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**PAGE 14**

# The Mountain TIMES

Volume 40, Number 23

Central Vermont's Premier Weekly Newspaper

June 9-15, 2011

## GENERATION Y

### Cheering For the Villain



The Mavericks in general are a worthy sort of bunch, full of decent guys who have had solid NBA careers, so why am I rooting for the Miami Heat?

**PAGE 5**

## SPORTS

### Killington Debuts Trail Map

Hikers and outdoor enthusiasts visiting the Killington region now have a new resource to guide their adventures.

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## LOCAL SECTION

### Regional News

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

**PAGES 14-19**

## SURVIVING THE TIMES

### Why Silver and Gold Work

Many folks think that silver and gold are a bit high priced these days, but put in perspective, the situation doesn't look quite that way.

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## What's New in Mountain Biking

by Michael Russo

Mountain bike. Two words, many worlds. Mountain bikes are different things to different people. You have cross country or "X/C," downhill or "DH," freeride, trail, uni, yes that's right, some prefer one wheel.

Mountain bicycle riding as we now know it came into popularity in the mid '80s. Before that very few folks ventured off-road. Bicycles were simply not set up for the rough terrain. The few hearty souls that did take to the dirt did so on ridged framed bikes. A rough ride to be sure. The first mountain bike made by a US manufacturer for mass use was the Specialized Stump-Jumper in 1981. The Stump-Jumper was tough and light. From this point on, bikes got better and better.

Modern mountain bikes have at least a front fork that contains a shock absorbing component. Most now have a rear shock or full suspension. The amount of travel these shocks have varies. Downhill bikes have more travel. A downhill set-up can have from 7 to 10 inches of travel, while a X/C bicycle will have anywhere from 4 to 8 inches. Travel is all personal preference and the type of riding you are doing.

One recent trend some find better is the 29er - bikes that sport 29 inch

*Mountain Biking, Page 2*

## Rough Riders



photo by gtluke

## Summer at Killington Resort

by Kim Jackson

While Killington Resort is known for its beastliness in the winter, it doesn't tame things down too much for summer either. Sure, life is a bit more laid back and the pace is somewhat slower, but regardless of whether you're a visitor or a local, chances are you're going to find some great outdoor activity to do at the resort.

"Killington has been working with the Town of Killington to give our guests a variety of ways to enjoy their summer with events including the Cooler in the Mountains Summer Concert Series as well as a Golf Stay & Play package that features a round of golf at the Killington Golf Course and Green Mountain National Golf Course," said Sarah Thorson, Killington's communications manager. "Whether you're in the mood for a big-bike downhill challenge or an evening of classical music at the Killington Music Festival, there's something for everyone all season long."

-Golf



photo by Chandler Burgess

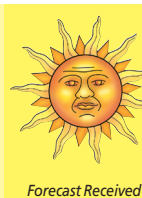
The Mountain Golf School at the Killington Golf Course continues to offer lessons for golfers of all abilities in a two-day weekend or three-day midweek program. Participants receive daily PGA professional instruction, daily greens

fees and cart rental, videotaping and review, unlimited use of the driving range and practice facilities, plus tips from a roving pro who is on the course while playing the course for free at the end of

*Summer at Killington, Page 2*

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## WEATHER

Wednesday	Sunny	HI 90°
Thursday	Cloudy	88°
Friday	Cloudy	82°
Saturday	Cloudy	72°
Sunday	Cloudy	68°
Monday	Cloudy	73°

Forecast Received  
June 7, 2011



# Mountain Biking

continued from page 1

wheels. The standard is 26 inches. The 29ers hit the market a few years back and have been picking up riders at a fast pace. The 29ers have appeal to the X/C rider. Shops outside of Vermont say that they are selling more 29 inch than 26. The shops I talked with around here say that trend is on the way but not quite here. Some of the advantages of 29 inch over 26 inch are clearance over obstacles, less rolling resistance, traction and comfort, to name a few. One of the things I have found is the bigger wheels are better suited for a taller rider. At 5'9", when I demoed one earlier this season I found it a bit harder to control. I also found that due to the need for a bigger frame I was reaching for the handlebars. One big disadvantage is that 29 inch wheels will weigh more. At a time when people are counting grams when they look for new components, the old standard 26 inch will be lighter.

There are many great bikes out there. If you are new to the sport and would like more info about where to

ride and what type of bike you will need, contact your local bicycle shop. The last place you want to look for a quality bike is the box store or discount mart. An entry level mountain bike will cost around \$800 to \$1200. It is money well spent. A good bike will give you years of great riding. A few years back my friend Amy put together a team to ride in the 24 Hours of Killington. One of our teammates backed out at the last minute. Amy was desperate for a rider. She was lucky enough to find Gerry. Gerry showed up to the race on a bike he bought new for about \$200. Well, the bike all but disintegrated half way through his first lap. Don't be a Gerry, visit one of these great shops and put up some hard earned cash for a bike that will work hard for you.

The Basin Ski Shop turns into True Wheels Bike Shop in the non-ski months. They carry a full line of bikes, not just Mountain. Stop in and check out what brands like Specialized and Orbea have to offer. True Wheels is located at

2886 Killington Road, Killington VT. 802-422-3234.

Green Mountain Cyclery in Rutland carries Trek and is also a full line shop. Green Mountain Cyclery is located at 133 Strongs Ave. in Rutland VT. 802-775-0869.

Sports Peddler, located at 158 North Main St. in Rutland VT is an authorized dealer for Fuji & Mongoose bicycles. 802-775-0101.

The Start House Ski and Bike carries Trek and Cannondale. They are located at 28 Central St. in Woodstock VT. 802-457-3377.

First Stop Ski and Bike carries Cannondale and is located at 8474 Rt 4 Killington VT. 802-422-9050.

Green Mountain Bikes in Rochester VT carries Jamis, Kona, Santa Cruz... and some others. Stop in to see them. Green Mountain Bikes is at 105 North Main St., Rochester VT. 802-767-4464.

Whatever your bicycling passion, your local bike shop has what you need.

# Summer at Killington

continued from page 1

the day. Lunch also is included. For those looking for a something that doesn't take up as much time, hourly and daily lessons are available as well.

Of course, for players who really just want to play one of the most breathtaking courses in the state, the 18-hole championship course does not disappoint (although it may frustrate a bit). Geoffrey Cornish designed the course with the views in mind so nearly every hole showcases the Green Mountains and its terrain. The 6,186-yard, par 72 course sits at about 2,000-foot elevation as well, so while other golf courses may play a bit hot on summer days, the Killington course and its players benefit from mountain air and summer breezes. There is a full practice facility, including a 14-station driving range and a 12,000 square-foot putting green and practice bunker. Golf packages are available as well.

### - Mountain Biking

Riders access all terrain via the K-1 Gondola that

travels to Killington Peak. Killington's Kona "Groove Approved" Mountain Bike Park features 45 miles of terrain and a 1,700-foot vertical drop spread over five mountain areas with class cross-country singletrack, downhill and freeriding trails, for one of the most challenging lift-serviced mountain biking experiences in the state. There is also a Skills Area in front of the base lodge as well as natural and man-made features on some of the downhill trails. Regardless of what type of riding guests choose to do, the Mountain Bike Shop offers a full line of rental bikes and equipment as well as service and repair.

### - Hiking and Gondola Rides

Killington's K-1 Gondola transports hikers to the highest lift-serviced mountain peak in Vermont on a daily basis during the summer. About 15 miles of signed hiking trails traverse across Killington's peaks, allowing visitors to enjoy both meadow and wooded trails plus spectacular views from the 4,241-foot summit that, on a clear day, stretch as far as Mount Washington in New Hampshire and Canada to the north. For those who don't want an intense hiking experience but still want to sample the views, a ride on the Gondola and a short hike to the summit, then a ride down back to the base lodge

accomplishes just that.

### - Pico Adventure Center & Horseback Riding

This year the Pico Adventure Center will offer a newly designed 18-hole disc golf course that starts at the top of the Little Pico Triple Chairlift and ends at the waterfall. The alpine slide, climbing the rock walls, the power jump, plus mini golf round out the activities at Pico. The chairlift also grants access to some hiking on the resort's work roads or just a leisurely ride up—and then down—on the chairlift itself.

One-hour guided horseback rides are also available at Pico Mountain during the summer for those ages 10 and up (there are shorter pony rides for the younger kids). Hours of operation the Pico Mountain Adventure Center are 10 a.m. - 5 p.m. weekends and 11 a.m. - 5 p.m. July 1 through Sept. 5.

### - Events

Check out killington.com for more details on each.

Killington Wine Fest, July 22-24. Now in its ninth year, The Killington Wine Festival offers three days of wine tasting events including tasting dinners, Nine & Wine Golf and a bubbly champagne brunch.

Eastern States Cup Race #7, July 30-31. The Eastern States Cup Race Series, established in 2010, provides gravity racers the opportunity to compete in a northeast race series.

Spartan Beast Race, Aug. 6. This timed, 8+ mile course will take racers around the mountain where they will face military-style obstacles along the way, including an eight foot wall, slippery incline wall, cargo net climb, barbed wire crawl, water obstacles, mud crawl, spear throw, fire jump and gladiator pit.

Gravity East Series, Aug. 13-14. This is a USA Cycling Sanctioned Series, all ages and class categories are included (details mentioned above).

Circus Smirkus, Aug. 14-15. This Circus Smirkus Big Top Tour, to be held at Pico Mountain, showcases the best young talent in the Circus Arts today, selected by audition to share the ring with professional circus artists.

Septemberfest at Pico Mountain, Sept. 24. Pico Septemberfest celebrates all that is Vermont including local produce, cottage crafts, great beer, and live music.

16th Annual Killington BrewFest, Oct. 1. The Killington Brewfest is a celebration of the Northeast's finest craft beers.

For more information call 800-621-MTNS.




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## 6th Annual Kelly Brush Century Ride

Save the date. Organize a team and start riding! The 6th annual Kelly Brush Century Ride is set for Sept. 10. in Middlebury, Vt. and registration is open.

In just six years the scenic bicycle ride through the Champlain Valley has evolved from a dozen cyclists to the largest fundraising ride in the state. Last year's ride drew 700 riders and raised \$275,000 for spinal cord injury (SCI) prevention and adaptive sports equipment grants.

The Kelly Brush Century Ride is also one of the best attended events in the Northeast for adaptive athletes using hand-cranked handcycles. Last year 23 participants took to the course on handcycles.

The 100-mile ride raises money to support the Kelly Brush Foundation's multi-faceted mission including: improving ski racing safety, enhancing the quality of life for those with SCI through adaptive sports equipment grants, advancing scientific research on SCI and supporting the U.S. Adaptive Ski Team.

Ride participants can enter as a fundraising team or as individuals riding distances of 28, 50 or 100 miles, with options for 65 and 85 mile loops. Registration is online

at: [www.kellybrushfoundation.org](http://www.kellybrushfoundation.org)

For every \$5,000 raised by a team or individual, the foundation donates adaptive sports equipment in the name of the team or individual who raised the money. In addition, funds raised support ski racing safety grants awarded to ski clubs and racing organizations across the country for safety netting to line race courses and safety gear for racers.

About the foundation: The Kelly Brush Foundation is a non-profit organization dedicated to improving ski racing safety, enhancing the quality of life for those with spinal cord injury (SCI) through providing adaptive sports equipment, advancing scientific research on SCI and supporting the U.S. Adaptive Ski Team. Kelly Brush, together with her family, started the foundation in 2006 after she sustained a severe spinal cord injury while racing in NCAA Div. 1 competition as a member of the Middlebury College Ski Team in Vermont. The Kelly Brush Foundation affirms Kelly's ongoing commitment to live life on her own terms and better the lives of others living with SCI.



## Killington Debuts Trail Map For Hikers and Visitors

Hikers and outdoor enthusiasts visiting the Killington region now have a new resource to guide their adventures. Just in time for the summer hiking season, the Town of Killington has produced a folding trail map for hikers, providing information on ten of the best hikes within a 20 mile range of Killington. The trail maps are a joint project between Killington's Office of Economic Development and Tourism, and the Town's Department of Recreation and Parks.

The map features hiking tips, a guide to levels of difficulty, information on picnic areas, shelters, wheel-chair accessible trails, and more. Each of the ten featured hikes includes a full-color map of the trail, information about the length, notable features, directions to the trailhead, and a detailed description of the route. Popular trails featured on the map include Pico Peak, Killington Peak, Deer Leap Trail, and Thundering Falls.

"We're excited to offer tourists and hikers this free guide to the best of Killington hiking," says Suzie Dundas, EDT Marketing, Media, and Events Coordinator. "This is an excellent way to spread the word that Killington's summer assets are just as appealing and accessible as our winter assets."

Hiking is one of America's fastest growing recreational activities. The increasing popularity in recreational trail use has led communities across

the country to develop accessible, multi-use trail systems, and according to Killington's Economic Development Director Seth Webb, Killington is well-positioned to launch such an initiative.

"We have some exciting funding opportunities coming up in the next year that will support trail work," says Webb. "Having a multi-use trail system in Killington makes perfect sense given the abundance of natural resources immediately accessible in our region."

Recreation Department Director Mike Sutcliffe says there are more trails on the drawing board. "Trail work is some of the most fun and rewarding work a community can undertake. It benefits residents and it builds new recreational opportunities for tourists."

The free map will be distributed at lodging and retail locations throughout Killington, at the Town Hall on River Road, and at the Killington Chamber of Commerce. The map will also be distributed at Vermont Welcome Centers as a way to encourage outdoor enthusiasts to consider Killington when planning day or overnight trips.



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## Family Film Series at the Paramount

The Paramount Theatre announced today a full summer line-up of "Big Flicks at the Paramount" Family Summer Films on the Big Screen. 18 Films will be in the series on Monday and Tuesday nights (one screening only at 7:00PM) for 9 weeks during the summer.

Bruce Bouchard, Executive Director of the Paramount commented, "We decided to shake it up a bit for the summer of 2011. After last summer's darker films (which screened on Saturdays when most people were away) we decided to make a number of Blockbuster Hits available to the wider community on Monday and Tuesday evenings. There is truly something for everyone: action adventure, comedy, fantasy, musicals, and a classic documentary."

The "Big Flicks at the Paramount" series remains affordable for all at \$6 for adults and \$4 for children (under 12). There will be one screening only on each night at 7:00 PM.

Schedule: All these combined dates are Monday/Tuesday (EXCEPT Tues/Wed after July 4th) through the summer.

- June 13 – Titanic
- June 14 – Tootsie
- June 20 – Raiders of the Lost Ark
- June 21 – Blazing Saddles
- July 5 – Close Encounters of the Third Kind
- July 6 – Princess Bride
- July 18 – Goldfinger
- July 19 – Back to the Future
- July 25 – Twister
- July 26 – Napoleon Dynamite
- Aug 1 – Rocky
- Aug 2 – Grease
- Aug 8 – Jurassic Park
- Aug 9 – March of the Penguins
- Aug 15 – Pulp Fiction
- Aug 16 – Saturday Night Fever
- Aug 22 – Alien
- Aug 23 – This Is It (Michael Jackson)

## Free Fishing Day

Youngsters grow up fast. What memories will you be able to share with them? Chances are they won't remember their best day of watching television, but take them fishing and you'll make memories you can share for a lifetime. Saturday, June 11 is Free Fishing Day in Vermont this year, and it is an excellent opportunity to give fishing a try.

Children who are fourteen or younger can fish free all year long, but Free Fishing Day is the one day in the year when all residents and nonresidents may go fishing in Vermont without a fishing license.

A "Let's Go Fishing" clinic is scheduled for 10:00 a.m. to 1:00 p.m. at Lake St. Catherine State Park in Poultney. Contact Joel.Flewelling@state.vt.us for additional information.

Additional "Kids Fishing Events" being held around the state this spring. To find out more about Vermont's great fishing opportunities and to plan your fishing trip, contact the Vermont Fish and Wildlife Department, 103 South Main Street, Waterbury, VT 05671-0501 (Tel. 802-241-3700) and ask for a copy of their "Hunting, Fishing & Trapping Laws and Guide."

## Killington's Star Spangled 250th Birthday to be Hosted on July 4

New elements include an ol' fashioned photo booth, expanded parade and costume contest, and giant 3-D birthday cake!

Mark your calendars for July 4th – because Killington is gearing up for an exciting, once-in-a-lifetime event! In fact, it's a once-every-250-years type of event!

The Town turns 250 years old this July, and is celebrating its birthday on the 4th of July at the Recreation Fields on River Road. With a combination of traditional activities, historical elements and games, and plenty of opportunities for community involvement, it's bound to be an event no one will want to miss.

The day kicks off at 10 am with the parade down River Road, featuring floats, community organizations, classic tractors, and more. New for 2011, the 250th Planning Committee will be sponsoring a design challenge, recognizing the best entries in the parade at the celebration following the parade. Any group, performer, float or individual can request a parade entry form from the

EDT by contacting [suziedundas@Killingtontown.com](mailto:suziedundas@Killingtontown.com). And don't forget, the parade will also serve as a reunion of past participants in the Killington Trike Race (look online at [www.DiscoverKillington.com](http://www.DiscoverKillington.com) for details about the hat and suspender contests), Killington families, and second home owners.

The celebration continues after the parade with the reading of Killington's Charter by a 1700's-era town crier, and presentation of a giant 250th birthday cake that's sure to impress. Activities throughout the day will include the library book sale, a historical display and photo collection, old fashioned tractors, tools and engines, and even a photo booth with the costumes and props of yesteryear. And anyone who has photos (old or new), season passes from years past, or any other memorabilia to share can bring it to the event and contribute to our community "250 Years of Killington" collage.

More details about all the event can be found online at [www.DiscoverKillington.com](http://www.DiscoverKillington.com).

## The Crowley Road Race

courtesy [crowleyroadrace.com](http://crowleyroadrace.com)

It's Back and Better Than Ever! The 35th Annual Crowley Brothers' Memorial 10K, Vermont State Championship: the Best and Oldest 10K in New England

The best 10K championship race in New England! Why? This year, with your support and the support of the Rutland Region Chamber of Commerce, there are exciting Race Weekend events designed for the athletes and to attract spectators and visitors. The weekend "kicks off" on Saturday, June 11th, with the 5th Annual Crowley Brothers' Annual Sport and Fitness Expo (10 - 4 PM) to be held at the Rutland Middle School Keefe Gym on Library Avenue. Sunday's main event of the 10K race also includes the Half Marathon, 10K relay, the 4th Annual 5K race and 5K walk, the 5K Corporate Challenge Walk and the 12th Annual Kids' Downtown Mile Run.

Yes, this is a weekend full of events for runners, athletes and families...something for everyone!

The 12th Annual Kids' Downtown Mile Run is also slated to be bigger than ever. This event has grown from 50 runners to 300+ in the past few years. Children from the Rutland County schools participate in this event along with young runners from Canada and all other states in New England. This is a fun run for children with the main purpose of promoting healthy hearts and bodies through youth fitness.

