

## Enough is Enough: Phil LaCroix runs to help fight addiction

## Aphasia Choir to hold once-a-year concert Saturday, June 2

By Phyl Newbeck  
Special to the Mountain Gazette

Phil LaCroix didn't like running when he was young. He was on the Essex High School track team, but his specialty was the discus and javelin. "I filled in on some relays," he said, "but I was not a runner. The one-mile warm-ups we did felt horrible." Now 35, the West Bolton native has a different view of the sport. Starting on Friday, August 24 he will be running the length of the Long Trail to raise awareness and money to fight the scourge of addiction with his newfound non-profit organization, Enough is Enough.

LaCroix grew up in Underhill Center. His family moved to Essex when he was in seventh grade so they could have a home large enough to share with his grandmother. Now he heads back to Underhill every weekday for his job as a mechanic at Village Service and Auto Repair. LaCroix's entry into the running world started at the end of 2012 when he was diagnosed with celiac disease and told he had to lose forty pounds and change his diet. He chose running as the best way to lose the weight and signed up for a half-marathon for April of 2013. When a close friend was diagnosed with leukemia, LaCroix signed up for the 2014 Vermont City Marathon and used the occasion to raise \$2500 for leukemia research.

After a second Vermont City Marathon, LaCroix tried his first Ultra race at Trapp Family Lodge. "That race absolutely destroyed me," he said. "I couldn't walk for two and a half months." LaCroix took some time off and then began to work harder at his training. "I had watched my friend fight leukemia for a year and a half and he never got down and always had a positive attitude," he said. "I realized if he could push through that, I could deal with the pain of running." The longest race LaCroix has run was a 55-miler, but he is scheduled to do his first 100-mile race in Goshen in early June.

LaCroix and his wife have lost seven friends to drug overdoses including three who died within the span of three months, so he decided to try to do something to stop the spiral of addiction. At 5:00 AM on August 24 he'll start running the 273-mile Long Trail from the Canadian border down to Massachusetts, a distance he hopes to complete in ten days. "I can work on cars and I can run," he said. "I'm not that fast but I'm willing to put myself through pain for a week and a half to see if I can help."

LaCroix's running has moved from the road to trails and the idea of running the Long Trail resonated with him. "I've run chunks of it and I like it," he said. "There is a lot of history and I wanted to do something that would really



Phil LaCroix is training to run the length of the Long Trail, north to south, in August, to raise funds for Enough is Enough, an organization he founded to help fight drug addiction. To learn more, go to <https://www.gofundme.com/vfyef-enough-is-enough>. PHOTO CONTRIBUTED

challenge myself." LaCroix's goal is to raise \$50,000, which will be split between two organizations: Vermont Foundations for Recovery and the Vermont Recovery Network. The former sets up and oversees a number of "sober houses" across the state, which LaCroix lauds for having a family atmosphere and a strict requirement of no drugs or alcohol. The latter manages most of Vermont's recovery centers. "If I can save one person's life it's totally worth it," LaCroix said.

In addition to the Long Trail run, LaCroix is hosting an Enough is Enough event at Bolton Valley Resort on Saturday, July 7. People can sign up to run for three, six, or twelve hours over a roughly two-and-a-half-mile course up and down the mountain from the base lodge to the top of the Wilderness chair lift. All money pledged will go to Enough is Enough. The Bolton event is being put on by Vermont Running Company, which also oversees the annual Race to the Top on Mount Mansfield to raise money for the Catamount Trail Association. LaCroix is tickled by the fact that the day that race will be taking place, he will likely be running across the top of Mount Mansfield.

LaCroix chose his start date because it is close to the full moon, which should allow him to get lots of mileage the first few nights. He plans to run from shelter to shelter, carrying a bivouac sack and a sleeping bag in his 20-liter pack. He will carry food for two days at a time and hopes to replenish his supplies at road crossings. He is still looking for folks to assist him on the southern part of the trail and also welcomes people to come and join him along the run.

To learn more, go to <https://www.gofundme.com/vfyef-enough-is-enough>.

## Clutter Barn tag sale Saturday, May 26

On Saturday, May 26, from 8:00 AM – 3:00 PM, the Clutter Barn – and the outdoor area adjacent to the building – will offer its first tag sale for the 2018 season. A tent directly in front of its sponsor, the United Church of Underhill, will hold many categories of books for your reading pleasure, along with baskets and other gently used items. Other tables and tents will offer useful household articles and "manly" treasures. Inside the building, you will find clothing and accessories for infants; toys, games, puzzles, children's books; kitchen necessities, knick-knacks, pictures, frames, and small electrical appliances on the first floor; and, on the second floor, fabric, throw pillows, office supplies, holiday items; shoes; adult, teen and youngsters' clothing; craft, sewing, and knitting supplies; linens; Christmas decorations (no! it's not too early!) and much more. You'll discover surprises throughout!

During the past three weeks, we have gratefully received donations of household items, all clean and in workable/useable condition. At our tag sale, we will offer these items at "the lowest prices in town." We have carefully placed lovely

homemade afghans, quilts, throws, runners and wall hangings on the shelves. The linen area already has fine quality sheets in various sizes. The clothing racks and shelves are filling up quickly. Complete sets of dishes occupy a large space on one table, while pots, pans, and utensils fill up the remaining space. A large supply of kids' books is available for browsing and choosing. There's so much more – plan to join your friends and neighbors on Saturday, May 26 for a unique shopping experience!

Our Mission at the Clutter Barn is to provide a place to deposit gently used items and offer those items for sale to you, our extended community families. All profits from sales are used to enhance the in-house and outreach programs offered by the United Church of Underhill. In addition, we reach out to victims of natural disasters and to folks in temporarily unusual circumstances by re-donating household necessities when we are made aware of a need. Our volunteers graciously give of their time and energy to serve this Mission and we are forever thankful for the generous support of our community near and far.



Jericho resident Bob Smith (wearing orange) sings with the Aphasia Choir. Jericho residents Ted and Rachel McKnight are sitting next to him. PHOTO CONTRIBUTED

By Brenda Boutin  
Special to the Mountain Gazette

There will be music in the air at a once-yearly concert given by the Aphasia Choir. A free performance will be held on Saturday, June 2 at 2:00 PM in the South Burlington High School auditorium. Choir members are very excited to be celebrating their five-year anniversary and have a few surprises planned. Past concert attendees have used the following words/phrases to describe their experience: "amazing," "inspiring," "life-changing," "incredible."

Songs are performed by an unlikely group of people. The group is comprised of stroke and traumatic brain injury survivors who have aphasia, a communication disorder that can seriously limit or prevent a person's ability to speak. Because music is largely mediated by the undamaged hemispheres of the brains of people with aphasia, they can sing and are often fluent while singing even if they have severe difficulty talking. Some members who are completely nonverbal can sing and find great freedom and joy through the experience.

Karen Leary has a background in singing, choral performance, and speech-language pathology. In 2014, while working as a medical speech-language pathologist at the UVM Medical Center (UVMCMC), she came up with a plan to bring individuals with aphasia together as a choir, so that they could experience the ease of singing. The choir started with eleven brain injury survivors and has grown to 21. The choir also includes stroke survivors' caregivers and spouses, as well as UVM students studying to be speech-language pathologists. The group performs pop

songs from the 1930s to the 1980s. The youngest member is 31; the oldest is 86. They sing music like *Moon River* and *Bridge Over Troubled Water*.

