

The Mountain TIMES

Central Vermont's Premier Weekly Newspaper

Volume 40, Number 24

June 16-22, 2011

BOOMERS

A Nana by Any Other Name

When I was a wee thing, I had the standard issue two sets of grandparents. There was never any question about what I was to call them. They were simply grandma and grandpa.?

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HEALTH & FITNESS

Protect Skin From Too Much Sun

Melanoma, the most serious form of skin cancer, is on the rise in America and is the most common cancer among young adults aged 25-29.

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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!

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BRANDON NEWS

Brandon's Civil War Days

The town will celebrate with the second annual Civil War Days event on Saturday, June 18. Members of the Champlain Valley Historic Re-enactors will be camped out in Brandon's Central Park from 10 am - 5 pm.

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FOR YOUR SMARTPHONE

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Mid-Summer Eve Celebration

by Royal Barnard

It's here.... the heavily anticipated first day of Summer. Which, this year, arrived very reluctantly... some of which was good.... we had great end of season ski/ride conditions; and some of which was bad.... heavy rains, flooding, and difficulty by farmers to get their crops in the ground on schedule.

None-the-less it's officially BBQ, boating, beach, gardening, tanning, "time for warm outdoor activities" season, and time to put together a stack of plans for exciting things to do.

That's part of the fun of the seasons changing.... looking forward to new adventures. I can't imagine living in a climate that was always the same. It would be so boring, and so limited for things

to do. We're very lucky here in Vermont, which has about the nicest seasons and the best way to take advantage of them as you could hope to find.

For starters, celebrations of the Mid-summer Eve - officially June 24 this year - will be held all over the planet to kick off summer. The Scandinavians are particularly festive. People gather in large groups from all around the area at beaches in the rocky fjords and they party! There's food, beverage, fireworks, costumes, storytelling, bonfires, games - all night long.

In Sweden and other northern locations, the sun will never set on June 24. It's the longest day of sunshine for the year. You can play golf, tennis, ride your bike, fly a kite ... whatever you want... with no

Summer Celebration, Page 2



photo by Richard Podlesney

Annual Quechee Balloon Festival

Once again, the skies over Quechee and the Upper Valley of Vermont and New Hampshire will be filled with hot air balloons ushering in the annual Quechee Hot Air Balloon, Craft & Music Festival. This event welcomes visitors from all over New England and beyond! Sponsored by the Hartford Area Chamber of Commerce, it is one of the longest running hot air balloon festivals in New England and continues to focus on family entertainment and fun.

There's wall to wall fun and entertainment in store for you from Friday, June 17 thru Sunday, June 19.

Information also available at www.quecheeballoonfestival.com and follow us on facebook and twitter.

— Gates open on Friday at 3:00 pm and continue with lots of afternoon and evening activities for the whole family.

3:00 Green Mountain Children's Center hosts The Kids Zone. So many games and activities, and take a train ride along the Roaming Railroad.

3:00 Panhandlers Vermont Steel Drum Band

4:30 Vermont Institute of Natural Science demonstration

6:00 Balloon Ascension (time approximate and weather and wind conditions permitting) Purchase balloon rides at the Official Balloon Ride Booth.

6:00 end Hey Mama "a washboard rock & roll experience"

9:00 Balloon Glow (Time approximate) Balloons inflate in full color to music. Stick around for this not-to-be-

Balloon Festival, Page 2

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WEATHER

Wednesday	Sunny	HI 79°
Thursday	Sunny	79°
Friday	Cloudy	76°
Saturday	Cloudy	76°
Sunday	Sunny	79°
Monday	Sunny	80°

Forecast Received June 14, 2011

Summer Celebration

continued from page 1

fear of darkness.

The celebration, which is derived from agrarian pagan roots, is meant to welcome the "fertile" agricultural season of summer and also romance.

Here in the States there's not a lot of attention paid to the Midsummer Eve. This is partly due to the Judeo-Christian background of most Americans, and because the early churches frowned on the observance of pagan events.

There's no reason, however, that you can't celebrate the night in a way which is enjoyable and festive. There's a few issues, of course. You may not be able to have a bonfire without a permit. Fireworks are basically outlawed. The consumption of alcohol is frowned upon. If your party is noisy after about 9:00 pm you will be accosted by the neighbors. This is not a rosy outlook for a pagan party in a Christian society.

Options include holding out for the Midsummer Night's Dream Party at the Playboy Mansion later in the

summer... if you can get an invite. You could take a suite at the Vann Resort in Lysekiel Sweden for about \$800 a couple a night, plus meals, beverages, airfare, tax, baggage fees, transfers, etc... You could go for the inaugural Solar Foundation Summer Solstice Party in Washington, DC... or you could dream something up at home.

My recommendation: Make this a "warm-up" for the July 4th festivities a week later. Try out your new BBQ recipes on some friends... along with a cocktail or two to laugh your way through the burnt chicken. DO NOT, of course, drive and drink... NO, NO, NO... period. Hire a taxi or shuttle. Have a designated driver. Spend the night. Just be careful.

Depending on where you live a bonfire may be ok. Noise may also be ok. Wherever you are, nobody will criticize you for story-telling, jokes, dancing, dining, costumes, games... all night long if you like.

Look at the sky. Take in the wonder of the universe

around you. See funny little things moving around up there and wonder if they're satellites, airplanes, meteors, comets, aliens... you never know how a few martinis might spur your imagination.

Most of all, laugh. Nothing is better than laughter, except laughing along with a lot of other people that make you laugh. In the final analysis, I continue to find that the best thing I can say about a person is "they make me laugh"... and I hope to do the same for them.

Midsummer Eve... good chance to practice.

Balloon Festival

continued from page 1

missed sensation!

— Saturday begins with a 5:00 am Early Bird Breakfast, followed by 6:00am Balloon Ascension and:

- 6:30 Buffet Breakfast in the Food Court.
 - 8:30 Bob Horan folk singer
 - 9:00 Green Mountain Children's Center presents Kids Zone
 - 9:15 New England Disc Dog Club
 - 9:15 Steve Gratto Juggler extraordinaire
 - 10:00 More music with Bob Horan
 - 10:30 Jumptown Parachute Demonstration Team
 - 10:45 Waldo & Woodhead physical comedy duo
 - 12:00 The Eric Olsson Band "speak easy jazz for the 21st century"
 - 12:30 Jumptown Parachute Demonstration Team
 - 1:00 McFadden Irish Dancers Traditional Irish dance
 - 1:45 New England Disc Dogs
 - 2:00 Steve Gratto Juggler extraordinaire
 - 2:30 Jumptown Parachute Demonstration Team
 - 2:45 The Eric Olsson Band "speak easy jazz for the 21st century"
 - 3:45 McFadden Irish Dancers Traditional Irish dance
 - 4:45 Waldo & Woodhead physical comedy duo
 - 6:00 Balloon Ascension Purchase balloon rides at the Official Balloon Ride booth.
 - 6:00 Bow Thayer & Perfect Trainwreck - soulful, modern mountain music
- Sunday, June 19 begins with another 5:30 Early Bird Breakfast
- 6:00 Balloon Ascension

- 6:30 Buffet Breakfast in the Food Court
 - 8:30 The Moon Tones four piece folk/pop/reggae band.
 - 9:00 Green Mountain Children's Center presents Kids Zone.
 - 9:15 New England Disc Dog Club
 - 9:15 Steve Gratto Juggler extraordinaire
 - 10:00 The Moon Tones four piece folk/pop/reggae band
 - 10:30 Jumptown Parachute Demonstration Team
 - 11:00 Waldo & Woodhead physical comedy duo
 - 12:00 Rank Strangers Bluegrass trio
 - 12:30 Jumptown Parachute Demonstration Team
 - 1:00 New England Disc Dogs
 - 1:00 Steve Gratto Juggler extraordinaire
 - 2:00 Rank Strangers Bluegrass trio
 - 2:30 Jumptown Parachute Demonstration Team
 - 3:00 Waldo & Woodhead physical comedy duo
 - 4:00 Boogalo Swamis Cajun & Zydeco from Louisiana bayou
 - 6:00 Balloon Ascension (Time approximate and wind and weather conditions permitting)
- Admission tickets are good for the entire weekend. Adults -- \$12.00, Children 6-12 --\$5.00 and children 5 and under are FREE!! On Sunday, Dads accompanied by a child get half-price admission. Happy Father's Day!! Parking is available on the Green for a small fee. A limited number of self-contained RV SPACES may still be available at the Festival grounds, call 802-295-7900. Sorry - No dogs allowed on festival grounds.

High Fives Fund Raiser

Dear Friends and Business Owners,

This year on June 25, I will again compete in the Spartan Death Race (youmaydie.com) in Pittsfield, Vermont. A lot of thoughts have crossed my mind over the year after finishing the race. One important factor is that I do the race to help someone or an organization in need. I have decided to do the race in honor of Phillip Hoban, a brave and courageous young local man who was injured in a ski accident at Squaw Valley, CA this past winter. His mother Barbara Patterson, is co-worker at Rutland Veterinary Clinic and Surgical Center. Phil fractured his C5 vertebrae which left him an incomplete quadriplegic. The outstanding organization which is helping him in his recovery is called High Fives. It is a "Tahoe based non-profit organization dedicated to raising money and awareness for athletes who have suffered life-altering injury while pursuing their dream in the winter action sports community."

Inspired by watching the High Fives video of people who have overcome their seemingly debilitating handicaps, gives HOPE to what looks like a hopeless situation. Their videos reminded me of the lyrics of a song that kept me going through the Spartan Death Race called "Never Surrender" by Cory Hart. There is a great spiritual application here about not giving up HOPE. The Death Race tries to take your hope away with seemingly endless suffering. Furthermore, without HOPE you feel lost and have no direction. This is a race that, by not giving up HOPE, you have the ability to finish.