Get Ready!

The 35th running of the Crowley Brothers' Memorial 10K Road Race Half Marathon and the 5K race will be held on Sunday, June 12, 2011 at 8:00 AM. These races are certified Half Marathon (13.1 miles), 10K (6.2 miles) and 5K (3.1 miles) point to point championship courses from Proctor to Rutland, Vermont.

Get more info at [crowleyroadrace.com](http://crowleyroadrace.com).

## Union Arena Ready to Open Ice Rink For the Summer

June 17 will mark the return of the ice to Union Arena. Curling opens the summer season in its regular Friday night slot. Never curled? No problem. The opening hour at 6pm is for beginners. Then you are invited to stay for the open curling time from 7pm-9pm. The Woodstock Curling Club at Union Arena has grown to be an important part of the programming. Its top curlers, who are very involved in the sport, will just have returned from the GNCC Arena Club Championships in North Carolina and be ready to help those new to the sport.

Weekends include a range of programming and activities at the Arena. The Public Skating season kicks off on Saturday, June 18 at 3pm-6pm with a Free Skating Party. Skate rentals are available and the concessions will be open. Hockey returns with the start of the High School League (space still available) Saturday night. It is a coed 4-4 non-check league that will stress skating, play

making, and fun, and is designed to be a great place for the current or aspiring high school player to skate in the summer. Sunday brings the little kids into the rink with the first day of the Free Intro to Hockey Clinic and a Mite Jamboree (space open for more players/teams in each). Travel hockey players open the Sunday Skills and the adult leagues close out Sunday night.

The Arena stays busy all week with the Valley Hockey Academy Starting Monday, June 20 and a variety of other groups and camps opening their summer ice season. Open Stick hockey and Public Skating will continue to be offered throughout the summer as well. There is still some space in a number of the programs and camps.

For more information on any program or event at Union Arena, please call Dan French at 802-457-2500 x-11 or visit the website at [www.UnionArena.org](http://www.UnionArena.org).

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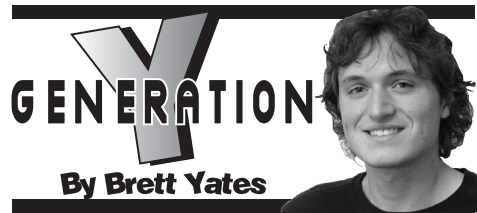
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## Cheering For the Villain

This year's NBA Finals mark only the second time since 1999 that both the Los Angeles Lakers and the San Antonio Spurs have failed to advance to basketball's highest stage. This, seemingly, would indicate that 2011's matchup is something of a novelty, except that the last time this happened was in 2006, with the Dallas Mavericks and the Miami Heat – the two teams facing each other right now (assuming that the Finals haven't ended by the time you read this, which they may have – sorry).

Of course, these aren't really the same Mavericks or the same Heat that squared off for the title five years ago, though neither Dirk Nowitzki nor Dwyane Wade has gone anywhere. Since then, Dallas has added another all-time great in Jason Kidd, a legendary point guard now slightly in his dotage. If the Mavericks manage to avenge their 2006 defeat, this series will

serve as the capstone to two great NBA careers. These players deserve it.

With his unique combination of size and skill, Dirk Nowitzki has averaged 20 or more points per game every season for 11 years. He was the league's MVP in 2007. Since 2000-'01, he's failed to lead the Mavericks to the postseason only once. He's had help over the years – most prominently Steve Nash, from 1998 to 2004 – but note that the Mavericks' current center tandem, Tyson Chandler and Brendan Haywood, is, astoundingly, the best combination of players that Dallas has fielded at the five-spot since the late '80s, when they had James Donaldson, Sam Perkins, and Roy Tarpley (Perkins and Tarpley really were forwards, but they could shift over sometimes).

I can't help but think that this will be Nowitzki's last chance to bring a championship to Dallas – Dirk is nearly 33, and his teammates Jason Terry, Peja Stojakovic, and Shawn Marion are all older than he. It's easy to imagine, too, that without a title on his resumé, he'll become one of those Hall-of-Famers whom we tend to forget about despite their spectacular careers: in our memory, he'll be Alex English, not Julius Erving (these two players have remarkably similar career statistics, but Erving has a ring – or rings, if you count his ABA titles

– while English doesn't).

Jason Kidd, meanwhile, must be regarded as the best point guard of his era, yet unlike Dirk he's never managed to win an MVP – which is kind of amazing, given that Steve Nash, his inferior, has received two Maurice Podoloff Trophies. Kidd has been a consistent triple-double threat since 1994, and he was a lockdown defender until he lost his speed. He brought the New Jersey Nets to the Finals twice in a row, both times with Kerry Kittles as their starting shooting guard. Now he's 38 years old.

The Mavericks in general are a worthy sort of bunch, full of decent guys who have had solid NBA careers, including Marion, Terry, and Stojakovic. Why, then, when Jason Kidd and Dirk Nowitzki so badly need this championship, am I rooting for the Miami Heat?

There are many reasons not to root for the Heat, one of which is that their biggest star, LeBron James, wasn't very nice to his hometown Cleveland Cavaliers last summer. Another reason is that there's a somewhat artificial supergroup quality about the team – only one of its significant players (Wade) was drafted by Miami, while the other stars jumped on board via free agency because they thought it would be more fun to play with each other than against each other (blasphemy!). The third reason is that Miami

ians don't really care about basketball, so they don't deserve this. The fourth reason is that, whereas the Mavericks will probably fade slowly into mediocrity if they lose this year, the Heat will likely win the next five NBA championships regardless.

The fourth reason carries some weight, I think, but the first three don't strike me as nearly powerful enough to justify the hatred that this Miami team – one of the most reviled squads in NBA history – has endured over the past season. And predictably, it's the hatred that makes me like them. James and Bosh changed the face of the NBA by wresting their destinies out of the hands of the owners and the sentimental sportswriters, and everyone despises them for it (as, I suppose, pioneers and rule-breakers always are despised at first), and maybe they'll win the championship anyway. It's kind of funny and great.

Rooting for them feels a little like rooting for Mike Tyson or Tiger Woods – unfairly talented guys whom you're not supposed to like as much as their more righteous opponents – but brilliant-and-unrighteous can be an appealing combination as well. I didn't like LeBron much after "The Decision," but he's the best, and after all the Heat's struggles this year, maybe it'll be fun to watch the best be the best.

## Budweiser Killington Softball League

The Clear Cottage got back on the winning track smoking the Heavy Hitters 20-0 and handing them their 1st "loss" of the season.

The Clear exploded for 8 runs in the 1st as they batted thru their order. Pitcher Ronzoni stayed "En Fuego," limiting them to 3 hits plus he had 8 of their 15 outs including 3 "Cold Beer K's" to Joe The Plumber,

Robbie and Chatty Cathy. Neal "Phat no more" Giberti went 4 for 4 with 4 runs scored and 3 RBI's. Will "The Thrill" Burdick was 3 for 4 with 3 runs scored. In the 7 run 5th inning, Bubba showed why he is challenging for the "Lightning" title for a 2 run inside-the park homerun. The Hitters used a 2 pitcher crew of FOTM Phil and Party



By Dave Hoffenberg

Boy Johnny and it worked for 3 "CBK's" to Gordy and DJ Dave. Moguls kept things going with a solid 10-3 win against Jax. The defense was there for Jax but not the offense as the only players to cross the plate were Bird, Sasha and Steebe. Leslie "That Girl Can Jump" Myers kept on course for the golden glove award with 3 amazing catches at shortstop. Staying with girl power was Sasha "The Wall" Parise who was a human ball blocker. The Phat Italian was all over Slips, Trips and Falls with a 15-5 shellacking. STF started off hot with a 4-0 lead but flamed out after that. The Phat Italian's bats were on fire to take a 6-4 lead. STF added 3 runs but unfortunately it was up to Phat Italian as pitcher Joe walked in all 3. The Phat exploded for 6 more runs to earn the big win. STF had a few bright spots as Tess Hobbs and Amy Z. had big hits and big catches. Dave Beckwith and Troy Little were a power duo turning a sweet double play. Fans were anticipating a battle between the Vermonsters and Ramuntos, but all they saw was a hitting clinic put

on by the Vermonsters. Every inning was a multitude of line drive singles, doubles and triples. The Vermonsters put on a hit parade and all Ramuntos could do was wave and watch it go by. This game ended quick with the Vermonsters blasting an 18-3 win.

Schedule:  
–Monday June 13  
Slips, Trips & Falls vs. Vermonsters Bridgewater 5:50PM  
Jax vs. Phat Italian Bridgewater 7:00PM  
Moguls vs. Charity's Hitters Killington 5:50PM  
Clear Cottage vs. Ramuntos Killington 7:00PM  
–Wednesday June 15  
Ramuntos vs. Moguls Bridgewater 5:50PM  
Vermonsters vs. Jax Bridgewater 7:00PM  
Charity's Hitters vs. Slips, Trips & Falls Killington 5:50PM  
Phat Italian vs. Clear Cottage Killington 7:00PM

There will be a Budweiser sponsored post game party Wednesday June 15 at Domenic's Pizzeria 7-12am.

## Okemo Men's League Results

The Okemo Valley Golf Club Men's League enjoyed summer-like weather during their third week of play on May 31. Green Mountain Appraisals took top honors this week. Bill Bruno, Ryan McGuire, Peter Modisette and Chuck Sweetman combined to win 24 holes. Second place went to Id3 Designs. Josh Rourke, Bob Higgins, Bob Ahlers and Tim Faulkner combined to win 21 ½ holes. The Honey Dew Man team of Peter Girouard, Ed Whitman, Richard Bondareff and Jeff McKenzie took third with 20 ½ holes. Closest-to-the-pin winners were Jack Collins on the 4th hole and Paul Doyle on the 8th hole.

- 5th Diamond Realty - 18 holes won/ 9pts
- 6th Ludlow Insurance - 18 holes won/ 8 points
- 7th UBS Financials Chester - 18 holes won/ 7 points
- 8th First Line Security - 18 holes won/ 6 points
- 9th UBS Financials Rutland - 16 holes won/ 5 points
- 10th Tom's Loft - 15 1/2 holes won/ 4 points
- 11th M&M Excavating - 14 1/2 holes won/ 3 points
- 12th Stryhas Builders - 12 holes won/ 2 points

Rest of the field:  
4th Builtrite MFG. - 20 holes won/ 10pts

For more information about Okemo Valley Golf Club, please don't hesitate to call (802) 228-1396.

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## NATURE'S WAY

## Honeybees Rely on the Dandelion Bloom

by Madeline Bodin

Four years ago, researchers found a statistical link between Israeli Acute Paralysis Virus and Colony Collapse Disorder in honeybees.

Three years ago, researchers at Penn State University found "unprecedented levels" of pesticides in the wax of honeybee combs. Constant exposure to these pesticides could be a factor in Colony Collapse Disorder, the researchers said.

Two years ago, University of Indiana researchers found that varroa mites, which have been plaguing honeybees in this country for years, carry a family of viruses that are linked to Colony Collapse Disorder. High levels of varroa mites had been pegged to Colony Collapse Disorder early on.

A year ago, researchers from the U.S. Department of Agriculture announced that the combination of the nosema fungus and a family of viruses might be working together to cause Colony Collapse Disorder.

Judging from the press releases and news stories, it seems that Colony Collapse Disorder (CCD), the name given to the sudden death of an entire hive or colony of honeybees, and first recognized in 2006, is a mystery that has been solved many times over. But that's not true, say our local honeybee experts. CCD continues to be a puzzle and will remain so in the near future, no matter how many news stories declare the mystery solved.

"Different groups of scientists keep finding some pattern that correlates with CCD, and the media keeps announcing that they have found the cure. But there won't be a single cure, because

CCD isn't a single disease. It's a disorder; it's what happens to a super-organism that gets too sick. There are multiple causes that can trigger CCD-like symptoms," says Rowan Jacobsen, a Calais, Vermont-based writer and the author of the book "Fruitless Fall," an in-depth look at CCD and our complex relationship with honeybees.

The lack of a clear explanation for CCD has not paralyzed local beekeepers, however.

"Because they haven't identified the cause," says Chris Rallis, of the New Hampshire Department of Agriculture, the state's go-to person for CCD, "we are focusing on controlling the pests and diseases, and making sure the bees have good nutrition."

"It's the same good, basic advice that we've been giving for 20 years," says Steve Parise, who was once Vermont's official state apiculturist and who still helps the state's beekeepers in his job with the Vermont Agency of Agriculture, Food & Markets.

While the advice is the same in both states, the CCD situation isn't. Vermont has never had a case of CCD, Parise says. "I'm fairly confident that we don't have it here." New Hampshire has had a few cases of their more seasoned beekeepers experiencing unexplained colony losses that they suspected to be CCD.

For beekeepers, fighting off CCD means keeping hives healthy by keeping the levels of mites and other parasites down, keeping the bees away from pesticides, and making sure they have lots of food.

"We don't have the problem here as

some states do with protein and nectar sources," says Parise. Vermont's patchwork of farms, fields, and forests means there's usually something in bloom throughout the warm-weather months. Finding food sources can be more challenging in some parts of New Hampshire.

For beekeepers, assuring good nutrition might mean adding a pollen patty at the top of the hive for the over-wintering cluster to find when they make their way there in the spring, Rallis says. For the rest of us, he says, making sure we maintain a wide range of flowering plants in the landscape can help honeybees in their plight.

In fact, providing honeybees with an important food source doesn't require any effort at all, Rallis and Parise both say: just don't mow down your dandelions.

As a non-native plant, dandelions are a weed by almost every definition, but honeybees are not native to this continent, either. Dandelions bloom early in the spring, when there are few other flowers. They are a vital source of both nectar and pollen at that time of year, when the bees' food stores are at their lowest.

The peak dandelion bloom is notable to beekeepers, Rallis says. "Beekeepers time some of their hive maintenance around that dandelion flow." For example, some people reverse their hive chambers then. Others believe that when you see dandelions, then it's time to add "supers" or extensions to the hive, so the bee colony can grow on the bounty of dandelions.

Will we ever get to the bottom of CCD? "I don't think it's ever going to come down to a few things," says Parise. "We are look-

ing at 10 different factors interacting with each other."

"About all they have in common is that humans are a factor," says Jacobsen.

The only cure, for now, is a healthier environment for bees, and for this important and welcome non-native species, that includes plenty of dandelions.

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: wellborn@nhcf.org



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RUTLAND HERALD



photo by Jane Tanner

## Mountain Golfing

Mountain summer golfing at Killington Golf Course, June 2, 2011.

## Vermont Woodworking Festival Application Deadline Approaches!

Calling all Vermont furniture makers, wood turners, basket weavers, millwork and flooring, door and window manufacturers, and all others who make products out of wood! The Vermont Wood Manufacturers Association (VWMA) invites you to exhibit at the Eighth Annual Vermont Fine Furniture & Woodworking Festival to make this event the one stop shopping experience for homeowners, architects, interior designers, and retailers. The event is to be held on Saturday & Sunday, September 24 & 25, 2011 at the Union Arena in Woodstock, VT during Vermont's foliage and tourist season. The Vermont Chamber of Commerce has named this event a Top Ten Fall Event for 2011!

As always the VWMA will partner with Marsh Billings Rockefeller National Historical Park for their annual Forest Festival

Weekend. The Park will host woodworking and sawmill demonstrations, forest walks, educational activities, and events for the whole family. A complimentary shuttle will be available to transport attendees between locations. Woodworkers also have the option to be involved in the demonstration area outside, where other activities were being hosted. Bowl turners, puzzle makers, chair wrights, carvers, and many more have demonstrated their talents in this space. If you have a wood demonstration you would like to share with everyone that weekend, please visit the event website to download the form.

You may exhibit or sell only those pieces that are designed and made in Vermont, by Vermont woodworkers. For more information please call 802-747-7900.



# GolfNews

## Base Camp Disc Golf News

by Mike Miller

Base Camp Outfitters Disc Golf Course is in full swing or should I say throw. The course re-opened for play in late April but was going through some major changes with the addition of 5 new holes and modifying 7 others. Last year was our first season and it was a huge success. With the help of some of the states best golfers and course designers we modified a good course and made it great. Disc golf review has us rated as one of the best courses in Vermont and that has opened the door for us to host two of Green Mountain Disc Golf Associations events this summer. The "Classic" will be on July 2nd and will attract 72 players to the area from all over New England. And the Vermont State Championship Doubles will be some time in September.

The so called new course opened for play the first week of May and it took the local golfers and members a little time to get used to playing a longer and more challenging course. In the beginning we all struggled with the bigger throws. But as time went on everyone began to understand how to throw bigger, use the disc correctly and control their accuracy. Now, it is game on!

Like many golf courses we offer league nights. Every Tuesday we offer social night. This is a great time for new members or disc golfers to gather and learn how to play. It is open to everyone. It is a night of competition but very low key (except for Tyler Teed) so new golfers can join in. It is also a night when we play for tags, but I will get into that later. Sunday afternoon is our league night that is

a bit more competitive. Disc golfers will come from all over Vermont to compete in Sunday's games. Once again it is open for everyone to play but you should have a good understanding of the game. It is always a 36 hole event with the first round single play and then the second doubles. The league nights have been going great and have been very well attended and as I mentioned everyone's play is improving, so the competition is heating up.

So, now to explain what tags are. They are called bag tags and each member receives one when they join. They are displayed on their bags for all to see. The number 1 tag is of course the top player or member in the club house, and so on. Everyone is always trying to win a tag lower than the one they are currently holding. So every league night, tags are up for grabs. Two weeks ago we held our tag night tournament to see who would get what number, and as of this article, yours truly is holding number 1, however I do not expect to keep it long since two of the top pros in the state have just joined the club and I will be playing with them shortly. The top ten tags change quickly but as of this writing, the top five are myself, Wes McNeil - 2, Zack Podhorzer - 3, Mike Caldwell - 4 and Tyler Teed - 5. We have some very strong golfers this season and it will not be long until their names are posted. Stay tuned.

We invite anyone to come and join in. The pro shop has the largest selection of discs and supplies in possibly all Vermont. Rentals are available as well if needed. Feel free to call us if you have any question. 802-775-0166.



## Rules of the Game

By Alan Jeffery

USGTF Certified Golf Professional  
Green Mountain National Golf Course

QUESTION: Carol and Dale are playing in a tournament. On the 16th hole, Carol strokes her second shot into the greenside bunker. As she approaches the bunker, she inadvertently kicks a pine cone into the bunker and it lands near her ball. The position of the pine cone does not interfere with her swing or stance. She removes the pine cone. Dale says she is not allowed to remove the pine cone from the bunker. Is Dale correct?

