

# Westminster Gazette



po box 147 westminster vt 05158

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

Vol. 6, No. 10 October 2010

## Kurn Hattin Children Run, Jump and Raise Money for Food Bank

by Kim Fine



Westminster-The Kurn Hattin Homes' children were active participants in the 4th Annual Harvest Festival for the Vermont Food Bank sponsored by Sovernet. This year's event was held at the Bellows Falls Farmers' Market on Friday, September 10. Tom Fahner, Director of Educational and Residential Services and three 8th grade boys ran the 4K race and several children participated in the jump rope contest. Most of the children were jumping 'Double Dutch' for the first time. The Vermont Food Bank is the state's largest hunger relief organization. The children donated many non-perishable goods and raised more than \$200 for the Food Bank. 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.



Essay Winners with Loung pictured L to R: Loung Ung, Tori Bissell, Hayden Noyes, Rachel Greenberg, Craig Divis, and Jonah Bolotin.

### Student essay winners share dinner and conversation with author, Loung Ung

Submitted by:  
Suzanne Groenewold

When Cambodian refugee and best selling author, Loung Ung spoke about her book, *First They Killed My Father, A Daughter of Cambodia Remembers*, the students of the Bellows Falls Union High School were able to put a face to the story written through the eyes of a 5 year old girl whose family struggled to survive during the brutal take over by the Pol Pot regime and the Khmer Rouge in Cambodia from 1975-1979. Students, faculty, staff and community members read Ung's book over the summer as part of school's Literary Kick Off Program. In addition, students were asked to enter an essay contest, writing about either how Loung's story impacted them and their lives, connecting the major themes of the book to their lives, or why they felt it is important for a student in Vermont to learn about Loung's story. Four essay winners were selected by a panel of faculty of the English and Social Studies departments who jointly read and discussed each entry and judged them on how authentic and reflective the essays were, and how they stuck to one of the three designated questions. *The essay winners were Jonah Bolotin, Hayden Noyes, Tori Bissell, and Rachel Greenberg. The winners shared their essays with the community, had dinner with Loung Ung and received a copy of Ung's latest book, Lucky Child, Daughter of Cambodia Speaks.*

Ung spoke about her life in America after her brother was told he could take only one other sibling with him and he chose her. After a long journey, they arrived in Essex, Vermont where Ung grew up and went to school. Today Loung Ung is a national spokesperson for a landmine-free world. She is one of 100 Global Leaders of Tomorrow and has received an award (APALA) for Excellence in Adult Non-fiction Literature. Loung works for the Vietnam Veterans of America Foundation.



### Computer Courses offered at SEVCA Inc.

Southeastern Vermont Community Action (SEVCA) is offering computer classes for those who want to enter the job market with upgraded skills, help their own business grow, or contribute in a more productive manner on the job. Computer literacy in this day and age is expected as attested to in a recent business survey in Windham County.

Toward this end the following courses are scheduled at SEVCA's main office in Westminster.

- **Basic Computers:** For those in need of the fundamentals and learning the language. 6 hours, October 5 and 7; 9:00 – Noon.
- **Word for Beginners:** Learn how to create, format, set up margins and fonts, and save documents. 3 hours, October 12; 9:00 – Noon
- **Advanced Word:** Explains page set-up, how to work pictures, diagrams and text boxes into the main document. As time allows mail merge and using data from mailing lists to create envelope, mailing labels will also be covered. October 14; 9:00 – Noon
- **Excel for Business:** A comprehensive course on aspects of Excel as it pertains to running your business. 12 hours, October 19, 21, 26, and 28; 9:00 - Noon
- **Marketing your Business using Social Network Sites like Facebook and Linked In:** Learn how to use the concepts of social networking to help your business grow. 3 hours, November 2; 9:00 – Noon
- **Transitioning to Microsoft Office 2007 and 2010:** Learn how to use the new tabs and ribbons that were not part of Office 2003. 3 hours, November 4; 9:00 – Noon
- **Knowing Your Chart of Accounts:** When you create a company file in QuickBooks, a chart of accounts is created for you. This workshop will look at assets, liabilities, banks, income lines, and expenses and credit cards and how QuickBooks manages each category. 6 hours, November 9 and 13; 9:00 – Noon
- **Introduction to QuickBooks:** A basic 'how to' course on QuickBooks where you will learn about Accounts Payable and Accounts Receivable portion of the software. 8 hours, November 16 and 18; 8:00 – Noon
- **Advanced QuickBooks:** Covers the more complex parts of QuickBooks. You will look into inventory management, time management, creating estimates for proposed work etc. 8 hours, November 30 and December 2; 8:00 – Noon

Pre-registration and pre-payment are required. For further information, course descriptions and fees, or to receive registration materials, please contact Guy Payne, Training Coordinator, 802-722-4575 x 154 or email [gpayne@sevca.org](mailto:gpayne@sevca.org). All classes will be held at 91 Buck Drive, Westminster, VT.

**WESTMINSTER FIRE & RESCUE DEPARTMENT**  
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**THE GAZETTE GRATEFULLY ACKNOWLEDGES THE SUPPORT OF ITS UNDERWRITERS:**

- Kurn Hattin Homes
- Westminster School District
- Town of Westminster
- Durand Automotive Group
- Westminster Activities Commission
- Sojourns Community Health Clinic
- Westminster Cares
- Westminster Fire & Rescue Association
- Le Studio
- The Current operated by the Connecticut River Transit

**"IF YOU FOUND AND RETURNED CATHERINE AUDETTE'S PUTNEY COOP MEMBERSHIP CARD PLEASE CALL 722-3743 OR EMAIL AURORA2@SOVER.NET. IT IS VERY IMPORTANT THAT I TALK TO YOU ABOUT THE LOCATION WHERE IT WAS FOUND."**

### 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 14<sup>th</sup>, 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 7<sup>th</sup>, if you plan to attend. Call Pete Harrison at 722-3080 or Westminster Cares at 722-3607. Please join us!

