. Outside, we observe birds in flight or preening, calling and singing, building and foraging. We mimic their adaptations using nature's tools, and explore the ways birds use air, soil, rocks, and water to engineer solutions to the challenges of being a bird. We will create sounds, mold and build with mud, grind seeds, and paddle in puddles. Indoors, we'll examine art from the 2018 *Common Grounds art show*. For Pre-K to first graders; great for homeschoolers; parents and siblings welcome. Included with Museum admission. Pre-registration optional – Museum@birdsofvermont.org or 802-434-2167.

Wednesday, August 15

Essex Community Historical Society Tales and Treasures of Essex, 7:00 – 9:00 PM, Memorial Hall, Towers Rd., Essex. Jerry Fox will present *The Dreadful Accident at Pippen's Crossing and Now the Rest of the Story*, a program on a train vs. horse and carriage accident at Pippen's Crossing in Essex Center.

Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 872-7111.

Thursday, August 16

Mount Mansfield Scale Modelers meeting, 6:30 – 8:30 PM, Kolvoord Community Room, Brownell Library, Essex Junction. Park and enter in rear of the library. Not sponsored by the Brownell Library. For information, call 879-0765 after 6:00 PM.

Friday-Sunday, August 17-19

St. Thomas Annual Yard and Rummage Sale, 9:00 AM – 5:00 PM each day, St. Thomas Catholic Church, Underhill Center. Housewares, dishes, toys, miscellaneous items, and, perhaps, a surprise or two. The rummage sale will feature fall and winter clothing for children and adults, and a food concession stand with a variety of tasty goodies. Come – rain or shine – to find real bargains or a real treasure. If you have any questions, please call the church rectory, 899-4632.

Saturday, August 18

Saturday Story Time, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 448-3350.

Backroads and Byways of Vermont book signing, 1:00 – 3:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Pat Goudey O'Brien and Lisa Halvorsen for a meet and greet and book signing their all new guide to the scenic routes of our state. Free and open to all ages. Information: www.phoenixbooks.biz or 448-3350.

Sunday, August 19

Wildlife Tracking, 1:00 – 3:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Expert tracker and longtime UVM instructor Mike Kessler will guide us in the ancient art of tracking, learning as much about ourselves as the animals and landscape around us. Explore the Museum's diverse landscape while learning to discover and become a part of the stories of the wildlife that live and play around us. Ages 6+; family friendly. Bring bug spray/tick repellent. Included with Museum admission. Pre-registration optional – Museum@birdsofvermont.org or 802-434-2167.

Keeping the Home (or Cave) Fires Burning, 2:00 PM, Ethan Allen Homestead Museum, Burlington. Creating the magical ember from which our ancestors (colonial and prehistoric) made fire. Come see how easy or not so easy it was to make fire. And most important see and learn that you also can do it.

Wednesday, August 22

Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 872-7111.

Friday, August 24

Evening Yoga with Yoga Roots, 5:30 – 7:30 PM, Pizzagalli Center for Art and Education, Shelburne Museum, Shelburne. Join us on a private tour of *In the Garden* and experience art through mindful observation, followed by an all-levels outdoor yoga class led by Yoga Roots (in case of inclement weather, yoga will be held indoors in the Pizzagalli Center for Art and Education). Yoga Roots and Museum Members \$15; general admission \$25. Pre-registration required. For information, tickets, and to register, <https://www.eventbrite.com/d/vt--morristoryn/events/>.

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Bird Monitoring Walk, 7:30 – 9:00 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Free. All birders welcome on the monthly monitoring walk outdoors on the Museum's trails in forest and meadow. We often have coffee afterwards, indoors at our viewing window. Most fun for adults and older children. Please bring your own binoculars. Free; pre-registration nice but not required – Museum@birdsofvermont.org or 802-434-2167.

Tuesday, August 28

Nestlings Find Nature: Resourceful Birds, 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Kids discover birds through stories and investigative play. Outside, we observe birds in flight or preening, calling and singing, building and foraging. We mimic their adaptations using nature's tools, and explore the ways birds use air, soil, rocks, and water to engineer solutions to the challenges of being a bird. We will create sounds, mold and build with mud, grind seeds, and paddle in puddles. Indoors, we'll examine art from the 2018 *Common Grounds art show*. For Pre-K to first graders; great for homeschoolers; parents and siblings welcome. Included with Museum admission. Pre-registration optional – Museum@birdsofvermont.org or 802-434-2167.

Wednesday, August 29

Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 872-7111.

Saturday, September 1

Saturday Story Time, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 448-3350.

Wednesday, September 5

Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 872-7111.

Saturday, September 8

Saturday Story Time, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 448-3350.

Tuesday, September 11

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we were heading to was canceled. If that call is canceled and we happen to be right next to a restaurant the crew may decide to make a pit stop for food and coffee while we're right there. I promise we don't abuse our emergency lights and siren just to get to Dunk's a little faster.

Q: Do you have a pager to respond from home or do you hang out somewhere?

A: At Essex Rescue we stay in the quarters while we're on shift so that we can respond to a call as quickly as possible. We always aim to be in the ambulance and on the road within two to three minutes of receiving a call. Several of our members also volunteer as emergency medical responders, which means that they'll keep a radio with them at their house and if they hear a call come in nearby they'll go to the scene to assist until the ambulance arrives.

Q: How long are your shifts and what do you do when you're not on a call?

A: At Essex Rescue we typically work 12-hour shifts, although some people occasionally work a 24-hour shift. When we're not on a call we'll check the ambulance to make sure it's in working order and that we have all the equipment we need on board. Each

shift also has a few chores to do, so we'll take out the trash and clean the kitchen, dust, or vacuum depending on the day. Once those housekeeping tasks are out of the way each crew will train for a little while and other than that the shift might be spent sleeping, watching TV, reading, or getting caught up on some work emails. It's up to each individual and how they prefer to spend their down time.

As always if you're interested in volunteering with Essex Rescue as an EMT or a driver please contact Colleen Nesto at 847-4859 ext 4.

show. For Pre-K to first graders; great for homeschoolers; parents and siblings welcome. Included with Museum admission. Pre-registration optional – Museum@birdsofvermont.org or 802-434-2167.

Wednesday, September 12

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Wednesday, September 19

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Saturday, September 22

Champlain Mini Maker Faire, 11:00 AM – 9:30 PM, Shelburne Farms Coach Barn, 1611 Harbor Road, Shelburne. A showcase of invention, creativity, and resourcefulness - The Champlain Mini Maker Faire is an annual gathering of curious creators, builders, DIY-ers and tinkerers that are pursuing new ideas and embracing the growth of STEM/STEAM. We'll be launching rockets, flying drones, building and operating robots, creating music, playing with fire, and modifying electronics. New this year, a *Makers in the Dark* evening program will include Illuminated Woods, Burning Man, and more. Kids 10 and under are free; advance tickets available \$6-18. More information and tickets at <https://champlain.makerfaire.com>.

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Tuesday, September 25

Nestlings Find Nature: Resourceful Birds, 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Kids discover birds through stories and investigative play. Outside, we observe birds in flight or preening, calling and singing, building and foraging. We mimic their adaptations using nature's tools, and explore the ways birds use air, soil, rocks, and water to engineer solutions to the challenges of being a bird. We will create sounds, mold and build with mud, grind seeds, and paddle in puddles. Indoors, we'll examine art from the 2018 *Common Grounds art show*. For Pre-K to first graders; great for homeschoolers; parents and siblings welcome. Included with Museum admission. Pre-registration optional – Museum@birdsofvermont.org or 802-434-2167.

Wednesday, September 26

Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 872-7111.

Saturday, September 29

Tarot Readings with Rachel, 6:00 – 7:30 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Come try a Jungian-inspired tarot reading with Rachel, who has been reading tarot for six years and whose approach draws from the concept that we can access collective symbols and archetypes from our unconscious that can assist in guiding our intuition. Rachel has an MA in clinical mental health counseling from Antioch University New England and has a private psychotherapy practice. Readings are first come, first served, and are for entertainment purposes only. Suggested donation \$5-10. Information: www.phoenixbooks.biz or 448-3350.

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Wednesday, October 3

Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 872-7111.

Saturday, October 6

Saturday Story Time, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 448-3350.

Tuesday, October 9

Nestlings Find Nature: Resourceful Birds, 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Kids discover birds through stories and investigative play. Outside, we observe birds in flight or preening, calling and singing, building and foraging. We mimic their adaptations using nature's tools, and explore the ways birds use air, soil, rocks, and water to engineer solutions to the challenges of being a bird. We will create sounds, mold and build with mud, grind seeds, and paddle in puddles. Indoors, we'll examine art from the 2018 *Common Grounds art show*. For Pre-K to first graders; great for homeschoolers; parents and siblings welcome. Included with Museum admission. Pre-registration optional – Museum@birdsofvermont.org or 802-434-2167.

**To attain knowledge, add things everyday.
To attain wisdom, remove things every day. - Lao Tzu**

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COMMUNITY COLUMNS

Aunt Alona – rags to riches

By Doug Boardman
Special to the Mountain Gazette

Aunt Alona was my father’s oldest sister and lived to the ripe old age of 104. She was brought up poor like most big families in the early 1900s. She was a hard worker growing up and as soon as she turned 18 she moved out of the farmhouse and hit the road. She married at a young age to a guy named Jack and decided to travel cross country. They asked my father to go with them so Dad (Ted) went with them and Aunt Alona waitressed along the way while Ted and Jack sold pencils. They ended up staying in San Diego for a while. My father came back to Vermont and attended college at the Randolph Aggies.

