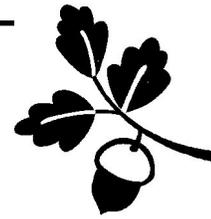


# The Circle



**Rutland Town's Link between School and Community**

**October 2014**

## **TOWN NEWS**

**By Carol Bam**

There are many recent changes at the Town Office. The Select Board voted to switch their regular Tuesday meetings to Wednesdays through March. Meeting time is 6:30 pm.

New personnel fill several positions, though in many cases they are faces familiar as officers and/or long term residents:

- Donna Zeller was hired in July as Town Clerk and Treasurer to fill Marie Hyjek's term when she retired. (Donna's introduction on Page 4.)
- The Delinquent Tax Collector is James Scholtz replacing Dick Lloyd who retired after 38 years.
- Dana Peterson fills a vacancy on the Town Planning Commission.
- Sherman Hunter is the town rep to the Rutland Regional Planning Commission.
- Marty Wasserman is the new representative to the Transportation Advisory Council, under the auspices of the Regional Planning Commission. He is also a ballot clerk during elections.
- Bill Matteson has been appointed interim rep to SWAC (Rutland County Solid Waste Alliance Communities) succeeding Charley Shields.

Fire Station repairs following the sprinkler system failure last spring have been completed. Major water damage occurred just when the building was nearly finished, delaying its opening to the public. A few items remain such as placing marble planters in front of the building for protection as well as

*(Continued on Page 5)*

## **FROM PRINCIPAL AARON BOYNTON**

A new school year is here and we are all very excited to see students and families back at Rutland Town School.

As a learning community we are committed to providing a level of 21st century academic excellence, social and emotional guidance, and physical, artistic, and musical opportunities for all children. We welcomed 37 new students this year to bring our Pre-K to 8<sup>th</sup> grade enrollment to 362. We are pleased and excited to see an increase in our student numbers.

Over the past two years there have been new initiatives at RTS. Our focus has been on implementing the many changes that have been required of Vermont schools. The biggest change has been the expectation of the implementation of the Common Core standards. These standards set higher expectations for schools, teachers, and students in essential understandings we need to meet.

Our work as professionals has been in understanding the standards and how we will assess students to ensure they are learning. This school year we will be focusing heavily on improving our instructional practices to best implement the standards. Our collegial work time is structured so

*(Continued on Page 8)*

## **UNDER THE GOLDEN DOME**

**Report from Senator Kevin Mullin**

Although the legislative session officially adjourned in May, the Rutland senate delegation has been meeting regularly as part of the Legislative Committee on Child Protection. We held nine public hearings around the state in an effort to improve our system to protect our most vulnerable children. It has been abundantly clear from the testimony that the two drivers leading to more child abuse have been the increase in opiate use and the rise in poverty. The opiate problem is not unique to our area. It is a growing regional and national problem. In the past year we have seen an increase of nearly 3,000 more Vermonters living in poverty. Currently 12.3 percent of our state's population lives in poverty while our politicians run around trumpeting a low unemployment rate. Vermonters are forced to work multiple jobs to get by.

The good news is that there has been a multi-pronged approach to protecting our children. The Department of Children and Families has conducted an internal review to determine what went wrong and how they can improve. There was a comprehensive investigation by the state police and the attorney general. An independent investigation led by

*(Continued on Page 4)*

## **HIGHLIGHTS**

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**Erin Hanrahan (left) and Heidi Blanchard (right). Not pictured are teachers Erica Zimmer, English Language Learner, and longterm sub Shayna Reiss.**

## **RTS WELCOMES NEW STAFF**

### **Erin Hanrahan 7th and 8th Grade Language Arts**

My name is Erin Hanrahan and I'm very happy to be here at Rutland Town School. This summer I moved back to Vermont from Fairbanks, Alaska, where I taught English Language Arts and U.S. History for four years. I also coached cross country running. My husband and I are originally from New England, so it feels great to be back home. I'm looking forward to getting to know the middle school students this year and writing, writing, writing!

### **Heidi Blanchard, 4th Grade Teacher**

Hello, my name is Heidi Blanchard. I recently graduated from SUNY Plattsburgh with a degree in Childhood Education. I am beyond excited to have been given the opportunity to teach at Rutland Town School. I have been married for just over three years. I also have a beautiful two year old daughter, Ava Lynn. When I am not working, I spend every minute with my family.

## **WHAT'S THE CIRCLE ?**

*The Circle* is a publication of Rutland Town and Rutland Town School, informing the community about issues of local interest. *The Circle* is not a public forum. The school administration has the right to exercise editorial control over style and content in keeping with a proper educational environment.

*The Circle* staff includes Principal Aaron Boynton as Editor in Chief, Carol Bam, Theresa Kulig, and Marie Pennington. Five issues are published during the school year from October through June.

For more information, mailing list changes, to advertise or to contribute articles, call the RTS office at 775-0566, or email [carolbam@aol.com](mailto:carolbam@aol.com).

