

Calendar of Events

Upcoming Events

THURSDAY, JULY 1

Dyad Communication Workshop

Learn and practice speaking your truth, and experience being truly heard and received. Come alone or bring a friend for a contemplative evening.
6:15 p.m. Montpelier. \$5 suggested donation. For more information or to register, contact Maggie Fox at 522-5855 or info@vibrance.com.

FRIDAY, JULY 2

Outdoor Summer Sale

11 a.m.-6 p.m. Trinity United Methodist Church, 137 Main Street, Montpelier. Rain or shine. 229-9155. Sale continues Saturday, July 3.

SATURDAY, JULY 3

Outdoor Summer Sale

9 a.m.-6 p.m. Trinity United Methodist Church, 137 Main Street, Montpelier. Rain or shine. 229-9155.

Tulsi Tea Room Grand Reopening Celebration

Tea and cold drinks, sweet and savory samples, entertainment, intuitive readings and herbs in the tea room's newly renovated space.
10 a.m.-5:30 p.m. 34 Elm Street, Montpelier.

Free Carillon Concert at Norwich

Bring a picnic and hear Norwich's "singing tower" played. This week's carillonneur: George Matthew Jr. of Norwich and Middlebury. Weekly series through July.
1 p.m. Upper Parade Green, Norwich University, Northfield. Free. 485-2318 or nucarillon@norwich.edu.

Family Fun Day at the Pool

Free swimming, water games and land events.
1:30-4 p.m. Montpelier swimming pool, Elm Street. Free. 223-6829.

Montpelier's 11th Annual Independence Day Celebration

Daylong festivities throughout downtown: pancake breakfast, chicken BBQ, entertainers, circus and vaudeville, lawn party at the library, food and craft vendors, road race, street dances and more—including the parade at 6 p.m. and fireworks at 9:30.
For a complete schedule, visit www.montpelierlive.org. To volunteer, call 223-9604.

Walk with the Green Mountain Club, Montpelier Section

The year's easiest hike! Very slow, 1 mile. Celebrate the club's 100th birthday by walking in the parade down Main and State Streets in Montpelier.
Contact coordinators Reidun Nuquist, 223-3550, and Thomas Weiss, 223-5603, to sign up. Meet at the parade staging area.

TUESDAY, JULY 6

Water Walk with Mark Ferguson

For children in grades 1 and up.
1 p.m. Waterbury Public Library. Registration required: call 244-7036.

Author Reading and Signing: Howard Norman

The novelist reads from his newest book, *What Is Left the Daughter*, an erotically charged and morally complex story.
7 p.m. Bear Pond Books, 77 Main Street, Montpelier. Free. 229-0774.

WEDNESDAY, JULY 7

Pirate Party at the Library

Children age 5-76 are invited for adventure on the high seas. Make a pirate craft, listen to some sea shanties and play a pirate game.
2 p.m. Kellogg-Hubbard Children's Library. Free. 223-4665.

SUBMIT YOUR EVENT! E-mail artsup@sover.net.

SPOTLIGHT: MUSIC



Village Harmony Teen Ensemble Concert

"Now shall my inward joys arise and burst into a song! Almighty love inspires my heart, and pleasure tunes my tongue," reads a quote by Isaac Watts on the website banner for Village Harmony, the Vermont-based singing organization. The touring summer teen ensemble (above) is likely to fill the Unitarian Church to the rafters with their outward joy and mighty love expressed through old and new songs from around the world.

Tuesday, July 13, 7:30 p.m. Unitarian Church, 130 Main Street, Montpelier. \$10 adults, \$5 students and seniors. 426-3210.

Authors at the Aldrich: Henry Homeyer

The Vermont gardener presents his books *Vermont Gardener's Companion* and *Notes from the Garden*. Light refreshments follow. Part of a weekly series through the summer.
6 p.m. Milne Community Room, Aldrich Public Library, Barre. Free. 476-7550 or www.aldrich.lib.vt.us.

Capitol City Band Concert

Lively, classic band music.
7 p.m. State House lawn, Montpelier. Concerts every Wednesday at 7 p.m. all summer.

THURSDAY, JULY 8

Pizza at the Pool

Refreshments for sale.
5-6:30 p.m. Montpelier swimming pool, Elm Street. 223-6829.

FRIDAY, JULY 9

Special Preschool Dance Story Time

With One Studio. For children age 3-6.
10-10:45 a.m. Waterbury Congregational Church. 244-7036.

Live Music



BLACK DOOR BAR & BISTRO

Friday, July 2
Motortown Revival (Motown)
Wednesday, July 14
Comedy night with Joel Chaves, Martha Tormey, Tracie Spencer and Kathleen Kanz, 8:30 p.m.
44 Main Street, Montpelier. All shows at 9:30 p.m. unless noted. Nominal cover. 223-7070 or www.blackdoorvt.com.

