



# Times of Shrewsbury



July 2015

## Shrewsbury and Cuttingsville Say Goodbye to Ron and Over Easy's

Eggs and statistics! Not a combination you often find together except where Ron Ferro is concerned. Ron has prepared a lot of eggs over the last 21 years, and he says the most eggs he served in a week was 1,453!

Although his favorite thing to fix at Over Easy's is "eggs over easy," he thinks that "Ron's Italian Omelet" is the most popular item on the menu. He's proud of the fact that he used Vermont products (eggs, ham, bacon, sausage, and maple syrup).

He's fixed eggs many ways but the one way he will not fix them anymore is poached (*except when he makes Eggs Benedict*). That's because he poached eggs for a couple of guys from out of town one time, and they said they weren't done right. So he fixed them again, and they said they still weren't right. So Ron took them right out to the dumpster and threw them in and said "that's that! No more poached eggs!"

1994—That's the year that Ron started cooking at Over Easy's. He says it was hot working in the kitchen that first week, so he decided to wear shorts to stay a little cooler. He continued wearing the shorts and several years later when he heard about Cal Ripken, Jr.'s record streak of 2,632 consecutive games played, he decided he would try to surpass that number. And now he thinks he has. He figures he's worn shorts to work for 7,500 consecutive days!

Ron's passion is golf. When things got slow at the restaurant, he could often be seen carrying

his golf clubs across the parking lot to hit golf balls into the woods. He says someday he'd like to play some courses out in California, but for now he plays a lot at the Rutland Country Club where he has played 34 months in a row! He says his best score (so far) is a 74! Then he asked "do you want to know what my best bowling score is? It was a 298!"



Over Easy time!

One thing we'll all miss (if you've ever been observant enough) is finding pennies in the parking lot. Ron didn't like pennies in his register, so he pitched them out the door. Over the years he had been full of such antics like the changes he made to items posted on the bulletin board outside the post office "to make them more interesting" and the enjoyment he got

out of early morning risers who tried to figure out what time it was on the backwards clock that hung on the wall. Ron celebrated sports events too, with a big poster filled with squares and the promise of a chance to win big. Not surprisingly he was sometimes the big winner!

Ron has enjoyed his years in Cuttingsville but thinks it's time for a change. He plans to relax (and for sure play golf) and "then see where things go from there." He definitely plans to stay in the area and in food service. "That's what I know how to do." He says he'll miss the community here and the "Over Easy bonding that has occurred over the years" and so will we! Ron says he'll miss the people—"even the ones that I annoy; I get enjoyment out of that!" he says with a laugh.

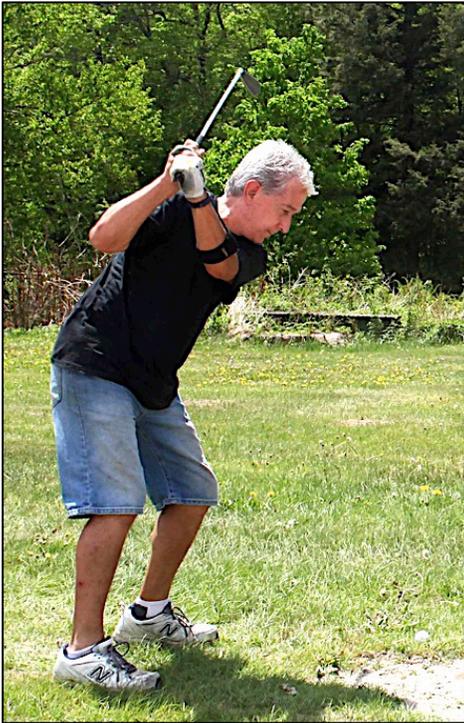
We will all miss Ron and wish him well in the future wherever he's fixing eggs and keeping statistics! I just wonder what kind of record he'll be aiming for in the future.

Article by C. Martin  
Photos by Brian Winkler  
(more photos on page 2)



Ron at the grill getting ready to turn egg s "over easy." He said to be sure and say he "wasted two eggs" for this photo!

# Over Easy's



Ron winding up to take a practice shot into the woods.

## Scenes we will miss in "downtown" Cuttingsville

Ron prepared the last meal at Over Easy's on May 30. He's been getting up at 5am to fix breakfast for a lot of us for the last 21 years, and now he just might sleep a little later!



Boaz Cohen took a moment to share his pleasure with Ron's Italian Omelet...which is already half gone!



## The Times of Shrewsbury

The *Times of Shrewsbury* is published monthly February through December. It is compiled by volunteers from material submitted by residents with the goal being to keep townspeople informed of what is happening in Shrewsbury. The views and opinions expressed in articles are solely those of the author and not necessarily those of the editors.

All submissions are subject to editing for length and clarity and must be accompanied by the name of the submitting person. Letters to the Editor exceeding 350 words will be subject to editing for length. Any opinion piece or informational political letters (without specific party or vote appeal) will be subject to the same guidelines previously described. All items including letters are printed at the editors' discretion. A writer of any letter that names a Shrewsbury resident or organization in a critical manner must get copies to that resident or organization and to the *Times* by the 10<sup>th</sup> of the month prior to publication or it will not run. If the named person or organization indicates in writing to the writer and to the *Times* that they choose not to respond,

the letter will run. If the named entity responds, the response and initial letter will run in the same issue.

**There is no charge for:** jokes, poems, essays, nature reports, family event announcements, or feature articles or letters that are non-commercial.

**Articles and Advertisements:** Deadline for submission is the 20th of the month prior to publication; exceptions will be announced in the prior month's *Times*. If you have questions, call Chryl Martin at 492-2244 or email [shrewsburytimes@gmail.com](mailto:shrewsburytimes@gmail.com)

**Best Formats:** *Articles:* Word or in an email message with no formatting. *Photos:* JPG. *Ads:* PDF file or Word document.

### Monthly Advertisement fees:

- |                               |                   |
|-------------------------------|-------------------|
| Full page \$60                | 1/4 page \$10     |
| 1/2 page \$35                 | Business card \$5 |
| Classified ad (15 words) \$2. |                   |

Payment is due by the 20<sup>th</sup> of the month prior to publication.

Chryl Martin ~ Rich Biziak  
Times of Shrewsbury, P. O. Box 373, Cuttingsville, VT 05738  
Email: [shrewsburytimes@gmail.com](mailto:shrewsburytimes@gmail.com) Online: [www.shrewsburyvt.org](http://www.shrewsburyvt.org)

# SHREWSBURY COMMUNITY CALENDAR

July 1	10:30am	*Story Hour at the Library.
July 5	1 – 3pm	*Shrewsbury Historical Society Museum opens for the season.
July 6		*Lincoln Hill Road will be closed to through traffic for 28 days.
July 14	12noon	Senior Lunch at Rutland Country Club. Call Judy Webster 773-3527 for reservations.
July 15	10:30am	*Story Hour at the Library.
July 15	12noon	*Prayer Shawl group meets at home of Judy Pitts 775-0678.
July 18	7:30pm	*Mettawee Theater Company presentation at Shrewsbury Mountain School.
July 19	3pm	*SVFD program at Cuttingsville Fire Station presented by the Historical Society.
July 19	4pm	*Famous Books Discussion Group meets at the Library.
July 19	7:30pm	*"Music from the Balkans & Beyond" at Russellville School House sponsored by SAGE.
July 22	1 - 7pm	*Punch Card and Vehicle Stickers required at Transfer Station.
July 26	4pm	*Science Book Club meets at Library.
Aug 1	2pm	*Charlie Paquin will present a program sponsored by the Library.
Aug 1	5pm	*Free Community Supper at the Shrewsbury Community Church (Meeting House).
Aug 4	7pm	Historical Society meeting at the museum (No meeting in July).
Aug 6	7:30pm	*"Where did ISIS come from?" presented by Spring Lake Ranch at the Meeting House.
Aug 22	6:30pm	*Haystack Dinner and Street Dance presented by the Library at the Meeting House.

\*See elsewhere in newsletter for details.



