



On Wednesday, June 6, the CHMS Jazz Band and Select Chorus performed on Church Street as part of the Discover Jazz Festival. It was a great way to end a musical year! PHOTO CONTRIBUTED

Camel's Hump Middle School news

By Mark Carbone
CHMS Principal

On Friday, May 18, Camel's Hump Middle School (CHMS) students raced in Third Annual Grand Prix in celebration of the end of SBAC testing. This team-building adventure wrapped up a week of testing of the common core standards, "Smarter Balance Assessment Consortium," which replaced the previously used NECAP standardized tests. For more information about SBAC, visit www.smarterbalanced.org.

Many thanks to Hunter Wasser, Mount Mansfield Union High School (MMU) student and Eagle Scout, for organizing and leading the 11th annual CHMS Variety Show that wowed a full house! This year's performance was a menagerie of talent of all kinds. There were instrumental piano and violin solos, a rock band, solo singers, Broadway show tunes duets, and a group act, and theatrical skits as well. The CHMS Dance Club performed a number of pieces. We were fortunate to have a number of MMU students helping with the show, and the evening was expertly emceed by CHMS students David Slattery and Willem Smith. Congratulations on a job well done!

Artist Mary Lacy has been working with students on a mural for the CHMS entryway. To see this amazing work in progress, visit <https://photos.app.goo.gl/RJMygD8JOzOsFm111>. Another of Ms. Lacy's murals of a rooster may be seen near the Jericho Country Store.

CHMS 7th grade students from the Sequoia and Summit teams released young brook trout into the Huntington River and into Sherman Hollow Brook on Wednesday, June 13. The release was a part of the annual Trout in the Classroom project sponsored and supported by Trout Unlimited. Students received 100 eggs through Trout in the Classroom in early January. Students observed as the eggs developed yolk sacs and grew into alevin, developed into fry, and most recently reached the fingerling stage. Students also engaged in stream monitoring with the UVM Watershed Alliance to understand the chemistry and the biology and the physical characteristics of the watercourse where the Brook Trout would eventually be released. While caring for the fish, students monitored



CHMS 7th grade students from the Sequoia and Summit teams released young brook trout into the Huntington River and into Sherman Hollow Brook on Wednesday, June 13. PHOTO CONTRIBUTED



Artist Mary Lacy, pictured with her helpers at CHMS, has been working with students on a mural for the CHMS entryway. To see this amazing work in progress, visit <https://photos.app.goo.gl/RJMygD8JOzOsFm111>. Another of Ms. Lacy's murals of a rooster may be seen near the Jericho Country Store. PHOTO CONTRIBUTED

the chemistry of the water quality in the tank and followed strict protocols for feeding and care.

On Saturday, June 9, a group of eighth grade students visited the Community College of Vermont in Winooski. At CCV, students attended 20-minute classes and were given a campus tour, an overview of the admission process, and information about the courses offered. They were also informed about CCV's dual enrollment and early college programs, which offer students an opportunity to earn college credits during their senior year in high school. It was a great experience for our young people, and it gave them a chance to start thinking about their future as they move onto MMU next fall.

On Wednesday, June 6, the CHMS Jazz Band and Select Chorus performed on Church Street as part of the Discover Jazz Festival. They had beautiful weather and a good crowd. It was a great way to end a musical year!

Successful culinary and cultural field trips were had by CHMS' French and Spanish students. Spanish students had a great dance lesson with the Salsalina Dance studio in Burlington, where they learned the basic steps to the Merengue, Salsa, and Bachata. Their day ended with a delicious lunch at *Agave* in Williston. French students travelled to *Skinny Pancake* for lunch and in the afternoon had a contra dance caller from the Mad Robin Callers Collective teach students a few traditional French-Canadian contra dances.

Volunteers are needed for this summer in the CHMS community garden. Please consider a one-week commitment to weed, water, and nurture the gardens. Should you have leftovers after splitting home perennials, we are always looking for additions to the CHMS flower beds.

The next meeting of the Mount Mansfield Modified Union School Board is at 6:30 PM on Monday, September 17 at Underhill Central School. The public is invited and encouraged to attend.

Clutter Barn upcoming Tag Sale

To some, "clutter" means a whole bunch of "stuff" no one really has any use for! But at the Clutter Barn, the building adjacent to the United Church of Underhill, "clutter" is a collection of useable/workable items passed on from someone who no longer has any personal use for them. The "clutter" part is when we collect so many of these items that we are pressed to find room for them in our building. This past month, we have gratefully received donations from our generous friends and neighbors and our racks, shelves, tables, storage tents, boxes and bins under the tables, and every nook and corner are overflowing with interesting treasures, just waiting to find new homes.

That is why we are getting ready for our second Tag Sale in this 2018 season, coming right up on Saturday, June 30, from 8:00 AM – 3:00 PM. Our volunteers have been working steadily receiving donations, sorting, pricing, and distributing toys, games, puzzles, knick-knacks, jewelry, dishes, pots and pans, attractive glassware, silverware, small electrical appliances, sports goods, pictures and frames, wood items, office supplies, cosmetics and health items, holiday accessories, fabric, decorative pillows, knitting and sewing supplies, interesting craft projects and supplies, linens, shoes, and ready-to-wear clothing from size infant to adult. This list doesn't include everything! We hope you will stop by and see what surprises are hidden within our clutter.

We continue to receive donations from 8:30 AM – 12:00 PM on all Saturdays – except Tag Sale days – from now until September

15. We are also re-donate to charities and to folks who find themselves temporarily in need of support. Our Mission includes reaching out to others when we are aware of a situation that needs some extra TLC. All profits from our sales are dedicated to in-house and outreach programs sponsored by the Church, and to assist with the expenses of hosting the United Church of Underhill Old Fashioned Harvest Market, a gala event open to young and... um... not so young, and all in between, which takes place on Saturday-Sunday, September 29-30.

We invite all to join with us in the many aspects of this Mission. Contacts: Sharon (899-3572), Kathy (899-3122), Betty (363-8311).

Help – time capsule missing from BRMS

In 1985 (?) a time capsule was buried at the Brown's River Middle School. Attempts have been made in the past several years to find the capsule, but to no avail. If you have any information on its location, please contact Pat Rideout at the school (899-3711) or Scott Tower with the Underhill Historical Society (899-2983). Thank you!

Michele Campbell retires from Saxon Hill School

By Phyl Newbeck
Special to the Mountain Gazette

When Michele Campbell's oldest child was of pre-school age, she began to look around for a suitable facility and in March of 1976 she went to a meeting at Saxon Hill School in Jericho. She left the meeting as the school's new treasurer. Three years later, when her second child started at Saxon Hill, she was named the registrar. Parents began to ask Campbell if the school would be willing to expand and have a program for three-year-old children and when she brought that suggestion to the board she was promptly hired to run a two-day program for that age group. "I was trained as a social worker, not an early childhood educator," Campbell said, "but I fell in love with the school and I've been there ever since."

After running the program for three-year-olds, Campbell was asked to take charge of the three-day program for four-year-olds and then the Kindergarten program. "I moved through the school," she said, "and I learned a lot of things." In 2000, she became the school's director. Campbell's official affiliation with Saxon Hill School will end on Friday, June 29. Her successor Ian Drury started in late May and a farewell party was held on June 1.

Campbell's love affair with Saxon Hill stems from the school's cooperative nature. "The whole idea of a partnership with families is huge," she said, "and that's what has kept us going." Campbell notes that when she started working at Saxon Hill it was known as "the school that moves," having relocated from DeeDee Jameson's Skunk Hollow Road home to several locations including Jericho's Town Hall and the Old Red Mill. The school is currently housed in the Underhill I.D. School next door to Mills Riverside Park. Each time the school moved, parents assisted with the cleaning and painting of the new location. "Families stuck with us," Campbell said. "Saxon Hill is not because of a person but because of families."

Aside from the moves there have been a number of changes at Saxon Hill over the years. As more and more women join the workforce, Saxon Hill has welcomed grandparents and even nannies into their fold. "We've moved from a parent cooperative to a broader family cooperative," Campbell said. "Our core philosophy is deep respect for young children so we've been able to go with the flow." Campbell notes that current brain research supports Saxon Hill's mission of focusing on social and emotional skills. She says that at one point there were three or four other pre-schools in Jericho but Saxon Hill is the only one that still exists. "We want kids to feel positive about what they do and be encouraged to be self-motivated and use self-control," she said.

Campbell credits the involvement of families with keeping the school functioning over the years. "They have to clean the school, pay the bills and raise money," she said, "but the most important role is that they are in the classroom regularly and they see our staff members model how to talk to children." Campbell said that at Saxon Hill, parents don't just feel responsibility for their own children, but for all the children at the school. She said many believe the school made them better parents.

Campbell is tickled to see the children she used to teach as they enroll their children in the school. The same is true for some former students now working as teachers. Saxon Hill sponsors summer camps and many of the counselors went to the school when they were young. All of Saxon Hill's teachers are licensed and while their pay is less than that of a public school teacher, Campbell said it is higher than what they would get at other preschools.

Campbell said her children considered the Saxon Hill School to be the equivalent of a third sibling so even in retirement, she intends to stay connected. She wants to continue advocating for kids and has thought about the possibility of becoming a guardian ad litem. In the meantime, she is looking forward to travelling with her husband who, having been retired for 15 years, has been patiently waiting for her to do the same. This summer they will travel to Alabama to pick up a grandson and bring him to visit their daughter in Alaska. "That will be our first adventure," Campbell said. "I'm certainly not going to lay on the couch and eat bonbons and read romance novels."

Teacher and former Saxon Hill Board President Danielle Raymond said she finds it difficult to put into words what Campbell means to the school. "She is the most influential teacher I have ever known," Campbell said. "The depth of her knowledge concerning the needs of children leaves me starstruck. I see the virtues she has taught to the thousands of children she has worked with now touching the lives of the next generation as they pass from parent to child." Raymond believes Campbell's influence will persist, despite her retirement. "Because Michele has given so much of herself to others, her work will carry on through the hands of every individual who has had the privilege of learning alongside her," she said. "We will miss her so very much."

Huntington Town Office closure June 25

The Town of Huntington Town Office will close at 6:00 PM on Monday, June 25, as the Board of Civil Authority is meeting to hear appeals to the Listers' Grievance. The Town Clerk is the clerk of this group.

COMING EVENTS

Tuesday, June 19

Book talk: Heart Spring Mountain, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Robin MacArthur for a talk on her evocative first novel, in which a young woman returns to her rural Vermont hometown in the wake of a devastating storm to search for her missing mother and unravel a powerful family secret. Robin MacArthur lives and works on the farm where she was born in Vermont. She is the author of *Half Wild: Stories* (winner of the 2017 PEN/New England Award), the editor of *Contemporary Vermont Fiction: An Anthology*, and half of the indie-folk duo *Red Heart the Ticker*. Proceeds from ticket sales go to the VT Foodbank. Tickets \$3 include a coupon for \$5 off a copy of the featured book; coupons expire at closing the evening of the event. Information: www.phoenixbooks.biz or 448-3350. Information: www.phoenixbooks.biz or 448-3350.

Wednesday, June 20

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

Thursday, June 21

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

Roast pork supper, 6:00 PM, Binghamville United Methodist Church, Fletcher. Roast pork, mashed potato, gravy, vegetables, cabbage salad, rolls, pickles, pie for dessert. Adults \$10; kids under 12, \$5. Families welcome. For reservations, call Dennis or Charles, 849-2120.

An evening of poetry featuring Roads Taken: Contemporary Vermont Poetry, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join us for an evening of poetry from Green Writers Press and contributors David Cavanagh, Jean Connor, Chard deNiord, Karin Gottshall, David Huddle, Kerrin McCadden, Elizabeth Powell, and Martha Zweig. While there is no such thing as a particular brand of Vermont poetry, the poems in this volume claim Vermont as their place of origin, bearing witness to the remarkably rich and ongoing legacy of the state's poetic tradition. Proceeds from ticket sales go to the VT Foodbank. Tickets \$3 include a coupon for \$5 off a copy of the featured book; coupons expire at closing the evening of the event. Information: www.phoenixbooks.biz or 448-3350. Information: www.phoenixbooks.biz or 448-3350.

Saturday, June 23

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Sunday, June 24

Veterans Homestead Series: Diversified Farm Systems, Headwaters Farm, Hinesburg. The Veterans Homestead Series is designed to engage the veteran population interested in setting up their own home operation. Workshops will be held at different locations in Chittenden and Addison Counties and will be led by veterans in the field. The series runs through September. Free and open to veterans, their families, and those who work with veterans. For information and to RSVP: 802-377-1214 or wildrootfarmvt@gmail.com.

Early Birder Morning Walk, 7:00 – 9:00 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. An early morning ramble led by experienced birders familiar with Vermont birds. After the walk, have coffee at the viewing window inside the Museum. Most fun for adults and older children. Please wear good walking shoes – early mornings are often damp with dew and boots are a good idea – and bring your binoculars and bug spray/tick repellent. Free; donations welcome. Pre-registration nice but not required – Museum@birdsofvermont.org or 802-434-2167.

Tuesday, June 26

Book talk: Conscious Uncoupling, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join K. Hannah Caterino, M.A., M. Ed., Vermont's only certified Conscious Uncoupling coach, for a presentation on Katherine Woodward Thomas' *Conscious Uncoupling*, the evolutionary personal roadmap that the divorce revolution has been missing. This book provides for readers the how-to of a positive, meaningful transition out of romantic partnership, and the steps and exercises of the process are applicable to all stages and varieties of romantic breakups. Proceeds from ticket sales go to the VT Foodbank. Tickets \$3 include a coupon for \$5 off a copy of the featured book; coupons expire at closing the evening of the event. Information: www.phoenixbooks.biz or 448-3350. Information: www.phoenixbooks.biz or 448-3350.

Nestlings Find Nature: Resourceful Birds, 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Kids discover birds through stories and investigative play. Outside, we observe birds in flight or preening, calling and singing, building and foraging. We mimic their adaptations using nature's tools, and explore the ways birds use air, soil, rocks, and water to engineer solutions to the challenges of being a bird. We will create sounds, mold and build with mud, grind seeds, and paddle in puddles.

Indoors, we'll examine art from the 2018 *Common Grounds art show*. For Pre-K to first graders; great for homeschoolers; parents and siblings welcome. Included with Museum admission. Pre-registration optional – Museum@birdsofvermont.org or 802-434-2167.

