



CHMS Team Summit at Button Bay State Park in Vergennes.

PHOTO CONTRIBUTED

Learning the CHMS way

By Mark Carbone
Principal, Camel's Hump Middle School

The school year is well under way! Walking through the halls of Camel's Hump Middle School, one feels the energy and camaraderie among students and teachers – perhaps due to the brave leaders of teams Sequoia, Spark, Grit, and Summit who brought their learners on overnight field trips throughout Vermont over the past month.

Team Summit recently spent the night at Button Bay State Park in Vergennes. Students toured Fort Ticonderoga and saw a musket demonstration. Following that, students stopped at Crown Point for lunch. Students were challenged to think about the overarching questions of why we study history and why we preserve history. At their lively campfire night, students prepared skits, sang songs, performed dances, and read dystopian short stories. Friday morning the group packed up and made their way to the Lake Champlain Maritime Museum, where students learned about Lake Champlain's important role. Students also got to board the *Philadelphia II*, a gunship replica, to hear her Revolutionary War story.

The Grit Team completed a two-day field trip camping overnight at Grand Isle State Park. Students toured the Burlington wastewater treatment plant, where they had a close up look (and smell) of how Burlington's sewage and storm water is treated prior to being released into Lake Champlain. Students were amazed at the treatment process, which involves chemistry, biology, and engineering. The next stop on their tour was the Burlington water treatment plant where about four million gallons of water is drawn from the lake each day. They learned about the treatment process that insures clean drinking water for the city of Burlington. The afternoon was spent at Grand Isle State Park conducting a site assessment of the shores and water in Lake Champlain. The highlight of the trip was collecting macroinvertebrates from the lake and analyzing the populations to determine water quality. Students categorized the "bugs" and analyzed them further under microscopes. A large number of pollution-intolerant bugs were found,

which indicates good water quality. Grit's field trip was supported by EPSCoR, who provided the equipment and staff to conduct the site study on Lake Champlain.

Team Sequoia also had an adventure-filled camping trip, at Ricker Pond. The trip began at the Fairbanks Museum and Planetarium, where students learned about the sun, moon, and star interaction in the planetarium, the reasons for seasons, and also discovered the long-term effects of living in a greenhouse. At the campground, camping families cooked dinner together and afterward, attended a "Star Party" on the shore of Ricker Pond. Before leaving, students engaged in one of three programs: Loonwatch Canoe Paddle, Hike to Peacham Bog, or How to Build a Fire.

The 5th Annual PROSPER Pumpkin Chunkin' will be on Saturday, October 27, 11:00 AM – 2:00 PM. There will be a trebuchet exhibition, face painting, kids' crafts, games, food, and Big Truck Day at Richmond Elementary School. We look forward to having the community visit our campus!

We continue our partnership with UVM and UVM Extension to provide the PROSPER Program, which is now in its sixth year. Participants in this hands-on learning opportunity meet weekly for seven sessions, which includes family dinner, games and activities, and childcare for younger siblings. For a portion of the time, parents attend workshops on topics such as setting limits and computer/Internet safety, while the student group discusses topics such as saying "no" and problem solving. The PROSPER program affords participating families quality time together, honing communication, advocacy, and decision-making skills necessary for surviving and thriving in middle school.

We are always looking for volunteers. If you are interested, I can be reached at 434-2188 or mark.carbone@cesu.k12.vt.us.

The next MMMUSD school board meeting will be held on Monday, November 5, 6:30 PM at Mount Mansfield Union High School. The public is welcome, and encouraged, to attend.

Veterans' Town Hall event returns to Burlington

Town hall events for veterans and members of the community will take place in Burlington on Sunday, November 4 at 1:00 PM at Contois Auditorium. These events are community forums aiming to establish a greater understanding between local veterans and the friends and neighbors they fought for.

"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, one of CCV's Veteran & Military Resource Advisors. "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."

In the tradition of warrior storytelling, veterans are invited to describe the pride, grief, rage, or quiet appreciation of life that war bestowed upon them. Veterans are invited to share what their service means to them through a story, summary of service, message, letter home, excerpt from a war journal, or even the story behind a photograph. Non-veterans are invited to attend, to listen, and to learn. These events are non-political, and all perspectives are valued.

"For many veterans, it may be difficult to speak of their experience out of concern for judgment and misunderstanding," says Jon Turner, Burlington 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."

The first event of this kind in Vermont was held last November at Burlington's City Hall, where both Turner and Aines spoke the where the event will again take place. Seating is first come, first served. RSVPs are encouraged at vtvetstownhall.eventbrite.com. Questions may be directed to Kristen Eaton at btvvetstownhall@gmail.com.



Deborah Rawson Memorial Library staff were collectively named as Community Citizens of the Year for the 2018 Old Fashioned Harvest Market, at which they appeared in costume: Katrina Simpson, Ms. Frizzle from *Magic School Bus*; Holly Hall, Cat in the Hat; Deb Kesler, Max from *Where the Wild Things Are*; Donna Malinowski, Waldo; Kristine Caldwell, Professor Sprout from *Harry Potter*.

PHOTO CONTRIBUTED

Memories of the 2018 Old Fashioned Harvest Market

On the weekend of September 29-30, the community gathered for the annual Old Fashioned Harvest Market, a much-anticipated fall event in the area, introduced by the United Church of Underhill 44 years ago. On the grounds of the church and all along the streets of Underhill and Jericho tents were raised, displays of various types were arranged, and the air sizzled with activity! The crowds were treated to fine entertainment, tantalizing food and beverages, a variety of wares from nearly 100 arts and crafts vendors at the church – and more along the way – the excitement of children's games and contests, the "gently used" inventory of the Clutter Barn, and the sharing of it all with families, friends, neighbors, and visitors from near and far.

Blessed with nearly perfect fall weather, the festivities began early with a Fun Run that initiated at Mills Riverside Park, organized by "the Manz Kids and Spouses," with 35 runners registered. A bit challenging at times, the course covered two laps through a scenic trail of field, hills, and woods within the Park. Binney Mitchell was overall winner for the male division and Katie Sisson took the prize in the women's division. One stroller runner was applauded for finishing the race despite the challenge of the terrain!

The merriment then moved on to the Harvest Market Opening Parade. Led by the Hannaford Fife and Drum Corp, marchers made their way from the Browns River Middle School to the

church. Cheered along the route were members of local organizations, political candidates, first responders, the MMU Marching Band, the Browns River Marching Band, and the ever-popular Lawnmower Brigade – among other participants. Highlighted with pride were UCU Parade Marshals Gary Irish and Marjorie Burns; Community Citizens the Staff of Deborah Rawson Memorial Library, who added to the fun by dressing as characters from various books: Katrina Simpson, Ms. Frizzle from *Magic School Bus*; Holly Hall, Cat in the Hat; Deb Kessler, Max from *Where the Wild Things Are*; Donna Malinowski, Waldo; and Kristine Caldwell, Professor Sprout from *Harry Potter* (unable to join the parade were Constance Murphy and Erik van Eck). It was a privilege to welcome Miss Vermont Outstanding Teen Shannon Adams to the line-up as well.

The United Church of Underhill and the communities of Underhill, Jericho, and beyond offer a heartfelt "thank you" to all who supported and assisted with the preparation and presentation of the 2018 Old Fashioned Harvest Market, including Brenda Boutin and the staff of the *Mountain Gazette*, Front Porch Forum, and all the local merchants who allowed distribution of "business" cards and posters announcing the event at their establishments. The tents are now stored away and waiting for the Old Fashioned Harvest Market to return in 2019.

Essex Rotary hosts Blue Star Mothers' presentation



Terri Sabens, Blue Star Mothers of Vermont Pet Coordinator, spoke at Essex Rotary for the Veteran and Service Dog Graduation. Blue Star Mothers' mission is to provide emotional support both to service members in times of need and to the families of our fallen. As part of their efforts, Blue Star Mothers of Vermont provides therapy dogs to veterans in need of these services. Pictured at the graduation are Jeff Daigle, VT Veterans Outreach Program Liaison, veteran Jeff Warden, Leo's trainer Emily Lewis, and Jeff's service dog Leo. Therapy dogs are a team of an owner and their pet who go visit hospitals, nursing homes, etc. The organization facilitates the process of matching eligible veterans with



local shelter dogs and cats. The chosen animal then goes through good manners training until such time as it is ready to serve as a companion for the selected veteran. In addition to matching veterans with animals and training the animals, Blue Star Mothers of Vermont also provides veterinary service assistance, food, supplies, and follow up to assist the veteran with any issues they may have with these dogs. Blue Star Mothers has provided considerable financial backing for this endeavor over the years and looks forward to continuing this relationship. For more information, contact Terri Sabens, 802-893-2088.

PHOTOS CONTRIBUTED

Send your news to mtgazette@earthlink.net

COMING EVENTS

Wednesday, October 17
Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 872-7111.**Friday, October 19**
Book talk: Wicked Vermont, 7:00 PM, Phoenix Books Essex, 2 Carmichael St., Essex. Get ready for Halloween with Thea Lewis at a talk on her new book. Take a revealing ride through the unique and colorful history of our state. Lewis is a Vermont native with a writing career that has spanned more than three decades. Her titles include *Haunted Burlington*, *Spirits of Vermont's Queen City*, *Ghosts and Legends of Lake Champlain*, and *Haunted Inns and Ghostly Getaways of Vermont*. Thea is also the creator of Queen City Ghostwalk, the Burlington walking tour chosen "Best Scary Stroll" by Yankee Magazine. Free and open to all. Information: www.phoenixbooks.biz or 872-7111.
Basket Weaving Class, 1:00 – 4:00 PM, The Pines Senior Center, 7 Aspen Dr., S. Burlington. Learn the basic steps to creating a melon shape basket from Pamela Laurence. Please wear comfortable clothes you will not mind getting wet, and bring a pair of small garden clippers. Sponsored by the Burlington Garden Club. Cost \$45 includes supplies; RSVP and send check by Thursday, September 20 to Gail Lang, 1675 Dorset St., S. Burlington, VT 05403. Information: 802-863-6924 or Langs25wg@yahoo.com.
Thursday, October 18
Book talk: Berlin, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join Jason Lutes for a talk on his new book. Twenty years in the making, this sweeping masterpiece charts Berlin through the rise of Nazism. Devastatingly relevant and beautifully told, Berlin is one of the great epics of the comics medium. Lutes lives in Vermont with his partner and two children, where he teaches comics at the Center for Cartoon Studies. Proceeds from ticket sales go to the VT Foodbank. Tickets, \$3, include a coupon for \$5 off a copy of the featured book. Coupons expire at closing the evening of the event. Information: www.phoenixbooks.biz or 448-3350.
Saturday, October 20
VT French-Canadian Genealogical Society Annual Fall Conference, VT French-Canadian Genealogical Society, Vianney Parish Hall, Hegeman Ave., Fort Ethan Allen, Colchester. There will be three guest speakers on the topics *Why Historians Need Genealogists*; *Loyalists in southern Quebec*; and *Half-Truths and Lies: Why Records Are Wrong*. The public is welcome, though the library is closed for this day. For more information and to register, www.vtgenib.org or 802-310-9285.
Saturday Story Time, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 448-3350.