*The Circle*, c/o Rutland Town School,  
1612 Post Road, Rutland, VT 05701.

## **PTO News**

**By Jennifer McNeil and Paula Townsend**

Welcome back to a new school year! The PTO welcomes Jennifer McNeil and Paula Townsend as the new Co-Presidents; we also welcome Steve Morneau as the new Vice President. Ingrid Gallo will stay on as Treasurer and Theresa Czachor will stay on as Secretary.

This year the PTO sponsored their first Ice Cream Social at the Open House. It was a fun welcome back treat! We would like to thank Stewart's for donating the ice cream and toppings for this special event.

**The PTO Membership Drive** is in full swing! Dues are \$10 per family and include one directory plus the ability to vote at our meetings. Thank you to all the families that have already joined! Membership forms are available on the PTO website. **The grade with the highest percentage of memberships will win an Ice Cream Party!**

### **Fall Scholastic Book Fair starts Fri. Oct. 24**

7:45-3:15. It continues Mon. Oct. 27 – Fri. Oct 31, 7:45-3:15 daily. The Family Event is Thurs. Oct. 30, 6 - 8 pm. Volunteers are needed; please call Kathy Olsen at 773-6319.

**PTO meetings are the 2nd Thursday** of each month starting at 6 pm in the school library. We hope that you will come and help us to make this a great year for our students.

**Our next meeting is October 9th.**

## A clever Vermonter would...

- Have a \$100 Home Energy Check-up
- Find out how to save big money on home heating
- Have a more comfortable home





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270 Highland Road, Rutland, Vermont 05701

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## From The School Board

Welcome back to another school year. We hope everyone had a great summer.

Teachers, administrators and support staff at Rutland Town School have been hard at work to make sure the kids are ready for the challenges that lay ahead this year, especially for the implementation of the “Common Core State Standards” and “Next Generation Science Standards”.

The Common Core is a set of new educational standards adopted by the State of Vermont for English language arts, literacy (ELA) and mathematics. The ultimate goal of the Common Core is to improve and more consistently prepare students across America for a successful future, regardless of where they live. By achieving the goals set forth in the Common Core, particularly those for critical thinking, problem solving, and analytical skills, students should be better prepared for entering college and/or the workforce upon finishing high school. Although the basic requirements are set, it is up to the teachers to come up with lesson plans to facilitate student learning at its fullest potential.

As mentioned, Next Generation Science Standards are being implemented in Vermont. These were adopted to improve K-12 science education in our public schools. The standards are designed to encourage learning through experience in order to develop a better understanding of concepts and inter-relationships in the areas of life science, engineering, technology, physical science, earth and space science.

Transitioning to these different learning systems has not been an easy task as both require new tools, practices and content to be put in place. Through their hard work and collaborative efforts within the school, Supervisory Union and beyond, the educational teams at Rutland Town School have revised their goals, teaching and assessment methods, and updated their curriculum “to ensure that all students learn at a high level” and meet the new standards set forth by the State.

More information on these topics can be found by visiting:

<http://education.vermont.gov>

<http://www.corestandards.org>

<http://www.nextgenscience.org>

We are fortunate to be part of a community that realizes the importance of education for the future of our children. Thank you for your continued support.

**Marnie Roussel**  
**Rutland Town School Board Member**

## Café Tables New to RTS Library

The Rutland Town School Library has a new updated feel to it this year with the purchase of “cafe tables.” With all students using more technology to access learning, the library is gradually moving towards a more 21st century learning space. The cafe tables are popular with middle school students as they provide a more teen friendly atmosphere. The tables are sturdy and durable and hold up to daily use by many students and adults as well. Funding for the tables was provided in part through a generous donation from Rutland South Rotary Club.



## WRITING FOR UNDERSTANDING

By Tina Ronn (Literacy Interventionist)

Teachers at RTS will continue their work this school year using a Common Core aligned writing approach called “Writing for Understanding.” Teachers will be taking part in several sessions throughout the school year that will build their knowledge and use of this writing approach.

These sessions will be conducted by writing consultants, Diana Leddy and Marty Gephardt, who are known for their work with the Vermont Writing Collaborative. Diana has also worked extensively with the creators of the Common Core State Standards which schools in Vermont have now adopted. Marty Gephardt is known for her many years of work with the VT State Department of Education. Teachers are looking forward to this initiative and the opportunity to ensure that our students become successful writers.

## Meet Your New Town Clerk/Treasurer Donna Zeller

Many residents came into the Town Office to pay their recent tax bills and noticed that longtime Clerk and Treasurer, Marie Hyjek, was no longer there to greet them. On July 31, Marie retired after 18 years of service to our Town. Several candidates applied for her position, and the Select Board unanimously voted to appoint me to fill the remainder of Marie's three year term.