### VOTER REMINDER

About the State General Elections on Tuesday, November 2. We will be voting at the Westminster Institute between the hours of 8 a.m. and 7 p.m. Absentee ballots will be available from the Town Clerk on September 30.

## Le Studio Gymnastics & Dance

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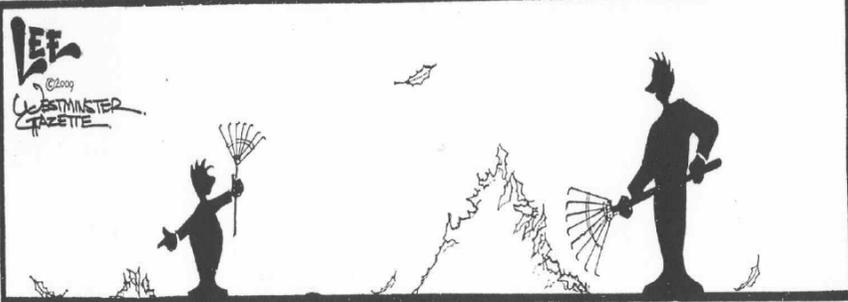
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If you are unable to drive or don't have transportation, you can benefit by riding on our Dial-a-Ride and volunteer network.

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

Bellows Falls to Brattleboro											Brattleboro to Bellows Falls										
Time	1:01	1:16	1:31	1:46	2:01	2:16	2:31	2:46	3:01	3:16	Time	7:00	7:15	7:30	7:45	8:00	8:15	8:30	8:45	9:00	
Arrives	5:45	6:00	6:15	6:30	6:45	7:00	7:15	7:30	7:45	8:00	Arrives	7:00	7:15	7:30	7:45	8:00	8:15	8:30	8:45	9:00	
Departs	5:55	6:10	6:25	6:40	6:55	7:10	7:25	7:40	7:55	8:10	Departs	7:10	7:25	7:40	7:55	8:10	8:25	8:40	8:55	9:10	

For More Information:

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## Dr. John Murphy offers Brief Solution-Focused Counseling with Children and Families at Kurn Hattin's 19th Annual Conference

by Kim Fine

Westminster, Vermont – On Friday, October 15, 2010, New England Kurn Hattin Homes will host the Nineteenth Annual Fall Conference, Doing What Works: Brief Solution-Focused Counseling with Children and Families. Dr. Murphy, Ph.D., is an internationally recognized trainer and practitioner of brief therapy approaches with children, adolescents and school problems. He has trained throughout the world and is featured in the acclaimed video series, Child Therapy with the Experts. Dr. Murphy is a professor of school psychology and counseling at the University of Central Arkansas, school practitioner and author of two books: Brief Intervention for School Problems: Outcome-Informed Strategies and the award-winning Solution-Focused Counseling in Schools and the upcoming book, Interviewing Students for School Solutions.

Well known for his lively and engaging style, Dr. Murphy's day-long presentation will include numerous videotaped and live demonstrations, experiential exercises and practice activities designed to increase the immediate relevance and application of the training content.

Professionals working in schools, mental health agencies as well as outpatient, inpatient and residential settings can benefit from this workshop.

The conference is from 8:45 a.m. to 3:30 p.m. Morning refreshments and lunch are provided and Continuing Education Credits are available with the \$125 fee. Discounts are available for groups of three or more from the same agency. Participants will also have the opportunity to talk with vendors at their displays. Contact Darlene Pecor at (802) 721-6913, darlenep@sover.net or www.kurnhattin.org for registration information.

Kurn Hattin Homes is a charitable, year-round home and school for in-need and at-risk children, ages 6-15, from throughout the Northeast.

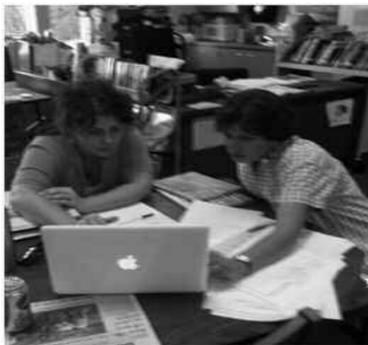


**NFCCE NAMES  
KURN HATTIN  
ADMINISTRATOR  
AS PRESIDENT**  
by AMBER CUTLER

Thomas G. Fahner was recently named President of the National Fellowship of Child Care Executives. NFCCE is an organization comprised of homes and non-profits caring for children throughout the country. Training, networking and program enhancement are just a few of the opportunities offered to members of NFCCE. The group hosts annual gatherings for both staff and children, and have recently formulated plans to host a Youth Leadership Conference for children.

Fahner is the Director of Educational and Residential Services at Kurn Hattin Homes. Kurn Hattin has been a member organization of NFCCE for over 50 years. He resides on campus in Westminster with his wife, Donna.

New England Kurn Hattin Homes is a charitable home and school in Westminster, VT serving in need and at risk children ages 6-15.



**Westminister Librarian  
Elizabeth Bourne recognized  
by UVM as Outstanding**

On October 20th, Elizabeth Bourne will be recognized by UVM as the WNESU outstanding teacher for the 2010 school year. Liz began her tenure at Westminister with the addition of the school library in 1987. She then began the job of building up a first class library. Liz works with all students and has enriched their lives with presentations of the Red Clover books for youngsters and the DCF books for elders. Whenever a teacher asks for books on a unit they wish to pursue-they are presented with a plethora of materials.

She has helped many teachers in the world of technology by teaching classes about research using computers. She modernized our library by putting the card catalogue on the computer. She is always helpful and patient to teachers in this area.

Liz has that gift of seeing the big picture and has been called upon many times to do or help do scheduling. She has annually done a school wide bookfair in the fall and has arranged for book swaps or the opportunity to get new books for children. She always sends home a summer suggested reading list for both adults and children.

