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Central Vermont's Premier Weekly Newspaper

June 2-8, 2011

Volume 40, Number 22

ARTS & ENTERTAINMENT

Summer Concerts Start

The first concert of the 2011 Castleton summer concert series promises to be extra special this year with the great music produced by the Jonathan Newell Band.

PAGE 14

BOOMERS

Longest Word in Dictionary

The longest word in the dictionary. I remember when I learned this little tidbit of information. Seems all my friends learned it at the same time. Boy, we thought we had stumbled upon an information nugget of gold.

PAGE 5

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 16-20

WINE EXPERIMENTS

Santa Barbara County



The unofficial Los Alamos region has several thousand acres under grapes, primarily chardonnay with a particularly lively reputation.

PAGE 13

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The Long Trail...Take a Hike

story & photos by Thomas Bartlett

Although I never set out to be such a thing, I have inevitably become a section hiker. This designation comes from the days that I have put in hiking the Long Trail. I have always considered myself to be a thru hiker kind of person, but due to timing and work and other constraints that have cut into my fun time, I have not been able to take the time needed, and hike the entire trail end to end. A section hiker completes sections of the Long Trail a piece at a time with the goal of one day having walked every mile of it from end to end. A thru hiker walks the whole thing all at once. It takes about a month to hike the entire 273 miles of the trail. To be a

thru hiker on the Long Trail you must plan ahead, pack wisely, mail yourself food and supplies to pickup spots, and be ready to live in the woods for a good amount of time. I have dreams of doing this, but until I can walk the Trail from beginning to end, I have been piecing it together when I am just out to hike for a few hours.

The Long Trail was conceived by Green Mountain Club founder James P. Taylor. Construction began in 1910 in the Camel's Hump and Mount Mansfield area and by 1930 the last section of the trail was cut to Canada. The trail follows the main ridge of the Green Mountains from the Massachusetts-Vermont line

Long Trail, Page 2



What About Lawnmowers?

by Royal Barnard

Spring is springing... reluctantly.. and if you haven't already raked and mowed the lawn, you will be soon. Had a look at the lawnmower lately? Have you ever changed the oil? Does it start on the first pull? Ever had the blades sharpened? Well, it's time to think about it.

If you bought your mower at Home Depot, Sears, Walmart, K-Mart or another "big box store" you may know that none of them usually have an in-house service department. Everything is "farmed out" to contractors for repair. Ask before you buy... and if you already bought one be sure to call ahead before you bring it in for an oil change. Probably won't happen.

Speaking of which, you do need to change the oil, sharpen the blades, and clean the deck every year, and probably have the carburetor cleaned, spark plug changed and engine tuned every few years.... and it will be a lot cheaper to do it on schedule, instead of "when it's busted."

You might also think about a new mower... there are lots of choices.

First thing to do is look at how much area you have to mow; how much is "close" work versus open area; whether it's hilly or mostly flat; whether you'd like to walk or ride; and how fast you want to get the job done.

Option one: Small gas or electric walk behind mowers. Not many people go for electric unless they live on very small lots (like in Los Angeles), and that's not generally the way it is in Vermont. When looking at gas powered mowers pay attention to the size of the wheels. The tiny wheels on cheap gas mowers don't go well on other than really flat and even lawns, so avoid them. You also have the option of a "self propelled" mower that doesn't have to be "pushed."

Option two: Lawn and garden tractors. These typically come with a rotary mower deck underneath, and have the option of a snowplow, snow blower, roto-tiller or other attachments. Other options include drink holders or even radios. If you think you're going to blow snow in

Lawnmowers, Page 3

INDEX

Arts & Events	10-11	Dining Guide	12-14	Movies	15
Bridal	7	Golf	8	Pets	25
Boomers	5	Health	9	Real Estate	27-28
Classifieds	26	Home & Garden	24	Service Directory	22-23
Contact Info	21	Horoscope	20	Wellborn News	6
Crossword	15	Local News	16-20	Wine	13



WEATHER

Wednesday	Rain	HI 82°
Thursday	Cloudy	65°
Friday	Sunny	69°
Saturday	Sunny	77°
Sunday	Sunny	78°
Monday	Cloudy	76°

Forecast Received
May 31, 2011

Long Trail

continued from page 1

to the Canadian border. It crosses over Vermont's highest peaks and was the inspiration for the Appalachian Trail. For all of you non-hikers out there, the Appalachian Trail runs from Georgia to Maine and shares the same footpath through southern Vermont. It takes about five months to complete.

The Long Trail is maintained through a cooperative effort among GMC staff and volunteers, Vermont Department of Forests, Parks and Recreation, the US Forest Service, the National Park Service, The Appalachian Trail Conservancy, and private landowners. All of these folks come together to ensure that hikers will be able to enjoy Vermont's natural beauty. The Long Trail is the oldest long distance hiking trail in America. Throughout its 273 mile length, there are 175 miles of side trails. These trails can take you off the main path to beautiful lookout spots along the way. More often they are spur trails that take you from your parked car and deposit you onto the 101 year old trail system.

You do not need to be an avid hiker to enjoy the Long Trail (LT). On a nice sunny day, you need little more than a sturdy pair of shoes, water, and a bite to eat to enjoy the LT. But don't forget how the weather works around here and pack accordingly.

Here in the Killington area, the LT is accessible from a number of different trail heads. A favorite of mine is hiking from Killington peak over to Pico. There are a number of hiking trails that lead up to the top of Killington, and once you have achieved the summit, the views are spectacular. It's a good place to take a break, have a snack and feast your eyes on the surrounding Green Mountains. After the rest from hiking to the top of Killington, it is just under three miles on the trail to Pico.

The LT is not a nicely paved or smooth walk way. Along the way there are rocks and tree roots on the path. Sometimes your neck gets a bit tired from keeping your head down so as you don't trip over something. After you get into a nice rhythm, you get quite used to it. The trail to Pico is no different. About half way there in the saddle between Killington and Pico, there is a large pine forest. As you ease your way into it, sounds are dampened by all of the pine needles on the ground and in the trees. Sunlight comes through the pine bows sporadically as you walk the trail. It is dark and peaceful. I have hiked this section a number of times and there is a calmness in the pines. The walking becomes easy because you are traversing. No laboring



uphill or the effort it takes to control your speed going down. Just quiet steps on a relatively flat section of the LT.

After the three miles slide by, you arrive at the top of Pico and can look back on the acres you just tramped across to see where you started from. Peak to Peak in about three miles. The views are no less stunning than from Killington Peak. The summer green of the mountains surrounding Chittenden Reservoir in the distance and the city of Rutland, although close by, is obscured almost entirely by mountains.

From Pico there are choices to be made. You can turn yourself around and hike back the way you came, or if you have preplanned, you have left a car near the Inn at Long Trail. That is how I like to do it. After a good day hike, there are rewards of exercise and knowing you have achieved your hiking goals for the day. But if your LT experience comes with the added bonus of a Reuben sandwich and a pint, then your day has been near perfect. The Inn at Long Trail is just that. It sits square in the way of your continuing hike

on the LT if you are a thru hiker, and an oasis for all. The bar inside serves my favorite sando and there are boulders protruding from the walls. You may pull up a seat next to normal folk or you may find yourself next to someone that has been on trail for a few weeks. These cats are easy to spot. Heavy hiking boots, worn and faded clothing with a big pile of hot food in front of them. Nothing better than good food being served to you after you have been eating trail food for a bunch of days. Your bartender could be Murray, Bob, or Owen. If you have been on trail a while, one of these guys might hand you the special menu. The one especially for the thru hikers. The list on that menu consists of ramen noodles, granola bars and oatmeal, to name a few. That is usually the fare you are packing when on trail for a long time. It is light, easy to cook and full of hiking goodness. I was handed this menu once after being on trail for a week. Its funnier when you are not so hungry.

After a cool pint and a hot Reuben, or maybe a bowl of Guinness stew, your LT day hiking adventure can be considered over. In a few hours, two peaks are now in the bag and a section of the LT can be scratched from the list, if you are counting. The Killington to Pico hike is a short section of the 273 mile "footpath in the wilderness." It is one of many of the LT day hikes in southern Vermont. Consult a Long Trail hiking book or a map and make your choice on what trail head to leave your car. The LT runs pretty much up the middle of this state and thanks to the Green Mountain Club and all of their supporters, it is easy to get to and the trail is as good as they can make such a thing across the rugged mountains of Vermont. Peruse GMC's website at greenmountainclub.org for any information you may need for your section hike or thru hike adventure.

The Long Trail is for everyone on this planet to enjoy, but it is right here in our backyard.

Vermont Hiking Season

The Green Mountain Club welcomed the start of Vermont's hiking season on Memorial Day Weekend. As always, Green Mountain Club staff and volunteers have been working to get the trails and shelters ready for summer use.

Hiking is one of Vermont's top summer tourism draws and the club estimates 200,000 people visit The Long Trail each year. The official Long Trail stewards, the 101-year old Green Mountain Club is the premier Vermont hiking organization with 10,000 members and numerous hiking guides and maps available to Vermonters and visitors alike.

"... it's time to get out and enjoy Vermont's mountains," said Will Wiquist, the club's executive director. "While there's been no shortage of rain and melting snow, the mountains are now ready for some boots and packs. The trails are in

generally good condition today thanks in no small part to the public avoiding trails during mud season."

The Green Mountain Club does raise a few notes of caution for early-season hikers:

- Continue mud season practices: if a trail is too muddy to walk through, turn around and seek a drier route
- Watch your footing on snow and ice where it still exists on higher elevations and north-facing slopes
- Bring a warm extra layer as mountain tops are chilly year-round and Vermont's weather can quickly change
- Bring an extra pair of



- dry socks on your hike
- Stay hydrated and bring food for long hikes
- In addition to bringing repellent to keep the black flies away, consider taking a pass on your most fragrant soaps and shampoos the night before your hike.

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Killington Stage Race Results

by Royal Barnard

The second running of the renewed Killington Stage Race is in the books. Generally pleasant weather provided a comfortable and safe backdrop to what was a well attended and competitive event. The reported number of starters 605, although there were some drop outs and disqualifications by finish time.

DQ's were heavy in the Women's field on Monday, as numerous members of Team Juvederm (130,139,140,143,151,163,179,196) are disqualified for "repeated, flagrant and dangerous attacks over the centerline." One of the Mountain Times pace drivers witnessed the activity and noted that the officials were quick to put an end to what was a potentially dangerous situation.

As you look at the top competitors you can't help but notice the strong presence of Canadian riders, who took 4 out of 5 top places in both Pro Men and Women overall results.

The Mountain Times and the promoters and other race sponsors express thanks to the competitors, officials, volunteers, police escorts, and all those who made this a safe and quality sporting event. We'll have a business feedback survey in our next edition.

General results:

In the Mountain Times Circuit Race Citizens' Division

- 1 Chuck Officer of Hanover NH
- 2 Ben Hemani of Hanover NH
- 3 Michael O'Neil of Lebanon NH
- 4 Daniel Cleiman of New York NY
- 5 Tiger Shaw of Norwich VT

In the Overall General Classification for Men Pros

- 1 Brett Tivers of Quebec QC
- 2 Hugo Houle of Ste-Perpetue QC
- 3 Tim Mitchell of Ashland MA
- 4 Rémi Pelletier-Roy of Saint-Agustinde-Des QC
- 5 Jamie Riggs of Quebec QC

In the Overall General Classification for Women Pros

- 1 Sue Schlatter Stevens of Ottawa ON
- 2 Veronique Labonte of Montreal QC
- 3 Denise Ramsden of Yellowknife NT
- 4 Christine Schryver of Rochester NY
- 5 Moriah MacGregor of Vancouver BC

Notable Vermonters in the Men's 4/5 GC included:

- 10 Timothy Leclair Unattached Jericho VT
- 13 Whitney Hanson GMBC/Synergy Fitness Swanton VT
- 18 Kenny Mcneill Killington Mountain School Cycling Team Rutland VT
- 21 Michael Hopwood GMBC/Synergy Fitness Jericho VT
- 23 Nelson Hoffman Onion River Racing Northfield VT
- 24 Joseph Wells unattached Essex VT
- 27 Zachary Stockman Killington Mountain School Cycling Team Killington VT

Notable Vermonters in the Women's 3/4 included

- 4 Jessie Donovan Burris Logistics-Fit Werx Shelburne VT
 - 8 Heather Voisin Onion River Racing Montpelier VT
 - 36 Erin Donohue Killington Mountain School Cycling Team Norwich VT
- Complete results available at www.killingtonstagerace.com/results.php



The A Team

The Proctor A's mighty might's team is enjoying their season. See how the team did this week in Proctor Place on page 20.

Front row L-R: Sydney Wood, Ian French, Sawyer Perkins, TJ Pecor, Laci French, Janaya Richardson. Back row L-R: Molly Sanderson, Katelyn Storey, Chance Passmore, Madison Lee, Camden Richardson, Zachery Yarosz: Coach Ron Wood, Assistant Coach Chris Lee.

Lawnmowers

continued from page 1

the winter with your tractor, understand that you will likely need weights and tire chains and possibly a cabin enclosure. You will probably also need to have a trickle charger so you know the tractor has "juice" to start in cold weather. You will also have to have a tractor "winterized" with lighter weight oil and a fresh tune-up annually. So there's a lot to think about.

Option three: Specialty/commercial mowers. These include the so called "zero turn" mowers, front mounted commercial mowers, stand-on mowers.... and for really big uses, gang reel mowers towed by a tractor. The front mowers may have an option for a plow or snow blower. All of these specialty mowers are designed to allow much "tighter" turns so you can easily scoot around rocks, trees and gardens without constantly backing up to get closer as you would on a small "tractor."

Almost all readily available non-commercial mowers have rotary blades, and not reels. Reel type mowers are great, but they need regular professional maintenance that most consumers don't have time for. However, reels are generally considered the best. That's why it's about the only type seen at golf courses, municipal parks and other "fussy" locations. Most home riders also have "hydrostatic" drive, that requires no clutch or shifting.

So, knowing you're probably going to have a rotary mower, there's one more question. That's whether or not to use "regular" rotary blades or "mulching" blades. With regular blades the mower deck outlet is open and shoots the waste grass off to the side of the mower, or is thrown into an optional "bagger." With "mulching" blades the deck outlet is blocked and special blades are used that mulch up all the grass and leave it on the lawn. Mulching blades work well if the grass doesn't get really too high causing the deck plug up.... which doesn't happen a lot, but it can.... and honestly, I prefer mulching decks. A good mulching

deck will leave little or no waste showing, so there's no raking or bagging required, and the plant nutrients go back into the soil, thus allowing for less use of commercial fertilizers.

Speaking of fertilizers. If you have pets you should be aware that commercial fertilizers, weed killers and pest controls in these commercial products can be VERY bad for your dog or cat (and all wild animals in the area). These materials quickly collect in the furry paws of our friends after which the material irritates their skin; then they lick their paws and ingest the poison; then you wonder later why they got sick and died of cancer. For what it's worth, my opinion is, don't believe what the chemical companies tell you, avoid this stuff at all cost.

Confused? Visit your local full service lawn equipment dealer. They'll help you make a wise choice; they typically offer pick-up-and delivery maintenance; they carry a full stock of repair parts; and they're specialists. These local folks do not usually charge more than the discount stores. They understand competition. In the final analysis you'll be much happier with both the enjoyment and function of the product that's right for you.

Whether you use a new mower or the one you have, it's important to be safe.

- Never attempt to clean or adjust the machine while the engine is running.... and never put your hands near the cutting blades. If the machine is plugged, contact your dealer.

- Mowers can fling objects from the cutting blades so NEVER operate near pets or people. And be especially careful when mowing near the street that you do not shoot debris into passing traffic or pedestrians.

- Pick up all loose debris from your lawn BEFORE beginning to mow.

- Don't forget not to get a tan. Protective clothing and equipment is important.

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— Mary Lamson
Middletown Springs, VT

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Jeff Hadley Day 2011

by Alice Hadley

It was a magical day. After weeks of rain, the sun was bright and warm. Long putts dropped as though directed by destiny. And Kim Evans beat 13,000 to 1 odds when, on the 5th hole, a sweet swing of her pitching wedge sent her "Driving-4-Life" logo ball sailing directly in to the hole. Witnesses included Green Mountain National General Manager Dave Soucy, his girlfriend Hannah Abrams, Kim's husband, Jason and, best of all, Kim and Jason's soon-to-be-born baby who was no doubt high-fiving Mom with the rest of the foursome.

The 7th Annual Jeff Hadley Day Pro Am Golf Tournament, falling on the 5th anniversary of Jeff's death, was, indeed a magical and beautiful day.

One hundred and ten players and 30 pros came to Green Mountain National Wednesday, May 25 to celebrate Jeff's life and continue his crusade to cure ALS. The Jeff's Night BBQ the evening before drew about 100 more. They came from all aspects of Jeff's life; childhood friends, college buddies, PGA colleagues, Stowe Country Club members and, of course, many Killington friends whose support during Jeff's life and after his death has been so constant, generous and loving.

They came from all over and gave without reserve, raising another \$35,000 for ALS research with more coming in every day. That brings the 7 year fund raising total to nearly half a million dollars, all

benefiting the ALS Therapy Development Institute. An incredible amount given by incredible people.

Perhaps the day was so full of magic because it was the last.

Jeff's Day founder and the tournament's heart, Dave Pfannenstien, is leaving the Killington area. All of us in the Hadley family are forever grateful to Dave for his friendship and devotion to Jeff and Jeff's cause. It's because of Dave that so many people now know what a hideous and tragic disease ALS is and are willing to give so generously to find a cure.

And we will not give up.

