

## Community collaboration kept Copley afloat with water



For nine days as a result of the July 2023 flooding, the Health Center Building parking lot at Copley Hospital was the home to several water storage/haulers in order to keep the water flowing into the hospital during the “do not drink the water and boil water only” notices.

PHOTO CONTRIBUTED

Lamoille County and neighboring towns have certainly seen their share of rainfall this summer, resulting in catastrophic flooding, damage to houses, farms, roadways, and infrastructure, and the contamination of many towns’ drinking water systems.

For over a week, water storage tanks and daily tractor trailers hauling water were the norm at Copley. “While we are grateful the restrictions were lifted last Wednesday, we would be remiss in not thanking Manosh Corp., the State of Vermont Agency of Natural Resources, FEMA, and the town of Stowe for keeping our water system afloat and flowing,” said Copley’s VP of Development and Marketing Trish Rick. “The situation could have been much worse had it not been for the immediate action of Manosh, who had their potable water tanker and hauler trucks at Copley shortly after the ‘do not drink the water’ notice was issued the morning of Tuesday, July 11.”

“Water is essential to our operations,” said

Mark Sutton, Director of Facilities, Safety and Security. “In addition to plumbing and heating needs, water is necessary in areas that impact patient care, including surgical operations, food services, inpatient care, and more.” Sutton noted that the hospital would have been in a difficult spot had Manosh not been able to tie into the hospital’s water system and had haulers been unable to make daily deliveries. “Their support allowed us to operate as close to normal as possible under these extremely challenging circumstances,” continued Sutton.

In addition to the haulers, the hospital received deliveries of bottled water from The Alchemist, the local Hannaford, community members, and the state. “As well as ensuring staff received bottled water, we shared it with our community partners, including the Manor, Lamoille Health Partners, and Lamoille Home Health & Hospice,” said Sutton.

“We are grateful beyond words for the support we received,” concluded Rick.

## UJFD honors Honorary Chief

On Tuesday, July 18 Randy Clark of Underhill was recognized and honored for his many years of service to the community as a member and leader of the Underhill Jericho Fire Department (UJFD). Randy says, “Tonight I attended my weekly UJFD fire training and received two awards! I joined the UJFD in 1957 and have served as Firefighter, 2<sup>nd</sup> Assistant Chief, 1<sup>st</sup> Assistant Chief, Chief, and Honorary Chief. I am the longest serving member of the UJFD (established in 1913) and received a 65 Year Award and also a Perfect Attendance Award — I have had perfect attendance every year since 2017, and most years prior to that!” Congratulations, Randy, and thank you!

PHOTO CONTRIBUTED



## LVRT and Cambridge Greenway remain closed until further notice

By Laird MacDowell, Chair, Cambridge Trails Committee

July 23

Both the Lamoille Valley Rail Trail (LVRT) and the Cambridge Greenway remained closed to all users due to extensive damage from the July 11th river flood event. The cost of repairing the Greenway will be covered under emergency FEMA funding and requests for bids will be sent to contractors this week by Jonathan DeLaBruere, Cambridge Town Administrator. FEMA representatives have walked the 1.25 mile long Greenway to view and document the flood damage.

Here is the latest announcement from VTrans concerning the closure of the LVRT:

**Project Update: Rail to Trail Conversion: LVRT Rail Trail Corridor**

VTrans staff have been out assessing and cataloging the damage to the trail all week and are beginning to develop a timeline for repairs. Apart from the evident problems such as damage to bridges and culverts, VTrans has identified several locations along the trail where embankment failures and significant washouts may pose more danger than is apparent, and these concerns may be worsened by the recent rainfall on July 21.

In order to keep everyone safe and to give VTrans time to develop a plan for better communication and signage for areas that will

remain closed for a longer duration, the entire trail will remain closed until further notice. There are several stretches of the trail that received very little damage and we do expect to have more information available early next week about segments that can safely be re-opened.

In the meantime, VTrans encourages you to consider a visit to the Missisquoi Valley Rail Trail, Delaware and Hudson Rail Trail, or the Beebe Spur Rail Trail. More information on those trails and the latest updates on the status of the LVRT can be found at <https://railtrails.vermont.gov/>.

For updates on trail conditions, visit the Vermont Rail Trail System website’s Trail Updates page at <https://railtrails.vermont.gov/trail-updates/>.

## Urgent need for more blood donors August 2

With several cancelled drives, 25 more donors are needed to fill the schedule for the Wednesday, August 2 blood drive being held at the Richmond Congregational Church, 20 Church St., Richmond.

Please call 1-800-RED CROSS (1-800-733-2767) or go online to <http://redcrossblood.org> for more information and to make an appointment; or for assistance, contact [dtomas@gmavt.net](mailto:dtomas@gmavt.net) or 802-434-3654.

If you cannot make the August 2 blood drive, you can find a date, place, and time that works for you at <http://redcrossblood.org>.

## FLOOD INFORMATION

### Temporary housing program for flood victims

By Julie Marks, Vermont Short Term Rental Alliance, Inc. (VTSTRA)

The Vermont Short Term Rental Alliance (VTSTRA) has launched an Emergency Short-Term Accommodations Program connecting those who need short-term housing with available vacation rentals. The program is open to both accommodation-seekers and accommodation-providers.

Vacation rental owners and managers with available space who wish to offer their homes for

Flood continued on page 2

**24/7  
Emergency  
Services\***

Since 1959

**MANOSH**  
Water Systems    Water Filtration  
Geothermal    Septic    By Gosh

[www.manosh.com](http://www.manosh.com)

Camera Inspections  
Lift Station Maintenance  
Line Cleaning

**Residential – Commercial  
Agricultural - Municipal**  
120 Northgate Plaza, Morrisville, VT 05661

**802-888-5722**



## VT's oldest loon died from blunt trauma

In June, the Vermont Center for Ecostudies (VCE) announced the death of Vermont's oldest known loon, a 31-year-old male from Newark Pond. At the time, VCE Vermont Loon Conservation Project biologist Eric Hanson was awaiting results from an autopsy report, hoping it would shed some light on the loon's cause of death and overall health. Hanson received the results in late July, and they show the loon was in excellent health at the time of its death and displayed injuries consistent with blunt trauma.

The "Newark Pond Male" was examined by Dr. Mark Pokras from Tufts Veterinary School of Medicine. "Dr. Pokras and I thought this would be another lead poisoning case because the x-ray showed a sinker in the gizzard. And lead poisoning is the leading cause of loon mortality in the Northeast," says Hanson. "However, when Dr. Pokras tested the loon for lead, the results were insignificant — lead did not kill this loon. The sinker was not lead. All signs point to a high-speed, one-sided impact, possibly caused by a motorboat hit."

The Newark Pond Male's advanced age was a testament to the success of loon conservation efforts in Vermont. When the loon was originally tagged by Hanson in 1998, loon populations across the Northeast were so low that the species was listed as endangered in Vermont. Thanks to the hard work of Hanson, the VT Fish & Wildlife Department, community members, and countless others, loon populations recovered enough to be delisted in 2005. Once a rare spectacle, loons now occupy many Vermont lakes and ponds, where they charm birders, water-sport enthusiasts, and property owners alike with their showy plumage and haunting calls. In 2021, Vermont's loons had their most productive year since the Vermont Loon Conservation Project began, with 109 nest attempts and 85 chicks surviving through August.

"Despite the success of the past few decades, loons still face many risks across their range," Hanson says. "Vermont's loons must regularly contend with fishing gear, predators, malaria (and other diseases), human disturbance at nest sites, and much more."

The Newark Pond Male is a reminder of both conservation victories and the work that remains to protect the state's loon populations. "It's always sad when the death of a wild creature who has occupied space in our lives can potentially be attributed to human-caused activity," says Hanson. "And this particular individual has been a striking presence for over 25 years."

In general, boats colliding with loons is rare, with only nine total cases documented in the past 25 years. Most boat hits are unintentional; loons can pop up anywhere, just like deer darting in front of a moving car.



Vermont Center for Ecostudies loon biologist Eric Hanson holds the Newark Pond Male. PHOTO BY ELOISE GIRARD

"I'm sure there have been hundreds of close calls, but loons can usually dive out of the way," says Hanson. "However, as loons become more habituated to boat traffic, they might be less likely to dive."

Although boat strikes play a small role in the big picture of threats to loons, boaters play an essential part in loon protection. When it comes to loon-safe boating, awareness is key. "It's crucial that everyone add loons to the list of things to watch out for when on the water, along with swimmers and kayakers," says Hanson. "If you see a loon in one part of the lake, avoid that area for a short time. However, like boaters, loons will frequently use the entire lake. Please remember to slow down when you see loons, especially adults with chicks. Chicks are poor divers up until six to seven weeks of age. For people, lakes are a playground. For animals, lakes are habitat they depend on for survival."

Ultimately, Hanson and other loon biologists hope this incident will help raise awareness for boaters and other water-sport enthusiasts' vital role in loon conservation. A complete list of loon-safe tips for boaters is available on VCE's website.

## COMING EVENTS

### Jericho Pet Parade rescheduled to August 26

Due to concerns about weather and air quality forecasts for Saturday, July 22, the Jericho Center Pet Parade was rescheduled and will now take place on Saturday, August 26, 11:00 AM – 12:30 PM at the Jericho Center Circle, Browns Trace, Jericho Center.

Come show off your favorite (or at least most portable) pet at the annual Jericho Center Circle Pet Parade. Don't have a pet to bring? Join us anyway to watch the most adorable procession you'll see all year!

Pre-registration for Pet Paraders is encouraged and comes with a chance to win a free creemee. Pre-register online at <https://forms.gle/yWVXuacjCYhjP8XK7>.

Same day registration will begin at 10:15 AM, and the parade will begin at 11:00 AM.

This year, our theme is *All Together Now*. Although the theme was originally selected to mirror our summer reading program, it has taken on new significance in light of the recent flooding experienced by so many communities in Vermont. Participation in (and viewing of) the Pet Parade is completely free, but we will be taking voluntary donations on the day of the event to support nearby communities impacted by flooding.

Prizes will be awarded for the following categories: Best Group Costume; Vermont Strong; Best Shout Out to Community Helpers; Best Literary Reference; Judges' Choice.

Coming events continued on page 5

Flood continued from page 2

### Another link to flood-related resources

By Thomas Stevens, State Representative, Washington-Chittenden House District

July 17

There have been number of lists of resources posted, and here is another comprehensive list: <https://vtlawhelp.org/common-legal-and-benefits-issues-after-disaster-flooding>.

Vermont Legal Services put this together to include various specific legal services that may be available, and I am told there may be more available over the next several days.

Please stay safe and pay attention to the changing weather. There will be smoke again today, so please have your mask with you.

### More information on FEMA Individual Assistance

By Amy Grover, Bolton Town Clerk and Treasurer

For those that have private road damages that may inhibit access for emergency services, we would encourage the resident to register for FEMA Individual Assistance through <https://www.disasterassistance.gov/> or <https://www.fema.gov/disaster/4720>, through the FEMA app, or by phone 1-800-621-FEMA (3362) or in person at the MARC locations or another location where FEMA is taking applications. Here is the language from the Individuals and Households Program and Policy Guide (pg.85):

"Home Repair Assistance FEMA may provide financial assistance to repair an owner-occupied primary residence, utilities, and residential infrastructure, including private access routes damaged as a result of a Presidentially-declared disaster up to the financial Housing Assistance maximum award. Home Repair Assistance is intended to make the damaged home safe, sanitary, or functional. It is not intended to return the home to its pre[disaster] condition. Home Repair Assistance counts towards the financial Housing Assistance maximum award an applicant may receive (see Chapter 3, I)"

### CRAV fundraising supports cannabis businesses affected by flooding

The Cannabis Retailers Association of Vermont (CRAV) announced a new effort to support the numerous cannabis

businesses impacted by the recent flooding. Data is still being gathered but it's clear the cannabis industry suffered significant losses from the recent flooding. Retailers, cultivators, and manufacturers have all reported significant damage to their equipment, stores, and crops.

"The cannabis industry does not receive any support from the federal government so any business impacted by the recent storm relies on private funding to help them recover. This is in part why we are launching *A Higher Calling*, which is an effort to raise funds for those in our community who are suffering and trying to recover from the damaging floods," said Todd Bailey, executive Director of the Cannabis Retailers Association of Vermont.

A Higher Calling is currently a two-pronged effort to raise the much-needed resources. The cannabis community will be manufacturing a special pre-roll that will be sold at retailers around the state. Those pre-rolls will be available for nominal cost when a customer makes a \$15 contribution to the effort. In September CRAV will also be hosting a two-day music festival by the same name. The bands will be announced soon but organizers were confident based on the likely performers that the draw would likely be between 1500-2000 people.

"We suffered significant losses from the floods but with guidance from the Cannabis Control Board, we were able to evacuate most of our inventory, but still sustained multiple thousands in lost product... we simply ran out of time to load the truck. The North Branch was cresting and we needed to drive to safety before we could save everything. We have received dozens of emails, calls, and texts from our customers, and friends and partners in the cannabis community, offering help... even when some are facing their own challenges and losses. That has been the silver lining... knowing we are part of a caring community that looks out after each other," said Lauren Andrews, owner of Capital Cannabis in Montpelier.

CRAV as well as businesses that were impacted by the flooding have been in regular contact with the Cannabis Control Board to ensure all these efforts are working within regulatory requirements. The cannabis industry is a highly regulated industry so there are numerous rules that must be followed in order to conduct these types of fundraisers.

"There's no shortage of cultivators, manufacturers, and retailers offering to help get our industry through this difficult time. The cannabis community is extremely tight knit, so when help is needed, you know people are going to step up," said Dusty Kenney, owner of Cambridge Cannabis Company.

You can learn more about the Higher Calling music festival at CRAV's website on its "events" page. At their site you will also find the COAs for the pre-rolls, which will be available soon.

## NEWS BRIEFS

### Jericho Development Review Board vacancies

By Paula Carrier, Assistant Town Administrator, Jericho

The Jericho Development Review Board (DRB) has a few vacancies open and is looking for interested residents to join their board. The DRB is responsible for reviewing development proposals which include conditional uses, site plans, subdivisions, appeals of administrative decisions, etc. The meetings are held on the second and fourth Wednesday of each month at 7:00 PM.

If you are interested in joining the DRB please send inquires to Paula Carrier, [pcarrier@jerichovt.gov](mailto:pcarrier@jerichovt.gov), and copy Zoning Administrator Chris Flinn, [cflinn@jerichovt.gov](mailto:cflinn@jerichovt.gov).

