

R^{the} HINESBURG Record

September 26, 2013

Hinesburg Fall Festival Schedule of Events (Rain or Shine)

Saturday, September 28

Town Hall

10:00 a.m. – 3:00 p.m.:
Craft and Farmer's Market (Market Place)

10:00 a.m. – 4:00 p.m.:
Art Show (Main Hall)

10:00 a.m. – 4:00 p.m.:
Hinesburg Historical Society Display (Lower and Upper Levels)

11:45 a.m.:
John Stork, (Market Place)

Kids Activities

10:15 a.m.: No Strings Marionettes (Osborne Parish Hall, United Church)

Musical Entertainment

10:00 a.m. – 10:50 a.m.:
Rebecca Padula, Original and traditional folk, jazz and blues (Main Hall)

10:50 a.m. – 11:40 a.m.:
Tennessee Jed, Bluegrass, rock fusion (Market Place)

11:40 a.m. – 12:30 p.m.:
Dennis Willmott, Acoustic blues guitar and vocals (Main Hall)

12:30 p.m. – 1:20 p.m.:
John Penoyar and Kim Provost, Vocal duo with guitar and bass (Market Place)

1:20 p.m. – 2:10 p.m.:
Pam Reit and Ira Morris, Violin duo, classical (Main Hall)

2:10 p.m. – 3:00 p.m.:
Niel Maurer, Feel-good rhythm and rock (Market Place)

3:00 p.m. – 4:00 p.m.:
Rebecca Padula, Original and traditional folk, jazz and blues (Main Hall)

Stone Soup Supper

6:00 p.m. – 8:00 p.m.
A delicious dinner with a menu featuring the bountiful harvest of local farmers put on by Hinesburg Land Trust to benefit the Hinesburg Food Shelf. Volunteers will prepare three delicious salads, six types of soups and many sweet desserts, all made with local ingredients to highlight the amazing and diverse foods grown by our local farmers.

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Police Station Contractor Selected

BY JEAN ISHAM

The bidding process for construction of Hinesburg's new police station is now complete. Twelve general contractors attended a mandatory pre-bid meeting, of which three submitted bids for the project. Town Administrator Joe Colangelo speculates that the reason the Town did not receive more bids was the fact that it really is not a huge project, it is toward the end of the construction season and contractors are very busy. The three bids received ranged from \$949,700 to \$1,054,000. The Public Safety Facility Committee reviewed the bids and recommended that the contract be awarded to the low bidder, Millbrook Building and Remodeling of Colchester. The Selectboard approved the Committee's recommendation.

The plan is to have shovels in the ground in September and the building up and running before February of 2014.



New Police Station

The bid was awarded on the basis that it not exceed \$899,450, with potential for further reductions. The town government, through Town Administrator Joe Colangelo, is working with the contractor and sub-contractors to make some reductions in costs in order to stay within the bond authorization.

Although the project is under budget currently, Joe said it is admittedly very tight and he will continue to work with the sub-contractors, especially the electrical and mechanical sub-contractors, to look for ways to further reduce the costs.

Joe noted that the Committee had worked really hard to keep the project within budget yet include all of the essentials to make it cost effective and still functional. They have not taken out anything that would jeopardize the safety of the officers or the aesthetic quality the building will bring to the Village.

The plan is to have shovels in the ground in September and the building up and running before February of 2014. The project is still awaiting a few State of Vermont permits.

The contractor, Millbrook Building and Remodeling is a small Company owned by David and Claudia Pratt. The firm has extensive experience in both residential and commercial construction including several projects for the University of Vermont and a garage for the Town of Swanton. Both the contractor and the architectural firm, Vermont Integrated Architecture, have treated this job as important. The Committee was impressed with their desire to really work with the Town to find appropriate reductions.

*Hinesburg's
independent,
non-profit
community
newspaper*

INSIDE...

Hinesburg hiking trails await you

Page 2. Hinesburg offers miles and miles of maintained hiking trails, right close to home.



Is your woodstove ready for winter?

Page 4. Good advice from your Hinesburg Fire Department..

Meet Vermont mystery author Archer Mayor

Page 5: Carpenter Carse Library to host bestselling novelist for a free discussion and book signing.

Compost happens

Page 2: Chittenden Solid Waste District's Green Mountain Compost has worked out its issues with errant pesticides... and CSWD wants your compostable food scraps.

Fall recreation schedule

Page 5: The Hinesburg Recreation Department offers a variety of activities for all ages.

Young Writers Project

Page 19: An invitation to creative kids... publish your writing and photography in newspapers and online!



No Strings Marionettes

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The Hinesburg Record

Ads: contact Lisa Beliveau at 482-2540 or hrsales@gmavt.net. Email editorial submissions to: therecord@gmavt.net, or contact June Giroux at 482-2350.

Advertising and News Deadline for our next Issue: October 2

We prefer electronic submissions if possible. Please send your article as an attached file (Word document preferred; .jpg files for images) to: therecord@gmavt.net.

You may also use the drop box at the Giroux home at 327 Charlotte Road to drop off hard copy articles and photographs.

Material not received by deadline will be considered for the following issue.

Deadlines for 2013 and 2014

Advertisement/News	Publication Date
October 2.....	October 24
November 6	December 5
January 1, 2014.....	January 23, 2014

Our Policies

The Hinesburg Record is published ten times each year by The Hinesburg Record, Inc., a nonprofit corporation, and is mailed free of charge to all residents of Hinesburg.

The Hinesburg Record Inc. is not responsible beyond the cost of advertising for any additions, deletions, or typographical errors that may occur.

The Hinesburg Record Inc. is not responsible beyond the printing of corrections for errors in submitted material.

The Hinesburg Record Inc. assumes no responsibility for claims arising in connection with products or services advertised herein.

Letters and articles printed in The Hinesburg Record do not necessarily reflect the opinions of the staff. The staff reserves the right to reject copy or letters that are unsuitable for readers from a general audience. The staff will not accept Letters to the Editor that are unsigned.

Subscriptions

One year subscriptions are available for a \$15 donation to The Hinesburg Record, Inc., PO Box 304, Hinesburg, Vermont 05461. Please print the name and address clearly.

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Letters

Letter Policy

The Hinesburg Record welcomes letters from local residents and from others who are involved in issues that affect our town. The opinions expressed in the Letters to the Editor are those of the writers.

All letters must be signed. Addresses and phone numbers must also be provided for verification purposes. Addresses and phone numbers will not be published.

Letters should be brief. We do not have precise guidelines for length but reserve the right to edit based on available space. To the extent possible, letters should focus on local issues. Other forums exist for discussions of statewide, national and international issues.

With these cautions, please keep these letters rolling in. Send them via email to therecord@gmavt.net, mail them to The Hinesburg Record, P.O. Box 304 or to 327 Charlotte Road, Hinesburg, VT 05461, or deliver them to the Record drop box on Charlotte Road.

Successful Hinesburg Blood Drive

The American Red Cross made another successful visit to St. Jude church on August 20 for a blood drive. Eighty five people hoping to donate did maneuver through the Route 116 paving project, and 74 productive units were collected. For some reason, they prefer your blood to be red, not blue, so some donors were turned away (actually the number one reason for this is low iron.) Although they didn't reach the goal of 110, a representative of the Red Cross said the number who tried to give was higher than most blood drives in a community the size of Hinesburg. There also were 11 first time donors.

Judi Maculan, making her debut as chairperson, did an outstanding job in this role, and wants to thank all her fellow

volunteers for their help. Workers at this event were; Theresa and Steve Aube, Peggy Cioffi, Tom Giroux, Carol King, Sue McGuire, Paulette Noyes, Maggie Ross and Charlene Van Sleet. Donations of food and beverages came from Theresa Aube, Marsha Casey, Andrew Driver, Carol King, Lantman's Market, Grace Link, Paulette Noyes, Mary Pellegrinol, John Penoyar and Charlene Van Sleet.

So thanks to all who made this very important blood drive FLOW, and please remember, there is always a need!!

—Tom Giroux

Missed Thank-Yous

The July Fourth Committee, the Rec Board and I personally want to apologize to The Mountain's Edge Farm, for not thanking them in the last issue of The Record for transporting the Grand Marshal and her family at this year's parade. A huge THANK YOU goes out to Jennifer Lang and her co-pilots, her children Kyle and Emily. They used two beautiful Belgian horses to pull the wagon that seats up to ten. The Mountain's Edge Farm and the Lang family is the trivia answer to the question: Who is the only family or local business to transport the Grand Marshals at two parades, held in different towns at the same time? Sean Lang and his son, Jeremy, also did the duty for the Williston parade this year.

An even BIGGER APOLOGY goes to Ms. Barbara Bissonette, and her girls, for not thanking them for playing such a key role in our annual parade. THANK YOU so much Barb, for serving as Hinesburg's Grand Marshal at this year's parade. I promise you all that the next issue of The Record will have the proper article on why Ms Bissonette was chosen for this special honor, and explaining all that she and her family have done for the town of Hinesburg.

—Tom Giroux

CSWD

FROM PRESS RELEASE

Enter Your School In the Recycle-Bowl!

The recycling race is on! Keep America Beautiful's third annual Recycle-Bowl is just around the corner and students can win their school some serious bragging rights – and maybe even some cash – by ramping up their recycling. This year, there's even a composting component.

The nationwide recycling competition is open to all school levels – elementary, middle and high-school – and is designed to level the playing field so little schools have just as much of a chance of snagging some cool prizes as the big ones.

Competition runs from October 21 through America Recycles Day, November 15. There are many competition categories to choose from, with flexible participation guidelines.

Your school has been working hard to make your recycling and composting programs the best they can be. Why not have a little fun and see how you fare on a national level? Check out the Recycle-Bowl website at recycle-bowl.org for more info and register today!

Hey! And if you enter, let us know so we can help you get the word out to your community. We all want to root for you to win! Contact CSWD's School Outreach Coordinator Johnny Powell at jpowell@cswd.net.

You'll Win When You Bring Us Your Food Scraps!

The Chittenden Solid Waste District will accept your food scraps FREE for composting - and if you take part in the Composting Challenge, you'll get some great rewards for putting them in compost receptacles at our Drop-Off Centers or Green Mountain Compost instead of the trash.

We've already had winners in Essex, South Burlington, and Hinesburg who have won a \$25 gift certificate to their favorite farmers market. Here's how you can participate:



Record (hinesburgrecord.org). If none of the organized hikes fit your schedule, check out the trail maps on the town website (hinesburg.org) and head out on your own.

No more excuses!

Town News

Take a Hike!

BY JANE SHELDON,
TRAILS COMMITTEE MEMBER

No more excuses! Mud season is long gone. Black flies and deer flies are history. Ninety degree temperatures and 110% humidity are banned from fall weather. Ok, the odd mosquito may still be lurking in the woods, but a bit of bug spray will keep him at bay.

Autumn is the absolute best time to enjoy all that the trails in the woods of Hinesburg have to offer. The Trails Committee is urging everyone to take advantage of the work we've done clearing the blow-downs and cutting back the overgrowth. Why pay to go to a gym when scaling a few hills on the Eagle Trail will give you just as beneficial aerobic exercise with much better air quality? Why let your kids veg out in front of the TV on a weekend when you can show them the wonders of nature and all get healthy in the process?

The Trails Committee is in the process of organizing some guided hikes this fall. If you aren't familiar with our several trail systems, be sure to join us. Look for more info on Front Porch Forum or on the newly upgraded web site for The Hinesburg



Hikers enjoy a guided outing in October, 2011

1. At CSWD Drop-Off Centers or Green Mountain Compost, ask for a punch card and get a free scrap collection pail. Note: You can use any container.
2. Each time you bring in a quart or more of food scraps, get your card punched. Limit: 1 punch per day per household.
3. At 5 punches, fill out the back of the card, hand it in, and receive a little thank-you gift. You'll also be in the running for monthly drawings for gift certificates to local businesses – maybe even your favorite farmers market – and other great rewards!
4. Get another card from CSWD and start again!

Find out what is compostable on the Composting Challenge page (tinyurl.com/HRcompost) – and you'll be surprised to find that you can keep about a third of your trash out of the landfill. This challenge will run through December 31. Add your efforts to over 6 million pounds of food scraps that we've collected through this program since July 1, 2012! Remember, the more compost you bring in, the more chances you have to win!

Green Mountain Compost update

BY JEN BAER, GMC SALES AND PRODUCTION COORDINATOR

Here's where we've been: In June of 2012 we discovered that our compost contained trace amounts of persistent herbicides that affected a number of gardens. In response, Green Mountain Compost (GMC) immediately halted sales and launched a customer-directed response, documenting damages and compensating affected gardeners. We spent hundreds of hours investigating the source of the culpable herbicides, poring over studies and documents, and deep in discussion with chemical industry representatives, compost industry experts, and regulators from Vermont and the US EPA.

All the while, we kept thousands of tons of yard debris and food scraps out of the landfill while we continued making compost, testing every batch and refining processes until we were satisfied with the results.

Where we are now: As a result, we are now at the forefront of the national movement to pressure regulators to require better labeling and more available lab testing to prevent future contamination. We're proud to be leaders in making safer compost and to have gotten through our experience with transparency and accountability.

Where we're going: To ensure continued quality of our compost products and safeguard against future problems with persistent herbicides, we have made some important changes to our process:

We built a new greenhouse, where we now perform growth trials on every batch of compost to assure that GMC compost will help your plants produce lush growth and provide a robust harvest.

We eliminated horse manure and stall bedding from our mix until better herbicide testing methods are in place. These feed stocks were the largest source of persistent herbicides in our compost.

We have extended the "curing" phase of our composting process which we believe will make for an altogether better product.

With passage of Act 148, Vermont's state-wide universal recycling and composting law, there will be a huge increase in the amount of organic material being diverted from landfills and into compost in the coming years. Green Mountain Compost will play an increasingly crucial role in our community's food system.

Rest assured that we're up for the job and we're churning out fully tested, premium bulk compost that will be ready for sale in the spring of 2014. Bagged product will hit stores by 2015.

Police

BY CHIEF FRANK KOSS,
HINESBURG COMMUNITY POLICE

The following events represent only a sample of the services provided by the Hinesburg Community Police.

Chief's Corner

The long awaited end of road construction should now be upon us. With the nice new pavement also comes the expectation that the accident rate will increase. Fire Chief Al Barber estimates that we will see an increase of 30 accidents over last year and I agree. The two-fold problem is that the speeds will increase and that the new surface will have a lower coefficient of friction, making the roadway more slippery. It is important that, as we enter the winter season, we maintain good tires and keep the speed consistent with the weather and road conditions.

Warrant Arrest

On August 8 officers responded to an address to stand-by with Green Mountain Power for an electric disconnect. The resident came out of the residence and was arrested on a warrant from a previous Hinesburg case for fraud. Glenn Welch, 50 years old was taken before a judge where he is subsequently being held for failure to pay bail.

Warrant Arrest

On August 15 an officer made an enforcement stop on a vehicle on Pond Road. The occupants were run for wanted checks and it was determined that the passenger, David Danforth, 24 years old of Barre City, had warrants for his arrest. Danforth was arrested and lodged in jail for two separate warrants.