ANSWER: A pine cone is a loose impediment (natural object). A loose impediment may not be removed from a bunker if the ball and loose impediment lie in the same bunker. Carol incurs a loss of hole in match play or a two-stroke penalty in medal play. Dale is correct. See USGA Decisions on The Rules of Golf, 2010-2011, and 13-4/14.

Golf clinics continue on Tuesday afternoons, 5:30-6:30 and Saturday mornings, 10:30-12:00. Although in a group, I work on individual needs. Of course, private lessons are also available by calling me at GMNGC, 422-GOLF. Remember, the swing's the thing and continuous improvement is what it's all about.

## News From Green Mountain National G.C.

by Spider McGonagle

In Twilight League news, O'Keefe & Keefe led the pack as Sean and Guy brought their team to victory at a strong -3 despite drizzly conditions. Jim Blackman and Jeremy "Creeper" Rayner fought hard but had to settle for second, 2 strokes behind at -1. Remember, beginners are always ENCOURAGED to participate in our fun and social Twilight League and we have some great prizes donated by our generous local merchants. We hope you'll give us a call on Thursday mornings to sign-up.

The 2011 President's Cup for Men & Women will start in late June and we hope that everyone will get involved in our full-handicap, match-play championship. Ken "The Machine" Lee will be looking to defend his title on the Men's Bracket and Nina Tasi will challenge the women as she looks to repeat as Champion! The President's Cup is open to all GMNGC members who have a valid and current GHIN handicap and the deadline for registration is Thursday, June 23.

We are proud to host the Women's Tri-State Championship on June 22 & 23. The best women golfers from Vermont, New Hampshire and Maine will challenge Green Mountain National and each other as they compete for this year's bragging rights.

The American Junior Golf Association will also be back in July for the 2nd Annual Killington Junior Golf Championship. The best junior golfers in the world will be back on one of their "new" favorite venues. We need your help and will be looking for volunteers to make sure the event runs as smoothly as last year, just give us a call in the shop to sign-up! If you have any questions, please give us a call at 422-GOLF.



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# Art & Entertainment

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Sabby's

Eve-Aaron Audet  
Eve-McMurphy's  
HH-Brad Morgan

### SATURDAY, JUNE 11

McGrath's Irish Pub

Eve-McMurphy's

### TUESDAY, JUNE 14

Ramunto's B'Water

Eve-Open Mic

## MUSIC

**June 10** - Rutland. Jazz & blues with Paul Geremia at Brick Box at Paramount Theatre. 7:30pm. 775-0903 for info & tickets.

**June 14** - Castleton. 16th Annual Castleton Concerts on the Green. Tuesdays, rain or shine, 7pm sharp, on the Green next to Federated Church. This week: T.S. Ensemble. Rain site, CSC Fine Arts Ctr.

**June 15** - Rutland. Singer/songwriter Sully Erna of rock band Godsmack appears at Paramount Theatre, 8pm. 775-0903 for tickets.

### Ongoing:

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

## SPORT/LEISURE

**Now** - Rutland. Rutland Rec & Parks Dept offers Outdoor Expeditions Camp. Hike & bike Pine Hill. Camp Green Mtn Nat. Forest. Hike LT. 1st week begins June 27. 773-1822 x19 or rutlandrec.com to register.

**June 10-12** - Killington Section GMC event: Green Mtn Club Annual Meeting in Plymouth. Hosted by Ottauquechee Section at Camp Plymouth State Park with activities, meals & hikes planned. greenmountainclub.org for info.

**June 11** - Rutland. 4th Annual Gayle Sheldon Memorial Ride. Register 9am at VT State Fairgrounds. Pig roast follows ride. Music, barrel racing, monster truck rides, more. Early register, 773-8650.

**June 11** - Statewide. Free fishing at all State Parks, no license required. 6am-8pm. Resident or non-resident. Part of Vermont Days - free admission to all state parks & historic sites. 241-3720 for info.

**June 11** - N. Clarendon. Learn the basics of round pen training from desensitizing to "hide your hinny" - Round Pen Basics Clinic at Spring Hill Ranch, 11-3. 770-0914 for info.

**June 12** - Rutland. 35th annual Crowley Brothers Memorial, Vermont State Championship. Activities begin 8am - half marathon, 10K relay, 5K race and 5K walk, 5K Corporate Challenge Walk, Kids' Downtown Mile Run. June 10, Crowley Brothers' annual Sport and Fitness Expo, 10-4, Rutland Middle School's Keefe Gym.

**June 14** - Rutland. 1st of Rutland Rec & Parks Dept's Sunset Running Series at Giorgetti Park. Measured & timed 5K runs all on trails. Run, walk, or volunteer at all three, get free T-shirt. 773-1822 ext. 13.

**June 20** - Rutland. Join Matt Soroka Mons. & Weds. starting June 20 for Triathlon Training. Veterans & first timers. Meet at Whites Pool, 7-8pm. Fee for pool use. Rutland Rec & Park Dept, 773-1822.

**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 10, WUHS Graduation. June 13, SES K & 6th Grade Graduation, 9am. June 14, WUMS Step Up Day. June 15, 3rd & 4th grade play, 10:15am; last day of classes - noon dismissal.

**June 9-10** - Rutland. Rocky Horror Show at Merchants Hall, 8pm & midnight shows. June 14-18 also. \$18 advance, \$20/ door. 855-8081.

**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 10** - Rutland. ArtHop Rutland. Art galleries and shops stay open 5-8pm. Exhibits & activities at area businesses. 775-0356 for details.

**June 11** - Stockbridge. Stockbridge Community Rummage and Yard Sale at Stockbridge Central School, 9am-3pm. Benefits Wolf Scout Den, Pack 202.

**June 11** - Hubbardton. Fly a kite at Hubbardton Battlefield State Historic Site, 1-4pm. Learn how to make a simple kite or bring your own to fly. 759-2412.

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**Father's Day Weekend**  
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**June 11** - Woodstock. Woodstock's Alumni Day Parade, 2pm, around the green.

**June 11-12** - Statewide. Vermont Days - free admission to all state parks & state-owned historic sites.

**June 12** - Orwell. Learn to identify plants & trees, and learn about medical uses on nature walk, 1-3pm, Mt. Independence State Historic Site. Wear sturdy shoes, dress for weather. Bring ID Book & lenses if avail. 948-2000.

**June 13 & 14** - Rutland. Family Summer "Big Flicks" Film Series at Paramount Theatre. "The Films You WANT to See." Mon. & Tues. nights, 7pm. \$6 & \$6. June 13, Titanic. June 14, Tootsie.

**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.

**June 15** - Rochester. Farm Fling Farmer's Market at Rochester School, 3-5pm. Rent a table for \$5, 767-4632 x3140.

**June 15** - Rutland. Benefit Dinner for RCHS at Three Tomatoes Trattoria. \$1 per entree ordered donated. 5-9pm. 483-9171.

**June 16** - Castleton. Castleton Community Center offers workshop on How to Shop on a Budget, 1-3pm. Food shopping & home-good shopping topics. \$2, register by June 14, 468-3093.

**July 4** - Plymouth. Celebrate 250 Years of Plymouth History with Historical Society at Old School House, Coolidge Historic Site. 10-3. Oral histories, artifacts, old photos, books, displays, souvenirs, more.

**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.** - Fair Haven. FH Farmers Market opens June 10! 3-6pm, FH Park, rain or shine. Opening day fundraiser for Eastern Stars & Rainbow Girls.

**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. 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 daily 8:30am-5:30pm. 483-9414 for info.

**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. June 9, exhibit "Through the Lens of Slate: Students Artwork Using Slate Printing Press" opens. School Band performs 6:30pm, celebration after. 518-642-1417 for info.

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

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

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

**William Feick Arts Center, Green Mtn College, 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

### What to put something for our community calendar?

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

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



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# DiningGuide

**CASA BELLA INN & RESTAURANT** 746-8943  
Route 100, in the village of Pittsfield, VT  
Serving authentic Northern Italian cuisine, complemented by a fine selection of wines. Delicious homemade desserts and daily specials. AMEX, VISA, MC

**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  
Our deli offers fresh meats and cheese for a variety of sandwiches, served on locally baked bread. Daily lunch hot specials, fresh salads, homemade soups and in-house baked goodies. Dinner take-out entrees. Extensive selection of wine, beer/microbrews. Vermont specialty food products, maple syrup. The only full service grocery store on the mountain.

**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  
Killington Road, Killington  
Family dining offering steaks, burgers, pasta and more. With over 20 TVs, pool table, arcade games - Moguls is your place for a good time. An affordable menu featuring our world famous Barbecue Ribs. Free Shuttle, Take out. Open daily 3PM-2AM.

## Dining at a glance

	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
<b>Casa Bella Inn &amp; Rest.</b>	.	.							.					.		
<b>Choices Rest. &amp; Rotisserie</b>	.	.	.	.	.	.			.	.				.	.	
<b>Gracie's Grille</b>			.						.					.		
<b>Grist Mill</b>			.	.		.			.					.		
<b>Killington Market</b>	.	.	.		.			.	.	.				.		
<b>Lakehouse Pub &amp; Grille</b>	.	.	.	.	.	.		.	.	.	.	.	.	.	.	.
<b>McGrath's Irish Pub</b>			.	.		.		.	.	.				.	.	
<b>Moguls Sports Pub</b>	.	.						.	.		.			.	.	
<b>Mountain Top Inn &amp; Resort</b>			.			.		.	.	.				.	.	
<b>Ramunto's</b>	.	.				.		.	.	.				.	.	
<b>Red Clover Inn</b>	.	.	.	.		.			.					.	.	
<b>Seward Family Restaurant</b>	.	.						.	.	.				.		
<b>Sugar &amp; Spice</b>			.					.	.					.		
<b>Vermont Inn</b>			.	.		.			.					.		

**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.mountaintoppinn.com](http://www.mountaintoppinn.com). MC, VISA, AMEX

**RAMUNTO'S BRICK & BREW PIZZA** 672-1120  
Route 4, Bridgewater  
Real New York pizza, salads, sandwiches, featuring chicken ranch pizza and garlic knots. 20 draft beers, outdoor deck dining, 3 flat screen TVs. MC, Visa, AMEX, DISC

**RED CLOVER INN** 775-2290  
Woodward Rd., Mendon  
American Cuisine with a European Flair. Extensive wine list. Charming surroundings. Open for fine dining or tavern fare. AMEX, MC, VISA, DISC



**SEWARD FAMILY RESTAURANT** 773-2738  
224 N. Main St. (Rt. 7), Rutland  
VT home-cooking at affordable prices. Breakfast, Lunch & Dinner, daily specials. Steaks, chicken, seafood, wonderful burgers, sandwiches, even "Heart Healthy" menu items, salad bar, and children's menu. Our own ice cream- 39 flavors! Large parties welcome. Our dairy-gift store has Vt. foods & lots of gifts. MC, VISA, DISC.

**SUGAR AND SPICE RESTAURANT** 773-7832  
Route 4, Mendon  
Serving breakfast and lunch seven days a week. Specialties run from pancakes & French toast with real maple syrup processed on premises, soups, sandwiches, burgers. Working sugar house. Gift shop featuring Vermont products. Homemade candy and ice cream. MC, VISA

**THE VERMONT INN** 775-0708  
Route 4, Killington  
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.

The Red Clover Inn  
Restaurant & Tavern

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

Monday Nights at The Red Clover Inn  
Chef Dennis will be offering a delicious \$35 tasting menu.

Special BBQ Dinner to Kick Off the Summer!  
Our monthly wine dinner events continue on, but we are taking a slightly different turn for June!  
This Friday, June 10th at 5:30pm Chef Dennis will be preparing a five course BBQ dinner with five different Vermont beer pairings. \$35 per person (plus tax & gratuity). Please Call for reservations.

Live Music by Ryan McCreary @ 5:30pm

54 Red Clover Lane, Mendon, Vermont  
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\$15 Maine Lobster Dinner

Fridays  
**25¢ WINGS**

Friday - Live Music  
**Aaron Audet**





## T.S. Ensemble Perform a "Rockin" Return at Castleton

Take a great sound, smooth vocals, and seasoned professional musicians, and what you come up with is a first class concert, this Tuesday, June 14th. New York based, T.S. Ensemble will deliver this and more, on the Castleton green, starting at 7:00 pm.

T.S. Ensemble is an eight-piece group consisting of male and female vocalists, trumpet, flugelhorn, saxophone, trombone, electronic keyboard/synthesizers, guitar, bass, and percussion. Their performances create an atmosphere that is energized and upbeat and they have been thrilling music lovers for over 25 years.

T.S. Ensemble is: Led by Al Santoro, drummer and vocals. Terry Haddad, vocals. John Snyder, guitar. Dave Grant, bass guitar and vocals. John Profeta, keyboard, drums and vocals. Ken Parmele, tenor and alto saxophone. Tino Santoro, trumpet, flugelhorn, vocals. Chad Lenig, drums, percussion and trombone.

The results of all these talented musicians joining together to create a great sound is -- T.S. Ensemble. They invented the word "entertainment" and you will definitely get your money's worth as you enjoy a fun packed evening. They strut their stuff this Tuesday, June 14th, on the Castleton green @ 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 Fire Arts Center at Castleton State College.

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

## Women's Chorus Seeks Singers

The Feminine Tone women's chorus has openings for the fall season. All voice ranges are needed. Rehearsals will be held on Wednesday evenings, beginning September 7th, in Springfield, Vermont. Singers must be available for the concert dates of December 17th and 18th. For more information, or if interested in auditioning, contact director Maricel Lucero at (802) 885-1590.

## Celebrate History and the Outdoors on Vermont Days

Vermonters and visitors can enjoy a free sample of Vermont's fishing, state parks, cultural and historic resources during the annual Vermont Days weekend celebration June 11-12.

Vermont State Park day areas, state-owned historic sites, and the Vermont History Museum will be open at no charge all weekend. Saturday, June 11 is free fishing day – the one day of the year when residents and non-residents may go fishing without a license.

At the Mount Independence State Historic Site in Orwell:

-Saturday, June 11, 1 p.m. Vermont History Through Popular Song. Mezzo-soprano Linda Radtke offers a rousing tour of Vermont history, from colonial times to 2000, through popular tunes. Radtke has served as principal alto soloist for the Vermont Mozart Festival and is a member of Counterpoint, Robert DeCormier's professional vocal ensemble. Sponsored by the Vermont Humanities Council.

-Sunday, June 12, 1-3 p.m. Plant and Tree Walk. Clinical herbalist Julie Mitchell leads a nature walk, showing participants how to identify plants and trees. She will discuss their traditional and modern uses in medicine. Rain or shine. Wear sturdy shoes and dress for the weath-

er. Bring your identification books and hand lenses if you have them. Come with a spirit of adventure. Sponsored by the Mount Independence Coalition.

Mount Independence is six miles west of the intersections of VT Routes 22A and 73 near the end of Mount Independence Road. Call 802-948-2000 for information.

At the Hubbardton Battlefield State Historic Site in Hubbardton:

-Saturday, June 11, 1-4 p.m. Go Fly a Kite! Learn how to make a simple kite or bring your own to fly over the battlefield. Enjoy our freedoms! Inside activities if weather is inclement.

The Hubbardton Battlefield is on Monument Hill Road, six miles east of Vermont Route 30 in Hubbardton or six miles north of exit 5 on US Route 4 in Castleton. Call 802-273-2282 for information.

-A "Let's Go Fishing" clinic, scheduled for 10 a.m.-1 p.m. at Lake St. Catherine State Park in Poultney, the clinic is a great introduction into fishing. Gear and instruction will be supplied, free of charge. Contact Joel.Flewelling@state.vt.us for additional information.

Also enjoy horse-drawn wagon rides the President Calvin Coolidge State Historic Site in Plymouth Notch.

## "The Blood in This Town" Selected For Film Forum

"The Blood in This Town," the documentary chronicling Rutland's record-setting Gift-of-Life Marathon and efforts to revitalize the gritty Vermont city, has been chosen as an Official Selection of the Lake Placid Film Forum, one of the nation's top 25 film festivals.

The film will be screened Sunday, June 19, at noon. It will be followed by a community-building forum with activists and business leaders from Rutland and Lake Placid, led by Art Jones, the film's director and president of Great Jones Productions in New York City.

"The Blood in this Town' chronicles Rutland's drive to revitalize during America's deep economic crisis, using the city's remarkable Gift-of-Life blood drive to explore how an ailing rust-belt town can rebuild from the grassroots up," Jones said. "Rutland's act of giving blood in record-breaking numbers becomes a powerful symbol of renewal and social change that radiates throughout the community."

"The blood drive, the largest per-capita in the United States, produces a glimmer of hope, a realization that folks here can dream big and can overcome long odds," Jones said.

The post-film "community-building" forum – part of the film's larger Outreach Program – will feature Rutland grassroots leaders Paul Gallo (Rutland Creative Economy), Michael Smith (Pine Hill Park), Steve Costello (Central Vermont Public Service & Coach for the Gift-of-Life Marathon), director Art Jones – and local advocates Kate Fish (Lake Placid Green Team & Executive Director, Adirondack North Country Association) and Gail Brill (Adirondack Green Circle) providing insight on sustainability and revitalization in the Lake Placid community.

## Handbell Concert

Come and celebrate the summer solstice with The Bells of Joy Handbell choir. Their 28th annual Summer Concert starts at 7:30 P.M. on Tuesday, June 21, 2011 at the United Methodist Church, 71 Williams Street in Rutland.

The 12 ringers, under the direction of Karen James, will play a delightful range of music on 5 octaves of Handbells and 3 octaves of Handchimes. Ringer Bobbie Fillioe will play a wonderful arrangement of 'Shall we Gather at the River' for solo handbells, accompanied by Karen James on piano. Fiddle player Mary Barron will join the ringers for some of the traditional selections.

The Cold River Band musicians, Marcos Levy, guitar and vocals, and Mary Barron, fiddle, will also perform several Traditional Celtic tunes.

A free-will offering will be received. The United Methodist Church is now handicapped accessible. For more information phone 345-6759.

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**LOBSTER DINNER SPECIAL**

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**Wine Experiments**  
By Gerd Hirschmann  
Representative of the VT Wine Merchants Co.

## Austria

To the northeast of the Alps at about the same latitude as Burgundy lies the wine country of Austria. Hot summer days and cool nights create crisp, aromatic, and refreshing wines. The climate is equally influenced by a cold air stream coming from the north, a warm continental breeze coming in from the east and a moderating flow from the Mediterranean across the Alps.

The grapes range from indigenous varieties such as Grüner Veltliner, Zweigelt or Blaufränkisch to such internationally grown favorites as Riesling, Sauvignon Blanc, Chardonnay, or Pinot Noir.

All the wine producing regions lie in the east of the country, close to the Czech, Slovak, and Hungarian borders and most are centered around the capital Vienna (or 'Wien' in German - which makes for an interesting word play as 'wine' in German is 'Wein'). The largest is the 'Weinviertel' just north of Vienna across the River Danube. To the west are the small areas of Kamptal, Kremstal, and Wachau; all known for their quality wines. The steep, Rhine-like vineyards produce very pure, minerally Grüner Veltliners often intended for ageing.