She has worked effortlessly on a variety of Literacy Nights and has brought in guest readers and published authors. She celebrates successful 5th and 6th readers who complete most DCF books with a Readers Day Out.

Liz serves the school community at large by serving on the technology committee, the school leadership team, and as a new teacher mentor. She is involved in organizing and chaperoning the cross-country skiing program during winter sports.

Lastly, Liz has command of just plain common sense and seems to summarize situations and ideas extremely well. She is an integral part of life at the Westminster Schools.

## Lower Fuel Costs Means Lower Food Benefits for Some Vermont Households

Waterbury, VT— The Vermont Department for Children and Families (DCF) announced today that 3SquaresVT benefits (formerly food stamps) will be lower for some households starting October 1, 2010. This lower benefit results from a federally-required change to the standard deduction that households can claim for fuel and utilities, lowering it from \$744 to \$614 per month.

"Monthly benefits are based on net household income," said DCF Commissioner Steve Dale. "A lower allowable deduction means a lower monthly benefit for about 16,000 of the approximately 43,000 Vermont households who currently receive 3SquaresVT. Notices will begin going out next week to inform affected households about the decrease in their benefits, which is expected to be between \$7 and \$40 per month."

Every year, states are required by the Food and Nutrition Service — the federal regulatory agency for 3SquaresVT — to review heating and cooling prices and to adjust their standard deduction for fuel and utilities accordingly. In October 2008, historically high fuel prices led to a sharp increase in the standard deduction, from \$572 to \$744 per month. This translated into higher food benefits for many households. The new standard deduction reflects current fuel costs, which are considerably lower. The average cost of a gallon of fuel oil in 2008 was approximately \$4.00. In 2010, that amount is \$2.66.

"We recognize that this reduction will be difficult for households on tight budgets," said Commissioner Dale. "We encourage those affected to visit our website at [mybenefits.vt.gov](http://mybenefits.vt.gov) or call our Benefits Service Center at 1-800-479-6151 to find out about other programs that can help, including phone and fuel assistance. They can also call the Vermont Foodbank at 1-800-214-4648 to find out if they qualify for \$50 worth of food every month through the Commodity Supplemental Food Program."



**SAXTONS RIVER, Vt.  
Zumba, the new exercise  
craze with a Latin beat, is  
on the schedule this fall at  
Main Street Arts, with two  
sessions offered.**

Amanda Gilbert-Hodgson is leading a class at 5:30 p.m. Monday nights in the Williams Gymnasium Dance studio at Vermont Academy, and Rachael Shaw will be teaching Thursday nights at the same hour in the same location.

Anyone who walked past Main Street Arts on a Monday night during this past hot summer heard the captivating sounds of the Zumba class.

"It's mostly fun, but also, a little bit like work — thrilling work, that is," Gilbert-Hodgson explains. "It's part exercise class, part party. In fact, the Zumba motto is 'ditch the workout, join the party'."

Registration can be made by contacting MSA at (802) 869-2960 or e-mailing [MSA@sover.net](mailto:MSA@sover.net). Further information and a complete schedule of MSA's fall classes are available at [www.MainStreetArts.org](http://www.MainStreetArts.org)

Zumba originated in the early 90's, when Beto Perez, a popular aerobics instructor in Miami, forgot his music for class. Undeterred, he used his favorite music from his native country of Colombia. After class, his students agreed it was their favorite class ever, and Zumba was born. Since then, Zumba has morphed into an aerobic exercise routine, featuring easy-to-follow dance steps from all over the world. The style heavily favors Latin dance steps, including salsa, merengue, cumbia, and samba. Zumba also infuses hip-hop, jazz, Greek dancing, belly dancing, and Bollywood, as well as many other dance steps.

Those who have participated in the Main Street Arts class agree they have found an exercise program they adore — one that's not just easy to stick with, but that's fun.

Now in its 23rd year, Main Street Arts is a non-profit arts center dedicated to serving the creative needs of the greater community and encouraging creative exploration and expression through a wide range of experiences.

Center School Newsbits  
continued

At the West School, children, teachers and volunteers are spending a lot of time in their school garden. Lunches frequently include heirloom tomatoes and students have cooked a variety of vegetables. Students worked on a giant mapping project, making a bulletin board of where flowers and vegetables are planted. Most recently, children made natural dyes out of plants, creating some beautiful paintings. The favorite color was a rich magenta that came from amaranth flowers.

Fourth graders at the Center School join "citizen scientists [from] across the Northern Hemisphere [to] track the growth of the same plant, the familiar backyard tulip. As the seasons change from winter to spring, they discover how climate influences plant growth." To learn about the project, visit the Journey North website at <http://www.learner.org/jnorth/tulip>. And watch garden plots in front of the school for tulip planting this fall — and bright red blooms next spring.



**West School  
Improvements**

Peter Terrell  
installs seesaw

West School  
Wetland Walk



The outside environment at the West School is getting a make-over thanks to the work of the school's PTO. Two projects are nearing completion this fall. On Wednesday, September 29th, the maintenance department (with the help of Jason Perry) installed the seesaw purchased by the West PTO. It will be wonderful to see the children enjoying the playground. The PTO volunteers are finishing the installation of a wetland path to enhance the learning of science in the school. Children will soon be able to explore the wetlands from an observation deck on the school property.

## WESTMINSTER GAZETTE

**Editor:** Peggy Porter

**Board of Directors:**

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**Pictures and Articles**

**Provided by the Community**

[westminsternews@gmail.com](mailto:westminsternews@gmail.com)

## Westminster Schools NECAP Science Results

During the spring of 2010 Fourth Graders from across Vermont took the NECAP Science Assessment. It is produced by Measured Progress – a test development company and aligns with the targets defined by the Vermont Grade Expectations. It is reviewed by science specialists and then by teachers from Vermont, New Hampshire and Rhode Island. The test content includes items from the domains: Life Science, Physical Science, Earth and Space Science and Inquiry.

