

Westford 4-H'er Addie Ploof wins ribbons at 4-H State Day competition



Westford 4-H'er Addie Ploof proudly shows off the ribbons she won at 4-H State Day, Saturday, May 11 in Barre, for placing first with her individual demonstration on Fixing Fletching on a Bow and in a tie for second place with her team demonstration with her sister, Faith, on when to call the vet. Story and more photos page 2. PHOTO BY LISA MUZZEY

Westford's Rice High School students inducted in National Honor Society



Lisa Lorenz, principal at Rice Memorial High School, has announced that students Claire (left) and Harry Ammirato, residents of Westford, were inducted into the 2019 Chapter of the National Honor Society. Acceptance into the NHS is based on scholarship, leadership, character, and service to others (36 documented hours of community service). PHOTO CONTRIBUTED

Getting to know Cambridge Town Administrator Marguerite Ladd

By Phyl Newbeck
Special to the Mountain Gazette

Marguerite Ladd's parents were the proverbial pillars of the community in the Upper Valley town of Chester where she grew up, so she knows a thing or two about municipal government. Shortly after Ladd moved back to Vermont, she saw there was an opening for the brand-new position of Cambridge Town Administrator and decided to apply. The town liked what they saw and after reviewing 19 applications and interviewing six candidates, they hired Ladd last July.

"I love working with people," Ladd said. "I had been working in schools and serving a pretty specific age demographic so I was ready for something different." Ladd had purchased a home in Underhill and had been accepted into a graduate program at UVM but when she read the job description, she felt that her skill set made her a good candidate. "The job looked very appealing," she said, "and it was exciting that I would be the first one to hold that position."

Ladd holds a BA from the New England Conservatory and an MA from New York University. She worked in several capacities in New York City, finishing her time in the city as Director of Operations of the Walden School. She stayed in education after moving to New Hampshire but is happy to have made the switch to municipal work. "So far, it's been fabulous," she said. "People are really passionate and care about their town." Ladd enjoys being able to work with long-time residents, as well as newcomers, in helping to develop programs. "It's been a really good learning experience," she said.

While living in New York City, Ladd spent time helping other musicians while also trying to further her own musical career. She is

a composer who specializes in concert and electro-acoustic music. The latter is a format through which musicians record what they hear around them and then manipulate and add to those sounds. A saxophone player, Ladd's musical career has evolved from orchestras and string and brass quartets in college to making music for movies and commercials in graduate school. Getting used to her first house and her new job and preparing to get married this summer have cut into her musical time but she is hoping to spend more time composing and playing in the future.

Ladd is one of five children raised on what her mother referred to as a hobby farm in Chester. Her father started a recycling program and her mother served on the library board of trustees and did fundraising for the elementary school playground. Both received the Paul Harris Award for their contributions to the local Rotary Club. Ladd remembers taking part in community events like Green Up Day. "That was just what one did," she recalls, "but once I went out into the world, I realized that wasn't true everywhere."

Ladd is impressed that Cambridge created the Town Administrator position. "In some towns there is just one clerk/treasurer who is there only three days a week," she said. "I admire this town for being forward thinking and also caring deeply about its roots. They have a wonderful recipe that you can't get everywhere and they are being thoughtful about what they do." Ladd notes that one Select Board member has been on the board for more than three decades and two are brand new. "They are all respectful of each other and what they bring to the table," she said. "There's a lot of amazing community stuff happening. People are willing to dig in and that's wonderful and inspiring."

MMU Music students participate in 2019 Vermont All State Festival



Congratulations to the following students for their participation in the 2019 Vermont All State Festival at U32 High School. Performing in Band, Chorus, Jazz Band & Orchestra: Jayme Billings/Alto Sax and Sebastiaan West/Piano, who both received scholarships for their performances in auditions. We are really proud of their performances on Friday-Saturday, May 10-11. Also, thanks and congratulations to the MMU Music Marching Band for their performance in Montpelier Wednesday, May 8, the opening day for the 2019 Vermont All State Festival. Pictured (front, from left): Theresa Christiansen/Alto Sax, Sydney Segear/Flute, Sophia Rosacker/Clarinet, Jayme Billings/Alto Sax, Maya Parry/French Horn, Lukas West/Clarinet, Aedan Lahiff/Trumpet, Sam Keller/Percussion, Elliott Austin/Oboe, Jackson Novotny/Viola; (back, from left): Finley Clark/Trumpet, Ethan Hall/Trombone, Matthew Baldwin/Bassoon, Zachary Burns/Voice, Kate Lavanway/Voice, Edward Green/Voice, Abigail Sandy/Voice, Amelia Sanborn/Voice, Logan Mohn/Voice, Jonathan Knakal/Voice, Craig Rettew/Voice. Not pictured are Ruth Leech/Trumpet & Sebastiaan West/Piano. PHOTO BY MRS. KATRINA ALLEN



Cambridge residents and partners at ribbon cutting ceremony capping the stormwater mitigation project

Left, A ribbon cutting ceremony took place on Monday, May 13 at the Cambridge Elementary School, capping the stormwater mitigation project undertaken by the Town of Cambridge. The project funders were The Lake Champlain Basin Program, the VT Dept of Environmental Conservation, Ecosystem Restoration Program and The High Meadows Fund. Pictured (from left): Seth Jensen, Senior Planner, LCPC; Dana Allen, Watershed Consulting Associates; Senator Richard Westman; Caleb Magoon, Chair, LCPC; Will Lathrop, The High Meadows Fund; Bill Morey, Cambridge Road Foreman; George Putnam, Cambridge Selectboard Chair; Al Young, Director of Maintenance, Cambridge Elementary School; Mary Anderson, Principal, Cambridge Elementary School; Marguerite Ladd, Cambridge Town Administrator; Greg Tatro, G.W. Tatro Construction; Jean Jenkauskas, Cambridge Conservation Commission; Sara Laurie, Cambridge Conservation Commission; Med Modley, Lake Champlain Basin Program; Richard Goff, Board of Directors, LCPC; Meghan Rodier, Project Manager, LCPC; Georgeana Little, Office Manager, LCPC. PHOTO CONTRIBUTED

4-H NEWS

Outstanding 4-H talent celebrated at State Day



Staffing the registration table at 4-H State Day, Saturday, May 11 in Barre, were (from left) Mackenzie Bushey, Springfield; Sammie Blackmore, Charlotte; and Vivienne Babbott, Hinesburg. PHOTO BY LISA MUZZEY

On Saturday, May 11, the Barre Civic Center in Barre, VT was the place to be as talented 4-H'ers from throughout Vermont enlightened, educated, and entertained the public with their action exhibits, stage presentations, demonstrations, technological savvy, tabletop exhibits, and more.

Master of Ceremony for the University of Vermont (UVM) Extension 4-H-sponsored event was Faith Ploof, Westford, who was part of the 4-H State Day Crew, a group of 4-H teens who assisted with the event. Other members of the team were Samantha Blackmore, Charlotte; MacKenzie Bushey, Springfield; Hunter Michaud, East Hardwick; and Alexis Taylor-Young, South Royalton. The Flying Hooves 4-H Club of Colchester sold concessions to benefit the Ann Hart Scholarship Fund.

While all State Day participants were winners at the regional level, those chosen as state winners will repeat their presentations and performances or display their photos and posters at Eastern States Exposition in West Springfield, MA in September. They include, listed alphabetically by category:

ACTION EXHIBITS: Leprechauns 4-H Club, Johnson (Slime Tyme); Caspian Critters 4-H Club, Greensboro (How to Make Chicken Treats); Squabble Hollow 4-H Club, Lyndonville (She is the One I Want: Picking a Dairy Animal for Showing); Blazing Bridles 4-H Club, Danville (Horsing Around with Crafts); Eden Eagles 4-H Club, Eden (Homemade Lava Lamps)

DEMONSTRATION (Individual): Addie Ploof, Westford (Fixing Fletching on a Bow)

DEMONSTRATION (Team): Vivienne Babbott, Hinesburg, and Samantha Blackmore, Charlotte (How to Bear Tack Care); Addie and Faith Ploof, Westford (When to Call Your Vet); Jasmine Mooney and Katey Stone, both from St. Johnsbury (Free Falling: Horse Diving)

FASHION REVUE: Joey Ferris, Braintree (vest with baseball buttons); Dani Flint, South Royalton (pajamas); Samantha Flint, Brookfield (pajamas and pillow case); Adam Messier, Braintree (two-way holographic drop-crotch onesie); Breanna Munger (pants), Samantha Senn (top) and Madisyn Sheldrick, (shorts), all from Benson; Thomas Sirvinskas, Milton (fleece pajamas with outer space theme); Elizabeth Waterman, Thetford (dress with multi-colored over-bodice)

ILLUSTRATED TALK: Greta Friesen, Hinesburg (It's Time for Grooming); Samantha Provost, Milton (Vikingur Hestur)

PHOTOGRAPHY (PHOTO-BASED DESIGN): Whitney Dunklee (Born Leader) and Garrette Shanks (A Good Boy), both from Vernon; Emeillia Gomo, Chester (Colorful Jumping Pony)

PHOTOGRAPHY (TRADITIONAL): Vivienne Babbott, Hinesburg (Vermont Views); Samantha Blackmore, Charlotte (Lazy Days); Megan Carson, Windham (Pony in the Buttercups); Ryder Curavoo, Berlin (My Calf); Jenna Dolloph, Grafton (Frozen in Time); Whitney Dunklee (Surprise Hoot); Alexa Graham, Westfield (Moss)

POSTERS: Whitney Dunklee (Milk: No Other Alternative) and Elyse Thurber (Horse Grooming Tools), both from Vernon; Dawson Michaud (The Cycle of the Day) and Gabriel Michaud (Eight Essential Nutrients in Milk), both from East Hardwick; Addie Ploof, Westford (Life Stages of a Chicken)

SMART SHOPPER: Emily and Mariah Ingalls, both from Johnson; Anna Whittemore, Orleans. In this category the 4-H'ers were evaluated on their fashion sense and how well they put together an outfit on a \$50 budget.

