

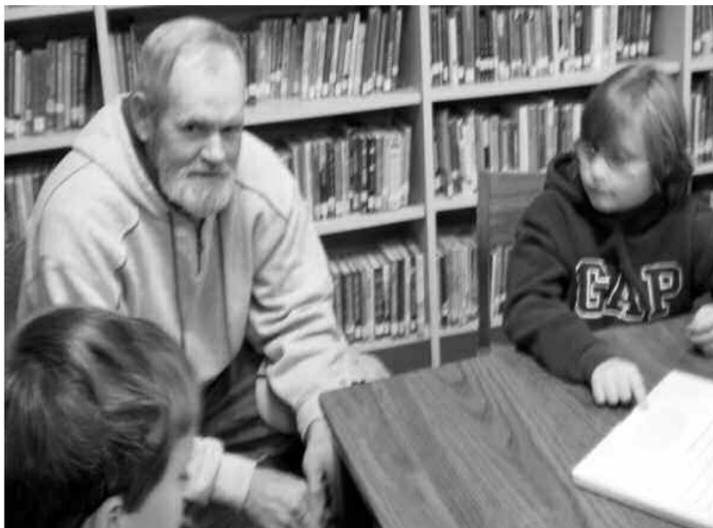
Westminster Gazette



po box 147 westminster vt 05158

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

Vol. 6, No. 11 November 2010



Third Grade Local History Project

The third grade has been very busy researching Westminster History this fall. With the help of their librarian, Liz Bourne, they have been conducting interviews with local town elders and saving them on their laptops. The first interview was with Russell Allen, who told the students about the history of the CVO Orchard and about how young he was when he first began working there. He gave them a wonderful demonstration of tree grafting. Students have learned a lot about what school was like fifty years ago, including the discovery of a no longer existing schoolhouse on Sand Hill Road. Thanks to Ruth Grandy for bring in the photo of the Sand Hill Road School. These interviews and many others will be archived along with photos of students and their interviewees. If you or anyone you know would like to participate in this project, please get in touch with teacher, Irene Canaris, or Liz Bourne.

In addition the third graders visited the Historical Museum at town hall and the William Czar Bradley Law office, where Pat and Robert Haas, Richard Michaelman, and Lindy and Karen Larsen showed them all of the historical treasures displayed there. The last stop on their walk through Westminster was a visit to the East Parish Cemetery, where the children found the gravestone belonging to the family of recently discovered 19th century journalist, Fannie Grout. Thanks to Alice Caggiano for her help in locating points of interest in this very historic cemetery.

THE GAZETTE GRATEFULLY ACKNOWLEDGES THE SUPPORT OF ITS UNDERWRITERS:

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Westminster School District
Town of Westminster
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Westminster Cares
Westminster Fire & Rescue Association
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Brattleboro Subaru

WHAT IS HAPPENING AT THE WESTMINSTER SCHOOL



A Visit to the Pumpkin Patch

What's every color of the rainbow, runs, jumps, and yells excitedly? A group of second graders heading to the pumpkin patch. As part of our study of the Life Cycle of the Pumpkin, we were fortunate to visit Harlow's pumpkin patch where the kids each chose a pumpkin, and had delicious pumpkin cookies. Many parents were able to join in the day's fun. It was quite a challenge for the kids, and adults alike, to choose the "Perfect" pumpkin from among such a vast array of beautiful specimens. As soon as a child would pick one up, exclaiming how "it was just the best one!"...they only had to walk a little further and find a "more perfect pumpkin". Yet, as the time came to walk back to school, most of the kids were content with their choices. We were so lucky to have clear blue skies and mild temperatures, making it an ideal pumpkin patch picking day!

A big thank you to Paul Harlow for his generosity in sharing his pumpkins with us. Also, thanks to Elizabeth Harlow, who joined us and shared information about pumpkins with the children. We even taught her something! Do you know what a peduncle is?

NOMINATE WESTMINSTER'S CITIZEN OF THE YEAR

Dear Residents of Westminster:

Many Westminster citizens contribute their time, skills, and effort to make this a great community. The Selectboard would like to recognize one of these outstanding citizens as "Westminster's Citizen of the Year" at our next Town Meeting.

Is there someone you would like to nominate for this award? If you know someone who has worked to make Westminster a better community, please let us know.

Simply send us a letter letting us know who you would like to nominate along with a brief statement as to why you feel they should be Westminster's Citizen of the Year.

Please send your nomination in a sealed envelope to:

Citizen of the Year Nomination
Westminster Town Hall
P.O. Box 147
Westminster, VT 05158

Nominations must be received by December 8, 2010. All nominations will be held in the strictest confidence. The honoree will be announced during Town Meeting at BFUHS on February, 26, 2011.

Thank you.

Westminster Selectboard
Toby Young, Chair; Craig Allen, Peter Barrett, Paul Harlow, and Jeff Ruggiero

A CELEBRATION OF AGING

Please join Westminster Cares at our Annual Meeting and third annual Celebration of Westminster residents born in 1920 or before. The Celebration will be at the Fire Station on Grout Ave. on Sunday, November 14th, 2010 from 2 pm to 4 pm. There will be a short business meeting followed by a celebration of those in our town who are 90 years of age and older. Refreshments will be served. Please let us know by November 7th, if you plan to attend. Call Pete Harrison at 722-3080 or Westminster Cares at 722-3607.

Please join us!