Felony DUI, Criminal Driving While Suspended and Violations of Release Orders

On August 16, an officer was called to a service station for a suspicious vehicle and driver. The reporting party stated that the vehicle came into the parking lot and the driver was just sitting there. The officer contacted the driver and noticed the keys in the ignition and an opened beer in the center console. William D. Wixson, 50 years old from Isle LaMotte, was given several field sobriety tests and it was determined that he had been driving while under the influence of alcohol. He was placed in custody and taken to Shelburne Police Department for processing. Wixson had four previous DUI convictions making this arrest a felony. His license was also criminally suspended for life and he was out of jail on conditions that he not drive or consume alcohol. After processing, he was lodged on \$2500 dollars bail.

Stolen iPad

On August 23 a report was taken from a resident on a stolen iPad. On August 25, the complainant called the department and advised that the locate feature on the iPad was reporting a location in Middlebury. With the assistance of the Middlebury Police Department, the iPad was recovered and a suspect identified.

Family Fight

On August 27 officers responded to Hillview Terrace for a reported family fight. After the involved parties were separated, the investigation resulted in Andrew J. Luchini, 25 years old, being arrested for Domestic Assault and Interference with Access to Emergency Services. Luchini was processed and lodged on \$500 dollars bail.

Criminal Trespass

On August 28 an officer observed a vehicle pulling out from a local business. He recognized the driver as driving with a suspended license and another passenger that had been

trespassed from the property. Karen Lavalette, 48 years old of Hinesburg, was cited for civil driving while suspended with a continuing investigation of criminal trespass. Joseph Robar, 26 years old, was cited for criminal trespass and violations of conditions of release. An investigation is continuing for the possible source of the four catalytic converters that were sold to the business.

DUI

On August 28 an officer on patrol on Vermont Route 116 in the village observed a vehicle with a headlight out and also determined that the vehicle registration was expired. The driver, John Hasenfus, age 53 of Hinesburg, had been drinking and it was determined that he was driving under the influence of alcohol. He was arrested and taken to Shelburne PD for processing and then cited and released.

DUI

On August 30 officers received a report of a possible intoxicated driver on North Road. The officer observed the vehicle on Vermont Route 116 driving in an erratic manner. The vehicle was stopped and Cherie L. Laframboise, age 45 years old of Hinesburg, was subsequently arrested for driving under the influence of alcohol. She was processed at Shelburne PD and cited into court.

Citizen Dispute

On August 30 officers responded to a report of a multiple person citizen dispute occurring in Mountain View Mobile Home Park that involved a firearm. Officers from Hinesburg, Shelburne and the State Police responded to the park. Prior to arrival, the parties had been dispersed and it was determined that three households were involved. Interviews were conducted and an investigation into possible disturbing the peace and reckless endangerment charges are continuing.

Criminal DLS

On August 30, an officer working an out of town DUI checkpoint stopped a vehicle during the screening and it was determined that the driver was criminal DLS. Thomas Pletzer, 24 years old of Burlington, was arrested and cited into court.

Furnishing Alcohol

On May 11 this year at 4:40 a.m., a 16 year old male of Hinesburg was killed as the result of an ATV accident. At the time of the accident, he had a blood alcohol level of 0.115. After a lengthy and complex investigation, with the assistance of Vermont Liquor Control and the South Burlington Police Department, Kent Richland, age 27 of Shelburne, was arrested by Hinesburg Police for Furnishing Alcohol to a Minor with Death Resulting. Richland was taken into custody, processed and cited into court for a September 19 arraignment.

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PUBLIC SERVICE ANNOUNCEMENT

Chittenden South Supervisory Union

CHILD FIND

Charlotte, Hinesburg, Shelburne, St. George, and Williston

The **Chittenden South Supervisory Union** is interested in locating preschool age children (birth to 5 years) who live in the towns of Charlotte, Hinesburg, Shelburne, St. George and Williston, who show a developmental delay in the areas of speech/language, social adjustment, adaptive behavior, self-care, gross/fine motor coordination, and cognitive development.

If you know of such a child between the ages of birth to 3 years, please contact Melissa Hendrickson at the Chittenden South Supervisory Union at 383-1216; for such children between 3 to 5 years old, please contact the Early Educator at the elementary school in the town where the child resides; and for children who live in St. George, please call the Allen Brook School in Williston.

Charlotte Central School – 425-2771

Hinesburg Community School – 482-2106

Shelburne Community School – 985-3331

Williston – Allen Brook School – 878-2762

The **Chittenden South Supervisory Union** is interested in locating all school age children/adolescents with disabilities living in the towns of Charlotte, Hinesburg, Shelburne, St. George and Williston, who are not currently attending school, are attending a private school by parent choice or are being home-schooled. If you know of such a child/adolescent, please call Meagan Roy, Director of Student Support Services at Chittenden South Supervisory Union at 383-1234.

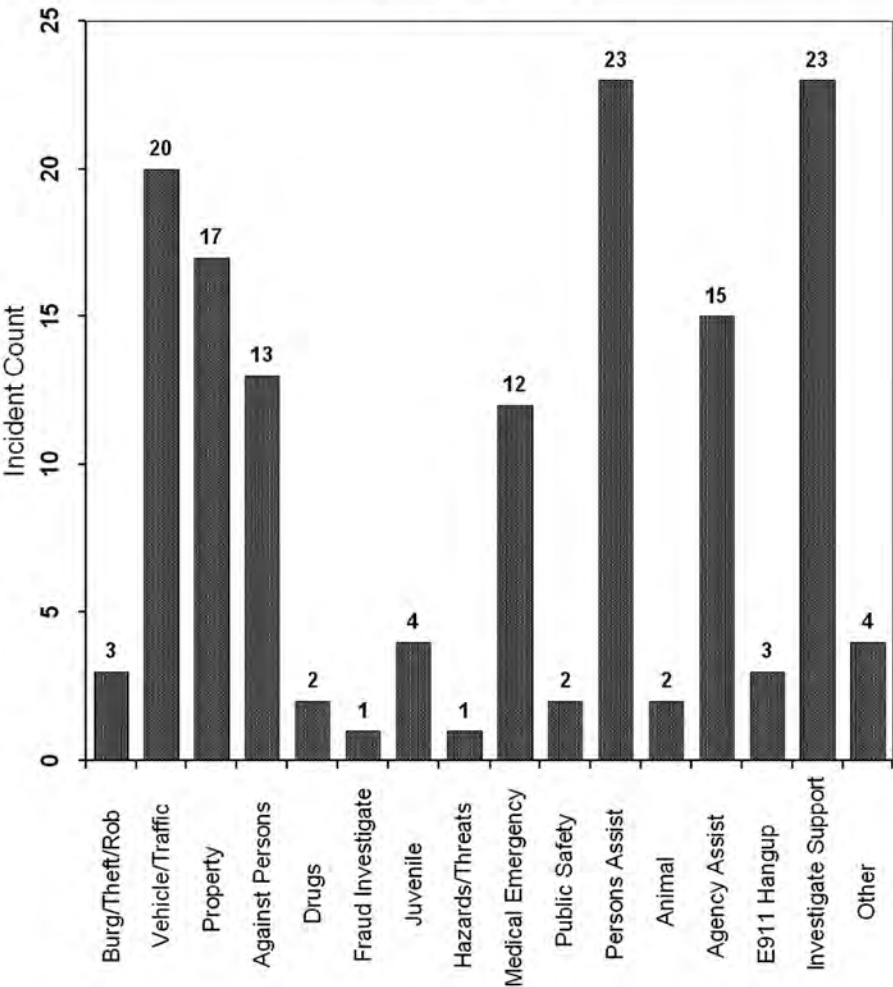
► **Police,**
continued from page 3

Furnishing Alcohol


On September 11, 2013, the Hinesburg Community Police reported the arrest of Kent Richland, age 27 of Shelburne, for furnishing the alcohol that led to the death of a sixteen year old Hinesburg resident

in an ATV accident. This initial arrest was based on evidence and eye witness testimony. Based on further investigation, Patrick Poon, age 27 of Williston, was arrested and charged with Furnishing Alcohol to a Minor with Death Resulting for the actual purchase of the alcohol. The charges against Richland stand for his participation in orchestrating the purchase of the alcohol by Poon. Both men were cited into court for September 26th.

**Hinesburg Incident Counts by Category
August, 2013**



Graph Prepared by Doug Olufsen



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Fire

BY ERIC SPIVACK

HFD responded to 27 calls during August.
Medical19
Fire or CO alarms.....2
Smoke in building or structure fire2
Motor vehicle crash with injuries2
Motor vehicle crash, no injuries1
Fire, non-structure.....1

Permitted Burn Reignites

At approximately 7:40 p.m. September 7, Hinesburg Fire Department was dispatched to the area of Pond Brook Road near the bridge for a report of an unknown type fire. First arriving firefighters located the fire and determined it to be brush piles behind a residence on Pond Brook Road.

Engine 2 arrived at the scene and Chief Barber instructed firefighters to attack the fire using the two Compressed Air Foam hose lines. The hoses were extended to the back of the residence to the top of the embankment overlooking the brush piles. Foam was then sprayed on the piles for an initial knockdown of the fire. Once the fire was under control, firefighters extended the hose lines down the embankment.

The fire was under control in about 15 minutes, and mostly extinguished within 30 minutes. Firefighters remained on scene walking the perimeter of the fire with rakes, shovels, and Indian pumps (water backpacks) extinguishing hotspots. Approximately 20 firefighters were on scene just over an hour and used about 5,000 gallons of water to extinguish the fire.

The cause of the fire was determined to be a permitted burn which was not fully extinguished. The homeowner, believing the fire was out, left the pile unattended. As the wind picked up late afternoon and early evening, it reignited the fire. The homeowner returned home to find the fire.

REMEMBER!!! Even if brush pile appears to be out, there may still be hot embers in the pile which can reignite. Make sure to continue to monitor burn and brush piles to be sure they have been fully extinguished.

Are Your Wood Stoves and Furnaces Ready?

Days and evenings are getting cooler and heating season will soon be, if not already, upon us. Please be sure to have furnaces, wood stoves, chimneys and flues cleaned and checked.

Having your furnace serviced and cleaned by a service company insures the furnace is running clean and efficiently. Service companies will also check for leaks or damage to the furnace and pipes which can cause carbon monoxide to build up in a home. Carbon monoxide is an odorless, colorless gas, which, if undetected, can cause illness.

Wood stoves and flues should be cleaned regularly by a professional. Buildup of soot and creosote in the pipe and chimney is a major cause of chimney fires. If you should have a chimney fire, immediately call 911 and leave the building.

REMEMBER!! If your Carbon Monoxide detector sounds, call 911 immediately and leave the building. Do not open windows or doors. While doing so will circulate the air, it prevents the Fire Department from finding out if there is in fact a leak somewhere and the source.

Even if your alarm has never sounded, dust and particles still build up on the sensor. The older the unit, the more buildup and the less CO it is able to detect. If your detectors have a manufacture date of September 2007 or earlier, they should be replaced.

Change the Clock, Change the Battery

We change the clocks the first Saturday in November. Don't forget to change the batteries in your smoke and carbon monoxide detectors and test them once the batteries are changed.
Be sure to visit our website www.hinesburgfd.org.

A non-profit funding community grants

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Wheatless Wednesdays!

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Visit our website for weekly offerings.

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Business

Fall Yoga Begins September 9

FROM PRESS RELEASE

Beecher Hill Health's Fall Yoga classes begin the week of September 9. Laura Wisniewski, a registered Master Yoga Teacher, Certified Yoga Therapist and Certified Health Coach, has been offering Yoga to this community since 1995. There are openings in evening and daytime classes in Hinesburg and Charlotte. (Schedule of classes is at <http://www.beecherhillyoga.com>). Classes are appropriate for people at all levels of ability and experience. To register or for more information, contact Laura at 802-482-3191 or bhy@beecherhillyoga.com.

Brown Dog Music Night

FROM PRESS RELEASE

Friday, September 27 at 7:00 pm, Brown Dog Books and Gifts will present an evening of original songs "for world peace...and such" by local folk-rock performer Kurt Van Hook. The event, held rain or shine under an outdoor canopy, is free and open to the public, and free refreshments will be served.

Recreation

BY JENNIFER MCCUIN

Happy fall! Our Hinesburg Recreation Department Youth Soccer Program launched on Saturday and Sunday September 7 and 8, boasting 165 players! Our Kindergarten program has a record 40 players participating, which is just tremendous. Look for the royal blue t-shirts swarming behind the Hinesburg Town Hall on Saturday mornings and Sunday afternoons. Thank you to our sponsor Annette's Preschool for their support—check out the logon on the back of the t-shirts. Our all-star coaching staff consists of Ben and Carly Epstein, Scott Lamothe, John Paul Arnoldy, members of CVU Men's and Women's Soccer Teams, Gabriela Moreno, Lucy Mathews, Sara and Jacob Driscoll, Jim Goldsmith, Ryan Gardner, Kitty and Eva Frazier, Scott Horton, Mike Loner, Elisabeth Garvey, Rob O'Neil, Keith Roberts, Deb Newell-Robinson, Tom Giroux, Mike Charney, Erika Brown, Andrew Dennison, Dan Opton, Bryan Curtis, and Tanya Girard. We have an incredible recreation soccer program thanks to our volunteers! Go Hinesburg!

Fall Festival

The Annual Fall Festival occurs Saturday, September 28. Come see the art show at Town Hall featuring talented local artists. Come visit the Farmer's Market at the rock wall and enjoy the market's fresh produce and homemade, local food. Enjoy art demonstrations, music, and children's activities there, too. Come see the magical puppet show presented by the acclaimed No Strings Marionette Company—this year's performance is "Wasabi—A Dragon's Tale". Come to the Fall Festival Stone Soup Supper on Saturday, September 28 at 6:00 p.m. in the beautiful café spaces at NRG. The Hinesburg Land Trust sponsors this community event to highlight the amazing and diverse foods grown by local farmers and to support the Hinesburg Food Shelf. Volunteers will prepare and serve at least three different salads, six types of soups, and many sweet desserts. Tickets for the Stone Soup Supper are on sale at the Hinesburg Recre-

continued on page 6



Janice Aldrich - East Montpelier, VT

"We are using about 35% less oil – saving around \$550 every year."

With help from Efficiency Vermont and her contractor, Janice added insulation to her attic and basement. Now her grandchildren sleep over without bundling up, and she's using the money saved to help pay for a family vacation.

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► **Recreation,**
continued from page 5

ation Department at 482-2281, ext. 230 or at hinesburgrec@gmavt.net and Brown Dog Books and Gifts at 482-5189. Adult tickets are \$10, children ages five to 12 years are \$5, and under age five are free. For more information, please call Andrea Morgante at 482-5120. Come one, come all to the Fall Festival—Happy Fall!

Youth Basketball

Please register for the youth basketball program for grades Kindergarten through six. This program is held in the Hinesburg Community School gymnasium. Grades Kindergarten through second practice each Saturday from December 7 through February 8, 2014. Grades 3 through 6 practice twice per week and begin home and away games on Saturdays starting in January 2014. A coach's clinic and referee clinic will be held prior to the start of the season. If you are interested in either or both, please contact the Hinesburg Recreation Department.

Tentative Youth Basketball Schedule*

Kindergarten: Saturday 9:00 a.m. to 9:45 a.m.

Grades one and two boys and girls: Saturdays 8:00 a.m. to 9:00 a.m.

Grades three and four boys: Saturdays 10:00 a.m. to 11:15 a.m. and Wednesdays 6:30 p.m. to 8:00 p.m.

Grades three and four girls: Saturdays 11:15 a.m. to 12:30 p.m. and Tuesdays 6:30 p.m. to 8:00 p.m.

Grades five and six boys: Saturdays 12:30 p.m. to 1:45 p.m. and Mondays 6:30 p.m. to 8:00 p.m.