CHARLIE O'S

Friday, July 2
Dave Keller Band (blues)
Saturday, July 3
Concrete Rivals; In This Century (surf rock)

Wednesday, July 7

George Christianson (solo acoustic)

Friday, July 9

Abby Jenne and The Enablers (rock)

Saturday, July 10

TBA

Wednesday, July 14

Brett Hughes (honky-tonk)

Thursday, July 15

The Watch Poets: Junk in a Box (performance art)

Friday, July 16

The Mumbles (indie)
70 Main Street, Montpelier. 223-6820.

LANGDON STREET CAFÉ

Friday, July 2

24 First Avenue Show (acoustic), 8 p.m.

Saturday, July 3

IndepenDANCE with Rusty Belle, Lowry, Free Advice and DJ Two Tone

Monday, July 5

Open mic, 7 p.m.

Tuesday, July 6

Wasted Lives (honky-tonk), 8 p.m.

Wednesday, July 7

Patrick Coman (acoustic), 8 p.m.

Alyssa Graham (jazz), 9 p.m.

Quinn DeVeaux (soul), 10 p.m.

Thursday, July 8

Transcontinental Revue: Anais Mitchell with Mike and Ruthy (acoustic), 8 p.m.

Friday, July 9

Davin McCoy (acoustic), 8 p.m.

Dan Haley is Mr. Casual (rock), 10 p.m.

Saturday, July 10

Max & Mickey (bluegrass), 8 p.m.

Dance club with DJ Two Tone, 11 p.m.-2 a.m.

Monday, July 12

Open mic, 7 p.m.

Tuesday, July 13

Shallow Readers book club, 6:30 p.m.
Information Overload with Jen Dole (trivia), 7 p.m.

Comedy open mic, 9 p.m.

Wednesday, July 14

Games Unplugged (gaming), 6 p.m.

Thursday, July 15

Putnam Smith (old-time), 7:30 p.m.
Perdue, Shores, and Harlos (jazz), 9 p.m.

Friday, July 16

Friday Happy ARRRGH! with The Shanty Rats (pirate drinking songs), 6 p.m.
Sweet Hound (rock), 10 p.m.

Saturday, July 10

HuDost (world), 9 p.m.
Dance club with DJ Two Tone, 11 p.m.-2 a.m.

4 Langdon Street, Montpelier. Most shows by donation. 223-8667 or www.langdonstreetcafe.com.

MAIN STREET BAR & GRILL

Tuesday, July 6

Abby Jenne
118 Main Street, Montpelier. All shows 7-10 p.m. unless noted. 225-3304.

Calendar of Events

Swing Dance with Live Band

Lesson in East Coast, followed by an open dance with Miss Shirley's Buckle Shiners. All ages and experience levels welcome. No partner needed. Bring socks or soft-soled shoes. *Beginner lesson, 7:30 p.m. Open dancing, 8-11 p.m. Capital City Grange, Northfield Street/Route 12, Montpelier. \$10. Dana, 229-4008.*

SATURDAY, JULY 10

Member Guest Day at the Pool

Have a pass to the pool? Bring a friend for free! *Montpelier swimming pool, Elm Street. 223-6829.*

Hike with the Green Mountain Club, Montpelier Section

Moderate 10-mile hike to Skylight Pond in Ripton via Burnt Hill Trail, Long Trail and Skylight Pond Trail. *Contact leader Steve Lightholder, 479-2304, for meeting time and place.*

Free Carillon Concert at Norwich

Bring a picnic and hear Norwich's "singing tower" played. This week's carillonneur: Hans Hielscher of Wiesbaden, Germany. Weekly series through July. *1 p.m. Upper Parade Green, Norwich University, Northfield. Free. 485-2318 or nucarillon@norwich.edu.*

Vermont Symphony Orchestra Outdoor Concert

A program of songs about the birds and the bees—quite literally: it's entirely G-rated—with picnicking and fireworks. *7:30 p.m.; gates open at 5 p.m. for picnicking. Three Stallion Inn, Randolph. Tickets in advance: \$29 adults, kids 18 and younger free; at the gate: \$32 adults, \$18 kids. www.vso.org or 863-5966.*

TUESDAY, JULY 13

Bike Ride with the Green Mountain Club, Montpelier Section

Moderate 20- to 25-mile ride in South Hero with views of Lake Champlain and a possible swim. Bring helmet and lunch. *Contact leaders Reidun and Andrew Nuquist, 223-3550, for meeting time and place.*

Waterbury Community Band Concert

A variety of marches, show-tune favorites and other concert band selections. *7 p.m. Rusty Parker Park, 51 Main Street, Waterbury. Free. 802-888-4977 or waterburycommunityband@yahoo.com.*

Village Harmony Teen Ensemble Concert

Traditional music from Bulgaria, Quebec, Corsica and Georgia, American shape-note and Appalachian harmonies, and newly composed works by Will Rowan. *7:30 p.m. Unitarian Church, 130 Main Street, Montpelier. \$10 adults, \$5 students and seniors. 426-3210.*

