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The Mountain TIMES

Volume 40, Number 19

Central Vermont's Premier Weekly Newspaper

May 12-18, 2011

GENERATION Y

Western Civilization

I'm traveling in Europe this spring and summer. I'm very fortunate to be doing this, and I want to make the most of the opportunity. By this I mean that I'd like to understand, to some degree, the sights I'm taking in.

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KIDS PAGE

Family Emergency Plan

Part of a parent's job is to prepare children for the uncertainties of life. And while you may not be able to bubble-wrap your child or outfit your teen with a tracking device, there are steps you can take to prepare your family for emergencies.

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LOCAL SECTION

Regional News

"The facts Ma'am. Just the facts." The Mountain Times gives you good, clean, local news without the editorializing. You're smart enough to figure it out for yourself!

PAGES 14-18

WINE EXPERIMENTS

Sonoma Valley

With all the fame and attention going to Napa Valley, Sonoma Valley just to the west across the Mayacamas Mountains deserves as much notice. Though the Sonoma Valley is somewhat smaller than Napa, it is the southern part of Sonoma County, which is a much larger wine district.

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Those Rutland County Farmers Markets

by Bill Clark

Rutland County agriculture has gone through a dynamic renaissance in these past ten years. As the county has moved away from dairying, the Farmers Market movement has been growing. New, young farmers have been popping up. "Grown local" and "buy fresh" have really caught on. As doubts grow about "corporate agriculture" and its quality of foods, folks have an increasing interest in where and how their food is grown.

Back in 2004, concerns over producing more local foods brought a unique group of folks together. On an April morning,

local farmers marketers, community leaders, the Regional Planners, the local Conservation District and folks from Green Mountain College ("the greenest college in America," 2010) to discuss how to turn declining agriculture in the county into a positive future. Many ideas were laid on the table. At the end of 2 hours they organized, established a Board of Directors and created a name - Rutland Area Farm and Food Link (RAFFL). They started with no money, however they scraped together some to hire a part time coordinator.

Today, RAFFL is a vibrant group with five employees. They actively connect

people to farmers, hold educational seminars for farmers and would be farmers. They connect growers to schools and institutions throughout the county so they can direct - buy produce. Longer range plans included an Incubator Farm and a Processing Food Hub. As a result, farmers markets are expanding and flourishing throughout Rutland County. There are small markets in places like Wells, Mt. Holly and Castleton. Medium size markets operate in Brandon, Fair Haven and Poultney. The largest market is in

Market, Page 2

Giorgetti Park

story by Dave Hoffenberg

There is a little something for everyone at Giorgetti Park in Rutland, and if the Bond Issue passed on Tuesday there will be even more. Last year it was defeated by a slim margin. "This year the community is excited and the outlook is positive," says Rutland Rec & Parks Director Cindi Wight. It would mean a 3.9 million dollar upgrade to the site. This would add to the already generous 1 million dollar donation from the late Mary and John Giorgetti, after whom the park is named. That money cannot be used at any other location. It will be used to pay 10% of the total project cost and responsibly provide long-term upkeep and maintenance for the facility. Back in the 80's, the Giorgetti's gave \$120,000 to develop the park and without them the park would not be what it is today.

The project is to make Giorgetti park into a Community Center. The arena building would be used for sports and offices. The first

Giorgetti, Page 5



photo by Thomas Bartlett

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WEATHER

Wednesday	Sunny	HI 64°
Thursday	Sunny	68°
Friday	Sunny	71°
Saturday	Cloudy	64°
Sunday	Cloudy	61°
Monday	Cloudy	61°

Forecast Received May 10, 2011

Registration Open For "Way to Go! Commuter Challenge"

For nearly a decade, a growing number of Vermonters have pledged to try a new way of commuting during the week-long Way to Go! Commuter Challenge being held this year May 16-20, 2011. The Way to Go! Commuter Challenge is an annual statewide event promoting economical, environmentally friendly, safe alternatives to driving solo. Businesses and individuals can sign up now at the Way to Go! website www.waytogovt.org.

The local organizers for this event in the greater Rutland area are Marble Valley Regional Transit District "The Bus," Rutland Regional Planning Commission, and Rutland Area Physical Activity Coalition.

"The Bus is pleased to announce fares on all of its bus rides (including in-city and out of town routes) will only be 10 cents Monday (May 16) through Thursday (May 19) and Fare-Free Friday (May 20). ACTR, our partner in Middlebury, will honor similar fares. All fares collected that week will be donated to the Rutland Area Community Cupboard," Saskia Hagen Groom, Community Outreach for MVRTD "The Bus," said.

Last year the campaign was recognized nationally by the Federal Highway

Administration's Exemplary Human Environment Initiatives (EHEI). The EHEI recognizes outstanding examples of transportation projects that either create or improve conditions for human activities while protecting the natural environment. Way to Go! Commuter Challenge was 1 of 10 projects recognized.

For one week in 2010 more than 3,000 Vermonters pledged not to drive alone. Together those commuters eliminated more than 220,000 vehicle miles traveled, conserved 9,758 gallons of fuel, and saved nearly \$30,000 in transportation-related expenses. Their efforts resulted in a net reduction of about 200,000 pounds (20 TONS!) of transportation-related pollutants.

"We hope more businesses will sign up to encourage their employees to save money and help the environment by carpooling, walking, biking and/or riding with The Bus. All buses are equipped with bike racks."

Visit the website at www.waytogovt.org to sign up. For MVRTD "The Bus" schedules and information go to www.thebus.com or call (802) 773-3244 ext. 117.

Live Green - Ride The Bus!

Market

continued from page 1

Rutland and is presented by two markets, the Vermont Farmers Market and the Rutland County Farmers Market. The Vermont Farmers Market is the state's largest and most diverse market. It also created the first and largest winter market and runs fifty two weeks per year.

Markets offer such great varieties of things today. In early season it's bedding plants and florals, then all the good produce and berries of summer, and apples, cider, squash and pumpkins of fall. The past few years has brought many new things to choose from such as large variety of range fed meats, Vermont grown wines and farmstead cheeses. How about mushrooms and even artichokes? There are more and more prepared foods - both native and ethnic - organic soaps, dog treats and of course home baked goodies, specialty foods, even some crafts. Farmers Markets here in the County try to make our "fresh grown" available to folks of all income ranges. At least 3 markets - Rutland, Fair Haven and Poultney - offer USDA - EBT food tokens (Food Stamp Program).

In 2009, the Vermont Farmers Market and RAFFL created the "Grow the Longest Extra Row" Program. Growers were asked to grow extra produce for food pantries. Produce at the end of each market day was picked up and logged

by RAFFL. Thomas' Dairy provided free cooler space. Gleaning and Direct Picking was also done on farms. Green Mountain College folks and other volunteers accomplished this. Green Mountain College also processed extra produce.

In 2010 RAFFL was able to deliver 17,500 pounds of fresh veggies to 26 food shelves and meals programs throughout Rutland County. So, if you live here or are just visiting, be sure to visit a Farmers Market for a great experience, great food and very healthy choices!

Courtesy Sustainable Rutland: This Saturday, May 14 at 10am, downtown Rutland will host the Farmers Market Spring Into Summer Parade to celebrate Rutland's Farmers Market community as it returns to Depot Park and Evelyn Street for the summer market season.

The procession departs from the Market's winter home at The Rutland Area Food Co-Op on Wales Street, continues down Center Street and into Depot Park where Mayor Christopher Louras will officially kick off the summer market with the ceremonial radish toss. There will be hourly drawings for prizes from a variety of market vendors plus a drawing for a Downtown Farmers Market gift certificate.

Market, Page 4

2010/2011 UPCOMING GUIDE

2010/2011 GOLD SPONSORS: RUTLAND HERALD, Citizens Bank, OFFICIAL LODGING PARTNER: Holiday Inn, OFFICIAL GRAPHICS SOLUTIONS PROVIDER: PARAMOUNT THEATRE



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LIVING GREEN is the Way To Go

For Way to Go week, all fares on all routes on The Bus are 10c Monday - Thursday and on Friday, May 20th, all rides are free.



www.waytogovt.org

SIGN UP!

MAY 16-20 2011

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*Sweepstakes ends June 30, 2011. Financing available with approved credit. See your local Suzuki dealer for details. Offer subject to credit approval by GE Money Bank. Applies to purchases of \$2,500 or more of select new untitled Suzuki models, between May 1, 2011 and May 31, 2011. Terms up to 60 months available based on credit approval criteria. Fixed APR of 1.99%, 3.99%, 5.99%, 7.99%, or 8.99% will apply. An example of monthly payments required on a 60-month loan at 1.99% is \$17.52 per \$1000 financed. A down payment of 0%-10% may be required. Offer subject to change and is not available in Hawaii. At Suzuki, we want every ride to be safe and enjoyable. So always wear a helmet, eye protection and protective clothing. Never ride under the influence of alcohol or other drugs. Avoid excessive speeds. Never engage in stunt riding. Study your owner's manual and always inspect your Suzuki before riding. Take a riding skills course. For the course nearest you call the Motorcycle Safety Foundation at 1-800-446-9227. Suzuki, the "S" logo, and Suzuki model and product names are Suzuki Trademarks or ©. © American Suzuki Motor Corporation 2011.

Market

continued from page 2



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Here is a listing of Farmers Markets in
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RUTLAND DOWNTOWN
Saturdays, May 7-Oct. 29, 9am-2pm
802-325-3203, 802-773-4813

RUTLAND DOWNTOWN
Tuesdays, Jun. 7-Oct. 18, 3-6pm
802-325-3203, 802-773-4813

RUTLAND WINTER MARKET
Saturdays, Nov. 5-Apr. 30, 10am-2pm
802-438-9803

BRANDON
Fridays, May 27-Oct. 7, 9am-2pm
802-273-2655

CASTLETON
Thursdays, June 16-Oct. 13, 3:30-6:30pm
802-273-2241

FAIR HAVEN
Fridays, June 3-Oct. 28, 3-6pm
518-282-9781

ORWELL
Fridays, June 17-Sept. 30, 3-6pm
802-948-2670

POULTNEY
Thursdays, June 23-Oct. 6, 9am-2pm
802-458-5805

WELLS VILLAGE
Saturdays, May 21-Oct. 8, 9am-1pm
802-325-3478

MT. HOLLY
Saturdays, June 4-Oct. 1, 10am-1pm
802-259-2386

PITTSFIELD
Fridays, May 20-mid Oct., 3-6pm
802-746-8082

WOODSTOCK
Wednesdays, June 8-Oct 6, 3-6pm
802-457-3555

WOODSTOCK
Saturdays, Mt. Tom Farmers Market,
9:30am-12:30pm
mid-May-mid-October

LUDLOW
Fridays, May 27-Oct. 7, 4-7pm
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NATURE'S WAY

An Abenaki Spring Harvest

by Michael J. Caduto

At the waning of Sogalikas, the “sugar-maker” moon, the traditional Abenaki season for gathering wild edible and medicinal plants begins. Abenaki culture has been handed down to the present day through countless generations living in communities throughout New Hampshire and Vermont, foraging a native harvest from roadsides, woodlands, wetlands, and fields. This glimpse into the traditional wild harvest draws upon extensive first-hand observations, oral tradition, archaeological site reports, observations recorded in the journals of early explorers, and other historical books and records.

Traditionally, during the early spring, maple sap was gathered in birchbark buckets. Cool sap was dipped with a birchbark cup as mildly sweet refreshment. Sap was boiled in clay pots or birchbark buckets until it became maple syrup, sogalosóbôn. Some syrup was boiled further to make maple sugar – an energy source for long journeys.

Sap from winsak, the “sweet birches” of yellow and black, was boiled into an elixir with a wintergreen essence. Tea extracted from the boiled twigs and inner bark was used as an astringent and a wintergreen mouthwash. This tea was also used by the Abenaki to treat diarrhea and rheumatism.

When Kikas, the “planter” moon rose, activity shifted to gathering early greens, groundnuts, other edible roots, and tree barks flush with vital nutrients. The prolific, earthy-tasting roots of groundnut (*Apios Americana*) lay exposed along eroded vernal riverbanks, revealing strings of inch-wide nodules. These were cleaned, peeled, and boiled or roasted

for about 30 minutes to make bite-sized, potato-like tubers.

Familiar spikes of cattail shoots and the lance-like leaves of arrowhead or duck-potato (*Sagittaria latifolia*) sprouted in neighboring marshes. The swellings on arrowhead roots were dug and cut away, then processed and cooked like groundnuts. A tough, fibrous covering surrounds the starchy cattail roots, which are difficult to gather but have a tender, nutritious center.

Wild leeks (*Allium tricoccum*) were harvested from dark riparian soil; scallion-like roots bearing intense onion flavor. This plant is so prevalent along one waterway in north-central Vermont that it is still known by the Abenaki name Winooski, “Onion” River.

The inner barks of many species conveyed potential medicines. Dried willow bark contains salicylates, which metabolize into salicylic acid (aspirin). Willow-bark tea was a painkiller and anti-inflammatory used for treating colds, diarrhea, and rheumatism, without irritating the stomach like aspirin. Bark from basswood and slippery elm were used to treat infected wounds, and that of striped maple to create a poultice that reduced swelling. Slippery elm bark tea coated and soothed the throat and stomach and eased gas, heartburn, and diarrhea.

In the forest understory, newly melted snow revealed the tiny teaberry (*Gaultheria procumbens*) – also known as wintergreen or checkerberry. The roundish, evergreen leaves and red berries from last summer emanate the ambrosia of wintergreen. Tender spring leaves were nibbled raw. When eating the leaves and berries, saliva and digestive juices transform the wintergreen compound into

salicylic acid – nature’s chewable aspirin.

As the season progressed, the scent of wild strawberries wafted from underfoot – crimson gems of sweetness and flavor. The berries were eaten raw, put into food for flavoring, and dried for later use.

If an Abenaki contacted poison ivy while foraging, he or she simply rubbed the leaves of sweet fern (*Comptonia peregrina*) or stems of jewelweed onto the skin to quell inflammation. Sap from milkweed sprouts was applied directly for treating warts.

In addition to medicine, food from wild plants offered greater nutrition than many domesticated varieties, including more energy, fiber, trace elements, and essential vitamins and minerals such as vitamin C, calcium, iron, and folate.

Historically, the Abenaki viewed edibles as forming a continuum from formal vegetable gardens into wilderness. When soil became depleted after 10 to 15 years of gardening, villages were moved to new ground where piles of acorns, butternuts, chestnuts, hazelnuts, dried blueberries and seeds of other important foods were placed around the lodges. Squirrels gathered this largess and buried the fruits and nuts in secret caches. The forgotten stores became seeds of the groves of “wild” fruits and nuts that surrounded many villages. Many other desirable species were encouraged by cultivating those seeds and plants, such as rose, dock, choke cherry, grape, chenopodium, wild beans, false buckwheat, hog peanut, hawthorn, false Solomon’s seal, dropseed, bramble, and grass.

Showing respect is a strong part of the tradition. Permission was asked of



the plant and of the Great Spirit, Kici Niwaskw. Patches were thinned, leaving some plants behind to continue the next generation. The tallest “Grandmother” plant was not picked – it was left out of respect for that progenitor of all others and to assure regeneration. Finally, “thanks” was offered, and a gift of seeds from that plant was left for future propagation, or a symbolic gift of sunflower seeds or tobacco to complete the circle and restore the balance.

Michael J. Caduto is the author of A Time Before New Hampshire: The Story of a Land and Native Peoples. Illustration by Adelaide Tyrol. The Outside Story is assigned and edited by Northern Woodlands and is sponsored by the Wellborn Ecology Fund of New Hampshire Foundation.

Giorgetti

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floor will contain renovated restrooms, concession area, bike/skateboard/skate shop and new locker rooms, community room, control desk and warming/viewing area. The renovated upper level will contain exercise/fitness rooms and multi-purpose rooms for meetings, conferences, classes, exercise, etc., offices and restrooms. Everything would be in one space to better manage programming. Also included in the project would be a newly built fieldhouse. It would have a portable turf system for indoor field events (like soccer & field hockey) and convertible to indoor floor courts (for volleyball & basketball). There also would be an indoor track and a large public event space. Superintendent Ejay Bishop said, “As communities go, Rutland is one of the best when it comes to giving and helping people in need. Maybe it is time to help ourselves and give us hope for the future for our children and grandchildren.”

(At press time, the outcome of the Bond Issue was not yet available. While these large upgrades will be made if it does pass, Giorgetti has much to offer even if it does not...read on!)

As we transition from winter to spring to summer, so do the activities. In the winter there is open skating, ice hockey and curling. The Rutland Amateur Hockey Association makes Giorgetti their home. Growing in popularity is curling, which has the Olympics to thank. Next winter make sure you check out the Rutland Rocks Curling Club which is open to the public. There is a six week spring season where the ice is changed over to turf. Spring sports include lacrosse, football, field hockey and soccer.

There is a lot to offer in the summer. Pine Hill Park has beautiful trails for walking, hiking and biking. Pine Hill Bike Shop

will be open May 14. Junior Baseball and Adult Softball play on the fields behind the arena. If you’re looking for a great spot to fish in the city, nothing is better than East Creek. It is stocked three times a year with trophy fish. The turf is lifted in the arena for Flip Side Skatepark to take over. On May 21 it opens for its sixth year and stays open till the end of September. It has over 17,000 square feet of ramps to skate and BMX. For only \$7 you can skate for the day, not just a session like other parks. The other choice would be to buy a season pass for only \$225 and go as much as you want. Skate Park Director Jay Willman says “It is the best park in Vermont and one of the best in the Northeast.” The park was able to start thanks to a committee that raised \$60,000 from local businesses and Rutland clubs. The Rutland Kiwanis Club alone donated \$20,000 towards the creation of Flip Side. Local resident Chris, “The Master” Hurka built all the ramps. The park is unique because it allows the skaters to have input on the designs and layout of the park.

All ages are welcome to come to the park, although the majority of their guests consist of 5-12 year olds. Last year Jay noticed a lot of people from out of state coming to skate. They were coming from Burlington, NY and NH. They’re gaining popularity thanks to Facebook, where they have over 800 fans. Besides the open sessions, there are summer camps that teach skating and they have three competitions a year. There also is a travel camp that takes the kids to ten different parks in a one week period. Pros regularly stop by to skate, like local legends Lucas Magoon and Niko Cioffi. Call the park at 775-7976 for more information. If you have never been to Giorgetti Park, you’re missing out on a Rutland gem for all things athletic.

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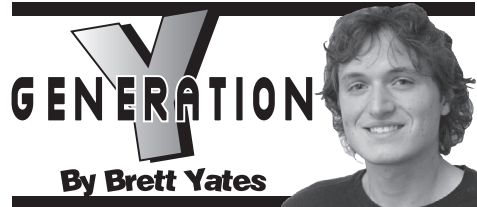
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Western Civilization

I'm traveling in Europe this spring and summer. I'm very fortunate to be doing this, and I want to make the most of the opportunity. By this I mean that I'd like to understand, to some degree, the sights I'm taking in – to have a sense of the significance of these grand old buildings and priceless works of art. Europe, as we all know, is the place of history and culture, and while here I want to understand why one palace was built in the fashion it was built in, why a sculpture was sculpted in one manner instead of another. In every country, I want to know who lived here and what they were like. I don't want to come back to the United States, as so many kids do, feeling that the only European experiences that meant something to me were the ones that took place in bars.

It's really embarrassing for me to admit to myself how little I know about the Western world that I inhabit. I've reached the point where, occasionally, I actively avoid learning about it so as not to call my attention to the paltriness of the information I already possess. But before leaving for Europe, I felt I had to admit to unworldliness and start educating myself. It was a big step for me. I hadn't read a nonfiction book in quite a while.

It was unfortunate, however, that I didn't begin my quest for understanding until about a week before the trip. Here are the books that I read in preparation for my voyage:

1. "The Annotated Mona Lisa: A Crash Course in Art History from Prehistoric to Postmodern" by Carol Strickland: I read this book over a span of two days, and it seemed quite illuminating at the time. I found out not only which movements various artists belonged to but,

in the book's better sections, why those movements sprung up in the first place. Sometimes, Strickland's descriptions of the painters are banal – everyone was a pioneer and a rule-breaker, but the author doesn't devote enough time to the (presumably) banal art whose rules were being broken to understand why. A few days after reading this, I felt I'd forgotten most of the facts I'd learned, but I'm hoping that, as I visit some art museums, they'll return to me and inform my impressions of the paintings.

2. "Europeana: A Brief History of the Twentieth Century" by Patrik Ou edník: I felt I didn't know enough about WWI or WWII, but really this is more a work of literature than of straight nonfiction. That's not to say that its contents are untruthful; I mean that it uses a poetic style – a kind of reverberant deadpan, humorously clinical and yet very affecting – to induce an emotional understanding of a century marked not only by incredible horrors but also by a lot of other stuff, and it's less interested in communicating facts designed to be memorized. Ou edník is a Czech novelist. He's really good.

3. "A Short History of Europe: From Charlemagne to the Treaty of Lisbon" by Gordon Kerr: The sad truth is that I read this book simply because it covered the longest stretch of European history (1250 years) in the fewest pages (150). Much of it reads as though it was copied and pasted from Wikipedia. You learn about a million wars (when they started, when they ended), but you learn about the causes of only a few of them. (The fact is that Europe simply had way too many.) Some of the stuff about the Reformation and the Counter-Reformation was educational for me, but I'd forgotten almost everything in this book by the time I'd turned the final page, and I'm fairly certain that it's gone for good.