Wednesday, June 27

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

Saturday, June 30

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

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

Wednesday, July 4

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Saturday, July 7

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Tuesday, July 10

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Wednesday, July 11

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Saturday, July 14

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

Sunday, July 15

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

Wednesday, July 18

Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2

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Wednesday, July 25

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

Wednesday, August 1

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

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Wednesday, August 8

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

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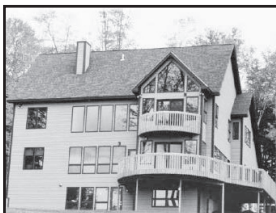
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COMMUNITY COLUMNS

Uncle Herb

By Doug Boardman
Special to the Mountain Gazette

Dad had six sisters and four brothers. Some of them were more notable than others for various reasons. Uncle Herb was Dad's oldest brother and was big, tough, and just plain mean. I didn't have many contacts with Uncle Herb because he was never invited to our house but he came anyway once in a while. Most of my experiences with him were painful. I remember most of the really painful ones. He came to visit us when I was seven years old. My Dad had gone over to the neighbors to help them with their lawnmower so he wasn't home when Uncle Herb came. It seems that Uncle Herb had his double barrel shotgun 10 gauge with him and asked me if I'd like to shoot it. Of course, I said yes. At that age I wasn't scared of anything or anyone except my father. Uncle Herb set up an old soda can on top of our shallow well out in the field and handed me the shotgun, cocked it and told me to see if I could hit the can and be sure to pull both triggers at once. I did hit the can and the wood it was sitting on but I got blown back about 20 feet in the air and had tremendous pain in my shoulder and it was months to get rid of the black and blue on my shoulder. Uncle Herb was laughing so hard, slapping me on the other shoulder and telling me I made a great shot and would become a great hunter. I was still stunned by the force of the shotgun but I was thinking I never wanted to fire a gun again. I amused my Uncle Herb but my father was pissed off when he heard about it and disinvited his brother again from coming to our house.

Uncle Herb just laughed and came back whenever he wanted to and we always were not glad to see him. He liked to wrestle with my father when he came and he used to let my father win for a while but in the end he would always win because my Dad would lose his breath. Dad had typhoid fever as a kid and hay fever so had a hard time breathing sometimes. Uncle Herb was so tough, he would pull his own teeth out and he would develop a few brown spots on his face, so he went to a dermatologist and watched what she did and after that he never went again. He used to burn off the spots himself with sulfuric acid or something like that. He was what you would call a con man or wheeler-dealer and would make a buck on one scheme or another. Years ago he forged my father's signature on the title to my Dad's car and turned the car in for a newer one. My dad was pissed when he got home but Uncle Herb said that they would share the new car but as usual he had the car most of the time.

He lived with my folks for a while when he was younger but my mother told him to get lost because he was supposed to pay rent but he never did and on top of that he was eating them out of house and home. Mom kicked him out and he went down to Dad and said that Mom had kicked him out and Dad said if she told you to go, you best go. Uncle Herb was not the best liked brother or uncle and finally he moved to Sedona. He was pretty sly and slippery but before he died, he had my father in his will. Dad told the executor that he wanted no part of Herb or his will. A few years later, my Dad told me he should have kept his name on the will, not that he wanted anything, he just wanted to know how much money Herb had. He didn't have much to do with banks and did most of his business with cash or bartering. Rumor has it that what money he had saved he put into gold bars. Early on he married a wonderful woman who stuck with him for years. We all liked her but no one ever figured out why she stuck with him. In the olden days, women stuck with their husbands no matter what. Some of the husbands were drunks but Uncle Herb was just meaner than a junkyard dog.

Loving the summer sun without getting burned

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

With summer upon us, parents are hot to ask me about sun protection for their children. Let me see if I have any bright ideas on this topic.

First, it is important to remember that there is no such thing as a healthy suntan. A tan cannot protect you from the sun's damaging ultraviolet radiation. That radiation penetrates and damages any color of skin from light to dark.

One blistering sunburn on a child's sensitive skin will double their risk of getting skin cancer as an adult. The good news? Using sunscreens can reduce skin damage and the risk of skin cancer by 80%.

Infants under six months should never be in the sun due to their thin sensitive skin. Shield them from the sun's ultraviolet light using a sunshade on strollers or an umbrella on the beach. Hats, t-shirts, and even infant sunglasses are a must as well.

Speaking of sunglasses, the risk of retina damage from the sun's rays is greatest in children under 10 years old. That damage, unfortunately, is not apparent until adulthood. Sunglasses for infants and children should be ones that block out the ultraviolet light to protect those eyes.

Make sure your child knows that sunscreen is a requirement and not an option. Use a waterproof or sweat-resistant broad-spectrum sunscreen on all shades of skin, whether dark or light. Make sure that sunscreen has a sun protection factor or SPF of 30 to 50. There is no data showing an advantage to having an SPF over 50.

Apply sunscreen generously to your child. This means applying it every 1.5 to 2 hours. Start 30 minutes before going out into the sun or after swimming or sweating a lot.

The American Academy of Pediatrics and the American Academy of Dermatology Sunscreens have recently approved sunscreen for use in infants. The recommendation is to put it on their exposed faces and the backs of their hands. This is in a situation where they're otherwise clothed and in the shade. I still say infants should not be out in the sun, even with sunscreen on.

Another good idea is to do your outdoor activities before 10:00 AM in the morning or after 4:00 PM in the afternoon. That's when the sun's rays are not at their brightest.

If a sunburn occurs, ease the pain with acetaminophen, cool compresses, and aloe vera lotion or gel. These can reduce the redness and take the sting out of the burn.

Of course, it is much easier to prevent a burn than to treat it. Hopefully tips like these will bring rays of hope to you when protecting your child's skin from the sun's dangers.

Lewis First, MD, is chief of Pediatrics at UVM Children's Hospital and chair of the Department of Pediatrics at the Robert Larner, M.D. College of Medicine at UVM

An amphibian remembrance

By Sue Kusserow
Special to the Mountain Gazette

I am walking to the pond with the dogs snuffling and bouncing beside me. Every now and then they play warrior, charging in great leaps after some unknown assailant. Only their tails show above the unknown field of dog bane and ferns.

Our pond is small, dug out of a swamp about 50 years ago by Marcel LeGrand, who used to drop the drag line in the seeping water, splashing the kids with mud, to their shrieking delight. When it filled and held (thanks to a coating of bentonite) I poured buckets of sand at the shallow end as tiny beach for my small daughter, and put a float at the deep end for her brothers. It still holds, and has a thick layer of mud, which indicates entropy at work. Pickerel weed decorates the shallows; the deep end is now lined with spruce, cedar, pine, all planted and watered at a time when I seemed to have all the energy in the world. A pleasantly-obese larch drinks water from its favored position, dipping into its self-created summer shadows and abandoning its yellow needles every fall, the only conifer to do so.

Lucy hits the water first and comes dripping back, mouthing a stick she found, which needs to be thrown in again... and again... and... Luna, the older lab, digs around the edges, occasionally becoming intrigued enough by an underwater ripple to poke her nose under water. Then she comes out, sniffing and sneezing, and sits down beside me, with a look that says: "Well, that's enough for an elderly dog for one day!" The pond smooths over, and between the wrinkle of branches, a small breeze hits a huddled family of poplars which reflects in the water like small jewels of lapis lazuli. I hobble down a little path, much less worn than in the days when kids splashed and yelled in this tiny country playground. I had, years ago, rolled a block of wood... great for sitting and watching my two-year-old pat the ripples as they floated onto her bare body. I could dangle my feet and watch the lightning moves of dragonflies and the zigzag of water beetles. Now she is fifty years beyond those summer days. And I find the block of wood has endured all it is going to, and collapses beneath me. Oh well, as long as I'm this far into the muck, I might as well find something of interest: a small stick to throw to Lucy, a rock with streaks of quartz, an underwater ripple. And wonder of wonders, there it is... a bright orange wiggly red eft. I scoop it up and hold it cupped in my hand. Like its family of salamanders/amphibians, it loves warmth and settles into my hand and stops squirming. Red efts are also called newts, due to a middle English tweaking of both names onto a single creature. The green-brown newts are born in water; they leave the water in the spring and find shelter in the wet slurrp of leaf mold and rotting logs for one to three years, their bright orange color a warning to birds of a noxious inedible skin. They return to the water as dull green-brown for the rest of their lives.

I sit for a while longer as it sleeps in my hand. And I remember a path that led past a vernal pool, into the green budding trees, heavy with left-over rain drops. I remember how many of these tiny things I have collected to sit in my hand for a while. I am grateful that these old stiff hands can still warm small things into relaxation. These legs are no longer able to walk deep into the dripping woods, but I can remember. It is amazing how such a small thing can communicate through many years and bring back such curiosity. When we are ready, we make use of what is right in front of us, leading us on... or back... to wider remembrances.

"Learn how to see. Realize that everything connects with everything else." Da Vinci

I find a small watery pile of weeds with the perfect amount of mud for holding this tiny thing. It does a red eft version of a stretch and wiggles out of my hand. I call the dogs. We both shake of the chill waters of a June day, and go home.



Stop by the studio of Mount Mansfield Community Television, 35 West Main St., Richmond and view Underhill photographer/archivist Tim Durbrow, whose work is on display at MMCTV through Saturday, September 1. You can also view his great shots (which are for sale) during our office hours.

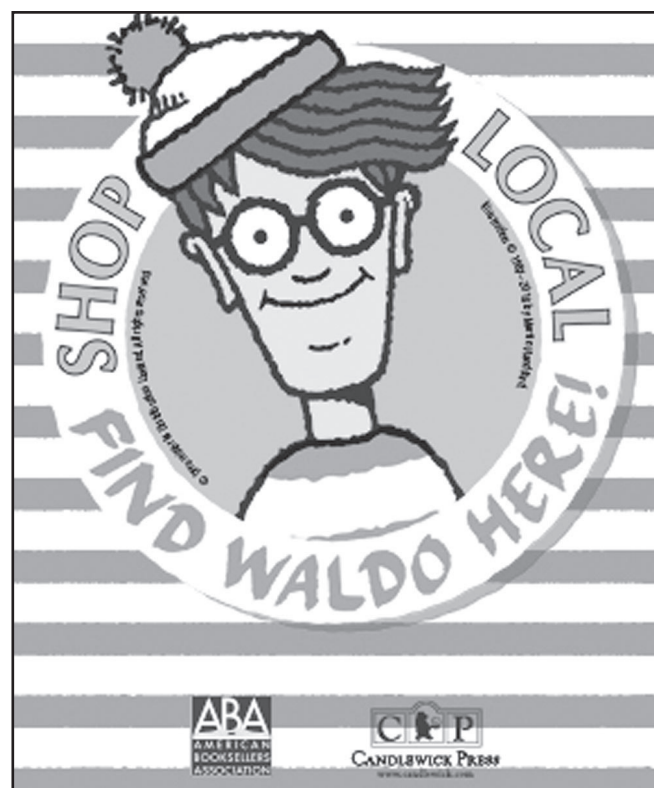
PHOTO BY TIM DURBROW

Jericho Country Garden Tour 2018 sponsored by the Community Center in Jericho

Saturday, July 28 from 9:00 AM - 3:00 PM, ticket holders will enjoy a complementary garden tea and self-guided tour of seven gardens. The theme will feature "Pollinators in the Garden." John Hayden, Pollinator Conservationist and Organic Fruit Farmer, will conduct a "Pollinator Pooza and Safari" at the Community Center in Jericho. Tickets, \$20, can be purchased at the Jericho Center Country Store, Old Mill Craft Shop, and Victory Gardens in Jericho.



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Find Waldo in Essex this summer
Where's Waldo? In Essex, of course. The famous children's book character in the striped shirt and black-rimmed specs is visiting over a dozen local businesses throughout Essex this July. Those who spot him can win prizes - and get entered into our grand prize drawing! Find Waldo is a fun summer vacation activity, and a wonderful way for residents and visitors to get to know some great local businesses. Free! For information contact Phoenix Books Essex, 2 Carmichael St., Essex: www.phoenixbooks.biz or 872-711. PHOTO CONTRIBUTED

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

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Send your news to mtgazette@earthlink.net, www.mtngazettevt.com

Area Worship Services

COVENANT COMMUNITY CHURCH
"Come As You Are"
1 Whitcomb Meadows Lane, Essex, VT 05452
(across from John Leos on Route 15)
Pastor: Rev. Jeannette Conner
email: cccpastorjeannette@gmail.com
Phone: (802) 879-4313
facebook: <https://www.facebook.com/Covenant-Community-Church-125345080830320>
Adult Bible Class: Sunday 9:00 AM
Worship Service: Sunday 10:00 AM
Fellowship: immediately after service
Child care (infant through pre-K) is provided during the worship service

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

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Health programs and classes at Northwestern Medical Center

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JUNE 2018

Walk With a Doc – Tuesday, June 26, 5:30 – 6:30 PM, Collins Perley Sports and Fitness Complex, St. Albans. Free. Join Northwestern Medical Center's Lifestyle Medicine as we partner with *Walk with a Doc*, a national non-profit organization bringing community members and healthcare providers together. We will meet each Tuesday evening, through July 31 (except July 3). Meet in front of the Complex for a brief health-related discussion before heading out to the walking path with the guest provider of the week. Community members and their families are welcome. No registration required. Please contact Cristine Griffing, ATC (cgriffing@nmcinc.org or 802-524-8969) with questions or if you would like to be a guest provider for future *Walk with a Doc* events. June 26: Dr. Laura Bellstrom, NMC Pediatrics.

Diabetes Management Program – Wednesdays, June 20, 27, July 4, 11, 18, 25, August 1, 12:30 – 3:00 PM, NCSS, Mable Conference Room. Diabetes can cause serious health problems like heart disease, blindness, and kidney failure. Through the Diabetes Self-Management Program you can get the support you need to better manage your diabetes and prevent these serious problems. This is a small group workshop for people with type 2 diabetes, run by specially trained leaders. People completing the program report big improvements such as eating better, feeling less depressed, and having a better relationship with their doctors. Participants meet once a week for six weeks. Free. For information, contact Deana Chase, 802-370-5626.

Movement for Parkinson's Disease – Friday, June 22, 10:00 – 11:00 AM, Homestead at Pillsbury Manor. Offered for people with Parkinson's disease and their care partners, this dance class is designed to engage participants' minds and bodies through many styles of dance, while exploring stretching, muscle strengthening, postural stability, and rhythm through instruction and energizing music. The class is offered in a relaxed social environment that emphasizes enjoyment, fun and creativity, with an eye towards connecting with the community. No dance experience required. Free; donation appreciated. Registration/information: contact Sarah, 802-881-9673 or saramcm28@gmail.com or Patty, patricarugg18@comcast.net.