My name is Donna Gardner Zeller. I've been a Rutland Town resident since 1998. I grew up in Chicago, and I have lived in Houston, Denver and Maryland. I have a B.S. in Geological Sciences and post graduate work in accounting and database management. I have 25 years of experience in office management and computer applications for engineering, technical and financial businesses. I spent the last 11 years as an office administrator working with engineers, surveyors, attorneys and local municipal elected officials to design, permit, finance and construct projects in Castleton, Proctor, and Rutland. My extensive background working in various office environments and proficiency in most computer office applications has given me a broad background to improve and automate the Town Office functions.

Many of you know me through my volunteer work at Rutland Town School for the PTO and in the classrooms. I have chaperoned on field trips; taught ELF in the classroom; helped students pick out books at the book fair; and said "hi" to all the kids as they walked past the front hallway when I was putting up the bulletin board every month. I was honored to give the graduation speech when my youngest child, Conrad, graduated in 2005. Conrad is now a member of the Rutland Town Fire Department, and is the Staff Geologist for an environmental company in Lincoln, Vermont. My two daughters also attended RTS

and RHS, and both went to college at UVM. Carolyn is currently living and working in Burlington, and Meredith is pursuing her Ph.D. in Chemistry at UNC Chapel Hill. My husband, Carl, owns and runs Teconic Computer Services, and I cover the financial aspects of his business.



**Susan McGee is the Assistant Clerk / Treasurer.** Susan has been at the Town office since late March training with Marie. She is a lifelong Rutland area resident.

Susan and I look forward to meeting and helping all Town residents whenever you stop in at Town Hall!

(Senator Mullin ~ Continued from Page 1)

Dr. Joseph Haagen and the Vermont Citizens Advisory Board has been underway. Casey Family Services has been conducting a systemic and case review. There has been federal technical assistance from the National Center on Substance Abuse and Child Welfare. The committee has been compiling a list of recommendations and changes that should improve our system

A number of changes have already been implemented. The state's policy on serious physical injury has been revised to require district staff to consult with the central office for investigation and case planning. Policy has been revised to specify that reunification with a parent in a residential treatment program can only begin when the parent is discharged to live independently. Beginning this month the state has begun to hire new employees to meet the rising caseloads and demand for services. In Rutland these additions include two social workers and a Domestic Violence Specialist.

We will continue to work to find the correct amount of openness and communication that can occur that will protect the child. We are looking at our judicial hearsay rules and improving the judiciary computer system. We are continuing to look at the policy of reunification. While the process for change has been slower than I would like, I am confident that we will have a better system at the end of the process. If you have ideas on how we can improve the system, I would love to hear from you.

I am truly grateful for the opportunity to serve as your senator in Montpelier. If you have any questions or concerns, please feel free to contact me at [kjmbjm@aol.com](mailto:kjmbjm@aol.com).

## What is School?!

By Mrs. Mullin's Kindergarten Students  
As recorded by Aubryanna Bush,  
RTS Middle School student

**School is...**

**a place to be happy and work.**

**a place to play.**

**a place where you listen to the teacher.**

**a place where you learn your abc's and counting.**

**a place where you learn things you need to know.**



## Road Notes

from Byron Hathaway,  
Road Commissioner

The Post Road sidewalk study was completed earlier this summer and a grant application was submitted to the Bicycle/Pedestrian grant program (90% funding) for construction of a sidewalk and shared use path from the school to Northwood Park. Our application was not accepted. Another grant application is being prepared for submission to the Transportation Alternatives grant program (80% funding) through the Agency of Transportation for the same project. Applications are due mid-October with a decision expected by late December.

The Select Board is looking at the feasibility of constructing a sidewalk from U.S. 7 by U-Haul along Cold River Road as far as the Adele Stanley Apts. An RFP is being prepared to send to qualified engineering firms.

Paving projects should be completed by the time you read this. Cold River Road was the last street on the paving list this year to be done. Most of this paving and construction will be covered by a Class 2 paving grant from VTrans which qualifies for 90% funding.

The final permit was received for the Prospect Hill culvert replacement project. This project consists of replacing an undersized 4' diameter steel culvert with a 5' x 12' precast concrete box culvert. A structures grant from VTrans will provide 90% of the funding needed to pay for this project. This project will be bid out and completed sometime next July.

(Town News ~ Continued from Page 1)

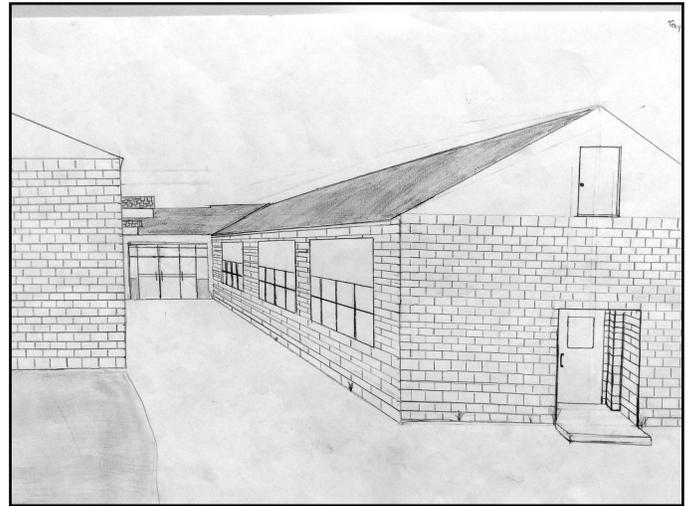
aesthetics. A fence has been installed on the wall at the rear of the building. Town residents will be invited to an Open House soon!