**Deadline for submission  
to *Times of Shrewsbury* is  
by 5:00pm on the 20<sup>th</sup>  
of each month.**

## REGULAR MEETINGS and EVENTS

Board of Selectmen Meeting	1st & 3 <sup>rd</sup> Wednesdays—7:00pm at Town Office
Bone Builders	Tuesdays & Thursdays—9:00am at Meeting House
Library Trustees' Meeting	2 <sup>nd</sup> Tuesday—7:00pm at Shrewsbury Library
Mill River Union School Board Mtg	1 <sup>st</sup> & 3 <sup>rd</sup> Wednesdays—7:00pm at Mill River Union High School
Pierce's Store Take-Out Meals	Friday nights
Planning Commission	1 <sup>st</sup> & 3 <sup>rd</sup> Mondays—7:30pm at Town Office
Religious Society of Friends (Quakers)	Sundays—10:00am at Shrewsbury Library, upstairs
Shrewsbury Community Church Worship	Sundays—10:30am at Shrewsbury Center Church
Shrewsbury Historical Society Museum	Opens July 5, 2015, from 1:00-3:00pm
Shrewsbury School District Board Mtg	1 <sup>st</sup> Monday & 3 <sup>rd</sup> Tuesday—6:30pm
Shrewsbury Sno-Birds	2 <sup>nd</sup> Tuesdays—7:00pm at Southside Restaurant, Rutland
Shrewsbury Volunteer Fire Dept.	Thursdays—7:00pm at Cuttingsville Station
Conservation Commission	1 <sup>ST</sup> Tuesday—5:15pm at 450 Frank Lord Road

**Shrewsbury Town Website: [www.shrewsburyvt.org](http://www.shrewsburyvt.org)**

**Town Clerk's Office** 492-3511  
Mon-Thurs 9am-3pm; Closed Friday

**Town Treasurer's Office**  
492-3558 or 492-3487  
Wed 5pm-7pm

**Transfer Station**  
Sun 8am-4pm & Wed 1pm-7pm

**Shrewsbury Town Library** 492-3410  
Mon, Fri & Sat 10am-Noon  
Tues & Thurs 7pm-9pm  
Wed 10am-5pm and 7pm-9pm

**Cuttingsville Post Office** 492-3585

Window (Retail) Hours:

Monday-Friday 7:30am-10:30am and 11:30pm-2:30pm  
Saturday 8am-11am

Lobby Hours:

Monday-Friday 7:30am-5pm & Saturday 7:30am-11am

**Meeting House** 492-6050 (Reservations: 492-3361)

**Emergency Management** Bert Potter 773-2272

**Ambulance** 773-1700

**GrMP power outage** 1-800-451-2877

**Medical—Fire—Police Emergency** Dial 911

**Rutland Hospital** 775-7111

4/23/15

## LETTER TO THE EDITORS

### Thank you Ron!

In the spring of 2012 our family was going through a very difficult time. A family friend from out of state wanted to provide a meal for us and contacted Ron Ferro at Over Easy's. Despite not having a delivery service and not taking payments by credit card; Ron agreed to prepare four takeout meals. He had them delivered to us at the close of business that day and told our friend to mail him a check. We were pleasantly surprised and very touched when the meals arrived at our door; we enjoyed the food and frequently remember this act of kindness. Thank you, Ron, for your kind consideration; we wish you every blessing for the future.

*Rich Biziak.*

### Rick & Annie's Pickin' Party

Thank you, Annie Lees for providing the community with a wonderful day of great music and good food. The Pickin' Party at Rick and Annie Lees' was such a good time. All Shrewsberries and local musicians were invited and it was so nice to visit with friends and neighbors, listen to a variety of musicians and enjoy hamburgers, hot dogs and lots of other great food. Thank You!

*Doris Perry*

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### Spirituos Liquor in Shrewsbury

Recently, a petition was circulated in Shrewsbury requesting that the Selectboard call a Special Town Meeting to vote on the Town granting Spirituous Liquor Licenses. This is an attempt to explain the status of that petition.

A bit of history may be helpful in understanding the current status. Prior to 1969 an annual vote at Town Meeting determined the status of whether a Town was able to grant the two kinds of liquor licenses; malt and vinous and / or spirituous. In 1969 a state law determined that it was no longer to be done on an annual basis, a vote was to be taken that year and would remain until such time that it was duly warned and voted on again at either an Annual Town Meeting or a Special Town Meeting. In 1969 the vote in Shrewsbury was recorded as the following: Malt & Vinous: 32 - yes and 26 - no, and for Spirituous: 29 - yes and 31 - no. And so it stood for a number of years.

Recently, when the question was asked in regards to spirituous liquor, it was determined that the vote from 1969 still was in effect. There was some indications and accounts such as the December 2012 Shrews-

bury Historical Society Newsletter that the "Shrewsbury Inn" in the village served "hard alcohol" as recently as the late 1970's but there was no officially recorded information that indicated that the 1969 vote had changed.

Upon investigation, in the Town Proceedings, Volume 7 at the March 6, 1979 Annual Town Meeting the question of Malt & Vinous licenses as well as Spirituous Liquors was warned to be voted on by ballot during the course of the meeting. Apparently a vote was taken but the results of the vote were never recorded either in the Town Proceedings or in the Town Report. No official certification of the vote seemed to be available attested to by any election official in order to determine what the outcome of the vote was. The vote being inconclusive, it was determined that the outcome of the 1969 vote was still in effect.

The current petition was received in my office late on Wednesday June 3<sup>rd</sup>, 2015. On the following Monday Barry Griffith, Shrewsbury Town Agent passed to me an article from *The Rutland Daily Herald Wednesday Morning March 7, 1979* edition entitled *Shrewsbury 'Goes Wet'*. The article is an interview with June Webster the Shrewsbury Town Clerk at the time, giving a history (summarized above), of the Town going through spells of being wet then dry then back to wet and on occasion being damp (only beer and wine). An important thing in the article however was that there was a result of the vote recorded. *Final figures on the vote to allow the sale of malt and vinous beverages were: 135 yes; 9 no. To allow sale of spirituous liquors, the final vote figures were: 121, yes; 23 no.*

Because this was the only record of the vote, I inquired of the Secretary of State's office if the Herald's report of the vote can be used as an "official" vote report in determining the need for a Special Meeting. The Town was advised that because the State has no official record (Towns are not obligated to report local Town questions) that if the Selectboard in consultation with the Town Agent decide to use the Herald's results the Town may do so.

So, on June 17<sup>th</sup>, the Selectboard voted to accept the results of the 1979 Town Meeting as reported in the *Rutland Herald* March 7, 1979 edition concerning the questions relating to malt & vinous beverages and spirituous liquors. Further, under the provisions of 17 V.S.A. § 2643 the Selectboard will not be calling a special meeting duly requested by the petitioners because it is not necessary.

*Mark Goodwin, Shrewsbury Town Clerk*



## SHREWSBURY VOLUNTEER FIRE DEPARTMENT

In the last month the SVFD went to several locations and pumped our dry hydrants. This provided an opportunity for driver and pump training. The Ludlow Fire Dept. sponsored a meth lab awareness training that several of our members attended. Barry Griffith provided a review of the Long Trail access points and camping areas to improve our ability to respond to lost, injured hikers. We spent a night performing vehicle, small engine and facility maintenance. All four of our trucks were sent in for annual inspections and vehicle maintenance. In the past couple of months both engine/pumpers have had their annual pump services completed.

The SVFD responded to five calls in the last month. There was a brush fire on Lincoln Hill, a motor vehicle rollover on Town Hill Rd, a pole fire on Cold River Rd., a carbon monoxide detector alarm in Cuttingsville, and an injured hiker on the Long Trail near the swinging bridge. During our monthly business meeting the SVFD welcomed new member Evan Robinson.

Summer is in full swing now and it sure is nice to be outside enjoying the warm weather and the brilliant green we have in our mountains. We have had an abundance of rain since May which has helped minimize the grass and brush fire dangers. If you are doing yard cleanup and want to burn brush contact Forest Fire Warden Kevin Brown - 353-8668 (cell), 775-5518 (work) or Deputy Forest Fire Warden Al Ridlon 282-3642 (cell), 492-2055 (work) before you burn. You must receive confirmation to be able to burn. Also, with the July 4<sup>th</sup> holiday just around the corner, notify Chief Russ Carrara - 779-7217 (cell), 492-3339 (work) or either of the Forest Fire Wardens of your planned fireworks displays. Fireworks are dangerous! Check that the area is clear of people and pets, stay a safe distance away from structures, and check the weather conditions. The state of Vermont has previously banned fireworks due to dry conditions and a high fire threat, so it's always good to check! Enjoy the holiday and remember:

### STAY FIRE SAFE

*Submitted by Jack Perry*

## JULY 22, 2015

Punch Cards and Vehicle Stickers required to use the Shrewsbury Transfer Station!

## Lincoln Hill Short Term Road Closure

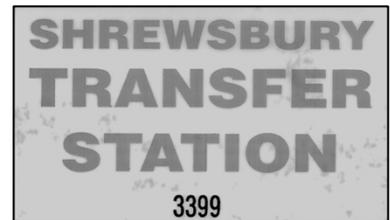
The Lincoln Hill Road closure is expected to begin around July 6, 2015 and the closure will remain in place for 28 consecutive days.