After Jack died, Aunt Alona met Danny Litwack in Las Vegas and she never had to work another day in her life. Danny was head chef and food and beverage manager at the old MGM casino in Las Vegas and worshipped Aunt Alona. She went from being a servant, so to speak, to having servants. Also she went from a model T to a Cadillac with a chauffeur, and from an outhouse to a penthouse.

After Danny died, she moved to Florida and bought a house next to Uncle Joe’s. When relatives came to visit, they stayed with Uncle Joe and swam in Aunt Alona’s in-ground pool. Aunt Alona also had a Cadillac convertible and gave it to Uncle Joe to drive her around. She also bought a boat so he could take her out on the water. She had gotten very “vain.” She would never attend a flea market and would only buy items at regular price at name brand stores. If an item was on sale she would feel that something was wrong with it, otherwise it wouldn’t be on sale! Aunt Hilda came to visit with Aunt Lorraine and they attended a flea market. They found a beautiful earring and necklace set that they felt that Aunt Alona would absolutely love as long as she didn’t find out where they bought it. When they got back, they gave it to her and she gushed over it. Unfortunately Alona saw the cheap price tag on the earrings and threw it away.

A few years later she moved to a gated community with a golf course. She could have visitors but for a short time. She was not a good golfer – actually, she sucked at it. She had all the latest and most expensive equipment, so she looked good anyway and that’s what mattered to her. You could tell she was real competitive. My father was golfing with her one day and another golfer went flying by and she put the petal to the metal and couldn’t catch the guy, so the ordinary person would say, “Oh, well, there is always somebody faster,” but Aunt Alona took that as an insult so traded in her one-year-old golf cart for the fastest golf cart the dealer had. She was the “RACE QUEEN” of the fairways for a few months.

A few years later, she moved back to Tunbridge and bought a modular home and had it built on her sister’s land, Aunt Hilda. Uncle Buck and Aunt Hilda lived just above Aunt Alona on the same driveway, so when my wife Sandy and I went to visit Aunt Hilda we had to drive by Aunt Alona’s house. We didn’t dare not stop and see her and we had very nice visits except for her little dog (a pug). In past years she always had a large dog (a boxer) who was well trained not to get on furniture, would sit and lay down and was a pleasure to have around. She allowed the pug to run around her house, jumping on everything and everybody. It would go wild when anyone came to visit around and around until it got tired out and then lay in her lap. It was a big departure from the past when everything had to be spotless in her house and no pets running wild.

When she turned 100 we started having big birthday parties at her house. When she turned 100 I told her I would get her name on a Smuckers jar on the Willard Scott show. I wrote to the show along with a short summary of her life and a picture of her. They sent everything back to me and said that they had too many requests from people over 100. The following year, I tried again and this time she was sent a birthday card stamped with Willard Scott’s signature but still didn’t make the Smuckers jar. At 103, I tried again and sent them an accompanying letter saying that not only I was extremely disappointed that my aunt didn’t get on the Smuckers jar but I had never seen a person from Vermont on the jar. They obviously could care less and I never got a response. I sent a final letter to Willard Scott after her 104th birthday and said they didn’t have to bother to worry about putting my aunt on a Smuckers jar anymore because she had died.

Aunt Alona was very attractive and always had a sharp mind right to the end of her life. There were a few relatives and friends that tried to separate her from her money before she died, and after she died. She was smart enough to realize who was trying to help her and who was trying to get her money. She had a good lawyer and an unbreakable trust and will. The first part of her life was frugal and hard but then turned to the American Dream.

Preparing for a healthy return to school

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

Parents have been testing me on how their children can get a healthy start as they head back to school. Let me take on that assignment and provide some information on this topic.

First, be sure your child is in good health. Make sure they have an annual checkup, including that their immunizations are up to date.

Does your child have a medical issue such as an allergy or a chronic illness such as diabetes or asthma? If so, let her school nurse and your child’s teacher know, so an emergency medical plan is in place.

Make sure your children eat a good breakfast, either at home or through a school breakfast program. They will perform better and be more alert with a morning meal in their stomachs. Teach and remind your children to wash their hands after using the bathroom to prevent the spread of germs.

Have bedtime routines in place even before school starts. Concentration improves when a child gets a good night’s sleep. I recommend at least eight to nine hours, even for teenagers.

Try to meet your child’s teacher before the year begins. If you can’t meet with them, write to that teacher to introduce yourself and your child. This establishes a channel of open communication that will hopefully continue throughout the year.

Don’t forget to read all the notices your children bring home about events and activities at the school. This will help you to stay informed about what your children are doing.

Finally, include your children in the planning of their school schedule. For example, your children can help decide whether a snack comes before, during, or after homework is done. This helps to ensure that homework and learning are fun and regular parts of your family’s schedule.

Axioms

By Sue Kusserow
Special to the Mountain Gazette

Axiom: a fancy word for beliefs, rules-to-live-by, adage, aphorism, a principle received without new proof, an authoritative sentence. These are often finalized/rated/catalogued at a time or age when one deals with perspective, particularly when reviewed, as I am now, at an old age.

Axiom 1: Don’t ask for something you can’t get. This axiom was structured for me by learning to accept those situations over which I have little control. My late husband was a physician. He had time lines for the Institutes of Health, and for his personal goals for his research. It totally absorbed him and he lost track of mundane commitments such as getting home for dinner, or seeing the boys’ soccer games. As a nurse, I thought I could understand this... and I did, but part of understanding is acceptance and this was much harder. Rather than taking these commitments to other and others as rejection, I began to see it as inevitable, rather than as a personal affront to my version of what family life “should be.” A happily married man who was losing his life to cancer at a young age, phrased it beautifully: “I would have wanted more, but I never wanted other.”

Axiom 2: Don’t say I can’t. Say I choose not to. The introduction of “I can’t” is usually mellowed with the preceding phrase: “How nice of you to think of me.” A mood of choice is set by this preamble, often followed by “I’m sorry, but...” You’re fair game; you have unwisely taken a defensive position and if there is any chance of a mind-reversal, it will be exploited. “But you’d make such a good President of the PTA. We’re counting on you.”

“I choose not to” says... there is a decision already made and presented. It is personalized and wonderfully owner-possessive. It says: “I have thought about this and have come to a decision.” No explanation need follow; that would only weaken the stated resolve. It is a conclusion, not a debate.

Axiom 3: Learn to listen. Learn to encourage a response. The words are what we hear; the tone, mood, and timbre tell what and how they are being sent, and how one can accurately respond. Often, we are taking in just enough information to find a place to justify breaking in with our own thoughts... already formed. Silence, well-directed, is a time to form what we need to say to truly connect with the other. Some of us are good at it; most of us are not. It is an axiom that needs constant rehearsal! The part cannot be bigger than the whole.

How did axioms come into being? How did they gain such elevated stature? Do they offer a certain amount of comfort as one wraps them with ribbons of words, durability, years of tweaking the nascent belief? They are developed almost unconsciously, over a period of time, and are stated in the form of firm aphorisms, not as axioms until one is at peace with the truth of them... usually not until old age has proved them certain, and the mind is tired of revisions! At that point, one has already incorporated them into daily actions. So what does one do at that stage... when one talks more, but fewer are listening? It should give a sense of firmness, a circle of certainty; you have a philosophy which can be counted on, since you have built and refined it over a lifetime.

It is called trial-and-error in one’s younger years. What worked for you, what you remolded, smoothed, quieted into aphorisms – i.e., the more poetic form of an axiom – was the slow addition of experience over time.

Axiom = Experience
Time

One must be careful that a belief, too harsh and too soon, tends to neglect the side of “good,” but perhaps that is necessary to create a balance of actions both good and bad. The severity of one side or the beauty of the other shouldn’t destroy elasticity, which is quite different from equivocation. As we grow older, we do need to have certainty of something that has developed over a long “good” life. So, it is too bad that axioms take so long to build... from words into spirit. But perhaps part of their strength is the proof of their structure over time.

Older people are seen as “set in their ways.” Perhaps since everything in the immediate and global world is changing, including self, one needs a firmness, a commitment to a wish, a thought that holds. Yes, go ahead and call it an axiom; even the word itself sounds nice and strong... nice to lean on.

Aristotle said it quite firmly: “Nothing is. Everything is becoming.”

Bone Builders revisited

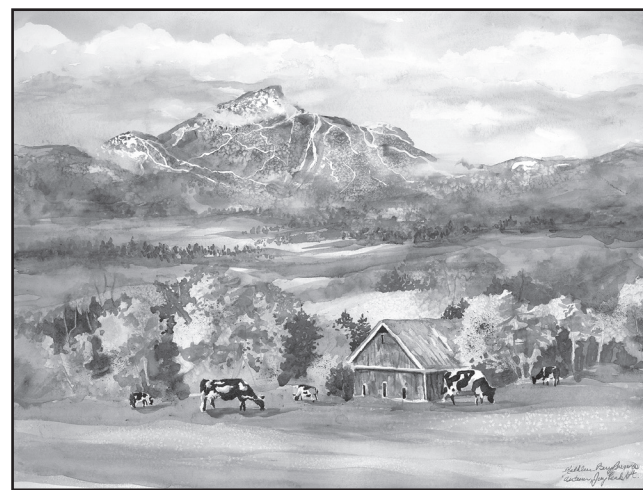
By Sue Kusserow
Special to the Mountain Gazette

It has been two years since I’ve been an “active” member of Bone Builders. This is an hour of exercise, knowledgeably arranged and grouped so that major muscle groups (arms, legs, neck, and shoulders) are combined with routines that aim for better balance. It starts with a warm-up and ends with a cool-down. We meet twice a week in the basement of the Jeffersonville Church, and are led by volunteers from the group who were given special instruction by the AARP instructors. There is also an RN who keeps us in line... literally and figuratively.

