

Westminster Gazette

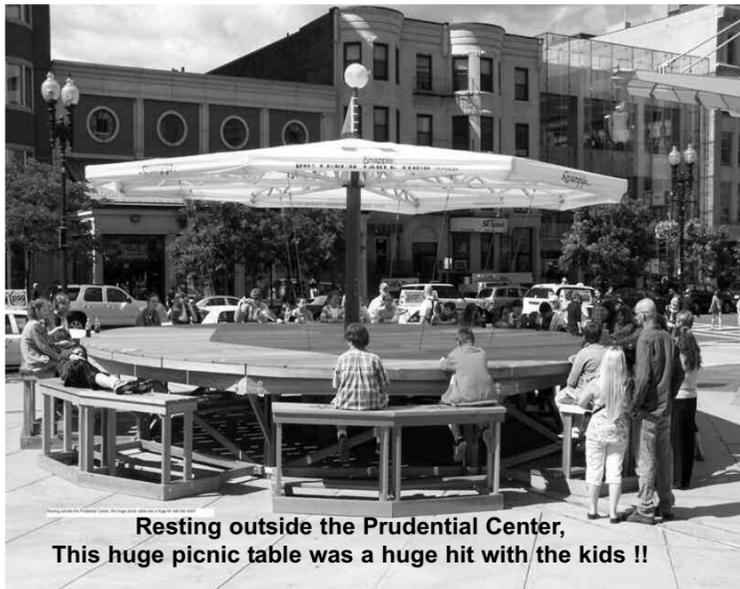


po box 147 westminster vt 05158

Our Community Newspaper @ <http://westminster.govoffice.co>

Vol. 6, No.8 August 2010

The 6th Grade Class at the Westminster Center School went to Boston for their end of the year class trip.



Resting outside the Prudential Center, This huge picnic table was a huge hit with the kids !!

The 6th grade trip is a tradition at the Westminster School, this is the year that ends their journey at the Westminster School and because of school choice for middle school, begins a journey that may lead them in different directions. The kids voted on where they wanted to go and Boston was their choice, so twenty seven kids and thirteen chaperones spent three days exploring the city, with the major points of interest being, The Prudential Building, a Dinner Cruise, Boston Aquarium, Fanueil Hall, the Freedom Trail, Imax Theater and Fenway Park. They spent their nights at

Hosteling International-Boston where they met people from Russia, Australia, Italy and more. The subway was a hit with some and not so much with others, but it only took a short while for the kids to know what they needed to do and how to read the maps in the subway terminals. Thanks to everyone who supported the fundraising efforts, a big thanks to Jen Cravinho, Gina Carrier, Principal Steve Tullar and Barb Whitehead for helping organize this trip and thanks to all of the Chaperones. The 2010-11 6th Grade Class is also beginning their fundraising efforts and plan on a similar trip for next year.

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Community Nurse
Trudy Byington, R.N.
P.O. Box 312 802-722-3607
Westminster, VT 05158 wecares@sover.net



The Yankee Male Chorus 2010 Concert Tour

The highly renowned men's singing group, the "Yankee Male Chorus", returns for their 57th tour.

The four concerts they give each year consist of from 50 to 60+ men singing in four-part-harmony songs from the sacred, popular, spiritual, Broadway, and novelty areas of music. All men are volunteers from choirs and choral groups throughout the New England region, New York State and other areas. Several local men are members of the chorus.

The chorus gets together on Wednesday afternoon for their only rehearsal and goes public that night for four consecutive evening concerts.

The wonderful sound this year will be heard first on Wednesday August 11th at the First Congregational Church in West Brattleboro, Vt.; Thursday the 12th at Saint James Episcopal Church in Keene, N.H.; Friday the 13th at the United Church in Bellows Falls, Vt.; and Saturday night the 14th, the finale, as always, at the White Church in Grafton, Vt.

All concerts begin at 7:30 PM.

The Yankee Chorus is a delight to those listening and a joy to those performing.

So come enjoy the wonderful sound of this 57th tour.

For additional information call Pete Harrison at 802-722-3080

**"Westminster Tax Bills
have been mailed to
Property Owners.
The first installment
is due on
September 10, 2010".**

THE GAZETTE GRATEFULLY ACKNOWLEDGES THE SUPPORT OF ITS UNDERWRITERS:

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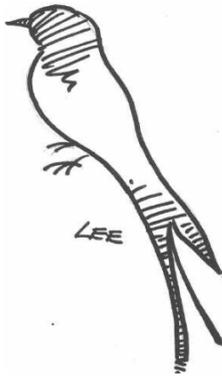
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Why change the look?
 In a rural region, many residents don't know public transit exists!
 The goal of **The Current's** look is to make it difficult NOT to notice us.
 The more people notice public transit, the more they are likely to get out of their cars and onto a bus!
 When you leave your car behind and ride **The Current**, you decrease your energy consumption, improve environmental quality, and save commuting costs.
 If you are unable to drive or don't have transportation, you can benefit by riding on our Dial-a-Ride and volunteer network.
 We Provide the Ride... so please tell us how we can improve to make that happen for you.
 Thank you for riding Connecticut River Transit last year and **The Current** this year.

Bellows Falls - Brattleboro Commuter Schedule

Direction	5:45	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45	8:00	8:15	8:30	8:45	9:00
Brattleboro to Bellows Falls	—	—	—	—	—	—	—	—	—	—	—	—	—	—
Bellows Falls to Brattleboro	—	—	—	—	—	—	—	—	—	—	—	—	—	—

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KURN HATTIN H'OLYMPICS TEAM COMPETES IN NEW JERSEY

by Kim Fine

Westminster – On June 13, sixteen children with four chaperones traveled to Mahwah, New Jersey to represent Kurn Hattin Homes in the National Fellowship of Child Care Executives (NFCCE) H'Olympics. The H'Olympics was started in 1989 to bring children living in residential programs together to socialize and compete in athletic games. This year, the games were held at Ramapo College. The children competed in track and field, swimming, basketball, volleyball, and softball. There were 10 different schools in the competition, from New Jersey, Texas, Missouri, Virginia, Pennsylvania, and Vermont.

Kurn Hattin did very well at the games and returned with several medals. Scarlett Stanhope won the non athletic competition, which this year was in art. Her painting of a frog won the Ken Coleman award which is a flag that former Kurn Hattin students designed and won several years ago. She also received a \$100 gift card.