Please follow the signed detour to be installed by the Town of Shrewsbury.

Thank you for your assistance and cooperation throughout this upcoming construction season. Contact project outreach coordinator Natalie Boyle at (802) 310-7822 or [nboyle@gpinet.com](mailto:nboyle@gpinet.com) if you have any questions.

### Transfer Station Stickers

Stickers for your vehicle will be required after June 14, 2015, to use the Shrewsbury Transfer Station. Stickers can only be obtained from the Town Clerk with a copy of the vehicle registration (two stickers per household). Office hours are Monday through Thursday from 8am until 3pm. Stickers can also be obtained by mailing a *copy* your vehicle registration to the Town Clerk, 9823 Cold River Road, Shrewsbury, VT 05738.



### Welcome to The Rustic Rooster

There's a buzz in Cuttingsville about the new restaurant coming to Town—*The Rustic Rooster!* Greg and Donna Ganzer of Belmont have been in the restaurant business for a combined total of almost 50 years, and they are excited about the opportunity that opened to them when Ron decided to move on.

Donna says *The Rustic Rooster* will be "a full service restaurant offering All-American food with a twist. There will be creative entrees and specialties every night, great salads, personal pizzas, and more." Because of state regulations the Ganzers were only able to open for two meal periods per day so the doors will be open for lunch and dinner seven days a week beginning (hopefully) the latter part of July.

Donna and Greg feel lucky to have this opportunity and are very appreciative of the support they have received in Shrewsbury and Cuttingsville. Their hope is to be servicing the community for not only as long as Ron did but also be able to offer three meals a day in the future! --CYM

### Hair Loss Not Bad If You Are A Tree

When growing up I had a neighbor whose head hair seemed to be in the right place but there never seemed to be enough of it. It did not affect his health but the difference between the “norm” and his head was noticeable to a kid. I was reminded of this



fact by the looks of many of the red maples growing in Shrewsbury this summer (and silver maples in Rutland as well). Like my friend they seem to have leaves in all the right places but there doesn't seem to be many of them. The lack of leaves is often associated with heavy seed production in the same trees.

The science folks explain these occasional years of heavy seed production as being triggered by “a complex interplay of conditions.” When trees use energy to make excessive flowers and seeds something has to give and often it is leaf growth, both size and amount. Common thought is that this combination of sparse foliage combined with heavy seed production is the result of stress during the previous growing season – hail, drought, late frost, to name a few. However, as the summer moves along, the leaf growth should continue and by mid to late summer these trees should return to a fuller looking crown. So unless there are additional stresses to these trees, there should be no long term health problems.

What you can expect is many young maple trees growing up underneath these “seed” trees and an incredible supply of fall food for birds, squirrels, and anything else that consumes our little maple helicopter seeds.

*Submitted by Gary Salmon, Tree Warden*

Position Available:

**Part-time Transfer Station attendant  
\$12 per hour**

Contact Bert Potter 773-2272

### News from the Mountain School

Summer is here! The year ended with a really lovely Moving Up and Graduation Ceremony on a lovely, hot (somehow it's always hot when you have to sit in the multi-purpose room) June night. The kids were by turns adorable, cute, a bit rowdy in their happiness, and altogether impressive. The 6th graders made speeches on who they were thankful for and grateful to in getting through their years at SMS. They were so sincere and mostly serious. It is one of my favorite parts to graduation.

Last month I promised more news on how this year's legislative changes will affect us in Shrewsbury. Well the only way to express it is- not well. Act 46 which is what H361 is called now that it has been signed by the Governor is very complicated and the needed student numbers and "preferred governance structures" do not fit us as we exist now. The Supervisory Union Board Chairs are hoping to get a presentation/forum set up with the Agency of Education in the very near future. We all felt that this would be helpful to everyone, ourselves included. So watch for posters and emails announcing a time and date in the near future. Now enjoy these summer days- they don't last long.

*Submitted by Adrienne Raymond*

## Music at the Schoolhouse

La Peche, an International Trio presents

### Music from the Balkans and Beyond

Morgan Nilsen, clarinet, from Clarendon, VT

Paul Bertin, saxophone, from France

Ofir Uziel, accordion and piano, from Israel

**Sunday, July 19 @ 7:30pm**

at the

## Russellville Schoolhouse

18 Crown Point Road, Shrewsbury

\$10 for adults (over 12)

kids under 12: free

**Bring dancing shoes!**

Sponsored by SAGE

(Shrewsbury Institute for Agricultural Education)

Farmers need music too!

# SHREWSBURY LIBRARY

*Library News Submitted by Joan Aleshire*

We are very pleased to announce that JESSICA GIFFIN has been elected to the Board of Trustees for a three year term. Jessica and her family moved to Shrewsbury about a year ago; the Library was one of the family's first stops in Town for these enthusiastic readers. Brogan is going into 7th grade at Mill River; Caitlyn and Ryleigh are at Shrewsbury Mountain School.

The Library is the grateful recipient of Joan Sibley's personal collection of books and records. Many fine examples of 20th and 21st century poetry, fiction, and nature writing will fill gaps in our own collection; the duplicates, along with a number of older "collectibles" will make this year's Book Sale especially appealing.

The new Five Year Plan Committee will be meeting soon to set priorities for the near future. If you've volunteered to take part -- on our Survey or in person -- DONNA will be contacting you, never fear!

## **Coming Events:**

Friday, July 18 @ 7:30pm @ SHREWSBURY MOUNTAIN SCHOOL: THE METTAWEE THEATRE COMPANY presents its 40th (and possibly last) touring production, "OUT OF THE PAST: Celebrating 40 Years of the Mettawee Theatre Company's Journey. Adults & Teens: \$8; Kids under 12: \$2. Gingerbread for sale before the show!

Saturday, August 1 @10am - 2pm @ The Library: CHARLIE PAQUIN demonstrates ancient and modern uses of local trees. Free and open to all. Please bring a bag lunch; we'll have a beverage.

## **Continuing Programs:**

Sunday, July 19 @ 4pm: FAMOUS BOOKS BOOK CLUB: *Far from the Madding Crowd* by Thomas Hardy (second discussion). Please call Joan for more books: 492-3550.

Sunday, July 26 @ 4pm: SCIENCE BOOK CLUB: *The Best Science and Nature Writing 2014:* Second discussion. Please call Joan for more books.

Alternate Mondays: QUILTERS' GROUP: Call Don-

na Swartz (773-7403) or Gail Hartigan (492-3605) for information. All welcome!

## **New Books include:**

- \* *The Shepherd's Life: Modern Dispatches from an Ancient Landscape* by James Rebanks: a memoir about farming in England's Lake District;
- \* *Skyfaring* by Mark Vanhoenacker: A pilot writes about his life in the sky;
- \* *A God in Ruins* by Kate Atkinson: the author of "Life After Life, writes another time-shifting novel, now moving from the present to World War II and back;
- \* *In the Unlikely Event:* by Judy Blume: the moving new novel for adults by the author of such popular young adult books as "Are You There, God? It's Me, Margaret"; and
- \* *Dreamland: The True Tale of America's Opiate Epidemic* by Sam Quinones: A journalist's analysis from the front lines of a small community.

## **New DVDs include:**

- \* "Mr. Turner": Mike Leigh's brilliant biopic about the painter J.M.W. Turner; and
- \* "Ida": the Academy Award for Foreign Feature winner, about a Polish nun.

And do check out all the DVDs that now replace the classic VHS tapes in our collection!

## **!!!CALLING ALL KIDS!!!**

Welcome to summer vacation!

There will be two Story Hours at the Library during the month of July:  
**Wednesday, July 1, and  
Wednesday, July 15  
from 10:30 till 11:30 a.m.**

This is generally for younger children, but all are welcome, and we'll share the goldfish and juice with everyone. There is also a coffee maker for needy parents, as well as good company and conversation. Looking forward to seeing you all.

*Pam Grace 492-3529*

**New CD's:** We have received a very large donation from Penelope Weiss. Coming in July are:

- *Cowboy Junkies - The Trinity Sessions*
- *Bob Marley and The Wailers - Confrontation*
- *Pearl Jam - Ten*
- *Robert Cray - Sweet Potato Pie*
- *Hot Tuna - Keep On Truckin*
- *Dr John - Television*
- *Lyle Lovett - I Love Everybody*

*Thomas Hartigan*



## **Yankee Magazine names Crisanver House of Shrewsbury the “Best Small Resort” in New England**

Innkeepers Michael & Carol Calotta purchased the former Tip Top Inn in 1970, completely reconstructing it to current high end hospitality standards while preserving its early 19<sup>th</sup> century architecture. Three new luxury cottage rooms, a carriage house, and a beautiful wedding and event barn were added to complement the updated main house.