JULY 2018

Diabetes and You – Mondays, July 2-30, 4:00 – 6:00 PM, NMC Conference Center, Franklin Room. Pre-Registration required; contact Deborah Robertson, 524-1031. Fee: NMC will bill your insurance for the course fee. Scholarships available. No one will be turned away for lack of ability to pay. Join us at this self-management educational series for people with diabetes and their families, proven to help people improve control of this disease. Learn how to keep diabetes from controlling your life and improve your blood sugar control to feel better and delay or prevent complications.

Walk With a Doc – Tuesdays, July 10, 17, 24, 31, 5:30 – 6:30 PM, Collins Perley Sports and Fitness Complex, St. Albans. Free. Join Northwestern Medical Center's Lifestyle Medicine as we partner with *Walk with a Doc*, a national non-profit organization bringing community members and healthcare providers together. We will meet each Tuesday evening, through July 31 (except July 3). Meet in front of the Complex for a brief health-related discussion before heading out to the walking path with the guest provider of the week. Community members and their families are welcome. No registration required. Please contact Cristine Griffing, ATC (cgriffing@nmcinc.org or 802-524-8969) with questions or if you would like to be a guest provider for future *Walk with a Doc* events. July 10: Dr. Judy Fingergut, Medical Director, NMC Primary Care. July 17: Katja Von Sitas, PA-C of NMC's Women's Health. July 24: Dr. Toby Sadkin, St. Albans Primary Care. July 31: Dr. Elisabeth Fontaine, Medical Director, NMC's Lifestyle Medicine and RiseVT.

Vermont Quit Partners Fresh Start Tobacco Cessation Class – Tuesdays, July 10-31, 4:30 – 5:30 PM, Lifestyle Medicine Clinic, Cobblestone Building, Suite 202. Pre-registration required; to sign up for a session call Chari, 524-8480. Free. Join others for this 4-session series to help you *successfully* quit smoking. Sessions include: understanding why you have an addiction and how to quit; mastering the first few days, mastering obstacles; and staying quit and enjoying it forever. As a Vermont resident, you can get free patches, gum and lozenges.

Living Strong in Vermont Program (Light Strength Training), Tuesdays and Thursdays, July 10-September 27, 4:00 – 5:00 PM, Hawk's Nest Senior Housing, Community Room, St. Albans. Pre-registration: call Lynne Marie, 868-3748 to register or for more info. Free. This strength training course has been designed for those over the age of 40 to reduce the effects of osteoporosis, but participants of all ages are welcome. After age 40, we begin to lose a half-pound of muscle mass each year. By age 65, an inactive person has lost as much as one third of their muscle mass leading to frailty and increased risk of osteoporosis. Strength training can rebuild lost muscle and strength, while increasing bone density. Through a series of simple chair based or standing weight-bearing exercises, you will build bone and muscle strength. This is not an aerobics fitness program. Participants must have had a physical exam in the past year and will need their physician's approval to participate. Please feel free to

come to a class before signing up.

Heart Healthy Classes – Nutrition – Wednesday, July 11, 10:30 – 11:00 AM, Cobblestone Health Commons Cardiac Rehab Gym. To register, call 524-8849. Free. This class discusses nutrition and meal planning guidelines to promote behavioral change for weight, cholesterol and blood pressure management. Led by registered dietitian Danielle Esenler.

Breastfeeding and You – Thursday, July 12, 6:00 – 7:30 PM, NMC Family Birth Center Conference Room. To register, call 524-7971. Free. Welcome to the Department of Health's FREE Breastfeeding Prep Class for you, family members, and other moms-to-be to plan for breastfeeding your newborn in the first month of life. Personalize your breastfeeding plan, line up your support, go over the basics, ask questions and get real-life answers. You can do it, WIC can help!

Movement for Parkinson's Disease – Friday, July 20, 10:00 – 11:00 AM, Homestead at Pillsbury Manor. Offered for people with Parkinson's disease and their care partners, this dance class is designed to engage participants' minds and bodies through many styles of dance, while exploring stretching, muscle strengthening, postural stability, and rhythm through instruction and energizing music. The class is offered in a relaxed social environment that emphasizes enjoyment, fun and creativity, with an eye towards connecting with the community. No dance experience required. Free; donation appreciated. Registration/information: contact Sarah, 802-881-9673 or saramcm28@gmail.com or Patty, patricarugg18@comcast.net.

ONGOING

Brain Injury Support Group – third Thursday of each month, 5:30 – 6:30 PM, NMC Conference Center, Grand Isle Room. Meet other people in similar situations, share the hardships and accomplishments, gain valuable emotional support, obtain information, and discuss a variety of brain injury topics. Anyone touched by brain injury (traumatic or acquired) can attend: survivors, caregivers, friends, and family. All are welcome at our support group. Free; no registration required. For information contact Jess Leal, 877-856-1772.

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

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

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

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

Healing Circle Women's Cancer Support Group: first Tuesday of every month, 4:30 PM socialize, 5:00 – 6:30 PM meeting, Northwestern Medical Center Conference Franklin Room. Pre-registration required; free. A self-help cancer support group for women of all ages and lifestyles who have cancer. At our monthly meetings, we share information, offer each other support and comfort, and learn new things from speakers. We extend an invitation to any woman who has cancer, whether you are newly diagnosed or a long term survivor. Please call 802-524-8479 with any questions or to RSVP (not required).

Have You Lost a Loved One to Suicide? Second Thursday of every month, 6:00 – 7:30 PM, Northwestern Medical Center's Grand Isle Room. Pre-registration required; free. If the answer to the question is "yes," please consider attending a free, confidential group that meets monthly in St. Albans. Everyone in the group, including its facilitators, has had someone close to them take their life and knows how devastating that experience can be. You can just come and listen to others share what they are going through and how they are coping or you can share your own story. The choice is always yours to do what feels best to you. For more information on dates, times, and location or to answer any questions you may have call Tony, 802-393-6503.

Chronic Disease Support Group Workshops: Various times and locations. Pre-registration required; contact Deana Chase, LICSW, 802-370-5626. Free. Are you or someone you know living with a chronic health condition? Then the Healthier Living Workshop is for you! Learn to feel better by learning how to deal with frustration, fatigue, and pain, manage symptoms and medications, and improve strength and flexibility. Each session is 2½ hours once a week, for six weeks.

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

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

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

NMC continued on page 5

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EXCEPTIONAL CARE. COMMUNITY FOCUSED.

You can't shock a flatline: how Hollywood misinforms public

By Tessa Roy

If you turn on your TV today and scan the channels you won't have to search for long before stumbling upon a medical show. Whether it's a dramatic hospital scene in your favorite daytime soap opera or a thrilling medical emergency on *House* or *Grey's Anatomy*, the medical field has a growing presence in Hollywood. Unfortunately, portraying things realistically isn't always as exciting as show runners want it to be. This means that scenarios played out on television are far more dramatic and far less accurate than the scenarios that play out in real ambulances and hospitals around the country every day. When Hollywood inaccurately portrays the big things, the life and death things, it can come back to haunt real doctors, nurses, and EMTs. Two big areas where Hollywood stretches the truth, and science, are CPR and the use of defibrillators.

Hollywood makes it seem like CPR is successful far more often than it is. Unless the show wants the patient to die in order to drive the plot, they tend to make a full recovery after CPR. The statistics for real life CPR aren't nearly as impressive as the statistics for Hollywood CPR. As of 2016, out-of-hospital cardiac arrests had a 12% survival rate, while an in-hospital cardiac arrest was double that, at 24%. Meanwhile, on television shows CPR is successful about 67% of the time.

Hollywood also takes some creative liberties when it comes to portraying the use of defibrillators. Defibrillators are used to correct confused electrical signals in the heart. There are two shockable rhythms. The first is ventricular fibrillation, which is when the ventricles, the two lower chambers of the heart, quiver erratically. The second shockable rhythm is ventricular tachycardia, which is when the ventricles beat so quickly they can't refill with enough blood to adequately supply the body. Hollywood prefers to show patients in asystole, those without any sort of electrical activity in the heart, being shocked back to life with an AED. The human heart isn't like a car battery and shocking it won't make it start again. While the sound of a flatline may spur the doctors and nurses on TV to grab their paddles, in real life it signals the need for CPR and medications.

Why does it matter what Hollywood is showing on TV? Medical dramas draw large numbers of viewers and some of those viewers may believe that what these shows portray is medically accurate. When people see defibrillators used on flatlines, and when they see CPR with successful outcomes the majority of the time, they believe that it is an accurate representation of what happens in the real world. So when they have a loved one who undergoes CPR or defibrillation, they may not understand why it doesn't turn out like it does on television. They'll be upset that their loved one died, or came back with complications, and they may blame the medical providers.

While a 12% survival rate for out-of-hospital cardiac arrests may seem low, please don't let it discourage you from signing up for CPR classes. Patients are more likely to survive a cardiac arrest if CPR begins quickly and is performed properly. It never hurts to sign up for a class and learn the skills that may help you save a life one day.

As always, if you're interested in joining Essex Rescue please contact Colleen Nesto at 878-4859 ext. 4.

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

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

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

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

Foot Clinics: various times and locations. Pre-registration required. Call Franklin County Home Health Agency, 802-527-7531 to schedule. Fee: \$20. Regular care of your feet can prevent problems. If you are an elderly and/or disabled person who is unable to do your own foot care, please consider attending a Foot Clinic. Franklin County Home Health Agency offers monthly Foot Clinics throughout the year in St. Albans, Swanton, Franklin, East Fairfield, and Enosburg.

Who's Your Person, What's Your Plan? (End of Life Planning): We plan for all life's milestones – marriage, birth, retirement. But few of us have plans in place for our end of life. And none of us can plan for the unexpected. Do you know who you want to speak for you and make medical decisions for you when you can't do this for yourself? Everyone 18 years and older should have a Health Care Agent – your person to speak on your behalf. By completing an advance directive you can provide this information to your family and physician. Start this conversation with your family before you are in a health crisis. Information and materials to help facilitate your conversation are available at <http://www.fchha.org/healthcareagent/> as well as www.startheconversationvt.org. You can also call Franklin County Home Health Agency to learn more about completing an advance directive. We are also available to speak to community groups. Start the Conversation today. It's a gift.

ART / MUSIC / THEATER



Come celebrate Christmas in July with the Chandler Center for the Arts in Randolph! Since 1999, approximately 100 youth from the region have participated each year in Chandler's 4th of July youth musical, presenting fully-staged productions of popular Broadway musicals. This year the Chandler musical celebrates its 20th anniversary with four performances of Irving Berlin's classic *White Christmas*. The romantic leads are the focus of the movie but the stage adaptation also features a big ensemble with plenty of show numbers such as *Happy Holiday*, *Snow*, and *The Best Things Happen While You're Dancing*. Rehearsals begin after school ends, and two and a half weeks later are four performances sure to delight all audiences. Tickets can be reserved in person or by calling the box office at 802-728-6464 weekdays between 12:00 – 4:00 PM.

PHOTO CONTRIBUTED

ART/PHOTOGRAPHY

Emile A Gruppe Gallery in Jericho presents *Luminous Landscapes of Vermont*, painted by Julie J. McGowan and photographed by Mary Claire Carroll, both artists from Richmond. The show will be held through Sunday, July 15. *Luminism* is an American landscape painting style of the 1850s-1870s, characterized by effects of light in landscapes, through using aerial perspective, and concealing visible brushstrokes. This exhibit, founded on a representational view of Vermont's landscapes, brings together scenes from a naturalistic photographer and a disciple of the Hudson River School and luminism, using the 19th century palette and techniques to create a vision of Vermont. An artist talk by Julie McGowan titled *The Hudson River School and Me* will be presented on Sunday, June 24 from 1:00 – 2:30 PM. Julie will discuss the primary painters of the Hudson River School in a slide presentation and will conclude with a discussion of the techniques that define these paintings. Emile A Gruppe Gallery, 22 Barber Farm Rd., Jericho; open 10:00 AM – 3:00 PM Thursday-Sunday or by appointment; 899-3211, <http://emilegruppegallery.com>.

Bryan Memorial Gallery presents its 2018 Legacy Collection, through Sunday, June 24 and featuring 20 living artists whose works continue the legacy of Alden Bryan, founder of the gallery, and Mary Bryan, in whose honor the gallery was founded. The yearly event includes artists who have won the prior year's Alden Bryan Medal and artists whose work has found particular favor with the gallery's guests, as evidenced through sales. This spring the works by these artists will be installed throughout the Main and East Galleries, the largest display of the Legacy Collection since its inception ten years ago. All of the work in The 2018 Legacy Collection is for sale. The Collection includes watercolors, oils, acrylics, photographs, pastels, and mixed media artworks. A preview of the exhibit can be seen at www.bryangallery.org. Bryan Memorial Gallery is open daily, Thursday-Sunday, 11:00 AM – 4:00 PM and by appointment. Free admission. Bryan Memorial Gallery, 180 Main St., Jeffersonville; 802-644-5100; www.bryangallery.org.

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

At the Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington through Wednesday, October 31, the *Common Grounds* 2018 Community Art Show – art in recognition of 100 years of the

Eat organic!

By Mary Kintner

There are major benefits of eating organically raised foods (produce, meat, fish, and poultry). Organic food is raised without the use of harmful pesticides, herbicides, hormones, antibiotics, genetic modification, or radiation. Pesticides and herbicides pollute the air, alter the soil structure, and disturb aquatic balance (they are involved in algae blooms in the lake, for example). Consuming food that has been treated with pesticides and herbicides is linked to multiple health problems including neurological problems, flu-like symptoms, and even cancer. Scrubbing and peeling produce does not remove all risk, and can reduce nutritional benefits.

Hormones and antibiotics are regularly used to fatten non-organically raised animals. Over time when a person consumes these animals, the result can be a disruption in the person's natural hormonal balance causing infertility, increased risk of breast and prostate cancers. Consuming antibiotics in our foods can cause an imbalance of normal healthy flora in the person's digestive tract, which can cause diarrhea, constipation, and decreased immunity. More antibiotics are used in the "production" of animals for food than are prescribed for controlling infection in humans! This contributes to bacteria's success in becoming resistant to the antibiotics that once controlled them.

In addition, organic foods are not radiated or genetically modified while conventional foods may be (notification is not required on labeling). The health benefits and risks of radiation and genetic modification are still not completely known.

Organic foods also contain more nutrients than conventionally raised foods. Vitamin, mineral, and phytonutrient benefits are significantly higher in organically raised foods. While it is often true that conventionally raised foods are less expensive dollar wise, factoring in the health and environmental costs makes organic the less expensive choice. Getting sick is the most expensive thing you can do.

