

The Circle



Rutland Town's Link between School and Community

December 2016

TOWN NEWS

By Carol Bam

Select Board Chairman Joshua Terenzini reports that over the last few weeks, the Board has been "very busy with budget development for fiscal 2017-18." The process begins at the Select Board committee level with members conferring with department heads (Police, Fire, Highway, Rec, General) to produce preliminary department budgets. Once the committee agrees on the budget to put forth, the full Select Board reviews each budget and endorses it or makes additional changes before each budget is presented at the Pre-Town Meeting set for Monday, January 23 at 7:00 pm at the school. Public discussion can prompt further changes before voters approve or reject the budgets on Town Meeting Day (March 7, 2017).

The Select Board is on the verge of voting on the Town Plan. The entire 61 pages of the document is accessible on the town website rutlandtown.com. Additional language was recently added to restrict any development (such as a structure or tower) that might interfere with air traffic in and out of the airport. This section of the town plan reads in part:

"The Town of Rutland benefits in numerous ways from the Rutland-Southern Vermont Regional Airport ("the Airport") located in the adjoining municipality of Clarendon, Vermont. The Instrument Landing System (ILS) of the Airport extends northward from the northern

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FROM SCHOOL PRINCIPAL AARON BOYNTON

The holidays are a nice time of year to reflect on all that we are thankful and grateful for. As Principal, I am grateful for the opportunity to be a part of the Rutland Town community and to be your principal. I am thankful for the wonderful students I get to work with every day and thankful to be able to see them grow over the years.

New beginnings and new changes happen in education quite often. As much as we try to keep consistent, we must grow and change as an organization to keep current, and more so, to stay ahead. We are excited to have begun a new approach to reporting on student achievement. We have moved towards proficiency-based grading, which is a new system for our Middle School. In this model, students no longer are graded on a 0-100 scale. Students are no longer assigned a letter grade (A, B, C, D, F). Instead, students are rated on their progress towards a proficiency/standard. They may be beginning, approaching, meeting, or exceeding the standard. Teachers and students track progress throughout the year to better understand what they have learned and what they still need to work on. This system also encourages students to be more self-directed. Students are more aware

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UNDER THE GOLDEN DOME

A Look Ahead at the 2017 Legislative Session By Senator Kevin Mullin

As new and old legislators get set for the 2017 legislative session, there is uncertainty in the air. For the first time in well over half a century, Vermont will see a change in all three key leadership positions in the capitol. Gov. Phil Scott is busy putting together his team to lead the state. It appears evident that Tim Ashe will be the President ProTem in the senate and it is still undecided who will be the new Speaker of the House. There will be new committee assignments and there will be some new chairs. Everyone will be watching closely to see what changes President Trump will make in Washington and how those changes will affect our state budget. So what can we expect?

On healthcare, Phil Scott has campaigned on jettisoning the state exchange and moving us towards a collaboration with other states. Whether this will be possible is yet to be seen. Tim Ashe has made it very clear that he believes that the health care system is terribly inefficient and that he would like to try to make it better. The outgoing governor has put in place a new model that has mistakenly been called an all payer model. In reality it could end up being an HMO on steroids.

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NEWS FROM RUTLAND TOWN LISTERs

By Howard Burgess, Chair of Board of Lister's

Town Tax Rates: Homestead tax rate = \$1.5351
Non-Residential tax rate = \$1.6574
Municipal tax rate = \$0.1437

Grand List Values: Real property = \$620,120,600
Business Personal property = \$222,244,453

Common level of appraisal (CLA) = 101.41
Coefficient of Dispersion (COD) = 8.39%

Non-residential parcels are the commercial, industrial and miscellaneous properties that are not being used as homesteads. **Business personal property** is the furniture, fixtures, equipment, machinery and inventory that all businesses are taxed on. **The COD and CLA** are measures of uniformity that the State uses to determine when it is necessary for Towns to do property reappraisals.

This has been a routine year so far in the Lister's Office in preparing the grand list for next year (April 1, 2017 to March 31, 2018.) We typically see 150 transfers per year with approximately 50 of them being actual transfers between sellers and new buyers. The CLA is determined by dividing Town assessments by the sale prices and so far the CLA remains close to 100%.

The table below shows the breakdown of taxes over a 3 year period:

<u>Tax Year</u>	<u>Homestead Tax</u>	<u>Non Residential Tax</u>	<u>Municipal Tax</u>
2015-2016	1.5351 (-0.0024)	1.6574 (-0.0357)	0.1437 (-0.0191)
2014-2015	1.5375 (+0.0070)	1.6931 (+0.0207)	0.1628 (-0.0099)
2013-2014	1.5305 (+0.0228)	1.6724 (+0.0852)	0.1727 (-0.0051)

The annual decline in the municipal tax rate is largely due to the fees collected from the local option tax. The local option tax has been in place for several years and without this tax the municipal tax rate would be around \$0.35 to \$0.40 per hundred.

Some recent shifts in the grand list were the loss of Sears and Rutland Plywood in 2014 at a loss of 7.4 million. In 2015-2016 there was an increase of 12.8 from Green Mountain Power Corporation when they moved their headquarters and operations from the City of Rutland to Post Road in the Town.