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One Little Monster Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Join us for a story time and for a “make your own mini coloring book” activity with author-illustrator Mark Gonyea! In graphic artist and designer Mark Gonyea’s clever counting book, a little boy snuggles in for a nap, but much to his surprise, silly little monsters pop up wherever he looks. First there’s one at the window, then two appear when he blinks, and three pop out when one of the monsters sneezes. Before he knows it, there are ten kooky creatures in his room. But will the little boy find a way to outsmart those pesky pests? Free and open to all ages. Information: www.phoenixbooks.biz or 872-7111.
October Pride Hike, 9:00 – 11:00 AM, Red Rocks Park, S. Burlington. This easy, accessible hike is located on the shores of Lake Champlain. Hike a two-mile loop that winds through wetlands, forests, and spectacular rocky ledges and viewpoints. Audubon Vermont’s Gwendolyn Causer will lead the hike and will point out birds, native plants, local mushrooms, and the views. Meet at the parking lot at the entrance to Red Rocks Park. Green Mountain Transit’s #5 bus stops at the park. Please wear weather-appropriate clothing and bring snacks and water! Dogs are welcome as long as they are leashed. Co-hosted by Audubon Vermont and Pride Center of Vermont.
Sunday, October 21
Wildlife Tracking, 1:00 – 3:00 PM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Expert tracker and longtime UVM instructor Mike Kessler will guide us in the ancient art of tracking, learning as much about ourselves as the animals and landscape around us. Explore the Museum’s diverse landscape while learning to discover and become a part of the stories of the wildlife that live and play around us. Ages 6+; family friendly. Bring bug spray/tick repellent. Included with Museum admission. Pre-registration optional – Museum@birdsofvermont.org or 802-434-2167.
Texas Hold’Em Tournament, doors open 9:00 AM, games start 10:00 AM, Fletcher Historical Society, 122 Cambridge Rd., Fletcher Center. For more information contact Orin, 802-233-1736.
Monday, October 22
Feeding the Neighborhood, 5:30 – 7:00 PM, Jericho Town Library, Jericho Center. Chris Simms, local homesteader, presents this talk and conversation around building skills and community for greater food security for ourselves and our neighbors. A dip-and-chip event hosted by Transition Town Jericho. Information: transitiontownjericho.net.
Tuesday, October 23
Nestlings Find Nature: Resourceful Birds, 10:30 – 11:30 AM, Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington. Kids discover birds through stories and investigative play. Outside, we observe birds in flight or preening, calling and singing, building and foraging. We mimic their adaptations using nature’s tools, and explore the ways birds use air, soil, rocks, and water to engineer solutions to the challenges of being a bird. We will create sounds, mold and build with mud, grind seeds, and paddle in puddles. Indoors, we’ll examine art from the 2018 Common Grounds art show. For Pre-K to first graders; great for homeschoolers; parents and siblings welcome. Included with Museum admission. Pre-registration optional – Museum@birdsofvermont.org or 802-434-2167.
Wednesday, October 24
Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 872-7111.
Thursday, October 25
Chicken Pie Dinner, 5:00 – 7:00 PM, VFW Post 9653, Pleasant St., Morrisville. Menu: chicken and biscuits, mashed potato, veggie, cranberry sauce, and a slice of pie. Coffee and water will be available. Benefits VFW Auxiliary Post 9653. Adults \$10; children under 10, \$5. Eat in or take out!
Saturday, October 27
Unlocking the Secrets of your family’s 19th century photos, 10:30 AM – 12:00 PM, VT Genealogy Library, Hegeman Ave., Fort Ethan Allen, Colchester. Do you have old photos that you’d like to learn more about? Before we discover who the people are in those old photos, we have to know what we are looking at. In this talk Sharon Flaherty will explain about the different photographic methods used in the 19th century, when they were used, and how to tell the difference between the types. She will also explain how fashion styles in the photos are clues to a person’s identity, and how to take proper care of them. Find out how old photos can enrich your family history. For more details: www.vigenlib.org or 802-310-9285. Classes \$10. We are open for research Tuesdays 3:00 – 9:30 PM and Saturdays 10:00 AM – 4:00 PM.
Saturday Story Time, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 448-3350.

Saturday-Sunday, October 27-28
Halloween Express Party and Train Ride, 9:00 AM (party)/10:00 AM (train ride); 11:00 AM/12:00 PM; 1:00/2:00 PM; and 3:00/4:00 PM each day, Main Street Station, Burlington. Not a “haunted” or scary Halloween event! Enjoy a family-friendly Halloween party at Main Street Station on the Burlington waterfront with kids’ favorite characters, activities, music, and more, followed by a Halloween-themed train ride to Shelburne and back with interactive story time, cookies and juice, colorable Trick or Treat bag, more characters, fun activities, and a departing goodie. The “Monster Jar” will be on display for those who wish to make a donation to Prevent Child Abuse Vermont. Information: www.HalloweenExpressVT.com or 878-9000 x118.
Wednesday, October 31
Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 872-7111.
Thursday, November 1
Free Community Soup and Bread Supper, 4:30 – 6:30 PM, Covenant Community Church, 1 Whitcomb Meadows Lane, Essex. Located off VT Rt. 15, across from John Leo’s. Choose from a variety of hearty soups and breads and a sweet dessert. Stay and eat with friends and family or pick up to take home. Donations welcome, but not expected. For information, contact Pastor Jeannette Conver, 879-4313.
Fierce Heroines YA Author Panel, 7:00 PM, Phoenix Books Burlington, 191 Bank St., Burlington. Join us for an evening with three fierce authors who write fierce heroines: Julie Dao (*Rise of the Empress* series), Amy Rose Capetta (*The Brilliant Death*, *Entangled*, *Unmade*), and Katherine Arden (*Small Spaces*, *Winternight Trilogy*). Jericho Town librarian Lisa Buckton will moderate the conversation, which will cover all facets of writing and reading young adult and middle grade literature. Proceeds from ticket sales go to the VT Foodbank. Tickets, \$3, include a coupon for \$5 off a copy of the featured book. Coupons expire at closing the evening of the event. Information: www.phoenixbooks.biz or 448-3350.
Saturday, November 3
Christmas Craft Fair, 9:00 AM – 2:00 PM, St. Luke’s Church, 17 Huntville Rd., Fairfax. St. Luke’s Parish hosts their annual Craft Fair, bake sale, and raffle (including a 50/50) featuring a delicious lunch of homemade soups served with slices of home baked breads. For more information contact Deb Mucia, 802-849-6256.
Annual Bazaar, 9:00 AM – 2:00 PM, Fairfax Community Center (a.k.a. Baptist Building), Main St. (VT Rt. 104), Fairfax. Hand crafted items, white elephant table, unique gifts, food table, jellies, pickles, fudge, and more. Benefits the United Church of Fairfax for their mission work. For information: 849-6313 or ucffairfaxvt@gmail.com.
Cozy Nook Craft Fair, 9:00 AM – 3:00 PM, Essex Free Library, 1 Browns River Rd., Essex. At this annual fundraiser, crafters and display their treasures on all three floors of the library, and baked goods beckon from the Circulation Desk. Proceeds directly fund the many events of the Summer Reading Program, the purchase of juvenile titles, summer page honoraria, and other special items or projects to enhance the library. Visit the Circulation Desk or call 802-879-0313 for more information, including how to become involved as a volunteer.
Saturday Story Time, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 448-3350.
Saturday, November 10
St. Pius X Church annual Christmas Bazaar, 9:00 AM – 3:00 PM, St. Pius X Church, 20 Jericho Rd., Essex. Crafters, Sugarplum Bakery, Treasures from the Attic, lunch at the Christmas Café, raffles (first prize \$500 cash), Santa, and more. Looking for crafters – if interested please contact Margaret or Maria in the parish office, SaintPiusx@comcast.com.
Saturday Story Time, 11:00 AM, Phoenix Books Burlington, 191 Bank St., Burlington. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 448-3350.
Wednesday, November 7
Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 872-7111.
Wednesday, November 14
Wednesday Story Time, 11:00 AM, Phoenix Books Essex, 2 Carmichael St., Essex. Enjoy timeless tales and new adventures with your little ones. Each week, we'll choose a new picture book, a classic or a staff favorite to read aloud together. Free and open to all ages. Information: www.phoenixbooks.biz or 872-7111.

LETTER TO THE EDITOR

Elect climate leaders

To the Editor:

As a veterinarian I am confronted daily with animal health issues. These animals are beloved pet family-members, and they always receive the best care I can provide. Even these chosen animals, however, let alone all the other amazing animals on this planet, are threatened by a force far larger than my individual ability to address. That force is climate change. As the recent Intergovernmental Panel on Climate Change (IPCC) made abundantly clear this month from its study of 6000 scientific reports, these changes are happening more rapidly and with more extreme consequences than had been predicted even five years ago.