Grades five and six girls: Saturdays 1:45 p.m. to 3:00 p.m. and Thursdays 6:30-8:00 p.m.

Dates: December 7 to February 8, 2014 for Kindergartener, first and second graders.

December 7 to February 15, 2014 for third through six graders

Fees:

\$40 until November 22 and \$50 afterward. Fee deadline is November 29. Please subtract \$5 if you don't need a shirt. (Same color and logo as last year.)

*Please note practice times are subject to change, based on availability of coaches. If there are any changes, you will be notified prior to the start of the season. Thanks for your understanding.

Family Play Group

Attend our Family Play Group designed for children from birth to five years and their adult companion...Enjoy toys, snacks, and fun, in age appropriate activities (youngest participants tend to enjoy watching it all), while new parents connect with each other and the community. This is FREE and FRIENDLY! No registration is necessary. Come play, sing, and make new friends. For questions or additional information, please e-mail hinesburgplaygroup@gmail.com

Where: Town Hall

When: Wednesdays from 10:00 a.m. to 11:30 a.m.

Pre-School Dance with Miss Jeanne

Come dance at the Hinesburg Town Hall on Friday mornings. This dance class includes jazz, ballet, tap, and gymnastics for pre-school age children.

Who: Three to five year old children

When: Fridays

Where: Town Hall

Time: 10:30 a.m. to 11:30 a.m.

Cost: \$40 per month or \$10 per class.

Registration: Please register with the Hinesburg Recreation Department.

Zumba

Continues at Town Hall. Sign up for the fall semester or pay as you go.

When: Thursdays

Where: Town Hall

Time: 6:45 p.m. to 7:45 p.m.

Cost: \$9 per class, checks payable to instructor.

Please be sure to complete a registration form at the Hinesburg Recreation Department. You are welcome to drop the form in the box outside of the office.

After-School Arts and Crafts with Chris Billis

Chris Billis returns for more crafting on Friday afternoons. Each week, Chris provides assorted materials and ideas for varied craft projects. Students decide what they want to do in Billis's non-structured and relaxed class. Beads, sculpture, batting and materials to make their own "stuffies", glue guns for cardboard piled sculptures and towers— materials will be there and the sky's the limit!

Who: Crafters in grades two through eight

When: Fridays, September 27 through December 13. (10 classes)

Where: Hinesburg Community School Art Room

Time: 2:45 p.m. to 4:15 p.m.

Cost: \$160

Registration: Register with the Hinesburg Recreation Department at 482-2281, extension 230 or email hinesburgrec@gmavt.net

Guitar Lessons with

Tennessee Jed

Singer/songwriter/guitarist/educator John Fisher, a.k.a. "Tennessee Jed" offers guitar lessons after-school through the Hinesburg Recreation Department. There are two dates, two age groups, and a three-student maximum group lesson format. A guitar is needed. If you need assistance/guidance, please contact the Hinesburg Recreation Department.

Children in Grades One through Four

When: Tuesdays, September 24 to December 17 (12 lessons)

Where: Hinesburg Community School classroom T.B.A.

Time slots: 2:45 p.m. to 3:15 p.m.; 3:15 p.m. to 3:45 p.m.; and, 3:45 p.m. to 4:15 p.m.

Cost: \$12 per lesson or \$144 semester.

Children in Grades Five through Eight

When: Thursdays, September 26 to December 19 (11 lessons)

Where: Hinesburg Community School Classroom T.B.A.

Time slots: 2:45 p.m. to 3:30 p.m.; 3:30 p.m. to 4:15 p.m.; and, 4:15 p.m. to 5:00 p.m.

Cost: \$17 per lesson or \$187 for semester.

Registration: To register or if you have any questions, please contact hinesburgrec@gmavt.net or call 482-2281, extension 230.

Hinesburg Friends of Families

Attend the Children's Clothing and Book Swap scheduled for Saturday, October 5 at the Hinesburg Town Hall.

Don't miss this community event!

Doing some fall cleaning? Donate children's clothing and books! Please drop off items on Friday, October 4 starting at noon until 8:00 p.m.

No toys please.

Babysitting Course

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this course gives youths ages 11 to 15 the knowledge and confidence to care for infants and school-age children. The class combines video, activities, hands-on skill training, and discussion that provide a complete learning experience. Babysitter's Training teaches youth how to respond to emergencies and illnesses with first aid and rescue breathing; how to make decisions under pressure; how to communicate with parents and learn household rules; how to recognize safety and hygiene issues; how to manage young children; how to feed, diaper, and care for infants; and how to start a babysitting business. Be the most popular sitter on the block by earning your certificate!

Who: Students 11 to 14 years old.

When: Friday, October 18 (no school)

Time: 9:00 a.m. to 3:00 p.m.

Where: Hinesburg Community School Room T.B.A.

Cost: \$85

Minimum: Eight students

Registration: Please register with the Hinesburg Recreation Department at 482-2281, extension 230. Or email hinesburgrec@gmavt.net

AARP Driver Safety Class sponsored by the Recreation Department

Students learn defensive driving techniques, new traffic laws, and review rules of the road. Through interacting with one another, they find out how to safely adjust their driving to compensate for age-related changes in vision, hearing, and reaction time. There are no tests... just supportive information. Many insurance companies offer discounted premiums to those who complete the class. For questions, or if you want to register, contact the Hinesburg Recreation Department at 482-2281, extension 230.

Who: Those 50 years and older

Where: Floor 1 Conference Room in Hinesburg Town Hall

When: Tuesday, October 29

Time: 9:00 a.m. to 2:00 p.m.

Cost: \$12 for AARP members and \$14 for non-members. Checks are payable to AARP, but please mail checks to Hinesburg Recreation, 10632 Route 116, Hinesburg, VT 05461.

Creepy Creature Cake Decorating

Join Wendy Frink of Blackberry Hill Bakery for a Halloween cupcake decorating frenzy. Decorate mini cakes with colored frostings and unique nonpareils to celebrate Halloween. Bring home your edible creatures in a specially decorated bakery box. Spending an hour after school creating creepy edible treats is great fun for kids.

Who: Children grades one through eight

When: Wednesday, October 30

Where: Living Arts Room at Hinesburg Community School

Time: 2:45 p.m. to 3:45 p.m.

Cost: \$12

Registration: Please register with the Hinesburg Recreation Department at 482-2281, extension 230 or hinesburgrec@gmavt.net

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See Staff List Online

Web Site:

carpentercarse.org

E-mail:

carpentercarselibrary@gmavt.net

We Deliver

Free delivery of materials is available to Hinesburg residents who find travel or physical access to the library building difficult. The library also circulates books, movies, music CDs and audiobooks to seniors on the third Friday of each month at the Seniors Meal Site in the Osborne Hall behind the United Church of Hinesburg. Occasional schedule changes may be expected.

Trustee Meetings

Carpenter-Carse Board of Trustees meetings are held on the fourth Wednesday of each month unless otherwise warned. All meetings are held at the library at 7:00 p.m. and are open to the public.

Ongoing Library Programs

Toddler Storytimes

Toddler Story Time is offered for children ages up through three and is held on the first and third Tuesdays of the month from 9:30 to 10:00 a.m. Join us for age appropriate stories, songs and games on October 1 and 15. Walk-ins are welcome.

Preschool Storytimes

Kids ages three to five are invited to Preschool Story Time every Tuesday from 11:00 to noon. Each week we enjoy stories, songs, snack and a craft. No preregistration is required.

Pajama Story Hour with Janet

Pull your favorite jammies on, grab a favorite stuffed animal friend or blanket and come on down to the library on Tuesday, October 22 from 6:00 to 7:00 p.m. Together we will share in lots of fun as we listen to stories, watch a short video, and do a seasonal craft. There will be yummy refreshments for all. This hour is geared toward children age three to seven. Advance registration is helpful but not required. We host these PJ story hours on the fourth Tuesday of every month. Call 482-2878.

Book Discussion Group

Avid readers are invited to join our library's book discussion group, which meets monthly in readers' homes. Thursday, October 17 come and share in a discussion of the novel Canada by Richard Ford. Meetings begin at 7:00 p.m. Watch for posters or phone Diane at 482-4455 for

continued on page 8



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► **Library,**
continued from page 7

meeting location and upcoming discussion details. Please note that the group does not meet at the library.

New Book Acquisitions

Barry, Dave, *Insane City*

Dunant, Sarah, *Blood and Beauty: the Borgias*; a novel

Fagan, Jenni, *The Panopticon*: a novel

Galbraith, Robert, *The Cuckoo's Calling* [in print and audio cd formats]

Gilbert, David, *And Sons*: a novel

Kreuger, William Kent and David Chandler, *Tamarack County*

Mechnar, Jordan, LeUyen Pham and Alex Puvilland, *The Templar* [graphic novel]

Miller, Andrew, *Pure* [in print and audio cd formats]

Penny, Louise, *How the Light Gets In*

Pochoda, Ivy, *Visitation Street*: a novel

Sandford, John, *Mad River*

On Order September, 2013: Child – *Never Go Back*; Grafton – *“W” is for Wasted*; Grisham – *Sycamore Row*; King – *Doctor*

Sleep; Mayor – *Three Can Keep a Secret*; Patterson and Ledwidge – *Gone*; Robb – *Thankless in Death*; Sparks – *The Longest Ride*

Coming later this fall: New Fiction Titles by: Jhumpa Lahiri, Wally Lamb, Alice McDermott, Douglas Preston and Lincoln Child, Donna Tartt and Stuart Woods

New in Large Print:

Gregory, Philippa, *The White Princess*

Kline, Christina Baker, *Orphan Train*

Riley, Lucinda, *The Girl on the Cliff*

Tan, Amy, *The Valley of Amazement*

Adult Nonfiction:

Bazon, Emily, *Sticks and Stones*: defeating the culture of bullying and rediscovering the power of character and empathy

George, Rose, *Ninety Percent of Everything*: inside shipping, the invisible industry that puts clothes on your back, gas in your car, and food on your plate

Hitzmann, Sue, *The MELT Method*: a breakthrough self-treatment program to eliminate chronic pain, erase the signs of aging and feel fantastic in just ten minutes a day

Mate, Gabor, *In the Realm of Hungry Ghosts*: close encounters with addiction

Miller, Kimberly Rae, *Coming Clean*: a memoir

Muir, Nancy, *iPad for Seniors for Dummies*

Norman, Howard, *I Hate to Leave this Beautiful Place*: a memoir

Paterniti, Michael, *The Telling Room*: a tale of love, betrayal, revenge, and the world's greatest piece of cheese

Resnik, Robert J., *Legendary Locals of Burlington, Vermont*

Ripley, Amanda, *The Smartest Kids in the World: and how they got that way*

Watson, Lyall, *The Whole Hog: exploring the extraordinary potential of pigs*

DVD's:

Sleepless in Seattle (Tenth anniversary edition)

To Kill a Mockingbird (Fiftieth anniversary edition)

***New Youth Books will be listed on the Library's website.

In-kind Gifts—The List of Donors Grows

The library's list of in-kind donations of goods and services in 2012/2013 is growing. Here are several more names of people whose thoughtful donations brightened the days of both library patrons and employees. We thank them for their generosity:

Susan Abell – Has treated library staff to coffee for our Keurig machine

Len Duffy – Has donated high quality maps and photo displays of Rte. 116 Hinesburg homes and businesses

Karl Novak – Often leaves fresh garden produce for library patrons and staff to take as they wish – keeps us all healthy!

We are happy to add to the published list if we have inadvertently omitted names of other in-kind donors!

Events at the Library

Dorothy Canfield Fisher Book Discussion

Children grades four to seven are invited to join a lively book discussion group on Thursday, October 17, 6:00 to 7:00 p.m. We have chosen one of the nominees from the 2013/2014 DCF list entitled *The Cavendish Home for Boys and Girls* by Claire Legrand. This exciting book is about the practically perfect 12-year-old Victoria Wright who must lie, sneak and break the rules when she investigates the disappearance of her best friend Lawrence. This reveals dark secrets about her town and the orphanage run by the reclusive Mrs. Cavendish. Multiple books are available to pick up at the Carpenter-Carse Library beginning

September 26. Sign up soon to read about the creepy goings on at the Cavendish home. Pizza and a refreshing beverage will be served.

October is for Mysteries!

Join us Wednesday, October 23 at 7:00 p.m. for a special author event with Archer Mayor, who will discuss his latest thriller, *Three Can Keep a Secret*: a Joe Gunther novel, based on the aftermath of Hurricane Irene.

Archer Mayor is the author of the highly acclaimed Vermont-based series featuring Joe Gunther, which the Chicago Tribune describes as “the best police procedurals being written in America.” He is also the 2004 winner of the New England Independent Booksellers Association Award for Best Fiction – the first time a writer of crime literature has been so honored. Whereas many writers base their books on only interviews and scholarly research, Mayor's novels are based on actual experience in the field. The result adds a depth, detail and veracity to his characters and their tribulations that has led the New York Times to call him “the boss man on procedures.”

Don't miss this mysterious event co-sponsored by Brown Dog Books and Gifts and Carpenter-Carse Library! Refreshments and book-signing will conclude the evening. Please call the library at 482-2878 to sign up for the event.

Quotation of the Month

“A book is the only place in which you can examine a fragile thought without breaking it, or explore an explosive idea without fear it will go off in your face. It is one of the few havens remaining where a man's mind can get both provocation and privacy.”

- Edward P. Morgan

► **Fall Festival,** **continued from page 1**

Entertainment will be provided by Dan Silverman on trombone along with Kobe Gatos on keyboard, Todd Watkins on drum and Ed Owens on Bass.

The price is \$10 for adults, \$5 for children five to 12 and children under five are free.

Tickets are on sale at the Hinesburg Recreation Office and Brown Dog Books. Get your tickets early. Last year was sold out!

For more information call Andrea Morgante at 482-5120.

NOTE: This event will be held in the café at the NRG building on Rte 116.

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Special thanks to everyone who joined us in September. We raised **\$950** for the Hinesburg fire department!

Education

Connecting Youth Mentoring at HCS

BY GINNY ROBERTS, MENTORING COORDINATOR

Mentoring is a unique way to make a difference in the life of a child. Mentors at the Hinesburg Community School have been volunteering one hour of their time on a weekly basis to establish lasting friendships with a Hinesburg youth. Long time mentor Nancy Bell explains why. “I feel that giving of one’s time to a young person is among the greatest gifts. I have seen it and experienced it to be life changing for both mentor and mentee.”

All children benefit from the extra attention of a caring adult. The Connecting Youth Mentor Program pairs fifth and sixth graders nominated by teachers and counselors with an adult volunteer from the community. The Mentor Program offers a friendship that can be a source of support as students navigate the sometimes difficult years of middle school.

Mentor Gina Van Hook has been a mentor for four years and says, “I thought I would be the role model for my mentee over our four years together but she turned out to be an awesome inspiration to me. Spending time with her, I learned more about myself than I ever anticipated.”

Mary Pelligrino, also a CY Mentor of 4 years adds, “I always enjoyed the time I spent with my mentee and she always seemed so pleased to see me.”

Adult volunteers are given training and support to begin this trusted relationship. The most important quality an adult must have is a commitment to mentor for one school year. Many mentors continue on with their student until they graduate from 8th grade because they find it so enjoyable. Mentors meet students at the school during an hour that works for the student, mentor and teacher. A Mentor Room offers a place to play games, do crafts, or work on puzzles.