The Board is drafting a policy for all public buildings under which community spaces, such as the new conference space in the Fire Station, are available for public use.

The Select Board has approved a Solar Siting Standard which will guide future development of solar projects. Proper location, adequate road setbacks and screening of installations are some provisions. These standards have been incorporated into the existing Town Plan, which is up for its 5 year review. **A public hearing on the new proposed Town Plan will be held by the Select Board on Thursday, Oct. 9 at 6:30.** An additional public hearing will occur before the revised Town Plan is adopted.

The MS4 Permit actions required of the Town for the impaired Moon Brook watershed continue on schedule. The Town among other neighboring communities must address drainage issues and pavement runoff to prevent pollutants from entering larger waterways through the brook. The Town plans to improve drainage problems on Hitzel Terrace as part of this work.

The Town will install plaques at Northwood recognizing volunteers who have made recent improvements to park ball fields. Matt Bird worked with his scout troop as part of his Eagle project to construct new bleachers; volunteers from Comcast Cares built a new dugout at the park. The Board also is grateful to College of St.



Drawing of RTS by Connor Heaton, Grade 8

## SENIOR CORNER

By Theresa Kulig

After putting their heads together the Rutland Town senior citizens have evolved since the last issue of *The Circle*. As the weekly cleanup and returning the food containers was getting difficult for the lunch participants, who are in their 80's and 90's, the group came up with a great solution. They now meet for lunch once a month at Seward's Family Restaurant. They are enjoying this very much as they only have to walk in and walk out with no clean up.

Hilda Fish says Seward's welcomes them by allowing them to use their big back room, and providing a special lunch each month, at a cost of \$5. They begin meetings with the Pledge of Allegiance (Jim Hall provides a mini flag) and before their meal they do have a blessing. The meeting is more social than business, but if issues need to be addressed, this is when they do it.

As I talk on the telephone with these folks, I find that they are all active, proud Rutland Town citizens and they certainly have a plethora of town history and information which is actually quite interesting.

The group invites anyone who would like to join them to do so, just give Pat Tucker a call by 4 pm on Sunday before the **Tuesday lunch, which is scheduled for the 3<sup>rd</sup> Tuesday of each month.** She can be reached at 773-7356. The dates for the rest of 2014 are **October 21, November 18 and December 16.**

Good food + good conversation = good times!

Joseph students who helped mark catch basins to remind people not to dump paint, oil or other contaminants down street drains. This project, coordinated by Highway Commissioner Byron Hathaway, also fulfills a storm water mitigation component of the MS4 permit.

The Select Board recognizes and thanks Marie Hyyek, our former Town Clerk, for her many years of service to the Town. Enjoy your retirement, Marie!

## VOTER INFORMATION

FOR THE GENERAL ELECTION NOVEMBER 4  
From Donna G. Zeller, Town Clerk

**Last day to register to vote is Wednesday, October 29, until 5 pm at the Town Hall.** New voters are required by the "Help America Vote Act" to show a driver's license or provide the last four digits of their social security number.

**Voter age requirements for the General Election**  
Voters must be 18 years old on or before November 4.

**Absentee Ballots** – Voters may request an absentee ballot for several elections by filling out an official "REQUEST FOR EARLY ABSENTEE VOTER BALLOT (FOR ONE YEAR ONLY)" form available at the Town Office. Ballots may be picked up in person (by the voter only) or mailed to you. Ballots for the November 4 election will be available mid October. To be counted, completed ballots must be dropped off at the Town Office by the close of the office November 3. Or they must be delivered to the polls on Election Day by closing time at 7 pm in order to be counted.

**Vote Tuesday, November 4, 7 am - 7 pm**

At Rutland Town School for residents living on the east side of Route 7; at the Town Hall for residents on the west side.

**Call the Town Office at 773-2528** if you need more information.

## ART at RTS

By Beth McReynolds, Art Teacher

Art class began this year with observational drawing. Students in 1st - 8th grades have been going outside to look at and draw school surroundings.



By Taylor Krupp, Grade 1

## Marc Brierre Candidate for Rutland County State's Attorney

My name is Marc Brierre and for the last five years I have been the State's Attorney for Rutland County. It is an honor and privilege working with the many people, departments, and agencies that make up our criminal justice system.

I am running for re-election this November. I was elected in 2010 after being appointed by Governor Jim Douglas in September 2009. I also served as a Judge Advocate with the Vermont Army National Guard for 24 years. I served two terms on the Rutland Town School Board. I am a current member of the Rutland County Bar, Trinity Episcopal Church, the Green Mountain Club, and the American Legion Post 31.