STAGE PRESENTATIONS (GROUP): Elizabeth and Viola Brown, Vernon (baton and jump rope routine); Hearts 4 Horses 4-H Club, Eden (dance routine); Flying Hooves 4-H Club, Colchester (Willie Wonka and his Candy Factory skit); Kassie Merriam, Eden Mills, and Isabella Sargent, Eden (gymnastics routine)

STAGE PRESENTATIONS (INDIVIDUAL): Rozalynd Ahlmann, Lunenburg (vocal performance); Viola Brown, Vernon (flute solo); Anna Carson, Windham (violin medley); Aden Cushman, Barre (saxophone solo); Ella Dubin, Northfield, MA (poetry recitation); Isabella Sargent, Eden (hip-hop dance); Alexis Taylor-Young, South Royalton (sign language presentation); Tamara Tyminski, Wallingford (singing); Adeline White, Pittsford (singing)

Other entries recognized as the most outstanding in their category but not continuing onto Eastern States include:

FUN WITH FOOD CHALLENGE: Addie Ploof, Westford (roasted vegetable platter)

PUBLIC SPEAKING: Senior Division--Faith Ploof, Westford (Hippotherapy); Junior Division--Uma Chirkova, Newbury (Onagadori); Ella Dubin, Northfield, MA (Cloning: The Future or the End?); Addie Ploof, Westford (Community Service)

SEWING (NON-GARMENT): Adam Messier, Braintree (perfect bag)

TABLE TOP EXHIBITS: Olivia Bullock, Mendon (Best Activator for Slime); Emma Cushman, Barre (Understanding Bumblefoot); Whitney Dunklee, Vernon (Everything but the Moo); Calvin Kennett (Frizzle Bantam Genetics) and Tucker Kennett (Homing Pigeon Stages of Growth), both from Middlebury; Makenzie McLaughlin, Rutland (Judith Resnick); Middle Branch 4-H Club, Randolph Center (Creative Cheesecakes); William Moran (Modern Automotive Safety Features: Black Holes), Bristol; Faith Ploof, Westford, and Sophie Zemianek, St. Albans (Types of Horse Hitches); Liviya Russo (You've Goat to Be Kidding Me) and Logan Russo (Specialty Tools for Small Engine Repair), both from Lunenburg; Cheyenne Steves, Fair Haven (Barefoot vs. Shoes)

TECHNOLOGY (4-H PROMOTIONAL VIDEO): Elizabeth and Viola Brown and Whitney Dunklee, all from Vernon (4-H Promotion); Addie and Faith Ploof, Westford, and Sophie Zemianek, St. Albans (4-H Grows Here); Emma Rowell, Greensboro Bend (There is Something for Everyone)

TECHNOLOGY (MAKER-TINKER): Elijah Burton, Williston (light-up picture); Ryder Curavoo, Berlin (robotic hand); Delia Farris and Sadie Farris, both from Grand Isle and Asa Rousseau, North Hero (all three created light-up pictures)

To learn more about the UVM Extension 4-H program, call the State 4-H Office at 802-651-8343 or 800-571-0668 (toll-free in Vermont).



Top scorers in the Junior Division, ages 10-11, at the State 4-H Horse Judging Contest Sunday, May 5 in New Haven, VT were: front row (from left): Alessandra Hoffman and Hannah Smiley, both from Milton; Seanna Erickson, Florence. Back row: Viola Brown, Vernon; Addisyn Greenwood, Waterford; Jillian Murdough, Essex Junction; Wyatt Kennett, Middlebury. Not pictured: Rose Ouimet, Castleton. PHOTO BY AMANDA TURGEON

Four teens named to 4-H horse judging team

Four Vermont 4-H teens qualified for the state 4-H horse judging team for achieving the highest scores at the State 4-H Horse Judging Contest on Sunday, May 5 in New Haven, VT.

Emma Cushman, Barre; Grace Parks, Essex Junction; McKenna White, Whiting; and Sophie Zemianek, St. Albans; all earned a spot on the state team that will represent Vermont at the Northeast

4-H teens continued on page 3

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COMING EVENTS

Thursday, June 6

CCGOP Dinner, 6:00 PM, Essex Grange Hall, 45 Upper Main St., Essex Junction. Join the Chittenden County GOP for a free dinner and a behind-the-scenes update from Guy Page on what happened and didn't happen during the 2019 Legislative session under the Golden Dome in Montpelier this year.

VT Law School's Hot Topics lecture series on environmental issues

Throughout the summer, Vermont Law School (VLS) faculty, distinguished scholars, media fellows, and others will deliver one-hour Hot Topics lectures on a variety of current issues in environmental law and policy.

- The 2019 Hot Topics are: Tuesday, June 4: Farming Nemo: CAFOs of the Sea with Pamela Vesilind '08, VLS. Thursday, June 6: Using Science and the Law to Achieve Coexistence in a Crowded Ocean with Sarah Reiter '13, VLS. Tuesday, June 11: Negotiating the Value Chain: A Study of Surplus and Distribution in Indian Markets for Food with Amy Cohen, Ohio State University Moritz College of Law. Thursday, June 13: The Mexican Border: Property Rights & The Environment with John Echeverria, VLS. Tuesday, June 18: China's Belt and Road Initiative: What Is It, and What Does It Mean For the Environment? with William Schulte LLM '15, VLS. Thursday, June 20: What's In Your Water? with Jen Duggan, Conservation Law Foundation Vermont. Tuesday, June 25: Externalizing Europe's Energy Policy in EU Free Trade Agreements: A Cognitive Dissonance Between Promoting Sustainable Development and Ensuring the Security of Supply? with Anna Marhold, Tilburg Law School. Thursday, June 27: The Trump EPA and the Toxic Chemical in All of US with Annie Snider, Politico. Tuesday, July 9: Confronting America's Captive Tiger Crisis with Delcianna Winders, Lewis and Clark Law School, and Heather Rally, PETA. Thursday, June 11: Disclosing the Danger: State Attorney Ethics Rules Meet Climate Change with Victor Flatt, University of Houston Law Center. Tuesday, July 16: Climate Change in the Courts with Ellen Gilmer, E&E News. Thursday, July 18: Lobster Wars, Vanishing Cod, and Other Effects of Warming in the Gulf of Maine with David Abel, Boston Globe. Tuesday, July 23: Environmental Justice in the Anthropocene with Carmen Gonzalez, Seattle University School of Law. Thursday, July 25: Clean Energy Justice: Charting an Emerging Agenda with Joel Eisen, University of Richmond School of Law. Tuesday, July 30: The Flint Water Crisis: A Case of Environmental Injustice with Kathleen Falk, U.S. Department of Health and Human Services. Thursday, August 1: Playing With Poison: The Toxic Legacy of Lead Contamination in America's Urban Centers with Yvette Cabrera, Huffington Post.

The garage is full... come to St. Thomas yard/rummage sale

Mark your calendar - St. Thomas Church in Underhill Center will hold its Spring Into Summer Yard and Rummage Sale Friday-Sunday, June 7-9, from 9:00 AM - 5:00 PM each day. The yard sale will feature house wares, dishes, toys, miscellaneous items, and, perhaps, a surprise or two. The rummage sale will feature spring and summer clothing for children and adults.

4-H teens continued from page 2

Regional 4-H Horse Contest in October in Windsor, CT, and Eastern National 4-H Horse Round-up in Louisville, KY this fall. Jordan Bombard, Duxbury, was named first alternate. The contest, which was sponsored by University of Vermont Extension 4-H, began at Wishful Thinking Farm, where competitors provided written rankings for stock horses in hand, ponies in hand, Thoroughbreds in hand, hunter under saddle, and hunt seat equitation classes. After judging, the contest moved to Beeman Elementary School and the New Haven Town Hall, where Juniors (12-13) and Seniors (14 and older) were asked to present oral reasons for two classes. Scores from judging and oral reasons were combined for an overall score and final rank for these two age divisions.

- RSVP4VTGOP@gmail.com. For information contact Bill Lawrence, Underhill Republican Town Chair, 802-999-2163.

Friday-Sunday, June 7-9

St. Thomas Yard and Rummage Sale, 9:00 AM - 5:00 PM each day, St. Thomas Church, Underhill Center. House wares, dishes, toys, miscellaneous items, spring and summer clothing for children and adults, and perhaps a surprise or two!

Saturday, June 8

Home and Hearth, 10:00 AM - 4:00 PM, Ethan Allen Homestead Museum, Burlington. It took a lot of work to make an 18th century homestead function. Join us as our living historians make the Ethan Allen House come to life with demonstrations of hearth cooking (free samples available), textile arts, carpentry, and more.

Wednesday, June 12

The Hills of Home: Mountains and Identity in Vermont History, 7:00 PM, Warner Lodge, School St., Jeffersonville. Vermonters have strong ideas about the importance of our mountain topography. Historian Jill Mudgett presents evolving ideas about our mountains, beginning with the state's founders and moving forward through Vermont history to explain how environmental understandings changed over time.