### Westford Town Office notes

**Property tax bills:** You should have received your 2023 property tax bill no later than July 15. Please contact the Town Office, 802-878-4587, if you did not receive your tax bill by this date.

The first of four installments is due Tuesday, August 15. Payments will be considered timely if they are received by this date, have an August 15 postmark (postal, FedEx, or UPS), or are in the drop box located to the left of the Town Office door before the office opens at 8:30 AM on Wednesday, August 16. If your taxes are escrowed, it is your responsibility to forward a copy of your tax bill to your mortgage company in a timely manner while retaining a copy for your records.

Please note — If you pay your taxes using Bill Pay (generating a check online through your financial institution), make sure you allow sufficient time for mailing. These envelopes do not bear a postmark and therefore will be acknowledged by the date received at the Town Office, not by the date on the check.

In July, the State sent notification to homeowners explaining the Education Tax Credit. If you are receiving a school tax adjustment, it will be reflected on your tax bill. You should compare the letter with your tax bill.

**Phelps Road work:** Phelps Road was set to be closed on July 31 for tree work, the initial phase of a larger project which will be done sometime in August. The road will be closed during that time. Advance notice of the closure will be provided with signage and postings on Front Porch Forum.

**Westford Common use policy:** The Westford Common Committee wants to remind residents that any major use of the Common requires a written request. This does not apply to small gatherings like parents and kids having a picnic. This policy has been implemented to avoid conflicts, since there is more use of the Common. An application is especially necessary if you plan to use the Gazebo, and will guarantee you the exclusive use of the Gazebo. We ask all town organizations to also follow this procedure so the calendar will reflect all plans. Here is a link to the application: <https://westfordvt.us/wp-content/uploads/2023/03/Common-Use-Application-Policy.pdf>. If you have any questions, please call the Town Office, 802-878-4587.

**Community Wastewater Project:** for information and updates, go online to [www.WestfordsFuture.com](http://www.WestfordsFuture.com).

News briefs continued on page 13



**wendellsfurniture.com**

*Where customers become friends since 1999*

**Our Retail Stores are Open!  
Stop in and see us, we have missed you!**



**Blue Mall, So. Burlington • 802-863-8306**  
**Factory Location, Route 15, Jericho • 802-899-3373**  
[SnowflakeChocolate.com](http://SnowflakeChocolate.com)

## The Mountain Gazette

6558 VT Route 116, Starksboro, VT 05487

802-453-6354

[mtngazette@gmavt.net](mailto:mtngazette@gmavt.net)

Deadline August 10, 2023

Published August 17, 2023

Brenda Boutin - publisher, ad design/delivery  
Editor - Sara Riley

**Letter Policy: Maximum 450 words**

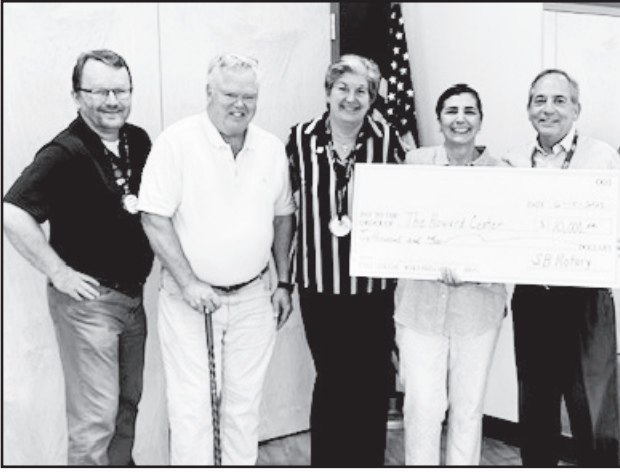
One letter per writer, per calendar month.

Must be signed for attribution with writers address

and phone number. Send your news to

[mtngazette@gmavt.net](mailto:mtngazette@gmavt.net)

HEALTH NEWS



**\$10,000 for Howard Center from Curling Challenge Fundraiser**

Howard Center and the South Burlington Rotary Club are delighted to announce the results of the 11<sup>th</sup> Annual Curling Challenge fundraiser, held in March 2023. The Curling Challenge was made possible thanks to the shared vision and commitment of Howard Center, the South Burlington Rotary Club, Dragonheart Vermont, and the Green Mountain Curling Club. The event raised \$10,000 for Howard Center, with over 30 teams of four on the ice at Cairns Arena to curl for a worthy cause. The funds raised were dedicated to Howard Center programs including crisis support, residential programs, specialized schools, street outreach initiatives, as well as substance use treatment and recovery. The funds will also be used to support basic needs, enrichment, and holiday activities for individuals and families. The Green Mountain Curling Club, with the assistance of the Rutland Rocks Curling Club, provided invaluable instruction and equipment for all 32 competing teams at Cairns Arena in S. Burlington. For more information on Howard Center, South Burlington Rotary Club, or to learn about future events, please visit [www.southburlingtonrotary.org](http://www.southburlingtonrotary.org) or <https://howardcenter.org/>.

PHOTO CONTRIBUTED

**Urgent need for more blood donors August 2**

With several cancelled drives, 25 more donors are needed to fill the schedule for the Wednesday, August 2 blood drive being held at the Richmond Congregational Church, 20 Church St., Richmond.

Please call 1-800-RED CROSS (1-800-733-2767) or go online to <http://redcrossblood.org> for more information and to make an appointment; or for assistance, contact [dthomas@gmavt.net](mailto:dthomas@gmavt.net) or 802-434-3654.

If you cannot make the August 2 blood drive, you can find a date, place, and time that works for you at <http://redcrossblood.org>.

**Cleaning up mold after a flood**

From the VT Department of Health

Mold and mildew are general terms used to describe kinds of fungus. There are hundreds of different types of molds that vary in color and appearance — some molds are black in color, but there is no one specific “black mold.” Mold is common in nature and can also be found indoors. Mold can grow on foods, building materials, upholstery, clothes, and other surfaces.

If your home or building has been flooded and you were not able to dry it out within 24-48 hours, assume you have mold growth.

Mold and your health

How you may react to mold depends on several factors including the type of mold, the amount of mold, the amount of time you are exposed, and your overall health.

Exposure to mold can lead to asthma attacks, eye and skin irritation, and allergic reactions. You may have more severe reactions if you have mold allergies. If you have a weakened immune system or breathing problems, you may get a serious lung infection when you are around mold. Although rare, it is possible to get a respiratory fungal infection, which means the fungus grows on or in your body tissue.

Talk to your health care provider if you have health concerns or questions.

Testing for mold

Testing for mold is not necessary or recommended. Understanding the results can be difficult because there are no standards to compare the results to. Test results cannot be used to say a building is “safe” or “unsafe.” No matter how much or what kind of mold is in your home or building, the action steps to fix

the problem are the same: dry it out and clean it up.

Protect yourself from mold

Protect yourself from mold by wearing protective clothing — including masks (N-95), gloves, and goggles. Children, people with breathing problems, and people with weakened immune systems should not help clean up after a flood.

Use portable air cleaners with HEPA (high efficiency particulate air) filters to reduce your exposure to mold in the air. Learn how to select the right air cleaner for your home or building in the EPA’s Guide to Air Cleaners in the Home ([www.epa.gov/indoor-air-quality-iaq/air-cleaners-and-air-filters-home](http://www.epa.gov/indoor-air-quality-iaq/air-cleaners-and-air-filters-home)).

Have your heating, ventilating, and air-conditioning (HVAC) system checked before you turn it on to prevent spreading mold throughout your home or building.

Fixing a mold problem

To fix a mold problem, you must completely dry out your home or building first. Mold will come back if your home or building is not completely dry. Open doors and windows. Use fans and dehumidifiers when electricity is safe.

Once dry and clean, remove mold by following these steps:

- Clean moldy items that do not absorb water (glass, plastic, marble, granite, ceramic tile, metal) by using soap and water. Surfaces in contact with floodwater should be disinfected after they are cleaned.

- Throw away and replace materials that easily absorb water (cushions, mattresses, drywall, carpet, insulation, and ceiling tiles).

- Wash clothes and other fabrics. Wash all clothes worn during the cleanup in hot water and detergent, and keep them separate from uncontaminated items.

- Vacuum with a HEPA filter vacuum.

Hiring a contractor

Flooding can cause significant mold growth. If mold is covering more than 100 square feet, you will probably want to get help from a contractor that specializes in mold cleanup. As with any contractor, get references to assess the contractor’s experience, past work success, and if other clients liked their work. Please note there are no federal or Vermont certifications or licenses for mold remediation.

A contractor is not needed for a small mold problem of less than 10 square feet. For areas between 10 and 100 square feet, use your judgment to decide.

No “black mold” species

No species of mold is named “black mold.” Many kinds of mold may be black, and the color of mold does not describe what type it is or how hazardous it is. *Stachybotrys chartarum* (*S. chartarum*) is a mold species that often is incorrectly called “black mold.” It has also been featured in news reports as more toxic than other molds. Currently, it is not known whether exposure to *S. chartarum* causes more illness than exposure to other mold species.

Renters and employees

If you are a renter or employee, talk with your landlord or employer about mold problems. If the problem is serious and conditions persist, renters may want to call their Town Health Officer ([www.HealthVermont.gov/find-your-THO](http://www.HealthVermont.gov/find-your-THO)), and employees may wish to contact the Vermont Occupational Safety and Health Administration (VOSHA).

More information at [www.HealthVermont.gov/Flood](http://www.HealthVermont.gov/Flood).

**Health insurance affordability**

From Isabel Dunkley, Office of the Health Care Advocate at Vermont Legal Aid

I am writing to you from the Office of the Health Care Advocate at Vermont Legal Aid.

The cost of health insurance is likely to go up in January for roughly 68,324 Vermonters who buy their insurance through Vermont Health Connect or from employers with under 100 employees. How much the price goes up will be decided by the Green Mountain Care Board after the rate review hearings in July. Blue Cross Blue Shield Vermont is asking to raise their premium prices an average of 15.5% for individuals and 14.5% for small businesses. MVP asks to raise their premium prices an average of 12.8% for individuals and 12.5% for small businesses.

All Vermonters have an opportunity to provide public comment to the Green Mountain Care Board about how the proposed rate increases would impact their businesses and their families.

Submit a public comment so your voice can be heard in this process: [https://docs.google.com/forms/d/1XVcf2bm43S3kWNVJkazb-rInEosyTVdQp0hB\\_EsfR\\_k/viewform](https://docs.google.com/forms/d/1XVcf2bm43S3kWNVJkazb-rInEosyTVdQp0hB_EsfR_k/viewform).

The Office of the Health Care Advocate acts as the consumer voice in the rate review process. We represent the public in rate review hearings and advocate for affordability in our health care system. It’s our responsibility to tell the Green Mountain Care Board how these proposed rate increases impact Vermonters and their families. To bring attention to these proposed rate increases, we are spreading the word about the public comment process. The Green Mountain Care Board is obligated by law to take public comments on proposed rate filings and take this testimony into consideration during the rate review hearings.

If you need assistance submitting a public comment, or want individual advice related to health insurance or access to care issues, contact the Office of the Health Care Advocate’s HelpLine at 1-800-917-7787 or visit <http://www.vtlawhelp.org/health>.

**Adolescent health myths**

Recently, I have received a lot of questions from parents asking me whether something they heard about parenting a teenager is fact or fiction.

This week, let me do some truth-telling and myth-busting when it comes to parenting adolescents.

A longer timeline

First, adolescence is not just about being 13-19 years of age. It begins with the onset of puberty and can extend from age 8-9 years into the early 20s as the adolescent brain develops and tackles issues with judgement, critical thinking, and risk taking.

It’s not personal

Second, if you think that your teenager’s mission in life is to make your life as a parent miserable, think again. Their moods are not about you, but about hormonal changes that are forcing them to realize they will soon need to become more independent.

As a result, their unconditional love for you allows them to test that independence with those often unpredictable moods and behaviors that can make parenting challenging.

And, if you think teens can control their often-unpredictable mood swings, that’s a myth too. In fact, understanding how tough this is for your teen, and talking with them about how you want to be as understanding as possible as a parent, may help reduce some of their moodiness.

Meet them where they’re at

Third, it is also a myth that your teens do not want to spend time with you.

You just need to give them your time on their terms — meaning, seek out things your teen likes to do, such as staying up later to join them for a late-night study snack or sitting down to watch what they are watching, or to ask about the video game they are playing and whether you can give it a try.

Lend a helping hand

Fourth, thinking that doing something special to help your teen will only make them less motivated to do things for themselves is also a myth. There’s a big difference between nurturing and spoiling.

Surprising your teen with their favorite dinner or running errands for them when they are busy — and offering them your empathy, patience, and understanding — are great ways to enable them to do similarly for others.

Hopefully, tips like these will convince you that the most important myth to bust is that just because your teenager may be going through a tough stage of adolescence doesn’t mean they don’t love you and need you as much as they ever have!

Be there for them and offer the strong loving bonds you always have. You’ll find your teens will offer that love back to you, not only during adolescence, but for the rest of their lives.

Lewis First, MD is Chief of Pediatrics at The University of Vermont Children’s Hospital and Chair of the Department of Pediatrics at the University of Vermont’s Larner College of Medicine

LEGISLATIVE REPORT

**Flood relief update: neighbors helping neighbors**

By Kesha Ram Hinsdale,

State Senator, Chittenden-Southeast Senate District

July 20

Dear Neighbors,

While this is a time of great loss and despair, there are also incredible moments of hope and resilience. If you could see my inbox, you would see the greatness of our state. Young people sending money from a lemonade stand on Brewer Parkway. A couple driving tandem in Londonderry for five hours through countless detours to deliver supplies. Communities and families expressing deep gratitude to be remembered and given immediate relief in all pockets of the state.

This has given rise to our new motto as the Queen City Saints: The challenge is great, but Vermonters are greater.

As we are all coming to terms with, especially with continual downpours this week, this will be a long road to recovery. In that vein, our small group that had previously existed to provide turkeys to families on Thanksgiving has touched on a deep desire for neighbors to help neighbors as directly as possible. The Queen City Saints sat down to look at what we have accomplished with you all in the last week, and it is undeniable that there is an impact worth continuing.