The test is scored using standards and rubrics. Student responses that include correctly labeled scientific diagrams with minimal explanations are acceptable. The goal is for the results of this assessment to be useful and informative to teachers of science. Student proficiency falls into four categories: Proficient with Distinction, Proficient, Partially Proficient, and Substantially Below Proficient.

Twenty-four students in the fourth grade at the Westminster Schools were assessed on the NECAP science last spring. The following chart shows the percent by category as compared to the state of Vermont.

Level	Proficiency Level	Percent	State Results
4	Proficient with Distinction	8 %	2%
3	Proficient	42%	52%
2	Partially Proficient	17%	34%
1	Substantially Below Proficient	33%	13%

When analyzing the results at this level of detail, we recognize that our number ("n") is so small that it provides only a superficial analysis. However, it is the only way to compare our performance to the state results, or from one year's results to the next. The results illustrate that a larger percentage of the Westminster Schools' students are proficient with distinction, while the total proficiency level is somewhat lower than the state. The most troubling number for us is that one third of our students scored substantially below proficient.

We are currently analyzing the results at the student level and will make adjustments to our teaching accordingly. It is important for students to have a rich science experience – using the inquiry methods emphasized in this assessment.

Past results show the following trends:

Level	Proficiency Level	2008 (n=28)		2009 (n=31)		2010 (n=24)	
		West	State	West	State	West	State
4	Proficient with Distinction	0%	2%	0%	2%	1%	8 %
3	Proficient	36%	46%	55%	51%	42%	52%
2	Partially Proficient	36%	38%	35%	38%	17%	34%
1	Substantially Below Proficient	29%	13%	10%	10%	33%	13%

**Westminster  
Cares inc.**

*Community Nurse  
Trudy Byington, R.N.*

P.O. Box 312 802-722-3607  
Westminster, VT 05158 wecares@sover.net

### Wanted: Animal Control Officer

The Town of Westminster is seeking a part-time Animal Control Officer. A Certified Animal Control Officer will provide training. Experience working with animals is desired. Interested persons should contact Sonia Alexander, Westminster Town Manager at (802) 722-4255 or by mail at P. O. Box 147, Westminster, VT 05158. Applications must be received on or before October 15, 2010. EOE

## A POPULAR FALL PLANT

by Babs Lynde, a Vermont Master Gardener

We all know them as "mums," and if there was any flower that heralds the autumn weather, it's the bountiful mounds of fall-colored mums. When most summer flowers are coming to an end, the masses of over-abundant blossoms of yellows, oranges and reds add to the already glorious colors of the changing leaves, and a little frost does nothing to discourage them.

These flowers, properly known as Chrysanthemums, were first cultivated in China at least as early as the 15th century BC as a flowering herb. The roots were boiled for headaches, and young sprouts and petals were eaten in salads as they were believed to have the power of life. The most common use was boiling the petals in a tea as it was thought to soothe and quiet the mind and spirit. In Japan, the Imperial Order of the Chrysanthemum is the highest Order of Chivalry. They also have a National Chrysanthemum Day, which is better known as the Festival of Happiness. Mums are quite different today, as most cultivated flowers are, as they have been extensively developed throughout the ages. They started as small, yellow, daisy-like blossoms, and now, we have colors that range from purple, red, pink, white and orange, as well as the golden yellows, and depending on the cultivar, they can have blossoms nearly four inches across or they can be grown as bonsai and remain very small.

Chrysanthemums come in many different cultivars as well as colors. Some varieties grow as much as three feet high, with star-bursting flowers, while others grow only a few inches and look like fuzzy buttons. Other flowers resemble multi-legged spiders, thistle heads or rounded zinnia-like. They can be grown as perennials from zone 3 to 9, depending on the cultivar, as a few can take colder temperatures

## Compass School: What's Working

by Rick Gordon

The school year has gotten off to a great start at Compass. It is a pleasure to be around school every day, enjoying the comfort level of the students, the climate of respect, the general cleanliness and order of the building, and the sense of purposeful learning that pervades the school.

Some of what seems to be working for us:

1. Tremendous staff: Our new staff is super solid and experienced. Teachers are appreciating having some responsibilities alleviated to allow more time to focus on teaching and learning.

2. Greater clarity and consistency: Having clearer plans and processes, with less confusion caused by odd schedules or changes, allows everything to run more smoothly and predictably.

3. Order begets order: Everyone is a bit more calm when most things are working well. This doesn't prevent disruptions or stresses, but it gives all much more energy and capacity to deal with the unexpected when they arise.

4. New resources: Having reliable buses, new computers, a fleet of vacuums, and the ability to pay for needed resources helps all be more successful.

5. Engaged students: Starting with the wonderful leadership of seniors on Orientation Day, there is a strong and supportive student culture that models what we expect from all members of this community. The insightful speeches of the 15+ candidates for Student Judiciary reflected how widely "Compass values" pervade the student body.

One Example of Engaged Learning: Greatest Scientist Contest in Middle School Perks Students Higher Order Thinking

In Middle School Science, students wrestled with a playoff pool pitting one famous historical scientist against another. Each student had chosen a scientist to research and came prepared to share their scientist's accomplishments. This is typical

school knowledge acquisition--"Go out and learn about a scientist and share this with the class."

What was different here was that each student/scientist was up against another student/scientist--Galileo vs. Copernicus, Newton vs. Edison, Einstein vs. Kepler. Based on the student presentations, the class voted on the round's winner, who was then into the next round against another winner. In the end, Ben Franklin was the big winner in one class (maybe a tribute to the presenter's skillful and compelling presentation), with Thales winning in the other class.