Hiking trails, a swimming pool, tennis court, and bocce ball court were added to transform Crisanver into the intimate resort visitors have now cherished for years. Seasonal vegetable and floral gardens delight the guest’s senses when Carol includes them in breakfast and dinner dishes throughout the year.

A new Conservatory creates a welcoming and memorable dining experience featuring Carol’s acclaimed gourmet cooking; Everything is freshly prepared with a changing daily menu complemented by a 500 bottle wine cellar of higher rated wines.

Crisanver House is proud to be included in 1,000 Places to See Before You Die in the U.S. and Canada. The Inn is popular with European travelers, leaf peepers, winter sports enthusiasts and locals needing that perfect location for a honeymoon, anniversary or other special occasion. The innkeepers are particularly gratified to contribute to the attraction of Shrewsbury and Rutland in “The Green Mountain State.”

*Submitted by Carol Calotta*

On behalf of Spring Lake Ranch, we are pleased to welcome you for an evening with Alissa Johannsen Rubin, Paris Bureau Chief for The New York Times & Trustee of Spring Lake Ranch speaking on the topic:

**“Where did ISIS come from?  
A Look at the Origins of a Deadly Terrorist Organization”**

**Thursday, August 6**

**7:30 PM**

**Shrewsbury Meeting House on Lottery Road**

**\$10 Suggested Free Will Offering**

**Refreshments following**

# Shrewsbury Historical Society

www.shrewsburyhistoricalsociety.com

## The Historical Society Museum Opens

This year the museum opens on Sunday, July 5<sup>th</sup>, from 1 to 3 pm, and will continue to be open on Sundays at the same time until the last Sunday in October. As you already know, it is free and has a handicap accessible parking area, walkway, and entrance into the back of the building.

Among the newest exhibits for 2015, the Society is celebrating the John C. Stewart & Son, Inc. Ford Dealership, now in its 100<sup>th</sup> year, and owned by the

same family. Shown in the exhibit is a copy of the Resolution H.C.R. 46, given by the State of Vermont House of Representatives, offered by Rep. Dennis Devereux and Senators Collamore, Flory and Mullin congratulating the Stewart family.

Also shown is the Patrick Farrow sculpture, titled "The Castle Tree" (and whimsically titled "The Mit-



Patrick Farrow's  
"The Castle Tree"

ten Tree") which has been part of the museum since its beginning. When the museum was situated on the second floor of the Library, it stood at the top of the stairs. The welded steel sculpture is a 6 ft. tall tree, and in between the branches, if you look hard enough, you can see tree people, a house, a barn, a covered bridge, and staircases everywhere. It is called the "mitten tree" as the Society was told that the Farrow's children would hang their wet mittens on the branches to dry after playing outside in the Shrewsbury snow where the family resided. With many thanks to Anne Nancy Spencer, who loaned the sculpture to the museum, the Society felt it should do honor to this sculpture as we understand the Chaffee Art Center will be showing Farrow's works beginning July 10.

## Changes in the hamlet of Cuttingsville

Recently Ron Ferro retired as proprietor of Over Easy's located next to the Post Office. A new restaurant will be taking its place. We wish the new

business much success but will surely miss seeing Ron and enjoying his special breakfasts.

## Meeting House Rock Service

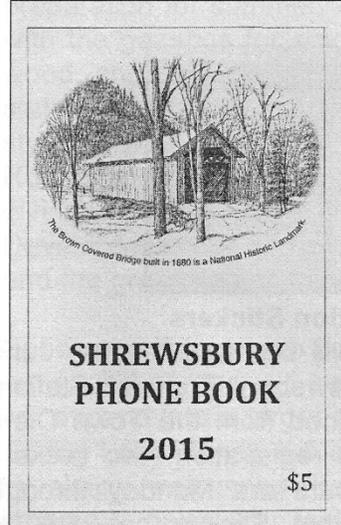
According to the town's history book by Dawn Hance, Northam's earliest religious services were conducted by Elder Knapp in 1818. He had been ordained as an Evangelist the preceding year in Springfield, VT. Since there was no house of worship, these meetings were held at the schoolhouse, Moses Colburn's house, or in the summer at Meeting House Rock. Knapp also performed baptisms in a depression or "Baptizing Hole" near the rock. To this day, the Shrewsbury Community Church still holds one summer service at the Rock on the last Sunday of July. As part of the Shrewsbury Bicentennial Celebration in 1991, the Society taped the Service on July 28 that year. You can watch excerpts from this service on the the Shrewsbury Historical Society's website, www.shrewsburyhistoricalsociety.com. Sitting on chairs and blankets, folks enjoyed the Reverend's sermon from atop the rock, and listened to the wonderful voices singing the various hymns. Twenty-four years have passed and many changes in faces. It's very nice to look back and see old friends once again.

## Please note:

The Shrewsbury Historical Society will not be meeting in July. The next meeting will be held on August 4<sup>th</sup>, at 7pm in the museum. All are welcome to attend.

*Submitted by Ruth Winkler*

*Photo by Brian Winkler*



New  
Phone Book  
On Sale!

Price: \$5

Pick up your copy at  
Shrewsbury Library  
or  
Pierce's Store

## Vermont Farmers Food Center

Come celebrate their three years Anniversary at 251 West Street, Rutland, on Sunday, July 5 at 3-6pm. Food, music, future plans, community feedback.

## The Shrewsbury Community Church



*Compiled by Sue Ransom-Kelley*

### Shrewsbury Community Church Moving to the Northam Church for July & August Summer Sunday Worship Services at 10:30am

The Northam Church is the lovely white church with the tall steeple next to the Town Office on the Cold River Rd. in North Shrewsbury.

The public is invited to attend the annual pilgrimage to the **Meeting House Rock for church service July 26 at 11:00am**. Located at the base of Shrewsbury Peak on the CCC Road, approximately three miles east of Pierce's Store in North Shrewsbury on the right side of the road. You can park at the Stone Chimney, just past the Rock on the left side of the road. Come and sing with us and the birds. Casual dress is suggested. You may also bring a lawn chair or blanket to sit on, or take advantage of the logs and natural stone benches. The music is particularly special in this natural amphitheater cushioned by moss and ferns. The public is also invited to share in the fun of a potluck picnic, following the service on the grounds of the Northam Church. In case of rain the Rock Service will be held at the Northam Church.

A special **Thank You** to the following folks who donated medical supplies to send with our 30 pairs of children's size three shoe pieces to SOLE HOPE: Helene Johnson, Judy Webster, Fran Patten, Julanne Sharrow and Crystal Kelley! Also Cheers to our shoe cutters: Grace Korzun, Barbara Hoffman, Roxanne Ramah, Julanne Sharrow, Cortney Allard, Lynette Over, Fran Patten, Elaine Ransom, Crystal Kelley & Sue Ransom-Kelley!

#### **FREE COMMUNITY FOOD SHELF @ the Library in the front entry way.**

All are Welcome to come in and help yourself any time the Library is **OPEN**

### Free Community Supper Saturday, August 1 @ 5pm at the Shrewsbury Community Church

We will be hosting a Free Community Supper. Folks are invited to come to the Shrewsbury Town Hall to Eat, Visit and enjoy Live Music. Our menu will feature Crispy Chicken, Corn on the Cob, Summer Salads and scrumptious Desserts! Have a neighbor who can't get out? We will deliver dinner to them!

#### **In honor and in memory of Mother's and Father's the following donations were made to the Community Sharing Project:**

**Mothers:** Derry Dickinson & Jennifer Dickinson by Rev. Jordan "Skip" Dickinson; Jessie Pollock, Nixeon Handy & Ann Pollock by Rene Pollock; Rhea Roberts & Yesmine Ramah by Roxanne Ramah; Elaine Ransom by Sue Ransom-Kelley

**Fathers:** Willard Smith and Arthur Schweikart by Donna & Bill Smith; Arthur Bettelli and Joseph Patten by Fran Patten & Rich Bettelli; Alexander Pollock, Larry Handy, Jim Pollock & Doug Pollock by Rene Pollock; George Richards & George Curtis Over by Lynette Richards Over; Ray C. Roberts & Louis Ramah by Roxanne Ramah; Robert Ransom by Sue Ransom-Kelley

#### **Community Church Calendar**

July 5 @ 10:30am: Worship Service & Holy Communion, Bob Boutwell Northam Church.

July 12 @ 10:30am: Worship Service, David Rice Northam Church.