Thanks to you, we have raised nearly \$25,000 from over 200 donors. We have held numerous supply drives and, combined with purchases from your donations, have made about 40 volunteer trips to deliver dehumidifiers, generators, shop vacs, fans, shovels, rakes, and other high-need, high-value clean-up supplies to Barre, Cambridge, Hardwick, Johnson, Londonderry (and 16 surrounding towns), Ludlow, Montpelier, the Northeast Kingdom, Rutland, and the Upper Valley. We have helped secure generous discounts and in-kind donations from Lowes in Essex and South Burlington, Pet Food Warehouse, Nancy Jenkins Real Estate, UHaul, Home Depot, Twincraft Soap, Sierra Trading

Post, JeriHill Ace Hardware, Dealer.com, Seventh Generation, Burton, and more.

We hope to remain a neighbor-to-neighbor, volunteer run effort that can move nimbly and quickly to fill gaps in our hard-hit communities. So we are offering these continued actions that can have a significant and swift impact for your consideration:

1. Donate funds to increase purchasing power for fulfilling the wishlists of impacted communities. These are not tax deductible donations. They help us meet tangible needs with supplies that can save property, homes, and lives. You can donate via Venmo (@QueenCitySaints) or ask us about other donation options.

2. Donate supplies and hold your own donation drives using the updated list of needed supplies being requested by impacted communities on the “Queen City Saints” Facebook page. The top items currently being requested are dehumidifiers, generators, plastic bins, mold inhibitors, extension cords, toiletries, PPE, yard tools, and wheelbarrows. You can gather supplies in your neighborhood or workplace and bring them to one of our ongoing drop off locations: Charlotte Library, Essex Library (small items), or Lyric Theatre. Please only gather and bring new, sealed, or very gently used items that are being requested, as the collection of most personal and household items will need to wait until after the clean-up phase.

3. Fill out this form to become a volunteer driver. In addition to contact information, it includes questions that help us know what your vehicle can transport, when you are able to make trips, how far you’re able to go, etc.: Volunteer Driver Form, online at [https://docs.google.com/forms/d/e/1FAIpQLSf0u6f1Y717FKXdGqgQE-vMP\\_M7Wd2MuYLhF8WGxN3lvmTA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSf0u6f1Y717FKXdGqgQE-vMP_M7Wd2MuYLhF8WGxN3lvmTA/viewform)

4. Look out for updates on more of our supply drives in a parking lot near you!

5. Sign up at the state volunteer website for all other opportunities to help with recovery: <https://www.vermont.gov/volunteer>. We are going to maintain our focus on supply delivery

Legislative report continued on page 5

**High Quality Supplements & Nutritional Guidance**  
Call Dr. Mary at **899-5400** or shop: [MKindner.metagenics.com](http://MKindner.metagenics.com)

20% off your 1st online order!

Metagenics

### COMING EVENTS

## Westford Historical Society news for August

The casual observer may not have noticed the changes taking place around the Historical Society building on the Common, but things are happening. For starters, we have a newly installed security system. We have a newly finished retaining wall behind the building, and flower boxes grace the walkway. Plans are in the works to complete and install our WHS sign that will be affixed to the front of the building so the whole town (the whole world, actually) will know what the building houses.

Efforts are being made to clean the building now that the major work on the second level is complete. Once the cleaning is done we will start moving the remainder of our historical items from storage and work on displays.

In the meantime, events are being scheduled. The talk/historical dig by Kurt Sherman takes place on Saturday, August 5 at the Brick Meeting House, 1:30 – 3:00 PM.

And don't forget the Howard Coffin Talk entitled "1800 and Froze to Death" on September 9 at 1:30 PM. Very soon you will be seeing posters with further details around town.

Then, Christine Hadsel will present a program on painted theater curtains and highlight Westford's own curtain on Saturday, October 7. All three of these presentations are free and open to the public, although donations are gladly accepted and appreciated. All take place at the Brick Meeting House, which is handicapped accessible.

Be sure to mark your calendars and come and learn more about Westford's history. For further information please contact Caroline Brown, 802-878-8890, or Glenn Rogers, 802-878-4524.

## Ongoing Events

**Underhill Historical Society Open Schoolhouse:** The Underhill Historical Society welcomes you to a weekly Open Schoolhouse this summer! Visitors will be able to view two floors of Underhill History. The Open Schoolhouse will welcome visitors through September 16 on Saturdays, 10:00 AM – 1:00 PM at the District 5 Schoolhouse, located at the corner of Pleasant Valley and Stevensville Roads in Underhill Center.

**Knitting Circle:** meetings at the Community Center in Jericho, Browns Trace, Jericho Center were suspended for July. Look for an announcement later in the summer for its return. Questions? Please contact [ebernst@comcast.net](mailto:ebernst@comcast.net).

**Craft Group:** meets twice a month on Thursdays (August 10, 24), 6:00 – 8:00 PM, Deborah Rawson Memorial Library, 8 River Rd., Jericho. Open to anyone interested in coming with any craft they like: crocheting, rug hooking, knitting, needlepoint, watercolors, jewelry making, macramé... you name it! If you have any questions please contact Amy Tower, 802-355-9671 or [atowerinvt@gmail.com](mailto:atowerinvt@gmail.com), or Julie Hehir, 802-899-3199 or [juliehehir@comcast.net](mailto:juliehehir@comcast.net).

**Calvary Episcopal Church Soup and Bread Supper,** on the last Thursday of the month (August 24), 5:00 – 7:00 PM, Calvary Episcopal Church, VT Rt. 15, Jericho. Come and enjoy some great soups and fellowship with your friends and neighbors.

**Bone Builders Class:** at the Jeffersonville Church (Second Congregational Church of Christ, 16 Church St., Jeffersonville) from 11:00 AM – 12:15 PM on Mondays and Thursdays. It is a drop-in class, but first-timers have a couple of pages to fill out and sign. It is free, but a donation bucket is available for those wishing to reimburse the church for the use of the space. All are welcome. We have a good time — be prepared for some laughter

as well as improving your strength and balance. Call Melody Tobin (802 644-2409) to discuss, or just show up.

## Coming Events

**Saturday, August 5**  
**St. James' Great 2023 Indoor Flea Market,** 10:00 AM – 3:00 PM, St. James Episcopal Church, 4 St. James Place (by the Gate F entrance to the Fairgrounds), Essex Junction. Furniture, children's clothing, games, toys, household goodies, books, and much more. Come find treasures you'll love, even while you're helping St. James support its outreach to COTS, various food shelves, the senior center, and many other outreach venues.

**Botanical Ramble: Ferns and Flowers of Midsummer,** 10:00 AM, Mills Riverside Park, Jericho. Join recently retired UVM botanists and Jericho residents Cathy Paris and Dave Barrington for a casual, all-ages walk to discover what's blooming in the Park at the height of summer. They will share their knowledge of Vermont's fern flora and will teach how to recognize some common species in our woodlands.

**Exploring the Westford Common Area,** 1:30 – 3:00 PM, Red Brick Meeting House, 1685 VT Rt. 128, Westford. The Westford Historical Society presents an exploration of Westford with Kurt Sherman (a long-time science teacher at Westford Elementary School). He will do an actual "dig" at or near the Brick Meeting House. Kurt has been doing these archaeological digs with his students for many years and the students have discovered much about our town's history via these digs. An opportunity for all for a hands-on learning experience. Dress for the weather as the event is partly outside, part inside the Meeting House. For more information contact Caroline Brown, 802-878-8890, or Glenn Rogers, 802-878-4524.

**Rescheduled: Caring for Monarch Caterpillars, Instar Stages 1-5,** 10:30 AM, Deborah Rawson Memorial Library, River Rd., Jericho. Join the Underhill Conservation Commission for this second of three workshops on rearing monarchs from egg to butterfly! Learn with us why helping monarchs is interesting and important, where to find monarch eggs and how to care for monarch caterpillars. Finally, learn how to test for disease, teed and tag monarch butterflies then send them of on their 2000+ mile journey to Mexico for the winter This workshop is geared towards adults and children. Please register in advance by emailing [trinity.schroeter@gmail.com](mailto:trinity.schroeter@gmail.com). Workshops are limited to eight participants. Critter Carriers may be purchased by contacting Trinity. Children must be accompanied by an attentive adult.

**Sunday, August 6**  
**Fun Day and Free Concert,** 12:00 – 3:00 PM, Cambridge Christian Fellowship Church, VT Rt. 15, Cambridge (across from Kinney's Pharmacy). There will be a bouncy house for the kids, tantalizing cuisine offered from Mediterranean Mix, and delightful ice cream flavors offered by Kingdom Creamery of Vermont, as well as family games like a three-legged race, human knots, clothespin tag, water balloon toss for all ages, and more. Local band the *Jericho Road Crew* will present a concert as a finale of the afternoon. This will be a family event to enjoy together and if it rains, provision will be made to have it inside.

**Birds & Boats with the Bird Diva (rescheduled),** 7:30 – 11:30 AM, Vermont Canoe and Kayak, VT Rt. 15, Jeffersonville. Okay, third time's a charm! It rained on our rain date, so we are trying again! All this rain has the river high and the birds singing, now we just need a sunny morning for our new date. Please join us for an 8.5-mile paddle down the Lamoille River with The Bird



*The Brandenberger Family, an Amish family from Indiana, will bring folk songs, gospel, and bluegrass music to the Mansfield Barn, Jericho on Wednesday, August 9, 7:00 – 9:00 PM. An Amish family from Indiana, the group is traveling from Indiana to Nova Scotia, Canada for a musical festival in August. The musically gifted family use their talent to glorify God through their songs. For admission wristbands, \$15 (kids under 10, free!) contact [Grant Allendorf, MansfieldBarn@gmail.com](mailto:Grant.Allendorf.MansfieldBarn@gmail.com).* PHOTO CONTRIBUTED

Divas. The Cambridge Conservation Commission has teamed up with Vermont Canoe & Kayak to offer kayak/canoe rentals and a shuttle upriver. If you prefer to BYO boat, that's fine, too — just a \$15 fee for the shuttle. Meet at 7:30 AM at VCK in Jeffersonville. To sign up contact Jake Bailey, [jakebaileyvt@yahoo.com](mailto:jakebaileyvt@yahoo.com). Questions? Contact Jayne, [jayne.lukens@gmail.com](mailto:jayne.lukens@gmail.com).

**Friday-Sunday, August 11-13**  
**12<sup>th</sup> Annual Vermont Summer Classic WIFFLE Ball Tournament,** 3:00 PM each day, Little Fenway Complex, 17 Sawmill Rd., Essex. If you've never played at Fenway Park, Wrigley Field, or Field of Dreams, here's your chance! Opening games for 24 teams at Little Fenway on Friday-Saturday, August 11-12, with playoffs Sunday, August 13. There will be a Home Run Derby, play-by-play announcing, music, and good food! Hosted by SLAMTID, Inc. as a fundraiser to increase awareness of Type 1 Diabetes (T1D) and for SLAMTID's game-changing programs in support of families, children and adults battling T1D. Learn more about Type 1 Diabetes at <https://www.slamt1d.org/>.

**Saturday, August 12**  
**Managing Forests for Wildlife,** 1:00 – 3:00 PM, Catamount Community Forest, 592 Governor Chittenden Road, Williston. The Vermont Dept. of Fish and Wildlife joins Chittenden County forester Ethan Tapper for this presentation.

**Saturday, August 19**  
**Rescheduled: Testing Monarch Caterpillars and Butterflies** for disease, feeding, tagging and releasing your monarch, 10:30 AM, Deborah Rawson Memorial Library, River Rd., Jericho. Join the Underhill Conservation Commission for this final of three workshops on rearing monarchs from egg to butterfly! Learn how to test for disease, teed and tag monarch butterflies then send them of on their 2000+ mile journey to Mexico for the winter This workshop is geared towards adults and children. Please register in advance by emailing [trinity.schroeter@gmail.com](mailto:trinity.schroeter@gmail.com). This final workshop does not limit the number of participants. Children must be accompanied by an attentive adult.

## LETTERS TO THE EDITOR

### Flood — reporting damages, and more

To the Editor,

First, I'm compelled to make a small dent here with so many Thank You's swirling through my mind!

Looking around the property on the day after the flood, the thought "Oh, how I wish a dumpster would just show up" popped into my head... and on the next day, one did! Thank you, Town of Cambridge, for providing the one at the Town Garage! Thank you, Cambridge Fire Department, for pumping out the crawlspaces so we could even get to all the debris!

And thank you to what seems like Everybody-In-Town for all your thoughts, compassion, offers of help, checking on everyone here in "the lowlands," etc. (I don't know where to begin naming names!) However cliché it may sound, we truly do live in such an amazing community.

One another note, Seth Jensen (at LCPC) is strongly encouraging everyone (residential and business) to report their damages by completing VT211's online survey. As he puts it, "Every report gets us closer to a declaration that may include individual assistance."

It's quite easy and fast, mostly clicking through a lot of yes/no questions plus a few other details. You need to answer every question, and there's an option for sending updated information later.

Finally (for now!), for those curious about this: our home elevation worked out very well with this event. The main problems we're having from this flood are due to a few follow-up tasks we didn't get to after the elevation (that's going to change!) There's still a lot to deal with, but our situation is a walk in the park in comparison to so many.

My heart goes out to my neighbors and friends here and in Cambridge Village. We will get through this.

Jean Jenkauskas  
Jeffersonville

### Legislative reports continued from page 4

only. We do not want to impede or duplicate other critical efforts, though we are happy to help you connect to other efforts.

Once again, all efforts to help are needed and important. We have found a way for those of us who are largely unaffected to help, whatever our ability, our age, or our financial situation. It will take all of us doing our small part, and we are honored to be working alongside you to have a big impact.

Thank you so much — Kesha and the Queen City Saints Team

### Huge shout out to first responders

To the Editor,

These past few days have been tumultuous for our two villages and the town. Through it all, our fire department, rescue squad, and the teams from North Carolina have done an amazing job working to keep us safe. The very knowledgeable Trevor Welch of the Jeff Village Water Department has been very helpful too. I'm sure there are others whom I haven't listed here. To all of you — thank you! for all that you have done to keep everyone safe!

Jan Sander  
Jeffersonville

### Thank you to the Andersons and Three Mountain Roofing

To the Editor,

Just a shout out to Alisa and Lee Anderson who have generously offered their trucks and trailers to pick up people's wet and ruined belongings. The Town of Cambridge is picking up the tonnage

fee at Hyde Park transfer station but the Andersons gave of their time, their equipment, and paid for the fuel themselves...

If you see them around town, please say thank you.