With Dave's support and encouragement, the Jeff Hadley Family Fund is transitioning into different fund raising activities. Jeff's sister, Susan Hadley, has already implemented the first fund raiser: Each year the Hadley Family will buy an unrestricted Green Mountain National season's golf pass. This year, the Jeff Hadley Memorial Golf Pass was offered in the Jeff's Day auction. In the future, it will be offered in a pre-season raffle. This acknowledges both Jeff's love of golf and his crusade to find a cure. We'll keep you posted on the details of this and all future fund raising activities.

But for now, let's relish the magic of this last Jeff Hadley Day, remembering the sun in our faces, the perfection of a hole-in-one, the joy of Jeff's life and the hope of a future without ALS. Thank you, everyone, for all your support. Thank you for caring.

Lookout Century Ride Fundraiser

With a knack for creating successful fundraising events, Lookout Tavern owner Phil Black, with help from local and regional business owners including Killington Resort and the town of Killington's "Discover Killington," will host the 1st Annual Lookout Century Ride on Saturday, June 25, in order to raise money for Vermont Adaptive Ski and Sports, the largest year-round disabled sports non-profit organization in Vermont. The century ride, plus 60- and 20-mile courses, will travel through Killington and surrounding communities, starting and ending at Killington Resort's Skyeship Base Area on Route 4.

The recreational ride loops through the towns of Killington, Pittsfield, Bethel, Barnard, Woodstock, Ludlow, Bridgewater, and Plymouth, Vermont. Quaint villages, the scenery of Route 100 and U.S. Route 4, the Crossroad of Vermont Byway, the sev-

enth of its kind recently designated by the Vermont Transportation Board are incorporated into the routes.

Cyclists check-in Friday night at the Lookout Tavern on Killington Road and rides begin at 7 a.m. on Saturday. The first 200 to register will receive a lift ticket voucher to ski or ride Killington Resort during the 2011-2012 season. After the ride, the Lookout Tavern on Killington Road will be your host for a ride celebration, complete with a full BBQ, live music and entertainment, flowing beverages, and other festivities.

The cost is \$125/rider for the 100- and 60-mile rides and \$50/rider for the 20-mile ride. The registration fee includes a Century Ride t-shirt, food and support at aid stations, and entry, dinner and drink tickets at the After Party. Participants should register at www.bikereg.com. There is no day-of registration.

Budweiser Killington Softball League

Standings:

1) TIE: Clear Cottage 3-1; Moguls Sports Pub 3-1; Vermonsters 3-1; Ramuntos Pie 3-1. 5) Phat Italian Heros 2-2. 6) TIE: Slips, Trips & Falls 1-3; Jax Food and Games 1-3. 8) Charity's/FOTM 0-4

And then there were none, undefeated that is. Congratulations to the Vermonsters for doing what no team has been able to do since July 2010; beating the Clear Cottage. The Clear jumped out to 3-0 lead off of RBI singles by Neal Giberti,

Rob Pelletier and Jackie Blue. Melvin put the Vermonsters on the board with a RBI double. The Clear went scoreless for the next two innings but the Vermonsters poured in five runs in the third to

take a 6-3 lead. The Clear had their chances, but left the bases loaded in the fourth and the fifth. Both teams scored a few more runs but in the end it was the Vermonsters stopping the streak with a 9-6 victory. Even though the end of the week was not good for the Clear at least the beginning was as they knocked around the Phat Italian with a 10-4 win. The Clear started things off with four runs, two of which were off a huge homerun by Gordy. They added five more in the third of a bases clearing double by Jackie Blue. The Phat finally got on the board in the fourth but it was too little, too late. The Clear had solid play on both sides of the ball. Pitcher Ronzoni was en fuego, holding the Phat to four hits and delivering three "Cold Beer K's." He also added a web gem as he dove to stop the ball, stayed with it and flipped it to first for the out. The Clear also ended the game with a sweet double play. The lone bright spot for the Phat was pitcher Matt "Ajax" Anderson who delivered four "CBK's." Two of those went to DJ Dave looking and swinging, Bubba joined him looking and Gordy fouled out.

Moguls handed the Phat a 10-6 loss on Wednesday. Moguls built a 6-0 lead after two innings. Captain Jeremy Prior led the charge for Moguls. The Phat's Tom Colman had a big game going three for three with two runs scored. Isaiah added to the "CBK" category with a big strike out.

Ramuntos had a huge week as they won both of their games with come-from-behind thrilling victories. The first win was against Moguls. This was a sweet victory for Ramuntos as Josh Linton pitched them to the win. Moguls features Scuba Steve and last season Linton was the back-up pitcher to Scuba. The next win was against last season runner-ups, Slips Trips & Falls. By the second inning they were already down ten runs. They managed to cut that deficit to four but were facing it with two outs in the bottom of the seventh. They put together some

clutch hits to get the big win.

And then there was 1, winless that is. Congratulations to Jax for joining the winning column and keeping the Hitters out of it. The Hitters had one of the worst weeks in franchise history as they blew two opportunities for wins due to big crazy errors, and saw their leader go down with a broken ankle. They started their week against STF and started that game with five runs in the first. Right after getting that big lead, team captain

and inspirational leader Wild Bill went down for the season after suffering a freak injury at first base. That took the wind out of the Hitter's sails as their lead slowly evaporated and eventually they were facing a five run deficit themselves. They eventually lost 12-7.

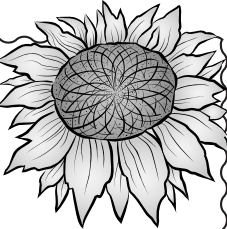
In the game against Jax, they committed some of the craziest errors this league has ever seen. Over the course of the game, three of Jax players were caught in a pickle between 2nd and 3rd base. Not only did each Jax player get safe but they also advanced extra bases due to overthrows. In another inning league rookie and left center fielder Rob Pelke, son of catcher Deb Pelke, was going for a fly ball and ran into the fence and lost track of the ball. It looked as if he got in a fight with the fence, but lost. Not to down play Jax victory because they played a solid game. Jax is a coed team with six female players and this win was a team effort where the men scored most of the runs and the women played the best defense. They had one inning where every out was defensively stopped by the women. The web gems in the game were also by the women. Right fielder Leslie Myers had an awesome leaping catch, first base Sharon Mitchill jumped high in the air to steal a hit and best of all was a trick play at 2nd. Shortstop Sasha Parise snagged a ground ball and to the surprise of everyone, flipped the ball to second base Heather Remick. Most thought the runner was safe, including the fans, the runner and most of the players, because nobody saw the smooth trick flip.

Schedule: **Monday June 6:** Moguls vs. Slips, Trips & Falls Bridgewater 5:50PM. Vermonsters vs. Charity's Hitters Bridgewater 7:00PM. Phat Italian vs. Ramuntos Killington 5:50PM. Clear Cottage vs. Jax Killington 7:00PM. **Wednesday June 8:** Phat Italian vs. Charity's Hitters Bridgewater 5:50PM. Clear Cottage vs. Slips, Trips & Falls Bridgewater 7:00PM. Ramuntos vs. Jax Killington 5:50PM. Vermonsters vs. Moguls Killington 7:00PM

There will be a Budweiser sponsored post game party Wednesday June 8 at Moguls Sports Pub 7-12am.



Memorial Service Remembering Norma Timpone



Saturday, June 4 • 12 noon - 5PM
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Family and Friends are invited to attend, share memories and celebrate the life of "Aunt" Norma.



By Dave Hoffenberg

and inspirational leader Wild Bill went down for the season after suffering a freak injury at first base. That took the wind out of the Hitter's sails as their lead slowly evaporated and eventually they were facing a five run deficit themselves. They eventually lost 12-7.

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BOOMERS

Antidisestablishmentarianism

by Cindy Phillips



The longest word in the dictionary. I remember when I learned this little tidbit of information. Seems all my friends learned it at the

same time. Boy, we thought we had stumbled upon an information nugget of gold. We would test our parents, our siblings and anyone else who would listen when we asked, "So, what's the longest word in the English language?" If they didn't know, we would say it out loud for them, all 12 syllables and 28 letters. We were impressive, at least in our own minds.

In addition to that word, we Boomers really became an "anti" generation. Here are a few more gems:

Antiwar demonstrations – walk-outs and sit-ins, SDS, George McGovern, Bob Dylan and Joan Baez, long hair and headbands, hippies, peace signs, My Lai, Cambodia, Nixon.....ring any bells?

Antibiotics – for many years, we believed it was the miracle drug. If you got an infection, the doctor prescribed them. I used to deal with bouts of strep throat and subsequent 10 to 14-day regimens of antibiotic. My daughters practically lived on amoxicillin as babies to ward off recurring ear infections. Oh how I wish I could turn back the clock and take it all away. I now search for homeopathic remedies and hope to never ingest an antibiotic again, though I am sure some of the food I eat is loaded with them.

AntiAging – Ha, admit it, we will buy anything with this word emblazoned on

the label. Creams, makeup, nutrients, therapies, supplements, shakes, tips, treatments, techniques – if they really worked, we could live to be a thousand years old.

AntiAdministration – At one time it meant we didn't like the school principal. Today, it seems to hold more meaning if we are Republican, or Democrat, or Independent, or...well, you get what I mean. We Boomers have never been ones to hold back our feelings if we didn't like something.

Antibacterial – cleansers, soaps, deodorants, toothpastes, detergents, lotions, mouthwashes. One of the buzzwords of the decade. But similar to antibiotics, it has resulted in resistant strains of bacteria. Another miracle cure that kind of backfired on us.

Antidepressant – feeling sad? There is a whole list of possible pills you can take to supposedly make you feel better. If you don't believe me, watch television for 15 minutes and count how many commercials you see for these drugs. But be forewarned, taking them may cause the following side effects: nausea, insomnia, anxiety, restlessness, decreased sex drive, dizziness, weight gain, weight loss, tremors, sweating, sleepiness, fatigue, dry mouth, diarrhea, constipation and headaches. Oh yeah, and you may also have suicidal tendencies.

Antioxidants – these are substances that may protect your cells against the effects of free radicals. Years ago, the term "free radicals" meant "let the antiwar demonstrators out of jail." Just like anti-aging, we tend to gravitate toward items that are advertised as being rich in antioxidants. "More blueberries, anyone?"

Antipasto – this one really isn't par-

ticularly associated with the Boomer generation, unless you had a lot of Italian friends growing up. But I do think a good antipasto may be rich in antioxidants.

Antiperspirants – at some point, plain deodorants simply weren't good enough for us any longer. Instead of deodorants that simply kept us from smelling, we needed ones that kept us from sweating as well. And then we needed ones that were clear so that no one would know we used it in the first place. All was rolling along (no pun intended) until someone planted the rumor that antiperspirants were causing breast cancer. While all the testing was being done, there was a lot of sweating and smelling going on. And of course we ladies remember our non-shaving phases during our hippy stage. What were we thinking?

Antiseptic – you can't say that word without envisioning a big bottle of Listerine – the original antiseptic mouthwash. A mouthwash when we were kids meant soap after uttering a bad word.

Antisocial – the Mayo Clinic describes it as a personality disorder. We Boomers tend to use it more to describe someone who is just plain cranky which, at our age, happens more often.

Antivirus – we saw the rise of the computer age; then we saw the vulnerability of the computer age. If you have a computer, you need antivirus – plain and simple.

Antique – it used to refer to furniture, clothing, jewelry and other items that held value because of their age. Now it refers to us!

Contact me at cphillipsauthor@yahoo.com. Visit my blog at <http://lifeasaturkeysandwich.blogspot.com>

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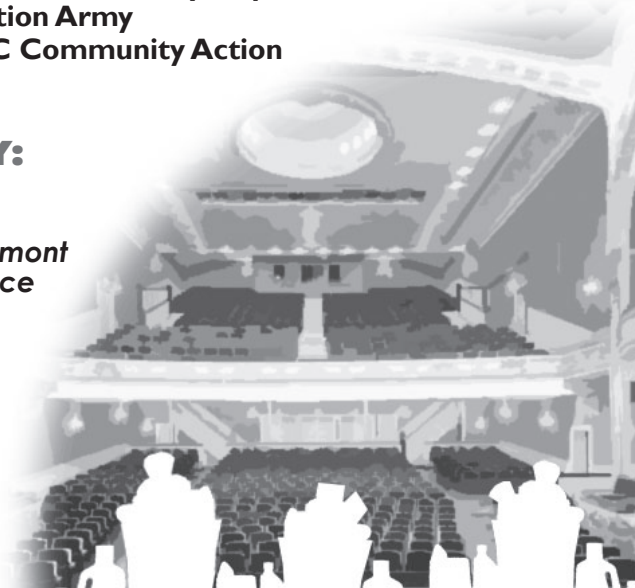
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NATURE'S WAY

Horton Hears a What?

by Madeline Bodin

I remember being fascinated by the Dr. Seuss book Horton Hears a Who as a child. It made me wonder: could each of those specks of dust dancing in the light shafts from my bedroom window be its own planet? Could our own planet be a speck of dust in some other creature's universe?

As it turns out, there is something close to Who-ville right here in Vermont and New Hampshire. It is, if not exactly a self-contained world, then a surprisingly busy and biologically diverse ecosystem contained on a single leaf, specifically, a black cherry tree leaf.

Black cherry trees are among the most common trees in the northeastern United States. They are our biggest native cherry trees and the source for the cherry wood used for furniture and cabinets.

On the leaves of some of these cherry trees are eriophyid mites. There are hundreds of different species of eriophyid mites. Each species is tiny – Who sized – just one-hundredth of an inch long. And while we would expect a mite to have eight legs, these mites have just four, all the front of their bodies, so they wind up dragging their long, legless behinds around behind them.

It's really hard to tell these various species of eriophyid mites apart by looking at them, even with high magnification. But luckily for the farmers and gardeners who want to identify them, usually to find out the best way to kill them, these mites can be told apart by the various galls, blisters, and rust that they create on the plants they live on.

For the cherry gall mite, that would be a finger gall on the glossy top surface of a black cherry leaf. "Finger gall" is the technical term, indicating its general shape, although again, they are tiny, the length of an eyelash. The galls are red, and there can be dozens of them on a single cherry tree leaf. Inside the gall, the eriophyid mite nestles in an abnormally lush growth of leaf-hairs.

It seems like an easy life, protected from the world in-

side a gall. The mite probably doesn't even notice when, in late May, a small, pale-blue butterfly with wings the size of thumbnails, alights on the gall. The mite probably has no idea that when the butterfly departs, it leaves behind a tiny egg.

That pale-blue visitor is a cherry gall azure, also known as late spring azure. The cherry gall azure is more widespread in New Hampshire than in Vermont, but it is found in both states. It is closely related to the spring azure and was only named a species, and differentiated from the spring azure, a few years ago.

While other lepidopterists had noticed that there was something different about some of the spring azures, two amateur butterfly scientists, Harry Pavulaan and David Wright, studied the differences and described the new species, which they called *Celastrina serotina*, in a scientific journal.

The cherry gall azure's white egg hatches into a small, green caterpillar only a fraction of an inch long. As the caterpillar grows, it changes color, becoming either creamy white or reddish, like the finger galls on the cherry tree leaf. Soon, the caterpillar starts eating those galls. The biggest cherry gall azure caterpillars – still less than an inch long – gobble up the entire gall, mite and all. It's one of only two caterpillars in our area known to eat meat on a regular basis. (The other is the caterpillar of the harvester butterfly.)

It's also these mature cherry gall azure caterpillars that

have a special relationship with ants. The caterpillars have two different organs that ooze sweet stuff, or honeydew, for the ants to eat. In return, the ants presumably defend the caterpillars against predators, which are mostly wasps. It's similar to the relationship that some ants have with some aphids. While it sounds weird, many caterpillars in the same family as the cherry gall azures, including other species of azure and gossamer-wings, do the same thing with ants.

Then, some time from the end of June to the middle of July, the fun is over. The leaf and the mites keep doing their thing, but the ants disappear when the caterpillars turn into light brown pupae that look a lot like dried feces. Come autumn, the pupae fall to the ground with the leaves and stay in pupal form until the next spring. When they transform into adult cherry gall azure butterflies the next May, they will go off in search of cherry blossoms to sip nectar from and other cherry gall azure butterflies to start the cycle over with.

Finally, the females will look for a finger gall on a cherry leaf, a leaf that is almost a little world of its own, worthy of Dr. Seuss.

Madeline Bodin is a writer living in Andover, Vermont. The illustration for this column was drawn by Adelaide Tyrol. The Outside Story is assigned and edited by Northern Woodlands magazine and is sponsored by the Wellborn Ecology Fund of New Hampshire Charitable Foundation.



Spartan Race Comes to Killington Resort

Registration is open for participation in the August 6 Spartan Beast Race at Killington Resort at Snowshed Base Lodge, 3800 Killington Rd, Killington.

The Spartan Race is the world leader in obstacle racing and designed to test participants' resilience, strength, stamina, and ability to laugh in the face of adversity. The unique obstacle course will demand every ounce of strength, ingenuity, and animal instinct you thought you lost 3 generations ago. Course details are held in secrecy until competitors meet them face to face.

Who is a Spartan Race competitor? "Everyone, really – men, woman, students and seniors. The Spartan Races are designed for all participants, beginners to hardcore warriors and marathon runners alike, to have fun and

cross the finish line. You need a little physical conditioning and a taste for some adventure," said Brian Duncan, CEO of Spartan Race.

For those unsure if they can finish The Spartan Beast Race there will be a 'dignified exit' at each mile. This will also serve as the ultimate test of resolve for those who plan on doing the full event. Each racer will have to confront choice between luxury and relaxation or facing 9 more challenging miles.

A portion of all money raised in the Spartan Race Series will go to building a home through Homes For Our Troops, a national non-profit that assists severely injured Servicemen and Servicewomen and their immediate families by raising donations of money, building materials and professional labor.