Living in Rutland County since 1985 and raising my three children here with my wife of 33 years, I have always had a vested interest in the safety and welfare of this County. During this term, we have made some significant strides:

- With Department of Corrections and Chittenden County State's Attorney assistance, we implemented the Rapid Intervention Program which directs minor criminal offenders into appropriate treatment prior to being charged in court.
- We actively work with Project VISION.
- This year the Vermont Legislature approved funding for two Deputy State's Attorneys. Rutland County has had the highest caseload per attorney in the State of Vermont over the last three years. At my request, Rutland County received one of the additional prosecutor positions.
- Convictions by jury to guilty verdict in St. v. Herrick and St. v Bruno, both 2<sup>nd</sup> degree murder cases.

The Rutland County State's Attorney's Office works as a team to prosecute those that commit crime. We are committed to prosecuting drug dealers but also to rehabilitating non-violent drug addicts. We aggressively prosecute those charged with crimes of violence. I am committed to improving communication between social service agencies, the courts, and police departments to keep Rutland County safe.

The general election is November 4, 2014. My knowledge, experience, and commitment make me the best choice for Rutland County State's Attorney. Keep our experienced team working for you.

Thank you  
Marc Brierre

## CANDIDATES FOR STATE REPRESENTATIVE FROM RUTLAND TOWN

### Thomas P. Terenzini

It's that time of the year when voters will once again decide who you want representing your best interests in the 2015 Vermont Legislature. In 2013, I stepped forward to represent the Town of Rutland because there seemed to be little interest in this position. Looking back, I am thankful that I was able to be your legislator.

During my first term, I've listened and digested a great deal of information about what it takes to put a bill together and how to read a state budget. During this term, I voted in favor of laws like the state wide economic bill. I voted YES for the GMO bill, as most Vermonters wanted to see the true ingredients of their food. In my support for agriculture, I voted YES for the raw milk bill. I am also proud of my vote to help pass legislation that would support those affected by Lyme disease. When Senate Amendment 252 hit the floor, I voted YES to make health care financing public before the 2014 fall elections. Unfortunately, this amendment failed to pass. It is apparent that Governor Shumlin does not know as of yet how to finance health care in Vermont.

During this term, I voted NO to increase the gas tax. In fact, I voted for NO new taxes! I voted NO to give authority to the Agency of Natural Resources to severely regulate private lake front property. I also voted NO to prevent the state from taking local control away from Vermont School Boards. Something needs to be done about how we pay for education. But, I did not support this fast moving bill and ultimately it failed.

I wish to return to Montpelier in January as I want to be a part of the health care discussion that will affect all Vermonters. I also want to help bring relief to property owners in the state by finding new ways to help fund education.

It has been the most humbling experience to have represented you over the past two years. I ask for your vote on November 4<sup>th</sup>.

God Bless,  
State Rep. Thomas P. Terenzini

### Lori Mesli

I am the Democratic candidate for Rutland Town Representative to the Vermont house. I have lived here as a homeowner for almost 30 years. My small business Peanut Gallery, Inc. is a child care program in Center Rutland. We have consistently employed 8-12 people for the last 26 years. My 3 children Ben, Jessi, and Max all attended Rutland Town School. You may remember me as a ballot clerk for the Westside of town or from my work for many local organizations such as Rotary, Rutland Regional Board of Family Services, and Rutland County Foster Care Association. I also co-founded the Family Tree Access Center, a program that provides supervised visitation for local children and their parents.

Our town has a reputation of being prosperous and having an excellent primary school. This needs to continue.

Important issues this next legislative session will include:

- Revisiting the Vermont Education Funding Formula. This will effect each of us and the school we are so proud of.
- Healthcare will continue to evolve and we can't stop working on this until every Vermonter is included.
- Job recovery and opportunities is an issue that the town faces with our recent business losses.
- Safe renewable energy is an ongoing topic. How can we bring these resources to our community in an environmentally sound and community supported way.

With so many issues affecting our community it is important that everyone has a voice at the table. I am running for the Vermont House to represent each and every one of you from a town I call home.

I would appreciate your support and promise to work hard with you to move Rutland Town in a positive direction.

Contact info: Lori Mesli [imesli@aol.com](mailto:imesli@aol.com) and (802) 236-5595

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### Why not advertise Your Business in *The Circle* Newsletter ?

Help support communication within Rutland Town, at affordable prices (from \$25) with discounts for multiple ads

Contact Carol Bam at 775-3803 or [carolbam@aol.com](mailto:carolbam@aol.com)

## RUTLAND FREE LIBRARY Welcomes New Director, Abby Noland

Hello! I would like to introduce myself. My name is Abby Noland. I am the new director for the Rutland Free Library. I am so pleased to be here and to serve such an active and literate community.

If you are curious about my background. I have previously worked in academic, theological, and mostly public libraries. My most recent library was an eight branch library in rural southwest Ohio. My husband's name is Robert and we have two children, Rachel (at UNH) and Alex (in fifth grade.)