In addition to the constant and ever-present threats from habitat loss and human exploitation, wild animals as well as livestock are dying in larger forest fires, higher storm surges, heat waves, diminishing sea ice, and coral bleaching events. Ocean acidification threatens sea life from

the bottom to the top of the food chain. Climate change is happening far too rapidly for many species to survive by adaptation. So, it is not just humans who will suffer, increasingly, as the planet warms, but the animals as well.

The technical solutions exist to mitigate the most extreme effects of climate change. What is lacking is the political will. Because our national leaders have failed us in this regard, we need to work at the local and state levels to elect public officials who will take bold steps to address the most severe threat to our health that we have ever faced. We must require that our politicians work tirelessly to implement policies that will reduce our use of fossil fuels. And we must support them in their efforts. As a doctor, this is my prescription.

Virginia Clarke DVM
Richmond
member VT Climate Health Alliance

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COMMUNITY COLUMNS

Truth or Consequences

Part 1
By Doug Boardman
Special to the Mountain Gazette

Truth or lack of truth has been a problem forever; however, consequences have changed for every generation to the extent that there are no modern day consequences for normal kids, only for juvenile delinquents, because the kids were not taught respect. Back in my day – the 1940s – there were consequences for telling the truth or lying but I like to think that there would be harsher consequences for lying and getting caught. The consequences from my mother were a metal thimble that she used to sew with but also rapped on the side of my head, a backhand, a wooden spoon on my butt, or a switch that had to be green so it wouldn’t break. My dad’s consequences were a kick in the butt or a slap on the butt. We didn’t have many kids in our neighborhood so we played in trees, threw stones or anything we could lift, went where we were not supposed to go, and saw a lot of things that you don’t see in the city but see them on the farm – and learned about the birds and the bees at a very young age.

We played baseball without gloves, smoked weeds, went skiing where it was dangerous, and climbed the highest trees, got hurt a lot, and there were consequences whether it was our fault or not. Even if you told the truth, there were consequences for being at the wrong place at the right time or the right place at the wrong time. Don’t get me wrong, I don’t condone that kind of punishment but as a result it made me a much better parent. My mother set an example for us by never smoking, drinking or swearing and my father set an example by not lying, cheating, or stealing. When I was 10 years old I did take a hatchet home that was laying on the farm lawn where I was working but felt so guilty that I took it back to where I found it. We were scared of our parents more than police. We didn’t have drugs or crime because we were not near a big city and didn’t have that influence on our lives.

Respect or lack of respect is the key word that runs through all our lives. I have lived long enough to see or hear more than I should and equally frustrated in not being able to do anything about the problem. Our oldest son was born on the island of Malta when I was in the Navy and we didn’t have anyone to go to for advice in raising him. I apologized to him later on for not having the right formula to agree with his stomach, and we suffered along with him by having to rock him or walk with him at night in our arms for hours. They only had one formula and goat’s milk, and neither one stayed down. Malta was the wrong place to find baby stuff.

Today I am so amazed at the array of things to make your life easier, such as walkers, playpens that turn into beds, all kinds of hanging toys and swings that plays tunes, or hanging pacifiers. Now I hear that some parents complain that they don’t spend enough time holding their kids. For a while we held him and walked around the villa until our arms gave out and took turns holding him, and he was heavy in spite of being “colicky.” I knew one important fact and that was not treating my children like I was treated, but I tried to pass on the high values that were taught me by example. I told them to tell the truth or don’t say anything because if you lie you have to lie forever – and it’s hard to remember lies.

My oldest boy told me the other day after his mother died that the one thing he remembers the most is when I told him years ago, you can disrespect me but never, ever disrespect your mother. She was beautiful inside and out, and our house was the place where the neighborhood kids came to play. She liked it because she knew what our kids were doing and all the neighbors loved it because they knew their kids were well taken care of for the day.

LETTER TO THE EDITOR

VT Senator Ashe on SCOTUS change effects

To the Editor,
In recent weeks I’ve been asked by many constituents what impact the change in composition of the U.S. Supreme Court will have on women’s reproductive rights in Vermont.

As far as what might happen at the Supreme Court, there is no question that rulings in the coming months or years are more likely than not to erode a women’s reproductive rights. How and when that might happen is not clear. Indications are that rulings at the high court may shift the policy back to states. I want to assure people in Vermont that we will take whatever actions are necessary to protect a woman’s right to choose. As Senate President it is my intent to be proactive in this regard, so that women (and men) do not have to worry about a slide back into the dark days before reproductive rights were guaranteed throughout the country.

Tim Ashe
Chittenden County Senator
Senate President

Poisoning emergencies

Essex Rescue

Poisoning emergencies can be serious, and time is of the essence when it comes to seeking treatment. Many homes take precautions in hopes of preventing an emergency. We store dangerous chemicals away from food products, we follow the safety instructions on the containers, we childproof the cabinets chemicals are stored in, but still ever year poison control receives almost two million calls from people seeking advice in a poisoning emergency. As the parent of any toddler will tell you, kids are excellent about getting past childproof locks and it only takes a second for things to turn dangerous. What should you do if you round the corner and find your child has gotten into chemicals or household cleaners? Or if you have been exposed to a chemical?

The Poison Control Center is here to help. You can call 1-800-222-1222 or even visit their website at www.webpoisoncontrol.org and someone will be there to answer your questions and provide advice.

You should have some critical information ready for the agent you’re speaking to. They will need to know the age of the patient and the presence of any symptoms, especially if the patient is unconscious or having trouble breathing. You’ll also need to know the weight of the patient as well as the patient’s health history and any preexisting conditions they may have. They will need to know the exact product that the patient was exposed to, the size of the container, and the strength of the product. Other important information to convey is when the exposure occurred and how long it lasted for, the amount of product involved in the exposure, and finally your name, phone number, zip code, and how you are related to the patient. It can be a good idea to give your phone number right at the start of the call just in case the call gets disconnected, that way the agent will have a way to contact you.

When it comes to poisoning emergencies, specific information is critical to getting accurate advice. If you guess the patient’s weight incorrectly, name the wrong product, guess the wrong amount that the patient was exposed to, or give an incorrect exposure time, then the center may inadvertently give you inaccurate information. Poisoning emergencies are not a time for guessing. If you don’t know the exact information the agent is looking for let them know that so that they can err on the side of caution. In the event they have you call 911 or go to the hospital or urgent care clinic, it can be a good idea to bring the container of the product the patient was exposed to for the care givers to see, but only do so if the product can be brought along safely. For example, bringing the container of laundry detergent could be done safely, where as it would be dangerous to bring along a container of pesticides. If you can’t bring the container but you are able to safely photograph it, that is another option.

In the past some doctors used to tell parents to keep syrup of ipecac on hand at home just in case of a poisoning emergency, or to induce vomiting in some other way. It is not a good idea to induce vomiting unless you are specifically instructed to do so by poison control. There are times when inducing vomiting can actually put the patient in even more danger, and recent studies show that vomiting does very little to relieve a poisoning emergency. If you don’t already have the Poison Control Center number programmed into your phone, now would be a good time to do so as you don’t want to hunt down the number in the middle of an emergency.

As always, if you’re interested in joining Essex Rescue please contact Colleen Nesto, 847-4859 ext 4.

Get a leg up on Restless Leg Syndrome

By Lewis First, MD

Parents have been quite restless lately asking me whether children can get restless leg syndrome. Let me put my best foot forward and provide some information on restless leg syndrome in children.

Restless leg syndrome is just what it says it is: an irresistible or antsy urge to move one’s legs.

Although more commonly seen in adults, children experience it as well, usually at night. Children can have difficulty falling asleep because of the constant need to move their legs. The feeling can be uncomfortable. Arms are sometimes involved as well.

Moving the legs brings immediate relief, but usually only for a short time. Restless leg syndrome has been mistaken, in some children, for growing pains, since both tend to occur in the evening. But growing pains do not go away with simply moving the legs, as happens with restless leg.

The cause of restless leg syndrome is unknown. Recent studies suggest that children with restless leg syndrome have a heightened sensitivity of the nerves in their legs. This could be due to a family history of similar symptoms and/or iron deficiency.

We see this condition more commonly in children who have problems paying attention or are experiencing some life stresses. But it is not clear whether there is a scientific connection between these two findings.

The good news is that there is a variety of ways to help your child deal with this problem. There are non-medicinal approaches to restless leg syndrome that may involve finding the right level of exercise for your child. The right level is important, as too much or too little exercise may worsen the condition. Placing a pillow between the knees when in bed can help, as can massaging the legs before bed. Caffeinated products can make it worse.

There are also medications that might help. Iron supplements may reduce the tendency to want to move the legs around at night. They are safe for children, but your child’s health care professional needs to prescribe them. Talk with them about this issue or any other concerns you have about your child’s leg discomfort.

Hopefully, tips like these will give you a leg up when it comes to knowing more about restless leg syndrome.

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

COLLEGE NOTE

Ana Kusserow-Lair of Underhill, VT has enrolled at Colgate University, Hamilton, NY as a member of the class of 2022. Kusserow-Lair attended the Vermont Commons School.



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Send your news to

mtgazette@earthlink.net, www.mtngazettevt.com

Area Worship Services

COVENANT COMMUNITY CHURCH

“Come As You Are”

1 Whitcomb Meadows Lane, Essex, VT 05452

(across from John Leos on Route 15)

Pastor: Rev. Jeannette 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

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899-4911; officejcc@comcast.net; www.jccvt.org

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

Prenatal Fitness, every Wednesday, 5:30 – 6:30 PM, NMC Wellness & Fitness Room.

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

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

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

share information, offer each other support and comfort, and learn new things from speakers. We extend an invitation to any woman who has cancer, whether you are newly diagnosed or a long term survivor. Please call 802-524-8479 with any questions or to RSVP (not required).

