



Teacher Emily Flynn with some of her students at the Underhill Academy, perhaps in the 1910s. Flynn taught in Underhill over 50 years, many of them at the Dist. 5 (Center) School. She’s very well known locally and wrote a history of Underhill. Some of her students are still around.

PHOTO CONTRIBUTED

NEWS BRIEFS

Taxes, taxes, taxes! (in Bolton)

Thank you to all of the Bolton property owners who paid the first installment of property taxes on time. Tax payments were due on Monday, September 16, 2019. Your prompt payments allow the town to meet its financial responsibilities. For those of you who have not paid (\$32,401.44 remains outstanding), 1% interest has been applied, and no, there is no “grace period.”

Amy Grover • Town Clerk and Treasurer, Bolton • clerkbolton@gmavt.net

Brick Meeting House Society annual meeting Oct. 23

The 2019 annual meeting of the Brick Meeting House Society of Westford (BMHS) will be at 7:00 PM on Wednesday, October 23 at the Brick Meeting House. Anyone who is interested is encouraged to attend this public meeting. The group will cover operations, next year’s budget, goals for the next year, and more.

Making Jericho safer

A project to place public automated external defibrillators (AEDS) in six sites in Jericho is ongoing. AEDs are an important tool in trying to save a person who suffers sudden cardiac arrest, and AEDs can be used by any bystander.

Some funds to buy the AEDS have already been promised but about \$4000 is still needed. The Underhill-Jericho Fire Department supports this effort and, in addition to recommending which units to buy, will monitor the devices once installed.

Please support this effort to help us all. You will soon be able to donate to the AED Fund in local stores. For more information, contact Julia Blake, juliavblake@comcast.net or 899-4180.

Richmond Rescue will offer a CPR/AED training class at the Community Center in Jericho in the near future. Watch for information.

Westford Community Dinner and Forums follow up

Thank you to everyone who attended the potluck and forums last Thursday (September 19). Westford did not disappoint – incredible turn out, delicious food, and great conversation!

Please mark your calendars! The next step in this two-step process will occur on Tuesday, October 22 with a community prioritization and action plan gathering. At this gathering, community members will prioritize the ideas discussed at the forums and help develop an action plan. The Vermont Council on Rural Development will bring a resource team of top state, federal, business, and/or non-profit leaders to help frame action and resource plans with community groups and help connect to technical and financial resources. More details to follow!

Report of cyanobacteria near Crane Brook Trail

Suspected cyanobacteria (blue green algae) in ditch water has been reported along New Road just beyond the entrance to the Town Garage. Underhill has posted a warning sign. People may experience allergy-like reactions after coming in contact with cyanobacteria, and if they or pets drink the water, they may experience more severe symptoms. Because of this, it is important that people and their pets stay clear of water where there are cyanobacteria. Go to www.healthvermont.gov/cyanobacteria for more information.

Patrick Lamphere, Underhill Health Officer.

Healthy Lamoille Valley Fall Coalition Meeting Oct. 15

Healthy Lamoille Valley invites you to join us for our Fall Coalition Meeting on Tuesday, October 15, 6:00 - 7:00 PM. Come see out what your local prevention coalition has been up to and find out how you can get involved! We’ll meet at NVU-Johnson in the Stearns Performance Space right after a talk by writer and prevention activist Kate O’Neill. Kate will be sharing her sister’s story and the stories of other Vermonters impacted by by opioid-use disorder, and potential solutions to the crisis. You are welcome to come for the talk at 4:30 PM and stay for the meeting, or just attend the Coalition Meeting at 6:00PM. Both events are free and open to the public. Refreshments provided.

RSVP today at <https://hlv-coalition.eventbrite.com>.

Underhill History: Good and Bad News

By Phyl Newbeck
Special to the Mountain Gazette

Bad News

A piece of Underhill history will meet the wrecking ball when the former Underhill Academy on VT Rt. 15 in Underhill Flats is demolished this month. Ross Brewer purchased the building with the hope of rehabilitating it, but after taking out the asbestos and adding a new slate roof to prevent further water damage, he found that all the bids he received for future work were significantly higher than expected. He put the building on the market but was unable to find a buyer.

According to Elizabeth Weichel Moore’s Private Academies in Underhill, the Vermont Legislature passed an act to incorporate the Underhill Academy in 1852 with the goal of “promotion of Scientific and Library improvements.” Moore writes that the Academy had as many as 175 students at a time and was the location for “soirees with recitations, debates, and musical programs.” Susan Thomas of the Underhill Historical Society said the building served as the local high school from 1920-1947 and the I.D. graded school until 1972.

Two prominent names in Vermont history are associated with the school. George Washington Henderson, a University of Vermont graduate who was the first African-American to be inducted into Phi Beta Kappa, an academic honor society, was tutored for eight years at Underhill Academy before being accepted at UVM. He served as principal of Craftsbury Academy and Newport Graded School and, after leaving Vermont, he became chair of the theology department at Straight University, dean of theology at Fisk University, and professor of Latin, Greek, and ancient literature at Wilberforce University.

Another famous attendee was Lucy Wheelock, the founder of Wheelock Kindergarten Training School, which became Wheelock College. She later became a Sunday school teacher, spoke at meetings of Sunday school teachers across the U.S. and Canada, and wrote a weekly column called “Hints to Primary Teachers” for The Congregationalist Magazine.

Thomas said the building was purchased by Tom Morse in 1972 and was the home of his Green Mountain Foam Products. She believes that few if any improvements were made while he owned the building. At Morse’s death in 2014, the building was purchased by Brewer whose business, Exemplars, is based nearby in rented space at the old post office. Brewer’s daughter Katelin has a master’s

Good and Bad continued on page 7

Town Plan updates to guide Jericho growth

Driving through Jericho you would see many signs of recent development. A national chain store, Dollar General, built an outlet on VT Rt. 15 in 2015. Jericho welcomed a new full-scale grocery store, the Jericho Market, in 2017. A new traffic light was added at the intersection of VT Rt. 15 and Browns Trace. Earlier this year, the Union Bank opened a new branch in Riverside Village Center, and a new performing arts center and dance studio has opened next to Browns River Middle School.

Since 2017, the zoning administrator has issued 36 permits for new homes, and the Development Review Board approved 12 subdivisions with 38 lots which are likely to generate more building permits for single family homes.

In Jericho, as studies show in many Vermont towns, the rate of development has outpaced the rate of population growth for many years. Jericho’s Town Plan states, “While change is inevitable, the Town can plan for and direct these development pressures so that it complements and enhances, rather than detracts from, Jericho’s existing character and community.” The Jericho Planning Commission is responsible to create policies and regulations that will implement the Town Plan.

“Our Town Plan needs some updates,” according to Jericho Planning Commission chair Jason Cheney. “Our job is to make sure the Plan reflects the community’s vision. We found some parts that were simply out of date and other sections that needed to be better aligned with our local planning projects and new state laws.”

A 2015 survey of Jericho residents (with more than 280 responses) found that the majority of people value Jericho’s rural area and lifestyle, scenic beauty and natural resources, and the quality of the school system. People identified the need to manage growth and protect natural resources as primary concerns.

Over the last 18 months the PC consulted with various town committees, the state health department, the regional planning commission, and hired a professional planner from Dubois & King. As a result, the PC drafted Town Plan amendments to address four specific topics: the commercial district, energy, community health, and natural resources.

The Planning Commission will hold a public hearing on Tuesday, October 15 at 7:00 PM at Town Hall to review the proposed Town Plan changes. In addition to the formal hearing, the PC hosted an Open House on September 7 and a table at the Jericho Farmers Market on September 26, where residents could learn about the proposed changes. Once the PC finalizes the draft language, they will forward their recommendations to the Selectboard. The Selectboard is authorized to adopt Town Plan amendments.

Jericho’s Planner Katherine Sonnick said, “The proposed amendments have been shared with neighboring towns and with the regional planning commission. I invite all community members to check out the proposed amendments on the Join in Jericho website

Town plan continued on page 5



Community Bank N.A. celebrated National Good Neighbor Day the week of September 22 by getting out in the community. Locally, 32 New England branches contributed \$8000 to local nonprofits of their choice; above, the Jericho and South Burlington Kennedy Drive teams volunteered for the morning at Barber Farm to harvest vegetables for local food pantries. National Good Neighbor Day was created in 1971 by Becky Mattson from Lakeside, MT, and proclaimed a national day by President Jimmy Carter in 1978 to raise public awareness that good neighbors help achieve human understanding and build strong, thriving communities. It is celebrated annually on September 28 as a day of gratitude and community building.

PHOTO CONTRIBUTED

Community Bank N.A. celebrates National Good Neighbor Day

Have you noticed extra neighborly spirit in the air recently? For the second consecutive year, Community Bank N.A. celebrated National Good Neighbor Day the week of September 22 by getting out in the community. Branches across the bank’s four-state footprint marked the day with neighborly activities and by donating to community causes and organizations.

In total, Community Bank N.A. donated \$57,250 to local nonprofits throughout New York, Pennsylvania, Vermont, and Massachusetts. Locally, 32 New England branches contributed \$8000 to local nonprofits of their choice, including the DREAM Program, Barber Farm, and Veterans Count.

More than 109 branches joined the celebration to spread neighborly spirit with activities such as hosting food drives, lawn work for elderly neighbors or volunteering at a local food pantry. Locally, the Jericho and South Burlington Kennedy Drive teams volunteered for the morning at Barber Farm to harvest vegetables for local food pantries.

“Community is something we take very seriously,” Community Bank N.A. Jericho Branch Manager Kelly Kimball said. “National Good Neighbor Day is an opportunity for us to showcase the love we have for our communities and neighbors – all while having fun! We’re truly honored to be a part of the Jericho community and are grateful for this chance to give back.”

National Good Neighbor Day was created in 1971 by Becky Mattson from Lakeside, MT, and proclaimed a national day by President Jimmy Carter in 1978 to raise public awareness that good neighbors help achieve human understanding and build strong, thriving communities. It is celebrated annually on September 28 as a day of gratitude and community building. In 2018, more than 90 Community Bank N.A. branches participated.

News from Westford

The Selectboard will begin working on the FY2021 budget in October. Workshops will be held on Thursdays, October 10 and 24, November 14, and December 12. If needed, additional meetings will be held. The Board encourages residents to attend these meetings to provide feedback to assist the Board in developing a budget to be voted on in March 2020.

The Senior Luncheon will be held on Monday, October 14, 11:30 AM at the Red Brick Meeting House on the Westford Common. All seniors are welcome. Please join us for a home-cooked meal and to catch up with the news of your neighbors and friends! If you need a ride, please call Carol Howrigan, 878-3090, or Beth Menut, 893-2263. If you know someone in town who isn’t coming, please contact them to see if they would like to give it a try! The luncheon this month is a potluck – hope to see you there!

Burn permits are available online (www.westford.vt.us), from

Westford news continued on page 5

Dance studio in Jericho

By Mia Groff

The new building going up near the Deborah Rawson Memorial Library will house a new dance studio owned by Rob and Marie Groff. Synergy Center for Dance and the Performing Arts will be a new studio in Jericho which was formed last year in response to the planned closing of the Bird’s Nest dance studio owned by Jean Marie Mellichamp. Mellichamp owned and operated the Bird’s Nest in Jericho for 30 years.

Mia Groff, however, is not new to the Jericho community. She has been a Jericho resident for 17 years and has been involved with Jean Marie since that time when her four year old daughter (now 21 years old!) started taking classes there. She grew up dancing

Dance studio continued on page 5

4-H NEWS

VT 4-H’ers in regional horse show

Fifteen Vermont 4-H’ers traveled to West Springfield, MA recently to participate in various horse events at Eastern States Exposition.

All events took place from September 18-22. Representing Vermont were eight 4-H delegates with horses and four teen leaders who provided assistance at the horse show but also competed in a separate division for teen leaders from all New England states.

Delegates were Vivienne Babbott, Hinesburg; Chloe Barewicz, Jericho; Samantha Blackmore, Charlotte; Addie Boutin, Essex Junction; Lauren Hodsden, Bridport; Lilia Kocsis, Vernon; Emily Lang, Hinesburg; and Faith Ploof, Westford. Anna-Lise Cooledge, Westford; Wisteria Franklin, Lyndon Center; Emeillia Gomo, Chester; and Allison Tourville, Georgia participated as teen leaders.