For the overall health of the environment, the plants, the animals, and the consumer, organically produced foods are the real value. I say, "eat organic!"

Doctor Mary Kintner is a Chiropractor and nutritional consultant practicing on VT Rt. 15 in Underhill Flats

Migratory Bird Treaty Act and its conservation consequences. In 1918, the U.S. Congress put into place the Migratory Bird Treaty Act, one of the first laws setting limits on what we could and could not do specifically with respect to migratory birds. Since then, we've asked new questions, discovered new ramifications, and come to new understandings about what the work of conservation entails. In order for the Migratory Bird Treaty Act to be successful, people have to work together across geographic, political, socioeconomic, and ecological boundaries. We need to find – or create – common ground. Experience over 40 bird-focused artworks connecting the themes of commonality, conservation, migration, and coordination among peoples, species, places, and time. Included with Museum admission. For information, Museum@birdsofvermont.org or 802-434-2167.

Nicole Czapinski explores illusions within perception and the complexity of consciousness at Burlington City Arts in the exhibit *forever, a little ghost* with a public opening reception on Friday, June 29, 6:00 – 8:00 PM. Her work is comprised of framed shapes "drawn" with colored thread that appear suspended in space. Czapinski will be the first artist featured as part of Project Vermont – a new series dedicated to experimentation by providing a setting for contemporary Vermont artists to push their artistic practice while creating new work. The exhibition will be on display through Sunday, August 5. On Friday, June 29, *Crystal Wagner: Traverse* opens an exhibit that transforms organic and biomorphic designs into colorful prints, sculptures, and sprawling installations of bursting colors and organic forms in two and three dimensions – in BCA's first floor gallery. Opening reception June 29, 6:00 – 8:00 PM. On Saturday, June 23 at 5:30 PM, BCA will hold a live art auction featuring work by Ansel Adams, Lance Richbourg, Dusty Boynton, Misoo Fila, and others, with proceeds to benefit BCA's scholarship program. \$50 per person; to preview live auction items or place bids on silent auction items, www.burlingtoncityarts.org. Burlington City Arts, 135 Church St., Burlington.

Shelburne Museum presents a grand opening for *Playing Cowboy* on Saturday, June 23, 4:00 PM at the Pizzagalli Center for Arts and Education, Colgate Gallery. Join Dr. Louis Warren, W. Turrentine, Jackson professor of Western U.S. History at UC-Davis for a presentation on his book *Buffalo Bill's America: William Cody and the Wild West*. Exhibition curator Kory Rogers will lead a tour of the special exhibition following the presentation. Also: *In the Garden* at the Pizzagalli Center for Arts and Education, Murphy Gallery, through Sunday, August 26. Eighty percent of Earth's plants produce eye-catching, fragrant flowers to attract insects, which in turn act as pollinators. Over millennia, these symbiotic relationships have resulted in the evolution of an endless array of colors and shapes of both flowers and insects. Featuring fine art, textiles, jewelry, and the bodies of actual insects, this exhibition explores the various ways flowers and bugs have captivated artists' imaginations over the last five centuries. Featuring works by Marie Zimmermann, Jennifer Angus, James C. Sharp, and more. Shelburne Museum, 6000 Shelburne Rd. (U.S. Rt. 7), Shelburne; information: 802-985-3346 or www.shelburnemuseum.org.

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

At Helen Day Art Center running through Saturday, August 25, *Reclamation* will feature contemporary figurative woman artists painting women from their perspective, reclaiming and transforming the way women are portrayed. Helen Day Art Center, 90 Pond St., Stowe; www.helenday.com; 802-253-8358. The gallery is open Tuesday-Saturday, 10:00 AM – 5:00 PM and by appointment.

Works of *plein air* landscape artist Donna Bourne, who recently relocated to Studio 266 in Burlington after 30 years in Santa Cruz, CA, will be featured at Shelburne Vineyard through Saturday, June 30. Her work will hang at the Shelburne Vineyard Tasting Room, 6308 Shelburne Rd., Shelburne, open every day, 11:00 AM – 5:00 PM through April, and 11:00 AM – 6:00 PM. For more information, 802-985-8222 or see www.ShelburneVineyard.com or www.DonnaBourneArt.com.

The Milton Artists' Guild offers workshops and events at their Art Center & Gallery, 199 U.S. Rt. 7 South, Milton. Every first and third Monday of the month, 6:15 – 8:00 PM: Live Model Mondays, \$15. Wednesday, June 6, 6:00 – 8:00 PM: Celtic Visions Star Pendant; Thursday, June 7, 6:00 – 7:30 PM: Blogging Boot Camp (basic training); Thursday, June 14, 6:00 – 7:30 PM: Blogging Boot Camp (advanced training); Thursday, June 21, 6:00 – 9:00 PM: Asymmetrical Silver Cuff. For more information including cost or to register, go online to miltonartistsguild.org/workshops or contact MAGVTWorkshops@gmail.com

MUSIC

The Cathedral Church of St. Paul in Burlington presents a series of free (donations appreciated) *Tuesday noon series* concerts. Tuesday, June 12: *Syrinx*, conducted by Glen Sproul, presents *Syrinx Catches the Spirit*, an a cappella choral music including new arrangements of African-American songs and classic Broadway tunes. Tuesday, August 21: Lake Champlain Chamber Music Festival artists offer *Bach in Church*. Bring a bag lunch; coffee and tea are provided. The Cathedral Church of St. Paul, 2 Cherry St., Burlington is at the corner of Battery and Cheery Streets, with entry on Cherry St. Parking, \$4 per hour in the Cathedral lot (free with handicap plates or tags), or two hours free in the Lakeview City Garage across Cherry St. (enter next to Hotel Vermont). Tickets are sold at the door.

The Burlington Chamber Orchestra presents its eleventh season performances. General admission is \$30 adults and \$10 students (with identification). Season tickets are \$120 for adults and \$40 for students. For more information go to www.bcovt.org, or contact Sharon Radtke, 802-893-4082 or bco@bcovt.org.

Summer concerts at Shelburne Museum – each summer, the museum becomes an idyllic spot for musicians and music lovers. Higher Ground and evenko present Ben & Jerry's Concerts on the Green: Friday, July 13: *Dispatch* with Raye Zaragoza; Saturday, July 21: *Guster* with the CT Symphony Orchestra and *Madaila*; Sunday, July 22: *Old Crow Medicine Show*; Wednesday, August 1: *Good Vibes* with Jason Mraz (sold out); Thursday, August 2: Sylvan Esso. For tickets: <https://www.highergroundmusic.com>.

COLLEGE GRADUATES

Rosemary Barrows of Westford, VT graduated from the University of New Hampshire, Durham, NH with a Bachelor of Arts in Psychology.

Marina Bowie of Jericho, VT graduated magna cum laude from the University of New Hampshire, Durham, NH with a Bachelor of Arts in Economics: Public Policy & Sustainability.

Jack Colelli of Jericho, VT graduated magna cum laude with a Bachelor of Science degree in Quantitative Economics from Tufts University, Medford/Somerville, MA.

Emma Collins of Jeffersonville, VT has graduated cum laude from Elmira College, Elmira, NY.

Callan Gravel-Pucillo of Jericho, VT graduated with a Bachelor of Science degree in Biopsychology from Tufts University, Medford/Somerville, MA.

Lauren Irish of Westford, VT graduated summa cum laude from the University of New Hampshire, Durham, NH with a Bachelor of Arts in Psychology.

Saega Robinson of Underhill, VT graduated summa cum laude from the University of New Hampshire, Durham, NH with a Bachelor of Arts in Psychology.

COLLEGE NEWS

Nicholas Adams of Jericho, VT, a senior majoring in mathematics and physics, was named to the spring 2018 Dean's List at Clarkson University, Potsdam, NY.

Peter Vincent Barbagallo of Jericho, VT has been named to the spring 2018 Dean's List at the University of Rhode Island, Kingston, RI.

Kira Clokey of Jeffersonville, VT has been named to the spring 2018 Dean's List at Becker College, Worcester, MA. Clokey is pursuing a Bachelor of Science degree in Nursing.

Jack Colelli of Jericho, VT was named to the spring 2018 Dean's List at Tufts University, Medford/Somerville, MA.

Alex Cummings of Jeffersonville, VT, a sophomore majoring in mechanical engineering, was named to the spring 2018 Dean's List at Clarkson University, Potsdam, NY.

Samantha Day of Jericho, VT has been named to the spring 2018 President's List at the State University of New York, Potsdam, NY. Day's major is Music Education.

Jamie Duke won the Outstanding Senior in Geography Award presented during the College of Arts and Sciences Awards Ceremony at the University of Vermont, Burlington, VT on Friday, May 18, 2018. The award is given to the top senior geography major(s) based on academic performance and commitment to the field of geography.

Nathan Franzeim of Waterbury, VT has been named to the spring 2018 Dean's List at Castleton University, Castleton, VT.

Flynn Genadio-Allen of Jeffersonville, VT, a senior majoring in civil engineering, was named to the spring 2018 Dean's List at Clarkson University, Potsdam, NY.

Laniah Harris of Westford, VT has been named to the spring 2018 Dean's List at Hofstra University, Hempstead, NY.

William Harris of Jeffersonville, VT, a junior majoring in mechanical engineering, was named a Presidential Scholar for spring 2018 at Clarkson University, Potsdam, NY.

Kathryn Hogan of Cambridge, VT has been named to the spring 2018 Dean's List at Castleton University, Castleton, VT.

Shudder Hurd-Burnell of Waterbury, VT has been named to the spring 2018 Dean's List at Castleton University, Castleton, VT.

Katelyn Ireland of Waterbury, VT has been named to the spring 2018 Dean's List at Castleton University, Castleton, VT.

Charles Isvak of Waterbury, VT has been named to the spring 2018 Dean's List at Castleton University, Castleton, VT.

Jacob Lamoureux of Jericho, VT has been named to the spring 2018 Dean's List at the University of Hartford, West Hartford, CT.

Adam Lamson of Waterbury, VT has been named to the spring 2018 Dean's List at Castleton University, Castleton, VT.

Allison Lane of Underhill, VT has been named to the spring 2018 Dean's List at Castleton University, Castleton, VT.

Ekaterina Langlois of Cambridge, VT has been named to the spring 2018 President's List at the State University of New York, Canton, NY. Langlois' major is Physical Therapist Assistant.

Derek Lautenschlager of Jericho, VT has been named to the spring 2018 Dean's List at Castleton University, Castleton, VT.

Rylee LeBourveau of Jericho, VT, a freshman majoring in business studies, was named to the spring 2018 Dean's List at Clarkson University, Potsdam, NY.

Victoria Rosales of Jericho, VT has been named to the spring 2018 President's List at the State University of New York, Potsdam, NY. Rosales' major is Music Education.

Nathan Schwartz of Jericho, VT has been named to the spring 2018 Dean's List at Hofstra University, Hempstead, NY.

Rachel Schwartz of Waterbury, VT has been named to the spring 2018 President's List at the State University of New York, Potsdam, NY. Day's major is Music Business.

Grayden Shand of Jericho, VT, a senior majoring in innovation and entrepreneurship, was named a Presidential Scholar for spring 2018 at Clarkson University, Potsdam, NY.

Kurtis Swahn of Jericho, VT has been named to the spring 2018 Dean's List at Castleton University, Castleton, VT.

Jacob Wechsler, of Jericho VT, has been named to the spring 2018 Dean's List at Roger Williams University, Bristol, RI.

Morgan Alexander Wynes of Jeffersonville, VT has been named to the spring 2018 Dean's List at the University of Rhode Island, Kingston, RI.

Ellyze Zelazny of Underhill, VT has been named to the spring 2018 Dean's List at Castleton University, Castleton, VT.

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY

Edible Food Tour – Wednesday, June 27, 6:30 PM. Come back in time with us, in the comfort of the library, as the Burlington Edible History Tour connects the history of Burlington's early ethnic groups to their food traditions, when farm to table was a way of life. During this virtual journey, you'll hear about such topics as the first recorded food carts on Main Street in Burlington; grapevines growing in Italian and Lebanese backyards; an Irish meat company that supported a German sausage maker who desperately needed a sponsor to get through Ellis Island; and the Chinese chef who became famous for his St. Patrick's Day celebration. Our presenters will be Gail Rosenberg and Carolyn Connor. Gail is co-founder, with Elise Guyette, of the Burlington Edible History Tour. Carolyn Connor is returning as a tour guide for her fourth season.

On Monday, July 2, Jericho Town Library and DRML will participate in *Reading Frederick Douglass* as we celebrate the Fourth of July. We invite all to read and/or listen to this speech on the Jericho Center Green at 6:30 PM on July 2. This Vermont Humanities Council-sponsored event is a communal reading of Frederick Douglass's fiery 1852 speech, *The Meaning of the Fourth of July to the Negro*. By our hosting such events during the celebration of this nation's independence – its freedom from Great Britain and its tyranny – we invite thought and discussion about race and citizenship now, more than a century and a half later. The shared reading will be followed by discussion and light refreshments. Members of the community are invited to take part in the communal reading. We hope to have many participants, both young and old and hope that many will join us, as readers or as listeners. The text of this speech, as well as accompanying materials, is available online at the Vermont Humanities Council website, www.vermonthumanities.org. DRML and Jericho Town Library join the Vermont Humanities Council in this statewide effort.

For Children and Families

VINS Presents *Screech and Hoot: The Science of Bird Communication*, on Tuesday, June 19, 3:30 – 4:15 PM. We'll practice identifying raptors by their calls, learn what these vocalizations might mean, and how they are made. This program is suitable for ages 4 and up. No registration required.

Movie Afternoon, Thursday, June 21, 1:00 PM. Watch the musical *Annie* – free popcorn and lemonade! No registration required.

Make Your Own Rain Sticks DROP-IN, Friday, June 22, 10:00 AM – 12:00 PM. We have all the supplies to make and decorate a rain stick you can take home. For ages 6+. No registration required. Library hours: Tuesday 12:00 – 8:00 PM, Wednesday 10:00 AM – 6:00 PM, Thursday 12:00 – 8:00 PM, Friday 10:00 AM – 6:00 PM, Saturday 10:00 AM – 2:00 PM, Sunday 1:00 – 4:00 PM; closed Monday.

For information on any of the library's programs, call 899-4962. DRML is located at 8 River Rd., Jericho; www.drml.org.