The size of their audience has been growing each year, from an auditorium at the UVMCMC with a capacity of 125 people to the Elley-Long Music Center at St. Michael's College last year with a standing-room-only crowd of over 400 people. "We had to find a larger venue again this year as the community turns out in larger numbers each year," Leary explains as the reason for using the South Burlington High School Auditorium.

"The participants are so inspiring," she said. The members include those in wheelchairs, others with canes, and some with paralysis on the right sides of their bodies. "Their smiles are infectious, and they sing with joy and enthusiasm."

"I want to get the word out about the choir," says Leary. She continues, "I suspect there are a lot more people who could benefit from this program. It provides a really nice, supportive environment for participants. And we always provide public education about aphasia during the concert."

Jericho resident Bob Smith suffered a stroke years ago and has been a member of the Aphasia Choir since its inception in 2014. When asked if he enjoyed the choir, Bob responded, "Yeah, yeah, yup! You have to come see us!" He sounded excited when he listed his favorite song, *Here Comes the Sun*, and then continued with other ones he enjoys singing.

The Aphasia Choir is open to stroke and traumatic brain-injury survivors with aphasia, their spouses, and caregivers. To contact Leary about the choir, call 864-7223 or email [kmcfeeters@aol.com](mailto:kmcfeeters@aol.com).

## 2018 NAC Softball All-Conference: Sydney LeBourveau honored

Thomas College (Waterville, ME) junior Sydney LeBourveau of Jericho has been selected as the North Atlantic Conference (NAC) Softball Player of the Year. NAC All-Conference selections are determined by a vote of the conference coaches. LeBourveau had an incredible season for the Terriers on the mound and at the plate. In the circle, she finished 6-7 overall in 77 total innings of work, with six complete games and a 3.09 ERA. In six conference appearances, LeBourveau went

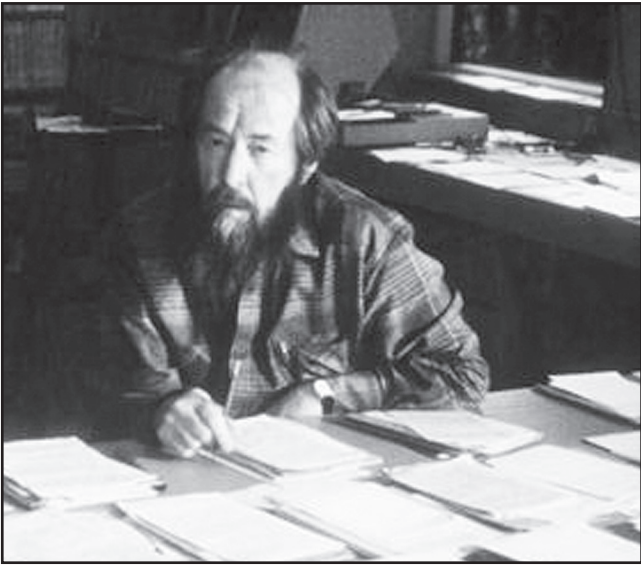


3-2 while surrendering just ten earned runs in 29.1 innings. Overall at the plate, she went 51-for-118 (.432) in 36 games with 11 doubles, one triple, three home runs, 25 RBI, 26 scored runs, and a .619 slugging percentage. In conference action, LeBourveau batted .550 (22-for-40) with a .581 on-base percentage and .950 slugging percentage to rank first in the league. She also tallied 15 RBI, 14 scored runs, five doubles

against NAC opponents. She posted a .943 fielding percentage on the year and turned three double plays. Last year as a sophomore, she led her college team, the Thomas Terriers, to a championship and the first ever bid for NCAA play, and was named MVP of the championship tournament. LeBourveau graduated from Mount Mansfield Union High School, Jericho, where she was a standout in high school softball.

PHOTO CONTRIBUTED

## COMING EVENTS



**Solzhenitsyn in Vermont, 12:00 PM, Vermont History Museum, Montpelier.** On the year of what would have been his 100<sup>th</sup> birthday, VT Historical Society is partnering with the Cavendish Historical Society and UVM to celebrate the life and work of Russian novelist and historian Aleksandr Solzhenitsyn. Join UVM professor Kevin J. McKenna for a VT Historical Society Third Thursday talk on Solzhenitsyn's life and work, then join us for the official opening Saturday, May 19 at 1:00 PM of the associated exhibit on view in our Jackie Calder Gallery through October 2018. PHOTO CONTRIBUTED

## VT Folklife Center workshop: Oral History: An Introduction

Do you have an interview project in mind but don't quite know where to begin or how to proceed? The Vermont Folklife Center is offering a day-long workshop, *Oral History: An Introduction*, that can help you move your project forward. Join us on Friday, June 1, from 10:00 AM – 4:00 PM at the Saint Albans Museum, 9 Church St., St. Albans.

*Oral History: An Introduction* combines discussion of the theories and methods that inform oral history research with practical, hands-on training in oral history interview techniques. The class includes a demonstration interview followed by group discussion of the interview process. Attendees will also work as teams to conduct interviews using provided digital audio recording equipment. The day concludes with reflection on interviewing and a discussion of project ideas.

From the perspective of ethnographic research, an interview offers the opportunity to see the world through the eyes of another person. The premise of our interview methodology is that everyone is the foremost authority on their own life, and an interview offers the opportunity to capture a person's experience in their own words and on their own terms.

Led by Vermont Folklife Center Director of Archives and Research Andy Kolovos, this workshop will help participants develop a plan for an oral history research project and will offer a forum for brainstorming ideas for public outreach based on interview findings. Workshop attendees will also have ongoing access to Vermont Folklife Center staff for consultation as they later undertake their own oral history, ethnographic, and qualitative research projects.

The tuition for this workshop is \$95. The registration deadline is Thursday, May 31. Register by phone, 802-388-4964, or by email, [info@vermontfolklifecenter.org](mailto:info@vermontfolklifecenter.org). The registration form is available at [www.vermontfolklifecenter.org/workshops](http://www.vermontfolklifecenter.org/workshops).

### Tuesday, May 15

**U.S. Book launch for *Transatlantic Truamas*, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington.** Join Stanley R. Sloan to celebrate the U.S. book launch for his book, which asks how recent developments in transatlantic relations have challenged the interests of the transatlantic allies and examines how they may affect the future of the West. Stanley R. Sloan is a Visiting Scholar in Political Science at Middlebury College and a Non-Resident Senior Fellow in the Scowcroft Center at the Atlantic Council of the United States. 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](http://www.phoenixbooks.biz) or 448-3350. Information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

### Wednesday, May 16

**Book talk on *The New Atlas of Vermont Trout Ponds*, 7:00 PM, Phoenix Books Essex, 2 Carmichael St., Essex.** Join Peter Shea for a talk on his new book. Angling geographer Peter Shea is co-author of Vermont's classic trout fishing guides, *Vermont Trout Streams* and *The Atlas of Vermont Trout Ponds*. He is also the author of *In the Company of Trout*, *Vermont Trout Ponds*, *Long*

*Trail Trout*, *Vermont's Trophy Trout Waters*, and *Collateral Trout*. Free and open to all ages. Information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 872-7111.

**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](http://www.phoenixbooks.biz) or 872-7111.

**Busting Out of the Ivory Tower: Journey From Academic to Artist, 5:30 PM, Arts Riot, 400 Pine St., Burlington.** Dementia. Genocide. Mental illness. The atomic bomb. Rich topics for academics, but ones that make most of us turn away. Yet writer, artist, and anthropologist Dana Walrath focuses on these subjects in her creative works. Here she explores how bringing these topics into creative writing and art can be healing for all of us. For information, <https://www.vermonthumanities.org/events/>.