Mentors can also take their mentee outside for fresh air activities.

The Mentor Program is currently looking for 8 more adults for the program. Men are especially needed. If you are interested in becoming a mentor or have questions about the program, please call Ginny Roberts at the school at 482-6271. You can also email her at groberts@cssu.org.

Free My Ride from Smoke

BY LYNN CAMARA, SAP COUNSELOR

The Vermont Department of Health is currently conducting a Free My Ride campaign to share with all Vermonters the dangers of secondhand smoke exposure in vehicles. The 2011 YRBS (Vermont Youth Risk Behavior Survey) results indicate that one in three high school students reported that they had been exposed to secondhand smoke inside a car in the past week. The Free My Ride campaign was developed by the Vermont Department of Health to provide students, many of whom are driven to school each day, with a unified forum to speak out against secondhand smoke exposure.



Exposure to secondhand smoke in a vehicle is extremely dangerous for children, even with a window open. For more information on the Free My Ride campaign and to see a video starring Vermont youth speaking about this subject, please visit freemyridevt.com/ or contact me at 482-6266.

Please Join Us in Welcoming New HCS Staff

In the last issue of The Hinesburg Record, we introduced you to our new co-principal, Allegra Miller. Today, we’d like to introduce you to two more of our new staff, Mr. Len Schmidt and Ms. Lauren Goracy.

Meet “Mr. Len”

What role do you play at HCS?

LS: I am the new Middle School Essential Skill Teacher, which means that I work with students in Literacy, Math, and Executive Functioning.

Where do you come to us from?

LS: I am finishing up my job as a teacher at

the Community High School of Vermont.

What makes you most excited about being part of the Hinesburg community?

LS: Getting to know the kids and their families.

What was the best thing you did this summer?

LS: Kayaking in Lake Ontario.

What do you like to do when you’re not working?

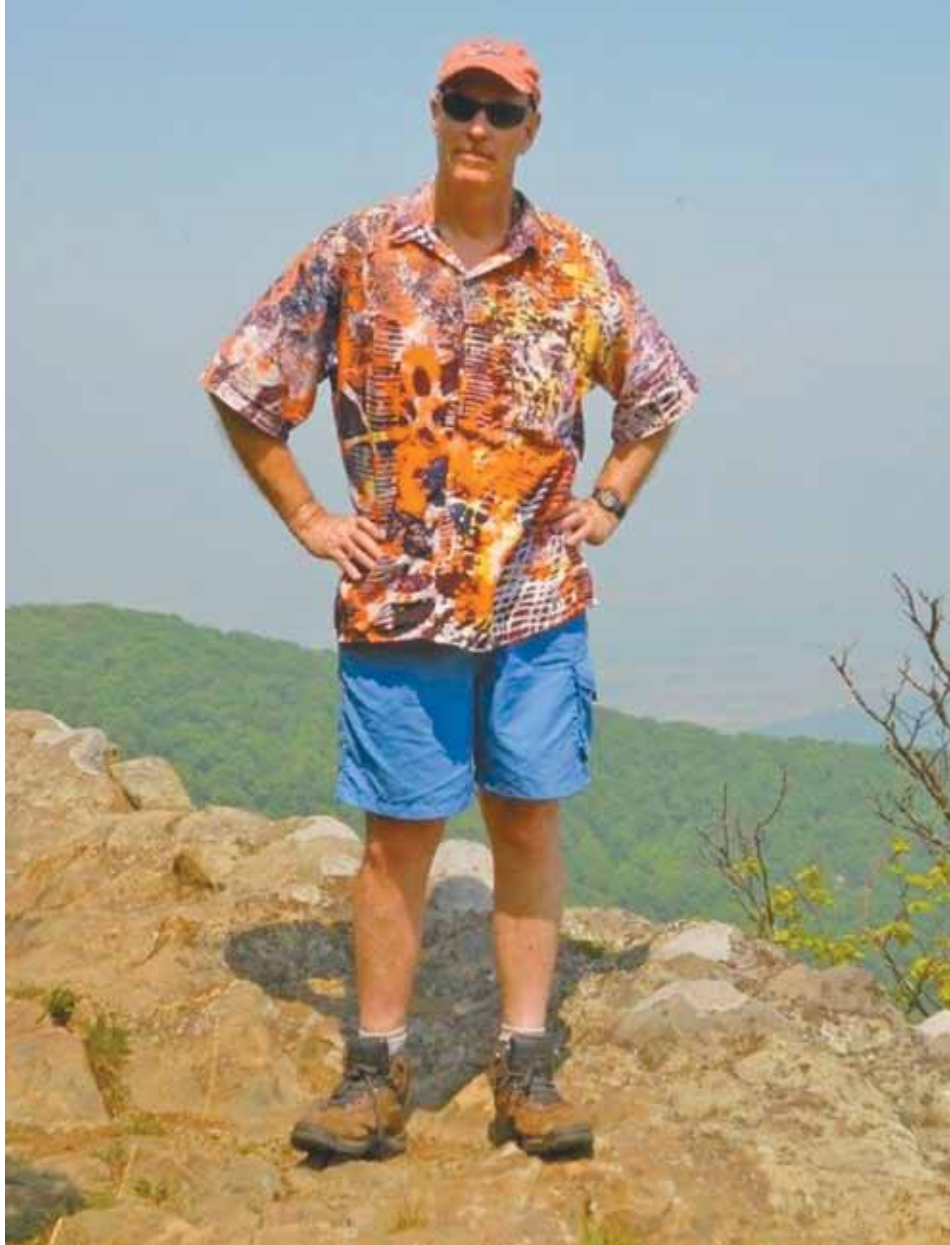
LS: Cut firewood. Really.

Anything else you’d like us all to know about you?

LS: I am an avid participant in primitive biathlon. There are 107 days until the first competition of the season!

Ummm... what is primitive biathlon?

continued on page 10



Welcome to the ‘Burg, Mr. Len!

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Hinesburg Food Shelf hours are:
Tuesday nights 5:30 - 7:30
Friday mornings 9:00 - 12:00

► **Education,**
continued from page 9

LS: Primitive biathlon is a native Vermont sport invented 14 years ago by some bored folks in the middle of winter. It consists of snowshoeing (must be wood-framed snowshoes), a 1.5 mile course, and target shooting using a black-powder muzzleloader. Primitive dress is optional.



Welcome to the 'burg, Ms. Goracy!

Meet Ms. Goracy

Hello! My name is Lauren Goracy and I am a long-term sub special educator for grades K-2. I was born and bred in New Jersey and came up to Vermont to play Field Hockey at UVM. I got both my undergraduate degree in Elementary Education and my Masters there in Special Education.

I fell in love with Vermont and began to work here! While I got my masters, I worked at both Shelburne and Williston as a Paraeducator. I heard so much about Hinesburg and I was very excited to have gotten a job here! The community, teachers, and students have been very kind and welcoming.

One of the best things I did this summer was to visit my family in New Jersey. I went to Long Beach Island, NJ and enjoyed fishing, swimming, and relaxing on the beach. This is one thing I enjoy doing when I am not working, but I also like playing field hockey, running, and hiking. I also coach field hockey at CVU for the JVb team. I am thrilled to be working at this school and look forward to an exciting new year!

Get on the Bus, with Us!

The 2013 HCS Welcome Back video is now available for your viewing pleasure on the homepage of our website, www.hcsvt.org. If you haven't seen it yet, please check it out. We are ready and excited for our new school year!

HCS Rats!

BY PHOEBE DENNISON, THIRD-GRADER
AT HINESBURG COMMUNITY SCHOOL

The amazing Kelly Kendall, of The Flynn, has put together a 3rd and 4th grade drama program with the help of Joy Volzer, Amy Elkins, Kristen Miskavage, and Susan O'Kane. Many 3rd and 4th grade students signed up which makes a great cast. Everybody is getting ready for the show. Lots of singing goes into rehearsals and everybody is learning new moves. RATS will be performing at HCS on October 25th at 6 p.m. and is open to the public. If you do not buy your tickets early, you can buy them at the door.

HCS Cast List

Narr ators:

Phoebe Dennison
Myles Petterson
Pied Piper:
Mia Twarog



Pictured above is the cast of RATS and director Kelly Kendall

Rats:

Nathan Brown, Eva Frazier, Tyler Wuthrich, Elizabeth Charney, Ella Polli, Madison Kittell, Lily Greenwood, Kira Bergeron

Children:

Teresa Collins, Taylor Rock, Mario Robinson, Daniel Fitzgerald, Francis Murray-Gurney, Elliot Murray-Gurney

Townspeople:

Mr. Rye (baker): Thomas Garavelli
Miss Lilyspoon (librarian): Graycie Elkins
Constable Blarney: Tom Roberts
Miss Finny (banker): Chloe Kuhn
Mrs. Krinkle: Anna Morton
Mr. Ram: Nicholas Tanner
Mrs. Pickle: Camryn Gant
Mr. Pickle: Miles Glover
Mr. Ripple: Perry Bourgault
Mrs. Ripple: Madison Aube
Mrs. Nob: Carissa Parent
Mr. Teal: Patrick Bilodeau
Mrs. Teal: Mia Marino

Town Council:

Mayor: Norah Van Vracken
Pennywinkle: Cody O'Neil
Quigley: Ruby Volzer

CVU's Physical Plant: Past, Present and Future

KEVIN REILL, CVU ATHLETIC DIRECTOR

In 1961, members of the following townships (Hinesburg, Williston, Charlotte and Shelburne) formed committees to discuss a union high school. Originally, the idea was to provide a simple and practical structure to accommodate an initial body of 750 students thus unionizing the high schools for grades 9 through 12 in these townships. Barbara Snelling, who had held a variety of positions in the state of Vermont including serving as Lieutenant Governor for two terms, played a major role in the establishment of CVU and served as its first School Board Chairperson. Champlain Valley Union High School was formed in 1964.

Since the inception of the union high school, CVU has gone through many physical transitions and facelifts. The first major addition and renovation occurred in 1978 with the creation of the Lucien Lambert Library. Then, in 1981, 10 additional classrooms were added along with architecturally designed skylights. From 1993 to 1995, a science wing, additional parking, an athletic field upgrade, mini gym, direction center and student center were added to help with ever increasing student enrollment and educational reform.

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Fall is the smart time for an efficiency upgrade!
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If you qualify for a free energy audit, one of our BPI certified energy auditors will perform a comprehensive energy audit, assessing equipment and insulation levels. We'll recommend efficiency upgrades and show you how much you may save by implementing each one. Plus, we'll be happy to give you a list of qualified contractors and even help manage the project. After the work is completed, we'll check that it's up to our energy efficiency standards and your satisfaction!

Rebates and financing
Often we can rebate 1/3 the cost of insulation upgrades and offer zero interest financing for this and other high efficiency upgrades, including heating and hot water systems.

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The most expensive upgrade (18 to 19 million dollars) occurred between 2003 and 2005, and included the addition of square footage and renovations to new and existing space. The project helped to create a freshman core “D” wing, gymnasium, wood chip boiler, all-weather track, library, learning center, fitness center, cafeteria, classrooms, staff offices, and locker rooms. A one million dollar upgrade to the CVU auditorium took place in 2008-09, supported by generous private donations and community approved monies from the construction fund.

Over the last few years, CVU has made a concerted effort to reduce energy consumption. Most recently, CVU students of the Environmental Action Club have been actively involved in composting, recycling and participating in the 10% Energy Challenge (Efficiency Vermont). Regarding major facility renovations as it relates to energy consumption, the following projects have been done:

In 2005, HVAC systems energy recovery wheels and software were installed (recoup heat sent back into the building). All major hydraulic pumps were installed with variable frequency drives (speeding and slowing down the pumps based on need).

Currently, GMP, along with CVU, initiated an \$80,000 retrofit to our current lighting system. Anticipated savings will cover the cost of the project through GMP. This will be completed by early September. In addition, CVU has changed over to a town-fed Vermont gas line to replace our oil burner (used as a back-up system to our wood chip boiler).

This ongoing commitment to the CVU facility has created numerous opportunities for our students to excel, as evidenced by many state championships, academic awards and arts performances. It should be noted that CVU also strives to provide opportunities for the community at large. Community members and local clubs have benefited tremendously from the fitness and health equipment (including the track and gymnasiums) and facility upgrades have also provided more offerings in CVU Access (adult education/enrichment programming). The auditorium, gymnasium and other upgrades also offer opportunities for residents to avail themselves of quality athletic, arts and theatre programming that feature CVU students.

How are facility maintenance/improvement projects prioritized? CVU currently has a five-year maintenance plan in place, with discussions under way to extend the plan to 10 years. This plan is reviewed and updated on an annual basis, allowing CVU to plan ahead for major expenses (i.e., roof, mechanical, building upgrades and grounds). It was this process, for example, that led to recent discussions on the need to address maintenance concerns regarding our playing fields. These discussions initiated a study, completed by Gale Associates, that included an evaluation of artificial turf fields as an alternative to the renovation of our existing natural turf.

After annual review of the plan, it is sometimes necessary to defer maintenance based on prioritization of needed items and unanticipated budget expenditures. This assessment is always done with the safety of the community in mind, first and foremost. The five- to 10-year plan helps to guide us in our budget process and gives us a facility that contributes to the educational program and evolving needs of both our students and the broader CVU community.

Upcoming Events:

October 25, 26, 27, Auditorium: Spamalot! (a musical)

Hinesburg Representatives to the CVU School Board:

Lia Cravedi – 482-2060

Ray Mainer – 482-3134

Organizations

Lewis Creek Association News

FROM PRESS RELEASE

Annual Party

On September 29, Point Bay Marina in Charlotte is hosting Lewis Creek Association’s Annual Party from 3:00 p.m. to 6:00 p.m.. We plan to have a pile of fun while honoring the Marina staff and others who have helped with and inspired 2013 water quality projects. From stream monitoring, invasive exotic plant removal at favorite boating and fishing locations, four water quality improvement projects at local farms and forests, and a very special couple who donated all of their wedding contributions to Lake Champlain project, we have a lot of celebrating to do! Look forward to wonderful local music and delicious food, and drink.

This past season, 20 resident volunteers monitored ecoli, nutrient and sediment levels in six nearby streams, while 100 volunteers harvested 10 tons of invasive European Frogbit from Town Farm Bay, the Lower LaPlatte, McCabe’s Brook and Lewis Creek. Many of these volunteers were from a network of cooperating local groups including Charlotte Land Trust, Charlotte Conservation Commission, Shelburne Natural Resources and Conservation Committee, Green Mountain Coffee Roasters, LaPlatte Watershed Partnership, South Chittenden Riverwatch, Monkton’s ANAC group, Vermont Family Forests and LCA. Point Bay Marina and the Shelburne Bay Boat Club were, once again, tremendous hosts to the Frogbit control project.

LCA’s Data Collection and Planning Program identified four priority parcels for reducing nutrient and sediment loading to Lake Champlain. These interested landowners are now working with LCA, Monkton Town groups, Vermont Family Forest, the local Conservation District, NRCS and the State to complete water quality improvement projects. We will share these projects on Sept 29.

And lastly, we will share the sweetest story of a local newlywed couple, lovers of Lake Champlain, who chose to donate all of their wedding fund gifts to LCA for carrying on its lake stewardship work. We sure hope you can join us with friends on September 29 to celebrate over local music and delicious food and drink.

Amphibian Funding

On Nov 15, LCA and Friends will launch an Indiegogo Campaign for Vermont’s first amphibian crossings to be located right nearby in Monkton. We need volunteers. Call 425 2002.