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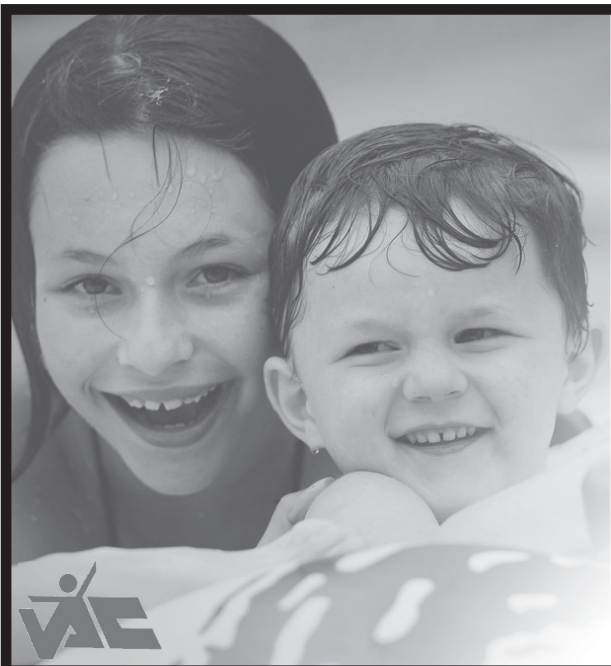
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Weddings & Beyond

Wee Ones Welcome

by Tresa Erickson

While some couples opt not to have children at their wedding, others do. They take great delight in young children and can't fathom having a celebration without them. If you share in this feeling and would like to have children at your wedding, make sure you plan for them accordingly.

If at all possible, hold your wedding in the morning or afternoon. The later your wedding is, the more likely your young guests will become tired and act out of sorts. Those accustomed to going to bed around 8 o'clock may even fall asleep during the celebration, forcing parents to leave early.

Look for a venue that is child friendly. Don't select a hotel with a lot of fine antiques. Young guests will be too tempted to touch all of the wonderful things surrounding them. Select a hotel with modern decor and make sure there are rooms nearby where young guests can nap if needed. Ask your ushers to seat all parents with young kids near the back of the room during the ceremony so they can leave quickly if needed.

Provide ample entertainment. Even the best-behaved children act up when they get tired and bored. To prevent this at your reception, hand out crayons and coloring books to little ones at tables and set up an area where children can play after dinner. If most of your young guests can handle sitting by themselves, you could set up a separate table for them where they could sit, draw and color together. Just make sure you have an adult on hand to supervise the action.

If you have the budget, consider bringing in a clown, magician or some other form of entertainment for your young guests. If you are having your reception outdoors, rent a bouncy castle and find a volunteer to supervise the operation. You might even arrange for a group of volunteers to serve as babysitters and whisk the kids off to another room for hours of fun while their parents enjoy the reception.

Finally, make sure you have plenty of food and drink on hand. Provide snacks and beverages for young guests before dinner to alleviate any hunger pains they might be having. Then serve them a meal they will eat. Children do like to eat, but that doesn't mean they will like what you are serving at your reception. For the best results, consult with your caterer and create a child-friendly menu for younger guests. Serve chicken nuggets and macaroni and cheese in lieu of lemon chicken and rice. Your younger guests will appreciate it, and so will their parents.

These are just some of the accommodations you can make for your young guests to ensure everyone has a good time. Keep in mind you may need to take fewer or additional measures depending upon the number of young guests at your wedding. If you are planning on five or six youngsters, then you may be able to have an evening wedding at an elite hotel. If you are planning on 10 to 20 youngsters, then you may need to set your wedding for an earlier time and bring in some entertainment. If your budget allows, you could always hire a professional on-site babysitting service and leave the supervising and entertaining to them!

The Right Person For the Job

by Tresa Erickson

You just got engaged, and already your mind is whirling with ideas for your wedding. Along with setting a date and choosing a venue, you will have to select wedding attendants. As the bride, you will probably want to start the process with your maid or matron of honor.

For some brides, selecting a maid of honor is a no-brainer. There is no one more suited for the job than their one and only sister or their best friend since kindergarten. For others, the decision is much more difficult. They have several sisters and close friends, plus a ton of cousins. In that case, the best course of action is to select a person who can fulfill all of the obligations of the job.

Traditionally, maids of honor have a variety of responsibilities. Some of these may include:

- Assisting the bride with much of the wedding planning, including choosing a reception venue, decorations and flowers
- Helping the bride shop for a wedding dress and bridesmaid dresses
- Addressing the wedding invitations
- Making or assembling the wedding favors
- Hosting the bridal shower and bachelorette party
- Attending the rehearsal and helping out at the rehearsal dinner
- Decorating and cleaning up the reception site
- Receiving the flowers and handing out all of the bouquets, corsages and boutonnieres
- Helping the bride and bridesmaids get dressed and making sure they get where they need to be at the appropriate time
- Holding the bride's bouquet during the ceremony
- Witnessing the marriage license
- Standing in the receiving line
- Taking part in the wedding photos
- Toasting the couple at the reception
- Dancing with the best man and other guests

Depending upon your wishes, the maid of honor may have more or fewer duties to perform. Sit down and decide exactly what you would like your maid of honor to do. Make a list of their duties and a list of potential candidates for the job. Then start comparing the lists.

Be honest in your assessment of each candidate on your list. You need a person who not only will be willing

to carry out the duties you assign but do them on time. You may love your little sister, but if she is a procrastinator, she may not be the best candidate for the job. Your older sister, on the other hand, might make a better choice because she is so timely.

Consider each candidate's personal situation as well. What kind of commitments does she already have? If your older sister is a wife and mother, works full time and heads several committees, she may be too busy to serve as your matron of honor. If she is pregnant, she may be too tired and sick to perform the duties required. If she is going through a difficult divorce, she may not have the energy to devote to you and your wedding. Choose someone who doesn't have as much on her plate to be your maid of honor.

If you plan to lean heavily on your maid of honor, make sure you choose someone who lives close enough to you to get the job done. If you live in the Midwest, don't choose a cousin who lives on the coast to be your maid of honor. It will be hard for her to serve as the center of support from so far away. Choose that dependable friend who lives just down the street.

Choosing a maid of honor takes time. Don't rush the process, and once you have a found someone and she has agreed to serve as your maid of honor, make sure you communicate your wishes to her. If you want her to take an active role in the wedding planning, say so. If you would prefer she sit on the sidelines until the actual wedding day, let her know that. Give her a list of all of the tasks she will be responsible for and check in with her often to see how things are going.



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GolfNews

News From Green Mountain National G.C.

by Spider McGonagle

It was the perfect day for the final Jeff Hadley ALS Pro-Am but no one had a better time than Kim Evans. Kim stepped to the 5th Tee with a pitching wedge in her hand and hit nothing but the bottom of the cup as she recorded her first HOLE-IN-ONE! Kim's perfect shot was witnessed by her husband Jason, Head Pro Dave Soucy, Hannah Abrams and Teddy Arbo and helped the team finish second.

Cory Prescott also found the bottom of the cup last week after one shot as buddies Ed Landon and Lane Patorio looked on. Apparently 8-Iron was the club to hit on Hole #13 that day as the ball found the green and rolled slowly into the bottom of the hole!

The rarest of birds made an appearance at our first Twilight League of the season as GMNGC's own Brian Peters holed it for a "2" from 195 yards on the first par 5 for a DOUBLE EAGLE! Brian's team took the top spot while two teams tied for 2nd place at -3. A "match-of-cards" gave the team led by Mike Dismont 2nd place overall while Tommy White and company had to settle

for 3rd. Remember, beginners are always ENCOURAGED to participate in our fun and social Twilight League and we hope you'll give us a call on Thursday mornings to sign-up.

Men's Point Quota League starts on Tuesday, June 7 and all boys at GMNGC are invited to play. All you need is a current and valid GHIN Handicap index and you can sign-up at the desk. The cost is \$20 per player for prizes and lunch is included! GMNGC Ladies' League will begin in early July and more details will follow soon.

Our 2011 Events Calendar is available in the shop or you can visit us online at www.gmngc.com for the full listing of activities and tournaments.

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

Dog Rescue Golf Tournament

White River Golf Course in Rochester, VT will be holding a very special golf tournament on Saturday, June 4th to benefit Potter's Angels Rescue, a Vermont non-profit group dedicated to placing unwanted or neglected dogs in loving and everlasting homes.



Registration is \$50 per person and begins at 10:00 am the day of the event. The event begins at 10:30 am with a shotgun scramble, followed by a BBQ, raffle and prizes awarded for 1st, 2nd and 3rd place. For more information, or to pre-register, contact White River Golf Course 802-767-4653. To learn more about Potter's Angels Rescue, or to make a donation, call 802-728-3550 or email pottersangels1@yahoo.com.

Okemo Valley Golf Club Ladies' League Begins

The 2011 Ladies' League at Okemo Valley Golf Club got underway with an opening scramble. The team of M&M Excavating took top honors during the first week of league play. Rosemary Burns, Christine Fuller, Linda West and Sally Goffinet carded a 35. Second place went to The Ornament Emporium. Pam Cruickshank, Pat Roelants, Jeanette Conderino and Pam Bruno shot a 35. Third place went to Id3 Designs. Betsy McKeever, Mary Rita Batesole and Lisa Rourke shot a 37. Closest to the pin winners were Sue Horsman on the 4th hole and Pam Cruickshank on the 8th hole.

Weekly results:
 1st M&M Excavating score of 35/ 15 points won
 2nd The Ornament Emporium score of 35/ 14 points won
 3rd Id3 Designs score of 37/ 13 points won
 4th Bovine Bookkeeping score of 37/ 12 points won
 5th Knights Tubs score of 39/ 11 points won
 6th Ludlow Insurance score of 39/ 10 points won
 7th Tom's Loft Tavern score of 40/ 9 points won
 8th RVCCC score of 40/ 8 points won
 9th First Line Security score of 40/ 7 points won
 10th Coldwell banker Watson Realty score of 41/ 6 points won

For more information about Okemo Valley Golf Club, please call (802) 228-1396.



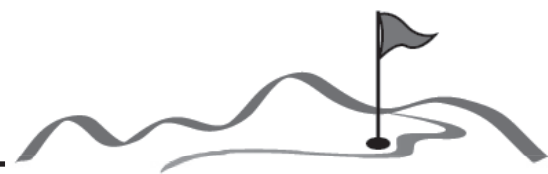
Rules of the Game

By Alan Jeffery
 USGTF Certified Golf Professional
 Green Mountain National Golf Course

QUESTION: Carol and Chad are playing in a tournament. On the 7th hole, Chad stokes his ball into the front bunker and it rests in casual water. He decides he will play the ball. He takes his stance and as he addresses the ball touches the casual water. In making a stroke at the ball, he does not touch the sand until he hits the ball. Carol says even though he did not touch the sand prior to hitting the ball, he did touch the casual water and should incur a penalty because the casual water was within the bunker. Is Carol correct?

ANSWER: Because Chad did not touch the ground in the bunker prior to making a stroke and the casual water was not in a water hazard, Chad is allowed to touch the casual water. Carol is incorrect. See USGA Decisions On The Rules Of Golf, 2010-2011, 13-4/7.

Golf clinics continue Tuesday evenings 5:30-6:30 and Saturday mornings, 10:30-12:00. These clinics are great opportunities to tune up the swing and work on past and even present problems. Remember, the swing's the thing and continuous improvement is what it's all about. Private lessons can also be arranged by calling me at the golf course, 422-GOLF.



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Health & Fitness

Gov. Shumlin Signs Historic Health Care Reform Bill

New law sets Vermont on path to first-in-the-nation single payer health care system

MONTPELIER – Gov. Peter Shumlin today signed into law a bill designed to control escalating health care costs, expand quality coverage to more Vermonters and set the state on the path to crafting the first single payer insurance system in the nation.

“This law recognizes an economic and fiscal imperative – that we must control the growth in health care costs that are putting families at economic risk and making it harder for small employers to do business,” the Governor said.

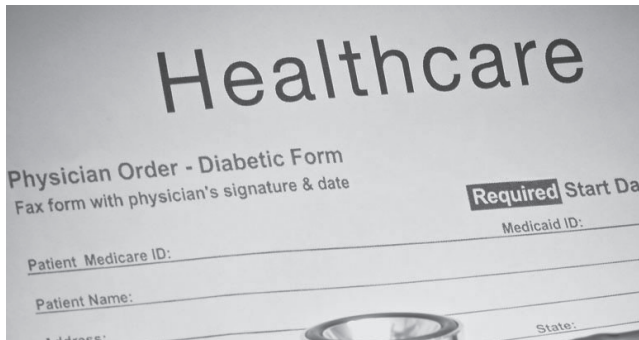
Just as importantly, he added, “We have a moral imperative to fix this problem, with 47,000 Vermonters uninsured and another 150,000 underinsured and worried about how to afford keeping their families healthy.”

The law was signed at a State House ceremony that included physicians, business owners, legislators, advocates and Vermonters who are concerned about health care access and costs.

The new law lays out three tasks: immediate efforts to control health care costs, creation of a Health Insurance Exchange, and detailed planning to implement a single payer.

The Governor said the law creates a new health care board with the ability to control the rate of growth in both health insurance premiums and health care provider payments. He said there is ample evidence that we can reduce cost growth without compromising health care quality, but it will take a new approach – we can't simply cut provider fees.

The new board, which will be appointed and in place by October, will work with health care providers to move away from fee-for-service medicine, put them on a sustainable budget, reward them for efficiency and for keeping people healthy, and reduce administrative



burden and waste.

In addition, Vermont will create a health insurance Exchange to vastly simplify insurance purchasing for all Vermonters, regardless of how we pay for it.

Finally, the law requires detailed planning for a single payer health care system, which will maximize savings and take health insurance off the backs of employers.

“I realize that people have legitimate questions about how a single payer will be financed and operated, and we will answer those questions before the legislature takes the next step,” Gov. Shumlin said.

HEALTH CALENDAR

June - American Red Cross Blood Drives: June 3 Woodstock Union Arena, 12:30-5:30pm. June 6, Ludlow Baptist Church, 12:30-5:30pm. June 9, Brandon Fire Station, noon-5:30pm. 1-800-RED CROSS to make appt.

June 2 - Rutland. RAVNAH Blood Pressure & Foot Care clinics: Parker House 11am; Bardwell House 12:30pm. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

June 2 - Rutland. Better Breathing Club Meeting, 2pm, Southwestern Vt Council on Aging, Pace Vt. Yoga for Stress Mgmt. Open to all. 786-5990.

June 3 - Poultney. RAVNAH Blood Pressure & Foot Care clinic: Young at Heart Sr Ctr, 9:30am. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

June 3 - Ira. RAVNAH Blood Pressure & Foot Care clinic: Ira Town Hall, 12:30pm. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

June 6 - Pittsford. RAVNAH Blood Pressure & Foot Care clinic: Village Manor 11:30am. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

June 7 - Rutland. Compassionate Friends organization offers friendship, understanding & hope to bereaved parents & families. 7-9pm, Grace Congregational Church. 1st Tues. of month. Info, 446-2278.

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. Bone Builders free exercise classes. 10-11am, Mendon Methodist Church, 773-2694. Bridgewater Mill, 2nd floor, 3-4pm, 672-3384.

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 Louise Harrison@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.

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Sabby's HH-Brad Morgan

TUESDAY, JUNE 7

Ramunto's B'Water Eve-Open Mic

MUSIC

June 3 - Tinmouth. James Mee, VT singer/songwriter, performs at Tinmouth's Old Firehouse Stage, 7:30pm. Doors 7pm. Open seating. \$9 donation at door. 414-0011.

June 4 - Brandon. St. Thomas Church Organ Concert, 7pm, featuring George Mathews playing 1885 Pipe Organ & more. Free will donation. 247-6759.

June 4 - Randolph. Peter Squires & Wren Kitz, guitarists, bring night of wit and Indie-folk music to Chandler's Upper Gallery. 7:30pm. \$10 advance, \$12 door, 728-6464.

June 5 - Brandon. OVUHS Jazz Band & Chorale, 7pm, at Brandon Town Hall.

June 7 - Castleton. 16th Annual Castleton Concerts on the Green. Tuesdays, rain or shine, 7pm sharp, on the Green next to Federated Church. This week: Jonathan Newell Band. Rain site, CSC Fine Arts Ctr.

Ongoing:

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

SPORT/LEISURE

June 2 - Killington. RRCC 26th annual Golf Classic at Killington Golf Resort. Shot gun start 12:30am. Win 2011 Honda Civic, insurance & a hot tub for hole in one! Captain & crew, teams of 4. \$125/ person. 773-2747 to sign up.

June 3 - Quechee. VINS flat water canoe trip to Connecticut River, 5:30-8pm. Trip includes rental, paddle, pfd - \$41 VINS members, \$45 non. Discount for own vessel. Register by May 31, 359-5000 x223.

June 4 - Killington Section GMC event: National Trails Day - LT Maintenance! Volunteer to clear brush & waterbars, cut blowdowns & paint blazes - ready the trail for summer. Bring work gloves, sturdy shoes, lunch. Tool provided. Meet Rutland's Main St Park 9am. 293-2510.

June 5 - Rutland. Southwest Freedom Riders Annual Blind Run. Sign-In 9-10:30am, Seward's Family Restaurant. \$5/person. Cash prizes.

June 5 - Chittenden. 30th Teenie's Fishing Derby for Seniors & Handicapped, including paraplegics. Rain or shine. Teenie's Tiny Poultry Farm. Free food & drink, 11:30am. Fishing begins 1pm. Bring chair, bait, tackle. Prizes. 773-2637.

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.

VARIETY

June - Ludlow. Classes at Fletcher Farm School: June 29-30, Bobbin Lace for Beginners. July 4-6, Bird Houses Adorned Naturally. More upcoming. 228-8770 for times, fees, details.