We are seeing new solar projects in Town but unfortunately they don't contribute much to the tax base due to the current low municipal tax rate of \$0.1437. As an example, the Sun Edison solar site on Seward Drive paid \$2,422 in taxes to our Town. If this site were located in the City of Rutland which has a municipal rate of \$1.57, they would have paid \$26,464 to the City in taxes.

For questions or assistance call the Lister's office at 770-1898.



This fall a crew of Comcast volunteers and reps from the Vermont Old Cemetery Association worked along with members of the Highway Dept. to trim the grounds and repair broken headstones in the old cemetery next to the Town Office. Here is a picture showcasing their handiwork.

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 every other month from October to June. For more information, mailing list changes, to advertise or contribute articles, email carolbam@aol.com or call the RTS office (775-0566) **The Circle, c/o Rutland Town School, 1612 Post Road, Rutland, VT 05701**

(Principal Boynton~ Continued from Page 1)

of what their strengths and goals are and they are checking more often on their progress. The goal is that they will further understand their learning, rather than a teacher giving them a letter grade with no understanding on what it means to their learning goals.

From all of us at Rutland Town School, we wish our students, families, and community a wonderful holiday season. As we go into the new year, I look forward to seeing you at our community school budget information forums. More information will be forthcoming. Happy Holidays.

RTS School Board Proposes Alternative Structure under Act 46

Rutland Town School will remain a PreK-8 district with full secondary school choice. The district will continue as a member of the supervisory union.

Rutland Town School has been actively investigating possible partnerships as required by Act 46 and has reached out to schools in five area supervisory unions and one supervisory district. Unfortunately, these efforts were not fruitful. Consequently, the **Rutland Town School Board and the Study Committee unanimously recommend, that Rutland Town School continue to operate as a stand-alone district (PreK-8 with secondary school choice) within the newly merged Supervisory Union** which will include nearly 1800 students – the twelfth largest supervisory union in the state. Rutland Town School looks forward to continuing the strong partnership with member districts working together to collectively support the needs of students in our community and in the larger supervisory union region.

The comprehensive plan of the RCSU/RSWSU Act 46 Study Committee includes the Self Study of the Rutland Town School District, serving 511 students in a PreK-8 school and (9-12) High School students. The plan proposes the inclusion of Rutland Town School as a stand-alone district within the newly merged supervisory union. The report is extensive, providing factual documentation of Rutland Town School's compliance with required Act 46 Goals and VT Education Quality Standards.

Our students have diverse needs including students with disabilities and students with extraordinary abilities, interests and aspirations. Our personalized learning plans support students in grades 6-8

as they explore careers and plan for high school individually, focusing on their academic, extracurricular interests, needs and goals. Enrichment opportunities abound, including community service, virtual learning, academic and technological competitions such as 3D Vermont.

Hopefully you were able to attend the Rutland Town Act 46 Forum at the school on November 28. Should you have any questions concerning the Act 46 proposal, please feel free to contact Superintendent Debra Taylor or Board Chair, Lynette Gallipo. We are anticipating a response from the State Board before the end of November on the proposal.

We wish to thank the Rutland Town residents who have tirelessly worked on committees and who attended the numerous meetings over the past year. Members are: Mary Ashcroft, Lynette Gallipo, Tanjua Damon-Merrow, Robyn Schmitt, Heather Todd and Stacey Fiske (Alternate).

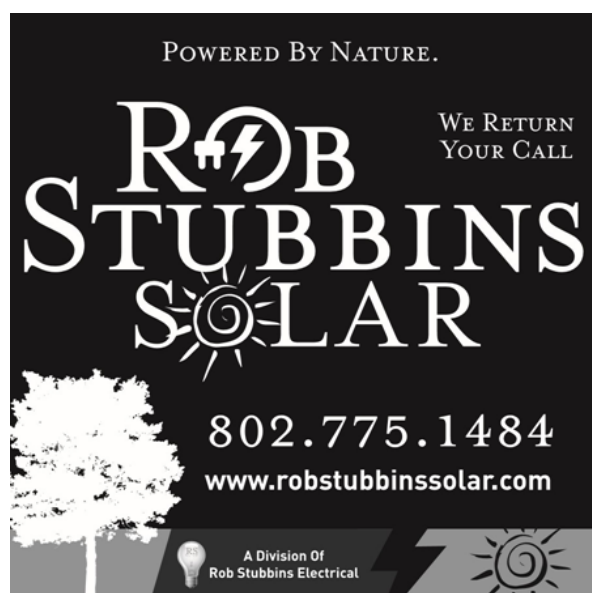
From Melissa Theis, Guidance Counselor The Kindness Club By Kelsey McNeil, Gabby Sicard and Charlie Thomas, Grade 6

The Kindness Club is a group of students who volunteer their time during their morning iLearn block to plan and make things which help remind people to be kind. This is the second year of Kindness Club and it is only open to middle schoolers and has been busy this fall! The club made origami foxes for a student who was moving away as a fun way to say goodbye. They have also been working on inspirational quotes to put around the school. Some of the quotes that were used were:

- "When it's raining look for rainbows, when it's dark look for stars"- Author Unknown
- "We rise by lifting others"- Robert Ingersoll
- "Kindness begins with me"- Author Unknown
- "Smile, it's the key to everyone's heart"- Author Unknown

The Club posted the quotes around the school, above the doorways, with hopes that the quotes would send positive messages to the students and staff who see them daily. One teacher liked them so much she asked Kindness Club to put an additional one in her hallway. October was Bullying Prevention Month. The Club put posters up to remind people not to bully and to be an 'upstander'. They hope this is making a positive impact on students, teachers, and people who visit the school. Additionally, three Kindness Club members created and presented a game for elementary students to play during the November Character Assembly about thankfulness.