While it was gratifying to see the excitement of the students (with one ringleader, for example, announcing the match-ups--"Next up, Leibnitz against Curie!" (and the crowd goes wild!), the real power in this activity was the deep level of thinking this led to.

\* Why were all the winners the ones who came from long ago? Maybe it was because they established the foundations for the science that came subsequently?

\* Does Edison count as a scientist? Is an inventor a scientist? Are all inventors scientists?

\* Are Newton's laws more important than the internet?

\* How could Franklin beat Copernicus?

\* How do you even decide what is the "most important" science?

To cite the educational theory of Bloom's taxonomy, these are "higher order" questions requiring analysis and evaluation. Making judgments, comparing, advocating, defending--these are more challenging levels of thinking needed for the world of the 21st century, when information is easy to come by, but making sense of it all it the real trick.

Goodness is a process of becoming, not of being. What we do over and over again is what we become in the end.--Joan Chittister

### Westminster West Library's popular Family Movie

**Night series returns on Friday, October 15th.** The program begins at 6:30PM with short animation films, and then, at 7:00PM, the main feature is THE INCREDIBLES (PG, 2004). Pixar Studios won an Oscar for Best Animated Film with this blazingly witty twist on the traditional tale of the superhero -- no more glory, just the hum-drum 9-to-5 suburban life. Can Mr Incredible and Elastigirl, to say nothing of their kids, adjust? Can the world adjust to their "retirement"? This one turns the superhero genre upside down and inside out. Smart, funny, and with brilliant animation techniques, THE INCREDIBLES makes a great finale to our first wonderful Family Movie Night season. Admission is free, everyone's invited, plenty of popcorn. For more information, email westwestflicks at gmail dot com, or call David at 802-869-2697.

See you there!

better than others. So, yes, some mums, also called hardy mums, will grow back year after year in your garden if cared for properly, but you need to check the information on the plant or ask your local nursery.

If you decide to try growing your own mums, then you need to plant them in the ground at least six weeks before frost. Plant them in a sunny location and in soil that is well drained. The mums will begin to blossom once the days become shorter, so it's important not to place them in an area well lit at night with a lot of artificial lighting nearby, such as street or house lamps. Before hard frosts begin to set in, it is best to mulch even the hardiest plant for the first year, so use straw (not hay), shredded leaves or newspapers, and don't cut back the stems until spring as the roots need the collected nutrients and protection.

To increase the flower production on your plants, and make them look more like the ones you buy at the nurseries, you need to pinch back the early center growth of the stems. This will shorten the plant, keep it from becoming "leggy," and give you many more flowers on the additional stems that will begin to grow from where the center stems were removed. However, most mums should not be pinched back past mid to late June, except late-blooming cultivars which can be pinched until early July. If you're not really sure how late your mums will bloom, and there are no directions with them to help you, then pinch them back only once or twice the first year until you know more about them. Always remember that trial and error is a tremendous part of gardening!

Would you like more information about mums? 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.

## Choices, choice, choices

By Joyce Lemire

The State of Vermont is pushing to allow more people to remain in the community as they age yet require some assistance. The most important thing to consider is that if you begin to plan early enough, all choices may be yours to determine. However, when you are in a crisis there is not much help we can give you.

Who among us, regardless of how many resources we have, wish to spend our final days in a nursing home or a hospital? How many of us would make alternative plans if given a choice? And how many of us have been taught that decisions about long-term care must be made by medical professionals? It is time for people to start questioning for themselves: "What is best for me?"

The Council on Aging for Southeastern Vermont receives countless calls on our Senior HelpLine when families are already in crisis. Someone took a fall or broke a hip, or the family home has become a burden that cannot be handled. Often when an elder contacts us for help with long-term care options it is far too late for many good choices. With more time, arrangements could have been made for housing options, caregivers from the community, or perhaps an adult day program.

We all want to determine how we live our lives. What is defined as quality by one person may be different for another. Agency staff are willing and able to help elders and their families begin the process of looking at long-term care options and asking the key questions before there is a crisis.

If you are aware of someone who has not made any long range plans, is becoming more frail and could benefit from a fruitful discussion about options, please let them know there is help. Planning ahead could mean the difference between being in total control of your life and being in the position of having medical professionals and others make those decisions for you.

For more information, please call the Senior HelpLine at 1-800-642-5119.

Joyce A. Lemire is executive director of the Council on Aging for Southeastern Vermont, Inc.

"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](mailto:wecares@sover.net)

## WESTMINSTER CARES, INC. News Release

The Westminster Cares, Inc. Board of Directors met on September 1st, 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.

**Programs:** Programs held in September: 2 Secrets of Healthy Aging session, 4 Yoga classes, 5 Artist in Each of Us classes, 20 People Exercising classes held.

**Services Provided Include:** Meals-on-Wheels to 12 people; 18 rides for 5 different people by 7 volunteers for a total of 320 miles; 5 clients were helped under the Nursing Program; several pieces of medical equipment were loaned out; and volunteers visited three people, arranged for house cleaning for 3 residents: youth program worker helping a couple with housework and gardening and helping another person stacking wood. Kurn Hattin students stacked wood for a neighbor.

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](mailto: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 and an upholstered lift chair.

**Thank-you's:** We would like to thank Barbara and Peter Bazin for donating 3 storage bays to us each year so we can

maintain a good supply of equipment to loan out.

We would also like to thank Sovernet for once again donating a year of internet service.

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. If anyone knows of someone from Westminster born in 1920 or before, please contact them and Westminster Cares so we may get them an invitation. This is a fun filled and rewarding event. Everyone is welcome.