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

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

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

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

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

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

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

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

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

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

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Copley, Dartmouth-Hitchcock expand telehealth collaboration

Copley Hospital, in partnership with Dartmouth-Hitchcock (D-H) Connected Care, is expanding Copley’s TeleHealth services to include TeleNephrology and TelePulmonology in addition to TeleRheumatology. The partnership brings together D-H specialists and Copley’s patients via telemedicine to provide evaluations, follow-up exams, and recommendations for relevant therapies or interventions. These specialty services use live, two-way secure video on large format, high-definition mobile carts in the Multi-Specialty Clinic at Copley Hospital.

TeleNephrology and TelePulmonology will start in October. These new services will help overcome current barriers to accessible care and improve access for patients living with renal and respiratory diseases and disorders in the greater Lamoille Valley area. In addition, a second D-H TeleRheumatology provider, Stephanie Mathew, DO, has been added to the service.

“Copley and Dartmouth-Hitchcock Connected Care share a commitment to improve access to needed care,” said Vera Jones, Chief Operating Officer of Copley Hospital. “Our TeleRheumatology service started earlier this year, and now we can help meet the needs of patients living with kidney and respiratory diseases and conditions by removing barriers to access. This type of collaboration is efficient, effective, and necessary to help build a healthier Vermont.”

“The goal of Dartmouth-Hitchcock Connected Care is to help deliver outstanding care to our region independent of patient location,” stated Kevin Curtis, MD, MS, Medical Director of D-H Connected Care. “We are thrilled to expand our TeleHealth collaboration with Copley Hospital to include TeleNephrology and TelePulmonology.”

TeleNephrology Specialists Brian Remillard, MD and Charles Hopley, MD, MPH

Brian Remillard, MD is the Section Chief of Nephrology and Hypertension at D-H and an Associate Professor of Medicine at the Geisel School of Medicine at Dartmouth. He joined D-H in 1993. He earned his Medical Degree from Harvard Medical School in 1984 and served his residency at the New England Deaconess Hospital, with his fellowship in Nephrology at Beth Israel Deaconess Medical Center. Dr. Remillard is board certified in Internal Medicine and Nephrology.

Charles Hopley, MD, MPH serves as an Assistant Professor of Medicine at the Geisel

School of Medicine at Dartmouth. He joined D-H in 2018. He received his Medical Degree from Ross University School of Medicine in 2012 and holds a Masters in Public Health from Dartmouth Center for Evaluative Clinical Services. He served his residency in Internal Medicine at the University of Illinois College of Medicine and completed his fellowship in nephrology at the University of Colorado School of Medicine. Dr. Hopley is board-certified in Internal Medicine and Nephrology.

TelePulmonology Specialist Graham Atkins, MD

Graham Atkins, MD joined D-H in 2016 and specializes in chronic obstructive pulmonary disease and critical care medicine. He serves as an Assistant Professor of Medicine at the Geisel School of Medicine at Dartmouth. He earned his Medical Degree from the University of Edinburgh School of Medicine in 2005, served his residency in Internal Medicine at Albany Medical Center and completed his fellowship in Pulmonology & Critical Care Medicine at Dartmouth-Hitchcock Medical Center. Dr. Atkins is board certified in Internal Medicine, Critical Care Medicine, and Pulmonary Disease. In addition to providing teleservices, Dr. Atkins will see patients on Copley’s campus and serve as the Medical Director of Pulmonology Rehabilitation at Copley Hospital.

TeleRheumatology Specialists Daniel Albert, MD and Stephanie Mathew, DO

Dr. Albert has more than 30 years of medical experience and currently continues both health service and translational research with a primary focus on innovative therapies for autoimmune disease. Dr. Albert has been with Dartmouth Hitchcock since 2006. He is board-certified in Rheumatology and Internal Medicine.

Stephanie Mathew, DO holds a Medical Degree from the New York College of Osteopathic Medicine. She completed her residency in Internal Medicine at Wright State University Affiliated Hospitals and her fellowship in Rheumatology at Brooke Army Medical Center. Dr. Mathew is board certified in Internal Medicine and Rheumatology. She also serves as an Associate Professor of Medicine at the Geisel School of Medicine at Dartmouth.

Referrals are necessary for these specialty services. For more information about TeleHealth at Copley Hospital in collaboration with Dartmouth-Hitchcock, please call 802-888-8372.

LIBRARY NEWS

DEBORAH RAWSON MEMORIAL LIBRARY

Adults
Legislative Update – Thursday, October 18, 6:30 PM: George Till and Trevor Squirrel will be here to provide legislative information and answers to your questions. Please feel free to drop in and meet up with your representatives.
Mystery Book Group – Tuesday, October 23, 7:00 PM: Join us for a discussion of Marcia Muller’s Edwin of the Iron Shoes, the first book featuring Private Investigator Sharon McCone. Set in the world of San Francisco antiques, Ms. McCone will have to ferret out the murderer of an elderly dealer killed by her own antique dagger.
Children and Families
LEGO Construction Time – Thursday, October 18, 2:45 – 4:30 PM: Join us after school and build whatever you can imagine! You’ll have the opportunity to create, construct, and share your works with other builders. All ages welcome. Children younger than 8 years old must be accompanied by an adult.
After School Movie – Thursday, October 25, 3:30 PM: Join us after school for a free movie by the fireplace!
Teen Movie Night – Saturday, October 27, 6:30 PM: Free pizza, a free movie, and a ton of fun! We will be showing *Avengers: Infinity War*. (Rated PG-13; runtime 2 hours 40 minutes)
Story Hour with Beth and David London is back! Beth and David London, formerly of Poker Hill School, will return to share songs and stories with young children and their families. Fridays, 11:00 AM. Snack will follow. No registration required.
Would you consider donating pizza coupons? Do you keep your coupons for free pizza at Mountain High Pizza here in Jericho? Would you consider donating your coupons to the DRML children’s program? We are gathering coupons toward Teen Movie-and-Pizza nights starting in October. There will be a bucket at the DRML circulation desk to deposit donated pizza coupons. Thank you!
Library hours: Tuesday 12:00 – 8:00 PM, Wednesday 10:00 AM – 6:00 PM, Thursday 12:00 – 8:00 PM, Friday 10:00 AM – 6:00 PM, Saturday 10:00 AM – 2:00 PM, Sunday 1:00 – 4:00 PM; closed Monday.
For information on any of the library’s programs, call 899-4962. DRML is located at 8 River Rd., Jericho; www.drml.org.
JERICHO TOWN LIBRARY
Story Time – first, second, and fourth Wednesdays, 10:30 – 11:30 AM. Recommended ages: 0-5 years. Pop in for a casual hour of story time, smiles, songs, and laughter with Lisa!
Third Thursday Book Group, October 18, 7:00 – 9:00 PM.
Writers’ Circle, Saturday, October 20, 10:00 – 11:00 AM. Are you a writer seeking community? Join this new bi-monthly group. All genres welcome. Coffee, tea, and encouraging company provided. Meets first and third Saturdays of the month.
JTL Board meetings are held the second Monday of every month (November 12) at 5:30 PM. All are welcome to attend.
Jericho Town Library is open Mondays, Tuesdays, Thursday, and Fridays 2:00 – 5:00 PM; Wednesdays 10:00 AM – 12:00 PM and 2:00 – 7:00 PM; and Saturday 10:00 AM – 12:00 PM.
For more information on programs and library services, please visit our website at www.jerichotownlibraryvt.org or call 899-4686.
VARNUM MEMORIAL LIBRARY, JEFFERSONVILLE
Children’s Story Time and Crafts with LN, Thursdays, 10:00 – 11:00 AM. 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. Free and the public is invited! For more information, call the library at 644-2117.
Weekly Crafting Circle, Thursdays, 5:00 – 7:00 PM. Come and enjoy fiber and fabric with craft novices, as well as folks who have enjoyed handwork arts for their lifetimes! Have a project you’re already working on? Bring it in and share your expertise and enthusiasm.
Crescendo Club Library Association – Do you have two hours a month to spare for a great opportunity? The Crescendo Club Library Association is seeking community members interested in helping the library anticipate and meet the needs of all we serve and to promote lifelong learning for everyone. Please let us know if you would like to be an active supporter and member of this organization that has worked to help the community for almost 120 years. Meets on the third Thursday of the month (October 18), 7:00 – 8:00 PM.
The Varnum Library, P.O. Box 198, 194 Main St., Jeffersonville, 802-644-2117; thevarnum@gmail.com; www.varnumlibrary.org. Hours: Mondays and Tuesdays 12:00 – 7:00 PM, Wednesdays 3:00 – 7:00 PM, Thursdays 9:00 AM – 7:00 PM, Fridays 2:00 – 5:00 PM, and Saturdays 10:00 AM – 3:00 PM. Closed Sundays.
WESTFORD PUBLIC LIBRARY
Early Literacy Storytime, for ages birth to preschool, Thursdays, 11:00 AM. Several stories around a theme, and a theme-based craft. All ages and levels of attention are encouraged to come. Don’t worry if they fidget – they are still getting a lot out of it!
Library Hours: Wednesday 1:00 – 7:00 PM, Thursday 10:00 AM – 7:00 PM, Friday 1:00 – 7:00 PM, Saturday 10:00 AM – 2:00 PM; website www.westfordpubliclibrary.wordpress.com; email westfordpubliclibrary@gmail.com. Like us on Facebook. 878-5639, Bree Drapa, Librarian.
RICHMOND LIBRARY
Wild Nature Speaker Series – Join us at the Library on the first Sunday of the month at 4:00 PM, November-February, for a series of speakers who will talk about the natural world and inspire us to enjoy and protect it. The program kicks off with a talk on *Celebrating our Ancient Forests through Words and Action* with Joan Maloof. As someone who has probably visited more U.S. old-growth forests than anyone alive today, Maloof will discuss what remains of these never-logged forests and what makes them so special, including the latest scientific findings. She’ll also tell us about the successful expansion of the Old-Growth Forest Network, an organization she founded to ensure that each county in the U.S. will preserve at least one forest open to the public. In addition, Maloof will discuss her writing process and how each of her books was born. Maloof, a Professor Emeritus at Salisbury University in Maryland, is the author of four books about forests: Teaching the Trees: Lessons from the Forest; Among the Ancients: Adventures in the Eastern Old-Growth Forests; Nature’s Temples: The Complex World of Old-Growth Forests; and The Living Forest: A Visual Journey into the Heart of the Forest. Please join us Sunday, November 4 at 4:00 PM for this discussion of special forests and how they might be saved for the next generation. Save the date for future programs *Born to Rewild – East and West* with John Davis on Sunday, December 2; *From Camels Hump to Patagonia: Who Saved the Parks Beloved by Millions?* with Tom Butler Sunday, January 6; and *The Real Eastern Coyote* with Chris Schadler Sunday, February 3.
Social Band concert – Showcasing the talents of singers from the Burlington area and many Vermont composers, *Social Band*’s poetic