Animals of the North: What does the future hold? 7:00 PM, Jericho Community Center, Browns Trace, Jericho Center.

Susan Morse of Keeping Track will present a slide show and lecture. Presented by Jericho Conservation Commission and Transition Town Jericho, and sponsored by the Deborah Rawson Memorial and Jericho Town Libraries. Free and open to the public; refreshments at 6:30 PM.

Thursday, June 13

Book talk: The Silk Road, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Kathryn Davis for a reading from her new book The Silk Road, a spellbinding novel about transience and mortality. Davis is the author of seven novels, most recently Duplex.

Thursday-Friday, June 13-14

Preservation Workshops for Smaller Institutions, 9:00 AM - 4:00 PM, Bailey Howe Library, UVM, Burlington. Presented by NEDCC, Northeast Document Conservation Center. Thursday: Digital Preservation for Smaller Institutions; Friday: Audiovisual Preservation for Smaller Institutions.

Friday, June 14

BFA Fairfax Alumni Banquet, 5:00 PM social hour, 6:00 PM meal, Richard A. Brown Gym, 75 Hunt St., Fairfax. Come join your fellow alumni and welcome the seniors!

Saturday, June 15

The Guardian Legion, 11:00 AM - 1:00 PM, Phoenix Books Essex, 2 Carmichael St., Essex. Meet some of your favorite superheroes at this event with The Guardian Legion, a Vermont-based cosplay and charity group.

Sunday, June 16

Children's Father's Day Fishing Derby, 8:00 - 11:00 AM, Chittenden County Fish & Game Club, 1397 Wes White Hill Rd., Jonesville. Register by 8:00 AM. Prizes for children ages 14 and under.

Father's Day Breakfast, 8:00 - 11:30 AM, Eagles Club #3210, VT Rt. 109 North (road to Waterville). Sponsored by Eagles Club/Ladies Auxiliary #3210, a non-profit. Adults \$10, ages 6-12 \$5, age 5 and under free.

Thursday, June 20

Book talk: Life on the Other Border: Farmworkers and Food Justice in Vermont, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Teresa Mares for a talk on her new

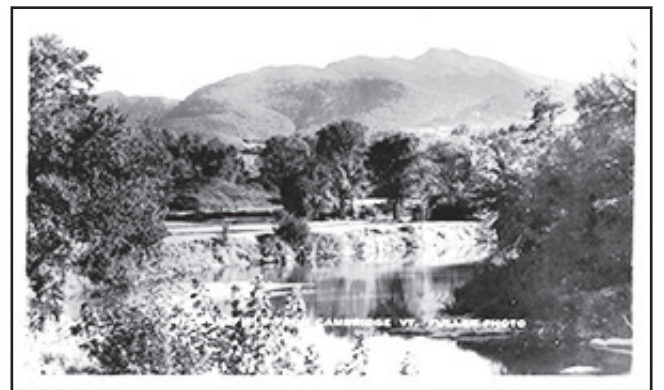
(third); Seanna Erickson, Florence (fourth); Wyatt Kennett, Middlebury (fifth); Jillian Murdough, Essex Junction (sixth); Addisyn Greenwood, Waterford (seventh); Viola Brown, Vernon (eighth).

JUNIORS (8 and 9 years old): Tayah Cram, Leicester (first); Sage Stevers, New Haven (second); Jakob Marinoff, Highgate (third); Elyse Thurber, Vernon (fourth).

Assisting with the event were 4-H teens Lauren Hodsdon, Bridport; Makayla LaFlam, Guilford; Faith Ploof, Westford; Emma Saker, Shrewsbury; and Rylie Zager, Gill, MA.

To learn more about the 4-H horse project and future horse events, please contact Wendy Sorrell, UVM Extension 4-H livestock educator, wendy.sorrell@uvm.edu.

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The Hills of Home: Mountains and Identity in Vermont History - Vermonters have strong ideas about the importance of our mountain topography. Where did our pride in Vermont's landscape come from, and why is it that we see our shared identity as rooted in the land?

book, which explores the intersections of structural vulnerability and food insecurity experienced by migrant farmworkers in the northeastern borderlands of the U.S.

Thursday, June 27

Meals on Wheels Lamoille 20th Anniversary, 5:00 - 7:00 PM, Lamoille Civic Center, 24 Upper Main St., Morrisville. Join Meals on Wheels of Lamoille County and the Lamoille Chamber of Commerce to celebrate Meals on Wheels of Lamoille County's 20th anniversary! Local brews, wines, and appetizers will be served.

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HEALTH PROGRAMS AND CLASSES AT NORTHWESTERN MEDICAL CENTER

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 Sessions – Tuesdays and Thursdays, flexible times, NMC Rehab gym, Cobblestone Health Commons. Featuring Wendy Lawrence, Physical Therapist. Pre-registration required; call 524-1064. Free for the first 8 weeks, then \$40. Designed for cancer survivors; helps improve strength and balance while fighting fatigue to bring back optimal function. You'll get started with an individualized physical therapy evaluation and customized treatment if needed – both services are billable to insurance. After these first two or three visits, participants move on to a free, 8-week open gym program that is supervised by one of NMC's Athletic Trainers to continue work on strength and conditioning. Exercise with others can be fun and supportive, especially in the comfortable atmosphere of the rehab gym. After the eight week free open gym program, participants can choose to continue their workouts at the gym for a monthly fee of \$40. Start the program at any time, and use the gym when it is convenient for you. Simply call our Physical Therapy team to get started and find out what hours the gym is open.

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 not 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).

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www.JerichoChiro.com



Dr. Mary H. Kintner

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 not 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 not required. Free. This group is for those with Alzheimer's and caregivers, family members, and friends and is facilitated by Amanda Wilson. Please call the 24/7 Helpline at 800-272-3900 or visit alz.org/Vermont to confirm details.

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

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

Breastfeeding and Infant Massage Group: second Wednesday of each month, 9:30 – 11:15 AM, Alburgh Library. No pre-registration

required. Free. Join other moms and babies to learn how to massage your baby and discover more about breastfeeding and parenting.

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

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

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

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

VA Medical Center/WRJ preparing for MISSION Act

The U.S. Department of Veterans Affairs (VA) will launch its new and improved community care program Thursday, June 6, implementing portions of the VA Maintaining Internal Systems and Strengthening Integrated Outside Networks Act of 2018 (the MISSION Act – <https://missionact.va.gov/>), which both ends the Veterans Choice Program and establishes a new Veterans Community Care Program.

The White River Junction VA Medical Center has scheduled a Veteran Town Hall on Tuesday, June 11, 5:30 PM.

The MISSION Act will strengthen the nationwide VA Health Care System by empowering veterans to have more options in their health care decisions.

Under the new and improved Veterans Community Care Program, veterans can now work with their VA health care provider or other VA staff to see if they are eligible to receive community care. Eligibility for community care does not require a veteran to receive that care in the community; veterans can still choose to have VA provide their care. Veterans are eligible to choose to receive care in the community if they meet any of the following six eligibility criteria:

1: A veteran needs a service not available at any VA medical facility.

2: A veteran lives in a U.S. state or territory without a full-service VA medical facility. Specifically, this would apply to veterans living in Alaska, Hawaii, New Hampshire, and the U.S. territories of Guam, American Samoa, the Northern Mariana Islands, and the U.S. Virgin Islands.

3: A veteran qualifies under the "grandfather" provision related to distance eligibility for the Veterans Choice Program.

4: VA cannot furnish care in a manner that complies within certain designated access standards. The specific access standards are described below. (Important: Access standards are proposed and not yet final.)

- Average drive time to a specific VA medical facility
- * 30-minute average drive time for primary care, mental health,

and noninstitutional extended care services.

* 60-minute average drive time for specialty care.

Note: Average drive times are calculated by VA using geo-mapping software.

• Appointment wait time at a specific VA medical facility

* 20 days for primary care, mental health care, and noninstitutional extended care services, unless the veteran agrees to a later date in consultation with his or her VA health care provider.

* 28 days for specialty care from the date of request, unless the veteran agrees to a later date in consultation with his or her VA health care provider.

5: The veteran and the referring clinician agree it is in the best medical interest of the veteran to receive community care based on defined factors.

6: VA has determined that a VA medical service line is not providing care in a manner that complies with VA's standards for quality.

To help employees prepare for this transformation and others under the MISSION Act, White River Junction VA Medical Center dedicated the month of May to readiness.

"We are excited about the new options available to our veterans under the MISSION Act and we are committed to continuing to provide high quality healthcare at our White River Junction facility and our seven Community Based Outpatient Clinics, while maximizing our community resources through this enhanced Community Care Network," explains Dr. Brett Rusch, White River Junction VAMC Executive Director. "As we move forward through this transformation, we will strengthen our VA system and continue to listen to the requests of our Twin State Veterans."

The VA MISSION Act:

- Strengthens VA's ability to recruit and retain clinicians.
- Statutorily authorizes "Anywhere to Anywhere" telehealth provision across state lines.
- Empowers veterans with increased access to community care.
- Establishes a new, urgent-care benefit that eligible veterans can access in the community.

"We understand any transformation of this size will come with challenges," said Dr. Rusch. "We look forward to working with veterans and community providers to improve the process each step along the way."

White River Junction VA Medical Center serves nearly 27,000 local veterans every year in the bi-state catchment area, in the state of Vermont, and the four contiguous counties of New Hampshire.

Remember to be tick smart!