To the south are lesser-known areas that don't necessarily produce lesser quality wines: Traisental, Donau-land (Danubeland), Neusiedler See, Burgenland, and Styria. Most vineyards are in the plains, where citrus and peach flavors are more apparent, with spicy notes of pepper and sometimes tobacco.

Most of the Austrian wines are dry white wines made from the ubiquitous 'Grüner Veltliner' grape, often abbreviated as 'GruVe' (sounds like 'groovy'). These wines have a very food friendly reputation, crisp light bodied white with nice acidity and minerality that can handle all kind of foods, particularly salads and vegetables that

are hard to match with other wines.

Grüner Veltliner production in Austria covers over 40,000 acres, and accounts for about one third of all vineyards in the country. The famously steep slopes of Wachau, Kremstal and Kamptal can barely retain any soil, which provides ideal drainage to make the vines work hard to produce long roots thus extracting all kinds of flavors. The results are very pure, minerally focused wines, that can compete with some of the great wines of the world. In blind tastings organized by the Austrian Wine Marketing Board, Grüner Veltliners have beaten world-class Chardonnays from the France and California, and the Rieslings rival those from the Germany, though they are generally much drier in style.

About a third of Austria wine production is red, predominantly made with the 'Blaufränkisch' grape (also known as Lemberger), Pinot Noir, and the other indigenous grape 'Zweigelt'. Blaufränkisch wines have commonly aromas of dark ripe cherries and dark berries, are spicy, have medium tannin levels and sometimes very good acidity. Young wines are deeply fruity and become more velvety, supple and complex with age. Almost all exhibit a pronounced spicy character, often not all that unlike to Zinfandel.

Zweigelt is a cross of Blaufränkisch and St. Laurent created by an Austrian biologist with the same name. The wines are often uncomplicated and linear with a medium to full body with hints of plum, firm, hearty, and sometimes wonderful fruit essences.

## Help For People Living With Constant Pain

Living with chronic pain is no easy task. But there are real strategies to coping with chronic pain that can give you a degree of control so that you can overcome the stress and put you back in command of your life.

The Community Education Program at Rutland Regional Medical Center is sponsoring the Chronic Pain Self Management Workshop that will focus on improving your problem solving and coping skills. Learn to work with healthcare providers to maximize your ability to manage chronic pain.

Come to the Chronic Pain Self Management Workshop at Rutland Regional on June 16, 23, 30, July 7, 14 and 21 from 5:30-8pm to see how these techniques can work for you. The workshops are designed to supplement your healthcare. They are not designed to replace it.

Registration is required and class size is limited to 20 people. Please call 802-747-2400 to register. A light supper will be provided.



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## FREE Event at VT Welcome Center

The Fair Haven Welcome Center is hosting their Fifth Annual Outdoor Event on June 25 from 10:00-3:00 (Route 4, Exit 1). The Welcome Center staff, which is dedicated to promoting all Vermont businesses, has set aside this day to invite any and all Vermont businesses to set up tables/booths/tents outside on their grounds for the purpose of promoting their businesses.

They will not be selling...they are just interested in giving you the opportunity to learn the rest of what you didn't know existed in Vermont. There will be dozens and dozens of attended booths displaying what the different businesses have to offer.

You will have the pleasure of experiencing displays from many, many Vermont businesses such as Bromley Adventure Park with their Tambourine Thing and bungees, Ben & Jerry's, ECHO Lake Aquarium, Dakin Farm, VINS, The Chocolatorium, VT Country Store, Magic Hat Brewery, VT Historic Sites, several Historical Societies, VT Fish & Wildlife, VT Festival of the Arts, the VT Wood Manufacturers Assn., Hathaway Farms,, several maple sugar producers (taste lots of yummys!)

Many more talented artisans, chocolatiers and cheese producers, as well as live animals including the Morgan Horse and alpacas. See Marvin's Carvins create right before your eyes. Lots and lots of free samples, free raffles and goodies available! It is just a great family day.

The American Legion Post #49 and the Castleton Fire Department will kick off the event with ceremony at precisely 10:00 a.m.

So come on out to the Fair Haven Welcome Center on Saturday, June 25.

Grab a hot dog from the Fair Haven Rotary Club, enjoy the festivities and the music, and let us remind you once again just how much there is to do in our fine State. We promise we won't disappoint you. Of course, there's no charge. Bring family and friends!

If you need additional information, call us at 802-265-4763 or 802-265-2210, or email us at fw.center@state.vt.us or at cindy.roberts@state.vt.us.

## VINS Summer Hours

The Vermont Institute of Natural Science (VINS) is welcoming the summer season by extending open hours at the VINS Nature Center and offering new daily programs. Beginning June 17, VINS Nature Center will be open to the public from 10:00 a.m. to 5:30 p.m. During these hours, the public will have access to all of VINS' exciting exhibits, including raptor enclosures with more than 20 species of eagles, hawks, falcons and owls; The Crawl Space, which features an array of native and exotic arthropods; The Nature Nook, which features native wetland species; Rehab-in-Action, which offers a behind-the-scenes look at avian rehabilitation; a song bird aviary; and nature trails traversing several acres of wildlife habitat on the Nature Center campus.

Daily live bird programs led by VINS' knowledgeable environmental educators will be offered to the public at 11:00 a.m., 1:30 p.m. and 3:30 p.m. All live bird programs are designed for families, adults and children of all ages.

VINS will maintain its spring schedule through June 16, with the Nature Center open to the public seven days a week from 10:00 a.m. to 5:00 p.m. and live bird programs at 11:00 a.m. and 2:00 p.m. All exhibits, trails and daily live bird programs are included in the price of admission at VINS Nature Center. For more information about VINS Nature Center's programs, activities and events, call 802-359-5000.



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# Health & Fitness

## Rethinking Pizza as a Healthy Food Choice

by Dianne Lamb

UVM Extension Nutrition and Food Specialist

Who doesn't love pizza? What's commonly considered fast food for college kids, and an integral part of their diet, can be a healthful meal for children and adults of all ages. How good it is for you depends on the choices you make.

You can purchase ready-made pizza from the local pizza shop or buy frozen pizza at the supermarket to pop in the oven for a quick meal. Or look for pizza shells in the frozen food, bakery or bread section and just add pizza sauce and toppings.

Read the Nutrition Facts label on the pizza before you purchase. Pay attention to the amount and type of fat. Remember that cheese and meat toppings can add a lot of fat.

Check serving size. It's probably one slice. How many slices of that particular pizza do you usually eat? If your favorite pizza has 15 grams of fat per serving and a serving is one slice and you eat three slices you have just consumed 45 grams of fat.

Ask pizzerias and fast food restaurants for nutrition information, so you can check the calories and fat (and other nutrients). Many chain restaurants list the nutritional value of their foods on their web sites.

A healthier alternative is to make your own pizza from scratch. It's easy to do and a great way to get kids and teens involved in food preparation. When it comes to flavor combinations for toppings, sauces and crusts, you are only limited by your imagination.

A crust made from refined, enriched flour provides vitamin B, thiamine, riboflavin, niacin and iron. Choose

a whole wheat crust, and you add a chewy taste to your pizza and increased dietary fiber.

It's what goes on the crust that can tip the scales. When you add sauce and toppings, you increase both calories and nutrients. Making sauces with a limited amount of oil is a good start. Although cheese is a good source of protein, vitamin A, riboflavin and calcium, it's high in calories and fat, so keep high-fat cheese to a minimum or sprinkle the crust lightly with part-skim mozzarella or low-fat soy cheese instead.

Standard meat toppings including pepperoni, sausage, ground beef and ham add calories and fat along with protein and nutrients. Consider alternatives, such as lean poultry, shellfish or beans. Adding fresh vegetables to your pizza provides color and texture as well as fiber. Try cauliflower, broccoli, eggplant, roasted bell pepper strips, onions or mushrooms.

Give pizza a Tuscan taste by topping it with diced, cooked white-meat chicken, finely chopped green onions and roasted red peppers. Sprinkle on a small amount of grated Parmesan or part-skim mozzarella cheese. For a Mexican pizza spread the crust with a spicy tomato sauce or chunky salsa and top with kidney, black or pinto beans, grated low-fat Monterrey Jack cheese and chopped oregano or cilantro.

Remember, pizza can be healthy and low-fat. It's the type and the amount of high fat toppings that you add that makes the difference.

## HEALTH CALENDAR

**June** - American Red Cross Blood Drives: June 9, Brandon Fire Station, noon-5:30pm. 1-800-RED CROSS to make appt.

**June 9** - Castleton. RAVNAH Blood Pressure & Foot Care clinic: Castleton Meadows 12:30pm. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

**June 10** - Rupert. RAVNAH Blood Pressure & Foot Care clinic: Fire House 11am. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

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

**June 15** - Dorset. APPOINTMENT ONLY RAVNAH Blood Pressure & Foot Care clinic: Dorset Nursing 9:30am. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

**Mons.** - Rutland. Look Good...Feel Better program. Free. Female cancer patients learn beauty techniques; 1pm, 1st Mon. of e/o month, 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.

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

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

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

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

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

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

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

**Rutland - AI 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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# Local News

## Town of Killington Select Board Meeting Highlights

by Kathleen Ramsay, Town Manager

Monday, June 6, 2011 - Citizens Petition Received. A citizens' petition calling for the reconsideration of the articles on Australian balloting approved by the May 9, 2011 Special Town Meeting was received by the Board. The Board approved the warning for a Special Town Meeting to reconsider the articles pertaining to the voting of budgets, public questions and elected officers by Australian balloting on August 1, 2011 at 6 p.m., pending confirmation of the availability of the gym at the Sherburne (soon to be Killington) Elementary School. These articles will be voted on the floor of Town Meeting, not by Australian balloting, so voters must be present at the meeting to vote.

Economic Development & Tourism Department Update. Director Seth Webb updated the Board on upcoming events and reviewed the preliminary results of the Killington Stage Race. Seth also presented the new logo for the Town after outlining the process for developing the logo in detail. Banners with the new logo will be hung along the Route 4/Route 100/Killington Road Gateway during the week of June 20.

Economic Development & Tourism Department Organizational Policy. The Board reviewed a draft of the revised organizational policy for the EDT, and reduced the number of members on the EDT Commission specified in the policy from seven to four. The draft policy is available on the Town's web site and the Board will advertise for applications from candidates to serve on the Commission.

General Fund Budget Report. Overall, the General Fund budget is on track as of May 31, 2011, 5 months through the budget year. As expected, given the amount of snow and the number of storms this winter, expenses for highway wages are greater than last year at this time. Factors offsetting this higher wage expense include an increase in the amount budgeted for highway wages over last year's actual results and savings to be realized as a result of bidding out audit and mowing services. On the revenue side, local option tax receipts are \$58,000 more than budgeted for the two of the four quarterly payments received so far this year. And, the State budget includes funding for state aid for highways and Payments in Lieu of Taxes on state lands at levels similar to last year, which will result in the receipt of approximately \$20,000 more

in state revenue than budgeted for 2011. Other receipts are tracking on target.

Golf Budget Report. While golf revenue as of May 31 is less than last year on May 31, Green Mountain National Golf Course General Manager David Soucy is cautiously optimistic that revenue from new tournaments and group play will bridge the gap caused by the late start to the season and membership sales.

Kathleen Ramsay also noted that this year's golf spending plan calls for \$20,000 less in expenditures for operations and \$45,000 less for capital expenses.

Water System Feasibility Study. The Board reviewed consulting hydrogeologist Jeff Hoffer's draft preliminary findings on the groundwater availability study, conducted under Phase I of the Water System Feasibility Study, the needs assessment. The Town will develop a section of its website for posting Water System feasibility study information including the preliminary findings. To determine the level of interest in development of a water system, a survey questionnaire will be sent out to potential users in July, with a public information meeting on the study to be held in late July or early August.

Phase I of the two phase study, the needs assessment, includes: definition of the study area; distribution, collection, analysis and summary of the potential user survey questionnaire; evaluation of source alternatives; preparation of conceptual layout and preliminary user cost estimates; a public input meeting; and a report on Phase I. The study will advance to Phase II of the study, technical assessment, only if the project is deemed feasible in Phase I.

Policy on Employee Discounts Approved. The Board approved a policy on employee discounts providing general guidelines for businesses offering discounts and employees accepting discounts offered by businesses.

These Highlights are based on my observations of Select Board meetings. The Select Board Highlights are intended to be a short summary of Select Board meetings to help communicate matters pending before the Select Board in a timely way. The Select Board Highlights are not comprehensive minutes, and are not reviewed or endorsed by the Board before they are distributed. Highlights are available via e-newsletter as well: sign-up on the Town's website, [www.killingtontown.com](http://www.killingtontown.com).

## Pack the Paramount Food Drive June 17, 18

As local food shelves feel the pinch more and more every day, organizers of the Pack the Paramount Food Drive are working to counter record demand by setting a 20,000-item goal.

"The need is great, but the greater Rutland community has shown repeatedly that it can do great things

when it sets its collective mind to something," said CVPS spokesman Steve Costello, one of the organizers. "As we've done with the Gift-of-Life Marathon, we've set an ambitious goal in hopes of inspiring the community to turn out."

This year's food drive will run from 6 a.m. to 7 p.m. on Friday, June 17, and 6 a.m. to 1 p.m. on Saturday, June 18. Donors can bring non-perishable food items to the Paramount Theatre on Center Street in Rutland. The objective is to fill every seat with a box or bag of food, demonstrating the hundreds of families who need assistance in the Rutland area. The food will go to BROCC, the Rutland Community Cupboard and the Salvation Army.

Central Vermont Public Service, Catamount Radio, the Paramount Theatre and Omya are teaming up to organize the event, which will be broadcast live on various Catamount Radio stations from end to end. WJJR will be broadcasting Friday from 6 a.m. to 7 p.m., and Saturday from 9 a.m. to 1 p.m., and 94.5 The Drive will be broadcasting Friday 7 to 10 a.m.

Event planners are encouraging stu-



The Paramount Theatre seats in Rutland were "jam-packed" after the March 2010 Pack the Paramount food drive.

dent groups, classes, clubs and teams from the Rutland area to use their teamwork to gather up food items for donation. A friendly student-group competition has been created, and CVPS will donate \$500 to the school group that brings in the most items.

All types of non-perishable food are appreciated, but certain items are in great demand. Peanut butter, jelly, canned tuna, pasta, pasta sauce, hearty soups, macaroni and cheese, cereal, coffee and tea, instant potatoes, rice and bottled juice are most popular. Other items, including baby food, toilet tissue, paper towels, hygiene products and large-size items for families, are not as frequently donated, but greatly needed. Cash donations, which will be used to purchase food for the participating food shelves, will also be accepted.

"The Paramount belongs to the people of this community," Executive Director Bruce Bouchard said. "I can't think of a better use for the building than Pack the Paramount or the Gift-of-Life Marathon."

## Fortis to Acquire CVPS

Fortis Inc. ("Fortis") (TSX - FTS) and Central Vermont Public Service ("CVPS") (NYSE - CV) announced today that they have entered into a definitive agreement for the acquisition by Fortis of all of the outstanding common shares of CVPS for an aggregate purchase price of approximately \$700 million (U.S.), including the assumption of approximately \$230 million (U.S.) of debt. The all-cash transaction will provide CVPS shareholders \$35.10 per share, a 44 percent premium over the CVPS common share closing price of \$24.32 on Friday, May 27.

"CVPS is a well-run utility whose operations and operating philosophy are very similar to those of our Canadian regulated utilities," said Stan Marshall, President and Chief Executive Officer, Fortis Inc. "The commitment of CVPS to customers, as evidenced by the company's stellar customer service record, is very much aligned with the operating philosophy of Fortis - to provide our customers with safe, reliable service in the most cost-efficient and environmentally responsible manner possible," he explained.

"At Fortis, we believe that to serve customers well, our operating companies need to stay close to our customers," said Marshall. "CVPS will remain autonomous in the Fortis model, with its own board of directors and its own local management team. CVPS will remain headquartered in Rutland with Larry Reilly as President and CEO," he said. "There are no job losses anticipated with this transaction."

"Fortis and CVPS share a deep commitment to the environment, our work-

ers and the people and places that host our businesses," Reilly said. "While the share offer price by Fortis was a critical consideration by the CVPS Board, the fact that CVPS would essentially be preserved as a stand-alone autonomous company within the Fortis Group was also an important consideration for the CVPS Board."

"Fortis brings financial strength to CVPS, giving us strong access to capital markets not available to smaller utilities," Reilly said. "And we look forward to sharing best practices with the other operating companies of Fortis, with the goal of finding new ways to reduce costs and improve service to our customers."

The acquisition is expected to be accretive to earnings per common share of Fortis in the first full year of ownership.

Under the agreement, CVPS customers and employees will receive the following direct benefits:

Approximately \$21 million will be provided by Fortis for the benefit of CVPS customers, in a manner to be determined through the regulatory approval process;

CVPS will continue to be managed from the company's headquarters and maintain its substantial civic presence in Rutland and across Vermont; and

CVPS and its customers will benefit from the sharing of best practices among the Fortis Group of Companies in the areas of safety, reliability, efficiency and customer service.

The transaction is subject to the approval of CVPS shareholders, state and U.S. federal regulators and other customary conditions, and is expected to be completed in approximately six to 12 months.

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# MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

## Inn of Six Mountains Being Sold; Charity's Wants Outside Bar Permit

At the May 25 meeting of the Town of Killington Planning Commission and under New Business, Jenna Calvi, Green Infrastructure Coordinator for the State of Vermont Storm Water Division, gave a presentation explaining what Low Impact Development (LID) is and gave an overview of some of the most popular types of Best Management Practices being used on various projects. Ed Bove from the Rutland Regional Planning Commission explained that the RRPC was given a grant to study two towns in Rutland County, examine their By Laws and work with them to implement low impact development if possible. The towns of Brandon and Killington were selected for this study and this is the first of two meetings on this topic. Tonight's presentation was to introduce the concept of Low Impact Development and Mr. Bove asked that for the next meeting the Commission think about areas in the By Laws where LID language can be incorporated.

Under Citizen's Input, Steve Selbo advised that he would be meeting with the Rutland Regional Planning Commission on the next day.

Under Correspondence, a notice of Water/Wastewater Permit application for replacement of the Killington Peak Lodge was received. An Outside Consumption Permit for Charity's was received. A Draft Indirect Discharge Permit to renew the Skyship Inn Permit was received. A notice of Water/Wastewater Permit application for Sarah Bridges to subdivide land on River Road was received.

In the Planner's Report, Dick Horner advised that the next meetings would be on June 8 and July 13, 2011.

Dick advised that Mountain Green Resort is going forward with its plans to build a potable water building and have submitted an application to renew the 400 Acre PUD which is currently inactive. The Public Hearing on this application will be warned for June 8.