WEDNESDAY, JULY 14

Redwing Puppet Theater at the Library

An afternoon with Chuck Meese, beloved Vermont storyteller, musician and puppeteer. *2 p.m. Kellogg-Hubbard Library. Free. 223-3338.*

Barbeque at the Pool

Hot dogs and hamburgers for sale. *5-6:30 p.m. Montpelier swimming pool, Elm Street. 223-6829.*

'You Come, Too': Seasonal Poetry Series

Read and discuss some of Gerard Manley Hopkins' poems, including "God's Grandeur," "The Windhover" and "Pied Beauty." Monthly series, focusing on British poets through August *5:30-6:30 p.m. Vermont Humanities Council, 11 Loomis Street, Montpelier. Free. RSVP encouraged (262-2626, ext. 307), but not required.*

Authors at the Aldrich: Gary Kowalski

The Vermont minister presents his books *Revolutionary Spirits, The Souls of Animals and Earth Day: An Alphabet Book*. Light refreshments follow. Part of a weekly summer series. *6 p.m. Milne Community Room, Aldrich Public Library, Barre. Free. 476-7550 or www.aldrich.lib.vt.us.*

Capitol City Band Concert

Lively, classic band music. *7 p.m. State House lawn, Montpelier. Concerts every Wednesday at 7 p.m. all summer.*

Front Porch Art: Deep River Blues

An evening of musical storytelling for all ages with Tom Stamp and Rik Palieri. Return to summer entertainment of yore with these renowned storyteller-musicians. *7-8 p.m. American Legion, 16 Stowe Street, Waterbury. 244-7036.*

SUPPORT GROUPS

Circle of Parents

For parents of children of all ages. *Montpelier. Free; child care provided. Call 229-5724 for more information.*

Bereavement

Support Group

For anyone who has experienced the death of a loved one. Day or evening meetings. *Every other Monday, 6-8 p.m. Every other Wednesday, 10-11:30 a.m. Central Vermont Home Health and Hospice, 600 Granger Road, Barre. Ginny or Louise, 223-1878.*

Grandparents Raising Their Children's Children

Child care provided in Montpelier and Waterbury. *First Wednesdays, Barre Presbyterian Church, Summer Street, 10 a.m.-12 noon. Second Tuesdays, Wesley Methodist Church, Main Street, Waterbury, 6-8 p.m. Third Thursdays, Trinity United Methodist Church, 137 Main Street, 6-8 p.m. Evelyn, 476-1480.*

Brain Injury

Support Groups

Open to all brain injury survivors, caregivers and adult family members. Evening group facilitated by Marsha Bancroft; day group facilitated by Kathy Grange and Jane Hulstrunk. *Evening group meets first Tuesdays, 5:30-7:30 p.m., DisAbility Rights of Vermont, 141 Main Street, Suite 7, Montpelier, 800-834-7890, ext. 106. Day group meets first and third Thursdays, 1:30-2:30 p.m., Unitarian Church, Montpelier, 244-6850.*

Essential Tools for Caregivers

For anyone caring for someone with a long-term or life-limiting illness. *Tuesdays, 10-11:30 a.m. Central Vermont Home Health and Hospice, 600 Granger Road, Barre. Louise, 223-1878.*

Parents Bereavement Support Group

Second Tuesdays, 6-8 p.m. East Montpelier Room, Kellogg-Hubbard Library, Montpelier. Jeneane, 485-9353.

Celiac Support Group

Third Tuesdays, 6-7:30 p.m. Central Vermont Medical Center. Free.

Parents of Challenging Children

For adoptive parents of children with serious emotional and behavioral issues. *Wednesdays, 10:30 a.m.-12:30 p.m. Easter Seals Vermont, 641 Comstock Road, Berlin. 223-4744.*

Cancer Support Group

Third Wednesdays, 5:30-7 p.m. For location, call Ellen at 223-6196.

Prostate Cancer Support Group

Third Wednesdays, 6-7:45 p.m. Conference Room 2, Central Vermont Medical Center. Free. 223-2933.

Alzheimer's Support Group

Second Wednesdays, 7-9 p.m. Community National Bank, Barre. 476-5116 or 476-4822.

Eating with Grace

For women wanting to make peace with food, weight and body image issues. *Wednesdays, 6-8:30 p.m. 100 State Street, Montpelier. Interview required; contact Anya, 229-0399.*

Mothers Tea Group

Mothers with children under age 1 welcome. Hosted by Gentle Landing Midwifery. *Every other Thursday, 10-11 a.m. The Loft, 174 River Street, Montpelier. \$5 for tea and cookies. Registration required. 279-3158.*

NAMI: Connection

A peer-led, recovery-oriented support group for individuals living with mental illness. *First and third Thursdays, 6-7:30 p.m. Kellogg-Hubbard Library, Montpelier. 800-639-6480 or connection@namivt.org.*

Men's Group

Men discuss challenges of and insights about being male. *Thursdays, 6:15-8:15 p.m. 174 Elm Street, Montpelier. Interview required; contact Neil Davis, Psychologist-Master, 223-3753.*

Diabetes Support Group

First Thursdays, 7-8 p.m. Central Vermont Medical Center. Free.