When I first started with this group, I was introduced to the members: a blur of first names going around the warm-up circle... and then I was floundering into the well-worn routine, which of course I didn’t know. But now, after two years of twice-a-week, I can, quite nimbly count to five and HOLD, and continue on to 10, which is repeated 10 times more. It is a drone of voices like busy bees, only somewhat more lethargic. On a summer’s morning, in the relative coolness of the Jeffersonville Church basement, it actually becomes a soothing, predictable chant. Canes are present for some: a knobby Harry Lauder stick of old wood, or a plastic one in a blue paisley pattern. Weights are optional: from ½ to 5 lbs. and are often switched from one exercise to another, when left or right strengths are apportioned differently.

So we all have developed a personality, visible to each other two times a week. G. lives in a house, revamped from the old schoolhouse which she once attended. M can do a perfect “flamingo,” balancing on one foot: “Here we are, at 10. Smile!” S is tall with amazing arm muscles. K comes from the other side of Underhill. An older man wears a red handkerchief tucked into his belt. His wife has cheekbones to die for. M has a bubbly pattern when she gives instructions: “Remember, if it hurts, don’t do it!” E has a gorgeous view from her old family farm. C says: “If it’s raining, I’ll be here;

Bone Builders continued on page 5



Intermediate Watercolor Classes begin Friday September 7, 10:00 AM to 12:30 PM at the Community Center in Jericho with Kathleen Berry Bergeron, for information go to www.kathleenberrybergeron.com, email me at paint78@hotmail.com, or call me for details 899-4628. Space is limited.



Mountain High Pizza Pie
Monday 4:00 - 8:00 PM
Tuesday - 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

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The Mountain Gazette

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Send your news to

mtgazette@earthlink.net, www.mtngazettevt.com

Area Worship Services

COVENANT COMMUNITY CHURCH

“Come As You Are”
1 Whitcomb Meadows Lane, Essex, VT 05452
(across from John Leos on Route 15)
Pastor: Rev. Jeannette Conner

email: cccpastorjeannette@gmail.com
Phone: (802) 879-4313

facebook: https://www.facebook.com/Covenant-Community-Church-125345080830320

Adult Bible Class: Sunday 9:00 AM
Worship Service: Sunday 10:00 AM
Fellowship: immediately after service

Child care (infant through pre-K) is provided during the worship service

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Sunday Service throughout the Summer
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Nursery care provided
Fellowship at 10:30 AM

Youth group at 6:15 pm Sundays in our Sunday school building
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899-4911; officejcc@comcast.net; www.jccvt.org

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Deacon: Peter Brooks Religious Ed. Coordinator: Laura Lynch Wells,
899-4770 Parish Secretary: Theresa Gingras Phone: 802-899-4632,
email: office@stthomasvt.com, Website: www.stthomasvt.com

UNITED CHURCH OF UNDERHILL

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www.unitedchurchofunderhill.com
Worship and Sunday School 10:30 AM

Local and Global Mission and Service Outreach Opportunities for families, men, women and youth Streaming audio sermons:
www.becauseyoumay.com

Health programs and classes at Northwestern Medical Center

AUGUST 2018

Breastfeeding and You – Wednesday, August 15, 12:00 – 1:30 PM, VT Dept. of Health, St. Albans District Office, Federal St., St. Albans. Welcome to the Department of Health's FREE Breastfeeding Prep Class for you, family members, and other moms-to-be to plan for breastfeeding your newborn in the first month of life. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers. You can do it, WIC can help! Registration: please call 524-7971.

AARP Smart Driver Course – Thursday, August 23, 1:00 – 5:00 PM, NMC Green Mountain Room. Speaker Doug Masson, AARP Instructor. This four-hour refresher course is open to all drivers 50 years and older. The curriculum addresses the normal physical changes brought on by the aging process, how these changes can affect driving ability and then offers ways to compensate for those changes. The course also addresses changes in vehicles, regulations and roads. Participants will also learn how to interact with other road users, including truckers, bikers, pedestrians and distracted drivers. Course fee: \$15 for AARP members; \$20 for non-members. Pre-registration required; call Doug, 802-644-8310.

ONGOING

Brain Injury Support Group – third Thursday of each month, 5:30 – 6:30 PM, NMC Conference Center, Grand Isle Room. Meet other people in similar situations, share the hardships and accomplishments, gain valuable emotional support, obtain information, and discuss a variety of brain injury topics. Anyone touched by brain injury (traumatic or acquired) can attend: survivors, caregivers, friends, and family. All are welcome at our

support group. Free; no registration required. For information contact Jess Leal, 877-856-1772.

Cancer Exercise Rehab Group – Ongoing every Tuesday and Thursday, 8:00 – 11:00 AM, NMC Rehab gym, Cobblestone Building. Featuring Wendy Lawrence, certified NMC Oncology Rehab Physical Therapist. Pre-registration required; call 524-1064. Free for the first 8 weeks, then \$40. A physical therapy evaluation is required to assure that the client is able to participate. This class pinpoints the common needs of patients, which include decreased range of motion, decreased strength, and cancer-related fatigue.

Prenatal Fitness, every Wednesday, 5:30 – 6:30 PM, NMC Wellness & Fitness Room. Featuring Stephanie Freedom, AFAA. Pre-registration required; contact Stephanie, 802-288-1141 or stephanie.freedom@gmail.com. Free to Northwestern OB/GYN patients. Northwestern OB/GYN offers these free prenatal exercise sessions to strengthen and prepare you for a successful birthing experience. Join other moms as we lead you through a customized routine designed to make you feel energized and confident. Please consult a physician before beginning this exercise program.

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 evidenced 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.

Vermont Quit Partners Fresh Start Tobacco Cessation Class, Wednesdays, 11:00 AM – 12:00 PM, NMC Cobblestone Building, Suite 202. Pre-registration required; to sign up for a session call Chari, 524-8480. Free. Enter this class at any time and join others for this series to help you successfully quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. When you are ready to quit, the tools and support can make all the difference. We can provide you with what you need to be successful! As a Vermont resident, you can get free patches, gum and lozenges.

Healing Circle Women's Cancer Support Group: first Tuesday of every month, 4:30 PM socialize, 5:00 – 6:30 PM meeting, Northwestern Medical Center Conference Franklin Room. Pre-registration required; free. 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. Please call 802-524-8479 with any questions or to RSVP (not required).

Have You Lost a Loved One to Suicide? Second Thursday of every month, 6:00 – 7:30 PM, Northwestern Medical Center's Grand Isle Room. Pre-registration required; free. If the answer to the question is "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, 802-393-6503.

Chronic Disease Support Group Workshops: Various times and locations. Pre-registration required; contact Deana Chase, LICSW, 802-370-5626. Free. Are you or someone you know living with a chronic health condition? Then the Healthier Living Workshop is for you! Learn to feel better by learning

how to deal with frustration, fatigue, and pain, manage symptoms and medications, and improve strength and flexibility. Each session is 2½ hours once a week, for six weeks.

Shadows of the Moon Autism Support Group: for one-on-one phone support, please call Cheryl at 802-868-7745 or Laura at 802-849-2817.

Alzheimer's Support Group: last Tuesday of each month, 6:00 – 7:00 PM, Northwestern Medical Center Franklin Room. Pre-registration required. Free. This group is for those with Alzheimer's and caregivers, family members, and friends and is facilitated by Amanda Wilson. Please call the 24/7 Helpline at 800-272-3900 or visit alz.org/Vermont to confirm details.

Parkinson's Support Group: second Tuesday of each month, 10:00 – 11:30 AM, Pillsbury Senior Community, conference room next to the library on the first floor, 3 Harborview Dr., St. Albans. Pre-registration not required. Contact Pat, 802-524-5520, or Judy 815-895-2312. Free. This group is open to those with Parkinson's and their caregivers including family and loved ones. The monthly meetings can provide an open forum to share experience with others who are coping with Parkinson's disease, gaining education and support. Wheelchair accessible.

Breastfeeding Moms Group: first Wednesday of each month, 10:30 AM – 12:00 PM. Please call 527-5586 to find location of next group. Pre-registration required; call 527-5586. Free. This group meets once a month for snacks, crafting activities, making baby blankets, and information from the experts.

Breastfeeding and Infant Massage Group: second Wednesday of each month, 9:30 – 11:15 AM, Alburgh Library. No pre-registration required. Free. Join other moms and babies to learn how to massage your baby and discover more about breastfeeding and parenting.

Latch On! Discussion Group: third Saturday of each month, 10:00 AM – 12:00 PM, Northwestern Medical Center Family Birth Center. No pre-registration required. Free. Learn about breastfeeding and share your stories. Enjoy light refreshments and connect with other moms.

Baby Bumps Support Group for Mothers and Pregnant Women, second and fourth Monday of the month, 4:00 – 5:00 PM, Northwestern Medical Center Family Birthing Center. Pre-registration required. Contact Rhonda Desrochers at Franklin County Home Health Agency, 802-527-7531. Free. Pregnancy can be a wonderful time of your life. But it can also be a time of stress that is often compounded by hormonal swings. If you are a pregnant woman, or have recently given birth and feel you need some help with managing the emotional bumps in the road that can come with motherhood, please come to this free support group led by an experienced pediatric Registered Nurse. This group is for both pregnant women and mothers. Presented jointly by Franklin County Home Health Agency, Northwest Counseling and Support Services, Northwestern Medical Center, and the Vermont Department of Health.