I have decided to put my efforts into raising money for High Fives, to help athletes recover from devastating injuries, like Phillip Hoban. If you would like to donate to this cause, please make checks payable to High Fives and mail, click on the "Spartan Death Race" Donation button on the High Fives Website, or call the High Fives Office to make a donation over the phone (530) 562-4270.

Rutland Veterinary Clinic and Surgical Center will also be having a Casino Night on June 25 at the Summit Lodge in Killington. All are welcome. Please call RVCSC at 802-773-2779 for more information.

Sincerely,
Robin Crossman
Spartan Death Race Participant

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the CHIFFONS & DANNY and the JUNIORS.....	OCT 8	the SHIRELLES & the DRIFTERS.....	MAR 24
of mice AND MEN.....	OCT 14	monty python's SPAMALOT.....	APR 1
jars of CLAY.....	OCT 15	vermont authors IN PLAY.....	APR 13
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lewis BLACK.....	OCT 19	jungle JACK HANNA.....	APR 21
masters of ILLUSION.....	NOV 9	the glenn miller ORCHESTRA.....	APR 22
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natalie MACMASTER - Christmas in Cape Breton.....	DEC 1	seussical THE MUSICAL.....	MAY 5
golden dragon ACROBATS.....	DEC 9	the captains of discovery channel's DEADLIEST CATCH.....	MAY 12
clifford THE BIG RED DOG LIVE.....	JAN 6	whose live ANYWAY.....	MAY 26
national broadway tour of BRIGADOON.....	JAN 19		

NATURE'S WAY

Invasive Crayfish has Claws

by Michael J. Caduto

Invasive species don't always arrive in North America in the bilge of a boat from Asia, in a shipment of wood from Europe, or from another distant shore. Some species, like the rusty crayfish, come from other states.

Normally, crayfish don't move very far; some species are only found in a single watershed. So how did the rusty crayfish travel from its native range in the Ohio River Valley to northern New England?

"Primarily, they're used as baitfish and then released into waterways," says Leslie Matthews, an environmental scientist with the Vermont Department of Environmental Conservation's Water Quality Division. "They're also sold as aquarium species, then dumped when people empty their aquaria into waterways. Some get released after being used for classroom study. Commercial harvesters also move rusties around."

The rusty crayfish, *Orconectes rusticus*, has hitchhiked as far as Ontario, New Mexico, and Maryland, and is now found in more than a dozen states, including every New England state but Rhode Island.

"Only three species of crayfish are native to Vermont," says Matthews, "but another five species have been introduced. In 2010, for the first time, the big water crayfish (*Cambarus robustus*) appeared in the White River. This crayfish species appears to have been introduced very recently, which suggests that people are still moving crayfish around and releasing them in the water. Therefore, the threat of the spread of rusty crayfish, as well as potential for other invasive introductions, continues to be high."

At first glance, a rusty crayfish doesn't look like an impending ecological disaster.

Up to 4 inches long, it is somewhat bigger than our native species. The adult's reddish-brown shell, or carapace, has a rust-colored spot on each side, says Matthews, "which looks like someone with red paint on their thumb and forefinger picked one up by the sides, like a lobster." The black tip on each claw is another giveaway. These markings are easier to see when the animal is underwater.

Rusty crayfish are aggressive and can eat four times the volume consumed by native species. They out-compete local crayfish for homes and food, including the bottom-dwelling insects and mollusks that are essential sources of energy for the aquatic food chain – from mayflies and stoneflies to leeches, snails, and waterfleas.

They can denude a river bottom of plants, destroying habitat and nursery grounds for fish and other animals. Their swift movements elude predaceous fish better than native species and churn up silt from the bottom.

If this weren't enough, rusty crayfish hybridize with our native northern clearwater crayfish (*Orconectes propinquus*). One study in a Wisconsin lake found that, through competition and interbreeding, rusty crayfish supplanted and genetically assimilated the lake's entire population of clearwater crayfish.

Because rusties mate in the autumn, and females store the sperm until they lay up to 500 or more eggs the following springtime, transporting a single fertile female into a new environment can easily start a new population. And once rusty crayfish become established, no form of management or control seems to keep them in check. Intensive trapping de-

Crayfish, Page 6

Embrace a New Trail Ethic

The Vermont Trail Ethic, a set of 10 guidelines aimed at enhancing trails experiences for all trail users in Vermont. This trail ethic will unite all trail users, trail managers, and property owners who host public trails in the stewardship of our trails.

The tenets of the Vermont Trail Ethic are:

1. Know and respect the allowable use of the trail.
2. Respect other trail users.
3. Respect public and private landowners' property
4. Use good judgment and tread light-

ly; trail conditions are subject to change at any time.

5. Stay on marked trails.
6. Respect natural resources, historic structures and wildlife.
7. Be prepared with food, water and first aid.
8. Pack out your trash.
9. Respect all trail closures.
10. Plan ahead, be safe and have fun.

Once you embrace the trail ethic yourself, share it with your family and friends to promote responsible trail use everywhere.

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BOOMERS

A Nana by Any Other Name Would be as Sweet

by Cindy Phillips



I was soaking up some rays at our neighborhood pool last weekend. A lady was in the water with a young girl who appeared to be about six. The little girl called her Ro Ro. My South Carolina roommate is named Rosemary, and on occasion has been called Ro Ro as a nickname. Curious, she asked the woman if she heard the little girl correctly.

"Yes," she replied. "Six years ago I simply wasn't ready to be called grandma, so I decided she would call me Ro Ro."

There is a lot of trepidation among baby boomers about entering the world of grandparenthood. We just think we are too young to jump that chasm. And since 50 is the new 60, and 40 is the new 30, some of us are becoming grandparents barely out of our teens! Ok, that maybe is a bit exaggerated, but you get the picture.

When I was a wee thing, I had the standard issue two sets of grandparents. There was never any question about what I was to call them. They were simply grandma and grandpa. If I had to differentiate which set, I added their last names – Grandma and Grandpa Reynolds and Grandma and Grandpa Wagner. And for the record, Grandma Reynolds was my favorite and Grandma Wagner will always be defined by her turkey soup.

I put out the call to my fellow boomers asking what

terms of endearment were taking the place of grandma and grandpa for them. I was amazed by the array of names, but more so by the stories behind them. Mimi and Papa seemed to be a popular response, though there were some variations to it such as Meemaw, Pawpaw, Pops and Popsi. My favorite in this category came from a fellow writer who shared her memories of her own grandfather. "I used to call my granddad Poopsy. He had these two little dogs, and I remember when he'd take them outside to do their business, he'd say, 'Go make poopy.' So for some reason, I picked up calling my granddad Poopsy. It used to make my mum cringe, but he would just laugh."

Sometimes plain old grandma and grandpa morphs into something else due to the little ones inability to pronounce the terms. There was Gamma, Bramma, Gammy, G-ma and Bumpa. Of course there are times when junior does have the capability for correct pronunciation, but chooses to make up his own name anyway. "My 2 1/2 year old granddaughter calls me and her other grandfather 'peepa'. She can pronounce and uses 'grandma' quite well, so it is not because of a lack of ability. We never repeat the peepa back to her, so she doesn't have any positive reinforcement but she still uses it. I know she knows better because when we ask if she can say 'granpa' she clearly says 'peepa' and then gives us a wicked smile and a twinkle in the eye."

There are still some of us boomers who derived a new term because we cringed at Grandma and Grandpa. I had several friends tell me they went simply by "G" or Su-

per-G. For some reason, this just keeps making me think of Kenny G, so go figure. The cutest story along these lines went like this – "Now on the other side of the family, my parents divorced in their 40's and my father remarried when he was about 50. My mother is Nana, which is pretty standard, but to differentiate themselves from the other sets of grandparents, my stepmother, who is my father's age, said she wanted to be called "Groovy Granny." For short, "Groovy" has stuck. My poor father is now known as "Groovy Grandpa" by my family, a term which he did not willingly choose, but he goes along with whatever the wife says. LOL!"

My own grandson is strapped with numerous sets of grandparents, but we all chose our names up front, luckily with no duplications to fight over. Nana and Poppa, Mimi and Grandpa, and I will be Grandma, just as my children called my mother. Of course our dear Wyatt, already establishing himself as a devious little prankster, will probably devise his own names for us whether we like it or not. And since we know he will never be capable of doing anything wrong, we will accept it with a smile.

There were two responses that I must include as I found them so endearing and I think you will as well.

"When my oldest was little, he called my mom Grandma Sun (she lived in Florida), while my MIL, who lived in NY, was Grandma Snow."

"When my grandfather was really sick before he passed away, my husband and I wondered what in the world we could get for him for Father's Day. After some thought, we made up a certificate and had a little ceremony and deemed my grandparents the best grandparents in the world (they raised me). The certificate told them that, in their honor, we were going to be Papa and Nanny to our own grandchildren as they were to me. I think it meant more to him than any material possession we could have given."

Special thanks to all those who sent me their nanny and poppy anecdotes. And as always, eternal thanks to our own Dutchess and Peeps.

Contact me at cphillipsauthor@yahoo.com

Visit my blog at <http://lifeasaturkeysandwich.blogspot.com/>



Welcome Aboard


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June 19 11 am	<p>FATHER'S DAY EXPRESS Treat Dad to a very special Father's Day excursion he'll remember for a long time. He'll like the live entertainment and may even enjoy the "Breakfast on the Field" served at Cedar Circle Farm. Adult: \$24 • Child: \$18 • Breakfast: \$15</p>
July 1 5:30 pm	<p>CONN RIVER DINING TRAIN Kick off the Fairlee Festival with an exquisite dinner aboard the White River Flyer from the "Barefoot Gourmet," full cash bar, entertainment, sunset & an awesome approx. 3 hour ride along the river from the Fairlee Depot. Dining Train Tix: \$80/person • \$140/couple</p>

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First Hole-In-One of the Season at Okemo

On June 6, Bob Adamson, of Chelmsford, Mass., had the honor of making the first hole-in-one of the 2011 golf season at Okemo Valley Golf Club.