Overeaters Anonymous

Twelve-step program for physically, emotionally and spiritually overcoming overeating. *Fridays, 12 noon-1 p.m. Bethany Church, 115 Main Street, Montpelier. Free. 223-3079.*

Theater



THE GONDOLIERS

Gilbert and Sullivan's operetta. *July 1-3, 9-11 and 15-17, 7:30 p.m. Unadilla Theatre, East Calais. \$20. For directions and more information, call 456-8968 or visit carpenterpitkin.com/gondoliers.*

LOVE LETTERS MADE EASY

Vermont playwright Jeanne Beckwith's quirky, laugh-out-loud comedy on the promises, perils and pitfalls of love in today's electronic age. *Through July 11. 7 p.m. Thursdays and Sundays; 8 p.m. Fridays and Saturdays. Lost Nation Theater, 39 Main Street,*

Montpelier. \$20 Thursdays, \$25 Fridays-Sundays. Discounts for students and seniors. Tickets and information at 229-0492 or www.lostnationtheater.org.

ANNIE

Chandler's 12th annual summer youth musical, featuring more than 100 Vermont children and teens. *July 1-3, 7 p.m.; matinee Saturday at 1 p.m. Chandler Music Hall, 71-73 Main Street, Randolph. \$18 adults, \$12 students. Tickets at 431-0204 (3-6 p.m. weekdays) or www.chandler-arts.org*

ONGOING AUDITIONS

Looking for two men and two women for an original musical at Lost Nation Theater this October. Rehearsals start July 1. *Call 485-4433 to arrange an audition.*

Montpelier's Independence Day Celebration!

★ Saturday, July 3 ★

★ Parade at 6 p.m., fireworks at 9 p.m. ★



(Plus pancake breakfast, chicken BBQ, entertainers, circus and vaudeville, lawn party at the library, food and craft vendors, road race, street dances and more.)

www.montpelierlive.org
for complete schedule.

MORE ONGOING EVENTS NEXT PAGE

Calendar of Events

Ongoing Events

BOOKS

Kellogg-Hubbard Library Book Sale

High-quality books and other media, organized by subject. Benefits the library. Kellogg-Hubbard Library, Montpelier. Through July 17. 223-3338.

Women's Book Club

Second Thursdays, 6:30 p.m. Kellogg-Hubbard Library, Montpelier. 223-7067.

COMMUNITY

Meeting on Disability Rights

Share stories and concerns. Third Thursdays, 1-3 p.m. Vermont Center for Independent Living, 11 East State Street, Montpelier. Free. 639-1522 or 229-0501 (both V/TTY numbers as well).

Exhibits



BLINKING LIGHT GALLERY

Less is Enough, new oil pastels and photography by Plainfield resident Dennis Murphy, created following his stroke three years ago.

16 Main Street, Plainfield. Through August 1 Reception July 10, 2-5 p.m. Hours: Thursday, 2-6 p.m.; Friday-Sunday, 10 a.m.-6 p.m. 454-0141 or www.blinkinglightgallery.com.

CHANDLER GALLERY

Impressions, works by George Lawrence and Virginia Webb. 73 Main Street, Randolph. Through August 29. Hours: Thursday, 4-6 p.m.; Saturday and Sunday, 1-3 p.m. 431-0204.

GREEN BEAN ART GALLERY

Cosmic Canvas, paintings by Missy Storrow, Linda Maney and Robin Lahue.

Capitol Grounds, 27 State Street, Montpelier. Through July. artwbrtd23@yahoo.com.

HANGMAN GALLERY

Expression Meets Expression, works by Burton Kopelow. 41 South Main Street, Hardwick. Through July 18. Dou, 310-5318 or bkinfo@mtmoosic.com.

PLAINFIELD COMMUNITY CENTER

One Single Catastrophy, cheap art resurrecting the angel of History to give him a chance to speak Above the co-op in Plainfield. Through the summer. Diana, 525-4515 or diana_sette@yahoo.com.

STUDIO PLACE ARTS

Anarchy, group show in various media; *Not Just Childs' Play*, art by Barre students; and *Detours*, works by Angelo Arnold and Jason Baldwin 201 North Main Street, Barre. Through July 31. Hours: Tuesday-Friday, 10 a.m.-5 p.m.; Saturday, 12 noon-4 p.m. 479-7069 or www.studioplacearts.com.

T.W. WOOD GALLERY

Current work by Catharine Hall and Axel Stohlberg; also works by Thomas Waterman Wood. 26 College Street, Montpelier. Through July 18. Hours: Tuesday-Sunday, 12 noon-4 p.m. 828-8743 or twwoodgallery.org.