In the future the club hopes to help more with the Elementary Character Program. As a random act of kindness they are also planning to post thoughtful, handwritten notes for students where they can be seen daily.



THE FRIGHTENING SCAM OF VIRTUAL KIDNAPPING

By Major John R Sly
Deputy Chief of Police
Rutland Town Police Department

A few years ago some of our Rutland families were targeted by criminals wherein they received late evening telephone calls from individuals identifying themselves as their child or grandchild stating they had been arrested in Canada (or another country) and desperately needed bail money to keep from being locked up. The families would be given specific instructions on how and where to electronically wire the money and it was stressed it had to be accomplished right away or their family member would be jailed for a long time. The caller, of course, was most convincing and even had basic information about the family

to support the belief this was in fact a family member in trouble. In that the targeted victim of this fraud believed their child or grandchild was on the verge of being locked up in a foreign country, the instructions were carefully followed and the requested money was wired as directed. The fraud was subsequently uncovered only after the money was sent electronically and unrecoverable. Of course the good news was their child or grandchild was safe all along and not under arrest in a foreign country. As the word began to spread about this type of fraudulent activity, families were no longer falling victim to the fake calls and the criminals moved on to new ways of attempting to victimize their intended targets. Which brings us to today and the wave of "virtual kidnappings" taking place around the United States.

Excerpts from October 8th, 2016 about the new danger to our families:

The Virtual Kidnapping of Our Children

Author: Collin Binkley, Associated Press

Schools across the U.S. are warning about a scam to convince parents that their children have been kidnapped — even though they haven't — and to collect ransom money.

Cases of "virtual kidnapping" have been reported over the past two months in Virginia, California, Texas, Arizona and other states. Authorities say the scam often targets the parents of college students, tricking some into paying thousands of dollars and appears to be on the rise nationally. In many cases, parents receive a call from a stranger who claims to have kidnapped their child, and can often provide the child's name or other details. Some parents have reported hearing screams or a muffled cry in the background. Then the caller orders parents to wire money in exchange for their child's release. . .

Several colleges have issued alerts about the scam, including Georgetown, Arizona State University, George Mason University and the University of Texas at Arlington. The calls often come from outside area codes, sometimes from Puerto Rico, according to the FBI. If someone calls demanding a ransom, authorities say parents should try to text their child or reach them through social media to confirm their child's safety. Or they can ask the alleged kidnapper to have their child call back from his or her own phone.

"Once you find out that your child is fine, just disengage with them," Jay Gruber, (police chief at Georgetown University) said. "Or, if your child is with you, tell them to go to hell and hang up on them."

From a Law Enforcement or Protective Services perspective operating in the world of high value and often targeted assets, code words or phrases are routinely used to verify the asset status is secure or declare the asset is compromised. And yes, this does sound like a script from a spy movie, but it truly is real world. (Where did you think the movies got the idea from?) So we recommend that all our families, establish a code word or phrase for your family to use if faced with this type of situation. Having a code word is key to validating an actual threat to a loved one and to ensure you are not the next victim of a hoax. This is not a new concept for any of us. We have been using code words and phrases in the cyber-world for quite some time to ensure our on-line accounts and activities are secure from unauthorized person(s). This is simply the next logical step in keeping our families safe and ensuring you do not fall victim to this type of hoax.

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RTS Music News

From Aaron Audet, Band Director

This year the band marched in the Halloween Parade as the band Devo, and performed the song "Whip It." The band looked great and played fantastic! We won runner up for "Best Costumed Marching Band." Thanks to all the parents, Mr Boynton, and Officer Sly for helping us out the evening of the parade.

On December 7, Middle School Chorus, and M and T Jazz will spread some holiday cheer performing at the Meadows and the Gables, as well as the Loretto Home.

There will be a 5-8 vocal, and band concert on December 15 at 6:30 pm in the gym. Fifth grade band and the 5th grade classes will perform along with M Jazz, and T Jazz, Middle School Chorus, and Middle School Band. A wide variety of material will be performed by the students. We are looking forward to performing for the community. So far it's been a great year to be in music.

Rutland Town Seniors By Theresa Kulig

The monthly senior luncheons will be coming to an end with the Christmas party in December and will resume in the spring. Pat Tucker reported that no one came forward to fill the position of secretary so Jim Hall and Mary Ashcroft will be sharing the duties of the Secretary/Associate Treasurer position.

The Christmas lunch will be Tuesday, December 20 at 11:30 am at Seward's Family Restaurant. Like last year the dinner will be entirely paid for by the Rutland Town Rec. Department, and the senior group is very thankful to Mike Rowe for this generous gift.

If you would like to attend, please make your reservation by December 16 by calling Pat Tucker at 776-1066 to let her know you will be joining them on the 20th. The group would like to take this opportunity to wish everyone very happy holidays and they will see you again in the spring.