The second Low Impact Development meeting with the Rutland Regional Planning Commission will take place during the July 13 meeting.

Dick then distributed the Findings of Fact for the application by Sunrise Homeowners Association, Sunrise Condominium Owners Association and Vis-

tas Developers LLC to extend the Sunrise Planned Unit Development Approval for four years. Commissioner Barbash moved to approve the Findings of Fact as written, Linnemayr seconded the motion, with all voting in favor.

Scott Giguere is expanding the area and duration of Charity's Outside Consumption Permit, which the Board of Selectmen approved on May 23. He would like to add a gazebo and horseshoe pits to the area covered by this permit and requested that Dick Horner be allowed to handle this administratively. The Commission expressed concern over the hours of operation and lack of physical definition to the permitted areas, for instance, fencing. Selectman Haff noted that the Board of Selectmen approved the Outside Consumption Permit contingent upon Planning Commission approval. Dick advised that the Planning Commission has no authority over Outside Consumption Permits and noted that the only reason the Commission is involved is for the gazebo. The Commission did not have an issue with the gazebo per se, however they had many questions and asked that Dick invite Scott to come to the next meeting. Commissioner Crompton moved to send the Outside Consumption Permit back to the Board of Selectmen, Commissioner Barbash seconded the motion which was approved. Dick noted that this was outside the Commission's authority. Commissioner Linnemayr also noted that this is not the proper way to handle this. After further discussion, Crompton withdrew his motion. Crompton then moved that Dick Horner not be authorized to handle approval of the gazebo administratively, Barbash seconded and all were in favor.

Next, Dick Horner advised that he met with the group that is in the process of purchasing the Inn at Six Mountains. They are looking to make some changes that will require Site Plan Review. Dick will provide more information as it becomes available.

Please do make plans to attend the Town of Killington 250th birthday celebration and Killington Fire and Rescue's Fireman's Picnic on July 4, 2011 at the Johnson Recreation Center on River Road in Killington. Among the events planned are a parade that starts at 10 am, a Silent Auction, swimming pool games including the famous belly flop contest, field games, the barbeque at a very reasonable cost features chicken, burgers, hot dogs, sausage, salads, watermelon and desserts, a DJ for great music all day and evening, and of course fireworks. Come one and come all, no charge to participate! Bring a chair or blanket to sit on for the whole day's festivities!

## Brandon Needs Volunteers & Singers

On June 18, Brandon will be the site of a multi-faceted event featuring Civil War re-enactors, an historic house tour, presentations in the Town Hall, and a 250th Birthday Bash. The event is being sponsored by the Stephen A Douglas Birthplace.

There are a few times / places we could use a few extra pair of hands. In return, volunteers will get a free ticket to the house tour and the historic presentations. AND volunteers will get the satisfaction of knowing they were part of an historic event. Volunteers can be anyone in the community.

### Tasks Needed:

– House Monitors. Help in a house on the house tour, between the hours of 11 am - 3 pm, 2 hour shifts. Volunteers will help with traffic control and keeping an eye on the host's belongings.

– Town Hall Gatekeeper For Presentations. Civil War author Howard Coffin and History Professor Kevin Thornton will each give a presentation in the Brandon Town Hall, at 2 pm and 3 pm. Two volunteers are needed to be at the door.

– Cake Cutters. At 5 pm, we will be serving Brandon birthday cake into 250 pieces, for a nominal fee per slice. Volunteers are needed to help with the serving and collecting money. Cake will be served in Central Park.

If you can help, call 802-247-6401.

Also, Gene Childers, Director of the Brandon Festival Singers, is seeking a few (actually quite a few) good voices to join with the Brandon Festival Singers as part

of the June 18 Celebration. At 4:00 pm, Gene hopes to conduct a chorus of at least 250 members who will present five patriotic songs accompanied by Brass, Organ and Percussion.

The selections are: "The Star Spangled Banner," "America," "God of Our Fathers," "America, the Beautiful," and the "Battle Hymn of the Republic."

If you can sing in tune, blend your voice with others and follow a conductor, you qualify to join the chorus! You will be singing the melody on all of these pieces; harmony will be provided by the orchestra.

There is a required rehearsal on June 8 from 7:00 to 9:00 pm and a second rehearsal on June 15 from 7:00 to 9:00 pm. If interested, please e-mail: Mary Cliver at mary\_cliver@yahoo.com or call 802-247-0180.

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## Making and Storing a Personal Property Inventory is a Snap

by Jon Curtis, Curtis Insurance Agency

[www.curtisinsuranceagency.net](http://www.curtisinsuranceagency.net)

If your home was destroyed in a fire or you suffered a theft could you construct a complete list of all your possessions from memory? Most people could not, but it's something you would need to do at the time you file a claim. Would the insurance company accept your word that you owned that 24 karat gold necklace from Barbados? They likely would if you had a picture of the necklace with some personal ID in the frame.

Ideally, you would make a complete list now, assign values, and store the list offsite so it would survive in the event of a fire. But most of us do not plan well for loss situations that may happen at some indeterminate date in the future. We put it off. We never do it. There is an intermediate step that takes far less time to implement and gives you the memory cues you need to produce an accurate list if it becomes necessary.

The rise of free photo hosting at web sites like Google's Picassa Web or Facebook makes cataloging your possessions easier than ever. Using your digital camera set to a reasonable 1MB resolution you can snap pictures of the rooms in your home, your closet full of clothes, your china cabinet, and jewelry laid out on your bed next to your driver's license. One picture is said to be worth a thousand words and in this case one or two pictures can provide an inventory of the major contents of an entire room.

Once you complete the photography of your home and high value items, open an account at one of the free photo hosting services on the internet and upload your photos. Typical sites let you keep 1GB of photos (that's 1000 1MB photos) stored in the internet's cloud servers for free indefinitely. Better yet, upload your photos to two different providers in case one of the sites goes bankrupt. Now you have the evidence to use in making your list safely stored offsite if something bad happens. The photos can also be used to help convince the insurance company that you actually owned the lost item(s).

Recovering from a loss is never fun but having a secure off-site photo inventory of your possessions goes a long way in the event of a claim.

### We welcome your Letters to Editor.

Please limit to 300 words or less.

Longer letters may be submitted  
for a per column inch charge.

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All letters are printed at the Editor's discretion.



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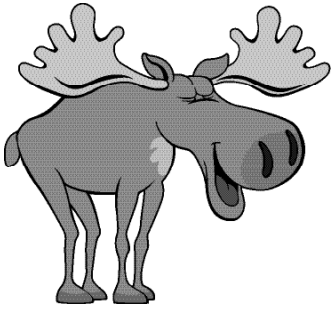


## George F. Wesson Memorial

The Celebration of Life for George Frye Wesson, Jr., 89, of Rutland, who died September 6, 2010 at the Pines at Rutland, will be held at 1PM on Sunday July 3rd, 2011 at the Snowshed Lodge in Killington. Please RSVP no later than June 12 by emailing royalchristiedinosaur@hotmail.com.

## Be Alert to Avoid Moose on the Highway

courtesy VT Fish & Wildlife Dept.



Drivers need to be alert and cautious because moose are on the move, according to the Vermont Fish & Wildlife Department. Moose are more likely to be crossing roadways at this time, especially after dark or early in the morning as they move

from wintering areas to spring feeding locations.

"A total of 155 moose were hit by motor vehicles on Vermont highways during 2010," said Col. David LeCours of the Vermont Fish & Wildlife Department. "We are asking drivers to be especially careful and for people to enjoy watching moose from a distance. They can be unpredictable and dangerous if you get too close and they feel cornered or get irritated."

Moose are a threat to motorists, but there are measures you can take to avoid hitting them, according to Fish & Wildlife:

- Always be aware of the danger -- moose cross the road randomly, as well as at their regular crossings.

- Increase your roadside awareness and reduce your speed when you see MOOSE CROSSING signs along the highway. When on secondary roads, the recommended speed is 40 mph or less in these moose crossing areas.

- Drive defensively and don't overdrive your headlights. Moose are more active at night and early morning, and they are difficult to see because of their dark color.

## Mendon/Chittenden/Pittsford/Brandon Notes

by Debbie Burke

### Chittenden Town Business

At the May 9 meeting of the Town of Chittenden Selectboard a report on the town's roads was presented. The cross ditch near Royal Churchill's on Stoney Hill needs cold patching. All of the dirt roads in town need grading, there is a need to remove signs at the "Y" near the main bridge on Chittenden Road. There is a need to check on the status of the chipper and calcium chloride. Selectman Bob Bearor will have road crew remove the signs, check on the chipper and he will speak with Junior to see if he called Carrara's as well about the calcium chloride.

Regarding the Transfer Station, John Parker stated that plastics need to be removed. Bob Bearor will call Hubbard's about removing the plastics. John Parker stated that the battery for the fork lift will need to be charged and will make sure that it is charged when needed. He has also repainted some of the dumpsters and will continue to work on this. Selectperson Donnaleen Farwell thanked John Parker for doing all of this. The Selectboard received a notice that the Agency of Natural Resources will be making a visit at some point to all transfer stations and the next SWAC meeting was scheduled for May 19 and signs were to be handed out.

Regarding the Grange Hall, Karen Webster and Bernie McGee stated that they told SVE what they exactly wanted for the parking lot at the Grange Hall. The proposal was not exactly what was asked of SVE. Bernie spoke to all those who bid on the park and ride and all felt that the blueprints and information from SVE was not adequate.

Bernie feels that with what funds the Grange Hall has should be used to complete at least the north side of the Grange Hall and hold off on the south side for now. Karen will be writing a letter to SVE stating that they will be paid once all the work has been completed.

Under New Business and Correspondence, Selectman Gary Congdon stated that part of the roof of the former St. Robert's Church is in need of repair. Bob will have Ray Forest assess the roof and what is needed to repair the roof. Bernie did state that the roof has a 20 year warranty.

Regarding the Fox Creek liquor license, the Selectboard did sign the renewal.

A letter of resignation was received from Newton Wetmore, as Cemetery Commissioner. The Selectboard will need to appoint someone to this position at a later date.

Regarding the maintenance of the Town Hall flowers, Roberta Janoski stated that those currently doing this are no longer able to continue and need to do something as it needs some TLC. Megan Robertson will look at the flowers and see what is needed, along with help from Donnaleen.

Messages from those attending this Selectboard meeting: Harley Soulia stated that there was a dispute over the weekend and all law enforcement was asked to leave. Tim Nolan just wanted all to know that he has been called back to active duty. Also, the Champlain Valley College course has been pushed back until this fall but the testing that is required of Harley and Tim was still scheduled for May 17. He will make sure that Harley has all the information and contacts regarding the course as Tim may be out of town.

### Roast Beef Benefit for Mt. Holly VFD

The Mt. Holly Volunteer Fire Department invites the community to enjoy a home-style roast beef supper on Saturday June 18th. The beef will be roasted to perfection and Mt. Holly Firefighters serving it with all the fixings and delicious home baked pies baked by the firemen's wives and Auxiliary members. The family style served dinner will begin at 5:00 p.m. at the Odd Fellows Hall in Belmont. The admission is \$10 for adults and \$5 for children 11 and under. For more info call 259-2314.

## National Safety Month brings summer risks

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

JUNE 2011

It's June, National Safety Month, which can also mean summer thunderstorms and the potential for heavy rain and flooding – which can bring electrical hazards.

Even minor flooding can create a serious risk of electrocution. To protect your family, discuss these tips with everyone in your household or business, including your children.

Water and electricity do not mix. If you get water in the basement or building, shut off power to all appliances **IF YOU CAN DO SO SAFELY.**

Never attempt to turn off your power, open circuit breakers, remove fuses or operate switches while standing in water. Don't take any of these actions until the structure is emptied of water. If your electric service panel is affected by water, have a qualified, licensed

electrician check it out as soon as possible. Leave it to a professional.

Don't rely on fishing waders, rubber boots or household rubber gloves as insulation. They do not provide sufficient insulation to protect you from electric shock. If any appliances or electrical equipment get wet, be sure they are dry and have an electrician inspect them before using them again.

Vermont law requires businesses and multi-unit apartment buildings to be inspected by a state inspector before a utility can re-energize after a flood or fire. CVPS policy requires single-family residential homes to be inspected by a licensed electrician before power can be restored.



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

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by Johnnie Goldfish

## Voodoo, Just Maybe, Names Withheld

It's not as if one day you'll look down and discover that you are on the yellow brick road, living the life of your dreams. But that one day you'll look back and discover you always have been. Have heart, dream big. Use sunblock.

A reminder that the Stockbridge Community Rummage and Yard Sale is this Saturday, June 11 at the Stockbridge Central School from 9 am to 3 pm. This event will benefit the Wolf Scout Den, Pack 202. Tables are still available; just call Karen or Patrick Ruben at 234-9252 to reserve your spot. Also the boys of the pack are collecting returnable bottles and cans to help fund their summer camping trip.

Riddle: What do you throw out when you want to use it and take back when you don't want to use it? Answer below.

The Pittsfield Bike Club and Sunday group rides are back with Matt Baatz organizing the effort while Jason raises a family. Also Matt is out on the trails daily working, making the mud go away, clearing brush, banking turns, whatever it takes so your mountain bikes don't get the shakes. Matt says if you come and lend a hand there will be a free lunch over to the General Store. For details or to get in on the fun write Matt at zaab70@yahoo.com.

Also from the Pittsfield Bike Club: The club is in need of some financial support for the website, insurance and the Vermont Mountain Biking Association. You don't have to be a biker and anyone can use the trails for hiking, just going for a walk, or a even valiant effort to get lost (although it will be hard to get lost as Matt has marked these trails with the best little signs that look like they've been in place for 50 years). Any small donation would be appreciated and you can be a big help by sending your check to the Pittsfield Bike Club, PO Box 837, Pittsfield, VT 05762.

The Stagecoach will host an AARP sponsored driver safety class on Tuesday, June 14 from 7:45 am to 12 noon at the Stagecoach office on L Street in Randolph. This course offers older drivers a chance to refresh their driving knowledge and to adjust driving skills for age related changes. You will learn about dealing aggressive drivers, safe use of anti-lock brakes, air bags and seat belts and the effects of medications.

The goal of the driver safety class is to keep people safe by reducing the likelihood of being involved in a crash.

## Benefit Dinner Raises Money for RCHS

Enjoy dinner at Three Tomatoes Trattoria in Rutland and help raise money for the homeless animals in Rutland County. On Wednesday, June 15, Three Tomatoes Trattoria will donate \$1 per entree ordered to the Rutland County Humane Society (RCHS). The Rutland restaurant opens at 5 pm and closes around 9 pm. Reservations are expected for large parties and they do have call ahead seating. Enjoy a great night out and help raise needed funds for RCHS. Please contact the RCHS Business Office at 483-9171 with any questions. We hope to see you on June 15!

## Horse-Handling Round Up June 11

Are you – and your horse – up to round penning? On June 11th, horse enthusiasts can develop their horse-handling skills at a Round Penning Clinic at Spring Hill Horse Rescue (SHHR) in Clarendon from 11AM – 3PM with a half hour break for refreshments and conversation. Tuition is \$25, and all proceeds will benefit the homeless horses at SHHR.

The clinic is perfect for horse owners, riding students, and prospective SHHR volunteers. During the workshop, participants will learn the basics of round pen training, from acclimating their equines to "hiding your hinny."

SHHR will also offer a Trailer Loading workshop on July 9th. If you have questions about either clinic, please e-mail Brenna Wright at bren@myfairpoint.net or call her at 770-0914. Sign up is not required, and payment is due at the beginning of each workshop. All clinics are weather dependent; check SHHR's website the Friday before a clinic for rescheduling information.

Completion of the course may qualify you for reduced automobile insurance rates. To register or for more information, contact Holly Brown at 728-3773 or course instructor Madison Boyce at 728-3106.

This year July will have 5 Fridays, 5 Saturdays and 5 Sundays, this happens once every 823 years. Okey dokey, now this year will have these dates (or had) 1/1/11, 1/11/11, 11/1/11, 11/11/11 and check this out if you take the last two digits of the year in which you were born and add the age you will be this year you will get 111 and that works for everybody in the whole world. Feng shui, hoodoo voodoo: the name of the savvy reader has been withheld for obvious reasons.

The 4 Year Old Love Report: or What does love mean to a 4-8 year old: The final report is from a four year old child whose next door neighbor was an elderly gentleman who had recently lost his wife. Upon seeing the man cry, the little boy went into the gentleman's yard, climbed into his lap, and just sat there. When his mother asked what he had said to the neighbor, the little boy said, Nothing, I just helped him cry.

The next meeting of the Rochester Historical Society will be on Thursday, June 14 at 7 pm in the Rochester Public Library.

The Women's Alliance Thrift Shop at the Federated Church of Rochester will be open on Friday, June 10 from 4:30 to 6:30 pm and on Saturday, June 11 from 9 am to 12 noon.

You can participate in the Farm Fling Farmer's Market at the Rochester School on Wednesday, June 15 from 3 to 5 pm by renting a table for just \$5. For more information or to reserve your space, please call Dana Anderson at 767-4632 ext. 3140. See you there.

Riddle solution: An anchor.

Thought for the Week: "The sorcery and charm of imagination, and the power it gives to the individual to transform his world into a new world of order and delight, makes it one of the most treasured of human capacities." Frank Barron, (Psychologist and scholar).

You have the imagination; you have the news, transform your events with news at johnniegoldfish@yahoo.com.

The Next Show in the KAG Upstairs Gallery will open July 9 with a reception from 3-6 PM. The title "People and Mountains" is a celebration of the 250th anniversary of Killington. Art on this theme will be featured. KAG members who want to participate should take work to the Gallery July 3-5, 9 AM to 6 PM.

Follow Gallery Policies found on the website—contact us: killingtonartsguild.com. The Gallery is at Cabin Fever Gifts on Route #4 opposite the Killington Access Road. It is open every business day to the public without charge.

Joining KAG? An arts guild is formed for many purposes: to show and sell the work of its members; as a public service to the community; so that members can know and help each other. KAG features art in many forms and brings artists together from different media. It is open and encouraging to those who are trying to learn an art for the first time and to those improving recognized skills. Helping and encouraging each other is important to many members. If you are looking for a way to lift the life of the community, consider joining the Guild. You don't have to be an artist to be a member.

Ann B. Day, a KAG member, and David Parkinson have published a book of poems, "Rhythms of Nature: Verse Collaboration." Both are Otter Creek Poets. From 3,000 miles apart - Ann from New England and David from Old England - they fortuitously come together to celebrate their love of nature. It will be available shortly in the KAG Upstairs Gallery. Alice Sciore had an article in the Mountain Times about the early days of Pico Ski area and her painting of three leaders-Coach Greg McClellan, Swiss Skier Karl Acker and Joe Jones, a youth coach who still skis the Mountain. Linda Durkee and her paintings were featured in an article on the Memorial Day Open Studio in the Rutland Herald. The photo was taken in her gallery at the Granary, 29 Union St. in Brandon.