Peter Ingvaldstad  
Jeffersonville

### Thanks for help with CHS's flooded basement

To the Editor,

The Cambridge Historical Society (CHS) would like to give a special thank you to Rick, Santha, Gavin and Aidan Fletcher, the Cambridge Fire Department and the Town road crew for their help in pumping flood waters out of the Warner Lodge basement and for moving our historical collection stored there to the main floor.

This is a wonderful example of community members helping each other out.

Peter Opstrup, CHS  
Joel Page, CHS president

## SUMMER CAMPS

### MMU Boys' Lacrosse Youth Summer Camp

Registration is open for the MMU Boys' Lacrosse Youth Summer Camp for rising 3<sup>rd</sup> grade through rising 8<sup>th</sup> grade boys' lacrosse players.

The camp will run Monday-Friday, August 7-11 (this is the first week after Jericho Rec ends) from 9:00 AM – 12:00 PM at Browns River Middle School (location might need to be adjusted if a conflict arises).

The cost is \$95 per camper and all the proceeds support the MMU Boys' High School Lacrosse program. Checks made out to "MMU Boys' Lacrosse" can be brought on day one of camp, or you can Venmo coach Brian Hamm ([@bhamm01](https://twitter.com/bhamm01)).

Campers will need the following: helmet, stick, gloves, shoulder pads (must meet NOCSAE ND200 certification), arm guards, mouth guard, protective cup, water bottle. Cleats are recommended.

To register, go online to <https://forms.gle/tL33xo8P7k4n62Y46>

### MMU Youth Field Hockey Camp for K-8 in August

Join us at the 2023 MMU Youth Field Hockey Camp. The camp runs Monday-Friday, August 21-25 at Mount Mansfield Union High School, Browns Trace, Jericho, and is open to 2023/2024 school year grade K-8 Rockstars and to all levels of play. This camp aims for lots of fun building skills and a love for the game.

The registration form can be found at <https://mmu.mmuusd.org/cms/one.aspx?portalid=476094&pageid=547469>.

Scholarships are available. Please don't hesitate to reach out if you have any questions.

*I don't count my situps. I only start counting once it starts hurting.*

Muhammad Ali



Art / Music / Theater continued from page 6

music. All are welcome! Tickets for all events available online at <https://www.sprucepeakarts.org/summerstars/>.

Saturday, August 5, 7:00 PM, Spruce Peak Performing Arts Centre, 122 Hourglass Dr., Stowe: JCOGS presents celebrated folk fusion band *Nefesh Mountain* and stand-up comic Moody McCarthy.

Wednesday, August 9, 7:00 PM, Spruce Peak Performing Arts Center, 122 Hourglass Dr., Stowe: the Stowe Jewish Film Festival continues with *Cinema Sabaya*, a heartfelt portrayal of the experience of eight women, four Jewish and four Muslim, who come together for a video workshop.

Wednesday, August 16, 7:00 PM, Phantom Theater, Edgcomb Barn, 970 Dump Rd., Warren: the Stowe Jewish Film Festival presents *That Orchestra with the Broken Instruments*. Gathering for a one-night concert in Jerusalem, an orchestra of diverse musicians creates music and social harmony with broken instruments.

Sunday, August 27, 6:00 PM, Savoy Theater, 25 Main St., Montpelier: the Stowe Jewish Film Festival concludes Season 2023 with the simultaneous screening of two films: *The Story of Annette Zelman* (for teens and adults), a feature film set in Nazi-occupied Paris that brings to light a tragic true love story; and *Where is Anne Frank* (for children 10+ and teens) is an animated feature film that follows Kitty, Anne Frank's imaginary friend to whom she addressed her diary.

**Artists in Schools Grants** support quality, multi-day arts experiences in schools with Vermont teaching artists in residence and encourage collaborations between schools, youth, artists, and arts organizations. Residencies may take place during the school day or in a sequential, after-school setting. Grant funding supports multi-day projects typically between 3-10 days in length and support preK-12 teachers and students within a given school or district. Applications are open; learn more at <https://www.vermontartscouncil.org/grants/find-a-grant/schools/artists-in-schools/>.

**Burlington City Arts (BCA)** has announced the recipients of the 2023 BCA Community Fund. Established in 2016, the BCA Community Fund is designed to foster a robust, healthy, creative community, encourage social innovation through the arts, and support artists and organizations that contribute to the public good through art. This year, with support from the American Rescue Plan Act (ARPA), BCA

was able to create two separate funds of \$35,000 each. The 2024 Community Fund is supporting 11 single artists and artist groups as well as 10 arts organizations grants of up to \$5000 each. The diverse and talented recipients span a wide range of artistic disciplines and reflect the vibrant and dynamic arts community in Burlington. The funded projects and initiatives will contribute to the cultural landscape and enrich the lives of community members. For more information about the 2024 Community Fund and the funded projects, please visit <https://www.burlingtoncityarts.org/funded-projects>.

**Call for applications: Artist Development Grant and (new) Flood Relief Funding.** With the recent flood disaster in Vermont and due to the generosity of an anonymous donor, the Vermont Arts Council is pleased to be able to offer new flood relief funding as a part of our Artist Development Grant program. Artist Development Grants support artists at all stages of their careers. Grants can fund activities that enhance mastery of an artist's craft or skills or that increase the viability of an artist's business. Funding may also support aspects of the creation of new work when the activity allows the grantee to accept a rare and important opportunity. New Flood Relief Funding: If recent flooding has significantly and adversely affected your ability to produce, perform, and/or market your work and created a need for immediate relief funds and/or assistance, please see below for eligible expenses.

The maximum grant award for flood relief is \$3000. Artists may apply for both Artist Development Grant and Flood Relief funding, using separate applications for each. For Artist Development Grants, you may apply for any amount up to \$2000, and for flood relief, you may apply for any amount up to \$3000. We strongly encourage applicants to apply for the LEAST amount of funding necessary for their request. Money is limited, and we want to be able to support as many artists as possible. While we will do all that we can to fully fund as many projects as possible, some proposals may be partially funded.

Artist Development Grant amounts are dependent upon federal, state, and private funding and are subject to change. Eligible expenses for such activities include, but are not limited to: advanced study of technique or practice with a mentor attending a professional conference to build business or artistic skills or



*The 16<sup>th</sup> annual Festival of Fools brings the magic of live performance from Friday, August 4-Sunday, August 6 in Burlington. Some of the buskers, musicians, and entertainers in the lineup include Cate Great, an astounding acrobatic wonder with all-ages comedy and otherworldly skills; British-born singer, songwriter, and guitarist Jack Broadbent's bringing a mixed bag of tunes and styles; one of the world's top jugglers, Sam Malcolm; MAD, Vermont's own theatrical synth rockers, with sonically rich and lyrically complex tunes in their eclectic catalog; recent Burlington transplants Gravity Cirque will stilt-walk their way into your wildest dreams; self-taught world musician and singer/songwriter Mikahely, whose music is based on traditional Malagasy folk songs and lullabies with ceremonial rhythms and healing sounds; and Tom Timon brings jitters-generating juggling, stomach-twisting sword swallowing, miraculous magic, and convivial clowning — all the way from Berlin. Visit <https://vermontfestivaloffools.com/> for a full lineup and more information.*

PHOTO CONTRIBUTED

knowledge contracting professional services including photographic documentation of work, contract preparation or business incorporation, creation of accounting systems, developing e-commerce on a website, creation of marketing materials, etc. marketing, planning, purchasing some materials, or renting studio space (outside of your home) to create new exhibitions or performances travel within the United States.

Flood relief is for: damaged tools, materials, and/or equipment related to your art practice or artistic business; lost revenue due to canceled shows, events, exhibitions, road closures, or vehicle damage; and damage to studio space requiring repair. Award notifications will be

made as quickly as possible within three weeks of submission.

For questions — including specific deadlines — please contact grant manager Dominique Gustin, [dgustin@vermontartscouncil.org](mailto:dgustin@vermontartscouncil.org) or 802-402-4602. The Council accepts grant applications via an online form. If you require an alternate format or assistance to access the application, please contact the grant program manager listed above or Michele Bailey, accessibility coordinator, 802-402-4614. Voice and relay calls welcome.

Applications are open; learn more at <https://www.vermontartscouncil.org/grants/find-a-grant/artists/artist-development/>.

## COMMUNITY COLUMNS

### I am feeling blue

By Bernie Paquette

Summer in Vermont is the best cure for the earlier seasons when the sun was exhibiting chemiluminescence. (Chemiluminescence is the emission of light during a chemical reaction, which does not produce significant quantities of heat.)

Summer has arrived in Vermont. Forecasts float up to eighty and flirt with ninety degrees — for Vermonters that is a heat wave that melts snow shovels, and sheds dull lackluster woolens, mud boots, and snow tires.

Below seventy degrees I chill, below fifty degrees I hibernate; in Vermont winters my blood freezes, my mind atrophies. Summer heat revives and inspires me.

So you ask, why am I feeling blue now in the midst of heat and the luscious greens (there are countless shades of greens in Vermont in summer) that I love.

I am blue with joy over the blue flower, chicory (*Cichorium intybus*). Also known as blue daisy, blue dandelion, blue sailors, blue weed, bunk, coffee weed, cornflower, horseweed, ragged sailors, succor, wild bachelor's button, and wild endive. Chickory's native range is Eurasia. It now grows throughout North America and is commonly seen along Vermont roadsides and other untamed areas.

How many flowers boast such innocent periwinkle-blue eyes, thrive in wastelands, and rebound quickly after the highway department mows them down? These plants with their wiry stems bear no resemblance to feeling blue. They are tough, hardy, brilliantly beautiful uplifting flowers.

"Before coffee was introduced in Europe, people drank chicory-root infusions much as they do espresso today." — per the Brooklyn Botanical Garden

Finches including goldfinches love the seeds from chicory. The plant has been used as a medicinal as well as a forage crop.

For me, chicory brightens my days as it blooms from July to October — the summer months when I too am blue with happiness.

### Luna

By Sue Kusserow

Special to the Mountain Gazette

Well, Luna is gone. For those of you with a small, smiling, and exuberant pup who knew all the family tricks, your eulogy may be similar to mine: begging for food... anything of any kind. But we also know the amount of love that has been given to each dog, so they are the same happy dogs, "under the skin."

Luna, named for the color of a full summer moon, has been the family dog for 13 years... teaching us how to throw sticks (not too far, please). She plunges after them, as if training for the next doggie Olympics. She also showed us how to grab any stick floating through the fields of cattails and pond lilies and bunches of discarded, moldy dead maple leaves.

Her first photo shows a little yellow pup, proudly sitting in a broken old rocking chair. But it still had enough sway to it. Oops! There she goes — falling again! — rolling in the fresh wet grass of our Underhill field.

One of her last photos was of a more sedate "Luna" but still able to spring up for another chase to catch an errant branch floating in the pond.

Her next favorite spot (besides a corner on the shady porch) was another pond, sheltered, and cooled by trees and small waterfalls. It was wet and soothing and therefore something to be investigated. Since we were not brave enough to practice our own doggie paddles, Luna examined each rock with her nose and went doggie swimming with her feet.

When we got home, she climbed out of the car and spread herself on the cool garage cement floor; her eyes closed and she is again chasing down the waterfall, into a deep pool that feels just right. I give her a sedative which lets her relax... and though I wish for Just One More Day with Luna, I knew this day that she has given me, at this moment, all the days she has left to give. Just one more day... please! I know I have watched for this day of death, but at this moment she has given me all the days I am allotted, even though my tears say... just one more day!

### Reimagining forest management

By Ethan Tapper

Chittenden County Forester

When I walk in the woods with people, I often invite them to *reimagine the forest*. Whether you are a forester or a forest-lover, we all tend to focus on trees. While there is no question that trees are a vital component of forests, they aren't everything. *Reimagining forests* means broadening our definition of "the forest" from "a bunch of trees" to a dynamic and diverse community of trees, plants, animals, insects, fungi, and more.

When we allow ourselves to reimagine the forest, we can see that the way that the trees in a forest are growing is as vital as the trees themselves. We can see the importance of the *composition* (different species of trees) and *structure* (different sizes and ages of trees) of the trees in the forest, the importance of having some big trees (including big trees which are declining, dying, hollow and full of cavities), dead-standing trees ("snags"), lots of dead wood on the forest floor and healthy soils. Each of these conditions is vital to the function of the forest community, its resilience and adaptability, the natural processes that make it work, and the way that it changes over time. Each is a condition to which the tens of thousands of species that comprise the reimagined forest have adapted to for millennia, and each is underrepresented in our modern forests.

As we reimagine what forests are, we also need to reimagine what it means to take care of them. Reimagining forest management means understanding that my job as a forester is to care for the reimagined forest in its entirety — not just its trees. My success should be measured not by my ability to keep every tree in the forest alive, but by my ability to support and enrich the forest community. While forest management includes many different tools and techniques, one of the most powerful ways I can help the reimagined forest recover from the wounds of the past, endure the challenges of the present, and move into an uncertain future is through the thoughtful and strategic cutting of trees.



*True-blue chicory, a tough perennial "weed" native to Eurasia that now grows all over Vermont along roadsides.*

PHOTO BY BERNIE PAQUETTE

If we think of forests as "a bunch of trees," the cutting of the tree is a loss. If we reimagine forests, we can see that the cutting of a tree — as part of a holistic forest management approach — can be as profound a gift to the forest as its life. Following forest management, gaps in the forest's canopy will become foraging habitat for birds and bats; the understory will bloom with a diverse mix of plants, shrubs and young trees; the trees and treetops on the forest floor will become rich communities of mosses, invertebrates and fungi, will benefit soil hydrology, and help build richer soils. In the reimagined forest, the death of trees can help young forests become more like old growth forests, can help create habitat for species which are declining and under threat, and can help us actively respond to the many threats that our forests face.

If we reimagine forest management as a means to care for this reimagined forest (as it is often applied in Vermont today), the fact that forest management can be commercial is one of its greatest assets and the mills, markets, foresters, loggers, and truckers that make commercial forest management possible are vital to forests' biodiversity, their integrity, their resilience. Forest management is the only form of ecosystem restoration that can pay for itself and can even generate income that landowners can use to pay property taxes and other costs associated with keeping forests intact and healthy. As such, it can be applied on a much larger scale than any other form of restoration. In a world of non-local, non-renewable resources that cause harm to peoples and ecosystems across the globe, forest management is also the only form of ecosystem restoration that generates local, renewable resources.