style offers a special sound and blend of seriousness and fun. Tickets can be purchased in advance at www.socialband.org or at the door for their fall concert at the Library on Saturday, November 3 at 7:30 PM.
Baby Laptime – This 30-minute program is for our youngest visitors. Adults interact with their little person through simple stories, songs, rhymes, bounces, and wiggles that are sure to bring out the smiles and giggles. Baby Laptime is designed for infants through age 2. Join us on Mondays at 10:30 AM.
Playgroup with Stories and Music – These Wednesday mornings begin at 10:00 AM with songs, stories, and a simple snack (bring your own) on the alphabet rug. Around 10:30 AM we’ll get out the toys for free play with friends in the library’s sunny and spacious Community Room. We have gross motor and fine motor toys, puzzles, and activities for infants through preschool age children. Join us on Wednesdays for storytime and playgroup.
Movers and Shakers Storytime – Frequent exposure to picture books not only entertains and delights children but also strengthens their vocabulary and their ability to make sense of the world. We’ll share fantastic new and classic picture books and work some early literacy magic into a child’s day. We’ll couple stories with simple songs and activities for some interactive moving and shaking. Toddlers and preschoolers and their caregivers are welcome on Fridays at 10:30 AM.
Weekly children’s programs at the Library run from September-May and follow the CESU school district schedule for vacation days and weather closure days.
Fiction Book Discussion – The Emperor of Any Place by Tim Wynne-Jones. Dual story lines examine the bonds between father and son, warfare, and survival. Pick up a copy at the Library and join us on Tuesday, November 13 at 6:00 PM.
Mystery Book Discussion – Heaven’s Keep by William Kent Krueger. Cork O’Connor travels to the Wyoming Rockies to investigate the disappearance of an airplane carrying his wife, Jo. All are welcome to join the discussion on Thursday, November 15 at 7:00 PM.
October Display – During the month of October our foyer case will highlight the work of *Our Community Cares* Camp, which celebrated its tenth year in operation this past summer.
Vermont Landscapes on Metal – We’ll be showing the metal landscape prints of Richmond photographer Mary Claire Carroll on the walls during the month of October. All four seasons are represented in these vibrant images. They will make you want to get outside and go to a beautiful place.
November Art Show and Display Case – Jennifer Esser will show the paintings of her grandfather William Stelzer, a self-taught inventor, designer, and artist. Born in Switzerland in 1903, Stelzer came to the United States in 1923 at age 20. Without formal training, he decided to become an engineer and eventually held over 220 patents in his name; the power brake was his most important invention. The display case will share photos and stories about Mr. Stelzer’s life and accomplishments, while some of his paintings in oil and acrylics will hang on the Library’s walls. His lively, colorful work is surrealistic, sometimes abstract, and often “semi-satirical.” Stelzer had several art shows during his lifetime and his paintings are now shared among his children and grandchildren.
Knit Night – Want some company while you knit? Knitters of all abilities welcome. Join us Wednesdays from 6:30 – 8:00 PM on the third floor lounge.
New Overdrive/Listen Up Vermont authentication procedures – Having trouble logging in to Listen Up Vermont? Patrons need to enter their library card barcode number (from the back of the card) as well as a password (your last name) to download audiobooks or ebooks. This is the same authentication process for logging into the library catalog, rfl.kohavt.org, which patrons may use to view checkouts, renew items, place items in the Richmond collection on hold, make purchase suggestions, and more.
Open Monday and Wednesday, 10:00 AM – 8:00 PM; Tuesday and Thursday, 1:00 – 6:00 PM; Friday, 10:00 AM – 6:00 PM; Saturday, 10:00 AM – 2:00 PM.
Richmond Free Library, 201 Bridge St., P.O. Box 997, Richmond, VT 05477; 434-3036; 434-3223 (fax); www.richmondfreelibraryvt.org.
DOROTHY ALLING MEMORIAL LIBRARY, WILLISTON
All events free. Children 8 and younger must be accompanied by an adult while at the library.
Preschool Music: Mondays, 11:00 AM and Thursdays, 10:30 AM. Up to age 5 with a caregiver. No pre-registration. Limit: one session per week per family.
Thursday Playtime: Thursdays, 11:00 AM – 12:00 PM. Preschoolers and their caregivers are invited for an informal play time following our Preschool Music program. For children birth to age 5.
Fall Story Time: Tuesdays, 10:30 AM. Stories and a simple craft activity. All ages. October 16: Owl Stories; October 23: Dragon Tales; October 30: Pumpkins. All ages.
Cartooning Club: Tuesday, October 16, 2:00 – 3:00 PM. Meet with others who like to draw cartoons! Grades 3 and up.
Preschool Yoga with Danielle: Friday, October 19, 10:30 AM. Simple yoga poses, stories, and songs for children birth to age 5 and their caregivers.
Spanish Musical Playgroup: Saturday, October 20, 10:30 AM. Spanish rhymes, books, and songs for children birth to age 5. Presented by Constanca Gomez. Non-Spanish speakers welcome.
Drop-In Craft: Halloween Lanterns: Tuesday, October 23, 2:00 – 3:00 PM. All ages.
Dorothy Alling Memorial Library, 21 Library Lane, Williston. 802-878-4918, www.williston.lib.vt.us.
FAIRFAX COMMUNITY LIBRARY
All events are free unless noted. Pre-registration encouraged. www.fairfaxvtlibrary.org, 802-849-2420. Call or email libraryprograms@fwsu.org.
Youth events
Tuesdays, 9:30 – 10:30 AM: Preschool Story Hour. Join us for themed stories, songs, and activities for ages 0-6. No registration necessary for Story Hour. October 16: Pets. October 23: Special Music with Caitlin. October 30: Pumpkins.
Thursday, October 18, 6:30 – 7:30 PM: Family STEAM Night – Rocks and Minerals. Each month, parents and children visit stations with Science, Technology, Engineering, Art, and/or Math (STEAM) activities. This month: Rocks and Minerals. We will be investigating the properties of different rocks with hands-on experiments. Please register.
Wednesday, October 24, 3:00 – 4:00 PM: STEM Club – Flying Tumbler. Kids age 6+ will create a *Flying Tumbler*, a gravity-powered flying machine, with local inventor Ralph Lemnah. Must register.
Thursday, October 25, 3:00 – 4:00 PM: Crafternoon: Pumpkin