4. "A Very Short Introduction to Economics" by Partha Dasgupta: Economics doesn't have anything more to

do with Europe than it does with anywhere else, but I felt that in attempting to bolster my understanding of the world in general it would be useful to pick up a book on the subject. Writing for the Oxford University Press's extensive "Very Short Introductions" series, Dasgupta does a good job of explaining how economic analysis is applied to explain why life is the way it is in various parts of the world, and this – to have a totally logical explanation for why Africa is different from India, which is different from the United States, and so on – seemed kind of awesome to me, although I was lost whenever he employed any math. His worldview also seemed kind of depressing, though, in that he seemed to reduce the entire human destiny to producing and consuming, as though every source of happiness and every impediment to it were a result of economics. In any case, I think I have a general sense now of what economists do, so I guess the book was successful.

5. "Experiencing Architecture" by Steen Eiler Rasmussen: There's very little architectural history in this book (fortunately, "The Annotated Mona Lisa" contained some), and it won't help you classify a building you see into any particular school or movement. Rather, it deals with ways of looking at buildings and of understanding them. It describes philosophies of architecture and tries to convey what architects are thinking about when they design structures. The idea that architecture is not so much the art of constructing solid forms but of creating spaces – that is, the idea that the most significant shapes in a building are not the ones you can see but the shapes comprised of air, within the solid structures – was novel to me, yet I feel right now that I won't experience great architecture much differently than I did before reading this (i.e., with a kind of awed indifference). Written in 1959 and translated from the Danish, Rasmussen's book manages to be both quite lucid and, somehow, quite beyond me.

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Wine Experiments

By Gerd Hirschmann
Representative of the
VT Wine Merchants Co.

Sonoma Valley

With all the fame and attention going to Napa Valley, Sonoma Valley just to the west across the Mayacamas Mountains deserves as much notice. Though the Sonoma Valley is somewhat smaller than Napa, it is the southern part of Sonoma County, which is a much larger wine district or AVA (American Viticultural Area). It opens up to the north to include the Russian River Valley, Alexander Valley, Dry Creek Valley and stretching west all the way to the Pacific Sonoma Coast.

While the Sonoma Valley itself seems eclipsed in size and importance by the northern sections of the Sonoma County, it is the historical cradle where it all started with the Hungarian Agoston Haraszthy planting the first estate in 1850. Parts of his Buena Vista Cellars still stand overlooking the town of Sonoma, although the winery has since migrated to Carneros. Sonoma's tree shaded squares and old mission style buildings have a certain romantic quality and make a good starting point for wine travelers into the Sonoma County. It is the historic little wine capital of the region.

Like the Napa Valley the Sonoma Valley stretches north and gets progressively warmer away from the

cooling effects of the San Francisco Bay area. Sheltered from Pacific storms by the Sonoma Mountains to the west, it is perfect Chardonnay country given testimony by the famous Les Pierres and Durrel vineyards just west of Sonoma town at the southern end of the valley. But it's not only Chardonnay that makes Sonoma famous. Just north of town, the Monte Rosso vineyard is a poster child for Cabernet Sauvignon.

Following Rt.12 north past the Glen Ellen and Kenwood landmarks, Sonoma Valley ends and at Santa Rosa the much larger northern Sonoma County wine district begins. To the west the Russian River Valley and the Green Valley are quite cool region with Pinot Noir and Chardonnay the prominent grape varieties. But it also is home to one of the best examples of the little known Petite Sirah, not to be confused with Syrah. The Foppianos, a historic wine making family, has been making wine here since 1896 and produces one of the most intense Petite Sirahs, a big muscular wine, perfect with a big juicy steak.

Past Healdsburg the Alexander Valley marks the northern end to Sonoma County with ideal Cabernet Sauvignon territory, where famous Silver Oak is produced. To the west the charming Dry Creek Valley features gently rolling hills, where earth and sun combine to form a Zinfandel paradise of timeless dimension. From big and meaty to soft and graceful Dry Creek Zinfandels are among the best, with Ridge vineyards being the famous stand out.

Although Sonoma County has been in the shadow of Napa Valley's fame and fortune, signs are that it may re-assume a dominant position in California wine lore. It is where fine wine production in northern California had its beginnings and it grows more grapes in more varied conditions than its easterly neighbor.

Potentially Dangerous Near-Earth Asteroid

On January 31 University of Hawaii at Manoa astronomers used the UH 2.2-meter telescope on Mauna Kea to take the first new images in over three years of the potentially dangerous near-Earth asteroid Apophis as it emerged from behind the Sun.

The object became famous in late 2004, when it appeared to have a 1 in 37 chance of colliding with Earth in 2029, but additional data eventually ruled out that possibility.

However, on April 13, 2029, the asteroid, which has a 900-foot (270-m) diameter, will come closer to Earth than the geosynchronous communications satellites that orbit Earth at an altitude of about 22,000 miles (36,000 km). Apophis will then be briefly visible to the naked eye as a fast-moving starlike object.

This close encounter with Earth will significantly change Apophis's orbit, which could lead to a collision with Earth later this century. For that reason, astronomers have been eager to obtain new data to further refine the details of the 2029 encounter.

Astronomers measure the position of an asteroid by comparing with the known positions of stars that appear in the same image as the asteroid. As a result, any tiny error in the catalog of star positions, due for example to the very slow motions of the stars around the center of our Milky Way galaxy, can affect the measurement of the position of the asteroid.

"We will need to repeat the observation on several different nights using different stars to average out this source of imprecision before we will be able to significantly improve the orbit of Apophis and therefore the details of the 2029 close approach and future impact possibilities," noted Tholen, co-discoverer of Apophis.

Apophis's elliptical orbit around the Sun will take it back into the Sun's glare this summer, inhibiting the acquisition of additional positions. However, in 2012, Apophis will again become observable for approximately nine months. In 2013, the asteroid will pass close enough to Earth for ultraprecise radar signals to be bounced off its surface.

GolfNews



Jeff's Events

Don't miss the 5th Annual Jeff's Night BBQ, beer & bonfire bash on Tuesday, May 24, starting at 6pm at Green Mountain National Golf Course. The cost is \$20 per person for all you can eat, Joey Leone on guitar, and a "Yard Sale" featuring new golf equipment at bargain prices.

Play with the pros! On May 25, the 7th annual Jeff's Day Pro-Am Golf Tournament happens with a 10:30am shot-gun start, at Green Mountain National Golf Course. The fee is \$125 per player.

Great prizes are to be won, and an awards dinner follows. There will be a silent auction featuring green fees for some of VT's best courses, PLUS... a Key Largo vacation at the beautiful Mariner's Club Resort.

This will be our last big event! Come celebrate Jeff Hadley's life and continue his crusade to find a cure for ALS (Lou Gehrig's disease).

Call Green Mountain National Golf Course for info & registration at 802 422-4653.

All proceeds benefit the ALS Therapy Development Institute.

News From Green Mountain National G.C.

by Spider McGonagle

Green Mountain National is open for the season and it is time to play some golf! The golf course is in fantastic early-season condition and we are all looking forward to another great year at "Vermont's #1 Public Golf Course."

The GMNGC Pro Shop is open daily and we are receiving shipments of new golf equipment and apparel every day. We have some amazing new merchandise, and some great deals from last year, so start the season in "style" with something new. Also, be sure to keep checking The Mountain Times all season long for some great coupons on greens fees and merchandise that you'll only find here in "Central Vermont's Favorite Weekly."

Thursday Night Twilight League starts on May 19 and everyone is invited to participate in one of GMNGC's most popular and exciting weekly events. As always, we have some great prizes and gift certificates, donated by our generous local merchants, so be sure to clear your calendar on Thursday nights. Beginners are always ENCOURAGED to participate and, as always, give us a call every Thursday morning to sign-up.

We have some early-season tournaments coming up

soon. The Annual Jeff's Day ALS Benefit Pro-Am (in memory of former GMNGC Head Pro Jeff Hadley) is scheduled for May 25, The Killington / Pico Rotary Tournament to benefit the Rutland Area Visiting Nurses and Hospice is scheduled for June 1, and the Grist Mill Restaurant will be hosting the Goombay Invitational on June 10. We have details regarding all those and more in the Pro Shop and our entire Events Calendar can be found at www.gmngc.com.

Season Passes and Resident ID Cards are still available at the Killington Town Office and here at the clubhouse. Remember, you must pick up your Season Pass BEFORE you play your first round or you will be charged full price. We have passes to fit all budgets and schedules, so get out and play some golf.

We have an entire summer of golf planned and we hope you'll grab your clubs and get involved. GMNGC's Tuesday Morning Quota League, Wednesday Morning Ladies' League and our Sunday Evening "Mixed-Scotch" Socials are all scheduled to begin very soon, so start making your plans now.

We can't wait to see you back here at GMNGC and if you have any questions, please give us a call at 422-GOLF

World Golf Ranking Through May 9

courtesy The Associated Press

1. Lee Westwood	ENG 8.08	30. Edoardo Molinari	ITA 3.39
2. Martin Kaymer	GER 7.42	31. Louis Oosthuizen	SAF 3.32
3. Luke Donald	ENG 7.33	32. Robert Allenby	AUS 3.22
4. Phil Mickelson	USA 6.60	33. Matteo Manassero	ITA 3.22
5. Graeme McDowell	NIR 5.66	34. K.J. Choi	KOR 3.20
6. Rory McIlroy	NIR 5.44	35. Kyung-Tae Kim	KOR 3.03
7. Paul Casey	ENG 5.39	36. Ben Crane	USA 2.99
8. Tiger Woods	USA 5.37	37. Zach Johnson	USA 2.96
9. Steve Stricker	USA 5.34	38. Y.E. Yang	KOR 2.90
10. Matt Kuchar	USA 5.26	39. Rickie Fowler	USA 2.89
11. Bubba Watson	USA 5.21	40. Ryan Moore	USA 2.86
12. Charl Schwartzel	SAF 5.02	41. Pdraig Harrington	IRL 2.82
13. Dustin Johnson	USA 5.00	42. Jonathan Byrd	USA 2.81
14. Jim Furyk	USA 4.75	43. Brandt Snedeker	USA 2.81
15. Nick Watney	USA 4.56	44. Anders Hansen	DEN 2.79
16. Ernie Els	SAF 4.25	45. Bill Haas	USA 2.78
17. Adam Scott	AUS 4.24	46. Rory Sabbatini	SAF 2.64
18. Ian Poulter	ENG 4.11	47. Ross Fisher	ENG 2.60
19. Francesco Molinari	ITA 4.08	48. Gary Woodland	USA 2.60
20. Hunter Mahan	USA 4.07	49. Lucas Glover	USA 2.58
21. Martin Laird	SCO 3.95	50. Ryo Ishikawa	JPN 2.58
22. Robert Karlsson	SWE 3.92		
23. Miguel Angel Jimenez	ESP 3.85		
24. Jason Day	AUS 3.83		
25. Retief Goosen	SAF 3.72		
26. Justin Rose	ENG 3.69		
27. Alvaro Quiros	ESP 3.58		
28. Geoff Ogilvy	AUS 3.48		
29. Tim Clark	SAF 3.40		



Rules of the Game

By Alan Jeffery

USGTF Certified Golf Professional
Green Mountain National Golf Course

QUESTION: Ann and Steve are playing in a tournament. On the 15th hole, Steve's tee shot is found just off the fairway between a number of roots. Clearly, the ball is unplayable. However, behind the roots is an immovable obstruction which would interfere with his swing if he decided to attempt stroking the ball from its position between the roots. Because of this interference, Steve says he is entitled to relief. Ann says he will be penalized if he takes relief without penalty. Is Ann correct?

ANSWER: If Steve could have made a stroke at the ball from its position between the roots, he could have taken relief from the immovable obstruction. However, this was surely impossible. Therefore, relief without penalty is not allowed. Ann is correct. Relief is allowed only under the ball unplayable rule with penalty of one stroke. See USGA Decision on the Rules of Golf, 2010-2011, 24-2b/16 and Exception under Rule 24-2b.

Golf clinics continue Tuesday evenings, 5:30-6:30 and Saturday mornings, 10:30-12:00. All are invited and work is continued on individual problems. Remember, the swing's the thing and continuous improvement is what it's all about. Call GMNGC at 422-GOLF for more information.



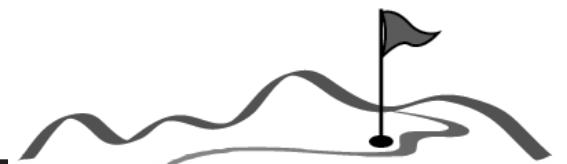
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Health & Fitness

HEALTH CALENDAR

May 12 - Rutland. RAVNAH Blood Pressure & Foot Care clinics: Sheldon Towers 9:30am; Linden Terrace 11am. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

May 12 - Benson. RAVNAH Blood Pressure & Foot Care clinic: Benson Heights 10am. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

May 12 - Rutland. Family Cancer Support Group features Movement for Health w/ therapist at RRM. Cancer patients & their families encouraged to attend. 11:30am-1pm. Conference Rm. 4. Light lunch provided.

May 12 - Castleton. RAVNAH Blood Pressure & Foot Care clinic: Castleton Meadows 12:30pm. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

May 12 - Rutland. Fitness Lecture Series at Dana Rec Ctr. This week, Injury Prevention for Running & Cycling. 7pm, Dana Gym. 773-1820.

May 13-14 - Wells. Spring Rummage Sale presented by Wells UMC, Sat, 9am-3pm & Sat. 9am-noon. Spring/summer clothes, shoes & accessories for all. Crafts, flea items, knick-knacks, books, magazines, videos, household items, house plants. Friday special: Great Tomato Plant Sale & Food Sale. Sat. only - big bag sale. 325-3196.

May 14 - Rutland. Intro to Ashtanga Vinyasa Yoga donation class offered every Sunday at Studio Bliss.

May 16 - Rutland. Rheumatoid Arthritis Support Group 1st meeting, 6:30pm at RSVP/FGP/One-2-One Office at 6 Court St. Info, 775-8220 x101.

May 17 - Rutland. RSVP now for RSVP Bone Builders workshop to qualify volunteer trainers for osteoporosis exercise program. 9am-2:30pm, Rutland Parks & Rec Bldg. Reserve spot at 775-8220. Free of charge!

May 17 - Rutland. American Red Cross Blood Drive, noon-6pm, American Legion. Appt at 1-800-RED CROSS or walk-in. Receive day pass to VT State Park & coupons.

May 18 - Dorset. APPOINTMENT ONLY RAVNAH Blood Pressure & Foot Care clinic: Dorset Nursing 9:30am. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

May 18 - Rutland. RESIDENT ONLY RAVNAH Blood Pressure & Foot Care clinics: Meadows, 1:15pm; Gables 3:15pm. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

Mons. - Rutland. Look Good...Feel Better program. Free. Female cancer patients learn beauty techniques; 1pm, 1st Mon. of e/o month (June. 6 next), RRM. 1-800-ACS-2345.

Mons. - Rutland. Low impact exercise group for those with Parkinson's Disease, 2:30pm Mondays, Godnick Adult Center. Free. RSVP sponsors.

Mons. - Bridgewater. Zumba at Bridgewater Grange, \$4. 6:30pm.

Mon. Wed. Fri. - Rutland. 10:30-11:30am - Arthritis Pool Class. You don't need to have arthritis to benefit from this comprehensive fun exercise program. Locker room & towels included. \$40/10 classes. Holiday Inn Pool, 775-1911.

Mon. & Thurs. - Rochester. Bone Builders exercise program meets 9am, Park House. Lightweight resistance training to help slow down or reverse osteoporosis. 767-3416.

Mons. & Thurs. - Rutland. Commit to Quit program at RRM. 4 wk program begins 1st Mon. of each month. Mons. 4:30-5:30pm or Thurs. 9-10am. Register 747-3768. Free!

Tues. Sex Addicts Anonymous - SAA. Are you suffering from compulsive sexual behavior? Call hotline 1-800-477-8191. Rutland's 12 step group meets weekly at Grace Church, 8 Court St, Rutland. 6:30-7:30pm.

Tues. - Rutland. Woman to woman cancer support group meets 1st Tues. of month, 5-6:30pm, CVPS/Leahy Comm. Health Ed Ctr, Conference Rm C. Potluck meal. All women with any type of cancer welcome. 747-1693.

Tues. & Thurs. - Mendon. Weekly Senior Citizens Bone Builders free exercise classes. 10-11am. Mendon Methodist Church. 773-2694.

Mon., Tues. & Thurs. Killington - Anusara Inspired Yoga classes at Killington Yoga, Mon. 8:30am mixed level, Tues Level 1 & Thurs Level 2, 5:30pm. killingtonyoga.com. 422-4500.

Weds. - Mendon. Mendon Senior Citizens plan meeting 1st Wed. of month at Mendon Methodist Church. 773-4187.

Weds. - Dorset. RAVNAH & Dorset Nursing offer 6-session grief education & support group, e/o week. Dorset Nursing Office, noon-1:30pm. Pre-registration required, 770-1516.

Weds. - Rutland. Tea for the Soul support group for those with chronic illness or life-threatening illness. 1st & 3rd Wed., 2-2:30pm. CVPS/Leahy Ctr at RRM. 747-1693.

Weds. - Rutland. Man-to-Man Prostate Cancer Support Group meet 5:30pm, 4th Wed. of month @ RRM. Spouses welcome. 483-6220.

Thurs. - Mendon. Mendon Sr. Citizens monthly gathering for meals at Countrymen's Pleasure, 4pm or Sugar & Spice 11:30am. 2nd Thurs. of month, rotating location. \$5 donation. RSVP 773-4187.

Thurs. - Brandon. Weight Watchers Meeting, 5pm, Brandon Senior Center.

Killington - Kripalu Yoga LouiseHarrison@live.com or call Louise 747-8444. Weds. 8:45am, ongoing class. Private & small group classes by appt.

Poultney - Young at Heart Senior Center has Free Bone Building Class Tues & Thurs, 9:30-10:30am. 287-9200.

Pittsfield - Bikram Yoga @ Pilates, Yoga & Adventure Center. Mon. & Wed. 5:30 & 7:15pm. Tues. & Thurs. noon, 5:30pm. Fri. noon. Sat. 9am. Sun. 9am & 4pm. All ages & abilities. 866-677-4268.

Castleton - Castleton Community Center offers Bone Builders, Movement Medley, Better Balance programs, more. Call 468-3093.

Rutland - Pyramid Holistic Wellness Center offers yoga, kickboxing, meditation, dance, martial art & more. All classes drop-in. See ad for details. 775-8080.

Rutland - RAVNAH and RRM offer classes for parents-to-be including Birth and Beyond, Birthshop. Register: 775-0568.

Rutland - AA Hotline, Rutland area: 802-775-0402, 24 hours.

Rutland - Al Anon: Call Pete: 773-9548 or Marcia: 775-7479 for meeting info. Beginner meeting Fris, 7pm, The Evergreen Ctr.

Killington - AA Meetings, Sherburne United Church, (little white church, Rte. 4). Tues., 7pm. Thurs., noon. Sats., 7:30pm.

Free Educational Yoga Workshop

New Yoga Workshop Series at Studio Bliss located in the Opera House on Merchants Row offers information and exercise. Get fit this spring with the introduction to Ashtanga Vinyasa Yoga donation based class offered every Sunday in May!

Yoga with Kamala is an educational workshop for a simple series of stretching and breathing exercises

based on a 5,000 year old sequence. Ashtanga Vinyasa Yoga is a balance of working the core strength to develop muscle flexibility and breathing to bring substantial health benefits to all ages and fitness levels.

This workshop is not for profit. Yoga Kamala is a Vermont based LC3 organization that specializes in fitness and exercise education for preventative health benefits.

Lyme Disease Has Become More Prevalent

by Pohla Smith

In retrospect, Jennifer Mankoff, now 37, believes she was infected with Lyme disease either during a trip to Ligonie, Pa., in 2005 or while hiking in Frick Park in Pittsburgh in the fall of 2006.

She got a rash, one whose cause was never diagnosed, after the Ligonier trip, and she actually picked a tick off her leg after the hike in Frick Park.

Either way, the Shadyside, Pa., woman, an associate professor in Carnegie Mellon University's Human-Computer Interaction Institute, got sick later in 2006. She's not exactly sure when the symptoms started, but she was so ill that she had friends come stay with her when her husband had to travel in December.

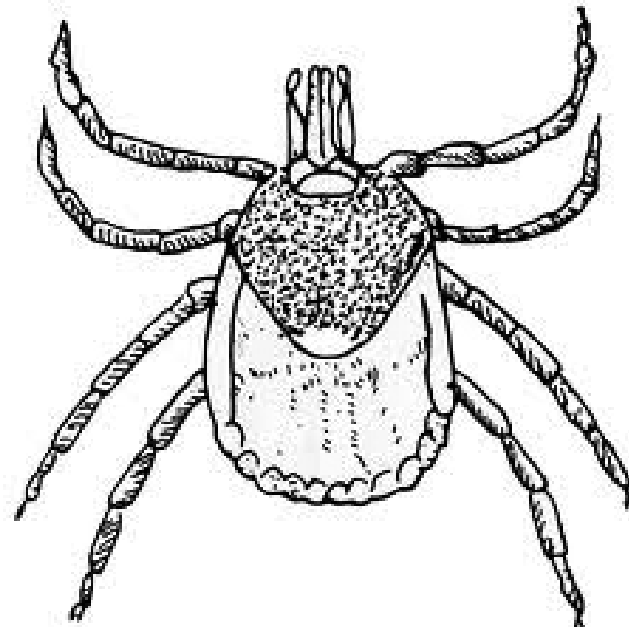
Lyme disease is caused by a bacteria carried by ticks most commonly referred to as deer ticks, although entomologists now identify them as black-legged ticks. They have been infected as larvae and nymphs, which feed on birds or small mammals. Adult ticks prefer deer. Any stage can feed on humans, potentially passing on the disease. It is the most common tick-borne illness in North America and Europe, and, says Lyme disease researcher Andrew J. Nowalk of Children's Hospital of Pittsburgh, it is a "devastating disease for patients who have it."