BELLOWS FALLS MIDDLE SCHOOL BAND MEMBERS RAKE LEAVES

The Bellows Falls Middle School band is raking leaves this fall to fundraise for new uniforms and upcoming band trips. The concert band is planning to play in a competition at the Great Escape this spring. Call 463-9372 to have the Bellows Falls Middle School band members rake your leaves.

TESTED PROCEDURE FOR INSTULATION OF WOOD BURNING STOVES

PASSING THROUGH WALLS OR FLOORS
 IF AT ALL POSSIBLE AVOID GOING THROUGH WALLS OR FLOORS.
 WALLS: A CORRECT THIMBLE MUST BE USED.
 PREFERABLY USE AN ALL FUEL FIRE STOP SPACER, THIMBLE OR CONNECTOR.
 IF A THIMBLE IS TO BE USED, IT MUST BE AT LEAST THREE TIMES THE DIAMETER OF THE PIPE AND WELL VENTILATED TO ALLOW AIR MOVEMENT.
 USE INCH FRAMING WITH SHEET METAL.
 CAUTION: WHEN YOU MUST PASS THROUGH A CEILING, THE ALL FUEL CONNECTOR OR FIRE STOP SPACER MUST BE USED AND INSTALLED ACCORDING TO THE MANUFACTURER'S REQUIREMENTS.

CONNECTING THE STOVE PIPE TO A CHIMNEY THROUGH A WALL
 CUT WALL BACK THREE TIMES THE SIZE OF THE PIPE. Example: 6" pipe = 18" x 18".
 FRAME HOLE WITH 2" x 4" AND END EXPOSED END OF 2" x 4" WITH 22 GA. TO 28 GA. SHEET METAL.
 USE A THIMBLE AT CHIMNEY.

PIPES MUST BE KEPT THREE TIMES PIPE DIAMETER AWAY FROM COMBUSTIBLES.
 EXAMPLE: 6" Pipe 18" x 18"

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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.

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	9:15	9:30	9:45	10:00	10:15					
Bellows Falls to Brattleboro	—	8:00	8:02	—	8:07	8:09	8:12	8:25	8:27	8:37	W	8:44	9:00	9:00	9:02	9:12	9:26	9:28	9:40	9:44	9:47	9:50	10:00	10:15
Brattleboro to Bellows Falls	7:00	7:02	7:12	7:17	7:26	7:28	7:40	7:44	7:47	7:50	8:00	—	—	—	—	—	—	—	—	—	—	—	—	—

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 BELLOWS FALLS



Pictured L to R top row: Scott Martin, Mary Westbrook, BFUHS Chorus Teacher, Tim Jones, Kyle Reeve, Mary Gibson, violinist, Don Jamison, VT composer, Bonnie Thurber Klimowsky, cellist, Dan Osterholt, Kristen Lawlor,

VSO SymphonyKids Green Room Program give teenagers a taste of classical music

by Suzanne Groenewold

Despite the rain on Friday, October 1st, nothing could dampen the spirit of ten teenagers from the Bellows Falls Union High School who attended the Vermont Symphony Orchestra's Made in Vermont Music Festival as part of the SymphonyKids Green Room Program. Before the concert, the students and chaperones had a meal with musician mentors, including composer Don Jamison of Burlington, Vermont, who had his piece, "It Is Time" performed by the Symphony. Students received free tickets to a VSO concert and were given materials about the performance, including CDs, of the performance in advance. Accompanying the students to the concert was chorus teacher, Mary Westbrook who said that this concert could be, for many young musicians, the first step in a lifetime of seeking out and enjoying live music performances, both as a player and as a listener. "An important part of our education as a musician entails attending concerts, collaborating with other musicians, keeping abreast of what other musicians around us are doing, "talking shop" with practicing professionals, and keeping our ears and minds open to music outside of what we would normally listen to," said Westbrook. Anna Johnson, the band teacher at the high school also accompanied the students to the concert.

Mentors from the VSO were Bonnie Thurber Klimowsky, cellist, and Mary Gibson, violinist. During dinner with the students they asked about their hobbies, musical interests and aspirations. Participating students were; Kyle Reeve, Denise Kingsbury, Emily Vaccaro, Scott Martin, Tim Jones, Kristen Lawlor, Dan Osterholt, Samantha Barth, Sam Empey and Natasha Fletcher.

Conductor Anthony Princiotti brought the house to silence with Handel, Rachmaninoff, Bach and Mozart. As part of the Made in Vermont Music Festival Vermont composer, Don Jamison spoke about his composition. He has been touring with the VSO and said that his piece sounds unique in each concert hall and venue.

Princiotti was candid with the crowd before the performance of Mozart's Symphony No. 29 in A Major. He reminded the audience that Mozart was merely 18 years of age when he wrote the piece, back in the 1700's. Princiotti marveled at the mature emotions Mozart had at that young age as expressed in this piece. "You'll hear something playful, then soft, then rapid and angry, then quiet and romantic" Princiotti said. This insight mesmerized the audience for nearly twenty minutes as the VSO performed Mozart's piece bringing the audience to their feet in a standing ovation at the end.

Family Members of Seniors Invited to Senior Housing Discussion

Westminster, VT - A guided discussion will be held with family members of seniors on Wednesday, **NOVEMBER 3, 2010 AT 4:00PM IN THE UNITED CHURCH OF BELLOWS FALLS.** This discussion is part of a series of local meetings to inform the design of Marks Meadow Senior Housing proposed for Westminster, VT. Family members of seniors are invited to discuss the project's proposed services and amenities, as well as ways to make the senior housing more accommodating for their loved ones.

Other discussions will be held with local seniors and with service providers.