Three other 4-H’ers took part in Horse Activity, a new event this year. Working in teams of two they shot portraits, macros, and black-and-white images, and made a video about Eastern States. They also created an equine-related educational exhibit and hands-on activity for fair-goers, and met with a blacksmith and veterinarian to learn about their jobs.

Participants Jasmine Mooney, St. Johnsbury, and Grace Parks, Essex Junction, took second place for their video. Tucker Murdough, Essex Junction, who teamed up with a partner from Maine, placed fourth. His team also finished first in the hands-on activity.

All members of the Vermont delegation participated in general knowledge and judging contests in their respective divisions. Delegates placing in the top 10 in general knowledge were Chloe Barewicz second, Lilia Kocsis fourth, and Lauren Hodsden seventh. In the teen leader division, Anna-Lise Cooledge, Westford, Allison Tourville, Georgia, and Emeillia Gomo, Chester, took second through fourth place, respectively.



Chittenden County 4-H had a strong presence at the regional 4-H horse show at Eastern States Exposition in West Springfield, MA September 18-22. Competing at the show were (front, from left): Samantha Blackmore, Charlotte; Anna-Lise Cooledge, Westford; Emily Lang, Hinesburg; and Tucker Murdough, Essex Junction. Back row: Grace Parks and Addie Boutin, both from Essex Junction; Vivienne Babbott, Hinesburg; Chloe Barewicz, Jericho; Allison Tourville, Georgia; and Faith Ploof, Westford.

PHOTO BY LISA MUZZY/UVM EXTENSION 4-H

Grace Parks captured first, Jasmine Mooney second, and Tucker Murdough fifth, in general knowledge. For judging Tucker was fifth, Jasmine seventh, and Grace ninth. Anna-Lise Cooledge was fourth,

Emeillia seventh, and Allison eighth in the teen leaders’ division.

States also were ranked in judging, combining the top four individual scores for a total score. Vermont came in sixth based on the individual scores of Addie Boutin, Anna-Lise Cooledge, Emily Lang, and Tucker Murdough.

Individuals placing in the top five in their respective performance classes were Vivienne Babbott (fourth: hunt seat pleasure; fifth: hunt seat discipline rail); Chloe Barewicz (second: obstacle driving; third: driving discipline rail; fourth: pleasure driving, driving all around); Samantha Blackmore (third: hunt seat pleasure; fourth: hunt seat discipline rail); Addie Boutin (third: bridle path hack); Lauren Hodsden (fourth: Western all-around); Lilia Kocsis (fourth: Western all-around, Western discipline rail, fifth: Western trail); Emily Lang (third: hunt seat equitation; fifth: hunter under saddle); and Faith Ploof (fourth: hunter over fences, hunter under saddle).

Competing in quiz bowl was optional, with names randomly drawn from a hat to form the teams. Vermont 4-H’ers on the first-place team were Jasmine Mooney, Anna-Lise Cooledge, Allison Tourville; second-place team: Chloe Barewicz, Grace Parks; third-place team: Faith Ploof, Emeillia Gomo; fourth-place team: Lauren Hodsden; fifth-place team: Lilia Kocsis; sixth-place team: Tucker Murdough.

Accompanying the 4-H delegation were Deb Barewicz (assistant barn manager) and Jolene Fontaine (barn manager), both from Jericho; Lauren Hodsden, Bridport; Lisa Muzzey, University of Vermont Extension 4-H educator; and Mary Fay and Elizabeth Ploof, both from Westford. Fay was formally recognized for her 51st year of participation at the Eastern States horse show and presented with a chair.

For information about the Vermont 4-H Horse Program contact Wendy Sorrell, wendy.sorrell@uvm.edu.

COMING EVENTS

Hunter education course Oct. 21

There will be a Hunter Education course held at the Bolton Fire Station on Monday, October 21 from 8:00 AM – 5:00 PM. This is a home-study firearm course, so students will need to complete the workbook and manual or online course beforehand. We will be going offsite to shoot, so transportation is required. Sign up is first-come, first-served, with a cap at 25 students. For more information or to register, <https://vtfishandwildlife.com> or call Hunter Education, 802-828-1193.

If you love to sing, come join Mountainsong!

We are a volunteer-run community singing group which harmonizes together in 4 parts on Wednesday evenings, 6:30 – 8:00 PM, at the Mount Mansfield Unitarian Universalist Meeting House on VT Rt.15 (across from Packard Rd.).

Whether you sing in the shower, do karaoke, or just like to sing in harmony with others, bring your voice and join us! Do you learn by ear or read music? Either way, you’ll be comfortable in our group. You don’t have to be a great singer – our aim is to sing for the joy of singing – no performances except for one short one for family and friends at the end of the season.

We sing weekly, although you can come as often as you are able. Cost: \$1 a week or \$4 a month toward space rental. This year, we are asking for a contribution for purchasing music: \$5-10 as you are able (per semester).

Questions? Contact: Lynne Robbins, 899-2436 or lar.2436@gmail.com, or Jean Archibald, 899-5219, if you have questions, or just show up on a Wednesday evening.

We look forward to singing together!

Habitat for Humanity “Stuff the Truck” event

Cleaning out your garage for winter? Or maybe time to go through those boxes in your basement? Your new and gently used items can be someone else’s treasure! Save the date and collect your donatable items!

Our “Stuff the Truck” fund raiser for Habitat for Humanity — Saturday, October 5, 10:00 AM – 2:00 PM, Butternut Mountain Farm parking lot, 37 Industrial Park Dr., Morrisville — encourages reuse and waste reduction by diverting construction and household materials from our local landfills.

This event has been kickstarted with a significant donation by Patterson & Smith Construction of kitchen cabinets, bathroom fixtures, exterior doors, and high quality windows. Thank you Patterson & Smith!

Bring the following working items for your tax-deductible donation: Appliances;

- Cabinets with intact doors and drawers;
- Flooring and tile;
- Furniture;
- Hardware;
- Home entertainment electronics less than 5 years old;
- Housewares;
- Lighting;
- Lumber and plywood, no scraps;
- Plumbing supplies and fixtures;
- Tools and power equipment;
- Windows and exterior doors.

All of the proceeds from the donations will go directly to the Habitat house currently under construction at 244 Maple St., Morrisville.

Veterans to share stories at town hall events

Community invited to attend and listen as Veterans Day approaches

On Sunday, November 3 in Colchester, Rutland, and St. Johnsbury, veterans are invited to speak, unscripted, about what their service means to them. All community members are encouraged to attend and to listen at one of the three Vermont locations: Colchester – McCarthy Arts Center, St. Michael’s College; Rutland: Rutland Free Library, 10 Court St.; St. Johnsbury: Catamount Arts, 115 Eastern Ave.

Inspired by author Sebastian Junger, these gatherings aim to establish a greater understanding between local veterans and the friends and neighbors they fought for. In the tradition of warrior storytelling, veterans are invited to describe the pride, grief, rage, or quiet appreciation of life that the war bestowed upon them — to share a story, summary of service, message, letter home, excerpt from a war journal, or even the story behind a photograph. The events are non-political, and all perspectives are valued.

“We often hear about veterans, but we very rarely get to hear *from* them, to hear their own voices talking about their experience,” says Marty McMahon, the host at the St. Johnsbury location, and a member of CCV’s Veterans Services Team. “We can’t have a real dialogue with veterans until we take the time to listen with no judgment.”

“For many veterans, it may be difficult to speak of their experience out of concern for judgment and misunderstanding,” adds Jon Turner, Chittenden County event host and an outings leader for the Sierra Club Military Outdoors. “Having an opportunity to gather with community members to be heard assists with the reintegration process and makes it possible to find trust in those whom we did not serve with.”

The event format is drawn from a June 2015 *Vanity Fair* article by Sebastian Junger, highlighting the challenges of post-traumatic stress among veterans. He suggested “making every town and city hall in the country available to veterans who want to speak publicly about the war” and believed holding these community forums would “return the experience of war to our entire nation, rather than just leaving it to the people who fought.”

U.S. Representative Seth Moulton (D-MA), a Marine combat veteran, hosted the first Veterans Town Hall of this kind in 2015 in Marblehead, MA. 2017 marked the first Vermont event, a Burlington town hall spearheaded by local event coordinator Kristen Eaton. Eaton, who continues to facilitate the annual Veterans Town Hall in Chittenden County, emphasizes that the events would not be possible without the dozens of individuals and organizations who have offered support and feedback since 2017. Among those are Community College of Vermont (which has coordinated the Rutland event since 2018, and added the St. Johnsbury location this year)



Jon Turner, who will host this year’s Veterans Town Hall event on Sunday, November 3, 1:00 PM, at the McCarthy Arts Center, St. Michael’s College, Colchester event. Jon served three deployments with the Marines between 2003-2007. Since his discharge, he has traveled extensively and worked with various communities to assist in the veteran reintegration process from paper-making to outdoor recreation. In 2014, Jon began to utilize the agricultural landscape as a classroom for community members interested in resilient food systems through service learning projects, internships, and site visits, for K-12, college students, and military veterans. Jon is the founding and former chair of the Vermont state chapter of the Farmer Veteran Coalition, recipient of the National Farm to School Innovations Grant, Sierra Club Military Outings Leader, and currently operates Wild Roots Farm Vermont in Bristol.

PHOTO BY THOMAS SHAHAN/CCV

and Saint Michael’s College Military Community Services and Student Veteran Association (the venue sponsors for the Chittenden County event).

“Support of our military does not start with a ‘support the troops’ bumper sticker and culminate with grilled chicken on Memorial Day weekend,” says Kyle Aines, CCV’s Associate Director of Veterans and Military Services, and the host of the Rutland event. “As military members struggle to reintegrate back into society, it is imperative that society have a clear understanding what they are transitioning from. The Veterans Town Hall is that bridge and connection.”

RSVPs encouraged at vtvetstownhall.eventbrite.com. Questions may be directed to Kristen Eaton, kristen.eaton@gmail.com.

Button Up Jericho

Weatherizing your home is often one of the best financial investments you can make. On Tuesday, October 29 at 7:00 PM, the Jericho Energy Task Force will sponsor a workshop which will explain the benefits of weatherization and provide information on the incentives available to get started. You’ll also learn what projects are best done by contractors and which ones can be DIY endeavors. Matt Sargent, a Senior Energy Consultant at Efficiency Vermont, will give a short presentation followed by a question and answer session so that every audience member can get a sense of what they can do and how they can afford to do it.

Whether you’re new to weatherization or have detailed questions about your next project, this workshop will provide guidance, answer questions, and discuss the new incentive to cover half of your project costs for up to \$4000.

For more information, contact Kathleen Voigt Walsh, kathleen.voigt.walsh@gmail.com or 802-734-6310

OktoberFest in West Bolton Oct. 12

Come celebrate the changing of the seasons at an OktoberFest at the West Bolton Golf Course on Saturday, October 12, 4:00 – 7:00 PM. There will be incredible views, amazing food, and great music! Food Trucks include Underhillbilly BBQ and Northern Fire & Slice; fall-inspired drink specials mixed by the golf course; and live music from local artists.

This event is also in partnership with the Friends of Wheeler Field. Kids are welcome; unfortunately, no pets allowed.

Call the clubhouse, 802-434-4321, or email csobrien9@gmail.com for more information.

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Cambridge Scouts apple sale fundraiser

Cambridge Scouts will be selling apples and fresh cider pressed on site at the parking lot in front of Cambridge Town Offices/Post Office, on Saturday-Sunday, October 5-6, from 9:00 AM – 3:00 PM. Come by and support the Scouts!

COMING EVENTS

Pumpkins wanted for Haunted Westford

Once again the 8th grade is hosting a Halloween event at the school. This year it is Haunted Westford on Friday, October 25th. More details to come.

In addition to all the ghoulish fun, there will be a pumpkin glow. In order to make this happen, we are looking for pumpkin donations for the kids! If anyone has pumpkins or a lead on pumpkins, please reach out to me directly. We are hoping to have 40 or so pumpkins donated.

I will also be sending out a community member call closer to the event - we would love to see all your amazing carved creations displayed for the evening. Thank you in advance for supporting this fun community event!

All proceeds from Haunted Forest go to this year’s and next year’s 8th grade class trip and gift to the school!