CRAFT

Quilting Group

Working meeting of the Dog River Quilters. Second Wednesdays, 6-7:30 p.m. Maplewood Quilts, 29 East Street, Northfield. 223-7984.

DANCE

Ecstatic Dance

Free-form community dance based on various musical styles in a safe, alcohol-, food- and smoke-free environment. Bring water. First and third Wednesdays, 7-9 p.m. Worcester Town Hall, corner of Elmore Road and Calais Road. \$3-\$5 donation. Fearn, 505-8011.

DJ Club Deep House

Luscious Techno Dance Party Fridays, 10 p.m. Lamb Abbey, 65 Pioneer Center, Montpelier. \$10. Age 17 and older; responsible BYOB for age 21 and older. Through September 3. 1-888-406-5729 or www.thelambabbey.com.

Swing Dances

All ages and experience levels welcome. No partner needed. Bring socks or soft-soled, indoor-only shoes.

Second and fourth Fridays. Lessons in lindy or East Coast, 7:30 p.m. Open dancing, 8-11 p.m. Capital City Grange, Northfield Street, Montpelier. \$8. 229-4008.

Contra Dances

All dances taught; no partner necessary. All ages welcome. Bring soft-soled shoes. First, third and fifth Saturdays, 8-11 p.m. Capital City Grange, Northfield Street, Montpelier. \$8. 744-6163.

FOOD

Capital City Farmers Market

More than 40 new and returning local vendors offering plants, food and crafts of all kinds. Live music and demos. Saturdays, 9 a.m.-1 p.m. State Street, Montpelier. Carolyn, 223-2958, or www.montpelierfarmersmarket.com.

GAMES

Youth Chess Club

Wednesdays, 5:30 p.m. Kellogg-Hubbard Children's Library. Free. Robert, 229-1207.

Games at the Library

Over 100 games to choose from. Fridays, 3-5 p.m. Kellogg-Hubbard Children's Library. Free. 223-4665.

Dungeons and Dragons

Fridays, 4-5:30 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-4665.

Apollo Duplicate Bridge Club

All welcome. Partners sometimes available. Fridays, 6:45 p.m. Bethany Church, Montpelier. 485-8990 or 229-3922.

KIDS & TEENS

The Basement Teen Center

Cable TV, PlayStation 3, pool table, free eats and fun events for teenagers. Monday-Thursday 3-6 p.m.; Friday 3-11 p.m. Basement Teen Center, 39 Main Street, Montpelier. 229-9151.



LIST YOUR EVENT!

E-mail artsup@sover.net.

Deadline for the July 15 issue is Thursday, July 8, at 5 p.m.

High-resolution photos are welcome for possible calendar spotlights.

All listings are published free of charge.

Storytime at the

Waterbury Public Library

Mondays, age 2. Wednesdays, babies/toddlers. Fridays, preschoolers. 10 a.m. Waterbury Public Library. Free. 244-7036.

Youth Group

Games, movies, snacks and music. Mondays, 7-9 p.m. Church of the Crucified One, Route 100, Moretown. 496-4516.

Storytime at the

Kellogg-Hubbard Library

Tuesdays, Wednesdays and Fridays, 10:30-11:30 a.m. Kellogg-Hubbard Library, Montpelier. Free. 223-4665.

Comics Club

Kids ages 8-18: drop in and learn how to write, design and draw your own comics. Tuesdays, 3:30-5 p.m. Kellogg-Hubbard Library, Montpelier. Free. 223-4665.

Lego Club

Thursdays, 3:30-5 p.m. Kellogg-Hubbard Children's Library. Free. 223-4665.

Dads and Kids Playgroup

For children age 5 and younger and their male grownups. Free dinner included. Thursdays, 6-7:30 p.m. Family Center of Washington County, 383 Sherwood Drive, Montpelier. Christopher, 262-3292, ext. 115.

Infant/Child Car Seat

Inspections First Fridays, 12 noon-4 pm. Berlin Fire Station. Free. Appointment required: call 371-4198.

LANGUAGE

Lunch in a Foreign Language

Bring lunch and a dictionary! 12 noon-1 p.m. Wednesdays, Spanish. Thursdays, French and Italian. Fridays, German. Kellogg-Hubbard Library, Montpelier. 223-3338.

MUSIC

Vermont Fiddle Orchestra

All traditional acoustic folk musicians (fiddlers, cellists, guitarists etc.) welcome. Mondays. St. Augustine's Church, Barre Street, Montpelier. Starts June 7. 1-877-343-3531 or www.vtfiddleorchestra.org.

Barre-Tones Rehearsal

A cappella barbershop group, open to all women age 18 and older who love to sing. Mondays, 7 p.m. Alumni Hall, Barre Auditorium. www.barretonesvt.com.

Waterbury Community

Band Concerts

Outdoor concerts of show tunes, marches and old-time favorites. Tuesdays, 7 p.m. July 13, Rusty Parker Memorial Park. July 27, Waterbury Center Park. 888-4977 or waterburycommunityband@yahoo.com

Capitol City Band Concerts

Lively, classic band music. Wednesdays, 7 p.m. State House lawn, Montpelier.