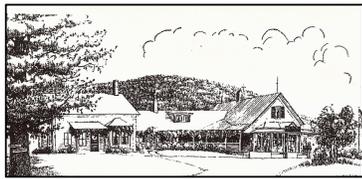
July 15 @ 12 noon: Prayer Shawl Meeting at the home of Judy Pitts. Please bring a bag lunch, drinks and dessert provided. Call Judy at 775-0678 to let her know if you can attend. **All Welcome!** Come and Enjoy the fellowship and the Mission.

July 19 @ 10:30am: Worship Service David Rice, Northam Church.

July 26 @ 11:00am: Worship Service @ Meeting House Rock, Lynette Over. Potluck Picnic at Northam Church follows.

August 1 @ 5:00pm: Free Community Supper @ the Meeting House.

## LIFE AT PIERCE'S



### **Berry nice time of the year!**

I know....it's getting towards the end of rhubarb season, and in some of the lower places, it's over. But for me, rhubarb means it's opening the gate to summer and berries! Here's the progression- the season starts with rhubarb and then it moves into strawberries. Next it's time for raspberries and suddenly blueberries appear! And we can't forget the blackberries. Keep your eyes open for peaches because when you blink the season is over. Then we wrap it up with apples which means cider for freezing and freezing means winter. But, I can now still pick some rhubarb. So, we are still in the beginning of summer!

This whole thought process started in Joyce Wilson's garden. Lavinia, Joyce, and I were admiring her rhubarb plant last week. The next day, a half eaten rhubarb pie was passed to Tim and I made by Joyce who generously gave it to Donna at the store who shared it with Lavinia and her visiting out-of- state friend, and then they gave the rest of the pie to Tim and I who happened to be coming back from an early evening walk. The pie was delicious!

Joyce told me that was Marjorie Pierce's pie recipe. She has given me the recipe to share with all of you. So next year, and quite possibly still in these next few weeks, we can all make a pie to celebrate the warm weather along with the berry good fruit season. By the way, strawberry season has arrived! Tim went picking

the other day and had a fresh bowl of berries waiting for me when I arrived home from work. Not only are they beautiful to look at but they taste so good!

Here at the Pierce homestead, we welcome all berry and fruit pies to taste as we are looking for the best pie recipes for each fruit. Remember the pie eating contests of the past? We need to re-invent this lost art here in Shrewsbury!

Here is Marjorie's pie recipe. From what I have heard, cooking in the kitchen wasn't her favorite activity and I'm not sure if she really enjoyed baking but this recipe of hers' is delicious. One thing I do know that Marjorie really enjoyed and that was teaching. She would be smiling if she saw the afternoon science classes in the stream behind the house. The children walked up from the Mountain School to study aquatic life in the stream using magnifying glasses as they stared into their water samples. If only I had made some of her rhubarb pie to have shared with them!

### **Marjorie Pierce's Rhubarb Pie recipe:**

4 Cups chopped Rhubarb, 1 cup white sugar, 2 heaping Tbsp flour, 1 egg, shake of salt, 1/4 tsp nutmeg Mix and fill into your favorite pie crust. Mine happens to be from Hanna Ford who shared Mrs. Smith's pie crust with me or was it Marie Callender's??? I know, I know! Next for the topping: 1/2 cup flour, 1/2 cup brown sugar, 2 Tbsp butter, shake of salt, 1/2 tsp cinnamon. Joyce adds oatmeal and cinnamon. 375° for about an hour.

Have a berry nice summer! --Stacy McKiernan



*Shrewsbury Mountain School field trip to study aquatic life in the stream behind Pierce's Store*

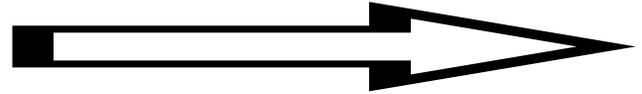
*Photo by Tim Vile*

## A Word About The Following Transfer Station Information Sheets

On a Vermont "Waste Management and Prevention Division" website, information regarding Act 148 is presented very simply: "*The Vermont Legislature unanimously passed the Universal Recycling (UR) law in 2012, which bans disposal of recyclables (metal, glass, plastics #1 & #2, and paper/cardboard) by July 1, 2015; leaf and yard debris\* and clean wood by July 1, 2016; and food scraps by July 1, 2020. It also requires solid waste haulers and facilities to collect these same materials.*" (\*Leaf and Yard Debris must be accepted by Transfer Stations July 1, 2015.)

It may be a simple statement, but nothing could be more complicated to implement! What works at one collection location does not necessarily work at another. The variables are huge. What and how you implement depends on what "Solid Waste Management Entity" you are under, what hauler you use for each product, how you separate various items (i.e. paper and plastic), and the list doesn't end there! The terminology and acronyms alone require constant deciphering.

It's a new program with new program growing pains....and many of those aches we will all feel. The goal is to educate Vermonters on how to divert trash from landfills which are increasingly in short supply. It also gives an opportunity (at least theoretically) to

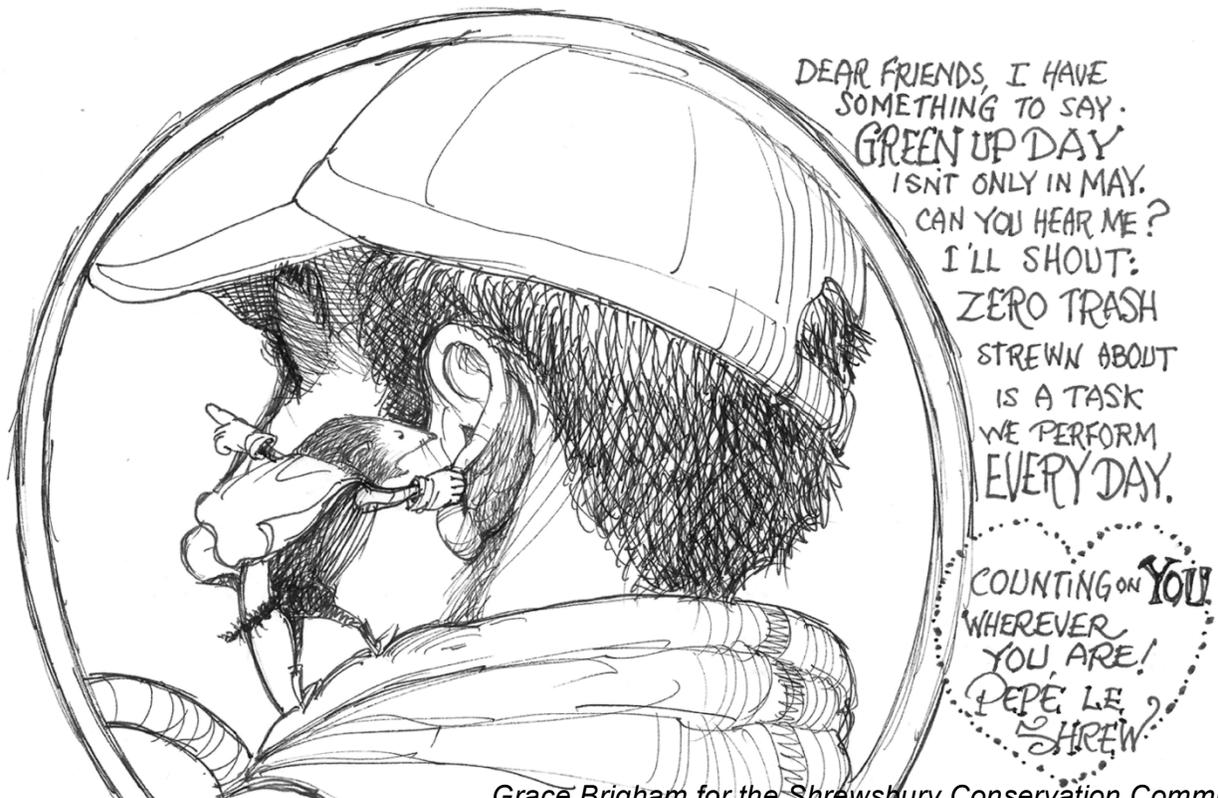


generate income from recyclables and other unwanted items. But the bottom line may be that it makes us so aware and so irritated with the packaging and purchasing we do that we just might affect changes. Changes to *our own* behavior and the behavior of *companies* who unnecessarily package products to the hilt.

All the personnel I talked with in various waste disposal operations across the state all said the same thing: "this is not an easy process for anyone!" Keep that in mind as you try to understand your part in complying with Act 148. The goal is a good one, and together we can surely make this thing work! Hopefully these information sheets will help to clarify at least a few things, and when you no longer need them, they should go in the "White paper" gaylord box in bay #4!