Wednesday, October 2
72nd Chicken Pie Supper, 4:30 – 7:30 PM, Richmond Congregational Church, 20 Church St., Richmond. This traditional supper celebrates the fall harvest and season. The fare features chicken pie, mashed potatoes, winter squash, cole slaw, and is topped off with apple or pumpkin pie. 145 guests are seated at each of three seatings: 5:00, 6:00, and 7:00 PM, with take-outs available for pickup at 4:30, 5:30, and 6:30 PM. Reservations are required! Tickets: \$12 adults and takeout dinners (\$13 at the door); \$6 age 12 and under; preschoolers eat for free. Tickets available online at www.recucc.org; for information, contact 802-434-2053 or church@recucc.org.

Thursday, October 3
Free Community Soup and Bread Supper, 4:30 – 6:30 PM, Covenant Community Church, 1 Whitcomb Meadows Lane, Essex. Serving a variety of hearty soups and breads, plus a sweet dessert. Stay at the church to enjoy your meal with friends and family, or pick up to take home. Donations welcome, but not expected. These free community meals are held the first Thursday of the month (next: November 7). For more information, call Pastor Jeannette Conver, 879-4313.

Friday, October 4
Harvest Bingo, 7:00 – 9:00 PM, Westford Public Library, Westford. Part of *#RootedinVT*’s agricultural literacy week! Like regular bingo but your “buy-in” is one food item – a tomato, an apple, zucchini, muffin, whatever! If you win the round, you get a nice variety of things. Bring your harvest, your love for all things local, and some good luck! There will be light snacks; you are encouraged to bring more goodies to share, as well as whatever you wish to drink. Fun for all ages!

Saturday, October 5
Champlain College open house, 9:00 AM – 3:30 PM, Champlain College, Burlington. For high school students and their families interested in learning more about Champlain. To learn more and RSVP, visit www.champlain.edu/fallopenhouse19. On Friday, October 4, there will be a special event for students who may be interested in working in the video game industry. Learn more and register for this event at www.champlain.edu/game-day.

DNA Cousins: Mysteries Solved and Unsolved, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. DNA continues to revolutionize genealogical research. Michael Dwyer’s ongoing personal exploration of DNA has resulted in amazing kinship finds, beguiling mysteries, and shocking secrets. Michael will present several case studies that fall into all three categories. He will also offer some examples of how predicted family relationship may not be accurate. Michael Dwyer, a member of the Vermont French-Canadian Society and past presenter, is a Fellow of the American Society of Genealogists. Editor of *Vermont Genealogy*, he has published dozens of scholarly articles and enjoys sharing stories from his forty years of experience. For more details: www.vtgenlib.org or 802-310-9285. Classes \$10 for members; \$15 for non-members. We are open for research Tuesdays 3:00 – 9:30 PM and Saturdays 10:00 AM – 4:00 PM.

Saturday-Sunday, October 4-5
Rummage Sale, 3:00 – 7:00 PM Friday, 9:00 AM – 2:00 PM Sunday, Fairfax Community Center aka Baptist Building, Main St., Fairfax. Clean clothes, books, toys, and white elephant. Sale benefits the United Church of Fairfax missions. For information, 849-6313 or ucffairfaxvt@gmail.com.

Sunday, October 6
St. Mary’s Annual Ham Dinner, sittings at 12:00 and 1:00 PM, Parish Hall, St. Mary’s Church, Cambridge. Ham dinner – eat in or take out! Adults \$12, children 6-12 \$5, children 5 and under free. Take out available at 11:30 AM. For more information, 644-5073.

Richmond Art Crawl, 10:00 AM – 3:00 PM, Bridge St., Richmond. Start in front of the Richmond Town Hall – come celebrate fall with local artists and craftspeople at this stop that is part of Open Studio Weekend. Sponsored by Radiate Art Space. Free parking; kids’ activities, rain or shine. For more information: richmondartcrawl@gmail.com.

Tuesday, October 8
Food for Thought potluck forum, 6:30 – 8:30 PM, Mount Mansfield Union High School (MMUHS) library, Browns Trace, Jericho. Three forums will focus on the upcoming 2020 presidential elections and the major challenges and issues we face. Guest speakers will include Lisa Holmes, professor of political science at the University of Vermont, former Republican governor Jim Douglas, and former Democratic governor Howard Dean. The free potluck gatherings are open to students and to residents of the surrounding communities, and are sponsored by Good Shepherd Lutheran Church in Jericho and by MMUHS. If you are able, please bring a salad, main dish, or dessert to share so that both bodies and minds may be fed!

Wednesday, October 9
Craft Circle, 5:30 – 7:30 PM, District 5 Schoolhouse, corner of Pleasant Valley and Stevensville Rds., Underhill Center. The Craft Circle meets every second and fourth Wednesday of each month. All are welcome! For more information or with questions, contact Amy Tower, 355-9671 or atowerinvt@gmail.com.

Friday, October 11
Central and North Central Vermont Job Fair, 10:00 AM – 3:00 PM, Crossett Brook Middle School, Waterbury. To register your company to participate and for more information for job seekers, please go online to www.centralvtjobfair.com. Questions? Call 802-223-4654.

First Annual Fall Classic Golf Tournament, 9:00 AM – 5:00 PM, Cedar Knoll Country Club, 13460 VT Rt. 116, Hinesburg. Fall foliage season means two things: beautiful scenery and the last

opportunity to golf before the snow flies – so come to this best-ball tournament with a 10:00 AM shotgun start, 18 holes, player gift bags, contests, prizes, mulligans, and a VT country-style banquet of ham, mac ‘n cheese, and delicious fall fixin’s. Register your foursome at <https://www.crowdrise.com/o/en/campaign/slamt1d-fall-classic>; \$500 per foursome. The deadline to register is Monday, October 7. For information, contact Krista Jones, Krista@slamt1d.org.

Get Up, Stand Up, Stand Up For Your Rights, 7:00 PM, Billings-Ira Allen Lecture Hall, 26 University Place, Burlington. Dr. Blanche Wiesen Cook, an historian and biographer of Eleanor Roosevelt, will speak on *The Importance of Eleanor Roosevelt to the Universal Declaration of Human Rights: Critical Reflections*. Roosevelt chaired the committee that drafted the Declaration 70 years ago. Cook’s presentation will help students and adults learn about and promote human rights with the goal of encouraging everyone to stand up for human rights, every day. The program is supported in part by the VT Humanities Council, the ACLU of VT, Amnesty International Champlain Valley, and Ben and Jerry’s Community Action Team, among others. For more information, <https://www.facebook.com/events/3904575311870517/> or madel51353@aol.com.

Saturday, October 12
Flea Market & Craft Fair, 9:00 AM – 3:00 PM, Second Congregational Church-UCC, 16 Church St., Jeffersonville. Early holidays one-stop local shopping!

OktoberFest, 4:00 – 7:00 PM, West Bolton Golf Course, West Bolton. Come celebrate the changing of the seasons at an There will be incredible views, amazing food, and great music! Food Trucks include Underhillbilly BBQ and Northern Fire & Slice; fall-inspired drink specials mixed by the golf course; and live music from local artists. In partnership with the Friends of Wheeler Field. Kids welcome; unfortunately, no pets allowed. Call the clubhouse, 802-434-4321, or email csobrien9@gmail.com for more information.

Middle River Gospel concert and dinner, 6:00 PM dinner, 7:00 PM concert, Cambridge Christian Fellowship, 154 N. Main St., Cambridge. Spaghetti dinner. All are welcome.

Using AncestryDNA: Tools & Tips, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. AncestryDNA is the most popular DNA testing company and over 12 million people have purchased their test kits or received them as gifts. In this presentation Ed McGuire will explain all of the major features provided to customers – from the “DNA Matches List” to “New Ancestry Hints” and, most importantly, “Shared Matches.” Ed will discuss how best to contact genetic cousins, how to identify networks of DNA matches who are likely to all share a piece of DNA with you, and how to stay organized. Along the way he will clarify the limitations of each tool and demonstrate some advanced techniques that might allow you breach a brick wall or two. For more details: www.vtgenlib.org or 802-310-9285. Classes \$10 for members; \$15 for non-members. We are open for research Tuesdays 3:00 – 9:30 PM and Saturdays 10:00 AM – 4:00 PM.

Sunday, October 13
St. Thomas Church Annual Harvest Ham Dinner, seatings at 4:00 and 5:15 PM, Parish Hall, St. Thomas Catholic Church, Underhill Center. Menu: ham, baked potatoes, squash, carrots, coleslaw, rolls, and homemade desserts. Service will be provided by our grade 7-9 religious education students. Take-out meals available. Tickets: \$12 adults, \$6 children 6-12 years, children 5 and under free. Tickets are available after all Masses, at Wells Corner Market, or at the door. Questions? Call the Parish office, 899-4632.

Thursday, October 17
Career and Internship Fair, 11:00 AM – 2:00 PM, SHAPE Center, Varsity Gym, NVU-Johnson. Job seekers and employers at invited to the 2019 Fall Career and Internship Fair. Job seekers: check out the list of currently registered employers at <https://www.northernvermont.edu/fairs-events-and-workshops>. Employers: register at <https://events.jsc.edu/Register/NVUJ%20Fall2019CareerInternshipFair>. Call Beth Walsh, Director of Career Development, at 802.635.1377 or email Beth.Walsh@NorthernVermont.edu.

Saturday, October 19
Annual Westford Pumpkin Run, 8:30 AM registration followed by races, Westford School, Westford. Adults run four miles through the Maple Shade Forest and Misty Meadows; start 9:30 AM at the Westford School; registration \$10, first 25 to register get a free T-shirt. Kids run one mile on the school grounds; start 9:00 AM at the school; registration \$5 or two donations for the Food Shelf. Send registrations to the Westford Town Office, or register race day at 8:30 AM at the Westford School.

VT FCGS Annual Conference, 8:30 AM – 4:00 PM, Parish Hall, St. John Vianney Catholic Church, 160 Hinesburg Rd., S. Burlington, Colchester. The conference will host speakers on the following topics: The Expression of French-Canadian Culture in Winooski; Howard Coffin on Vermont Women in the Civil War; the Honor of Merit; and Exploring New England Town Records. There will be displays and many genealogy books for purchase. Cost is \$35. There is a discount for registering before Saturday, October 12. Lunch may be purchased with registration for \$10. Our website www.vtgenlib.org has additional details, directions and registration forms. The library will be closed the day of this event.

Saturday-Sunday, October 19-20
Yoga Retreat, Storybarn, 480 Hogback Rd., Johnson. Limited registration at <http://inspiredyogaandhealth.com/retreats/>. For more information, contact Mark, 802-585-9888.

Wednesday, October 23
Craft Circle, 5:30 – 7:30 PM, District 5 Schoolhouse, corner of Pleasant Valley and Stevensville Rds., Underhill Center. The Craft Circle meets every second and fourth Wednesday of each month. All are welcome! For more information or with questions, contact Amy Tower, 355-9671 or atowerinvt@gmail.com.

Friday, October 25
Haunted Westford, 6:00 – 8:00 PM, Westford Elementary School, Westford. Haunted Forest – 6:00 PM for littles; 6:30 PM for scares; \$3 per person. Halloween Games and Trick-or-Treat Street – face painting, fun games and music, and more; \$5 per person (bag of treats included). Dinner is available for purchase on site. All proceeds benefit the Westford 8th grade class trip to Washington D.C.

Saturday, October 26
Champlain College open house, 9:00 AM – 3:30 PM, Champlain College, Burlington. For high school students and their families interested in learning more about Champlain. To learn more and RSVP, visit www.champlain.edu/fallopenhouse19.

Tuesday, October 29
Button Up Jericho, 7:00 PM, Deborah Rawson Memorial

Library, Jericho. Weatherizing your home is often one of the best financial investments you can make. Jericho Energy Task Force’s workshop will explain the benefits of weatherization and incentives available to get started, and which projects are best done by contractors and which can be DIY. Matt Sargent, Sr. Energy Consultant at Efficiency Vermont, will give a Q&A session. Whether you’re new to weatherization or have detailed questions about your next project, this workshop will provide guidance, answer questions, and discuss the new incentive to cover half of your project costs for up to \$4000. For more information, contact Kathie Voigt Walsh, 802-734-6310 or kathleen.voigt.walsh@gmail.com.