Marks Meadow Senior Housing is being developed by a group of citizens from the Towns of Westminster and Rockingham.

If you are interested in attending this discussion or would like more information on the Marks Meadow Senior Housing project, please contact Becca Schaefer, (802) 365-4115.

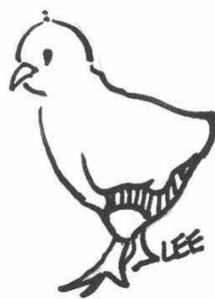


Pictured with the entire 3rd grade class is Marcy Smith, President of Unit #37



Pictured with Kurn Hattin teacher Kristie Lisai is Marcy Smith, President of Unit #37.

Pierce Lawton Unit #37 Legion Auxiliary celebrated October with Education month by donating school supplies to the Westminister Center School Irene Canaris's 3rd grade class. The kids were excited to receive additional glue sticks, crayons, colored pencils and journal books to assist them in their 3rd grade projects. In addition to the WCS, school supplies ranging from notebooks, pencils, pens & folders were donated to Kristie Lisai's classroom for her students at Kurn Hattin Homes. Other members of Unit #37 also delivered school supplies to other local area schools



Bellows Falls Union High School to appear on WCAX TV Across the Fence

Buying foods directly from the farmer and then serving these foods to high school students not only supports local farmers and producers, it helps people understand where their food comes from. Cafe Services, the food service provider for the Bellows Falls Union High School, became a food partner in the Windham Farm and Food network this past summer. There are many local farmers and schools who have joined the cooperative to bring locally grown foods to the cafeterias of schools throughout Windham County. WCAX TV of Burlington, VT will be featuring Bellows Falls Union High School and the Windham Farm and Food Network on their popular TV show, Across the Fence during the first week in November at 12 noon. For more information and show time, visit <http://www.wcax.com/Global/link.a>



Compass School Hits Mid-Semester on a High Note

by Rick Gordon

It is amazing to realize it is already the middle of the first semester at Compass! There is much to be proud of at this point in the year--a tremendous student culture full of respect and interest in learning, rigorous and meaningful classes, engaging experiences in and outside school, great lunches, and real sense of order throughout the building. Our just concluded Health Week, highlighted by the debut performance of our Chorus, was a rejuvenating change in the schedule and we return for the second half of the semester ready to elevate the learning to even higher levels.

News Stories detailed at www.compass-school.org:

Visit to Islamic Center Promotes Understanding: High schoolers traveled to Massachusetts for a day at the Islamic Center that truly was perception altering for us and them. Welcomed with unwavering hospitality, our students were touched by the calm energy of this Muslim community and made close connections with the congregants, who looked on the surface very different from us. Students reflect on the experience in a moving article at the website. Fundraising-Friendraising: Like the school, the Compass School Board is maturing. Moving to a quarterly meeting structure, the Board will more than double in size and expand the committee structure. One of the major goals of the board is "Friendraising"--fostering the relationships outside the school that are the foundation for development down the road. If you are interested in being part of this effort, on the board or as an outside supporter, please contact the school.

No Child Left Behind, Really: Director Rick Gordon's editorial articulates the importance of schools like Compass, where individual students have the chance to find a setting in which each can feel safe, supported, and able to thrive. This editorial makes the point that we need a system of publicly accessible schools that offer a range of options so every child has real opportunities for success.

Mid Semester Reflections: The debut performance of the chorus during Health Week is one of many touchpoints at mid-semester to check the health of the Compass community. As the chorus reflects, there is much to be proud of and, as always, room for growth. Read about the great start to the year at the website.

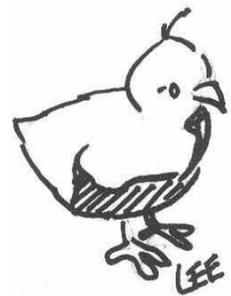
Chorus Concert-Save the Date: Our first ever official Winter Chorus Concert will be held December 16th at 7:00. There will be a performance by the Compass Chorus as well as by other music groups and exhibits of other student work.

Please join us!



Healthy Snack Provided for NECAP Prep Classes

Coming to school on an empty stomach is never a good idea, but teenagers tend to do just that more often than not. As students gear up for the New England Common Assessment Program (NECAP) tests next month, the Bellows Falls Union High School is providing a free healthy snack during NECAP prep classes and a complete breakfast on test days to ensure that students are fueled up for the test. The community has stepped up and donated items and has volunteered to help assemble over 275 snack bags that go to every student in the high school every day for three weeks. By providing a balanced, healthy snack, containing at least one dairy, one fruit, and one starch, the snack program qualifies for reimbursement. The snack varies from day to day and is a mix of local donations and food provided by Cafe Services, the high school's food service provider. The school is buying apples in bulk from the Saxtons River Orchards. School board chair, David Clark has purchased doughnuts from Allen Brothers as well as other donations made by board member Jan-Mitchell Love and Pat Fowler of the Village Square Booksellers. This is part of a community-wide effort to help students do well on their NECAP exams.