The infection, once located primarily in New England and the mid-Atlantic and north-central states, is moving westward through Pennsylvania.

In 2009, according to a state-by-state report issued by the Centers for Disease Control and Prevention, Pennsylvania had 4,950 confirmed cases plus 772 probable ones. That's up from 3,985 cases in 2004.

But those numbers are deceptive, say both Stephen Ostroff, director of the Pennsylvania Bureau of Epidemiology and acting state physician general, and Kevin Griffith, medical epidemiologist officer in the CDC's Division of Vector-Borne Diseases.

There are several reasons for the statistics besides a simple spread of the Lyme bacteria. They include a change in the CDC reporting procedure that has led to increased surveillance, Griffith said; what Ostroff calls



"a greater recognition and appreciation" that has led to more testing and identification of Lyme; and an increase of people moving into previously wooded, high-risk areas.

The CDC also has recently changed the definition of a positive Western blot, the test used to confirm the presence of Lyme antibodies in the blood, which also could lead to more reported cases.

Nevertheless, Ostroff sees a geographic spread of the Lyme bacteria.

"When you look at it nationally, the numbers are increasing, and we also see ... a westward movement," he said.

Similarly, Nowalk cites both greater awareness of Lyme and a spread of the Lyme bacteria as reasons for an increase of two to three times the number of cases -- he estimates a total of 60 or 70 -- seen by Children's Hospital last year. He also said experts believe the "true number" of Lyme cases is two to three times greater than that reported.

Symptoms of Lyme disease can range from a rash that looks like a bull's-eye (erythema migrans) to flu-like complaints to nervous system problems like facial paralysis and cardiac ailments like heart block, as well as arthritis.

If diagnosed early, the disease is easily cured with antibiotics.

"The later the diagnosis, the longer the duration of antibiotics you'll need," said Nowalk, a specialist in pediatric infectious diseases and assistant professor of pediatrics at Children's and the University of Pittsburgh School of Medicine.

How long a duration is a matter of some controversy that can be traced to the fact that some symptoms can linger for a very, very long time. "There can be a lot of damage or symptoms that can last months or even years," Nowalk said.

Some doctors believe those lingering symptoms mean the treatable form of the disease has developed into an untreatable autoimmune disorder they call post-Lyme disease syndrome.

Other physicians and groups call the lingering ailment chronic Lyme disease, and some of them advocate very long and varied courses of antibiotics. In some cases, insurance companies have denied coverage of that treatment.

The Centers for Disease Control and Prevention recommend two, two- to four-week courses of antibiotics, citing three federally funded studies that showed longer courses were not beneficial and had been linked to serious complications.

Most of the doctors contacted for this article said they use the CDC guidelines.

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RAVNAH Honored by Vermont Legislature

Rutland Area Visiting Nurse Association & Hospice (RAVNAH) was honored by the Vermont Legislature on April 29 for being named in the Top 500 home health agencies in the United States, the only Vermont agency ranked in the upper 5%.

"We're very proud of each and every one of our staff, our board of directors and committee members for their commitment to providing the highest quality health care for our patients," said Ronald J. Cioffi, RAVNAH's Executive Director. "It's an honor to be recognized for our achievements."

The HomeCare Elite is the only performance recognition of its

kind in the home health industry. Agencies are chosen from publicly available data from the Centers for Medicare and Medicaid Services and Home Health Compare reports. Winners are ranked by an analysis of performance measures including: quality outcomes, quality improvement, and financial performance.

Rutland Area Visiting Nurse Association & Hospice is a non-profit, Medicare certified home health agency that provides a wide range of health care services to people of all ages who need home and community health services.

For information on RAVNAH programs and services, call 802-775-0568.



Snack Attack!

by Dianne Lamb, UVM Extension Nutrition and Food Specialist

It's 3 p.m. and you're having a snack attack. You ate lunch, but now you feel hungry or low on energy.

What do you reach for to take the edge off?

A snack can give you energy and keep you going until the next meal, but make sure your snacks provide more than just calories. They should be healthy, too. Double check the Nutrition Facts food label for calories, fat, carbohydrate, fiber, sodium and protein content.

This information is based on serving size, so you also should check the serving size. If you eat twice the measured portion amount, you will consume two times the calories, fat and everything else.

Think of snacks as a "mini-meal" that are a part of daily food requirements. Let MyPyramid (www.mypyramid.gov) be your guide. Visit MyPyramid (www.mypyramid.gov) to create a customized eating plan for you or other family members, based on gender, age and physical activity levels.

Remember, a snack is not a meal replacement. Space snacks far enough apart from meals so you don't spoil your appetite.

Choose fruits and vegetables for snacks. These are great foods to increase your fiber, vitamins, minerals and phytochemicals, which are natural substances that help combat chronic diseases. Always keep a supply of various fruits and vegetables handy for snacking. Try sprinkling them with flavored or balsamic vinegars to enhance flavor.

Find it hard to satisfy your fiber needs of 20 to 35 grams a day?

Add snacks like whole-grain bagels or crackers. A handful of crackers can be a good snack alternative, but read the Nutrition Facts food labels first as some selections are high in both fat and salt. A handful of crackers might use up a percentage of your recommended daily fat intake.

Check the sodium content when comparing products because even so-called "low-salt" crackers may contain more than you should have. Look for whole-grain crackers that add between two and four grams of fiber in a

half-ounce serving.

Protein bars have evolved as a heavy-duty snack food. However, all protein bars are not created equal. Most of us get more than an adequate amount of protein each day. If your snack is intended as a pick-me-up between meals, remember that these foods can be high in calories. They also tend to be more expensive per serving than many other snack foods, so check the Unit Price label on the shelf for the cost per pound for the food.

Nuts can provide a high-protein, high-fiber snack, but be careful. They also can be high in sodium and fat. Their fat content makes them a satisfying snack, if eaten in small portions. The caloric and fat content is somewhat offset by their higher levels of mono-unsaturated fatty acids or "good" fat.

Recent studies have correlated increased intake of nuts, such as peanuts, walnuts and almonds, with lowered cholesterol levels. People with high blood pressure, however, should avoid salted nuts and instead choose unsalted varieties. To help control calorie intake, remember that a standard serving is one ounce of nuts, which equals 24 almonds, 18 cashews, 20 pecan halves or 14 walnut halves.

In all food groups, some items are better nutritional choices than others. Low-fat milk and cheese make good, healthy dairy choices. So do yogurt products, but check the flavored varieties for sugar content. Dairy products are easy "as is" snacks and can be used in more creative ways. Low-fat yogurt, for example, makes a good dip for crackers and vegetables.

Looking for something different?

Check out frozen fruit bars, salsa and pita chips, yogurt shakes, fruit smoothies and fruit sorbets. One gingersnap contains only 30 calories and one graham cracker has 22, considerably less than most cookies.

When you need to reward yourself, and only your "not-so-low-calorie" favorite food will do, go ahead and indulge, but reduce the portion size. Denying yourself may leave you feeling dissatisfied and result in more snacking. Savor what you eat, whether it's at snack time or mealtime.

Overcome Bad Eating Habits

courtesy of Food Network Kitchens

No one eats perfectly all the time -- even dietitians! So which lousy habits are getting folks into trouble? Here are the top 10 faux pas on our hit list, and how to avoid them.

1: Poor Meal Planning

Taking a few minutes to plan out weekly meals before shopping for the week will save you money, calories and time.

2: Too Many Meals Away From Home

Restaurants and take-out will always mean super-sized portions, along with more calories and sodium.

3: Too Many Processed Foods

Opt for mostly fresh and whole foods and read labels to help make the smartest choices when you do go for more highly processed goods.

4: Too Much Added Sugar

Sugar is lurking in places you might not expect, like whole-grain cereals, salad dressings, condiments and breads. Take inventory of the total sugar in your diet and find ways to cut back on those empty calories.

5: Mindless Eating

Instead of just eating when hungry, many of us grab food when we're bored, tired, stressed, happy, sad -- you name it.

6: Not Eating Together

Along the same lines as eating mindlessly comes eating while distracted, over-scheduled and in multiple shifts.

7: Eating on the Run

Leaving the house for a busy day without packed snacks or meals sets the stage for diet disaster.

8: Giant Portion Sizes

You think you can eyeball portions, but have you ever really measured out your morning cereal, spoonfuls of peanut butter or olive oil for cooking? Just do it a few times to give yourself some perspective.

9: Too Many Liquid Calories

Sip on calorie-free beverages like water, unsweetened teas and seltzers in place of high-calorie drinks.

10: Not Eating Enough Throughout The Day

Avoid stuffing yourself in the afternoon and evening by spreading out calories, starting with a healthy breakfast.

Snacks easily can fit into a daily eating plan. Plan ahead and only have healthy snacks on hand. If all the choices available are healthy, you can feel good about what you or your kids are eating. Keep the size of a snack small to avoid too many added calories. A 100-calorie limit is a good target for a snack.

Adults can stock their desk, locker or refrigerator with healthy snack choices. Kids also like to have a voice in choosing their snacks. Designate an area in a cupboard or a section of the refrigerator for healthy snacks, and let the kids or yourself make selections from the options available. It's a good idea to pre-portion crackers, chips or cookies into small bags so that you or your kids aren't tempted to eat directly from the bag or large container and eat too much.

Make healthy snacks a part of your life by choosing foods that provide vitamins, minerals and other nutrients without too many calories. Look to MyPyramid for snack choices that are low in fat, added sugar and calories.

Don't let snacking derail your healthy eating plan. Work with your hunger and have a healthy snack plan in place, so when the snack attack strikes you'll be prepared. If you can't stop thinking about eating, change your environment, go for a walk or do some other activity to get food off your mind.

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Art & Entertainment

NIGHTCLUBS

THURSDAY, MAY 12

Clear River Tavern Eve-Open Mic

FRIDAY, MAY 13

Lake House Pub & Grille Eve-Aaron Audet
Sabby's HH-Brad Morgan

TUESDAY, MAY 17

Ramunto's B'Water Eve-Open Mic

WEDNESDAY, MAY 18

Clear River Tavern Eve-Pool League

MUSIC

May 12 - Tunbridge. Singer/songwriter John Gorka performs concert for MountainFolk at Tunbridge Town Hall, 7:30pm. \$15/\$20. 431-3433.

May 14 - Randolph. Swing Noire performs Gypsy jazz, 7:30pm, Chandler's Upper Gallery. Cash bar. \$8 advance - 728-6464, \$10/door.

May 20 - Randolph. The Next Generation, outstanding h.s. age classical musicians, perform piano, flute, violin, vocals, piano, string ensembles. \$15 adults, \$10 students 18 & under. 728-6464.

Ongoing:

Mons. - Rutland. Rutland Curbstone Chorus practices 7pm, Rutland High School. Open invitation for any men interested in singing - join them!

Suns. - Brandon. Informal musical entertainment Sunday afternoons, if & when musicians turn up! We invite competent musicians to come & perform - no fee, no formality! Brandon Music.

SPORT/LEISURE

May 13 - Rutland. Rutland Town PTO 8th annual Spring For the Kids golf tournament at Rutland Country Club. \$85/person includes 18 holes w/ cart, reception, 3-course dinner. Supports educational programs for children & Rutland Town community. No golf, \$25/ person. Questions, 775-0079.

May 13 - Rutland. Slackline Workshop at Giorgetti Park, 6-7:30pm, free. Pre-registration encouraged - 773-1820. Learn about, work on core muscles, improve balance.

May 14 - Woodstock. 5th Annual Race to the Pogue, Marsh-Billings-Rockefeller National Park, 8:30 Start.

May 14 - LT. Killington Section GMC event: Spring Wildflowers & Birds. Short hike to identify. Bring binocs, fieldguides, bug repellent. Call 392-3502 for info. Meet Rutland's Main St Park 9am.

May 14 - Rutland. Spring Bicycle Celebration & Kiwanis Bike Rodeo, 10-2, Giorgetti & Pine Hill Park. Safety skill course, free helmets for youth, demos & workshops, fun races, skill area, rides, speakers, more.

Now - Rutland. RNRCD offers Spring Trout Stocking Program - 6-8" & 10-12" rainbow & brook trout on May 21. Pre-order thru May 18, 775-8034 x17. You pick up at Conservation District office.

May 24-25 - Killington. May 24, 5th annual Jeff's Night BBQ, Beer & Bonfire Bash, 6pm, GMNGC. \$20. May 25, 7th annual Jeff's Day Pro-Am Golf Tournament, 10:30am shot gun start, GMNGC. \$125. Last Big Event! All proceeds ALS. 422-4653 to register.

July 16 - Goshen. Goshen Gallop, rugged 10K (or 5K) race, begins 4pm at Blueberry Hill Inn. \$35 pre-registered. \$40 day of. Proceeds Moosalamoo Assn. www.moosalamoo.org

July 23 - Manchester. Susan G. Komen Race for the Cure, 5K run or walk benefiting & spreading awareness about breast cancer. Register by May 8 to be entered into drawing for spa pkg at Equinox Resort. komenvtnh.org

Ongoing:

Rutland - Swimming - The Mitchell Therapy Pool at VAC offers general swimming, aquacise & aquaerobics, swim lessons for infants to adults & private pool rentals. 773-7187 for more info.

Pittsford - Pittsford Rec Dept offers guided walks on Pittsford Trail Network. Walk, hike, snowshoe. Get some exercise, meet new people, get to know trail system. RSVP 468-6500 x17.

Thurs. - Rutland. ACBL Sanctioned Bridge Games nights @ Godnick Senior Center. \$5/ player, guaranteed partner. 287-5756.

Thurs. - Rutland. Chess Club, 7pm, Dana Rec Ctr. Rm. 32. Open to public, free, all ages. Beginners welcome. 773-1822.

Thurs. & Suns. - Wells. Modern Woodmen of America holds Bingo, including special game to benefit a local charity or good cause.

Fridays - Pittsford. Adult Women's Basketball - Open Gym. Friday nights, 6-8PM. Police Academy, Furnace Road. More info: Tara 417-7331.

Sats & Tues. - Rutland. Downtown Rutland Farmers

VARIETY

Market open! Sats. 9am-2pm & Tues. 3-6pm May-Oct., in Depot Park.

May - Ludlow. Classes at Fletcher Farm School: May 14-15, Solarplate Printmaking. May 21-22, Viking Knit Jewelry. May 28-29, Decorative Copper Creations for Home & Garden. May 28-29, Living Willow Structures for the Garden, green workshop. More upcoming. 228-8770 for times, fees, details.

May 12 - Rutland. Boys & Girls Club Enhanced Open House - "Celebrating Our Community" 4:30-6pm. Free. All welcome. Local tastes, sights, sounds. Raffle. Meet staff, learn about volunteering, more. 747-4944.

May 12 - Chittenden. Chittenden Historical Society hosts dowser Clarence Decker. 7:30pm, Town hall. Public welcome. Info, 483-6471.

May 12 - Rutland. REDC Start Your Own Small Business training workshop, noon-3pm, REDC Office. \$40 registration. 773-9147.

May 12-14 - Rutland. Encore Theatre's spring production of Eurydice by Sarah Ruhl performed May 12 & 13, 7pm. May 14, 2pm & 7pm. At Rutland High School Theatre. \$4/ students, \$6/ adults, \$12/ family of 4

May 13 - Rutland. MSJ Middle School Spring Fling Dance, 7-10pm. DJ Kris Kul spins. 7th & 8th graders from all schools invited to attend - must be signed in/out by adult. \$5 admission. Parent social during dance, MJS Library. 775-0151.

May 13 - Rutland. European-style circus, "Cirque Le Masque" at Paramount Theatre, 8pm. 775-0903 for tickets.

May 13 - Brandon. Vermont Comedy Crew presents benefit performance for Brandon Town Hall. Standup, adult comedy show, age 16+. \$8 at door. Doors 7:30pm, show 8pm, at Town Hall. Refreshments available. 247-5420.

May 13-14 - Wells. Spring Rummage Sale presented by Wells UMC, Sat, 9am-3pm & Sat. 9am-noon. Spring/summer clothes, shoes & accessories for all. Crafts, flea items, knick-knacks, books, magazines, videos, household items, house plants. Friday special: Great Tomato Plant Sale & Food Sale. Sat. only - big bag sale. 325-3196.

May 14 - Ira. BMAC-Bird MT ATV Club's 3rd Annual EMS Rescue Drill, 8am, Trailhead on West Rd. Practice/training drill. Bring non-perishable item for W. Rutland Food Shelf. 265-2045.

May 14 - W. Rutland. Town Wide Yard Sales, 8-2. Register by May 6 to be included. Vendor space on Town hall lawn available, 438-2263.

May 14 - Quechee. 2nd Annual Art on a Rain Barrel Contest and Festival at VINS, 9am-3pm. 359-5000 x232. Birdathon also kicks off, thru May 22, collect pledges & identify.

May 14 - West Rutland. Live animal program for children w/ Myra Pepper & Heifer international. 10:30-noon, West Rutland Public Library. 438-2964.

May 14 - Rutland. Rutland Railway Assn Open House/Train Show at Railroad Station Depot, 10-3.

May 14 - Rutland. Farmer's Market Spring Into Summer Parade to celebrate Rutland's farmers' market community. Departs Rutland Area Food Co-op on Wales St, continues down Center St into Depot Park. Animals, musicians, more. Raffles.

May 14-15 - Randolph. Open Auditions for Summer Pride Festival in June. 431-0204.

May 15 - Pittsford. Otter Valley Aquarium Society Spring Tropical Fish & Plant Auction, Rutland/Killington Holiday Inn. Featuring freshwater fish, aquatic plants, dry goods, rare & hard to find livestock. Viewing lots 9:30-11:30am; auction starts 13. Free admission. Refreshments. 537-2713.

May 15 - Rutland. ARC Spring Fling Dance at Godnick Center, 1-4pm. Raffle. Food, music, dance. RSVP 775-1370 for lunch. Non-member donation.

May 15 - Rutland. Rutland Food Co-op- 16th Annual Meeting at Unitarian Church, 5-8:30pm. Review Co-op's past year. Potluck dinner-please bring a salad, side dish or dessert to share/ main dish provided. Local music. Guest Speaker-Michael Healy. Door prizes. Everyone Welcome! rutlandcoop.com

May 16 - Brandon. Brandon Museum at Stephen A. Douglas Birthplace opens for the season! Daily, 11am-4pm, free, open to public. Also houses Brandon Welcome Center & municipal restrooms, open 8am-6pm all year round.

May 17 - Rutland. Maple Leaf Quilters Guild meeting at Godnick Adult Center. Doors open 5:45pm, potluck supper 6pm. Guest speaker & meeting 7pm. Open to all. 438-5180.

May 19 - N. Clarendon. 250th Birthday Celebration for Clarendon organizational meeting, 7pm, Clarendon Fire Station. Info, 773-6470. Volunteers needed!

May 19 - Rutland. RRCC hosts seminar on Facebook 101 & More. 8-10am & 5-7pm. Franklin Conference Ctr. \$25/session non-members, \$20/ members. Pre-registration & payment required - 773-2747.

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Paintings, Mixed Media, Photographs, Sculpture, Prints, Furniture
Sally Curtis - 422-3852 programs and workshops.
Peter Huntoon Workshop
June 4-5 \$130-\$140

May 20 - Rutland. Boys & Girls Club of Rutland County annual fundraiser - 3rd Annual Lobster Clam Bake, 6pm, Rutland Country Club. Live auction, music, dancing, raffle, golf challenges.

May 20-22 - Ludlow. BRGNS Gigantic Spring Rummage Sale. Fri & Sat, 10-4, Sun. 10-2. Check out the baked goods table this year! All proceeds benefit the needy in the area.

June 2 - Quechee. Animal Fare Gala to support Lucy Mac Humane Society, at Quechee Inn at Marshland Farm, open to public. Live music, silent & live auctions, dinner, drinks. \$75/tickets. 484-5829 to reserve space.

Rutland - Boys & Girls Club open 2:30-7:30pm school days. Drop in \$1/visit. Lots of events. 747-4944 for details.

Killington - Sherburne Memorial Library Events: Killington Arts Guild acrylics workshop meets every Tues., 10am-noon, free. Tues, 2pm - Matinees. Weds - Mother Goose Story Time - 10:30am. Fris - Preschool StoryTime, 1:30pm. 422-3824.

Woodstock - Woodstock Farmer's Market held in social hall of the Woodstock Unitarian Church, 10am-1pm, 4th Saturday of the month through April. 457-3889.

Mons. - Pittsfield. Pittsfield Historical Society meeting, Town Hall 3rd Monday of the month, 7pm.

Tues. - Rutland. 1st & 3rd Tues. of month, Rutland Area Toastmasters Club meets 6:30-8pm, Dana Rec Ctr. Open to all. International organization which fosters public speaking & leadership skills through local clubs.

Weds. - Killington. Killington Rotary Club meets at Summit Lodge 6-8pm for full dinner, guest speaker and/or discussion. Seeking new members! May 18 - John Olmstead, ShelterBox disaster relief program.

MUSEUMS & EXHIBITS

Thru May 15 - Castleton. Arcadia Now - Contemporary Art in Country exhibit at Christine Price Gallery at CSC.

Thru May 29 - Rochester. Exhibit at BigTown Gallery - "Mark Goodwin: An Introduction," Sculpture & Drawing. Opening reception May 7, 5-7pm. Call for info, 767-9670.

Art & Antiques on Center - 17 Center St, Downtown Rutland. Apr. 18-May 14, NEW HOURS: Wed-Sat, 10-2 (closed 2-5pm). Open ArtHop Fri, May 13, 5-8pm. Closed Mon & Tues. Normal hours resume May 14, Mon-Sat, 10-5. 786-1530.