Adamson, a member of OVGC, made his hole-in-one on the fourth hole using a five iron. Jude Adamson witnessed the 185-yard ace.

Adamson's name will be engraved on a hole-in-one plaque, that hangs inside the Okemo Valley Golf Club clubhouse, to honor the fortunate few who have had the exhilarating experience of making a hole-in-one at OVGC.

For more information about Okemo Valley Golf Club, please call (802) 228-1396 or visit golf.okemo.com.

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By
Dave
Hoffenberg

Budweiser Killington Softball League Standings:

- 1) TIE: Clear Cottage 6-1; Vermonsters 6-1
- 3) Moguls Sports Pub 5-2
- 4) TIE: Ramuntos Pie 4-3; Phat Italian Heros 4-3
- 6) Jax Food and Games 2-5
- 7) Slips, Trips & Falls 1-6
- 8) Charity's/FOTM 0-7

The Phat Italian had the toughest week of their season so far. It started with a

disheartening loss to Ramuntos. The Phat had a four run lead mid game only to see Ramuntos roll with a nine run inning to take the lead. The Phat imploded with error after error in the sixth inning. Ramuntos gave some runs back with three errors of their own. In the end, it was Ramuntos with the 12-9 big win. Later in the week, the Phat barely survived a battle with the Heavy Hitters. The Hitters almost pulled off the biggest upset in the past three years. The Hitters led 2-0 and still led mid game until they imploded in error city. The fans were on their feet trying to will them to the win, praying for the upset which would have been the teams first win in two seasons. The Phat sweated out the win 9-7. The Hitters won the "Cold Beer K" battle delivering four K's, two each to Dave and and Tom "The Don" Thomaizno, but it was The Don that

went down looking back-to-back.

Jax had Jackie Blue's number on Monday as they struck him out twice and threw him out at the plate as he faced the Bird Wall. The Clear Cottage got the best of them though 22-3 including three double plays. The Clear ended the game with a rare pitcher to catcher to first double play. Jax responded Wednesday with a 12-8 win over Ramuntos.

- Schedule:**
 Monday, June 20:
 Slips, Trips & Falls vs. Ramuntos Bridgewater 5:50 PM
 Moguls vs. Phat Italian Bridgewater

- 7:00 PM
 Jax vs. Charity's Hitters Killington 5:50 PM
 Clear Cottage vs. Vermonsters Killington 7:00 PM
 Wednesday, June 22:
 Moguls vs. Clear Cottage Bridgewater 5:50 PM
 Jax vs. Slips, Trips and Falls Bridgewater 7:00 PM
 Charity's Hitters vs. Ramuntos Killington 5:50 PM
 Phat Italian vs. Vermonsters Killington 7:00 PM
 There will be a Budweiser sponsored post game party Wednesday, June 22 at Ramuntos Brick & Brew 7-12am.



Union Arena Welcomes Community Saturday

Union Arena welcomes the community to a free skating party on Saturday, June 18 from 3pm-6pm to celebrate the return of ice to Woodstock. Skate rentals will also be free and the Concessions will be open.

The beginning of a new season marks the start of many new features and people at the Arena, as well as the return of some things from the past. One part that is sure to make everyone happy that is new for 2011 is lower prices on a number of items, including skate sharpening and public skating, for the duration of the summer. Hourly rental rates have also been slashed by \$15, and camp and clinic fees throughout the summer are at prices not seen in years.

The community will also enjoy meeting and working with the staff members. Joining the Interim GM Dan French in a return to the Arena is Jon Sterling who

was recently named the Facilities Manager. Jon worked at the Arena two years ago and brings a vast array of knowledge and skills that will be a major asset. Another former employee making a return is Bill Leimgruber, who in a previous job operated an ice rink in Colorado. New to the Arena is Tiffani Vance who is taking over as the Admin Assistant and Customer Service Team Leader, as well as Customer Service staff member Elizabeth Lowe who will also double as a counselor for some of the hockey camps. Returning to the Operations Team is Rich Lajoie and Arena veteran Rick Martin, who is now in his seventh season with the Arena.

The staff all look forward to welcoming the community back to Union Arena this summer.

Call the Arena at (802) 457-2500 or visit www.UnionArena.org.



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—Love, Fiona*

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— From the Mountain Times

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Relay For Life of Rutland County

Save the date! June 25th and 26th marks the 22nd year of the American Cancer Society's Relay For Life of Rutland County, the oldest relay in the State of Vermont. Relay For Life is an overnight event that Celebrates lives saved, Remembers lives lost and Fights Back against cancer and to find a cure. The American Cancer Society is the official sponsor of birthdays.

Teams "walk the track" throughout the event, day and night, rain or shine, to symbolize the fight a cancer patient goes through, starting with diagnosis, through the darkness of each phase of treatment and then to see the light of day as they emerge from their treatments to reclaim their lives and to Fight Back

against a disease that has taken so much from them.

Relay For Life of Rutland County will be held June 25th and 26th at the Vermont State Fairgrounds in Rutland, from 1:00 pm Saturday to 8:00 am Sunday. Registration begins at Noon on Saturday, June 25. Camp/tent sites are available, and set up can begin at noon on Friday, June 24. Refreshments are offered at various locations, but feel free to bring your own.

Please support the fight against all cancers by attending the Relay For Life. A variety of activities and displays are on the agenda. For more information about Relay, starting your own team or how to make a donation, please log onto www.relayforlife.org/rutlandvt.



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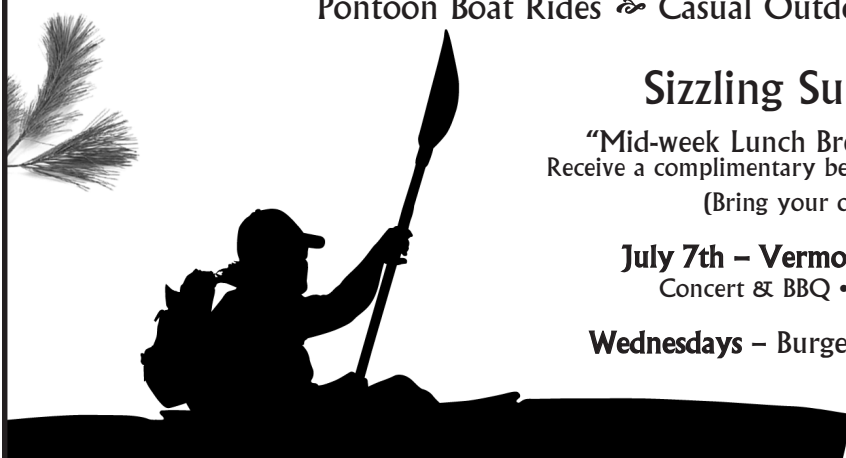
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Crayfish

continued from page 3

creases numbers, but it has not been shown to eliminate the population.

It's critical to know how to identify rusty crayfish and prevent them from spreading. Boaters must be sure that no crayfish or other invasive species are attached to a boat, motor, or trailer, and bilge water should be drained at the boat ramp before leaving a lake, river, or pond. Rather than releasing unused baitfish into the environment, anglers should freeze them and then compost the remains.

"If you trap crayfish," says Matthews, "only use them where caught. Don't dump your aquarium, and don't buy crayfish from out of state, including the internet. It's now illegal to import crayfish species into Vermont without a permit."

Michael J. Caduto is an author, ecologist, and storyteller who lives in Reading, Vermont. The Outside Story is assigned and edited by Northern Woodlands magazine and sponsored by the Wellborn Ecology Fund of New Hampshire Charitable Foundation: wellborn@nhcf.org

Okemo Mountain Coaster Gives Dads a Free Ride

In honor of Father's Day, Okemo Mountain Resort will give every dad one free ride on Timber Ripper, the resort's new mountain coaster attraction, when accompanied by his children on Sunday, June 19.

Timber Ripper is a four-season attraction that offers a scenic and exhilarating ride through an alpine forest and along the contours of the mountain at Okemo's Jackson Gore. Firmly attached to maintenance-free, stainless steel tubular rails, Timber Ripper runs smoothly down the mountain. Sled-like cars carry two riders in comfort but can be handled easily by one. The ride starts and ends near the bottom of the Coleman Brook Express lift at Okemo's Jackson Gore base area. Following a 1600-foot climb, riders descend 375 vertical feet along 3100 feet of track that follows the contours of the mountain with added waves, camel backs and banking loops at a speed of up to 25 mph. Timber Ripper operates year round in most weather conditions.

Tickets to ride Timber Ripper are priced at \$13 a ride for drivers and \$9 for passengers. Drivers must be at least 48" tall to operate the sled and passengers must be more than 36" tall to ride Okemo's mountain coaster. Hours of operation run from 11 a.m. to 6 p.m. on weekends and holidays through June 30, and from 11 a.m. to 6 p.m., seven days a week, starting July 1. During the Jackson Gore Outdoor Music Series concerts on Friday nights, Timber Ripper hours will be extended until 8 p.m.

On June 19, dads visiting Okemo Mountain Resort's Jackson Gore Adventure Zone will receive one complimentary ride on Timber Ripper when accompanied by one or more of their children who purchase a full-price ticket valid the same day.

More information about Okemo Mountain Resort may be obtained by calling (802) 228-1600 or by visiting www.okemo.com.

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GolfNews

News From Green Mountain National G.C.

by Spider McGonagle

In Twilight League news, Mother Nature decided to part the clouds just long enough for us to sneak Twilight League in last week. Despite wet conditions Steve Finneron and Mike Sutcliffe led their team to victory at a strong -5. 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.

This Sunday PGA Professional Richard Vacca will start our Sunday Afternoon Women's Clinic. Each Sunday at 3pm Richard will go over swing fundamentals and help you work on game improvement and course management skills. Beginners and any woman golfer looking

to improve her game are welcome but please call in advance to sign-up.

The registration deadline for the 2011 President's Cup for Men & Women is Thursday, June 23 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 match-play is a great format for amateur golfers.