Ann Wallen (call 422-3824) and Laura Wilder invite you to the Arspoetica meeting at the Sherburne Memorial Library on River Road in Killington on the 4th Wednesday of the month at 6 PM (June 22). Reading, writing and talking about poetry...all ages are invited.

For KAG info call 422-3852; for the column, email vttag@aol.com

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## ▶ COMMUNITY CALENDAR

June 9 - Woodstock. Hand in Hand community meal, Thurs., 5-7pm. This Week: Happy Birthday Patricia Cornwell. Social Hall, N. Unitarian Chapel Society. All welcome, donations accepted. 457-9272.

June 10-11 - Rochester. Women's Alliance Thrift Shop at Federated Church of Rochester open Friday, 4:30-6:30pm & Saturday, 9am-12 noon.

June 11 - Rutland. Community luncheon featuring chicken pasta salad held 11:30am-1pm, Trinity Church. All invited. Donations welcome.

### Ongoing

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Rochester - Federated Church of Rochester invites everyone to Bible Study Tues., 10:30am in French Rm. & 6pm 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.



# Killington Remembered



## Herbert I. Johnson Recreation Center

by Donna Martin

Thirty-six years ago, the Herbert I. Johnson Recreation Center came into being. The idea of a community recreation center was sparked by resident John Austin, who met with then-Town-Manager Forrest Forsythe, in June 1972, to explore the idea of a town swimming pool.

John recruited most of the original committee at the July 4th Firemen's Picnic. Members were Chairman Harold Anderson, Bill Marseilles, Richard Altwater, John Austin, Robert Collins, Walter Findeisen, Sr., Father Dan Goldsmith, Otto Iannantuoni, Herbert Johnson, Ken Keim, Leigh Lawrence, and John Wise. Meetings were held throughout that summer and fall at Austin's home and at Otto's Steaks & Things Restaurant. They applied for Federal Bureau of Outdoor Recreation funding and drew up preliminary designs for the pool and recreation center. The committee negotiated with David Edgar to purchase a portion of his land on River Road and, due in part to persuasion from Herbert Johnson, Edgar agreed. The parking area was built on land purchased from the Merrill family.

The first phase of construction was completed by Nov. 1974, including site work, installation of the swimming pool, tennis court area, and ball diamond/soccer field. Ray Frazier proved invaluable as Clerk-of-the-works. John Biessman's donation of sand to level the field areas;

Red Glaze doing the grading with his own equipment and Lil Glaze's assistance in holding the transit and Jim Felton trucking in fill were all examples of how the community worked together to bring the Center into reality. The pool opened July 4, 1975.

Throughout the years the Herbert I. Johnson Recreation Center has made a positive impact upon the community by hosting swim, tennis, basketball, softball, baseball and soccer programs; a Day Camp and After-school Enrichment Program; a Pre-camp and Adventure Camp program; holiday programs, festivals and cultural programs, all under the direction of the Town of Killington Parks and Recreation Department, currently headed by Mike Sutcliffe.

Herbert Johnson, who so unselfishly gave of his time and wisdom to the planning phase, did not live to see the park opened. Due to his influence with the town and in bringing about the land purchase, the center was dedicated to him in October of 1976. His widow, Hazel, unveiled a plaque placed on the south wall of the bathhouse in his honor.

Continuing the tradition of community events at the Rec center, the 4th of July celebration will once again be held there on July 4, 2011. This year, the Town is celebrating its Star-Spangled Birthday Celebration on that day, honoring both the Fourth of July and Killington's 250th birthday. For more information on activities, contests, entering the parade or contributing to the community art project on-site, visit [www.DiscoverKillington.com](http://www.DiscoverKillington.com). For more information on Rec Center programs, visit [www.killingtonrec.com](http://www.killingtonrec.com).



## A Weekend in Rutland

Art galleries and shops stay open 5:00 to 8:00 p.m. Friday, June 10, as ArtHop Rutland continues the second Friday of each month. See exhibits and activities at the Chaffee Art Center, Timco Gallery, Mr. Twitter's (3:30 to 5:00 p.m., geared to ages 3 to 7), Book King, and Art and Antiques on Center Street. Call the Chaffee, 775-0356, for details.

Fridays and folk music fit together at The Brick Box in The Paramount Theatre, 30 Center St. Paul Geremia is not only an internationally recognized musician but also a learned scholar of early jazz and blues. His 7:30 p.m. performance ranges from the compositions of such heroes as Blind Lemon Jefferson and Scrapper Blackwell to Skip James and Howlin' Wolf and on to his own original compositions. Call 775-0903 for info and tickets.

Registration for the fourth annual Gayle Sheldon Memorial Ride begins at 9:00 a.m. at the Vermont State Fairgrounds' Park Street gate, Saturday, June 11. A pig roast follows the ride, and the first 100 registrants receive a free two-day wristband for admission to the Extreme Country Stampede on Saturday and Sunday. Proceeds benefit the Foley Cancer Center at Rutland Regional Medical Center in Rutland. For more info on the ride, call Bruce at Dan Turco & Sons, 773-8650, or the Lake Region Independent Ryders, 770-9813.

Join other members of the Rutland community at a Saturday luncheon featuring chicken pasta salad from 11:30 a.m. to 1:00 p.m. at Trinity Church, 85 West St., Rutland. All are invited; donations are welcome.

Rutland Veterinary Clinic & Surgical Center, 90 E. Pittsford Rd., demos its new Laser Therapy service, a non-invasive procedure in an open house from 1:00 to 4:00 p.m. Saturday. Refreshments and light snacks are part of the promotion. Call 773-2779 for more info.

James Cassarino discusses Welsh musical influences in American denominational hymnals at 1:30 p.m. Saturday in Trinity Church, 85 West St., Rutland. He will also lead participants in the singing Welsh hymn tunes.

The 1960 film Spartacus starred Kirk Douglas, Jean Simmons, Laurence Olivier, Charles Laughton, and Peter Ustinov. Saturday, they shine in the Big Flicks at the Paramount Theatre series with showings at 3:00 and 7:30 p.m. Call the Theatre Box Office, 775-0903, for your tickets.

Post 31, American Legion, at 33 Washington St., Rutland, offers an evening out, a Saturday night of barbecue buffet (serving 5:30 to 7:30 p.m.) and dancing to music by the Premium Blend Band. The general public is invited to attend. To find out more, call Scott Laviana, 417-4970.

The oldest 10K in New England, the 35th annual

Crowley Brothers Memorial, Vermont State Championship, sets off from Proctor Sunday, June 11, and ends in Rutland. The day before is the fifth annual Crowley Brothers' annual Sport and Fitness Expo from 10:00 a.m. to 4:00 p.m. at Rutland Middle School's Keefe Gymnasium, on Library Avenue. Sunday activities begin at 8:00 a.m. and include a half marathon, 10K relay, 5K race and 5K walk, 5K Corporate Challenge Walk, and (12th annual) Kids' Downtown Mile Run.

Rutland Dismas House honors Bob and Vicky Young at its 21st annual dinner and auction Sunday at the Holiday Inn. Keynote speakers are Norberto Torres and Mark Redmond. The event begins at 3:00 p.m. with registration, followed by reception and silent auction, a 5:00 p.m. live auction and 6:00 p.m. dinner. Call 775-5539 for tickets or information.

Run again Tuesday evening, June 14, in the first of the Rutland Recreation & Parks Department's Sunset Running Series at Giorgetti Park. Measured and timed 5K runs are all on trails. Run, walk, or volunteer at all three and get a free T-shirt. To volunteer or ask questions, call 773-1822 ext. 13.

The Paramount Theatre plans two nights of back-to-back big screen events. Monday, June 13, the Titanic floats through the theatre, followed by Tootsie, also "floating," the following evening. Both films begin at 7:00 p.m. Call 775-0903 for tickets.

Rutland Region Community Television (PEG TV) hosts the Rutland Region Chamber of Commerce's June mixer Tuesday, June 14. Call 773-2747 for specifics.

Singer/songwriter Sully Erna of rock band Godsmack touts his debut solo album Avalon as he appears on the Paramount Theatre stage Wednesday, June 15. Call 775-0903 for tickets to his 8:00 p.m. show.

The old Hannaford building on South Main Street is slated to receive a new neighbor, as Panera Bread has applied to build a 4,000-square-foot restaurant and drive-through in front of the existing structure. The restaurant is to seat as many as 91 customers indoors plus another 37 on the patio. Once in operation, it will employ 30 full- and part-time workers.

Local students who recently graduated from the University of Vermont include Christopher Ahlers and Melissa Goraj of East Wallingford; Amanda Bowen, Kevin Cassidy, Gunnar Johnson, Emily Magarian, Miles Nathan, and Chelsea Velsor of Manchester; Shannon Griesing and Kristin Kruml of Manchester Center; Christopher Archer, Karyn Brower, Peter Cesiro, Megan DeVinny, Amanda Forbes, Rebecca Heaton, Cara Houston, Drew Howard, Kathryn Iacono, Hannah Loso, Zachary Parker, Alexandra Patch, and Anna Townsend of Rutland; and Audrey Furneaux and Jenna Geery of West Rutland.



# Proctor Place

by Stacy Bates



## Proctor Ball Leagues Heat Up

The PES students in grades 1-6 and their teachers traveled to Emerald Lake for Fun and Field Day on June 8. They would like to thank Lisa Miser and Ted Perkins, Lloyd and Jeanne Hughes, and Don Sander for helping out with the admission fees to the park that day. The 6th grade promotion will take place on Monday, June 13th at 6:30pm and their step up day will be Tuesday from 1:00pm-2:00pm at the high school. Mrs. Fair will have a Kindergarten Celebration on Tuesday, June 14th at 1:00pm.

On May 26th the Proctor Minors Softball team visited Danby, where they faced their first loss of the season. The score of 21-13 sounded more like a football game than a softball game, but both teams had some young pitchers that struggled. Although there were no shortage of walks issued, there was also a lot of good solid contact by both teams. The hitting stars for Danby were Amber Morris and Paige Vincelette. Danby also had great pitching from Vincelette, and Ashley and Madison Heaton. Proctor's pitching came from the duo of Meredith Parker and Alexis Peer. This was the first time Alexis had ever pitched and she issued five strikeouts in her debut on the mound. Hitting stars for Proctor were Cassidy Longley, Sarah Pecor, and Hannah King. Both teams showed great sportsmanship and really worked hard.

On June 2nd the Brandon Minors Softball team visited Proctor and they didn't forget to bring their bats, defeating Proctor 17-4. Though there were some control issues with the trio of Proctor pitchers (Regan Doperak, Hannah King, and Sarah Pecor), when Brandon made contact with the ball it really paid off. Brittany Stewart smashed a triple, and Sophie Markowski added some nice base hits to lead the Brandon offense. Alexis Peer, Amanda Reynolds, and Isabel Valerio each had solid base hits for Proctor. Unfortunately for Proctor, the Brandon defense was solid too, and Proctor stranded runners with the bases loaded in back to back innings. Kate Patten and Alia Edmunds each turned a double play as part of that defensive effort. Despite some long innings, the

pitchers all managed to keep their chins up, and both teams still had big smiles when they lined up at home plate to shake hands at the end of the game. Great job ladies!

The Proctor Rangers won both their away games this past week beating the Brandon Bees 10-2 and the Killington Rams 17-9. Proctor struggled in the first couple of innings offensively against Brandon due to the slow speed of the pitcher they faced. Many of the batters struggled with their timing and were swinging early, but give credit to the Brandon pitcher for he struck out 5 of the first 7 batters he faced. M.J Denis finally got Proctor's first hit in the fourth inning and was able to score on a passed ball to get Proctor on the board. In the fifth inning Proctor was able to score 7 runs by capitalizing on the many walks the Brandon pitcher issued and running the bases. Proctor scored another couple of runs in the sixth and Brandon was only able to score 1 run in the fourth and sixth innings. M.J. Dennis, Cal Owens and Zachary Bates each had singles for the Rangers. Zachary Bates pitched a full game for the Rangers giving up only 3 hits for the game and striking out 10.

Once again Proctor started off slow against the Killington Rams but managed to put 2 runs on the board off of doubles by Zach Bates and M.J. Denis in the first inning. It was their defense that struggled as they allowed the Rams to come back and score four in the first inning due to some mental errors in the field. The Rams scored 2 more runs in the second to go up 6-2. In the third inning the Ram's pitching struggled walking 3 of the first 4 batters loading the bases. Proctor's Cal Owens hit a long double to left field for 2 RBIs making the score 6-4. Ranger starting pitcher M.J. Denis was replaced in the top of the third by Derek Almond and from there the Ranger defense woke up and held the Rams to only one more run for the rest of the game. The Proctor bats were hot with M.J. Denis leading the way with 3 long doubles to right center giving him 8 RBIs. Zachary Bates went 2-3 with a double and a single. Cal Owens, Joe Parker and Tyler Carrington also helped the cause each getting doubles. Derek Almond did a great job on the mound striking out 5 but most importantly getting the ball over the plate which allowed his teammates to play good defense and make easy outs. Joe Parker pitched in the top of the sixth to finish the game.



**ARIES: March 21 – April 20:** Things have panned out in ways that have made you truly glad you didn't lose track of your faith. It's been a true test of your willingness to let things be. If the last few months have been rough, the corner you just turned is about to show you that life goes better when we let our experience teach us what works and what doesn't. No amount of forcing your will on this situation could have improved it. When it comes to other people and their ideas about where you need to go from here; you knew enough to shut off your control trips – don't succumb to theirs.

**TAURUS: April 21 – May 20:** The side issues that have crept in to undermine your peace of mind are only as big as you make them. Heavy doses of whatever it takes to help you look on the bright side wouldn't be a bad idea. If you get a little distance on your situation, there's nothing in it that warrants getting this stressed out. Underlying issues that have nothing to do with what's going on appear to be the real bug-a-boo. It's time to reckon with it. You may be too hard headed to ascribe to the idea that you're as subject to your deepest fears as the next person but none of us are immune to the truth.

**GEMINI: May 21 – June 20:** You have no idea why someone's come back into your life, or why the past seems to be such a big factor in your current affairs but you are very much aware of how much this has stirred everything up. For better or worse, it's your job to handle more than your share of turmoil at a time when things were already cuckoo enough. These new developments could easily take you on a detour so get ready to shift your focus and start stretching your limits. This is one of those times when fate is using people, places, and things to get you to finally see the light.

**CANCER: June 21 – July 20:** It's so hard to know when we are fooling ourselves. You're either totally certain about things or you're going nuts wanting to know what's up. I am sure there's a mixture of both. This is one of those times when it will help you to remember that what we believe to be true is often a far cry from it. If the road to enlightenment is paved with disillusionment, this could be a lesson in what happens when we only see what we want to see. At the same time, things that are governed by faith and love can always go either way, so keep the faith but don't ever hide from the truth.

**LEO: July 21 – August 20:** As you contemplate the reality of a new horizon, last minute questions as to whether or not this is the right thing to do have become an issue. It makes sense to think twice in situations like this; but only up to a point. All the second guessing is usually a sign that the ego is afraid to grow beyond itself. There is nothing to suggest that anything you're about to do is going to do anything but open your life up to a greater sense of your own purpose. The last thing you need to do is let your fears and other people's doubts keep you from finding out what you came here for.

**VIRGO: August 21 – September 20:** It's a good thing you're immune to hard work and responsibility because you've had more than your share of it lately. For many of you, this has taken the form of other people's demands and the press of forces that are beyond your control. For others, the feeling that your happiness is currently tied up in the extent to which you can conquer the mechanics of living is the crux of the issue. I can see why you feel such a powerful need to keep on striving. Keep it up. Within six months, you will see that the reward for all your hard work and effort will be freedom.

**LIBRA: September 21 – October 20:** It would be great if you could see how much you need to change the scenery. There's nothing particularly wrong with the way things are, but you're so used to this you've stopped entertaining the prospect of other options – either that or you're so used to the making sure that everyone else has what they want, you've forgotten what it means to live your own life. Yes, there are a million reasons to maintain the status quo; but if you take that route, you will only get more of the same. You have nothing to lose by blowing this clambake and finding new and better things to do.

**SCORPIO: October 21 – November 20:** You've had enough of whatever it is that's got you running around. Between your regular routine and a sudden rash of fires needing someone to put them out, you don't have room to breathe. As you begin to come down from this roller coaster ride you're going to be faced with whatever it takes to process its after effects. Lucky for you, you're so good at being able to put life in its place. For the next few weeks do what you can to minimize the time you spend on outer things and give most of your attention to yourself and to the things that your spirit needs to stay whole.

**SAGITTARIUS: November 21 – December 20:** You don't know how to keep this going without making more compromises than truth will allow. Power trips with others who can't own up to the fact that their issues shouldn't become your issues are a bigger part of the problem. You knew when you got into this that it was more than you could handle. Now that you're here it does no good to act like you didn't see it coming. For more than one reason it would be great if you could take a hiatus and get off by yourself long enough to regroup and come back swinging – or at least be able to make your influence felt.

**CAPRICORN: December 21 – January 20:** You've always got too much going on. These days, there seems to be a whole new definition for whatever that means in your particular case. If you're conscious enough to be able to see how your previous choices have brought things to a head, you know that it will do no good to keep blaming everything else for this. Part of reconciling multiple sources of stress includes the need to own up to things. This may require you to make amends but beyond that, anyone can see that you'll have to get real enough to take full responsibility for the way things have turned out.

**AQUARIUS: January 21 – February 20:** You're feeling better about a lot of things. I don't know how it happened but somehow or other your attention got turned and you started focusing on new thoughts, new feelings, and new ways of looking at a situation that could have gotten the best of you. Thank God! I say this because the key to everything is joy and you are well on your way to understanding how to create it, no matter what's going on. If you can minimize the impact of close others who always seem to tell you nothing's ever going to work, the next few weeks will bring a raft of new opportunities.

**PISCES: February 21 – March 20:** It would be stupid to tell you to just be OK with the way things are because you already know this. God knows what's keeping you here but there's always a reason. Others would be easier to deal with if there was any sign that things might change in the near future. You don't have too much to say about how they choose to deal with their stress or how they decide to deal with their emotions. Being on the receiving end of someone else's angst is easier for you than it is for the rest of us; just be sure you don't take on too much of their stuff or it'll bring both of you down.



## Killington-Pico Rotary News

by Janina Curtis

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

Jun 15 – Steve Finer - Magic

Jun 22 – Dom Cioffi, PEG-TV Public Access TV

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](http://www.lookoutcenturyride.com) as there will be no day of registration.