JERICHO TOWN LIBRARY

Circle Time, Wednesday, June 20, 10:30 – 11:30 AM. Recommended ages: 0-5 years. Join storyteller and musician Katie Coons for this dynamic interactive hour of movement, song, play, rhyming games, craft, and snack.

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

Maggie Wolf Bench Dedication Friday, June 22, 4:00 – 5:00 PM. Celebrate the life and writings of Vermont author Maggie Wolf as the Jericho Town Library dedicates a commemorative bench in her honor. Wolf was the author of 12 books about life in Vermont, including *Anything Can Happen in Vermont* and *Isn't Pushing Ninety Exercise Enough?*

Writers' Circle, Saturdays, June 23, 10:00 – 11:00 AM. Are you a writer seeking community? Join JTL's new, bi-monthly Writers' Circle! All genres welcome. Coffee, tea, and encouraging company provided.

Transition Town Jericho, Monday, June 25, 5:30 – 7:30 PM. The transition town movement is about building resiliency in our towns and communities to confront peak oil, climate change, and the numerous other issues we are facing. RepairCafes, skill-sharing, local currencies are just a few manifestations of transition movements; how it manifests itself in Jericho is up to you and me, the people who live here.

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

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

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

VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE

Weekly Crafting Circle, Mondays, 5:00 – 7:00 PM. Come and enjoy fiber and fabric with craft novices, as well as folks who have enjoyed handwork arts for their lifetimes! Have a project you're already working on? Bring it in and share your expertise and enthusiasm.

Crescendo Club Library Association – Do you have two hours a month to spare for a great opportunity? The Crescendo Club Library Association is seeking community members interested in helping the library anticipate and meet the needs of all we serve and to promote lifelong learning for everyone. Please let us know if you would like to be an active supporter and member of this organization that has worked to help the community for almost 120 years. Meets on the third Thursday of the month, 7:00 – 8:00 PM. The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; thevarnum@gmail.com; www.varnumlibrary.org. Hours: Mondays and Tuesdays 12:00 – 7:00 PM, Wednesdays 3:00 – 7:00 PM, Thursdays 9:00 AM – 7:00 PM, Fridays 2:00 – 5:00 PM, and Saturdays 10:00 AM – 3:00 PM. Closed Sundays.

WESTFORD PUBLIC LIBRARY

Early Literacy Storytime, for ages birth to preschool, Thursdays, 11:00 AM. Several stories around a theme, and a theme-based craft. All ages and levels of attention are encouraged to come. Don't worry if they fidget – they are still getting a lot out of it! Library Hours: Wednesday 1:00 – 7:00 PM, Thursday 10:00 AM – 7:00 PM, Friday 1:00 – 7:00 PM, Saturday 10:00 AM – 2:00 PM; website www.westfordpubliclibrary.wordpress.com; email westfordpubliclibrary@gmail.com. Like us on Facebook. 878-5639, Bree Drapa, Librarian.

RICHMOND LIBRARY

Richmond Reads: The Vermont Humanities Council is pleased to announce that the Vermont Reads book for 2018 is *Bread and Roses, Too* by Katherine Paterson, a novel of historical fiction that

tells the story of the 1912 "Bread and Roses" strike in the Lawrence, MA textile mills through the eyes of an Italian-American girl and a runaway boy. The Library has free copies of the book to distribute.

New Playaways: Thank you to the Friends of the Richmond Free Library for funding the purchase of eighteen new youth titles on Playaway. If you are not familiar with this device, it is an all-in-one audio player simple enough for small children to use. Our growing youth collection contains titles appropriate for a range of ages from six to sixteen. We also have Playaways for adults!

Weekly Children's Programs

No one ever regrets taking their child to storytime. We offer three weekly programs for young children. Choose the one that's right for your child and schedule. While the programs are planned with the ages listed in mind, older and younger children are always welcome. No registration is required.

Baby Laptime: This short storytime is for babies ages 0-24 months and their grownups. We will share the magic of stories, songs, rhymes, bounces, and fingerplays designed to introduce these youngest children to color, sounds, fine motor skills, and body movement. Join the fun on Mondays at 10:30 AM.

Storytime and Playgroup: For children age infant-5. Introduce your child to many new friends and to the wonderful world of books on Wednesdays. Music begins at 10:00 AM followed by stories and then free play until noon.

Early Bird Math Storytime: This storytime is for children ages 2-5. We will explore numbers, shapes, patterns, and sets through books, songs, rhymes, and games. This fun, interactive storytime happens in the community room. Join us on the first three Fridays of the month at 11:00 AM.

Yoga Storytime: Children ages 2-5 can join us for yoga storytime. We'll enjoy thoughtful books and engage our bodies with active movement. Join us on the fourth Friday of the month at 11:00 AM.

Open Monday and Wednesday, 10:00 AM – 8:00 PM; Tuesday and Thursday, 1:00 – 6:00 PM; Friday, 10:00 AM – 6:00 PM; Saturday, 10:00 AM – 2:00 PM.

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

DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON

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

Summer Reading Programs for Children and Teens: "Libraries Rock!" started Monday, June 4. Register for the Summer Reading Challenge and win free books and raffle tickets. Keep track of the amount of time you spend reading, including books, magazines, and audio books. (Williston/St. George residents).

Preschool Music: Mondays, 11:00 AM and Thursdays, 10:30 AM. Up to age 5 with a caregiver. No pre-registration. Limit one session per week per family.

Bike & Pet Parade followed by Big Insane Games! Saturday, June 23, 10:30 AM. Dress up your pet, bike, scooter, and anything else that goes for our annual summer kickoff parade, followed by crazy outdoor games presented by Big Blue Trunk. Sign up for "Libraries Rock!" summer reading program. Rain location Allen Brook School Gym.

Summer Story Time: Tuesdays at 10:30 AM, June 26-July 31 (except July 3). Includes a simple craft activity. All ages.

Offsite Program: Geology Hike: Thursday, June 28, 5:30 – 7:00 PM. Guided tour of Five Tree Hill, Williston. Meet at 5:15 PM at Williston Town Offices rear parking lot (7878 Williston Rd.) to carpool (recommended!) or 5:30 PM at the trailhead parking lot on Sunset Hill Rd. All ages.

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

FAIRFAX COMMUNITY LIBRARY

All events are free unless noted. Pre-registration encouraged. www.fairfaxvtlibrary.org, 802-849-2420. Call or email libraryprograms@fwsu.org.

Youth Events

Thursday, June 21, 6:30 – 7:30 PM: Family STEAM Night: Star Wars Science. Join us for this great family program, where each month parents and children visit stations with Science, Technology, Engineering, Art, and/or Math (STEAM) activities. This month our theme is *Star Wars Science*. Make galaxy dough, free characters from "carbonite" ice, build droids, and more. Please register.

Thursday, June 28, 6:00 – 7:30 PM: Summer Reading Kick-Off with Backpack Theater. This troupe of youth actors and actresses will put on a double performance of *The Princess and the Pea* and *Country Mouse City Mouse*. This performance will mark the start of our six-week Summer Reading program. All ages. Registration not required.

Monday, July 2, 11:00 AM – 12:00 PM: Make-a-Marching Band. Kids ages 4+ make musical instruments that can be played while marching. Participants are encouraged to join the library in the Independence Day Parade on the 4th with their instruments, but are not required to. Please register.

Tuesdays, July 3, 9:30 – 10:30 AM: Preschool Story Hour: Let's Make Some Noise. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for Story Hour.

Tuesday, July 10, 9:30 – 10:30 AM: Preschool Story Hour: Music with Caitlin. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for Story Hour.

Tuesdays, July 10, 17, and 24, 6:00 – 7:30 PM: Young Producers Workshop. A hands-on introduction into the world of television. Children ages 7-10 will have fun learning about the equipment used to make television programming, and will complete a short library-themed project. The project produced in this workshop will be provided to the children and the library on DVD, as well as run on LCATV and streamed from the LCATV website. May attend one or all. Must register.


Saturday, July 14, 10:00 – 11:00 AM: Exordium Presents: Reed Pipes with Mr. K, everyone's favorite science teacher, who shows kids how to make a musical instrument out of wild reeds. All ages. Please register.

Tuesday, July 17, 9:30 – 10:30 AM: Preschool Story Hour: Animal Songs. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for Story Hour.

Saturday, July 21, 10:00 – 10:30 AM: Lap Time Story Time. This new storytime is geared for the littlest listeners. If your child is still on the lap, then come and enjoy this sweet story time with great board books, songs, and finger plays. It's also a great opportunity to meet other new parents. No registration required.

Wednesday, July 18, 11:00 AM – 12:00 PM: Make a Mic and Sing Along. Kids age 4+ make a toy microphone and have a sing along to well-known kids songs. Please register.

Library News continued on page 12



Our Community Cares Camp

*Building a Caring Community
Where Every Child Can Find Success*

**In July, 2017 OCCC:
Fed 6800 meals to 392 children
Hosted 121 campers
at a Free Enrichment Camp
Provided job training for 24 teens**

**CELEBRATING
10 YEARS
OF SERVICE!**

Your contribution makes this possible. Invest in our youth.
Feed them in the summer and give them tools to be successful in life.
Please send your tax-deductible donation today or donate online.
OCCC, P. O. Box 503, Richmond, VT 05477

Become a monthly supporter!

www.ourcommunitycarescamp.org
www.facebook.com/occcvt



2018 SENIOR CLASS MOUNT MANSFIELD UNION HIGH SCHOOL



Anderson, Zada



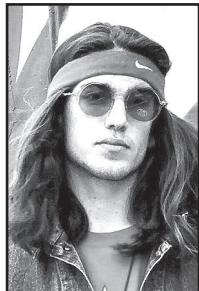
Austin, Benjamin



Barkyoub, Naomi



Barnes, Taylor



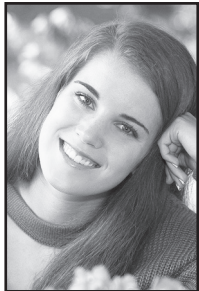
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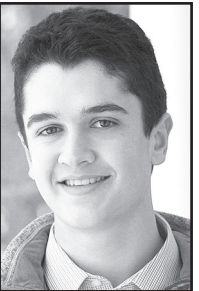
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Bauman, Abigail



Beliveau-Gale, Devyn



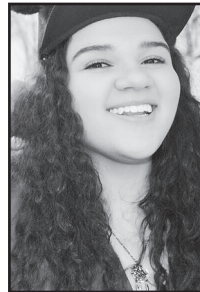
Bender, Samuel



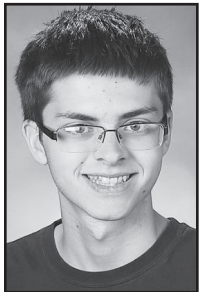
Berry, Samuel



Blix, Justinus



Bolduc, Angelina



Bolton, Luke



Booska, Alexis



Brent, Lydia



Burnett, Amelia



Butler, Grace



Carlo, Willoughby



Carter, Abigail



Chapman, Samantha



Christiana, Peter



Claghorn, Patrick



Clark, Chloe



Cleary, Finnegan



Coffey, Jacob



Coffin, Anna



Cook, Cleo



Cook, Matthew



Cota, Mason



Crain-Limoge, Gabriel



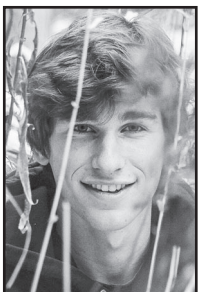
Crawford, Jacob



Cross, Courtney



Cruz, Victoria



Daigle, Jacob



Danis, Paige



Danwihl, Frida

We wish you success
in all that you do!
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Congratulations MMU Class of 2018!
The teachers and staff of the Green Mountain National Education Association
wish you the best as you move on to the next chapter of life.
It has been our pleasure to work with you!

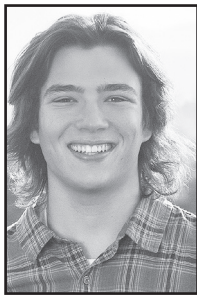
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Davis, Jacob



Day, Alexandra



DeBay, Abigail



Demuyck, Evan



DeRuyck, Justine



Devaux, Alexandra



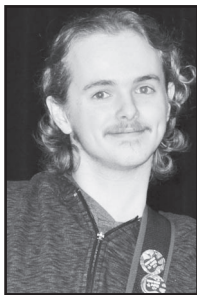
Devereux, Eleanor



Deyo, Caleb



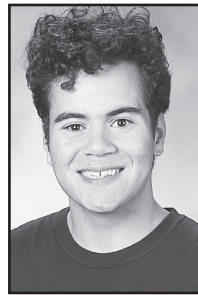
Dix, William



Doner, Finn



Douglas-Hughes, Skye



Ducharme, Xavier



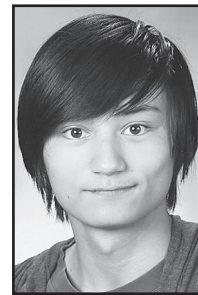
Erickson, Griffin



Eriksson, Max



Evans, Brandon



Fagnant, Jack



Fausel, Jacob



Fischer, Adam



Fischer, Dylan



Forsyth, Emma



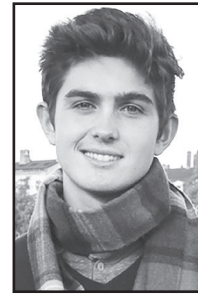
Frieza, Tyler



Fuller, Hayden



Gilbert, Michael



Gilbert-Barker, Wyatt



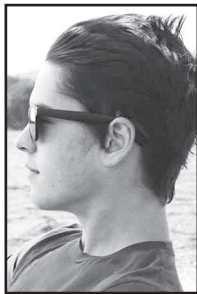
Goetze, Ella



Gordon, Shawna



Graff, Konrad



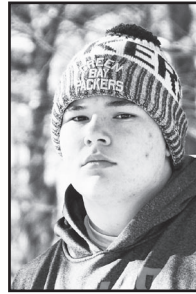
Granda, Nicolas



Grant, Nathaniel



Gunnell, Reid



Hallock, Syllas



Hamilton, Rowan



Harrington, Melanie



Harvey, Alyssa



Haupt, Sadie



Haviland, Marie

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Herridge, Breanna



Horner, Samuel



Hurst, Colton



Ide, Charlotte



Jarvis, Chelsea



Jiron, Benjamin



Johnson, Ross



Jordan, Helen



Kane, Timothy



Kaspruk, Connor



Keating, Lukas



Keefe, Aislin



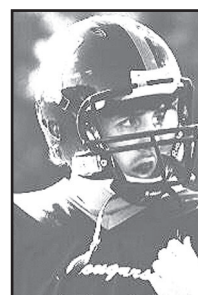
Killian, Elise



Kindt, Hannah



King, Ella



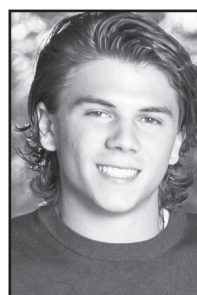
Kunze, Tristen



Kuonen, Gabriela



LaBounty, Trent



LaMonda, Phoenix



Lamoureux, Aurora



Layton, Chelsea



Leach, Emma



Loggins, Hannah



Luitjens, Ryan



Maeder, Mason



Malmgren, Linden



Malone-Wolfsun, Georgia



Manning, Fionn



Martinsson, Elin



McCann, Conor



McCormack, Emilie



Meffert, Madeline



Mesa, Sean



Miller, Siera



Mincar, Kira



Mohn, Natalie



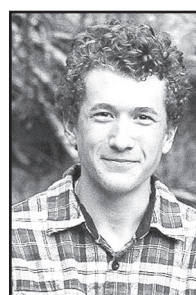
Monachino, Olivia



Moran, Ursula



Morris, David



Mutolo, Benjamin



Muttillainen, Tyler



Nelson, Liam



Nichols, Thayer



Nickerson, Jane



Noble, Clara

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Thurs. 8:30-8 Fri. 11-5
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Essex Jct., VT 05452
allabouthairvt.com