Box Tops for Education By Melissa Sicard

RTS is participating in the **Box Tops for Education™** program this year. I'm thrilled to be the Box Tops Coordinator for Rutland Town School. Clipping Box Tops is an **easy** way for you to help our school buy what it needs. Box Tops are each worth 10¢ and they quickly add up to real cash for our school. This school year, our earnings goal is \$1000.

In the past, we have earned over \$8000 which has assisted with field trip transportation and other PTO sponsored activities. Let's make it to \$9000!

To help our school, just look for pink Box Tops on products, clip them, and send them to school. For more information on the Box Tops for Education program, including a list of participating products and our school's progress, visit www.BTFE.com. Become a member to receive exclusive coupons and recipes, and learn about extra ways for our school to earn.

I hope you're excited for everything we can do

this year with Box Tops for Education. If you have any questions, please don't hesitate to contact me at sicards.rutland@yahoo.com. Join me to make Rutland Town School's Box Tops for Education program a huge success this year!

By the way, have you registered your Price Chopper AdvantEdge card for the **Tools for Schools** Program? And, if you are a shopper of Hannaford Supermarket, remember to drop off your "school dollars" in the **Hannaford Helps Schools** collection tower.

Thanks for your help!

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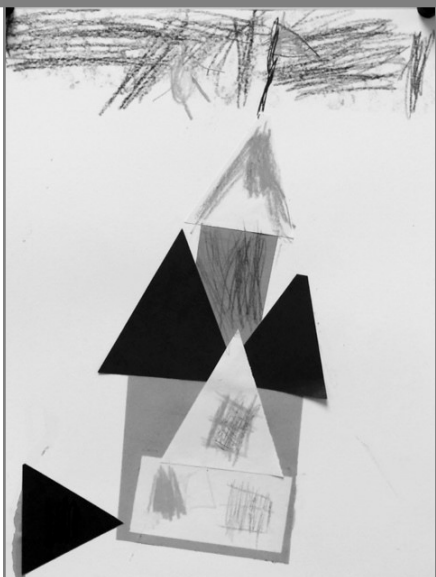
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Castle Collage
By Olivia Thompkins, Kindergarten

(Senator Mullin ~ Continued from Page 1)

Changes the Trump administration makes could drastically change our Medicaid reimbursement. This is a program that has an unsustainable growth trend. With all these questions to be answered, all eyes will be on healthcare.

On economic development, Phil Scott has promised to make it his number one priority. This is welcome news for those of us who live outside of the prosperous economy surrounding Chittenden County. It will be interesting to see if the liberal legislature will work collaboratively with him or if they will fight any initiatives by calling it corporate welfare.

On taxation it is very clear that the legislature will be unable to enact any new large revenue increases as the governor will certainly veto them. It is also unclear whether the governor will be able to deliver on his campaign promise to cut \$1 for every \$100 spent given the makeup of the legislature.

Secretaries and commissioners will have to be appointed and it is clear that there will be many changes. With all this uncertainty, bold leadership will have an opportunity to step into the void and move forward with initiatives that could transform Vermont. Will it happen? One can only hope. I look forward to working with Phil Scott, Tim Ashe, and whoever is the Speaker of the House to work to make Vermont more affordable and an even better place in which to live, work and play.

From RTS Librarian Theresa Czachor
Author Tanya Lee Stone
Coming to RTS in March, 2017

Author visits are an enriching and engaging way for students to understand a writer's path to success and they have become a valuable learning experience for students at Rutland Town School. The year 2017 will be no exception. Coming to RTS in March is the renowned author Tanya Lee Stone, who has won several prestigious book awards for telling little known or unknown stories of women and people of color.

Take for example her latest book entitled ***Girl Rising: Changing the World One Girl at a Time*** coming out on Valentine's Day, 2017. The book explores why 62 million girls globally are not being educated and what can be done about it. Her book follows the film of the same name and chronicles the stories of nine girls in the developing world. Stone's book uses new research to illuminate the facts behind the film. She focuses on the girls captured on camera as well as many others and examines the barriers to education such as poverty, gender discrimination, and childhood marriage. The film can be rented from Netflix and is also available on Amazon Prime.

Tanya Lee Stone is a writer of nonfiction books whose work has been recognized by such awards as the Boston Globe-Horn Book Award, the Robert F. Sibert Medal for nonfiction as well as the NAACP Image Award. She writes for students of all ages and two of her picture books have been Red Clover Award nominees in previous years. Her book about Elizabeth Blackwell entitled, ***Who Says Women Can't Be Doctors?*** was a popular title with students in Vermont in 2014. After graduating from Oberlin College, she moved to New York and for many years was an editor of children's nonfiction. Tanya Lee Stone has written more than 100 books for children. She is a world traveler but has settled in Vermont and continues to write. She also teaches writing at Champlain College.

We are excited and extremely pleased to welcome her to our school. Our students will greatly benefit from her knowledge of the writing process and gain further insight into choosing a topic, doing the research, and the importance of revision.



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Road Notes

from Byron Hathaway,
Road Commissioner

This is the time of year when the budgeting process begins. This year a new five year plan was presented to the Select Board for review. The highway budget is then developed to accomplish the projects presented in the plan. The projects presented are as follows: construction of a sidewalk from U-Haul to the Adele Stanley apartments (a grant from VTTrans has been secured already to fund half of the project), developing a map to secure the necessary easements for construction of a connector road from Holiday Drive to Randbury Road to U.S. 7 by Aldi's, engineering for a sidewalk from the Town School to Chasanna Drive, a scoping study for developing a park in the Center Rutland falls area, and engineering for some large culvert replacement projects. Most of these projects are dependent on securing grant funding to leverage tax money. We need to start sometime soon as these are important projects. The February **Circle** issue will have more details about the budget.