The Guitar Sam Jam

Open to all: electric and acoustic, all styles and abilities. Last Wednesdays, 8 p.m. Lamb Abbey, 65 Pioneer Center, Montpelier. 229-2200 or www.thelambabbey.com.

Songwriters' Meeting

Meeting of the Northern VT/NH chapter of the Nashville Songwriters Association International. Bring copies of your work. Third Thursdays, 6:45 p.m. Catamount Arts, St. Johnsbury. John, 633-2204.

Shape Note/Sacred Harp Sing

No experience needed. All welcome. Second Sundays, 3-5 p.m. Plainfield Community Center (above the co-op). By donation. 426-3849 or 426-3850.

SPIRITUALITY

Christian Meditation Group

People of all faiths welcome. Mondays and Fridays, 12-1 p.m. Wednesdays, 5:30-6:30 p.m. Christ Church, Montpelier. Regis, 223-6043.

Traveling the Path to

Enlightenment

Overview of Tibetan Buddhism for all levels. Tuesdays, 6:30-8:30 p.m. Milarepa Center, Barnet. By donation. Through August. 633-4136 or www.milarepacenter.org.

Shambhala Buddhist

Meditation

Instruction available. All welcome. Wednesdays, 6-7 p.m. Program and discussion follow Wednesday meditation. Shambhala Center, 64 Main Street, Montpelier. Free. 223-5137.

Zen Meditation

Wednesdays, 6:30-7:30 p.m. 174 River Street, Montpelier. Call Tom for orientation, 229-0164. With Zen Affiliate of Vermont.

★ Ascetical Literature Studies

Homemade vegan soup served. Wednesdays, 6:45 p.m. (following 6 p.m. vespers). Greek Orthodox Church, Northfield Falls. abetti@gmail.com.

Taming the Mind

Meditation for all level of practice. Wednesdays, 7-8 p.m.; beginners' intro at 6:30 p.m. Milarepa Center, Barnet. By donation. Through August. 633-4136 or www.milarepacenter.org.

Science of Mind Principles

Study group for inquiring minds of all faiths. First and third Thursdays, 6-8 p.m. Universal Rivers of Life, 28 East State Street, Suite 4 (second floor), Montpelier. 233-3427 or robin@universalsriver.com.

Ecumenical Group

Songs of praise, Bible teaching, fellowship. Second and fourth Thursdays, 7-9 p.m. Jabbok, Barre. Free. 476-3873.

Philosophical Exploration

of Freedom With Kraye Grymonnt and Jane Weintraub. Bring an open mind and a willingness to... Saturdays, 9 a.m.-12 p.m. Gray Mountain Dojo, 174 Elm Street (side entrance). By donation. 917-1217.

THRIFT STORES

Trinity Community

Thrift Store

Something for everyone! Tuesdays and Thursdays, 10 a.m.-4 p.m.; Saturdays, 9 a.m.-2 p.m. Trinity United Methodist Church, 137 Main Street (use rear entrance), Montpelier. 229-9155 or tctsvt@yahoo.com.

WELLNESS

Community Reiki Clinics

Stress reduction and relaxation. Second Thursdays, 5:30-7 p.m. Conference room 3, Central Vermont Medical Center. Free; first come, first served.

Arts-in-Healing

For cancer survivors. Enjoy and share music, poetry and art. Second Thursdays, 12 noon-2 p.m. Central Vermont Home Health and Hospice. Free. 793-8404.

Inward Bound Yoga Studio

Info Session with Demo One-on-one yoga therapy for stress and emotional release. Men and women welcome. No experience necessary. Fridays by appointment. 104 Main Street (second floor), Montpelier. Sliding scale; Onion River Exchange credits accepted. 229-0041 or www.inside-out-yoga.com.

★ indicates new or updated listing for this issue

Calendar of Events

Classes/Workshops

ART & CRAFT

Classes at Studio Place Arts

Mixed media, clay sculpture, watercolor, photography, print-making and free slate carving for young teens. Call 479-7069 or visit www.studioplacearts.com for more information and to register.

COMPOSTING

★ On-Farm Composting 101

Learn about recipe development, feedstock mixing, pile formation, monitoring, management and site development. *Thursday, July 22, 9 a.m.-3:30 p.m. Highfields' Compost Demonstration and Research Site, Hardwick. \$25 farmers (\$15 each additional person from same farm), \$60 non-farmers. Register by July 19; contact 472-5138, ext 203, or june@highfieldscomposting.org.*

DANCE

★ Argentine Tango

With Judith Schwartz. Warm-up, mixed-level lesson, extended practice time. No partner needed; beginners welcome. Bring clean leather-soled shoes or heavy socks. *Thursdays, 7-9 p.m. Capital City Grange, Northfield Street/Route 12, Montpelier. \$20 per night, \$70 any four consecutive sessions. Through August 12. 603-504-2512 or judithanb@gmail.com.*