### Thursday, May 17

**Book talk: *If You're In My Office, It's Already Too Late: A Divorce Lawyer's Guide to Staying Together*, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington.** Join James J. Sexton for a discussion of his new book. After dealing with more than a thousand clients whose marriages have dissolved, James Sexton knows all of the what-not-to-dos for couples who want to build – and consistently work to preserve – a lasting, fulfilling relationship. James is a trial lawyer with two decades of experience negotiating and litigating high-conflict divorces. 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](http://www.phoenixbooks.biz) or 448-3350. Information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

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### Saturday, May 19

**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](http://www.phoenixbooks.biz) or 448-3350.

### Sunday, May 20

**Remembrance concert for Roland Pigeon, 4:00 – 5:30 PM, UCW white church on the Common, Westford.** In memory of Roland, Westford's most beloved musician who passed away one year ago, fellow musicians, friends, and family will share their musical talents in celebration of his memory with a special country music concert. Over 20 musicians are expected to participate in the concert, promising great variety and talent. The general public is invited to join family, friends, and fellow musicians for an afternoon of country, folk, classical, and old time fiddle music. Both young and older talent will be participating and offer a broad appeal to audiences of any age group. The concert is free. Refreshments will follow the entertainment. For more information, call 879-4028.

### Wednesday, May 23

**NVU-Johnson Community Meal, 11:30 AM – 12:30 PM, United Church of Johnson, 100 Main St., Johnson.** Free community meal for the public featuring a hot lunch on the second and fourth Wednesday of each month through May, for anyone who goes. All meals, at which NVU-Johnson students, faculty, and staff serve as volunteers, are at the same time and location. Sponsored in part by NVIU-Johnson Dining Services, the NVU-Johnson SERVE program, and Laraway Youth and Family Services.

**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](http://www.phoenixbooks.biz) or 872-7111.

**World War I in Essex, 7:00 PM, Memorial Hall, Towers Rd., Essex Center.** The Essex Community Historical Society *Tales and Treasures of Essex* presents this program by Brennan Gauthier, who has accumulated a collection of photos and stories that describe the impact of the Great War upon Vermont and her soldiers. For this event, he will focus on soldiers from Essex.

### Thursday, May 24

**Book launch *Wicked Vermont*, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington.** Join Thea Lewis to celebrate the launch of her new book, a revealing ride through the unique

and colorful history of our state. Lewis is a Vermont native whose titles include *Haunted Burlington*, *Spirits of Vermont's Queen City*, *Ghosts and Legends of Lake Champlain*, and *Haunted Inns and Ghostly Getaways of Vermont*. Thea is also the creator of Queen City Ghostwalk, the Burlington walking tour chosen Best Scary Stroll by Yankee Magazine. 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](http://www.phoenixbooks.biz) or 448-3350. Information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

### Saturday, May 26

**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](http://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](mailto:Museum@birdsofvermont.org) or 802-434-2167.

### Sunday, May 27

**Veterans Homestead Series: Designing and Building the Resilient Garden, Sweet Butters Farm, Essex.** This 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 from March-September. If you are a veteran or a family member and would like to participate, please contact 802-377-1214 of [wildrootfarmvt@gmail.com](mailto:wildrootfarmvt@gmail.com). Free.

### Tuesday, May 29

**Book talk on *The Bardic Book of Becoming*, 7:00 PM, Phoenix Books Essex, 2 Carmichael St., Essex.** Join Fearn Lickfield as she presents *The Bardic Book of Becoming* by Ivan McBeth, a warm, user-friendly, and eclectic introduction to modern Druidry that invites you to take the first steps into the realm of magic and mystery. This book was written during the last year of Ivan's life. Fearn will offer a presentation titled *A Druid's Legacy* in which she will share some of Ivan's gifts from his exceptional life and wisdom. Lickfield is the director of the Green Mountain Druid School and founder of Guardians of the Sacred Earth. Free and open to all. Information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 872-7111.

### Wednesday, May 30

**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](http://www.phoenixbooks.biz) or 872-7111.

### Thursday, May 31

**Book launch *Building Eden*, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington.** Join Matthys Levy to celebrate the launch of his first novel, a thrilling story of love, arrogance, betrayal, murder, and architecture set in a world with which the author is intimately familiar. Matthys Levy is the designer of many iconic buildings and other structures throughout the world, and the author of the best-seller *Why Buildings Fall Down*. 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](http://www.phoenixbooks.biz) or 448-3350. Information: [www.phoenixbooks.biz](http://www.phoenixbooks.biz) or 448-3350.

### Friday, June 1

**Oral History: An Introduction Workshop, 10:00 AM – 4:00 PM, St. Albans Museum, 9 Church St., St. Albans.** (Rescheduled date.) Presented by the VT Folklife Center, this workshop combines discussion of the theories and methods that inform oral history research with practical, hands-on training in oral interview techniques. For more information including cost, <https://stamuseum.org/event/oral-history-introduction/>.

### Saturday, June 2

**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](http://www.phoenixbooks.biz) or 448-3350.

### Wednesday, June 6

**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](http://www.phoenixbooks.biz) or 872-7111.

### Thursday, June 7

**Celebration of Peonies / Tour of Hildene's, 8:00 AM, Hildene's, Manchester.** Included in fee: entrance for tours of the house and gardens, PowerPoint presentation by Hildene's horticulturalist, catered buffet sandwich and salad lunch, motor coach with professional bus driver. In addition to being the historic home of Robert Lincoln, Hildene has a formal garden with the peony collection, a cutting and kitchen garden, a butterfly garden, a goat, farm with cheese making, and a museum. For information, contact Jane Murphy, [jmurphyvt@comcast.net](mailto:jmurphyvt@comcast.net) or 802-355-4466.

### Saturday, June 9

**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](http://www.phoenixbooks.biz) or 448-3350.

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### MAY 2018

Breastfeeding and You – Wednesday, May 16, 6:00 – 7:30 PM, NMC Family Birth Center Conference Room. 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! Free; please call 524-7971 to register.

Movement for Parkinson's Disease – Friday, May 18, 10:00 – 11:00 AM, Homestead at Pillsbury Manor. Free; registration / information: 802-881-9673 or email Sarah, [saramcm28@gmail.com](mailto:saramcm28@gmail.com), or Patty Rugg, [patricia\\_rugg18@comcast.net](mailto:patricia_rugg18@comcast.net). 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. No charge, donation appreciated.

### ONGOING

Brain Injury Support Group – third Thursday of each month (beginning May 17), 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](mailto: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](http://alz.org/Vermont) to confirm details.

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

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

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

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

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

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

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

## 16<sup>th</sup> annual Music in the Meadow

The 16<sup>th</sup> annual Music in the Meadow fundraising concert for the VT-NH Susan G. Komen Race for the Cure will be held on Saturday, June 30 at the Motel in the Meadow, VT Rt. 11 West, Chester, VT, 12:00 – 8:00 PM with the gates opening at 11:30 AM. Mark your calendars now!

We are hoping to surpass highest record for donations of \$9730, which takes the grand total raised in 15 years to nearly \$60,000! All proceeds collected go to the Komen Race for the Cure to hopefully find a cure for breast cancer. There are no deductions taken out for expenses. All monies raised at this event go to Race for the Cure.