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 each other. If you would like to volunteer as a marshal or spotter for this event please contact Pat Whitney at pwhitney@vermontel.net.

It's time for our first Junior Golf Clinic on June 28-30. Call to sign-up your junior golfer for three fun days of golf instruction. Each day goes from 9am until noon and includes on-course play and lunch. Only \$99 per junior golfer and everyone is invited.

If you have any questions call at 422-GOLF.

This Week at Base Camp Disc Course

by Mike Miller

This was a great week of disc golf at Base Camp Disc Golf Course. As I mentioned in my last article, many of the big guns came down from Northern Vermont to try and take our tags and money. Well, they did both, but some of the BCODG members earned respect throughout the disc golf community. Our Zack Podhorzer played shot for shot with the # 1 player in the state and only fell short by two strokes. And in the team play BCO's Mike C teamed up with one of the Northern boys to take down the big cash. Not only that but the team play had to go to extra holes and it was BCO members Tyler Teed and Heather House representing the good guys. Great effort.

On our Tuesday night showing all the top tags where up for grabs. I unfortunately lost the number one tag earlier in the week to Zack. Dave Frothingham our new member who is number 1 player in the state grabbed the one tag and then graciously traded it for Zack's number 3. Since Dave is not here regularly he traded the one tag to keep it in play. There was some stellar play that night that needs to be mentioned. Mike C moved from 10th to 4th with his best round of the year and Steve Kelly moved into the top 5. As Sunday league rolled around things changed once again. I am back on top followed by Dan Webb who played a strong round and is in the top 5 for the first time this season along with Dave Frothingham, John Mowery and Tyler Teed. It is great to see so many of the golfers playing so well on any given day. Next week rain or shine.



Rules of the Game

By Alan Jeffery

USGTF Certified Golf Professional
Green Mountain National Golf Course

QUESTION: Sally and Cliff are playing in a tournament. On the 16th hole, the tee shots of both players lie on the fairway. Sally is farther from the hole and prepares to stroke her ball onto the green. However, behind her ball is a mound of sand. She disregards the sand and in the process of a backswing, removes the sand mound with her clubhead, improving the lie. Cliff says Sally is subject to a penalty for improving her lie. Is Cliff correct?

ANSWER: As long as Sally grounded her club lightly and swung in a normal way, she is not subject to penalty. See USGA Decisions On The Rules Of Golf, 2010-2011, 13-2/9.

Golf clinics continue on Tuesday evenings, 5:30-6:30 and Saturday mornings, 10-30-12:00. All are encouraged to attend and personal attention is given. 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.

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Health & Fitness

Protect Skin From Too Much Sun

EPA Sun Safety Tips

The Friday before Memorial Day was “Don’t Fry Day,” a time to remind people at the start of summer about the dangers from exposure to the sun’s harmful rays. Melanoma, the most serious form of skin cancer, is on the rise in America and is the most common cancer among young adults aged 25-29. The U.S. Environmental Protection Agency’s (EPA) SunWise program and the National Council on Skin Cancer Prevention have partnered to provide simple tips on protecting yourself that could save lives.

“Many people still do not realize that unprotected sun exposure can lead to skin cancer and other health problems,” said Gina McCarthy, assistant administrator for EPA’s Office of Air and Radiation. “Simple steps such as using sunscreen, putting on sunglasses or wearing a hat can protect us and our families, while still enjoying the great outdoors.”

One American dies from skin cancer every hour. It is the most common type of cancer in the United States, where skin cancer affects more than two million people each year, outnumbering the cases of breast, prostate, lung and colon cancers combined. One in five Americans will develop the disease in their lifetime. Over exposure to ultraviolet

(UV) radiation from the sun is the main cause of skin cancer.

Although skin cancer risk factors are always present even during the winter, the dangers are greater during the summer months, when the days are longer and more people are outside for longer periods of time. As millions of Americans kick off the summer season by enjoying the great outdoors, EPA encourages families to learn about sun-safe practices and to reduce over-exposure to UV.

EPA encourages Americans to take these few, easy precautions when they are outside:

- “Slip, Slop, Slap, Wrap.” Slip on a shirt. Slop on SPF 15+ sunscreen. Slap on a hat, and wrap on sunglasses to protect your body from overexposure to the sun
- Seek shade. Find shade during the sun’s peak hours between 10 a.m. and 4 p.m. to reduce the risk of too much sun exposure
- Check the UV Index. When planning outdoor activities check the UV Index to identify the times that pose the greatest risk for overexposure to the sun

EPA’s SunWise program is the nation’s largest environmental and health education program designed to encourage kids and their caregivers to practice safe sun habits.



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Rachel Bruce, MD, Joins RRMC

Rutland Regional Medical Center is pleased to welcome Rachel Bruce, MD, to its staff of exceptional physicians.


After taking some time off to take care of her new daughter, Dr. Bruce is joining the staff of Rutland Regional’s Hospitalist Program. A hospitalist is a fully qualified, experienced doctor who directs the care for most patients when they are admitted to a hospital.

They do everything that your primary care physician would do and they keep your doctor up to date on all of the treatment you undergo while you were in the hospital. When you are discharged from the hospital, your regular doctor will have all the information about your treatment.

Dr. Bruce worked as a hospitalist at South Shire Hospital in 2009 after an earlier stint with Southwestern Vermont Medical Center in Bennington. She underwent highly valued fellowship training in 2005 at world famous Memorial Sloane Kettering Hospital in New York after completing her residency training at St. Vincent’s Catholic Medical Center there.

“I feel very lucky to be part of such a committed, caring hospital and community,” Dr. Bruce said. “Vermont is such a wonderful place to live and raise a family. We have felt so welcome here and continue to find new inspiration every day.”

Dr. Bruce graduated from SUNY-Brooklyn Medical School in 2000 after receiving her undergraduate degree from Barnard College in 1995.



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Halotherapy Treatment at Pyramid

Dr. Margaret Smiechowski and Pyramid Fitness Center in Rutland, Vermont are pleased to announce that they have opened the United States' first public Halotherapy Treatment Room based on original 19th century Polish technology.

Although halotherapy, also known as salt therapy, has been used all around the world throughout recorded time, it was not until 1824 in Ciechocinek, Poland, where Stanislaw Staszic built the world's largest and most complex graduation tower. With a length of 5712 feet and with over 7,000 support beams, the tower was originally intended to separate salt from water by lifting the water to a height of over 50 feet and dropping it down through the wooden structure. As the water fell, the sun and the breeze evaporated the water, leaving salt residue that was then converted into table salt. Visitors quickly discovered that the resulting aerosol had a beneficial impact on many diseases. Other graduation towers were created throughout Europe, including in Poland and Germany, and were from then on billed as treatments for respiratory and sinus conditions.

Dr. Margaret Smiechowski, homeopathic doctor and creator of the Pyramid's Salt Cave, grew up in Poland and was aware of the therapeutic benefits of using salt therapy. Once again bringing a new technology to the United States, she has designed a small-scale simulation of the

graduation tower at Pyramid Fitness. "Although we cannot make medical claims about halotherapy in the United States, our simulation is an excellent relaxation chamber," says Dr. Smiechowski.

The Halotherapy Room at Pyramid Fitness seats up to four people at once and is decorated to look like a cabin in the woods. Visitors relax in comfort in zero gravity chairs or on wooden benches overlooking the graduation tower, which drops a highly-concentrated mixture of water and Himalayan salt through a maze of twigs and branches. Although the air is moist, visitors stay completely dry as they relax. The waterfall action creates a microclimate of salt, allowing visitors to breathe in its wellness benefits. Himalayan salt is used not only because it is antibacterial, antiviral, antifungal, and anti-inflammatory, but because of its high mineral content and release of negative ions.

The Halotherapy Room operates every hour on the hour during regular Pyramid Fitness hours, which are currently 6 AM to 8 PM weekdays and 8 AM to 3 PM on weekends. Sessions are 50-minutes long and cost \$12 per person. Massage and other treatments are also available in the Halotherapy Room with advance scheduling. For more information about the Halotherapy Room or any of Dr. Smiechowski or Pyramid's offerings, please visit www.pyramidvt.com or call 802-775-8080.



Veggies on the Grill

by Dianne Lamb, UVM Extension
Nutrition and Food Specialist

If you think grills are just for cooking hamburgers or barbecuing chicken, you are missing out on one of the best treats of summer: grilled vegetables. Next time you fire up the grill, throw on an extra zucchini, eggplant or other favorite vegetable.

Grilled vegetables are a nice side dish to any outdoor meal although they also make ideal leftovers that you can toss into pasta salads, add to sandwiches, slip into soups or just reheat and serve over rice. According to the U.S. Department of Agriculture's Food Guide Pyramid (www.mypyramid.gov/), you should have at least five servings of vegetables daily. So cooking an extra supply of grilled vegetables is a nutritious as well as time-saving strategy.

They also add extra color, flavor and nutritional value to just about any kind of salad. To spice up a pasta salad, mix in cut-up grilled vegetables, a can of beans, some vinaigrette dressing and a dash of freshly ground black pepper. Leftover grilled summer squash, red bell pepper, zucchini and onions nicely complement salads made with couscous, quinoa or rice.

Grilling vegetables is a fun, no-mess way to prepare a variety of produce. You've probably read about the potentially dangerous carcinogens that form when you grill steak or other meats. Well,

this is not an issue with vegetables.

Don't be afraid to experiment. You can cook most vegetables directly on the grill over medium-high heat in three to five minutes per side. Think asparagus, whole carrots, mushrooms, peppers, onion halves or zucchini cut in half lengthwise. To prevent vegetables from slipping through the grill grate, use a grilling tray or spear them on long skewers.

To cook potatoes, first cut in half lengthwise and then grill for two to four minutes per side. For sweet potato halves, allow six to eight minutes per side. Another option is to cut the potatoes into thick slices, sprinkle with olive oil and some favorite herbs, then wrap in foil and place on the grill. Cook for 30 to 40 minutes, flipping the packet over once or twice during cooking.