By Katie Warchut

Public Health Communication officer, VT Dept. of Health

Most of the tickborne diseases in Vermont are caused by bites from the blacklegged tick during early spring and late fall. The best way to prevent tickborne diseases is to prevent tick bites. Take these steps to protect yourself and your family from the diseases ticks spread:

- Use an EPA-registered insect repellent: <https://www.epa.gov/insect-repellents/find-repellent-right-you>
- Walk in the center of trails to avoid contact with overgrown grass, brush, and leaf litter
- Wear long pants and long sleeves
- Check your whole body after being outdoors
- If you spot a tick on your body, remove it using fine-tipped tweezers and pull straight up. Flush the tick down the toilet
- Contact your health care provider if you get any of these symptoms after a tick bite: fever, headache, joint pain, muscle aches, fatigue, or rash. Symptoms can start three to 30 days after a tick bite.

Learn more at <http://www.healthvermont.gov/BeTickSmart>.

What You Need to Know to Keep Your Feet Happy

Bryan Monier, MD has created a free helpful fact sheet. Learn:

Tips for Everyday
When to See a Doctor

Download your free checklist at copleyvt.org

Bryan Monier, MD is a fellowship trained attending orthopaedic surgeon specializing in care of the foot and ankle and lower extremity trauma at Mansfield Orthopaedics at Copley Hospital. He is skilled in working with athletes, trauma, and geriatric patients. Dr. Monier is an expert in total ankle replacements.



555 Washington Highway, Morrisville, VT 05661
6 North Main Street, Waterbury, VT 05676
802-888-8405 | copleyvt.org/orthopaedics



PEOPLE IN THE NEWS

College honors

Brandon Aguiar of Jericho, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Andrea Barton of Jericho, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Devyn Beliveau-Gale of Jericho, VT has been named to the Spring 2019 President's List at Siena College, Loudonville, NY.

Jamie Benson of Waterbury, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Ella Bergin of Jericho, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Brianna Borch of Jericho, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Lucy Boyden of Cambridge, VT has been named to the Spring 2019 Dean's List at Roger Williams University, Bristol, RI.

Alexandra Cameron of Underhill, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Chace Carpenter of Cambridge, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Alison Chivers of Jericho, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Thomas Chivers of Jericho, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Kira Clokey of Jeffersonville, VT has been named to the Spring 2019 Dean's List at Becker College, Worcester, MA. Clokey is pursuing a Bachelor of Science degree in Nursing. Clokey has also been named to the Massachusetts Theta Chapter of the Alpha Chi honor society at Becker College.

Leah Corbin of Underhill, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Jacob Crawford of Jericho, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Bethany DeMuyneck of Underhill, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Isabel Dunkley of Underhill, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Nathaniel Goldman of Jericho, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Kathryn Greenlese of Jericho, VT has been named to the Spring 2019 Dean's List at Emerson College, Boston, MA. Greenlese is a member of the class of 2019 majoring in Media Arts Production.

Justin Haenel of Underhill, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Lindsay Hollowell of Westford, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Bill Hogan of Cambridge, VT has been presented with the Outstanding Junior Award by the University of Vermont (Burlington, VT) Fraternity & Sorority Life for his contributions to the UVM community and for exemplifying commitment to citizenship, friendship, leadership, lifelong learning, and justice. Hogan is a member of Phi Mu Delta Fraternity.

Christopher Irish of Westford, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Lauren Johnson of Jericho, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Dyani Jones of Jericho, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Ella King of Underhill, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Julia Kitonis of Westford, VT has been named to the Spring

Library news continued from page 6

Tuesday, June 18, 7:00 – 9:00 PM – Brownell Library Trustees Meeting.

Wednesday, June 19, 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.

Wednesday, June 19, 10:00 AM – 12:00 PM: Bookmark Stitch-In. Members of The Embroiderers' Guild of America celebrate our *Universe of Stories* theme with a Bookmark Stitch-In. Watch them create embroidery using a variety of needlework techniques. Choose an embroidered bookmark to take home! For all ages, kids and adults. Located in Brownell's Main Reading room.

Wednesday, June 19, 4:00 – 5:00 PM: Teddy Bear Picnic with the Swing Peepers. Bring your favorite bear or stuffed toy to hear Matthew Witten and John Hadden sing songs and act out rollicking stories about *Sweet Dreams and Night Skies*. Refreshments served by Friends of Brownell Library.

Wednesday, June 19, 6:30 – 8:00 PM: Teens come in for ice cream, stay to take pictures and write notes about stuffed animals' sleepover shenanigans during their sleepover. Register online at brownelllibrary.org.

Thursday, June 20, 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.

Friday, June 21, 9:30 – 10:30 AM: Play Time for Little Ones. Active play time for kids 0-5 years old.

Friday, June 21, 4:00 – 5:00 PM: Astronaut Training Camp. Have a blast training like an astronaut! Try your hand at an agility course, comet toss, moon jump, spacewalk, exploration station, and gravity defying exercise.

Friday, June 21, 6:30 – 8:30 PM: Family Movie. Free drinks and popcorn!

Monday, June 24, 3:00 – 4:30 PM: Lego Challenge. Build creatively with Legos, and participate in a Lego challenge. This week: build upside down!

Wednesday, June 26, 7:00 – 8:30 PM: TEDxBrownellLibrary: *Universe of Stories*. Ted Talk videos around this theme will be viewed and reflected upon. This is a great opportunity to connect with others!

Friday, June 28, 2:30 – 3:30 PM: Galactic Stories and Food. Explore the universe with stories and snacks. For children ages 6-12.

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

2019 Dean's List at the University of Vermont, Burlington, VT.

Kathryn Macone of Underhill, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Letizia Mosca of Jericho, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Megan Nelson of Underhill, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Kira Nikolaides of Waterbury, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Ryan Parker of Cambridge, VT has been named to the Spring 2019 Dean's List at the University of Vermont, Burlington, VT.

Marcus Van Wyck of Jericho, VT has been named to the Spring 2019 Dean's List at Cedarville University, Cedarville, OH. Van Wyck is majoring in Nursing.

Markus Widschwentner of Waterbury, VT has been named to the Spring 2019 President's List at Siena College, Loudonville, NY.

OBITUARY



Betsy J. McNally, 54, of Jeffersonville/Cambridge, VT, passed away at her home Friday, May 17, 2019. She was born January 21, 1965 at Copley Hospital in Morrisville, VT, the daughter of Neil and Roberta Grimes McNally. Betsy was a 1984 graduate of Lamoille Union High School. She worked at Smugglers' Notch Resort after graduating until 2007 and resigned due to illness. Betsy liked to read, enjoyed collecting stuffed toys and Beanie Babies and coupons, and also liked to work word-search puzzles.

She contracted breast cancer at age 22 and it left her with many problems. Betsy would just say, "That's life," and walk away with a smile. Betsy is survived by her mother, Roberta McNally; brother, Keith McNally and sister, Barbara McNally and her friend, Bill. She is also survived by aunts Karlene, Fannie, and Noella, uncle Glendon, and several cousins and her many friends. She was predeceased by her father, Neil in 1985 and by grandfathers and grandmothers. A graveside service was held Friday, May 24, 2019 at Hooper Cemetery in Hyde Park, VT. In lieu of flowers, contributions in Betsy's memory may be made to Lamoille Area Cancer Network, 198 Farr Ave., Morrisville, VT 05661. Faith Funeral Home assisted with arrangements. Online condolences may be made by visiting faithfh.net.

Two Richmond students win National Merit Scholarships

Two seniors at Mount Mansfield Union High School in Jericho, VT have been chosen as winners of National Merit \$2500 Scholarships.

National Merit Scholarship Corporation (NMSC) has announced this year's National Merit \$2500 Scholarship winners. The 2500 Merit Scholar designees were chosen from a talent pool of more than 15,000 outstanding finalists in the 2019 National Merit Scholarship Program. The winners are the Finalists in each state judged to have the strongest combination of accomplishments, skills, and potential for success in rigorous college studies. The number of winners named in each state is proportional to the state's percentage of the nation's graduating high school seniors. Scholars may use their awards at any regionally accredited U.S. college or university.

The MMUHS seniors, both of whom are residents of Richmond, VT, are:

Eleanor P. Churchill, who has not yet decided on a career field; and

Finley T. Clark, whose probable career field is chemistry.

Union Bank announces officer promotions

David S. Silverman, President and Chief Executive Officer of Union Bank, is pleased to announce the Directors of Union Bank have re-appointed all officers of the bank and granted the following individuals promotions at the conclusion of the 128th Annual Meeting of Union Bank's holding company, Union Bankshares, Inc. on Wednesday, May 15, 2019.

- Jennifer Degree, to Vice President, Electronic Banking Manager, Morrisville

- Debra Marcoux, to Assistant Vice President, Accounting, Morrisville

- Ellen Powell, to Branch Manager, North Woodstock/Lincoln, NH

- Abbie Small, to Vice President, Operations Manager, Morrisville

- Linda Watson, to Assistant Vice President, Retail Credit Administrative Officer, Morrisville

- Suzanne Whitney, to Assistant Vice President, Marketing Manager, Morrisville

Union Bank has been helping people buy homes and local businesses create jobs in area communities since opening its doors over 128 years ago. Union Bank has earned an exceptional reputation for residential lending programs and has been recognized by the US Department of Agriculture, Rural Development for the positive impact made in the lives of first time home buyers.