This year a line striping machine was purchased to paint crosswalks, stop bars, and other striping needs at our busier intersections. It has proved to be quite cost effective for us. An experimental fog line was painted on the East Pittsford Road as part of a complete streets initiative. Due to some factors such as our inexperience, variations in the road, and the small size of the machine resulted in the fog line being a little wiggly. The line along the edge has been well received by walkers, joggers, and bikers despite the line being wiggly. Wear and tear this winter will cause the line to fade and next summer we can straighten it. More fog lines will be installed early next summer on some of the other class two roads. We will be able to do better next time.

Now that winter has started take this reminder to remove basketball hoops away from the roadway. Make sure mailboxes are mounted on a secure post. Have your car serviced and ready for cold weather; snow tires are highly recommended. Remember that we do not have a bare roads policy. Roads may be snow covered during a snow storm. Slow down, give yourself extra time, buckle up and stay safe.

(Town News ~ Continued from Page 1)

end of the runway above southern portions of the Town of Rutland, then over the City of Rutland, and then over northern portions of the Town of Rutland. This ILS is critical to passenger and delivery services that go into and out of the airport as well as to business aviation and general aviation, all of which benefit the Town of Rutland in many ways. It is contrary to sound land use planning to allow development that interferes with the ILS or operations at the Airport. Therefore, no development shall be permitted that interferes with or obstructs the air corridor of the Instrument Landing System that pass over the Town of Rutland, or obstruct or interfere with air operations of the Airport."

NEWS FROM THE REC

By Director Mike Rowe

Happy Holidays from the Rec Department. The winter season is underway with basketballs bouncing all around. The schedule of games and practices can be found on the town website at www.rutlandtown.com in the Recreation section. The K-2 basketball program is still being worked out. When the schedule is finalized, info will be sent out via email in the weekly school notices.

The Rec will be sponsoring the **seniors' Holiday Luncheon on Tuesday, Dec. 20 at 11:30 at Seward's Restaurant**. See page 5 for reservation information.

The new playground at Northwood Park will be installed in the spring of 2017. More info will follow; we will need help from the community to build this great addition to the park.

If you have programming ideas for the Rec Department, please give me a call at 779-2518.

We hope you all have a safe and happy holiday season.

Election Results

Recapping November 8

Town Results Compared to VT

By Carol Bam

Rutland Town residents for the most part agreed with other Vermonters in choosing candidates for president and Vermont offices, although the margins of victory varied from statewide results.

For President, the town vote was 46.3% for Hillary Clinton and 42.6% for Donald Trump; statewide the results were 55.7% Clinton and 29.2% Trump with other candidates and write-ins claiming 11% of the local vote and 15% statewide.

In the race for Governor, Phil Scott beat Sue Minter by a 2:1 majority, whereas other Vermonters were more closely split electing Scott with 51% of the vote to Minter's 43%.

If Rutland Town ruled Vermont, Randy Brock would be Lt. Governor. Town voters favored Brock with 62% of the vote to David Zuckerman's 36%. The rest of Vermont chose Zuckerman 48.5% to Brock's 42.6%.

In the US Senate race, Patrick Leahy won over Scott Milne by a slimmer margin here than the rest of Vermont gave him. The Town vote was 51.6% for Leahy and 45% for Milne. Statewide, Leahy won with 60% to Milne's 32% of the vote.



From the Rutland Town Fire Department

By BJ Hathaway

Hello again from the Rutland Town Fire Department! As the winter season approaches, we at the Fire Department would

like to pass along the following reminders to ensure a safe and happy holiday season.

Please remember the following:

- Check all batteries in smoke and carbon monoxide detectors. These should be installed wherever 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.
- Make sure oil, gas, wood pellet stoves and other gas fired appliances are properly vented with no restrictions and are serviced by a qualified technician.
- 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.
- Remember periodically, and after every heavy snowfall, to check any wall vented appliances to ensure that vents have not been covered or blocked. This includes dryers, direct vented gas and wood pellet stoves and any other direct vented appliance.
- Be sure to keep driveways and sidewalks clear of snow and ice for your safety as well as that of any visitors or emergency service persons that you may need assistance from. If you have an elderly neighbor, be sure to check on them or clear a sidewalk for them as well!

Finally, you can help out the Fire Department by clearing snow from around a fire hydrant near your home and also remembering to keep your house number/address clearly visible from the street.

Have a happy and safe holiday season!

FRONT PORCH FORUM

The Rutland Town Front Porch Forum now has 154 members. The forum is exclusive to our town and posting is limited to residents and public officials. Members can post on many topics: items for sale, service recommendations, local events, helping neighbors in need, community notices and more. To join, visit www.frontporchforum.com.

RUTLAND FREE LIBRARY

By Randal Smathers
Assistant Director

Some overdue and welcome housekeeping news from Rutland Free Library this month.

Renovations complete!