June - Killington. Sherburne Elem School News: June 2, 2nd grade to Marsh Billings-Rockefeller Park, 8:30-2:15. June 6, SES Field Days & Potluck Picnic @ noon, Johnson Rec Ctr. June 7, Cisco at SML, 3:30pm. June 8, 2nd grade to Teddy Bear Picnic @ Pomfret, 10-2. June 10, WUHS Graduation.

June 2 & 7 - Plymouth Notch. Tales of the Notch, guided tour of Calvin Coolidge's Plymouth Notch, thru village & surrounding fields. 2pm. 672-3773.

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.

June 3-5 - Rutland. 3rd annual flea market/ craft fair to benefit BROCC Community Action in SW VT. President's Bldg, VT State Fairgrounds. Inside/ outside, new & used items. Raffles. 773-9480 for a space.

June 4 - Rutland. UPS Benefit Breakfast for Rutland Co. United Way. All you can eat buffet, South Station Restaurant. 7-10am. \$10, advance tickets only, 773-7477 or your local UPS driver.

June 4 - Brandon. Love-A-Park planting in Brandon Green Acres (across from Town Offices), 8am. Volunteer to help make Brandon's public parks beautiful. Rain date, June 11, same time & place.

June 4 - Rutland. Master Gardner plant sale, 9am-noon, inside Godnick Center. Master Gardeners available to assist & answer q's. Raffle! Proceeds Rutland Co. Extension Master Gardener Program & volunteer projects.

June 4 - Woodstock. Woodstock History Center: Hector Santos, master stonewall builder, hands on workshop. 9am-12noon.

June 4 - Poultney. Town Wide Yard Sales! 9am-4pm. Chicken BBQ. Bargains galore! 287-4114 for more info. Rain or shine.

June 4 - Manchester. Pullman Parade, 10am, Hildene. Featuring 65' long Pullman Palace car, Sunbeam.

June 4 - Woodstock. 3rd Annual Trek to Taste, 10-3, Marsh-Billings-Rockefeller National Historic Park. Free admission. 3 beautiful walks, family activities, delicious local farm treats, live animals, live music. All welcome!

June 4 - Rutland. Sign-O-Mania Wrestling signing with Scott Steiner & Brutus the Barber Beefcake, 1pm, Diamond Run Mall. \$10 advance, 345-2674 or \$12 day of. Free bouncing - inflatable ring.

June 4 - Killington. Killington Section of GMC celebrates first 100 years of LT. 6pm, Inn at Long Trail. \$23/ person. Proceeds LT protection. All-inclusive buffet dinner. Cash bar, entertainment, raffle, prizes. Reservations at 775-7181.

June 4-5 - Killington. Killington Arts Guild workshop on watercolor painting with Peter Huntoon. 9am-4pm each day, at KAG Gallery at Cabin Fever Gifts. \$130 members, \$140 non. 422-3852.

June 4-5 - Middletown Springs. Middletown Springs Public Library Book Sale, Sat. 8-2; Sun. 10-2. Wide selection of books, puzzles, games, movies. 235-2435 for info.

June 5 - Killington. Summit Lodge Pool & Tennis Club Kick Off Party. Music w/ the Vibratones. Sign up for membership, enjoy first of 8 complimentary patio dinners. 422-3535.

June 5 - Granville, NY. The Slate Valley museum opens newest exhibit "Rivals in Slate, Brothers in War: The Slate Valley Unites for the Union Cause" 1-4pm. 518-642-1417.

June 6 - Killington. Safe Art Ensemble program led by Lauren Wilder at Killington Arts Guild Gallery above Cabin Fever Gifts, 7am-8:30pm. 422-3852.

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June 10 - Mendon. Monthly wine dinner - 5 course bbq w/ 5 VT beer pairings. \$35/ person. Kick off summer season with Red Clover Inn! Reservations, 775-2290.

June 14 - Rutland. What Every Forest Landowner Should Know workshop with RNRCD, 6-8:30pm, Godnick Adult Center. Register by June 7, limited space, 775-8034 x17. \$10.

July 11-22 - Clarendon. Rosie's Girls Summer Camp for girls entering 6th, 7th, 8th grades. Trades-based camp - try carpentry, welding, fire fighting, more. 9am, M-F at Mill River UHS. \$250 includes tshirt, toolbox w/ tools. rosiesgirls.org

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.

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. - Plymouth Notch. Wednesday Afternoons with Farmer Fred at President Calvin Coolidge State Historic Site. 1-5pm. Demos of historic farming activities. Weekly program. 672-3773.

Weds. - Killington. Killington Rotary Club meets at Summit Lodge 6-8pm for full dinner, guest speaker and/or discussion. Seeking new members!

Weds. - Woodstock. Farmers Market on the Green, 3-6pm.

Thurs. - Poultney. Farmers Market on Main St., 9am-2pm.

Fris - Brandon. Brandon Farmers Markets open in Central Park, 9am-2pm.

Fris. - Pittsfield. Farmers Market on the Village Green, Fridays, 3-6pm.

Fris. - Ludlow. Ludlow Farmers Market open, Okemo Mtn School front lawn., 4-7pm.

Sats. - Rochester. Farmers Market on the Village Green, Sats., 9-1pm.

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

MUSEUMS & EXHIBITS

Art & Antiques on Center - 17 Center St, Downtown Rutland. 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 open for the season. 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. Area Artist Show "eARTh", thru July 10. Gallery hrs: Thurs. 4-6pm, Sat. & Sun. 1-3pm. 431-0204.

Killington Arts Guild Fine Art Gallery - at Cabin Fever, Rt. 4. Open business days 9-6:30pm. Art Mix members show 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.

New England Maple Museum - 4578 Rte 7, Pittsford. Open for the season. Off- Season Rates. 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.

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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, Poultney. 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

July 4 - Killington. Town of Killington plans Star Spangled 250th Birthday Celebration. Parade, bbq, pool party, silent auction, agricultural demos, tools & traditions from yesteryear, more. Lawn games, music, kids games. Firework show & giant bday cake! Don't miss it!

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

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.

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.

GRIST MILL RESTAURANT

422-3970

Killington Rd., Killington
 Offering spectacular views, casual atmosphere and world-class entertainment. Our dining room features classic American cuisine with a flair. Our lounge offers the options of casual dining and pub fare. Enjoy our deck dining with views. Major CC.

KILLINGTON MARKET & DELI

422-7594

2023 Killington Road, Killington
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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

McGRATH'S IRISH PUB

775-7181

at the Inn at Long Trail
 Rt. 4, at the top of the Sherburne Pass, Killington
 McGrath's Irish Pub at The Inn at Long Trail invites you to try our famous Guinness stew. Serving breakfast and pub menu daily. Live Irish music weekends! MC, VISA, AMEX.

MOGULS SPORTS PUB

422-4777

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MOUNTAIN TOP INN & RESORT

483-2311

Mountain Top Rd., Chittenden
 Only 11 miles from Killington and Rutland. Dining complemented by breathtaking views of the lake and mountains. Creative American cuisine in the Highlands Dining Room. Casual dining and pub fare in the Highlands Tavern. Extensive selection of wine and beer. Full bar available. Open year round to the public. Reservations suggested. Kids welcome. Seasonal outdoor dining. www.mountaintopin.com. MC, VISA, AMEX

RAMUNTO'S BRICK & BREW PIZZA

672-1120

Route 4, Bridgewater
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RED CLOVER INN

775-2290

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	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
Gracie's Grille
Grist Mill
Killington Market
Lakehouse Pub & Grille
McGrath's Irish Pub
Moguls Sports Pub
Mountain Top Inn & Resort
Ramunto's
Red Clover Inn
Seward Family Restaurant
Sugar & Spice
Vermont Inn

SEWARD FAMILY RESTAURANT

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773-7832

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THE VERMONT INN

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 Enjoy New England and Continental Cuisine by a wood burning stone fireplace in a comfortable and warm c. 1840 farmhouse style dining room. Game Room. Children's menu. Full bar and wine list. Dinner Reservations Sugg. Drop in late afternoon or even after dinner for cocktails, appetizers, a light dinner, or desserts at Duffy's Pub. Enjoy a wood burning stove, television, and casual conversation with guest and Innkeepers at the Bar.



Wine Experiments

By Gerd Hirschmann
Representative of the
VT Wine Merchants Co.



Santa Barbara County

Santa Barbara County seems 'sideways' in more than one respect. Not only was the infamous movie filmed there, it topographically seems sideways too. The 50 miles of shoreline at the southern side of Santa Barbara County is the largest east-west traverse from Alaska to Cape Horn. Most valleys in California have a north to south orientation, but here they run east to west, opening to the Pacific. The inland flow of fog and ocean breezes make the region one of the coolest viticultural areas in California - just 90 minutes away of the seemingly endless urban sprawl of Los Angeles.

There are three distinct appellations: Santa Maria Valley, Santa Ynez Valley and Santa Rita Hills. In addition, the unofficial Los Alamos region just south of Santa



Maria has several thousand acres under grapes, primarily chardonnay with a particularly lively reputation. Chardonnay in fact represents more than 60% of all the grapes grown Santa Barbara county, with some snappy Sauvignon Blancs being made in some of the warmer pockets. The red grapes of the area are with the exception of occasional Cabernet Sauvignon predominantly Pinot Noir and Syrah, which are renowned for some delicious wines full of personality.

As Miles explains in the movie: "Pinot is hard to grow and needs specific conditions to make great wine. It's a thin-skinned and temperamental grape that ripens early. It needs constant care and attention, and only grows in these specific little corners tucked away in the world. It takes the most patient and nurturing of growers, who really take the time to understand Pinot Noir's potential, to coax it into its fullest expression. Its flavors are haunting, brilliant, thrilling, and subtle."

There are almost 100 wineries in Santa Barbara County, most of them small family businesses, with vineyards ranging in size from a few to hundreds of acres. Some focus on only one varietal, others explore a wide range of grapes suitable to the climate. While it's not uncommon to see a single row of vines in someone's backyard, most of the wineries form an association and get guidance from professional vineyard management companies.

Rutland Rec News

Outdoor Expeditions Camp

Outdoor Expedition Camp is a great way for you to get outside, get off of the couch and learn some things about what Vermont has to offer when you step out your front door. This summer we will check out dozens of hiking trails and mountain bike the fantastic network of trails that Pine Hill has to offer. We'll visit streams, waterfalls, and lakes. Campers will be guided into the Green Mountain National Forest and beyond. You'll hike mountains on and off Vermont's "Long Trail," challenging yourself and 8 to 13 other campers to reach various summits.

All participants must have access to a mountain bike and be ready to participate in camp. Transportation provided between Dana and the Godnick Center for those doing pre and/or post.

Reserving a space: If you would like to hold your child's spot for the summer but do not have the funds at the time of registration we will take post-dated checks that we deposit 10 days prior to the start of each session if you are registering for three or more weeks of camp. The first session must be paid in full at registration. Full

camp descriptions are available at www.rutlandrec.com or at the Dana Recreation Center located at 39 E. Center St. Rutland. The first week of camp begins June 27th. Don't miss your chance to experience Vermont!

Triathlon Class

Whether you are a seasoned veteran of triathlons or wanting to participate in your first one, this is the class for you! Join Matt Soroka Monday and Wednesday evenings starting June 20th to kick start your training. Classes will meet at Whites from 7:00-8:00PM. There will be a fee for use of the pool. Please contact Cindi Wight at 773-1822 if you would like more information.

The Vermont Inn

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July we will resume our regular schedule Thursday-Monday

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Daily 11:30am-9:00pm

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www.vtsugarandspice.com

The Santa Maria Valley grapes are so widely recognized, that the vineyard's name on the label often indicates higher quality than the winery's name or reputation. The Santa Ynez Valley is considerably warmer, enabling the region to grow some lush big Syrahs along with other Rhone varietals. The Santa Rita Hills to the west are colder again and distinguished by unique soils, giving them separate AVA status.

From Solvang, a peculiarly Danish town in the heart of Santa Ynez Valley, heading west through the Santa Rita Hills, the temperature drops by one degree for every mile traveled. What starts out as a hot day in town becomes a day for sweaters once you get to the vineyards, where sedimentary soils with patches of limestone make for perfect growing conditions of Chardonnay and Pinot Noir.

As Maya says in 'Sideways': "Wine is a living thing, it tastes different today than any other day. It continues to evolve, gaining complexity until it peaks, before it begins its steady, inevitable decline." - just like life itself!

The Red Clover Inn

Restaurant & Tavern

Open for dinner Thursday to Monday 5:30 to 9:00 pm

Vermont Farm-to-Table Dining
Chef Dennis C. Vieira creates an original menu featuring the freshest, regional ingredients. Vermont craft beers and wines of the world in our cozy tavern.

Special Dinner Event to Kick Off the Summer Season!
Our monthly wine dinner events continue on, but we are taking a slightly different turn for June! On **Friday, June 10th** Chef Dennis will be preparing a five course BBQ dinner with five different Vermont beer pairings. \$35 per person (plus tax & gratuity).

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802-672-1120

'ALLO, 'ALLO! ... a Wacky Wartime Farce

The Marble Valley players under the direction of Martin Bones will present 'ALLO, 'ALLO!... a wacky wartime farce by Jeremy Lloyd and David Croft. This new stage adaptation of their hit BBC TV series has had great success where ever it has been staged due to their skilled and well crafted writing. Their particularly English sense of humour is embodied in the shape of the many hilarious characters. Led, of course, by the long suffering cafe owner Rene, who has a chaotic existence trying to balance living with his wife Edith, placating the occupying Germans to avoid being shot, hiding English pilots, meeting the demands of the ruthless resistance and all the time trying to get his hands on the two waitresses without getting caught by Edith. A valuable stolen painting and it's forgery, both hidden in sausages, are being harbored by Rene and sought by the German officers and the Gestapo to name but a few ... but which is which? There are many other hilarious characters to complicate things even further!

'ALLO, 'ALLO! will be performed at the West Rutland Town Hall Theater over two weekends, Friday & Saturday, June 17-18 & 24-25 at 7:30 PM. There will also be a Sunday matinee on June 19 at 2:00 PM. Tickets are \$15 available in advance on line at www.paramountlive.org or the Paramount Box Office (775-0903) and at the door before performances.

Painting Workshop

There will be a One Stroke Painting Workshop by Linda Kropp sponsored by the Killington Arts Guild on June 21-23 and held at the Killington Arts Guild Gallery located above Cabin Fever Gifts on Route 4 East, across from the base of the Killington Access Road.

The hours are from 9:00AM to 12:30PM, and the fee for members of the KAG is \$90 and \$100 for non-members. For application forms and more information call 802-422-3852 or email to www.killingtonartsguild.org.

One Stroke painting is a form of decorative painting made popular by Donna Dewberry. Decorative painting is typically done to embellish objects, although One Stroke painting has become popular on canvas as well.



Ice Cream Sundays at Billings Farm

Billings Farm & Museum, gateway to Vermont's rural heritage, will celebrate National Dairy Month by hosting Ice Cream Sundays each Sunday in June: June 5th, 12th, 19th, and 26th. Visitors can participate in making and tasting hand-cranked ice cream several times a day, while learning the history and science of the "great American dessert."

Admission to Ice Cream Sundays includes all programs and activities, plus the operating dairy farm, farm life exhibits, and the restored and furnished 1890 Farm House. Billings Farm & Museum is open daily from 10:00 a.m. - 5:00 p.m. through October 31st. For information about programs and activities contact 802-457-2355 or www.billingsfarm.org.

The Billings Farm & Museum is owned and operated by The Woodstock Foundation, Inc., a charitable non-profit institution, founded by Mary French and Laurance Spelman Rockefeller.



Castleton Summer Concert Series Begins

The first concert of the 2011 Castleton summer concert series promises to be extra special this year with the great music produced by the Jonathan Newell Band. The concert starts at 7:00 pm, this Tuesday, June 7th, and should provide a pleasant evening of entertainment as the 16th season gets under way.

Established in 1997, the band is led by concert pianist, singer/songwriter and electric guitarist, Jonathan Newell. Educated at Hunter College, Ithaca College and Adirondack Community College, where he is an instructor in both piano and guitar, Jonathan surrounds himself with a six piece act of exceptional musicians.

The rest of the band includes, Jennifer Newell on vocals, Rob Newell on keyboards Jeff Ellis on drums, Randy McGeoch on bass, Adam York on saxophone and Tim Sawicki on percussion. This well known band has performed all over, at clubs, private parties and corporate events from the Adirondack's to Killington, New York City to Boston and Bar Harbor to Buffalo.

The JNB has a repertoire that includes performing favorites from Led Zepplin, The Beatles, Fleetwood Mac, The Doors, Grateful Dead, "Boss" Springstein, Aerosmith, U2, and Dave Mathews, just to name a few.

The Jonathan Newell Band is an extremely talented group of exceptional professional musicians and they will provide wonderful entertainment for the opening of the 16th annual Castleton concert series. This Tuesday, June 7th, promises to be one of the most memorable concerts of this summer, so be sure to make it a "must see" event. Start time is 7:00 pm.

The concert is free and open to the public. It will perform rain or shine. Rain site is the Casella Theater in the fine Arts Center at Castleton State College.

For further information, please call (802) 273-2911.

Tinmouth Presents James Mee

James Mee will perform Friday, June 3rd at 7:30 at Tinmouth's Old Firehouse Stage. This will be the last show this Spring!

"Best known for penning Big Times In A Small Town, Mee writes Honest and evocative songs coupled with a warm voice and a delicate guitar sense." - Boston Globe

James Mee is a unique and rustic singer/songwriter. He will tell you, when prompted, that he has "been doin' some thinkin'" on a subject and will pull a new song seemingly out of thin air. Subjects can range from friends and family to chaos and confusion. He can be humorous, poignant, polemic, and entertaining with just a twist of lyric.

The Old Firehouse Concert Series benefits the Tinmouth Community Fund, a private non-profit supporting community-based projects in Tinmouth. Tinmouth's Old Firehouse Stage is located in beautiful downtown Tinmouth right on the green. Doors open at 7:00 and there is open seating. \$9 donation at the door. Refreshments will be on sale.