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# SERVICE DIRECTORY



## View From Ludlow

by Ralph Pace

### “Ludlow Honors Those Who Served”

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@lpcvtv.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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### Jo Blanchard Memorial Service

A memorial service in honor of long time Killington resident and author, Jo Blanchard, will be at 3 p.m. on Sunday, June 12, at the Sherburne United Church of Christ. All are welcome.



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# Lakes Region News

by Lani Duke

## Go Fly a Kite

Do you like to sew, knit, or crochet doll clothes, make wooden toys, or help make some disadvantaged children's Christmas happier? Meet up with RSVP program coordinator Michelle Dauphinais at the Castleton Community Center Thursday, June 9, at 10:30 a.m. for a meeting of Operation Dolls & More.

Friday, June 10, a new crop of Fair Haven students graduates from high school at 7:00 p.m. Finals for other students begin the following Monday.

Fly a kite at Hubbardton Battlefield State Historic Site, 5696 Monument Rd., East Hubbardton, from 1:00 to 4:00 p.m. Saturday, June 11. Learn how to make a simple kite or bring your own to fly and enjoy our freedoms. Call 759-2412 or 273-2282.

Learn to identify plants and trees and learn about their traditional and modern medical uses on a nature walk with clinical herbalist Julie Mitchell from 1:00 to 3:00 p.m. Sunday, June 12, at Mount Independence State Historic Site. Wear sturdy shoes and dress for the weather. Bring identification books and lenses if you have them. Call 948-2000 for specifics.

Benson Village School plans a special assembly at 2:00 p.m. Monday, June 13, to honor four teachers who plan to retire after this academic year. Everyone's invited. Eighth grade graduation is Wednesday, June 15, at 7:00 p.m., with the last day of classes the following Friday.

Castleton Community Center has begun a series of Tuesday morning hikes. This week is an easy 3-mile hike at Mount Independence to the shores of Lake Champlain. Meet at 9:30 a.m. in the Shaw's parking lot in Fair Haven.

Eight-piece, high energy musical group T.S. Ensemble performs in the second of the annual summer Concerts on the Green in Castleton Tuesday evening at 7:00. Featuring male and female vocalists, trumpet, sax, guitar, bass, drums and keyboards, it has a repertoire stretching from Sinatra to contemporary dance hits.

Get tips for shopping on a budget at the Castleton Community Center Thursday, June 16, from 1:00 to 3:00 p.m. The primary focus is on food shopping but you can also learn other money-saving opportunities for other home goods. Register by Tuesday, please, by calling 468-3093.

The Castleton Fire Department grills hamburgers and hot dogs for the monthly pot luck supper at the Castleton Community Center on Friday, June 17 at 6:00 p.m. An important program on home safety follows. Call the Center, 468-3093, by noon Wednesday, June 15 to reserve your spot.

The fourth annual Greater Castleton Area Yard Sale is coming up, scheduled for Saturday, June 25, from 9:00 a.m. to 3:00 p.m. Spaces are available both indoors and outdoors at the Castleton Community Center, and on the Castleton Village Green. Call 468-3093 to reserve your spot.

Pawlet folks are busy planning three days of fun to celebrate the town's 250th birthday with a party the weekend of August 26 through 28. To get yourself listed in the souvenir program or ask questions, call Judy Coolidge, 325-3073.

Rutland Area Farm & Food Link (RAFFL) is working with the Northeast Organic Farmers Association (NOFA) on a series of on-farm workshops in the Lakes Region. First is a Livestock Fencing and Pasture Walk on the

Gretchen and Colin Stabile farm, 916 Herrick Brook Rd., Wednesday, June 29, from 6:00 to 8:00 p.m. After a demonstration of on-farm poultry slaughter and discussion of Vermont poultry regulations at Boardman Hill Farm, West Rutland, on July 13, and a discussion of cover crop strategies at Clear Brook Farm in Shaftsbury on July 27, comes a discussion on starting a commercial goat dairy at Consider Bardwell Farm in West Pawlet August 6. The workshops cross the state line for a discussion on worry-less winter production at Kilpatrick Family Farm in Middle Granville on August 22. Foggy Meadow Farm in Benson hosts a workshop on equipment and tools for small scale vegetable production on September 7.

Local graduates from the University of Vermont include Kedi Kinner and Catherine Toda of Bomoseen; Jacob Flood and Sara Kwolek of Castleton; Oliver Chase, Alexandra Foley, Dennis Kitchen and Samantha Roberts of Fair Haven; Kayla Bourn and Jackson Morse of Poultnery; and Thomas Jackson of Wells.

Benson eighth graders enjoyed a great trip to Washington, DC, recently. Seventh graders wound up a study entitled the Americana Project: The Good, the Bad and the Notorious, using research, art, music, writing and dance. Eighth graders have been learning to be active readers, evaluating what they read and interpreting it as well as remembering details.

Next fall's Fair Haven kindergarteners recently spent a day at school; other students also visited their next year's classes. Eighth graders planned their graduation dance. Classes end for these students on Monday, June 13.

Castleton Elementary sixth graders recently traveled to Cape Cod, visiting the Whaling Museum at New Bedford and the Cape Code Cod Sea Camps.

Poultney Elementary holds a Memorial Walk for Mrs. Keezer on the Nature Trail at 9:45 a.m. June 15. Poultney Elementary seems to be the last school to shut down for the academic year, with a field day scheduled for June 17 and the last day of school on June 21.

Orwell teacher Pat Dubois recently received a \$300 grant for educational purposes. She used it to take her seventh graders for a visit to the ECHO museum and a cruise on the Spirit of the Ethan Allan II.

Poultney High celebrated the end of the school year with a barbecue and coffee house outdoors. It featured tasty food, singing acts, volleyball, frisbee, football, a three-legged race, and just relaxing. Other end-of-year activities included a last dance in the gym. Students released butterflies in the PHS community garden. Jenise Lemon won the Poultney Public Library poetry contest for grades 9 through 12; Ricky Thornton was the runner-up. The last day of school is June 21.

Locals say the Rail Trail behind Higley House is amazingly beautiful this year, with a gorgeous display of wild phlox.

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

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

This week's solution on page 23

1	2	3	4	5	6	7	8	9	10	11	12	
13					14		15					
16						17						
18				19						20		
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52					53					54		55
56			57								58	
59								60				
61										62		

**ACROSS**

1. Vaulted
7. Acropolis figure
13. Experienced again
15. Greek letter E
16. Relative density
18. Victorian, for one
19. Wackier
20. Code word for dash
21. Norse goddess of fate
23. Ground cover
24. Kill, in a way
25. Birdlike
27. Moisten
28. Cowboy headgear (3 wd)
34. .0000001 joule
35. Waldenses (12th c. sect)
36. Harvest goddess
39. Small brown European songbird (2 wd)
41. Ribbon holder
44. Collection of Christ's sayings
45. Clip
46. Pandemonium
51. Strong fiber
52. "Yadda, yadda, yadda"
53. On the fence
55. "\_\_\_ a chance"
56. French cooking with light sauces (2 wd)
59. Protozoa with hairlike appendages
60. "Achoo" person
61. Dimethyl sulfate and others
62. Poles of the mitotic spindle

**DOWN**

1. Garden pesticide
2. One who admonishes
3. Glade
4. Popular fruit drink
5. "... there is no \_\_\_ angel but Love": Shakespeare
6. Clear, in a way
7. \_\_\_-ski
8. Boris Godunov, for one
9. Cause of AIDS
10. Omitted a letter in speaking
11. Write music with symbols
12. Be that as it may
14. Christian name
15. Auspices
17. Bean counter, for short
22. Bother
24. Check for accuracy
26. Central point
27. Fundamental
29. Boy
30. Big galoot
31. "\_\_\_ to Billie Joe"
32. Discouraging words
33. Cool
36. Arrange methodically
37. Chemical killer
38. Fly \_\_\_ (pl.)
39. Clod chopper
40. Burgle
41. Larder
42. Talk of the town?
43. Supernatural
46. Pre-Roman Briton
47. \_\_\_ Bowl
48. Absorbed, as a cost
49. Tolkien creatures
50. Hot spot
53. Warm, so to speak
54. "Hogwash!"
57. Compete
58. Undertake, with "out"

Solution on page 23

Capsule reviews of films opening this week by The Associated Press

### "Beginners"

by Christy Lemire, AP Movie Critic



Cutesy little gimmicks and devices are plentiful here, and on paper they all could have conspired to make the movie too cloying or self-conscious, but writer-director Mike Mills finds just the right tone every time. He also draws lovely, natural performances from Christopher Plummer and Ewan McGregor as a father and son who are finally getting to know each other, truly, toward the end of the father's life. And Melanie Laurent, who was so striking as the daring theater owner in "Inglourious Basterds," shows a softer side here, and an effortless gift for comedy, as the young woman who teaches McGregor's character how to fall in love, for once, as a grown-up. McGregor stars as Oliver, a graphic artist who's remembering his father in flashbacks at the film's start. Plummer, as Hal, has just died of cancer. And yes, this is a comedy - because at the same time that he announces he's suffering from the terminal disease, he also declares that he's gay, and that with the passing of his wife of 45 years, he finally feels ready to come out of the closet and reveal his true nature. Mills based the story on his own life - his father came out at 75 and was thrilled at the prospect of starting a new life - but "Beginners" never feels self-indulgent.

104 minutes. R for some language and sexual content. Three and a half stars out of four.

### "X-Men: First Class"

by David Germain, AP Movie Writer



The prequel to the "X-Men" trilogy is one of the best Marvel Comics adaptations, packed with action, humor, retro 1960s style that's both campy and sexy and a revisionist history lesson that puts the super-powered mutants at the center of the Cuban missile crisis. Bryan Singer, who directed the superior first two "X-Men" flicks, returns as a producer and idea man, and Matthew Vaughn, another filmmaker adept at blending smarts and action ("Stardust," "Kick-Ass"), was wisely recruited as director and co-writer. The young cast led by James McAvoy and Michael Fassbender is no match for Patrick Stewart, Ian McKellen and the rest of the grand ensemble Singer enlisted for the first "X-Men" in 2000. Yet McAvoy's playful energy and unshakable nobility and Fassbender's slow-burning wrath and unflinching pragmatism nicely prefigure Stewart's august Professor X and McKellen's dogmatic Magneto. Kevin Bacon's a blast as a mutant bad guy aiming to start a nuclear war. With January Jones, Jennifer Lawrence, Rose Byrne and Nicholas Hoult.

130 minutes. PG-13 for intense sequences of action and violence, some sexual content including brief partial nudity and language.

Three stars out of four.

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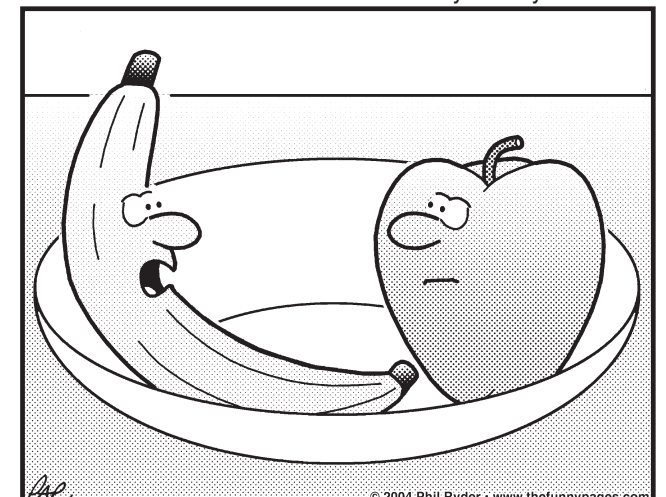
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Bridesmaids-R	4:20 6:55 9:30
Water for Elephants-PG-12	1:30
Pirates of Caribbean: Stranger Tides-PG-13	12:45 3:35 6:25 9:15
Hangover Part II	12:50 3:20 6:30 9:00
Hangover Part II	1:50 4:25 7:10 9:40
Kung Fu Panda 2 (3D)	1:45 4:15 7:05 9:25
Kung Fu Panda 2	1:05 3:30 6:35 8:55
Judy Moody, Not Bummer Summer-PG	1:10 3:35 6:50 8:50
Super 8 - PG-13	1:15 3:40 7:15 9:35
X-Men: First Class - PG-13	1:00 3:45 6:45 9:25

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## Why Silver and Gold Work

by Royal Barnard

Many folks think that silver and gold are a bit high priced these days, but put in perspective, the situation doesn't look quite that way.

The last time a dime was really a dime was in 1964. That's the year that the Federal government began to remove all silver coins from circulation and replace them with dimes (and other coins) made from a combination of copper and nickel. During 1964 a stamp cost 5¢, a gallon of gas 30¢ and a dozen eggs went for 54¢.

Using the latest price of silver, at \$37.96 an ounce, a 1964 dime is now worth \$2.75 for scrap metal. So.... if you saved your old silver dimes you could buy a \$4.00 gallon of gas today, for less than 15 cents in silver.

In fairness, the Dow Jones in 1964 was about 1,000. So your \$4.00 a gallon gas today would cost about 29 cents if you cashed out your money from a Dow Index fund. Silver did over twice as well.

Gold is another issue. Gold in 1964 sold for \$35.10 an ounce. Today, gold sells for around \$1550.00 an ounce or over 44 times it's 1964 price. This would make a current gallon of gas cost about 9 cents if you invested in gold.

To summarize..... a gallon of gas today, measured in 1964 dollars (when the government totally ended the era of asset backed currency.....) would cost 9 cents a gallon if you held gold; 15 cents a gallon if you held silver; and 29 cents a gallon if you held Dow Jones securities.

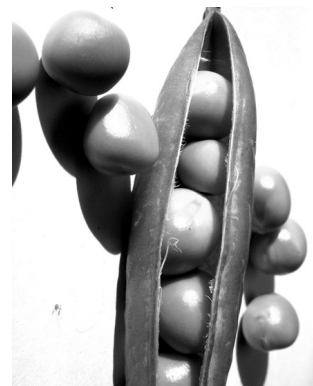
This is not to suggest that you should dive into the gold and silver markets, but it does show you that gold and silver do what they're supposed to do when held as a "store of value." You should have bought these assets when the financial collapse began in 2008 and prices were a fraction of what they are now.

This having been said, precious metals will continue to climb if governments fail to balance budgets; continue to print worthless money; bail out criminal financial institutions; and we persist in electing smiley faced, self serving politicians.

If you haven't figured it out yet, the world economy is not sustainable. Whatever you think you're getting for nothing from the government will have to end fairly soon. Whatever you're paying the government in taxes will become much higher fairly soon. If we're lucky, we'll avoid revolution within the next 10-15 years.

## The Victory Garden Peas, Cukes, and Zukes

by Daryle Thomas



Peas, cucumbers, and zucchini may have more in common than first thought. All three grow in the same planting box, often in the same year. The box comes in two forms. A box one foot by three feet is the basic form. A three foot by three foot box with a separator wall at the one foot mark, is the big form and probably the better choice, if there

is room. Two by four brackets that are about four to six inches taller than the box are screwed on at the back of the one foot box and at the divider wall on the large box. A frame slightly smaller than three feet by four to six feet is made then covered with nylon trellis material. This frame bolts between the two by four brackets. This frame can be placed straight up for peas to grow on.

After the peas come and go, cucumbers and/or summer squash is planted. The trellis is lowered to about a thirty degree angle. As the cukes and squash grow, they fall through the spaces in the trellis. When at the proper level of maturity they hang waiting to be plucked by the gardener. Depending on the available light, lettuce or radishes can be planted under the growing cukes.

Because of the small size of the planters, row cover can be utilized to slow down insect attack or extend the harvest. Pickles, anyone? Standard size cukes can be grown to heavy frost because the interwoven leaves block the frost from the vegetables.

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

## How to Shop on a Budget

The Castleton Community Center will offer a workshop on Thursday June 16 from 1:00-3:00 that will give valuable tips on how to "shop on a budget." The workshop will provide various shopping techniques that can be utilized to take advantage of the many money-saving opportunities that exist to make the most of your money. The primary focus is on food shopping, but a variety of other home-goods shopping topics will also be covered. The workshop fee is \$2. Register by June 14 by calling the Castleton Community Center at 802-468-3093.

## Save Money At The Grocery Store

Food Network Kitchens

Saving money doesn't mean you have to sacrifice flavor. Use these tips to make your shopping budget go further.

-- Plan ahead before you shop.

While it's tempting to run into the store on your way home to pick up food for that night's dinner, you'll save money if you plan ahead.

Plan the week's meals in the kitchen, so you can check the cabinets and the fridge to avoid buying duplicate items. Making a list ensures you'll have what you need on hand, and will help you avoid impulse purchases.

-- Reconsider convenience foods.

Compare the cost of convenience foods versus foods made from scratch.

-- Keep your eye out for bargains at the store.

Once you've put together your list, you can still save money at the store with some smart shopping strategies.

In the produce section, stick to in-season fruits and vegetables. In the deli, look for bargains on day-old breads and bakery products. Look for specials at the meat counter. Buy cuts of meat that are on sale and freeze the extras. Buy a whole chicken and chop it yourself to save a few more dollars at the store.

-- Let leftovers do double-duty.

Using leftovers for another night's dinner or a quick lunch helps cut cooking time and food costs. Use leftover pork butt in pulled pork sandwiches, or shred short ribs to serve with rice and beans.

-- Make freezer-friendly foods in big batches.

When your schedule and food budget allow, take a

day to make big batches of your go-to dishes. Cook up a big batch of meatballs or chili, then freeze for later in the month. Freeze single-serving portions of soup for quick lunches.

-- Be creative with protein sources.

Try cooking cheaper cuts of meat. Tough, fatty cuts of meat like pork butt, pork spare ribs, beef short ribs and beef shoulder are inexpensive, and get fall-off-the-bone tender in a slow cooker.

Build meals around less costly grains. Stir-fries and pasta dishes are a great way to build a tasty dish around a small amount of meat, poultry or fish.

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Vermont Press Association

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# Home & Garden

## ASK THE HOME TEAM

Efficiency Vermont's home energy experts



## Ask the Home Team

**Q.** We're looking to buy a house by the fall, when our oldest starts kindergarten. We'd like a house with a pool, but I know that pools can be energy intensive, especially heated ones. Is it possible to reduce the cost of having a heated pool?

**A.** Yes. Energy costs for heating a pool depend on many things, including the temperature of the water, the cost of the fuel used for pool heating, the condition of the heating system, and other design features of the pool. But there are actions you can take to reduce the energy costs associated with most any heated pool:

- 1) Use a pool cover and you'll reduce pool-heating energy use by as much as 75%.
- 2) Have the heating system checked and tuned yearly.
- 3) Keep the thermostat set at the lowest comfortable temperature.
- 4) Make a mark on the thermostat dial where that comfort level is, so that you can find it again if it's accidentally moved.
- 5) Turn down the thermostat to 70 if you're going to be out of the pool for 3-4 days, and turn it off for longer absences.