Foot Clinics: various times and locations. Pre-registration required. Call Franklin County Home Health Agency, 802-527-7531 to schedule. Fee: \$20. 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.

Who's Your Person, What's Your Plan? (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. And none of us can plan for the unexpected. Do you know who you want to speak for you and make medical decisions for you when you can't do this for yourself? Everyone 18 years and older should have a Health Care Agent – your person to speak on your behalf. By completing an advance directive you can provide this information to 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 at <http://www.fchha.org/healthcareagent/> as well as www.starttheconversationvt.org. You can also call Franklin County Home Health Agency to learn more about completing an advance directive. We are also available to speak to community groups. Start the Conversation today. It's a gift.

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HEALTH CARE

[GENERAL SURGERY]

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

Copley Hospital welcomes general surgeon Courtney Olmsted, MD. She joins us from the University of Iowa Hospitals and Clinics, where she served as Chief Resident.



Fellowship:

Iowa City Veterans Affairs Healthcare System,
Iowa City (VA National Quality Scholar)

Residency, General Surgery:

University of Iowa Hospitals and Clinics

Medical Degrees:

Master of Science in Clinical Investigation (MSCI),
University of Iowa

MD, Brody School of Medicine, East Carolina University,
Greenville, NC

Bachelor of Science, Biomedical Engineering:

Duke University, Durham, NC

Dr. Olmsted's practice includes: Breast Care, Colonoscopies, Hernias, Cholecystectomies (Gallbladder), Appendectomies, Colon Cancer, Thyroid Care, and wide variety of general surgery procedures.

Vermont Taste raises \$16,407 for Copley Hospital

The first ever Vermont Taste encouraged our community to celebrate some of the best things in life: good food, friends and family gathering together, creating a vibrant and healthy community. Proceeds from this community celebration raised \$16,407 for Copley Hospital's Charitable Care Program.

One participating restaurant likes the concept so much that they are continuing to offer their Vermont Taste promotion through the end of the year. 10 Railroad Street in Morrisville will continue to donate a portion of each order of a featured craft beer from von Trapp Brewing, Citizen Cider, or wine imported by Palm Bay International to Copley Hospital.

Vermont Taste showcases the area's talented chefs, bakers, brewers, winemakers, distillers, roasters, and creators. Debuted in 2018, the event ran May-June and featured a mix of one-time only special events, such as dinner and a beer tasting on the production floor of von Trapp Brewing, and a paired wine dinner at Flannel at Topnotch Resort, along with ongoing food and drink specials and dedicated nights at numerous area restaurants, to raise money for the community's local not-for-profit hospital.

"We are so grateful for how much our community embraced Vermont Taste," said Leah Hollenberger, VP of Development and Community Relations for Copley Hospital. "The money raised will help change lives, ensuring that members of our community receive the medical care they need." Last year, Copley provided 2300 charitable care visits, spending nearly \$700,000.

"We wanted to create an event that encouraged people to go to their favorite neighborhood hangout or check out a new place, supporting both local businesses and the local community hospital," said Hollenberger. "There was a lot of flexibility to Vermont Taste and we were just amazed at how supportive everyone was. I think

people liked that they could participate how and when they wanted."

A number of hospitality industry and culinary professionals helped shape Vermont Taste. Key collaboration with Farrell Distributing team members, Walter Frame; Director and Executive Vice President of Trapp Family Lodge and Bill Hunt, Director of Sales; Allen Van Anda and Jamie Griffith, founding brewers of Lost Nation Brewing; Renee and Matt Nadeau of Rock Art Brewery; Jean Marie Napoliello of Topnotch Resort; and Renee Adams and Max Duquette of Vermont Artisan Coffee & Tea were instrumental according to event organizers.

Farrell Distributing created a matching program that involved fourteen area restaurants. They donated a portion of every order of a featured craft beer from von Trapp Brewing, Citizen Cider, or wine imported by Palm Bay International, which was matched by Farrell. Participating restaurants included: 10 Railroad Street, The Bench, The Bistro at Ten Acres, Black Diamond Barbeque, Charlie B's Pub & Restaurant, Harrison's Restaurant & Bar, Highland Lodge on Caspian Lake, Idletyme Brewing Company, Junior's at Stowe, Picasso Pizzeria & Lounge, Positive Pie in Hardwick, Sushi Yoshi, Tres Amigos, and The Whip Bar and Grill.

Rock Art Brewery held a special edition of Thursday Pint Night, collaborating with Mt. Mansfield Creamery to provide a sampling of delicious raw milk cheeses while viewing local artwork exhibited throughout the brewery. Lost Nation Brewing donated a portion of the entire day's sales, as did Moog's Place. A hands-on coffee roasting workshop offered by Vermont Artisan Coffee & Tea was a highlight as well.

The new initiative received additional support to help get it started. Copley Hospital is grateful

Vermont Taste continued on page 5

PEOPLE IN THE NEWS

Daniel Champlin completes WPI research project in Greece

Daniel Champlin of Jericho, VT, a member of the class of 2019 majoring in bioinformatics and computational biology at Worcester Polytechnic Institute (WPI), Worcester, MA, was a member of a student team that recently completed an intense, hands-on research through the WPI project center in Thessaloniki, Greece. The project was titled *Exploring the Possibilities for an Open-Air Museum at the American Farm School in Thessaloniki, Greece*. In their project summary, the students wrote, "The AFS is considering developing an open-air museum on its campus to publicize its long history and continued innovations. We collected and analyzed data from observations, archival data on existing school tour programs, and interviews with staff, administration, and anticipated museum visitors." At WPI, all undergraduates are required to complete a research-driven, professional-level project that applies science and technology to address an important societal need or issue.

MEMORIAL GATHERING
Celebrate Arthur Shelmandine's life and legacy, 3:00 – 7:00 PM, Saturday, August 25, Mills Riverside Park Pavilion, Jericho. Please come celebrate the life of Arthur Shelmandine and the legacy of *It's Arthur's Fault*.

OBITUARIES



David Brisbin, 78, of Jericho, VT passed peacefully at home on Saturday, July 28, 2018. Dave was predeceased by his parents, Wilbur and Sarah "Dessie" Brisbin, and his four brothers Robert, James, Ozzie, and Willie. Born March 24, 1940 in Pennsboro, WV, Dave was raised in Stow, OH. He was a resident of Jericho for the past 32 years and enjoyed his winters in Zephyrhills, FL for the past 22 years. Dave was a master electrician and a proud member of the IBEW, Local Union 306, for 58 years. He retired from the trade in 2003. In retirement he enjoyed cruising (26 cruises to be exact) and traveled the

world with friends and family. He was an avid golfer and those who golfed with him always received a free lesson and often learned new vocabulary words. He was a die-hard Boston Red Sox fan and a lover of "classic western TV shows." He is survived by his wife, Sandy; children Mike Brisbin, Karen Ward, Steve Brisbin, and their ever evolving families, and his sisters Judy Lint and Janet Edwards. He will be greatly missed by his grandchildren, great-grandchildren, and many nieces and nephews, who admired him and some who even are blessed with his quick wit and love of debating any topic. A memorial service will be held at a future date. Arrangements are in care of Gifford Funeral Home, 22 Depot St., Richmond, VT. To send online condolences to the family please visit giffordfuneralhome.com.

Eileen Fisher passed away unexpectedly in Jericho, VT on Tuesday, July 24, 2018 at home. Eileen was born in Guttenberg, NJ on January 13, 1936, the daughter of Daniel and Ann Sokolik. Eileen married Richard Fisher on August 31, 1956. Eileen worked as a teacher and this gave her great joy. She touched so many lives. Eileen's deep faith and involvement in church has always been important to her, she loved singing in the choir. Eileen's passion was for books and reading.



She nearly always had a book in her hand or nearby. Even in the modern times of Kindles and iPads she loved to hold an actual book. She will also be remembered for her sense of humor. Eileen is survived by her husband Richard Fisher, daughter Susan (John) Kordish, and sons Scott (Bonnie) Fisher, and Steven (Anne) Fisher. Grandchildren, Kruger (Lora) Donald II, Daniel (Kelsey) Fisher, Kristina Fisher, Jessica Duncan. Eileen also leaves one sister, Dana Bateman, and several grandchildren, nieces, nephews, and cousins. There will be no calling hours. A funeral service was held on August 9, 2018 at Jericho Center Congregational Church; burial followed at Pleasant View Cemetery in Jericho. In lieu of flowers please consider giving to the Deborah Rawson Memorial Library in Jericho, VT. Arrangements have been entrusted to the care of the Ready Funeral Home South Chapel, 261 Shelburne Rd., Burlington, VT. To place on-line condolences please go to www.readyfuneral.com.

HEALTH NEWS

Hospital, Peoples Academy team up for 5k Run For The Heart

Organizers of this year's *Copley 5K Run/Walk for the Heart* have teamed up with Peoples Academy for a new location: the 5K course used by Peoples Academy's Cross Country team during their Fall Invitational. Copley's 5K is being held as a "citizen run" during the Saturday, September 29th Peoples Academy Cross Country Invitational. Both events help kick off Morrisville's annual Rocktoberfest. The 5K fun run/walk raises money for Copley Hospital's heart programs, including cardiology, cardiac rehabilitation, and health living programs through Copley's Wellness Center. Online registration for the Copley 5K Run for the Heart is now open at copleyvt.org/copley-run-for-the-heart.