Try adding grilled vegetables to salads, soup or as a topping for plain cheese pizza. Hot or cold, they work well in sandwiches. Or serve as an appetizer.

A "mixed grill" is a savvy way to introduce new vegetables to the family and maximize the variety of antioxidants and phytochemicals that help protect you against chronic disease. And with summer almost here, lots of locally grown, fresh vegetables soon will be available.

Eat fresh! Eat local! Eat well!

HEALTH CALENDAR

June 20 - Rutland. Rheumatoid Arthritis Support Group, 6:30pm, 6 Court Street. 1st meeting! 1st Floor of RSVP/FGP/One-2-One Office. Q's, 775-8220 x101.

June 21 - Rutland. American Red Cross Blood Drive: Christ the King School, noon-6pm. 1-800-RED CROSS to make appt.

June 22 - Rutland. RAVNAH Blood Pressure & Foot Care clinic: Godnick Center 12:30pm. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

June 22 - Rutland. Rutland County Man to Man Prostate Cancer Support Group Meeting, 5:30pm, RRM. Wives, partners, welcome. Info, 483-6220. Open to public, come share your experiences.

June 23 - Fair Haven. RAVNAH Blood Pressure & Foot Care clinic: Appletree Apts 9:30am. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

June 29 - Rutland. RAVNAH grief seminar for those who have experienced a loss through death. RAVNAH Office. Register at 770-1516. Program, Understanding Grief.

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

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

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

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

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

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

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

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

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

MEN Get It Too!

Breast Cancer Is Not Just a Woman's Disease

See your provider if you notice:

Lump • Skin dimpling or puckering • Nipple retraction (*turning inward*)
Scaling of the nipple or breast skin • Discharge from the nipple

According to the American Cancer Society 1 in 1000 men will develop breast cancer in their lifetime. While rare, it can be just as deadly. If you see any of the symptoms listed above, don't wait, evaluate!



Rutland Regional Medical Center

Breast Care Program

160 Allen Street, Rutland, VT 05701 • www.RRMC.org • 802.775.7111

Supported by **Susan G. Komen**
FOR THE cure

Art & Entertainment

NIGHTCLUBS

FRIDAY, JUNE 17

Lake House Pub & Grille
McGrath's Irish Pub
Sabby's

Eve-Aaron Audet
Eve-Doug Hazard
HH-Brad Morgan

SATURDAY, JUNE 18

McGrath's Irish Pub

Eve-Doug Hazard

TUESDAY, JUNE 21

Ramunto's B'Water

Eve-Open Mic

MUSIC

June 16 - W. Rutland. Carving Studio benefit concert with Holy Ghost Tent Revival & opener J. Rumney. 7-10pm. All ages. \$15 day of, \$10 advance at 438-2097.

June 17 - Ludlow. Jackson Gore Outdoor Music Series at Okemo Mtn presents Dr. Burma. BBQ w/wine & beer available. On the grass in the courtyard at J. Gore Inn. Concert starts 6pm, rain or shine. okemo.com

June 19 - Rutland. Rutland City Band performs summer concerts on the Green/Rte 4 & 7 - Main St. Park. 7-8:30pm. Every Sunday thru Aug. 21. Themed concerts. Free! Bring a chair or blanket.

June 20 - Brandon. Brandon Town Band plays in Central Park, 6:30-7:30pm. Bring a chair or blanket & enjoy!

June 21 - Castleton. 16th Annual Castleton Concerts on the Green. Tuesdays, rain or shine, 7pm sharp, on the Green next to Federated Church. This week: Banjo Dan & the Mid-nite Plowboys. Rain site, Tent.

June 21 - Rutland. Bells of Joy Handbell choir perform 28th annual summer concert, 7:30pm, UMC. Free will offering. 345-6759 for info.

June 22 - Rutland. Nationally-touring blues guitarist and singer Chris Beard performs in Main Street Park, 7pm..

June 23 - Brandon. Free Summer Concert in Central Park, 6:30-8:30pm. Kicks off Brandon Chamber's free summer concert series. Keating Five performs. Rain site tba. 247-6401.

July 8-10 - Brandon. Basin Bluegrass Festival. Basin Rd. Gates open 8am July 3 for early bird camping, \$10 extra. 247-3275 for tickets prices, bands, info. basinbluegrassfestival.com

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 16 - Shrewsbury. Sundown Songsters. Evening walk to listen for thrushes & other sounds of the evening. Meet at Shrewsbury Town Hall, 6:30pm. Sponsored by Rutland County Audubon. 492-3502.

June 16 - Rochester. Contra Dance at Pierce Hall, 7:30-10pm. No experience necessary, all dances taught, no partner require. Musicians sit in. 617-721-6743.

June 17 - July 22 - Woodstock. Union Arena has Summer Ice! Youth hockey camps, public skates, ice for sale, leagues. 457-2500 x11.

June 18 - W. Rutland. Marsh Monitoring Walk, monthly bird monitoring exercise at West Rutland Marsh. Meet at W Rutland Price Chopper parking lot, 7am. Sponsored by Rutland County Audubon. 775-3461.

June 18 - Killington Section GMC event: Baker Peak, Mt. Tabor. Climb to viewpoint on Baker Peak via LT. Some steep climbing, moderate 5.6 mi. Meet Rutland's Main St Park 9am. 774-5144.

June 18 - Wodostock. FREE season opening skating party, 3-6pm, Union Arena. Free rentals too! 457-2500 x11.

June 25 - Quechee. VINS Naturalist Hike Series - this week: Boston Lot Reservoir, Lebanon, NH. 9am-noon. \$12 members, \$15 non. Register by June 20, 359-5000 x223.

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.

June 25-26 - Rutland. Relay for Life of Rutland county. Teams walk the track day & night, rain or shine, to raise funds for cancers. VT State Fairgrounds. 1pm Sat. to 8am Sun. Camping avail. relayforlife.org/rutlandvt

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

Sept. 10 - Middlebury. 6th Annual Kelly Brush Century Ride. Register kellybrushfoundation.org, 846-5298. 25, 50 or 100 mile bicycle rides with family & friends, help conquer challenge of paralysis!

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.

Tues. - Rutland. Chess Club, 7pm, Godnick Adult Center, 1 Deer St. Open to public, free, all ages. Beginners welcome. 773-1853.

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 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.

June 16-18 - Rutland. RHS Theatre's YES Plan presents Thoroughly Modern Millie, evening of music, dancing & entertainment, at RHS. 7pm nightly. \$6 students, \$8 adults, \$20/ families of 4.

June 16, 21 - Plymouth Notch. Tales of the Notch, guided tour of Calvin Coolidge's Plymouth Notch, thru village & surrounding fields. 2pm.

June 17 - Rutland. Summer Job Fair, noon-5pm, Opera House on Merchants Row.

June 17 - W. Rutland. Marble Valley Players present Allo, Allo, wacky wartime farce. June 17-18, 24-25, 7:30pm. June 19, 2pm. \$15 advance 775-0903 & at door.

June 17 - Woodstock. St. James Art Show & Sale, 5:30-8pm, St. James Church on the Green. Opening reception. June 18, show & sale open 10-5, Parish Hall. Proceeds Woodstock food shelf & Hand in Hand.

June 17-18 - Rutland. Help Pack the Paramount, a drive to collect 20,000 non-perishable food items for local food shelves. Drop off your contributions June 17, 6am-7pm & June 18, 6am-1pm.

June 17-19 - Quechee. 31st Annual Quechee Hot Air Balloon Festival! See article for details.

June 18 - Pawlet. Pawlet Historical Society Tag Sale & Bake Sale, 8:30am-noon, Pawlet Firehouse. 645-9529.

June 18 - Wallingford. Town Wide Tag Sales!!

June 18 - Tunbridge. VT Woodlands Assn's Walk in the Woods Series: Northern Hardwood Forest Management, 9am-noon. Paul Harwood's Property. Field event, rain or shine. Mild-moderate hiking. Bring bag lunch. Free. 747-7900.

June 18 - W. Rutland. Story time, 10am, W. Rutland Public Library. Fun time reading with Mrs. Slack, with a snack. Decorate a flower pot to take home. Pizza & games 10:45-noon. Board games, Chubby Bunny contest. 438-2964 for more info.

June 18 - Brandon. Brandon Rescue, Fire, Police presents Safety Day, 10-2, Brandon Rescue Squad. Ambulance tours, blood pressure screenings, helmet fittings, bike inspections, demos, more. Raffle. Noon pig roast. 345-0056.

June 18 - Brandon. 250th Birthday Celebration with Civil War Re-enactors, house tours, singers, birthday cake. 10am-5pm. Central Park & around Brandon. 247-6401 for info, or see Brandon Page in this week's edition.

June 18 - Rutland. Free family fun day in Main Street Park, 11am-2pm. Calvary Bible Church sponsors, with a bounce house, obstacle course, games, crafts, dunking booth, cotton candy, live music, more. 775-0358.

June 18 - Shrewsbury. Household hazardous waste collection event, 1-3:30pm, Shrewsbury Transfer Station. Residents of SWAC towns only.

Proof of residency required. 770-1333. Free.

June 18 - Rutland. Strawberry Shortcake Festival on the lawn, UMC. Rain site, inside Fellowship Hall. 1-5pm. Adults \$5, age 5 & under \$4, families of 4+ \$20. 773-2460.

June 18 - Brandon. Silent Film Festival at Brandon Town Hall, 7:30-8:30 pm. "The General." Free will offering.

June 19 - Granville, NY. Slate Valley Museum hosts historian Howard Coffin for talk on Vermont's Civil War Soldiers. 6:30pm. Reservations recommended, 518-642-1417. \$10 donation.