Thank you! Westminster Cares held a fund-raiser at the I 91 Welcome Center in Guilford on Saturday September 11th. We wish to thank the following businesses for their contributions. Allen Brothers in Westminster, Shaw's Grocery Store in Walpole, N.H., Green Mountain Orchards in Putney, Bagel Works Café in Brattleboro, Community Feed Store in Westminster, and Green Mountain Coffee in Waterbury. Also, the homemade baked goods provided by volunteers from the community were very popular and very much appreciated. Thanks also to the many volunteers who gave their time during the day at the welcome center. Memorial donations received for the month of September:

In memory of Marie Wright: From Stanley and Judith Hodgeman, Patricia and Jay Roberts, Gloria and Maurice Levesque, Francis and Clara Lavender, Joyce Rodgers, Clyde and Ruth Johnson, and Alison Latham

In memory of Pat Jennison from Paul and Shirley Scofield 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 presently located and what businesses were originally housed there?

You may email your answer to the [westminsternews@gmail.com](mailto:westminsternews@gmail.com) or [wminster@comcast.net](mailto:wminster@comcast.net) Phone: Babs Lynde at 802-722-9516

The answer and the winners will be announced in the next issue.

**September Answer:** Was 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.

**September Winners:** Bob and Pat Haas, David Wright and Kathy Lisai.

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 October 5th 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

October meetings: October 11th & 25th

Number of calls in August: 31  
Number of man hours spent: 13,034

Number of calls through September 29th: 29  
Number of man hours spent: 17,215  
Number of calls calendar year to Date: 264  
Number of calls fiscal year to date: 92

**Burn Permits:** Even though there has been some rainfall recently it is still risky to do an outside burn. Recent brush fires have contained underground fire as much as two feet deep. Call one of the wardens to see if permits are being given out.

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

**Association Meeting:** The Westminster Fire and Rescue Association met for their regular meeting September 14th with 27 members present and 6 members excused.

Dan Green and Dan Bibeau were welcomed as full members after successfully completing the required 6 month probation period. Also Paul [Fiddle] Cote was reinstated as a full member. Fiddle had been a member in the past for nearly 20 years. Welcome back Fiddle and welcome aboard Dan Green and Dan Bibeau.

**Dry Hydrant:** There is another dry hydrant on Orchard Hill Road. Many thanks to Judy and Bennett Petry for allowing their pond to be used for the hydrant. Also thanks to Mark Lund and his town crew, Buck Adams and his crew and the fire department volunteers for their contributions to the project.

**Phone service:** It has been brought to the attention of Chief Streeter that some people in Westminster West that use Fairpoint as their phone company have been losing their service when there is a power outage. This should not be happening with Fairpoint customers. Those with cell phones will be able to have service if the batteries are charged. If this happens to anyone reading this article or you know of a case, contact Chief Cole Streeter at 802-722-3178.

**Walking outside in the dark:** Reflective vests work very well when walking at night. Always walk facing traffic, which means on the left side of the road. We still see many people walking on the right side of the street or road with the flow of traffic. That is very dangerous and has often resulted in fatal injuries to the pedestrian.

**Halloween:** Although Halloween is not until the end of the month, care should be taken in going

out after dark. Costumes and clothing should be easily visible at night and a good flashlight with new batteries should be carried or some kind of glow stick. Reflective material is always a good idea.

**Tips for cold weather:** It's only early October but it not too soon to think about getting furnaces and pellet stoves cleaned and stoves and chimneys for those burning wood. Hopefully the wood burners have adequately seasoned wood by now. If your wood isn't properly seasoned it will make creosote and be a potential hazard for a chimney fire. It is a good time to check your dryer vents. They should be clean and free from the lint which could be a fire hazard. Cob webs can be another danger to look out for, especially around wiring and electrical equipment.

**Back to School:** Now that school is back in session be extra cautious when driving near school zones. Always stop for buses picking up or discharging passengers. Watch for walkers and bikers as well. Driving slowly in those areas makes everyone much safer.

**Coming Events:**

1. Fire Prevention Day October 8th at the Fire Station.
2. First Responders Course October 4th, November 1st and December 6th at the fire station from 6PM to 10PM. There is limited space available. Interested parties should contact Chief Cole Streeter.
3. Halloween Party October 30th at the Fire Station on Grout Avenue

**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

Faith Community

Meetings

## 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.

## 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](http://www.VermontAcademy.org)

## The First Congregational Church of Westminster

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

Oct. 6 - Woman's Fellowship - 12:00 noon

Oct 3 - Worship and communion 10:00 am

Oct 10 - Worship 10:00 am

Oct 16 - Church Breakfast

Oct 17 - Worship and Sunday School 10:00 am

Oct 17 - Deacons and Trustees meeting after service

Oct 18 - Standing Committee meeting 7:00 am

Oct 24 - Worship and Sunday School 10:00 am

Oct 31 - Worship and Sunday School 10:00 am

## 2nd Annual Fall Bulb Sale

Bulbs are in!!! \$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.

## Church Breakfast

Saturday, Oct 16

8-10am

Menu will include Scrambled Eggs, French Toast, Bacon, Sausage, Fried potatoes, Orange Juice and coffee or tea. This buffet style meal is all you can eat for \$7 for Adults and \$3 for kids 12-3 Free for kids 3 and under.

## 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](mailto:ccww@sover.net)

## Westminster Elementary Fall Calendar

19:Open House Harvest Festival – 5:30 @ West; 6:00–7:00 @ Center

21/22:NO SCHOOL – Teacher Convention

29:Halloween Parade – 1:30 @ Center School

October: all month Westminster Schools student art on display at the Peoples United (formerly Chittenden) Bank In Bellows Falls

## November 3:Middle School Awareness Night – 6:00

10– 17: Book Fair @ Center School Library

11:NO SCHOOL – Parent Conference Day

23:All-school Thanksgiving Feast @ Center School 12:00

24– 26: Thanksgiving Break

**School Board Meetings 1st & 3rd Tuesday of each month At Center School or @ West on 1st Tuesday of the even months**

## RESULTS OF HISTORICAL SOCIETY RAFFLE

The Westminster Historical Society held the drawing for their annual raffle on September 20th. Thank you to those who made the raffle a success. Following is a list of winners: Dinner for two at the Old Tavern in Grafton from the Tavern--Barbara Jones; \$50 certificate from Liai's Chester Market--Jessie Haas; Vermont Gift Basket from Harlow's Farm Stand--James Matteau; \$25 gift certificate from Allen Brothers---Lucell Donavon;Limoges fruit bowl from Richard Michelman---John Sciacca; book "AROUND BELLOWS FALLS" from Barbara Greenough---Rhonda Fitts; book "FANNY GROUT'S JOURNAL"---Ruth Grandy; model sugar house made & given by Hank Anderson--Karen Larson. Once again thank you one and all for generosity.