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Area Worship Services

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

JERICOH CONGREGATIONAL CHURCH
“An Historic Church Proclaiming an Eternal Message”
On the Green in Jericho Center, VT
Senior Pastor David Coons and Youth Pastor Glenn Carter
Sunday Service throughout the Summer (Jun. 9th – Sept. 8th) at 9 am
Nursery care provided
Fellowship at 10:30 am
Youth group at 6:15 pm Sundays in our Sunday school building
Signing for the deaf upon request
899-4911; officejcc@comcast.net; www.jccvt.org

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as we explore truth and meaning, and work for social justice.
All are welcome.
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899-2558 www.mmuuf.org

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

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HEALTH PROGRAMS AND CLASSES AT NORTHWESTERN MEDICAL CENTER

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

Flu vaccines available

Family Practice Associates, 272 N. Main St. #101, Cambridge, now has flu shots available for our patients. This includes pediatric, high-dose for 65+ folks, and – new this year – high-dose for 50-64 year old patients who meet the criteria.

There will be flu shot clinics:

- Friday, October 4, 8:00 AM – 12:30 PM and 1:30 – 5:00 PM;
- Friday, October 18, 8:00 AM – 12:30 PM and 1:30 – 5:00 PM.

Please call 644-5114 to be added to a clinic.

If these dates do not work for your schedule, other times can be offered. Already scheduled to see a provider in the near future? You can get a flu shot at that visit.

Stay independent as you age by preventing falls

Each year many Vermonters experience a fall, and only half will tell their health care provider. A fall can cause an injury, limit your mobility and independence, and make you more isolated socially. But although falls are a leading cause of injury and death among people age 65 and older, you can prevent them.

Here’s what you can do:

- Talk to your health care provider about any past falls, even if they didn’t lead to an injury. Review your medications and any side effects. Consider Vitamin D supplements.
- Have your vision and hearing checked annually and update eyeglasses and hearing aids as needed.
- Get moving! Try *Tai Chi*, which has been proven to improve balance and strength. Find free or low-cost classes at <https://fallsfreevermont.org>.
- Assess your home environment. You can reduce your fall risk by removing trip hazards, improving lighting, and installing handrails and grab bars.

For more information, visit <https://healthvermont.gov/preventfalls>.

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).

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

Bloody Mary competition to support NEHA’s VT chapter

Please join us as we vote for Champlain Valley’s best Bloody Mary in a competition brought to you by the New England Hemophilia Association (NEHA), VT Chapter. The Bloody Mary competition will take place at the Champlain Valley Expo Center on Saturday, October 5, 11:00 AM – 2:00 PM.

All proceeds will go towards NEHA’s programming in education, awareness, and youth treatment training to help our friends and neighbors with hemophilia live healthy and happy lives. For more information visit <https://www.newenglandhemophilia.org/event/best-bloody/>.

Spitting up: gastroesophageal reflux

Parents have been bringing up lots of questions about their babies who tend to spit up a lot. This week, let me try to keep down their concerns and provide some information on this “spitting up” topic we call infant heartburn or reflux.

Spit up specifics

Now, all babies will spit up or vomit small amounts of formula or breast milk after a feeding. In fact, I guess we can say that spit happens – especially after being burped or during periods of movement. Usually, spitting up peaks when a child is three to four months of age and is gone before the first year of life.

Should I be worried?

So when do we worry? We worry when stomach acid contents repeatedly go up the food pipe (also known as the esophagus) to the point that the esophagus becomes irritated. This irritation makes feedings quite painful for infants. This pain can result in poor weight gain, bloody or projectile vomiting, inconsolable crying, and even chronic cough, wheezing, and pneumonia. This occurs due to food going up the food pipe and down the windpipe or trachea into the lungs. This degree of reflux certainly warrants a call to your child’s health care professional to better determine why so much spitting up is occurring.

Treating reflux

The good news is that this problem of reflux can be treated with a number of approaches.

It may be as simple as avoiding overfeeding. To stop overfeeding, stop the feed as soon as the spitting up starts. If your baby is bottle-fed and spitting up, just burp the baby more frequently – at least every three to five minutes or every one to two ounces during a feeding. Additionally, don’t jostle or play vigorously with a baby after a feeding.

Another approach is to consider thickening feeds by adding one tablespoon of rice cereal per bottle of pumped breast milk or formula.

If your baby does spit up a lot, keep them upright for at least 30 minutes after feeds. Additionally, avoid tight diapers. These diapers can put pressure on the stomach and send things more forcefully back up the food pipe, worsening the problem.

When in doubt, call your child’s health care professional

If these suggestions don’t work, there are medications that your child’s health care professional can recommend. These medications are available over the counter or by prescription, and will oftentimes take care of the frequent reflux.

Hopefully tips like these will burn brightly in your mind but not in your baby’s esophagus or food pipe when it comes to knowing what to do if your baby or child spits up due to reflux.

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

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.

Igniting e-cigarette dangers

Parents have been lighting up with questions about e-cigarettes and what they can say to their teenagers to convince them to stop – or better yet, not even use them.

What are e-cigarettes?

E-cigarettes are battery-powered smoking devices that contain cartridges filled with a liquid that usually contains nicotine, which can be quite addictive. However, nicotine is not the only dangerous ingredient, as there are other chemicals in these cartridges that have been associated with having an increased risk of developing cancer.

In fact, some e-cigarettes don’t look like cigarettes at all. Instead, they look like thumb or flash drives or memory sticks for computers. These are called pod devices. Don’t be fooled by their small size – they can have as much nicotine as a whole pack of cigarettes and be used by a teenager in a period of minutes.

The dangers of e-cigarettes

Nicotine through vaping can raise blood pressure and heart rate. This rise can potentially result in abnormal heart rhythms, which can cause heart failure and death. High nicotine exposure can also affect memory, concentration and brain development in teens.

Signs a child is hiding their vaping

How might you know if your child is vaping? Suggested signs include increased thirst and urination due to the dryness in their mouth and throat and their need to hydrate. Additionally, there may be a desire for increased flavoring at mealtimes since food becomes less flavorful with the mouth dried out.

Another clue might be finding unfamiliar thumb or flash drive devices, battery chargers, or spare parts that contain the liquid chemicals that requires heat for vaporization.

Prevention

Of course, while it is important to know if your child is vaping, it’s even more important to prevent them from getting started. Thus, the name of the game is to educate your children and teens about these devices.

First, parents, you need to know the facts. You can get them at knowledgeable websites such as e-cigarettes.surgeongeneral.gov.

Start early (even in elementary or early middle school) when your children can understand how dangerous these devices are to their health. Make it clear you don’t approve of their vaping or using e-cigarettes no matter what.

If they are already vaping, keep your cool. Instead of anger, listen and encourage an open dialogue and not a lecture. Have this important conversation not once but over time. If you begin the talk in an angry or anxious manner, your teen will shut down. Instead, acknowledge it’s difficult to stay away from vaping and see if that opens the door to a better discussion.

If your child is thinking about trying it or already has, tell them you are there to help however you can, because you care so much about their health and well being. Give them strategies to say no to vaping, such as “I can’t – I’m in training.”

Being a role model

Of course parents, if you do smoke or vape, understand that your kids who see you as a role model may want to do it as well. Consider quitting smoking or vaping, not only for their health but yours, too.

Hopefully tips like these will smoke out what you need to know when it comes to recognizing and discouraging the use of e-cigarette products in your teens and yourself.

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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COMMUNITY COLUMNS

Pretty Maltese girls, beer, and motorcycles

By Doug Boardman
Special to the Mountain Gazette

I didn’t know much about Malta except for the size which is seven miles by nine miles. I was pleasantly surprised to find that the weather, people, bars, etc. were extraordinary! Malta was a British Colony. The U. S. Navy and British Navy shared the airport runway. We had one side of the runway and they had the other side. We didn’t associate with the Brits much. We had some of the bars and the Brits had favorite bars.

My first assignment was running a teletype machine. I had a duel rating – teletype and postman. I was a TE3, which meant I was a 3rd class petty officer. I liked postal work but you usually don’t get what you want. Telytype was pretty boring and especially the night shift, which I was assigned to right away. Around 3:00 AM time, it was hardest to stay awake, so I devised a plan to get through the night. I placed two chairs facing each other. I put my heels on the one chair and my shoulders on the other. If I were to fall asleep I would slide onto the floor.

We had to check every hour on the hour and there wasn’t much traffic after midnight, so hard to stay awake. I was cleared for secret mail so when I got top secret mail, it was encrypted in code and given to the cryptograph department. We didn’t have gals working with us but they had gals on their teletype machines, so we sent each other messages which were interesting to say the least.

About a month after I arrived, the postmaster lost a stripe for being drunk and disorderly plus disobeying orders, so I outranked him. He got transferred to parking planes and I took over the post office. The present post office consisted of a small area in the end of a Quonset hut and I went to the commander of the base to see if I could get a bigger space. He said as long as I met the mail planes, which usually came in at 3:00 AM, and any letters from his wife would immediately be delivered to his house, then we would get along really well and he gave me my own jeep and a Quonset hut and said I could build my own post office. I designed a basic place to sort mail, boxes with names on them, and a grille that I could slide up and down to close and open. We had a lobby, a locking door, a room for sorting mail, and another room to store packages, plus a locking back door. It worked out really well!

I became friends right away with one of the best looking tough guys so I could go out to mostly British bars safely. The British sailors had their favorite bars and thought they were the best

players, and would bring their own custom made darts in cases. Their darts screwed together and the darts were almost two feet long when the sections were all together. We used the regular plastic standard bar dart. We used to go into a mainly English pub and would challenge them to a dart match and the winner would get free beer. Sometimes we let them win a game or two but pretty much beat them and drank free beer all night. Sometimes they would get upset and want to fight, but usually they couldn’t hardly walk and my buddy would throw them out in the street by himself unless it was a real heavy dude, then I would help him. He was a good looking guy and after we took over the pub the Maltese girls were all over him, and there was one in particular that wanted me to hang out with her. I talked to her at the bar but never left with her. She was beautiful and didn’t care about me being married but I did. She showed up at the same bars I was at a lot and I changed bars a lot. The general consensus was that most of the girls were 19 to 21 and still had a great figure but as they got older they ate a lot of pasta and no exercise so had a lot of cellulite floating around.

I drank too much beer and rented a motorcycle. I drank a six-pack of Heineken in less than an hour and almost rode the cycle into the Mediterranean Sea, so I laid it down beside the road and walked back to the barracks. I would have been okay, but I stopped at another bar near the base and drank some Becks beer. When I got back to the barracks all of a sudden I felt like Superman – and the worst part is I really thought could fly. Our beds were cots with galvanized pipes on all four corners without caps. I tried to fly over one of the posts and onto my bed and still have a scar on my chest where I landed on top of the galvanized pipe post.

When I woke up the next morning I couldn’t move without a super pain in my chest and when I tried to take my tee shirt off, it stuck to my chest with a lot of dried blood. I couldn’t even breathe without tremendous pain and all the clinic could do was band aids and aspirin. I never tried to fly again and cut down on beer.

One thing I learned the hard way is before you consider flying, think where you might land. What goes up usually comes down.

We amused ourselves out of boredom in some stupid ways, and one of them was farting contests. There was a 1st class petty officer who had an end bunk in our barracks, that ate a large can of cold beans before breakfast. He always won the contest and finally we quit the contest after he crapped his pants. We also made up a code so we could warn each other of farts in the area, and our code was “three jacks.” If you said “three jacks” it gave everybody a chance to exit the area quickly.

Next column: Sandy arrives in French Morroco.

sit in the sun, until they finally fly away, teetering and swooping in an unsteady rhythm.

A friend visits and we both huddle near the bell jar, to watch this metamorphosis from caterpillar to winged beauty, as another Monarch bursts out of her confinement. She is quite wet and carefully follows the stem of a zinnia we have thrown in to give her some stability. She crawls onto Marion’s finger and rests, her prickly legs no bigger than the width of this pen line. “She is digging into my fingers with tiny claws. How can we feel something so small?” says Marion. The Monarch flaps slowly, and with the sun on her back, she disappears into the center of a Sunflower. We wish her well, wondering how she will survive when (along with thousands of others) she will make the impossible trip to the Eucalyptus trees of California or Mexico.

We would like to know how this happens...or do we? Primitive peoples accepted miracles in their pure forms... they were not equipped to go further. They could, and did, attach other phenomena, good and bad, which explained the sequalae of a miracle: storms, births, crops, fluctuations in food supply, invasions of insects. If repeated again and again this became a folklore, a fable, a prediction, a truth. When established religion came into power, man could say that miracles were the work of God. This lessened the search for meaning and rather calmed our curiosity, and left us with little choice about the cause of miracles. This might have been carried to the point of absurd simplicity, but science was developing along with religion and Man’s curiosity drove him beyond himself. Now, we sometimes get puzzled by the pros and cons of our thoughts and beliefs. Can we be curious and not expect an answer? Will science sanitize the magic?