The lobby restrooms have been gradually falling into disrepair for some time and have been completely done over. Giancola Construction did the renovations, which included replacing the old, residential grade plumbing with commercial grade pipes, so it was not a small project. Anybody who has renovated an old home will appreciate the kinds of issues you can run into working on a structure of the age (and solidity) of our 1858 vintage home. We appreciate the patience of our visitors during the construction period and would also like to thank our neighbors at Rutland Superior Court across the street, who opened their doors to our users.

To help pay for the work, RFL Director Abby Noland applied for and won a Cultural Facilities Grant over the summer; the Cultural Facilities Grant program is overseen by the Vermont Cultural Facilities Coalition: Vermont Arts Council, Vermont Department of Historical Preservation and the Vermont Historical Society. We appreciate their support.

Art Displays

Thanks to the unstinting efforts of Bill Ramage, professor emeritus of Castleton University, we have a regular rotation of works by local artists on the walls. Our newest additions are watercolors from Josephine Habeski in the computer area and Syrian artist Amr Fahed in the Lawrence Reading Room.

Holiday Hours

Please see the online calendar for our holiday closings and hours, at rutlandfree.org/events. Because Christmas and New Year's fall on Sundays this year, we will be closed the Mondays following. And keep an eye on the calendar for special events!

First Wednesday of 2017

Our January First Wednesday program is an illustrated lecture by Shelburne Museum director Thomas Denenberg exploring the work of beloved painter Anna Mary Robertson, also known as "Grandma" Moses (1860-1961) and counters her marginalization as a pop culture phenomenon by placing her career within the context of mid-century American culture and modernist art. Presented by the Vermont Humanities Council, **Jan. 4, 7 PM, Fox Room.**

60 Plus

Are You Ready for Flu Season?

From Heather Baker, SVCOA

Have you had your flu shot yet? If you are 65 years or older, you may be more susceptible to the flu due to a weakened immune system. The seasonal flu in seniors is not only dangerous but can be deadly. According to **FLU.GOV**, ***"ninety percent of flu-related deaths and more than half of flu-related hospitalizations occur in people age 65 and older."*** Usually the flu peaks between December and February but it is difficult to predict when the first case will be reported and how long it will last. A flu shot is especially important for anyone who is a caregiver of a senior, because age causes the immune system to weaken.

Flu shots are usually available starting in October at your doctor's office, a local pharmacy, or a local visiting nurse clinic. If you are not sure where you can get a flu shot in your area you can contact the Senior HelpLine at 1-800-642-5119. Once you are vaccinated it takes 2 weeks for the antibodies to build up in your body to provide protection.

In addition to getting your flu shot, it is very important that seniors stay away from people who are sick. Wash your hands with soap and warm water frequently to avoid spreading germs. Also if you are sick yourself you should stay out of public places like senior centers, bingo halls, meal sites, and the work place.

Symptoms often include a fever, cough, sore throat, stuffy or runny nose, body aches, head-

ache, chills, and fatigue. Symptoms can vary from person to person. If you have a mild case of the flu or feel you are coming down with flu-like symptoms, you can usually treat it yourself by staying hydrated and getting plenty of rest.

It is always wise to contact your doctor who can monitor your condition and help prevent any secondary complications like pneumonia. (Your doctor can advise whether to receive a vaccination for pneumonia.) If you have a more severe case of the flu, your doctor may prescribe one of four antiviral medications.

Kindergarten's New Rug

By Teacher, Linda Mullin

The Kindergarten classroom got a new area rug. It replaced the old one which was quite frayed on the edges and discolored from over 20 years of cleaning. The carpet arrived on a Friday morning and by Monday morning, it was unwrapped and ready to welcome 20 children for Group Time.

"Oh, it is so colorful!" said one youngster. "It is so cushy!" exclaimed another. "How will we keep it looking new?" asked the teacher. The children were eager to give their advice.

First, they turned to talk to a partner. This technique allows students to formulate their thoughts and voice their answers immediately. Then, the teacher gave the quiet sign which is a raised hand. The children stopped chatting. "Okay, class. Hands down and let's hear some ideas about keeping this colorful carpet with the alphabet and rectangular shapes looking new." The teacher pulled a wooden craft stick from a can. The child whose name was on the stick gave a response. "We should not eat on the carpet." This idea was written on a chart and another stick was pulled. "No drinking on the carpet, either." Another good idea. This method of obtaining answers continued. "Do not wear dirty boots on the carpet," and "Do not cut paper on the carpet," were added to the list. As ideas began to be repeated, the Calling Can was put aside. "Any last ideas for keeping the carpet clean?" the teacher asked. A little girl determinedly raised her hand and said, "And no make-up on the carpet!" Good idea, everyone agreed.

Kindergarten is a joyful place with surprises every day. The class and teacher thank the Rutland Town Community for supporting the school and allowing the school to purchase the things it needs for students and teachers to do their very best work.

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VCHIP

Vermont Child Health Improvement Program University of Vermont College of Medicine From Lisa Lones, RTS School Nurse

Is Your Adolescent getting READY for Life?

The Adolescent Health Supervision Visit

As your child becomes an adolescent, the hormonal shifts common during puberty result in emotional and physical changes. This transition can feel overwhelming; your teen's health care provider is one person who can guide you both through this journey. Yearly check-ups, also called health supervision or well care visits, are often overlooked but can provide you with the tools to successfully transition your teen through adolescence.

Is a Well Care Visit a Sports Physical?