The girls won the gold medal in softball silver in basketball and silver in volleyball. The boys won gold in softball and silver in volleyball after a very, very long well played third game. Kurn Hattin won 57 individual medals in track and field and swimming. The team hustle awards were won by Devin Bussino and Jessica Cormia.

For boys' medals, Dieonte Davis won the bronze in the 4 X 100 relay track. Dylan Conklin won gold in 4 X 200 medley relay senior division, and bronze in 25 meter butterfly. Devin Bussino won bronze in track 800 meter, gold in 25M freestyle, gold in 25M breast stroke, silver in 4 X 25 freestyle relay, and bronze in 4 X 50 free relay in the senior division. Draven Dennis won bronze in the high jump, and silver in the 4 X 25 free relay. Jordan Ortiz received silver in 4 X 25 free relay. Cooper Newell won gold in the 4 X 25 medley relay and bronze in 25M breast stroke. Dylan Bussino took home gold in 1M, medley relay, and the 25M butterfly, and bronze in the senior division 50 M free relay. In track, he won silver in the 100M and 800M, gold in the long jump and bronze in the 4 X 100. Steven Kingsbury got gold in 4 X 25 medley relay and gold in the 25M back stroke. In track, he got silver in the softball throw and bronze for the 4 X 100 relay.

For girls' medals, Ashley Bussino won gold for the 4 X 25 1M, gold for the 4 X 25 medley relay, gold for the 25M butterfly. In track, she got gold in the 800M, and 4 X 100 relay. She also won silver in the 100M and silver in the high jump. Jennica Skidmore took the silver in 4X 25 freestyle relay and 25M free. In track, she won silver in 400M and the shot put. Courtney Bussino won silver in 25 M butterfly, gold in 4 X 25 medley relay, and silver in 1M Track, gold in 4 X 100M relay, high jump and softball throw. She received the silver for 800M. Christina Sherrick won silver for the back stroke. In track, gold for the long jump and silver for the softball throw. Jessica Cormia gold for the back stroke and the 4 X 25 free relay. In track, she won gold for the 4 X 100M relay and bronze for shot put. Scarlett Stanhope won gold for 25M breast and gold for the 4 X 25 medley relay. Breanna Collins won gold for 4 X 25 free relay and 25M free style, in track she won gold in the 4X 100 relay and bronze for the 400M. Jenny Filiault won gold for the 25M free relay and silver for 25M breast stroke. In Track, she won silver for long jump and bronze 200M.

The closing ceremonies were on a dinner cruise around the Statue of Liberty. All the boys and girls had a wonderful time competing, experiencing a new state and culture and making new friends.

Announced later, four Kurn Hattin children won prizes in the NFCCE Creative Writing and Art Contest. In Writing: Savannah Benoit took 1st Place and Jeff Matteson took 3rd Place. In Art: Ashley Bussino, 1st Place and Scarlett Stanhope, 2nd Place. Congratulations to all the children for their participation, talent, sportsmanship. A special thank to Ben & Jerry's, Bazin Brothers Trucking, Mrs. Frank J. Prindl, William & Barbara Brackett, Richard and Carol Johnson and Dave Baldasaro who helped underwrite the cost of the trip. We couldn't have done it without you.

Kurn Hattin Homes is a charitable, year-round, residential home and school serving in-need and at-risk children, ages 6-15, from throughout the Northeast. Since 1894, over 8000 children have called Kurn Hattin home.

AYP Information for the Westminster Schools

by Steven Tullar, Principal

The Westminster Schools are identified by the Vermont Department of Education as a school in need of improvement based on student performance on state assessments in math and reading taken in the fall of 2009. Our school did not make adequate yearly progress (AYP) in reading or mathematics for economically disadvantaged students (designated by FRL – Free and Reduced Lunch). The state will be providing technical assistance and some additional funding to help support our improvement efforts.

The progress monitoring of student performance is a key to improved results. During the 2009 school year we began using the Aimsweb Assessment program – following all students in reading and math computation fluency. We will continue to use the DRA2 to screen student's reading level twice a year and the Gates McGinitie Reading assessment in the spring. This assessment data allows us to take a look at each child's performance in basic skills at certain points throughout the year and then plan instruction to meet each child's need.

During the past two years we have been hard at work to improve student performance in reading, writing and mathematics. During the past year we implemented Four Blocks® Framework for literacy instruction. This program provides a consistent structure across all grades – and supports teachers' efforts to personalize the instruction for each student. During our writing workshop students are writing and receive instruction in writing every day. Students learn in small groups, practice reading several times a day and have their progress checked regularly to be sure that they receive any additional support they might need. We are also working to improve our mathematics instruction. This summer more of our teachers attended a Lab School with Mahesh Sharma. He will be back to help us to become more effective in teaching math to all children. The WNESU literacy and mathematics committees revised the local curricula, which were approved in the spring of 2010. The alignment of the curricula in these areas is important as all teachers of reading and math now have a common core document from which to plan instruction.

We continue to use data from the NECAP (New England Common Assessment Program) to complement our local assessments. This year our scores on the NECAP assessment showed some improvement in both reading and math over previous years' results. However, the gap between all students and students on Free and Reduced Lunch has grown – with all students performance on reading showing 83% proficient, while 40% of students on FRL demonstrate proficiency. When we look at results on NECAP Mathematics we find that 74% of all students are proficient or above and 42% of students on FRL demonstrate proficiency. This gap is much too wide and our efforts will be to bring more students into the proficiency category.

We continue to update our action plan to better address student needs as determined by the data we are analyzing. We appreciate the parents who were involved in this process and invite you to join this committee. The document sets our goals for academic achievement and professional development as a school. It also addresses social learning and the school climate. We looked at the parent survey results as part of the process and thank you for your feedback. Please contact Jen Cravinho, if you would be willing to participate in the process as we monitor our progress on the Action Plan Goals.

Over time we have learned that involved parents are critical to a child's success. We will continue to work with PIRC (Parent Resource Center of Vermont) and look forward to having an active involved parent organization to partner with us on the educational efforts we are making. This fall we will share aspects of our approved local curricula, our teaching practices, and our assessments in an effort to better inform parents of our expectations. Your support is instrumental in your child's school success. One way parents can support learning is to make sure children are in school regularly and on-time. We appreciate your help.