Decorating. Kids ages 6+ will decorate mini pumpkins, always a favorite craft. Space is limited. Please register early.
Wednesday, October 31, 5:00 – 7:00 PM: Trick-or-Treat at the Library. The Library will be open on Halloween for Trick-or-Treating, bathroom breaks, and a spot to warm up if it’s chilly. We will offer both candy and non-candy alternatives for those with food allergies. You can show off your costumes and have your picture taken too!
Adult events
Thursday, October 11, 6:30 – 8:00 PM: Fairfax Reads Book Group discusses Dreams from My Father: A Story of Race and Inheritance, a memoir by Barack Obama written in 1995 about his early years growing up as the son of a black African father and a white American mother searching for a workable meaning to his life as a black American. Copies are available to borrow at the library. New members are always welcome.
Saturday, October 13, 10:00 AM – 12:00 PM: Fall Wreath Workshop. Participants will make their own fall wreath to bring home using grapevine, silk flowers, and leaves. \$20 materials fee. Must register.
Saturday, October 20, 9:00 – 11:00 AM: Tech Help. Get help with individual tech questions. You can ask any technological question and/or bring in a device with which you need help. You will be ably assisted by our techie, Josiah. Call to reserve a half hour time slot, or drop in.
Saturday, October 20, 11:30 – 12:30 PM: Fall Recipe Swap and Potluck. Bring in your favorite fall recipe, the one that makes your house smell so good, the one that always reminds you of crisp mornings and warm sweaters. We can make copies of recipes here at the library to share with others. And, if you are able, bring in a dish to share and we will host a potluck style meal at the library for lunch. (*We kindly ask that you avoid nuts/nut products.*) We also encourage bringing your own plate-ware for a no-waste meal.
For up-to-date info about programs, visit our website: www.fairfaxvtlibrary.org, where you can also find a link to the interactive Google calendar. Monday, Wednesday 8:30 AM – 5:30 PM; Tuesday, Thursday 8:30 AM – 8:00 PM; Friday 8:30 AM – 3:15 PM; Saturday 9:00 AM – 1:00 PM.
BROWNELL LIBRARY, ESSEX JUNCTION
Tuesdays, October 16, 23, 30, 9:10 – 9:30 AM: Story Time for Toddlers. Picture books, songs, rhymes, and puppets for toddlers with an adult.
Tuesdays, October 16, 23, 30, 10:00 – 10:45 AM: Story Time for Preschoolers. Picture books, sign language, songs, rhymes, flannel stories, and early math activities for preschoolers.
Wednesdays, October 17, 24, 31, 10:00 – 10:45 AM: Story Time for Preschoolers. Picture books, songs, rhymes, flannel stories, and early math activities for preschoolers. Repeat of Tuesday program.
Wednesdays, October 17, 24, 31, 12:00 and 1:00 PM: Tech Help with Clif. Offering one-on-one technology help. Reservation required. Please call 878-6955 at least 24 hours in advance.
Wednesdays, October 17, 24, 3:15 – 4:15 PM: Read with Daisy. Daisy loves to listen to kids read. She is certified by Therapy Dogs of Vermont. Daisy’s owner is Maddie Nash, retired school counselor. For all ages.
Thursdays, October 18, 25, 3:15 – 4:15 PM: Read with Archie. Archie loves to listen to kids read. He is certified by Therapy Dogs of Vermont. Archie’s owner is Christine Packard, Chair of Brownell Library Trustees. For all ages.
Fridays, October 19, 26, 3:30 – 4:30 PM: Steam Fridays. Create and explore with Science, Technology, Engineering, Art & Math. This month we’re constructing cardboard animals, doing capillary science, taking apart small appliances, and making masks. Call or check online for program details.
Mondays, October 22, 29, 12:00 and 1:00 PM: Tech Help with Clif. Offering one-on-one technology help. Bring in your new gadget or gizmo and Clif will sit with you to help you learn its ways! Reservation required. Please call 878-6955 at least 24 hours in advance.
Tuesday, October 16, 2:00 – 3:30 PM: TAB. Teen Advisory Board has their first meeting of 2018-19! Plan events for the coming year. Have a snack and catch up from the summer. All 9-12 graders welcome!
Tuesday, October 16, 7:00 – 9:00 PM: Brownell Library Trustees Meeting.
Wednesday, October 17, 3:00 – 4:00 PM: Zine Club. Explore different writing styles and art techniques as you create a zine. What’s a zine? These underground publications are cheaply made, printed forms of expression on any subject. For grades 6 and up.
Thursday, October 18, 9:00 AM – 1:00 PM: Library closed for staff inservice.
Friday, October 19, 9:30 – 10:00 PM: Baby Time. Come to meet other families, read a board book, learn some sign language, and play.
Friday, October 19, 6:30 – 8:30 PM: Spooky movie. Free popcorn and drinks!
Saturday, October 20, 9:00 AM – 1:00 PM: Free SAT Practice Test. All practice tests will be proctored at Burnham Library in Colchester. Scores will be provided after the test by Princeton Review. For more information, or to sign up, call Brownell Library, 802-878-6956. You can also sign up online at <https://colchestervt.gov/241/Young-Adult>.
Tuesday, October 23, 2:30 – 4:00 PM: Board Games. Come play board games with your friends or family. Games: Dragon Strike, Chess, Catan, and others. For all ages.
Thursday, October 25, 3:30 – 4:15 PM: Spooky Stories with Linda Costello. Storyteller Linda Costello celebrates Halloween with some spooky stories for the season. For students in grades 1 and up.
Friday, October 26, 9:30 – 10:15 AM: Music with Raph. Come sing and play with Raph. All ages.
Friday, October 26, 6:30 – 8:30 PM: Dungeons & Dragons. Embark upon imaginary adventures. A Dungeon Master serves as this role playing game’s referee and storyteller. Grades 6 and up.
Saturday, October 27, 10:30 – 11:00 AM: Halloween Story Time. Come dressed up in your costume, listen to some spooky stories, do a craft, and join the parade through the library. All ages.
Tuesday, October 30, 2:30 – 4:00 PM: Karaoke Party! Come try out our new karaoke machine and sing your hearts out! For grades 4 and up.
Wednesday, October 31, 3:00 – 4:00 PM: Read with Daisy. Daisy loves to listen to kids read. She is certified by Therapy Dogs of Vermont. Daisy’s owner is Maddie Nash, retired school counselor. For all ages.
Wednesday, October 31, 3:30 – 5:00 PM: Halloween Face Painting. Teens will be on hand to help you get ready for Trick or Treating.
Brownell Library, 6 Lincoln St., Essex Junction. Hours: Monday, Wednesday, Friday: 9:00 AM – 9:00 PM; Tuesday, Thursday, Saturday (July until after Labor Day, closed Saturdays): 9:00 AM – 5:00 PM. Call Main Desk 878-6955, Youth Desk 878-6956, Reference Desk 878-6957, or email frontdesk@brownelllibrary.org.

OFFICIAL WARNING
JERICHO UNDERHILL PARK DISTRICT
BUDGET HEARING
November 21, 2018

THE LEGAL VOTERS OF THE JERICHO UNDERHILL PARK DISTRICT OF JERICHO AND UNDERHILL ARE HEREBY NOTIFIED AND WARNED TO MEET AT THE DEBORAH RAWSON MEMORIAL LIBRARY’S PROJECT ROOM AT 8 RIVER ROAD IN JERICHO, VERMONT ON WEDNESDAY, NOVEMBER 21, 2018 AT

7:00 PM FOR A DISCUSSION
OF THE FY2020/21 BUDGET FOR JUPD.
PROPOSED BUDGET : \$51,395

Seasonal Positions

We have immediate openings in our manufacturing department for long-term, full-time & part-time seasonal employment. We will have other opportunities available throughout our company for days, early evening, and weekend shifts. No experience is necessary; we will train you.

Manufacturing
Customer service reps
Warehouse

Apply in person. 8 am to 5 pm
210 East Main Street, Richmond, VT 05477

HARRINGTONS®
of Vermont



Gokey and her husband Scott Gokey. June leaves behind her mother Doris Leavens, her brothers Jim Leavens and his husband Eric

June Elizabeth (Leavens) Selby from Underhill, VT passed away Monday, October 8, 2018. June was 82 years young. She was born in 1936 in Newport, VT to Reginald Leavens and Doris Leavens. June had a career of over 50 years as a hairdresser and enjoyed antiquing, attending craft shows, knitting, dancing to country music at The Cobweb, sewing, and watching a variety of birds visit her bird feeders. June was a caring and loving wife to her husband of over 59 years Orry Selby, and a loving mother to her children David Selby and Lisa

Perkins, Bill Leavens and his girlfriend Gloria, and her sister Sherry Rangel and her husband Uvaldo Rangel. June also leaves behind her grandchildren Amy Barup, Nicole Belanus, Rusty Belanus, Stacey Payne, and Darren Gokey, along with 10 great-grandchildren and several nieces and nephews. June was predeceased by her father, Reginald Leavens. June was placed at Green Mountain Nursing Home in mid-June due to a broken shoulder. Her husband Orry Selby was by her side every day. Our family would like to thank the wonderful staff at Green Mountain Nursing Home for the care they provided to our nana (June). There will be no service at this time. In lieu of flowers, memorial contributions can be made in June’s memory to the Alzheimer’s Association in Williston, VT (alz.org/vermont/donate). The family invites you to share your memories and condolences by visiting www.awrjfh.com.

ART / MUSIC / THEATER

ART/PHOTOGRAPHY

The Color of Light, an exhibition of oil paintings by artist Joe

Bolger from Shoreham, will hang through Sunday, November 11 at the Emile A Gruppe Gallery, Barber Farm Rd., Jericho. Bolger says, “In my work the main focus is the light. I paint the shapes of color created by the light, the light key of nature. My path as an artist was positively influenced by the teachings of Emile A Gruppe, although I was never fortunate enough to meet him.” Bolger’s description of Gruppe’s work – “they express the beauty of New England with a simplicity of design, natural light, bold color, and expressive brushwork” – can definitely be applied to his own work. Bolger has a strong palette and his own voice in expressing the beauty of the world around him. Gallery hours: Thursday-Sunday 10:00 AM – 3:00 PM. Emilegruppegallery.com.

Bryan Memorial Gallery presents *Land and Light and Water and Air*, featuring juried landscape paintings from New England artists, through Sunday, November 4. This 34th *Land and Light* exhibits paintings in the

grand tradition of American landscape painting by artists from all over New England and Québec, specifically of New England and/or the Eastern Townships. The jury has selected 103 paintings by 75 artists. Another single juror awards the prizes, funded by the Mary and Alden Bryan Art Fund of the Vermont Community Foundation. Also running through November 4 will be *Location, Location, Location*, an exhibit of works by gallery founder Alden Bryan (1913-2001) and six contemporary artists who returned to Bryan’s specific locations as long as 75 years later, repainting scenes in Stowe, Waterville, and Pleasant Valley in Cambridge. Bryan Memorial Gallery, 180 Main St., Jeffersonville. Hours: Thursday-Sunday, 11:00 AM – 5:00 PM, and by appointment at any time; no admission charge. Information: 802-644-5100 or www.bryangallery.org.

At the Birds of Vermont Museum, 900 Sherman Hollow Rd., Huntington through Wednesday, October 31, the Common Grounds 2018 Community Art Show – art in recognition of 100 years of the Migratory Bird Treaty Act, enacted by the U.S. Congress in 1918, one of the first laws setting limits on what we could and could not do specifically with respect to migratory birds. Over 40 bird-focused artworks connecting the themes of commonality, conservation, migration, and coordination among peoples, species, places, and time. Included with Museum admission. For information, Museum@birdsofvermont.org or 802-434-2167.

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.

Copley Gallery at Copley Hospital, Morrisville is pleased to host the works of local artists Diane Szlachetka and Patti Braun, both of Hyde Park. Their show of pastels and watercolors are on exhibit now through Monday, December 3 and includes landscapes and still life. Copley Hospital’s Gallery is located on the first floor and is open to the public Monday-Friday from 8:00 AM – 5:00 PM. For Szlachetka, painting has opened up a new way of observing and rendering the world. She finds herself falling into her painting as it takes her to a quiet place of concentration and peace. Primarily a watercolorist, she has also studied oil painting. Diane has exhibited her work at the Springfield Museum of Fine Arts, Dane Gallery in Springfield, MA, and locally at the Lanpher Memorial Library (Hyde Park) and Bryan Gallery (Jeffersonville). She is a member of the Vermont Watercolor Society, the Vermont Pastel Society and the Northern Vermont Artists Association. Braun is a landscape artist who paints primarily on location. Her inspiration comes from mountains, meadows, and streams all around Vermont. Her focus is to capture the essence of the Vermont landscape, while conveying the emotions of the outdoors in that place and time. She most recently exhibited at the Bryan Gallery in Jeffersonville. She was honored to receive third place award from the juried Vermont Pastel Society show in Brandon this past summer. Copley Hospital welcomes visitors to browse its gallery and see the work of talented community members. If you are interested in showing or purchasing artwork, please call the hospital’s Community Relations office, 888-8302.