Questions? Visit VermontGas.com or call us at 800-639-8081



Natural Gas Safety: Detecting, Reporting & Preventing Leaks

Detecting a gas leak:

Smell Natural gas is normally odorless. A distinctive, pungent odor, similar to rotten eggs, is added so that you will recognize it quickly. **Sight** You may see a white cloud, mist, fog, or bubbles in standing water or blowing dust. You may also see vegetation that appears to be dead or dying for no apparent reason. **Sound** You may hear an unusual noise like a roaring, hissing, or whistling.

If you suspect a leak:

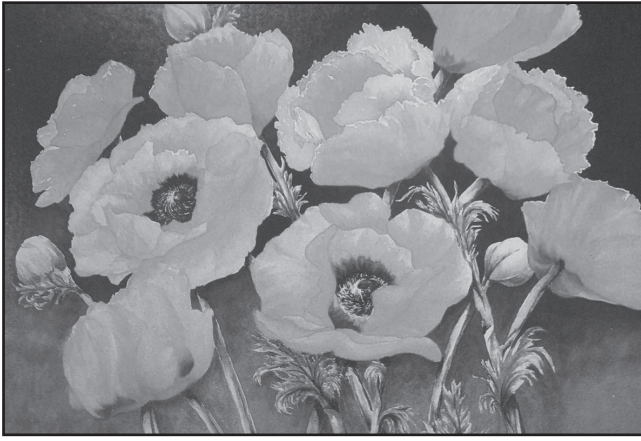
Move immediately to a safe location. Call **Vermont Gas at 1-800-639-8081** immediately, with the exact location. **Do not smoke** or operate electrical switches or appliances. These items may produce a spark that might ignite the gas or cause an explosion. **Do not assume someone else will report the condition.**

Preventing leaks:

Use care when working near natural gas facilities. Digging into a pipeline is the largest single cause of pipeline failures. Protect yourself and underground facilities, before starting to dig call Dig Safe™ at 811 to notify them of the work.



ART / MUSIC / THEATER



*Visions of Vermont Fine Art Gallery in Jeffersonville welcomes the 88th annual Northern Vermont Artist Association June Juried Show, 2019, through Saturday, July 6. The gallery 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. Pictured above is *Royal Poppies* by *Monique Dewyea*, winner of the 2018 NVAA Best of Show.*

PHOTO CONTRIBUTED

ART/PHOTOGRAPHY

Visions of Vermont Fine Art Gallery in Jeffersonville welcomes the 88th annual Northern Vermont Artist Association June Juried Show, 2019, through Saturday, July 6. 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.

Bryan Memorial Gallery announces *Ebb and Flow*, a juried exhibition of over 100 artworks by 76 artists in which water is the predominant element of the composition. The exhibit presents a wide variety of treatments of the water theme within a landscape context, from quintessential Vermont scenes of ice breakup in a river to the serene vistas of shorelines. Many media are represented including oil, acrylic, watercolor, collage, photography, pastel, gouache, fabric, mixed media, and printmaking. Bryan Memorial Gallery, 180 Main St., Jeffersonville; 802-644-5100; www.bryangallery.org. Gallery hours: Thursday-Sunday, 11:00 AM – 4:00 PM, and by appointment.

All the Waters is the theme for the art show currently hanging at the Jericho Town Hall. The show is open during regular Town Hall hours. Enjoy a snack and stop by, on your way home or on your way to work, and see the show. Paintings in oil, watercolor, and pastel, photography of local bodies of water – and some far, far away – and an underwater scene in glass and a 3-D aquarium round out the show. Many mediums and voices interpret the waters in our world. The show will hang through August 2019.

Through Sunday, June 9 at the Burlington City Arts Center, Rebecca Weisman examines unconscious and psychological spaces of identity and the body. The artist combines video, installation, sound, and sculpture to create a large-scale, immersive installation in the first floor gallery. Incorporating film, performance, and sound within her surreal environment, the artist expresses the interaction between the interior of our unconscious and the exterior of our own skin. Also through June 9, Barbara Zucker debuts her new work, *Adorned: Hairstyles of an Ancient Dynasty*, featuring several black-and-white paintings and an installation of acrylic abstractions inspired by the stylized hairstyles of Tang dynasty tomb figures. Zucker is fascinated by the complex ways in which hair has been used by cultures throughout the world. She transforms seemingly abstract forms into ironic, often humorous, observations on gender and culture. These concerts include performances by Beaton0Plasse, Allison de Groot and Tatiana Hargreaves, Genticorum, and Martin Hayes. Also through June 9, Imperfect Societies probes

themes of history, trauma, and nationhood set within the tropes of science fiction in film and photography. For more information, burlingtoncityarts.org. Free admission. Burlington City Arts Center, 135 Church St., Burlington.

At the Shelburne Museum, running through Sunday, August 25 at the Shelburne Museum's Colgate Gallery, Pizzagalli Center for Art and Education, *Harold Weston: Freedom in the Wilds* presents American 20th century painter Harold Weston's early Adirondack views and selections from the *Stone Series*, alongside diaries, letters, photographs, and related ephemera that make a case for the connections between spirit, nature, and Weston's art. Weston (1894-1972), an American modernist painter and social activist, was called "the Thoreau of the Adirondacks." This is the first exhibition to pointedly illuminate the links between the artist's written words – much in his distinctive, lyrical handwriting – with Weston's prodigious body of work. Running through October 31 is *In Their Element: Jonathan D. Ebinger, Rodrigo Nava, Dan Snow* – an outdoor installation featuring sculptures that complement and amplify one another through their shared engagement with fire, wind, and earth, pushing the boundaries of their respective materials and processes. From June 22 through October 20 at the Pizzagalli Center for Arts and Education's Murphy Gallery, the Museum presents *William Wegman: Outside In*, a comprehensive exhibition exploring over four decades of the renowned artist's ongoing fascination with the natural world showcasing over 60 works of art from his collection in a variety of media. For information, 802-985-3346 or www.shelburnemuseum.org.

Dianne Shullenberger Gallery, 228 Nashville Rd., Jericho, VT 05465; 899-4993 or vidianne@hotmail.com.

Emile A Gruppe Gallery, 22 Barber Farm Rd., Jericho; Emilegruppegallery.com, 802-899-3211.

Helen Day Art Center, 90 Pond St., Stowe; gallery hours: Tuesday-Saturday, 10:00 AM – 5:00 PM and by appointment; 802-253-8359, www.helenday.com.

River Arts of Morrisville Inc., 74 Pleasant St., Morrisville; 802-888-1261, <http://www.riverartsvt.org>.

Milton Artists' Guild Art Center & Gallery, 199 U.S. Rt. 7 South, Milton; open Wednesday-Saturday, 11:00 AM – 6:00 PM and Sundays, 11:00 AM – 3:00 PM; <https://www.miltonartistsguild.org/workshops>.

MUSIC

Burlington City Arts' annual summer concert series presented by VSECU kicks off on June 12. All are welcome to enjoy 22 free concerts, this year on lower Church Street near City Hall. The series takes place on Wednesdays and Fridays at 12:30 PM from June 12-August 28. The 2019 line-up features both local favorites and some from further afield that may be new to Burlington audiences. It's an excellent opportunity to listen to new music, have lunch with a friend or co-worker or enjoy being outside with your community, supporting live music. Sponsors include VSECU, Dubois & King, Lake Champlain Chocolates, Church Street Marketplace, NBC 5, The Point 104.7, and Seven Days. June 12: The John Daly Band (Punkoustic Folk Rock); June 14: Grayson Ty (Pop); June 19: The Talbot Brothers (Folk); June 21: The Useless Cans (Gypsy Jazz); June 26: Lowell Thompson (Americana); June 28: The Revenants (Americana); July 5: Mikahely (World); July 10: The Starline Rhythm Boys (Rockability); July 12: Alex2e (Singer/Songwriter); July 17: Green Mountain Playboys (Cajun/Zydeco); July 19: Red Hot Juba (Countrified Jazz and Blues); July 24: Mosa Music (Folk); July 26: The Blind Spots (Pop); July 31: Bella and the Notables (Jazz); August 2: Nicholas Edward Williams (Folk); August 7: Moose Crossing (Jazz); August 9: Zeichner Trio (Folk); August 14: John Emil (American Roots and Blues); August 16: Bessette Quartette (Groovy Jazz); August 21: Jenni Johnson and the Jazz Junketeers (Vocal Jazz); August 23: Alison Turner (Indie Pop); August 28: TBD. For more information: www.burlingtoncityarts.org/summerconcerts.

Vermont musicians: Friday, June 21 is international *Make Music Day*, and you're invited to make it happen across Vermont! Join music makers in 1000 cities and 120+ countries who "come out and play," celebrating music in their communities all over the world. It

started in France more than 30 years ago, and Vermont is the first statewide participant in this totally inclusive festival that everyone can be a part of. Every style of music is welcome in every kind of place, from front porches to main street sidewalks, library steps to parks, and anywhere that people can share and enjoy music with each other. For more information and to put yourself on the festival map and in the free app, visit bigheavyworld.com/makemusic. *Make Music* is coordinated in Vermont by Big Heavy World and made possible by our community partner Front Porch Forum and sponsors Vermont Public Radio, the University of Vermont Office of the Vice President of Research, and Calamity & Crowe's Trading Post!

At the Spruce Peak Performing Arts Center: Thursday, June 13, 1:00 PM: The Bolshoi Ballet in HD, *Carmen Suite / Petrushka*, AARP 20% discount; Wednesday, June 26, 1:00 PM: The Met Opera: Live in HD *Dialogues Des Carmélites* (Poulenc), AARP 20% discount. Spruce Peak Performing Arts Center, 122 Hourglass Dr., Stowe. For more information: 802-760-4634 or www.SprucePeakArts.org.