Billings Farm & Museum - Woodstock. Rt 12N & River Rd. 457-2355. A first-class working farm, operating with a museum of Vermont's rural heritage, dating back to 1871.

Brandon Artists Guild - Brandon. Open daily 10am-5pm.

Brandon Museum - Brandon. At Stephen A. Douglas Birthplace opens for the season May 16! Daily, 11am-4pm, free, open to public. Also houses Brandon Welcome Center & municipal restrooms, open 8am-6pm all year round.

Brandon Music - 62 Country Club Rd., Brandon. Art Gallery open 10-6 daily, closed Tues. Harmony English Tea room 2-5pm daily, closed Tues.

Brick Box - at Paramount Theatre, Center St., Rutland. Gallery hrs: Thurs-Fri, 11am-6pm & Sat., 10am-2pm & during Paramount Theatre performances. 775-0903.

Carving Studio & Sculpture Center - Marble St., W. Rutland. 438-2097, carving@vermontel.net. Sats. & Suns., 1-4pm & by appt.

Chaffee Center for the Visual Arts - S. Main St., Rutland. Weds.-Sat. 10-5, Sun. 10-4, closed Mon. & Tues. 775-0356. Thru Jun. 18, Human=Landscape: Aesthetics of a Carbon Constrained Future exhibit.

Chandler Gallery - Randolph. Gallery hrs: Thurs. 4-6pm, Sat. & Sun. 1-3pm. 728-9878.

Killington Arts Guild Fine Art Gallery - at Cabin Fever, Rt. 4. Open business days 9-6:30pm. All Members Show - "March On" - thru May. New Show - Art Mix thru July 5. 422-3824.

Maclure Library - Rt. 7, Pittsford. Mon., Tue., Fri., 1-6pm; Wed., 10-8; Thur., 10-6; Sat., 9am-noon. 483-2972.

Montshire Museum of Science - Norwich. Open 7 days year round, 10am-5pm. 649-2200. Blue Man Group-Making Waves exhibit thru May 8.

New England Maple Museum - 4578 Rte 7, Pittsford. Open for the season. Off-Season Rates. Groups over 12 can request "Sugar on Snow" by reservation. 483-9414 for info. Spring hours 10AM-4PM daily.

Norman Rockwell Museum - Rt. 4E, Rutland. 773-6095. Self-guided tour. Open daily.

Norman Williams Public Library - Woodstock. 457-2644. Open Mon., Fri., & Sat., 10-5, Tues., Wed., Thurs. 10-7.

Pittsford Historical Society - Pittsford. Thru July 4, Tues. 9-4. July 5-Oct. 11, Tues. 9-4, Suns. 1-4. Oct. 12-Nov. 16, Tues. 9-4.

Rutland Historical Society - 96 Center St., Rutland, 775-2006. Year-round, Mon., 6-9 pm, Sat, 1-4pm, by appointment for schools or other groups.

Rutland Railway Association - Center Rutland Depot. Former Rutland Railroad depot. Museum exhibits the Rutland Railroad. HO & N scale models. Open Saturdays 11am-3pm.

Slate Valley Museum - Water St., Granville, NY. 518-642-1417 for info.

Timco Gallery - Center St., Rutland. Gallery hrs Mon - Sat. 773-3377. Portion of sales proceed local student art programs.

VINS Nature Center - Rt 4 (Next to the Quechee Gorge) Quechee. Daily activities, programs, exhibits, Nature Store. Open 10-5 daily. Programs thru Jun. 15 - 11am, Raptor Encounter; 2pm, Talk to the Trainer. 359-5000 for info.

Wallingford Historical Society Museum - Town Hall, School St., Wallingford. 446-2831. Permanent collection of costumes, photographs, memorabilia.

William Feick Arts Center, Green Mtn College, Poulney. Gallery hours M-F, 1-5pm. 287-8000.

Woodstock History Center - 26 Elm St, Woodstock. Fri-Sun 12-4pm. Other days by appointment. Art, furniture, clothing, musical instruments, more. 457-1822 for info.

COMING UP

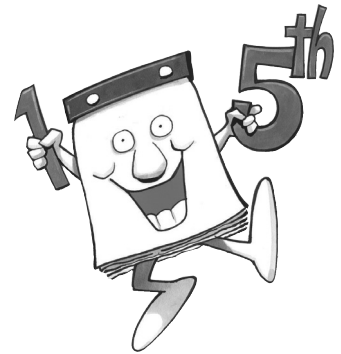
May 27-30 - Killington. Killington Stage Race, 3 day professional & amateur competitive cycling race. 279-2457 for info.

Aug. 14-15 - Killington. Circus Smirkus is coming to Pico Mtn! Traveling youth circus. Tickets on sale May 1 - advance purchase recommended - they sell out fast! smirkus.org

What to put something for our community calendar?

Calendar space is FREE to advertisers & non-profit community organizations. To publicize your event, please send us the following information: Description, date, time, place, fees, phone number, additional details. Mail: The Mountain Times, P.O. Box 183, Killington, VT, 05751. Email: editor@mountaintimes.info

All information must be received at least one week prior to the newspaper publication date.



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DiningGuide

Dining at a glance

CHOICES RESTAURANT & ROTISSERIE

422-4030

Glazebrook Center, Killington Rd., Killington
 Chef Claude and his staff offer exceptional food, service and views in a bistro setting. The Rotisserie offers chicken, lamb and pork, and the menu features sandwiches, homemade pastas and the finest in steaks, fish and seafood. VISA, MC, AMEX.

CLEAR RIVER TAVERN

746-8999

Route 100 North, Pittsfield
 Chef owned restaurant featuring lite fare and family dining just 6 miles from Killington. Join us in our tavern and play pool, other tavern game MC, VISA

GRACIE'S GRILLE

802-422-4653

at Green Mountain National Golf Course Barrows Towne Road, Killington
 Gracie's Grille offers an assortment of delicious options to tame any appetite. We feature fresh deli sandwiches, flame-grilled burgers, hot dogs and marinated chicken breast grilled to perfection. Stop by the Gracie's Grille before or after your next round or order your lunch right from the course.

LAKE HOUSE PUB & GRILLE

273-3000

3569 Route 30 North, Bomoseen
 Chef owners, Brad Burns and Fred Field invite you to the Lake House Pub & Grille. Live Sunday jazz brunch entertainment, special children's meals, full bar and an extensive wine list. Lake views and deck dining all on beautiful Lake Bomoseen. Also private parties, rehearsal dinners, showers and weddings. AMEX, VISA, MC, DISC

RAMUNTO'S BRICK & BREW PIZZA

672-1120

Route 4, Bridgewater
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RED CLOVER INN

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Choices Rest. & Rotisserie

Clear River Tavern

Gracie's Grill

Lakehouse Pub & Grille

Moguls Sports Pub

On The Rocs Lounge

Phat Italian Market & Deli

Ramunto's

Red Clover Inn

Seward Family Restaurant

Sugar & Spice

	STYLES OF CUISINE							MEALS SERVED					COST			
	ITALIAN	FRENCH	AMERICAN	CONTINENTAL	MEXICAN	ASIAN	PUB FAIRE	BREAKFAST	LUNCH	DINNER	BRUNCH	LATE NIGHT	TAKE OUT	INEXPENSIVE	MODERATE	DELUXE
Choices Rest. & Rotisserie
Clear River Tavern
Gracie's Grill
Lakehouse Pub & Grille
Moguls Sports Pub
On The Rocs Lounge
Phat Italian Market & Deli
Ramunto's
Red Clover Inn
Seward Family Restaurant
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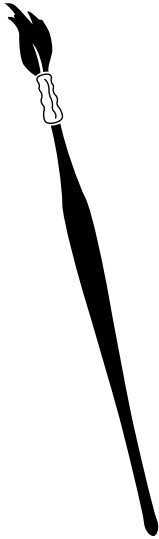
Calling All Artisans!

The year was 1961. John F. Kennedy was president. Princess Diana was born. Barbie got a boyfriend named Ken. Average annual income was \$5735 and minimum wage \$1.15. You could mail a letter for \$0.04; buy a house for \$12,500; or a new car for under \$3,000. And, if you were here in 1961, you could also have attended the First Annual Art in the Park. A small group of local Rutland artists had a brainstorm. Let's have an art show in Main Street Park! So, with nothing more than an idea, they launched what has become a signature event for the central Vermont region.

From the original five artists, Art in the Park has grown to nearly one-hundred artisans. In 2011, Art in the Park will be held August 13-14 and October 8-9, and if you are an artisan who handcrafts unique products, there is still time to apply for space in this juried show. Don't miss out on the opportunity to participate in the 50th Annual Art in the Park, which promises to be the best ever! The Chaffee Art Center, also celebrating its 50th year, is the event sponsor.

Main Street Park is at the Junction of Routes 4 & 7 in the heart of Rutland. This major crossroads provides a significant market for drive-by traffic. Coupled with expanded outreach and marketing, we expect to see an increase in the 8,000 or so regular attendees. This is a juried event, which helps to ensure its quality. Space will be allocated on a first come, first served basis so we encourage you to submit your application now. No applications will be accepted after July 5, 2011 for the August show or after September 5, 2011 for the October show.

Call Chaffee Art Center at 802-747-7900 for information about Art in the Park events. Don't delay. Send your application today! Together, we can make the 50th Annual Art in the Park a celebration to remember!



The Next Generation at Chandler

On Friday evening, May 20, seventeen young classical musicians from high schools all over Vermont, Upstate New York, and the Upper Valley will showcase their performing artistry in Chandler's now third annual NPR "From the Top" look-alike program, The Next Generation. The concert begins at 7:30 p.m.

The Next Generation performance showcasing outstanding teenage classically trained musicians provides a wonderful counterpoint. On the program will be art songs, solo piano works, a piano trio, a string trio, a cello/piano duo, a string quartet, and solo works for each a flute and for violin. The composers represented range from the High Baroque to the 21st century, including Bach, Beethoven, Brahms, Mendelssohn, Dvořák, Grieg, Ravel, Rachmaninoff, Sarasate, Emil Mlynarski, John Halvorsen, Albert PÉrilou, Oscar and Hammerstein, and Morton Lauridsen.

The performing artists will be pianists Emily Byers of Middlebury, Aaron Gould-Kavet of Williamstown, and Julian Marohnic of Cornwall; pianist and violinist, Matthew Goff of Plattsburgh, NY; violinists David Castrignano of Springfield, Kang-Chun Cheng of West Lebanon, NH, Justin Truell of Woodstock; Chris Stork of Plainfield; Molly Finlayson of Etna, NH, and Alexandra Burkot of Norwich; violists Ben Fiering of Orange, NH and Rachel Finlayson of Etna, NH; flutist Perry Emerson of Lyndon; cellists Mitchell Goff of Plattsburgh, NY and Rebecca Haynes of Hanover, NH; and vocalists Amy Waters of Hanover and Emily LaCroix of Canaan, NH.

Tickets for this concert are available through the Chandler Music Hall box office at (802) 728-6464. Reserved seating tickets are \$15 for adults and \$10 for students 18 years and under.

There will be a reception to greet the artists following the concert. Chandler Music Hall is fully wheelchair accessible.

Vermont Adaptive Summer Volunteer Training

For those who have ever wondered what it's like to paddle with a disability or to cycle a bike path as a guide on a tandem bike, the program leaders at Vermont Adaptive Ski and Sports will teach them during volunteer training Sunday, June 5, in the hopes that those people will in turn become volunteers for the organization's diverse client base. More than 50 volunteers are needed to help with all aspects of summer programming throughout the state, which begin mid-June.

"Volunteers will learn adaptive paddling techniques, assist with lessons, fit people with disabilities to bicycles, and learn to pilot a tandem bike," said Dave D'Angelo, one of the organization's three program coordinators. "It's a ton of fun to get together with your winter volunteer ski buddies and make a difference in someone's life during the summer months as well. And of course, we're always looking for new volunteers too!"

Summer Volunteer Training will be held on June 5 at Chittenden Reservoir. Experience working with people with disabilities is a plus but not necessary. Volunteers who have technical outdoor skills and the ability to work well with a variety of different people are a plus. There are countless opportunities for volunteers to lead kayaking, canoeing and biking trips as well as other summer related sports and activities. People are needed throughout the season to help maintain equipment, too.

For more information or to become a volunteer, contact Katie Stillin at south@vermontadaptive.org.

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Race For the Cure Volunteers Needed

The 19th Annual Komen VT-NH Race for the Cure®, which takes place this year at Hildene Meadows, in Manchester, Vermont, on Saturday, July 23, needs volunteers.

Volunteers come in all ages, shapes, sizes, colors and genders and their tasks can range from staffing a raffle ticket table for a few hours in June (or May or July, for that matter) to helping to direct traffic or handing out water on Race day. Immediately prior to the Race, on Thursday July 21 and Friday July 22, many, many helping hands will be needed for set up.

Anyone who'd like to help can call Volunteer Chair Mary Miller at 802-362-0108. They may also call the Race office at 802-362-2733.

For more information about Susan G. Komen for the Cure, breast health or breast cancer, call 1-877-GO KOMEN.

A Variety Show For Japan

Looking to help out those devastated by the recent disasters in Japan? A fundraiser event will be held on May 22 at 3:30pm, at the West Rutland Town Hall.

"A Variety Show for Japan" is organized and sponsored by St. Bridget and St. Stanislaus Kostka Churches in West Rutland. The event will showcase local talent for a good cause. Members of St. Bridget's Church, and Vermont Martial Arts Academy will perform, along with students from the West Rutland School, and Rutland Town School. The Women's Chorus Ladies' Night Out and the Rutland Curbstone Chorus will also contribute, along with several solo acts. For tickets, call (802) 438-2263 or (802) 438-2490. Prices are \$8 for adults and \$5 for children/seniors (\$20 family cap).

All funds raised at the event will be sent directly to Catholic Relief Services to help their work in Japan, recently devastated by several earthquakes, a tsunami and nuclear disaster. CRS is committed to long-term work in Japan to help people rebuild their lives.

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Local News



Thank You, Volunteers!

photo and caption by Deb Burke

Green Up Vermont 2011 effort in the Town of Killington on May 7 was a great success, with all 40+ miles of the town's roads cleaned of litter by over 130 volunteers. Among the many items of interest picked up were a State of California license plate by Town Manager Kathleen Ramsay, a mismatched pair of snowboard gloves by Turner Ramsay, a metal wallet complete with driver's license, credit cards and bank information by Bob Burke, a Verizon cell phone embedded in the mud by Deb Burke, a variety of motor vehicle parts, pizza boxes, coffee cups and beer cans were picked up by many of our Green Up volunteers. A thank you BBQ was well attended at the firehouse. A huge thank you goes out for the donation of the BBQ food to: the Killington Resort, the Phat Italian, the Killington Market, the Deli at Killington, and The Mountain Creamery. Special thanks goes out from Killington Green Up Coordinator Deb Burke to assistants Ron Riquier, Ryan Soos, Mark Fiore, Bob Burke, Ken and Pat Keim. It was a huge job and we all got it done!

Rutland County Humane Society Yard Sale May 21

The Rutland County Humane Society (RCHS) is holding a yard sale to raise money for the homeless animals in Rutland County. The event will be held on Saturday, May 21 from 9 am – 2 pm at the Rutland County Humane Society, 765 Stevens Road, Pittsford, VT.

Join the fun, find a treasure and help raise money for the homeless animals and programs at RCHS. There will also be a bake sale to help raise funds for the animals. The shelter will be open from 10-5 for visiting with the adoptable animals..20

RCHS is happy to accept donations for the event. And now is the perfect time to start cleaning out those attics, basements and closets! Please make sure all items are pre-priced (nothing less than 25 cents) and are in working order. No clothing, shoes, textbooks, magazines or computer equipment. Items can be dropped off at the brown building next to the RCHS shelter on Friday, May 20 from 8 AM - 6 PM or Saturday, May 21 from 7:30 AM - 9 AM only.

All proceeds support the animals and programs at the Rutland County Humane Society. RCHS provides shelter and adoption opportunities for pets who are homeless and promotes animal welfare through community programs that benefit both animals and people. RCHS is a private, non-profit organization serving the communities of Rutland County, VT. For more information about RCHS and/or the yard sale, please contact RCHS at 483-9171 or visit www.rchsvt.org.

MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

Killington Gets a New Peak Lodge

At the April 27 meeting of the Town of Killington Planning Commission Town Planner Dick Horner presented his Planner's Report. Dick advised that Mountain Green Resort needs to upgrade their water plant. It has not yet been determined if the new building will be located on land owned by Mountain Green Resort or SP Land. Due to the size of the project, the 400 acre PUD will have to be reinstated and there will need to be a Site Plan Review. Dick advised that he has not seen any plans and did not have any further information but he will keep the Commissioners advised.

The Board of Selectmen voted to adopt the Official Town Map at their meeting. Dick will take care of closing out the Grant and finalizing any paperwork.

Attorneys Kevin Brown and Tim Eustace will be meeting to review the proposed zoning changes.

Dick advised that the Highline Lodge (former Alpenhof Lodge) had received approval years ago for five RV sites. These sites had no pumping stations and approval was conditioned that the campers would use the back dorm building which has since been torn down. The new owner, Greg Gross, is thinking of making these sites available to guests. If he decides to do so, the campers would use the facilities in the main lodge. Since the back building has been torn down, Dick thinks the property may have enough ERUs to allow pumping stations to be installed. Dick will check with the Town Manager, Kathleen Ramsay.

The Town of Killington needs to appoint a representative to the Rutland Regional Planning Commission to replace David Rosenblum, who is stepping down after serving for 12 years. Dick suggested that any Commissioner who may be interested in volunteering for this appointment contact David for details on what the commitment entails.

Under New Business, Jeff Temple from Killington Resort was present to update the Commission on several projects that the Resort will be undertaking this summer. There will be 5 projects at Killington and 2 projects at Pico. At Killington, the replacement of the Peak Lodge: the existing Peak Lodge will be replaced with a new 3 story, 25,000 sq. ft. facility. The new building will be constructed within the same footprint of the original building. The first floor will be used for storage, refrigeration, mechanical and supply access; the second floor is for special functions and will have fine dining, a bar area

and outside deck; the third floor will have a cafeteria/food court scramble system with a smaller outside deck. The Resort expects to apply for the Act 250 permit next week and anticipates demolition of the current building this summer with construction of the new lodge to begin next spring. As part of this project, the waste water system will be replaced with a septic tank system and pipeline which will connect to the Resort's waste water treatment facility, and a new above ground snowmaking pipeline system will be installed along the Cascade ski trail. The Killington K1 Gondola base will be upgraded- the vehicle unload area will be re-graded to comply with State Storm Water Regulations. The retaining wall will be re-built; the walls on the K1 parking barns will be finished; the heated concrete skier maze pad will be added on to; the Skyship's space frame roofing system will be installed at the K1 Gondola which will cover the skier maze and load area.

Great Northern trail will be re-routed and Killink – Great Northern trail will be re-graded to eliminate some of the hairpin turns that currently exist which will also require the reconfiguration of the intersection of Great Northern and Killink. The design for the reconfigured intersection is currently being developed and may or may not include a small skier tunnel. A tubing park is in the design stage- the Resort is currently designing a tubing park which would be constructed across from the Killington Grand Hotel, adjacent to the south side of the Golf Clubhouse. Proposed hours of operation would be from 12 noon to 9pm. Once this project is ready for permitting, the proper applications will be filed with the Town. Lower Conclusion trail will be re-contoured to better accommodate the Killington Mountain School man-made bump venue.

Wooded areas at Pico Resort will be thinned to create gladed areas. These will be short sections either adjacent to or between existing ski trails. The intent is to stay below the cone area. The horse tent at Pico that had been previously approved by the town had to be removed last year to make room for the winter kid's playground. The Resort had identified another area adjacent to the original site.

The floor was then opened for comments and questions. Dick asked whether the Planning Commission will require a Site Plan Review for the new Peak Lodge. After a discussion Commissioner Lee moved that the Site Plan Review is not needed for the new Peak Lodge, if built within the same footprint as the old lodge. Commissioner Linnemayr seconded the motion and all Commissioners were in favor of the motion.

“Love in a Bag” Drive To Help Storm Victims

When you think of consignment stores, you may think of making a little extra cash and some great deals, but Reincarnation Upscale Resale & Fabulous Finds (86 River Street, Rutland, VT) is offering up another type of great deal for the next couple of weeks... called, LOVE IN A BAG.

The second-hand store will be collecting new & unused toiletries and personal care products to send to the flood victims in the South - via the Convoy of Hope project.

Donations will be accepted until Thursday, May 19th on Tuesdays thru Saturdays from 10 am to 4:30 pm. Monetary donations will be graciously accepted as well, to help offset shipping costs.

Questions can be sent to: fabfindsdiva@reincarnationconsignment.biz.

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Mendon/Chittenden/ Pittsford/Brandon Notes

by Debbie Burke

Barstow School News

News from the staff of the Barstow Memorial School: Barstow makes Adequate Yearly Progress (AYP). The Vermont Department of Education released the 2011 school accountability determinations as required by the federal No Child Left Behind Act (NCLBA) last month. The Principal is pleased to report that Barstow is one of only 28% of Vermont schools that made AYP this year. A school makes Adequate Yearly Progress (AYP) by meeting targets set by the State as required by NCLBA. These targets increase every three years with the goal of 100% proficiency by 2014. The 2011 AYP targets reflect the final substantial increase before the goal reaches the expectation of 100% of students proficient in reading and mathematics, which can account for the significant increase in the number of schools not making adequate yearly progress.

Important reminder: please make sure that your child's lunch account has money in it. Although we allow charging so that your child doesn't go without a meal, the intention of the program is to have money in your child's account and, once the balance gets low, to replenish those funds. As this is money owed to Barstow, not Abbey Group, we ask that you please try to maintain a positive lunch account balance as much as possible. Eighth

Graders will not be allowed to charge lunches effective June 1.