June 20 & 21 - Rutland. Family Summer "Big Flicks" Film Series at Paramount Theatre. "The Films You WANT to See." Mon. & Tues. nights, 7pm. \$6 & \$6. June 13, Raiders of the Lost Ark. June 14, Blazing Saddles.

June 21 - Killington. Tuesday Night Boat Races start at Grist Mill. June 28, 1st annual Plaid Day. 422-3970.

June 21-23 - Killington. Killington Arts Guild Linda Kropp One Stroke Painting Workshop, 9am-12:30pm daily, KAG Gallery, Upstairs at Cabin Fever Gifts. \$90 members/ \$100 non-members. 422-3852.

June 22 - Rutland. Summer Reading Club program for kids at Rutland Free Library. 1pm, Up & Down the Mountain Bilingual storytelling. 773-1860.

June 22 - Killington. Performance by Matthew Witten, storyteller & musician at Sherburne Memorial Library, 1pm. One World, Many Stories program - stories, crafts, music, dance, more - preschool to young adult. Register for program, 422-9765. Free.

June 22 - Plymouth. Annual Strawberry Festival, 5-8pm, Camp Plymouth State Park on Echo Lake. Free admission. Rain or shine. BBQ with strawberry shortcake. Raffle, face painting, bouncy house, entertainment, fun!

June 24 - Mendon. Wine Tasting Dinner to benefit Killington Music Festival at Red Clover Inn. Chef Dennis Vieira, music by KMF's Young Artists. Family style. Reservations & info, 775-2290.

June 24-26 - Essex Junction. Vermont Quilt Festival at Champlain Valley Expo. Quilt exhibits Fri-Sat, 9-6; Sun, 9-3. June 23, Champagne & Chocolate Preview, \$12, 7:30-9:30pm. Workshops, lectures, quilt appraisals, vendors, kids' class. Admission. vqf.org

June 25 - Castleton. Castleton town wide yard sales! 9am-3pm. 468-3093 to reserve a space.

June 25 - Killington. High Fives Foundation fundraiser to aid Phil Hoban's recovery - Casino Night at Summit Lodge. Roll dice to win a Toyota Car!!! Food at 6pm, gaming at 7pm. \$25/ person. 422-3535 or 345-0162 for info.

NEW ENGLAND MAPLE MUSEUM
North of Rutland, 4578 Rt. 7 in Pittsford
A Journey through Vermont's Famous Maple Sugaring Industry
Vermont Products & Gifts
(802) 483-9414 • Open Daily 8:30a.m. - 5:30 p.m. • www.maplemuseum.com



UNION ARENA COMMUNITY CENTER
A Year-Round Sports and Event Facility for the Community
SUMMER ICE
Saturday, June 18
FREE Season Opening Skating Party
3pm—6pm
Free Rentals too! 
(802) 457-2500 x-11
www.UNIONARENA.ORG

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RT 7 • N. Main St., Rutland • Open 7 Days • 802-775-0059
Turn Right at intersection of Rt 4E & Rt 7N • Travel Rt 7N .6 mi
10,000 Gift Ideas • www.mikeshobbies.com

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Paintball Guns
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Exceptional Fine Art Gallery
Upstairs at **BASE CAMP & CABIN FEVER GIFTS**
Traditional and contemporary

Killington Arts Guild
At **CABIN FEVER**
RT 4 across from Killington Access Road 10:00 am-5:00 pm daily

250 YEARS PEOPLE & MOUNTAINS
NEW MEMBERS SHOW JULY 8TH TO AUG. 30TH
OPENING RECEPTION JULY 9TH 3PM TO 6PM
For Programs & Workshops Call 422-3852

July 2 - Belmont. Mt. Holly's Independence Day Parade. Lineup at corner of Dodge & Healdville Rds 10:30am, 11am stepoff. Flag Raising Ceremony with awards 11:30am at Odd Fellows Hall, + chicken bbq, til 1:30pm. Cow Flop Raffle 11-1.

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.

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! June 22, Dom Cioffi of PEG-TV.

FARMERS MARKETS

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

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

Fridays - Brandon. Brandon Farmers Market in Central Park, 9am-2pm.

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

Fridays - Fair Haven. FH Farmers Market, 3-6pm, FH Park, rain or shine.

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

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

Saturdays & Tuesdays - Rutland. Downtown Rutland Farmers Market, Sats. 9am-2pm & Tues. 3-6pm, 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.

THE MARBLE VALLEY PLAYERS

'ALLO,
'ALLO


a wacky wartime farce
by Jeremy Lloyd
and David Croft

Fri. & Sat.
June 17 & 18
7:30 pm

Sunday
June 19
2:00 pm

Fri. & Sat.
June 24 & 25
7:30 pm

General Admission \$15.00



WEST RUTLAND TOWN HALL THEATER

Tickets at www.paramountlive.org & at the door

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, Sun. 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. Exhibit "Through the Lens of Slate: Students Artwork Using Slate Printing Press" open. 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 10-5:30 daily. New summer programs. 359-5000 for info. Barry Van Dusen watercolor exhibit Jun. 16-Jul. 16.

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,



Tatooine II, Joshua Primmer

CHAFFEE ART CENTER Rutland Area Art Association

Summer Members' Exhibition

June 25 through July 30
Artwork by Chaffee Juried Artist Members featuring Joshua Primmer, Patrick Kennedy, and Marian Willmott

Opening Reception:
Saturday, June 25, 5-7 PM

Music by John Lyons
Sponsored by:



BUS TRIP Museum of Fine Arts, Boston

Chihuly: Through the Looking Glass
Friday July 15

Depart the Chaffee at 6:30 am
Return by 8 pm

\$75 for Chaffee Members
\$85 for Non-Members
Call 802-775-0356

The Mountain Times • June 16-22, 2011 • 11
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

Rutland-Coming to Paramount Theatre: Comedy: Jim Breuer, Sep. 26; Bill Cosby, Oct. 16; Lewis Black, Oct. 19. Popular Music: Gregg Allman, Sep. 4; Blues Traveler, Sep. 23; George Thorogood & Destroyers, Sep. 24... more. Family Series and Theater Series as well. Look for the ad in this paper! Stay tuned! 775-0903, paramountlive.org

What to put something for our community calendar?

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



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



29 CLASSICAL SUMMERS

killington music festival

MUSIC IN THE MOUNTAINS CONCERT SERIES
JULY 2-AUGUST 6, 2011
Saturday 7pm, Ramshead Lodge, Killington Resort

JULY 15*
Friday Night Live, 7pm, Center St. Downtown Rutland

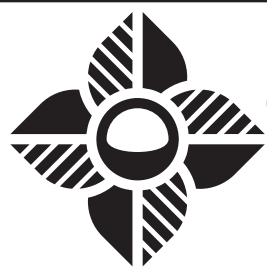
JULY 2	Music from the Heart Deeply moving, beloved works of Brahms & Bachs
JULY 9	Music from the Americas Grammy-winning composer/violinist Mark O'Connor
JULY 15*	Friday Night Live outdoor concert Works of Mark O'Connor, Piazzolla, Brahms & Mendelssohn
JULY 16	Souvenirs from Abroad Brahms' electrifying chamber masterpiece, the Quintet for Piano & String Quartet in F minor
JULY 23	Russian Expressions Tchaikovsky, Shostakovich & Prokofiev
JULY 30	Claire de Lune Inspired works by Claude Debussy, Beethoven & Ravel
AUG. 6	3 Artists, 4 Composers Bach, Mozart, Hindemith & Beethoven for String Trio

JUNE 24 **Special Dinner - KMF Fundraiser**
HOSTED BY THE RED CLOVER INN, MENDON
Chef Dennis Vieira will prepare a family-style dinner featuring a selection of wines from Farrell Distributing. Family seating. Music by the KMF Young Artists. Reservations & more info: 802.775.2290.



We Perform!
Great Music...
Great Musicians

Concert schedule & info:
killingtonmusicfestival.org
TICKETS: 802.422.1330 or killington.com



downtown Rutland

Friday Night Live Returns June 24

Friday Night Live returns to Downtown Rutland for its fifth year on June 24 with a range of entertainment from 6-10pm. For the last four years Center Street has come alive with people as they enjoy Rutland's biggest block party.

For children's entertainment, come down at 6:15 p.m. and watch High Peaks Juggling dazzle the crowd. Eric Geoffrey bring with him twenty-three years of juggling experience and creates a wonderful "family-friendly performance." The act will be presented in front of the former Ladabouche Furniture location.

A special highlight on this opening night is linked to the Gift-of-Life Marathon Blood Drive. Back in December, Steve Costello of CVPS and Rutland Mayor Chris Louras vowed not to shave for six months if Rutland broke the one day record set by Boston. Rutland smashed the record and the beards have been growing ever since. The six month anniversary is June 21 and Costello and Louras have agreed to preserve their whiskers until Friday Night Live. Come to the front of the Paramount Theatre and watch the beards get shaved and let's start building momentum for the 2011 blood drive scheduled for December 20.

To top off the evening, the local rock band Money Shott will take to the main stage just after 7 p.m. The popular group will be performing two sets during the night.

Want to learn about the martial arts? The Vermont Martial Arts Academy will be providing a demonstration of what they instruct to students of all ages. It will occur in front of the former Ladabouche Furniture location and start at 7:30 p.m.

As usual, the stores and restaurants will be open and portions of Center Street lined with vendors. Come to Downtown Rutland and Shop. Eat. Be Entertained. Friday Night Live could not occur without the help of our sponsors: KeyBank, FairPoint Communications, Berkshire Bank, VELCO, Bud Light, Stewart's Shops, the Vermont Country Store, Casella Waste Management, Gus' Tobacco Shop, Best Western Plus, Lake Sunapee Bank, VSECU, Proctor Gas, Keyser Energy and the attorneys of Ryan, Smith and Carbine.

Rain or shine, Friday Night Live goes on with activities commencing at 6 p.m.

Friday Night Live will run for five additional Fridays in 2011: July 8, 15, 22 and August 5, 12.

Come to Downtown Rutland. It's the place to be this summer.