The Cathedral Church of St. Paul in Burlington presents a series of free (donations appreciated) *Tuesday noon series* concerts. 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. June 11: *Syrinx*, Glenn Sproul, Director. Since 2001, *Syrinx* has offered quality choral music from various traditions to the community, especially to those in senior living communities. From Bach to Broadway, by way of spirituals and other genres, they embody the pleasure that the gift of music can offer.

THEATER/FILM

Burlington City Arts is excited to announce the incredible talent headlining the 12th annual Festival of Fools, in Burlington Friday-Sunday, August 2-4. This year's free, all-ages, street performance festival will feature *Cimarrón*, Dan Deacon, *FLiP*, *Flyin Hawaiian*, Giri and Uma Peters, Kilted Colin, *Lakou Mizik*, *NANDA*, *Red Trousers*, Sara Twister, Tic & Tac, and the *Waterbombs*. Festival of Fools celebrates the inclusive art of busking and street performance. Open to the public and appropriate for all age groups. Full information about performers, festival events, and future announcements can be found at www.vfools.org.

Vermont Dance Alliance has created a new project: the Dance Expansion, an initiative to create opportunities for newcomers to experience dance making and performance on Saturday, June 8 at the Main Street Landing Black Box Theater, with the option for participants to perform the following weekend at *Traces*. Please arrive 15 minutes before your workshop begins; workshops will be 90 minutes long. Come to one or to all! Free/ by donation! On Saturday, June 15 is *2019 Traces*, an annual event, a day of free outdoor dance in downtown Burlington. In performances of 10 minutes or less, dancers can showcase new work or the style of dance they practice or teach. All performances will take place outdoors and will be free to the public, 11:00 AM – 5:00 PM, all over downtown Burlington: the Waterfront, Church Street, Battery Park, the green in front of the Fletcher Free Library, City Hall Park, and more. For more information, go online to <https://vermontdance.org>.

Dorset Theatre Festival has announced its 2019 Main Stage Summer Season: June 20-July 6 – Noël Coward's *Private Lives*, directed by Evan Yionoulis; July 11-27 – *Dig*, a world premiere written and directed by Theresa Rebeck; August 1-17 – *Mrs. Christie*, a world premiere by Heidi Armbruster and directed by Giovanna Sardelli; and August 22-31 – *Slow Food* by Wendy MacLeod and directed by Jackson Gay; and the *Pipeline Series: Three New Works in Process* on July 2, July 23, and August 13. All performances will take place at the Dorset Playhouse, 104 Cheney Rd., Dorset. Subscriptions for the 2019 Summer Season and single tickets are on sale now; through June, the box office may be reached by calling 802-867-2223 ext. 101, Tuesday-Friday, 12:00 – 4:00 PM. For more information or to purchase subscriptions and tickets online: www.dorsettheatrefestival.org.

Our MMUHS Senior Class photo section coming in the June 20, 2019 issues of the *Mountain Gazette*.

Show your support by congratulating them
by purchasing a business cards or larger.

Deadline June 13 at 5:00 PM.

Email your advertising request to:

mtgazette@earthlink.net or call Brenda at 802-453-6354.

PEOPLE IN THE NEWS

Cory Abell of Cambridge, VT received a bachelor of science degree in chemistry, environmental engineering minor, from Clarkson University, Potsdam, NY in May.

Nicholas Adams of Jericho, VT received a bachelor of science degree in physics, mathematics from Clarkson University, Potsdam, NY in May.

Brandon Aguiar of Jericho, VT graduated with a Bachelor of Science degree in Social Work from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Alexis Aldrich of Underhill, VT graduated with a Bachelor of Science degree in Art Education from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Andrea Barton of Jericho, VT graduated with a Bachelor of Science degree in Medical Laboratory Sciences from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Caleb Battig of Westford, VT graduated from Grove City College, Grove City, PA with a Bachelor of Science degree in Computer Science, on Saturday, May 18, 2019.

Ben Bliss of Underhill, VT graduated from Bucknell University, Lewisburg, PA, on Sunday, May 19, 2019.

Lena Capps of Underhill, VT graduated with a Bachelor of Arts degree in Political Science from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Chace Carpenter of Cambridge, VT graduated with a Bachelor of Science degree in Medical Radiation Sciences from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Nicholas Carson of Underhill, VT graduated with a Bachelor of Science degree in Public Communication from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Oonagh Cavanaugh of Underhill, VT graduated with a Bachelor of Science degree in Natural Resources from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Alison Chivers of Jericho, VT graduated with a Bachelor of Science degree in Medical Laboratory Sciences from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Kyle Dattilio of Westford, VT graduated with a Bachelor of

Science degree in Community Entrepreneurship from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

William Dunkley of Westford, VT graduated with a Bachelor of Science degree in Forestry from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Samantha Day of Jericho, VT graduated magna cum laude from the State University of New York, Potsdam, NY on Saturday, May 18, 2019 with a Bachelor of Music degree in Music Education.

Kathryn Greenlese of Jericho, VT graduated from Emerson College, Boston, MA on Sunday, May 12, 2019 with a Bachelor of Arts degree in Media Arts Production.

William Harris of Jeffersonville, VT received a bachelor of science degree with great distinction in mechanical engineering from Clarkson University, Potsdam, NY in May 2019.

Henre Hermanowski of Waterbury, VT graduated with a Bachelor of Arts degree in Biology from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Helen Holzscheiter of Westford, VT graduated with a Bachelor of Arts degree in Political Science from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Christopher Irish of Westford, VT graduated Cum Laude with a Bachelor of Science degree in Dietetics Nutrition & Food Sciences from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Conor Kiely of Westford, VT graduated with a Bachelor of Arts degree in Biology from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Benjamin Kleptz of Jericho, VT graduated from Paul Smiths College, Paul Smiths, NY in May 2019, with a bachelor's degree in Sustainable Communities & Working Landscapes.

Justin LaRoche of Cambridge, VT graduated with a Bachelor of Science degree in Civil Engineering from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Kathryn Macone of Underhill, VT graduated with a Bachelor of Science degree in Early Childhood Preschool from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Megan Nelson of Underhill, VT graduated Cum Laude with a Bachelor of Arts degree in Sociology from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Liam O'Toole of Waterbury, VT graduated with a Bachelor of Science degree in Computer Science & Information Systems from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Grace Palker of Westford, VT graduated with a Bachelor of Science degree in Public Communication from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Anthony Perri of Jericho, VT graduated with distinction from the State University of New York, Potsdam, NY on Saturday, May 18, 2019 with a Master of Science in Education degree in Special Education.

Emma Phalen of Underhill, VT graduated summa cum laude in May 2019 from the University of New Hampshire, Durham, NH with a BS degree in Health Management & Policy.

Maccallan Rogers of Cambridge, VT graduated Cum Laude with a Self-Designed Bachelor of Science degree from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Victoria Rosales of Jericho, VT graduated magna cum laude from the State University of New York, Potsdam, NY on Saturday, May 18, 2019 with a Bachelor of Music degree in Music Education.

Lucas Russell of Waterbury, VT graduated with a Bachelor of Science degree in Mechanical Engineering from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Sophia Seman of Underhill, VT graduated with a Bachelor of Science degree in Environmental Sciences from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Grayden Shand of Jericho, VT received a master of science degree in data analytics from Clarkson University, Potsdam, NY in May.

Andrew Young of Jericho, VT graduated with a Bachelor of Science degree in Mechanical Engineering from the University of Vermont, Burlington, VT on Sunday, May 19, 2019.

Use a Passport to Vermont Libraries this summer

The Vermont Library Association and the Vermont Department of Libraries are partnering on the *Passport to Vermont Libraries* program, encouraging people to visit and enjoy all of Vermont's libraries.

Throughout June and through September 1, Vermont's public and academic libraries will be handing out passports in the 4th annual *Passport to Vermont Libraries* program, encouraging Vermonters and visitors alike to visit some of Vermont's unique, beautiful, and creative libraries:

- The Hitchcock Memorial Library in Westfield has a natural history collection including shells, rocks, artifacts, and a taxidermied two-headed calf.

- See the shoes found in the wall of the Morristown Centennial Library.

- Learn about the *Merci Trains*, which sent gifts to America from France after WWII, one of which is in the Chelsea Public Library.

Local libraries will stamp your passport and some offer small prizes. Four patrons statewide (adult, young adult, child, and one wild card) will receive Vermont Library Ambassador awards for visiting the most libraries. Patrons are encouraged to post pictures and stories on the VLA's Facebook page: <https://facebook.com/vermontpassport>.

More details about the program are available at <https://vermontlibraries.org/passport>.

Let's come together to celebrate and enjoy our great public institutions this summer. See you at the library!

With a library you are free, not confined by temporary political climates. It is the most democratic of institutions because no one – but no one at all – can tell you what to read and when and how.

– Doris Lessing

COMMUNITY COLUMN

Deployment

By Dr. Lewis First, MD

Parents who have a loved one who is going to be deployed or has already been deployed have been asking me to do my duty and help them help their children deal with the separation. Well, let me salute this important issue and provide some information on this topic.

Have a conversation

First, it is important that deployment not be a secret for anyone in the family. If a parent is going to be going away in the military, discuss in advance with people in your family. Exchange gifts between the person going away and those at home, to maintain closeness.