We look forward to working with you through the year to improve the educational experience for all children.

WHAT: "Celebrating America's Health Centers: Turning the Vision into Reality" Health Center Tours, Special Events, Press Conferences, and Visits by Congressional and Local Officials

WHEN: Daily, August 8 -14, 2010

WHO:

New Hampshire's Community Health Centers with 32 Medical Offices statewide Vermont's Federally Qualified Health Centers with 39 Medical Offices in Vermont and 1 in New Hampshire The Nation's 1,200 Health Centers with 8,000 medical offices serving 20 million people Bi-State Primary Care Association, Serving New Hampshire and Vermont for 25 Years National Association of Community Health Centers

WHERE: New Hampshire and Vermont Health Centers

WHY: The second week of August each year is dedicated to raising awareness of the health care services available to all residents, with a special reminder that Community Health Centers are designed to respond to the needs of their local community. This year is unique with the passage of the Patient Protection and Affordable Care Act and the investments in Community Health Centers that also coincide with the 45th Anniversary of the first Community Health Center in the United States.

1. More than Access to Health Care...a growing number of Community Health Centers provide integration of medical, behavioral, and oral health care supported by a variety of enabling services including patient and family education, case management, transportation, translation, and culturally sensitive communications;
2. Our Nation Trusts Community Health Centers to Deliver Quality Care
3. Community Health Centers – Fulfilling the Promise of Primary Health Care Available to All

Each year, National Health Center Week also sets aside three days to focus on special populations who often lack access to primary care in the mainstream health care system: The following dates are reserved for 2010:

- Aug. 10: Health Care in Public Housing Day
- Aug. 11: Health Care for the Homeless Day
- Aug. 12: Farmworker Health Day

We invite you to inform your audiences that Community Health Centers in New Hampshire and Vermont are open to all. Health Centers accept Medicaid, Medicare, and private insurance, and offer a sliding fee scale based on income and ability to pay.

Do your readers know where their local Health Center is

Susan J. Noon, MBA, APR
Director of Marketing & Development
Bi-State Primary Care Association
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Grace Park, violin and Born Lau, viola accompanying Kurn Hattin seven year-old soloist, Chloe Felicetti, (3rd from left front) on Twinkle Twinkle Little Star.

Yellow Barn String Trio Performs at Kurn Hattin

by Kim Fine

Yellow Barn Music Festival performed a free interactive family concert at Kurn Hattin Homes on Monday, July 19th. The string trio with Grace Park, violin; Han Bin Yoon, cello; and Born Lau, viola performed and discussed the various movements of Ludwig van Beethoven's String Trio in G Major, Op.9, No. 1. After the performance, the trio answered many questions from the children about themselves and their instruments. The trio was very gracious and even played Happy Birthday to a Kurn Hattin boy and Twinkle Twinkle Little Star along with a girl who sang a solo. The children were very inspired by the Yellow Barn String Trio. All the Kurn Hattin children participate in the music program at the Homes. Most play 1-3 instruments by time they graduate. Kurn Hattin Homes is a residential, year-round, charitable home and school for in-need and at-risk children, ages 6-15, from throughout the Northeast.



NECCA German Wheel performer, Zeb Galipeau at Kurn Hattin Homes.

Circus Performers Wow Kurn Hattin

Westminster – The mid-summer Family Day at Kurn Hattin had a special treat for everyone this year. They were given the unique opportunity to experience the magical world of circus arts. The children, families and staff were dazzled by the amazing juggling, chandelier, trapeze, aerial silks and German wheel performers of the New England Center for Circus Arts. The founders/teachers of NECCA specialize in aerial acrobatics and the Center's teachers come from all over the world to coach, perform and choreograph. Their performances are sure crowd pleasers. It was a lot of fun for everyone. Kurn Hattin Homes is a residential, year-round, charitable home and school for in-need and at-risk children, ages 6-15, from throughout the Northeast.

WESTMINSTER GAZETTE

Editor: Peggy Porter
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Pictures and Articles Provided by the Community
westminsternews@gmail.com

WCS Garden

Cherry tomatoes and Raspberries are available to summer campers daily in the school garden! We are seeing amazing growth in the garden as every crop continues to double in size week by week. We had just one troubled crop this season: watermelon. Several plants survived, but with the help of the Youth Services crew, a crop of pickling cukes went in to fill the rest of the space. The crew also helped weed and mulch strawberries, winter squash, and the sunflowers. We've been so fortunate to have this crew looking out for our garden this summer! The garlic has been harvested and stored and String beans have been planted and will be harvested in the Fall. Students use the garlic and beans to make Dilly Bean snacks. The Kindergarten campers have visited the garden the last couple weeks, checking out the sunflowers which they planted on their visiting day in May and making the connection between growing and eating good foods.

Steven Tullar, Principal



Bellows Falls Farmers' Market

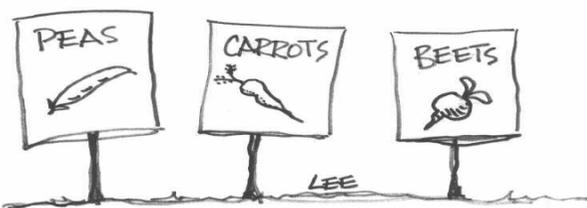
Wowzers! Warm (dare I say HOT) sunny days and cool rainy nights have produced a bounty of fresh fruits and veggies for the Bellows Falls Farmers Market and our local community. We've got blueberries, raspberries, peaches, plums, tomatoes, potatoes, peppers, onions, beets, beans, carrots, fresh herbs, potted perennials, maple syrup and other sweet treats, a variety of prepared food made with local ingredients

Our crafters have been inspired by the season too – luscious soaps by Grace and Miss Mouse, unique, affordable kid's clothes by the Naughty Dog and wire wrapped jewels from Earth Creations by Tristan.

We just received Harvest Health Coupons for the 2010 season! Harvest Health Coupons are here. For every \$10 dollars you spend at Market with your EBT/3SquaresVT card we will match it, dollar for dollar with Harvest Health Coupons. These coupons must be spent at the Market at which you received them and are limited in supply. Visit the Managers' Booth with questions or to receive your coupons.

"The intention of these coupons is to encourage more SNAP/3Squares VT shoppers to visit local farmers markets," said Jean Hamilton of NOFA-VT. The benefits are more safe, healthy, locally produced food available to area residents, and more food dollars that re-circulate within our communities because a local farmer received a fair price for their produce.