I am so fortunate to have intelligent and kind Trustees, staff, and Friends of the Library. I am proud to be part of this team and the community.

~ **A library is not a luxury but one of the necessities of life.**

~ Henry Ward Beecher

## NEWS FROM THE REC By Director Mike Rowe

Welcome back from a great summer. The pool was hoppin' this summer as the weather was great! I would like to thank the lifeguards for a great season of lessons and our well attended "Dive in Movie" nights. I would also like to thank Matt Bird and his helpers with his Eagle Scout project of replacing the bleachers at Northwood Park with a brand new set.

Fall means soccer, and the following people have volunteered their time and effort to make our programs a big success. Rob Labate is running K-2 soccer, Sue Cooley and Rob Labate are coaching the U10 girls, Paul Racine is coaching the U12 girls, Fabio Rosi is coaching the U10 boys and Teddi Lovko and Beth Coughlin are coaching the U12 boys. Many thanks ALL for your time and energy.

Fall also means the Halloween Party which will take place on Thursday Oct 30 from 6-8 in the RTS gym, more info to follow.

It is not too early to think Basketball; sign up forms will be available at the Halloween party and after. **The last day to sign up if you are in grades 3-6 will be 11/14.** If you are interested in coaching this winter please call Michael Rowe at 779-2518.

We hope you have a great fall season.

## HATHAWAY FARM & CORN MAZE

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You're Lost...  
You're Laughin'...  
You're LOVIN' it!



(Principal Boynton ~ Continued from Pg 1)

teachers are reflecting on their practices, looking at school and student data to inform practice, regularly discussing student needs at all levels, and participating in school based and Supervisory Union based, embedded professional development. We value the importance of collaboration, communication and the belief that we are all responsible for all student learning and progress. I am proud of the work our faculty and students have accomplished and I look forward to the future successes that RTS will demonstrate.

We welcome 4 new faculty members to Rutland Town School this year:

- Mrs. Erin Hanrahan,  
Middle School Language Arts
- Miss Erica Zimmer  
English Language Learner Teacher
- Mrs. Heidi Blanchard,  
4th Grade Teacher
- Ms. Shayna Reiss,  
5th Grade Teacher, long term sub

We look forward to seeing the excellence that our new teachers bring.

I welcome you, as always, to Rutland Town School. Please tune in to School Board meetings for teacher and student presentations. Please stop by for a tour of the school anytime you wish. Our doors are open and we welcome you! You may also call me directly at 775-0566 x 2003.

I am pleased to announce that we are planning a "Coffee with the Principals" on Tuesday, November 4, at 8 am. Assistant Principal Sarah Tetzlaff and I will take some time to discuss our Action Plan goals for the next few years. However, we would also like to hear from you. We would like to hear your thoughts on the upcoming school budget process for fiscal year 2015. We'd like to hear your thoughts on overall school improvement. We'd like to keep this event casual and open. We hope to see you for some good food and good conversation. Continental breakfast and beverage (coffee and tea) will be provided.

## **60 PLUS!**

### **Medication Management**

**By Sandy Conrad, SVCOA**

We all know about rising costs of health care, and how expensive prescription medicines can be, especially for seniors. But do you know how much it can cost if you don't properly take your medications?

According to government estimates, each year in the U. S. more than 125,000 people die from failing to properly take their medications, adding approximately \$100 billion in preventable additional hospitalization, emergency room, and repeat physician visit costs to the health care system. At least 10% of all hospital admissions are a result of this problem.

For seniors, the statistics are particularly alarming:

- ◆ Up to 23% of nursing home admissions may be due to an elderly person's inability to self-manage prescription medications at home.
- ◆ Over 21% of all drug related health complications are caused by patients failing to adhere to their medication regimens, whether by accident, negligence, or intent.
- ◆ 58% of all seniors make some kind of error when taking their medications, with 26% making mistakes with potentially serious consequences.

The most common reason why people neglect to take their drugs properly is that they just forget. The average senior takes about seven different medications (both prescribed and over-the-counter) every day, so it's little wonder that it can be difficult to keep track of them. However, the consequences can be deadly if forgetting leads to taking the same medication twice and overdosing. And skipping a dose by accident might not seem to be such a big deal, but in many cases it is absolutely crucial that doses be kept on as regular a schedule as possible.

Numerous devices and strategies have been

developed to help seniors keep track of their medications, but the most effective is patient education.

Patient education lies as much with the patient as with the healthcare professional. What will make a difference is proper communication of all your questions and concerns when a doctor prescribes something for you. Here's a short list of basic questions to always ask:

- ◆ What is this medication called?
- ◆ How does it work?
- ◆ What are the possible side effects?
- ◆ Exactly how many times do I take this every day and at what intervals?
- ◆ Are there any dangerous interactions with other drugs or with certain foods?

The importance of taking medications properly cannot be overemphasized. With each hospitalization and emergency room visit the risk of being prematurely forced into a nursing home increases. And that can cause the loss of something every senior would like to keep for as long as possible - his/her independence.