Happy Fall from the Board: Louis du Pont, Starksboro; Judy Elson, Ferrisburgh; Kit Emery, Charlotte; Peter Erb, Hinesburg; Andrea Morgante, Hinesburg; Chris Runcie, Starksboro; Bobbie Summers, Huntington; Chris Slesar, Monkton

Phil and Marlene Russell Protect Stream Corridor Land

Phil and Marlene Russell have a family beef cattle operation in Hinesburg and Monkton just up from where Pond Brook enters the Lewis Creek. Improving water quality is a no brainer for Phil and Marlene which is why they now only raise grass fed Angus cows using rotational grazing. You won’t find any corn or bare field grounds on the Russell farm. And to make matters even better, Phil talked with lots of conservation groups, including LCA, before deciding to further enhance their river corridor with more native trees and shrubs.

Several years ago, LCA and South Mountain Research and Consulting had prepared a River Corridor Plan for Pond Brook. The plan noted that the Russells adjusting stream section could benefit from a wider buffer area planted to native wetland plants. Sure enough, the farm conservation funders and the local conservation district agreed. The Russells have

now planted some 13 acres back to healthy riparian habitat to increase the water quality and habitat conditions in the Pond Brook Valley. Before planting the 2800 native plants (Bur Oak, Swamp Whites, Green Ash, American Elm, Grey and Silky Dogwood and Black Willow), all invasive exotic plants were removed.



LCA has added Phil and Marlene to its Local Heroes list! In the next issue, we will tell you about the property owners upstream who are following Phil and Marlene’s lead.

continued on page 12




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October 23rd Wednesday 7pm Author Event
VT author Archer Mayor will be presenting his latest book *Three Can Keep A Secret* at the Carpenter-Carse Library. Reading & discussion to follow.
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► **Organizations,**
continued from page 11

HCRC Children's Clothing and Book Swap

BY HEATHER PURINTON, COORDINATOR OF HCRC'S FRIENDS OF FAMILIES PROGRAM

The Fall Annual Children's Clothing and Book Swap is coming! It will be held on Saturday, October 5, 9:00 a.m. to 10:30 a.m. at the Hinesburg Town Hall. This event, sponsored by the Hinesburg Community Resource Center's Friends of Families Program, is FREE for anyone seeking gently-used children's clothing and children's books. Just show up with an empty bag to fill. To help ensure another successful swap, you can help by donating children's clothing sized infant to 14, clean and in good condition, and children's books for toddlers to middle-school aged. (Adult clothing and toys will NOT be accepted.) Please drop off your donations at the Hinesburg Town Hall on Friday, October 4, anytime between noon and 8:00 p.m. Your donation can only be accepted on Friday; none on Saturday. Call Heather at 482-4061 with questions or if you need to arrange a special drop off time.

CSSU Buccaneers Youth Football Team Receives Donation from Merchants Bank

BY JILL LOWREY

Jeanne Albertson, the Merchants Bank Manager in Hinesburg, recently presented a \$5,000 check to Cole Boffa and Maverick Lowrey on behalf of all the CSSU Buccaneers Youth Football Team, to be used towards the new fields at the

Bissonette Family Recreation Area.

I run the Bucs program with a lot of help from some wonderful parents. This year I signed up 141 players from all five towns: Charlotte, Hinesburg, St. George, Shelburne and Williston.

This feeder program is now in its tenth year! Last year we opened up to second graders and this year have enrolled 24 of them. This must mean our program really rocks! This year at CVU we signed up 114 players as well. That means 255 players in our community that have and do benefit from our great football programs! I wrote this grant in May and am so happy for our Bucs program and the Bissonette Family Recreation Area. Jeanne Albertson was a huge help.

The fundraising campaign is in full swing. You can read more about the project and how you can make a tax-deductible contribution today at Hinesburg.org!

Thank you Merchants Bank!!!



Jeanne Albertson of Merchants Bank presents check to Cole Boffa and Maverick Lowrey on behalf of all the CSSU Buccaneers

SCHIP Invites Grant Applications

Shelburne Charlotte Hinesburg Interfaith Projects, the non-profit organization that raises funds at their resale shop at the Shelburne Town Center is accepting applications for its next round of grants. Applications from non-profit organizations are due by September 30, 2013.

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Since SCHIP began making grants in 2004, they have granted more than \$440,000 to projects in our communities, continuing their mission to raise funds to improve the lives of our neighbors and strengthen our communities. Grants have ranged from a few hundred to several thousand dollars. Grants may not exceed \$5,000.

Applicants must be a 501 (c)(3) or submit their application through such an organization. Projects must serve residents of the communities of Shelburne, Charlotte and/or Hinesburg. Funds may not be applied to annual operating budgets or permanent staffing. To obtain an application email schipgrant@myfairpoint.net or stop by the shop at 5404 Shelburne Rd, Shelburne.

Please submit your requests by the end of September so that we can continue our efforts.

United Way of Chittenden County Volunteer Connection Listings

BY SUE ALENICK, UNITED WAY VOLUNTEER

The listings below are a small sample of the 300+ volunteer needs from more than 250 agencies you can find on-line at unitedwaycc.org. If you do not have computer access, or would like information about the volunteer opportunities below, call us at 860-1677.

RSVP IN EDUCATION – Interested in making a difference in the lives of children? RSVP of Chittenden County can connect you to volunteer opportunities that nourish children's hearts and minds. Help kids learn and grow—RSVP offers personalized coordination to find rewarding opportunity to make a difference. Whether you want to mentor or tutor, we'll find a school or mentoring program for you. Volunteers may choose to work with children pre-K to 12th grade who have been identified by teachers as needing supplemental support.

FAMILY FRIEND – Vermont Refugee Resettlement Program needs individuals or families to visit and help refugee families. Provide support, orientation, invitations to meals and outings and serve as a general community resource to these families. Interactions may include grocery shopping, working on English, or just doing fun things together. Orientation, introductions and ideas are provided. Ideally, this is a year-

long commitment. References, background check and orientation are required.

FAMILY PLAY – VNA Family Room needs volunteers for the drop-in Family Play program to facilitate play with parents and children, introduce arts and crafts projects, help tutor ESL students or offer their culinary skills to prepare meals for the community of families and children. Tues. or Thurs. 9:00 a.m. to 1:00 p.m., minimum two-hour shift. They also need volunteers to support children's play using their Nurturing curriculum as part of a 22-week Strong Families programs on Wednesday mornings. Background check required.

APPLE RAKING – Shelburne Museum has a bumper crop of apples this year and needs help raking the drops which create walking hazards. Help the museum, get some exercise and glean some apples! Flexible weekday schedule, three hours/week through October.

MENTORS – Connecting Youth needs adult mentors to meet one-on-one with student friends in 5th-8th grade during the school day. Pairs participate in activities such as games, arts and crafts, sports, cooking and conversations. Opportunities exist in Charlotte, Hinesburg, Shelburne and Williston. Schedule is one hour per week during school sessions. Mentors must be at least 21 and undergo a criminal background check.

Audubon: Mushrooms, Moose and More

AUDUBON SOCIETY PRESS RELEASE

Birds and the Forest: Hike in Vermont's only National Park

Saturday, September 28, 1:00 p.m. - 3 p.m.

Meeting Place: "Forest Festival" at Marsh-Billings-Rockefeller National Historic Park, Woodstock, Vermont

Explore why our forest provides such excellent bird habitat and how we can protect and enhance it.

Wild World of Mushrooms

Sunday, September 29, 1:00 p.m. - 3:30 p.m.

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photo credit: The Mushroom Forager

emphasizing The Mushroom Forager's ForageCast approach. Sign up soon: last year's mushroom programs filled up quickly!

Register: 434-3068 or
cwlikinson@audubon.org

In Search of Moose Wallows and Warblers

Friday, October 4, 8:30 a.m. – 4 p.m.

Experience a day-long excursion in search of moose sign and migrating and resident songbirds at Wolf Run in Jericho.

Register: 434-3068 or
cwlikinson@audubon.org

Iroquois Soccer

BY KEVIN LEWIS

Registration for Spring 2014 season begins November 2 at Hinesburg Community School at 10 a.m. in the Computer Lab.

Open Meetings to the pubic are in the Town Hall October 10 and November 14 at 7 p.m. All are welcome!

October Events at the Birds of Vermont Museum

KIR TALMAGE, OUTREACH COORDINATOR

All events are at the Museum, 900 Sherman Hollow Road, Huntington except the Snowy Owl program; that's at the Richmond Public Library.

The Breeding Ecology of Snowy Owls

Friday, October 4, 7:00 - 8:30 p.m. at the Richmond Public Library.

What is this huge white bird we see in some winters? Where does it live? What does it eat? Why is it only here sometimes? Join Denver Holt of the Owl Institute for our evening Lucille Greenough Enrichment program, and discover Snowy Owls. Free, but donations to our Flood Recovery will be greatly welcomed.

Sundays for Fledglings

October 6, 20, 27, 2:00 p.m. – 3:00 p.m. (Most Sundays)

Are you a Junior Birder? Want to become one? Develop mad skillz in observation, research, and goofing around? Yes!

Kids: Earn Your Junior Birder Badge! If you already have one, we will help you become an even better birder, biologist, or artist.

Included with admission to Museum, donations always welcome. Programs run most Sundays May through October.

Perfect for kids aged six to ten (siblings welcome). Pre-registration is helpful; call 802 434-2167 or email museum@birdsofvermont.org

Storytime in the Nestlings Nook

Tuesday, October 8, 10:30 a.m. – 11:30 a.m.

Join us for stories about birds and more. Intended for pre-schoolers but all ages are welcome. Stories are followed by a craft project, music or nature walk, depending on the topic and the weather. Got a favorite book about birds? Share it with us!

Free with admission; donations accepted.

Fall Festival/Arts and Crafts Open House

Saturday, October 12, 10:00 a.m. – 4:00 p.m.

Celebrate fall with us! Carving, crafting, and art demos; cider, apples and maybe even chocolate; silent auction and face painting. And that's not even all! We're also seeking musicians, auction donations, and activity or entry table volunteers.

Free for members; \$5 everyone else. Fantastic fun for all!

Highlights:

- Green Mountain Wood Carvers: Carve-in and Annual Meeting
- Silent Auction
- Demos and Workshops of various art techniques
- Raffle
- Meet an artist (or two)
- Kid Crafts
- Soap and Pumpkin Carving

The Big Sit!

Sunday, October 13 Dawn – Dusk

Sit. Watch. Write. Be happy. How many birds can we perceive from a 17-foot diameter circle? Can we beat last year's record? Join Team Loonatics and find out. Free! Pledges and donations welcome. Snacks and coffee provided. Please bring your own binoculars.

Fifth Annual Used Book Sale at the Birds of Vermont Museum

Weekends (also many Fridays and Mondays) through the fall 10:00 a.m.– 4:00 p.m.

New books for your life (reading) list! Savvy shoppers stock up on fiction, mysteries, history, biographies, religion, politics, nature, children's books, and, of course, birds! Fridays - Sundays.

Volunteer at the Birds of Vermont Museum

We need volunteers for one-time events, short projects, or on a regular basis! We especially could use some folks to help at the front desk (greeting visitors) and there's now a lot of trail work to do. How about working to pull honeysuckle? Help

in our gardens? If you like being behind the scenes, we have both maintenance and computer-related tasks too. And thank you!

Vermont Woodlands Association Outing

FROM PRESS RELEASE

You're invited to get out in the woods and search for moose and signs of bear, bobcat, and other wildlife in wetland habitats during Vermont's peak fall foliage. Join VWA and Keeping Track® on October 5, 2013 in Jericho, Vermont from 9:00 a.m. to 4:00 p.m. for a walk focused on Wild Critters in Managed Forests. Susan Morse is a highly regarded expert in natural history and tracking. She has been monitoring wildlife and interpreting wildlife habitat use since 1977. The walk will consist of about 4 miles of gently rolling terrain. Bring appropriate clothing and footwear (hiking boots with strong ankle support suggested). Pack a bagged lunch & drink; if weather permits we will build a campfire at lunchtime. Carpooling is required from the Richmond Park & Ride lot located at Exit 11 off I-89. Note: no early departures during walk.

Pre-registration & payment is required to attend. Please call the VWA office at 802-747-7900 or email info@vermontwoodlands.org with any questions. Registrations are available at <http://www.vermontwoodlands.org/walk.asp>. Workshop sponsored by the Vermont Woodlands Association. Please complete and return with your check for \$35 per person to VWA, PO Box 6004, Rutland, VT 05702-6004 no later than October 1, 2013.

Vermont Woodlands Association is a 501(c)(3) nonprofit corporation whose mission is to advocate for the management, sustainability, perpetuation, and enjoyment of forests through the practice of excellent forestry that employs highly integrated management practices that protect and enhance both the tangible and intangible values of forests—including clean air and water, forest products, wildlife habitat, biodiversity, recreation, scenic beauty, and other resources—for this and future generations.



photo copyright Sue Morse

Have news? 482-2350 or
therecord@gmavt.net

Health

Back to School Safety Tips for Vermont Drivers and Students

BY DAVE REVILLE, AARP VERMONT

Let's all help the kids arrive at school and back home safe and sound every day, with these safety reminders.

Safety Tips for Motorists:

- Slow down. Always observe the speed limit in school zones, and watch for school buses.
- Be alert for children walking and biking as you leave your driveway and on the streets, especially at intersections, around school zones and near bus stops, coming out of driveways or from behind obstructions like parked cars.
- Obey instructions from school patrol officers or crossing guards.
- Avoid speeding and distractions while driving.

• Prepare to stop when you see yellow lights flashing on a school bus, and stop when red flashing lights indicate the bus is stopped and students are getting on or off, even in a school yard. Don't start driving until the red lights stop flashing. Be aware that a child may dash across the street. It is against the law to pass a stopped school bus with its red warning lights on. Never pass from any direction when the red lights are on, except on a divided highway if the school bus is traveling in the opposite direction, or as directed by a Law Enforcement Officer. Never pass a school bus on the right.

• Don't block the crosswalk when stopped at an intersection, or try to rush or scare pedestrians or bicyclists.

• When passing a bicyclist, slow down and leave at least 3 feet between you.

• When approaching an intersection together, let the bicyclist go first.

• Check side mirrors for bikes before opening your car door.

Safety Tips for Students:

• Always walk on the sidewalk. If there's no sidewalk, ALWAYS WALK FACING TRAFFIC.

• Before crossing the street, STOP AND LOOK LEFT, THEN RIGHT, THEN LEFT AGAIN. Don't cross until no cars are coming. Cross only at corners or marked crosswalks.

• Walk in groups, which are more likely to be seen by drivers.

• Wear bright-colored clothing to increase

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► **Health,**
continued from page 13

visibility, and a helmet if biking. Use reflectors and lights on your bike.

- Never text or talk on cell phones while walking or biking.

• When biking, follow the Rules of the Road - RIDE ON THE RIGHT, WITH THE TRAFFIC, in single file. Obey stop signs and traffic lights. Never cross a street without looking for cars. Yield to pedestrians in crosswalks.

• Get to the bus stop at least five minutes before the bus is scheduled to arrive.

• When the bus approaches, stand at least three giant steps (6 feet) away from the curb, and line up away from the street. Wait until the driver says it's okay to enter the bus.

• If you must cross the street, walk at least five giant steps (10 feet) in front of the bus, where the bus driver can see you, and wait until you see the driver signal that it's OK to cross. Never walk behind the bus, and always stay at least three giant steps away from the side of the bus.