The music never stops –Performing August 6th Julie Waters and August 13th Cold River Ranters.



GAZING AT A STAR by Babs Lynde, a Vermont Master Gardener

I was really surprised to find out that roses are not the most common flower in a classic or traditional wedding bouquet. In fact, lilies are now the favorite by almost two to one. Not only are the blossoms superior in size which creates depth and character in a bouquet, but there are also some lilies that are extremely fragrant. And, whereas there are hundreds of colors to choose from, there is practically no limit for a bride in matching her wedding colors when she decides to use lilies.

Although there are many classifications for lilies, the more common types that we are familiar with in our area are the Asiatics, Orientals and daylilies. The daylilies generally grow in thick clumps with long broad, sword-like leaves, and the blossoms, which come in many gorgeous colors, usually last for only a day, but they can support dozens of buds that open by one or two at a time which makes them seem almost ever-lasting. Asiatic and Oriental lilies grow on stalks that support both the leaves, which are far shorter than their daylily cousins, as well as the flowers which have almost as many color variations as crayons. Asiatic lilies are the earliest to bloom, usually in the late spring, while the Oriental lilies open in the latter part of summer and their unique fragrance can fill the air much the same as hyacinths do in the springtime.

Lilium Stargazer, or the Stargazer lily, is a member of the Oriental family, and although it wasn't developed until recently, its unmistakable color and heavy fragrance has made it an extremely popular plant in both the garden and floral bouquets. It is most commonly known by its stunning pink color with deeper pink spots and snowy white edging, but did you know that Stargazers are also found in

Compass Schedule and Curriculum Changes to Increase Clarity, Consistency and Quality by Rick Gordon

Working with Compass School students, teachers, and parents the week after school ended, there was great progress in planning for the coming school year.

Our work together affirmed that much of what we do at Compass is tremendous education, even magical. Experiences such as the Film Festival, Science of the Mind, Community Service Winter Term, Project Week, the Junior class International Travel, Middle School Exchange Program, and Giving Day reflect the best about Compass and transformative learning. At the same time, some themes that arose in our shared work were the need for greater "rigor," consistency, and clarity. Through a lot of challenging thinking, compromise, and creativity, we feel we have a plan for some schedule changes that will allow us to simplify the schedule while enhancing the educational program in many respects.

Some of the promising ideas Compass is pursuing include:

* Moving to a semester calendar to allow more extended courses and continuity.

* Having a slightly different schedule in the first semester from the second. We will have 5 blocks in the Fall Semester to allow us to carve out more for "English" and "Social Studies." The high school will have three hour-long classes, one in Science, one in a "Social Studies" focused Humanities course and another in an "English" focused Humanities course. We feel this will facilitate "core studies" in the Fall with the fundamental content and skills of these disciplines. The second semester will follow the same four block schedule we have used for years, allowing for more in depth courses and electives that touch upon multiple disciplines.

* The Middle School will have more control over their own schedule as the teachers for this group will have the flexibility in their schedules to adapt without having obligations to other high school courses that they had this past year. This will facilitate the middle school modifying as needed based on the energy of this age group on any given day.

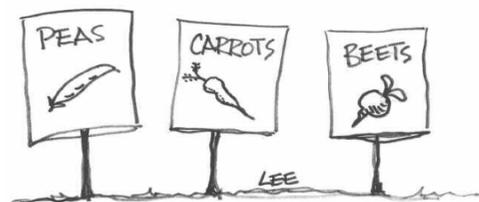
* High school will have a "seminar" period each Wednesday where students meet by class. for 12th grade College and Senior Project Planning, 11th grade International Trip planning, and ninth and tenth grade Leadership Development.

* Exploratories are being modified to increase focus. Based on a proposal generated by students, we plan to dedicate two days a week for "intensives." This will involve a limited number of offerings in art, music, physical, academics, and maybe one other area—each of which are two day, high quality learning experiences. This will result in larger exploratory groups, allowing something like chorus to develop, and enable hiring high quality teachers in the arts who can develop curriculum with purpose and skill development in these important subjects. The third exploratory day will be like past exploratories—allowing for exploring new experiences with others and expanding one's horizons.

* There a variety of ways high school students, particularly 11th and 12th graders, will be able to pursue independent learning in the coming year. For example, on Wednesday afternoons, older students in good academic standing will be able to leave school for internships or community service or other approved learning. Likewise, students will be encouraged to develop their own "intensive" exploratories that might occur outside school.

As you can see, we have made changes that we believe markedly increase consistency and intentionality in all we do. We are confident this will lessen confusions while facilitating more of the high quality and purposeful learning for which Compass is well appreciated.

Our work this summer has engaged us in deep discussions about all the many goals we have to provide students with the best education imaginable. We know there are always tradeoffs of depth vs. breadth, flexibility vs. structure, opportunities for new exploration vs. opportunities to pursue past interests, core studies vs. electives, longer and more open time periods vs. shorter and more focused periods, etc. We think we have found an excellent balance for the coming year. While we know there is never enough time to do all we wish to do, we think these changes open up many possibilities while significantly improving clarity and purpose.



true pure white? Although the white variety is more commonly found at a wedding, both the pink and white have taken over the florists shops by storm. Dr. Leslie Woodriff, a lily breeder in California, is credited for developing this lovely variety in the 1970's. She decided to name it the "Stargazer" because the blossoms, unlike most other lilies, tend to face the sky. The pink Stargazer stands about three feet tall, but the white ones have been known to be several inches taller which gives them a distinct advantage over many other summer flowers of showing off their enormous blossoms.

The best part for amateur gardeners is that the Stargazer is a very easy plant to grow and rarely needs much attention. In fact, most lilies are easy to care for, especially daylilies. The stalks of the Stargazer are usually strong and thick enough to support their blossoms with little to no staking, but placing them against a wall or fencing may be recommended if you have a lot of strong wind or thunderstorms. There's nothing more heartbreaking than to see your flowers out in full bloom just to have a fierce wind permanently bend them to the ground! Stargazers, like most other lilies, should be planted in full sun, but a little shade will not daunt its efforts to be the showiest of flowers. If you decide to cut the flowers for an indoor bouquet, take them just as they are beginning to open, and they should last from 5 to 9 days with fresh, clean water. I would recommend using bottled water if your water supply is mineral-heavy or treated with fluoride.