WESTMINSTER GAZETTE

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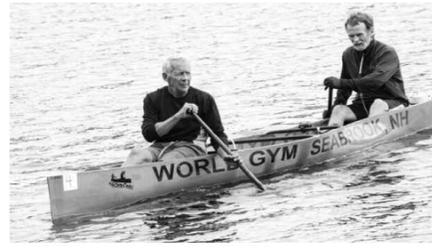
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Matt King Winning racing canoe



Chris Burr mens racing kayak



Larry Douglas, David Lamoreaux, mens racing canoe



Trophies

The Bellows Falls Rotary 2nd Annual Connecticut River Paddle Battle

The Bellows Falls Rotary 2nd Annual Connecticut River Paddle Battle, co-sponsored by TransCanada, was held on September 26, 2010. The event is a fundraiser to benefit the Bellows Falls Rotary Club Scholarship Fund. The Scholarship Fund has been helping local graduates to achieve their educational goals for thirty years. According to club President Doreen Aldrich, the Paddle Battle was created to provide the community with economic and recreational opportunities that will have a positive impact on local family life and health, involve local youth in proactive and meaningful activities, showcase the heritage and

beauty of Herrick's Cove and the Connecticut River in Rockingham. It is also intended to promote conservation, and encourage the influx of tourism into the area to support local businesses.

The race, offering several classes of skill levels for both racers and recreational paddlers, took place on a 7-mile course with safety and security supports, and provided a fun and festive afternoon of raffles, prizes, activities, educational opportunities, food and music. Serious racers were able to challenge themselves among their colleagues; and families and casual paddlers participated in an

open class race and helped with the clean up. Winners received beautiful hand-carved wooden trophies made by Ryan Ostebo of Saxtons River. 1st Place Winners were: Men's Racing Canoe: Matt King; Men's Racing Kayak: Chris Burr; Women's Kayak: Heidi Henkel; Men's Kayak: Jim Palmmer; Men's Racing Canoe Tandem: Larry Douglas and Dave Lamoreaux; Men's Canoe Tandem: Ed Dinnany and Mike Malick; Mixed Canoe: Sandra Brodsky and Larry McIntosh; Tandem Kayak: Jon and Anne Rose. Other event sponsors included: Windham County Sheriff's Dept, Together We Can, Connecticut River Bank, Durand Ford Toyota,

SEVCA, Cota & Cota, People's United Bank, Village Square Books, Salmon & Nostrand and HB Energy Systems.

Club vice-president Eric Anderson, new to the area, was impressed with the turnout of 25 racing teams or individuals in only the event's second year. "It is about more than just the potential tourism, we had a busload of kids from Kurn Hattin here participating and helping out who had a great time! We see this as an event that will continue to grow and benefit the Rockingham area."



WESTMINSTER SCHOOL'S OPEN HOUSE

On Tuesday evening, October 19th, students returned to both the Center and West Schools with their families. Children were "Tour Guides", introducing their classrooms and work from the first months of school.



School Events: November

November 1: Westminster Parent Community Organization meeting 6:00 at the Center School

4: All School Meeting 8:45 in the Gym

9: Westminster West School PTO meeting 6:30 at West

School

10 - 16: Book Fair in the Center School Library

11: NO SCHOOL - Parent Conference Day [Book Fair

open]

23: Community Thanksgiving Feast - 12:30 and on at the Center School

24 - 28: NO SCHOOL - Thanksgiving Break

The annual Book Fair runs from 9:00 on Wednesday, Nov. 10th through 3:30 on the afternoon of Tuesday, November 16th. Children at the Center School are scheduled to visit twice - once to browse and once to purchase. Parents may visit when their child comes or before or after school. Children in kindergarten or at the West School are encouraged to visit the Fair with their families on Thursday, November 11th. That's Parent Conference Day, and the library and Book Fair are open from 8:00 until 4:00. Proceeds from the Fair go to school libraries and literacy activities.

The school's Community Thanksgiving Feast will be different this year as we all gather together at the Center School gym on Tuesday afternoon, Nov. 23rd. Flyers will go home with children after details are firmed up at the Westminster Parent Community Organization meeting on Nov. 1st. All families and community members are invited to join us for feasting which begins about 12:30.

I LOVE GARLIC!

by Babs Lynde, a Vermont Master Gardener

Allium sativum, or garlic, is part of the onion family which also includes chives, leeks and shallots. Although we use garlic today as a spice or a culinary additive to our foods, it was used more for medicinal purposes in the past. Thousands of years ago, crushed and minced garlic was consumed or stirred into drinks to keep away deadly diseases or illness. The Egyptians worshipped garlic and even placed generously filled platters in the tombs of every king, priest or other important dignitary. It was also thought to be an aphrodisiac and often used in potions. More recently, wounded soldiers in both the world wars were given garlic to prevent gangrene.

While science is still not conclusive on health benefits, garlic is rich in antioxidants, and antioxidants have been proven to help destroy free radicals in the human body - particles that can cause damage to cell membranes leading to various forms of cancer and heart disease. Today, many people take garlic for allergies, high blood pressure, cancer, colds, heart disease and improving their immune system and swear by the results. Fresh garlic is always the best, but even the powdered form seems to have some clout.

Not surprisingly, garlic is also used as a repellent for mosquitoes, deer and various rodents such as squirrels, chipmunks and gophers because of its strong odor. Plant a few garlic bulbs among your flowers beds and spray the soil regularly with water mixed with several large slices of cloves.

Growing garlic is not difficult, but as food goes, it's one of the more unusual for planting and harvesting. Garlic needs to be planted about six weeks before the

ground freezes, about the same time as tulips and crocuses. If you plan on growing your own garlic, be sure to choose the hardneck variety as the softneck garlic needs warmer soil for longer periods of time. Prepare the garlic bed by loosening the soil and mixing it with good, rich compost. In late spring or early summer, the garlic is ready for harvesting once the tops begin to fold over and die back.