Back for 2018 will be the very popular raffle, silent auction, and as always, entertainment performed by local musicians including but not limited to Green Mt. Express, Ben Fuller, Heartfire, Brendon Thomas, Totally Submerged, The Imperfectionists, The Illusion and Intercept, who donate their time and talent. Also returning will be the horseshoe tournament. As always, food and beverages will be available for purchase.

We are always looking for volunteers to join us in our efforts to put these concerts on. Anyone interested in becoming a volunteer, please contact us at Motel in the Meadow, 802-875-2626 or [musicinthemeadowvt@gmail.com](mailto:musicinthemeadowvt@gmail.com).

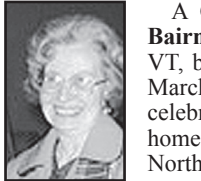
**SUSAN G. KOMEN.**

PEOPLE IN THE NEWS - OBITUARIES

In remembrance of **Roland Pigeon**, Westford Vermont's most beloved musician who passed away one year ago, fellow musicians, friends, and family will share their musical talents in celebration of his memory with a special country music concert on Sunday, May 20 at the UCW white church on the Westford Common, from 4:00 – 5:30 PM. Over 20 musicians are expected to participate in the concert, promising great variety and talent. The general public is invited to join family, friends, and fellow musicians for an afternoon of country, folk, classical, and old time fiddle music. Both young and older talent will be participating and offer a broad appeal to audiences of any age group. The concert is free. Refreshments will follow the entertainment. For more information, call 879-4028.



**Janet Rita (Rainville-Kinney) Hale** of Jericho, VT passed away on Wednesday, May 2, 2018 after a courageous and inspiring two-and-a-half-year battle with leukemia. She was born on December 10, 1976 in Nashua, NH, the daughter of Paul W. and Dolores A. (Gagne) Rainville. She grew up in Goffstown, NH and graduated from high school in 1994. Janet enjoyed her time at Champlain College in Burlington, VT, earning two associate degrees. She started her working career at Brugger's Bagel Shop. In 1999 she started her career in banking at Merchants Bank in the Human Resource Department. During her 15 years there, she grew professionally, learned much, and made many beautiful friendships, which she cherished dearly. At the end of 2014 she was hired by Northfield Savings Bank. Janet was thrilled with this opportunity. Unfortunately it was short lived. In September 2015 she was diagnosed with her illness. In 2000 she married Tyler Kinney (divorced in 2015) and soon moved to Cilley Hill Road in Jericho where she started her family. Raising her two boys was the greatest joy of her life. They were her pride and joy and meant the world to her. While on the "Hill" she made more cherished friends and was so grateful for these fun, silly, loving neighbors who were so generous and helpful. While in the hospital in October 2015, she married the true love of her life, Steve Hale, and happily welcomed his four adult children into her heart. During her two years with Steve she came to consider him as her rock, her prince, her support, and her love. He gave her more happiness in these two years than she could have dreamed possible. She leaves her husband, her sons Kyle, 14 years, and Gavin, 10 years; her step-children Sarah and her husband Ryan, James, Aaron, and Joshua. She is also survived by Tyler Kinney, the father of her sons, and many dear people from the "Kinney" side; her parents, her brother John and his wife Katie, her uncle Bro. Robert Gagne S.C., her aunt Rita Willette and her husband Joseph, and several cousins including Rita Marie Jette. Of her friends, too numerous to mention, she leaves her two dearest school friends Marsha (Loveday) Lanier and Kate (Hanavan) Ross, and Laura Ruggerio and Jeannie Vinson who were there for her every need. Her family would like to deeply thank the huge, beautiful circle that grew to support her, which includes neighbors, friends, in-laws, and school caregivers. We would also very much like to acknowledge the excellent care she received at UVM from all the amazing team there. Anyone willing to make a contribution in her name may donate to a favorite charity. Her services were at St. John Vianney Catholic Church, 150 Hinesburg Rd., S. Burlington, VT on May 9, 2018. Corbin and Palmer Funeral Home, Essex Junction, VT was in charge of arrangements.



A Celebration of Life gathering the family of **Bairna "Becky" Jones McCuin** of Cambridge, VT, born August 7, 1924, who passed Wednesday, March 14, 2018, invited family and friends to celebrate her life on Saturday May 12, 2018 at the home of her son Terry McCuin, 543 VT Rt. 108 North, Jeffersonville, VT.

HEALTH NEWS

Diverticulitis

Diverticulosis is a condition where small sacs develop in the intestinal tract. Diverticulosis is not symptomatic. Diverticulitis is a painful condition that occurs when these sacs become inflamed. Symptoms of diverticulitis include cramping, abdominal pain, and alternating diarrhea and constipation. Diverticulitis can cause infection, which can spread throughout the abdomen. In severe cases, an abdominal perforation can occur, requiring surgery.

These conditions may be genetic or due to the aging process because the muscles weaken with age, but the most common cause is a low fiber diet. Consequently the best prevention is to eat a high fiber diet regularly, rich in fruits, vegetables, legumes, and whole grains. In fact, it is estimated that fiber can decrease the need for surgery by 90%.

Drink a minimum of eight 8-ounce glasses of water daily. Avoid refined carbohydrates. Probiotics, found in fermented foods such as yogurt and kefir and/or supplements, are beneficial. Omega 3 oils (fish/flax) help reduce inflammation. Grinding 15 grams of flaxseed per day can be beneficial because it supplies omega 3 and helps alleviate constipation. (Constipation may be the cause for diverticulitis development because straining puts increased pressure on the intestinal tract, leading to the formation of sacs.)

Green drinks such as aloe vera and bitters contain chlorophyll and soothe the intestines. The herb Pau D'Arco has antibacterial and cleansing qualities. Peppermint and chamomile teas are soothing to the gastrointestinal tract. (Avoid chamomile if allergic to ragweed). Licorice, aka DGL, can be beneficial but avoid it if cardiac problems exist. Wild yam also has been used to treat diverticulitis but must be avoided if there is a hormonal imbalance or breast cancer history. Cat claw and slippery elm have been used to treat diverticulitis. Ginger tea has anti-inflammatory properties. B vitamins help improve gastrointestinal function. Garlic has anti microbial functions to help reduce infection.

Be sure to exercise regularly. This keeps the gastrointestinal tract moving. Massaging the abdomen each morning, followed by standing and stretching, also facilitate gastrointestinal function.

To prevent diverticulosis and diverticulitis, a high fiber diet is advised. If an acute flare-up occurs however, a low fiber diet is recommended. Call a medical practitioner if stools appear black and tarry (this may indicate bleeding), a fever of 100 degrees or greater occurs, dehydration, or pain in the abdominal or rectal area. Chiropractic care is indicated in the management of diverticulitis and diverticulosis because the nerve supply to the gastrointestinal tract may be functioning suboptimally.

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



The service for **Ralph Norton** was held on Monday, May 7, 2018 at The Jericho Congregational Church, 3 Jericho Center Circle, Jericho, VT. A private burial followed for the family.