Chryl Martin

*Note: Thanks to Bert Potter for all his input and for answering a stream of questions, and to SWAC Administrator Pam Clapp for her assistance. Also, thanks to Doris & George Perry, Trish Norton & Art Krueger, Liesbeth van der Heijden, and Dirk & Judith Thomas for reviewing the information sheets and making suggestions. Information Sheets compiled by C. Martin*



Grace Brigham for the Shrewsbury Conservation Commission

## SHREWSBURY TRANSFER STATION

Hours: Sundays 8am-4pm and Wednesdays 1pm-7pm

**Automobile stickers:** Each vehicle using the Transfer Station is required to have a sticker on the windshield. Stickers are free and can be obtained from the Town Clerk upon presentation of your vehicle registration. The Shrewsbury Transfer Station is limited to legal residents and/or owners of dwellings or businesses in the Town of Shrewsbury.

### Variable Rate Pricing Fees:

**Punch Cards:** Cards are \$10 or \$20 on sale at the Town Clerk's Office and Pierce's Store. They can also be obtained by mail from Town Office: Send a self-addressed stamped envelope & a check to Town of Shrewsbury, Shrewsbury, VT 05738. By State law they cannot be sold at the Transfer Station.

**Trash Bags:** Size of bags determines how many punches are required. Bags can be opaque or clear.

\$1.00 for 13-gallon bag (1 punch)

\$2.00 for 30-gallon bag (2 punches)

\$4.00 for 55-gallon or contractor bag (4 punches)

-- If trash is in a 32-gallon plastic garbage can (2 punches), it does not have to be bagged.

-- When needed, the attendant will determine the number of punches.

-- Truckloads of unbagged debris will not be accepted.

### FREE DISPOSAL OPTIONS

**Building Materials:** ReNew Salvage is a non-profit organization selling used and surplus building materials and offering deconstruction services. Contractor and homeowner materials donations are tax-deductible. For more information about their programs, hours, and location go [www.deconstructionworks.com](http://www.deconstructionworks.com)

**Household Hazardous Waste Disposal:** Shrewsbury is a member of Solid Waste Alliance Communities (SWAC) which contracts with the Rutland County Solid Waste District (RCSWD) for hazardous waste services. At no charge SWAC residents can dispose of household hazardous waste (HHW) at the RCSWD facility on Gleason Road year round during operating hours. Shrewsbury residents can also utilize at no charge any of the scheduled HHW event locations serviced by SWAC (Benson, Chittenden, Fair Haven, Middletown Springs, Pawlet, Rutland Town, Shrewsbury, Sudbury, Tinmouth, and West Haven). Proof of residency is required. For more info contact SWAC 342-5701, RCSWD 775-7209 or [www.rutlandcountyswac.org](http://www.rutlandcountyswac.org).

**Maple Sugaring Lines:** By appointment only. Anyone can recycle non-PVC sugaring tubes at the Addison County Solid Waste District location in Middlebury. Currently there is no charge but lines must be prepared properly. Call Don Maglienti (802) 388-2333, Ext.222 for instructions and to schedule an appointment.

**Paint Disposal:** House paint and primers, stains, sealers, and clear coatings are collected at no charge as part of the PaintCare Program recycling. Collection sites include RCSWD on Gleason Road, LaValley's and most hardware and paint stores in the area. For all locations in the area go to [www.paintcare.org](http://www.paintcare.org)

**Pesticide Disposal:** Any SWAC resident, farm, or business can bring pesticides to the RCSWD Hazardous Waste Depot for disposal at no charge while funding lasts. Call RCSWD at 770-1333 for an appointment for large amounts.

**Refrigerators and Freezers:** Efficiency Vermont's 2<sup>nd</sup> Refrigerator & Freezer Recycling Program (for working refrigerators) offers free pick-up and removal plus a \$50 rebate. Go to [www.efficiencyvermont.com](http://www.efficiencyvermont.com) or call 1-877-545-4113. In Rutland refrigerators that contain Freon can be taken (for a fee) to RCSWD on Gleason Road or Hubbard.

**Recyclables and Reuseables:** See list of items that can be disposed of free at the Shrewsbury Transfer Station

### NOT ACCEPTED at the Shrewsbury Transfer Station (some are accepted on Hazardous Waste Days)

- Any product labeled caustic, toxic, corrosive, or poison
- Pesticides, weed killers, fertilizer
- Anti-freeze, hydraulic fluid, pool chemicals
- Motor oil and filters
- Oil based paint
- Wood preservatives & solvents
- Rechargeable batteries
- Propane and gasoline containers
- Construction and demolition debris
- Tires

**Household Hazardous Waste Disposal Day Saturday, September 12, 2015, from 1:00-3:30pm**

**NOTE:** As changes occur due to compliance with Vermont Universal Recycling Act 148 implementation guidelines, the information regarding use of the Shrewsbury Transfer Station will change. (July 2015)





# Spring Lake Ranch

Therapeutic Community  
*Working Toward Wellness*

## Yoga, becoming one with yourself!

We live in a world that conditions us to believe that outer attainment can complete our longing for something noumenon. More often than not, we find fulfillment within ourselves and through our spiritual practices. Spring Lake Ranch Therapeutic Community is proud to announce that we have a certified Yoga instructor, Peat Puroi, who teaches and practices Yoga. Peat has nine years of experience in Yoga; four spent teaching. He received his certification from Yama Studio in Baltimore and Yoga Works.

**Nahita:** What is Yoga?

**Peat:** The nerdy yoga answer would be everything but to simplify that, Yoga's etymology is from the Sanskrit word Yuj, meaning to yolk or to unite. For us, on this physical or human level, it means to unite with ourselves, our mind, body, and spirit. However, a more esoteric meaning would be to unite with the Source, God, or Creator.

**Nahita:** How can it benefit people on a physical, mental, and spiritual level?

**Peat:** I don't think there is an absolute way except that it feels good. That is the first thing. Physically, it can help circulation, reduce stress and anxiety. Psychologically, it can help hone the mind and keep it focused on one point. Energetically and spiritually, it's a very uplifting practice. It is a way that we can compassionately embrace our pain and discomfort and to learn and understand where it comes from.

**Nahita:** How do you translate negative events in your life into your Yoga practice?

**Peat:** View every posture like it's a person you're interacting with. Focusing on where you want to be gives you an intention to work with that you can keep coming back to. That is meditation; to keep coming back to the internal processes you want to project. Yoga cultivates this inner strength or compass that isn't separate from everything else and when you connect with that inner space, it makes it easier to stand in confidence and in strength because you don't have to rely on anything else outside of you.

**Nahita:** Why do you think some are intimidated

by Yoga? How can they overcome this?

**Peat:** A lot of that comes from how it's portrayed in our culture. Our culture is very materialistic and tangible. With the breath work and meditation, the real internal work, it's harder to see progress. Never feel like you have to live up to an image and put your leg behind your head. Realize that the practice is there to reconnect with yourself and not to fit the image of what the world has made Yoga.

*Nahita Zafimahova, Intern at Spring Lake Ranch*

## EXCITING NEWS!

The Shrewsbury Historical Society announces the first program in a series of explorations of Shrewsbury Institutions. Our first presentation will be given by

**BOB SNARSKI**  
Of the

**SHREWSBURY VOLUNTEER FIRE DEPARTMENT**

**Sunday, July 19<sup>th</sup> @ 3 p.m**  
**at the Cuttingsville Fire Station**

**PLEASE JOIN US!**



We've come a long way!

### Fire Fighters' Convention 1963

SVFD officers: Bernard Gregory, Red Brigham, Art Patten, Joe Mundette, (?), Dick Adams. Junior Firemen: George Brigham, Jr., David Gregory, Hallett Gregory.

The Shrewsbury Historical Society will be planning field trips. Keep an eye on *The Times of Shrewsbury* for more announcements.

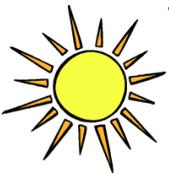
### SAVE THE DATE

Shrewsbury Library  
Haystack Dinner & Street Dance  
Saturday August 22 @ 6:30pm  
at the Meeting House/Town Hall on Lottery Road

The Library will soon be soliciting for food donations for this wonderful harvest meal. We are hoping to serve local produce including beef, vegetables, and cheese. We served about 100 people last year and we know this is becoming a very popular event. We would love to advertise that your produce is being served. If you can donate please call Donna Swartz at 773-7403.

### Solar Reflections

After our initial list printed in the *Times* last month, we had several more Shrewsbury residents report on their solar usage as well. The Townspeople below are great resources if you are considering "going solar" and have questions. Let's keep the list growing!