2018 SENIOR CLASS MOUNT MANSFIELD UNION HIGH SCHOOL



Nolan, Kira



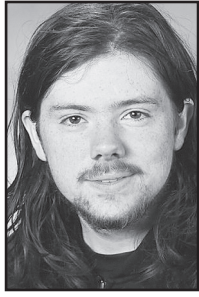
Noonan, Caroline



Northrop, Alayna



Norway, Loudon



Oates, Julian



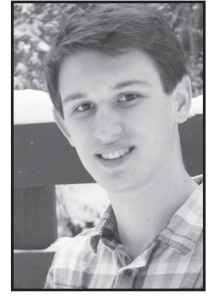
Ogilvie, Eli



Paffen, Tanner



Parent, Lindsey



Pilo, Stephan



Pelland, Jordan



Phelan, Leonard



Pilo, Stefan



Pless, Isabel



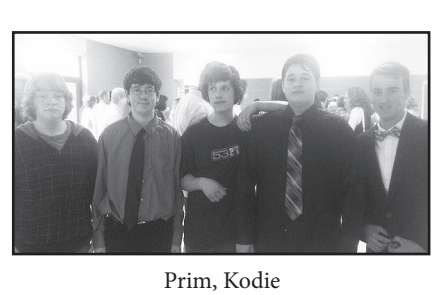
Pontius, Grace



Poor, Ethan



Popeleski, Shawn



Prim, Kodie



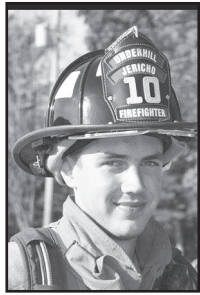
Provencher, Yvette



Racine, Maggie



Rackliff, Rachel



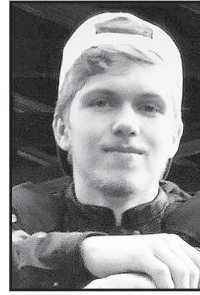
Reinfurt, Christopher



Reinhardt, Zachary



Rettew, Jackson



Roberts, Charles



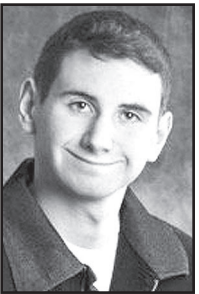
Rogers, Alaina



Rosen, Ashley



Rostad, Bram



Rougier, Jakob



Roy, Randi



Ruegsegger, Rachel



Russell, Thorfan



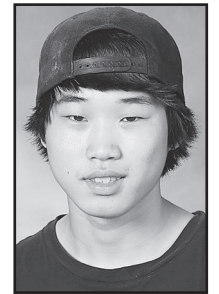
Sander, Ethan



Scherber, Kaitlin



Schindler, Maxwell



Sequeira, Zachary

Hats off to the Class of 2018

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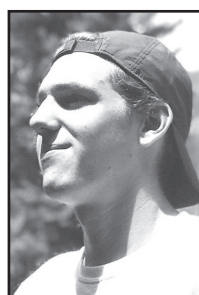
GRADUATES

CLASS OF 2018

Best Wishes from the staff at the

MOUNTAIN GAZETTE

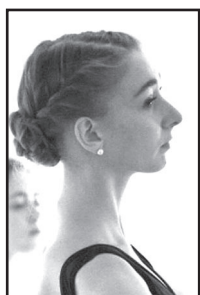
2018 SENIOR CLASS MOUNT MANSFIELD UNION HIGH SCHOOL



Sibley, Matthew



Souza, Marcello



Spensley, Julia



Springer, Joshua



Sulva, Kathleen



Surprenant, Thomas



Symanowicz, Elijah



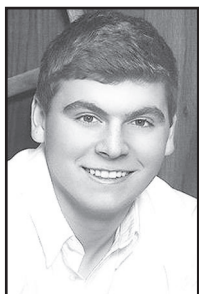
Thompson, Maygan



Thompson, Patrick



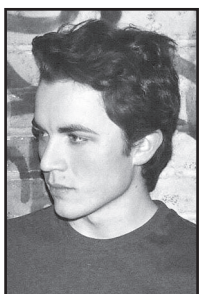
Thompson, Sawyer



Thurgate, Kyle



Tice, Ryan



Trudeau, Nathaniel



Trumper, Christine



Tucker, Lillian



Turner, Hunter



Tynion, Fiona



Ward, Lindsay



Werner, Elizabeth



Whalon, James



Wheel, Alexis



Whitney, Samantha



Willett, Perry



Williams, Jacob



Witham, Ryan



Wright, Joanna



Wright, Kyle



York, Elizabeth



Young, Christopher



Youngman, Dezirae

"In the summer, the days were long, stretching into each other. Out of school, everything was on pause and yet happening at the same time, this collection of weeks when anything was possible."

*Sarah Dessen,
Along for the Ride*



**Best Wishes to all
of the MMUHS
Graduates**

**"I know of no more encouraging fact
than the unquestionable ability of man
to elevate his life
by the conscious endeavors."**

- Henry David Thoreau

Congratulations Class of 2018

Best to each of you on your conscious endeavors.

- Dr. Farrell, family, and staff

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United Way of Northwest Vermont – Volunteer Connection Listings

By Sue Alenick, United Way Volunteer Columnist

LEND A HAND. VOLUNTEER! United Way of Northwest Vermont's mobile-friendly Volunteer Connection connects you to hundreds of local volunteer needs. Search by age, date, county, interests or causes that are important to you. Stay connected to community needs. Go to www.unitedwaynwvt.galaxydigital.com or contact us at volctr@unitedwaynwvt.org or 860-1677.

LOVE TO SHOP? – Cathedral Square is looking for a volunteer with a car to shop with a visually challenged senior who wants to get out and do some fun shopping! Contact Beth Alpert, 859-8819 or alpert@cathedralsquare.org.

GLEANNING – Healthy Roots Collaborative has just the activity for volunteers who like to get their hands dirt and give back to the community. Gleaners reduce food waste by capturing surplus produce from local farms so it can be distributed to charitable food sites throughout Franklin and Grand Isle Counties. Tuesdays 9:00 AM – 12:00 PM, July-September. Volunteer drivers are also needed to deliver the produce to regional food shelves from storage sites in South Hero and Jeffersonville. Delivery routes take about an hour and a half. Contact Hanna Baxter, 524-8947 or healthyrootsgleans@gmail.com.

ON THE FARM – Vermont Youth Conservation Corps provides area youth with employment, leadership, and agricultural skills by growing produce on their beautiful 400-acre farm in Richmond and donating it to more than 400 families. Volunteers are needed on Tuesdays and Wednesdays to harvest, wash, and pack the vegetables throughout the growing season. Individuals and groups are welcome for full or half-days. Contact Ruby Bertola, 434-3969, Ext. 211, or volunteer@vycc.org.

MENTOR! MENTOR! – Connecting Youth Mentoring serves young people in grades 5-12 who want some extra adult attention in their lives. Mentors and mentees spend a regularly scheduled hour together each week at middle schools in Shelburne, Williston, Hinesburg, and Charlotte and four or more hours a month in the community with CVU High School students. Training and support provided. Background check required. Minimum one-year commitment. Contact Christine Lloyd-Newberry, 985-1931 or cnewberry@cvsdvt.org.

TAKE IT IN – Green Mountain Habitat ReStore is in need of volunteers to help process donations. Tasks include unloading incoming goods, cleaning, testing, sorting and/or pricing items, and doing some research when needed. Flexible weekday and weekend scheduling. Contact Allison DeVoe, 318-7533 or adevoe@vermonthabitat.org.

SURPLUS CROPS – Salvation Farms invites volunteers to process and pack bulk quantities of produce and prepare it for distribution through the charitable food system. Flexible scheduling. Contact Theresa Snow, 888-4360 or theresa@salvationfarms.org.

LIGHT IT UP! – ReSOURCE is in need of a volunteer in its Building Materials Store to sort, display, and organize their lighting supplies. Tasks include maintaining the presentation of hanging light fixtures, organizing shelves of light bulbs and electrical supplies, etc. Flexible scheduling. Contact Carly Gilligan, 658-4143, Ext. 352, or volunteer@resourcevt.org.

BE A BUDDY – City of Winooski is seeking Tech Buddies to help seniors navigate technology through hands-on teaching and assistance. A group opportunity for teen techies! Contact Aphaia Lambert-Harper, 655-6410, Ext. 12, or volunteer@winooski.vt.gov.

Library News continued from page 6

Tuesday, July 24, 9:30 – 10:30 AM: Preschool Story Hour: Colors, shapes, and fun. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for Story Hour.

Wednesday, July 25, 11:00 AM – 12:00 PM: Make a Percussion Instrument. Kids age 4+ make percussion instruments and play together in a drum circle to explore rhythm and cooperation. Please register.

Saturday, July 28, 10:00 – 11:00 AM: Musical Chairs Tournament. Participants will compete for awesome prizes in this all ages tournament. We will have different circles for each age group (under 6, 7-12, and teen/adult). Weather permitting, we will be outside on the middle school lawn, otherwise we will meet in one of the BFA-Fairfax gyms. Bring your competitive self and your willingness to laugh! Please register.

Tuesday, July 31, 9:30 – 10:30 AM: Preschool Story Hour: Music with Caitlin. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for Story Hour.

Adult Events

Saturday, June 23, 10:00 – 11:30 AM: Vermont Humanities Council presents: *A Genealogy of Happiness* by William Edelglass. This program will begin with an overview of different conceptions of happiness in Western philosophy, religion, and political theory. The discussion will then turn to the numerous claims about what makes us happy based on the results of “the new science of happiness and will conclude by reflecting on the findings of positive psychology in the context of the history of the idea of happiness.

Tuesday, June 26, 5:30 – 7:30 PM: Tea and Bristles. Perfect for all skill levels, Julie Griffiths leads this painting class through step-by-step instructions to create a masterpiece. This month's piece will be a painting of a the sunset. Recommended ages 16+. Cost is \$25 for materials and snacks. Must register.

Saturday, June 30, 10:00 AM – 12:00 PM: Board Game Café. Enjoy some free coffee or tea and baked goods from Eastman's while spending the morning playing board games with old and new friends. Check out some of the library's collection of over 120 games, including some brand new ones, or bring a favorite from home to teach others.

Saturday, July 14, 9:00 – 11:00 AM: Tech Help. Get help with individual tech questions. You can ask any technological question and/or bring in a device with which you need help. You will be ably assisted by our techie, Josiah. Call to reserve a half hour time slot, or drop in.

Thursday, July 19, 6:00 – 7:30 PM: Financial Issues of Divorce. If divorce was easy, you wouldn't be wondering if you are making the right financial decisions. Financial professional Jo Ann Thibault will take you through the financial world of divorce and help address questions so you can make the best financial decision in the end. Please register.

Friday, July 27, 6:30 – 8:00 PM: Community Coffee House. Musicians, poets, and artists of all ages are welcome to showcase



Janet Bachand Chadwick, 84, of Jericho, VT died Sunday, June 3, 2018 at University of Vermont Medical Center, Burlington, VT unexpectedly, surrounded by her family. Janet was born on August 9, 1933 in St. Albans, VT, the daughter of Harold and Florence Guay Bachand. Janet graduated from BFA St. Albans class of 1951. Janet was married to her loving husband Raymond for 67 amazing years. Janet was an accomplished author of many self-sufficient books. She will always be remembered by her family and friends for her contagious smile and laughter. Her children will

remember her for her wealth of intelligence, sense of humor, her caring hands and heart. We always looked to her for guidance and she was always there. Janet was the most amazing cook, carpenter, farmer, and most of all wife and mother. Janet is survived by her loving husband Raymond Chadwick; her children Karen and Robert Goodrich Sr., Gary Chadwick, David Chadwick, Mary and Robert Lefcourt, Kimberly and Gary Smith; grandchildren Jennifer Lanzetta, Robert Goodrich Jr., Eric Goodrich, Eliza Chadwick, Raymond Chadwick, Peter Lefcourt, Adam Lefcourt, Steven Lefcourt, Melissa Lefcourt, Ryan Smith, and Danielle Bishop; great-grandchildren Damien Miles, Arlo Lefcourt, Jessup Lefcourt, Karlie Smith; her brother, sisters, and spouses Ronald Bachand, Connie and Robert Mahaney, Chris Pignona and sister-in-law Virginia Bachand; and by many nieces and nephews. Janet was predeceased by her son Steven Chadwick; her parents Florence and Harold Bachand; her brothers Gerald Bachand and David Bachand; and sister-in-law and best friend Renee Bachand. There will be no calling hours. A Mass of Christian Burial was said on Friday, June 8, 2018 at St. Pius X Catholic Church, 20 Jericho Rd., Essex Center, VT. Burial will take place at a later time. Ready Funeral Home Mountain View Chapel, 68 Pinecrest Dr., Essex Junction, VT is handling the arrangements. Please visit www.readyfuneral.com to place online condolences. In lieu of flowers, donations can be made in her honor to Camp Ta Kum Ta, South Hero, VT. The family would like to thank the staff at UVMMC for the care and

compassion for our mother and family during this difficult time.