Burlington City Art Center invites families to drop-in between 11:00 AM – 1:00 PM, every third Saturday (October 20) for free and fun art activities for the whole family, and create an original work of art using materials inspired by BCA exhibition artists. (Also on November 17, December 15.) Free and open to the public. BCA Center, 135 Church St., Burlington; 802-865-7166 or www.burlingtoncityarts.org.

Upcoming Events & Workshops at the Milton Artists’ Guild: please visit <https://www.miltonartistsguild.org/workshops>. The MAF Photography Group meets the fourth Wednesday of every month (October 24), 6:00 PM at the Art Center. Milton Artists’ Guild Art Center & Gallery, 199 U.S. Rt. 7 South, Milton.

Call to artisans and crafters – the deadline is Friday, October 26 for tree decoration proposals for the Festival of Trees and Lights to be held at Helen Day Art Center, Stowe, with an opening reception on Friday, November 30, 5:00 – 7:00 PM. Helen Day is seeking master crafters and artisans to transform the evergreen trees that will fill the galleries alongside the Members’ Art Show this year. Any artist and/or artisan (HDAC membership encouraged but not required) is welcome to submit a proposal consisting of a representative example of the artist’s work or a written description with accompanying drawings or sketches. Artists should plan to fill a 10’ tree and can use it to showcase their work, or may fill in with other decoration. Artists will have the option of selling any handmade ornaments. Proposal forms available at https://www.helenday.com/images/pdfs/2018_MAS_FestivalofTrees_Submissionform.pdf; submit proposals to amanda@gallery@helenday.com.

At Helen Day Art Center, the 2018 Outdoor Sculpture Exhibition *Exposed* runs through Saturday, October 20. This is the 27th year of the exhibition, this year featuring internationally renowned sculptors Jaume Plensa (Barcelona, Spain), Albert Paley (Rochester, NY), Christopher Yockey (New York City), and regionally established artists Judith Wrend, Christopher Curtis, Tec Ceraldi, John Matusz, and David Stromeyer. Helen Day Art Center also presents *Familiars*: Valerie Hammond and Kiki Smith, a two-person printmaking exhibition of the internationally renowned artists, friends for over 20 years, during which time they have supported and discussed each other’s explorations in print, gathering experiences, ideas, and images. Registration is open for fall after school classes for kids aged preschool through grade 6 as well as Pre-K Art Play drop-in sessions on the first Thursday of the month through February 7 for ages 1-4 with adult; details on the website. Saturday, December 8 is Family Day for all ages – free! Drop in anytime 1:00 – 4:00 PM. Come for an afternoon of snacks

Art continued on page 7

TOWN OF JERICHO- DEVELOPMENT REVIEW BOARD

NOTICE TO THE PUBLIC

The Jericho Development Review Board was to hold a CONTINUATION of a public hearing at 7:00 pm on Thursday OCTOBER 25, 2018 at the Jericho Town Hall to consider the following project.

- A request to the DRB by Brenda & Lee Charron for a 13 lot PUD (11 house lots & 2 open space lots). This proposal will be heard as a Preliminary Plat Review. The property is located at 316 VT Route 15 which is located in the Forestry Zoning District.

The applicant has now requested that the continuation of the PUBLIC HEARING be extended and held on DECEMBER 13, 2018 at 7:00 in the Jericho Town Hall.

NO CONTINUATION OR PUBLIC HEARING WILL BE
HELD ON THE ABOVE REFERENCED APPLICATION
REQUEST ON OCTOBER 25, 2018 AS ORGINALLY
ANTICIPATED

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

Chris Flinn
Zoning Administrator
cflinn@jerichovt.gov

TOWN OF JERICHO- DEVELOPMENT REVIEW BOARD

NOTICE OF PUBLIC HEARING

The Jericho Development Review Board will hold a public hearing at 7:00 pm on Thursday November 8, 2018 at the Jericho Town Hall to consider the following

- A request to the DRB by Marjorie B Hunt to amend a previously approved two lot subdivision. The property is located at 201 Orr Road which is located in the Low Density Residential Zoning District.

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

Chris Flinn
Zoning Administrator
cflinn@jerichovt.gov

Art continued from page 6

and seasonal art activities in conjunction with the Festival of Trees and Light. Create holiday decorations, play dreidel, and decorate gingerbread houses with NECI students. Helen Day Art Center, 90 Pond St., Stowe; www.helenday.com; 802-253-8358. The gallery is open Tuesday-Saturday, 10:00 AM – 5:00 PM and by appointment.

At UVM’s Fleming Museum East Gallery, Burlington, *The Impossible Ideal: Victorian Fashion and Femininity* runs through Thursday, December 13. The Victorian era (1837-1901), named for the reign of Queen Victoria of the United Kingdom, is known for extreme expressions of women’s fashions and a narrow definition of women’s roles in society. Tight-laced corsets, wide hoop skirts, bustles, and trains exaggerated women’s forms while restricting their movement and activity, reinforcing the idea that women’s place was in the home and not the public sphere. This ideal belonged to an urban leisure class, excluding rural or working class populations. The culture also promoted the ideal woman as white and Protestant. But there was also debate about to what degree should women be educated, work outside the home, and have rights within marriage, including the right to divorce. By the 1890s fashion evolved to express increasing autonomy; sleeker skirts, broader shoulders, lighter fabrics, and suit styles that mimicked menswear gave women greater freedom of movement, reflecting how women were pursuing education, exercise, work, or philanthropic or activist causes. This exhibition explores how fashion embodied contradictions of Victorian women’s lives, and, eventually, the growing call for more diverse definitions of women’s roles and identities. Also, *House to Home*, showcasing a selection of cultural, ethnographic, and decorative art objects from Africa, Asia, Europe, the Americas, and Oceania, ranging from antiquity to the present and examining the meaning of home. Fleming Museum, 61 Colchester Ave., Burlington.

MUSIC

Social Band concert – Showcasing the talents of singers from the Burlington area and many Vermont composers, *Social Band*’s poetic style offers a special sound and blend of seriousness and fun. Tickets can be purchased in advance at www.socialband.org or at the door for their fall concert at the Richmond Library, Richmond on Saturday, November 3 at 7:30 PM.

Saturday, October 27 at 6:00 PM, Myra Flynn makes one of her “every time she’s in VT” stops at Shelburne Vineyard for her *UNCORKED VT Fall and Wine Tour*. Myra will be joined by her musical partner Paul Boffa and special guest Dave Grippo for a personal and ensemble performance that evokes the warmth of her personality and soulful notes of her voice. Whether for an audience in the hundreds or just an intimate crowd, the result is always like she’s there with you, in your living room, singing real stories of life, love, loss, and other experiences we can all relate to. Myra’s own, Shelburne Vineyard-made FLYNN wine will be available by the glass and Luiza will be on hand with her *Pierogies Made with Love*. Tickets \$10 available at https://www.picatic.com/MyraFlynn_Uncorked or at the door. Shelburne Vineyard, 6308 Shelburne Rd., Shelburne. For more information: www.shelburnevineyard.com.

At the Flynn Center for the Performing Arts this fall and early winter: Thursday, November 1, *TURNmusic* returns with its signature twist on chamber music. Vermont-based soprano Mary Bonhag sings Sarah Kirkland Snider’s song cycle, *Penelope*, a piece moving organically from moments of elegiac strings-and-harp reflection to dusky post-rock textures with drums, guitars, and electronics. Sunday, November 4: *The Beethovens of Today*, a two-concert series celebrates the Lake Champlain Chamber Music Festival’s 10th birthday with world premieres by two of the current generation’s outstanding composers, Nick DiBerardino and TJ Cole. Each program also includes individual movements that trace Beethoven’s early, middle, and late periods. Festival Co-Artistic Director Soovin Kim will host an illuminating discussion about Beethoven’s compositional development through his life and the future development of the composers of today. Saturday, November 10: Detroit-born, Berlin-based singer/songwriter, polyglot poet, translator, and activist Daniel Kahn concocts tenderly furious klezmer. With *the Painted Bird*, he presents a variety of electrifying songs inspired in part by the struggles of Jewish revolutionaries at the turn of the century, and in part by his own intense desire for a better world. Kahn’s brand of Yiddish punk cabaret has stormed through rock clubs, festivals, and shtetls from Berlin to Boston, Leningrad to Louisiana. Sunday, November 11: Burkina Faso balafon master Mamadou Diabaté comes from the “Jeli” tradition of the Sambla peoples, whose musical language literally mirrors the spoken language. For this incredibly rich FlynnSpace performance, Diabaté brings a band of six Burkina Faso master musicians. For more information and tickets, contact the FlynnTix Box Office 802-863-5966 or www.flynnitix.org.

THEATER/FILM

At the Flynn Center for the Performing Arts this fall and early winter: Monday, October 22, *Spamalot*, lovingly ripped off from *Monty Python and the Holy Grail* by Eric Idle and John Du Prez, this play retells the legend of King Arthur and his Round Table, featuring show girls, cows, killer rabbits, and French people. Thursday, October 25, Ping Chong + Co present *Beyond Sacred*, an interview based production exploring the social challenges faced by young Muslims at school, at work, and anywhere else. The five young performers are from diverse backgrounds, reflecting a wide range of Muslim identities. Their true stories create a beautiful, funny, and poignant cry for tolerance and transports audiences from ignorance to knowledge, from estrangement to connection, and from wariness and fear to acceptance and love. The performance culminates in a post-show talk. Thursdays, October 25 and November 1, *Frankenstein* returns to international cinemas this Halloween, to mark the 200th anniversary of Mary Shelley’s most famous novel. Captured live in 2011 from the National Theatre stage in London. Friday-Saturday, November 2-3: *Broadway’s Next Hit Musical*, the only unscripted theatrical awards show. Audience members write down made up song titles and our master improvisers gather these suggestions and present them as “nominated songs” for this coveted award. The troupe of comics creates spontaneous scenes and songs filled with dancing, catchy melodies, and laughter. The audience votes for their favorite song and watches as the cast turns that song into a full-blown improvised musical, complete with memorable characters, witty dialogue, and plot twists galore. Thursday, November 8: *NTL: Allelujah!* The Beth, an old fashioned cradle-to-grave hospital serving a town in Yorkshire, is threatened with closure as part of an efficiency drive. A documentary crew, eager to capture its fight for survival, follows the daily struggle to find beds on the Dusty Springfield Geriatric Ward, and the triumphs of the old people’s choir. By celebrated British writer Alan Bennett, whose plays include *The Madness of George III. Allelujah!* is his tenth collaboration with award-winning director Nicholas Hytner.