#### Shrewsbury Solar Users

Joan Aleshire  
Sandy & Kristi Bragg  
David Catellier  
Louise & Stan Duda  
Lily & Eldred French  
David & Laurel Fretz  
Scott Garren & Heather Shay  
Mark & Carol Goodwin  
Mark & Licia G. Hamilton  
Greg and Galen Miller  
Art Krueger & Trish Norton  
Randy & Deena Page  
Russell and Donna Reay  
Podge & Martha Sirjane  
Jeff and Mary Smith / Maple Crest Farm  
Aaron Schnieder and Marty Anderson  
Sharon & Roger Winnicki  
Ryan Wood-Beauchamp  
& Kara Fitzgerald  
*Submitted by the Conservation Commission*



*Pony in training at  
Reinbow Riding Center*

### Reinbow Riding Center

The Reinbow Riding Center at 430 Robinson Road in Shrewsbury has begun classes for the 2015 season. If you would like information on our therapeutic riding program and its many benefits, please contact Mary Jane Osbourne at 492-2226 or visit our website at [www.reinbowridingcenter.org](http://www.reinbowridingcenter.org).

A big thank you to all who attended our volunteer training class. The donation of your time will help us fulfill our mission of helping those with special needs through therapeutic riding.

*Submitted by Alec McCallum*

*Smith Maple Crest Farm, LLC*

802.492.2151



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Shrewsbury, VT 95738

[www.smithmaplecrestfarm.com](http://www.smithmaplecrestfarm.com)

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*We ship our maple syrup around the world!*



*Therapeutic Massage*

Lisa Marie Donohue, MA, LMT

The Thrive Center of the Green Mountains  
68 South Main Street • Wallingford, VT 05773

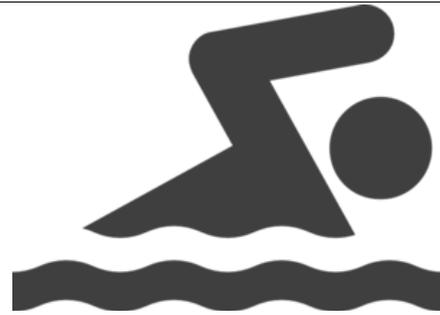
t: 802.446.2499

Fun. Funky. FunKtional.

Summer fun!



96 Merchants Row, Downtown Rutland Facebook.com/TattersallsClothing



**Shrewsbury Outing Club Swim Lessons**

Marcos Levy will be joining us for his 19th season! Lessons will be from July 20-31 (Monday-Friday). Payment is per calendar week and will cover up to 5 sessions for the week.

\$10/week for members  
\$15/week for non-members

Lessons will begin at 10am starting with the older swimmers.

If you are interested in your child participating, email Marcos at [thenewlearningproject@gmail.com](mailto:thenewlearningproject@gmail.com) or call 492-3208.



Good Food on the Fly!

Located at the Rutland Airport  
**802-770-1855**

Closed for Vacation  
June 29 thru July 6

We will reopen on  
July 7  
With

**NEW HOURS**  
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CLEANUPS, DRAINAGE SOLUTIONS, LIGHT EXCAVATION**

### RAVNAH Seeks Veterans to Share Their Stories

RAVNAH Hospice has recently launched “*Veterans’ Voices*”, a program that honors current active duty and former military members – and the families who support their service. It gives veterans, service members, and military families a chance to share their stories about their lives and their experiences, and leave an enduring legacy behind. We record participants as they are telling the accounts of their lives, pivotal moments and everyday memories. Once recorded on DVD, we preserve these recordings, give each participant a DVD and archive a copy at the Folk Life Center in Middlebury, VT if desired by the family. Their stories, told in their own voice, can be shared with current and future generations.

Recording the stories, experiences and sacrifices of veterans is important for the historical record. In doing so, we honor their voices, strengthen their experience and let veterans and service members know that we are listening and can better understand their veteran experience. To learn how to participate or to get more information contact Ann LaRocque at 770-1516 or email [larocque@ravnah.org](mailto:larocque@ravnah.org) or John Campbell at 770-1683 or email [jcampbell@ravnah.org](mailto:jcampbell@ravnah.org)

### Equine Cancer Ride

*Lets Put a Whoa to Cancer* on Saturday, July 11, starting at 10:30am. It will be an eight mile ride starting at Shrewsbury Mountain School, going over Eastham Road to Russellville, then up Northam, and back to the school where we will have a BBQ following the ride. \$20 per single rider; \$35 per family.



Join us if you would like to be a part of the ride. Please call ahead to make sure everyone has trailer space: (802) 342-8708.

*Submitted by Tammy Stevens*

### Clarendon Town wide Yard Sales

Town wide yard sales will be held Saturday July 25, 2015. Refreshments available at the Fire Station beginning at 9am! Come and enjoy the day.

### For Sale Jotul F 3 CB Wood Stove



Blue/Black Enamel cast iron  
Excellent condition; \$2100. new  
Asking \$800

[journal@sover.net](mailto:journal@sover.net)



### Digital Newspapers

*Access NewsBank* provides web-based access to current and archived issues of 4540 full-text newspapers. The service is updated daily and includes the Rutland Herald. It is available through the Shrewsbury Library and is free to library patrons who can access the collection from home by going to: [shrewsburylibrary.org](http://shrewsburylibrary.org) and click on *Access NewsBank*. Patrons will need to have their 13-digit library card number to access *NewBank*.

Scott Rabin  
Computer Tech

278 Russellville Rd  
Shrewsbury, VT 05738  
802-492-3441

Over 20 years experience with  
laptops, desktops, data recovery,  
virus and malware removal, wireless  
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# Copperas Hill Farm

Shrewsbury, VT

## Chicken: Now Available in Cuts!

*(Chicken Breast, Thigh, Drumsticks, Wings)*

## Heritage Pork Products Grass-Fed Beef

*All Supplemented with natural, non-GMO, anti-biotic-free feed*

Call or email for more details  
189 Copperas Hill Road, Shrewsbury, VT 05738  
(802) 492-3525  
www.copperashillfarm.com  
marc@copperashillfarm.com

## Standard Poodles

For Sale  
Born February 15<sup>th</sup> 2015

FEMALE ( Dark Brown) Savannah, 19 lbs @ 14 weeks, agility prospect, all about fun, quick study, smaller size, fastest of the group settles well, sturdy build.

MALE (Black) Captain, 28 lbs at 14 weeks, large boned, calm - loves everyone and everything, best at basic obedience, experienced large dog owner only.

All are crate trained, house training in progress, (we are almost there), all have had second round of shots - wormed, all are walking on leash, basic obedience in progress "sit, down, come" and tunnel verbal and hand commands are being used. Car driven routinely. These dogs are quick studies.

Applications and home visit apply  
Call Larry at (802) 345-0587

**WALLINGFORD MEMORIAL ROTARY  
ANNUAL LOBSTER BAKE  
SUNDAY, AUGUST 16, 2015  
WALLINGFORD LODGE ON  
ELFIN LAKE  
4:30 - 7:30 P.M.**



Cost: \$25/person

(Steak can be ordered for those who do not want lobster).

Dinner includes salads, corn,  
dessert and coffee & tea (iced). BYOB.

Tickets need to be pre-purchased.

Contact any Wallingford Rotarian or  
Barry at 492-3573 or call Randell at 492-3794.

Proceeds go to MRUHS scholarships, Bike Safety Day,  
Fishing Derby and other Community projects

## Qu's Whistle Stop



Beginning July 6

**Open 7 Days a Week  
7am to 7pm**

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**(802) 772-7012**

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QusWhistleStop@gmail.com

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## Round Up Doesn't Only Poison Weeds



The past several years, the Shrewsbury Conservation Commission has been researching the use of herbicides to manage vegetation growth on the VELCO power line right of way (ROW) that passes through town. Although we

have been impressed with the management of the ROW for several reasons, the use of herbicides concerned us enough to research more about the environmental and health risks. Here is a summary of what we have found out about one herbicide that is used by many of us to control unwanted weeds on our property.

- Round Up is the brand name given to a weed killer that has been promoted by Monsanto as harmless. Glyphosate is the active ingredient but when combined with added ingredients (inerts) such as POE-15, has been found to be increasingly more toxic than glyphosate by itself. Original research tests were on glyphosate alone. More current studies are finding it is the combination of glyphosate with inert ingredients that are causing serious health risks associated with its use.

- In May the World Health Organization listing Round Up as a probable carcinogen. They call for regulatory assessment rules to be fully revised.