Celebrating 55 Years

McNeil & Reedy celebrate 55 years of business with a "Pants Cutting" ceremony. This was in homage to the original ceremony of the store's opening, where this was done in lieu of a ribbon cutting.

Pictured Front: (L-R) Whitney McNeil, John McNeil, Julie Loyzelle, Mayor Christopher Louras cutting, Jim McNeil
Back: (L-R) Mike Coppinger, Dennis Jenik, Chuck Rose, Mike McCormack, Mark Foley, Sr., Representative

Peter Fagan

Representative Fagan read the State of Vermont House of Representatives Concurrent Resolution congratulating McNeil & Reedy on the haberdashery's 55th anniversary. Congratulations!

Visit McNeil & Reedy for the finest and most complete selection of tuxedos in Rutland County, for rent and for sale, at 81 Merchants Row in downtown Rutland.

2011 Paramount Theatre Season Announced

The Paramount Theatre announced that on June 16, 2011 they will unveil their most exciting season ever! More than two-dozen nationally recognized and internationally touring headlining acts will take to The Paramount stage in downtown Rutland from September to May!

"Bringing the very best in live entertainment to the central Vermont community is not only our responsibility but our passion," explained Eric Mallette, Programming Director. "To that note, we should take a moment to pause and reflect on what makes all of this possible; the countless contributors who believe in the mission of a healthy, vibrant performing arts center – corporate donors, members and the hundred of volunteers who help make this building 'tick'. Without this support, the growth that has been seen in this organization would not be possible."

Tickets are available beginning June 16 by phoning The Paramount Theatre Box Office at 802-775-0903. Tickets may also be purchased online at paramountlive.org or at The Paramount Theatre Box Office at 30 Center Street, Rutland on Thursday and Friday 11am-6pm and Saturday 10am-2pm.

The 2011-2012 Paramount Theatre Season:
-2011-2012 COMEDY SERIES
Jim Breuer Sept 26
An Evening With Bill Cosby Oct 16

- Lewis Black: In God We Rust Oct 19
- The Capitol Steps Jan 21
- The Irish Comedy Tour Mar 20
- Joan Rivers Apr 27
- Whose Live Anyway Starring Ryan Stiles May 26
- 2011-2012 POPULAR MUSIC SERIES
- Gregg Allman Sept 4
- Blues Traveler Sept 23
- George Thorogood & The Destroyers Sept 24
- Keb Mo Sept 27
- The Chiffons And Danny & The Juniors Oct 7
- Jars Of Clay Oct 15
- Bela Fleck & The Original Flecktones Nov 19
- Natalie Macmaster – Christmas In Cape Breton Dec 1
- Rockapella Mar 9
- The Shirelles And The Drifters Mar 24
- An Evening With Bruce Hornsby Apr 20
- The Glenn Miller Orchestra Apr 22
- 2011-2012 THEATRE SERIES
- Of Mice and Men Oct 14
- Clifford the Big Red Dog Jan 6
- The National Broadway Tour of Brigadoon Jan 19
- The National Broadway Tour of Monty Python's Spamalot Apr 1 (2 Shows!)
- Vermont Voices In Play Apr 13
- Seussical the Musical May 5
- 2011-2012 FAMILY SERIES
- Masters of Illusion Nov 9
- The Golden Dragon Acrobats Dec 9
- Cirque Mechanics: Boomtown Feb 17
- Celtic Nights: Journey Of Hope Mar 6
- Jungle Jack Hanna Apr 21 (2 Shows!)

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DiningGuide

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
Choices Rest. & Rotisserie
Gracie's Grill			
Grist Mill			
Killington Market		
Lakehouse Pub & Grille
McGrath's Irish Pub		
Moguls Sports Pub
Mountain Top Inn & Resort		
On The Rocs Lounge			.						.					.		
Ramunto's
Red Clover Inn
Seward Family Restaurant		
Sugar & Spice			
Vermont Inn	
Vermont Dining Train	

CHOICES RESTAURANT & ROTISSERIE 422-4030
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GRIST MILL RESTAURANT 422-3970
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3569 Route 30 North, Bomoseen
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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.

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

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

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

Castleton Green Alive with Banjo Dan and the Mid-Nite Plowboys

Castleton concerts has the "real deal" on the green, this Tuesday, June 21st, when tremendously popular, Vermont's own ambassadors of superb New England music, Banjo Dan and the Mid-nite Plowboys, come riding into town. They are one of the best established, most respected acoustic bands in the Northeast, and have built a sterling reputation for energy, musicianship, showmanship, and right-on-the-money bluegrass entertainment.

Bluegrass is an original American art form, and the Plowboys are among its foremost practitioners in the New England states. Their vast repertoire includes traditional fiddle and banjo tunes, standard bluegrass songs, folk and country ballads, and spirituals. They are known especially for their well-crafted original songs, many of which depict life in Vermont and the northeast. Although they draw material from a variety of sources, Banjo Dan and the group hold fast to the basic tenets of bluegrass: strong rhythm, sparkling instrumental solos, soulful vocals and tight harmonies.

You can catch it all this Tuesday, June 21st, at 7:00 pm



on the Castleton Green. You certainly won't be disappointed and, after all these years --- the Castleton concert series has finally brought these musical "magicians" back to the green. You ---- will --- have a great time!

The concert is free and open to the public. It will perform rain or shine. Rain site is the Tent on the Castleton State College campus.

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

Wine Tasting Dinner to Benefit Killington Music Festival

On Friday June 24th, the Red Clover Inn Mendon, Vermont, will be hosting a special fundraiser. Join us for a Wine Tasting Dinner by Chef Dennis Vieira and music by the Killington Music Festival's Young Artists. Chef Dennis will prepare a family-style dinner featuring a selection of wines from Farrell Distributing. Proceeds to benefit the Killington Music Festival. For more information and menu please contact The Red Clover Inn at 802-775-2290.

Family Afternoons at Hubbardton State Historic Site

The Hubbardton Battlefield State Historic Site offers a special program on the third Sunday of each month when a Hubbardton resident of 1777 comes back to life to talk about the Revolutionary War battle of Hubbardton and what it was like to live in the path of war. Site interpreter Carl Fuller, dressed in period attire, offers the program at 1 pm. on Sundays, June 19, July 17, Aug. 21, and Sept. 18. Programs are rain or shine.

On June 19 and Sept. 18, meet at the Visitor Center for battlefield tales. Hear stories about residents seeking safety and returning to the area after the war to work on their farms and live in the new Republic of Vermont.

On July 17 and Aug. 21, meet at the Visitor Center and then drive to the nearby East Hubbardton Cemetery, where Carl Fuller will offer a guided walk and "introduce" visitors to some of these residents who lived in the path of war.

The Hubbardton Battlefield is the site of the only Revolutionary Battle fought on Vermont soil. The successful American rear guard action here on July 7, 1777 saved the American northern army from the British, and eventually led to the successful American battle on Aug. 16 to save the supplies located at Bennington and the battles of Saratoga in October.

Call 802-273-2282 for details. The site is located in Hubbardton on Monument Hill Road, seven miles north of US Route 4 from Castleton or six miles east of VT Route 30 in Hubbardton. Regular hours are 9:30 a.m. to 5 p.m., Thursday through Sunday and Monday holidays, through Oct. 10.



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Portugal

Portugal is this mysterious country next to Spain, which few of us know much about. Beside a language that is not easy to read or pronounce, though it is deceivingly close to Spanish, and the fact that Portugal was the colonial power in Brazil some 200 years ago, you mostly get blank stares when you ask somebody about Portugal. Unless of course if you are of Portuguese heritage, then you probably still carry a good dose of national pride.

Portuguese culture has a very long history and its cuisine and wine are worth exploring. Mostly known for the fortified Port wine from the city of Porto, there are a number of table wines to explore. First and foremost, especially for the upcoming hot summer days should be Vinho Verde. If you've never tried it, you owe it to yourself to pull a very well chilled bottle from the fridge and take a seat on the front porch and enjoy this refreshing, dry, slightly effervescent and low-alcohol white wine.

Vinho Verde actually means 'green wine,' referring to its youthful freshness that leads to a very slight green color on the edges of the wine. It is produced from grapes, which do not reach great doses of sugar and therefore does not require an aging process. After Port wine Vinho Verde is the most exported Portuguese wine.

As most European wines Vinho Verde is a blend, usually of the white grapes Loureiro, Trajadura, Arinto, and Azal, the last can also be a red varietal. Some of the other important white vine varietals include Alvarinho, Encruzado, Bical, Fernão Pires, Moscatel, and Malvasia Fina. The only white varietal wines you are likely to find are Alvarinho and Moscatel. Traditionally several vari-

etals should be blended.

Some of the red vine varietals to mention are Touriga Nacional, Tinta Roriz (or Aragonês - known in Spain as Tempranillo), Baga, Castelão, Touriga Franca and Trincadeira (or Tinta Amarela).

Most wine regions of Portugal are organized by DOC appellations that feature typical regulated blends, similar to most other European DOC systems. The Minho region in the far north of the country is almost synonymous with Vinho Verde, which often serves as the term for the appellation. Other regions to remember as you might find them mentioned on wine labels on our shores include (clockwise from Minho, north to south) Douro, Dão, Alenquer, Estremadura, Alentejo. There are a total of 29 recognized wine regions. Some other notable terms you might find on a bottle of Portuguese wine include Branco (white), Tinto (red), Colheita (vintage), Adega (winery), Quinta (vineyard), or Casta (grape variety).

While Portugal has a long tradition in winemaking, Portuguese wines have only recently come to popular attention. Probably due to the economic climate where everyone is looking for a bargain, Portugal has become one of the last few places where quality wine is not that expensive and well worth to discover. (For a taste of Portugal, you need not travel far: head to the Red Clover Inn, enjoy Chef Dennis Vieira's cuisine and ask him for some Portuguese wine recommendation!)