From Four Winds: As amphibians, frogs and toads live part of their lives in water and part on land. How can they change from algae eating tadpoles to insect eating adults? We'll look at the process of metamorphosis and compare differences between tadpoles and frogs. This remarkable change in structures is key to the survival of these remarkable creatures. A field trip to a frog pond completes this workshop.

Barstow Garden- any parents interested in volunteering to help develop a school garden please contact Mariah Freemole at mfreemole@rnesu.org or Carol Wright at cwright@rnesu.org

From the French Department- in just a few short weeks the Barstow Eighth Graders will visit Montreal. It is the second largest Francophone (French speaking) city in the world! Bon Voyage!

Thanks to Denise Clark, Tonya Conway, Mitchell Duffy, Shane LaSante, Lisa Sihler and Jay Smith for chaperoning the 6th grade trip to Hulbert. We couldn't have done it without you! A special thank you is extended to the LaSante family for supporting our quest for continued team building by purchasing matching tee shirts for every 6th grader that they had screen printed for the trip.

Important dates to remember: May 30, no school - Memorial Day; June 15, graduation at 6:30pm; June 17, last day of school, early dismissal.

Killington Arts Guild

by Betty Little

In spite of rainy weather, the Killington Arts Guild Mixer with the Killington Chamber of Commerce on May 3 was a big success. Organizer Alice Sciore said, "What a great event, absolutely wonderful because so many members of the Chamber were there. We all had such a good time, fun, meeting and chatting." Sally Curtis, the new KAG president greeted everyone and outlined the Guilds plans for 2011. Alice talked about a sculpture in the exhibit she had restored and which had been recast—a charming child kicking his feet. Seth Webb announced Killington's summer programs: the bike race, the circus and the motor cycle visitors. He urged chamber members to support these events as well as the Killington Arts Guild. He gave great credit to Megan Smith, Commissioner Vermont Department of Tourism and Marketing, for her activities. (Recently, Route 100 from Plymouth to Pittsfield was designated an historic road which provides it with scenic protection). Chris Karr, President of the Chamber, Mac Jenny of the Adaptive Ski and Sports Association, Ann Wallen, past President of KAG and new and retiring KAG Board of Directors were all present.

The room next to the KAG Gallery

was converted into a café with tables, displaying charming centerpieces depicting birdhouses and flowers created by Barbara McKenna. Special thanks to Lauren Wilder for her help and hard work, to Sally Curtis for her organizational skills and to Diane and Mike Miller of Base Camp Outfitters and Cabin Fever Gifts who were co-hosts and important in making it all happen. Diane is credited with finding the caterer. Watching and listening to the gathering—hearing all the plans—seeing the beautiful art work elegantly arranged along the walls, this writer experienced the hope that together we can all produce a better future for Killington.

The current show -- Art Mix-- at the KAG Upstairs Gallery at Cabin Fever Gifts Rte. 4 across from the Access Road continues until July 5. During May it will be open 10-5. The poster picture for the show is a vibrant watercolor of red poppies painted by Ann Wallen. On Sat. June 4th and Sun. June 5th from 9-4, Rutland artist Peter Huntoon will present a watercolor workshop at the KAG Gallery. Fee: \$130 members; \$140 non-members. Registration is still open. To register or for more KAG information call 802-422-3824. To contribute to this column e-mail vtkg@aol.com

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Construction season raises risks of driver inattention

These tips from CVPS are part of a continuing series to educate Vermonters about electrical safety and hazards.

MAY 2011

With construction season under way, utility crews are busy adding new services, upgrading lines and replacing equipment that has reached the end of its useful life. We urge drivers to use great care when passing roadside construction projects so our workers can do their jobs safely.

Because many of our customers live in rural areas, utility crews often work on narrow, windy and wooded roads, which can be dangerous if drivers are not careful. Main highways and city streets can also present hazards.

For our safety and yours, slow down when you see utility workers on the road or at the roadside, and please consider the following:

- The safety of CVPS

For more safety tips, visit www.cvps.com/safety, and be sure to check out our newsletter, *Keeping Current*, which comes with your bill each month, for more from CVPS.

workers depends on your patience and care.

- Follow directions given by traffic-control flaggers. They are paid to keep everyone safe.
- Respect traffic cones and other barriers. They are the only thing between your vehicle and CVPS workers and equipment.
- Drive slowly through utility-controlled traffic areas.
- Give 100 percent of your attention to the road. Do not be distracted by cell phones, texting, music, eating or drinking.



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BRGNS Gigantic Spring Rummage Sale

Black River Good Neighbor Services is holding a gigantic Spring Rummage Sale at Fletcher Farm on Friday, Saturday and Sunday, May 20, 21 & 22 from 10am until 4pm on Friday and Saturday and until 2pm on Sunday.

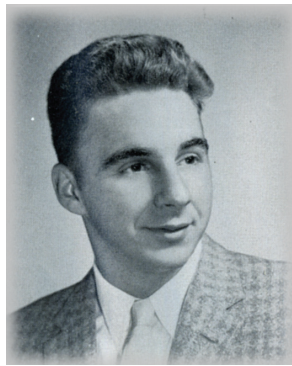
All proceeds from this sale go to benefit the needy in the area. All monies raised will help cover utilities/fuel cost, food and rent assistance for those who qualify and live in Ludlow, Belmont, Mt. Holly, Proctorsville, Cavendish and Plymouth.

If you have anything to donate, please call Audrey Bridge at 802-228-3663 to arrange a drop off time. Drop offs will be accepted at Fletcher Farm starting May 16th but be sure to call so someone can be scheduled to meet you and accept your donation. Fletcher Farm's Barn is located at 611 Route 103 S. We are accepting Summer clothing (please hold winter items for the Fall Rummage Sale). Furniture will be accepted gratefully (nothing broken or torn please). Baked goods will also be for sale, so if you can bake an item to donate for selling, please do so.

Volunteers are needed to help work the sale as well as setup and transport items from Mill St. to Fletcher Farm, so please come and help.

Contact Audrey Bridge at the Black River Good Neighbor Services Thrift Shop at 37B Main Street or call her at 802-228-3663.

Class of '61 Remembers Pete Fredette



On behalf of the members of the Pittsford High School Class of 1961 we're sad to learn of the passing of our classmate, Pete Fredette, of Pittsford. Pete was one of a class of 37 students who represented the last graduating class of Pittsford High, which subsequently merged with Otter Valley Union HS.

I was fortunate to be a member of PHS '61 and to have known Pete as classmate and close friend. We had hoped to have Pete join us on July 1-2, 2011 when we'll celebrate our 50th class reunion.

As time passes I find that the greatest compliment I can offer about someone is that "they make me laugh".... and that they have a calm outlook about life; that they are generous; and that they are caring for the world around them. Pete was all of those things.

Pete was predeceased by other class members, Linda Carter, Rodney Reed and Lee Champine, all of whom will be honored at our reunion.

The Class of '61 invites other PHS grads to the "social hour" of our celebration which will be held at Proctor Pittsford Country Club on July 2, 2011 from 5:30 - 6:30 in the Clubhouse. For further information contact Charlie Patch - charles.patch@myfairpoint.net or Royal Barnard - RBarn64850@aol.com.

For the Class of '61
Royal Barnard, President
Charlie Patch, Reunion Chairman

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NEWS FROM THE PITTSFIELD/STOCKBRIDGE VICINITY AND THE HINTERLANDS BEYOND



by Johnnie Goldfish

Got Rochester?

Persistence is not about knocking on one door until the dang thing finally opens. It's about knocking on all of them. Insist on the destination, not on how you'll get there. Knock, knock.

If you missed the performance of Play On, a comedy by the White River Valley Players last week you can see it on Friday, May 13 at 7:30 pm or Saturday, May 14 at 7:30 pm and on Sunday, May 15 at 2 pm at the Rochester School auditorium. For more information please call Cyndi Ryan at 767-9100.

The 4-Year-Old Love Report: or What does love mean to a 4-8 year old: Love is when your puppy licks your face even after you left him alone all day. Mary Ann- age 4.

The Rochester Recreation Committee is meeting on Wednesday, May 18 at 6 pm in the town office. Final plans for the Yard Sale/Block Party and Dance will be discussed. If you would like to reserve a yard sale or vendor spot please call Joanne McDonnell at 767-3631. Set up will begin at 8 am on Saturday, May 28.

The Farm Report: Earth laughs in flowers. -Emerson.

The Farm Report: The Pittsfield Library has a whole stack of books to help you with your garden, your lawn or your gentleman or gentlewoman farm. The list contains such helpful morsels as The Vermont Gardener's Companion, The Woodchuck's Guide to Gardening, The Heirloom Gardener, The Complete Book of Gardening, Gardener's Questions and Answered and the one we've all been waiting for: The Joy of Keeping Chickens. Check them out.

The Stockbridge Central School (SCS) community gardens are in need of donations of long and short handled garden tools such as spade shovels, hoes, rakes and forks. Child size tools would be a plus. The garden committee is looking for a volunteer to coordinate garden activities. If you are interested please contact Betsy Shands at 234-6807. Gettin' dirty, gettin' fed.

Also from SCS the 6th graders and their parents have organized a Spaghetti Dinner for Thursday, May 14 from 5 to 7 pm. Come to the school hungry and say, buon giorno or just hey and twirl a fork full.

Hunting Report: An 86 year old man went to his doctor for his regular checkup and told the doc he was doing great, as he felt great and had a 20-year-old bride who

was pregnant with his child. He asked the doc what he thought about that? The doctor paused and then related that he has an older friend, much like the 86 year old man and he is an avid hunter. So one day the elderly gent is about to set out hunting and he accidentally picked up his walking stick instead of his gun. When he arrived at the lake he spotted a very large beaver and then realized he did not have his gun. Out of habit he raised his cane and aimed it at the beaver and went bang, bang. Miraculously, two shots rang out and beaver fell over dead. Now what do you think of that, asked the doc? The 86 year old said, logic would strongly suggest that somebody else pumped a couple of rounds into the beaver. The doctor replied, my point exactly.

You are invited to the Stockbridge Central School on Thursday, May 12 at 6:30 pm to discuss the school budget.

The United States Postal Service mail carriers are having their Annual Food Drive on Saturday, May 14. Non-perishable food items should be bagged and left by your mailbox on Saturday morning or you can drop off your donations at the Rochester or Stockbridge Post Offices.

The Granville Volunteer Fire Department is looking for sponsors for its annual Sponsor-a-Flag fundraiser. The flags will be displayed from utility poles along Route 100 North throughout the summer. For more information or to sponsor a flag call Kevin Bagley at 767-3765 or 802-349-5128 or call that fire station at 767-3033 and leave message.

The Rochester School is looking for community members who are willing to be panelists to grade this year's Senior Project Night on Wednesday, May 25. Anyone who would like to be a panelist is asked to contact Gene Heinrich at the school at 767-3161.

Rochester residents need a permit for all outside burning. Please contact Fire Warden Ray Harvey at 767-3241 or Fire Chief Terry Severy at 767-3394.

Thought for the Week: "Like I said, after I jumped, it occurred to me that life was perfect. Life is the best, full of magic and beauty, and surprises, you just don't see it all that clearly when you're still there." - Tom-Tom from a Million Dollar Hotel, (an underrated film written by Bono and produced by Wim Wenders, simply brilliant).

Too much news for the blues, send yours to PO Box 1, Stockbridge, VT 05772, pronto.

Killington Remembered

Killington Plans for Its Star Spangled Birthday Celebration!

The Town of Killington is happy to extend an invitation to all guests and residents to the biggest party of the year - Killington's Star Spangled birthday celebration! Hosted on July 4, this year's outdoor celebration will celebrate both America's birthday and Killington's 250th birthday.

Chartered in July 1761, the Town of Killington is turning 250 years old in 2011! And the Town is partnering with Killington Volunteer Fire and Rescue to expand the already-popular Fourth of July celebration into a great party for all residents. In addition to the traditional community parade, barbecue, pool party and silent auction,

the event will also feature agricultural demonstrations and tools and traditions from yesteryear, including an old-fashioned town crier to read our official charter from 1761. Children will enjoy the outdoor lawn games and music, while adults explore the displays on Killington's history and outdoor community art project. The celebration will even be topped off with an evening fireworks show and giant 250th birthday cake!

The Town is also collecting memories as part of its 250th birthday celebration. If you have a story, photo, anecdote, or anything else you'd like to share about Killington, please contact Gail Weymouth at gail@sherburnelibrary.org. Memories will be featured weekly in the Mountain Times, as well as online on DiscoverKillington.com. Anyone wishing to display a historical skill, demonstration, or artifact at the July 4th celebration should contact 250th Committee Chair Beverly Anderson at brandx@vermontel.net.

The event is free for all and starts at 10 am on River Road. For a full schedule of events, please see www.DiscoverKillington.com.

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Clarendon 250th Birthday Meeting

The 250th Birthday Celebration for Clarendon is planned for Saturday, July 30, 2011. Your help and input is needed to make this event a success. Volunteers are

needed to help organize the event. An organizational meeting is planned for May 19 at 7 p.m. at the Clarendon Fire Station, Grange Hall Road, North Clarendon. For more information call Bob & Joan Bixby at 773-6470.



What's There to do in Rutland on Saturday?

The Rutland area is busy in mid-May. Physical therapist Brian Finch talks about "Movement for Health" from 11:30 a.m. to 1:00 p.m. Thursday, May 12, in Conference Room 4, Rutland Regional Medical Center. Exercise helps participants feel better and makes them stronger, including cancer patients. Call 772-2406 to find out more.

Walk through history as you stroll Rutland's Evergreen Cemetery. Meet up at 9:00 a.m. at Godnick Adult Center, 1 Deer St., Rutland, to car pool and bring your lunch. Ask Edith Kellogg, 775-1246, for more info.

The second Friday of the month is ArthropRutland. Participants include the Chaffee Art Center with a reception for the Reception for Human=Landscape: Aesthetics of a Carbon Constrained Future, featuring a preview of Rutland Youth Theater's production of Big. Fiftieth Anniversary Poster Contest winners will be announced, and there will be a (free) plastic bag collage children's activity. The Chaffee has taken over co-ordination of the monthly Arthops; call 775-0356 to lend a hand or learn other locations.

Sharon Russell of the Open Door Mission is the honoree at the Salvation Army 2011 Annual Community Awards Dinner, held at 6:00 p.m., Friday, May 13, in South Station Restaurant, 6:00 p.m. For more info, call Captain Rose or Martha, 775-5150.

European circus tradition comes to the Paramount Theatre stage with the Cirque le Masque at 8:00 p.m. Friday evening. Defying the laws of gravity, the Carnivale performance combines story, music, acrobatics, juggling, costuming, imagination, and beauty for an enchanting evening. Thanks to event sponsors Hull Maynard Hersey and The Holiday Inn, and family series sponsors Stewart's Shops and About Face. Call 775-0903 for tickets.

Have your bag of food ready to donate when Rutland's letter carriers make their rounds on Saturday, May 14. The mail folks pick up your donations in mid-May each year for United Way and local food shelves. Any questions? Call United Way, 773-7477.

Celebrate bicycling with bike maintenance workshops; fun races, a mountain bike skill area; guest speakers; and group rides for women only, co-eds, and youth. The event is 10:00 a.m. to 2:00 p.m., Saturday, at Giorgetti and Pine Hill Park. Call the Rutland Recreation Department, 773-1822, for more info.

Still don't know what to do on Saturday? Here are some more choices.

The Paramount Theatre shows Edna Ferber's Giant, starring James Dean, Elizabeth Taylor, and Rock Hudson, the story of three generations of a land-rich Texas family. Showings are at 3:00 and 7:30 p.m. on Saturday. Call 775-0903 for tickets.

Or take a hike to see spring wildflowers and birds.

Bring binoculars, field guides and bug repellent. Call 492-3502 for more info.

In West Rutland, you can take your children to a free live animal program at the West Rutland Public Library. Hear a story about Beatrice's Goat and pet the live pigs and goats that have come to hear the story too from 10:30 a.m. to 12:00 noon. Call 438-2964 to find out more. While you're in West Rutland, shop at the town wide yard sales, 8:00 a.m. to 2:00 p.m.

Learn to create a facebook page for yourself, your business, or your organization at either an 8:00 to 10:00 a.m. or 5:30 to 7:00 p.m. seminar on Thursday, May 19, in the Franklin Conference Center, and sponsored by the Rutland Region Chamber of Commerce. Presenter is Katy Mungler, a facebook expert. Bring your laptop if you can. Find out more or register by calling the Chamber, 773-2747.

In between, learn about locally produced food products during the Vermont Roots Food Show at the Holiday Inn. Hours are 10:00 a.m. to 4:00 p.m. Thursday.

Congratulations to Community Care Network, recently awarded the Vermont Governor's Council on Physical Fitness and Sports 2011 Gold Award for companies with 151 to 500 employees. The award recognizes work sites with comprehensive, results-oriented health management programs with measurable outcomes.

Oculus' created by Rick Rothrock during the 2010 Marble Sculpture Symposium is scheduled to be installed in Giorgetti Park for public enjoyment. The 9-foot marble monolith functions as a sundial.

For the month of May, the Osher Lifelong Learning Institute offers a variety of programs in its Friday series from 1:30 to 3:00 p.m.. Dr. Elizabeth Sherman, biology prof at Bennington College, looks at science and anti-science attitudes in American culture on May 13. Peter Post, director of the Emily Post Institute and himself author of five etiquette books, looks at the contemporary state of etiquette and adapting to societal change on May 20. Middleton Springs Historical Society president David Wright explores the story of the mineral spring craze from pre-history through its proliferation in the Victorian era and current decline. Call 773-0184 for program info and directions.

Christ the King School holds its 25th annual dinner and raffle at 6:30 p.m., Friday, May 20, in the Franklin Conference Center. Cash prizes total \$8,800 with a grand prize of \$5,000, second of \$1,000, third of \$500 and twenty-three of \$100 each. Each purchased raffle ticket admits two adults to the buffet dinner. Call the school office, 773-0500, or Mary Lou Harvey, 438-0048, with questions.

The local Fire Safety office will stay in Rutland City, the state commissioner of public safety recently announced. Vigorous objections led the state office to cancel plans to consolidate the office with one currently in Springfield and move the combined workforce to Ludlow.



Killington-Pico Rotary News

by Janina Curtis

Each Wednesday the Killington Pico Rotary Club meets at the Summit Lodge from 6PM - 8PM for a full dinner, fellowship, and a guest speaker. We are actively seeking new members who are interested in serving their local community and beyond. It's a great opportunity to get involved and meet new people. If you are interested in learning more about Rotary International, call 422-5499 to make a reservation to attend a dinner meeting.

May 18 - John Olmstead, ShelterBox disaster relief program

Our speaker on May 4 was Mandy Vellia of the Ottauquechee Cooperative Invasive Species Management Area (OCISMA), which coordinates through the Marsh-Billings Rockefeller National Historical Park and the Vermont Institute of Natural Science. OCISMA was organized in 2010 with input from federal and state agencies, local non-profits, interested citizens and town conservation commissions. The organization will focus on controlling the introduction and spread of non-native invasive plants, animals and insects in the area roughly defined as the Ottauquechee Watershed. Invasive species are defined as those "whose introduction causes or is likely to cause economic or environmental harm or harm to human health." OCISMA hopes to make a significant difference in the long term health of the Ottauquechee watershed by hosting educational events, maintaining a reporting database, implementing a

management plan, and engaging towns, groups and individuals. Towns and individuals are invited to support the organization by considering potential projects, local needs and sensitive or high priority areas. A representative from the Killington area is particularly needed. The Vermont Institute of Natural Science (VINS) is hosting the organization as becomes established. Interested parties may contact Hannah Putnam at (802)359-5000 x 228 or hputnam@vinsweb.org.

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All letters are printed at the Editor's discretion.



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COMMUNITY CALENDAR

May 12 - Woodstock. Hand in Hand community meal, Thurs., 5-7pm. This Week: Happy Birthday George Carlin. Social Hall, N. Unitarian Chapel Society. All welcome, donations accepted. 457-9272.

May 13-14 - Rutland. First Baptist Church Spring Rummage Sale, May 13, 6-9pm & May 14, 9am-1pm. Bag sale on Sat. Drop off time for donations May 9-13, 9am-noon. Info, 775-5824.

May 14 - Rutland. 19th Annual Letter Carrier's Food Drive for zip codes 05701/05702, 05733, 05743, 05759, 05765, 05777, 05764, 05156 and 05149 - leave in/by your mailbox or drop off at Rutland Co. Post Office from 11:30-4:30pm.

May 14 - Rutland. Community luncheon featuring baked pasta goulash, 11:30-1pm at Trinity Church. Donations welcome.

May 15 - Mendon. Blessing of the Bikes at Mendon United Methodist Church - 9:30am worship service, fellowship & refreshments at 10:45am, blessing of bikes 11am. Ride follows - 1pm lunch at Sawdi's. 459-2070. All welcome.

May 19 - Hubbardton. Hubbardton Senior Connection luncheon at Town Hall, noon. Suggested donation \$3.25 for age 60+, \$4.25 under age 60. Everyone welcome. RSVP please, 273-2953. This week, chicken-n-biscuits, mashed potatoes, carrots, banana bread.

May 25 - Springfield. Rummage Sale at Springfield Methodist Church, 9-2.

May 28 - Rutland. Spaghetti Dinner, Dance & Silent Auction annual fundraiser for Rutland Eagles Special Olympics team. Alcohol free. All ages. \$10 or \$15/couple. 948-2877 advance, or at door. 6-10:30pm.

Ongoing

Mons. - Rutland. Rutland Kiwanis Club meets at South Station Restaurant 6:30pm. All welcome. 773-6251.