Thursday-Friday, November 8-9: *The Peculiar Patriot* is Liza Jessie Peterson’s one-woman takedown of the American criminal justice system, based on Peterson’s time working at Riker’s Island. The profane, rousing, and frequently hilarious story follows Betsy LaQuandra Ross as she visits penitentiaries to boost the morale of incarcerated friends and family, navigating love amid the barbed wire. *The Peculiar Patriot* gives voice to the voiceless and shines a glaring light on America’s fastest growing epidemic/industry with provocation and razor wit dialogue. Recommended for ages 18 and older. For more information and tickets, contact the FlynnTix Box Office 802-863-5966 or www.flynnitix.org.

On Saturday, October 27, Middlebury College and Vermont Dance Alliance present guest artist Odeya Nini in *Free the Voice* workshop (free), 12:00 – 3:00 PM, and *A Solo Voice* Informal Performance (by donation); both at the Mahaney Center for the Arts, Middlebury College, Middlebury.


Future Vermont Dance Alliance events: Wednesday, November 14 – American Flatbread Benefit Bake (dinner fundraiser), 5:00 – 11:00 PM, Burlington. Saturday, December 8 – Composition Workshop with Jessie Owens and Danielle Tekut 2:00 – 2:30 PM, and Gala Works in Progress Showing and Fundraiser #2, 5:00 PM, at River Arts, Morrisville. For information, vermontdance.org.

Shelburne Players will present *Sleeping Indoors* on Thursday-Saturday, October 18-20 at Shelburne Town Center. In this comedy-drama by Jim Holt, a literary reviewer and his wife, Paul and Nora, invite Dwain, a homeless man, into their home for Christmas dinner. They don’t expect to be so charmed by him or that his journal will be a literary masterpiece. But can Dwain, whose art thrives in anonymity, be convinced to give up the only life he’s known for such comforts as sleeping indoors? For more information and to reserve tickets, www.shelburneplayers.com.


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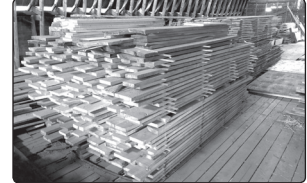
Engage with the Chicago Children's Theatre company and to learn more about their work with the Flynn in devising an original theatrical performance for our community, Red Kite, Green Mountain. What are the best practices for devising work for students with Autism Spectrum Disorder? How does this knowledge translate to creating an inclusive classroom environment? We will explore these and other ideas through conversation and hands-on activities. At the Flynn Center for the Arts, Burlington, Friday, November 9; for information and tickets, 802-863-5966, www.flynncenter.org, or www.flynnntix.org. PHOTO CONTRIBUTED


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MMCTV news

Mount Mansfield Community Television (MMCTV) will be holding its third board meeting of 2018 on Monday October 22, 6:15 PM, at our studio at 35 West Main St., Richmond. If you watch MMCTV and would like to contribute your voice to the discussion about local public access, please join us! Whether you enjoy watching local government meetings on Channel 17, or the programming on public/educational Channel 15 or online, we'd love to hear from you. On the agenda: a look at our recent financial reports (including the noted statewide drop in cable revenues for public access); MMCTV's plan to shift to a new video hosting platform (MMCTV will soon migrate its videos from *Vimeo.com/mmctv* to its own website *MtMansfieldCtv.org*); production news; and a focus on our organization's mission statement.

Call for backyard wildlife footage – Community producer Gregg Stevens is creating a crowd-sourced video made up of footage from Vermonters' phones, game cameras, and home security systems. If you have any videos of insects, amphibians, fish, birds, reptiles, or mammals you'd like to share for this project, please drop the footage into the folder at <http://bit.ly/VtWildlifeFootage> along with a text file describing the content, location, and your name and contact information, by Wednesday, October 31.

MMCTV helped organize a candidates' forum on Tuesday, October 16 at 6.30 PM at the Richmond Free Library. Incumbent State Representative Marcia Gardner and candidate Terry Moultroupe fielded questions from the audience, leading up to the November elections. The public was invited to participate in the discussion, moderated by David Sunshine and filmed by MMCTV. The Western Slopes Business Association also sponsored the event.

If you appreciate all MMCTV does for your community, consider donating as you do to your other favorite local media. It's easy – click the "donate" button on the donations page and contributing via Paypal, or send a check to MMCTV, P.O. Box 688, Richmond, VT 05477. For more information: 802-434-2550 or www.MtMansfieldCtv.org.

WNRCD seeks participants for Trees for Streams

The Winooski Natural Resource Conservation District (WNRCD) is currently seeking landowners who live along rivers or streams within Chittenden or Washington County, and in the towns of Washington, Williamstown, and Orange, for our 2019 *Trees for Streams* program. WNRCD wants to work with you to identify stream banks along your property that suffer from or are vulnerable to erosion and then coordinate riparian buffer plantings.

Riparian buffers are the grasses, shrubs, and/or trees that grow along streams. In natural conditions these plants colonize stream banks, controlling erosion and helping to filter and clean storm water runoff before it enters our waterways. Sometimes, historic land uses have removed these natural protective zones. Without this protection, stream banks become unstable, erode, and become a greater source of pollution. According to the Lake Champlain Basin Program's most recent State of the Lake report, the erosion of stream banks accounts for 18% of Vermont's total phosphorus loads into Lake Champlain.

If you own property along a stream or river and would be interested in having a riparian buffer planted on your property, please email info@winooskinrcd.org or visit the WNRCD website winooskinrcd.org/work/watershed-stewardship, and fill out the form labeled "Trees for Streams Interest Form."

The WNRCD is one of 14 conservation districts throughout Vermont. It encompasses all of Chittenden and Washington County as well as parts of Orange County (Orange, Williamstown, and Washington). The district relies on grants and individual donations to complete its conservation work. The WNRCD focuses its resources on completing conservation projects within the areas of agricultural assistance, forestland enhancement, urban conservation and watershed stewardship.

Hyde Park residents Patti Braun (left) and Diane Szlachetka are currently showing their works in pastels and watercolor at the Copley Hospital Art Gallery located on the first floor. PHOTO CONTRIBUTED

United Way of Northwest Vermont – Volunteer Connection Listings

By Sue Alenick, United Way Volunteer Columnist

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

PHON-A-THON – Burlington Dismas House needs volunteers to help raise funds by preparing donor letters during their annual Phone-A-Thon on Monday-Wednesday, November 12-14, 5:30 – 8:30 PM at St. Michael's College, Colchester. Dinner provided. Contact Zoe Bishop, 658-0381 or zoe@dismasoftvt.org.

CHILD CARE – Lund is in need of volunteers to provide morning child care weekdays from 7:00 – 9:00 AM and weekends from 8:30 – 10:00 AM while moms attend meetings. Volunteers should be able to commit to a regular schedule for a minimum of one year. Background check required. Contact Julie Richards, 864-7467, Ext. 2028, or julier@lundvt.org.

FINISH IT UP – Green Mountain Habitat for Humanity is seeking help this fall on two Burlington build sites to complete interior finish work projects so families can move in before the snow flies. All tools supplied. No experience necessary. Contact Allison DeVoe, 318-7533 or adevoe@vermonthabitat.org.

GLEANNING – Salvation Farms needs willing hands to glean many pounds of apples from a lovely Hinesburg orchard so they can be packed for distribution through the charitable food system. Friday-Saturday, October 19-20. Contact Carly Monahan, 888-4360 or carly@salvationfarms.org.


MENTOR! MENTOR! – Connecting Youth Mentoring serves 5th through 12th graders who want a little extra adult attention in their lives. The Champlain Valley School District is looking for mentors at schools in Charlotte, Hinesburg, Williston, and Shelburne and at CVU High School. Middle school mentors and student mentees spend an hour together each week at the middle schools or meet four or more hours a month in the community with high school mentees. Training and support provided. Background check and one year commitment required. Contact Christin Lloyd-Newberry, 985-1931 or cnewberry@cvsdvt.org.

GRANT WRITER NEEDED – Island Arts is in need of a volunteer to assist its Board of Directors in researching and writing grants. Contact Katya Wilcox, 372-8889 or info@islandarts.org.

FRONT OFFICE – Milton Family Community Center is in need of front office volunteer held to greet guests, answer phones, print and copy documents, compile Microsoft Excel spreadsheets, and more. Contact Kelly Hughes, 893-1457 or khughes@miltonfamilycenter.org.


WALK WITH ELDERS – Ethan Allen Residence invites volunteers to join their Walking Buddies Program. Many residents love to walk on a daily basis but need a "buddy" with them for added safety awareness. Sign up for any day and time of the week and help keep residents outside and moving! Contact Cameron Segal, 843-408-7114 or csegal@livingwellgroup.org.

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FAMILY PLAY – The Janet S. Munt Family Room invites volunteers to participate in the popular, diverse, and wonderfully energetic drop-in Family Play program. Volunteers can introduce arts and crafts, engage in tutoring ESL students, help prepare meals, and more. Tuesdays and/or Thursdays, from 9:00 AM. Orientation provided. Contact Emily Merrill, 862-2121 or emily@thefamilyroomvt.org.

Send your news to mtgazette@earthlink.net