It has been a beautiful September day. The sun is beginning to sink as it should. The air of late summer starts to turn cool. The Sunflowers follow the arc of the sun... westward-turning. The last of the hatched Monarchs sits in Adrie’s palm, smaller than the rest, but it was big enough to break the chrysalis. It will be wetted with rain and torn by winds but even so, there is a possibility that it will live long enough to fly into these Vermont valleys next summer. I appreciate the human urge to understand such beauty through science, but what a joy when we just sit with the ecstasy of miracle.

cross streets etc etc.

Mia says, “Our mission and vision for the studio is for it to be a welcoming and comfortable community space that meets the needs of all kinds of dancers at all ages. With four studios all equipped with specialized sprung dance floors and comfortable waiting spaces for both families and dancers, we hope for Synergy to feel like home while providing a professional style training facility. We envision a space where kids can come to get great training in dance whether they want to come once a week and take a recreational style class or whether they want to training in a strong syllabus based progressive dance curriculum. Synergy’s building will also offer a home to Vermont Youth Dancers.”

She went on to say, “We are also excited to offer short exploratory workshops in different styles of dance like swing, African jazz, and others in addition to bringing in some master teachers in specialties like ballet, hip hop and jazz. We have a strong goal of helping dancers develop safe habits through strength training and will have a physical therapist available as aconsultant to further enhance our dancers safety. Finally, we are working on providing fitness classes for adults in our community through our Synergy FOCUS program with classess like Pilates, yoga, Zumba, Barre sculpt, suspension strenght traning. That program is under development and we are seeking input from the community.”

Their teaching staff is comprised of people with strong ties to the community. They live in Jericho/Underhill, they are teachers in the schools, their children go to school here, or they grew up in Jericho! They are dedicated to the community and the Groffs are excited to build a great home for their local dancers and their families.

Westford news continued from page 1

Fire Warden Dennis Angiono, 879-1231, or from the Town Office during office hours. Contact the Fire Warden for questions about burn permits.

Property owners who plan on replacing driveway culverts must get an Access Permit from the Town before starting work; contact the Town Office for an application.

Yard waste – leaves, brush, topsoil – is not considered household garbage. You can compost yard waste or bring it to a CSWD drop-off center. For a list of centers, www.cswd.net.

Reminder – placing bulky objects out for trash pickup: The contract between the Town of Westford and Myers for collection of trash and recycling includes the following statement: “Items such as couches, chairs, bedding, shall be considered trash but do not count toward the 64 gallon threshold.” Myers will collect bulky items; however, they will charge for the pickup. Some residents have found it costs less to bring their bulky items to a CSWD drop-off center rather than to have Myers pick them up. Please call a drop-off center or go to <http://cswd.net/chittenden-county-solid-waste-facilities/drop-off-centers/> to determine the best course of disposal.

The Selectboard is seeking town residents interested in serving as Westford’s representative to two regional organizations. The *Chittenden County Regional Planning Commission* needs a representative and an alternate. CCRPC was founded in 1966 to promote mutual cooperation of its 19 member municipalities and to facilitate the appropriate development and preservation of the physical and human resources of the county. It has 19 municipal commissioners and five at-large commissioners representing agriculture, conservation/environment, socio-economic/housing, and transportation. Each town’s legislative body selects its own commissioner and alternate; the full commission picks the five at-large representatives. Each commissioner has one vote. CCRPC’s monthly meeting is on the third Wednesday of the month, 6:00 PM. The meetings are open to the public. For information, <https://www.ccrpcvt.org/about-us/commission/commissioners-alternates/>. The *CCRPC Clean Water Advisory Committee* (CWAC) oversees CCRPC activities and policy development regarding, but not limited to, the VT Lake Champlain Total Maximum Daily Load (TMDL) Plan and its related plans and programs. CWAC meets the first Tuesday of the month. For more information, contact Dan Albrecht, CCPRC Senior Planner, dalbrecht@ccrpcvt.org or 846-4490. Please contact the Town Office, 878-4587 or townclerk@westfordvt.us if you are interested in being appointed to one of these positions.

Want to know what zoning district you are in? or if you need a permit for your project? Visit Westford’s new Planning & Zoning FAQs webpage, <https://westfordvt.us/administration/planning-zoning/> or contact Kate Lalley, Administrative Officer, or Melissa Manka, Planning Coordinator, zoning_admin@westfordvt.us, planner@westfordvt.us, or 802-878-4587.

Note: the Town Office is open Monday-Friday, 8:30 AM – 4:30 PM.

Town plan continued from page 1

and feel free to contact me at Town Hall with any comments or questions.”

Town Plan

Vermont law defines a Town Plan as a visionary document. It should describe the community’s aspirations for the future and how the vision will be achieved. Based on community values, assets, and key challenges, it lists priorities and goals for the next several years. This helps promote wise investments and manage costs.

Jericho adopted the Town Plan in 2016 and it will be due for a major rewrite and re-adoption in 2024. In the interim, the PC is recommending amendments to keep the Plan accurate and effective, because the Town Plan is the framework for local regulations, and it plays a role in Act 250 hearings and in Public Service Board proceedings. The Plan guides development, land use, housing, public investments, and community projects, to be consistent with the regional plan and with state planning goals.

Commercial District

In 2018-2019 the Planning Commission undertook a study of the Commercial District. They are actually still working on the project but have wrapped up the Master Plan and Vision Statement phase. The Master Plan and Vision were developed through an extensive collaborative process, led and facilitated by Dubois & King. The PC held meetings, public workshops, an open house, online forums, and site visits. Changing the Town Plan is the first step to implementing the new vision for this district, which emphasizes compact mixed-use development and connectivity. Once the Town Plan updates are finalized, the PC can focus on zoning updates and infrastructure needs. The project is being funded in part by a Municipal Planning Grant from the Regional Planning Commission.

Natural Resources

Jericho’s Town Plan identifies important natural resources and their role in residents’ quality of life. The Town Plan has gotten out of synch with zoning regulations because last year Jericho adopted a new Natural Resources Overlay. The PC worked with the Conservation Commission to draft necessary updates to the natural resources section of the Town Plan. Several goals and tasks listed in the Town Plan were achieved with the new NRO, and new data and priorities are being added.

Energy Chapter

The Planning Commission worked with the Chittenden County Regional Planning Commission (CCRPC) and the Jericho Energy Task Force to revise the Town Plan’s Energy Chapter. The new chapter will develop a path for Jericho to meet the goals of the Vermont state Energy Plan, such as weatherizing homes, increased renewable energy generation, and reduced energy consumption. The new language meets the requirements of a state-approved energy plan, which will give Jericho more say in the state review process for siting renewable energy projects.

Healthy Community Chapter

With help from the CCRPC and the state Department of Health, the Planning Commission created a new chapter to address healthy community design and to implement initiatives to encourage healthy living.

Mr. Cheney is proud of the work of the Planning Commission this past year. He summed it up by saying, “The Planning Commission did their homework. We listened to residents and businesses and we opened dialogues with other town committees. We were happy to have so many people come to our workshops and meetings. We think these are sensible, incremental changes that most residents support. The PC is here to help Jericho continue to be a great place to live, work and play.”

The Birth Day of a Monarch or, Catch and Release

By Sue Kusserow
Special to the Mountain Gazette

We are sitting on the porch between garage and house and as the sun warms the flowers. Monarchs are flitting from Butterfly Bush to Phlox to pink Sedum and tall Hollyhocks. It is a graceful titillating dance among the luncheon menus.

We’re so glad to seem them! Last year showed more than usual and this late summer of crisp nights and sunny days has been spectacular. They seem to be gathering, their flashing orange colors streaked with large ‘veins’ of black, leading to tiny white dots on the wing edges.

Part of our meadow is mowed for walking paths, but the rest is left to the Milkweed to fight it out with Dog Bane, Vetch and now Goldenrod. All of us have been hunting for the caterpillars with stripes of white, black, and gold. We check those Milkweed leaves with large, ragged munching scars, and turn them over to find the caterpillars. Will brought in four, since he travels farther afield; Adrie found four and I spotted three. We hack off enough of the stalk to prop into a large bell jar and several mason jars.

Every day we check, although they seem to have a knack of weaving their chrysalises when we aren’t looking. But soon, we see a small (half inch) pale-green bundle attached to a leaf, swaying by one anchor, the width of a human hair. Soon, across the top of the chrysalis are shiny gold beads, matched a few days later by a speckling of gold on the lower half.

Then we wait. It seems like a long time (14-18 days), but we have no doubt that human time is worthless to these miracles of nature. They turn black and translucent with hints of orange and yellow where the incipient wings will be. Gradually, the chrysalis ‘clears’ and we now have a transparent view of the wing markings: black ‘veins’ shining through the bulging chrysalis... still in miniature, about one-fourth the size of a mature adult. The shiny black bulge must be the body, again in miniature. We watch it swell and expand, splitting the boundaries of the rapidly-drying and ragged chrysalis, then: instant maturity! They are slow to crawl on our fingers, languidly flapping their wings to dry them. We take them outside to

Dance studio continued from page 1

ballet under the direction of Rose Marie Menes, formerly of the Ballet Russe de Monte Carlo, and with Luba Gulyava, formerly of the Kirov Ballet. After a career as a speech-language pathologist, she returned to her first love, dancing, when she began taking an adult jazz class with Jean Marie. Mia then began teaching for Mellichamp while she was raising her children.

In 2006, Groff founded Vermont Youth Dancers, a local youth dance theatre company which has operated in Jericho continuously since then. VYD is an all volunteer program with the mission of providing performance opportunities for local children. and performs each spring at MMU. Both her own children grew up dancing and teaching.

When Mellichamp told Mia of her plan to close the Bird’s Nest, she and her husband decided that they would continue to meet the need for local dance classes by opening their own studio, and so in November of 2018 they formed Synergy Center for Dance and the Performing Arts.

The Groffs began looking for places to rent or buy because for a couple of years Mia had struggled to find space to hold all of her classes. Last year they had to teach out of four different buildings: Jericho Elementary, Jericho Community Center, the Unitarian Barn, and the Bird’s Nest. It was hard on their teachers and families and they really wanted to find a place where their students could have a home and feel like a community.

The Groffs pursued the current location because of it’s proximity to the schools. Many of their families struggle to get kids to class because they are working or juggling the activity schedules of multiple children. At this location, students can bus from any of the area schools and then arrive safely at the studio without having to

LIBRARY NEWS



Varnum Library offers art calendar

The Varnum Memorial Library has officially launched this year’s fundraiser, an artfully rendered calendar of Vermont writers in the buff. The calendar (\$20) features Vermont writers tastefully exposing themselves for a good cause. Thirteen Vermont writers were photographed for the calendar including Bill “Spaceman” Lee, Crescent Dragonwagon, Ben Hewitt, Daniel Hecht, Jay Parini, and Thomas Christopher Greene. The calendar will be available at the Varnum Memorial Library in Jeffersonville, online at <http://www.varnumlibrary.org/writersuncovered>, and at these retail locations: Barnes & Noble (S. Burlington); Phoenix Books (Essex and Burlington); Rock Art Brewery (Morrisville); Bear Pond Books (Stowe); The Vermont Bookshop (Middlebury); Cambridge Village Market (Cambridge); The Farm Store, Quarry Hill Farm, and Two Sisters Mill & Mercantile (Jeffersonville); Butternut Mountain Farm Store (Johnson); Green Mountain Books & Print (Lyndonville). Proceeds from calendar sales will benefit the library and its programming. The calendar will be featured at an event held by Smugglers’ Notch Distillery on Saturday, October 5, 2:00 – 6:00 PM. The event will include live music, pumpkin carving, a riverside maze, a cocktail bar, and more.

PHOTOS CONTRIBUTED

VT Humanities Council book group at the Varnum Library

Through the generosity of the Cambridge Arts Council, the Varnum Memorial Library in Jeffersonville is able to host a Vermont Humanities Council Book Group. All of the books in the series may be obtained from the Varnum. The group meets from 3:00 – 5:00 PM on the second Saturday of the month, November-March. The first discussion group will be held on Saturday, November 9.