Would you like more information about the Stargazer lily or lilies in general? The Master Gardeners of Vermont are trained to help you with all your needs. Call their Helpline toll-free at 1-800-639-2230, send questions by email to master.gardener@uvm.edu or visit their website at <http://www.uvm.edu/mastergardener/> for extensive information.

Aged in Vermont

Westminster Cares, Inc.

The Importance of Hydration

By Sheila Allaire, with contribution from Judith J. Petry

Water is essential for a lifetime of optimal health. Approximately 60% of a young adult's weight is water. As we age this decreases to 50%. Staying hydrated helps us stay healthy as we age.

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- Protect the body organs and tissues.
- Help prevent constipation and dissolve minerals and other nutrients to make them accessible to the body.
- Regulate body temperature, lubricate joints and lessen the burden on the kidneys and liver by flushing out waste products. Your kidneys do not function properly without adequate water intake.
- Carry nutrients and oxygen to cells

Our bodies need water like a car needs oil. If your car doesn't have oil, what happens to the engine? Just like it is important to put the right kind of oil in an engine, we need to put the right kind of water in our bodies as well. It takes a liter of water to flush out a cup of coffee and it takes a gallon to flush a can of soda.

How much water do we need? You should drink one-half your body weight in water (ounces). So if you weigh 130 pounds, you need to drink 65 ounces of water a day, or about eight medium glasses.

During the summer months we tend to drink more water than usual because we sweat a lot. We need to drink extra in hot weather because a lot is lost, but we must remember to drink water all winter long to protect our organs and to keep going strong.

Drinking water will also increase your energy by boosting your metabolism. It also facilitates weight loss.

Dehydration in the elderly is common and can be life-threatening. Falls are often a result of the dizziness that results from dehydration. The thirst stimulus decreases with age as does the total water content of our bodies. Seniors should make themselves drink water or non-caffeinated beverages throughout the day. Don't wait to get thirsty. Those taking blood pressure medicines or heart medication should talk to their doctors about how much water they should consume per day. As always, one size, or in this case amount, doesn't fit all.

Sheila Allaire is a wellness coach and Westminster resident. Judith J. Petry, M.D. is a resident of Westminster.

"Old age ain't no place for sissies," Bette Davis said. Well, sissies or not, we're all headed for that place. And the better we know the geography, the easier it will be to navigate.

"Aged in Vermont" is a monthly article on aging issues, organized by Westminster Cares. We're asking local professionals and residents with an interest in these issues to write them.

The articles are not just reading material for the "aged." Young, old and middle-aged readers — anyone with an elderly parent, relative or friend, or who just wants to learn about these important issues that affect us all — is invited to take a look. Remember: "It's not how old you are; it's how you are old."

We will address such topics as losing a pet, sleeping problems, supplements, advanced directives and creativity. We'll explore questions such as should I move to town? and decision making: whose life is this anyway? Ideas for future columns? We'd like to hear from you. Email Ronnie Friedman at wecares@sover.net.

WESTMINSTER CARES, INC.

The Westminster Cares, Inc. Board of Directors did not meet in July.. Westminster Cares creates opportunities for seniors and disabled adults to live with independence and dignity in the community. Your support to this care-giving organization is a way for all of us to take care of our elders.

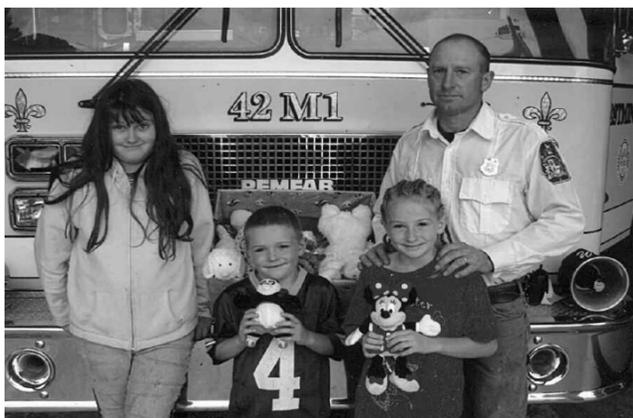
Services provided in June included: Meals on Wheels -11 people received meals on wheels, 22 rides for 5 different people by 7 volunteers for a total of 445 miles; Visiting – volunteers visiting two people; Nursing program - Help for 3 clients; Medical equipment loans – many pieces loaned and donated
Equipment needed: Westminster Cares is in need of wheel chairs and walkers with seats and brakes. We get several calls for these items. If anyone has either of these in good condition we would love to have them to loan out. Or you can loan them to us.

Memorial donation received during the month of July:

From Millie Barry & Sarah Barry in memory of Fran Streeter

The following made donations to Westminster Cares in memory of Pat Jennison: Nancy Dalzell & Laura Leonard, the Westminster Fire & Rescue Association, Jean Hollar, Joanne & Donald Houghton, Dr. Ralph Buck, Margaret Hammond, Annette M. Sohngen, Cheryl Jennison, Wendy Speid, the Bellows Falls Emblem Club, Harold and Beverly Harris, Ila Mitchell, Sonia Alexander, Pathways, Pam, Jeff, Tyler, Nick and Jaime Youngkin, Pete and Judy Harrison, Lori and Dick Miller, Joan and Bill Smidutz, Betty Miller

Westminster Cares welcomes donations throughout the year from anyone wishing to memorialize a loved one or a friend. Send to: Westminster Cares, PO Box 312, Westminster, VT 05158.



Amanda Laine
a student
from
**Westmoreland
New Hampshire**

**Donates
Stuffed Animals
to our
Fire
Department**

(read more in the
Westminster Fire &
Rescue Section)

WESTMINSTER MYSTERY PHOTO



Where was this photo taken, and what is happening in the picture?

You may email your answer to the westminsternews@gmail.com or wminster@comcast.net Phone: Babs Lynde at 802-722-9516
The answer and the winners will be announced in the next issue.

July Answer: The accident happened Sep 7, 1969 right beside the Harlow farm on U S Route 5, just north of Allen Bros. Artie Aiken supplied the picture, and he's the one that you saw in the middle of the picture facing you.

July Winners: Correct answers were from Don Nowers, Maggie Nowers and Joan Morse.