For more information contact Colleen at (802) 414-0011 or celibalch@comcast.net. Or, visit www.tinmouthvt.org for information about the event, the Old Firehouse Music Series, or directions. For more information about the band please visit www.jamesmee.com.

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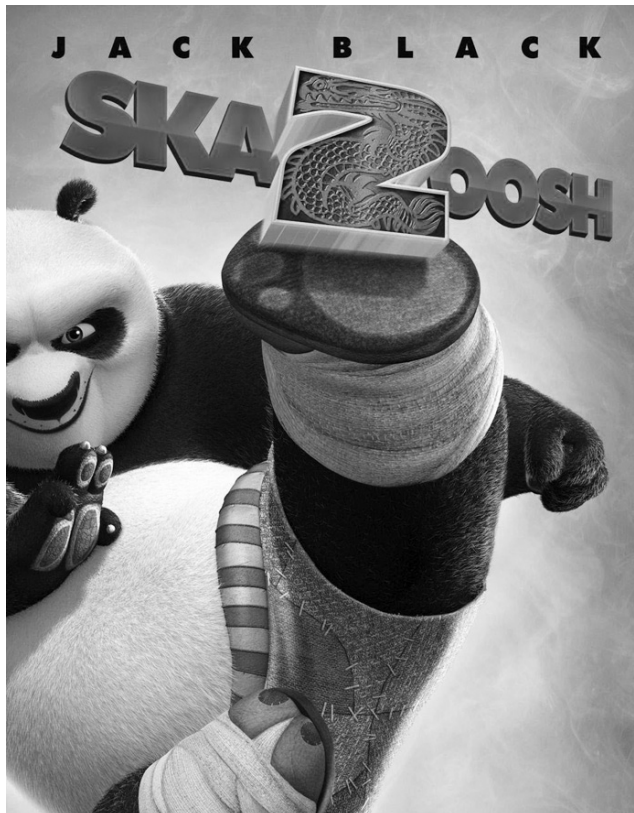
1 1/4 lb. MAINE HARD SHELL LOBSTER,
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\$14.99



JustForFun

Capsule reviews of films opening this week by The Associated Press



“The Tree of Life”

by Christy Lemire, AP Movie Critic

Gorgeous and ambitious, pretentious and baffling, tightly controlled yet free-flowing, this is unlike anything you’ve ever seen before. And yet it’s very much the culmination of everything Terrence Malick has done until now - all four features he’s made over the past four decades. All his thematic and aesthetic signatures are there from earlier films like “Badlands” and “The Thin Red Line”: the dreamlike yet precise details, an obsession with both the metaphysical and the emotional, an ability to create suspense within a languid mood. It is simultaneously mesmerizing and maddening as it encompasses nothing less than the nature of existence itself. As writer and director, Malick ranges far and wide, from intimate moments with a growing family in 1950s Texas to the dawn of time - complete with awesome images of the cosmos and, yes, those dinosaurs you’ve surely heard about - and back again. “The Tree of Life” is deeply spiritual, but Malick isn’t one to preach. Instead, he gives you the sense that he’s genuinely asking questions to which the answers may be unknowable - he’s putting them out there for himself, and for us all. Of course, we’ll never know his intentions: Malick is notoriously elusive, which is admirable from an artistic perspective but probably frustrating for those who’d like to know what he means by all this. But if you’re open to letting the imagery wash over you, to allowing yourself to be pulled into the film’s rhythms and fluidly undulating tones, you’ll be wowed. Brad Pitt, Jessica Chastain and Sean Penn star.

PG-13 for some thematic material. 138 minutes. Three and a half stars out of four.

“Kung Fu Panda 2”

by Christy Lemire, AP Movie Critic

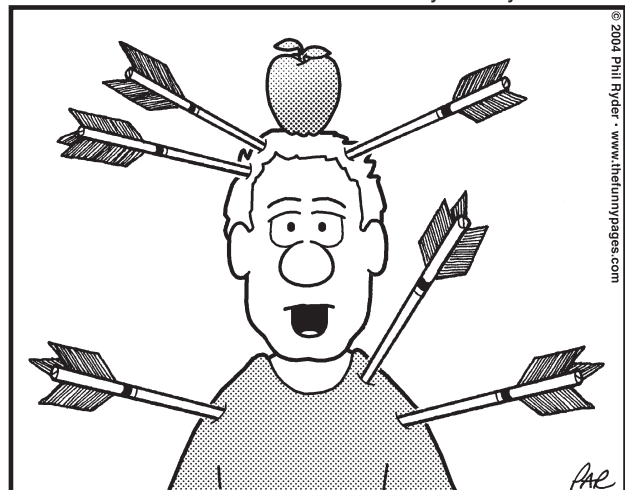
The roly-poly Po is back with high energy, some lovely visuals and peppy, playful voice work, as always, from star Jack Black. But the freshness and novelty that made the original film such a kick back in 2008 has been, well, kicked to bits. And the story line of this sequel feels overstuffed with plotlines and characters. Parents also should be aware of some violent, frightening imagery that may be too much for the littlest kids. Everyone else will probably delight in the animated spectacle from director Jennifer Yuh Nelson, which is bright and tactile, bold and subtle. The 3-D is generally unobtrusive but doesn’t really add anything, either. The most beautiful parts actually come from the other kinds of visual styles that are worked in, including a delicate segment that features paper-style animation. “Delicate” probably isn’t the first word that comes to mind when pondering the portly Po, who’s gone from the underdog dreaming of kung-fu greatness to the Dragon Warrior himself. He must protect the Valley of Peace with the help of The Furious Five, the various animal species who fight alongside him and happen to come with celebrity voices. He begins to wonder about his past just as a megalomaniacal peacock named Lord Shen (Gary Oldman) is hell-bent on dominating the future. These two story lines run parallel to each other and eventually collide but never truly gel.

PG for sequences of martial arts action and mild violence. 90 minutes.

Two stars out of four.

THE JOKE’S ON YOU

by Phil Ryder & YOU



“Hey, Dad, what do you say we try the next one with your glasses ON?”

- Shawn Adamson • Unknown

SUDOKU

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

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 21

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

- Horace volume
- Deadly
- Actress Sorvino
- Cheer starter
- Benefiting the environment
- “Good grief!”
- Large business investor
- Cheat, slangily
- “Raiders of the Lost ___”
- ___ Carlo
- Ancient colonnade
- Rate of payment for written material
- Long-jawed fish
- Mountain pool
- Certain exams
- Brio
- Shirley Maclaine book (4 wd)
- Pathetic
- Daniel Webster, e.g.
- Pilferer (2 wd)
- Sacred Hindu writings
- Burdened
- Anger (pl.)
- “Help!”
- People in SW Nigeria
- Sonatas, e.g.
- ___-frutti
- ___ gestae
- Bar bill
- Infinite time (pl.)
- ___ bread
- Intense aversion
- Shakespeare, the Bard of ___
- European language
- Dusk to dawn
- Doofus

DOWN

- Goes beyond a proper limit
- Stimulant from foxglove
- Disappear
- Blue
- ___ matter, e.g. dog do
- Mites in stored grains
- Tuft of feathers on bird’s head
- “Aladdin” prince
- Auction offering
- Actor O’Shea
- Cake topper
- Bob Marley fan
- Adjust
- Indonesian percussion orchestra
- Temper, as metal
- Ascended
- Swindler, slangily
- Indo-European languages, e.g. Russian
- Best
- Wedding role
- Repetitious
- One who presides over a debate
- Group with no string instruments (2 wd)
- Approving (informal)
- Habituating
- About 1.3 cubic yards
- Exterior
- Advances
- Cherry alternative
- Money in the bank, say
- “How ___!”
- Setting for TV’s “Newhart”
- Clavell’s “___-Pan”
- Calphalon product

Answers on page 21

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LocalNews

Killington Remembered

The Swimming Holes of Route 4

Who would believe that in 1910, Route 4 near the Turn of the River Lodge was a narrow dirt road, winding along "Sherburne Flats," instead of a three lane highway? In several places the river even contained some grand swimmin' holes. The purity of the stream is in question now and from time to time floods have tended to fill in or alter these holes, but stories have persisted about a few of them.

Not far from where this picture was taken was the old Phoebe Bates house, and below it a good swimming hole. Legend has it, Phoebe had warned the children who used it about making too much noise commotion and one day when she felt they had gone too far, she made her way down to threaten or reprimand the boys. She realized her mistake and made a hasty retreat when she realized the boys were not just swimming – they were skinny dipping! The place is still known by some of the older residents as Phoebe's swimmin' hole.

This same hole was used in about 1921 by State prisoners at Windsor, brought here to rebuild the road along the Flats. Governor Percival Clement tried this as an experiment, thinking prison labor would save the State some money and might be an acceptable change of scen-



ery for the men. Their living quarters were barracks erected on what later was the land of Happy Valley Camp. Although there were no attempted escapes and no bad experiences, the next governor did not continue the practice.

Further upstream was a swimming hole used to hold river baptisms by the Adventists, according to Madeline Fleming's Town History from 1972. Mrs. Ida Wilson recalled one occasion when there was still some snow on the ground, perhaps in March. "Ida had questioned her father, an Adventist minister, about the wisdom of baptizing people in the winter time, but he assured her had performed many such baptisms and never heard of anyone suffering any ill effects from such a praiseworthy performance." Guess that proves that Vermonters have always been a hearty people!

Learn more about Killington's Star-Spangled birthday Celebration on July 4 at www.DiscoverKillington.com.

Trivia:
Q: What was Killington's Census population in 1960?
A: 266 people!

MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

250th Birthday Celebrations Coming Up

On June 17 the St. James Art Show and Sale will take place in Woodstock. From 5:30 pm to 8 pm there will be an opening reception for this, the First Art Show and Sale at the St. James Church on The Green in Woodstock. On June 18 the Art Show and Sale will open at 10 am and run until 5 pm in the Parish Hall. All of the profits will go to the Woodstock Food Shelf and the Hand in Hand Dinners at the Unitarian Universalist Church. The sales of the artwork will be shared with 60% of the profit going to the artist and 40% of the profit going to the two charities. Noted local artists include Annette Compton, Jane Curtis, Ellison Lieberman, Mary Church and many others. The public is cordially invited and encouraged to attend.

The Town of Woodstock will officially celebrate its 250th birthday on Sunday, July 10 from 4 pm to 7 pm at the 250th Celebration Picnic at the Billings Farm and Museum. Everyone is invited to this event, which includes live entertainment, brief presentations on the history of Woodstock, admission to the Farm and Museum, horse drawn wagon rides and games. Bring your own picnic or purchase picnic fare from the Woodstock Fire Department and the Woodstock Ambulance Squad, the Woodstock Recreation Department, and included on the menu are chicken, hot dogs, hamburgers, drinks and watermelon, coleslaw, potato salad, and ice cream. For more information call the Woodstock Chamber of Commerce at 457-3555.

The Woodstock Ski Runners will hold their annual meeting on Tuesday, June 14 at 7 pm in the Ski Runners Lodge at Suicide Six Ski Area. The meeting is open to the general public.

The Third Annual Trek to Taste will be held on Saturday, June 4 from 10 am to 3 pm at the Marsh-Billings-Rockefeller National Historic Park in Woodstock. The admission is free, but bring some money to spend at the nearby Woodstock Farmer's Market. Enjoy three beautiful walks, fun family activities, delicious treats from local farms, live animals, and live music. All are welcome!

Free Bone Builders Exercise classes are held every Tuesday and Thursday from 3 pm to 4 pm on the second floor of the Bridgewater Mill. All are welcome to attend. For more information call 672-3384.

The Bridgewater Historical Society meets the last Tuesday of each month at 6:30 pm at the Old Brick Schoolhouse at 12 North Bridgewater Road, Bridgewater. All are welcome to attend.

The Plymouth Historical Society is organizing events, archival displays, the sale of commemorative souvenirs, and seeking oral histories to celebrate Plymouth's 250th anniversary over the July 4th weekend and throughout the month of July. The next meeting of the Plymouth Historical Society is on Sunday, June 5th at 3:30 pm in the Plymouth Historical Building on Route 100 south. Call Melissa at 672-3547 for further details.

Each Saturday from July 2 – August 6, Killington Music Festival takes place right here in Killington. Join 100 of the nation's best junior classical musicians for a series of summer concerts every Saturday evening at Ramshead Lodge in Killington, or attend the final performance atop beau-

Mountain Musings, Page 17

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Mendon/Chittenden/ Pittsford/Brandon Notes

by Debbie Burke

Music in Brandon

There will be an organ concert by George Matthews of Brandon at St. Thomas Church in Brandon on Saturday, June 4th from 7pm to 8pm. St. Thomas Church is located in Conant Square, Brandon. St. Thomas Church's organ was built in 1885 and features a stellar sound in this beautiful church. Among others playing at this concert will be Betsy Kilbrar on flute, Helen Wright on violin and Aileen Durkee on the organ. A free will donation will be accepted. For more information call 247-6759.

A Civil War Days celebration will take place in Brandon on Saturday, June 18 in Central Park. Celebrate the Town's 250th birthday and its rich anti-slavery history. There will be reenactors, a historic house tour, historic presentations, and silent film presentation. There will be a special birthday

party concert and cake also. For more information call 247-6401.

A Silent Film Festival will take place on Saturday, June 18 at the Brandon Town Hall from 7:30 pm to 8:30 pm. The movie is entitled "The General" which is a Civil War movie with piano accompaniment. There will be a free will offering.

The Brandon Town Band will play on Monday, June 20th from 6:30 pm to 7:30 pm in Central Park, located at the junction of Route 73 East and Route 7. Brandon's multi-generational Town Band has much talent and well worth attending! Bring a chair or blanket to sit on while enjoying this concert.

There will be a free Summer Concert in Brandon on Thursday, June 23rd from 6:30 pm to 8:30 pm in Central Park. This is the kick off concert to the Brandon Chamber's free summer concert series. The Keating Five will be the first band to play in this series. A rain location will be announced if necessary. Call 247-6401 for more information.

Chittenden P.O. Offers Special Postmark

The Chittenden, VT, Post Office is offering a special pictorial postmark to help celebrate the 30th anniversary of the Teenies Handicapped and Seniors Fishing Derby. The event is being held at Teenie's Tiny Poultry Farm.

On Sunday, June 5, from 11 a.m. to 2 p.m. at the Poultry Farm, located on Teenie's Tiny Road, Postmaster Edward Carty and his staff will, at customer request, stamp letters and postcards with a unique postmark (pictured) documenting the event. Specially authorized by the U.S. Postal Service, this special postmark is a wonderful way to take home an inexpensive souvenir of the occasion.

Customers can request the special postmark free-of-charge by mail for 30 days after the event by sending a self-addressed, stamped envelope containing the letter or envelope they wish to be cancelled to: Postmaster, 198 Chittenden Road, Chittenden, VT 05737-9998.

"We will be happy to cancel and mail back any letters that our customers mail in," said Postmaster Carty. "Customers may also bring in their own envelopes to obtain a postmark that they can take home as a keepsake."

For more information, customers may call Chittenden Postmaster Edward Carty at 802-775-2180.

Mountain Musings

continued from page 16

tiful Killington Peak.

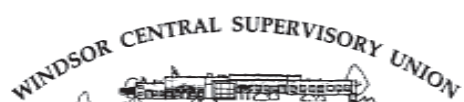
On July 4, the Star-Spangled Birthday Celebration plus Killington's old-fashioned 4th of July celebration takes place to commemorate the town's 250th birthday at the Johnson Recreation Center on

River Road, Killington. Festivities include the traditional parade, Silent Auction, pool and lawn games, softball game, barbecue and fireworks, as well as historical demonstrations and a giant community birthday cake- don't miss it!



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The Mountain Times



Barnard • Bridgewater • Killington • Forest • Reeling • Woodstock • Woodstock Union Middle/High

Sherburne Elementary School Notice of Vacancies for the 2011-12 School Year

Individual Aide – We seek a kind and nurturing individual to work with a special needs preschool student from 7:50 am – 11:30 am, four days per week during the 2011-12 school year. Someone with proficiency in the use of basic sign-language preferred; however, training will be provided.

Please send a letter of interest, resume, and three references to:

Loren Pepe, Principal
Sherburne Elementary School
Killington, VT 05751
E.O.E.

100 NORTH

NEWS FROM THE PITTSFIELD/STOCKBRIDGE VICINITY AND THE HINTERLANDS BEYOND

by Johnnie Goldfish

Wild Vegans Spice Up Life in the Library – No Kidding!

(If you read this column something good will happen to you in three hours!)

You know that vacation kind of feeling you get when you travel? When you feel a certain peace come over you? When you feel at one with the world, filled with purpose, detached yet vital? Well, whether or not you are traveling, and whether or not you now feel it, at this very moment you are one with the world, filled with purpose and unimaginably vital. Walk on water, uh, maybe later, thanks anyway.

Talking about walking on water, yo, big Congratulations to Susie Martin who has been chosen Trustee of the Year by the Vermont Library Association at their recent annual conference. The year was 1973 when the Roger Clark Memorial Library was dedicated in Pittsfield and Susie was one of five board members at the time. Susie Martin has decided to pass the library on to a new group of volunteers. Big shoes and shelves to fill! Thanks Susie for all of your hard work from Pittsfield and the surrounding communities.

The Rochester Historical Society has decided to open their doors to the museum on the second floor of the library on Saturdays through Harvest Fair from 10 am to 2 pm. Admission is free, yet if it is in your budget, a donation would be gratefully accepted. The next meeting of the society will be on Thursday, June 14 at 7 pm. Sponsors, speakers, crafters, vendors and advertising is lining up for the August Historical Fair. On Saturday, June 4 Bruce Flewelling will lead a hike at West Hill with Joe Schenkman narrating about specific families, household sites and other items of local interest.