"Several of our volunteer race coordinators, Richard Craig and Ron Ridlon, suggested Copley explore having the Run for the Heart be a Citizen Race in PA's Invitational," said Leah Hollenberger, Copley Hospital VP for Community Relations. "Cross Country Coach Andrew McCullough and Peoples Academy Athletic Director Natalie Soffen thought it was a great idea and collectively, we've worked to merge the two events." Hollenberger explained that a "citizen race" is open to the public and also enables the parents and siblings attending the Invitational a chance to participate as well. "In addition, combining the two events means our middle school and high school athletes can enjoy the professional chipped timing services secured for Copley's 5K plus PA and Copley can combine our volunteers' efforts for a greater impact," continued Hollenberger.

The goal of this family-friendly event is to promote healthy, active lifestyles. Heart disease is preventable and can be avoided by making healthy lifestyle choices. In Lamoille County, heart disease is one of the top leading causes of death for ages 25 and older. It is also one of the top causes for inpatient hospitalizations.

Copley's 5K Run for the Heart uses the 5K trail at Peoples Academy, while the *1-Mile Health Walk* uses PA's track. A map of the course is available in

the brochure and online. Runners and walkers are issued chipped bibs providing an accurate timed race. Please note that student athletes wishing to participate in the PA Invitational must register separately and should refer to athletic.net.

Event day registration for the *5K Run for the Heart* or *1-Mile Health Walk* walk-ins and those who pre-registered opens at 8:00 AM. The *1-Mile Health Walk* steps off at 8:30 AM; the 5K begins at 9:00 AM, with awards presented at 10:15 AM. Event planners encourage participants and visitors to enjoy the fun run, then watch the PA Cross Country Invitational races followed by the many festivities that Rocktoberfest offers throughout the day.

Organizers encourage runners and walkers to form a team, join a team, or run/walk in honor of a loved one. Advance 5K registration for adults is \$25, students (under 18) \$15, and 1-mile health walk \$10 (both include t-shirt). Kids 6 and under are free; t-shirt not included. If you are unable to participate on September 29, Copley is offering the "Virtual Race," allowing you to race on your own time and in the location of your choice while still receiving a t-shirt and Copley Champion Certificate. Race day registration fees are slightly higher.

"We are grateful to Community National Bank, our presenting sponsor, for making this event possible," said Hollenberger.

Registration has already opened for Copley's 5k run/walk. Online registration is available at copleyvt.org/copley-run-for-the-heart; brochures with a mail-in registration are available at Copley Hospital, locations around town, or by calling the hospital's Community Relations office at 888-8302.

General surgeon Courtney Olmsted, MD joins Copley Hospital

Copley Hospital welcomes general surgeon Courtney Olmsted, MD to its Medical Staff. Dr. Olmsted has extensive surgical experience involving the gastrointestinal tract, liver, colon, breasts, and other major parts of the human body. She has a special interest in returning surgical breast care services at Copley, along with surgical care of the thyroid. Dr. Olmsted joins fellow general surgeon Donald Dupuis, MD in Copley's Multi-Specialty Clinic.

"We are pleased to welcome Dr. Olmsted to our team of top medical providers. We value her expertise and knew as soon as we met her that she is a great fit for our community," says Copley Hospital CEO Art Mathisen.

"I choose to practice at Copley because they share my philosophy of the patient being the most important member of the healthcare team," said Dr. Olmsted. "The medical staff has great depth and breadth of expertise and experience, which is what I want for my patients. Plus I enjoy being an active member in a small community. Copley is a great fit."

Dr. Olmsted holds a Master of Science in

Clinical Investigation from the University of Iowa, with a Medical Degree from the Brody School of Medicine at East Carolina University in Greenville, NC. She completed a seven-year general surgery residency at University of Iowa Hospitals and Clinics, with training in the Veterans Affairs National Quality Scholar (VAQS) Fellowship Program in the Iowa City Veterans Affairs Healthcare System in Iowa City, IA. She was first attracted to general surgery while studying engineering at Duke University. She attended medical school after obtaining her bachelor of science in engineering with a focus on biomedical engineering. Prior to joining Copley, Dr. Olmsted was Chief Resident of General Surgery at the University of Iowa Hospitals and Clinics in Iowa City, IA.

An avid outdoors enthusiast, Dr. Olmsted enjoys skiing, biking, scuba diving, rugby, and golf. She has finished and placed in many triathlons, duathlons, and runs. Dr. Olmsted also enjoys stained glass, painting, and wheel ceramics.

ART / MUSIC

ART/PHOTOGRAPHY

Dianne Shullenberger's newest work *West Branch* will be featured in the 2018 Summer Gala Exhibition at West Branch Gallery Sculpture Park, 17 Towne Farm Lane, Stowe. The Gala presents artists' response to current social, political, and environmental challenges in our global consciousness. The exhibit runs through Saturday, August 18. Dianne Shullenberger Gallery, Nashville Rd., Jericho.

Emile A Gruppe Gallery, 22 Barber Farm Rd., Jericho; open 10:00 AM – 3:00 PM Thursday-Sunday or by appointment; 899-3211, <http://emilegruppegallery.com>.

Bryan Memorial Gallery is open daily, Thursday-Sunday, 11:00 AM – 4:00 PM and by appointment. Free admission. Bryan Memorial Gallery, 180 Main St., Jeffersonville; 802-644-5100; www.bryangallery.org.

Visions of Vermont Art Galleries in Jeffersonville is open Tuesday-Sunday, 11:00 AM – 5:00 PM. Hosts Jane and Terry Shaw, 644-8183; Visions of Vermont, 100 Main St., Jeffersonville. For more information, visit www.VisionsofVermont.com.

Art / Music continued on page 8

Vermont Taste continued from page 5

to the founding sponsors of Vermont Taste. They include: Union Bank, Kinney Drugs Foundation, Community National Bank, Concept2, Sibson Consulting, and Fred's Plumbing & Heating. In-kind promotional support was provided by VT Web Marketing, Liquid Studio, *Stowe Reporter*, Stowe Area Association, Star 92.9, The Point, Front Porch Forum, and the Stowe Area Association.

Based on the success of the first Vermont Taste, planning is already underway for next year. If interested in sponsoring, or helping plan and host events, please email vermonttasteinfo@gmail.com.

Bone Builders continued from page 3

if it's nice, I'll be gardening." And G sports new slogans on her many tee shirts. We all cheer when S raises her injured foot an inch from the floor. A tends to her tomatoes, turning them into summer salsa. G regales us with tales of cruise ships to exotic places; his buddy has the whitest sneakers I've ever seen. J and C were loyal attendees until blueberry season, when their flagship opened. S scoots off early tai chi classes.

But the most important attribute of this group is camaraderie. We have held steady with few changes in participants, over the past two years. We don't know too much about each other, and that's just as well. The obligations of a friendship are not what we need or want. We all have just enough knowledge of each other to keep us chatting amiably. We come together, not just for the exercises, but to check on the weather in Fairfax, that last MD appointment, the visit of a son, the condition of Route 15, the new minister at this church, the heat... the cold. How pleasant to know just enough for a casual chat, but not so much that one need become dutiful... It is a togetherness without obligation... a caring without the consequences of the pain of knowing too much... It is a warmth and a smile as we all leave.

The beat goes on: 1, 2, 3, 4, 5, HOLD (stretch that leg backwards)... 6, 7, 8, 9, 10, DOWN (OK... let it rest)... count again... only 9 more rhythms to go. "Remember, if it hurts, don't do it."

Take care. See you next week!

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY

The library will be closed Tuesday, August 14 and will reopen on Wednesday, August 15 at 1:00 PM. Outside security cameras are being installed around the building. This project is funded by a PACIF grant and by the Friends of DRML.

Wednesday, August 15, 6:30 PM – Our Vermont Reads event of this year's selection, *Bread and Roses, Too*, that we are hosting in conjunction with Jericho Town Library. As we gather to talk about this book, we hope that those who attend will share stories of their immigration experiences, sharing either their own or their recollections of ancestors' stories. We have copies of the book available at DRML, so please stop in to check one out so that you can be part of the conversation about this great book!

Sunday, August 19, 1:00 – 3:00 PM – You are cordially invited to an Emily Dickinson Tea to thank and honor our UVM Extension Master Gardeners and our community gardeners. This amazing group of volunteers has created a beautiful Emily Dickinson Garden this year, complimented by a selection of her poems displayed in the garden. Please join us for refreshments and a reading of her poems by community members.

Mah Jongg at DRML – We play Mah Jongg on the first and third Mondays of each month – Monday, August 20 at 1:00 PM. Please join us as we explore the ancient Chinese tile game of winds, dragons and number tiles. If you like card games, you'll probably love Mah Jongg!

The mystery book group is meeting on Tuesday, August 21 at 7:00 PM to discuss *The Blackhouse* by Peter May. Please join us!

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. DRML is located at 8 River Rd., Jericho; www.drml.org.

JERICHO TOWN LIBRARY

Story Time, first, second, and fourth Wednesdays, 10:30 – 11:30 AM. Recommended Ages: 0-5 years. Pop in for a casual hour of story time, smiles, songs, and laughter with Lisa!

Third Thursday Book Group, August 26, 7:00 – 9:00 PM.

The Jericho Conservation Commission will meet Wednesday, August 22, 7:00 – 9:00 PM. For information, contact Tom Baribault.

Writers' Circle, Saturday, August 25, 10:00 – 11:00 AM. Are you a writer seeking community? Join this new bi-monthly group. All genres welcome. Coffee, tea, and encouraging company provided. Meets first and third Saturdays of the month.