**Virginia Elisabeth Tucker**, 91, of Underhill, VT and formerly of Fairmont Street, Laconia, NH, died on Saturday, April 28, 2018 at her daughter's home in Vermont. Virginia was born on December 10, 1926 in Laconia, the daughter of Elisabeth (Clay) and Wesley Shepard Noyes, Sr. Virginia was a graduate of Laconia High School class of 1944. She worked for a period of years for Dr. R.A. Hernandez as well as for the Registrar Everett D. Wheeler in the Belknap County of Registry of Deeds Office at the court house. Virginia was a member of the First United Methodist Church for 55 years, holding office in the Woman's Society of Christian Service, the mother's club, as well as superintendant of the Sunday School. Virginia spent the last eight years of her life living with her daughter and son-in-law in Vermont. While in Vermont she became a supportive member of the United Church of Underhill. Virginia devoted her life to her family, home, church, work, and her dear friends. Survivors include daughter and son-in-law, Kathy and David Williamson of VT; grandchildren Tucker, Brianne, and Shelby Williamson of VT; David Tucker and his wife Kim, Heidi Tucker of NH, Colonel Chris Byler and his wife, Patricia, of GA; great-grandchildren Connor and Sawyer Martel, Miles Williamson, Tyler and Tiffany Tucker and Kelsey Titara-Tucker, Steven and Matthew Nyberg, and Kelly Byler; great-great-grandchildren Jayme, Joshua, Dustin and Briella of NH; sisters-in-law Theresa Noyes of NH, and Vera Craig of FL; and several nieces and nephews. In addition to her parents and grandparents, she was predeceased by her husband, Ralph Tucker; her son, Michael Tucker; her two brothers, Wesley and Charles Noyes; a daughter-in-law, Judi Tucker; great-grandson, Joshua Titara-Tucker; a niece, Ann C. Brooks; a nephew, Randy Noyes; and lifelong best friend Ellie Merrill. There were no calling hours. A Memorial Service was held on Saturday, May 12, 2018 at the First United Methodist Church, 500 Gilford Ave., NH Rt. 11A, Gilford, NH. Burial was held in the family lot in Oakland Cemetery, Meredith, NH. A Celebration of Life will be held on Sunday, June 3, 2018 at 10:30 AM during the worship Service at the United Church of Underhill, Underhill, VT. The family has requested no flowers. Memorial donations may be made to the Lakes Region Scholarship Foundation (for the Michael S. and Judi Tucker Memorial Scholarship Fund), P.O. Box 7312, Gilford, NH 03247-7312. Wilkinson-Beane-Simoneau-Paquette Funeral Home & Cremation Services, 164 Pleasant St., Laconia, NH is assisting the family with the arrangements. For more information and to view an online memorial, go to [www.wilkinsonbeane.com](http://www.wilkinsonbeane.com).



**Rex Learned Marsh**, 82 years old, passed away peacefully on Tuesday, May 1, 2018, with family by his side. Rex was born in Burlington, VT on June 13, 1935, son of Maurice and Abbie (Learned) Marsh. He graduated from Cambridge (VT) High School Class of 1953. Following high school, Rex worked on the family farm. On May 7, 1955, he married the love of his life, Dolores M. Marsh. They spent many years working side by side on their dairy



farm. He was also a sugar maker and logger. His most significant pleasures in life were spending time with his family and being outside hunting, fly-fishing, and taking walks in the woods. Rex was always the first to make someone laugh and smile, and will be remembered forever for his warm welcoming personality and generosity. Rex is known to his children as Dad, his grandchildren and great-grandchildren as Papa, and will always be remembered for his fun personality and words of wisdom. Rex is survived by his daughter, Janette and Danny Dezotelle of Cambridge; son, Richard and Diane Marsh of Jeffersonville, VT; and daughter, Linda and Huw Curtis of Cambridge. Rex has seven grandchildren, Jennifer Dezotelle, Darrin (Katie) Dezotelle, Michelle (Dan) Fletcher, Ryan (Ashley) Marsh, Hillary Dezotelle, Megan (Chad) Herman, and Lauren Curtis; four great-grandsons, Evan and Sean Fletcher, Riley Grippo, and Myles Herman; two great-granddaughters, Willa Grippo and Anna Marsh. Rex is survived by his aunt Betty MacDowell, brother Danny Marsh, sister-in-law Roberta Marsh, and several nieces, nephews, and cousins. Rex had exceptional caregivers over the past couple of years: Donna and Frank, Colleen, Elena, Greg, Joan and Judy, and more recently an amazing team from Lamoille Home Health and Hospice. Rex is predeceased by his loving wife of 60 years Dolores, his father Maurice and mother Abbie, his father-in-law Jerome Morin, his mother-in-law Elaine Courser, his stepfather-in-law Ralph Courser, his brothers Page Marsh and John Marsh, and his sister-in-law Julienne Rarick. A graveside service took place at the Mountain View Cemetery in Waterville, VT on Saturday, May 5, 2018. Donations in Rex's memory can be made to the Lamoille Home Health and Hospice, 54 Farr Ave., Morrisville, VT 05661. The family invites you to share your memories and condolences by visiting [www.awrfh.com](http://www.awrfh.com).

**Linda Ann McNaney**, 80, of Jericho, VT passed on Monday, April 30, 2018 with dignity and respect. Linda was born December 15, 1937 in Pittsfield, MA to Florence (Dewitt) and Anthony Bandzin. Along with her mother, she was raised by her step-father, Leslie Countryman. She was married to William McNaney for 57 years, with whom she raised their sons Michael and Jeffrey in Underhill, VT. She worked as a bookkeeper for a variety of businesses including FoodScience Corporation, Boy Scouts of America, and General Electric for the Naval Ordnance Division. During her retirement, she spent her time with the love of her life, Bill, and faithful pup, Cubby. Days were filled with sipping coffee and talking about world events. She was an avid reader. She will always be remembered for her many stories, strong-willed nature, gentle ways, and flaming red hair. She was predeceased by her husband Bill, and son Michael. Linda is survived by her son Jeffrey McNaney and wife Lisa of Milton, VT, as well as grandsons Jordan, Tyler, Trevor, and Sawyer McNaney, who affectionately called her "Kitty-Kat Gramma." Her grandsons were an important part of her life and she was very proud of them and their accomplishments. Linda is also survived by her sisters Judith Perry of Pittsfield, MA; Martha Curro and husband, Joe of Lanesboro, MA; as well as several nieces and nephews. In lieu of flowers, donations be made to the Humane Society of Chittenden County, 142 Kindness Court, S. Burlington, VT 05403. A private memorial service will be held at the discretion of the immediate family.



SCHOOL NEWS

News from

Camel's Hump Middle School

By Mark Carbone, CHMS Principal

On Friday, May 4, 2018 the Camel's Hump Middle School learning community joined with many members of the Spence family to celebrate the life of Darcy Spence, longtime CHMS employee. Mr. Spence worked tirelessly to make sure the school's playing fields were in top condition at all times. In a ceremony held on the back field, a new sign was unveiled announcing the official dedication of the Spence Fields.

The Navigator team had a great time at The Navigator Book Trailer Premier Night on Thursday, April 18, when students presented their book trailers in the Mount Mansfield Union High School auditorium. This project asked students to choose a book that had an identifiable social issue. Next, students were asked to create a one-minute book trailer that displayed the social issue they read about. The goal of the project was to have students display the social issue within their books in a unique way. The kids did an amazing job. Congratulations to all who "walked the red carpet!"