If you have pictures you think would make a great mystery photo stop by the town office and see Babs Lynde.

We are in search of pictures.

News from Westminster Volunteer Fire and Rescue

The Westminster Fire & Rescue Department holds their monthly meetings at 7:00 PM on the 1st Tuesday of every month and a combined drill on the 3rd Tuesday of every month.

Next association meeting August 3rd 7:00 PM

The Prudential Committee meets twice a month on the first and third Monday after the first Tuesday at 7:00 PM

August meetings: August 9th & 23rd

Number of calls in June: 17
Number of man hours spent: 5,575

Number of calls through July 28th: 29
Number of man hours spent: 14,490
Number of calls calendar year to Date: 201
Number of calls fiscal year to date: 29

Stuffed animals: Amanda Laine, a student from Westmoreland, N.H. has donated a box of stuffed animals to the Fire Department. Amanda decided she wanted to gather as many stuffed animals as she could as a community service project to be given away to several of the local Fire and Rescue Departments and Ambulance services. The stuffed animals are put in the rescue vehicles to have on hand in case of a situation where young children are involved and may need a "little friend" to hang onto. Thank you Amanda.

Water Concerns: Ponds and streams are very low this summer and caution should be taken. The water is more than likely high in algae and general contamination. Drinking the water or swimming should be avoided. Also, if there is a fire, the Fire Department will be looking for water anyplace they can find it so the levels should be maintained as deep as possible.

Swimming Safety: Keep in mind the safety rules and never swim alone.

Missing Items: There is currently a tent, 1 large wooden table and some chairs missing from the Fire House. If anyone has borrowed them it is not too late to return them. Anyone who may know where some of these things might be, contact any member of the department.

Burn Permits: As of this writing because of the lack of rain, no burn permits will be issued until a substantial amount of rain falls. Be cautious when having a cookout that a spark from a campfire or cooker doesn't set something on fire. Any questions call one of the fire wardens: The wardens are:

Warden : Cole Streeter 722-3178
Deputy Warden: Mark Lund 463-9355
Deputy Warden: Pat Haas 387-5778
Key Person: Jeff Ruggiero 463-3282

Air Conditioners: It is a good idea when plugging in air conditioning units to have a designated circuit specifically for that unit. This will avoid overloading the circuit and possibly overheating the wiring and causing a fire. Never use an extension cord when plugging in an A/C. It's been so hot this summer it is a temptation to leave the A/C on round the clock. It is better to shut them off for a couple of hours each day or night and always shut them off when not at home. The cords heat up over time and could cause a fire. Keeping filters clean and vacuuming out the unit periodically never hurts.

Association Meeting: The Westminster Fire and Rescue Association met for their annual meeting July 6th with 33 members present and 2 members excused. Discussion included preparing for upcoming events such as the Armory Open House July 23rd, the Community Picnic July 24th, the Truck Show July 31st and the annual Corn Roast August 20th. The corn roast is an annual event where Westminster invites the fire departments from Keene Mutual Aid and Connecticut Valley Mutual Aid to join in an evening of food and fellowship.

Shelter:

The Fire Station will be open for shelter in case an event occurs where shelter is needed. Contact the Chief or any member of the department in case of any emergency needs.

1. The Westminster Fire & Rescue Association welcomes donations throughout the year from anyone wishing to remember a loved one or a friend.

We are looking for help. Anyone interested in volunteering their time to help the community in a time of need, please contact Chief Cole Streeter at 722-3178 or stop by the Firehouse any Sunday morning and pick up an application. We would like to have additional volunteers from the Westminster West area. There is a Fire House and an engine and a rescue vehicle located in Westminster West and more help is needed to utilize that equipment during calls.

As always, we would like to thank the community for its continued support of the fire department.

The Westminster Fire and Rescue Association operates independently from Westminster Fire District #3

WESTMINSTERNEWS@GMAIL.COM

WESTMINSTER HAPPENINGS

Activities

Faith Community

Meetings

Scottish Country Dance**Classes**

Every Wednesday @ 7:30 pm in the Westminster Center School Gym. Bernard McGrath, instructor. All skill levels welcome. Contact Michael Daley for more information at 387-2601. No charge.

Putney Contra Dance

Last Saturday of every month at Pierce Hall on East Putney Falls Road, off Rt. 5 in East Putney. A beginners' workshop is taught at 8 pm, and the regular dance goes from 8:30 to 11:00 pm. A donation at the door will benefit the Pierce's Hall Building Fund. For more information, call (802) 387-5985.

Senior Lunch

Every 2nd Thursday of the month. @ 12:00 pm. All Westminster seniors are invited to attend. Join us at the First Congregational Church on Route 5

Bellows Falls Gallery

Downtown @ 5:30pm every 3rd Friday of the Month.

Secrets of Healthy Aging

A facilitated discussion group and pot-luck. The 2nd and 4th Tuesdays of each month at the Westminster Fire Station at 11:30 am to 1:30 pm. Call Westminster Cares at 722-3607 for more information

Contra Dance

Every 3rd Saturday of month at 7:30pm @ The Town Hall in Walpole, NH.

Gentle Yoga

Every Monday at 10:00am @ The Westminster Institute: Call Westminster Cares @722-3607 for more information.

Living Strong Classes

Mondays & Thursdays @The First Congregational Church in Westminster 9:00 to 10:00 am

@The Westminster West Church 6:00 to 7:00 pm.

Call Westminster Cares for more Information: 722-3607.

The First Congregational Church of Westminster

United Church of Christ
The Rev. Sami Jones McRae, Pastor
samimcrae@gmail.com

Sunday Worship at 10:00am

Communion is the first Sunday of the month. Sunday School is held at 10:00am from Sept to May. The church has a ramp and lift for wheelchair access as well as handicapped bathroom. Westminster First Congregation is an Open and Affirming church, all are welcome.

The Congregational Church of Westminster West (UCC Church)

Sunday Worship is at 10:00am. Holy Communion service is held on the first Sunday of every month. Prayer service is held on Thursdays, 12:30 to 12:50pm. Child care and Sunday School are available during worship hour. Choir meets most Sundays at 9:00am. Fully Wheelchair accessible.