**Inscription: Rutland Town Senior Honorary Cane**

### **Rutland Town's Golden Cane**

**By Theresa Kulig**

A golden anniversary celebrates 50 years of marriage, but these recipients of the Golden Cane have been much older than 50. The Rutland Town Seniors honored Vera Fish on her 96th birthday back in 1996, when she was recognized for all the dedicated work to the town over the years. Vera was one of the founding members of the senior group and was quite active in other facets of the town.

Four ladies who lived to see their nineties and who were active in town activities were given this cane, after Vera. After the passing last year of Lillian Billings, the cane is now in the watchful hands of Hilda Fish, Vera's daughter in law.

I have spoken to two different sources and the lines seem to be blurred as to the criteria for presenting the cane to the next person. Some think it goes to a person in recognition for their involvement and dedication to the Town of Rutland. Others believe it is to be presented to the oldest citizen still living in the town. Both of these criteria were met with Vera. When I spoke with Hilda about the senior news for *The Circle*, she thought this was a great agenda item to bring up at the next monthly meeting/luncheon in October. Stay tuned . . .

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Stubbins



**From the Rutland Town  
Fire Department  
By BJ Hathaway**

Hello again from the Rutland Town Fire Department! It is that time of year again —the leaves are turning and there is a nip in the air! As we move into fall we here at the Fire Department would like to share the following list of reminders while preparing homes for the winter months:

- Check all batteries in smoke and carbon monoxide detectors. These should be installed where ever someone sleeps as well as near any potential source of fire or carbon monoxide.
- Make sure your carbon monoxide detector has not expired. Most are good for 5 years.
- Have heating equipment serviced by a qualified technician.
- Make sure oil, gas, wood pellet stoves and other gas fired appliances are properly vented with no restrictions.

Ensure that all chimneys servicing a wood burning stove have been swept and inspected by a properly trained individual. Also be sure to have the stove or furnace itself inspected for cracks or other defects that may result in improper venting or poor fire containment.

Progress continues on the Center Rutland Fire Station. Repairs from the damage of the sprinkler system are 95% complete and the remaining items are on track to be completed soon. Please stay tuned for the advertisement of an open house to be held soon! We look forward to seeing you all there!

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**Food Rules**

By Lisa Lones RN BSN

Here is a partial list of food rules by Michael Pollan from his book, Food Rules for suggestion for eating healthy. They are fun too!

1. **Don't eat anything your great-grandmother wouldn't recognize as food**
2. **Avoid food products containing ingredients that no ordinary human would keep in the pantry**
3. **Avoid food products that contain high-fructose corn syrup**
4. **Avoid food products that have some form of sugar (or sweetener listed among) the top three ingredients**
5. **Avoid food products that have more than 5 ingredients**
6. **Avoid food products containing ingredients that a third-grader cannot pronounce**
7. **Avoid foods that are pretending to be something they are not**
8. **Shop the peripheries of the supermarket and stay out of the middle**
9. **Eat only foods that will eventually rot**
10. **Don't eat breakfast cereals that change the color of the milk**
11. **Eat all the junk food you want as long as you cook it yourself**
12. **Pay more, eat less**

Read more at [Michaelpollan.com](http://Michaelpollan.com)

**RTS MUSIC DEPARTMENT PREPS  
For Oct. 25 Halloween Parade!**

Band members and Friends of Music volunteers are busy preparing for the 56th annual Rutland Recreation Department Halloween Parade! The parade will be held at 6:30 pm on Saturday, October 25 in Rutland City.

The student chosen to be drum major, and leading the band is oboe player Lilly Krupp. The assistant drum major is saxophone player Emelia Lovko. The band performance promises to be lively, and the costumes will be based on a "Ghost Busters" parade theme. Congratulations to these student leaders.

Friends of Music will meet at 4pm, Tuesday, October 14 in the RTS Chorus/General Music room to work on items including preparation for the parade.

## **FOUR WINDS BLOWING**



**By Kirsten Marsh**

Back to school means back to nature for K-5 students at RTS. “Ecosystems” is the name of the game for our Four Winds Nature Program this year. We’ll learn about how all the living and nonliving things in a forest, a pond, or in the soil under a field make up an ecosystem. All the organisms in an ecosystem depend on all the other living and nonliving things for food and other needs. When we study ecosystems we’ll think about how all these organisms interact with each other and the environment.

In September we studied *Signs of Leaf Eaters*. We explored the various patterns left behind by leaf eaters, and what they tell us about just who was lurching on our leaves! We studied how energy flows from sun to plants to animals, and how plants and animals are linked through a food web.

Volunteers and students will continue to explore ecosystems in their hands-on classroom lessons throughout the year. Volunteers--parents and friends of learning--are trained each month by Four Winds Nature Institute staff. They then team teach an hour long program in the K-5 classrooms. Experiments, workstation projects, and outdoor scavenging are among the activities that students enjoy.

