

OBITUARIES

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younger, attending town team softball games, sewing, her cat, Tiger, and taking care of her great-grandson, J.J. She is survived by her son, Laurence Wight, and wife, Kim, of Tunbridge; a brother, Roy Wight, and wife, Nancy, of South Royalton; a sister, Carol Wight, of Tunbridge; a granddaughter and a great-grandson; a special cousin and friend, Laura Dyer, of Tunbridge; an uncle, Albert Wight, and wife, Chris, of Rye, Colo.; one great-nephew; several nieces, nephews and cousins. She was predeceased by her parents; three uncles, Ted Wight, Arthur Russ and Hiram Russ; and an aunt, Helen Sargent.



LUNT, CELIA E., 95, of Barre Town, died February 26 at the home of her son and daughter-in-law Michael and Debbie Lunt. Born on Nov. 24, 1917, in Starksboro, she was the daughter of Mr. and Mrs. Leslie Taft. She attended schools in Bristol and Starksboro. On July 26, 1941, Celia married Claude L. Lunt in East Montpelier. They made their home in East Barre and Barre. He died on Aug. 3, 1993. She was primarily a homemaker and assisted her husband in their auto appraisal business as his secretary. Through the years, she enjoyed cooking, flower gardening, sewing and snowmobiling. Her other interests were caring for their beagle dogs and doll collecting. Survivors include two sons, Claude "Smokey" Lunt Jr. and wife, Sheila, of Barre, and Michael Lunt and wife, Debbie, of Barre Town; two daughters, Susan Miller and husband, Kevin, of Cave Creek, Ariz., and Peggy Parker and husband, Leslie, of East Montpelier; five grandchildren; and 10 great-grandchildren. Besides her husband, she was predeceased by a sister, Eunice, and a half-brother, Bill.

CUSHMAN, GARY D., 54, of Chelsea, died on February 26 at Gifford Medical Center in Randolph, after a short battle with leukemia. He was born on Sept. 2, 1958, in Barre, the son of George and Reba (Spear) Cushman. He attended school in Chelsea and graduated from Chelsea High School in 1976. He attended Vermont Technical College in Randolph Center, where he graduated in 1978. On May 2, 1981, he married Donna Allen, of Riverton. They had made their home in Chelsea all their married life. Gary worked his entire career, over 35 years, at H.E.B. Manufacturing in Chelsea where he was the production control manager. He was a member of the George Washington Lodge 51 F&AM, Chelsea Historical Society, Chelsea Fish & Game Club, a former member of the

Chelsea Horseshoe League, former hunter safety instructor and Boy Scout leader, a member of the Beer Can Collectors of America, and former regional director of the American Breweriana Association. He loved playing cribbage, billiards, Frisbee, barbecuing on the grill and his dog, Chuckie. His passion and interest was collecting antiques, especially those from Vermont or Chelsea. He owned and operated a small antique shop at the south end of Chelsea village for many years before selling antiques at a booth in Quechee Gorge Village. He loved to attend collector shows with his friends. He is survived by his wife, Donna Cushman, a son, Adam Cushman, his father, George Cushman, and his brother, Brian Cushman, and wife, Jane, all of Chelsea, and many nieces and nephews. He was predeceased by his mother, Reba Cushman, in 2008. Calling hours will be held on Friday, March 8, 2013, at 6 to 8pm with a Masonic service at 7pm at the Boardway & Cilley Funeral Home, 300 Vermont Route 110 in Chelsea. A memorial service will be on Sunday, March 10, 2013, at 2pm at the United Church of Chelsea.



REINKA, WILLIAM JOSEPH JR., 92, of Heaton Woods in Montpelier, died on February 26 at Central Vermont Medical Center. Born in Trenton, Mich., on Oct. 27, 1920, to William Joseph and Lillian Thomas Reinka, Bill graduated from Theodore Roosevelt High School in Wyandotte, Mich., in 1938.

He later earned degrees in business and marketing from the Detroit Institute of Technology and Wayne State University, Detroit. An expert in industrial commodities distribution, he was a member of the American Society of Traffic and Transportation, the Traffic League of Detroit and Chicago, and also an Interstate Commerce Commission practitioner. He retired in 1987 from International Minerals and Chemical Corp. Prior to his military service during World War II, Bill played baseball in the Ohio League, part of the Cleveland Indians organization. He married his high school sweetheart, Irene Richards, on Christmas Day 1941, at St. Stephen's Episcopal Church in Wyandotte, Mich. The following year, he enlisted in the U.S. Army Air Corps, completed Officer Candidate School and trained as a pilot. Bill flew 44 missions as a B-24 pilot in the Pacific theater during the war. During his life, Bill devoted many years of service to the communities in which he lived, including several years as a hospice volunteer in Libertyville, Ill., where he was also an active member of St. Lawrence Episcopal Church. At the time of his death, he was a member of Christ Church Episcopal in Montpelier, where he relocated in 2006. Reinka is survived by his wife, Irene; daughter Rilla Murray, of Montpelier; daughter Denise Johnson and son-in-law Thomas Wies, of Middlesex; daughter-in-law Louise Rogers Reinka, of Eugene, Ore.; and five grandchildren. He was predeceased by his son, William Eric Reinka, and brother Floyd Reinka.