Bucket List Book Club, Wednesday, September 5, 6:30 – 8:30 PM. For anyone who wishes to read or re-visit classic works! Open to all.

LEGO Club, Thursday, September 13, 4:00 – 5:00 PM. For makers, builders, imaginers, innovators – come and join in on an hour of Lego creations with friends. Ages 6 and up.

JTL Board meetings are held the second Monday of every month at 5:30 PM. All are welcome to attend.

Jericho Town Library is open Mondays, Tuesdays, Thursday, and Fridays 2:00 – 5:00 PM; Wednesdays 10:00 AM – 12:00 PM and 2:00 – 7:00 PM; and Saturday 10:00 AM – 12:00 PM.

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

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

Libraries Rock! is the VT Department of Libraries' Summer Reading Program, designed to engage learners of all ages in reading. The Varnum has sign-up sheets for you to track the books you read this summer, with each participant guaranteed a prize. Stickers and bookmarks, as well as fun signage are at the go. Programs centered around the *Libraries Rock!* theme will take place throughout the summer, and a group will meet at the library every Wednesday through Wednesday, August 15, 1:00 – 2:30 PM.

Magic: The Gathering: Sunday August 26, 3:00 – 5:00 PM. Join us for our newest young adult program: Magic the Gathering. Experienced players

and total newbies welcome! Thanks to generous donations from community members, we will have starter card decks available for participants trying it out for the first time. Your deck of cards represents weapons in your arsenal, spells you know, and creatures you can summon to fight for you. Grades 6 and up. Snacks provided. Information: galenreese19@gmail.com.

Teen Dungeons and Dragons: Sunday August 19, 3:00 – 5:00 PM. Whether you are a skilled Dungeon Master or a total newbie to this classic role-playing game, Dungeons and Dragons is sure to be a blast. Don't have a character yet? No problem! We'll set you up with a character and set out on an adventure using the 5th edition. Grades 6-12. If you're new to the game and would like to join us, please email galenreese19@gmail.com.

Children's Story Time and Crafts with LN, Thursdays, 10:00 – 11:00 AM. The library is a warm, cheery place for children to meet other children! Join us for stories read by people who enjoy sharing good books and a craft. Free and the public is invited! For more information, call the library at 644-2117.

Weekly Crafting Circle, Thursdays, 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.

Crescendo Club Library Association – Do you have two hours a month to spare for a great opportunity? The Crescendo Club Library Association is seeking community members interested in helping the library anticipate and meet the needs of all we serve and to promote lifelong learning for everyone. Please let us know if you would like to be an active supporter and member of this organization that has worked to help the community for almost 120 years. Meets on the third Thursday of the month, 7:00 – 8:00 PM.

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; thevarnum@gmail.com; www.varnumlibrary.org. Hours: Mondays and Tuesdays 12:00 – 7:00 PM, Wednesdays 3:00 – 7:00 PM, Thursdays 9:00 AM – 7:00 PM, Fridays 2:00 – 5:00 PM, and Saturdays 10:00 AM – 3:00 PM. Closed Sundays.

WESTFORD PUBLIC LIBRARY

Early Literacy Storytime, for ages birth to preschool, Thursdays, 11:00 AM. 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! August 16 theme: Librarian's choice. August 23: Back to School. August 30: Buses.

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

RICHMOND LIBRARY

Youth News Guessing jar winners will be posted through the first week of September. If you have been guessing throughout the summer, please stop by to check the winner posters for your name and claim your prize if you are a winner.

If you have been participating in the Bedtime Math program bring your star poster to the library and we'll acknowledge your good work with a prize.

Thanks to all the kids and adult helpers who came to the library this summer and attended a summer program or two. It was a fun summer of reading, music-making, crafts, rock projects, outdoor theater, indoor drumming, puppets and more. Our regularly scheduled youth programming will resume after Labor Day. Weekly programs at the Library follow the CESU school district schedule for vacation days and weather closure days.

Baby Laptime – A 30-minute program is for our youngest visitors. Adults interact

with their little person through simple stories, songs, rhymes, bounces, and wiggles that are sure to bring out the smiles and giggles. Baby Laptime is designed for infants through age two and runs September-May. Mondays at 10:30 AM.

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 September 13, 2018 at the Jericho Town Hall to consider the following

- A request to the DRB by Brenda & Lee Charron for a 13 lot PUD (11 house lots & 2 open space lots). This proposal will be heard as a Preliminary Plat Review. The property is located at 316 VT Route 15 which is located in the Forestry Zoning District.
- A request to the DRB by Maddie Ruth for a conditional use review for the location of an Accessory Apartment. The property is located at 448 Browns Trace Road which is located in the 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

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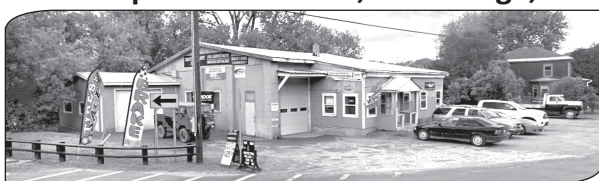
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Foreclosure: 4,232± Commercial Building
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AUCTION

Friday, September 14 @ 3PM
15 Pumpkin Harbor Rd., Cambridge, VT



Commercial building on 0.88± acre with fantastic, visible location at the corner of Route 15. 4,232±SF building with river frontage. Town water, on site septic. Cambridge has no zoning so bring your business ideas!

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Playgroup with Stories and Music – The morning begins at 10:00 AM with songs, stories, and a simple snack (bring your own) on the alphabet rug. Around 10:30 AM we'll get out the toys for free play with friends in the Library's Community Room. We have gross motor and fine motor toys, puzzles, and activities for infants through preschool age children. Wednesdays, September-May.

Movers and Shakers Storytime – Frequent exposure to picture books not only entertains and delights children but also strengthens their vocabulary and their ability to make sense of the world. We'll share fantastic new and classic picture books and work some early literacy magic into a child's day, coupling stories with simple songs and activities for interactive moving and shaking. Toddlers and preschoolers and their caregivers are welcome Fridays, 10:30 AM, from September-May.

Storytime Outreach Visits to Richmond Childcare Providers – This outreach program brings storytime out into the community. Children and caregivers enjoy stories and music making with a focus on the early literacy skills necessary for strong reading readiness upon entering school. Bins of library books are dropped off and picked up every few weeks. If you operate a childcare business in Richmond and have not participated in this program in the past, contact Wendy, 434-3036 or rfl@gmavt.net, for more information and to sign up.

Thank you to the students at the Mansfield Cooperative School for providing some fresh artwork for our stairwell landings. Each student produced a piece depicting one of the four seasons. Starting with fall, progress through the seasons as you climb.

August Art Show – Melody Ann Potter is an accomplished artist, born in the Adirondacks and now residing in Richmond. Melody has a degree in fine arts from SUNY Potsdam and an interior design degree from Villa Maria College of Buffalo. She finds inspiration from the surrounding mountains and lakes, from the human condition, and from her adventures around the world. She pulls from these experiences to create works of art using layers of tissue paper to create a 3-D picture. She finishes using ink to highlight the forms and color, bringing them to life. Her oil paintings are snapshots into the everyday lives of people.

August Display Case – Anastasia Krymkowski (formerly of Huntington) enjoyed playing with Polly Pocket compact cases when she was a child. The original Polly Pocket toys were plastic cases which opened to form miniature dollhouses with tiny figurines that could be positioned within the house. Anastasia thinks these miniature doll houses may have launched her current interest in tiny house design.

September Photography Show – We will feature the photographs of Richmond resident Bill Kneen on the walls for the month of September.

Beginner-friendly English Country Dance – Adults and teens attend on your own or with a friend; no partner needed. Val Medve (and possibly Martha Kent) teach to recordings. Prerequisite is the ability to walk briskly. Six Wednesdays, ending with a class on August 29, 7:00 – 9:00 PM, \$5 per session.

Fiction Book Discussion: *Mennonite in a Little Black Dress (A Memoir of Going Home)* by Rhoda Janzen. A hilarious and moving memoir, in the spirit of Anne Lamott and Nora Ephron, about a woman who returns home to her close-knit Mennonite family after a personal crisis. Written with wry humor and huge personality and tackling faith, love, family, and aging, the book is an immensely moving memoir of healing, certain to touch anyone who has ever had to look homeward in order to move ahead. Tuesday, August 14, 6:00 PM.

Mystery Book Discussion: *Before the Fall* by Noah Hawley. On a foggy summer night, eleven people – ten privileged, one a down-on-his-luck painter – depart Martha's Vineyard on a private jet headed for New York. Sixteen minutes later, the plane plunges into the ocean. The only survivors are the painter Scott Burroughs and a four-year-old boy, who is now the last remaining member of an immensely wealthy and powerful media mogul's family. Was it by chance that so many influential people perished? Or was something more sinister at work? A storm of media attention brings Scott fame that quickly morphs into notoriety and accusations, and he scrambles to salvage truth from the wreckage. Thursday, August 16, 7:00 PM.

Selected Acquisitions:

American by Day (Sigrid Ødegård #2). A gripping and timely novel that follows Sigrid, the dry-witted detective from Derek B. Miller's best-selling debut *Norwegian by Night*, from Oslo to the United States on a quest to find her missing brother.

The Cross by R.R. Bentley. After nearly 400 years, an emerald-encrusted gold pectoral cross belonging to the Catholic Church is discovered by two salvage divers off the coast of Bermuda. Displayed in the Bermuda Maritime Museum since its discovery, it is not until Queen Elizabeth's visit to the island nine years later that the cross in the museum is found to be a fake. Inspired by real events, the crime on which *The Cross* is based remains one of Bermuda's greatest unsolved mysteries.