Henry "Mike" Peter Tarrier, 74, passed away at his home in Westford, VT on Tuesday, June 12, 2018. He was born on August 11, 1943, in Colchester, VT, son of the late Henry Burke and Cecile (Couture) Tarrier. Mike loved the United States and was proud to be in the U.S. Army National Guard: he served his country during both the Vietnam War and Desert Storm, and retired after 31 years of uniformed service. He married the former Sandra Keenan on August 26, 1967, in Burlington, VT. He was a committed family man who could often be found reading

anything from military and mystery stories to spy novels. Mike also loved his John Deere tractors, and above all else his family, especially taking care of them. Mike was a strong and loving husband, father, and grandfather who will be truly missed by all those who knew and loved him. He is survived by his loving wife of 50 years, Sandra Tarrier of Westford; his two daughters, Mary Kleppinger and husband Eric of Virginia, and Amy Thibault and husband Jason of Winooski, VT; his two brothers, David Tarrier and wife Tesh of Oklahoma, and Phillip Tarrier and wife Donna of Fletcher, VT; three nieces, Angela Blouin and husband Arthur, Shannon Ayotte and husband Jeremy, and Carolyn Tarrier; two nephews, Curtis Tarrier and wife Elizabeth, and Nicholas Tarrier and fiancé Erin Marcelino; four grandchildren, Naomi Flemings, Monica Tarrier, David Kleppinger, and Sarah Kleppinger; and many cousins and friends. He was predeceased by his brothers Richard and Gregory Tarrier. Per Mike's wishes there will be no visiting hours held. A graveside memorial service with military honors was held on Monday June 18, 2018 in Plains Cemetery, Westford, VT. A reception followed at the American Legion Hall at U.S. Rt. 7 and VT Rt. 2A in Colchester, VT. Memorial contributions in Mike's memory may be made to Fairfax Rescue, P.O. Box 228, Fairfax, VT 05454. The family also invites you to share your memories and condolences by visiting www.awrfh.com.

LETTER TO THE EDITOR

Sirotkin announces reelection bid for VT Senate

Dear Fellow Chittenden County Residents,

I am pleased to announce I will again be running for re-election to the Vermont Senate representing Chittenden County.

Serving as one of your six Chittenden County Senators is a true honor and privilege. I also consider it a great responsibility.

Prior to being appointed to the Senate in early 2014 to fill the seat of my late and dear wife, Senator Sally Fox, I had worked for several decades in the Statehouse advocating for populist causes of many environmental groups, seniors, children, working Vermonters, and consumers.

I was proud to be elected to the Senate in my own right later in 2014 and then re-elected in 2016. In 2018, I had the distinct honor of being appointed by my Senate peers to chair the important Senate Economic Development, Housing and General Affairs Committee.

Some of the key issues I took a leadership role in 2018 since becoming chair include:

- paid maternity and family leave
- eliminating fees charged for credit freezes following data breaches (Equifax)

- universal background checks on firearm sales
- net neutrality protections
- first in nation oversight of data brokers (who collect and sell your private data)
- \$15 minimum wage by 2024
- nation-leading sexual harassment law and prohibiting disclosure of salary history to address equal pay for equal work
- ensuring buyer's consent for annual renewals of subscriptions and memberships

Please visit my website, sirotkinforsenate.com, for additional information about my campaign and work over the past five years. Please do not hesitate to contact me at any time at 860-6428 or email me at sirotkin.senate@gmail.com if you have any questions or concerns.

Finally, it is hard to believe that while the General Assembly is still in special session, early voting for the August primaries will begin in a matter of days. If you would like to vote by mail, please call your town clerk or email me at sirotkin.senate@gmail.com to have ballot mailed to your home.

Senator Michael Sirotkin, Chittenden District Chair, Economic Development Housing and General Affairs Committee

their talents at this fun community event. We will have free coffee and refreshments! To sign up for a performance slot, call the library or email Nicole at libraryprograms@fwsu.org. Additional slots may be available the night of, but not guaranteed. This event is free to the public so invite your friends!

Saturday, July 28, 10:00 AM – 12:00 PM: Board Game Café. Enjoy some free coffee or tea and baked goods from Eastman's while spending the morning playing board games with old and new friends. Check out some of the library's collection of over 120 games, including some brand new ones, or bring a favorite from home to teach others.

Saturday, July 28, 10:00 – 11:00 AM: Musical Chairs Tournament. Participants will compete for awesome prizes in this all ages tournament. We will have different circles for each age group (under 6, 7-12, and teen/adult). Weather permitting, we will be outside on the middle school lawn, otherwise we will meet in one of the BFA-Fairfax gyms. Bring your competitive self and your willingness to laugh! Please register.

The library will be closed on Tuesday, July 4. Come see us in the parade!

The library will close for its annual cleaning from Monday, August 13-Saturday, August 18.

For up-to-date info about programs, visit our website: www.fairfaxlibrary.org, where you can also find a link to the interactive Google calendar. Summer Hours: Monday, Wednesday, Friday 10:00 AM – 5:30 PM; Tuesday, Thursday 9:00 AM – 8:00 PM; Saturday 9:00 AM – 1:00 PM.

BROWNELL LIBRARY, ESSEX JUNCTION

To join our *Libraries Rock!* Summer Reading Club, register online at brownelllibrary.org. All kids, from pre-readers to teens, receive reading or activity logs when they come to the library. Every time they bring in their reading log, we count the books they read or listened to, or the activities done, and give them special stickers to track their progress. Watch our book count grow in the library! Registration begins June 12, 2018.

Teens may volunteer by registering online at brownelllibrary.org. Open the calendar to find the dates of the events. Click on the programs to register. Teen reading records may include books read or listened to, programs participated in or teen volunteering at programs.

Libraries Rock! T-Shirts for sale at \$6. Available sizes: Child's 4T, S, M, L, Adult S, M, L, and XL. Checks payable to: Brownell Library Foundation.

Wednesdays, June 20, 27, 12:00 and 1:00 PM; 6:00 and 7:00 PM: Tech Help with Cliff. Offering one-on-one technology help. Bring in your new gadget or gizmo and Cliff will sit with you to help you learn its ways! Reservation required. Please call 878-6955 at least 24 hours in advance.

Wednesday, June 20, 7:00 – 8:30 PM: Make Your Own Wind Chimes. Come make your own wind chime out of upcycled

materials. Library will provide materials, but feel free to bring your own!

Thursdays, June 21, 28, 3:00 – 4:00 PM: Read and Sip. Sip some juice, make a snack, and listen to a story. For children ages 5-10.

Friday, June 22, 9:30 – 10:00 AM: Music with Raph. Come sing and play with Raph. All ages.

Friday, June 22, 3:00 – 5:00 PM: LARP. Live Action Role Play is open to all middle and high school students who want to have adventures in a mythical land.

Friday, June 22, 6:30 – 8:30 PM: Dungeons & Dragons. Come learn how to play this role playing game with our new DM, create a character and play a short, one-session game. For 6th grade and up.

Monday, June 25, 12:00 and 1:00 PM: Tech Help with Cliff. Offering one-on-one technology help. Reservation required. Please call 878-6955 at least 24 hours in advance.

Monday, June 25, 3:00 – 4:00 PM: Turtles Rock! Meet Carman the three-toed box turtle and Franklin, a giant tortoise. Learn about them and their habitat. Learn why turtles cross the road and how to help them. For ages 5-10.

Monday, June 25, 6:30 – 8:30 PM: Musical Monday: *Hairspray*. Watch this musical with us about a plump teen who shakes things up on a TV dance show in 1962 Baltimore in this musical adaptation of the 1988 John Waters' cult hit. New Line Cinema, 2007. 117 min. Rated PG. Free popcorn!

Tuesday, June 26, 1:30 – 2:30 PM: Backpack Theater. Talented teen troupe from Swanton performs live theater, acting out two fantastic stories in the main reading room. For children ages 5-10.

Tuesday, June 26, 3:00 – 4:00 PM: Libraries Teens Rock! Help us create a PVC Pipe Organ that will be stationed outside for the summer. For ages 10 and up.

Wednesday, June 27, 4:30 – 5:30 PM: LGBTQ Drop In Group. LGBTQ teens and allies grades 8-12 and recent graduates are welcome to drop by the library to socialize with peers and discuss summer events. DIY snacks available!

Friday, June 29, all day: Teddy Bear Sleepover. Bring your stuffed animal to stay overnight at the library. Pick them up the next day at the Teddy Bear Story Time. For all ages!

Friday, June 29, 6:30 – 7:30 PM: Teens come in for ice cream, picture taking of stuffed animals and note-writing about the animal's stay at the library. For grades 6 and up.

Saturday, June 30, 10:00 – 10:30 AM: Teddy Bear Story Time. Pick up your Teddy Bear from the sleepover or bring a stuffed animal to this special story time. For all ages!

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

MOUNTAIN GAZETTE RATES – 2018

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

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

TOTAL CIRCULATION – 4500 COPIES

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

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Advertising – 5:00 PM

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Other publications available:

2018 Jericho – Underhill Community Directory (3000 COPIES DISTRIBUTED)

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Green Mountain Bicycle Club day touring rides

All riders must wear helmets and obey the rules of the road. Please do not ride two abreast if there is traffic in either direction. For mornings with questionable weather, please call the ride leader to make sure the ride is still taking place. Ride leaders are obligated to go to the starting point and provide maps but may choose not to ride if the weather is miserable. Riders below the age of 18 must have a signed waiver from a parent. Rides begin promptly 15 minutes after the meeting time. E indicates an easy ride, M is for moderate, and S is for strenuous. Social Rides are more leisurely versions of the mapped ride – usually the shorter route – with longer food breaks. Always contact the social ride leader before the ride to make sure those versions of the ride are taking place. Additional local Social Rides will be scheduled as weather permits in the Champlain Valley. Please email lightspd@comcast.net to be added to the Social Riders email contact list, which is the only guaranteed notification for these rides. Weekend Social Rides are usually announced by Thursday.

Saturday, June 23: Introductory Ride for new riders. We will go 12-20 miles at a leisurely pace. Our goal is to teach new cyclists the rules of the road and how to ride in a group. Meet at 10:00 AM, Veterans Memorial Park, S. Burlington, Wheeler lot. Leader: John Bertelsen, 864-0101/jo.bertel@gmail.com; Co-Leader: Karla Ferrelli, 864-0101/karla.ferrelli@gmail.com.

Sunday, June 24: Jaunt from Jasper Mine. This rolling hill ride (60 M/S) passes through Georgia and Milton before heading to St. Albans Bay for a lunch break and over to Swanton. The shorter version (40 M) turns around after the lunch stop. This ride has a short stretch along the shore of the Lamoille River and a longer stretch along Lake Champlain. Meet at 9:15 AM, Jasper Mine Rd., off U.S. Rt. 2 heading towards Grand Isle. Leader: Dave Merchant, 825-3808/dpierchand@comcast.net; Co-Leader: Joyce McCutcheon, 893-1690/mellowmitt@aol.com.

Sunday, July 1: Rouse's Point Rouser. The mostly flat 60-mile (M) loop heads up from Grand Isle over the Rouse's Point Bridge and down through scenic, low-traffic, lakeside roads in New York, and returns via the Grand Isle Ferry. The short ride (50 miles - E/M) circles Isle LaMotte and returns on the Vermont side. The Social Ride will also be the long loop but at a slower pace. Meet at 8:45 AM, Grand Isle Ferry parking lot. Those coming from the Burlington area may consider carpooling from UVM or Dorset Park, S. Burlington. Leader: Brian Howard, 505-1148/bjhowd@gmail.com; Co-Leader: Matt Kuivinen, 881-9045/mattku@earthlink.net; Social Ride Leader: Donna Leban, 862-1901/lightspd@comcast.net.

Sunday, July 8: Monkton Ridge Ride. Three options: 23 (E), 38 (M), and 48 (M) miles will travel some familiar roads and some less traveled. The short ride will not ascend to Monkton Ridge but all rides will have some nice descents, which of course can only be reached by some nice ascents, none of which are too hard. Lots of food stops available along the way. Meet at 8:45 AM, Shelburne Village Shopping Center. Leader: Lou Bresee, 658-0597/lakelou@comcast.net; Co-Leader: Holly Creeks, 233-9013/creeksksh@yahoo.com.

Sunday, July 15: Willsboro Wanderer. 40 (E/M) and 55 (M/S) options of hilly terrain on low-traffic roads in New York. There are two potential stops for ice cream. Bring money for the ferry and food stops. The shorter version of this ride skips the big hill out of Willsboro. Meet at 8:30 AM for the 9:00 AM ferry, Old Champlain Flyer parking lot, Ferry Rd., Charlotte. Leader: Kevin Batson, 825-2618/kevbtv@gmail.com; Co-Leader: Phyl Newbeck, 899-2908/phyl@together.net.

Sunday, July 22: Not Quite Quebec. 51 (M) and 64 (M/S) rides on low traffic roads near the Canadian border. The route crosses the Missisquoi River twice and travels along the shore of Lake Carmi. Meet at 8:45 AM, Tractor Supply Company at exit 20 off I-89. Leader: Dave Merchant, 825-3808/dpierchand@comcast.net; Co-Leader: Joyce McCutcheon, 893-1690/mellowmitt@aol.com.

Saturday, July 28: Upper Valley Weekend – Horse Country Ride. All three rides start in South Royalton. The short ride (26 M) will travel north to Chelsea and return; the medium (40 M/S) continues up VT Rt. 110 to the top of the hill in Washington and back; and the

Highway Maintenance Worker

The Town of Jericho is accepting applications for a Highway Maintenance Worker Level 3. This is a full-time position which requires a CDL (min. Class "B") and the ability to respond to emergencies and snow removal outside of regular working hours. The ideal candidate will have at least five years of experience in highway maintenance, construction procedures and methods and the operation of large trucks, graders and excavators, preferably at the municipal level. Supervisory experience is a plus. Work includes general laboring duties, heavy lifting, physical work, equipment operation, and on-call duty (nights, weekends and holidays).

The starting hourly wage is \$17.50-\$19.00 depending on qualifications. The Town of Jericho offers excellent benefits, including health and dental insurance, and a retirement plan.

An application and job description can be downloaded from www.jerichovt.gov. They are also available at the Jericho Town Hall, at 67 VT Rt. 15, Jericho, M-Tr 7:30 a.m. – 3:30 p.m. Completed applications can be submitted to Paula Carrier in person, via email at pcarrier@jerichovt.gov or via mail to PO Box 39, Jericho, VT 05465.