Sequoia students recently plunged into an in-depth investigation of vernal pools at the Jericho Research Forest. Their investigative question was, "Is this a healthy vernal pool for amphibians?" While there, students surveyed the area and found that the physical environment was ideal for amphibians. The mixed forest had dense canopy cover, a lot of logs and forest debris for cover, and a

layer of leaf litter to line the vernal pool and for amphibian cover. Chemically, the vernal pool had higher-than-expected dissolved oxygen levels, low levels of phosphate and nitrate, and a low pH level (5). Biologically, students found a variety of insects and amphibians and egg masses. They identified dragonfly larvae, whirligig beetles, snails, aquatic worms, caddis fly larvae, and mosquito larvae. For egg masses, we collected and identified those from wood frogs and spotted salamanders. Overall students determined that the physical, chemical, and biological environment was healthy for amphibians. In addition to data collection, students also wrote vernal pool poems, practiced their frog calls, and determined how far they needed to jump if they were a peeper.

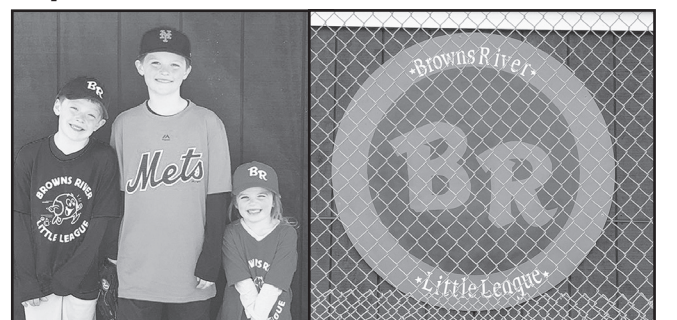
Students at this time of year are rigorously tested on the new common core standards via the "Smarter Balance Assessment Consortium." SBAC replaces the previously used NECAP standardized tests. For more information about SBAC, visit [www.smarterbalanced.org](http://www.smarterbalanced.org). Upon completion of SBAC testing, all CHMS students will be participating in the 4<sup>th</sup> Annual Grand Prix! Teams will race bicycles through a challenging course in the school parking lot – last year's event was well-received and a ton of fun!

We are always looking for volunteers to help with the CHMS community garden. If you are interested, please contact me by calling 434-2188.

The next meeting of the Mount Mansfield Modified Union School Board is at 6:30 PM on Monday, June 4 at Camel's Hump Middle School. The public is invited and encouraged to attend.

Build it and They Will Come project completed

*Three years ago, we set out to formally merge Jericho and Underhill Little League and dramatically enhance the baseball facility at the Jericho Elementary School. Our goals were lofty, but attainable. The project was not without its challenges. Formal approval was sought from Little League International to merge Jericho and Underhill. School approval, permitting, and local contractors were secured. As the enhancements were privately funded, fund raising was a significant challenge. However, through perseverance and resolve we achieved our goals. Since starting the project, we have formally merged Jericho and Underhill Little League, and transformed the baseball facility at JES by resurfacing the fields, adding new home run fencing, a new scoreboard, a new batting cage, and building a new Press Box with public address system – our crown jewel. The process was lengthy and challenging, but our Build It and They Will Come project is now complete. The project could not have been possible without the help and support of the Browns River community. I want to take this opportunity to thank all of the people that have donated their time and resources to make our goals a reality. While it's not possible to recognize everyone here by name, I would like to acknowledge several*



major supporters including John Alberghini, Victoria Graf, Jeff Forward, Lucien Lapierre, Mike Dionne, Chris Picard, Scott Brown, Jason Cheney, Stacy Brockmyre, Jon St. Amour, and the National Life Group. The baseball facility truly is a community asset. If you have not seen a game recently, please stop by and watch our Browns River Little Leaguers. – Dan Randall, Browns River Little League Commissioner PHOTOS CONTRIBUTED



### 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](mailto:lightspd@comcast.net) to be added to the Social Riders email contact list, which is the only guaranteed notification for these rides. Weekend Social Rides are usually announced by Thursday.

Sunday, June 3: Grand Isles Flats. One of the flattest rides of the season. The 28-mile ride (E/M) circles Grand Isle and includes some dirt. The pace will be more casual than the long ride and will be done in the opposite direction. Riders on the 58-mile (M) ride can visit St. Anne's Shrine (bathrooms and picnic tables but no food) and a fossil bed, with a food break at Hero's Welcome in North Hero. Unlike other GMBC rides, this one splits between the short and long at the beginning. Meet at 9:15 AM, Folsom School, South St., South Hero. Those coming from the Burlington area may consider carpooling from the Colchester Park and Ride, Exit 17 off I-89, or from UVM or Veterans Memorial Park, S. Burlington. Leader Bryan Harrington, 899-2908 / [alpinefogman@yahoo.com](mailto:alpinefogman@yahoo.com); Co-Leader: Holly Creeks, 233-9013 / [creeksh@yahoo.com](mailto:creeksh@yahoo.com); Social Ride Contact: Donna Leban, 862-1901 / [lightspd@comcast.net](mailto:lightspd@comcast.net).

Saturday, June 9: 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: Kevin Batson, 825-2618 / [kevbt@gmail.com](mailto:kevbt@gmail.com); Co-Leader: Holly Creeks, 233-9013 / [creeksh@yahoo.com](mailto:creeksh@yahoo.com).

Sunday, June 10: Hinesburg Hollow. This route travels south through Huntington via the beautiful Hinesburg Hollow Road. The short route is 25 miles (M) and returns to Williston via North Road (and a little bit of dirt), while the long one is 47 miles (M/S) and continues through North Ferrisburgh to the lake and back through Hinesburg. Meet at 9:15 AM, Williston Central School (by the tennis courts). Leader: Tom Kennedy, 735-5359 / [etomkennedy@gmail.com](mailto:etomkennedy@gmail.com); Co-Leader: Glen Brooks, 373-1583 / [gfbrooksvt@gmail.com](mailto:gfbrooksvt@gmail.com); Social Ride Leader: Donna Leban, 862-1901 / [lightspd@comcast.net](mailto:lightspd@comcast.net).

Sunday, June 17: Champlain Bridge Ride. Both rides head out Lake Road and across the bicycle-friendly Champlain Bridge. The 43-mile route (M) stops at Crown Point while the 55-mile route (M) makes a loop on the New York side through Port Henry. The Social Ride may begin at a different time and/or location. Call ahead. Meet at 9:15 AM, Vergennes Union High School, Monkton Rd., east parking lot. Leader: Ralph Kilmoyer, 878-4070 / [ralphkilmoyer@comcast.net](mailto:ralphkilmoyer@comcast.net); Co-Leader: Amy Otten, 878-4070 / [amyotten@netscape.com](mailto:amyotten@netscape.com); Social Ride Leader: Donna Leban, 862-1901 / [lightspd@comcast.net](mailto:lightspd@comcast.net).

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](mailto:jo.bertel@gmail.com); Co-Leader: Karla Ferrelli, 864-0101 / [karla.ferrelli@gmail.com](mailto: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](mailto:dpierchand@comcast.net); Co-Leader: Joyce McCutcheon, 893-1690 / [mellowmitti@aol.com](mailto:mellowmitti@aol.com).

### Age Well community 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 22<sup>nd</sup> 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 22<sup>nd</sup> of the month. If the 22<sup>nd</sup> falls on a weekend, reservations may be made the following Monday. Milk is served with all meals.

Tuesday, May 15 – Ray's Seafood, Essex Junction. Check-in 10:30 AM; lunch 11:00 AM. Fish, potato, coleslaw, squash, roll, creemee.

Wednesday, May 16 – JP's Diner & Deli, Essex Junction. Check-in 10:30 AM; lunch 11:00 AM. Baked ham, mashed potatoes, vegetables, dessert.