Open and Affirming Susie Webster-Toleno, Minister
New Church Office Hours:

Susie Webster-Toleno will be at the church Monday 1-4pm and Thursday and Friday mornings until 12:30. Feel free to drop by, but it's a good idea to call if you really want to catch her, as she sometimes steps out to visit people in their homes or the hospital. She can be reached at the Church during her office hours at 387-2334, or a message may be left for her at home 254-4142 or by email cwww@sover.net

Selectboard meets the 2nd and 4th Tuesdays at 7:00 pm in the Town Hall.

Planning and Development Commission meets the 2nd Monday at 7:00 pm in the Town Hall.

Westminster Activities Commission

Second Monday of the Month at 6:00 pm at the Westminster Institute.

Westminster School Board

1st and 3rd Tuesday at 7:00 pm at the Westminster Center School Library.

Windmill Hill Pinnacle Association

3rd Thursday at 7:00 pm at the Westminster West Congregational Church

Westminster West Public Library Board

2nd Monday at 7:00 pm at the Westminster West Public Library

Development Review Board

meets the 1st Monday of each month at 7:00 pm. at the Town Hall

Community Improvement Program Committee

meets the 2nd Tuesday of each month at 6:00 pm.

Westminster Cares Board 1st Wednesday of every month, at the Westminster Fire Station at 4:00 pm.

Westminster Institute Board 1st Tuesday of the month at 7:00 pm. at the Institute.

911 Committee meets as needed.

The Westminster Fire & Rescue Dept holds their monthly meetings on the 1st Tuesday of every month @ 7:00 pm and a combined drill on the 3rd Tuesday of every month.

Westminster Historical Society 3rd Tuesday at 7:00 pm at the Westminster Institute.

Westminster Gazette Meeting, Friday, August 26th @7:30 am at Westminster Cares.

Westminster Recycling Committee

Every 2nd and 4th Wednesday of the month at 7:00 pm at the Westminster Fire Station

Bellows Falls Area Senior Center

UPCOMING TRIPS

- Aug 5 Weston Playhouse - Evening Performance "Damn Yankees" Center Van \$39**
- Aug 16 Moyhegan Sun \$35 7:00am**
- Sept 7-8 Whale-Watching - Salem, MA Overnight \$249 double**
- Sept 30 Day trip to Ogunquit Playhouse "Chicago" Lunch Included \$129**
- Oct 3-4 Indian Head \$229 double Conway Scenic RR, Dinner, Show, Clark's Trading, Hart's Turkey Farm Lunch**
- Nov 16-17 Overnight to NY - Radio City Show & King Tut Exhibit \$269**
- Dec 2 Best of Times 3 Swingin'Tenors Holiday Show/Westborough, MA**

Yes, Paul's Mystery Trip is "ON" for either Late September or Early October!

"Most appealing rat...since Disney's 'Ratatouille'"---Local Vermont Author Wins Audio Award

Westminster, Vermont---The newly released audio version of the book /Space Station Rat / (Holiday House, 2005),/ by Westminster, Vermont author Michael J. Daley, has earned AudioFile Magazine's Earphones Award. In honoring the audio production by Full Cast Audio, AudioFile noted that the main character---an intelligent, liverwurst-loving genetically engineered rat---is "...the most appealing rat to appear in public since Disney's 'Ratatouille'."

According to AudioFile, the award is given in recognition of "...truly exceptional presentations that excel in all the following criteria: narrative voice and style, vocal characterizations, appropriateness for the audio format, and enhancement of the text." The story is performed by Daniel Bostick, himself named one of the top voices in audio narration by AudioFile Magazine.

"It just sent shivers through me when I first heard Daniel Bostick reading my book aloud," Daley said. "It's a total thrill to hear your words brought to life by such a great voice-artist. They sound just like I heard them in my head when I wrote them down."

Space Station Rat is a science fiction adventure story for ages 8-12. An escaped lab experiment, Rat's only hope of survival on a space station is to win the cooperation of the boy, Jeff, the only child on the station. Neglected by his scientist parents, he is delighted to be emailing a newfound pen pal. Jeff doesn't realize Rat is secretly sending him these messages from his very own computer. When his nasty, babysitting robot is sent to hunt the wire-chewing rodent, Jeff is gung-ho to join in, too. Jeff realizes his mistake just in time to save Rat and a bond of trust is slowly formed between boy and rodent.

The print version of /Space Station Rat/, available in hardcover and paperback editions, has appeared on three state awards lists since its publication. The sequel, /Rat Trap/ (Holiday House, 2008), was nominated for the Vermont Dorothy Canfield Fisher Award in 2009. Daley has just submitted the third book in the series to his publisher.

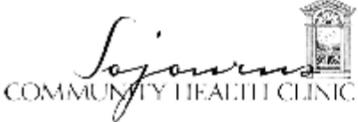
"Rat was my first published novel," Daley said, "And in the humongous world of books, it's hard for first novels to survive for very long. Fortunately, Rat has a unique appeal---she's a she, for one thing, and there aren't many strong science fiction protagonists. Audio is one of the fastest growing trends in literature right now and I'm grateful to Full Cast Audio for giving voice to Rat and Jeff."

Besides the Rat books, Daley has published another science fiction novel and three non-fiction works for children. His first early reader, /Pinch & Dash, Two Friends/, is forthcoming from Charlesbridge Publishing. He lives in Westminster, Vermont with his wife, children's author Jessie Haas.

Space Station Rat, unabridged, \$34
3 CDs, 3:30 hours, Full Cast Audio, 2010
ISBN 978-1-936223-05-3

Space Station Rat (Holiday House, 2005), \$15.95, \$6.95
182 pages, ages 8-12, hard and soft, ISBN 0-8234-1866-9

The Deadline for The Sept 2010 Issue of the Westminster Gazette is: Thursday September 7th by 5:00 pm



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Introducing.....Dr. Beth L. Kamhi



Dr. Beth Kamhi, (pronounced “cam-e”) graduated Magna Cum Laude from Palmer College of Chiropractic, Davenport, IA with her Doctor of Chiropractic degree in June 1978 and began active practice in Massachusetts in November of that same year. She is a Diplomate of the National Board of Chiropractic Examiners with Professional licenses held in FL, MA, & VT. Extensive post graduate training through the years include a focus in Pierce Technique, Radiology, and Graston soft tissue techniques. After 26 years of active family practice in North Reading, MA, Dr. Kamhi semi-retired and she now practices part time at Sojourns Community Health Clinic, in Westminster, VT (www.sojourns.org). Over the past six years she has served as a temporary coverage doctor for several practices in Vermont and Florida. Her years of experience and sincere concern for patient welfare allow a seamless continuity of care for the patients and are a natural fit with the patient care philosophy at Sojourns.