Applications will be accepted until position is filled.

long ride (51 S) goes to Chelsea, up to the Vershire Heights, then down into the Connecticut River Valley, back through Strafford and Sharon to S. Royalton. There are two country stores in Chelsea, and additional ones in W. Fairlee and Strafford on the long ride. Meet at 9:15 AM, north side of the South Royalton Green. Leader: Pat Stabler, 781-929-9085/everstab@verizon.net; Co-Leader: Tom Evers, 617-605-0928/everstab@verizon.net. After the ride, cyclists can camp out in South Royalton, stay at an area hotel, or return home. There is a \$10 fee for camping, part of which might be refunded. Talk to Pat and Tom to get more info about the camping.

Sunday, July 29: Upper Valley Weekend – Pomfret Perambulations. This 50-mile ride (M/S) heads up Howe Hill, then down the lovely Pomfret Road to West Hartford and the White River. After a climb over the hill to Woodstock, we'll ride along River Road to pick up VT Rt. 12. Another climb will bring you into Barnard and a stop at the excellent general store by lovely Silver Lake. North Road provides you with some lovely views to the west, then back VT Rt. 107 to VT Rt. 14 to the Royalton green. Meet at 9:00 AM, north side of the South Royalton Green. Leader: Bryan Harrington, 899-2908/alpinefogman@yahoo.com; Co-Leaders: Pat Stabler and Tom Evers, 781-929-9085/everstab@verizon.net.

Sunday, July 29: Double or Triple Ferry Ride. This ride starts with the ferry to Port Kent and heads north to the recreation path through the Old Air Base into Plattsburgh. From Plattsburgh, riders will take the ferry across to Grand Isle and down to South Hero. Riders then have the option of taking the Local Motion ferry to Colchester and the Burlington Bike Path (43 E/M with packed gravel) or following the Champlain Bikeway on U.S. Rts. 2 and 7 (50 M). Bring money for the ferries. Meet at 7:45 AM for the 8:10 AM ferry, Burlington Ferry Dock. Leader: David Jacobowitz, 578-8803/davidjacobowitz00v@gmail.com; Co-Leader/Social Ride Leader: Donna Leban, 862-1901/lightspd@comcast.net.

Reading Without Walls Bingo challenge for kids

This summer, children entering grades 4-8 in the fall are invited to take the *Reading Without Walls Bingo* challenge! National Ambassador for Young People's Literature Gene Luen Yang started the *Reading Without Walls* program to celebrate reading and diversity by challenging children nationwide to:

- read a book about a character who doesn't look or live like them;
- read a book about a topic they don't know much about;
- and/or read a book in a format that they don't normally read for fun.

Sign-up begins Sunday, July 1, but feel free to join throughout July and August at any of the four Phoenix Books locations: Burlington, 191 Bank St., Burlington, 801-448-3350; Essex, 2 Carmichael St., Essex, 802-872-7111; Rutland, 2 Center St., Rutland, 802-855-8078; or Misty Valley, 58 Common St., Chester, 802-875-3400. Free!

More information is available online at www.phoenixbooks.biz or <https://read.macmillan.com/mcpg/reading-without-walls/>.

"And so with the sunshine and the great bursts of leaves growing on the trees, just as things grow in fast movies, I had that familiar conviction that life was beginning over again with the summer."

F. Scott Fitzgerald, *The Great Gatsby*

TOWN OF JERICHO – PLANNING COMMISSION NOTICE OF PUBLIC HEARING

Pursuant to 24 V.S.A. § 4444, the Jericho Planning Commission will hold a Public Hearing on **Tuesday, July 3 at 7pm** in the Jericho Town Hall, 67 VT Route 15, Jericho, Vermont, to hear public comment regarding proposed amendments to the *Jericho Land Use and Development Regulations*.

SUMMARY OF AMENDMENTS TO REGULATIONS

STATEMENT OF PURPOSE: The primary purposes of the proposed amendments are to clarify the existing development review and land use regulations, to meet the requirements of state planning laws (24 VSA, Chapter 117), and to comply with the 2016 Jericho Comprehensive Town Plan.

LIST OF SECTION HEADINGS: The amendments include changes to Section 2: Definitions; Section 6: Overlay Districts, specifically Section 6.7: Natural Resource Overlay District; Section 10: Permit Review and Procedures, and Section 11, General Development Standards.

GEOGRAPHIC AREA AFFECTED: These amendments have the potential to affect all geographical areas of the Town.

PLACE WHERE FULL TEXT MAY BE EXAMINED: The complete text of the amended regulations may be found at www.jerichovt.gov under Documents and Forms > Planning and Zoning Documents. Alternatively, a full-text copy may be examined in the Planning and Zoning office, Jericho Town Hall, 67 VT Route 15, Jericho, Vermont.

PERSON TO CONTACT: Additional information pertaining to these proposed amendments may be obtained by contacting Katherine Sonnicks, Planning & Development Coordinator, at the Jericho Town Hall by calling (802) 899-2287 x 103 during regular office hours.

Jason Cheney, Chair
Jericho Planning Commission



The Champlain Valley hosts the largest – likely the only – New England population of golden-winged warblers, perhaps fewer than 500 pairs, which nest in shrublands here. AudubonVT placed tiny geolocators on 37 of the tiny birds in spring 2016 to track their migration for a year. From the nine birds recaptured in spring 2017 and released, minus geolocators, AudubonVT learned that the birds winter in a variety of locations from western Columbia to Costa Rica – over 4000 miles roundtrip. AudubonVT has been restoring shrubland habitats on public and private lands throughout the Champlain Valley. To help with these and other bird-related conservation and restoration efforts and to learn more, <http://vt.audubon.org>. PHOTO CONTRIBUTED

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SENIOR MEALS

Age Well hosts Community Meals at many locations. Programs vary from small rural gatherings, to senior centers, to an ever-growing array of restaurants. Menus are available on the 22nd of each month for the following month. Meals are on a first-come, first-serve, month-by-month basis; \$5 suggested donation. Call Age Well, 802-662-5200, after 10:00 AM for reservations for the following month on or after the 22nd of the month. If the 22nd falls on a weekend, reservations may be made the following Monday. Milk is served with all meals.

Tuesday, June 19 – Ray’s Seafood, Essex Junction. Check-in 10:30 AM; lunch 11:00 AM. Fish, potato, coleslaw, squash, roll, creemee.

Wednesday, June 20 – JP’s Diner & Deli, Essex Junction. Check-in 10:30 AM; lunch 11:00 AM. Ham, turkey cheese, potato salad, cottage cheese with salad greens and tomato, dessert.

Thursday, June 21 – Holiday Inn, S. Burlington. Check-in 10:30 AM; lunch 11:00 AM. Buffet: sliced turkey, salad, stuffing, mashed potatoes, mixed vegetables, cranberry sauce, assorted desserts.

Tuesday, June 26 – Ray’s Seafood, Essex Junction. Check-in 10:30 AM; lunch 11:00 AM. Fish, potato, coleslaw, squash, roll, creemee.

Wednesday, June 27 – Athens Diner, Colchester. Check-in 10:30 AM; lunch 11:00 AM. Meatloaf dinner, mashed potatoes, green beans, rolls, pudding.

Wednesday, June 28 – American Legion, Colchester. Check-in 10:30 AM; lunch 11:00 AM. Chicken and biscuits, vegetables, rolls, dessert.

Restaurant ticket program – Age Well’s restaurant tickets are available year round, and no longer need to be used the month they are purchased. Tickets are good for Age Well’s fiscal year, October 1, 2017-September 30, 2018, but are nonreturnable and non-exchangeable. For tickets, connect with Pat Long, Community Meal Coordinator, at the meal sites or visit Age Well’s office (76 Pearl St., Suite 201, Essex Junction, VT 05452, 865-0360). Tickets must be presented before ordering. Restaurants have the right to offer limited menus.

The Abbey Pub & Restaurant, Enosburg Falls, lunch and dinner Tuesday-Sunday, 11:30 AM – 5:00 PM.

Athens Diner, Milton, Monday-Saturday, 6:00 AM – 4:00 PM, Sundays 6:00 AM – 3:00 PM.

Dutch Mill, Shelburne, Monday-Sunday, 7:30 AM – 2:00 PM.

Halfway House Restaurant, Shoreham, Monday-Thursday, 5:00 AM – 8:00 PM.

Harpers at Holiday Inn, S. Burlington, Early Bird dinner, Monday-Sunday, 5:00 – 7:00 PM.

IHOP, S. Burlington, Monday-Sunday, 7:00 AM – 9:00 PM.

KB Café, Vergennes, Monday-Friday, 8:00 AM – 2:00 PM.

Mallets Bay Diner & Bakery, Colchester. Tuesday-Friday, 7:00 AM – 1:00 PM. Breakfast and lunch.

Mimmo’s, Essex Junction, Mondays, 11:00 AM – 3:00 PM.

Pizza Putt, S. Burlington, lunch or dinner served seven days a week.

Professional Foods Café and Bakery (formerly Colonial Room), Essex. Call 879-5595 after 5:00 PM on Monday to listen to a recorded message with menu options and days the café will be open that week. Luncheon check-in is promptly at 11:00 AM. Always closed on Saturdays, Sundays, Mondays, and Tuesdays.

Rosie’s Restaurant, Middlebury. Mondays-Wednesdays, 6:00 AM – 12:00 PM (breakfast); 11:00 AM – 3:00 PM (lunch).

Ray’s Seafood, Essex Junction. Sundays – Wednesdays, 11:00 AM – 4:00 PM.

St. Michael’s College, Colchester. Monday-Friday, dinner 5:00 – 6:00 PM; Saturday-Sunday brunch, 11:30 AM – 1:00 PM; dinner 5:00 – 6:00 PM.

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OBITUARIES



Lauren Audette (left) and Sophia Rossi, both from Jericho, VT, were among 110 graduating seniors during the Rice Memorial High School's 59th commencement ceremonies on Sunday, June 3, 2018 at the RMHS Bill Hammond Gymnasium in S. Burlington, VT. Of the graduates, 92% will be pursuing higher education, having been accepted into a total of 473 different colleges and universities. The graduates have cumulatively completed over 9000 hours of community service over their four years at Rice and have won a total of 14 State Championships. PHOTOS CONTRIBUTED

John Alberghini named 2018 VT Superintendent of the Year

The Vermont Superintendents Association (VSA) has recognized Superintendent John Alberghini of the Chittenden East Supervisory Union (CESU) and the Mount Mansfield Modified Union School District (MMMUSD) as the 2018 Frederick H. Tuttle Superintendent of the Year. Alberghini was honored by his colleagues at the Association's recent annual conference.

The recognition commemorates long-time Vermont superintendent and children's advocate Frederick H. Tuttle and recognizes a Vermont superintendent who has demonstrated exemplary leadership in service to students, communities, and public education.

In presenting the award, Superintendent Elaine Pinckney of the neighboring Champlain Valley School District said, "John Alberghini serves in the model of Frederick H. Tuttle. He has an enduring commitment to the students and families he serves. He cares most about people – but knows finance and is highly skilled at managing complex systems. He leads quietly, calmly, and is a voice for what students deserve."

John Alberghini has been the superintendent for CESU since 2010. He served as co-superintendent of the Supervisory Union from 2008-2010. During his tenure, he has earned the respect of his colleagues because of his significant contributions on behalf of students, the school system, and the community.

Superintendent Alberghini is regarded as a quiet scholar, effective administrator, and exemplary leader. He has supported CESU teachers and administrators in implementing proficiency-based education, personalized learning, and flexible pathways. Significantly, in this era of increasing obligations for schools and a

focus on efficiency, John Alberghini has emphasized a systems focus in order to better serve students as cost-effectively as possible. He is regarded as a leader who promotes the most purposeful investments on behalf of the education system he leads and of the taxpayers in the communities of the Chittenden East Supervisory Union.

Under Alberghini's leadership, and that of the school board members with whom he works, CESU and the towns of MMMUSD were forerunners in Vermont's effort to strategically unify school districts. Undaunted by the political and logistical challenges of merger, John provided focused leadership in the process that resulted in the MMMUSD formation. The unification of districts that are now members of MMMUSD has created more system-wide efficiency as well as increased educational opportunities, including inter-district school choice and a growing foreign language immersion program. Superintendent Alberghini's leadership focus emphasizes equitable opportunity for all students and efficiency.

In acknowledging Superintendent Alberghini's recognition, MMMUSD Board Chair Andrew Pond said, "John Alberghini has provided exceptional leadership for the communities of Bolton, Huntington, Jericho, Richmond, Underhill, and beyond. He is very attentive to the day-to-day operational issues associated with running an efficient school system while keeping the best interests of students at the forefront. John conducts himself with honesty and integrity and has been an outstanding steward as our districts and schools respond to dynamic change for public education and our schools and communities. We are proud to have him working with us, on behalf students and taxpayers."

Rice Memorial HS names students for awards

Rice Memorial High School recognized the following Jericho, Westford and Underhill students as awards recipients for the 2017-2018 school year.

Graduates:
Sophia Rossi of Jericho, VT received the Senior Excellence in Religious Studies Award and the Mercy Peer Ministry Scholarship.

Underclassmen:
Claire Ammirato of Westford, VT received the Sophomore Excellence in Visual Arts Award.

Henry Ammirato of Westford, VT received the Kristen Charlebois Sophomore Excellence in History Award and the Sophomore Excellence in Science Award.

Mary Batsie of Jericho, VT received the St. Lawrence University Book Award and the Girls' State award.

Payton Skillen of Jericho, VT received the Governor's Institute on Health and Medicine award.

Sophia Bourgeois of Underhill, VT received the Junior Excellence in Visual Arts Award.

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New Price! Jericho - \$349,000
4 bdrm cape on private 3 acres with \$5,000 back at closing for improvements! Slate entryway w/ mudroom that leads to dining area with cathedral ceilings & skylights! Hrdwd floors in the kitchen, dining, hall & living rm! Finished bonus rm over the 2-car garage! Sunny yard for gardening & playing!



New Price! Underhill - \$279,900
3.15 acres with springtime bubbling brook running along the backyard & woods to explore! Upper level features a lg living room & eat-in kitchen that can seat 10! 2 bedrooms & remodeled bath up w/ additional bedroom and 3/4 bath down. Enjoy 5 decks, hot tub and gardens and above-ground pool!



New Listing! Fairfax - \$264,500
Updated 3 bdrm cape on just over 2 acres in private sought after Fairfax village! Open kitchen w/ granite counters, tiled backsplash & SS appliances! 1st floor bdrm & essential mudroom & bath. Additional bath & bdrm up. Move-in ready home perfect for the outdoor enthusiast w/ seasonal mountain views!



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