Discussions are facilitated by a Vermont Humanities Scholar, and we are fortunate to have Cheryl Heneveld as our facilitator. She leads with humor and insight, and is adept at asking the questions that encourage lively discourse.

The series chosen for this year is *The Romantic Ideal*. The first novel we will be reading is Summer by Edith Wharton. Written nearly a century ago, it is in the genre of the psychological novel and examines love and lust from the female perspective and relates it not only to the characters involved, but to humanity in general. Lots to discuss!

Please come for yummy refreshments, camaraderie, and conversation!

Have questions? Please contact Jan Schilling, 644-2025 or janschill@earthlink.net.

DEBORAH RAWSON MEMORIAL LIBRARY

All events are free and some activities require advance registration.

Would you consider donating pizza coupons? If you keep your coupons for free pizza at Mountain High Pizza in Jericho, please consider donating your coupons to the DRML children’s program. The library is gathering coupons toward Teen-Movie-and-Pizza nights beginning in October. There will be a bucket at the circulation desk to deposit donated pizza coupons. Thank you!

Tai Chi at the library will start in October — Sign up now for a spot! Centers for Disease Control and Injury Prevention (CDC) report this program reduces falls by 55% and recurrent falls by 70%. Age Well offers these free programs for adults 50+. Donations are always appreciated and accepted. Registration is closed after Thursday, October 10. Call the library to register, 802-899-4962.

- Basic Standing Tai Chi – Tuesdays and Thursdays beginning Tuesday, October 1, 9:00 – 9:50 AM. During 16 class sessions over eight weeks you will learn the basic forms of Sun Style Tai Chi. The benefits of this fall prevention program include increased balance and agility, upper and lower body strength, mindfulness of our body movements in time and space, and learning stress relief techniques.

- Seated Tai Chi – Tuesdays and Thursdays beginning Tuesday, October 1, 10:00 – 10:55 AM. During 16 class sessions over eight weeks you will learn the form of Sun Style Tai Chi in its seated version. This fall prevention joint safe activity over time can help reduce symptoms for people with Parkinson’s, fibromyalgia, diabetes, lower back pain, arthritis, and depression while you are seated in a chair. Story Hour — Wednesdays, October 2, 9, 16, 23, 10:30 AM. Drop in for stories, songs, projects and a nutritious snack! Be sure to come on September 11 when we will have a special Story Hour for favorite stuffies; be sure to bring yours along!

Knitting with Neighbors — Thursdays, October 3, 17, 6:00 PM.

New to knitting and looking for support to get past the first row or remember how to cast on? This is the group for you. Experienced knitter just looking for inspiration to try something new or share your knitting wisdom? This is the group for you. Not new to knitting, but new to Jericho or Underhill? You will find some friendly faces here. If you would like help picking a first time project, please feel free to contact Julie Hehir, juliehhehir@comcast.net.

Story Hour with Beth and David London — Fridays, October 4, 11, 25, 10:30 AM. Beth and David London, formerly of Poker Hill School, will return to share songs and stories with young children and their families. Snack will follow.

Friday Night Magic — Friday, October 4, 6:30 – 8:30 PM. Start your weekend off right: grab your best deck and your best friend to walk the planes of the Multiverse! We’ll be casting spells in casual rounds of Magic: the Gathering.

Sunday Concert Series: Rebecca Padula and Linda Kallinger — Sunday, October 6th at 2 PM. Join us for the first Sunday Concert of the 21st Afternoon Music Series! Rebecca Padula is a singer’s singer-songwriter; her smoldering alto simmers over guitar, ukulele and tenor banjo to create an intimate and varied show that often includes her own originals and works by other Vermont songwriters. Linda Kallinger started playing the violin at the ripe old age of seven. She recently relocated to Burlington from Fort Myers, Florida where she performed extensively for over 15 years in the Southwest Florida area.

Mah Jongg — Monday, October 7, 6:30 PM. Please join us as we explore the ancient Chinese tile game of winds, dragons, and number tiles. If you like Rummy-style card games, you’ll love Mah Jongg! All are welcome—no experience necessary!

Deborah Rawson Book Lovers — Tuesday, October 8, 7:00 PM. DRBL is a monthly adult book discussion group. This month’s selection is Dopesick by Beth Macy. New members are always welcome to drop in on any meeting, which is always the second Tuesday of the month at 7 PM. For more information, Christine@cstaffa.com.

Scrabble — Thursday, October 10, 11:00 AM. Join us on the second Thursday of every month for the original wordplay game. Exercise your mind and improve your vocabulary (especially of two- and three-letter words).

Trivia Quest — Saturday, October 12, 7:00 PM. Do you pine for pub quizzes, trounce at Trivial Pursuit, and jump to answer Jeopardy? If so, join us for Trivia Quest, our monthly contest of not-so-general knowledge.

Documentary Film Screening: Urban and Suburban Meadows — Thursday, October 24, 7:00 PM. Please join the Jericho Conservation Commission for a showing of the film “Urban and Suburban Meadows: Bringing Meadowscaaping to Big and Small Spaces.”

Movie Night — Friday, October 25, 7:00 PM. Join us for a classic spooky movie, just in time for Halloween! Drinks and snacks will be available, and popcorn will be generously provided by Essex Cinemas. Please visit www.drml.org for more information. (Rated PG; runs 1 hour 33 minutes)

Cook the Book — Monday, October 28, 12:15 PM. For the month of October our selected cookbook is The Apple Cookbook: 125 freshly picked recipes. The book will be available the beginning of October and will remain at the front desk. We are requesting that you make 2 copies of your selected recipe, one for you to take home and the other to leave at the front desk of the library. On Monday, October 28th at 12:15 bring your prepared dish and a serving utensil to the program room where you and other participates will have the opportunity to sample each other’s creation. The library staff will assist you in signing up for the event and provide you with a form to avoid two people preparing the same food. Advanced registration required —please visit the circulation desk or call 899-4962 to register.

Library hours: Tuesday 12:00 – 8:00 PM, Wednesday 10:00 AM – 6:00 PM, Thursday 12:00 – 8:00 PM, Friday 10:00 AM – 6:00 PM, Saturday 10:00 AM – 2:00 PM, Sunday 1:00 – 4:00 PM; closed Monday.

For information on any of the library’s programs, call 899-4962. DRML is located at 8 River Rd., Jericho; www.drml.org. Library hours: Tuesday 12:00 – 8:00 PM, Wednesday 10:00 AM – 6:00 PM, Thursday 12:00 – 8:00 PM, Friday 10:00 AM – 6:00 PM, Saturday 10:00 AM – 2:00 PM, Sunday 1:00 – 4:00 PM; closed Monday.

JERICHO TOWN LIBRARY

Story Time – Wednesdays, 10:30 – 11:30 AM. Pop in for a casual hour of story time, smiles, songs, and laughter with Lisa! There’s a ukulele – maybe even two! Recommended ages: 0-5 years.

JTL Board meetings are held the second Monday of every month (October 14) at 5:30 PM. All are welcome to attend.

Jericho Town Library has new, expanded library hours: Mondays 2:00 – 5:00 PM; Tuesdays 10:00 AM – 12:00 PM and 2:00 – 5:00 PM; Wednesdays 10:00 AM – 12:00 PM and 2:00 – 7:00 PM; Thursdays 10:00 AM – 12:00 PM and 2:00 – 5:00 PM; Fridays 2:00 – 5:00 PM; Saturdays 10:00 AM – 12:00 PM.

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

VARNUM MEMORIAL LIBRARY JEFFERSONVILLE

Varnum Reads, an adult book club (first meeting is Thursday, October 24, 7:00 – 8:00 PM) that exclusively reads young adult literature, is returning this fall. The first book is the Stonewall Book Award winner Little & Lion by Brandy Colbert, a coming-of-age story about two people falling in love with the same person. The library has a copy of the book and can order multiple copies as needed. Open to all adults.

If you love the Varnum’s 4th of July book sale you will love the new year-round book sale – with all proceeds to benefit the library. The book sale in the former Vermont Room features books for all at bargain prices – hard covers are \$2, soft covers are \$1. The library will accept donations year round (reviewed by a librarian, by appointment, 644-2117). Books must be in good condition with minimal wear, no smells or water damage, and should be current (so no old travel guides, computer instruction manuals, or text books). Proceeds will support the library’s programming, collections, and staff.

Roald Dahl Youth Book Club, Mondays 5:00 – 5:45 PM. In the tradition of our past youth books clubs (the Harry Potter series and Percy Jackson series), this year we are going to be focusing on the works of beloved author Roald Dahl, author of such beloved classics as Charlie and the Chocolate Factory, Matilda, and James and the Giant Peach. The book club is recommended for ages 8-12 but is open to anyone, young and old. Younger kids are welcome to participate as well, as the chapters make a perfect amount to be read aloud. Those seven and under should be accompanied by an adult to

the meetings. Each meeting will include an activity/craft and a short discussion. We will also have special events like movie viewings. Copies of all the books will be provided to participants. So that we can plan accordingly, please email interest in participation to Youth Services Librarian Cari Varner, cjvarner@gmail.com.

Varnum LEGO Club, every other Wednesday (October 2, 16), 3:30 – 5:00 PM. Each meeting will feature themed and free build time, team exercises, and opportunities for collaboration and – most importantly – creativity and imagination. Open to all ages. Large, Duplo, and LEGOs provided.

Baby Got Books, Tuesdays, 9:30 – 10:30 AM. A story time for the littlest patrons age 0-24 months, but all are welcome. We read age-appropriate books, sing songs, finger plays, use musical instruments, and have plenty of time for free play.

Children’s Story Time and Crafts with LN, 10:00 – 11:00 AM, Thursdays. The library is a warm, cheery place for children to meet other children! Join us for stories read by people who enjoy sharing good books and a craft, too.

Crafting Circle – Working on a knitting project, crochet, or any other craft to keep cozy this fall? Join the Crafting Circle for camaraderie, tips, and encouragement. Meets weekly on a flexible schedule at the library; no pre-registration required, just bring your supplies and join in!

Crescendo Club Library Association – If you enjoy the Varnum’s collection and programming, we would enjoy having you on our board! Join us for just a few hours each month and support the library.

Varnum Memorial Library is deeply grateful for the funding that is received from the Town of Cambridge. This amount does not, however, fully fund the library’s expenses and your tax-deductible donations are always most appreciated. Donations can be made at the Library or sent via mail to Varnum Memorial Library, P.O. Box 198, Jeffersonville, VT 05464. Thank you!

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

WESTFORD PUBLIC LIBRARY

WANTED: Artists and Travelers – We are seeking artists to display their art at the library as well as people willing to talk about their travels (abroad or domestic) for our Travel Talk Series.

Crazy 8’s Math Club will meet Thursdays for grades 3-4 beginning October 10, Fridays for K-2 beginning October 11. (No classes October 17/18 or November 28/29.) Kids will ride Bus 3; pickup between 4:30 – 5:00 PM. This is an afterschool Math Club sponsored by Bedtime Math, providing a fun, exciting enrichment opportunity. Led by fantastic moderators (volunteers needed!), the club will follow an action-packed curriculum. Your child should plan to attend all classes – best behavior expected. Permission slips and more information will be emailed home to families who sign up. Space is limited! Call or email the library to sign up.

Early Literacy Storytime: birth to pre-school, Thursdays, 11:00 AM. Several stories will center around a theme, and there will be a theme-based craft. All ages and levels of attention are encouraged to come; don’t worry if they fidget, they are still getting a lot out of it! October 3: Fall; October 10: Sharks; October 17: Pumpkins; October 24: Not-So-Scary Monsters; October 31: Halloween! Come in costume if you want!

Glow-in-the-Dark Storytime, Wednesday, October 30, 7:00 – 8:00 PM. The lights will be out but there will be plenty to see! Wear white or neon clothes. Recommended for kids 4-8 – all are welcome. Note, the library will be dark for most of this program. Flashlights, glow-in-the-dark effects, and black lights will be used. Stories will not be scary.

CookBook Club, Wednesday, October 9, 7:00 – 8:30 PM. Love to cook and find new recipes? The new cookbook club is held every other month. Come in, find a recipe, copy it, then cook it – everyone will bring in their food and we will have a feast, and talk about the food and recipes. We are starting with Plenty: Vibrant Vegetable Recipes. The library will provide paper goods and utensils.