Highland Cattle *continued from page 9*

to those favoring a more acidic environment. As the bio-chemistry of the digestive system is altered, so is the affected tissue/meat. Research indicates that the tissue changes result in a substantial decrease in the ratio of the essential fatty acids Omega 3 and Omega 6. Omega 3 has been the subject of considerable media attention, having been found to help reduce the incidence of heart disease, resist increased blood pressure and, in recent Canadian research, linked to breast cancer prevention.

Although Omega-6 fatty acid is an essential nutrient, the National Institute of Health has published findings that an imbalanced ratio (too much Omega-6) promotes cardiovascular disease and auto-immune diseases rather than suppress them.

Dr. Bryon Wiegand of the University of Missouri Animal Sciences Division, is currently studying the unique attributes of Highland beef on behalf of the American Highland Cattle Association.

Greenfield Highland beef is not sold as organically grown. "You can finish cattle with organic grain, but we maintain a complete grass/forage/hay regimen," Steward said. "When buying hay, it's very hard to guarantee it was organically grown."

Ray and Janet are experimenting with crossbreeding Highlands with Shorthorns, an ancient English breed that yields a higher than average marbling, to decrease the time needed to finish animals for market.

Kelly Foster, Ray's daughter, works with the cattle daily and gets the young calves used to being handled by humans, which allows them to be sold as breeding stock. The minute Kelly appears at the barn she is surrounded by thirty-two of last year's calves - all wanting to be petted and combed at the same time.

With over forty new calves due in the next two months, Shat Acres is going to be a busy place.

Greenfield Highland Beef/Shat Acres Farm can be contacted at 802-454-7384. Further information is available at www.greenfieldhighlandbeef.com.

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Max's View *continued from page 8*

So begins an uncomfortable hour where Becki is essentially kidnapped, shamed, and humiliated by her co-workers. All because of the orders given by a voice on a phone.

"Compliance" is a disturbing film. It's disturbing because it is based on a true story. Actually, it is inspired by 70 known cases of criminal incidents caused by a prank caller claiming to be a Police Officer.

And it's doubly disturbing because the only person in the movie who never questions the demands of the fake cop is Becki. Even though she knows that she's innocent, Becki willingly submits to everything Officer Daniels demands due to her respect for authority and fear of prison.

"Compliance" reminds us that all of the rights we think we have mean nothing if a local authority figure wants to take them away from us.

This is an ugly truth about life, but there isn't much we can do about it. Because we follow orders. And we aren't rebels by nature.

Central Vermont Crime Stoppers
Tipline:
(802) 476-9999
 We want your information, not your name.
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Healthy Community Classes

Community Reiki Clinics

Reiki is one of the more widely known forms of energy therapy. It is a Japanese technique for stress reduction and relaxation in which a trained practitioner places his or her hands on or above the recipient and energy flows through the hands. The recipient remains fully clothed and awake during this process. Reiki can be used to complement any type of medical treatment and anyone may benefit. Everyone is seen on a first-come, first-served basis for a 30 minute time slot. Registration not required. For information call Sylvia Gaboriault: 249-1218 or Gaboriaults@myfairpoint.net.
WHEN: Saturday, March 9, 10am - Noon
WHERE: 41 Main Street (Suite One), Montpelier
COST: \$10

Healing Art and Writing

Free and open to all those touched with cancer or chronic illness, including caregivers. Explore art and writing to reduce stress and help with the challenges of illness and healing. No experience necessary! Workshop led by Patricia Fontaine. 225-5449.
WHEN: Saturday, March 23, 10 am - Noon
WHERE: Mountainview Medical Meeting Room
 CVMC Campus, Medical Building B

Dragonheart Vermont - A community presentation about breast cancer, sisterhood, paddling, and survivorship!

This breast cancer survivor and supporter organization prides itself on survivorship, life-affirming teamwork, and community-building pursuits. Its dragon boat teams race in regional, national and international competitions. Hear about their 2012 victories in Vermont and in Hong Kong. Learn about their **Survivorship NOW** initiative to provide free wellness programs to empower cancer survivors to live well and their vision to create a Vermont Cancer Wellness Center. Presented by **Beth DeForge**.
INFORMATION: Call 225-5449.
WHEN: March 12, 7:00 - 8:00 pm
WHERE: CVMC Conference Room 2

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Owner John Kirby is a 1997 graduate of the American Numismatic Association, Colorado Springs, for coin grading, certification and authentication.



Open House Barre Technical Center Cosmetology Program

Tuesday, March 26, 2013

5:00-8:00 p.m.

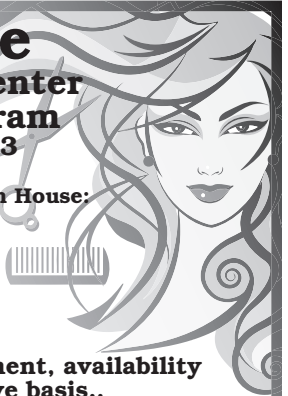
Services available during Open House:

- cuts
- deep conditioning
- manicures
- pedicures
- color consultations

Please call for an appointment, availability is on First Come-First Serve basis..

***If you bring a bag of returnable bottles or cans, you will receive 50% off any service! Bottle Donations will support The Cosmetology Program and a local Charity.**

Please call 476-3012 for an appointment or more information



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 Kinney Pharmacies - Barre, Waterbury, Morrisville, and Waitsfield, Montpelier Pharmacy; Waterbury Pharmacy, Northfield Pharmacy, The Medicine Shoppe - Barre, Wal-Mart Pharmacy - Berlin, Rite-Aid Pharmacies - Montpelier, Barre, Hardwick, Community Health Pharmacy - Colchester