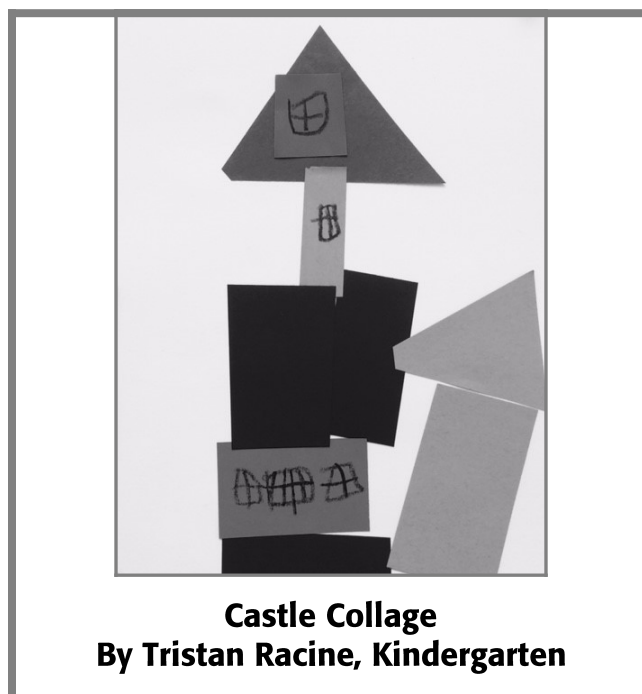
Some schools require athletes to provide proof of a physical exam before participating in sports. This exam is simply intended to evaluate one's physical ability to safely participate in sports. Well care visits allow for a more thorough physical exam and health screening. They also provide the opportunity to address other important teen issues.

What happens during an adolescent's Well Care Visit?

The provider will review several areas of development and preventative health topics. The provider can measure BMI and give advice about nutrition and physical activity. Well care visits through middle and high school also provide a chance to review your teen's vaccine history and discuss other recommended vaccines. Screening tests may be recommended (vision and hearing screening, testing for anemia, or screening for hidden infections such as tuberculosis or chlamydia).

What about my adolescent's behavior and emotional health?

Teens are surrounded by confusing messages from the media and peers who may be making unhealthy choices. This visit allows your teen the chance to discuss sensitive topics and address problems early. Some of these topics may include drugs and alcohol, eating disorders, depression, anxiety, puberty, and sexuality. The majority of teen fatal and non-fatal accidents are preventable, and well care visits can provide guidance teens need to make good decisions and decrease their risks of injury.



Castle Collage
By Tristan Racine, Kindergarten

What can I do to protect my adolescent from risky behavior?

Reinforcing strengths or assets can protect teens from risks and help them get READY for life. Your doctor may ask your teen about their strengths:

R for Relationships: Is your teen learning to form healthy relationships with peers, teachers, and coaches? Does he feel he belongs or fits in at school and in the community? Does he have at least one adult he can go to if he has a problem to discuss? What about romantic relationships?

E for Energy to get things done. Does your teen have enough energy to get school work done and have fun? If not, why not? Is there a health problem, not enough sleep, or could she be depressed?

A for Awareness of the world and how one fits in. Does your teen have opportunities to contribute in the family, at school, in the community? Is he developing a sense of honesty, kindness, empathy, and generosity?

D for Decision maker. Is your teen learning how to make healthy, independent decisions about her health and behavior choices? Can you help her be a better decision maker?

Y for saying Yes to healthy behaviors – Does your teen eat well, sleep well, work hard and play hard?

What about confidentiality and privacy during my adolescent's Well Care Visit?

Allowing your teen the space to freely discuss any health issues with the doctor ensures that important health issues will not be overlooked due to embarrassment, shame, or fear. This also helps create confidence in your teen's ability to handle their own healthcare as they transition into adulthood.



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Merry Christmas & a Joyous New Year!

TREES FOR STREAMS

From Nanci McGuire,
Rutland Natural Resources Conservation District

The Rutland Natural Resources Conservation District (RNRCD) is looking for property owners who live along a stream and are interested in planting trees and shrubs through the Trees for Streams program.

The primary goal for the *Trees for Streams* program is to improve and protect water quality through a variety of measures. These include:

- ⊙ Minimizing bank erosion by holding soil in place.
- ⊙ Storing and filtering nutrients from runoff and overland flow especially during high flow events.
- ⊙ Regulating water temperatures by shading surface waters

Secondary goals for the *Trees for Streams* program is to protect and restore natural wildlife habitats both in the water and on the land. These include:

- ⊙ Connecting fragmented riparian forests to create a continuous linear wildlife corridor.
- ⊙ Connecting streams and rivers to isolated wetlands and other important natural communities.
- ⊙ Connecting higher level headwater riparian areas to lower level valley bottom and main stem riparian areas and reduce phosphorus inputs to the stream system.

RNRCD will provide a preliminary consultation, plant materials and volunteers to plant the trees and shrubs. The landowner agrees to maintain the site for ten years. Since 2014 the RNRCD has planted over 1,000 trees and shrubs and entered into agreements with the City of Rutland and the Towns of Pittsford and Brandon.

For more information, contact Nanci McGuire at nanci.mcguire@vt.nacdnet.net or at 802-775-8034 ext. 117.