China is the largest producer of garlic with bragging rights of nearly 23 billion pounds grown per year, nearly 77% worldwide! India, South Korea, Russia and the United States round out the top five countries for production. Gilroy, California proclaims to sell the largest amount of garlic from the US, calling itself the "garlic capital of the world."

My favorite recipe for roasted garlic is very simple. Leaving the garlic bulb whole with the papery layers still on it, slice or cut off the top of the cloves (chicken scissors are great for this!) and place as many bulbs as you want onto a baking sheet. Dribble a small amount of good virgin oil over all of them and slip them into a preheated oven at 350 degrees. Depending on the size of your garlic bulbs, between 30 to 45 minutes, the tops will brown and the flesh inside the paper will turn soft. Gently dislodge each clove and squeeze the deliciously soft goodness out in a bowl. The roasted garlic can be added to sandwiches, mayonnaise, dipping oil, vegetables - wherever you like the taste of garlic. Eat - Mangia!!

Would you like more information about garlic? 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 NEW WONDER VITAMIN

By Judith J. Petry, MD

The vitamin of the decade has been chosen – Vitamin D. Everyone is taking vitamin D supplements for nearly every health benefit imaginable. It prevents osteoporosis, cancer, aging, flu, colds, heart disease, Parkinson's Alzheimer's, multiple sclerosis. You name it, vitamin D can prevent it. This is suspiciously reminiscent of vitamin C in the Linus Pauling era.

So, what do we know about vitamin D? In a nutshell: it is produced by human skin when exposed to sunlight with a UV index of more than 3. It is also found naturally in some foods, notably catfish, salmon, mackerel, sardines, tuna, eggs, beef liver, and for vegans, mushrooms. Other foods such as milk and cereals are fortified with vitamin D. Severe deficiency causes rickets in children and osteomalacia (soft, easily broken bones) in adults. Severe excess results in too much calcium in the blood with loss of appetite, nausea, vomiting, and kidney damage. Too much vitamin D during pregnancy causes mental retardation and facial deformities in the fetus.

Vitamin D is used by nearly every cell in our bodies to regulate everything from calcium levels to immunity. Recent research has shown that too low or too high blood levels of vitamin D are associated with an increase in mortality from all causes. Low levels are strongly associated with an increase in deaths from heart disease. As with most things, balance is the key: neither too high nor too low.

The evidence for vitamin D as a prevention for cancer deaths is impressive for colorectal cancer, less so for breast cancer and pancreatic cancer. It is clearly essential, along with calcium and other nutrients, in the prevention of osteoporosis. Studies of immunity are more theoretical than real; it does seem to provide some protection from colds and flu in the winter months when sun exposure is insufficient to maintain adequate blood levels. The evidence for prevention of MS, Parkinson's and Alzheimer's is based on inadequate data. Research in its earliest stages and the randomized controlled trials that will give more definitive answers have not been done yet. Taking large doses of vitamin D for long periods of time without this data is like offering oneself up as a guinea pig in an experiment without anyone overseeing the effects. Do so at your own risk.

That said how much vitamin D3 (not D2) should you take? The consensus seems to be that the RDA of 200-600IU per day is too low and should be closer to 1,000IU, especially in the winter months.

There is no way to know how much you should be taking without a blood test to find out where you are now. If your level is low, ask your doctor how much to take and be sure your blood test is repeated in 3 to 6 months. If you are pregnant do not take vitamin D without your physician's okay. And keep watching for the research that will someday tell us the truth about vitamin D.

"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 met on October 6, 2010. 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 friends.

Services provided: Meals on Wheels 12 people are on meals. 16 rides for 3 different people by 8 volunteers for a total of 380 miles; Visiting – volunteers visiting three people; Nursing program - Help for 11 clients and a blood pressure clinic; Equipment loan – several pieces loaned including a lift chair. We have also received donations of many pieces of equipment, visited The Gathering Place, the adult day program in Brattleboro with a resident who is now attending Adult Day 3 times a week.

Meetings attended in September: development director, Executive Comm, Publicity Comm., bookkeeper, Gazette. Also Trudy and Pete Harrison attended staff meeting of the Rockingham Medical Group and talked about WC and the Nursing program.

Programs in September: 2 Secrets of Healthy Aging session, 4 Yoga classes, 5 Artist in Each of Us classes, 24 People Exercising classes held.

Anyone interested in learning more about Westminster Cares, volunteering to deliver meals on wheels or driving neighbors to doctor appointments, working on a committee, making a contribution or attending a workshop may contact Ronnie Friedman at 722-3607 or by email at wecares@sover.net.

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 loan them to us.

Equipment available: Wheel chair, walkers, hospital bed, etc.

90 Year Olds 3rd annual celebration and Westminster Cares Annual Meeting Sunday November 14th from 2 PM to 4 PM at the Westminster Fire Station on Grout Avenue. If you are a resident of Westminster and you were born in 1920 or earlier, this party is for you and your family and friends and neighbors. If anyone knows of someone from Westminster born in 1920 or before, please contact them at Westminster Cares so we may send or give them an invitation. This is a fun filled and rewarding event. Everyone is welcome.