Adult Book Group, Wednesday, October 16, 7:00 – 8:00 PM: March: Book One by John Lewis. This groundbreaking graphic novel, a #1 NYTimes bestseller and a Coretta Scott King Honor Book, is memoir of a living legend of the civil rights movement was created by Congressman John Lewis, Andrew Aydin, and Nate Powell. Book One spans Lewis’ youth in rural Alabama, his life-changing meeting with Martin Luther King Jr., the birth of the Nashville Student Movement, and their battle to tear down segregation through nonviolent lunch counter sit-ins. Extra copies available at the library.

Thursdays, 6:30 – 8:00 PM: Fiber Arts Group. Knit, crochet, and stitch with a vibrant group. All levels welcome, help given to beginners. Questions? Contact Marianne, mfishcar@together.net

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

RICHMOND LIBRARY

Salmon Windsocks, on display through Saturday, October 5 when the Lake Champlain Fish and Wildlife Conservation Office will be hosting a salmon festival at the Volunteers’ Green and at the Library. Did you know it is the International Year of the Salmon? It’s about time these extraordinary fish got their own year. Help celebrate by visiting the trail along the river at Volunteers’ Green and appreciating the colorful salmon-shaped windsocks that are hanging along the full length of the trail. Besides their beautiful painted designs, each windsock features an original poem inspired by salmon, fish, rivers, or nature in general. Windsocks and poems were created over the summer by area youth participating in workshops hosted jointly by the library and *Radiate Art*.

We’re celebrating Vermont’s second annual “Exploring Food in Your Backyard,” through Sunday, October 6. *Having Hunters on Your Land* – learn that hunting can be a great tool to help landowners who have too many deer munching their forest seedlings, landscape plants, and gardens. However, having hunters on your property can be intimidating, particularly if you are not familiar with hunting or have had problems with hunters in the past. Come learn the benefits of a good relationship between landowners and hunters, how to make sure it is a partnership that works for both, and how to manage hunter access. You will get an introduction to what hunting is and is not, review laws and regulations, and address concerns. Join other landowners and staff from Vermont Fish & Wildlife, *Vermont Coverts*, and the Vermont Land Trust for an evening discussion.

Library news continued from page 6

We’ll address many of the facts and myths about hunting and hunters. Thursday, October 3, 6:30 – 8:30 PM.

International Year of the Salmon Festival The Lake Champlain Fish and Wildlife Conservation Office will be celebrating with events, displays and speakers at the Richmond Free Library and at Volunteers’ Green, Saturday, October 5, 9:00 AM – 4:00 PM.

Button Up Vermont – We Green Up in the spring, and we Button Up in the fall! Join the Richmond Climate Action Committee and an expert from Efficiency Vermont to learn how to make your home more comfortable, healthy, and affordable for the winter ahead. You’ll leave prepared to take on quick, low-cost DIY projects, plus we’ll share info about cash-back incentives and 0% financing currently available for larger weatherization jobs. Wednesday, October 16, 6:30 PM.

See the Woods Through the Eyes of a Hunter – Spend time with veteran hunters and see the land in a new way. Learn about the critical role hunters play in conservation. Success is defined by the journey, not the harvest. Walk the woods with experienced hunters and learn about habitat, the animals in it, how to read wildlife signs, and the concept of a fair chase. Co-sponsored by the Vermont Land Trust and *Backcountry Hunters and Anglers*. Saturday, October 19, 9:00 AM.

Fall Youth Programs: Our regularly scheduled programs are underway; details are below. Weekly children’s programs at the Library run September-May and follow the MMUUSD schedule for vacation days and weather closure days.

Baby Laptime: This short, active storytime is for our youngest little book lovers and their grown ups. We’ll look at picture books, sing simple songs, do some rhyming and bouncing, and sometimes get out the shakers and scarves. Designed for infants and early toddlers. Join us on Mondays at 10:30 AM.

Playgroup with Stories and Songs: The good times kick off with songs and shakers around the colorful alphabet rug. Next up is storytime and snacks (bring your own). Then, the toys and art supplies come out for free play and crafts. Co-sponsored by the Lund Center. Kids from infant to age 5 and their caregivers are invited to join us in the community room on Wednesdays from 10:00 AM – 12:00 PM.

Preschool Storytime: This special storytime is for children ages 3-5. We will share picture books, songs, and activities with a focus on the six pre-reading skills that form a child’s early literacy experience and help set them up for a lifelong love of books and reading. Join us on Fridays at 10:30 AM.

Storytime Outreach: Visits to Richmond Childcare Providers. This outreach program brings storytime out into the community. Children and caregivers enjoy stories and music making with a focus on the early literacy skills necessary for strong reading readiness. A bin of library books is dropped off and picked up every few weeks. If you offer childcare in a facility or in your home in Richmond and you have not participated in this program in the past, contact Wendy at the Library for more details.

Book Discussions: All are welcome to join monthly book groups at the Library. Books are available approximately one month before the discussion date.

Mostly Fiction Book Group will discuss *My Mutual Friend* by

Charles Dickens. A satirical masterpiece about the allure and peril of money, *Our Mutual Friend* revolves around the inheritance of a dust-heap where the rich throw their trash. Tuesday, October 15, 6:00 PM, Mezzanine.

Mystery Book Group will discuss *The Various Haunts of Men* by Susan Hill (first in the *Simon Serrailier* series). Having transferred to the small cathedral town of Lafferton from London’s “Met,” police detective Freya Graffham explores her new community and becomes fascinated by Chief Inspector Simon Serrailier, her enigmatic superior. Thursday, October 17, 7:00 PM, Mezzanine.

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

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

DOROTHY ALLING MEMORIAL LIBRARY
WILLISTON

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

Current Events Conversation: Wednesday, October 2 and 16, 10:30 – 12:00 PM. Gather with others interested in informal discussion on current newsworthy topics.

Meditation Program: Friday, October 4, 18, 12:00 – 1:00 PM.

Good and Bad continued from page 1

degree in historic preservation and he credits her for prodding him to make an offer when she saw the building was for sale.

“I read some of the history,” Brewer said, “and it hurt me to see it deteriorating so I hired a contractor and he gave me an estimate that I thought was reasonable.” Brewer planned to move his business, which produces educational materials, to the first floor and rent out two one-bedroom apartments on the second floor. Unfortunately, subsequent contracting estimates were at least twice the original one and after two years, Brewer was forced to recognize that he would not be able to follow through with his plans, so he put the building back on the market.

For two years, Brewer didn’t receive a single offer until Peter Booth and Amy Beaton of Jericho called with the idea of opening a bakery. After some discussions, they decided to combine their plans by having a bakery on the ground floor and Brewer’s office on the second floor. Booth got what he considered a reasonable estimate for renovations, but eventually he realized that the cost of a new fire suppression system and the need to remove the clapboard which had lead paint would increase the cost significantly. In addition, his bank believed the building was worth less than the cost to improve it and declined to provide a loan. Discussions with the Vermont Historical Society indicated there would not be enough grants available to cover the cost.

“They bought the building because they loved it,” Booth said of Ross Brewer, his daughter Megan Brewer Meadows, and his son-in-law Jay Meadows. “They were almost in tears when we said we couldn’t do it.” Booth credits Brewer and his family for being incredibly accommodating while he and Beaton tried to make the funding work. “They never pressured us,” he said. “It’s just a shame

New time! Want to lower your stress level and unlock calm? Join our bi-monthly meditation program. Through the practice of meditation, breath-work, and balancing Chakras, you will learn about the different types of meditation and discover how, when, and where to meditate. All levels welcome.

Family Fun Night – Astronomy Outing: Tuesday, October 8, 7:00 – 9:00 PM. Join members of the Vermont Astronomical Society at the Williston Community Park soccer fields. Telescopes will be provided for attendees to observe the moon, planets, galaxies, and nebulae. Rain date: Wednesday October 9, 7:00 – 9:00 PM. All ages. Offsite program.

Cook the Book: Wednesday, October 9, 11:00 AM – 12:30 PM. Hey foodies, join our monthly cooking program! A selected cookbook remains in the library for you to photocopy a recipe of your choice. Prepare a dish and bring the recipe to the potluck meeting. This month: Seasons in a Vermont Vineyard: The Shelburne Vineyard Cookbook by Lisa Cassell-Arms.

Mah Jongg: Wednesday, October 9, 23, 1:00 – 3:30 PM. Learn how to play, revisit the game, or just enjoy the game of Mah Jongg. Come alone or bring a friend and play with members of our community. All experience levels are welcome.

Technology Night: Wednesday, October 9, 5:30 – 6:30 PM. Ken Bernard of Vermont Tech offers a learning technology program

Library news continued on page 8

this building will be gone forever. This is a piece of history and I think the town should buy it.”

Brewer said he did offer the building to the Underhill Historical Society but they were busy with renovations to the Old Schoolhouse in Underhill Flats. He never received another offer to purchase the structure and reluctantly made the decision to take it down, a process he hopes to begin no later than the end of October after he removes 22 asbestos-lined windows. He is working with a builder to create a new structure that looks like a one-room schoolhouse, and will install a plaque commemorating the old building. “I can’t afford to renovate it and I can’t seem to sell it,” he said. “I came to the sorry conclusion that it’s time to start over. This really hurts. I wanted to leave something for the village but it would take too much of my resources.”

Good News

There will be an Open House on Sunday, October 13 from 2:00 – 4:00 PM at the District 5 School House on Pleasant Valley Road in Underhill Center. Festivities will include apple-themed deserts and refreshments, as well as the unveiling of a brand-new state historical plaque commemorating the building. The event will include the presentation of the annual Lucius Jackson award to Susan Thomas, Roger Frey, Peter Czaja, and Sandy Packard for their work in preserving the building. Thomas, Frey, and Czaja were the original members of the Underhill Historical Committee’s schoolhouse task force, and Czaja did the last phase of the rehabilitation work. Packard is a contractor from Essex who did a significant portion of the renovations at low cost, including the installation of 23 historically correct windows.

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ART / MUSIC / THEATER

ART/PHOTOGRAPHY

Bryan Memorial Gallery presents its 2019 *Land and Light and Water and Air* through Sunday, November 3. For more information, <http://www.bryangallery.org/pdfs/2019LandandLight.pdf>. 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.

Established and emerging artists present art work in any medium for *Beyond the Seed*, an exhibit running through December in 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.

Join Radiate Art Space for its first annual free outdoor Richmond Art Crawl along Bridge Street in downtown Richmond on Sunday, October 6, 10:00 AM – 3:00 PM. Come celebrate fall with local artists and craftspeople. The Richmond Art Crawl is a stop for Open Studio Weekend! Start in front of the Richmond Town Hall and visit the vendor booths, plus enjoy art activities for children at the Radiate Art Space booth. The event is sponsored by Radiate Art Space, a non-profit, 100% volunteer-run art space encouraging and providing creative inspiration for all ages. There will be kids’ activities, and the event will be held rain or shine. Free parking is available. Vendors include: Alexandra Haselton, Dee Christie-Paint Storms Studio, Jessica LaBonte-Cedar Tree Pottery, Libby Davidson-Starflower Studio, Martin Dessau, Mollie German-Mountain High Ceramics, Polly Wellford-Wellford Pottery, Virginia Diambou-Wink of Africa, Sherry Daniels-Quadri, Alyson Chase. For more information: richmondartcrawl@gmail.com.

Burlington City Arts (BCA) will be running an Artist Market through October 12 on Saturdays, 9:30 AM – 3:30 PM on lower Church St., Burlington, in front of City Hall and the BCA Center. This outdoor market offers unique handmade items by Vermont artists – ceramics, jewelry, games, clothing, accessories, and more. At the BCA Center through Sunday, October 6: are *Sara Amos: Unique Multiples* and *Job Site: Alisa Dworsky and Bill Ferehawk*. For information, <https://www.burlingtoncityarts.org/exhibitions>. Burlington City Arts, 135 Church St., Burlington; <https://www.burlingtoncityarts.org/>.

At the Shelburne Museum through Thursday, October 31: *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. 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.

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.

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, 10:00 AM – 6:00 PM and Sundays, 11:00 AM – 3:00 PM (closed Monday and Tuesday); <https://www.miltonartistsguild.org>.

HAVOC Gallery, 27 Sears Lane, Burlington; www.HAVOCgallery.com; HAVOC@havocgallery.com or 800-639-1868. The gallery is easily accessed from downtown Burlington, just a three-minute drive south on Pine Street from the center of town. Hours: Wednesdays, Thursdays, and Fridays, 9:00 AM – 5:00 PM and every first Friday, 5:00 – 8:00 PM.