EMPOWERMENT

★ Weekly Circles for Women's

Empowerment

Learn to use your sensate being and self energy to make choices and create the life you say you want. *Tuesdays, 5:30-7:30 p.m. Horses and Pathfinders, Center for Equine Guided Education, 6899 Route 100B, Moretown. \$15 per session. 223-1903.*

★ Workshop for Leadership and

Empowerment

Practicing horse skills of communication and coordination for a natural and more effective leadership style. For relational, personal or professional use. *July 23-24. Horses and Pathfinders, Center for Equine Guided Education, 6899 Route 100B, Moretown. 223-1903.*

FOOD

★ ServSafe Food Safety Certification

Class and Exam

For all cooks, chefs, restaurant owners, managers, innkeepers, waitstaff, culinary teachers and students, dietary aides and food vendors who need to be certified or recertified. *Tuesday, July 20, 8 a.m.-5 p.m. Hunger Mountain Coop, Montpelier. \$125 Vermont Chamber of Commerce members, \$175 nonmembers; includes textbook and exam. Register by July 12; contact Samantha at 262-2114 or skolber@vtchamber.com.*

Make Butter, Whipped Cream and Ice Cream from Raw Cows' Milk

Presented by Rural Vermont, taught by Randy and Lisa Robar. *Saturday, July 10, 1-4 p.m. Hawk's Hill Farm, Barnard. \$20-\$40 sliding scale; benefits Rural Vermont. Registration required; contact Shelby at 223-7222 or sbelby@ruralvermont.org.*

KIDS

★ Trinity Methodist Youth Program

For children age 3-10. Activities include arts and crafts, cooking, games, music, dance, walks and hikes. *July 5-August 13, 9 a.m.-noon. Trinity United Methodist Church, 137 Main Street, Montpelier. \$25 per week or \$125 for six weeks. Register with Rebecca, 229-9158, or Diadel, 839-8548.*

★ Wood Summer Art Camp

With professional teachers and artists from the community. *July 5-9 and July 12-16. T.W. Wood Gallery and Vermont College green, Montpelier. Joyce or Tim, 828-8743.*

★ indicates new or updated listing for this issue

MOVEMENT (everything but yoga)

Breathing Light Studio

Pilates, yoga, qi gong and conditioning classes—day and evening—for all ability levels, led by experienced, caring instructors. Massage and acupuncture also available. *7 Main Street, Montpelier (next to Sarducci's, across from Shaw's). 229-2290 or www.breathinglight.org.*

Pilates at Essential PT and Pilates

Group and private sessions for all levels. Reformer available. *Pilates mat classes Monday-Thursday, noon. Beginner class Saturday, 9 a.m. 81 River Street (come around the back), Montpelier. \$12 per class. 262-1500 or essentialpt@yahoo.com.*

Tai Chi with Ellie Hayes

Mondays, 5-6:30 p.m. 64 Main Street (third floor), Montpelier. Registration required at 456-1983.

Summer Tae Kwon Do

With Brian Webb of Blue Wave Tae Kwon Do. For age 6 to adult; beginners welcome. *Mondays and Thursdays, 5:30-7:15 p.m. Montpelier Recreation Department gym. Through July 29. \$60 Montpelier resident, \$90 nonresident. Register at 225-8699.*

★ Qi Gong of the Light

A moving meditation of breath, visualization and sound based on Chinese meridian and five-element theory. Class held outdoors in a rural setting for the summer. *Mondays, 10 a.m. Contact Pamela, 485-8928, for more information and directions.*

Sun Do: Korean Qi Gong and Yoga

With Betsy Forrest. Combining yoga, breathing meditation and exercises for energy, flexibility and strength. *Mondays, 5:30-7 p.m. The Movement Center, 1 Granite Street, Montpelier. Eight weeks for \$60. 229-4262.*

Aikido of Montpelier

Tuesdays, 5:30-6:30 p.m. Wednesdays, 7-8 p.m. Thursdays, 6-7 p.m. 1 Granite Street, Montpelier. \$40 per month. 454-8550.

Tai Chi for Beginners

With Sara Norton. Slow, fluid movements to promote balance, release tension and awaken the flow of energy. *Tuesdays, 7:30-9 p.m. The Movement Center, 1 Granite Street, Montpelier. 454-8550.*

Qi Gong: Chinese Movement

Wednesdays, 6-7 p.m. Movement Center, 1 Granite Street, Montpelier. Edward, 229-4537.

SPIRITUALITY

Yearning for Learning Center

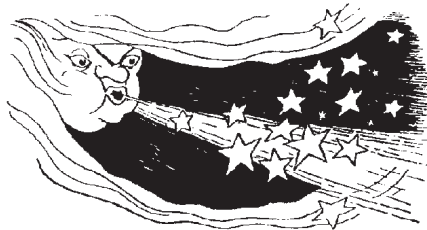
Apples and Honey Hebrew School

Songs, games and blessings, storytelling, music, art and drama for ages 5-11 (Tuesdays, 3:45-5:30 p.m.).