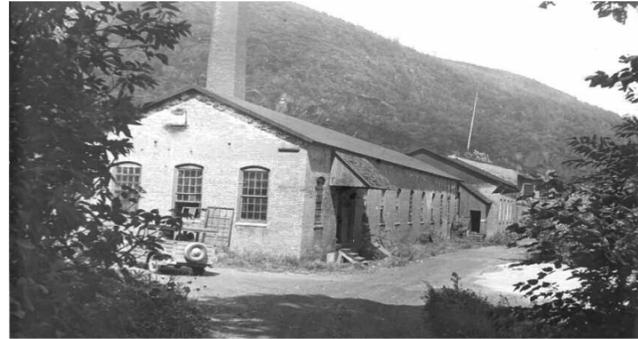
Memorial donations received for the month of October:

In memory of Pat Jennison from Paul, Shirley and Carolyn Schofield

In honor of Westminster Cares' volunteers from Ruth Gale

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.

WESTMINSTER MYSTERY PHOTO



Where is this building located and what was it used for?

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.

October Answer: This is the Connecticut Valley Orchard farm (CVO). It was located at the top of Orchard Hill, and it was a major producer of apples.

By the way, this picture was taken in 1921.

October Winners: Richard Bell, Bernie Lawrence, Bill O'Connor, Christian Blake, Ray Stetson, Al Lober & Sue Barnett.

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 November 2nd at 7:00 PM

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

November meetings: November 8th & 22nd.

Number of calls in September: 29

Number of man hours spent: 17,215

Number of calls through October 29th: 34

Number of man hours spent: 11,480

Number of calls calendar year to Date: 296

Number of calls fiscal year to date: 126

Halloween Party: The 1st annual Halloween Party for school kids was held at the Fire House October 30th from 6PM to 8PM, complete with games, haunted grave yard and plenty of treats. Fire Prevention Open House Friday October 8th was a fun filled day and a huge success. The entire Center School showed up along with the kids from the Westminster West School. Several events took place. An old school bus was set up for the 5th & 6th graders to observe the use of the Jaws equipment for cutting. The kids got to participate in the popular smoke room demonstration, sit in the trucks and ride in the Rescue truck and on the platform. The Sheriff's Department was on hand with a really nice display table set up. Golden Cross was also there to provide more interesting information. Kurn Hattin was on vacation so there were no students attending from that school.

Thank you from Chief Cole Streeter to the many volunteers who gave so much of their time and energy to make the Halloween Party and the Fire Prevention Open House such a huge success. Also, thanks to those who gave money to help with the expenses for the Halloween Party.

Vermont Emergency Management held a disaster relief course at the Bellows Falls High School October 28th.

EMT classes are being hosted by the Fire Department every Tuesday and Thursday evenings for area people who have signed up for the course.

Association Meeting: The Westminster Fire and Rescue Association met for their regular meeting October 5th with 31 members present and 5 members excused. Christina Aguire was welcomed back as a member. She was a member in the past and has rejoined as of this meeting. Welcome back Christina. Shannon Fuller came to talk about the plans for the Halloween party. The members of the association voted to give the Halloween Party committee \$200 to help with expenses.

Woodstove hook-up: refer to the diagram (on page 2 of this issue) for proper installation and be careful not to pile your wood too close to the stove. The Fire Department is always available for advice and inspection of woodstove and wood furnace installation.

Furnaces and pellet stoves should be cleaned and wood stoves and chimneys for those burning wood. Chimneys should be checked periodically throughout the heating season.

Coming Events:

1. First Responders Course October 4th, November 1st and December 6th at the fire station from 6PM to 10PM.

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

WESTMINSTER HAPPENINGS

Activities

Scottish Country Dance

Classes

Every Wednesday @ 7:30pm 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 GalleryWalk

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 7:30 pm @ The Town Hall in Walpole, NH.

3SquaresVT Cuts Postponed for Three Months

Waterbury, VT— The Vermont Department for Children and Families (DCF) recently notified about 16,000 Vermont households that their 3SquaresVT benefits (formerly food stamps) were being reduced starting October 1, 2010. Benefits went down for these households because the federal government required Vermont to lower the standard deduction households could claim for fuel and utilities.

"We have just received word from the Food and Nutrition Service of the USDA that the change to the standard deduction is being postponed for three months," said DCF Commissioner Steve Dale. "This means that those 16,000 Vermont households that saw their benefits go down because the standard deduction went down, will likely see their benefits go up for the months of October, November, and December."

DCF staff are diligently working to recalculate benefits and get notices out to affected households as soon as possible. Those affected by this change will see an adjustment to their benefits by November 1st — at the latest.

"We would like to thank Governor Douglas for his continued support of 3SquaresVT and Vermont's congressional delegation for their help securing this extension," said DCF Food and Nutrition Programs Director Renee Richardson. "If we have to reinstate this decrease in January, we will continue working very closely with our community partners, advocates, and legislators to help affected households mitigate the impact on their food budgets."

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.

Knitting Together

Every Wednesday from 1-3 p.m. at the Saxtons River Inn. For more information or if you would like to donate yarn please contact Caroline at (802)463-4653.

Vermont Academy presents

Eurydice

by Sarah Ruhl
Thurs. & Fri.
Nov. 11 & 12 at 7:30 PM
All Seats: \$10 at the door.
Horowitz Performing Arts Center
Saxtons River, VT
Info: 802-869-6644 or visit
www.VermontAcademy.org

Faith Community

The First Congregational Church of Westminster

United Church of Christ
The Rev. Sami Jones McRae, Pastor
Main Street, Route 5, P.O. Box 122, Westminster, Vermont 05158,
802-722-4148

Sunday worship at 10:00 AM

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

Important Dates

Nov. 3 - Woman's Fellowship - 12:00 noon
Nov. 7 - Worship and communion 10:00 am
Nov. 13 - Chicken Pie Supper 5:00 - 7:00 pm
Nov. 14 - Worship 10:00 am
Nov. 21 - Worship and Sunday School 10:00 am
Nov. 14 - Deacons and Trustees meeting after service
Nov. 22 - Standing Committee meeting 7:00 am
Nov. 27 - Christmas Bazaar 9:00 am - 2:00 pm
Nov. 28 - Worship and Sunday School (first Sunday of Advent) 10:00 am
Nov. 28 After church book study - Three Cups of Tea

2nd Annual Fall Bulb Sale

\$4.00 a pack
Many varieties of bulbs will be available for sale at church. Choose from daffodils, tulips, hyacinths, crocus and other small fall bulbs. Bulbs are available for sale at church or call Lucille at 722-4214 for more information or to purchase bulbs.