Thursday, May 17 – Dutch Mill, Shelburne. Check-in 10:30 AM; lunch 11:00 AM. Homemade wheat bread, small garden salad, spaghetti and meatballs, strawberry shortcake.

Tuesday, May 22 – Ray's Seafood, Essex Junction. Check-in 10:30 AM; lunch 11:00 AM. Fish, potato, coleslaw, squash, roll, creemee.

Wednesday, May 23 – Athens Diner, Colchester. Check-in 10:30 AM; lunch 11:00 AM. Turkey dinner, stuffing, mashed potatoes, cranberry sauce, green beans, rolls, pudding.

Thursday, May 24 – American Legion, Colchester. Check-in 10:30 AM; lunch 11:00 AM. Shepherd's pie, rolls, dessert.

Wednesday, May 30 – Athens Diner, Colchester. Check-in 10:30 AM; lunch 11:00 AM. Cold plate, rolls, dessert.

Thursday, May 31 – Dutch Mill, Shelburne. Check-in 10:30 AM; lunch 11:00 AM. Meatloaf, mashed potatoes, mixed vegetables, whole wheat bread, strawberry shortcake.

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## ART / MUSIC / THEATER

**Bryan Memorial Gallery, Jeffersonville, presents painter and instructor Douglas Davis' intensive three-day oil painting workshop, Landscape Oil Painting – Sound Principles to Build Upon, Monday-Wednesday, June 18-20, 10:00 AM – 4:00 PM, covering principles of landscape painting in oil. Painting en plein air will be a major focus after the basics are covered.**



**Discussions, demonstrations, and lectures on composition, massing, building form, light and shadow, developing atmospheric distance, and depending upon one's own style, knowing when a work is finished, will be the key topics. One full scholarship is available for an emerging artist who has not previously received scholarship assistance from Bryan Memorial Gallery; see www.bryangallery.org for the application. Advanced registration required; materials list provided upon receipt of registration. Attendance extremely limited. To register, www.bryangallery.org or 802-644-5100.**

PHOTO CONTRIBUTED

**Right: The Artist by Margaret Bowland (2010; oil on canvas). Running Friday, June 15-Saturday, August 25 at Helen Day Art Center, Stowe, the exhibit 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; gallery hours Tuesday-Saturday, 10:00 AM – 5:00 PM and by appointment.**



PHOTO CONTRIBUTED

## ART/PHOTOGRAPHY

Call to Artists: Register for the 8<sup>th</sup> annual Jericho Plein Air Festival, to be held on Saturday, July 21, by contacting Barbara at [blgreene@myfairpoint.net](mailto:blgreene@myfairpoint.net). Registration will close on May 19 or when the registration quota is filled.

Seventeen local artists will open their studios for the 2018 Memorial Day Weekend Jericho-Underhill Open Studio Tour, Saturday, May 26 and Sunday, May 27, 10:00 AM – 5:00 PM both days. Tour headquarters is the Emile Gruppe Gallery, 22 Barber Farm Rd., Jericho, 899-3211 – stop by or call for information, maps, and directions. The artists participating in the Open Studio Tour include Katrina Allen, Betsy Chapek, Adrienne Fisher, Toby Fulwiler, Stu Hall, Julie Neville Keller, Giovanna Lepore, Carl Newton, Marcia Reese, Kristen Richland, Marcia Rosberg, Dianne Shullenberger, Michael Smith, Skip Smith, Gerald K. Stoner, Thomas Vogelsang, and Bernhard Wunder.

Emile A Gruppe Gallery in Jericho Center presents photographers Bernhard Wunder and Thomas Vogelsang, capturing the beauty of nature in the Vermont landscape with an exhibition of photographs Vermont and Beyond – Landscapes, Macros and Abstracts running through Sunday, June 3. Bernhard and Thomas refer to their work as photo-art – “a drifting away from capturing and presenting subjects as close to the reality as possible. It is more about an artistic vision.” Today's cameras and post-processing techniques enable the photographer to augment the way a photo looks by adding one's own emotion and thought process to what was actually seen. The show will exhibit landscape in Vermont and beyond in abstract and macro photographs, and will also be available during Vermont

Open Studio weekend (Saturday-Sunday, May 26-27). 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 nationally known painter and instructor Douglas Davis in an intensive three-day oil painting workshop, *Landscape Oil Painting – Sound Principles to Build Upon*, Monday-Wednesday, June 18-20, 10:00 AM – 4:00 PM. Davis has exhibited his work and given workshops in southern VT, and he is familiar with the area from having studied here with the late Frank Mason (1921-2009), who gave workshops in the area for 40 years, and whom Bryan Memorial Gallery is honored with a recent exhibition. The workshop will cover the basic principles of landscape painting in oil. Painting *en plein air* will be a major focus after the basics are covered. Discussions, demonstrations, and lectures on composition, massing, building form, light and shadow, developing atmospheric distance, and depending upon one's own style, knowing when a work is finished, will be the key topics of these three days. One full scholarship is available for an emerging artist who has not previously received scholarship assistance from Bryan Memorial Gallery, made possible by the James M. Quimby Sr. Scholarship Fund. The application can be found on the Gallery's website, [www.bryangallery.org](http://www.bryangallery.org). Advanced registration is required; a materials list will be provided upon receipt of registration. Attendance is extremely limited. Register online, [www.bryangallery.org](http://www.bryangallery.org), or by phone, 802-644-5100. Bryan Memorial Gallery, 180 Main St., Jeffersonville; 802-644-5100.

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](http://www.bryangallery.org). Also, the Gallery announces a call to artists for its summer exhibit, *The Sky's the Limit*. The deadline for online applications is Friday, May 11. The exhibit opens Thursday, June 28 and concludes Monday, September 3. Works in all media are encouraged (paintings, photographs, sculpture, drawings, etc.) featuring and/or including the image of *Skies*. The jury will be looking for works in which the sky is the predominant element of the composition. For more information: <http://www.bryangallery.org/pdfs/TheSkysTheLimit.pdf>. 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](http://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](http://www.VisionsofVermont.com).

Shelburne Museum presents *In the Garden* at the Pizagalli Center for Art 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 the course of 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. Curated by Kory Rogers, featuring works by Marie Zimmermann, Jennifer Angus, James C. Sharp, and more. In the Pizagalli's Colgate Gallery through Sunday, June 3 is *Puppets: World on a String*. Animals speak, shadows come alive, and politicians face their harshest critics. Storytelling and the visual arts collide, allowing visitors to explore worlds both real and imagined through works of art ranging from 19<sup>th</sup> century marionettes to contemporary installations by local and national artists like *Bread and Puppet Theater*, Laura Heit, Andy Warhol, and Jim Henson. Shelburne Museum, 6000 Shelburne Rd. (U.S. Rt. 7), Shelburne; information: 802-985-3346 or [www.shelburnemuseum.org](http://www.shelburnemuseum.org).

Helen Day Art Center's Student Art Show exhibits the extraordinary artistic talents of students in the greater Stowe area. The show runs through Saturday, May 26. Stowe Elementary, Middle, and High school students will exhibit their artwork along with students from guest schools Crossett Brook Middle School, Harwood Union High School, and Mountain River School. The artwork includes a great variety of media and subject matter taught by dedicated art teachers: Jenna Kelly, Stowe Elementary; Tim Waite and Jennifer Anthony, Stowe Middle School; Kate Crouse and Carleen Zimbalatti, Stowe High School; Nan Hathaway, Crossett Brook Middle School; Krista Connolly, Jessica Labonte, and Wendy Peterson, Harwood Union High School, and Jen Volansky, Mountain River School. Beginning Friday, June 15 and 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](http://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 beginning Tuesday, May 1. For more information, 802-985-8222 or see [www.ShelburneVineyard.com](http://www.ShelburneVineyard.com) or [www.DonnaBourneArt.com](http://www.DonnaBourneArt.com).