Bellewether by Susanna Kearsley. Some houses seem to want to hold their secrets. It's 1759 and the world is at war, pulling the North American colonies of Britain and France into the conflict. When captured French officers are brought to Long Island to be billeted in private homes on their parole of honour, it upends the lives of the Wilde family – deeply involved in treasonous trade and already divided by war.

The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your Child by Daniel Siegel. When facing contentious issues such as screen time, food choices, and bedtime, children often act out or shut down, responding with reactivity instead of receptivity. But our kids can be taught to approach life with openness and curiosity. When kids work from a Yes Brain, they're more willing to take chances and explore. They're more curious and imaginative. They're better at relationships and handling adversity.

Empire of Silence by Christopher Ruocchio. Hadrian Marlowe, a man revered as a hero and despised as a murderer, chronicles his tale in the galaxy-spanning debut of the *Sun Eater* series, merging the best of space opera and epic fantasy.

Pryor Convictions: and Other Life Sentences by Richard Pryor (audio). A candid, funny, often outrageous memoir by the comedian spans his childhood in the whorehouses, bars, and pool halls of Peoria, IL, his army service, his ascent to fame, and his tragic fall at the hands of drugs.

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.

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

DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON

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

Firefighter Story Time: Tuesday, August 28, 10:30 AM. All ages. No pre-registration.

Preschool Music: Mondays, 11:00 AM (except September 3 – library closed) and Thursdays, 10:30 AM. Up to age 5 with a caregiver. No pre-registration. Limit: one session per week per family. Free.

Thursday Playtime: Thursdays, 11:00 AM -12:00 PM. Preschoolers and their caregivers are invited for an informal play time following our Preschool Music program. For children birth to age 5. Free.

LEGO Day: Tuesday, September 4, 2:00 – 3:00 PM. Make your own LEGO creations using the library's LEGO collection. All ages. Free.

Spanish Musical Playgroup: Saturday, September 8, 10:30 AM. Spanish rhymes, books, and songs for children birth to age 5. Presented by Constanca Gomez. Non-Spanish speakers welcome. Free.

Fall Story Time: Tuesdays at 10:30 AM, starts September 11. Stories and a simple craft activity. All ages. September 11: Going to School; September

Library News continued on page 7

Libraries news continued from page 6

18: Houses & Homes; September 25: Apples. Free.
 Preschool Yoga with Danielle: Friday September 14, 10:30 AM. Simple yoga poses, stories, and songs for children birth to age 5 and their caregivers. Free. No pre-registration.
 Cartoon Club: September 18, 2:00 – 3:00 PM. Meet with others who like to draw cartoons! Grades 3 and up. Free.
 Drop-In Craft – Gnome Homes: September 25, 2:00 – 3:00 PM. All ages. Free.
 Dorothy Alling Memorial Library, 21 Library Lane, Williston. 802-878-4918, www.williston.lib.vt.us.
FAIRFAX COMMUNITY LIBRARY
 All events are free unless noted. Pre-registration encouraged. www.fairfaxvtlibrary.org, 802-849-2420. Call or email libraryprograms@fwsu.org.
Youth Events
 Enjoy the summer season! 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:
 • 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 \$7 each (www.echovermont.org). Year-round.
 • Lake Champlain Maritime Museum: Allows one family free entrance (www.lcmm.org). Seasonal.
 • Shelburne Farms: Free admission for one family to the walking trails and children's farmyard (www.shelburnefarms.org). Seasonal.
 • Shelburne Museum: Half price admission for two adults and up to four accompanying children. Must show your library card and driver's license along with the pass. (<https://shelburnemuseum.org/>) Seasonal.
 • Vermont Historic Sites: Free entry for one family or groups of up to 8 people. (<http://historicsites.vermont.gov/>). Seasonal.
 • Vermont's History Museum: Free family admission (www.vermonthistory.org). Year Round.
 • Vermont State Parks: Free entry into state park day areas for up to eight people in one vehicle (10:00 AM to sunset) (www.vtstateparks.com). Seasonal.
 • Education & Enrichment for Everyone: Good for one free class. Lectures are held Fridays from 2:00 – 3:00 PM at the Faith United Methodist Church, S. Burlington. (www.EEEVermont.org)
Adult events
 Thursday, August 23, 6:00 – 7:30 PM: Social Security and What it Means to You. Financial professional Jo Ann Thibault will help answer some of the common questions you may have about Social Security and will talk about how Social Security can benefit you. Please register.
 The library will close for its annual cleaning from Monday, August 13-Saturday, August 18.
 For up-to-date info about programs, visit our website: www.fairfaxvtlibrary.org, where you can also find a link to the interactive Google

calendar. Summer Hours: Monday, Wednesday, Friday 10:00 AM – 5:30 PM; Tuesday, Thursday 9:00 AM – 8:00 PM; Saturday 9:00 AM – 1:00 PM.
BROWNELL LIBRARY, ESSEX JUNCTION
 Monday, August 13, 6:30 – 7:30 PM: Must Read Mondays! When *Breath Becomes Air* by Paul Kalanithi. At the age of 36, on the verge of completing a decade's worth of training as a neurosurgeon, Paul Kalanithi was diagnosed with stage IV lung cancer. One day he was a doctor treating the dying, and the next he was a patient struggling to live. And just like that, the future he and his wife had imagined evaporated. *When Breath Becomes Air* chronicles Kalanithi's transformation from a naive medical student "possessed," as he wrote, "by the question of what, given that all organisms die, makes a virtuous and meaningful life" into a neurosurgeon at Stanford working in the brain, the most critical place for human identity, and finally into a patient and new father confronting his own mortality. Pick up a copy of this book at the main desk.
 Monday, August 13, 6:30 – 8:30 PM: Musical Monday. Watch an exciting musical with us about a man who rises to success against all odds. Check our calendar for the movie title. Based on a famous novel. 134 min. Rated PG-13. Free popcorn and lemonade!
 Wednesday, August 15, 4:30 – 6:00 PM: LBGQT+ Drop In at Essex Teen Center. Essex Teen Center is hosting this month's LBGQT Drop-In. Come for Pizza and Teen Line Talks on LBGQT concerns. Recommended for 8th grade up to recent high school grads.
 Wednesday, August 16 – Library closed for Bennington Battle Day.
 Friday, August 17, 6:30 – 8:30 PM: Family Movie. Check our calendar for the movie title. 109 min. Rated PG. Free popcorn and drinks!
 Monday, August 20, 3:00 – 4:00 PM: LEGO Fun. Participate in fun and friendly building with LEGOs. For kids entering K and up. (Kids under 5 are welcome to participate with parental supervision.)
 Tuesday, August 21, 7:00 – 9:00 PM: Brownell Library Trustees Meeting.
 Friday, August 24, 9:30 – 10:00 AM: Music with Raph. Come sing and play with Raph. All ages.
 Friday, August 24, 3:00 – 5:00 PM: LARP. Live Action Role Play is open to all middle and high school students who want to have adventures in a mythical land.
 Friday, August 24, 6:30 – 8:30 PM: Dungeons & Dragons. Come learn how to play this role playing game with our new DM, create a character and play a short, one session game. For 6th grade and up.
 Monday, August 27, 5:00 – 9:00 PM: Board Game Night. Join us for a night of board games. Bring your favorites from home or play some of ours.
 Wednesday, August 29, 9:00 – 10:00 AM: Parent Coffee Time. Parents, come to the library after you drop off your kids for the first day of school for some coffee and cookies.
 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.

GREEN MOUNTAIN BICYCLE CLUB DAY TOURING 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 have a signed waiver from a parent. Rides begin promptly 15 minutes after the meeting time. E indicates an easy ride, M is for moderate, and S is for strenuous. 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. Additional local Social Rides will be scheduled as weather permits in the Champlain Valley. Please email lightspd@comcast.net to be added to the Social Riders email contact list, which is the only guaranteed notification for these rides. Weekend Social Rides are usually announced by Thursday.
 Sunday, August 19: Waitsfield and Waterfalls. Enjoy a scenic tour through the countryside of Waitsfield and Warren with a visit to Moss Glen Falls south of Warren (not the one in Stowe). Turn around at the falls for a 35-mile (M) ride or continue up Middlebury Gap with a stop at Texas Falls before turning around for a 60-mile (M/S) ride. A stop at the Warren Store is always popular and the general store in Hancock provides an additional respite for those on the long ride. Meet 8:45 AM, Waitsfield Elementary School (on the left traveling south on VT Rt. 100). For those coming from the Burlington area, we suggest carpooling at the Richmond Park and Ride at Exit 11 off I-89. Leader: Brian Howard, 505-1148 / bjhowd@gmail.com; Co-Leader: Matt Kuivinen, 881-9045 / mattkui@earthlink.net.
 Sunday, August 26: Not Quite Quebec. 51 (M) and 64 (M/S) rides on low traffic roads near the Canadian border. The route crosses the Missisquoi River twice and travels along the shore of Lake Carmi. Meet 8:45 AM, Tractor Supply Company at exit 20 off I-89. Leader: Dave Merchant, 825-3808 / dpierschand@comcast.net; Co-Leader: Joyce McCutcheon, 893-1690 / mellowmitt@aol.com.
 Sunday, September 2: 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, Jeffersonville Fish and Wildlife Access (.3 mile north of VT Rts. 15 and 108 intersection, across the bridge). Leader: George Thabault, 598-3409 / ghabault@gmail.com; Co-Leader: Phyl Newbeck, 899-2908 / phyl@together.net.
 Saturday, September 8: NEK weekend, Day 1, Moose Country Meandering. 67 (S) loop up through Norton and Canaan on VT Rts. 114, 102, and 105 with (hopefully) more moose than cars. For the short ride we will do the new Kingdom Lakeview Loop which is a 50-mile ride which passes three lakes, one pond and one river.