Mon.-Sat. - Wallingford, Hands for Hope Thrift Store open, 9am-6pm Mon-Fri & Sats, 9am-2pm.

Mons. & Weds. - Brandon. Meals-On-Wheels delivered to Brandon Senior Citizen Center, except holidays. \$3. Age 55+. 247-3121 to sign up or come by.

Tues. - W. Bridgewater. Blanche & Bill's hosts Aunt Francie's Southern Kitchen community dinner each week, 5:30pm til food runs out. \$12.50/person, family style.

Tues. - Brandon. Lions meet at Brandon Senior Center, 7pm. 1st & 3rd Tues. of the month.

Weds. - Brandon. Cub Scouts - Wolf Den 123 meet at Brandon Senior Center, 3-4pm.

Thurs. - Hubbardton. Hubbardton Senior Connection program lunch every 1st & 3rd Thursday of the month, at Hubbardton Town Hall, 12:00 noon. All welcome. \$3.25/ seniors, \$4.25 anyone else.

Thurs. - Rutland. Vt Christian Riders from Motorcyclists for Jesus Ministries meeting 3rd Thurs. of month, Denny's Restaurant. 6pm. 483-2540 or Email Bikingforj@Msn.Com.

Thurs. - Danby. Christian Reading Room @ Danby Congregational Church parsonage open Thurs., 4-30-7pm. Check out, reference or personal study books & computer reference material. 770-2976.

Thurs. - Rochester. Acapella singing group meets Thurs., 5-6pm, Federated Church of Rochester. Practice spiritual music to sing to ill folk. Come & sing! 767-3012.

Thurs. - Rochester. Green Mountain Interfaith Group sponsors Spiritual Cinema Circle 2nd & 4th Thurs., 7-8:30pm, Park House. 767-4905.

Fris. - Rochester. 1st & last Fris. of month, Rochester Federated Church invites parents & kids for Play Group. Birth - 2 yrs. 10:30am-noon, nursery rm. above Fellowship Hall.

Killington - Saturday Worship, Roman Catholic Mass, 4pm. Our Lady of the Mountains. 457-2322, call for Holy Day schedules.

Killington - Sunday Worship, 9:30am, Church of Our Saviour (Episcopal). Small, welcoming, inclusive. 422-9064.

Killington - Sunday Protestant Service, 9am, Sherburne United Church of Christ, Rt. 4. All Welcome. 422-9440.

Mendon - Community Church, (50 Rte 4 East) Communion 1st Sunday of each month; Sunday worship 9:30am; Children's church 9:45am; Fellowship 10:30am; Adult study time 11am. Rev. Ronald Sherwin, 459-2070.

Pittsfield - Sunday Worship, 9am. Pittsfield Federated Church. Rt. 100 N. Communion Service 1st Sun. each month. Bible Study Weds. Eves 7pm. Rev. Dr. Howard Gunter, Pastor. 746-8698.

Chittenden - Sunday Worship, 11am. United Methodist Church of the Wildwood. Open hearts, open minds, open doors. Rev. Shirley Oskamp. 483-2909.

Rutland - Unitarian Universalist Church, 117 West Street, Rutland, VT. 802-775-0850. Sunday Services Begin at 10:30 a.m. Rev. Erica Baron.

Rutland - Sunday Service, children & adult religious instruction 9:30am. Sat., 5:30pm worship. Good Shepherd Lutheran Church. 773-9659.

Rutland - Weekend Catholic Mass, Christ the King, Sat. 5:15pm, Sun. 7:30, 9:30, 11am. Immaculate Heart of Mary, Sat. 4:30pm, Sun. 8am, 10:15am. St. Peter, Sat. 5:15pm, Sun. 8:30, 10:30am.

Rutland - Sunday Worship Services, 10:30am, First Baptist Church of Rutland City. Sunday School Classes, 9am for all ages. 773-8010.

Rutland - All Saints' Anglican Church welcomes new members. Services at Messiah Lutheran Church Suns., 4pm & Thurs. 8:55am & most holy days.

Brandon - Sunday Services: 10am, Adult Bible Study, 5+ Sunday School, Nursery. 11am, Worship service. Wed. Services: 6:30pm, Adult Prayer & Bible Study, Youth Groups 5+. Brandon Baptist Church. 247-6770.

Rochester - Federated Church of Rochester invites everyone to Bible Study Tues., 10:30am in French Rm. & 6pm Wednes. at parsonage & Thurs., 7pm at Mather's on Kirby Dr. 767-3012.

Fair Haven - Our Lady of Seven Dolours Mass Times: Saturday 4:30pm. Sunday 9am.



ARIES: March 21 – April 20: Too many cooks make it imperative that you step out of the kitchen. None of this will take off with so many agendas operating at cross purposes. You may not like not having a say in how things go but it's stupid to keep talking when no one's listening. You'll stand a better chance of getting your point across if you disengage and become conspicuous in your absence. Without your input others will come to the right conclusion of their own accord. If you don't get credit for solving the problem you'll have the satisfaction of knowing what really happened here.

TAURUS: April 21 – May 20: Grinding your axe is a full time job. Did it ever occur to you that you could drop this and move on with your life? Too many things suggest that you've settled into a part of the past and keep rewinding back to the beginning of the same old story. It's the definition of insanity to keep doing the same thing and expect to get different results. It also gets boring after a while, not just for you but for everyone who has to love you through every single rerun. Life isn't about blaming it for what isn't working for you. You'd be happier if you could just let this go.

GEMINI: May 21 – June 20: It's more than obvious that certain things need to be rearranged. What has simple has gotten complicated by an increase in external pressures that won't go away. A little help wouldn't be a bad idea, even if you have to hire someone; you just can't do all of this by yourself. Too many things call you to bring your attention more to your career than to anything that ties you to your home. Balancing the inner and the outer is a simple matter of looking at what needs to get handled and finding a way to make it all work via remote control.

CANCER: June 21 – July 20: Here we go again. Extending yourself one more time isn't a bad thing. You know well enough that you're co-depending with someone who is at a very weak point and you have no choice but to say 'Yes'. You will wind up having to live with things that really don't appeal to you for as long as it takes for them to pull themselves together. As long as you understand that it will do no good to waste your energy trying to convert anyone, or fix things that have been going on for far too long, you'll be able to do this without going nuts.

LEO: July 21 – August 20: Totalitarian measures rarely work. You don't need to push your weight around here. People are all too familiar with your power issues and all of them know that the only way to survive is to tell you one thing and do another. Your little show would run a lot better if you understood that you came here to share power instead of hoard it. Give everyone in your life a long leash and let them run with it. That method of operation will work wonders to increase your power in a real way and it'll make everyone you're connected to that much stronger.

VIRGO: August 21 – September 20: The most difficult part of any process always has emotional overtones. You've gotten through the worst of things; from here on out you'll be dealing with how to trade one life for another. Extricating ourselves, it's usually better for everyone if we don't rip off the band aid all at once. I see you needing to keep a portion of the past alive, but only enough of it to allow you the time and freedom to delve into your newer passions. You've got to do a little more time here - but take heart - it won't be long before you'll find yourself in two places at once.

LIBRA: September 21 – October 20: Pushing your luck always comes at a time when it's running out. You haven't got any more tricks up your sleeve and you're at a point where you've got nothing to lose. In a way there's something liberating about all of this because it's given you the freedom to try anything. It's also helped you to see that there's always a way out. Keep the faith. At times when very little seems to exist within the realm of possibility, an opening occurs that allows other factors to enter in and serve as the saving grace or the solution to things that didn't seem to have an answer.

SCORPIO: October 21 – November 20: You never cease to be amazed by what's come out of the last year or so. Lots of people have come into your life and as many have left it. Things that seemed horrendous a while back have turned out to be incredible blessings in disguise. As you contemplate how things come and go and what it all means you're beginning to see that your only job is to stay at the center of it. It's almost as if all you have to do is just Be. This revelation might prompt you to slow down and really get into the spiritual side of things. Maybe it's time to jump down that rabbit hole.

SAGITTARIUS: November 21 – December 20: You can't figure out what to do about this. Someone is riding roughshod over your life and you can't figure out whether to step in and call a halt to it or just keep letting them run their routine. Anyone can see that you should have opened your mouth way before this. Whatever you're looking at now is the sum total of all the stuff you turned a blind eye to. If you're wondering what to do about it, you need to face the fact that everything gets more complicated when we put it off. It'll take some fancy footwork to turn things around.

CAPRICORN: December 21 – January 20: You've been through the mill and are probably wiped out from it all, but the heat is off at the energetic level. Don't expect too much from yourself. Turn off the perfection switch and try to understand that you have to regroup. After a long period of feeling pulled apart by too many demands you need to come back to yourself and remember what gives you joy. Simple things are OK for now. Hang out with children and look at the sky. Don't run yourself ragged at a time when the battery's too drained to do anything but wait until it's recharged.

AQUARIUS: January 21 – February 20: Whatever this is about, it'll blow over before you know it. You're obsessing about stuff that doesn't even matter at a time when you really need to get your act together. More recent scenarios have entwined you in a little soap opera that is really none of your business. Don't let the need to distract yourself with a lot of drama over ride the fact that the shit is hitting the fan on so many other levels. Bring your self down to Earth. Draw a few boundaries. You don't have the capacity to save anyone but yourself and your own interests right now.

PISCES: February 21 – March 20: It won't do any good to say this but let's give it a whirl; have you lost your mind? Somehow or other you've gotten into something that either involves too much risk, or not enough of it; either way you've got to be crazy to take it on. Going too far too fast will only lead to trouble. If you're one of the ones who's gone the opposite route you're settling into something totally deadening. Why the hell do you want to nail yourself into a coffin? Snap out of it and get real. See if you can find the fine line between taking too many chances and none at all.

Mother of the Skye

Mother of the Skye has 30 years of experience as an astrologer and tarot consultant. She may be reached by email to cal.garrison@gmail.com

Proctor Place

by Stacy Bates

Proctor High School Traffic Detour Info

The major league Proctor Rangers hosted the Rutland Town Thunder Tuesday, May 9, for their second game of the season. Proctor got behind early and couldn't quite make it back, losing 7-6 at the end of 6 innings but the game got exciting throughout the last 2 innings. Proctor got off to a rough start giving up 5 runs in the first inning due to a number of fielding and throwing errors. Rutland Town took advantage and ran the bases effectively. Starting pitcher Derek Almond settled down in the top of the second and Proctor only allowed 2 runs making the score 7-0. The Proctor hitters struggled for the first couple of innings against Rutland Town's starting pitcher and were unable to score. In the third inning and throughout the rest of the game Proctor started to wake up playing better defense and making contact with the ball at the plate. Zachary Jalbert went 2 for 4 with a single and a double. M.J. Denis hit a screaming line drive to right field that rolled under the chain fence for a ground rule double. Zachary Bates also went 2-4 for the Rangers. Proctor then took advantage of an inexperienced Rutland Town catcher and started stealing bases to help them close the score to 7-6 by the top of the 6th inning. Proctor's defense and great pitching held Rutland Town scoreless in the 6th and now it was their turn to see if they could score some runs to win the game. Proctor got 2 boys on base with only 1 out and the heart of their lineup coming up to bat. Zachary Bates hit a hard ground ball to the Rutland Town second baseman that was fielded cleanly and he was thrown out at first for the second out but the runners advanced to third base and second base.

Cleanup hitter M.J. Denis was looking for a chance to tie or win the game with a base hit. M.J. got underneath the ball and hit a sky high infield fly ball, a difficult catch for boys this age but Rutland Town fielded it with ease for the 3rd out and the victory. Proctor Pitcher Zachary Bates had an outstanding performance on the mound pitching shutting down the Thunder offense for 4 innings giving up no earned runs and no base on balls. He also chalked up 9 strikeouts. He teamed up with catcher Zach Jalbert, who did a great job behind the plate keeping the ball in front of him shutting down the Thunder running game. Proctor's record goes to 0-2 after losing to Killington last week. They will be looking for their first win at Barstow on Wednesday, May 11. Coach Ken Bates said he was encouraged by how his players fought back from a 7-0 deficit and was happy to see them field the ball the way he knows they can. He feels like there are really starting to come together as a team.

Due to the Proctor Water Project construction that started Monday, May 9, there will be new routes of travel to the high school. Grove Street to Olympus Road will be closed to traffic. The intersection at Grove St., Warner Ave., Park St., and Olympus Road may also be under construction. Until further notice, everyone going to the high school should use the Holden Ave. entrance to Park Street to get to and from the school.

Rosie's Girl Rutland Summer Program: registrations open for girls entering 6th 7th or 8th grade. Rosie's Girls is a trades-based camp for middle school aged girls where girls build, learn and grow while trying carpentry, welding, fire fighting and more! This is their 3rd year in the Rutland area and camp is two weeks, 9 to 5, Mon to Fri, July 11 to 22, 2011 at Mill River UHS. \$259 for the two

Proctor Place, Page 21

Results of Killington Special Town Meeting

by Kathleen Ramsay

On Monday, May 9, the Town of Killington voters approved a revised budget of \$3,666,798, a reduction of \$245,167, or 6.3%, from the budget presented at the Annual Town Meeting in March. Voters also approved articles to vote by Australian ballot on the budget, public questions and for the election of officers. Voters rejected a petitioned article on adding two members to the Selectboard, by a vote of 133 yes to 150 no.

Details:

The results of the Town of Killington's Special Town Meeting held on May 9, 2011 are as follows:

ARTICLE 1. To see if the Town will adopt the recommended 2011 General Fund budget of \$3,666,798 which will be reduced by \$547,950 in 2011 estimated Non-Tax Revenues, \$650,000 in 1% Local Option Tax Receipts, and \$163,118 from the Economic Development & Tourism Reserve Fund, as proposed by the Selectmen in the 2011 Revised Budget Proposal. The Select Board may reduce the amount to be raised by taxes with Excess Cash on Hand, if available, when the 2011 tax rate is set. **PASSED BY A VOICE VOTE.**

ARTICLE 2. To see if the Town will vote to appropriate \$0 for Selectboard stipends as presented by Selectmen in the 2011 Revised Budget Proposal. **PASSED BY A VOICE VOTE.**

ARTICLE 3. To see if the Town will vote to appropriate

funds as follows for non-profit agencies:

- Qttaquechee Community Partnership, \$500;
- Killington Teen Center, \$500;
- Shining Light Mentoring, \$500;
- Rutland County ARC, \$300;
- Rutland County Women's Shelter, \$350;
- Rutland County Humane Society, \$300;
- Retired Senior Volunteer Program, \$200;
- Green-Up Vermont, \$100;
- Vermont Council on Rural Development (VCRD), \$500;
- American Red Cross, \$500;
- Rutland County Parent Child Center, \$300;
- The Mentor Connector, \$500;
- Vermont Adult Learning, \$200; and
- George D. Aiken Resource Conservation & Development Council, \$100. **PASSED BY A VOICE VOTE** as amended, deleting letter n from the list.

ARTICLE 4. Shall the Town of Killington adopt its budget article or articles by Australian ballot? 163 YES. 128 NO. **ARTICLE PASSED.**

ARTICLE 5. Shall the Town of Killington vote on all public questions by Australian ballot? 168 YES. 111 NO. **ARTICLE PASSED.**

ARTICLE 6. Shall the Town of Killington elect officers by Australian ballot? 161 YES. 125 NO. **ARTICLE PASSED.**

ARTICLE 7. Shall the Town elect two additional selectboard members for terms of two years each pursuant to 17 V.S.A. § 2650(b)? 133 YES. 150 NO. **ARTICLE DEFEATED.**

ARTICLE 8. - NOT ACTED UPON DUE TO RESULTS OF ARTICLE 7.

To elect the following Town Officers:

- One Selectman for a term of one year who shall be elected by ballot;
- One Selectman for a term of two years who shall be elected by ballot.

ARTICLE 9. To transact any other business properly to be brought before said meeting.

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JustForFun

Capsule reviews of films opening this week by The Associated Press

“Thor”



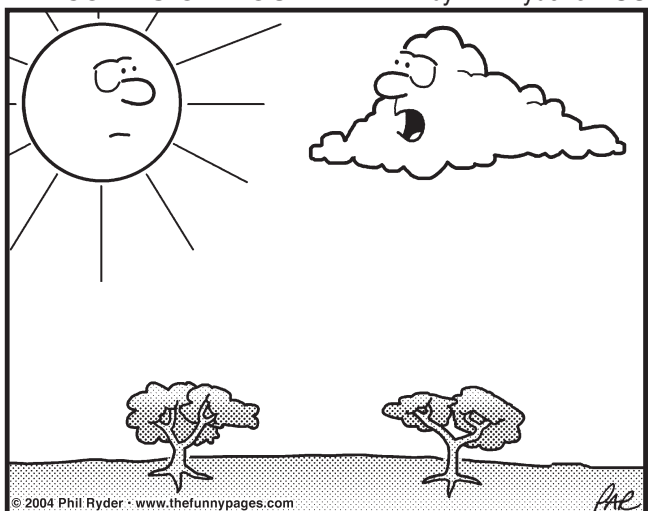
by David Germain, AP Movie Writer

The Norse gods are off to a decent, though not divine, start in this latest movie in Marvel Comics' big-screen expansion of its superhero pantheon. Australian actor Chris Hemsworth plays the god of thunder, cast out by his father (Anthony Hopkins) and forced to learn some humility down on Earth. Director Kenneth Branagh draws on his Shakespearean roots to fill the tale with loads of palatial pride, envy, rivalry and resentment that drive the action. The human part of the equation often is where the film comes up short, as in the puny humans of whom Thor supposedly becomes so fond. Fresh off her Academy Award win for “Black Swan,” Natalie Portman as Thor's mortal love interest is a surprisingly insubstantial presence. Thor is the god who fell to Earth, but why he wants to stay among these little Earthlings never feels genuine, given the far cooler place he calls home. The action is a bit muddled and the story sometimes is unfocused, but Hemsworth has true star power, a regal presence that helps keep the disparate elements stitched together. With Tom Hiddleston, Stellan Skarsgard, Kat Dennings and Clark Gregg. PG-13 for intense sequences of sci-fi action and violence.

113 minutes. Two and a half stars out of four.

THE JOKE'S ON YOU

by Phil Ryder & YOU



“I'll wash...you dry.”
- John Tontodonati • Fort Erie, Ontario, Canada

“The Beaver”



by David Germain, AP Movie Writer

Mel Gibson's interpersonal flaws have all but ruined his career. Now with this dark comic drama, Gibson delivers a career performance that salvages a flawed film. Directed by longtime pal Jodie Foster, who also co-stars, the film was shot in between Gibson's 2006 anti-Semitic rant during a drunken-driving arrest and his ugly breakup from ex-girlfriend Oksana Grigorieva. Inevitably, because of the spectacle of Gibson's private life, it will be difficult for viewers to separate the real person from the fictional character, a suicidal man struggling with depression and inner demons. Gibson seems to be exploring his own dark emotional recesses as his character at first comically, later savagely, works through his issues via an alter-ego, a beaver puppet he wears on his hand. The performance makes the film generally work despite a story that veers from an absorbing family dynamic into a pointless media circus as the beaver becomes a national celebrity. Gibson creates a rich, engrossing portrait of a man in deep distress, with great heart and humor where appropriate, and the rest of the time with the disturbing conviction of someone who's been there himself. Anton Yelchin and Jennifer Lawrence co-star. PG-13 for mature thematic material, some disturbing content, sexuality and language including a drug reference.

91 minutes. Three stars out of four.

SUDOKU

8	2		7			1		6
	3							5
	6	1	8		3			7
		8		4		3		
					9	2		
1	7			6				
3				8			1	
		6				7		
	8	5	1					

Each block is divided by its own matrix of nine cells. The rule for solving Sudoku puzzles are very simple. Each row, column and block, must contain one of the numbers from “1” to “9”. No number may appear more than once in any row, column, or block. When you've filled the entire grid the puzzle is solved.

This week's solution on page 23

1	2	3		4	5	6	7	8	9		10	11	12	13
14				15							16			
17			18								19			
20					21						22			
23				24							25			
26						27	28	29			30			
				31	32	33					34			
	35	36	37							38				
39					40									
41					42					43	44	45	46	47
48							49	50						
51					52	53	54				55			
56					57					58				
59					60								61	
62					63									64

ACROSS

- Animal hair
- Specks in the sea
- 1984 Peace Nobel
- Single-strand molecule (abbrev.)
- Chiang Kai-shek's capital
- Knowing, as a secret (2 wds)
- Shortened version
- Gentle
- Like The Citadel, now
- Corpulent
- “... happily ___ after”
- Professional wrestler Mike Awesome
- Dullard
- Class
- Agency monitoring edible products (abbrev.)
- Wood sorrels
- Lash out at
- Floor coverings
- Deserving rebuke
- Atlantic City attraction
- Statues with no head and hands
- One who mimics
- Chester White's home
- Energize
- Links rental
- Film material
- Bee colony
- Wrist bones (pl.)
- Ball of yarn
- Persia, now
- Near coastland
- Catch fish
- Cake (Fr.)
- ___ and outs
- “Iliad” warrior
- Steep slope
- Undertake, with “out”

DOWN

- Brawl
- Undo the lock
- Make less dense
- Inspection Test Date (acronym)
- Thickening agent (pl.)
- Backbend dance
- Blunt-edged fencing sword
- Alexander Hamilton bills
- Locale
- Preset explosive (2 wds)
- Unambiguous
- Put up with
- Disrobe
- “American ___”
- Not far
- Pixie
- Discordant noises
- In addition
- Adjusts, as a clock
- Jigger of liquor
- One who fixes
- Weaken
- Omens
- “Cast Away” setting
- Pueblo doll
- Allergic reaction
- French royalty
- Forever, poetically
- Just out
- Breathing problem
- Humidor item
- Hamster's home
- Expression of apprehension
- Campus military org. (acronym)
- Eat an evening meal

Solution on page 23

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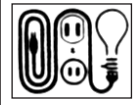
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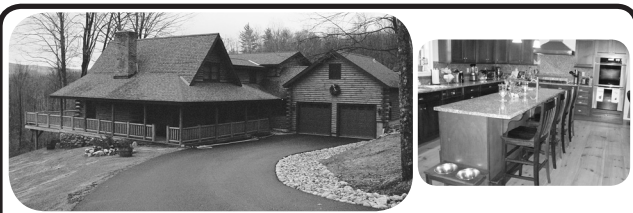
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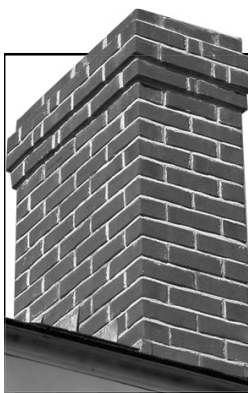
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View From Ludlow

by Ralph Pace

“A Tale of Three Bridges”

It might as well be called “A Tale of Three Bridges.”