Riddle: A man is driving out in the middle of the desert and gets a flat tire. He gets out the spare and removes the flat tire. Unfortunately, he drops all four lug nuts down a hole that is about ten feet deep and only a few inches across (this happens all the time in the desert). He will die of thirst if he can't find a way to put the spare on securely. Using only what is available in any normal car come up with a way to solve this dilemma. Answer below.

The 4 Year Old Love Report: or What does love mean to a 4-8 year old: You really shouldn't say 'I love you' unless you mean it. But if you mean it, you should say it a lot. People forget. Jessica- age 8.

If you find yourself falling into quicksand remember to raise your legs slowly and lay on your back, you will float.

The Town of Pittsfield has been awarded a \$50,000 Accessibility Grant funded through the US Department of Housing and Urban Development. This award will help bring the historic Pittsfield School House (Town Offices and Library) into full compliance with the Americans with Disabilities Act.

In addition the Town of Pittsfield has been awarded a \$29,840 grant through the State of Vermont for the construction of a Municipal Park-and-Ride Facility including grading, gravel, pavement markings signs and other amenities. The facility parking will be located adjacent to the Town Offices and will be available for year round commuter use.

The Farm Report: The Rochester Library has recently expanded its collection of books on food, nutrition, vegetable gardening, and cooking. For the gardeners and wannabee gardeners there is The Kitchen Gardener's Handbook, Vertical Gardening, Edible Landscaping, Trowel and Error, Great Garden Companions and more. And when it is harvest time for the cook in the house you could try The Wild Vegan Cookbook, Spice Up Your Life the Flexitarian Way, Ani's Raw Food Essentials, Green For Life, Vegan Comfort Food, The Gluten Connection, The Proven Nutritional Program for Cancer and Other Illnesses and many, many more. A wild vegan might cure any illness, just saying.

Pass this column on to 7 friends, don't break the chain, and something good will happen to you.

Riddle solution: Easy way would be to remove one lug nut from each remaining wheel and take your time driving. The hard or the engineer's solution might be to remove the radio and the magnet that is in it. Then pull at least ten feet of non-essential wire loose and tie the magnet to the wires and lower the magnet to retrieve the lug nuts.

Thought for the Week: "Education is all a matter of building bridges." -- Ralph Ellison, (American novelist, scholar born in Oklahoma).

Educate your neighbors about your events, your circumstances, your good times, write here and get free space, paper and ink at johnniegoldfish@yahoo.com.

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by Betty Little

Come to the KAG Program SafeArt Teen Ensemble demonstration Monday, June 6 at 7-8:30 PM in the Upstairs Gallery at Cabin Fever Gifts on Rt. 4 opposite the Killington Access. The theme -- art as a source of renewal and strength. Six talented teenagers create poetry, play, songs skits and dances that demonstrate the power of art to reduce teenage stress and trauma. They have just completed a program for the Young Conference at the Killington Grand Hotel. The KAG program is open to the public.

Maurie Harrington recently attended the Vermont Watercolor Societies Meeting at Lake Morey Resort and gave watercolor demonstrations. Donna Martin, Mike Young and Ann Walled are attending meetings organized by the EDT to plan the celebration of Killington's 250th Anniversary. Gail Weymouth was asked to write and organize a column on Killington history for The Mountain Times. A number of writers including historian Donna Martin and memoir writer Betty Little have been asked to provide material.

Our new website "Killingtonartsguild.org" is under development, but you can go and see the progress. The membership page is particularly interesting. Hopefully when you are asked to join that page

as a member, you will do so. That way we can all begin to get to know each other better. Sally Curtis, the website developer says that ".org" is the perfect suffix for us. It is used for nonprofits and educational as well as many art and professional organizations. Chaffee uses .org. Although websites are often written with a www, it is not necessary to use this in order to pull up a website. All search engines incorporate that immediately into the address.

Arspoetica, organized by Ann Wallen and Laura Wilder, is a project of the Sherburne Memorial Library and meets the 4th Wednesday of each month at the Library. At their first meeting they discussed with Librarian Gail Weymouth possible future events at the library -- book reviews and readings by prominent poets. A number of poems were read. Two were discussed in detail. Ann and Laura are KAG members.

Welcome Patsy Zedar, our new in-house copy editor. She is a Katherine Gibbs graduate, a writer herself of photobooks, and a photographer—see her work at the Gallery.

For info on Killington Arts Guild call 422-3852; website killingtonartsguild.org; to contact column vttag@aol.com



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.

On May 25 our guest speakers were Katie Stillin and Mac Janney of Vermont Adaptive Ski and Sports. Vermont Adaptive works with individuals who have a wide variety of physical, mental and developmental disabilities to help them participate in recreational and competitive sports opportunities. Volunteers and staff provide instruction and assistance to ensure a safe, enjoyable experience. Winter programs include skiing, snowboarding and snowshoeing. Spring and summer programs

include tandem cycling, canoeing and kayaking, hiking, horseback riding, indoor rock climbing and sailing. The program would not be possible without the 300 volunteers who donate from 2-4 hours a month up to 60 hours a month. Volunteer training for the summer season will be held in Burlington on June 4, and in the Rutland area on June 5. Contact Katie Stillin at 802-353-7584 or south@vermontadaptive.org if you are interested in becoming a volunteer.

The 1st Annual Lookout Century Ride to benefit Vermont Adaptive Ski and Sports will be held on Saturday June 25 in Killington. Riders can choose from a 100 mile, 60 mile or 20 mile loop that starts and ends at the Skyeship Base Area on Route 4. After the ride, the Lookout Tavern on Killington Road will host a ride celebration, complete with a full BBQ, live music and entertainment, and other festivities. Participants should register in advance at www.lookoutcenturyride.com as there will be no day of registration.

Town of Killington Select Board Meeting Highlights

by Kathleen Ramsay, Town Manager

Friday, May 27, 2011 - Mowing Bid Awarded. The Selectboard awarded the bid for mowing the green spaces along the Killington Road to Rock Landscaping and Property Management, the low bidder of four companies submitting proposals.



Soldiers Speak

Memorial Day ceremonies at Woodstock Union High School were held on Friday, May 27, 2011 and organized by WUHS staff member and U.S. Marine veteran Jeff Hiers. Speaker for the Memorial Day ceremony was U.S. Army Captain Tyler J. Burke, and in the color guard were Vermont Air Guard Sergeant Garth Dunkle and Marine Staff Sergeant Jeremy Spencer. Capt. Burke and Sgt. Dunkle are both alumni of Woodstock Union High School. Post ceremony, most of the WUHS students and faculty lined up to thank these soldiers for their service to our country. In the photo are from left to right Sgt. Spencer, Sgt. Dunkle, and Capt. Burke

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Rutland Report

by Lani Duke

Rutland Parking Deck on P.M. Lockdown

Pedal yourself through the trees in the new Pine Hill Pedal Mountain Bike Series on Thursday, June 2. The Rutland Recreation Department models this series on its successful running series; there are categories that fit all ages and ability levels. Find out more by calling 773-1822.

Help ready the Long Trail on National Trails Days on Saturday, June 4. Meet in Rutland, bringing your own work gloves, sturdy shoes, and lunch. The Green Mountain Club organizes and provides tools. Call Herb Ogden, 293-2510, for details.

Enjoy what some local youngsters have learned about movement, poise, and music when the Adams School of Dance celebrates 25 years of youth education at the Paramount Theatre, Saturday, June 4, at 2:00 p.m. The performance selects from the favorite dances of the last 24 years.

Pick up plants for your garden, house, and yard at the Godnick Adult Center Saturday, June 4. All proceeds benefit the University of Vermont Master Gardener program and its volunteer projects. Master Gardeners are at the Center to answer your questions. Call Elaine Nordmeyer, Master Gardener, for more info.

The Southwest Freedom Riders make a Blind Run on Sunday, June 5. Call (888) 299-SWFR for specifics.

Baccalaureate Mass for Mount Saint Joseph Academy graduating seniors is 5:00 p.m., Sunday, June 5, in Christ the King Church. Graduation is the following Friday, June 10, at 6:00 p.m. The class of 1961 is gathering for a 50th year reunion on the weekend of June 10 and 11.

Learn the six common mistakes that can destroy a business in a workshop presented by Keybank with Kis Investments 3:00 to 4:30 p.m. Wednesday, June 8 at the Rutland Region Chamber of Commerce, 50 Merchants Row. Call Alfonso Cioffi, 786-0432, to reserve your seat.

Help identify options for passenger rail service in southwestern Vermont and adjacent New York state in a public workshop at 7:00 p.m. Wednesday, June 8, in Rutland's Holiday Inn. The study is scheduled for completion during summer 2012. Call 773-9147 with your questions and comments.

West Rutland School holds its annual Class Night at 7:00 p.m., Thursday, June 9, followed by a 7:00 p.m. graduation the following evening.

Sculptor Kerry Furlani offers a class in Letter Carving

in Slate from 10:00 a.m. to 5:00 p.m., Friday, June 10, at the Chaffee Art Center, Rutland. Students learn to use the Roman technique of V-Cut letter forms using hand chisels and mallets. Register by Friday, June 3, at the Chaffee, 775-0356.

Stafford Technical Center recently inducted 12 students into the National Technical Honor Society. Recognized for exemplifying NTHS core values of leadership, citizenship, service, honesty, responsibility, skill, and scholarship were Nicole Bogucki, Alyssa Hartwell, Emma Lamberton, Molly Nickerson, Alyssa Chereshkoff, Emily Booska, Esther Bove, Bethany Allger, Audrey Taft, Katie Perry, Jeremiah Cole, and Katie Simons.

Visit with your friends and neighbors at the Downtown Rutland Farmers Market, open Saturdays from 9:00 a.m. to 2:00 p.m. and Tuesdays from 3:00 to 6:00 p.m. in Depot Park.

The Downtown Rutland Partnership is snazzing up the intersection of West and Evelyn streets with a trompe l'oeil mural by artist Kathryn Palmer-Wiegers. Its goal is to reflect a farm-to-plate theme as the driver approaches Depot Park.

Danielle Geno and Quinn Meisinger of Rutland and Michael Nadler of West Rutland are among the recent University of Vermont graduates.

No more free after-hours parking in the downtown Rutland parking deck, the Vermont Department of Buildings and General Services recently announced. Instead, the structure will be locked from 11:00 p.m. to 6:00 a.m. In its current operations mode, the building is open all hours, with users paying to enter during "working hours," 7:45 a.m. to 4:30 p.m. Organizations desire the parking structure to remain open later than 11:00, but the state may charge \$25 an hour for the added-on time. Rutland City may take over the building; to do so, the city must submit a proposal before October 1.

The Chaffee Art Center is asking for pictures of your special places, those where you like to go for stimulation or relaxation. Take a photograph of it, making your image display why you love it and win a prize in the Fourth Annual Photography Contest and Exhibit. Deadline is July 27; entries are on display August 6 through 27.

To The Editor

On Sunday, May 15, 2011, the ARC-Rutland Area again offered a Spring Fling dance for over 80 members, parents and friends of ARC-Rutland Area for a fun afternoon of socializing, munching and dancing. Music was provided by Penguin Productions and everyone had their fill of Dominos pizzas, Price Chopper grinders, soda and ice cream.

Special thanks must go to John Wing at Dominos for discounting the pizzas. We also appreciate the helpers who served the food and set up and took down the hall; Ann Amesberry, Tammy Lethbridge, Dolores Smiel, Irene Wildes and Sherry Boudreau. Many of the members also helped tear down the hall, to all, thank you!

We promote ARC-Rutland Area by offering programs that are derived from our name; Advocacy, Resources and Community opportunities for people with developmental disabilities. ARC helps the local Self Advocates Becoming Empowered - Rutland with their monthly meetings and their goals; currently they are working on a day trip and a few mini videos. We also help the Rutland Family Support Network with their monthly potluck gatherings (third Tuesdays). Of course our more known activities are the five dances we provide each year, one of which was just put on this past Sunday, the Spring Fling.

Poultney's Annual Town Wide Yard Sales

by Janice Edwards



Town Wide Yard Sale Day in Poultney is just around the corner – literally, around every corner. The date is Saturday, June 4th and it is open from 9 a.m. through 4 p.m. – RAIN OR SHINE.

This event, sponsored annually by Poultney Area Chamber of Commerce, is now a

long-standing community tradition. Throughout the day and throughout the entire community one can find bargains and surprises at local businesses, organizations and home sites (and at visiting venter spaces on historic Main Street). It is a shoppers' haven day for all ages from far and wide. Walk or drive through the Poultney community and check out its' every corner.

Mary Lee Harris, the Chamber's event contact spokesperson, said that the Chamber has 80 Main Street venter spaces which are rented as well as many homes that will be participating. She further said that Williams Hardware has four spaces reserved for special deals, Stitchy Women will have special yarns on sale, Café Dale will serve a hot dog special luncheon and Priscilla's Sweet Shoppe will offer specials. Other businesses will be participating and Poultney Rotary International will hold its Chicken Barbecue in the Citizen's Bank parking lot. Fried bread dough will also be available at another space.

Mark the date on your calendar and we hope to see you there - shopping along historic Main Street AND throughout Poultney's entire community.

For more information about this event, contact (802) 287-4144.

COMMUNITY CALENDAR

June 2 - Woodstock. Hand in Hand community meal, Thurs., 5-7pm. This Week: It's Garden Time. Social Hall, N. Unitarian Chapel Society. All welcome, donations accepted. 457-9272.

June 4 - Castleton. Castleton Federated Church holds roast turkey supper, 5-6:30pm. \$9 adults, \$5 children 12 and under. All the fixings & brownie sundaes! Proceeds restoration fund. 265-8686.

June 4 - Pawlet. Roast Pork Dinner at Pawlet Community Church, 5pm. Take outs, 325-3022. \$10 adults, age 12 \$6, 5 & under free. Q's, 325-3428.

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 Sun., 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 Weds. 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: Things have turned out for the best. Six months ago you were ready to bail right out. Isn't it amazing how walking through the Dark Night of the Soul opens our eyes. Not to be overly dramatic, but I am sure you will agree that life has put you through an initiation of sorts. What you are beginning to see is that everything works when we trust the idea that life always has our best interests in mind. After a long bout with doubts that had you wondering where all your support went, you are surrounded by people and forces who are 100% there for you.

TAURUS: April 21 – May 20: Whatever's going on is all in your head; trust me – there's a goblin in the brain that loves to make stuff up and proceed to try to convince us that it's true. Getting swallowed up by our worst fears isn't what life is all about. At this point, with too many good things to make your life better than it's ever been, you don't want to be mired by things that belong to the past or by anything that belongs to someone else. Borrowing trouble where there is none is a small minded occupation. You're too big for this. Snap out of it and tell the goblin in your brain to pipe down.

GEMINI: May 21 – June 20: You have been feeling cramped by the expectations of others. This has gotten complicated by the fact that you've led them to believe that you want the same thing. Before things go any further someone needs to clear up the line of communication. If you can find a way to talk truthfully you will stir things up, but only in the short run, or just long enough to get them straight again. You need to understand that it's totally OK to not want to go along with the program and they need to understand that whatever's going on between you will not flourish if it's too tightly bound.

CANCER: June 21 – July 20: Your need for immediate answers and instant gratification will have to be put on hold for a while. If it takes another 8 months for things to reach a conclusion would you be able to live with it? This is one of those situations where what you want and what it will take to make it yours are temporarily out of reach. Everything seems to depend on a willingness to detach and be patient. It would also help you to remember that sometimes we take the long way around to where we're going. What isn't yours at the moment should not preclude the thought that someday it will be.

LEO: July 21 – August 20: You don't need to be reminded how counterproductive it is to rip people off. There's been more than a bit of that happening around you lately. However it's playing out, with your own eyes you are seeing that what goes around comes around. Let it be a lesson. In other areas it's not hard to notice how much your hopes mean to you at this point; it would be a shame if they fell flat. Forewarned is forearmed. To preserve the best of what you've been so good at creating it would help if you could follow the Golden Rule and be alert to the need for clarity of intention.

VIRGO: August 21 – September 20: The best way to take care of business usually has a lot to do with taking care of yourself. Don't fool yourself into thinking that anything else needs your attention. You may think it's easier to cover for everyone but a) why should you have to, and b) who's covering you? Whatever's going on will most likely involve dusting off your ability to say 'No' and the elimination of a few parasites. From the looks of things you're already aware of this. If you can find a way to draw the line and stop the behaviors that trigger the need to play savior your situation will clear up.

LIBRA: September 21 – October 20: It doesn't matter what happens from here on out; you are going to be just fine. It's been a long time since you've had this much control over your life. If you're worried about how you're going to know whether it's OK to move on, you're already on your way to whatever's next. In the past you've always taken a conventional approach; this time, too much of that will lessen your chances of turning this into the most creative time of your life. Getting out of the box may require you to say goodbye to people just long enough to give you a chance to clear your head.

SCORPIO: October 21 – November 20: You could be feeling a little disturbed by the need to adapt to things that aren't exactly your cup of tea. This is a temporary state of affairs that is teaching you a lot about how many ways there are to get what you want. As you try to figure out what the hell you're doing playing so far out of character, try to accept the fact that it's OK to do what's expedient. Don't get too involved judging the situation. In the end you will discover that your willingness to go along with the program will give your primary relationship a shot in the arm and show others that you care.

SAGITTARIUS: November 21 – December 20: You've got everything set up just the way you thought you wanted it and all of a sudden it's lost its flavor. I don't know if this is about never having anything be enough, or if you're just realizing that the outer stuff is no guarantee that there's anything inner to back it up. Either way, this sense that something is missing is a great opportunity for you to look at how hard it is for you to be OK with the way things are. What you have is the framework for something that will benefit you more if you find a way to use it and make the most of what's in front of you now.