Reimagining forests and forest management means forming a more holistic and expansive vision of what forests are and what it means to truly care for them. Doing what is necessary to protect forests, and all their pieces and parts, will often require us to make compromises as bittersweet as cutting a tree to enrich a reimagined forest.

*Ethan Tapper is the Chittenden County Forester for the VT Department of Forests, Parks and Recreation.*

Community Columns continued on page 8





Libraries continued from page 8

Saturday 9:00 AM – 3:00 PM; Sunday/Monday closed.

Heartfelt gratitude to all who have pitched in to get us up and safely running; community is everything and we are so fortunate to be among such kind, generous and skilled people. You are appreciated!

July 15

Our 85 year-old building is Vermont Strong!

As you might know, the flood waters came up to the Varnum's bottom step of the porch. What you may not know is that only our small basement, which is located under the oldest section was flooded just below the casement windows.

The good and not-so-good news: the good news is that the library didn't store anything of value in the basement. The not-so-good news is that our furnace and new HVAC system have been under water. As of June 17, the water table had dropped, which means the basement is drying up and the electricity can be turned back on.

Library director Auroa Rivers, her staff, VML board members and CCLA would like to thank the many people who came to help us this past week. Our thanks go to:

- 802 Electric owner Dustin Tilton and his team for coming so quickly, and their continued diligence in checking on the building;
- North Carolina Rescue for assessing the building;
- Cambridge Fire Department for pumping out the initial flood waters;
- Corse Fuels — Griffin Corse and his team for pumping out more water, assessing the furnace and removing the oil tank;
- Krista and Nick Huling for help in keeping the sump pump working;
- Bryan Memorial Art Gallery for being a supportive neighbor;
- Selectboard members Courtney Leitz, Jeff Coslett, and Cody Marsh for their assistance.

Thank you to the numerous neighbors and patrons who have come to the library to check on the library and staff wellbeing.

We are grateful for the VML board and CCLA members that have shown up to help and be supportive. We are most grateful to our new president Carol Plante for her leadership and attention to detail in making sure that the library is safe and looked after.

125 years ago, in 1898, the Crescendo Club was formed as a branch of the Vermont Federation of Women's Clubs. Their purpose was, and still is, to keep books available to the public free of charge.

In 1927, 85 years ago, Mrs. Harvey Varnum left her home on Main Street to the Crescendo Club to be used as a library and community center.

From all of us at the Varnum Memorial Library — Vermont strong!

All Johnson Public Library users will be honored and welcomed at the Varnum while the JPL rebuilds to the community hub it is. JPL patrons can use their accounts at the Varnum and we will do all Inter-Library requests as Johnson patrons are accustomed to. We are all in support of each other and will continue to pull

together through this challenge.

Every word of kindness and compassion, and every moment given to each other truly multiplies. We are all greatest when we come together. Thank you all!

The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, <http://www.varnumlibrary.org>, [varnumrequests@gmail.com](mailto:varnumrequests@gmail.com), 802-644-7112.

**WESTFORD PUBLIC LIBRARY**

Westford Public Library — openings for two Library Trustees: Be part of a dynamic team helping plan and shape the library for the future of Westford. Trustees review library policies to keep them relevant to the times and the community, are a voice for the library in the community, create an annual budget, and work closely with the Director to create and implement a strategic plan. Westford Public Library enjoys a great reputation in Westford and the Vermont library community. Help support our library and our wonderful director and staff by becoming a library trustee. Trustees must be Westford residents and at least 18 years of age. Interested in becoming a trustee? Send a brief letter of intent before Tuesday, August 8 to the Board of Trustees, c/o Bree Drapa, [westfordpubliclibrary@gmail.com](mailto:westfordpubliclibrary@gmail.com), or drop off at the library. All candidates will be interviewed after that date.

Summer Reading is coming to an end! Be sure to turn in your reading logs (in person, or via email or web form, with the number of books read) by Thursday, August 10 at 7:00 PM to be eligible for the prize drawing! If you lost your log, I just need the number of books you read over the summer. You can also turn in your log later, but won't be included in the raffle.

End of Summer Reading Ice Cream Party and Prize Drawing is Friday, August 10 from 4:30 – 6:00 PM on the Common. Celebrate your summer reading success by picking up your reading certificate and enjoying "All you Should Eat" ice cream and toppings. Raffle winners will also be announced at this time, but you do not need to be present to win. Volunteer scoopers needed! Especially teen/older tweens.

Read and Win at the Fair! (Free tickets!) Do you want a FREE ticket to the Champlain Valley Fair? Are you entering grades K-8? Have you read at least three books this summer? If YES! then stop by the Library for your free admission to the Fair, good any day Friday, August 25-Sunday, September 3! Also good for free ice cream, free ride, and free book. Available all August at the Library — needs a parent/guardian signature.

Thursdays through August 10, 6:00 – 7:00 PM: Drop-In Chess. Open to all ages! Drop in for some inter-generational chess play. Adults should be willing to play with kids and offer some advice (not teach). Kids, you should know the basics. This is not a class, but an opportunity to hone your skills through play. If chess does not catch on, this might morph into a board game night.

Thursdays, 6:30 – 8:00 PM: Maker Group. Fiber Arts is back as the Maker Group, now open to all makers — whether you knit, crochet, make jewelry, sketch, paint, paper craft, or any other art — or if you are a tinkerer — all are welcome!

Thursdays, 11:15 AM on the Town Common until August 31:

Storytime. We will sing songs, read stories, move and do crafts! No sign up needed, all ages are welcome. Part of the Summer Reading program, outside (in gazebo if rain) until August 31. August 3: Hugs or Not. August 10: Expand your World. August 17, 24: no storytime. August 31: Back to School (and back inside).

Tuesday, August 1, 10:30 AM – 12:00 PM: Cookies and Cards.

Tuesday, August 1, 6:00 – 7:30 PM: "Stone Salad" Community Dinner on the Common.

Wednesday, August 2, 2:00 – 3:00 PM: Early Literacy Fun with Ms. Holly.

Wednesday, August 2, 5:30 – 6:30 PM: Bob, the Reading Tortoise. Readers entering grades 1-5 can sign up for a 15-minute reading slot. (FULL)

Friday, August 4, 2:00 – 3:00 PM: Early Literacy Fun with Ms. Holly.

Friday, August 4, 4:30 – 5:30 PM: VINS on the Common. Learn about the vital role raptors play in our ecosystem from real raptors.

Saturday, August 5, 11:00 AM – 2:00 PM: Visit the Library Table at the Westford Farmer's Market. Get fair tickets, sign up for a library card, and more!

Tuesday, August 8, 10:30 AM – 12:00 PM: Coffee and Cards.

Wednesday, August 9, 7:00 PM: Trustees Meeting.

Thursday, August 10: Reading Logs are due by 7:00 PM: turn in at the library or online via google form.

Thursday, August 10: Last Drop in Chess.

Friday, August 11, 4:30 – 6:00 PM: End of Summer Ice Cream Party and Raffle on the Common. Celebrate the end of Summer with "All you Should Eat" Ice cream! We will announce the winners of our Summer Reading Prize Drawing as well!

Wednesday, August 23, 7:00 – 8:00 PM: Adult Book Group. *Americanah* by Chimamanda Ngozi Adichie. A modern classic about star-crossed lovers that explores questions of race and being Black in America — and the search for what it means to call a place home. As teenagers in Lagos, Ifemelu and Obinze fall in love. Their Nigeria is under military dictatorship, and people are fleeing the country if they can. The self-assured Ifemelu departs for America. There she suffers defeats and triumphs, finds and loses relationships, all the while feeling the weight of something she never thought of back home: race. Obinze had hoped to join her, but post-9/11 America will not let him in, and he plunges into a dangerous, undocumented life in London. Thirteen years later, Obinze is a wealthy man in a newly democratic Nigeria, while Ifemelu has achieved success as a blogger. But after so long apart and so many changes, will they find the courage to meet again, face to face? Fearless, gripping, spanning three continents and numerous lives, the National Book Critics Circle Award-winning book is a richly told story of love and expectation set in today's globalized world. (from *Amazon.com*) Print copies available at library; ebook and audiobook copies available on Libby.

Tuesday, August 29, 10:30 AM – 12:00 PM: Coffee and Cards.

Wednesday, August 30: first day of school!

Libraries continued on page 10



Chittenden Solid Waste District



scan for details

# We Can Take It!









CSWD offers convenient drop-off locations for trash, recycling, food scraps, and special materials like batteries and appliances.

*You'll be surprised by all the things we can help you keep out of the landfill!*

[www.cswd.net](http://www.cswd.net)

NOW OPEN

Tuesday – Saturday in Essex, Milton, South Burlington & Williston from 8:00 a.m. – 3:30 p.m.

## MISCELLANEOUS NEWS

## Seeking substitute volunteer Meals on Wheels drivers

Central Vermont Council on Aging (CVCOA) is extremely grateful for all the volunteers who have stepped up to assist with flood recovery and clean up. It's truly inspiring to see the community come together to address this challenge!

For those volunteers who are looking for a way to continue supporting the community, please consider becoming a substitute volunteer driver for Meals on Wheels. Senior centers and meal sites across Central Vermont are in need of substitute drivers, a need that has been exacerbated by the recent flooding and recovery efforts.

Most Meals on Wheels sites across the region need one or more volunteers to fill in for drivers who are out of town, in need of a break, or away from their regular route for a variety of reasons. Routes typically take less than an hour and a half to complete and can make your day!

For more information, contact AmeriCorps Seniors Volunteer Coordinator Anne Greshin ([agreshin@cvcoa.org](mailto:agreshin@cvcoa.org) or 802-241-4840).

## Funding for Browns River watershed protection

### From the Westford Conservation Commission

The Westford Conservation Commission would like to inform you of this great opportunity from the Winooski Natural Resource Conservation District:

The headwaters of the Browns River have been identified by Natural Resources Conservation Service (NRCS) as a source watershed protection area. The Winooski Natural Resource Conservation District (WNRCD) is interested in facilitating technical and financial assistance to farmers and forest landowners in these areas to implement best management practices on the land.

Best management practices include those that promote soil health, reduce soil erosion, and reduce nutrient runoff. These practices can be applied on any size land parcel, whether it be a working farm, working forest, or simply private property.

Furthermore, if you are a landowner within the headwaters of the Browns River watershed you may be eligible to receive increased funding to implement conservation practices on your land!

The Westford Conservation Commission has had some great conversations with the WNRCD and would be happy to assist in any way we can. This program will benefit the Browns River Watershed ecosystems and your drinking water!

Please contact us, the WCC at [westfordcc@googlegroups.com](mailto:westfordcc@googlegroups.com) if you have questions about this program. You can also contact the WNRCD at [info@winooskinrcd.org](mailto:info@winooskinrcd.org) for more information on the full list of what practices are covered under this initiative and determine if you would be a good fit for this program.

We hope you will consider getting involved!

## Donate used eyeglasses and hearing aids for recycling

The Jericho-Underhill Lions Club have placed collection boxes in the Westford Library and the Westford Town Clerk's Office. The collection boxes are there for anyone that has used eyeglasses and used hearing aids, and wishes to donate them for recycling. All you need to do is deposit them in the boxes and the Jericho-Underhill Lion's Club will take care of it from there.

## Caution in using flooded garlic

Information about flooded garlic from Vern Grubinger, UVM Extension, and Tucker Diego, Vermont Agency of Agriculture:

Garlic (including seed garlic) that was in floodwater is considered adulterated and cannot be sold for human food. This applies to commercial operations or anyone distributing, bartering, or donating food.

If the garlic is for personal consumption ONLY, then you, as the gardener, may use your own judgment. It is still strongly recommended that flooded seed garlic not be used due to the risk of pathogen infiltration into the tissue. Curing may not completely eliminate pathogens that may be present.

It's always better to be safe. Floodwaters may contain many different contaminants, each of which behaves slightly differently (bacteria, parasites, heavy metals, chemicals, etc.).

## Seeking host families for exchange students

Would you like to learn about a new culture or teach your children about another culture? One of the best ways to learn a culture is to immerse yourself into that culture. If you don't have time to travel, you might consider another option: Exchange!

Bringing an international exchange student into your home will teach your family many new things including empathy for different people and cultures. They will also make a life-long friend. Click the link below and take a look at our students in need of a host family for the upcoming school year. Would you make one of them a part of your family? Contact Emily, [epaula@flag-intl.org](mailto:epaula@flag-intl.org) for more information, or go online to <http://www.flag-intl.org/search>.

Here are descriptions of two of the students we're seeking host families for:

Anna is a kind girl from Germany who loves basketball, yoga, and hiking. She's an excellent student. In her free time, she also enjoys volunteering, drawing, baking, playing board games, and traveling with her family. Anna is described as open-minded, curious, and mature. She considers herself to be reliable, friendly, and helpful. While in the U.S., she is looking forward to experiencing the American way of life, culture, traditions, and learning about American history. Anna cannot wait to meet her future host family!

Krystof is a friendly boy from the Czech Republic who loves

mountain biking, skiing, and going to the gym. In his free time, he also enjoys playing guitar and piano, outdoor activities, and spending time with friends and family. Krystof is described as determined, extroverted, and mature. He considers himself to be respectful, helpful, and funny. While on exchange in the U.S., he is excited to become more independent, learn about American culture, and try new activities.

## United Way volunteer opportunities

GET CONNECTED TO VOLUNTEERING — United Way's Volunteer Connection site is set up to help connect agencies and volunteers. Agencies are working hard to navigate volunteering during this time, but opportunities are increasing. Go online to the Volunteer Connection (<https://unitedwaynwvt.galaxydigital.com/>) to learn more about these and other opportunities.

FLOOD RECOVERY — The State of Vermont has asked that people interested in volunteering register at <http://vermont.gov/volunteer>. Volunteer needs in the wake of the storm are evolving and we know the need will be great and ongoing. The state will connect volunteers who register to local United Ways to coordinate responders, so volunteers do not endanger themselves and first responders. Here's a link to a to more information about United Way's Flood Response: <https://unitedwaynwvt.org/flood-response/>.

BACK TO SCHOOL — COTS is planning a Back-to-School event on Saturday, August 5 to help children experiencing homelessness or economic insecurity get ready for school. Volunteers are needed at their North Avenue offices in Burlington on August 4th and 5th to help make this event a success. We need all hands-on deck! Last year we saw around 300 family members, and we are expecting 500 this year. To apply and for more information or questions, contact Romy, [romy@cotsonline.org](mailto:romy@cotsonline.org).