This refers to the forthcoming replacement of two bridges on Route 103 in Chester during the May to July period this year along with the prospective major overhaul of the Walker Bridge over the Black River in Ludlow in several years.

Route 103, the major East/West highway link in the state, will see some serious shutdowns and bypasses as a result of this bridge activity. The commercial center of Chester will endure two months of considerably lessened traffic from mid-May through mid-July while two bridges are being replaced. Truck traffic from I91 will be diverted through Springfield during this time. Probably a large volume of passenger vehicles will opt for the same detour to avoid the Green Mountain dirt road detour bypass which, in rainy weather, can be a hazard.

Meanwhile, the Ludlow Select Board, and a large contingent of interested citizens, heard the preliminary discussion from VTRANS about the proposed renovation of the Walker Bridge in Ludlow. While actual work on the bridge probably will not begin until 2014 at the earliest, Ludlow citizens learned that the bridge may be out of use for a full construction season. The likely detour routes, if the bridge is totally shut down to expedite construction, will be High Street coming from the East; the detour for traffic coming from Rutland has yet to be considered.

It's clear that both Chester and Ludlow businesses will see slackened sales as a result of the tale of three bridges.

On May 13 and 14, at 7 PM, the eighth grade class at Black River Middle School will be offering its version of “Our Town” at the Ludlow Town Hall Auditorium. The students researched their play about historic residents of Plymouth, Ludlow and Mt Holly at Black River Academy Museum (BRAM), wrote their own scripts, and will perform these in a play entitled “Peoples of the Past.” Tickets may be purchased at the Auditorium; adult tickets are \$5 and students are \$2. For information, call 228-5050.

Black River Academy Museum (BRAM) will host a gala dinner on Saturday, June 25 at the Epic Restaurant at Jackson Gore. The dinner will feature a silent auction with some of the items up for bidding including an Italian villa stay and a sojourn in New York City. This will be part of BRAM's capital drive effort to raise matching funds to complete the elevator tower at the museum. BRAM recently completed its “5K Walk for Local History” in Ludlow draw a large number of walkers and raising over \$800 for its capital fund drive.

Black River Good Neighbors (BRGN) has announced the details of its annual spring rummage sale at Fletcher

Farms. The sale begins on Friday, May 20 and ends on Sunday, May 22. If you have any clothing, furniture or other items in good working condition that you would like to donate to BRGN for the sale, contact Audrey Bridges at 802-228-3663. Arrangements may be made will BRGN to pick up large furniture items. The rummage sale is part of BRGN's effort to raise funds to help the needy in the Black River area.

LPC-TV, the public broadcasting station on cable channels 8, 10, 20, and 22, held a fantastic Kentucky Derby Gala event at the Pot Belly in Ludlow this past Saturday. It was a Night at the Races with an interactive wagering, raffles and music by Union Street (featuring Mark Huntley). Derby attire, especially among the ladies, was evidenced with most participants. In addition to the running of the derby, the LPC team that put the event together managed to have seven other races where participants could purchase their own horses and then watch them “run for the money” on two large TV screens. While most of us did not fare very well with our “funny money” wagering, several people did manage to handicap the horses well-enough to enjoy a “funny money” profit. The event contributed towards LPC's fund raising efforts to renovate its portion of the old tank barn in the Ludlow Community Center complex.

With the support of the Okemo Valley Regional Chamber of Commerce, both Chester and Ludlow are preparing to file for Village Center designations as part of the eVermont project to enhance broadband communications access. Ludlow's committee working on the eVermont project is looking into the development of a Wi-Fi “hotspot” in the village.

Ludlow, like many other towns in the state, conducted its “Green-Up Day” this past Saturday. With a large number of volunteers reporting to the Ludlow Community Center, many of the roads in the town were “relieved” of paper and other junk deposited there in the past year. Cavendish, per its tradition, held its clean-up day on May 10 as part of the program run with the Cavendish Town Elementary School.

Cavendish is also the site of a “Walk & Talk” program on Thursday, May 12 from 6 to 8 PM. The program, sponsored by the Cavendish Community and Conservation Association, will start from the town offices in Cavendish. This week's topic will be beavers and wetlands. For information, call Tim O'Donoghue at 226-7023 or Robin Timko at 226-7736.

Fletcher Farm Arts and Crafts is featuring a number of weekend classes and programs in May. Call 802-228-8770 for a free course flyer or info on tuition pricing.

(If you have any comments or news about the Ludlow or Black River area, contact Ralph Pace at ralphpace@tds.net.)



Comcast Cares Day

Springfield Humane Society was honored and pleased to be chosen as a recipient organization for the annual Comcast Cares Day employee volunteer effort this year. On a gloomy Saturday 45 Comcast volunteers arrived to work at our facilities. And work they did! Gardens were cleaned up, thinned, mulched, railings painted, foundation

painted, old lattice around the house porch replaced, main building power washed, bushes trimmed and on an on so that anyone who drives by or who comes to the Shelter can not help but notice all the great results of all these busy hands and backs. Thank you great friends from Comcast!

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Lakes Region News

by Lani Duke

School's Almost Out!

People who enjoy sewing, knitting, or crocheting doll clothes, making wooden toys, or helping with dolls, meet up with RSVP volunteer program coordinator Michelle Dauphinais from 10:30 to 12:00 noon at Castleton Community Center, Thursday, May 12. Join in an Operations Dolls and More meeting; the dolls and toys resulting from the project are given to children in need at Christmas time.

Learn to make handmade greeting cards in a 2:00 to 3:00 p.m. workshop at Castleton Community Center, Friday, May 13. Participants make three to five greeting cards using stamps, punches, ribbon, card stock, and Creative Memories products. Register by calling 468-3093 by Wednesday, May 11.

Both Green Mountain college and Castleton state College celebrate their senior class's commencement on Saturday, May 14. At Green Mountain, the ceremony begins at 10:00 a.m., with Governor Peter Shumlin as commencement speaker. Professor Paul Albro is commencement speaker at Castleton, in a ceremony that begins at 2:00 p.m.

John Wing's Over the Hill meat processing operation hosts a May 14 interactive session on carcass quality, animal condition, and other meat quality issues 10:00 a.m. to 3:00 p.m. Participants will look at living cows and hanging sides as they discuss production and processing factors. Lunch is prepared by the local 4-H club. For info, call Chelsea Lewis, VT Agency of Agriculture, 828-3360; Sam Fuller, NOFA-VT, 434-4122; or Jenn Colby, UVM Center for Sustainable Ag, 656-0858.

As the academic year winds to a close, students at Fair Haven Grade School have lots to look forward to. Kindergarteners through third grade students visit Castleton State College for a performance of Jig Saw Jones. The chorus (grades five through eight, including Benson and Orwell) and band present an evening concert in the gym May 25. The band also plays for Spring Fling, Saturday, May 28, at noon, in the town park.

The Vermont Arts Council has awarded Fair Haven Grade School a \$200 Cultural Roots grant. The money supports transportation costs for FHGS students to attend several theatrical performances at Castleton State College this spring.

May FHGS activities include the Science NECAP given to all fourth and eighth grade students May 10-13, the Spring Chorus and Band concert on May 25, and the Memorial Day Observance on May 27. Kindergarten graduation is in the gym at 8:45 a.m. on June 13; eighth grade graduation is also in the gym on June 13, beginning at 7:00 p.m.

Consider Bardwell Farm of West Pawlet is the first farm in Vermont to sell its development rights, limiting future grass land use, to the state Department of Agri-

culture. It produces artisan cheese from dairy goats; its herd of more than 100 milking goats grazes more than 150 acres of grassland.

The Princeton Review has rated Green Mountain College among the most environmentally responsible schools in the country, published in the 2011 edition of Guide to 311 Green Colleges. The award cited the school's excellence in academic programming and a strong commitment to social and environmental sustainability. Also noted were the steps Green Mountain has made to reduce its carbon footprint.

Green Mountain will offer a distance-learning master's degree in Sustainable Food Systems (MSFS), accredited by the New England Association of Schools and Colleges. The first cohort will launch in January 2012.

The Castleton Free Library hosts a collection box for the town-wide food drive being coordinated by the college. Those who want to contribute when the library is close can put their donations through the door.

Fair Haven Union High School seniors are looking forward to a busy time, with senior awards ceremony on May 23; senior prom at Rutland's Holiday Inn on May 28; a senior class trip to Six Flags New England in Agawam, MA; baccalaureate and senior buffet on June 5; and graduation on June 10.

A program at the Castleton Community Center helps you get started on making more healthful food choices and increase your activity level. The Eating Better and Moving More program includes tracking food consumption, activity level, weight, blood pressure, body composition, heart rates, and physical assessments. Participants meet Mondays from 9:00 to 10:00 a.m. beginning May 16, for six weeks.

Do you have two hours available once a month and your own vehicle? How about delivering Meals on Wheels to housebound individuals from June through September. Call Jan Rousse, 468-1371, with questions.

Fair Haven Grade School plans to adjust its formal structure, with middle school scheduled to include sixth graders beginning this fall. A summer experience June 20-23 helps them make a smoother transition to new expectations.

Congratulations to Poultney senior Jenise Lemon for winning a National Achievement Award scholarship of \$2,500. She has an early decision acceptance to Swarthmore College.

Valedictorian for Poultney's 2011 graduation is Linsey Fox; salutatorian is Zachary Sawyer. Poultney Elementary and High schools present their spring concert Wednesday, May 18, at 6:30 p.m. in the high school gym. The junior/senior prom is at The Forum in Granville, NY, Saturday, May 21. Avellino's is catering the Poultney High athletic leadership banquet, scheduled for Sunday, May 22, 6:30 p.m., in the school gymnasium.

Proctor Place

continued from page 18

weeks includes a t-shirt, toolbox and a set of tools to take home! For an application or more information call Sue May at sjeimay@aol.com.

A free developmental screening will take place at Proctor Elementary School on Tuesday, May 24th for children ages 3 or 4 living in Proctor. It's time for our schools to meet children who will be preschool age in September 2011. The screening will provide an oppor-

tunity for parents/caregivers to share information about their child and to ask questions or to voice concerns to school's early childhood professionals. Call Peggy Thomas at 775-4342 to make an appointment.

First Annual Rummage Sale at the Union Church of Proctor will be held May 21st, clothing of all seasons and sizes.

Dear Editor,

I wish to extend many thanks and great appreciation to Mr. Paul Buhler for acting as moderator of the difficult public meeting held Monday night at the Killington Elementary School. He administered his duties with excellence, diligence and objectivity. Again, thank you Mr. Buhler for a job well done.

Jane Tanner

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Sun Safety Tips For Kids and Teens

(StatePoint) There's no such thing as a healthy tan, say experts, especially among kids and teens.

- "Children need to be protected from the sun's harmful ultraviolet rays, even on cloudy days," says Dr. O. Marion Burton, president of American Academy of Pediatrics (AAP). "Parents should make sure kids and teens are using a waterproof sunscreen with an SPF of 15 or higher when outdoors."
- The AAP also strongly cautions teenagers against using tanning salons. While it may be a growing fad among teens today, artificial tanning is not risk-free and can cause skin cancer and eye damage just like sun tanning.

Rear-Facing Car Seats Best For Tots

by Anya Sostek
Pittsburgh Post-Gazette

The American Academy of Pediatrics is announcing today that parents should keep toddlers' car seats facing the rear until at least age 2.

The pediatrics group categorizes its recommendation as "a significant change from previous AAP policy," though it sticks with earlier advice to keep children in convertible car seats until they reach those seats' height and weight limits. It recommends using booster seats until children are 4 feet 9 inches tall and between 8 and 12 years old, and keeping children younger than 13 in the back seat.

Previously, the AAP had advised parents to keep their children in rear-facing car seats for as long as the manufacturer's height and weight limits allowed, but had also set a minimum age to turn the seats at 1 year old and 20 pounds. In many states, the law requires that children be rear facing until the 1 year and 20-pound mark.

"Most people see their kids in terms of milestones -- that moving from one thing to another is really a positive thing," said Ben Hoffman, a member of the committee that drafted the statement and a University of New Mexico associate professor

of pediatrics. "Turns out with car seat safety, it's not."

Rear-facing car seats distribute the impact of a crash along a larger surface area, which better protects young children, Hoffman said.

Infants and toddlers, whose heads are disproportionately large and heavy compared to the size of their bodies, are at particular risk for neck injuries in a car crash, said Leslie Frank, a Pittsburgh pediatrician.

Today's recommendations are two-fold: The AAP still urges parents to keep their children in rear facing seats as long as the height and weight limits allow -- often at least 35 pounds, between ages 3 and 4 for the average child. But because an age guideline is simpler than looking up manufacturer guidelines, the AAP also urges that children face the rear until they are 2.

"What we are trying to do is simplify the message," Hoffman said. "In general, changing attitudes and behaviors is not easy and this is the next step to help parents do the best possible thing for their children."

The AAP changed its recommendations in part because of a 2007 study that found that children under age 2 are five times more likely to be killed or seriously injured in a front-facing car seat than in a rear-facing seat.



Does Your Family Have An Emergency Plan?

by StatePoint

Part of a parent's job is to prepare children for the uncertainties of life. And while you may not be able to bubble-wrap your child or outfit your teen with a tracking device, there are steps you can take to prepare your family for emergencies, such as natural disasters, terrorist threats or outbreaks of violence.

To stay safe during an emergency, all families should put a plan in place ahead-of-time to ensure the safety of each family member, according to experts at the American Academy of Pediatrics (AAP). Children often feel safer when they know their parents have a plan to protect them.

"Families need to be adequately prepared to meet their children's physical, medical and psychological needs," says Deborah Mulligan, MD, FAAP, chair of the AAP Council on Communications and Media. "Planning ahead increases the likelihood of securing the safety of your family, and provides peace of mind for parents and children alike."

Dr. Mulligan says parents should involve their children in disaster planning. The AAP offers instructions for a Family Readiness Kit to help families prepare for hurricanes and other events. These instructions, along with information about preparing for different emergencies, are available at www.aap.org/disasters.

The kit has a detailed list of items to keep on hand in your home and in your car, such as food and water, pet supplies, warm clothing, rain gear, blankets and toiletries. A battery-powered radio, extra batteries, flashlights, credit cards, cash and a first-aid kit are on the list, along with many other essential items. Medicines, baby supplies and copies of individual medical histories should be included as well.

Families should also establish "rally points," places for family members to regroup if they are separated during a disaster or evacuation. Designate one rally point for each location where family members spend significant time: school, work and the neighborhood.

Part of any disaster preparedness plan is anticipating the emotional toll an emergency can have on children, so parents also need to talk with their children to help them put things in perspective. And kids need to know how their school is prepared to help them in various kinds of emergencies.

"Adults need to help children cope with fear, loss and insecurities before and after an event," says David Schonfeld, MD, FAAP, a member of the AAP Disaster Preparedness Advisory Council.

For more information on the physical preparation needed for disasters, as well as how to support children's mental health during and after a crisis, visit www.aap.org/disasters.

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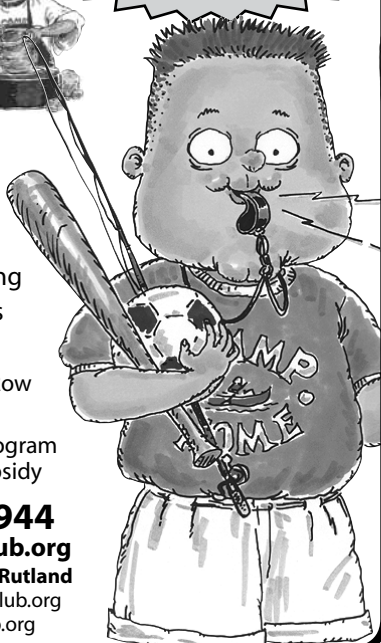
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Vermont Renewable Industry Hails Passage of Energy Bill

A bill promoting renewable energy development in Vermont and clean energy jobs won final approval by the Vermont legislature late yesterday.

Martha Staskus, Chair of the Board of Renewable Energy Vermont (REV) says the bill helps keep Vermont on the map as a leader in renewable energy and energy efficiency. "The bill will spur the development of new local renewable energy, produce economic growth, and continue to grow clean jobs."

H.56, The Vermont Energy Act of 2011 continues Vermont's efforts to promote a green economy and energy independence. It expands and improves Vermont's successful net metering program and prevents a gap in funding for the successful Clean Energy Development Fund (CEDF). This fund leverages private investment to create renewable energy projects.

Net metering allows Vermont ratepayers to generate their own energy with renewable systems and run their meter backwards when producing excess power. Modeled after the successful Green Mountain Power SolarGMP program, which recognizes the peak power savings of net metered solar, the new bill requires utili-

ties to offer a .20¢ credit for every excess kilowatt hour of solar electricity a customer produces.

"The new statewide solar adder gives Vermont homeowners, businesses, non-profits and municipalities the incentive and ability to produce their own solar energy while recognizing the public benefit of distributed solar energy to Vermonters statewide," added Staskus.

The bill includes expansions to Vermont's existing Property Assessed Clean Energy (PACE) districts, a program that allows towns to offer loans to homeowners looking to make energy efficiency retrofits.

Other provisions in the bill provide incentives for consumers looking to install high efficiency biomass heating systems. It also establishes low sulfur and bio-fuel mandates for heating oil sold in Vermont, timed to match implementation by surrounding states.

About Renewable Energy Vermont (REV): REV is a nonprofit, nonpartisan trade association representing nearly 300 businesses, individuals, colleges and others committed to reducing our reliance on fossil fuels and expanding the availability of renewable sources of energy in Vermont.

Housing Options For Senior Vermonters



Spring is a popular time to think about moving. Several types of housing are available for Vermont Seniors who wish to move into something more convenient or affordable. Most common is Senior Subsidized Housing

where rent is not more than 1/3 of the household monthly income. To qualify for an apartment, one must be either disabled or age 62+, and have an income that does not exceed certain limits. Income limits vary from one apartment complex to another, based on regulations. There is no limit on savings or investments, but interest income is counted as part of monthly income. There are usually waiting lists for Senior Subsidized Housing, from six months to two years. In order to increase one's chances of finding an opening when it's time to move, it is recommended that folks apply early and to several different complexes.

Other types of apartments for Seniors may have somewhat higher rents, with different or no income or age requirements. For a list of subsidized and other Senior housing in Rutland County, and for more information, call the Senior HelpLine at 802-786-5991 or 1-800-642-5119. The Senior HelpLine is a free service of the Southwestern Vermont Council on Aging, serving Rutland and Bennington counties since 1974.

The Victory Garden... Food in a Box

by Daryle Thomas

It's late April as I begin the 2011 series of the Victory Garden. The snow is coming down about as fast as the National Debt is rising. The old timer called it fertilizing snow. I've heard references to other fertilizers, but I shall not repeat them here. The weather rodent is out of his den for I hear the high-pitched laughter of a supreme practical jokester, wafting in on the breezes from the lower forty.

For those of you who missed the last two year's of the Victory Garden in this newspaper, the concept is simple. Recognize the fact that good, safe food is getting harder to find. Know that the commercial farming corporations are profit oriented, not people oriented. That's why an enormous amount of our fresh garlic is grown in China, as is about half of the apple juice in your grocery aisle. Do you remember the pet food fiasco of a few years ago? Do you really think the Chinese worry that the bags of rice bound for America might not be the best that they can be?

The Victory Gardener will be growing their own. Maybe not rice, but tomatoes and other easily preserved foods do come to mind. Can 'em. Freeze 'em. Dry 'em. Root cellar a whole pile of 'em. I suppose you could make wine or ha'd cider out of the rest. You shall eat like Kings and Queens during the growing season, too.

"But I have no place for a garden," you protest. If you have enough growing room to lean on a scuffle-hoe, tripod style, you can grow more green beans than you can eat and/or freeze. You're looking down at your feet, aren't

you? A box with three 18-inch sides, each about 10 inches tall is your garden space. Here comes the trick. Stand three 8 to 10 foot poles out of the corners of your garden box. Use what you have, bamboo, hardwood sticks, PVC pipe, 2x2 PT1 or cedar. Overlay the poles with 4x4 net. It's cheap enough to buy, but drill some holes and string jute or baling twine. Got the idea?



Stop back here next week. We will do a tomato patch.

Daryle Thomas is a Master Gardener volunteer with the UVM Extension System. © 2011 KDT, ARR.

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Home & Garden

You've Got We've Got QUESTIONS ANSWERS

Ask the Home Team

Q. I'm planning an addition to my house and I'm putting high-efficiency windows in there. I'm thinking of replacing all the windows in the house at the same time, because the installer will already be here. Before I do that, I want to know if the windows will be worth the price in how much they lower my heat bills. What's your advice?