**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

3rdTuesday at 7:00 pm at the Westminster Institute.

## Westminster Gazette Meeting

Friday, October 22, at 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

**The Deadline for The November 2010 Issue of the Westminster Gazette is: Thursday October, 28th by 5:00 pm**

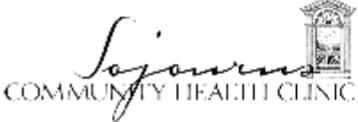
**The Westminster Recreation Club (Westminster Swimming Pool) will hold a meeting at the Westminster Institute on Saturday October 9, 2010 at 7:00 PM. All interested parties are welcome. Francis Spaulding President Westminster Recreation Club**

## School Board discussions on low enrollment.

by Dan Axtell

The enrollment is Westminster schools this fall is 185 students in Kindergarten through 6th grade. That is down from 202 last year and the lowest since 1963. (Our peak enrollment was 378 in 1992.) Of the 185 students this fall, 18 are at the Westminster West School, down from a high of 43 in 1996.

The projected enrollment at the Westminster West School next fall is 14 students. The School Board has a standing agenda item to discuss how to deal with the unexpectedly low enrollment. As of the end of September, the School Board is gathering information on costs and updating enrollment projections. There are no specific proposals before the Board at this time. Area newspapers have printed the rumor that the Westminster West School may close next fall, however, no Board member has formally proposed closing the school at this point.



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Apothecary

## Vermont Students go to China with the Governor's Institute

Submitted by: Suzanne Groenewold Public Relations  
Bellows Falls Union High School

After a thirteen hour flight, city drivers, and little understanding of the language, Megan Novasel could hardly take in what she was seeing. People were sitting on the ground every where, street vendors were selling meat to shoppers, and millions of people were passing her by. She had never been to a city before. Not until this summer when she landed in Beijing, China accompanied by Bellows Falls Union High School social studies teacher, Craig Divis and BFUHS graduate Codi-Ann Hindes. The trip was part of the Governor's Institute on Asian Cultures program. Novasel, Hindes and Divis traveled with a group of students from Vermont who, after an intensive week of camp at the University of Vermont, traveled to China for nearly three weeks this summer. "The week at UVM was where we built bonds with other students and gained a better understanding of Asia. It enriched our experience in China." Hindes said. She also said that the Governor's Institute was a huge factor in her choosing to attend UVM as a freshman this fall. "As I began touring the UVM campus, I could see myself attending the school and I automatically knew that UVM was right for me. Once you have traveled alone to a foreign country, you feel a lot better about going away to school." said Hindes.

After several days in Beijing, the group traveled to the city of Chongqing, and then to a very rural area of China, Qufu. They stayed at the Qufu Normal University Teacher's College where they met Chinese high school students. "They are very dedicated to school, studying and reading all the time," said Megan Novasel as she described the Chinese students, "they were envious of my family when I showed them a photo album, telling me that in China they have very small families, often no siblings." Novasel said. "It's all academics, no jobs, drama club athletics or social activities. They are usually at school all day and don't return to their homes before 9 or 10 p.m." Craig Divis said as he explained what a normal day is like for a Chinese student.

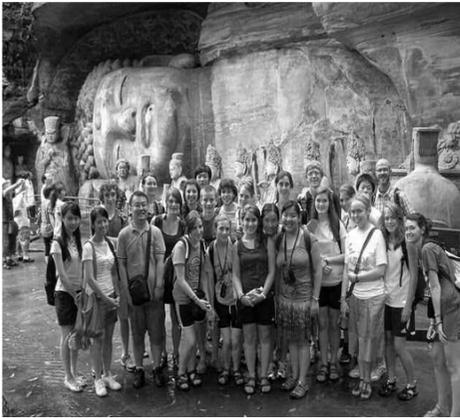
Both Hindes and Novasel said that the experience has changed them. Traveling has

become a passion for Hindes who said she is looking at several different Majors of study at UVM that revolve around traveling. "I love the idea of just taking yourself out of the familiar and expanding your knowledge and understanding of what the world really is. No textbook, or news reel, not even a person telling you about their experience abroad can fully express this until you take the plunge and step into a world outside of your own." said Hindes. Usually quiet and shy, Megan Novasel came out of her shell by traveling in China. She met new people, bartered for goods with street vendors, and left her comfort zone. "This experience makes me want to go other places and see as much as I can." said Novasel.

"We saw China from a unique perspective, very differently than if we had been on a tour bus." Said Craig Divis, speaking about a friend from the University who had arranged for the Vermont group to travel with him throughout the country as the Chinese do, eating at local places and taking in the culture.

Governor's Institutes offer highly motivated 9th, 10th and 11th grade students the opportunity to participate in educational programs on Vermont college campuses every summer. Up to 400 students participate in the Institutes each year and about 35% of the students receive financial aid.

The group at the Summer Palace



## WAYSAs

WAYSAs is thrilled to have another great season of soccer underway! Turnout was great again this year. There are two kindergarten, first and second grade teams, two third and fourth grade teams, and a fifth and sixth grade team. We are also happy to have a lot of volunteers to help coach these enthusiastic kids. Games and practices are usually start at 5:30 behind the center school.