• If you drop something near the bus, tell the bus driver. Never try to pick it up because the driver may not be able to see you.

• Use the handrails to avoid falls, and be careful that drawstrings on clothing and book bag straps don't get caught in the handrails or doors.

Advice for Students With Asthma

FROM PRESS RELEASE

A new school environment can sometimes be difficult for children with asthma. This back-to-school season, the American Lung Association highlights tips for families of children with asthma and stresses the importance of crafting a plan to properly manage asthma in a school environment.

"Asthma is a serious chronic disease that affects millions of children," said Jeff Seyler, President and CEO of the American

Lung Association of the Northeast. "Asthma symptoms can often be exacerbated at this time of year and it is important for parents to work with their healthcare provider and school personnel prior to the first day of school on controlling their child's asthma. We must do all that we can to prevent asthma attacks and missed school days."

Asthma is one of the most common chronic childhood disorders in the nation. It affects an estimated 13,000 Vermont children under the age of 18. It is also one of the primary illness-related reasons that students miss school, accounting for more than 10 million lost school days each year. Asthma is the third-leading cause of hospitalization for children under 15. In 2011, more than half of people with current asthma experienced at least one episode, or attack—with children 39 percent more likely than adults to have an asthma episode.

As part of its Asthma Friendly Schools Initiative (AFSI) the American Lung Association launched the Asthma-Friendly Schools Champions Awards earlier this year with support from the Environmental Protection Agency and Genentech Pharmaceuticals. The AFSI Champion Awards recognize schools that have taken positive strides to create a healthier learning environment using the strategies outlined in the Asthma-Friendly Schools Initiative.

The American Lung Association urges parents who have children with asthma to complete the following checklist:

Step 1 – Learn about asthma

The American Lung Association has many free resources to help you and your child learn how to keep asthma in control.

Visit lung.org/asthma to learn about asthma and asthma management. Be sure to watch the short animation What is Asthma? to learn what happens in the airways during an asthma episode.

Asthma Basics is a 50-minute online educational tool for people with asthma or anyone who provides care for someone living with asthma. It teaches how to recognize and manage asthma symptoms, how to identify and reduce triggers, how to create an asthma management plan and how to respond to a breathing emergency.

Visit Lungtropolis along with your 5-10 year old child. You'll find action-packed games designed to help kids control their

asthma—plus advice for parents.

Step 2 – Talk to the school nurse

Together, you and the school nurse, along with your child's healthcare provider, can work to reduce asthma triggers and manage symptoms while in school.

Ask the school nurse to explain and provide all of the required forms you and your child's healthcare provider need to sign and complete, including an asthma action plan.

All 50 states and the District of Columbia allow children to self-carry and use their asthma inhalers while at school. Each law is different; visit www.breatheatschool.org and click on your state to learn more.

Discuss your child's asthma triggers and steps to reduce them in the classroom.

Ask about the school's asthma emergency plan, and if coaches, teachers and staff are trained in how to recognize asthma symptoms and respond to a breathing emergency.

Step 3 - Schedule an asthma check-up

Each school year should begin with a visit to your child's healthcare provider for an asthma check-up. This check-up is the best time to make sure your child is on the right amount of medicine for their asthma, to fill-out any forms required by the school and to create an asthma management plan as described in Step 4. Kids with asthma should visit their healthcare provider every three to six months, depending on how often your child is having symptoms.

Step 4 - Develop an Asthma Action Plan

An asthma action plan is a written worksheet created by your healthcare provider and tailored to your child's needs. The plan includes a list of their asthma triggers and symptoms, the names of their medicines and how much medicine to take when needed. The plan also explains the steps to take to manage an asthma episode and a breathing emergency. An asthma action plan should always be on file in the school nurse's office and easily accessible to anyone who may need to help your child use their inhaler.

Step 5 – Get a flu shot

On average, 1 out of 5 Americans suffers from influenza (flu) every year. Respiratory infections such as the flu are one of the most common asthma triggers. The U.S. Centers for Disease Control & Prevention (CDC) recommends everyone over the age of six months get a flu vaccination. The best way to protect your family from the flu is for everyone to get vaccinated.

For additional information on asthma and children, including a downloadable version of this checklist with even more details, visit www.lung.org/asthma or call the Lung HelpLine at 1-800-LUNG-USA.

Balance Your Brain for Successful Change

BY LAURA WISNIEWSKI

Summer is giving way to Autumn. For some, early Fall is a time for beginning new projects or making personal changes. This is the perfect time to start a healthier approach to eating, a Yoga or meditation practice, a creative project, a less stressful schedule.

Sometimes changing lifestyle habits is particularly hard, though, because we are challenging our own brain chemistry. Our body-mind system is designed to repeat behavior that brings us pleasure. We are also designed to seek homeostasis (balance.) For instance, if you skip breakfast, as the morning progresses, you may experience strong discomfort: shakiness, headache, depression and other signs that your system wants your blood-sugar back in balance...now! It's not easy to convince your inner homeostasis seeker that a high-sugar 'energy' bar isn't really a good idea. Homeostatic imbalance often expresses itself as cravings for 'pleasures' from sugar to shopping. If you are preparing to make a lifestyle change, it makes sense to keep your system as balanced as possible as you work gradually toward your goal...

- Protein with every meal. (Your brain uses the amino acids in protein to build neurotransmitters.)

- Drink lots of water, herb teas. (Your brain is 70% water.)

- Sleep. (Sleep deprivation actually reduces receptors for dopamine, a pleasure inducing brain chemical.)

- Music. (Listening to music activates our pleasure chemicals. Also...slow music can cause you to eat less; fast music can make you exercise more intensely!)

- Healthy Pleasures. (Consider healthy pleasures like taking a bath or curling up with a book or spending time with a friend to be an important part of your plan for change, rather than a luxury.)

- Gratitude. (Practicing gratitude activates the 'reward' center of your brain, reduces stress and anxiety and increases our ability to take action.)

- Compassion. (Negative judgments increase stress. Treating yourself with kindness will make your healthy changes easier. As a bonus, you will be more likely to treat others with kindness and compassion as well.)

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People

Hinesburg's Newest Residents

Kory and Page (Wheelock)) Key are parents of a son, **Silas Gavin Key**, born June 7, 2013 at FAHC in Burlington.

(The Hinesburg Record is pleased to announce the birth of your baby. When you fill out a "Baby Notice to Media" following the birth, just add The Hinesburg Record in the space allotted for "Other Media.")

CORRECTION:

A baby girl, **Eleonora Britt Cuoney**, was born to Ken and Jamie (Ciardelli) Cuoney of Hinesburg on April 24, 2013 at Fletcher Allen Health Care (FAHC) in Burlington.

(Due to an editing error, we misspelled the Cuoneys' name in the June issue of The Record. We regret any inconvenience this may have caused.)

Blumen Named to Dean's List

Nicolas Blumen of Hinesburg was named to the Spring 2013 dean's list for the Martin J. Whitman School of Management at Syracuse University.

Wedding Announcement

Miss Kristin Elizabeth Blumen and Mr. Ryan George Mills were united in marriage on Saturday June 8, 2013 at half past three o'clock in the afternoon at The Inn at the Round Barn Farm in Waitsfield, VT. The wet ground would not allow an outside ceremony in the beauty of Vermont, instead the ceremony was held in the splendor of the first floor of the round barn. The ceremony was officiated by Cricket Cooper, friend of the bride. A ceremony reading was performed by bridesmaid Lauren Jones. A dinner and reception followed in the top floor of the round barn. Mark White, uncle of the bride welcomed the guests, Cricket Cooper



performed a blessing and moving toasts were given by the Maid of Honor, the Best Man and the father of the groom.

The bride is the daughter of Mr. and Mrs. Steven Blumen of Hinesburg. She is the granddaughter of Mr. and Mrs. Henry White of Hinesburg and Mr. and Mrs. Barry Blumen of Shelburne. The groom is the son of Mr. and Mrs. George Mills of Shelburne. He is the grandson of Mr. and Mrs. Stephen Leavenworth of Concord, NH, Mr. and Mrs. Harry Sharp of Concord, Mr. F. Harvey Mills of Vero Beach, FL and the late Mrs. F. Harvey Mills.

Ryan's parents accompanied him down the aisle. Mr. Austin Kuch served as Best Man. Groomsmen were Mr. Nathan Mills, brother of the groom and Mr. Nicolas Blumen, brother of the bride. Kristin was escorted down the aisle by her parents. Miss Samantha White, cousin of the bride, served as Maid of Honor. Bridesmaids were Miss Carole Ann Dery and Miss Lauren Jones

The bride is a graduate of Champlain Valley Union High School. She attended Northeastern University and graduated from the University of Vermont with a Bachelor of Arts followed by a Master of Science in Communication Science and Disorders and now works at St. Albans High School as a Speech and Language Pathologist. The groom is a graduate of Champlain Valley Union High School. He graduated from RPI with a Bachelor of Science in Mechanical Engineering and a Bachelors of Science in Materials Science and now works as an engineer at Microstrain in Williston. Mr. and Mrs. Mills enjoyed a honeymoon in St. Lucia and now reside in Essex, VT with their black lab puppy, Callie.

Hinesburg Girl Places Second at New Hampshire Fair

Nine year old Emily Lang of Hinesburg's Mountain's Edge Farm took second place in the Junior Two Horse Hitch Class at the Lancaster, New Hampshire Fair on September 2.



Emily Lang of Hinesburg's Mountain's Edge Farm (accompanied by her father, Sean Lang) driving Bingo and Piper, Belgian draft horses

Other News

Save Money and Stay Warm this Fall and Winter

FROM EFFICIENCY VERMONT PRESS RELEASE

Now that the crisp days of autumn are with us, winter won't be far behind. To help Vermonters stay warm and lower their energy bills, Efficiency Vermont is offering the following tips:

Take Control of the Thermostat

You can save two to three percent in energy costs for every degree you lower your thermostat around the clock. Lowering the heat from 72° to 65° for eight hours per day can save you as much as 10 percent on annual heating costs. Try lowering the heat as everyone leaves for the day and just before going to bed. Or use a programmable thermostat; it will automatically turn the heat down and then have the house warm for you when you need it.

Drafty Windows?

If you have functional windows, it makes more financial sense to improve them than to replace them with energy-efficient windows. Caulk any gaps and cracks around window frames. Be sure that windows are fully shut. Put up interior window plastic, available in kits at hardware stores. Use storm windows. Also, for drafty doors, use weather stripping and door sweeps.

Keep Your Furnace or Boiler in Shape

Oil-fired systems need annual maintenance. Gas systems and heat pumps typically need a checkup every two years. And a new filter will go a long way toward maintaining the efficiency of your furnace and decreasing your energy bills.

Close Dampers When You're Not Using the Fireplace

An open fireplace damper pulls warm air from the house, even when there is no fire. Close dampers after ashes have gone cold.

Let the Heat Reach You

Dust or vacuum radiators, baseboard heaters, and furnace duct openings often and keep them free of obstructions like furniture, carpets, and drapes.

Keep Cold Out and Warmth In.

A typical house has many places where air can move between living spaces and the attic and between the basement and outdoors. The result is colder rooms and higher heating bills. The solution is to seal gaps and then properly install insulation (see next two tips).

For the Most Savings, Take a Whole-House View with a Pro

You can save up to 30% on your energy bills and improve your comfort by working with a Home Performance with ENERGY STAR® contractor. These specially trained and certified contractors can perform an energy audit of your home and make recommended improvements, such as air sealing and insulation. Take advantage of financial incentives from Efficiency Vermont when you complete energy efficiency improvements through one of these contractors. Learn more and find a contractor at www.encyvermont.com/homeperformance.

Do It Yourself? Learn to Weatherize Like a Pro

Save on heating bills and home improvements by learning what the energy pros know. Get financial incentives to do your own air sealing, insulation, and more, under the guidance of a Home Performance with ENERGY STAR contractor. Visit www.encyvermont.com/diy for info on classes and everything else you need to know to start taking control of your energy costs this winter.

Save Electricity on those Dark Winter Nights

Replace your incandescent light bulbs with ENERGY STAR compact fluorescent light bulbs, which use up to 75% less energy, or ENERGY STAR LEDs (light-emitting diodes), which use even less energy and last longer. Also, be aware that many kinds of home electronics and office equipment use power even when off. You can control this ongoing energy waste by plugging devices into a power strip and turning it off when you're not using the equipment. Or ask at your hardware store about an advanced power strip that automatically shuts off power to any idle equipment you want.

continued on page 16

Champlain Valley Landscaping

Paul Wiczoreck ♦ Horticulturist



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► **Other News,**
continued from page 15

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Efficiency Vermont was created by the Vermont Legislature and the Vermont Public Service Board to help all Vermonters reduce energy costs, strengthen the economy, and protect Vermont's environment. Vermont Energy Investment Corporation (VEIC) operates Efficiency Vermont under an appointment by the Vermont Public Service Board. VEIC is a Vermont-based nonprofit organization founded in 1986. For more information, contact Efficiency Vermont at 888-921-5990 or visit www.efficiencyvermont.com.

\$23,000 for Wildlife Education

FROM VERMONT FISH & WILDLIFE
PRESS RELEASE

Vermont's seventh annual auction of five moose hunting permits closed on August 21, with \$23,704 taken in from the five winning bids. The auction helps fund Fish & Wildlife Department educational programs, such as the

Green Mountain Conservation Camps for youths.

Bids do not include the cost of a hunting license (\$22 for residents and \$100 for nonresidents) and a moose hunting permit fee (\$100 for residents and \$350 for nonresidents). Winning bidders can choose to hunt in any one of Vermont's Wildlife Management Units open for moose hunting.

Auction winners were as follows:

Marian Jusko, Connecticut, \$5,150; Donald Davis, New Hampshire, \$4,901; James Stinson, New Hampshire, \$4,650; Colin Haas, Vermont \$4,502; Jeffrey Daignault, Massachusetts, \$4,501

The Fish and Wildlife Department held a lottery on August 1, when 405 moose hunting permit winners were drawn from the more than 12,000 people who applied.

Hunters are expected to take close to 200 moose during Vermont's moose hunting seasons. Archery moose season is October 1-7. Regular moose season is October 19-24. Wildlife biologists estimate Vermont has 2,500 to 3,000 moose statewide.

"Our management goal is to keep Vermont's moose herd in balance with available habitat," said Cedric Alexander, Vermont's moose project leader. "Carefully constructed hunting regulations enable us to enjoy having moose in Vermont on a sustainable basis, while their numbers are maintained at levels that fit habitat capacity and the needs of people."

Removal of Batten Kill's Dufresne Dam To Restore River Habitat

FROM VERMONT FISH & WILDLIFE
PRESS RELEASE

Anglers will be glad to know the Dufresne Pond Dam on Vermont's famous Batten Kill in Manchester is being removed, in part, to allow wild brown trout and brook trout free passage after more than a century.



Photo by Rod Wentworth
Dufresne Pond Dam is being removed on Vermont's famed Batten Kill in Manchester to restore trout habitat and for safety reasons.

