

**William Gilbert
Received
Yale Book Award at
U-32**

The Yale Book Award is given to member of the junior class who has demonstrated superior academic achievement, high personal qualities and leadership qualities.



William Gilbert, Worcester resident, is the son of Allen Gilbert and Lila Richardson. He is hardworking, compassionate and motivated academically. In addition to his academic success, he plays varsity soccer and tennis at U32. He loves playing ultimate Frisbee and this summer again worked at the First in Fitness summer camp for young children.

**Connecting -
the Mind**

By Amy Miller
Middlesex



There have been many times throughout my life that I have engaged in the power of positive thinking without fully understanding that I was doing it. I was working at Champlain Valley Physicians Hospital (CVPH in Plattsburgh, NY) as a Registered Nurse. The unit that I worked on was a medical surgical unit specializing in renal issues. My memory is that our unit was over staffed and that the oncology unit upstairs was understaffed. It was my turn to float. I was apprehensive about working on a unit that I was not familiar with, different diagnoses, different staff, and different patients. During my walk from the fourth floor to the fifth floor, I told myself that it was going to go well. I reframed the situation into an opportunity. That is indeed what it turned out to be. I learned more about the care and treatment of oncology. I worked with and cared for many wonderful individuals.

Two years ago, during a kayaking adventure, is when I put the power of positive thinking together with meditation and realized the power of mind over matter. It was the first kayak of the season. When we arrived at Green River Reservoir the gate was still locked. We decided to carry both kayaks, at the same time, the five-hundred feet, downhill to the water and continue on our way.

My arms felt so tired carrying the kayaks, that I had to rest twice on the way down and by the time that we got to the water, my arms were exhausted. I was thinking that something was going to have to change if I was going to be able to continue and if I was going to be able to enjoy my day. As I began to paddle, I began to think 'I have power, I feel strong.' The more that I thought it, the better I felt. I thought those words more often than not during our four hours of paddling. At the end of the day, I carried the kayaks the five-hundred feet uphill to the car. I did not take a rest and my arms felt stronger than they had all day.

There are tremendous amounts of literature and research validating the power of the mind. If you think it, your brain will release chemicals that will lead to you feeling the way that you are thinking. This includes negative thinking as well. If you think a negative thought, your brain will release chemicals that produce a negative feeling. This cycle can repeat itself. It is important that we be conscious of our thoughts and know that we have the power to stop a negative thought before it has time to produce the corresponding chemical, thus leading to the negative feeling. If we monitor our thoughts, we can create a state of being that is positive. This does not mean that we should not feel difficult feelings that are a reasonable response to life events. It is more about not making life more painful than it needs to be. It is also a good way to help us through the tougher times in life.

Research is showing that our brain is not so hardwired that we cannot change it. Rather, we can rewire our brain, by practice and repetition. If we have a fear or a way of reacting to situations that does not serve us, we can decide how we would rather handle it. We can create a new neuro pathway, taking away from preexisting pathways, so that the new pathway becomes our response. This takes time and effort. I believe that you will find that it is well worth it. Pay attention to your thoughts, because they can change your mind.

Amy Miller has a private therapy practice in Central Vermont and is a resident of Middlesex Vermont. Amy's practice includes psychopharmacology and mind-body healing. She is host of CTVT's 'Connect with Amy Miller: mind, body, soul, spirit'.

Amy can be reached at
ConnectwithAmyMiller.com.



**Washington County
Rep. Tony Klein**

August Update..



Greetings!!

I can't believe how fast the summer is flying by. School will be open soon! I can't believe how much rain we have had. And I can't believe that it really doesn't feel much like summer. Hopefully we will have a DRY beautiful fall and the tourists will come in droves and spend lots of money and give our faltering economy a shot in the arm. The latest revenue projections for the state are not good. Here is the latest update and some thought about what may happen. As you have undoubtedly read in the news the revenue for the general fund was downgraded again by \$24M at the Emergency Board meeting in July. Since the downgrade is greater than 1% of the General Fund budget, the administration must present a plan to the Joint Fiscal Committee (JFC) to make expenditures agree with the new revenues. The JFC can then either accept the plan or reject it with recommendations. JFC cannot alter the plan. (If the JFC doesn't act within 21 days of receiving the plan, the plan goes into affect.) At the moment the JFC has scheduled a meeting for August 19th to act on a plan from the administration. If the administration and the JFC cannot eventually reach agreement on a plan, the administration can implement a 1% rescission without JFC approval. The biggest downside to not acting now is that it becomes more and more difficult as the year goes on and more of their budgets have been expended for departments to find places to make cuts.

The administration has exempted several expenditures from rescission: renter rebate, property tax adjustments, special investigative units, correctional services and out of state beds, the transfer to the ed fund, state police, the military and debt service. They have also decided to seek \$32M in rescissions (about 5%); \$24M to cover the General Fund, \$4M they would seek to transfer to transportation, and \$4M as a "cushion". They have requested agencies to submit a plan for the 5% reduction along with a statement of the impact of the rescission.

Many of you may wonder if we should spend some or all of the Stabilization Reserve (often called rainy day funds). Just one example of why that may not be prudent: if our congressional delegation is not successful in increasing funds for LIHEAP (low income heating help program) the state may have to come up with \$30M just to keep the benefit at last year's level. Furthermore, the economists indicated that all the risks are on the downside and we may see further downgrades in November and January. It's also important to remember that these funds would have to be replenished. These are challenging times and everyone will do their best to minimize the impact of these cuts on those who most depend on government to help with meeting their needs. If you have any questions please don't hesitate to contact me.

**I am easily reached by cell phone at 802 793 6032
or by e-mail at twk@tonyklein.com.**

Please remember to vote on primary day, September 9.

Thanks for your continued support! Rep. Tony Klein

One Last Summer Concert Series



**Rescheduled Classical Concert
with Middlesex own
Jane Kittredge
Piano and Violin Sonatas
Thursday evening August 21, 2008 6:30
Martha Pellerin & Andy Shapiro
Memorial Bandstand**

Rain Venue: Town Hall