Chicken Pie Supper

On Saturday, Nov. 13, the Woman's Fellowship will host their annual Chicken Pie Supper from 5-7pm. The menu will include chicken pie with biscuits, mashed potatoes, winter squash, onions and homemade dessert. The cost will be \$8 for adults, \$4 for children and under 3 free. This is a great chance to catch up with friends and family, share a good meal with no dishes.

Christmas Bazaar

The annual Christmas Bazaar will be held at church on Saturday, November 27, from 9-2. The Christmas Shop will be open all day and will include Crafts, Gifts, Collectable, Handmade items and Homemade baked goods. Two exquisite quilts made by a local quilter will be raffled off at the end of the day. Tickets will be on sale from now until Nov 27. At 11:00 Santa will visit with children of all ages. Children are invited to do a craft project and take a Photos with Santa. Prints will be available for a donation. The Christmas Café will be open from 11-2. The menu will include soup, sandwiches, chips, coffee, tea, cocoa and punch served by some enthusiastic local elves!!

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 ccww@sover.net

HAPPY BIRTHDAY ON OCT 30TH TO CHARLIE KELTON !

Meetings

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.

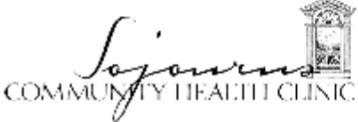
Westminster Gazette Meeting

Monday, November 22, 7:30 am.

Westminster Recycling Committee

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

The Deadline for The December 2010 Issue of the Westminster Gazette is: Thursday, December 2, by 5:00 pm



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Black Sheep Radio Announces Audio Documentary Competition International Contest Retains Focus On Area Creations

Bellows Falls-based radio pioneers WOOL, also known as Black Sheep Radio, announced their first Audio Documentary Competition. The station has issued a call for submissions of audio pieces, suitable for airing, about non-fictional topics.

Targeted in this effort are the many area people who enjoy listening to stories about people, places, and things by which they learn and are entertained. Many people now have the means to create these stories themselves. Recent developments in computer technology have put free recording tools at the disposal of anyone with a computer and some free time. Black Sheep Radio is hoping that this competition encourages people to find a topic that interests them and to explore a short exposition of that topic in a strictly aural medium.

"We sometimes become dependent on the world of visual images," says radio station volunteer, Gary Smith, "television and the internet are so dependent on LOOKING that often we forget the value of just listening. Building a piece of audio art doesn't just help us speak, it teaches us to listen, as well."

The competition is being publicized on WOOL's website,

www.wool.fm, as well as on the air, and has been sent around the world through the internet and promises to produce a heaping helping of new creative work and plentiful opportunity for learning and entertainment.

While offering virtually no restrictions on content, the competition's rules - outlined at www.wool.fm - note that pieces can be submitted in three categories: half-hour, one-hour, and fifteen minute formats. Station representatives note that this strategy opens participation for people with greater and lesser free time and resources.

"We are just as enthusiastic for a fifteen-minute piece about your grandfather as for a five-episode analysis of the Russian Revolution," notes Smith. "And we're hoping some people break away from the now-standard formula of NPR and This American Life. The medium is wide open and our station is very receptive to innovation."

The deadline for submission is December 30, 2010. Winners will be announced in February 2011. The top twenty submissions will find airtime on WOOL. All eligible submissions will be aired on the station's website, www.wool.fm.

Information about the competition is available at www.wool.fm and questions can be sent to doc@black-sheepradio.org. Free audio editing software for Mac and PC is available at http://audacity.sourceforge.net/.

More info at doc@blacksheep-radio.org.

Students from Kurn Hattin Homes joined Unit #37 Legion Auxiliary on July 3rd, 2010 to help pack 80 TROOP Boxes for soldiers out of the Westminster unit along with other local soldiers.

Thank you to those who donated items especially those from the Westminster Congregational Church who had boxes filled each Sunday with items to be included in these boxes. These particular Kurn Hattin girls were excited to help as they focused their packing on 3 local female soldiers with "girlie" items that they are unable to get overseas. Pictured with the 4 Kurn Hattin girls is Marcy Smith, President of Unit #37 Legion Auxiliary.

SEND YOUR SUBMISSIONS TO:

WESTMINSTERMEWS@GMAIL.COM

YOU MAY STILL HAVE TIME TO VOTE TODAY !!

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Learn How to Make Healthy Lifestyle Changes

Making healthy lifestyle changes can reduce your risk for chronic illness and disease.

4 of the top 10 leading causes of death (heart disease, stroke, diabetes and some forms of cancer) are related to poor diet.

Did you know that if you are as little as 10 lbs. overweight you are at risk for heart disease?