Reassure your child

Listen to your child's questions and answer them as truthfully as possible. Reassure your child and tell them how long a loved one will be away. Tell them that safety precautions will certainly be taken – but don't make false assurances that no one will ever be hurt. Tell them that the person being deployed knows their job and will be working hard to do it well, so they can stay safe.

Keep a routine

Make a calendar, with events like birthdays and holidays, that reminds your family when the person is returning. Classrooms can make a map or put up a picture of the loved one for all to see, or even study that part of the world. Other older children whose parents are away may be good supports for younger children.

It is important to keep home routines in place and limits set before, during, and after someone returns.

Tell people outside of your family

Let the school and other key people outside of the family who work with your child know that deployment is happening. It is

important for them to watch for signs of stress, such as problems in school performance, or behavior or mood changes. If these signs do occur, talk with your child's doctor to see if counseling, which can include the entire family, is indicated to deal with sadness and anxiety about someone being away on deployment.

Don't forget to take time for you

Finally, it is important that a parent who remains home with the children find time for themselves, so they stay refreshed and feel better about helping others through this tough experience. If you appear stressed, your child may become equally stressed.

Hopefully, tips like these will put you at ease when it comes to helping you and your child deal with the deployment of a loved one.

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

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for more information.

What to do to help the Chimney Swifts

- Keep masonry or clay flue-tile chimney tops open and dampers closed from March-October to provide the opportunity for Chimney Swifts to nest.
- Have your chimney cleaned in early March before the Chimney Swifts return from their winter home in South America.
- Metal chimneys should be permanently capped to prevent birds and other wildlife from becoming trapped.
- Email us at mfowle@audubon.org if you are interested in working with local conservation groups to construct Chimney Swift Towers in your area.
- Educate your friends and neighbors about Chimney Swifts.



Help save them – report Chimney Swift observations

Audubon Vermont is teaming up with the Vermont Fish and Wildlife Department to monitor Vermont's Chimney Swift population. Chimney Swifts are considered a "Species of Greatest Conservation Need" by the Vermont State Wildlife Action Plan, due to their population declines in Vermont and throughout their range.

To evaluate the population size and critical habitat for Chimney Swifts, we are gathering as many observations of Chimney Swifts as possible, with special attention paid to urban areas in Vermont, like Burlington and Essex.

The survey is looking for observations of Chimney Swifts in two different time periods:

- spring: mid/late May to mid-June
- summer: mid/late July to mid-August

The best time of day to observe Chimney Swifts is in the late evening/dusk. Take an evening stroll in your neighborhood or favorite swift-sighting area with your binoculars and count the number of swifts and location where you see and/or hear the birds. For more information on how to identify Chimney Swifts by sight and sound, see the Audubon Field Guide (<https://www.audubon.org/bird-guide>) or All About Birds (<https://www.allaboutbirds.org/guide/>).

Please submit all of your Chimney Swift observations using eBird – <http://ebird.org>, where you'll need to create and log in to an account.

For detailed instructions, please use this online guide: *9 Easy Steps for Submitting Your Chimney Swift Observations to eBird* (http://vt.audubon.org/sites/g/files/amh751/f/static_pages/attachments/9_easy_steps_for_submitting_chimney_swift_observations_to_ebird_2.pdf?mc_cid=ba058c4b83&mc_eid=5aa5793205).

TOWN OF JERICHO- DEVELOPMENT REVIEW BOARD

NOTICE OF PUBLIC HEARING

The Jericho Development Review Board will hold a public hearing at 7:00 pm on WEDNESDAY May 26, 2019 at the Jericho Town Hall to consider the following

- A request to the DRB by Charlie Posnick & Kim Barone for a Conditional Use Review and LOMA determination. This property is located at 23 Hiram's Crossing which is in the Rural Agricultural Residential Zoning District.

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

Chris Flinn
Zoning Administrator
cflinn@jerichovt.gov

The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers. You can do anything you decide to do. You can act to change and control your life; and the procedure, the process is its own reward.

Amelia Earhart

United Way of Northwest Vermont – Volunteer Connection Listings

By Sue Alenick, United Way Volunteer Columnist

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, volctr@unitedwaynwvt.org or 860-1677.

CONSTRUCTION VOLUNTEERS NEEDED – Green Mountain Habitat for Humanity has broken ground for its 2019 projects and is looking for on-site volunteers age 18 and older. Come out for a day of construction to help a family gain strength, stability, and self-reliance through shelter. Shifts are 8:00 AM – 3:00 PM. Contact Allison DeVoe, 318-7533 or adevoe@vermonthabitat.org.

VEGGIE PACKING IN WINOOSKI – Salvation Farms needs individuals and/or small groups to help in the pack room. This is active, hands-on, team-orientated production work. More hands means more food rescued, and more people eating Vermont produce. Sign up at <https://www.signupgenius.com/go/60b0e4baca62ba1ff2-pack>.

SORT & ORGANIZE – Cathedral Square is looking for volunteers to help a senior S. Burlington resident prepare for downsizing by helping to sort, discard, and organize for a few hours a month. Flexible scheduling. Contact Beth Alpert, 859-8819 or alpert@cathedralsquare.org.

SUBS IN THE KITCHEN – Dismas House in Winooski and Burlington is searching for substitute volunteer cooks to fill in for regular monthly volunteers. Volunteers prepare dinner for up to 10 residents, a staff member, and the volunteer(s) themselves. Food may be brought in already prepared or cooked in the house kitchen. Two to three hours total time includes shopping, cooking, and eating. In Winooski, contact Sue Drollette, 655-0300 or sue@dismasoft.org; in Burlington, contact Zoe Bishop, 658-0381 or zoe@dismasoft.org.

A FRIENDLY GREETING – American Red Cross Blood Services is in need of Reception Volunteers to be their welcoming face and voice at the Burlington Donor Center. Volunteers answer phones and greet donors two to four days a week. A great way to meet people and get office experience. Background check required. Contact Alice Drislane, 497-6807 or Alice.drislane@redcross.org.

PEER RECOVERY – Turning Point Center of Chittenden County is a volunteer-run peer support center. They are looking for volunteers in recovery to join their team to gain employment skills, job readiness skills, and to forge connections with the recovery community, all while helping others who are in recovery. Contact Gary, 861-3150 or gary@turningpointcentervt.org.

ReStore Opportunities – Green Mountain Habitat for Humanity invites volunteers to help out at its ReStore in Milton. Volunteers can help process donations, price home goods, provide customer service, and more. Come in for a tour, and see how you can get involved. Contact Allison DeVoe, 318-7533 or adevoe@vermonthabitat.org.

MAKING IT SPECIAL – Special Olympics Vermont is gearing up for the summer games at UVM and St. Michael's College on Saturday-Sunday, June 8-9. Individuals and groups are invited to volunteer to help with the basketball or bocce competitions. For information, visit <https://specialolympicsvermont.org/for-volunteers-and-coaches/>.

ADOPTION ASSISTANT – Franklin County Animal Rescue is seeking volunteers to help visitors find new feline family members. Volunteers introduce families to cats that might be right for them and answer questions the adopters may have. They also make follow-up calls to be sure folks are happy with their new family member. Training provided with staff and cats! Contact Hadley Shannon, 524-9650 or volunteer@fcarpets.org.

Camp Out at MMCTV in July

MMCTV will hold two TV camps for middle schoolers, ages 10-14, the weeks of July 15 and 22, 10:00 AM – 3:00 PM, Monday-Friday. Workshop participants create short video projects, in small collaborative groups. The weekly fee is \$130 for Jericho/Underhill/Richmond residents, and \$155 for non-residents. The registration form is online at MtMansfieldCiv.org. Registration deadline is Saturday, June 1. Contact us for

WARNING MOUNT MANSFIELD MODIFIED UNION SCHOOL DISTRICT SPECIAL MEETING

June 6, 2019

The legal voters of the Mount Mansfield Modified Union School District from the Towns of Bolton, Huntington, Jericho, Richmond and Underhill are hereby warned and notified to meet at Mt. Mansfield Union High School in the Town of Jericho on June 6, 2019, at 6:00 p.m. to transact the following business from the floor:

Article I

Shall the voters of the Mount Mansfield Modified Union School District approve the addition of the Huntington School District as a part of the Mount Mansfield Modified Union School District under the terms of the Vermont State Board of Education's November 28, 2018 Final Report of Decisions and Order on Statewide School District Merger Decisions Pursuant to Act 46, Sections 8(b) and 10?

Dated this 15th day of April, 2019, in Richmond, Vermont.

Kevin Campbell

Edye Granning

Derek Miodownik

Tom Cheney

Diane Kirson-Glitman

John Noonan

Gail Conley

Chuck Lacy

Andrew Pond

Angelike Contis

Michael Marks

Lucinda Preston

Eric Gildemeister

Ethan Maurer

Beth Racine

BOARD OF SCHOOL DIRECTORS

Received for record this 15th day of April, 2019

Clerk Mount Mansfield Modified Union School District

The legal voters of Mount Mansfield Modified Union School District are further notified that voter qualification and registration shall be as provided in Chapters 43, 51, and 55 of Title 17, Vermont Statutes Annotated.