In addition to chiropractic practice Dr. Kamhi serves part time as Education Director for Big Cat Rescue in Tampa, FL, a nonprofit educational sanctuary for exotic cats. She and her husband and pets have traveled extensively in the United States by RV over the past six years. Personal interests include horseback riding, hiking, exercise, nutrition, domestic and wildlife animal husbandry, animal behavior, animal chiropractic and ecology.



SAVE THE DATE!

This year the Westminster West Community Fair is on Saturday September 11th. The theme is “If You Can’t Be Nice, Get Off The Bus.” Sally Ryea will be Grand Marshall and we will celebrate her retirement from school bus driving. Please join in marching in the parade. Other events include: music on the lawn, the veggie chop-o-matic, the fun run, a silent auction, the talent show, a chicken barbeque, the awesome Golden elephant sale and more!

It’s fun for the whole family and the biggest fundraiser of the year for the little village church in Westminster West – a wonderful resource that serves our whole community.

So, as you clean out your attic, basement, or garage please keep the fair in mind. Set aside treasures to donate for both the silent auction and the tag sale. Please no computers or TVs. Come join in the fun!

If you want to make a donation, get involved or have other questions call Nick Keil at 387-4555 or Laura Williams at 387-2765. See you there!

Extensions Extensions Extensions

Have you filed your 2009 Tax Return?
 If not, we are here to help you get it done.

We are here year round for all your tax planning and preparation needs.

Monday - Thursday 9-5

Call now and make an appointment
(802-722-4500)

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Important News About 3SquaresVT!

3SquaresVT (formerly Food Stamps) is Vermont’s Supplemental Nutrition Assistance Program – a nutrition program designed to help you stay healthy by allowing you to spend more money on healthy, nutritious food. 3SquaresVT can help you make ends meet – especially in this challenging economy! It can help you stretch your food budget and put three square meals a day on your table, at the same time freeing up more for other living expenses. If you are eligible for 3SquaresVT, your children are eligible for free school lunches. If you are elderly or disabled, special rules make it easier to qualify. If you are an eligible senior, you can get your benefit directly deposited as cash right into your bank account.

***New rules make it easier to qualify.** You can get 3SquaresVT even if you have savings account or own your own home. Don’t assume that you earn too much to qualify. You may be eligible for 3SquaresVT even if you were turned down for Food Stamps in the past.

***You may be automatically eligible.** People who receive Vermont Earned Income Tax Credit or SSI are categorically eligible for 3SquaresVT. That means that even if you receive a \$0 benefit, you are still ‘eligible’ and therefore are eligible for Lifeline, Link Up, free school meals, etc.

***3SquaresVT helps Vermont.** 3SquaresVT benefits are all federal dollars, so by applying you are bringing money into the state. Also, shopping locally or buying local products is a way to support your community and your local farmers.

***Apply today!** Call Southeastern Vermont Community Action (SEVCA) at (800) 464-9951 and ask for a 3SquaresVT application or set up an appointment for help filling out an application.

SEVCA is a non-profit organization designated by state and federal officials to address the full range of needs of low-income residents of Windham and Windsor counties. SEVCA’s Family Services Program provides help for families and individuals in crisis through programs that offer financial assistance, case management, service linkage, and advocacy to low-income households facing lack of food, heat, eviction, foreclosure, illness, vehicle breakdown, and other emergencies.

Westminster Recycling Committee

New members: Jeff Ruggiero, Nathan Stoddard, Sam Streeter, David Timmons, Eben Gilkenson, and Kathy Kingston.

Meeting Times: Every 2nd and 4th Wednesday of the month at 7:00 pm at the Westminster Fire Station

NEWS: Free Hazardous Waste Collection on July 24 at the Westminster Center School.

The recycling bins located at the Town Garage are open 6:00 am. – 3:00 pm Monday – Friday and **SATURDAY** 6:00 am- 3:00 pm

accept on holidays

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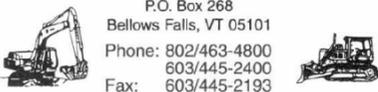
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Ruggiero's is the August Business of the Month

This local, family business of four generations of Ruggieros has covered all trash disposal and recycling needs for over 25 years. Regular collections as well as one time container or open truck pick up of waste is available. They carry Level 4, the highest in the waste reg: state of New Hampshire. From construction waste to tires, refrigerators, couches, etc, Ruggiero's handles large and small jobs.

keep decomposition active. However, going too long between emptying your septic tank can leave your tank with too little air to keep the equation balanced and effective. After three years, with supplement use or not, the bacteria dies and can't survive to facilitate decomposition. Call to have your septic tank cleaned out and / or add a filter to the outlet to protect your leach field. Portable toilets are also available.

Ruggiero's has added full septic services with the help of good friend Steve Goodell who has joined the business. They can locate tanks, make system repairs, empty tanks, add filters, and more. Septic tanks require three ingredients to function properly: air, water and bacteria. In proper balance they

Based in Westminster and Saxtons River, the service range stretches about 40 miles in every direction. Call the Ruggiero's at (802) 463-9444 or (802) 869-2235 to have someone consult with you about your trash and septic needs and how they can help you meet them.

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The Westminster
Fire & Rescue Department
is hosting
a Children's Halloween Party
and **Haunted Graveyard**
on **Saturday, October 30**
at the
Westminster Fire Station
on **Great Avenue**
from **6:00 to 8:00 pm.**



This occasion will be FREE to all, and children must be accompanied by an adult for entry.

In order for this party to be a success for our children, we are looking for people willing to participate and/or donations of Halloween decorations in good shape, candy and other foods. We also need people willing to be part of the tour or graveyard displays.

If you are interested or have a donation to make, please contact Babs Lynde at 722-9516 or send email to blujeens@comcast.net.



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Friday, October 15, 2010

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School Board Blog

In an effort to increase transparency and communication with the public about the school board, Westminster Board member Rick Gordon has been keeping a blog <http://www.rickwest-board.blogspot.com/>. Please keep track of this site for information and reflections on the workings of the school board.

Westminster Gazette

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