This program would not be possible without all our volunteers and the support of the school and teachers. A huge THANK YOU to all those that make this program work, past and present. The tuition cost for training the volunteers monthly is mostly covered by the school budget; to make this tuition affordable we split the training sessions with Barstow Memorial School and Shrewsbury Elementary School.

We do incur additional costs to supply materials needed to teach the lessons (like compasses to learn about ‘finding your way’...). While these costs are minimal per month, they do add up. **You can help with these costs by bringing your returnable bottles and cans to the Rutland Town Transfer Station.** There is a bin for donating returnables to the RTS Four Winds program. We have a very dedicated volunteer, *The Circle’s* own Carol Bam, who picks up these returnables, cashes them in and deposits the money at RTS for our program. A big THANK YOU to all who have donated returnables and an even BIGGER THANK YOU to Carol for her years of quiet support to keeping Four Winds at RTS. As a former classroom volunteer (for 20 years) Carol’s dedication is a testament to how great this program is!

We had a fantastic start to the program in September and we look forward to coming back in October to learn about ‘Life in the Dirt’...

## **THE GARDEN GROUP AT RTS**

**From Marcia Barron**

The Garden Group is made up of interested Rutland Town citizens and school personnel whose mission is to maintain the Iris Ferraro Perennial Garden located in front of the school’s cafeteria. Anyone who would like to be a part of this group is welcome.

If you have travelled past the Rutland Town School lately you will see the garden is full of marigolds. This miracle of nature began when the kindergarteners and first graders planted seeds in their classrooms. In early June each student presented the Garden Group with their tiny seedlings by placing them where they wanted us to plant them. The plants were watered throughout the summer with the help of Anita Brown, Jeremy Pratico and a group of dedicated Tapestry students. Weeding occurred periodically and voila! Mrs. Mullin took a picture of a beautiful white iris which bloomed in mid September...what a surprise!



As you can see, the garden is looking like some people took time to care for it. It was an effort of many hands. We can be pleased with our first year's efforts.

Thanks to the diligent watering and assistance of Anita Brown, Jeremy Pratico and Tapestry students those little seedlings from the Kindergarteners and the first graders have bloomed profusely.

Thanks to Kirsten Klett Marsh and Patti Westburg for planting and feeding them.

Thanks to Patti Westburg and Bev Browe for re-creating the stone path.

Thanks to the PTO for their monetary support.

Thanks to Jeff Colomb for grass seeding and mowing and trimming around the site and assisting with other needs.

Fall work will begin in October after the frost. If you are interested in joining the group, contact Marcia Barron at [barron55@comcast.net](mailto:barron55@comcast.net) or at 775-2166.

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## Rutland Town School . . . Where Futures Begin!

### RUTLAND TOWN COMMUNITY CALENDAR

#### OCTOBER

- 7 Four Winds training workshop - 8:45-11 am  
Shrewsbury Elementary School
- 8&22 Select Board meets – 6:30 pm, Town Hall  
(please note new day and time)
- 9 **Town Clerk/Treasurer office closed for training (Town Hall will be open)**  
PTO meets - 6 pm, RTS Library  
Select Board public hearing on Town Plan  
6:30, Town Hall
- 13 **Town Hall Closed - Columbus Day**
- 13&27 School Board meets - 6:30pm, RTS
- 14 Friends of Music meets - 4 pm  
RTS Chorus Room
- 17 No School – Teacher In-Service
- 21 Senior Lunch at Seward's  
See Page 5 for reservation details
- 24 PTO Scholastic Book Fair begins  
runs thru 10/31, details page 2
- 25 Halloween Parade - 6:30 pm, Rutland City
- 29 **Voter Registration Deadline for Nov. 4**
- 30 Rec. Dept. Halloween party - 6-8 pm, RTS



#### NOVEMBER

- 4 **VOTE 7 am - 7 pm at RTS & Town Hall**  
**Town Clerk/Treasurer office closed**  
**(Town Hall will be open)**  
RTS Principal's Coffee - 8 am, all welcome  
Four Winds training workshop - 8:45-11am  
Barstow Elementary School
- 5&19 Select Board meets - 6:30 pm, Town Hall
- 6 PTO Meets - 6 pm, RTS Library
- 10&24 School Board meets - 6:30 pm, RTS Library
- 11 **Town Hall Closed – Veteran's Day**
- 13 FOM Meets - 4 pm, RTS Band Room
- 18 Senior Lunch at Seward's (see page 5 for info)
- 21 **Circle** article deadline for December issue
- 27&28 **Town Hall Closed – Thanksgiving**

#### DECEMBER

- 3&17 Select Board meets - 6:30 pm, Town Hall
- 8&22 School Board meets - 6:30 pm, RTS Library
- 9 FOM Meets - 4 pm, Band Room
- 11 PTO Meets - 6 pm, RTS Library
- 16 Senior Lunch at Seward's (see page 5 for info)

TOWN AND SCHOOL WEBSITES: [rutlandtown.com](http://rutlandtown.com) and [rutlandtownschool.org](http://rutlandtownschool.org)