PICNIC! — Champlain Housing Trust is hosting its Members' Day Picnic at North Beach in Burlington with free food, music, and kid-friendly activities. They need volunteers to work one to three hours between 10:00 AM – 2:00 PM on Saturday, August 5 to help set up, clean up, and serve food. Contact Helen Rock, 802-810-8213 or [helen.rock@champlainhousingtrust.org](mailto:helen.rock@champlainhousingtrust.org).

TO MARKET, TO MARKET — The Old North End (O.N.E.) Farmers Market needs volunteers on Tuesdays, 3:00 – 6:00 PM to help with the Manager's table. They also need help distributing flyers. Contact Ben Rogers, [oldnorthendfarmersmarket@gmail.com](mailto:oldnorthendfarmersmarket@gmail.com).

ART FROM THE HEART — The UVM Medical Center and Children's Hospital invite volunteers to connect through art with patients, their families, and caregivers by visiting waiting rooms and patients' bedsides. Shifts are about four hours a week. Contact Rebecca Schwarz, 802-865-7165 or [rschwarz@burlingtoncityarts.org](mailto:rschwarz@burlingtoncityarts.org).

Libraries continued from page 9

Thursday, August 31, 11:15 AM: Storytime moves back inside. We have a new website: [www.westfordpubliclibrary.org](http://www.westfordpubliclibrary.org). Check it out! If you are not seeing something new, make sure to clear your cache. If you bookmarked the old one, make sure to delete that and bookmark the new one.

The library hours of operation (meaning come in and browse the shelves, use the computer, grab a DVD, etc.): Tuesdays and Thursdays 10:00 AM – 7:00 PM, Wednesdays and Fridays 1:00 – 7:00 PM, and Saturdays 10:00 AM – 2:00 PM, no appointments needed. Patrons of all ages are welcome; children under 12 must be accompanied by an adult. If you feel you need curbside service, for whatever reason, please email Bree at the library and we can work something out. We want nothing to impede you from using the library.

The Westford Food Shelf is now open twice a month, on the first Wednesday of each month (August 2, September 6), 4:30 – 5:30 PM, on the third Saturday (August 19, September 16), 8:00

– 9:00 AM. With increased openings, they need more inventory! The Westford Public Library has food collection bins at all curbside pickups from now on. These bins are for non-perishable food and household items.

Find us on Facebook ([www.facebook.com/westfordpubliclibrary](http://www.facebook.com/westfordpubliclibrary)) and Twitter ([www.twitter.com/WestfordVT](http://www.twitter.com/WestfordVT)). Bree Drapa, Librarian. 802-878-5639; [www.westfordpubliclibrary.org](http://www.westfordpubliclibrary.org); [westfordpubliclibrary@gmail.com](mailto:westfordpubliclibrary@gmail.com).

### FAIRFAX COMMUNITY LIBRARY

Please sign up at least one week before the program date; all events free unless noted. Please contact [libraryfairfax@gmail.com](mailto:libraryfairfax@gmail.com) or 802-849-2420 to register for events!

#### Youth events

Tuesday, August 1, 3:00 PM: LEGO Club. Kids ages 6+ enjoy themed LEGO play after school. Please register.

Wednesday, August 2, 1:00 PM: Sock Doughnuts. Make squishy doughnut out of a sock! Materials provided. Ages 8+

Please email [libraryfairfax@gmail.com](mailto:libraryfairfax@gmail.com) or call 802-849-2420 to register!

Wednesdays, August 2, 9, 16, 23, 30, 10:30 AM: Preschool Story Time. Join us for stories and songs! Children's books will be available to check out as well. Before you leave, pick up an activity to make at home!

Wednesday, August 9, 1:00 PM: Magic Wand Making. Decorate your very own magic wand! Materials provided. Ages 8+ Please email [libraryfairfax@gmail.com](mailto:libraryfairfax@gmail.com) or call 802-849-2420 to register!

Wednesday, August 23, 3:00 PM: Paper Bag Book. Make a cute little book out of a paper bag! Materials provided. Please email [libraryfairfax@gmail.com](mailto:libraryfairfax@gmail.com) or call 802-849-2420 to register!

#### Adult events

Thursday, August 24, 4:00 PM: Library Book Club. The book this month is This is How it Always is, by Laurie Frankel. Book

Libraries continued on page 13

## COLLEGE NEWS

**Henry Ammirato** of Westford, VT has been named to the Spring 2023 President's List at Tufts University, Medford, MA.

**Dominic Barone** of Jericho, VT has been named to the Spring 2023 President's List at Champlain College, Burlington, VT. Barone was also named to the Spring 2023 Trustees' List at Champlain, having earned a 4.0 GPA for two or more consecutive semesters.

**Zachary Burns** of Jericho, VT has been named to the Spring 2023 Dean's List at the University of Hartford, West Hartford, CT.

**Desirae Byrd** of Waterbury, VT has been named to the Spring 2023 President's List at Champlain College, Burlington, VT. Byrd was also named to the Spring 2023 Trustees' List at Champlain, having earned a 4.0 GPA for two or more consecutive semesters.

**Aiden Costello** of Jericho, VT has been named to the Spring 2023 Dean's List at Bryant University, Smithfield, RI.

**Benjamin Cummings** of Jericho, VT has been named to the Spring 2023 Dean's List at Champlain College, Burlington, VT.

**James Duke** of Underhill, VT has been named to the Spring 2023 Dean's List at Champlain College, Burlington, VT.

**Paddington Krueger** of Underhill, VT received a degree in exercise science (BS) in May 2023 from Rochester Institute of Technology, Rochester, NY.

**Avery Luther** of Jericho, VT has been named to the Spring 2023 President's List at Champlain College, Burlington, VT.

**Jonathan Miller** of Jericho, VT has been named to the

Spring 2023 President's List at Champlain College, Burlington, VT. Miller was also named to the Spring 2023 Trustees' List at Champlain, having earned a 4.0 GPA for two or more consecutive semesters.

**Isabelle Pilo** of Underhill, VT received a degree in biochemistry (BS) in May 2023 from Rochester Institute of Technology, Rochester, NY.

**Joseph Poley** of Underhill, VT has been named to the Spring 2023 President's List at Champlain College, Burlington, VT. Poley was also named to the Spring 2023 Trustees' List at Champlain, having earned a 4.0 GPA for two or more consecutive semesters.

**Nathan Preston** of Jericho, VT has been named to the Spring 2023 Dean's List at Champlain College, Burlington, VT.

**CJ Roberts** of Jericho, VT received degrees in electrical engineering (BS and MS) in May 2023 from Rochester Institute of Technology, Rochester, NY.

**Francisco Salazar** of Underhill, VT has graduated with a degree in International Relations (BA) from Tufts University, Medford, MA. Salazar has also been named to the Spring 2023 President's List at Tufts.

**Haily Sumner** of Underhill, VT has been named to the Spring 2023 President's List at Champlain College, Burlington, VT.

**Ben Treybal** of Underhill, VT has been named to the Spring 2023 Dean's List at Champlain College, Burlington, VT.

## Send your news to the Mountain Gazette.

Engagements, weddings, births, graduations, obituaries and more.

Clubs, organizations, sportswelcome as well.

Print for free. Includes photos.

Send them to [mtngazette@gmavt.net](mailto:mtngazette@gmavt.net)

— Since 1959 —



**Septic Tank Pumping**  
**Line Jetting & Thawing**  
**Camera Inspection**  
**Hydro-Vac Services**  
**Catch Basin Cleaning**  
**Lift Station Maintenance**

**24/7 EMERGENCY SERVICE**

120 NORTHGATE PLAZA, SUITE 2 MORRISVILLE  
 802.888.5722 | [MANOSH.COM](http://MANOSH.COM)

## OBITUARIES



**Dr. Elliot Danforth, Jr., MD** of Underhill, VT passed away on Thursday, March 30, 2023 at the McClure Miller Respite House, Colchester, VT at the age of 89. He is survived by his wife of 64 years, Joan Carolyn Danforth (née Garrett); three children: Kimberly Helen Danforth, Noel Danforth, and Peter Elliot Danforth; and three grandchildren: Margot Ellen Danforth Kimmel, Sylvia Otille Danforth Kimmel, and Rhys Lawson Danforth. Born on October 21, 1933 into a medical family, Elliot and his three

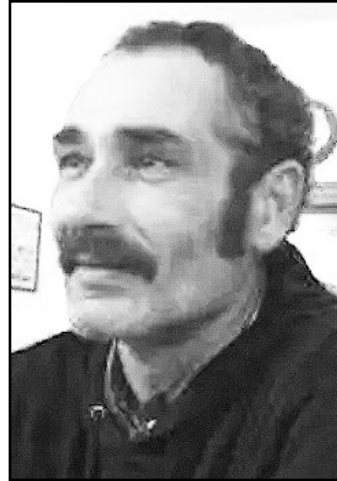
brothers Nicholas (deceased), Thomas, and Edward enjoyed active childhoods in the Village of Sidney, NY where their father, Elliot Danforth, Sr. MD, and mother, Ellen Danforth, RN, kept a well-respected family practice. Elliot attended Dartmouth College (class of 1956), followed by a graduate degree in biochemistry at Ohio State University (1958) where he participated in groundbreaking techniques for measuring hormones to diagnose endocrine disorders, an experience that ignited his lifelong passion for research. Elliot attended Albany Medical College (1962) and residencies in internal medicine at Dartmouth Medical School and affiliated hospitals where he served as chief medical resident. Called to military duty in 1966, Elliot served as Captain in the U.S. Army Medical Corps at Walter Reed Army Hospital and its Institute of Research, where his interest in endocrinology and metabolism continued to develop, leading him to join the faculty at the University of Vermont (UVM, Burlington, VT) College of Medicine. During his 23-year tenure at UVM, Elliot made major contributions to our understanding of how energy expenditure is regulated in humans. He directed UVM's Clinical Research Center, acted as Chief of Endocrinology, Metabolism and Nutrition, and was a principal investigator at the Sims Obesity/Nutrition Research Center. Elliot's unique study in association with Ethan Sims, MD, and Edward Horton, MD, known as the "Vermont Studies of Obesity," remains widely cited today. Retiring as Professor Emeritus, Elliot continued his internationally recognized work in metabolic diseases and thyroid hormones, becoming Executive Director of the Cardiovascular & Metabolic Research Division of Lederle Laboratories, followed by consultancies in the pharmaceutical industry and National Institutes of Health. Elliot is the author of 200+ scientific papers, chapters, and other publications, leaving an enduring legacy in the areas of nutrition, thyroid metabolism, diabetes, and obesity. Elliot was a devoted and loving husband, supporting Joan's artistic career. He helped create Joan's pottery studio, built frames and displays for her artwork, and accompanied her on workshops and retreats across New England. Together, they traveled broadly, enjoying sabbatical years in Geneva and Lausanne, Switzerland and stays in Phoenix, AZ where Elliot undertook pivotal studies of diabetes and obesity at the NIH Clinical Research Center. An avid fisherman, backpacker, and skier, Elliot nurtured an abiding

passion for the outdoors. As a child and young man, he cherished summers spent on his grandmother's farm in Middleburgh, NY, at boys' camps in the Adirondacks, and at his parents' fishing camp on Bass Lake in Ontario. Later, he shared these passions with his family, organizing week-long backpacking trips with his wife and three children, taking them "brooking" across Vermont in search of secluded swimming holes, and teaching them how to fish and ski, among countless life skills. Elliot's contagious zest for science and life is sure to live on in those he touched — from his devoted colleagues, adoring fellows, and grateful patients to his cherished friends and family who will forever hold the ardor of his love.

**Roger Allen Lawrence (Hodgie)**, 62, of Winooski, VT passed away on Wednesday, July 5, 2023 at the McClure Miller Respite House, Colchester, VT. He fought a long, courageous battle with cancer. On August 28, 1960 he was born in Burlington, VT, the son of Richard and Nellie Lawrence of Charlotte, VT. Roger worked with a special friend, Ed Lafountain, for many years, logging and helping him with his goat farm in Enosburg, VT. He also worked for Al's French Fries (South Burlington, VT) for over 10 years,

sometimes with his brother Jimmy. He made very special friends at Al's. He enjoyed hunting and fishing with family and friends. He loved playing horseshoes and building bird houses with faces on them, made from knot holes he found on trees while logging with Ed. He loved animals and had many pets through the years. A special thank-you to his cousin Dave Cook and friend John Curtis for all the times they took him out for a ride or to go fishing while he was fighting his battle. Roger leaves behind his daughters Tanya Lawrence Francine's and her wife Chasedi of Tupper Lake, NY; Delfina and Kyle Dinsmore of Ticonderoga, NY; three grandchildren: Aliyah Lawrence, and Bailey and Riley Dinsmore; sisters Phyllis Jacques of Burlington, VT, Debra Kneen (John) of Grand Isle, VT, Vanessa Fleming (Bob) of Milton, VT, and Yvonne Rand (Mark) of Lewis, NY; a brother, Gary Lawrence of Burlington, VT; as well as several nieces and nephews. Roger was predeceased by his parents Richard and Nellie Lawrence, sister Sharon Aiken, and brothers Rickey, David, and Jimmy Lawrence. A celebration of life will be held for Roger and his brother David at the Corner Stone Church, Milton, VT on Saturday, August 19, 2023, 1:00 – 5:00 PM. Burial will be at the Grand View Cemetery in Charlotte, VT after the celebration of life.