CAPRICORN: December 21 – January 20: You can do this with your eyes closed. Don't get all wound up thinking that you've got to reinvent the wheel. The sign of a wise person is their ability to bring just enough of whatever is needed to every situation. Others are giving you a hard time about what they perceive is a breach of ethics. Don't take it personally. What amounts to their opinion shouldn't be perceived as any reflection on you. If you're going nuts trying to defend yourself, you should know better. This is one of those times when you can't let someone else and their stuff run you into the ground.

AQUARIUS: January 21 – February 20: The pressure is off. You won't know who you are for a week or two. Believe me when I tell you life will feel a whole lot different when you get used to the way things are when there's nothing to prove. If anything it looks like you have a little space to air out your brain and consider the things that inspire you to keep doing what you do. For many of you, it could be time to re-focus your energy and trust that fate will support that process. For others, the next few months are a gift that will allow you to come back to your center and reconnect with your inner self.

PISCES: February 21 – March 20: You think things have changed because the package is different; sometimes it's hard to see that we're still creating the same old nonsense and calling it something else. You've already figured this out but you're hard pressed to know what to do about it now. In many ways you've got exactly what you want and whatever that is, you're too worn out to argue about what isn't working. While it's true that you could rise to the occasion and make the best of this, whether that's even possible depends upon time, the actions of others, and your willingness to wait.

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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

Take Me Out to the Ballgame!



Proctor's ecumenical Vacation Bible School will be held at St. Dominic's August 1-5 from 9am-12:00. Registration forms can be picked up and dropped off on the porch of the Parish House at Union Church. All children and teenagers are welcome, and volunteers are needed.

At the end of VBS week, we'll be celebrating by having a pinewood derby! Registration is \$20.00/family (\$10.00 if received by July 15th). Any questions can be directed to Audrey at 459-0075.

The Proctor Minors softball team faced West Rutland and were able to continue their winning streak with a 6-5 victory. Meredith Parker, Amanda Reynolds, and Erica May shared pitching duties for Proctor, and Robyn Bradley and Shelby Grabowski were the hurlers for Westside. Westside lead the game most of the evening, but Proctor was able to come up with some key hits when they needed them. Sarah Pecor, Allie Almond, and Isabel Valerio had two hits apiece for Proctor. Deanna Kenyon was the hitting star for West Rutland with a three run double, and Madison McGuinness added an RBI single. All of the girls should be proud of their efforts.

The Proctor A's Might Might team also won this past week against Naylor & Breen by a score of 11-5. The winning pitcher for Proctor was Camden Richardson who went 2 full innings with 5 strikeouts while only allowing 2 runs. Fielding was led by a great play at second by Janya Richardson and then in the final inning Ian

French turned an unassisted double play to end the game. Hitting was led by Zachary Yarosz and Madison Lee, both with doubles. TJ Pecor also contributed with a bases loaded triple giving him 3 RBIs. Pitching for Naylor and Breen was Parker Todd and hitting was led by Tanner Brutinoski with a long fly ball. Proctor A's record improves to 3-1.

The Proctor Rangers split their two home games this past week winning against the Pittsford Royals but losing to the Rutland Town Titans. The Rangers looked good against the Royals and beat them by a score of 14-4. This was Joe Parkers pitching debut for the Rangers and what a debut it was. Parker faced 14 batters, striking out 9 and only giving up 2 hits. Zachary Bates came in as relief only giving up 1 hit to the Royals. Proctors defense was solid scooping up any ground balls that came their way for easy outs. The Rangers got some solid hits from the bottom of their batting lineup and their aggressive base running was key to building their lead. Once again the two Zach's made their presence know in the lineup with Zach Jalbert starting the top of the second inning with a hard single setting up an RBI opportunity for number three hitter Zachary Bates. Bates connected with all ball as his line drive hit the outfield gap between center and right for a solid triple. Coach Bates waved Zach around third to try for a homerun but he was thrown out at the plate which led to a controversial call because the catcher dropped the ball, but the home plate umpire stood by his call. Cleanup hitter M.J. Denis hit a rocket over the right field fence in the fourth inning for his second over the fence home run this season. The hitting was rounded out with Andre Greb getting a single and Callum Owen hit a beautiful long double to left field and was able to reach home on a throwing error by Brandon.

The Rangers had a good first inning against the Rutland Town Titans but couldn't seem to get things together after that. Starting pitcher M.J. Denis had his hands full with a talented Titan's team. The Titan's got a couple of doubles in the first inning putting them up 2-0 but the Rangers came back to tie up the game 2-2 with the help of a double by Zach Jalbert and taking advantage of the walks issued by the Titan's pitcher. The Rangers held them in the second inning but in the third a number of errors and walks contributed to a 7 run inning for the Titans. Coach Bates made a pitching change going with left-hander Derek Almond who finished out the game which was called due to thunder in the top of the fifth inning. The Titan pitchers, although gave up some walks, only allowed 1 hit by the Rangers during the game. The Titans won the game 12-5. Next week the Rangers will face Brandon and Killington.

Dear Editor,

It's been said that a release of just one-tenth of the radioactive material at the VT Yankee plant could kill thousands and render much of New England uninhabitable for centuries.

Shortly after Entergy – the corporate owner of VT Yankee nuclear power plant – filed a federal suit against the State of Vermont last month, a Brattleboro Reformer article quoted Vernon Selectboard member, and former Vernon representative in the State Legislature, Patty O'Donnell, who supports Yankee's continued operation:

““They have every right to do what they are doing,” she said, adding the state will be spending millions of dollars on defending itself in federal court, money that would be better spent elsewhere. “It's a shame we are putting our resources into a court case instead of in the vulnerable people in Vermont,” said O'Donnell.”

Obvious as it may seem, it should be noted that although Entergy does, in legal terms, “have every right” to file suit against our state, this has nothing to do with whether or not Entergy IS right in any way.

But far more questionable is the representation of the situation as a choice between “a court case” and “the vulnerable people in Vermont.” Regarding this suit as simply “a court case” does a disservice to US – “the vulnerable people in Vermont.” Is there any greater threat to Vermonters than the old and already faulty VT Yankee nuclear power plant? While there are certainly other problems we face, they are as nothing compared to our vulnerability to accidents and/or failures of this facility.

This court case will address exactly what “the vulnerable people in Vermont” are most vulnerable to. It's a crucial case in which the will of Vermonters to close Yankee - to make ourselves far less “vulnerable” - is being contested.

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Be Aware Of Debts On Your Credit Report

by Steve Bucci

Dear Debt Adviser,
A collection agency says I owe them for a credit card account I have never heard of. I am confused about how I will determine if the statute of limitations has passed on the debt. What do you go by? There are so many little things on my credit report, and I'm not sure what they mean. The debt collector is taking me to court. They say I must bring my bank statement, a list of all my assets and what I owe. They said they would take my property if I can't pay. They say I owe \$941. I live in Maine. Can they do what they are threatening to do? One credit report says I opened the account in 2003. Another report says 2007 but gives the most recent account status as from 2004. I'm confused.

-- Gerry

Dear Gerry,

If you've never heard of this account, I'd start there. You need to be certain that the debt is really yours. Somewhere in the vicinity of 25 percent of all credit reports have errors on them. Considering the billions of pieces of data that move into and out of credit files every month, I'm surprised the error rate isn't higher. Some errors are minor and others more serious -- like someone else's account being on your report.

Of course, you may have forgotten about this debt because it is so old. It might be yours. So my first suggestion is to ask the collector to provide you with verification of the debt. If you request verification, the law says they must prove that the debt is yours and stop collection actions until they do so. Be sure you keep records of the request you sent to the collector for debt verification.

Once you receive the information from the collector, compare it with what is appearing on your credit reports. If they provide proof that the debt is yours and you have the money, by far the easiest thing to do is just pay what you owe and move on with your life.

If you don't owe the money, or even if you do, I suggest you speak to a really aggressive attorney who would be willing to take your case on a contingency basis. The contingency fee would be based on suing the collector for using threats, like saying they will take your property, that appear to be in violation of the Fair Debt Collection Practices Act, or FDCPA. The FDCPA states a collector may not say they will take an action unless they are actually planning to do so. The collector may not legally seize any of your property to satisfy your debt unless the property is collateral for what you owe. There have been some big awards for violations of the FDCPA.

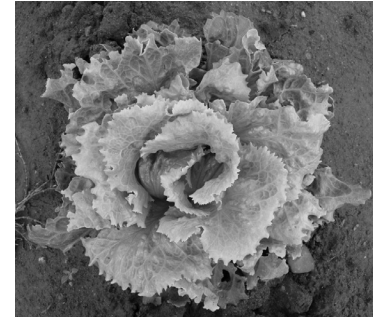
Either way, if this case goes to court, so should you.



If you don't appear before the judge, the collector will get a judgment for the debt that can be used to garnish your wages. The statute of limitations for suing in court to collect a debt looks to be six years in the state of Maine. Typically the clock starts after the debt charges off. The definition of charge-off varies by state, but is generally 120 to 180 days from the date of your last payment.

Should the debt be uncollectible in court due to the statute of limitations, you can add yet another violation of the FDCPA to the list your attorney will be suing for. Bringing an action on a debt that is past the statute of limitations is not legal. If you go to court on your own, simply appear in court and submit documentation showing the statute of limitations has expired and the court should find in your favor. If, however, the debt is collectible in court, I recommend you determine how you will pay what you owe. Working out a repayment plan with the collector before your court date is even better.

The Victory Garden Lettuce Give Thanks



Lettuce grows in two basic types, loose leaf and heading. The most common head lettuce is the ubiquitous Iceberg which occupies the beginning, or head, of most grocery store vegetable sections. It is rather bland and not particularly nutritious. Romaine lettuce, when fully grown, is a head, although it is sold as the heart, or inner bunch. Then there are dozens of lettuces which are picked immature, or in the leaf stage. The nice thing about baby lettuce is that it keeps growing to be harvested again every two to four weeks.

The real pain in lettuce growing is stoop labor. We are going to fix that. A lettuce growing box can be as small as six inches wide by four feet long. This can be an indoor box. A box a foot wide and ten to twelve feet long can produce commercial amounts of green, as in cash. Two by four stock is plenty for growing lettuce. I use two by six stock so I can line the bottom with sponges. The worst thing you can do to your lettuce crop is dry it out. Buy or make some easily removable hoops so the lettuce can be shaded, if necessary. Put your lettuce boxes on saw horses. Heavy duty ones!

Adding all kinds of micro greens to your lettuce can produce a very fancy product and possibly an income producing sideline. Add some high output lighting in a greenhouse that can be kept at 55° F, and lettuce will thrive year around. So will you.

Daryle Thomas is a Master Gardener volunteer with the UVM extension system. © 2011 by Daryle Thomas, ARR

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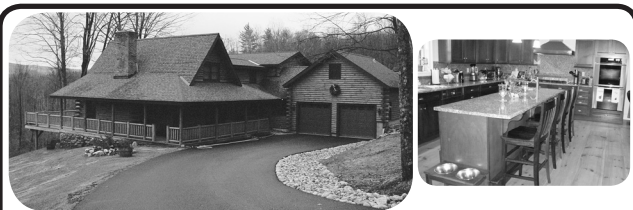


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View From Ludlow

by Ralph Pace

“Ludlow Honors Those Who Served”



Pictured are members of the Ludlow American Legion post honor guard as they lead the annual Memorial Day Parade down Ludlow's Main Street towards Veterans Memorial Park for the ceremony thanking the veterans who served to protect the rights and well-being of all Americans.

Memorial Day is a very special time in Ludlow.

There is nothing like a parade in a small town to reflect the meaning and purpose of this day of celebration and remembrance.

In Ludlow, as the parade was beginning, the skies seemed to be on the verge of opening up with rain. But as the parade honor guard began its march from Pond Street down Main Street, the sun began to slowly work its way through. By the time the ceremonies of remembrance were underway at Veterans Memorial Park, the sun shone brilliantly down on the event.

This may not be the type of parade that is carried on national television or features a long list of celebrities – no, it is far different. It is plain people paying their sincere respects to those who have served and, most especially, those who gave their lives so that the freedom and rights we so often take for granted could be retained.

In another form of thanks and remembrance, the town of Ludlow has created a committee to prepare for the town's 250th birthday party. While everything is still in the planning stage, it looks like the basic celebration will take place on Friday, September 16 (the actual anniversary date) followed by activities on Saturday, September 17. Some of the possible highlights of this period of celebration may include a parade, the reading of the charter creating Ludlow, along with a BBQ and block dance. It's even rumored that there will be a very large birthday cake prepared for the festivities.

Cavendish will also be celebrating its 250th anniversary in October. As part of its annual tradition, the July 2

“Old Home Day” will kick off the celebration events for this anniversary. Information on the preparations for Old Home Day, as well as Cavendish 250th Anniversary activities, may be found by calling 802-226-7807.

The merchants of Ludlow are actively doing some fund raising so that the fireworks tradition in Ludlow may be continued. As part of this effort, they are sponsoring a spaghetti and meatball dinner at the new Ludlow Community Center on Saturday, June 11 at 6 PM. One of the key elements in the dinner will be the competition to see who can produce the tastiest meatballs. Everyone is invited to enter the competition. The rules are that you must submit at least 12 meatballs and you can cook them in your sauce or not. They must be hot and brought to the Community Center by 5:30. Winners will be announced at 6pm and meatballs will be included in the spaghetti dinner while they last. Prizes will be made for 1st, 2nd and 3rd place plus bragging rights. Dinner includes Spaghetti w/sauce & meatballs (while they last), salad, bread & dessert. The dinner cost is adults \$7.00 and children (under 12) \$4.00.

The Ludlow Garden Club will hold its June meeting and Spring Luncheon on Thursday June 9. The club will travel to Hartland, Vermont to visit the Nature Conservancy Bog- the Eshqua Bog. A luncheon will follow at the Skunk Hollow Restaurant in Hartland. Those who wish to carpool will meet in the Shaw's parking lot at 10:00am to arrive at the bog about 11:00am. The Spring Luncheon will begin at 12:00. For more information, call 672-4041.

The Garden Club recently spent several days helping the Black River Academy Museum and the Ludlow mini park get cleaned up from the winter and ready for the – hopefully, forthcoming summer. They will also soon be decorating the flower containers outside the town hall as well as the flower baskets on Walker Bridge.

LPC-TV, the public access television station broadcasting on cable channels 8, 10, 20, and 21 for Ludlow, Mt Holly, Cavendish, and Plymouth, will be holding its annual meeting on Thursday, June 30. It's looking for people interested in serving on its Board of Directors. Anyone living in the areas being served who is 18 or older is invited to nominate themselves for one of the open director's position. Those interested in becoming a candidate for the Board or nominating someone they know should email George Thomson at board@lpctv.org or call 228-8808. Deadline for nominations is Monday, June 13th.

The Ludlow Elementary School will be presenting “Snow White” on June 8-9 at the Ludlow Town Hall Auditorium.

For those living in Ludlow, Saturday, June 11 from 12:30 to 2:30 PM has been designated as the time you can get rid of household hazardous waste. For information, call 674-9235 for more information or vtsolidwastedistrict.org.

And, yes, the bridge work in Chester is still causing problems – most especially for area merchants. Personal vehicle traffic can take the short detour via River Road to avoid the current construction but heavy traffic is being sent via Springfield. In several weeks, all traffic will be facing the longer detour when both Rte 103 bridges are under construction.

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

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Pete Duffy

Lakes Region News

by Lani Duke

Buy it in the Lakes Region

What do you need? You just might find it at Poultney's annual June town-wide yard sale from 9:00 a.m. to 4:00 p.m., Saturday, June 4. Call Mary Lee Harris, 287-4114, for info.

Eating in the Lakes Region is good on June 4. Poultney Rotary holds a chicken barbecue from 10:00 a.m. to 2:00 p.m., so handy for shoppers at the town-wide yard sale.

Day use is free in all Vermont state parks all weekend. Fishing is free too; you don't need a license.

Exhausted shoppers and sellers may recover at the Castleton Federated Church's roast turkey church supper, from 5:00 to 6:30 p.m. Saturday evening. Call 468-5105 for details.

The weekend is likely to bring browsers from outside the community, as Green Mountain College holds its alumni weekend June 3 through 5. Are you an alum? Get in touch at (800) 776-6675.

Green Mountain's Resort & Hospitality Management students graduate Saturday at 10:00 a.m., at Mountain Meadows in Killington.

Fair Haven Congregational Church hosts the Fair Haven union High School Senior Baccalaureate Interfaith Service at 4:00 p.m. Sunday, June 5, followed by a senior buffet at 5:30 in the Fair Haven Union High School Cafeteria.

Castleton State College is planning a 2012 construction season aimed at continuing to upgrade the school's campus. New Hall, a 162-bed residence designed for LEED certification, will arise at the site of the old tennis courts. As the old facilities building disappears in favor of new green space plus a gateway to Spartan Stadium, a new Facilities Barn arises off South State.

The projects include a 162-bed residence hall, designed to achieve LEED certification, and a Facilities Barn off South Street to house our Facilities Department.

The old facilities building will be demolished to make way for new green space and a gateway to the Spartan Stadium. This area, which is currently under design, will accommodate small and large groups up to 3000. Total construction cost for Project 2012 approaches \$13 million, most going to Vermont-based companies.

Advanced technology recently "took" Fair Haven Union High's AP English students to interview a Sudanese refugee. The students listened to the program "Conflict in Africa" and ask questions.

FHUHS students recognized for their success during the third marking period were Sarah Czarnecki, Social Studies; Jacob Silver, Foreign Language; Elizabeth Robinson, Learning Annex; Matthew Namiot-Eaton, Family & Consumer Studies; Christopher Stone, Industrial Arts; Jonathan Boule, English; Maria Burt, Music; Alex Hernandez, Science; Daniel Pirie, Art; Jamie Jerome, Business; Andrew Salamin, Work Study/Career Seminar; Dillon Bergantino, Math; Alex Hernandez, Computer Applications; Dillon Bergantino, Physical Education; Brittany Jette, Driver Education; Brady Dugan, Living Skills; Levi Boosk, Stafford Technical Center, Power Mechanics/Welding; and Lauren Hart, Stafford Technical Center, Culinary Arts.