Open Woodturning Studio in Underhill, in coordination with the Vermont Craft Council, Brad Dinwiddie will be opening Frog Pond Studio Woodturning’s workspace, at 41 Downes Rd., Underhill to the public on Saturday-Sunday October 5-6, 10:00 AM – 5:00 PM. There will be refreshments and demonstrations at the lathe, and the

full range of Frog Pond Studio products will be on display. Sign up for a special prize drawing. Check frogpondwoodturning.com for an up-to-date schedule of activities.

MUSIC

The Jericho Café and Tavern will present live music on Fridays and Saturdays, 6:00 – 9:00 PM. Friday, October 4: Smokey Newfield Project; Saturday, October 5: Oldtone String Band; Friday, October 11: Red Hot Juba; Saturday, October 12: Leno, Cheny, and Young. For more information and a full listing of music offered each month, see www.jerichocafeandtavern.com.

The Westford Music Series 2019-2020 is held Sundays at the White Church on the Common, 4:00 – 5:00 PM. Next up on October 20 is *Nisht Geferlach* Klezmer Band, Yiddish musical theater, songs and dances. The soulful and stirring music of the Jews of Eastern Europe, and more recently of New York’s Lower East Side, have found a home in Vermont. The music is jazzy, melancholy, thoughtful, and ecstatic – sometimes in the same tune! Open to the public; refreshments will be served. Future musical events: November 10: *FREVO*; December 15: *Heliand Consort*; January 5: *Spintuition* (Young Tradition Vermont); February 9: Allison and Cameron Steinmetz; March 15: Christine Malcolm; April 5: Patrick Fitzsimmons; May 3: Paul Asbell. For information, 802-879-4028.

Dana and Susan Robinson will be at River Arts on Friday, October 18 at 7:00 PM (doors open 6:30 PM) sharing their vivid songwriting and storytelling with fiddle tunes, banjo grooves, elegant melodies, and rich harmony singing. Their compositions have been featured in Ken Burns’ *The National Parks, America’s Best Idea* and *The Dust Bowl*. Since 2003 Dana and Susan have performed hundreds of concerts across the U.S., Great Britain, and Canada. Tickets are \$15; seniors and students \$10. River Arts of Morrisville Inc., 74 Pleasant St., Morrisville; 802-888-1261, <http://www.riverartsvt.org>.

THEATER/FILM

Performance dates Shelburne Players’ fall play *The Secret Garden* are Friday-Sunday, November 15-17 and Thursday-Saturday, November 21-23. For more information, contact Sue Martin, suemartin455@yahoo.com or Director Beth Curtis, bcurtis5440@yahoo.com; and check the website – www.shelburneplayers.com – for more details, sides, and updates.

New Peace and Justice Chorus looking for singers

Vermont’s Freedom & Unity Chorus is a new choral group looking for singers who want to spread the message of Peace and Justice across the Green Mountain State. Given these troubling times where more and more people are being told they do not belong, this chorus will demonstrate that ALL voices are welcome in this chorus and in this state.

Our mission is to bring together singers to perform music that represents the ongoing struggle for racial, social, economic, and environmental justice in this country. The music we will sing will incorporate the popular folk songs and African-American spirituals from the peace and civil rights movements of the 1960s. We will also perform songs by more contemporary artists like Bono, *P!nk*, and Ed Sheeran.

Vermont’s Freedom & Unity Chorus will visit towns and events across the state wherever the message of peace and justice will be welcomed.

Does music fill you with hope for a better world and a brighter future? Do you want to be part of a musical movement that will not only be fun, but will also make you feel good about what you are doing? We invite to join this unique chorus where you will use your voice to ignite change, transform hearts and inspire audiences.

Learn more: www.vermontsfreedomandunitychorus.org/about-us.

SCHOOL NEWS



Classical Music Encounters concert at Westford Library

Classical Music Encounters, a program started by Essex High School seniors Henry and Nathan Wu, will present a concert on Friday, October 11, 7:00 – 8:00 PM at the Westford Library. The goal of the performance series in Vermont libraries is to introduce a diverse audience to classical music through performance and commentary. Classical Music Encounters is a free one-hour program that is suitable for all ages. Refreshments served.

PHOTO CONTRIBUTED

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

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SCHOOL NEWS

VSAC workshops help with college costs, financial aid forms

Vermont Student Assistance Corp. (VSAC) will offer free workshops at over 50 local high schools beginning in early October through November to help families learn how to manage college costs and to fill out financial aid forms. File the FAFSA early to make smart education choices that fit your pocketbook!

Each year, Vermont families leave millions of dollars of financial aid on the table by failing to file either the federal or state financial aid forms – \$4.5 million last year, according to *NerdWallet.com*.

At the Financial Aid & Managing College Costs workshop, families will get an overview on how pay for college costs and the different types of financial aid available. VSAC will also share with families several resources and websites that offer additional tools to file financial aid forms.

VSAC's Financial Aid Forms workshop offers guidance on filling out the table by failing to file either the federal or state financial aid forms – \$4.5 million last year, according to *NerdWallet.com*. VSAC's college planning resources can be found at www.vtac.org.

Students and parents will each need to create their own FSA I.D. a few days prior to the workshop by visiting <https://fsaid.ed.gov/npas/index.htm>. Check out the VSAC website for a list of other information to bring to be ready to successfully complete the applications.

Students and parents also can ask questions and learn about the college financial aid process, including how to apply for scholarships. Internet access will be available and space is limited.

Dates and locations for the workshops are listed below and are available online at <http://www.vtac.org/events/list>. Information on VSAC's college planning resources can be found at www.vtac.org.

- Workshops offered locally include:
- Thursday, October 10, 5:00 – 6:30 PM, Winooski High School: Financial Aid & Managing College Costs;
 - Tuesday, October 15, 6:30 – 8:30 PM, Burlington High School: Financial Aid Forms;
 - Thursday, October 15, 5:30 – 7:30 PM, Milton High School: Financial Aid Forms;
 - Thursday, October 15, 6:00 – 7:00 PM, S. Burlington High School: Financial Aid Forms Night;
 - Tuesday, October 22, 6:00 – 8:00 PM, Colchester High School: Financial Aid Forms;
 - Wednesday, October 23, 5:30 – 6:30 and 6:45 – 7:45 PM, Champlain Valley Union High School Direction Center: Financial Aid Forms (space limited; please call Direction Center to reserve your spot);
 - Wednesday, October 30, 6:30 PM, Essex High School library computer lab: Financial Aid Forms;
 - Wednesday, October 30, 6:30 – 8:00 PM, BFA Fairfax: Financial Aid Forms.

Westford Elementary Chorus

Does your child love to sing? Here is their chance! Children in the Elementary Chorus have a chance to sing in a group – this gives children confidence to perform in a comfortable setting, which can then be applied in other performance situations as they grow up, such as presentations, speeches, interviews, and more!

Children will sing a variety of genres including folk, pop, Broadway, and classical, while learning good singing technique. They will be able to sing in parts, harmonies, and rounds, while also learning how to produce beautiful sound even when singing in unison or alone. Expressive interpretation of text and some basic verbal understanding of rhythm are taught to students participating in this ensemble.

The chorus began on Wednesday, September 25; upcoming rehearsals are Wednesdays, October 2, 9, 16, 23, 30, November 6, 13; 3:00 – 4:30 PM at the Westford School.

Students will perform in a concert on Thursday, November 14 at 6:00 PM.

Fee for grades 2-4: \$50 (check made to Westford Rec). Minimum enrollment 10 singers; no maximum enrollment! Come one, come all!

For more information, contact instructor Rebecca Nowak, rnowak@ewsd.org or recreation@westfordvt.us.

Seeking host family for LUHS student

Anouck is a cheerful, independent, adventurous 17 year old girl. She enjoys skiing, snowboarding, swimming, soccer, American football, listening to music, and horseback riding. She is very creative and has strong photography and film editing skills. She is currently living with a welcome family in Waterville and attending Lamoille Union High School. The family can't keep her for the whole school year since they're already hosting another girl from Spain, as well. Her host dad says she's polite, helpful, and easy going. She's enjoying being in a host family with younger siblings but she says she's open to all types of families. Host parents do not need to have teens of their own... Empty nesters, couples without children, single parents all make great host parents.

Please contact Emily Paula, epaula@flag-intl.org, for more information.

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Ditch the yardwork – help the birds

Blue jays and other birds find more winter food in “messy” backyards.

PHOTO BY LAURA FRAZIER/AUDUBON PHOTOGRAPHY AWARDS

Help birds this winter – go easy on fall yard work

A manicured lawn might look nice, but messy is better for birds and bugs. There’s a certain satisfaction in autumn chores. When the weather is right, cleaning gutters, touching up paint, or splitting some firewood can feel less like manual labor and more like a rite of the season. But if you want to make your backyard a welcoming winter haven for birds, some fall tasks call for a laissez-faire approach. “Messy is definitely good to provide food and shelter for birds during the cold winter months,” says Tod Winston, Audubon’s Plants for Birds program manager. So let someone else keep up with the neighbors this weekend. Sleep in, linger a little longer with your morning coffee, and follow these tips for a bird-friendly yard you can be proud of. *Save the seeds.* When fall arrives, some tidy-minded gardeners might be inclined to snip the stems of perennials in the flower garden. But the seed heads of coneflowers, black-eyed Susans, and other native wildflowers provide a helpful food cache for birds. “They’re almost invisible, those seeds, but birds eat them all winter long,” Winston says. Grasses – not the stuff you mow, but native species like bluestems or grammas – also make for good foraging after they go to seed. And letting other dead plants stick around can fill your property with protein-packed bird snacks in the form of insect larvae, such as the fly and wasp larvae that inhabit goldenrod galls. *Leave the leaves.* You can help birds and other wildlife – and save yourself some backache and blisters – by skipping the leaf raking. “Those leaves are important because they rot and enrich the soil, and also provide places for bugs and birds to forage for food,” Winston says. If a fully hands-off approach doesn’t work for your yard, consider composting some leaves and letting the rest be. You could also rake them from the lawn to your garden beds, or mulch them with a mower to nourish your lawn. Leaf litter isn’t just free fertilizer – it’s also a pretty happening patch of habitat for a variety of critters such as salamanders, snails, worms, and toads. “If you’re digging in the garden and come upon these squirmy little coppery-brown dudes, and you don’t know what they are – those are moth pupae,” Winston says. A healthy layer of

undisturbed soil and leaf litter means more moths, which in their caterpillar phase are a crucial food source for birds. *Build a brush pile.* Along with shaking loose showers of leaves, blustery fall days also tend to knock down tree limbs. Rather than hauling them away, you can use fallen branches to build a brush pile that will shelter birds from lousy weather and predators. American Tree Sparrows, Black-capped Chickadees, and other wintering birds will appreciate the protection from the elements. Rabbits, snakes, and other wildlife also will take refuge there. You’ll find that the pile settles and decomposes over the seasons ahead, making room for next year’s additions. And it’s a great place to dispose of your Christmas tree. *Skip the chemicals.* You might see your neighbors spreading “weed and feed” mixtures in the fall to fertilize their lawns and knock back crabgrass and other unwanted plants. In most cases, though, grass clippings and mulched leaf litter provide plenty of plant nutrition, and using store-bought fertilizers only encourages more non-native plants to grow. Generally speaking, native grasses, shrubs, trees, and flowering plants don’t need chemical inputs. Save a few bucks and keep your yard healthy for bugs and birds. *Hit the nursery.* Although laziness can be a good thing when it comes to creating a bird-friendly backyard, it’s worth putting in some hard work planting native shrubs and trees. (Cooler temperatures also make fall a more comfortable time to tear out some turf grass and expand your native plant garden.) Native dogwoods, hawthorns, sumacs, and other flowering shrubs produce small fruits that not only feed birds during the colder months, but can also provide a welcome pop of color when winter gets drab. Planted in the right place, evergreens like cedars and firs give birds something to eat and a cozy shelter. Fall is also a great time to liven up your property with late-blooming perennials such as asters or sages – and to buy spring- and summer-blooming wildflowers at a substantial discount. To find species suited to your yard, just enter your zip code in Audubon’s native plants database. If you plant trees or shrubs this fall, they might not bear fruit this year – but come next winter, you and your backyard birds will be glad you did.

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