**Nicole Michele Killian** of Richmond, VT was born November 25, 1994 in Burlington, VT, to parents Michael and Eveline Killian. The family grew to include Erik and Elise. Nicole was a high-energy child and a driven and accomplished woman. She graduated from Mount Mansfield High School in Jericho,



VT in 2012 — a year early — where she excelled in academics, music, and sports. Nicole then attended the University of Vermont, where she received her bachelor's of science in nursing in 2016 and, later, her doctorate in nursing as a Nurse Practitioner (NP) from New York University in May 2022, with specializations in acute care and palliative care. Nicole worked tirelessly while living in and between Brooklyn and Richmond, VT. Nicole was an RN at Dartmouth, NH,

an emergency room (ER) nurse at the University of Vermont Medical Center in Burlington, an ER Nurse Practitioner at the Champlain Valley Physicians Hospital in Plattsburgh, NY, an ER nurse at the New York Presbyterian Hospital in Manhattan, NY, and a Concierge Urgent Care/Emergency Advanced Care Provider at Sollis Health in Manhattan. She remained actively working throughout the COVID pandemic to serve communities in need as an essential worker. Nicole also volunteered in her "spare time" and worked for many years as an advanced EMT at Richmond Rescue, including serving as vice president, then president, of the organization. She performed as a nurse in Tanzania and Guatemala and for UVM Medical Center as a member of the emergency response team for SANE (sexual assault nurse examiner). During her career, she touched many hearts and many lives, while making tough decisions and forming impactful relationships. Nicole pursued her personal life with the same energy and zest as her professional life. Her list of interests included backcountry skiing, mountain climbing, rock climbing, mountain biking and endurance running. Her truest passion was travel with friends and family. Nicole's adventures spanned the globe, from hiking a volcano in Guatemala to biking the length of the Netherlands to section-hiking the Long Trail and horseback riding in Nicaragua and climbing through ice caves in Iceland. She ran in marathons in Vermont and New York City and in adventure runs in Montana with her siblings. Her constant adventures capture her spirit and essence as a woman who could do anything anywhere. Nicole left us on July 10, 2023, while doing what she loved to do most — a technically challenging hike in British Columbia on Black Tusk, a mountain near Whistler. She was 28. She approached her work and relationships with a compassionate and sensitive heart. She was independent, generous, charismatic, openhearted, fearless, and a good listener. She lived in rarified air and was patient with the mere mortals who surrounded her in daily life. She is survived by her parents Michael Killian and Eveline Habermann; siblings Erik and Elise; and trusty canine companion, Moose. Come help us celebrate Nicole at the Timberline Lodge at Bolton Valley Ski Resort on Sunday, August 6, anytime between 2:00 – 6:00 PM. Guests are encouraged to wear hiking boots in honor of Nicole. In lieu of flowers, consider a remembrance by donation to the Whistler Search and Rescue Society ([whistlersar.com/donate/](http://whistlersar.com/donate/)) who bravely assisted.



## SENIOR NEWS

**Age Well meals in Bolton**

Bolton will now have Age Well (Meals On Wheels) delivered to the Bolton Fire Station on the second Wednesday of each month (August 9; September 13). Pick up is 11:00 AM – 12:00 PM. We provide services to individuals 60+ and their spouse or caregivers, and a disabled person(s) living with the senior, regardless of financial status.

Discover all that we have to offer and let us help you age well.

**Jericho Agewell Grab 'n Go meal August 9**

Please register for the August 9 Agewell Grab 'n Go Senior Meal at Community Center in Jericho (CCJ), 329 Browns Trace, Jericho by Friday, August 4 — contact Jen Greenwood, CCJ Manager, 802-274-4024 or [ccjvermont@gmail.com](mailto:ccjvermont@gmail.com).

This month, the meal is a Chicken-and-Biscuit meal: chicken in gravy, red mashed potatoes, mixed beans, biscuit, pineapple and oranges, and milk.

Pickup is Wednesday, August 9, 11:00 AM – 12:00 PM. Suggested donation \$5 — but no one will be turned away.

**Seeking substitute volunteer Meals on Wheels drivers**

Central Vermont Council on Aging (CVCOA) is extremely grateful for all the volunteers who have stepped up to assist with flood recovery and clean up. It's truly inspiring to see the community come together to address this challenge!

For those volunteers who are looking for a way to continue supporting the community, please consider becoming a substitute volunteer driver for Meals on Wheels. Senior centers and meal sites across Central Vermont are in need of substitute drivers, a need that has been exacerbated by the recent flooding and recovery efforts.

Most Meals on Wheels sites across the region need one or more volunteers to fill in for drivers who are out of town, in need of a break, or away from their regular route for a variety of reasons. Routes typically take less than an hour and a half to complete and can make your day!

For more information, contact AmeriCorps Seniors Volunteer Coordinator Anne Greshin ([agreshin@cvcoa.org](mailto:agreshin@cvcoa.org) or 802-241-4840).

**Tools for Caregivers class offered by Age Well**

Feeling stretched as a caregiver? Maybe this class beginning Tuesday, August 8 will help. It is an educational series designed to provide you with tools you need to take care of yourself. It can help family caregivers reduce stress, improve self-confidence, improve communication, balance their lives, increase their ability to make tough decisions, and locate helpful resources.

The class consists of six sessions held once a week for 90 minutes. Two experienced class leaders conduct the series; many are experienced caregivers themselves, who have successfully applied the techniques they teach. Interactive lessons, discussions, and brainstorming will help you take the "tools" you choose and put them into action. Participants will receive a free book, [The Caregiver Helpbook](#).

For more information or to register, contact Becky Claytor or Lauren Walsh, [ptc@agewellvt.org](mailto:ptc@agewellvt.org). You can also call Age Well's Helpline (800-642-5119) and ask to speak with someone about the upcoming Powerful Tools for Caregivers class. Class size is limited and pre-registration is required. Classes will be held at the Age Well Colchester office, 2:30 – 4:00 PM on Tuesdays.

**Struggle**

By Kimberly Madura

How the years take their toll forcing us to be Kafkaesque characters in storied worlds, our lives juxtaposed against a backdrop of classical music simultaneously haunting and soothing whose melody flows like atmospheric rivers.

We have room  
for your ad.  
Call Brenda  
Boutin  
at 802-453-6354  
for more information  
or email  
[mtngazette@  
gmavt.net](mailto:mtngazette@gmavt.net)



*Stowe Village (oil, 1991) by Alden Bryan is a featured painting at the Bryan Gallery, which now has locations in both Jeffersonville and Stowe.*

PHOTO CONTRIBUTED

## Bryan Memorial Gallery expands with second location in Stowe

The Bryan Memorial Gallery, a pioneer in showcasing exceptional New England art for nearly four decades, is thrilled to announce the grand opening of its second location, The Bryan Fine Art Gallery, in Stowe. For 39 years, the Bryan Memorial Gallery has been an influential and prominent establishment in Jeffersonville, with an extraordinary collection of artworks that encapsulate the essence of New England. The Bryan Fine Art Gallery in Stowe will feature a collection of paintings, sculptures, photographs, and mixed-media artworks, sourced from both established and emerging artists, with a distinctive blend of contemporary and traditional styles to captivate art enthusiasts of all backgrounds and tastes.

The Gallery began with a soft opening on Wednesday, July 26, with the grand opening to come on Saturday, September 2, 1:00 – 5:00 PM, offering an opportunity to explore the Gallery's collection while enjoying refreshments and engaging with fellow art enthusiasts.

As the Gallery embarks on this exciting new chapter, it remains dedicated to fostering a deep appreciation for fine art and providing a platform for artists to share their talents. The Bryan Fine Art Gallery in Stowe will continue the legacy of the Bryan Memorial Gallery of promoting New England art, creating a haven where creativity flourishes, and artistic expressions find a deserving audience.

The Bryan Fine Art Gallery's hours are Sunday, Wednesday, and Thursday 11:00 AM – 5:00 PM; and Friday and Saturday 11:00 AM – 6:00 PM. To learn more about the exhibitions on display at both locations, visit [www.bryangallery.org](http://www.bryangallery.org). For more information about The Bryan Fine Art Gallery and its grand opening contact Stephen Gothard, 802-644-5100 or [info@bryangallery.org](mailto:info@bryangallery.org).

*If you can't fly then run, if you can't run then walk, if you can't walk then crawl, but whatever you do you have to keep moving forward.*

Martin Luther King, Jr



*A wild golden jewel of our forests: a yellow warbler perching on a viburnum's flower bud. Both the bird and the bush are natives to Vermont forests (though the yellow warbler is literally a snowbird, as it winters in the tropics).* PHOTO BY GARY STURGIS

Send your news to the  
**Mountain Gazette**  
 at [mtngazette@gmavt.net](mailto:mtngazette@gmavt.net)



Libraries continued from page 13

**ESSEX FREE LIBRARY**

Hours: Monday/Wednesday/Friday 9:00 AM – 5:00 PM, Tuesday/Thursday 9:00 AM – 8:00 PM, Saturday 9:00 AM – 2:00 PM.

Free Covid tests and gun locks. No library card needed.

Closed on Wednesday, August 16 for Bennington Battle Day.

We are Vermont Strong! The Library is collecting items needed for flood relief. Due to space constraints, we are collecting only the following items: diapers, AA and AAA batteries, cleaning supplies, and work gloves. If you have larger items (tools, pumps, generators, etc), please contact Leonora Dodge, [vlatina@gmail.com](mailto:vlatina@gmail.com), or Dennis Thibeault, [dbt@aol.com](mailto:dbt@aol.com).

**Children's area**

Summer Reading Bingo and Raffle: Bring in your summer reading bingo sheets by Friday, August 11 and trade them in for raffle tickets and a chance to earn some fabulous prizes! Each completed bingo equals one raffle ticket. Prizes will be drawn and winners contacted on Monday, August 14!

Musical Mondays, 11:00 AM: Rock'n'read with Miss Noreen! No storytimes August 14-31, resumes September 4.

Wednesdays, 11:00 AM: Storytime with Ms. Emily. Stories and songs for young patrons. No storytimes August 14-31, resumes September 4.

Fridays: Grab'n'Go Craft Kits, while supplies last.

Exploration Station — see the blue table for this week's challenge.

Storywalk ® along the back garden fence. [How to Find a Fox](#) by Nilah Magruder.

Wednesdays, August 2 and 9, 2:00 PM: Make and Build. Create art, do some science experiments, and make something

really, really neat! Events change each week, and registration is required due to supplies being limited.

Thursday, August 3, 2:00 – 4:00 PM: Mr. Mike and the Big Blue Trunk. Come and play some games, win some prizes, and maybe bring home a balloon animal, all while visiting the library! Mr. Mike will be setting up in the library back yard, or at Memorial Hall in the event of a rainy day!

**Adult area**

All Together Now Adult Summer Reading Book BINGO Raffle, through Monday, August 14. Bring your BINGO sheet to the front desk to collect your raffle tickets and enter to win. One ticket for each BINGO completed. Winners will be announced Thursday, August 17.

The All Together Now Smartphone Photo Contest closed on August 1. The contest voting will take place from Monday, August 7 through 5:00 PM on Friday, August 11, with winners announced Thursday, August 17. Prizes generously donated by these Essex Town businesses: ArtHound Gallery, Lowes, Nusantara, Phoenix Books, Purple Sage, Ray's Seafood, Sweet Clover, Starbucks, and Uncommon Coffee.

Noon Book Group restarts Thursday, September 7, 12:00 – 1:00 PM, with **Bernie's Mitten Maker** by local author Jen Ellis. A raw and honest account of the joy, stress, and shock of sudden internet fame. The author shares her struggles with childhood trauma, infertility, and homophobia and shows us how crafting can build community and generosity can bring joy.

Tuesdays, 10:30 – 11:30 AM: Tech Time. Drop in with your device and your questions. We'll do our best to answer them! No appointment needed.

Tuesdays, 1:00 – 3:00 PM: Drop-In Needlecraft Group. Enjoy chatting with other crafters as you work on your project.

Fridays, 1:00 – 3:00 PM: Rummikub for Adults. Meet at the reserved table on the Mezzanine.

Tuesday, August 8, 2:00 or 6:00 PM: Creative Cards with Noreen. For Adults only. Limited space available. Please register online.

Tuesday, August 15, 6:00 – 7:00 PM: Zentangle with Julia Davenport. For adults only. This art form welcomes slowing down, taking your time and seeing what happens. Specific techniques help us let go of our busyness and find our own creativity. No prior art experience required. Limited space available. Please register online.

Friday, August 18, 10:00 AM – 12:00 PM: Labor on Location by the Vermont Dept. of Labor. Career resources, job search support, business services — check out how DOL can help you! No sign-up required.

Museum Passes are available for year 'round fun! State Parks, ECHO, Shelburne Museum, and more! <http://Essexfreelibrary.org/MuseumPasses>

Digital resources: <https://essexfreelibrary.org/DigitalResources>

Social media: check us out on Facebook & Instagram for updates on events!

Essex Free Library, 1 Browns River Rd., Essex; 802-879-0313; [@essexfreelibrary](https://www.essexfreelibrary.org/); website <https://www.essexfreelibrary.org/>.

# MOUNTAIN GAZETTE RATE SHEET 2023

6558 VT RTE 116, STARKSBORO, VT 05487

802-453-6354 [mtngazette@gmavt.net](mailto:mtngazette@gmavt.net)

[www.mountaingazetteofvermont.com](http://www.mountaingazetteofvermont.com)

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

We store deliver copies of the paper in Bolton, Cambridge, Jeffersonville, Jericho, Underhill, Westford, Hinesburg, Huntington, Richmond, Fairfax, Essex and Essex Junction.

TOTAL REGULAR CIRCULATION - 4500

## OPEN RATE

\$8.25 COLUMN INCH

Column width 1 7/16"

Listings below are measured width x height

Business card - \$33.00

3 1/4" x 2"

1/16 page - \$49.50

3 1/4" x 3"

1/12 page - \$66.00

3 1/4" x 4"

1/8 page

3 1/4" x 6" or 5" x 4 - \$99.00

1/4 page - \$170.00

3 1/4" x 12"

5" x 8"

6 1/2" x 6"

1/2 page - \$290.00

10 1/4" x 8" or 5" x 15 1/2"

Full page - \$390.00

10 1/4" x 15 1/2"

Business directory ads: \$18 each, must buy 5 consecutive issues (\$90.00 pre-paid)  
No changes. Size 3 1/4" x 1 1/2"

Classified ads: \$6.50 for 25 words, 10 cents for each additional word

Prepaid contracts available - Save up to 20%.

Purchase six ads of any size and run within 12 months.

Call Brenda Boutin, advertising manager at 802-453-6354 for details

Subscriptions \$35.00 per year - 24 issues

Inserts 1-4 pages, 8 1/2" x 11" Cost \$45.00 prepaid per 1000

Must purchase full circulation

Publication: First and Third Thursday/Month

Deadlines: Thursday before publication

Copy - 12:00 Noon

Advertising 5:00 PM

The *Mountain Gazette*, 6558 VT RTE 116, Starksboro, VT 05487

Phone: 802-453-6354 [mtngazette@gmavt.net](mailto:mtngazette@gmavt.net)

[www.mountaingazetteofvermont.com](http://www.mountaingazetteofvermont.com)

SPORT NEWS



Connor Contracting, Inc. was this year's presenting sponsor of the Copley Scramble. Playing in the Copley tournament, held on Saturday, July 15, for Connor Contracting are Michael, Mark, Meghan, and JoAnne. PHOTO CONTRIBUTED

**Cougar Cup soccer tournament August 12**

The Cougar Cup Soccer Tournament will be held on Saturday, August 12 at the Mount Mansfield Union High School Athletic Fields on Browns Trace in Jericho. There will be brackets for 4V4 U8, U12 and HS/Adult.