Meet 9:30 AM, Island Pond fishing access or along VT Rt. 105 in front of the Irving store. Leaders: Pat Stabler and Tom Evers, 781-929-9085 / everstab@verizon.net. Camping is available at Pat and Tom's house just outside East Burke; early birds get beds or floor space in the house. BYOB drinks and/or potluck BBQ for anyone who is interested on Saturday afternoon/evening. There is also the Tiki Bar in East Burke, which is not to be missed.
 Sunday, September 9: NEK weekend, Day 2, Willoughby Wanderings. 47-mile (M/S) ride up through Sutton and Barton, along the shore of Lake Willoughby and through part of Willoughby State Forest. A 30-mile (M) version of the ride returns to Burke via U.S. Rt. 5. Meet 9:15 AM, Kingdom Trails parking area. Leaders: Pat Stabler and Tom Evers, 781-929-9085 / everstab@verizon.net.
 Sunday, September 9: Pleasant Valley Pedaling. The 50-mile route (M/S) travels through Jericho into Underhill and then via Pleasant Valley Road into Cambridge. This ride is an extension of the old Pleasant Valley Voyager. Meet 8:45 AM, Williston Central School. Leader: Matt Kuivinen – 881-9045 / mattkui@earthlink.net; Co-Leader: Brian Howard – 505-1148 / bjhowd@gmail.com.
 Sunday, September 16: Century Day. Three rides, all following the same route for the first 25 miles with a food stop in Bristol. The Metric Century is 62 miles (M) via Bristol and Vergennes. The full Century is 100 miles (S) traveling down to the Crown Point Bridge and returning through the Champlain Valley. Those looking for an extra challenge can do the Double Gap Century, which is 113 miles and includes the Middlebury and Appalachian Gaps. Meet 7:30 AM, Wheeler lot, Veterans Memorial Park, S. Burlington. Leader: Kevin Watson, 825-2618 / kevbvt@gmail.com; Metric Century Leader: Lou Bresee, 658-0597 / lakelou@comcast.net.
 Sunday, September 23: East of Eden. Ride 50 or 60 (M/S) miles through the rolling hills around Eden with your choice of a long, gradual climb up VT Rt. 105 or a shorter, steeper route on VT Rt. 242 up to Jay Peak. Last year we reversed the direction of this ride and we will be repeating that direction this year. Meet 9:45 AM, Eden Elementary School on VT Rt. 100, about 1 mile south of VT Rt. 118. Leader: Matt Kuivinen, 881-9045 / mattkui@earthlink.net; Co-Leader: Brian Howard, 505-1148 / bjhowd@gmail.com.
 Sunday, September 30: Meandres et Beaux Villages. A tour of pretty villages – a 60-mile (M/S) ride across the Canadian border. Bring your passport or the required customs documents. We'll stop in Mystic for brunch and pass many farms along the way. There is some dirt – about four miles total – and a couple of hills. Meet 9:15 AM, Highgate Elementary School, I-89 north to exit 21 in Swanton, take VT Rt. 78 east to Highgate Center, then left on VT Rt. 207 North, Elementary School is on the left. Leader: John Bertelsen, 864-0101 / jo.bertel@gmail.com; co-leader Karla Ferrelli, 864-0101 / karla.ferrelli@gmail.com.

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Art / Music continued from page 5

At the Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington through Wednesday, October 31, the *Common Grounds* 2018 Community Art Show – art in recognition of 100 years of the Migratory Bird Treaty Act, enacted by the U.S. Congress in 1918, one of the first laws setting limits on what we could and could not do specifically with respect to migratory birds. Experience over 40 bird-focused artworks connecting the themes of commonality, conservation, migration, and coordination among peoples, species, places, and time. Included with Museum admission. For information, Museum@birdsofvermont.org or 802-434-2167.

Burlington City Art Center invites families to drop-in between 11:00 AM – 1:00 PM, every third Saturday – August 18 – for free and fun art activities for the whole family, and create an original work of art using materials inspired by BCA exhibition artists. (Also on September 15, October 20, November 17, and December 15.) Free and open to the public. BCA Center, 135 Church St., Burlington; 802-865-7166 or www.burlingtoncityarts.org.

Shelburne Museum presents *In the Garden* at the Pizagalli Center for Arts and Education, Murphy Gallery, through Sunday, August 26. Eighty

percent of Earth's plants produce eye-catching, fragrant flowers to attract insects, which in turn act as pollinators. Over millennia, these symbiotic relationships have resulted in the evolution of an endless array of colors and shapes of both flowers and insects. Featuring fine art, textiles, jewelry, and the bodies of actual insects, this exhibition explores the various ways flowers and bugs have captivated artists' imaginations over the last five centuries. Featuring works by Marie Zimmermann, Jennifer Angus, James C. Sharp, and more. Shelburne Museum, 6000 Shelburne Rd. (U.S. Rt. 7), Shelburne; information: 802-985-3346 or www.shelburnemuseum.org.

Upcoming Events & Workshops at the Milton Artists' Guild: Thursday, August 16, Introduction to Alcohol Ink; Thursday, August 23, Fold Formed Leaf Earrings; Tuesdays, September 4 and 11, Fearless Fair Isle Knitting Class. To learn more about these workshops, please visit <https://www.miltonartistsguild.org/workshops>. The MAF Photography Group meets the fourth Wednesday of every month (August 22), 6:00 PM at the Art Center. There will be a monthly meeting of the Guild at the Art Center on Thursday, September 20, 10:00 AM – 12:00 PM. Milton Artists' Guild Art Center &

Gallery, 199 U.S. Rt. 7 South, Milton.

This summer, River Arts of Morrisville will host Open Studio Figure Drawing sessions on the second and fourth Wednesday of the month, 6:00 – 8:00 PM, for \$10 per session (discount punch cards available). On second Wednesdays, models will be creatively costumed – kimonos and parasols, flappers, and Shakespearean fairies; fourth Wednesdays will be traditional nudes. There will be snacks and a cash wine bar. On Sundays, 10:00 AM – 12:00 PM, youth are invited to drop in to the BIG & Messy Art Space – suggested donation \$5. River Arts of Morrisville, 74 Pleasant St., Morrisville; www.RiverArtsVT.org; 802-888-1261.

At Helen Day Art Center, the 2018 Outdoor Sculpture Exhibition *Exposed* will run through Saturday, October 20. This is the 27th year of the exhibition, this year featuring internationally renowned sculptors Jaume Plensa (Barcelona, Spain), Albert Paley (Rochester, NY), Christopher Yockey (New York City), and regionally established artists Judith Wrend, Christopher Curtis, Tec Ceraldi, John Matusz, and David Stromeyer. Running through Saturday, August 25, *Reclamation* will feature contemporary figurative woman artists painting women from their perspective, reclaiming and transforming the way women are portrayed. Helen Day Art Center, 90 Pond St., Stowe; www.helenday.com; 802-253-8358. The gallery is open Tuesday-Saturday, 10:00 AM – 5:00 PM and by appointment.

The VT Institute of Natural Science will present an *en Plein Air* Painting Festival at the VINS Nature Center, 149 Nature's Way, Quechee, VT, Saturday, September 29-Saturday, October 5. Free to youth 17 and under, \$40 for adults who come to paint in celebration of the beauty and diversity of the Ottauquechee River watershed ecosystem, its vibrant human and natural communities, and the important message of conservation of the natural world. To learn more or register, <https://vinsweb.org/plein-air/>.

MUSIC

On Saturday, August 25 at 7:30 PM, the Round Church Summer Concert Series presents an *a cappella* performance by *Social Band*, donation \$15, www.socialband.org. The Round Church, Richmond.

The Cathedral Church of St. Paul in Burlington presents a series of free (donations appreciated) *Tuesday noon series* concerts. August 21: Lake Champlain Chamber Music Festival artists offer *Bach in Church*. Hyunah Yu, soprano, Joshua Smith, flute, Edward Arron, cello, and Mark Howe, organ, present a varied program of J.S. Bach's solo organ and solo cello works as well as two beautiful arias. Bring a bag lunch; coffee and tea are provided. The Cathedral Church of St. Paul, 2 Cherry St., Burlington is at the corner of Battery and Cheery Streets, with entry on Cherry St. Parking, \$4 per hour in the Cathedral lot (free with handicap plates or tags), or two hours free in the Lakeview City Garage across Cherry St. (enter next to Hotel Vermont). Tickets are sold at the door.

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 <p>Underhill - \$320,000 Contemporary on 10 acres with Mt. Mansfield views! Gorgeous land & beautiful setting! Open concept living rm with natural wood, cathedral ceilings & wood-burning fireplace! 2-1st fl bdrms with bath & master suite w/ ensuite bath & WI closet! Over 500 maple tree! 2-car garage & wraparound deck!</p>	 <p>Jericho - \$338,000 4 bdrm cape on private 3 acres with \$3,000 back at closing for improvements! Slate entryway w/ mudroom that leads to dining area with cathedral ceilings & skylights! Hrdwd floors in the kitchen, dining, hall & living rm! Finished bonus rm over the 2-car garage! Sunny yard for gardening & playing!</p>

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