Essex Art League meets the first Thursday of the month, September-May, 9:00 – 11:00 AM at the Essex Junction Congregational Church on VT Rt. 15, Essex Junction. The agenda includes a business and social time and a guest speaker/artist presentation. More information including a calendar and online gallery is available at the League's website [www.essexartleague.com](http://www.essexartleague.com).

The Milton Artists' Guild offers workshops and events at their Art Center & Gallery, 199 U.S. Rt. 7 South, Milton. Saturday, June 2, 10:00 AM – 3:00 PM: Plein Air Workshop with instructor Corliss Blakeley, hosted by Claire Payne Studios located on the Solomon Goodrich Homestead. \$25. Every first and third Monday of the month, 6:15 – 8:00 PM: Live Model Mondays, \$15. Saturday, May 19, 1:30 – 4:30 PM: Color Studies Workshop; 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](http://miltonartistsguild.org/workshops) or contact [MAGVTWorkshops@gmail.com](mailto:MAGVTWorkshops@gmail.com)

## MUSIC

In remembrance of Roland Pigeon, Westford Vermont's most beloved musician who passed away one year ago, fellow musicians, friends, and family will share their musical talents in celebration of his memory with a special country music concert on Sunday, May 20 at the UCV white church on the Westford Common, from 4:00 – 5:30 PM. Over 20 musicians are expected to participate in the concert, promising great variety and talent. The general public is invited to join family, friends, and fellow musicians for an afternoon of country, folk, classical, and old time fiddle music. Both young and older talent will be participating and offer a broad appeal to audiences of any age group. The concert is free. Refreshments will follow the entertainment. For more information, call 879-4028.

The Cathedral Church of St. Paul in Burlington presents a series of concerts this spring. Friday, May 18, 7:30 PM: Stellaria Trio. Letitia Quante, violin, John Dunlop, Cello, and Claire Black, piano bring *Dark Horses*, featuring Beethoven's *Op. 70 No. 2* and Dvorak's *F Minor* trios. Tickets \$20; students 15-22 and seniors \$15; under 15 \$5. Friday, June 1, 7:30 PM: Greenfield Piano Associates perform a varied program featuring composer of the year Frederic Chopin. Admission by donation to GPA Scholarship Fund. Tuesday, June 12, 12:00 PM: Syrinx, conducted by Glen Sproul, presents a cappella choral music including new arrangements of African-American songs and classic Broadway tunes. Every week: *Tuesday noon series* concerts are free; donations appreciated. 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](http://www.bcovt.org), or contact Sharon Radtke, 802-893-4082 or [bco@bcovt.org](mailto:bco@bcovt.org).

## THEATER/FILM

Dorset Theatre Festival is proud to announce its 41<sup>st</sup> season, featuring Herb Gardner's *I'm Not Rappaport* starring Judd Hirsch (June 21-July 14); *Skeleton Crew* by Dominique Morisseau (July 19-August 4); *Pride and Prejudice* from the novel by Jane Austen adapted by Kate Hamill (August 9-25); Holland Taylor's *Ann* starring Jayne Atkinson (August 29-September 1); and *Pipeline Series: Four New Works in Process* (June 26, July 10, July 31, and August 12). In *I'm Not Rappaport*, lifelong radical and world-class kibitzer, retiree Nat Moyer, spends his afternoons spinning outrageous yarns that both intrigue and infuriate fellow octogenarian Midge Carter, the half-blind building superintendent with whom Nat shares his Central Park bench. Moyer is played by Judd Hirsch in the role that won him a Tony Award for Best Actor. In *Skeleton Crew*, a makeshift family of workers at the last exporting auto plant in the city navigate the possibility of foreclosure. Power dynamics shift, and they are pushed to the limits of survival. When the line between blue collar and white collar gets blurred, how far over the lines are they willing to step? In Kate Hamill's adaptation for the Jane Austen novel *Pride and Prejudice*, literature's greatest tale of manners, society and love pits outspoken Elizabeth Bennet against standoffish and aristocratic Mr. Darcy. *ANN*, by award-winning actress and writer Holland Taylor, is an inspiring and hilarious play that brings us face to face with the complex and colorful character bigger than the state from which she hailed. Performed by Emmy Award-winner Jayne Atkinson (*House of Cards, Madam Secretary*), *ANN* takes a revealing look at the impassioned woman who enriched the lives of her followers, friends, and family. With its *PIPELINE SERIES: Four New Works in Process*, Dorset Theatre Festival builds upon its growing reputation as an incubator of new work with this cutting edge series of four presentations of works destined to become tomorrow's classics. Subscriptions for the 2018 summer season and single tickets are on sale now; to purchase or for more information, visit [www.dorsettheatrefestival.org](http://www.dorsettheatrefestival.org). All performances will take place at the Dorset Playhouse, 104 Cheney Rd, Dorset.

## 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](http://www.unitedwaynwvt.galaxydigital.com) or contact us at [volctr@unitedwaynwvt.org](mailto:volctr@unitedwaynwvt.org) or 860-1677.

GREEN THUMBS NEEDED – Burlington Dismas House is seeking volunteers to help fill pots with transplants for its 16<sup>th</sup> Annual Plan Sale. Tuesday and Friday morning and afternoons shifts through Tuesday, May 22. Contact Zoe, 658-0381 or [zoe@dismasoft.org](mailto:zoe@dismasoft.org).

MARATHON – It's Vermont City Marathon & Relay time again, and RunVermont is looking for corporate groups, non-profit groups, sports teams, students, church groups, and families to help make this 30<sup>th</sup> annual event a great success. Shifts are available throughout May and on race day Sunday, May 27. Volunteers receive an official t-shirt and a ticket for Lake Monsters opening day! Contact Chuck Spear, 863-8412 or [volunteer@runvermont.org](mailto:volunteer@runvermont.org).

WALK FOR THOUGHT – Brain Injury Association of Vermont is looking for volunteers to help at the 16<sup>th</sup> Annual Walk for Thought, Saturday, May 19, from 8:00 AM – 3:00 PM. Tasks include picking up donated food/beverage and other donated items, checking in the walker, logging donations, placing signs on the walk route, and more. Contact Jessica Leal, 856-1772 or [support1@biavt.org](mailto:support1@biavt.org).

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 <p><b>Georgia - \$321,000</b></p> <p>3 bedroom + bonus rm/office home in Sherwood Forest neighborhood! Kitchen w/ new SS appliances, custom cherry cabinets, granite countertops &amp; lg island! Master suite with walk-in closet. Finished lower level family &amp; rec rm. Large private tree lined lot with sunny yard for gardening &amp; playing!</p>	 <p><b>Underhill - \$299,500</b></p> <p>3.15 acres with springtime bubbling brook running along the backyard &amp; woods to explore! Upper level features a lg living room &amp; eat-in kitchen that can seat 10! 2 bedrooms &amp; remodeled bath w/ additional bedroom and ¾ bath down. Enjoy 5 decks, hot tub and gardens and above-ground pool!</p>

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