To enter your team contact [Emma.pedrin@gmail.com](mailto:Emma.pedrin@gmail.com); day-of entries are also welcome. There is a \$50 entry fee per team to support the MMU girls' soccer program.

**Are you ready for some Wolverine football**

Do you have a kiddo in grade 1-8 who has shown interest in football but you're a bit hesitant to take the plunge?

Or, is your would-be football-player in grade 1-8 sitting around the house moping because you thought you missed the opportunity to sign them up for Wolverine Football?

Well, we have great news! Coaches will be hosting preseason workouts on Tuesdays and Thursdays, August 1 and 3, and August 8 and 10.

This is a fantastic opportunity for you and your child to get a taste of what the Wolverine Program is like if you're on the fence, and it's a great time for new and returning players to get prepared for the upcoming season that starts Monday, August 14.

Please check out our website at <http://www.ceyfa.org> for answers to frequently asked questions. Then reach out to Steve and Eva McLaughlin at [ceyfafootball@gmail.com](mailto:ceyfafootball@gmail.com) with any further inquiries.

We look forward to meeting you!

**Jericho-Underhill fall rec K-League soccer registration open**

Registration is open for Mansfield United's K-League, a recreational coed soccer league serving the Jericho and Underhill communities. K-League is an instructional, non-results-oriented league that is supported solely by volunteers who dedicate their time for the development of each individual player and strive to achieve a love of the game for all.

Age groups: U4 "Pitchniks" for all players born in 2019; U5/U6-U6 "Kicks" for all players born in 2017 and 2018; U7/U8-U8 "Ballers" for all players born in 2015 and 2016.

Registration is ongoing through the end of July. The cost is \$30 per player league fee, plus uniform (families order direct). Uniforms consist of Challenger Sports - MansfieldUnited - Home ([challengerteamwear.com](http://challengerteamwear.com)), and Pawnee reversible shirt (navy/white, \$25). The order deadline is Friday, August 25.

K-League will be held at Mills Riverside Park in Jericho from Sunday, September 3-Sunday, October 8, on a weekly schedule as follows:

Sundays - K-League - Pitchniks & Kicks 12:00, Ballers 2:00  
Tuesdays - K-League - Pitchniks & Kicks - 5:30 pm -6:30 PM  
Thursdays - K-League - Ballers - 5:30 pm -6:30 pm

To register, go online to [https://system.gotsport.com/programs/91704K239?reg\\_role=player](https://system.gotsport.com/programs/91704K239?reg_role=player)

If you have questions or need more information, please contact [mountmansfieldsc@gmail.com](mailto:mountmansfieldsc@gmail.com).

**MMU Youth Field Hockey Camp for K-8 in August**

Join us at the 2023 MMU Youth Field Hockey Camp! The camp runs Monday-Friday, August 21-25 at Mount Mansfield Union High School, Browns Trace, Jericho, and is open to 2023/2024 school year grade K-8 Rockstars and to all levels of play. This camp aims for lots of fun building skills and a love for the game.

The registration form can be found at <https://mmu.mmuusd.org/cms/one.aspx?portalid=476094&pageid=547469>.

Scholarships are available. Please don't hesitate to reach out if you have any questions.

*If you want something said, ask a man; if you want something done, ask a woman.*

Margaret Thatcher

**12<sup>th</sup> Annual Vermont Summer Classic Tournament August 11-13**

SLAMT1D, Inc. will host its 12<sup>th</sup> Annual Vermont Summer Classic WIFFLE Ball Tournament Friday-Sunday, August 11-13 at the Historic Little Fenway Complex, 17 Sawmill Rd., Essex. If you've never played at Fenway Park, Wrigley Field, or Field of Dreams, here's your chance!

Okay, so they're miniature versions — but the fun is just as epic!

The Tournament begins with opening games at Little Fenway on Friday and Saturday, August 11 and 12, with playoffs Sunday, August 13.

Teams: there are 24 teams. Anyone can play! Organize your own team and join our waitlist online at <https://www.slamt1d.org/>.

Team fundraising (suggested minimum of \$5000) for PowerRanking points. SLAMT1D asks teams to fundraise to increase awareness of Type 1 Diabetes (T1D) and for SLAMT1D's game-changing programs in support of families, children and adults battling T1D.

Three games are guaranteed; 16 team single elimination playoff.

There will be a Home Run Derby, play-by-play announcing, music, and good food!

Learn more about Type 1 Diabetes at <https://www.slamt1d.org/>.

**Dragonheart Vermont for fun on the water**

Have you ever wanted to paddle in a dragon boat? Are you a cancer survivor recovering from treatment or presently undergoing treatments? Perhaps it has been years since your diagnosis and you are looking for an activity that will help you on your wellness journey! Come paddle with a fun group of breast cancer survivor members from Dragonheart Vermont!

There are three dates and two locations in August: Saturday, August 5, 9:30 - 11:30 AM, Lake Champlain Waterfront, Burlington; and Tuesday, August 22 and Friday, August 25, 5:30 - 7:00 PM, Waterbury Center State Park. Registration is required for each event.

Experience the thrill of dragon boat paddling, the second fastest-growing water sport in the world. Feel the physical benefits, enjoy the camaraderie, and learn the history of how an ancient water sport became a recommended path for breast cancer patients. All abilities are welcome.

Advance registration online at <https://forms.office.com/r/5puMV8ca7w> is required. Water shoes and moisture wicking lightweight clothing are suggested. All paddling and safety equipment will be provided.

Dragonheart Vermont strives to strengthen and empower breast cancer survivors and supporters through the challenging sport of dragon boating, instilling in its members the values of teamwork, fitness, and community giving.

**Copley winner at Scramble**

In most sports there are winners and those who come in second. In golf, however, everyone is a winner, including Copley, especially at last week's Copley Scramble tournament. Saturday, July 15 was a perfect golfing day for the full field of golf enthusiasts and amateurs who participated in the hospital's annual Copley Scramble Golf Tournament. Copley officials are pleased to announce that after a beautiful day of 18 holes of play, the hospital came away as the biggest winner. "We are truly grateful to our many sponsors and players who helped raise more than \$27,700," said Copley's VP Development & Marketing Trish Rick. Rick noted that proceeds from the event will help fund the building and outfitting of Copley's new Waterbury Medical Office Building, saying, "Soon we will be breaking ground for a 10,000 square-foot facility to relocate our current Waterbury orthopedic clinic that will allow for additional providers and services including podiatry and rehabilitation." Rick noted that the golf event kicks off the fundraising for this project.

The tournament was held at the Copley Country Club. "This was our 36<sup>th</sup> annual tournament. I am truly amazed at what great supporters Copley has, and for an event that continues to be one of the hospital's signature fundraising events," continued Rick.

Following the post-play luncheon, prizes — courtesy of area businesses — were awarded to the top four teams with the lowest scores. They were: first place team: Joe Woodin, Bob Bleimeister, Tad Lamell, and Ayden Slayton; second place team: Team Mumley Engineering — Tyler and Ani Mumley, Kelly Langston, and Luke Columbo; third place team: Team Copley and friend — Travis Knapp, Berta Baxter, James Wills, and Courtney Olmsted, MD; fourth place team: Team DBI — Cody Johnston, Bill Paine, Josh Lockwood, and James Beane.

Recognition was also given to the team who had the "most fun" on the course (highest score) team: Andy Duff, Liam Gannon, Patrick Heaghey, and GERALYN Roscoe.

Additional prizes were awarded for longest drive and closest to the pin: men's closest to the pin: Mark Connor; women's closest to the pin: Courtney Olmsted, MD; men's longest drive: Luke Columbo; women's longest drive: Jena Woods.

"I especially want to offer my sincere appreciation to our presenting sponsor, Connor Contracting, Inc., and to all our sponsors, as well as the Copley Country Club for their support. I'd also like to thank the many area businesses that made this event possible through their contributions," continued Rick. "Copley Hospital may have taken home the winnings, but everyone involved in this event was a winner, as their continued support allows Copley to deliver high quality care to all those in need."

LANDSCAPING & GARDEN SUPPLIES

**Creative Landscaping & Garden Center**  
113 RT 15 • JERICHO • 899-8900  
Growing well rooted plants and relationships since 1983  
~ Design • Stonework • Planting • Patios • Water Features ~

www.creativelandscapingvt.com • Like us on @creativeLGC

**Over 25 Varieties Fruit Trees & Berry Bushes**  
**Shade Trees, Evergreens, Flowering Shrubs**  
**200+ Varieties of Perennials!**  
**Greenhouse Loaded with Flowers, Herbs, Veggies**

Monday - Friday 9:00 AM-6:00 PM • Sat. 8:00 AM-5:00 PM • Sun. 10:00 AM-4:00 PM  
**MULCH TOPSOIL COMPOST STONE DELIVERED**

PROPERTY MAINTENANCE

VERMONT LAND MAINTENANCE

**Forestry Mulching Services**

Retention Ponds, ROW, Pond Edges,  
Removal of Invasive Vegetation and More  
Please check our our website:  
[www.vtlandmaintenance.com](http://www.vtlandmaintenance.com)  
**Brian Washburn • 434-4533 • 802-373-1755**  
[vtlandmaintenance@gmail.com](mailto:vtlandmaintenance@gmail.com)

**ALL PHASE**

Small Sign: Sealing • Sealing • 24 HR

**PROPERTY MAINTENANCE**

Landscape & Care, Fence Installation/Repairs, Pressure Washing, Stone-Cleanse Walkways, Walk & Patios, Firewood, Light Trucking, Driveway Installation & Repair

**Office: 899-2919 - Cell: 734- 8247**  
Stephan Griffiths Jr. - owner

24/7 Service Essex, VT 05452

WELL DRILLING SERVICES

— Since 1959 —

**MANOSH**  
By Gosh

**Water Wells**  
**Complete Geothermal Systems**  
**Water Treatment**  
**Pump Sales & Service**  
**Aggregate- Gravel & Stone Products**  
**Pond Aeration**  
**24/7 EMERGENCY SERVICE**

120 NORTHGATE PLAZA, SUITE 2 MORRISVILLE  
802.888.5722 | [MANOSH.COM](http://MANOSH.COM)

We have room for your ad.  
Call Brenda Boutin  
at 802-453-6354  
for more information  
or email  
[mtngazette@gmavt.net](mailto:mtngazette@gmavt.net)



An Evening of Gospel music and bluegrass featuring

**The Brandenberger Family**  
singing bluegrass and folk songs

**Wednesday August 9, 2023**

7:00PM-9:00PM

**Mansfield Barn Jericho, Vermont**

The Brandenberger Family Music will feature harmonies in the style made popular by Ricky Skaggs, Ralph Stanley, Doyle Lawson and The Carter Family

**Admission wristbands \$15.00**

**Kids Under 10 - FREE**

Wristband tickets available by contacting  
**Grant Allendorf Mansfieldbarn@gmail.com**

**EXCELLENT PICKING!**

**PICK 6 QUARTS, GET 7TH FREE!**

Visit [www.owlsheadfarm.com](http://www.owlsheadfarm.com) or call 802.434.3387  
263 Blueberry Farm Rd. Richmond

**Transitions**  
Physical Therapy  
SPORTS . SPINE . PELVIS . POSTURE

**Are YOU ready for your next match?**

We keep YOU playing pickleball!

Quality PT care in safe, clean, private treatment rooms.  
All major insurances accepted.

Essex: 802.857.5976 Jericho: 802.899.5200 Shelburne: 802.489.5494

**A REPUTATION FOR RESULTS!**

S. Burlington - \$850,000      S. Burlington - \$680,000  
Charlotte - \$550,000      Fairfax - \$499,500

**WHO YOU HIRE MATTERS...**

**CALL OUR TEAM TODAY!**

**NANCY JENKINS**  
REAL ESTATE

140 Kennedy Dr, Suite 102  
South Burlington, VT 05403  
802-846-4888 - 888-567-4049

**OPEN A CD ACCOUNT ONLINE AND EARN 4.50%<sup>APY</sup>**

**IT TAKES LESS THAN 5 MINUTES!**

RATE IN EFFECT FOR A 9-MONTH CD.  
MINIMUM BALANCE REQUIREMENT: \$5,000 | 4.40% INTEREST RATE

**UnionBank**  
VERMONT | NEW HAMPSHIRE  
GO TO [UBLOCAL.COM](http://UBLOCAL.COM)

800.753.4343  
Member FDIC  
Equal Housing Lender

Scan to learn more and apply

\*Annual Percentage Yield (APY) accurate as of May 31, 2023. Interest compounded daily. Automatic renewal at maturity to a 9-month term and the rate in effect for a 6 to 11-month CD. Minimum \$5,000 to open and obtain APY. No deposits to CD account after opening. Certificates of Deposit and IRA's may be subject to penalty for early withdrawal. Please contact us for details.

For the Results You Deserve...  
...moving across town or across the country...  
You can Rely on...

**JANICE BATTALINE**  
• Seniors Real Estate Specialist  
• Certified Residential Specialist

[janbatt7859@gmail.com](mailto:janbatt7859@gmail.com)  
802-448-0540  
Your community Realtor since 1983

**Edge REALTY VERMONT**

802-279-4590  
[EdgeRealtyVermont.com](http://EdgeRealtyVermont.com)

Integrity  
Experience  
Diligence

**Terri Edgerley**  
Owner/Broker

**FOR SALE: UNDERHILL** - Great opportunity to own a spacious and renovated farmhouse with three to four bedrooms, three baths and many natural wood finishes. Features include cherry hardwood flooring in the dining room, country kitchen and a field stone fireplace. All on 50 acres of land with farm meadows for your animals, a pond, barn, pleasant southwest views, open space and privacy. Mature maples and stone landscaping greet you in the circular driveway. Good schools, ample town road frontage, easy access to UVM Medical Center and the airport. See for yourself .... come Walk this land at 178 Poker Hill Road and see how special it is. Listed at \$1,000,000.

Please contact Chuck Bolton Real Estate 802-864-0552 or [chuckbolton@comcast.net](mailto:chuckbolton@comcast.net) for further information.  
A drone ariel and floor plan video are available.