For heated and unheated pools, install a timer to run the pump only as long as needed. And when it's time to replace the pump, look for a variable-speed or two-speed model; these use as little as 1/3 the energy of single-speed pumps. Also, get only the horsepower you need. A pool supplier can help you match the pump to the piping and pool that you have. If you decide to downsize the pump, talk to your supplier about using a larger filter and piping, to reduce the water-flow resistance in the system. For the most efficient operation, keep intakes and drains clean, and backwash regularly. Before buying a pool pump, take a look at information about rebates for efficient pumps at [www.encyvermont.com](http://www.encyvermont.com).

**- Bob for the Home Team**

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

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## Delightful Dahlias

by Dr. Leonard Perry, UVM Extension Professor

We have the Aztecs to thank for the dahlia, a tender bulb (actually a tuber) planted in late spring for gorgeous blooms in late summer. A long-lasting cut flower, the dahlia makes a great addition to any garden.

Dahlias range in color from white and yellow to orange, pale pink, lavender, and red. Bloom size ranges from half an inch to a foot or more across. Flowers may be in tight balls to very open, from single to double, with petals that are flat,

curved, or rolled into tubes. Based on flower type, the American Dahlia Society lists 20 classes.

The dahlia, a relative of the daisy, was first cultivated by Aztec botanists in Mexico. In the early 1500s it was discovered by Spanish explorers who brought this tuberous plant back to Europe. Interestingly, they had the same problem with storage of the tubers as do many modern-day gardeners. The genus Dahlia gets its name from an 18th-century Swedish botanist, Andreas Dahl.

The dahlia became a favorite in the gardens of working class Europeans after being distained by the upper class as being too flamboyant for their carefully manicured gardens. However, it gained prominence in the mid-1800s after a devastating blight wiped out the potato crop in France as it was thought to be a good substitute for this starchy vegetable. Unfortunately, it was not, but it soon became popular in gardens both for its flowers and interesting foliage.

Although a perennial plant, in northern climates dahlias don't survive winter so are treated as annuals. They are planted in the spring as soon as the soil has warmed up and after the last chance of frosts—about when you plant tomatoes outside. They can be grown one year as annuals, or tubers lifted and stored in the fall after the first hard frost and the foliage is killed.

Dahlias do best in a sunny spot with light, fertile, well-drained soil. If you have heavy clay soil, work in a two- to four-inch layer of well-rotted manure or compost a few weeks before planting. Add fertilizer—about a quarter pound of a balanced fertilizer like 5-10-5 per ten square feet of garden—once a month after plants start growth, or lightly sprinkle fertilizer around plants. Avoid high nitrogen fertilizers (those with a higher first number) as



they will result in leaves at the expense of flowers. Use a general garden or tomato fertilizer.

Wait until the danger of frost has past before planting the tubers, unless you planted them in pots in early spring. Plant at least four to six inches deep, laying them horizontally on their sides, with roots down and buds facing upward. Cover with two inches of soil, adding more as shoots appear.

Space smaller varieties two to three feet apart, larger ones three to four feet. Larger plants also will require support as they grow. To avoid damage to the roots later on, drive a stake into the ground now, a few inches from where you plan to plant each tuber. As the plants grow, tie the stalks to the stakes with double strands of garden twine. Pinching back the center shoot once three sets of leaves appear will keep plants more bushy.

Most dahlias will bloom in late summer and early fall. Some of the newer and bedding varieties are relatively short, a foot or so high, and generally bloom repeatedly through the season. Pinch off spent blooms from these to encourage continual flowering. Once frost has blackened the foliage, and after the tubers have hardened in the soil for a week, it's time to dig them up and store until the following spring.

With a sharp knife, cut the stalks at a height of about a foot. Then carefully dig up the clumps, taking care not to injure or spear the tubers. Trim the stalks to a few inches. Shake off the loose dirt and separate the tubers, allowing them to dry for only a couple days (or they will start to shrivel and dry too much).

Brush off the remaining dirt, then place in a plastic bag in a box, or plastic box (to keep them from drying out) containing peat moss, wood shavings, coarse vermiculite, fairly dry compost, or similar. Cover, label and store in a dry, cool (non-freezing) place. The ideal storage temperature is 40 degrees F. Check every few weeks to make sure tubers aren't shriveling (add a little moisture) or staying too wet which will cause tubers to rot. If too wet, leave uncovered until the storage medium dries out, or replace it with drier material.

If you have large clumps of tubers, individual ones can be separated off with a knife. Just make sure to keep a piece of the crown (the thickened stem where the tubers join together), which has the future growing points or eyes. Then wrap each tuber with plastic wrap. Easiest, especially if you are already growing tubers in large pots, is to just bring the pots into a non-freezing area for winter, keeping them dry.

More dahlia tips, cultivar (cultivated variety) listings, resources and sources can be found from the American Dahlia Society.

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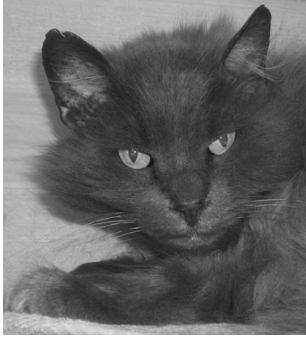
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# Paws & Claws

## PET PERSONALS

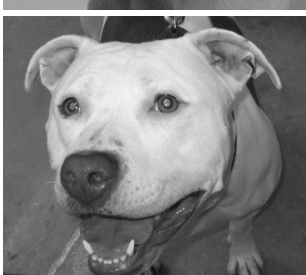
**FERBIE** - 5 year old. Spayed Female. Domestic Long Hair Gray. My hair was such a mess when I arrived but my friends here have been taking good care of me and have found that I really like to have my hair brushed.



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



**CARMEN** - 5 year old. Spayed Female. Pit Bull. I'm a playful cutie pie and I especially love tennis balls! They're my favorite and I can catch them in mid-air! I'm a tail waggin' gal who loves to retrieve my toys.



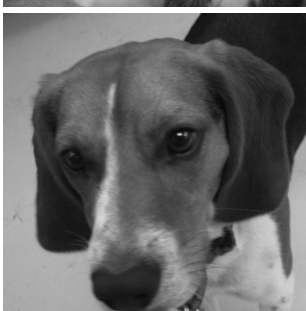
**BANDIT** - 2 year old. Neutered Male. Ferret. My owner was moving and could not take me or my best friend Romeo along so here I am. I am a very social guy and I love people and attention!



**KITTENS** - Nothing on TV? Not to worry—RCHS has kittens and there's nothing more fun to watch! Kittens are always available at RCHS and the price can't be beat for these puffballs.



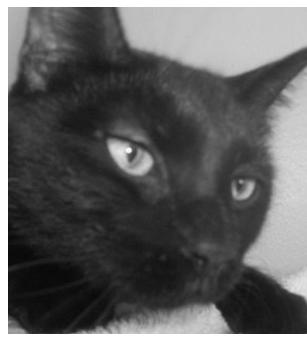
**COPPER** - 1.5 year old. Neutered Male. Beagle. I'm a very active fella who loves to run around and play with toys. I know how to sit but I think I could learn more tricks if you'd like to teach me.



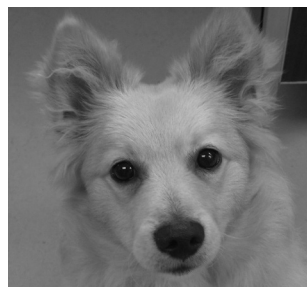
**GUMBY** - Adult. Neutered Male. American Rabbit. I came to the shelter as a stray on December 10 after being left on the door step. I am a very sweet guy and am proud to be a bunny rabbit.



**HILDA** - 2 year old. Spayed Female. Domestic Short Hair Black. I am a petite little kitty with a huge personality! When you glide your hand over my back you will feel the sleekness of my coat.



**SAM** - 6 month old. Neutered Male. Schipperke mix. I'm an adorable young fella who enjoys being with people. I'm a wiggly guy who thinks he's a lap dog!



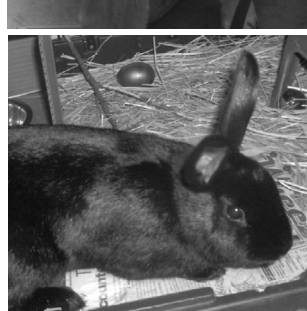
**WILMA** - 8 month old. Spayed Female. Rat. My friend Betty and I are very social girls and like to be held and climb on your shoulder. We love bananas!



**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!



**HOPPER** - 8 month old. Spayed Female. American Rabbit. I was found as a stray on April 10 and here I am! I love all sorts of veggies and I even play with cat toys.



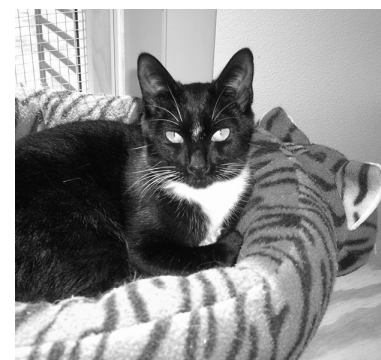
### Springtime Safety Tip

Did you know the most common injuries in pets are lacerations/bite wounds? Many of these wounds are due to fights between animals.

The key in prevention is to spay or neuter your pet, as well as understanding pets' perception of territory, the main source of all conflicts.

Your pet's bite wounds might require stitches, bandaging and/or antibiotics in the case of infection. If in doubt about treatment or if it is a seriousness wound, call your veterinarian. Keep in mind that a wounded animal might be much more aggressive and unpredictable when in pain. Take precautions, particularly when inspecting any wounded area of your pet's body.

### Springfield Humane Society Pet Feature



June is national Adopt-A-Shelter-Cat-Month. Dakota the now 6 month old Siamese mix (shown here), has been with us since November! He and his brother Logan are begging someone to take advantage of our June

offer and adopt them. Joining a national program hundreds of shelters are using this month 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. Call the Shelter at 885-3997 or stop by Wed-Sat noon-4:30 – best friends meet at 401 Skitchewaug Trail!

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Applications for VT residents to receive VSNIP vouchers with which to have cats and dogs neutered at a reduced rate can be found at participating vet offices, town clerks, social service agencies, or by sending a #10 self-addressed 44¢ stamped envelope to:

**VSNIP, PO Box 95, Bridgewater, VT 05034.**  
Or, download and print forms from the VT Agency of Agriculture website:  
**www.vermontagriculture.com.**  
(Go to forms/applications, scroll to VSNIP, and print the 3 highlighted forms.)  
**For assistance, call 1-877-867-1424**

### Lucy Mackenzie Pet Feature

Hi! My name is Nico. I am a 1 year old Shepherd/Pit Bull Mix. I would be an excellent companion for somebody who routinely goes for lengthy walks. I get along well with most other dogs and love playing in the yard with my friends. If you are looking for an active companion, please stop in and meet me today. Lucy Mac is located at 4832 Route 44 in West Windsor, VT. We are open to the public Tuesday through Saturday, 12 - 4 PM. You can reach us at 802-484-LUCY(5829) or visit us at [www.lucymac.org](http://www.lucymac.org).



**All of these pets are available for adoption at  
Rutland County Humane Society  
765 Stevens Road, Pittsford, VT • (802) 483-6700**

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**1994 MOBILE HOME** for sale. 3 bedroom / 2 bathroom, large master suite with garden tub. Central air, new flooring, appliances, skirting and insulation. 1,140 sq ft. Home is on a lot in a quiet park in Rutland City. \$29,900, call 779-3754. 23/24

**KILLINGTON A-FRAME** camp, 10 acres, 2 out buildings, owner financing. 617-335-2988. 23/26

**LAND FOR SALE:** Improved building lot in Killington neighborhood with ski home benefits. Views. Call 802-422-9500. TFN

**10+ ACRE LOTS**, one minute from the Killington Skysheep. Inground septic. Call 802-422-4267. TFN

**KILLINGTON HOLIDAY REAL ESTATE.** 1967 Route 4, Killington. 802-773-8800. 888-599-8800. www.killingtonholiday.com

**KILLINGTON VALLEY REAL ESTATE** PO BOX 236, 2281 Killington Road Killington, VT 05751. 802-422-3610 or 1-800-833-KVRE. E-mail: kvre@vermontel.net TFN

## FORECLOSURE AUCTIONS

### 3 BEDROOM HOME



**Thurs., June 23 @ 11AM**  
Register from 10AM  
**120 River Street**  
**Rutland, VT**

**OPEN HOUSE:**  
**Thurs., June 9 • 1-3PM**  
3 BR, 1 BA, 1,243± SF Home. Conveniently located in downtown Rutland on a nice 0.24± acre lot.

## APARTMENT BUILDING



**Thurs., June 23 @ 12:30PM**  
Register from 11:30AM  
**31 Cottage Street**  
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**OPEN HOUSE:**  
**Thurs., June 9 • 1-3PM**  
2 Story, 5 Unit Apt. Building, c. 1909. 5 BR & 5 BA, 3,116± SF. Conveniently located near the middle of downtown Rutland on 0.26± Acre. Ready for necessary repairs.

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**Tues., July 19 @ 2PM**  
Register from 1PM  
**52 Hazel Street**  
**Rutland, VT**

**OPEN HOUSE:**  
**Wed., June 15 • 1-3PM**  
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**SKI COUNTRY REAL ESTATE**, 335 Killington Rd, Killington, VT 05751 802-775-5111, 800-877-5111. www.SkiCountryRealEstate.com 12 agents to service: Killington, Bridgewater, Mendon, Pittsfield, Plymouth, Rochester, Stockbridge & Woodstock areas. Sales & Winter Seasonal Rentals. Open 7 days/wk, 9am-5pm. TFN

## LONG TERM RENTALS

**KILLINGTON YEAR ROUND** rental, 2 bdrm apt, 1 bath, kitchen, dining area, living room, woodstove, excellent location, very low utilities. \$885/mo. 781-749-5873, 802-422-4157, toughfl@aol.com. 23/26

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**KILLINGTON COZY 1 BDRM** apt near Wobbly Lane; gas fireplace & appliances; WI-FI; dishwasher; snow plowing; yearly \$500/ mo + utilities; no pets. 802-422-4021. 22/23

**KILLINGTON YEAR ROUND** rental, 1 bdrm apt, good location, very low utilities. \$600/mo. 781-749-5873 or 802-422-4157, toughfl@aol.com. 23/26

**KILLINGTON - 1 mile off** Access Rd. 1 BR, 2 floors, 1.5 baths, W/D, fully furnished. Perfect for couple or single. Security + deposit. References required. \$875 + utilities. 802-422-3812. 22/TFN

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**PICO STUDIO CONDO - 1-2** people. References. Rent \$690/mo. includes heat & cable. Budd, 386-214-0176. 22/23

**PLYMOUTH APARTMENT (NEW):** \$750/mo including utilities & plowing. Good for Couple. 20x12 living room, 14x16 bedroom, 2 bunks, washer/dryer, kitchen, full bath. Direct access to Bear Creek ski trails, vast trails, hiking, cross country snow shoeing or skiing. Call 877-536-2267. Toddgilman@sbcglobal.net 21/23

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**UNFURNISHED KILLINGTON APARTMENT** Year-round rental in a quiet 2-family house. 2 People \$850/month. Available July. References. Call Judy 422-3610 x 202. 22/TFN

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

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

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# RealEstate

## Improvements Add Value To Bargain-Basement Housing

by Cathie Gandel

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

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

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

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

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

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

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

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

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

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

Consumer Reports adds that you should never make the final payment until you have received waivers and releases from all subcontractors and

suppliers. That way, you don't get slapped with a lien if the general contractor didn't pay them.

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

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

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

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

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

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

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

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

The 5/1 adjustable rate mortgage rose nearly as fast, gaining 10 basis points to settle at 3.95 percent.

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

## The Value of the Letter

by Kristie Lorette

When you apply for a mortgage modification, one of the key components is the hardship letter that explains why you're making the request. Learning the proper format and ingredients of a hardship letter is the key to writing an effective, succinct and complete request.

Before writing the letter, contact the lender's loss mitigation department, which assesses and processes mortgage modification requests. Speak with someone in there, obtaining the correct spelling of his or her name, the address and direct phone number and extension. You'll need this information for the letter.

Then, when addressing the letter, place the lender name on the first line, the department name on the second and the name of the person you are writing to on the third line. The next two lines contain the mailing address. Skip two lines and date the letter. Skip two more lines and write the person's name. On the regarding line, or the RE: line, include your loan number.

In the first paragraph, state that you are requesting a loan modification. Explain the financial hardship that prompts you to make the request. Some reasons for loan mods include:

- Job loss or decrease in income.
- Illness.
- Death of the home's primary earner.
- An adjustable rate that has increased the payment to an unaffordable level.

For example, "I am writing this letter because I was laid off from my job last August and have been unable to find work, which has caused us to become delinquent on our mortgage. While we have done everything we can to make ends meet, our financial situation no longer allows us to make our mortgage payment. We request you consider working with us on a loan modification because our priority is to keep our home."

In the second paragraph of the letter's body, suggest solutions. Lenders do not grant mortgage modifications easily, so the borrowers who present viable solutions that allow them to keep making payments are more likely to have requests granted. State which terms of the mortgage you want changed.

For example:

If the home is worth less than your mortgage balance, request a balance reduction.

If the adjustable rate on your mortgage increased too much for you to afford the new payments, ask the lender to reduce the interest rate.

Make a request that puts you back in the situation you were in prior to the financial hardship, so you can continue to pay on your mortgage.

Whether a loan mod is done under the Home Affordable Modification Program or the lender's own set of rules, there usually isn't much leeway in how a lender's offer is formulated. Still, this paragraph can't hurt.

The third paragraph lists the steps you've taken to fix the problem on your own before requesting a loan mod. Mention whether you tried to refinance the mortgage but didn't qualify, briefly describe your job search and cutbacks you've made in the household budget -- whatever is relevant. If you have spoken to a real estate attorney, include the contact information and the advice the attorney gave you.

Write that you await the lender's response and, include contact information such as your phone number and email address. If the loan is in two people's names, each borrower should sign and date the letter.

A succinct, well-reasoned hardship letter improves your chances of getting your point across and your request approved.



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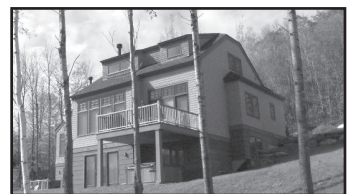
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Sunrise Condos (P)(T)	\$145-\$173K	\$178-\$239K	
Topridge Townhouse (P)(T)			\$699K
<b>Ski In / Shuttle Out</b>			
Edgemont			\$183-\$229K
Fall Line (P)	\$110K	\$245K	
Highridge (P)(T)	\$130-\$142K	\$175K	
Trail Creek w/loft (P)	\$180K	\$275K	
Whiffletree (P)(T)	\$75K	\$114K	\$179K
<b>Shuttle</b>			
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Mtn Green (Bldg 3) (P)	\$50-\$79K	\$109K	
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