Recently Lakes Region graduates from the University of Vermont include Blake Farman of Castleton, Keith Williams of Poultney, and Ross Harmon of Wells.

Astrid and Joshua Hardt recently opened a farm stand on Route 30 in Hubbardton. Its first offerings included fiddleheads, morel mushrooms, leeks, greeting cards and some homemade fresh bread.

Poultney teachers Liz LeBrun and Catherine Oliverio recently coordinated a trip for PHS students in grades 7 through 9 to take part in "A Celebration of China" at the College of St. Joseph in Rutland. Students explored Chinese arts and crafts, the daily life of Chinese students, Chinese tea, and traditional health care.

Public Access Studio Space and Equipment Now Available in Killington

PEGTV, Rutland County's community access television station, has completed the relocation of their Killington office/studio to The Mountain Times building at 5465 Route 4 in Killington. The move includes an updated studio set, new sound equipment and a state-of-the-art computer editing machine.

The new studio can offer two avenues of participating in community television. One is to submit your show idea and have the technical sound and taping done for you by a PEGTV technical director right here in Killington or at the PEGTV main studio at the Howe Center in Rutland.

The second option is for you to become a VIP (volunteer independent producer) and create your own show. PEGTV has camera equipment available for free usage once you have completed a short course in camera instruction and the basic rules for participation.

You may sign up for a free learning session by contacting PEGTV any time at their Rutland studio at (802) 747-0151; or at the Killington studio through The Mountain Times at (802) 422-2399. A PEGTV professional is typically available in Killington on Tuesdays and Fridays.

So, why not get started today. Stop by for a tour and let's talk about YOUR show, YOUR appearance or YOUR involvement in public access television.

PEGTV is comprised of Channels 15, 20 and 21 and is available to all cable subscribers throughout Rutland County. Streaming programming, video on demand services and hyper-local weather forecasts are also available online at www.pegtv.com. For more information, contact PEGTV at (802) 747-0151.

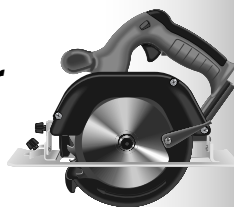
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Home & Garden

There Are Good Bugs

Home and Garden Television

A nice bug does no harm, meaning it's garden-friendly and doesn't eat any of your plants or crops. A really good bug eats those insects that make mincemeat of your plants or crops.

Lots of good-bug behavior is hard to find. That's because much of it is out of sight. The stealth stage of most of these insects is the larvae, and that's why life cycles are key. Even the most avid gardeners may not be interested in the reproductive cycles of the green lacewing, but when they realize that one prolific female lacewing could be responsible for wiping out 40,000 pests each season, hey, they get it: That's a great bug!

Ladybug

Both larvae and adults feed on aphids, the former devouring hundreds during development and the latter consuming thousands. Also favored are thrips, spider mites, mealy bugs, soft scales, whitefly and a wide variety of other soft-bodied, plant-eating insects.

Braconid Wasp

Braconid wasps have such a strong reputation as killers of pests that they are widely used in agriculture. A few adults prey on other adult insects, but most feed on pollen. It's the larvae that are extremely valuable controls of garden, farm and forest pests.

Syrphid Fly or Hover Fly

Imagine a pest-killing machine devouring enormous numbers of aphids, up to 400 during this stage.

Green Lacewing

As with most garden "police" insects, the life cycle is the secret, and the law enforcement is all in the larval stage. Larvae, often called "aphid lions," are among the most efficient predators of aphids. They also prey on the eggs and immature stages of small, soft-bodied insects such as mealy bugs, thrips, spider mites and leaf-hoppers.

Ground Beetle

Why they're good: A pest killer in two stages of its life cycle, this beetle enjoys snails, slugs, cutworms, gypsy-moth larvae, root maggots and tent caterpillars.

Spined Soldier Bug

Another two-stage pest killer, the spined soldier bug effectively targets more than 100 insect pests, including caterpillars and grubs of gypsy and night-flying moths. It, too, has earned a place in the ranks of commercially available pest controllers, especially in the control of tent caterpillars. An adult uses its proboscis to pierce prey and then suck out the body fluids.



Caterpillar Tents



Cherry Blossoms

Raising Containers and Other June Gardening Tips

by Charlie Nardozi, Horticulturist and Leonard Perry, UVM Extension Horticulturist

Raising containers for better drainage, removing caterpillar tents from trees, and removing perennial flowers after bloom are some of the gardening tips for this month.

To allow good drainage in your container plantings, raise the pots off the ground or deck so water can seep out the drainage holes. This also will reduce the staining that can occur when pots sit directly on wooden steps or a deck. You can purchase pot feet from garden supply stores, or make your own using flat stones of similar size, rubber bumpers from the hardware store, or even old checkers from the game you never play anymore. Anything that will elevate the pot a bit should work. Bricks work well for containers on the ground.

Check apple, cherry, and other fruit trees for the white webbed tents of caterpillars, and poke them with a broom handle or long-handled pruners to break open the tent and expose the caterpillars to foraging birds. Or knock the tent to the ground and destroy the caterpillars. A spray of Bt (*Bacillus thuringiensis*) will kill the exposed insects, too, just make sure you get the right strain labeled for these pests, and as with any pesticide follow all label directions and cautions.

Examine your yard for areas with standing water, such as old tires or upturned garbage can lids, and dump them. Mosquitoes breed in these types of places, so by removing them you'll get a head start on controlling the pests. Use "mosquito dunks" in ponds. These disks contain a specific strain of Bt that controls the mosquito larvae.

The fruiting of tomatoes and peppers is improved by applying Epsom salts, which contains sulfur and magnesium. Apply one tablespoon of granules around each transplant, or spray a solution of one tablespoon Epsom salts per gallon of water at transplanting, first flowering, and fruit set.

Once early summer perennials, such as peonies and foxgloves, have finished blooming, take the time to clip off the spent flowers to spare the plant the energy it would spend on forming seeds. If you plan to save the seed and do some propagating of your own, leave some seedheads until they turn dry and collect the seeds before the wind and the birds get to them.

Sow new crops of beets, carrots, and summer lettuce to extend the harvest. You don't need much space, you can sow a border around other vegetables. If possible, choose a spot that's partially shaded by taller plants for sowing lettuce, so it will stay cooler.

Tomatoes, squash, and cucumbers can use some nutrients now, so scratch some granular fertilizer into the soil around plants or in a shallow trench alongside a row. Do this when the soil is already moist, and then water it in.

Begin the early-morning or early-evening patrols for Japanese beetles and knock them into a can of soapy water. You can also hold a bucket under a plant that's hosting a beetle party and gently shake a branch and the beetles will fall into the bucket. Forget trying to catch them midday because they move too fast in the heat. If using Japanese beetle traps, don't place them near desirable plants (for the beetles) as they will munch heavily on their way to the traps.

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Get Your Yard Party Ready!

Home and Garden Television

Have a backyard soiree planned this summer? Make sure you're prepared with this expert advice.

1. Get your yard clean and in order. Make sure the grass is mowed, raked and free of debris, tools and toys.
3. Decorate with cuttings from your yard. Arrange fresh flowers and greenery to add a pop of color and a natural fragrance.
4. Have plenty of seating for guests. If you're short on chairs, spread blankets on the grass.
5. Choose music that will be entertaining and pleasant, not too loud or overwhelming.
6. Have at least two large trash cans emptied and placed in convenient locations.
7. Create a special atmosphere with lights. Consider adding lanterns and strings of holiday lights.
8. If you are grilling, make sure the grill is clean and ready to fire up with enough charcoal or gas.
9. Don't let mosquitoes ruin your party. Include decorative citronella candles with the rest of the lighting scheme.
10. If you have electricity outside, plug in a portable oscillating fan or two to ensure your guests stay cool during hot summer days and nights.

Paws & Claws

PET PERSONALS

SOPHIE - 4 year old. Spayed Female. German Shepherd. I am a gorgeous German Shepherd who knows SIT and DOWN and can catch a ball in mid-air! I like to cool off in a pool during hot weather!



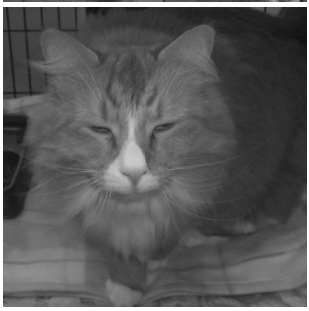
ODIE - 4 year old. Neutered Male. Domestic Long Hair Gray and White. I am looking for a new home that will keep me safe and healthy. No more outside living for me please!



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!



OLIVIA - 4 year old. Spayed Female. Domestic Long Hair Orange and White. I am sweet, affectionate and I love people and attention but I need to be the only kitty in home so that I can be Queen Bee.



GIZMO - 2 year old. Neutered Male. Siberian Husky mix. I am a striking, athletic dog who is looking for an experienced owner who has plenty of time to leash walk me. I know SIT, SHAKE, and DOWN!



CLEO - 10 month old. Spayed Female. Pit Bull. I am a happy cutie pie who enjoys playing and knows SIT and DOWN. I am excitable and love a good squeaky toy, as long as you are playing with me!



SAL - 6 year old. Neutered Male. Hound/German Shepherd mix. Yipee, 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!



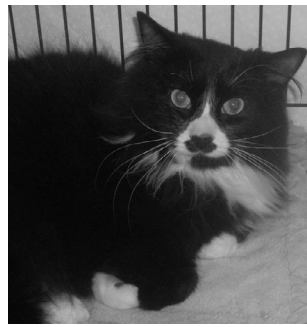
BETTY - 3 month old. Spayed Female. Rat. My friend Wilma and I are very social girls and like to be held and climb on your shoulder. We love bananas!



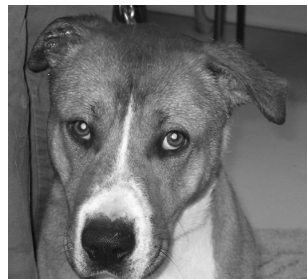
EVE - 8 year old. Spayed Female. Beagle. I am a very sweet dog who is looking for a family and a chance to show all the affection I have to give! If you've always thought Beagles weren't really the snuggling kind, think again!!



MARIO - 2 year old. Neutered Male. Domestic Long Hair Black and White. I can be a little shy at first but look out when I warm up. I am such a big pussy cat with beautiful white whiskers and gold eyes!



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.



OMAR - 3 year old. Neutered Male. Labrador Retriever mix. I am a handsome young dog who learns quickly and is eager to please! I am especially eager to please if my reward includes a TENNIS BALL!! WHOO HOO!



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Lucy Mackenzie Pet Feature

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Low Cost Spay/Neuter Clinic for Cats

The Rutland County Humane Society (RCHS) is offering a low-cost cat spay/neuter clinic on Friday, June 24 to families with limited incomes or pet owners dealing with a large number of cats. Cat spays are \$35 and cat neuters are \$30. Applicants must be residents of Rutland County, VT. The clinic will be held at the Brandon Senior Citizens Center on 1591 Forestdale Road (also known as Route 73E). Once your application has been approved RCHS will mail a confirmation letter with date, time and pre-surgery instructions. Please call RCHS at 483-9171 ext. 206 for an application or visit our website at www.rchsvt.org.

Springfield Humane Society Pet Feature



Mittens has been with us since January and says adoptions have been slow lately so she wants us to offer a special deal on cats in the month of June. We are declaring June Cat Adoption Fee Waived Month! Folks must still meet our adoption criteria, of course, but we will not ask for an adoption fee. Naturally donations will not be refused. This is not because we value our cats less—we value them so much we are willing to lose even more money to find them responsible, loving, permanent homes! Call the Shelter at 885-3997 or stop by Wed-Sat noon-4:30!

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 Or, download and print forms from the VT Agency of Agriculture website:
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TOWN OF KILLINGTON VERMONT PLANNING COMMISSION NOTICE OF PUBLIC HEARING

Pursuant to the provisions of Title 24, Chapter 117, V.S.A. And the town of Killington zoning regulations, the Killington planning commission will hold a public hearing beginning at 7:40 P.M. On Wednesday, June 8, 2011 at the Killington town office building on River Road in Killington, the purpose of which will be to allow interested parties an opportunity to express their views on the following:

Application 11-0024 by Green Mountain Condominium Association for Planned Unit Development Review to extend the approval of the so-called 400 Acre Planned Unit Development for four years. The purpose of the extension request is to allow Mountain Green the ability to construct a potable water treatment facility and related construction. No other development shall be reviewed or approved under this PUD application. The project is located on East Mountain Road in the Ski Village District, Killington Basin Section.

Further information is available at the town office between the hours of 9:00 A.M. and 3:00 P.M. Monday through Friday. Written statements or material are requested to be submitted at the town offices at least seven (7) days prior to the hearing for review by all parties.

Participation in the hearing by adjacent property owners is a prerequisite to the right to take any subsequent appeal.

PLANNING COMMISSION
TOWN OF KILLINGTON
May 25, 2011

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

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RealEstate

Is Refinancing Before Retirement Wise?

by Michele Lerner

For some homeowners, opting for a mortgage refinance requires a simple math equation to determine how much they can save with a lower interest rate. Homeowners within a decade of retirement, though, need to take a broader look at their overall financial plan before determining how a refinance fits into their retirement scenario.

The first consideration is whether to retire with debt.

"Many people believe they should not have any debt in retirement, but it may not be a problem as long as the retirees have the capacity to make the mortgage payments," says Rich Arzaga, founder and CEO of Cornerstone Wealth Management Inc., in San Ramon, Calif.

"If their cash flow is healthy and their investments are growing enough to beat inflation, having a mortgage is not really a risk."

Jeff Bogue, owner of Bogue Asset Management LLC in Wells, Maine, says retirees carrying a mortgage need to be certain of a sustainable cash flow.

"I would not recommend retiring with debt unless you have a long-term stream of steady income such as a pension or a large Social Security benefit," Bogue says. "If you are relying solely on the market to provide your retirement income, you

may run into more trouble."

He advises eliminating debt before retiring.

Arzaga says homeowners should methodically evaluate scenarios for retiring with and without mortgage debt before choosing whether to refinance.

"Homeowners should look at the possibility of a mortgage with lower payments for 30 years and also see if they can afford a 15-year loan to pay off the loan faster," Arzaga says.

A 15-year loan will have higher monthly payments than a 30-year loan, but the long-term cost is significantly lower.

Arzaga says, "Refinancing makes sense as long as the home-

owners will stay in the property for at least 10 years, qualify for a lower interest rate and will use the savings for retirement."

Steve Foldes, CEO of Foldes Financial Management Inc. in Miami, suggests evaluating refinancing based on the two biggest retirement challenges: longevity and inflation.

"Retirees need ... a well-balanced, diversified portfolio, and if a refinance can generate additional cash to invest, it can make sense," says Foldes. But after retiring, homeowners "will need to make their mortgage payments from their invest-

ments. Increasing the amount of your portfolio to make sure you will be able to generate growth even after retirement is essential to avoid running out of money."

Foldes advocates cash-out refinancing in some cases so homeowners can invest their cash for retirement.

Arzaga says refinancing to get out of an adjustable-rate mortgage, or ARM, makes sense for pre-retirees who benefit from a fixed payment.

"Even if you refinance into a 30-year loan, you can always make accelerated payments on the mortgage after you have paid down other high-interest debt and funded your retirement account," Arzaga says.

Bogue says many homeowners calculate refinancing costs and monthly savings to determine how quickly they can recoup their expenses.

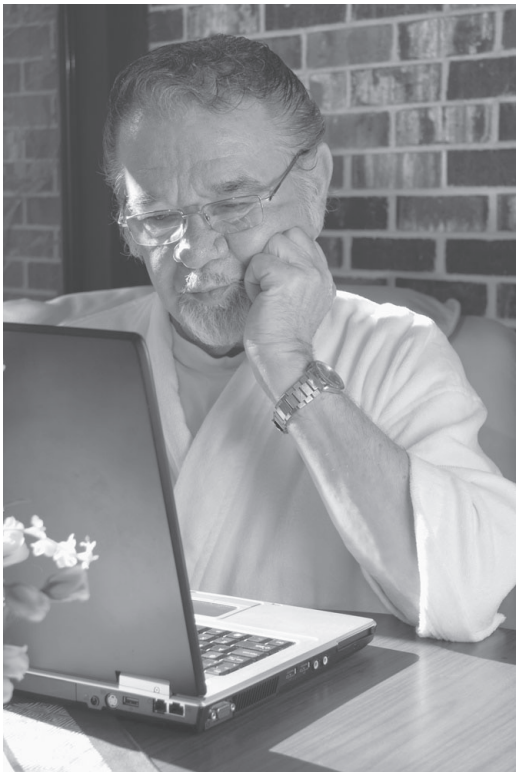
"If they are refinancing from a mortgage on which they have 25 years left to pay into a new 30-year loan, they will be

making five extra years of mortgage payments," Bogue says. "It makes more sense to look at the current mortgage, the new mortgage and the cost to refinance along with those back-end extra payments."

For some homeowners, particularly those near the end of their mortgage, Bogue recommends paying down the principal with extra payments rather than refinancing.

While some homeowners want to keep a mortgage for the tax deduction on interest, Bogue points out that retirees usually are in a lower tax bracket, reducing that deduction's value. Also, near a mortgage's end, most of the monthly payment goes to principal rather than interest.

For some pre-retirees, paying off their mortgage with their current loan or by refinancing into a shorter loan term means more than the numbers. As Bogue puts it, "some people just sleep better at night if they know they will retire without any debt."



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