WAYSAs has its meetings the first Monday of the month at the Fire Station. The board welcomes all help and ideas in the running and growth of its sports programs. We will be needing help with the basketball program that usually starts in November. If you can coach, referee, or help with some games, please come to a meeting or contact Debbie Austin(463-9982), Don Fullum(722-3900) or Jeremy Mager(722-9610) for more information.

## Extensions Extensions Extensions

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

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## Westminster Afterschool is pleased to announce the expansion of our program offerings

by Elaine Gordon

We have received a 5 year grant to serve as a 21st Century Community Learning Center. We now offer REACH: Responsible Excellence and Caring Help on Mondays and Wednesdays and AWE Clubs! Academic, Wellness and Enrichment programs on Tuesdays and Thursdays. We are currently hiring program leaders for all aspects of our programs. Westminster Afterschool runs from 3:00-5:00 Monday - Friday at the Westminster Center School. Trish Adams has been hired as the new Director and can be reached at 722-3241 x 118 and would love to hear from you with any suggestions, questions, referrals, job applications or volunteer requests.

Westminster Afterschool hosted a wildly successful summer camp with 35-45 students attending each week. The additional 21st Century funding allowed us to offer a 6-week full day program. Mornings were devoted to academics with students receiving individualized attention in literacy and math with afternoons filled with more traditional camp activities. Friday field trips to the Montshire Museum, Saxtons River Rec, Spofford Lake

and other adventures gave kids a real summer fun feel and lots of great experiences. Teachers report that students who attended camp show improvement in their reading and increased comfort and understanding of math manipulatives, both of which are key components of school success.

Program Coordinator Elaine Gordon is looking for ways to integrate the local community and businesses into the learning opportunities for our after school students. Plans are underway for a unit on "Numbers around Town". This will feature trips to local businesses to see how math is used and why learning math is important.

Community FUN RUN is coming up on October 15. Start time is 3:30 at Westminster Center School. Consider joining us for this fun running and walking event.

Needed The next session of AWE Clubs! is Nov. 8- Dec. 17. We are looking for academic, wellness and enrichment club leaders on Tuesdays or Thursdays from 3:40-4:40. This is a paid position. We are in need of academic assistance on Mondays and Wednesdays from 3:15-4:15. We have paid and volunteer positions available and they range from tutoring in math and literacy to reading aloud/being read to by a kindergarten-6th grade student. Contact us at 722-3241 or egordon@wnesu.net.

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## PRE-DIABETES EDUCATION CLASS OFFERED AT SPRINGFIELD HOSPITAL

Springfield, VT - If you are among the many who have been told you have pre-diabetes, or if you have a family history of diabetes or struggle with being overweight, register now to learn how you can help avoid developing diabetes.

This free educational event will show you the steps you can take through lifestyle choices to help you improve your health. On the first Wednesday of each month, this free education program will be available to help you learn more about the risks of diabetes and how the choices you make in everyday living can have a positive impact on your health. Time will be allowed for questions and answers.

The October class will be held on October 6th, 2010 from 6:30 - 7:30 pm at the Meeting House on the hill of Springfield Hospital's campus at 25 Ridgewood Road, Springfield, VT. Program instructors are Maureen Shattuck, RN, and Barbara Bye, MS, RD, CDE. The program is free and all are welcome. Please call 802-885-7670 to register, or email bbye@springfieldmed.org.

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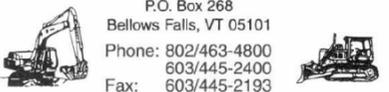
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**Father's Restaurant**  
**October's Business of the Month..**

Father's Restaurant has been in business for 20 1/2 years on Route 5 in Westminster. Opened on April 12, 1988, by Brian McAllister of Westminster and Mike Crum of Saxton River. Father's soon became a local favorite for everyone. Brian became sole proprietor in 1993, tore down and built a new restaurant in 1995, added catering in 1998 and has continued to prosper to this day.

Serving homemade foods, baked goods and having the only salad bar in the area keeps us on top.

Locals are the backbone of our restaurant and have been the reason we have survived throughout the years. The addition of Buffets on Wednesday and Friday Evenings and Sunday Mornings have been a **BIG HIT!!!**

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**First Grade News:** Carrots, carrots and more carrots - YUM! The Center School First Graders planted carrot seeds last spring in our All School Garden and have experienced a plentiful harvest this fall that they enjoy regularly for Snack. This class has also been learning about the 4 stages of life of the caterpillar (egg, caterpillar (larva), chrysalis (pupa) and butterfly. Like a true team of scientists, we have set up a caterpillar tent, brought in monarch larva from nearby milkweed plants, observed closely each day, and have been collecting data and making predictions about when each pupa will open. The class actually got to see a caterpillar "dance" its way into its chrysalis - 5 minutes of pure magic that also inspired a new movement game.

**NEWSBITS**  
**FROM THE WESTMINSTER CENTER SCHOOL**



In September, **second graders** from the Center School visited Green Mountain Orchards for a glorious day of apple picking. In October, children from the West School will join them for a trip to the Harlow Farm pumpkin patch. Students are learning about the life cycles apples and pumpkins, culminating their study by making slide shows of the stages of growth for these plants.



*Katherine Paterson is an internationally acclaimed author of books for children and young adults, two-time winner of both the Newbery Medal and the National Book Award. Recently appointed as National Ambassador for Young People's Literature through the Library of Congress, Paterson is also known for her efforts on behalf of literacy. Her most recent book, The Day of the Pelican, is a novel about a refugee family from Kosovo and was read by all 5th and 6th graders this fall. Paterson lives in Barre, Vermont, and was an honored guest at the Brattleboro Literary Festival. On September 30th, Westminster 5th and 6th graders heard her speak to area middle-schoolers about how she came to write about the war-torn Balkans.*

**Westminster Gazette**

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