The United Church of Underhill celebrated Mother's Day with a colorful sanctuary of quilts on display. This year 93 quilts were made, seven crocheted blankets/afghans, and 28 knitted hat/booties/blanket sets. The quilts will be delivered to Department of Children and Families. The Visiting Nurses Association will be the recipients of the knitted goods. Some quilts will be distributed locally by Pastor Jen Mihok and church friends. This mission began in 1995; since then 2735 quilts, 1452 hats/booties, 233 hats/booties/blankets, and 639 blankets/afghans have been made by the group, which this year includes church members and local quilters/knitters Edna Anair, Pat Stone, Kathy Williamson, Irene Kelly, Jane Hanley Stone, Pat Johnson, Sandy Niles, Mary Stephenson, Bev Golish, Carol Derda, Marjorie Burns, Dorothy Blodgett, Coleen Mjaatvedt, and Priscilla Pritchard. Special thanks to all who contribute time, money, and talent, enabling this mission to continue. God Bless.

PHOTOS CONTRIBUTED



Betula nigra – river birch – with its unusual bark and graceful branching habit, is a wonderful addition to the home or park landscape. Its growth is fast, with about 2 linear feet per year, and because its natural range is further south than other birches, it can thrive in conditions that often stress its cousins. The common name of this species alludes to its ability to stabilize river banks and spread effectively due not only to its plentiful seeds but also their early maturation and dispersal while water levels are still high. Visit the tree guide, <https://shop.arborday.org/product-nursery.aspx?zpid=809>, to see if it's a good fit for your yard.

PHOTO CONTRIBUTED

Free Kingdom Community Wind Tours return this summer

Green Mountain Power (GMP) is bringing back its popular tours at the Kingdom Community Wind Project in Lowell, VT this summer. It will be the seventh season that Vermonters and tourists alike can see a wind farm up close to learn more about how wind energy works. The tours are free, but you have to register in advance. The tours draw many to the region each summer, with more than 1200 people making the trip up to check out the Lowell Mountain site. Participants get to visit two of the project's 21 wind turbines and the tour lasts about 90 minutes. The 2019 tour dates are Wednesday, June 12, 10:00 AM; and Thursday, June 20, 10:00 AM. Please register for a tour at <https://greenmountainpower.com/2019/05/15/check-out-wind-power-up-close/>.

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Hometown Habitat – local planting tips

By Bernie Paquette

On Thursday, May 16 Sabina Ernst and the Jericho Energy Task Force presented *Hometown Habitat* (movie), stories of brining nature home.

Once established, native plants don't require the use of any chemicals or even extra watering and local birds and pollinators would rather visit them than visit artificial feeders. (In many cases they can eat only specific native plants).

Hometown Habitat is sponsored by the Jericho Conservation Commission and the Jericho Energy Task Force. The movie profiles seven "habitat heroes" who have used native plants to fill their yards and interviews entomologist Douglas Tallamy (author of *Bringing Home Nature*) who speaks how non-native plants can lead to habitat and species loss. The movie and following discussion inspired the audience to become habitat heroes by providing habitat for our own native wildlife. Here are some of the highlights:

Native plants support the Food Web of Life, including our own. Native plants interact with the community (plants, animals, pathogens) that historically helped shape it. Native plants adapted (defensive measures) to native insects over a millennia.

Native plants (once established) when planted in the right location, require less care than non-native plants.

Our pollinators, butterflies, bees, birds, insects, and the rest of our native wildlife on the food web require native plants.

Non-native plants (aliens) oftentimes disrupt and displace native plants. Some become invasive, like Buckthorn, burning bush, Japanese Barberry, alien honeysuckle (there is a native honeysuckle)... Some of the worst plant offenders actually produce chemicals within their tissues to prevent other plants from growing near them. In most cases, these invasive plants are nursery plants that have escaped cultivation in people's gardens and gotten into the wild, displacing the native plants.

You can be a Habitat Hero by planting native plants in your landscape. Consider limiting lawn areas to where you walk and designated areas that need low walkable sod. Fill the rest of your landscape with native plants for improved property value, pollinator attraction, and for your own enjoyment. Annie White said it so well: "Think of lawn as an area rug – not wall to wall carpet." Another reason to let go of some lawn is: reduced time doing yard work and fewer resources (fuel, water) spent.

Recognizing the importance of vulnerable pollinator species and their habitats, as well as initiating preservation efforts is key to maintaining our biological balance. (From Pollinator Partnership)

Web search can locate sites that list native plants for your location by zip code or town. Bring both common and Latin name when you go shopping to insure the plants you get are indeed native to your planting area. *Nativeplantfinder* from National Wildlife Federation and *Plantsforbirds* from Audubon are good tools to identify what plants are native in your area.

A good reference book is *Native Plants for New England Gardens* by Mark Richardson and Dan Jaffe. Also, check out Doug Tallamy's *Bringing Home Nature*.



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GMBC 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.

E indicates an easy ride, M is for moderate, and S is for strenuous. Rides begin promptly 15 minutes after the meeting time. Social Rides are more leisurely versions of the mapped ride – usually the shorter route – with longer food breaks. Always contact the social ride leader before the ride to make sure those versions of the ride are taking place.

Additional local Social Rides will be scheduled as weather permits in the Champlain Valley. Please email lightspd@comcast.net to be added to the Social Riders email contact list, which is the only guaranteed notification for these rides. Weekend Social Rides are usually announced by Thursday.

Sunday, June 2: Grand Isles Flats and Cook-out. One of the flattest rides of the season. The 28-mile ride (E/M) circles Grand Isle and includes some dirt. Riders on the 60-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. At the conclusion of the ride there will be a cook-out at a club member's home on East Shore Rd., South Hero. Meet 9:15 AM Folsom School, South St., South Hero. Those coming from the Burlington area may consider carpooling. Leader: Amy Otten, 878-4070/amyotten@netscape.com; co-leader: Ralph Kilmoyer, 878-4070/ralphkilmoyer@comcast.net.

Saturday, June 8: 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 10:00 AM, Veterans Memorial Park, S. Burlington, Wheeler lot. Leader: Amy Otten, 878-4070/amyotten@netscape.com; co-leader: Chris Johnson, 373-9015/cajohnson42@gmail.com.

Sunday, June 9: 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 Rd. (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 9:15 AM, Williston Central School (by the tennis courts). Leader: Tom Kennedy, 735-5359/etomkennedy@gmail.com; co-Leader: Kerry Crosby, 578-3249/crosbykn@comcast.net.

Sunday, June 16: Champlain Bridge Ride. This ride heads 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 begins at the Lake Champlain Maritime Museum and finishes with lunch at the Red Mill. Meet 9:15 AM, Vergennes Union High School, Monkton Rd., east parking lot. Leader: Amy Ross, 324-2137/vtamy@comcast.net; co-leader: Mark Benton, 343-4029/vtkramb@yahoo.com; social ride leader: Donna Leban, 862-1901/lightspd@comcast.net.

Saturday, June 22: 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 10:00 AM, Veterans Memorial Park, S. Burlington, Wheeler lot. Leader: Dorothy Pumo, 829-8729/dpumo5@gmail.com; co-leader: Stuart Bennett, 310-3940/stubbennett68@gmail.com.

Sunday, June 30: 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 8:45 AM, Grand Isle Ferry Parking Lot. Those coming from the Burlington area may consider carpooling. Leader: Matt Kuivinen, 881-9045/mattkui@earthlink.net; co-leader: Holly Creeks, 233-9013/creeksh@yahoo.com; social ride leader: Donna Leban, 862-1901/lightspd@comcast.net.

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Green Mountain Bicycle Club introductory rides in June

Are you tired of riding alone on the same old bike paths and roads but worried that you don't have the skills for a group ride? The Green Mountain Bicycle Club (GMBC) will be offering Introductory Group Rides on select Saturdays, June 8 and 22. Experienced riders will explain the rules of the road and teach novice cyclists how to ride safely in a group.

The rides will start at 10:00 AM at the Wheeler lot at Veterans Memorial Park, S. Burlington, and will travel between 12-20 miles. Nobody will be left behind. There will be at least two

ride leaders who will teach group dynamics including signaling and passing, as well as learning to respect (and be respected by) cars. The pace will be determined by the ability of new riders. Cyclists must wear helmets and have bikes in good working condition. Those under 18 must be accompanied by an adult.

Please contact the ride leaders listed below for more information.
June 8: Amy Otten – 878-4070 / amyotten@netscape.com
June 22: Dorothy Pumo – 829-8729 / dpumo5@gmail.com

You cannot shake hands with a clenched fist.

Indira Gandhi

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Summer Symphony Camp June 24-28

Students who are currently in grades 4-8 can include orchestra in their summer plans by enrolling in the Vermont Youth Orchestra's Summer Symphony Camp, which will take place at Elley-Long Music Center, Colchester, Monday-Friday, June 24-28.

All Summer Symphony musicians perform in the camp's symphony orchestra led by Kathleen Kono and jazz orchestra led by Adam Sawyer, making it a unique opportunity to perform a wide range of musical styles in an orchestral setting.

Campers can choose two electives from these six options:

- Hand Drumming with Tyson Vaylou
- Drama/Theater with Billy Ray Poli
- Ukulele with Becky Nowak
- Outdoor Recreation with Kyle Kramer
- Chorus with Adam Hall
- Jazz Improvisation with Adam Sawyer

There's limited space for each instrument section, and flute is currently wait list only. Financial aid is available. Learn more and register at vvo.org/summersymphony.

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Westford - \$150,000

This amazing land borders Essex & is an easy commute to towns & schools! Build your home on this 8.14 acre parcel w/ wonderful 5-acre pond that greets you as you arrive! S e p t i c permit for 4 bedrooms! Land is mostly level & open some trees add shade & interest to the land!



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