Other complications being overweight puts you at risk for include but are not limited too are:

- Gall bladder disease
- Gynecological Abnormalities (abnormal menses, infertility, polycystic Ovarian syndrome, etc.)
- Osteoarthritis
- Gout
- Phlebitis
- Cancer (breast,uterus,cervix, colon,esophagus, pancreas,kidney, prostate)
- Coronary Heart Disease (Diabetes, Dyslipidemia, hypertension)
- Stroke
- Cataracts
- Pulmonary Disease (allergies, asthma,etc)
- Obstructive Sleep Apnea
- Hypoventilation Syndrome
- Severe Pancreatitis

Good nutrition affects everything Health, Energy, Vitality, Organs, Cells, Skin and more importantly Quality of life. According to the American Medical Association " 70% of all medical conditions are diet related".

There are just under 12 weeks left until the New Year. Start your New Year right and sign up for a FREE online guide to making healthy lifestyle changes.

I urge you to make your resolution for the New Year to eat healthier. Developing new habits takes time. It doesn't happen overnight. This Free online guide is a 12 week program so you can learn the balance of good nutrition. Whether you need to Gain Weight, Lose Weight or Maintain Weight this class is for you because a healthy diet will reduce your risk for chronic illness.

Sign up today at <http://www.1TimeDiet.com> or call Sheila at 802-722-4258. The online class is Free and it can be done by mail and over the phone for a fee. You can start and stop the class anytime. If you want to do it in 24 weeks instead of 12 you can. Whatever works for your schedule. The important thing is to take the first step.

The first week's topic is Protein. Did you know that a lack of protein can cause loss of muscle mass, decreased immunity, as well as weakening of the heart and respiratory system? Learn where you can get healthy sources of protein. Find out the amount of protein you need daily in your diet with the Free Wellness Evaluation you will receive when you sign up. Other topics being covered are Fiber, Dining out, Carbs., Sugar, Shopping, Meal plans,Snacking, Hydration and more.

Sheila Allaire
CEO Healthy Fortunes LLC
Wellness Coach
802-722-4258



It is a pleasure to announce that Stephanie Mueller has been chosen the September Elk's Student of the Month for Bellows Falls Union High School.

Stephanie, a sophomore, is the daughter of Laura and Brian Mueller of Bellows Falls.

Stephanie works hard in her classes and produces high quality work. She participates in class discussions, asks thought provoking questions and thinks critically about the information presented to her. As a dedicated student, she puts forth great effort on every assignment and just loves learning.

Stephanie has a curious, positive attitude that helps provide for a better overall learning climate. She is positive student, a good role model to others and is always willing to help.

Not only active in her academics, Stephanie is helpful in her class as well as. She has participated in class activities and fundraisers for the Class of 2013.

Stephanie's attendance is superb and she comes to school with a smile on her face ready to tackle a challenge.

Congratulations, Stephanie. BFUHS is proud to have you represent us with this award.

Don't Just Watch TV, Make It - FACT TV

Camera & Editing classes begin Tuesday November 2nd, 2010 at 6:30PM. If your at all interested in learning please call the station at 802- 463-1613, and enroll now! Fact needs new producers to be trained so that they can bring there talents to the station and create new and exciting shows. If you have a burning desire to do something fun and fulfilling with your free time then wait no longer, and come on down to FACT TV and learn an exciting new hobby. Students will have the choice between two classes Studio Production or Digital Production.

Studio Production will require the student to participate in the complete production of a news style "studio" Program. Each student will explore the individual roles involved with studio production, including : Director, Camera Operator, On-Camera Talent, Audio Mixer, Technical Director, Lighting Director & Graphics. After learning all aspects of the studio & studio control room, each student will be required to submit a news story and accompanying photograph or video footage, select a particular role, and produce a ten minute news-related program.

Digital Production will teach the students the basics of video production concentrating on the tool and methods used in making video programs. Students will participate in hands-on environment, learning proper camera operation, audio recording, basic lighting and most importantly the fine art of post -production editing. This course will give you all the tools you need to go out and shoot and edit your story for air on FACT 8.

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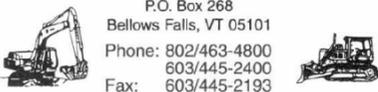
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And we appreciate our customers.

WESTMINSTER AUTO Ext 5, I-91 Rt. 5, Westminster

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Patrick Perez coming to BFUHS on November 2nd

Patrick Perez, a break dancing motivational speaker will be coming to the Bellows Falls Union High School on November 2nd at 7:00pm in the auditorium. All BFUHS students, staff, and family and the public are invited to attend. Patrick covers a wide range of current pressing topics from bullying to substance abuse through an entertaining and informative presentation intermingled with break dancing. The performance is sponsored by the Greater Falls Prevention Coalition. For more information contact Logan Bonney, BFUHS SAP Coordinator at 802-463-3944 or visit the speaker's web site at www.patrick-perez.org.

PING PONG for WESTMINSTER RESIDENTS

YES, right here at the Westminster Institute. Ping Pong is a highly recommended activity for all and especially seniors. The hand-eye coordination is good for the brain! And it is FUN!!!!
This will be available at no charge during Library hours on Monday from 1-4 and Tuesday and Thursday from 1-7. Pick up your 4 paddles and balls at the Library. ENJOY!!!!

CRIBBAGE is also available during this time. Pick up your boards and cards at the Library and play in the quiet of the Blue Room.

P
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YOU
MAY
STILL
HAVE
TIME
TO
VOTE
TODAY !!!

The Gazette would like to Thank our
Volunteers for their
continued support:

Lee Sanderson -Cartoonist
Donna Pilkington - Proof Reading

Westminster Gazette

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