Another Good Deed

By Mary Ashcroft

Cameron Gregory Wilk of Pennock Lane in Rutland Town looked no farther than Northwood Park for his Eagle Scout Project. A few years ago, another Scout, Matt Burd, had built a new set of bleachers for the ball field. Now a second set was needed.

With the help of Scout leader and town resident Steve Burd and Cameron's father Frank Wilk, Cameron designed a new set of bleachers and received the enthusiastic go-ahead from Town Recreation Director Mike Rowe. The Rutland High/Stafford Tech senior gathered materials for the project, receiving a donation from Peridot Foundation to cover the costs. October 8 was cut and layout day as Cameron, his dad, his mother Susan Wilk and siblings Kassandra and Christopher spent the day at Northwood Park with wood, saws, drills and plans.

The next day 22 Scouts and Scouters joined in to assemble, bolt and erect the new seating. The many volunteers worked painting the insides of two dugouts on the ball field with brushes donated by the Wilk family and paint supplied by the Town.

Cameron was pleased with the final result and thanked the many volunteers. "I was very happy and pleased that I was able to help out the community in such a way," Wilk said, adding, "it was a blast!"

The Town Select Board is grateful to the volunteers that helped with these improvements at Northwood Park. Our thanks go to the entire Wilk family, to Alex Stute, Gordon and Jamie Ashcroft-Billings and Mary Ashcroft, Brenton Beers, Fern Fryer and Dana Peterson, Deb Walker, Sean and Guy Babb, Ethan Courcelle, Lucas, Ben and Greg Pencak, Nick Martiros, Michele Smith and Steve Burd.

BROC - Wheels for Warmth and More

Rutland Town taxpayers have supported the Bennington-Rutland Opportunity Council's annual funding request (\$975 in March) for many years. BROC has been helping low income Vermonters for over 50 years.

The website describes their mission: "Today, BROC works to change conditions that either cause poverty or stand in the way of its elimination. Community Action assists low income Vermonters with basic needs, as well as helping them develop skills and resources for self-sufficiency through employment opportunities. Community Action works to provide comprehensive, non-bureaucratic family services.

BROC offers voluntary partnerships with families based on equality, respect, and mutual learning. These partnerships build on families' strengths and successes and have as their goal: moving out of poverty and into self-sufficiency."

This fall, *Wheels for Warmth* raised money for BROC's fuel assistance program. A press release said: "The program collected \$52,000 for emergency fuel assistance programs, sold 2,250 donated safe tires, and recycled 2,500 unusable tires. Two sale locations, including one in Mendon, and 13 tire drop-

off locations, allowed more Vermonters to take part. Proceeds from both sales benefit heating assistance programs at agencies around the state including BROC Community Action in Southwestern Vermont. Donated tires were inspected by DMV officers, and those deemed safe were sold for a maximum of \$25 each at the Oct. 29 event. Unusable tires were recycled through Casella Waste Management."

From the website: "The **Crisis Fuel** program uses federal funds granted through the State of Vermont. BROC, and the other four Community Action Agencies in Vermont administer this program under contract with Vermont's Office of Home Heating Fuel Assistance. This program begins in November. Eligibility for assistance considers all income in the household and resources and requires receipts for expenses paid in the last 30 days. Applicants are asked to come in **before they run out of fuel**, so please make an appointment at 1/4 of a tank of fuel to ensure the best service and avoid special trip charges."

For more on BROC programs, call the Rutland office at 802-775-0878 and visit the website at broc.org.

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RUTLAND TOWN COMMUNITY CALENDAR

DECEMBER

- 12 School Board meets - 6:30 pm, RTS Library
13&27 Select Board meets - 6:30 pm, Town Hall
15 Band & Chorus Concert grades 5-8
1:30 pm rehearsal, 6:30 concert, RTS gym
Planning Commission meets - 7pm, Town Hall
20 Senior Lunch - 11:30, Seward's Restaurant
21 Early release day - 11:55 am
12/22 - 1/2 Holiday break
23&26 Town Hall Closed

JANUARY

- 2 Town Hall Closed**
3 Friends of Music meets
4:30 pm, Band Room
4 Program on Gramma Moses - 7pm
Rutland Free Library
5 P.T.O. Meets - 7 pm, RTS
9 School Board meets - 6:30 pm, RTS Library
10&24 Select Board meets - 6:30 pm, Town Hall
16 Town Hall Closed - Martin Luther King Day
No School
19 Planning Commission meets - 7 pm, Town Hall



- 20 F.O.M Talent Show - 7 pm, RTS Gym
23 Pre-Town Meeting - 7 pm, RTS School
30 No school – Teacher In-Service

FEBRUARY

- 2 P.T.O meets - 7 pm, RTS
District Music Festival #1,
College of St. Joseph, Rutland
3 P.T.O Parent-Child Dance – time TBA
Snow date for District Music Festival
7 F.O.M. Meeting - 4:30 pm, Band Room
7&21 Select Board meets - 6:30 pm, Town Hall
8 Article deadline for February Circle
10 Snow date for F.O.M. Talent Show
13 School Board meets - 6:30 pm, RTS Library
16 Planning Commission meets - 7 pm, Town Hall
20 Town Hall Closed – President's Day
20-24 RTS Winter Break

MARCH

- 1 Last Day to register to vote on March 7
in Town Meeting election**

TOWN AND SCHOOL WEBSITES: rutlandtown.com and rutlandtownschool.org