Deepening Our Jewish Roots

Fun, engaging text study and discussion on Jewish spirituality (Sundays, 4:45-6:15 p.m.).

Yearning for Learning Center, 33 Loomis Street, Montpelier. Rabbi Tobie Weisman, 223-0583 or info@yearning4learning.org.



Submit Your Event!

- ★ E-mail only, please. Send listings to artsup@sover.net. All listings are published free of charge.
- ★ We publish every first and third Thursday. Our deadline for the next issue, July 15, is 5 p.m. on Thursday, July 8. The July 15 calendar will cover two weeks: events happening July 16-30 (more if space allows).
- ★ Montpelier events have priority, then central Vermont events. In the case of classes and workshops, we give priority to new listings and one-time workshops.
- ★ Listings may be edited for length, style and clarity.
- ★ Photos (at a resolution of at least 300 dpi) are welcome for potential use in calendar spotlights.

YOGA

Phoenix Rising Yoga Therapy for Stress and Emotional Release

Release stress, past traumas and creative potential through assisted postures, breathing techniques, dialogue and practical tools to incorporate into your daily life. Massage therapy also available.

Inward Bound Yoga Studio, 114 Main Street, Montpelier. By appointment; contact Geraldine Vatan at 229-0041 or geraldinevatan@yahoo.com. \$60 an hour; sliding scale, pay-what-you-can, and Onion River Exchange options available.

Svaroopo Yoga: Support Equals Release

Deceptively simple pose adaptations that release spinal tension. Day, evening and weekend classes, workshops, group meditation and tea, led by Meredith Hart and Rob Gold. *River's Grace Yoga and Meditation Center, 16 Main Street, Plainfield. 324-4434 or www.riversgraceyoga.com.*

Kripalu Yoga Dance

With Nina Shoenthal. Dynamic and playful class to nourish your body and shake your soul. No experience necessary. *Mondays, 12:15-1:15 p.m., Breathing Light Yoga, 7 Main Street, Montpelier. Nina, 498-3510.*

Hatha Yoga Classes

Mondays, 6-7:30 p.m. Jaquith Public Library, Marshfield. \$10 per class; sliding scale available. Liza, 439-5659.

Anusara-inspired Yoga

With Lydia Russell-McDade. Discover your own grace, power and radical freedom as precise alignment technique blends with a playful, challenging and uplifting practice. *At Yoga Mountain, Montpelier: Tuesdays, 12 noon-1:30 p.m.; Thursdays, 6-7:30 p.m.; Fridays, 12 noon-1:15 p.m.; and Saturdays, 10-11:30 a.m. In Northfield: Thursdays, 3:30-4:30 p.m. Visit sapremayoga.blogspot.com for schedule updates and details. Drop-ins welcome at all classes.*

Hatha Yoga

For adults age 16-80 of all experience levels. *Tuesdays, 6:30-8 p.m. Union Elementary School small gym. Through June 29. \$104 Montpelier resident, \$156 nonresident. Register at 225-8699.*

Kripalu Yoga with Martin Pincus

Tuesdays, 5:30 p.m., U-32 Middle/High School, East Montpelier. Thursdays, 5:30 p.m., Lamb Abbey, 65 Pioneer Center, Montpelier. For directions and information, contact Martin, 223-6260.

Pre- and Postnatal Yoga Classes

Instructor Elizabeth Murphy is a labor and delivery nurse, yogini and mother. *Saturdays. Prenatal, 9-10 a.m. Postnatal, 10:45-11:45 a.m. Central Vermont Medical Center, conference room 3. \$10. 223-9940.*

Power Yoga at the Confluence

Join instructor Laura Bozarth for the primary series of Ashtanga (power) yoga, a vigorous class building strength, balance and flexibility. Previous experience not necessary. *Sundays, 8 a.m. The Confluence, 188 River Street, Montpelier. \$12 per class, reduced rate for Confluence members. Laura, 578-2994, or www.theconfluencevt.org.*

Free Community Meals for All in Montpelier

MONDAY • 11 a.m.-1 p.m., Unitarian Church, 130 Main Street

TUESDAY • 11:30 a.m.-1 p.m., Bethany Church, 115 Main Street

WEDNESDAY • 11 a.m.-1 p.m., Christ Church, 64 State Street

THURSDAY • 11:30 a.m.-1 p.m., Trinity Church, 137 Main Street

FRIDAY • 11 a.m.-12:30 p.m., St. Augustine Church, 18 Barre Street

SATURDAY • Second Saturdays only, 11:30 a.m.-1 p.m., Trinity Church, 137 Main Street (hosted by Shepherd of the Hills)

SUNDAY • Last Sundays only, 4:30-6:30 p.m., Bethany Church, 115 Main Street (hosted by Beth Jacob Synagogue)