A. Energy-efficient windows do a great job of reducing drafts and increasing comfort. But the payback period, from energy savings, on the cost of new windows is long. So it's generally not advisable to replace old windows for energy-saving purposes alone. Efficient windows become cost-effective when you're replacing nonfunctional windows or buying windows for a new building or an addition, as you are. If you've got windows that work, you're better off, cost-wise, improving them than replacing them.

And that's fairly easily done. Repair any cracked glazing, run a bead of caulk around window frames, and use side-mount sash locks to hold windows firmly in place. Block drafts through sash-weight pulley openings by using pulley seals. Use inexpensive window weatherization kits, available at hardware stores. If you have storm windows, use them. If not, have them made. Thanks for a question that's on many Vermonters' minds.

- Li Ling for The Home Team

Have a question about saving energy? Want to read more tips from the Home Team's Li Ling, Bob and Kathleen? Visit www.encyclopedia.com/asktheteam or call, toll-free, 888-921-5990 to speak with a customer service representative.

Hummingbird Gardens

by Dr. Leonard Perry, UVM Extension Professor

If you're fascinated by hummingbirds, as I am, you probably hang out a feeder or two in the summer to provide them with sugar water. But did you know that hummingbirds also are attracted to many flowering landscape plants, particularly those that have brightly colored red and scarlet flowers?

Hummingbirds or hummers, as they're often called, have been sighted in 49 states (all except Hawaii) and 10 Canadian provinces. However, of the dozens of species, only the ruby-throated hummingbird is found in Vermont. In fact, it's the only species that lives and nests east of the Rocky Mountains.

Ruby-throated hummingbirds winter in southern Mexico and Central America, returning to Vermont in mid April (south) to early May (north). It is fun to track their spring North America migration online. To attract them to your yard or garden, you'll need to meet their requirements for food, shelter, and nesting spots.

A hummingbird consumes about half its weight in sugar each day, feeding five to eight times per hour (up to a minute per feeding). In addition to sipping nectar from tubular flowers and feeders, this tiny, metallic green bird also feeds on insects, tree sap, and juice from some fruits.

Hummers tend to follow a regular route in search of food (called "traplining") though are highly inquisitive. When selecting flower varieties, keep in mind that hummers are not attracted to fragrance, but rather color and nectar production. The color red, and to a lesser degree pink, rose, orange, and purple-- bright colors that contrast with their backgrounds-- are most seen by them. In planning a hummingbird garden, you'll want to select plants with flowers of those colors, using a diversity of annuals and perennials for continuous blooms. Keep in mind that many cultivated hybrids (cultivars) produce much less nectar than their wild cousins or species.

Flowering quince, buddleia, and Catawba rhododendron are shrubs they find attractive. Fuchsia, cigar flower (Cuphea), lantana, nasturtium, salvia (especially Pineapple and scarlet sages), spider flower (Cleome), verbena, and snapdragon are annuals for summer bloom. Vines to consider are cypress vine, morning glory, scarlet runner bean, and the perennial

trumpet creeper. Japanese honeysuckle vine is attractive to them, but is not recommended as it is invasive in many areas.

For early summer perennials plant bleeding hearts, iris, columbine, cardinal flower, lupine, and evening primrose. Summer flowering perennials include foxglove, hollyhocks (biennial), bee balm, tiger lily, penstemon, coral bells, hosta, scarlet campion (Lychnis), and phlox. Hummingbirds also like jewelweed, a wildflower commonly found in the cooler north and blooming later in summer (note that this can self sow prolifically).

Check with your local garden center or nursery for other suggestions, as well as for recommendations for disease-resistant varieties as it's critical that you don't use pesticides on or near the hummers' food sources. Not only can sipping nectar from plants that have been sprayed sicken or kill the birds, but it also kills the insects hummers need for protein.

Females often build their nests on a downward-sloping, lichen-covered limb near or over water though may build in any deciduous or coniferous tree that provides adequate protection from predators such as hawks, Baltimore orioles, and other birds. The nests are only an inch or so long and are made of plant down, bud scales, and lichens, held together with saliva or spider silk. Newborns are about the size of a pea but grow rapidly and will start feeding on nectar in about a month.

Hummers spend nearly 80 percent of their time resting, so you also will want to provide plenty of places to perch. They'll sit on twigs, leaf stems, fences, and even clotheslines in between searching for food. A favorite place in my yard for hummers is the very top of an upward branch or small tree, even if the branch is dead. They love to bathe and may be attracted to a splashing fountain or even droplets of water on leaves of broad-leaved trees.

Finally, if you want to attract these delightful little birds to your yard or garden, wear red! Although there's no scientific data to support this, it seems that hummingbirds will check out anything red, even you! More on the life of this fascinating and friendly visitor to our summer gardens, including their sounds, can be found at the Cornell Lab of Ornithology.

Creating Floral Arrangements Like A Pro

by Debbie Arrington

Even the prettiest flowers can use a helping hand. That's where the art of arranging comes into play.

Whatever the occasion, or even just for fun, spring flowers make a table look special -- especially if displayed with a little extra flair or pizzazz.

But arranging flowers takes practice.

"The difference between a bouquet and an arrangement is organization," explained longtime arranger Betty Ann Cassina of Carmichael, Calif. "An arrangement shows your hand was involved -- not just flowers plopped in a vase."

Cassina has made hundreds of arrangements, often with roses grown in her own garden. To encourage novice arrangers, she recently led a workshop with Sacramento's Pennie Chwalowski. Both have won many awards at flower shows for their creative designs.

They demonstrated the basics of making an eye-catching arrangement, including how to use floral foam and a metal "frog" -- a spiked round that holds flower stems in place. Glass frogs have holes for the individual stems. Hidden from view, the frog sits at the bottom of

the vase or other container.

Foam is much more flexible. Green and ultra-light-weight, it soaks up water and holds plant stems snugly in place. Cut with a knife to fit the container, the foam should be soaked about 15 minutes before use. Cassina suggested adding floral preservative to the soaking water for a longer-lasting arrangement.

When placed in a vase, the foam can extend an inch or two above the rim. That allows the arranger to mass flowers out to the sides as well as upright. Floral tape can be used to secure it in place.

Anything that can hold water can be an arrangement's "vase." Chwalowski likes to use large candlesticks and other unconventional flower holders.

Thrill, fill, spill -- that's the basic formula for arrangement success.

The thrill usually comes from eye-catching dominant flowers. Instead of six or 12, use an odd number; it's more pleasing to the eye, Cassina said. Give each flower a little space of its own. Place the tallest flower first and work down.

Try not to put flowers at the exact same level, she added. It creates an invisible line of tension that draws the eye too much. Instead, stagger their placement with larger and darker blooms at the bottom, tighter and lighter at the top. That adds visual weight.

For fill, choose smaller flowers such as baby's breath or goldenrod. It closes the gaps and unifies the design.

Flowers or foliage that "spill" over the rim of the container will soften that line and blur hard edges.

Use greenery -- usually five to nine pieces -- for structure and to frame the design. Look for foliage in your own garden: Ferns, ivy, bamboo, iris, eucalyptus, canna and other attractive leaves. Soak foliage in a bucket of water or sink for at least an hour; overnight if possible. That hydrates as well as cleans the leaves.

"None of this is hard and fast rules," Cassina added, "but it looks good."

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SAL - 6 year old. Neutered Male. Hound/German Shepherd mix. Yippee, I love to play! I love all kinds of toys but I especially love when you throw them in the air and I catch them! And then we do it again! Yeah!



MONTI - 3 year old. Neutered Male. Labrador Retriever mix. I'm a high-energy dog who needs a daily dose of exercise to keep my cool! Oh, and did I mention my super-cute ears?



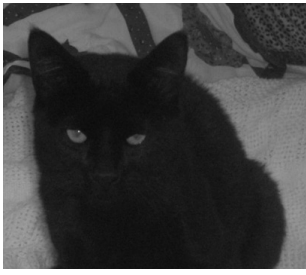
EFFIE - 4 year old. Spayed Female. German Shepherd. I'm a sweet gal with happy-go-lucky ears that are sometimes up and sometimes sideways! I'm a nervous lady who might do best in a quiet home.



BRAMBLE - 2 year old. Neutered Male. Boxer mix. I'm an adorable fella who enjoys being with people. I'm a good natured guy who is easy to handle. I'm a social boy who is eager to please.



CRUNCH - 2 year old. Neutered Male. Domestic Short Hair Black. I am one of 3 black beauties that were brought in by a wonderful citizen. I'm ready to spend some time with you.



RED - 5 year old. Neutered Male. Redbone Coonhound mix. I'm a handsome, active fella who is fun to be with! I love being with people! I'm a high energy dog who needs a lot of exercise and play time.



LUKE - 5 year old. Neutered Male. Pointer/Labrador Retriever mix. I am a handsome dog who loves to call my crate home! I am eager to meet you and am ready for any adventure that may come our way!



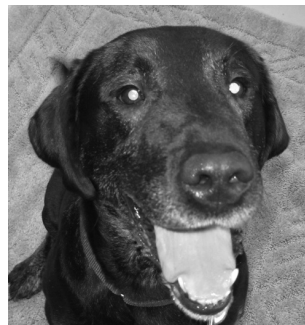
OREO - 10 year old. Neutered Male. Labrador Retriever mix. I'm an older fella who doesn't act his age! I've got an adorable face with graying fur which makes me distinguished and regal! I love to play with tennis balls.



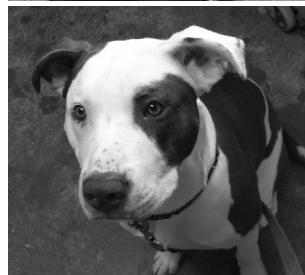
TOMMY - 1 year old. Neutered Male. Cockapoo. I'm an active guy who enjoys playing with toys, especially squeaky toys! They're my favorite. I'm an adorable fella who loves sitting on your lap and being with people.



JETTA - 5 year old. Neutered Male. Labrador Retriever mix. I am a big handsome fella with cool brindle markings accenting my black coat. I know SIT and SHAKE and I have been good natured around the other shelter dogs here.



JACKSON - 9 month old. Neutered Male. Pit Bull mix. I'm a super cute, wiggly boy who is active and fun. I'm a young fella so I'm looking for a home where I'll get lots of exercise and play time. And boy do I love to play!



CASHUS - 1 year old. Neutered Male. German Shepherd/Labrador Retriever mix. I'm an adorable guy with cute floppy ears! I'm an active fella who likes exercise and playing with squeaky toys. I can catch a toy in mid air.



RGHS Texas Hold'em Benefit Tournament

The Rutland County Humane Society (RCHS) will be holding a benefit Texas Hold'em tournament on Saturday, May 21 at Bowlerama on South Main Street in Rutland. Registration and \$10 Satellites start at 11:30am, main \$50 Tournament starts at 1pm. Side games will be running before and after the tournament. Help raise needed funds for the homeless animals in Rutland County.

Springfield Humane Society Pet Feature



Isn't "Just Jack" just the handsomest fella? This 2-3 year old guy was left behind in an apartment when his "people" (I have a better word) moved. Just Jack is very friendly, gets along fine with other cats and needs an indoor only home where he can be safely loved and appreciated for the rest of his life. Adoptions have been really slow lately and we have over 50 fab-

ulous felines frantically fretting over whether or not they'll have someone to love them forever. Call the Shelter at 885-3997 or stop by Wed-Sat noon-4:30 - it's the place best friends meet!

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Lucy Mackenzie Pet Feature

Hi! My name is Oliver and I'm a 7 year old Beagle-Mix neutered male. I would make a great companion for somebody that works from home or is retired. I enjoy exploring paths on leash walks and enjoy the occasional game of fetch. I get along with most other dogs and cats. Like all of my friends here, I'm just looking for a home that has time and love to spare. If you are looking for a new canine or feline companion, stop in to meet me and my friends at Lucy Mac! We are located at 4832 Route 44 in West Windsor, VT and are open to the public Tuesday through Saturday, 12 - 4 PM. You can reach us at 802-484-LUCY(5829) or visit us at www.lucymac.org.



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TAG SALE - Multiple Family. Sunday, May 15th, 9:00 - 4:00pm. Rain or Shine. Indoor/outdoor. 30 Spring Glen Road, Killington VT. Call with question or for early preview (917) 817-6551. Household Items, Furniture, Electronics, Ski/Snowboard Equipment, Civil War Musket, Collectibles, Something for everyone. 19

LOST

LOST CAT: short haired tiger cat with white on belly on paws. Weights between 10-12 lbs. Green/yellow eyes. Answers to the name Skylar. All shots up to date. Last seen on Forest Street in Rutland. 802-855-8019. 17/TFN

CAR KEYS were in pocket of black North Face fleece. On blue D-ring. Lost Saturday, April 16, at Killington from K1-pub during Pond Skimming. Please turn in the keys to Killington Guest Services! Or call 802-558-1342. 16/18

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SPRING CLEANUP - Lawn care, firewood, tree service. Professional Property Maintenance, 672-1061. 17/21

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NEEDED: HOMES for previously free roaming cats. Spayed w/ shots. Outdoor setting w/ barn ok. Indoor foster placement for pregnant females & others. Serious caring inquiries only. 802-674-5007. TFN

BUYING ANYTHING Old. Postcards, pottery, jewelry, artwork, antiques, rugs. Best prices. Free estimates. Rick Wyman 236-3240. 51/TFN

PEOPLE OF ALL AGES who love trains of all sizes! You are cordially invited to become a member of the Rutland Railway Association housed in Center Rutland Depot next to Carris Reels plant on Depot Lane, Center Rutland. We meet on Sats from 11am-1pm. For more details: rutlandrailway.org TFN

WANTED TO Buy: Antiques, Gold and Silver, old watches, jewelry, old coins, sterling silver, antiques and collectibles. I'll buy anything I can make a buck on. I'll make house call anywhere. Over 30 years experience. Call Dave Edmunds at 287-9434. TFN

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THE STATE of Vermont Public Protection Division reminds us that if it sounds too good to be true, then it probably is! If you question the legitimacy of any program or product call The Consumer Assistance Program (CAP) at 800-649-2424.

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RealEstate

Improvements Add Value To Bargain-Basement Housing

by Cathie Gandel

Bargain-basement prices on home renovations are the silver lining of today's horrible real estate market.

According to the National Association of Home Builders, contractors' bids are coming in at 10 percent to 40 percent below what they were during the housing boom. And smart consumers have apparently taken notice.

An American Express survey found 62 percent of homeowners planned a home improvement project for 2010. They focused on do-it-yourself, or DIY, projects, like indoor cosmetic work, and planned to spend an average of \$6,200.

With remodeling, your best tool is neither a saw nor a hammer; it's knowledge.

Gone are the days of lavish renovation projects like adding a second story, with budgets bigger than your average McMansion. With conditions weak, homeowners who have considerably less home equity to finance improvements are bucking for a bargain and prizing the practical, says Scott Duncan, owner of Duncan's Creative Kitchens in Bradenton, Fla. "The one major trend I am seeing is 'budget-conscious,'" he says.

Your best bet is to focus on thrifty upgrades that will make you glad you're home. For example, a whirlpool bath you'll never use is money down the drain. Opt instead for a handheld shower head with multiple settings. Top-of-the-line luxury can be had for a few hundred dollars.

Before you do anything, ask this question: Who's the boss? Perhaps it should be you. If all your home needs is a little TLC, DIY may be better for your billfold.

If DIY is how you want to go, get free or cheap help from resources like your local hardware store or home improvement chains. Most offer free information and tutoring.

For major jobs, you may need a contractor to oversee the project. If so, nail down the specifics of what you want before hammering out a contract. That means listing details, including costs, about every product -- down to paint, lighting and brand names of the appliances you expect to be installed.

Get estimates from at least three contractors, but remember that cheaper isn't necessarily better. They may be using inferior materials or simply low-balling the bid to get the job.

Consumer Reports adds that you should never make the final payment un-

til you have received waivers and releases from all subcontractors and suppliers. That way, you don't get slapped with a lien if the general contractor didn't pay them.

With rehab projects, resale value is on everyone's mind. But the reality is that the payback on renovations has fallen along with home prices. A study by Remodeling Magazine found the average return on an upgrade declined from 87 percent in 2005 to 64 percent in 2009. The study also found that midrange upgrades now bring a better return, percentage-wise, than upscale renovations. That means be cautious about where you sink money into renovations like a new kitchen, says Duncan.

You can't knock the value of a good door. According to Remodeling, a door of around \$1,200 brought the greatest return -- an impressive 128.9 percent.

Another green move: Buy appliances that have Energy Star ratings. Energy Star is a designation by the Environmental Protection Agency and Department of Energy for energy-efficient products. Also, if you're remodeling the bathroom, go with the low-flow when it comes to fixtures such as toilets and faucets.

If it's an option, use the sun to rein in utility bills. A solar water heater system can trim your hot water expenses by 50 percent to 80 percent, so they can pay for themselves within a few years. Don't forget the 30 percent federal tax credit on the purchase, and check to see if your state and local governments offer incentives.

Housing prices may be on the decline in much of the country, but mortgage rates are on the rise.

Bankrate's latest survey found the average 30-year fixed rate mortgage at 5 percent. Mortgages haven't been this costly in seven months, hitting 5.07 percent in early May before beginning a months-long descent that eventually take them to record lows last month.

This week's climb for 30-year mortgages was relatively steep, rising 11 basis points from last week's 4.89 percent. A basis point is one-hundredth of 1 percentage point.

Shorter-term home loans are also on an upward march. The 15-year fixed mortgage averaged 4.37 percent. The gain, as with 30-year loans, was 11 basis points.

Jumbo mortgages, or generally those for more than \$417,000, had the sharpest increases, with the 30-year jumbo rising 19 basis points to 5.58 percent.

'Stage' Your House For Sale

by Melissa Neiman

When it comes to selling your home, appearance is everything. But hiring a professional "stager" to prepare the home for prospective buyers can cost anywhere from \$50 to \$150 per hour, according to Jessica Page, a Realtor with Innovative Real Estate in Denver.

Fortunately, homeowners can take matters into their own hands.

Page, along with veteran Florida Realtor Jennifer Radice of Coldwell Banker in Boca Raton, share expert tips for staging your home that will enhance your presentation.

Packing away personal items is one of the simplest and cheapest things you can do to sell your house or condo quickly.

"The reason you want to 'de-personalize' your home is because you want buyers to view it as their potential home," Page says.

"Pictures are extremely distracting. You cannot believe how long potential buyers will stop and stare at people they do not know in photos," says Radice, who also recommends removing any religious items from plain view.

Ridding your home of clutter is another simple way to get buyers to focus on the bones of the house, not the titles in your CD collection.

"After years of living in the same home, clutter collects in such a way that may not be evident to the homeowner. However, it does affect the way buyers see the home, even if you do not realize it. Clutter collects on shelves and countertops, and in drawers, closets, garages, attics and basements," Radice says.

Radice recommends removing items from countertops in the kitchen and bathrooms.

"If you have kids, get rid of the toys all around the house. For all you know, the buyers could be empty nesters," Radice says.

She suggests putting things in boxes and neatly stacking them in the corner of the garage. Anything extra should go in a small, rented storage unit.

Even better, ask a friend or relative to hang onto your items for free.

Rearrange the rooms in your home to reel in prospective buyers. Make sure each room has a distinct, useful purpose.

Page suggests touring builders' models to see how the rooms are furnished.

"Builders are experts on preparing their product for prospective buyers," she says.

Radice says closets should be "neat and organized."

If your home has been painted recently, consider yourself ahead of the game. If not, take a paintbrush to the rooms that need it most. Sellers who paint the interior of their home will see a large return on the investment, Page says.

"Fresh, neutral paint on the walls, trim and doors is worth its weight in gold -- it makes everything appear clean and new," she says.

No one wants to look at a dirty house -- especially not prospective buyers. So make sure your house or condo shines from top to bottom.

The goal is to help buyers imagine themselves living in the home, Page says.

Radice suggests having the house professionally cleaned so that everything is spotless -- windows, sliding glass door tracks, garage, basement, ceiling fans, etc.

"This is worth the money spent," Radice says.

Ridding the home of litter boxes is also a must.

Whatever you do, do not overlook the home's exterior.

"Curb appeal is just as important as cleaning the inside of the home -- it's the buyer's first impression of your home," Page says.



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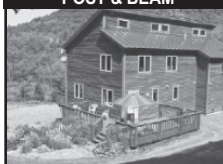




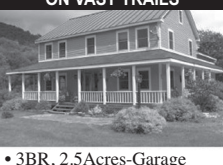
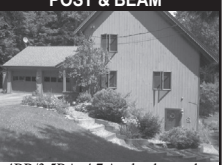

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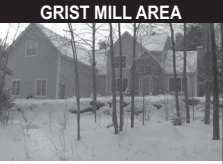


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Ski In / Shuttle Out			
Edgemont (P)	\$80K		\$183-\$190K
Fall Line (P)	\$110K	\$245K	
Highridge (P)(T)	\$130-\$148K		
Trail Creek w/loft (P)	\$190K		
Whiffletree (P)(T)		\$114K	\$179K
Shuttle			
Mtn Green (Bldg 1 & 2) (P)	\$49-\$70K	\$99K	
Mtn Green (Bldg 3) (P)	\$59-\$85K	\$109K	
Pinnacle (P)(T)	\$85-\$111K		\$205-\$230K
The Heights (NEW) w/oversized garage (P)(T)		\$179K	\$370-\$400K
The Woods - Townhouse (P)(T)		\$179K	
The Woods - Village Center (P)(T)		\$149K	
Close Drive to Slopes			
Hemlock Ridge (P)(T)			\$180K
Fox Hollow (P)(T)		\$199K	
Glazebok Townhouse (P)(T)			\$239-\$249K
Colony Club Townhouses (P)(T)			
Killington Gateway (P)(T)	\$99K	\$110-\$149K	
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