- A study in 2013 demonstrated that Round Up interferes with human digestion and the biosynthesis of nutrients, leading to connections with many diseases and disorders that plague human health. The dramatic increase in Round Up's use mirrors the same increase in numerous disorders such as autism, non-Hodgkin lymphoma, and Parkinson's disease.

- Farm workers regularly exposed to Round Up have increased rates of premature births and miscarriages.

- Relyea, the detergent mixed in with Glyphosate, is lethal to young amphibians and it persists in water and pond sediment much longer than originally thought (400 days).

- Most corn and soy, and an increasing amount of fruits and vegetables, are grown from genetically modified seeds that resist treatment of Round Up. Thus acres and acres are being sprayed, killing all unwanted weeds but not killing the main crop. In 2013 the EPA increased the maximum amount of pesticide residue allowed on crops thus increasing the use of Round-up on non-GMO crops, such as wheat, root crops and more. Glyphosate is showing up far from the fields—in household water supplies (or well water), in human urine samples and in human breast milk. It has even shown up in the urine of people living here in Shrewsbury who have eaten organically for years.

A walk down any hardware or garden supply store shows a plethora of weed killers that just were not there 20 years ago, and many of us routinely use them on lawns or driveways to kill weeds. But it's the mistaken belief that these chemicals are not harmful combined with the dramatic increase in their use, that may be causing real harm to users and their environment. This writer has used Round Up in the past but is switching to safer methods. I have used my Cobra tool to loosen and remove weeds easily from a standing position. I also made up a liquid that seems to be working well to control the Wild Parsnip that recently has appeared in our meadows as well as unwanted grass and weeds along the edge of my riding ring and driveway.

**Total Vegetation Killer** – 1 gallon of vinegar, 2 cups of Epsom Salts, ½ cup of Dawn dish detergent mixed in a sprayer and applied during dry weather.

**Weed Killer** – leaves grass - Add clove oil to vinegar and spray directly on the weed to kill.

**Propane torch** burns all vegetation. Be sure to burn down to the roots.

If you have another method of controlling unwanted grass and weeds, send it into the TIMES and share it with others.

If you wish to learn more about Round Up concerns, just google Harmful Effects of Round Up or check out these links [www.biosafety-info.net](http://www.biosafety-info.net) or [www.mdpi.com/1099-4300/15/4/1416/pdf](http://www.mdpi.com/1099-4300/15/4/1416/pdf)

*Submitted by Louise Duda for the Shrewsbury Conservation Commission*

## RAVNAH Blood Pressure/Foot Care Clinics

The cost of the foot clinic is \$10. For more information please call 775-0568.

Wed 7/01/2015, Wallingford House, 10:30 am

Thurs 7/02/2015, Rutland, Parker House, 10am

Wed 7/08/2015, Rutland, Templewood Court, 10am

Wed 7/15/2015, Rutland, Linden Terrace, 11am

Thurs 7/16/2015, Rutland, Maple Village, 10 am

Wed 7/29/2015, Rutland, Godnick Center, 12:30pm

Thurs 7/30/2015, N. Clarendon Community Center, 12:30pm

## Travel Well with RAVNAH's Travel Health Clinic

RAVNAH is the region's resource for comprehensive and safe travel health services including vaccines and individualized disease prevention plans to international travelers. For more information call Cathleen at 802.770.1536 for a personal appointment or email [gohealth@ravnah.org](mailto:gohealth@ravnah.org).

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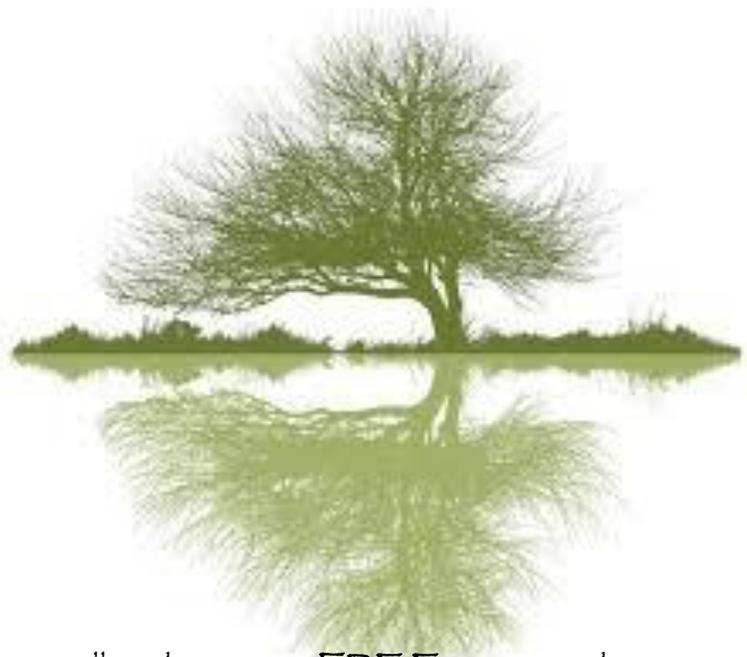
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## NEWS FROM PIERCE'S STORE

Monday-Saturday 7am-7pm  
Sunday 8am-5pm

Sally Deinzer, Manager

*"What do you say to inviting the neighbors in for a picnic tonight?"*

*"But we don't have anything in the house!"*

*"Doesn't Pierce's have stuff? Let's go see."*

**Here's what you could check off your list at Pierce's:**

Brush to clean off the grill  
Charcoal & lighter fluid  
Bug repellent and Citronella sticks  
Paper plates and disposable utensils, cups, napkins  
Hamburger (Smith Farm & commercial)  
Hotdogs  
Sausages (McKenzie & Smith Farm)  
Chicken (Misty Knoll & Copperas Hill Farm)  
Steaks (Smith Farm)  
Burger Buns (Rob's)  
Hotdog buns (commercial)  
Chips, pretzels & dips  
Breads & rolls (Rob's and commercial)  
Salad makings & other vegetables (local farms & commercial)  
Potato Salad and/or coleslaw (made regularly by Chef Rob – always available by order but not necessarily available "today")  
Popcorn (microwave and local whole kernel)  
Brownies and cakes (Duncan Hines mixes)  
Cookies (Rob's and commercial)  
Ice Cream (Wilcox)  
Syrups, cherries & whipped cream  
Beer & wine  
Sodas & seltzers  
Juices  
Moxie  
Ice  
Cleaning supplies & trash bags (13 & 30 gallon)

Alka Seltzer!!!

And that's not all. Try shopping here first!

\* Soups, Pizzas and Friday meals from Rob's kitchen change from week to week. During the summer Rob often makes a refreshing salad or cold soup on hot days. Please call the store (492-3326) if you're wondering what's on the menu. It will always be posted on our Facebook page and sent out to the daily email list. If you want to be included on the email distribution please let me know at pierces.store@gmail.com.

**Friday, June 26, from 5-7pm – Wine Tasting**  
Sandy Bragg will feature a selection of Pinot Gris from Oregon. Light snacks will be available.

◆  
**Special preorder items from Rob's kitchen for July 4<sup>th</sup> (available on the 3<sup>rd</sup>)**

Guacamole	Salsa
Hamburger Buns	Cider beans
Watermelon gazpacho	Coleslaw

◆  
**Custom-made sandwiches available**  
Monday–Friday between 11 and 1 on most days. So stop in for lunch!

*Daily lunch specials will be announced no later than the morning of the day, earlier if possible and will feature Rob's homemade Soups or Salads.*

### **Regular hot meals in the crockpot:**

Monday – Chili con Carne

Tuesday – Smith Maple Crest Farm grass-fed beef Tacos

Thursday – Pulled Pork Sandwiches on Rob's homemade buns

### **Specialty Wednesday Pizza Varieties**

7/1 Pesto, chopped tomatoes, mozzarella and parmesan

7/8 Italian Sausage, marinara and mozzarella

7/15 Sautéed peppers and onions, marinara and mozzarella

7/22 Caramelized onions, mozzarella and gorgonzola

7/29 Louisiana with Andouille, Creole marinara, and mozzarella

## Friday Night Dinners

**July 3, 17, & 31:** Rob's Lasagna

**July 10 & 24:** Rob's Mac & Cheese

**July 10** - Weezie Duda will be making BBQ Chicken with Potato Salad and Cole Slaw

**July 24** - Nancy Ellery will be making Cod Fish steamed in individual parchment paper packets with chopped Kale, Lemon and Artichokes, served with Bulgar Wheat and a Cookie.

*Meals will be available on Fridays 5:00 to 7:00pm...and on Saturday until they run out. It's best to call ahead and reserve your order!*

**492-3326**

The Times of Shrewsbury  
P. O. Box 373  
Cuttingsville, VT 05738

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