Farm Life by Myles Mellor and Sally York

1	2	3	4		5	6	7	8		9	10	11	12	13
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Across

- Aug. follower
- Some Olympians, nowadays
- Foreword, for short
- "Aquarius" musical
- Hair colorer
- Apple gizmo
- Blame unjustly
- Clipped
- "Felicity" star, familiarly
- "What are the ___?"
- Islam's global gathering
- Inner: Prefix
- Seth's father
- Georgian, for one
- Lots
- ___ Strip
- Flowering shrubs
- ___ grass
- Arrogant and inflexible
- Moisten flax
- Eurasian grass
- Freshman, probably
- Guru's pad
- "To Autumn," e.g.
- Home of Vigeland Park
- Arabic for "commander"
- Bro's sib
- Pinocchio, at times
- It's super, in the sky
- "Beat it!"
- Noiseless
- Squarely
- Cash in Denmark
- Eating disorder
- Porridge ingredient
- Handwoven rugs
- "Idylls of the King" character

Down

- Word with "up" or "out"
- "___ on Down the Road"
- Dock
- Collector of detritus
- School grp.
- Classic board game
- Fraction of thrice
- Gawk
- "Rocks"
- Shot
- Put one's foot down?
- Go through
- Crumbs
- Caribbean, e.g.
- 40-point melds
- Kentucky county
- Brit's "Baloney!"
- Ancient assembly area
- Copenhagengers
- Alchemical solvent
- Essen basin
- Kind of group, in chemistry
- Traditions
- Atelier item
- Court figure
- Ancient
- ___ cheese
- Medical device
- Nickelodeon staples
- Chopper blade
- An end to sex?
- Arctic native
- "Cast Away" setting
- Band with the hit "Barbie Girl"
- Be different
- Fishing, perhaps
- Archaeological site
- Fungal spore sacs
- "Beowulf" beverage
- Mamie's man
- Balaam's mount

ANSWERS are on inside of back page

Annual Chicken Pie Supper October 12

Chicken pie with biscuits, mashed potatoes, squash, coleslaw, pumpkin or apple pie & beverage, served family style.

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Removal of the dam also will improve public safety by eliminating a dam with structural problems, and the removal will restore river habitat upstream of the dam.

The dam, owned by the Vermont Fish & Wildlife Department, is 263 feet long and 12 feet high and consists of a concrete spillway and earthen embankment. It was originally constructed by the Dufresne family in 1908 to supply water to power a sawmill. By the late 1940s the dam no longer served its original purpose, and it was acquired by the state in 1957. The dam has been reconstructed several times in the last 50 years, but structural problems remain. In 2005, an evaluation and alternatives analysis determined that the lowest cost option is dam removal.

The dam is being removed in a partnership of the Vermont Department of Environmental Conservation, the Vermont Fish & Wildlife Department, U.S. Fish and Wildlife Service and American Rivers.

When the project is complete, the Batten Kill will be restored to its original, pre-dam, channel. A floodplain will be created in the former impoundment and allowed to revegetate to form a riparian area similar to those that exist in the area. Vermont Fish & Wildlife will continue to maintain the area to provide public access to the river.

The project is funded through grants from the U.S. Fish and Wildlife Service and capital funds appropriated by the Vermont Legislature for work on state-owned dams.

► **Rev. Jared Hamilton,**
continued from page 18

In making the move to Salem, Jared and Leah were well aware of the many seminaries and theological schools in the area. He enrolled at Andover-Newton Theological School in Newton Center, Massachusetts, receiving his Master of Divinity Degree in May of 2012.

During this time, Jared spent four years working for First Parish Church in Manchester-By-The-Sea, Massachusetts. This was the Church through which he did his ordination process. From September of 2012 to May of 2013 Jared did an internship as Chaplain for the New England Baptist Hospital. He said his experiences at the Theological School and as Chaplain affirmed his belief that he was going into the right field. He was approved for ordination on May 29, 2013 by the Essex Association of the Massachusetts Conference of the United Church of Christ and then commenced his quest for a Church to serve.

Jared said that he and Leah did a lot of research and as soon as they read the profile for the Hinesburg United Church they prayed they would get an interview. This Church meshed with their strong desire that social justice be a part of the

fabric of the Church they served. This was extremely important to both Jared and Leah. They also had a desire to live and raise their children in a rural area and one where they could participate in a community garden. They had access to a community garden for the past four years and utilized it to its fullest capacity. Jared said that the United Church of Hinesburg was their first choice and they are very happy that it worked out for everyone.

Jared is especially looking forward to working with the youth of the Church and the community. One of the last things he did before coming to Hinesburg was to take a group of high school students to Maine for a community service week. They teamed up with a group from Germany. The youth group from Germany spent a week in Manchester-By-The-Sea. The two groups, thirty-one in all, then went to Orland, Maine, where they spent a week with H.O.M.E., Inc., assisting with an affordable housing program. The week involved lots of hard work as well as some fun which included white water rafting.

In addition, Jared says he enjoys bringing together the young and the young at heart to participate in service projects. He noted that the young people benefit from the wis-

dom of the older participants and the older participants benefit from the energy and activity of the youth. He foresees having a Church that is relevant to people of all ages with a goal to incorporating their ideas into the endeavors of the Church. Jared said he believes the Church community is at its best when it comes together even if it is loud and chaotic. It reminds people that we don't have to be perfect and we don't have to be silent to feel God's presence.

Jared said that "we are coming here (to Church) because we want to celebrate the important things in everyone's life from birth to confirmation to marriages and when people pass away. I look forward to being with people during those times and the Church provides the perfect structure which allows us to mark those times as being important."

Leah is the daughter of missionaries, originally from upstate New York State. She was born in Costa Rica during the year in which her parents were participating in language school in preparation to become missionaries and then moved to Uruguay. After five years in Uruguay, they moved to Argentina where they remained for the next ten years. Leah returned to upstate New York to finish her high school education and went on to graduate from Cincinnati Christian University with a degree in psychology. She still considers herself Argentinean and speaks fluent Spanish. Leah will continue working for the Human and Civil Rights Organization of America via the internet. Leah and Jared have two children, Camille age 3 who is already making friends and Simon now 6 months. Leah joins Jared in expressing her delight at being in Hinesburg and part of the United Church family. Leah said that when they found this Church they both felt that they were being called to this place.



Rev. Jared Hamilton, his wife Leah, Camille and Simon.



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Religion

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Pastor: Reverend Ed Hart

Church Phone: 482-2588

Home Phone: 482-2588

Email: lighthousevt@netscape.net

Website: LBCvt.homestead.com

Location: Hinesburg Village Center, 90 Mechanicsville Road

Address: P.O. Box 288

Regular Services:

Sunday Morning Worship: 10:30 a.m., Nursery provided, Kids Corner (puppets and songs)

Sunday Evening Service: 6:00 p.m.

Wednesday: 7:00 p.m. Bible Study and Prayer Meeting; Nursery provided.

Saint Jude the Apostle Catholic Church

Pastor: Reverend David Cray, SSE

Pastor's Residence:

425-2253, dgcray@gmail.com

Mailing Address: 2894 Spear Street/ P. O. Box 158, Charlotte, VT 05445

Hinesburg Rectory: 482-2290, Stjude@gmavt.net. P. O. Box 69, Hinesburg 05461, (10759 Route 116)

Parish Secretary: Marie Cookson, 434-4782, Rectory, 482-2290, marietcookson@aol.com

Office Hours: Mondays and Thursdays, 8:00 a.m. to noon.

Parish Council Chair: Ted Barrett, 453-3087

Finance Council Chair: Doug Taff: 482-3066

Buildings and Grounds Supervisor: Buildings and Grounds Supervisor: Andrew Driver, 310-5958.

Weekend Masses:

Saturday, 4:30 p.m.; Sunday: 9:30 a.m., St. Jude Church, Hinesburg

Sunday: 8:00 a.m. and 11:00 a.m., Our Lady of Mount. Carmel Church, Charlotte

Weekday Masses:

Monday, Wednesday, Friday,

8:00 a.m., St. Jude Church

Tuesday, Thursday: 5:15 p.m. Our Lady of Mount Carmel Church

Sacrament of Baptism: Call the Pastor for appointment

Sacrament of Reconciliation: Saturdays at 4:00 p.m. at St. Jude Church and by appointment.

Sacrament of Marriage: Contact the Pastor at least six months in advance

Communion at Home: Call Parish Office, 482-2290

Confirmation Coordinators: Dan & Roxanne Smith, 453-3522

Religious Education Coordinator: Marie Cookson, 434-4782

Religious Education (CCD): Monday evenings from 6:30 p.m.-7:30 p.m. for grades K-8. Registration is required.

The 9th and 10th grades (Confirmation Years) meet once a month. This is a two-year program. Watch Sunday bulletins for dates and times.

Please call Marie at 482-2290 (Parish Office) or 434-4782 (home) for more information.

Food Shelf Weekend: Every third Saturday and Sunday. Parishioners are asked to make an extra effort to bring non-perishable canned and dried food in weekly for the Hinesburg Food Shelf. Food Collection baskets are in the entry for your convenience.

Senior Meals: Will be served the second and fourth Tuesday of each month. Food will be prepared by Meals on Wheels. There will be cards, board games and door prizes. Cost is \$4.00 donation. Please call in advance so we have plenty of food on hand. For reservations call Ted Barrett at 453-3087 or Marie Cookson at 482-2290 (parish office) or 434-4782 (home). Caretakers are welcome. Hinesburg Rides will pick you up and bring you home at no charge. For more information, call the parish office at 482-2290.

AA Meetings: AA will be meeting at St. Jude's every Tuesday evening beginning at 7:00 p.m.

Trinity Episcopal Church

Address: 5171 Shelburne Rd., Shelburne, VT 05482

Rector: Rev. Craig Smith

Church phone: 985-2269



Church email: info@trinityshelburne.org

Website: trinityshelburne.org

Worship service:

Sunday morning at 8:00 a.m.

Worship service and Sunday School:

Sunday morning at 10:30 a.m.

Space for Grace program: Sunday mornings 9:15 a.m.

Community Alliance Church

Pastor: Rev. Scott Mansfield

Phone: 482-2132

Email: info@hinesburgcma.org

Web: hinesburgcma.org

Address: 190 Pond Road, Hinesburg (overlooking CVUHS soccer fields)

Sunday Services: 9:00 a.m. and 10:30 a.m. Children's programs, for nursery through elementary school ages, are available at both services. Middle School Students meet together during the second service.

Middle School and High School Youth Group: Meets from 6:00 p.m. to 8:00 p.m. on Sundays. This is a great time to meet new friends, hang out and talk real life.

Weekday Life Groups: Various times, days, and locations throughout the week.

For more information, please contact the church.

Services on Sundays begin at 9:00 a.m. and 10:30 a.m., with children's programming during those services. For more information, call the church office at 482-2132, or visit hinesburgcma.org.

Williston Federated Church

United Church of Christ and United Methodist Church

An Open and Affirming Reconciling Congregation

Address: 44 North Williston Road, Williston VT 05495

Phone: 878-5792.

Website: steeple.org

Pastor: Rev. Joan Newton O'Gorman, cell phone: 345-7953

Lay Pastor: Rev. Charlie Magill

Activities: Junior and Senior High Youth Groups; Men's Bible Study; Women's Book Group; Junior, Senior and Contemporary Music Choirs; Friendship Suppers; opportunities for mission and outreach in the community, country, and world

Service: Sundays 9:30 a.m., Nursery/Child care provided; Sunday School during the service for pre-K through high school; Coffee/Fellowship after service in Fellowship Hall

All Souls Interfaith Gathering Nondenominational Service

Pastor: Rev. Mary Abele

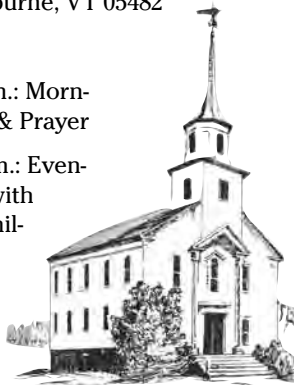
Phone: 985-3819

Mailing Address: 371 Bostwick Farm Rd., Shelburne, VT 05482

Services:

Sunday 9:00 a.m.: Morning Meditation & Prayer

Sunday 5:00 p.m.: Evening Service (with programs for children & youth!)



United Church of Hinesburg

An Open, Welcoming, Affirming and Reconciling Church

Pastor: Jared Hamilton

Office Hours: Tuesdays and Thursdays 8:30 a.m.-2:30 p.m.

Location: 10580 Route 116

Phone: 482-3352

Email: unitedchurch@gmavt.net

Address: P.O. Box 39

Website: ucofh.org

Sunday Worship Service: 10:00 a.m.

Choir practice: 9:15 a.m. Sunday

Sunday School: Nursery and story time; Christian Education Kindergarten through 6th grade during academic school year.

WIC Clinic: First Friday 8:00 a.m.-4:00 p.m.

Senior Meal Site: Every Friday 11:00 a.m.- 1 p.m. (except first Friday) Osborne Parish House

AA Gratitude Group: every Monday 7:00 p.m., Osborne Parish House.

Welcome to Rev. Jared Hamilton

BY JEAN ISHAM

On August 18, the congregation of the United Church unanimously voted to confirm the Rev. Jared Hamilton as its settled pastor. This vote followed the recommendation, also unanimous, of the Pastoral Search Committee.

From my perspective, Rev. Hamilton, who prefers to be called Jared, and his family is a perfect fit for the United Church and for the Hinesburg community.

Jared grew up on a dairy farm in Gambier, Ohio, a rural community in central Ohio about an hour north of Columbus and the home of Kenyon College. He attended school with a mix of children from the farming community and the college community. His parents still operate the farm with help from his younger brother. His younger sister lives nearby.

Jared played a lot of baseball growing up and it is still his favorite sport. He originally planned to be an art teacher and coach baseball. While in high school he started working with an interdenominational church youth group and saw it grow in participation from under ten to over fifty. He really enjoyed this work and felt that he was being called to the ministry.

Jared enrolled at Cincinnati Christian University, graduating in 2007 with a major in biblical studies. He enjoyed his experience at the University and while there met his wife, Leah. They were married December 17, 2004 and in August of 2005 moved to Salem, Massachusetts. A friend had started the Human and Civil Rights Organization of America, an organization that assisted non-profit charitable organizations with grant writing. Through this work he got to know some great charities and also started two non-profits, Child Aid International and Child Aid USA. These are grant writing organizations that help non-profits in those fields obtain funds through the Combined Federal Campaign. To date, the two organizations have raised nearly \$7 million. The international side deals primarily with child trafficking, children's rights and children's education overseas. The United States side deals primarily with educational and health organizations that work with children with disabilities. These were areas of particular interest to Jared. After three years with the organization, he still felt that there was something else he wanted to do.

continued on page 17

Lantman's Market

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Young Writers Project

Exciting Opportunities for Creative Kids

FROM YWP PRESS RELEASE

Young Writers Project is an independent nonprofit that engages students to write, helps them improve and connects them with authentic audiences through the Newspaper Series and the Schools Project, a comprehensive online classroom and training program that works with teachers to help students develop their writing and digital literacy skills.



General writing in any genre. **Due Oct. 11**

- **Elder.** Interview an older relative or friend – write a short profile; recount one of their best stories; or tell a story about an experience with that person. Alternates: **Survival.** You are stuck on a deserted island and night is falling. Who is with you and what do you do? or Photo 2. **Due Oct. 18**

- **Secret lives.** You have another life that must remain hidden. Tell a story about it; if you can, tell how your secret was almost discovered. Alternate: **Excerpt.** Open any book, pick a line and include it in a story or poem. Give yourself just seven minutes to write. Tell us where the line came from. **Due Oct. 25**

- **Somewhere.** You wake up in a strange place and don't know how you got there. Describe it. What happens? Alternates: **Style.** Write in the style of an author you admire. Name the author; or General writing in any genre. **Due Nov. 1**

- **Thanks.** What are you most grateful for? Tell a story about how you gained appreciation for this thing or opportunity or person. Alternate: **Unique.** What's something unique or special that you can do? Tell us how you do it. **Due Nov. 8**

- **Winter Tales.** Tell a narrative about winter in short, fresh descriptive poetry or prose. Please avoid clichés. The best will be selected for presentation by the Vermont Stage Company at its annual Winter Tales production at FlynnSpace in Burlington. Alternates: **General writing** in any genre; or **Photo 3.** **Due Nov. 15**



Collage flag 3, © Mister Blick

- **Inspiration.** Describe your muse. What form does it take; when does it appear; how do you interact with it? Alternate: **Fairytale.** Create an eighth dwarf for the Snow White story. Who is it and how does he or she interact with the others? **Due Nov. 22**

- **Magic.** There is magic all around us, but people often don't recognize it. Sometimes it comes in the form of a coincidence or two paths that cross. Describe a magical moment or feeling that you have experienced. Alternate: **Home.** What is it about your hometown or your state that you are most proud of? **Due Nov. 29**

- **Cold.** What is the coldest you've ever felt? Describe it. Alternates: **Optimist.** Think of your worst—saddest, scariest or most embarrassing—memory. Tell us the story;



© Liu Brenna/Essex High School

however, write about it in a way that turns it into a positive; or Photo 4. **Due Dec. 6**

- **Perspective.** Tell a story from the perspective or viewpoint of something unconventional: a dog, a flower, a mountain, etc. Alternate: **Rant.** Send us your best rant, something that ticks you off. Note: No real names or situations where someone can be identified. Make it a slam poem if you'd like. And feel free to create a podcast. **Due Dec. 13**

- **Myth.** Create the new urban myth. Make it eerie, funny or outrageous. Alternates: **Funny.** Write a poem or story that makes your reader smile—and then laugh out loud. It's harder than it sounds. Try it for fun. See what happens; or **General writing** in any genre. **Due Dec. 20**

- **Achievement.** Write about your greatest achievement and how you did it. Tell the story behind it. Alternate: **Angst.** Create a piece filled with the angstiest angst you can muster. No self-harm or harm to others, please. **Due Jan. 10**

- **Wonder.** Write a piece that focuses on the idea of: I wonder... Alternates: **Gift.** Have you received something that you cherish more than anything? Describe it; or **Photo 5.** **Due Jan. 17**



Great cedar tree, Stanley Park, Vancouver, BC, 1897, © William McFarlane Notman

Crossword Answers

S	E	P	T		P	R	O	S		I	N	T	R	O
H	A	I	R		T	I	N	T		C	O	R	E	R
U	S	E	A	S	A	S	C	A	P	E	G	O	A	T
T	E	R	S	E		K	E	R	I		O	D	D	S
					H	A	J			E	N	T	O	
A	D	A	M		E	R	A			O	O	D	L	E
G	A	Z	A		S	U	M	A	C	S		O	A	T
O	N	O	N	E	S	H	I	G	H		H	O	R	S
R	E	T			D	A	R	N	E	L		T	E	E
A	S	H	R	A		O	D	E		O	S	L	O	
					E	M	I	R		S	I	S		
L	I	A	R		N	O	V	A		S	C	R	A	M
A	S	Q	U	I	E	T	A	S	A		M	O	U	S
P	L	U	N	K		O	R	E	S		P	I	C	A
P	E	A	S	E		R	Y	A	S		E	N	I	D

Writing Prompts

- **Mona Lisa.** Imagine you are the subject of a famous painting or a photograph. What's your back story and how do you see the world – and the people who have come to stare at you? Include the image or tell us the painting/photo you are writing about. Alternate: **Lyrics.** Write song lyrics or create new lyrics to a favorite song (include a podcast!) Any genre, including rap. **Due Oct. 4**



Sleepy Hollow, South Promfret, © crgimages

- **Spooky.** Write a story that makes our skin crawl! Can be real or imagined. Alternates: **Moon:** What's on the dark side of the moon? Go exploring and report back; or



© Julie Pearce/Essex High School

- **Elements.** What do you think is the strongest and/or most beautiful force in nature? Tell a story about it. Alternate: **Disappointed.** Looking forward to something is often the best part. Write about a time where your expectations weren't quite met. **Due Jan. 24**

- **Trapped.** You are trapped – in an elevator, on a long flight, or in a waiting room – with the most annoying person in the world. Tell us what happens. Do not name anyone or describe someone who can be identified. Alternates: **Comic strip.** Design a comic strip and submit it as a picture; or General writing in any genre. **Due Jan. 31**

The Hinesburg Record will publish YWP writing prompts for February through May in a future issue.

CLASSIFIEDS

LIFES HELPERS is having a craft fair with a bake sale and raffle to benefit the Breast Cancer Society Saturday, October 19, from 9 am until 4 pm at the Hinesburg Fire Station. Some tables are still available for crafters, please contact Phyllis at 434-2559 or Penny at 434-6053.

Interior painting can be hassle free with **LAFAYETTE PAINTING**. This fall, let us complete your next project. On time service, courteous crews and professional craftsmanship are what you can expect. Call **863-5397** and visit **LafayettePaintingInc.com**

GENERAL CARPENTRY: Roofs, additions, garages, Repairs, etc. Phil Russell 453-4144

FOR SALE: grassfed beef. Phil Russell, Monkton 453-4144.

READY FOR DEER SEASON? Let us help you make sure your automobile has adequate comprehensive coverage. Call **Palmer Insurance Agency** at 482-5678, we're local and here to protect all your insurance needs.

KIM'S HOUSECLEANING. Since 1983. Weekly and bi-weekly. References available. 482-2427 evenings.

HUNTINGTON: Share a comfortable home with a woman in her 70s. Sunny and bright bedroom. Only \$200 month in exchange for providing companionship, occasional transportation in the winter, and snow shoveling. No deposit. Must be cat friendly. 863-5625 for application. Interview, refs, background checks required. EHO. HomeShareVermont.org

PROTECT YOURSELF...read The Legal Rights of Women in Vermont from the Vermont Commission on Women. Find it at women.vermont.gov or call 800-881-1561.

REPAIRS, RENOVATIONS, RESTORATIONS: Seasoned carpenter available for those small jobs around your house. Free estimates. Gary O'Gorman 876-7070.

Massage & Bodywork



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If there are changes in date or contents of items in the Calendar or Regularly Scheduled Calendar Items, please contact June Giroux at 482-2350 or JuneGiroux@aol.com.

THURSDAY, SEPTEMBER 26:

September 26 issue of The Hinesburg Record published

Hinesburg Historical Society meeting, 7:00 p.m. - 9:00 p.m., ground floor conference room in the Town Hall

Final 2013 Hinesburg Lions Farmers' Market, 3:00 to 6:30 p.m., held on grounds of the United Church of Hinesburg on Route 116, sponsored by Hinesburg Lions Club

TUESDAY, OCTOBER 1:

Development Review Board, 7:30 p.m., Town Hall

Conservation Commission meeting, 7:00 p.m., 2nd floor, Town Hall

WEDNESDAY, OCTOBER 2:

Advertising and news deadline for October 24 issue of The Hinesburg Record

Fire and Rescue/ Medical Training, 7:00 p.m. Hinesburg Fire Station

MONDAY, OCTOBER 7:

Selectboard meeting, 7:00 p.m., Town Hall

Vermont Astronomical Society meeting, 7:30 p.m., UVM

Lake Iroquois Recreation District meeting, 4:30 p.m., Williston Town Hall, public invited

TUESDAY, OCTOBER 8:

Recreation Committee meeting, 7:00 p.m., Town Hall

Lion's Club Meeting, 6:30 p.m., Papa Nick's Restaurant, call 482-3862 or 482-3502 for information

Land Trust meeting, 7:30 p.m., interested parties should call Ann Brush at 482-5656 or email annbrush@gmail.com

Calendar

WEDNESDAY, OCTOBER 9:

Fire and Rescue/Heavy Rescue Training, 7:00 p.m. Hinesburg Fire Station

HCS Board meeting, 7:00 p.m., CVU, room 101

Planning Commission, 7:30 p.m., Town Hall

CSSU Board meeting, 5:00 p.m., CVU, room 104

THURSDAY, OCTOBER 10:

Iroquois Soccer Club Meeting, Town Hall, 7:00 p.m. to 9:00 pm

MONDAY, OCTOBER 14:

Columbus Day

CVU Board meeting, 7:00 p.m., CVU, room 106.

Village Steering Committee , 7:00 p.m., Town Hall, George Dameron, Chair 482-3269

TUESDAY, OCTOBER 15:

Development Review Board, 7:30 p.m., Town Hall

Conservation Commission meeting, 7:00 p.m., 2nd floor, Town Hall

Business and Professional Association meeting, 6:30 p.m., Papa Nick's Restaurant, contact HBPA President Tom Mathews at 496-8537 f or information or to make reservations

WEDNESDAY, OCTOBER 16:

Fire and Rescue/Business meeting, 7:00 p.m., Hinesburg Fire Station

Hinesburg Trails Committee meeting, 7:00 p.m., ground floor conference room, Town Hall, Stewart Pierson, Chair

MONDAY, OCTOBER 21:

Selectboard meeting, 7:00 p.m., Town Hall

TUESDAY, OCTOBER 22:

Lions Club meeting, p.m., Papa Nick's Restaurant, call 482-3862 or 482-3502 for information

WEDNESDAY, OCTOBER 23:

Fire and Rescue/ Fire Training, 7:00 p.m., Hinesburg Fire Station

Planning Commission meeting, 7:30 p.m., Town Hall

Carpenter Carse Library Trustees meeting, 7:00 p.m., CC Library

THURSDAY, OCTOBER 24:

October 24 issue of The Hinesburg Record published

Hinesburg Historical Society meeting, 7:00 p.m.-9:00 p.m., ground floor conference room in the Town Hall

MONDAY, OCTOBER 28:

CVU Board meeting, 7:00 p.m., CVU, room 106

THURSDAY, OCTOBER 31:

Halloween

SUNDAY, NOVEMBER 3:

Daylight Savings Time ends, fall back!

MONDAY, NOVEMBER 4:

Selectboard meeting, 7:00 p.m., Town Hall

Vermont Astronomical Society meeting, 7:30 p.m., UVM

Lake Iroquois Recreation District meeting, 4:30 p.m., Williston Town Hall., public invited

TUESDAY, NOVEMBER 5:

Development Review Board, 7:30 p.m., Town Hall

Conservation Commission meeting, 7:00 p.m., 2nd floor, Town Hall

WEDNESDAY, NOVEMBER 6:

Advertising and news deadline for December 5 issue of The Hinesburg Record

Fire and Rescue/ Medical Training, 7:00 p.m. Hinesburg Fire Station

REGULARLY SCHEDULED ITEMS

Town Clerk Office Hours: Monday, Tuesday, Thursday, and Friday from 8:00 a.m. to 4:00 p.m.; Wednesday from 10:00 a.m. until 6:00 p.m. Town Hall, 482-2281. E-mail: hinesburgclerk@gmavt.net. Missy Ross, Clerk/Treasurer.

Town Administrattor Office Hours: Monday-Friday, 8:00 a.m. to 4:00 p.m., other hours by appointment; Town Hall, 482-2096. E-mail: jcolangelo@hinesburg.org Joe Colangelo.

Town Planner Office Hours: Monday - Friday, 8:00 a.m. to 4:00 p.m. Town Hall, 482-3619. E-mail: hinesburgplanning@gmavt.net. Alex Weinhausen, Planner.

Zoning Administrator Office Hours: Monday-Friday, 8:00 a.m. to 4:00 p.m. Town Hall, 482-3619, E-mail, hinesburgzoning@gmavt.net. Peter Erb, Administrator.

Listers' Office Hours: Tuesdays and Thursdays, 9:00 a.m. to noon, other hours by appointment. Town Hall, Contact Alex Weinhausen at 482-5594, hinesburglister@gmavt.net.

Hinesburg Recreation Director's Office Hours: Monday, Wednesday, and Thursday: 8:30 a.m. to 3:00 p.m. Leave a message anytime. Jennifer McCuin, Director. 482-4691, Town Hall.

Recycling & Trash Drop-Off Centers: Hinesburg: Beecher Hill Road at the Town Garage; Saturdays, 8:00 a.m. to 3:30 p.m.; 482-4840. Williston: At the end of Redmond Road; Mondays, Wednesdays, Fridays and Saturdays, 8:00 a.m. to 3:30 p.m.; 872-8111. South Burlington: Landfill Road (off Patchen Road), Mondays, Tuesdays, Thursdays, and Saturdays, 8:00 a.m. to 3:30 p.m., Fridays, 9:30 a.m. to 5:00 p.m., 872-8111. CSWD website: cswd.net.

Environmental Depot: 1011 Airport Parkway, South Burlington. Open Wednesdays, Thursdays, and Fridays, 8:00 a.m. to 2:00 p.m.; Saturdays, 8:00 a.m. to 3:30 p.m. 863-0480.

Hinesburg Community Resource Center, Inc. You may leave a message for Laura Hoopes at 482-3203. Heather Purinton (482-4061) is the contact for Friends of Families.

Hinesburg Food Shelf: Open Friday mornings, 9:00 a.m. to 12:00 noon. Tuesday evenings, 5:30 p.m. to 7:30 p.m.

United States Post Office Hours: Window: Monday through Friday 8:00 a.m. to 1:00 p.m. and 2:00 p.m. to 4:30 p.m., Saturdays 8:00 a.m. to 12:00 noon. Lobby & TriVendor: Monday through Friday, 6:00 a.m to 6:00 p.m.

WEB PAGES:

HCS: hcsvt.org. Learn about Viking newsletter, cafeteria menu, email addresses for staff, department and team web pages, calendar information etc.

CVU: cvuhs.org. Learn about CVU activities and programs, sports schedule, and more.

CCL: carpentercarse.org. Learn about library hours, services, and online resources.

Hinesburg Town: hinesburg.org. Official Town of Hinesburg web site.

Hinesburg Record: hinesburgrecord.org. Contains contact information for advertising and news, publication deadlines, submissions guidelines, town calendar.

hinesburgbusiness.com – FREE. POST NOTICE OF JOB OPENINGS. POST RESUMES. Sponsored by HBPA.

seewhy.info – The official website of CY - Connecting Youth - the Chittenden South community based organization

dedicated to creating a safe and healthy environment for young people.

facebook.com/connectingyouth – The CY - Connecting Youth Facebook Fan Page - for parents and teens to become fans and connect with others in the CY community!

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HINESBURG BUSINESS AND PROFESSIONAL ASSOCIATION OFFERS FREE JOB SEARCH AND POSTING SERVICE

BY JEAN ISHAM, HBPA

The Hinesburg Business and Professional Association (HBPA) has added to its web site space for area businesses to post employment openings and for area residents to post requests and/or resumes when seeking jobs. The service is free of charge to members and non-members. The Association encourages area businesses and job seekers to use the site. Expanded usage will enhance the value of the site to the community.

To access this service simply go to the HBPA web site, hinesburgbusiness.com, and click on the appropriate option: Seek A Job; Post A Job; Search Resumes; Post Resume. We think you will find the application easy to use. If you do not have ready access to a computer, access may be available through your local library.

If you have any questions about this site or its use, contact Robert Stahl at bstahl2@gmail.com or at 482-3137.