Flamenco Guitarist Performs in Rochester

Evan Cary, Madrid-based guitarist and composer, returns to New England this summer. Born in the USA, Evan moved to Spain in 2005 to study with Aquilino "El Entri" Jimenez, one of the world's most respected flamenco guitar teachers.

Between June 1, 2011 and August 31, 2011 he will perform more than 40 concerts of traditional Spanish flamenco and original flamenco fusión compositions in New England.

Evan Cary studied classical guitar from 2003 until 2005 in the USA before moving to Spain in 2005 to study flamenco at the Amor de Dios academy in Madrid. As one of only three other musicians he received a diploma from Amor de Dios.

Evan's intensive flamenco guitar apprenticeship with "El Entri" at Amor de Dios was followed by studying at Academia Cañorroto de la Guitarra Flamenca. At Academia Cañorroto he deepened his knowledge of advanced guitar technique, solo performance, extensive flamenco form study, dance accompaniment, singer accompaniment, and flamenco composition.

He will appear at the Huntington House Inn in Rochester, VT every other Sunday: June 19, July 3, July 17, July 31, August 14 and August 28 from 7 pm until 9 pm.

Carving Studio Benefit Concert

Million Shares Productions and The Carving Studio present a very special benefit for The Carving Studio, with Holy Ghost Tent Revival and opener J. Rumney, at The Carving Studio, 636 Marble Avenue, West Rutland, Vermont, Thursday night June 16th between 7 - 10 pm.

The sense of celebration and salvation, of a raucous party where everyone is welcome and most listeners find their toes tapping and a smile breaking free. In the same spirit as the blues greats that traveled the highways of the American psyche before, their music is not to lament living's hardships but rather to celebrate in life itself - in all its pleasure and pain.

It is this transcendent energy that continuously propels Holy Ghost Tent Revival to play the heart and soul of a North Carolina-born, genre-defying new groove. With a penchant for crafting thoughtfully playful lyrics and graced with exceptional musical skills, there are seemingly no boundaries for this group as they travel the country spreading the magic of their heart-throbbing, foot-stomping, good-time music.

This show is for all ages. Pre-sale tickets are \$10 and day of show are \$15. Get tickets and more information by calling The Carving Studio at 802-438-2097.

Annual Plymouth Strawberry Festival



Don't miss the annual Plymouth Strawberry Festival at Camp Plymouth State Park on Echo Lake on Wednesday, June 22, from 5:00 - 8:00 PM. There will be free admission to the park that evening.

Rain or Shine come enjoy burgers, hot dogs, homemade salads & baked beans, PLUS yummy strawberry shortcake with ice cream & real whipped cream! In addition, you can participate in the huge raffle with over 50 wonderful prizes. Youngsters will enjoy face-painting & the bouncy house. There will be entertainment featuring Art Branton, including a talent show!

This event is sponsored by the following groups & will benefit: Tyson Ladies Aid - yearly scholarships for high school seniors at Woodstock Union & Black River High Schools; Tyson Church - offering children/youth programs & community outreach; Plymouth Emergency Services - volunteers providing fire protection & education & medical assistance; Community volunteers - funding for Windsor Youth Services.

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Local News



Jump Fore Fun Grand Opening

The ribbon is cut at the Grand Opening of Jump Fore Fun, located at 1 Scale Ave., Suite 61 in the Howe Center in Rutland. Jump Fore Fun offers indoor family fun and a party center including bounce houses, miniature golf and party rooms at affordable prices. For more information call 802-772-7339. Pictured: Front L to R: Tom Donahue, RRCC EVP/CEO; Josh

Jermone, VT Community Capital; Owners Bob Rogers (holding son Shane Rogers), Michelle Rogers (holding daughter Allison Rogers) (missing: Son Josh Rogers); Rep. Herb Font Russell; Lucie Houle; Jayden Graham; Louise Graham, Mary Ann Rogers. Rear L to R: Jayme Nicklaw; Phil Hall; Joe Giancola; Sherri Birkheimer Rooker, RRCC Board Member.



Channel 20 Program Coordinator Chris McCormack (l) and Executive Director Mike Valentine (r) stand with Timothy "TJ" Engler of Rutland High School, PEGTV's recipient of the 2011 Courcelle Scholarship.

PEGTV Names 2011 Scholarship Winner

The PEGTV Scholarship Committee is pleased to announce that Timothy "TJ" Engler of Rutland is the 13th recipient of the \$1,000 PEGTV Courcelle Scholarship. Engler is a senior at Rutland High School and a member of the Stafford Technical Center Video/Media Technology Program. He has been accepted at Valley Forge Christian College and plans to major in digital media production. Engler is the son of Timothy and Rosemary Engler of Rutland.

The Courcelle Scholarship is awarded annually to a Rutland County high school

senior who has exhibited a high level of proficiency and interest in the video arts and intends to pursue study in the communications field at an accredited college, university or trade school.

The PEGTV Courcelle Scholarship honors the memory of Joe Courcelle for his pioneering work for local public access television. Joe Courcelle was an active member of the original board of directors, a dedicated independent producer and an integral part of the establishment of Rutland's PEGTV.

Rutland Rec & Parks Department Relocates for Summer

The Dana Recreation Center will be closed starting Friday June 10, 2011. The Rutland Recreation & Parks Department main offices will be temporarily located at the Godnick Adult Center on 1 Deer Street, Rutland for the summer months starting Monday June 13. All registrations for programs will be at the Godnick Adult Center or you

can register on-line at www.rutlandrec.com. The number for the Godnick Adult Center is 773-1853. We are in the process of relocating all our summer youth and adult fitness programs. We do not anticipate having to cancel any summer program. Please check our web site for updates on locations of programs. Thank you for your patience.

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MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

Killington & Woodstock...Be There or Be Square

The Killington Fire and Rescue and Town of Killington are holding the Annual Fireman's Picnic/4th of July Celebration in conjunction with the Town's 250th birthday on Monday, July 4, 2011 at the Johnson Recreation Center on River Road, Killington. Among the festivities planned are a parade that begins at 10am on River Road, a bbq conducted by the Killington Fire and Rescue volunteers, a Silent Auction with terrific items and gift certificates to bid on, fun games in the swimming pool, a softball game, field games, great music from a DJ, awesome fireworks and more. Entry into the town pool is free of charge on this day, as is the kiddy pool and playground. There is no charge for this good old fashioned community picnic. It's reasonable cost for the bbq, which is a fundraiser for the volunteer fire department. Bring a lawn chair or blanket to sit on and plan on being in Killington for the whole day, which culminates in the wonderful fireworks display at dusk.

The Market on the Green in Woodstock is now open from 3 pm to 6 pm. Thirty vendors will offer for sale a variety of locally grown vegetables, meats, eggs, berries, baked goods, jams and jellies, pasta, cheese and locally made crafts. John Specker, an American Fiddle music player, will be performing during the market hours.

The Vermont Small Business Development Center with sponsorship by TD Charitable Foundation, is presenting a dynamic half day workshop entitled "Listening to your Business" for business owners, managers and

key employees on Thursday, June 23, 2011 from 2 pm to 6 pm at the TD Bank on 21 Elm Street, Woodstock. To register, email hgonyaw@vtsbdc.org. The enrollment is limited to 12 participants. For directions call Mary Beth DeFalco, manager of TD Bank at 802-457-6807.

A wine and hors d'oeuvres reception will be held on Friday, June 24, 2011 from 6 pm to 8 pm at the Dana House Museum, Woodstock, VT. A preview of a special museum exhibit with accompanying Celtic harp music features historic fashions, art and floral arrangements. On Saturday, June 25 there will be a garden tour from 11 am to 3 pm as well as the special museum exhibit. Participants will receive a full color guide booklet and an opportunity to take part in a silent auction for floral arrangements. To purchase tickets call 457-1822.

The Union Arena Community Center has a Summer Ice Program featuring hockey leagues and tournaments, youth hockey camps, public skating. There will be a free season opening skating party on Saturday, June 18, 2011 from 3 pm to 6 pm. For more information or to sign up call 457-2500, ext. 11.

The Pentangle Summergrass Festival to be held at the Suicide Six Ski Resort will feature bluegrass and country legend Ricky Skaggs on July 22-23, 2011. Other bluegrass musicians to be featured at the Summergrass Festival are The David Grisman Sextet, The Bluegrass Gospel Project, Sierra Hull, Sam Bush and the Del McCoury Band. For more information or to purchase tickets call Pentangle at 457-3941. Don't miss it!

Congratulations, Charmaine!

Charmaine Willis, a 2003 graduate of WUHS, was recently awarded a Master's Degree in International Affairs from American University in Washington, D.C. Her parents are Ron and E. J. Willis of North Sherburne. After a 2 week tour of Europe, Charmaine has returned to her home in Alexandria, VA.



Calling All World Travelers!

Sherburne Memorial Library Launches Summer Reading Program

Matthew Witten, Storyteller and Musician will kick-off the Summer Reading Program, "One World, Many Stories" with a performance at Sherburne Memorial Library, June 22 at 1:00.

Readers of all ages will travel the globe this summer as Sherburne Memorial Library presents "One World, Many Stories" during their summer reading program. Children will explore seven continents through stories, crafts, music, dance, and other activities.

The 2011 Summer Reading Program is open to young people, preschool through young adult, with programs, prize drawing, story hours, and more. Registration for "One World, Many Stories" begins on June 16th.

For more information, call the library at 802-422-9765. All programs are free of charge.

Sponsored by Vermont Department of Libraries & Sherburne Friends of the Library.

Woodstock Market on the Green Open

The Woodstock Market on the Green, sponsored by the Woodstock Area Chamber of Commerce, is celebrating its 5th season on the Green in Woodstock, Vermont by adding six new vendors. The Market is open now and will continue through Wednesday, October 5th, with hours of 3 to 6 p.m. The market continues to maintain its product mix of 60% agriculture, 20% prepared foods, and 20% crafts.

The committee is pleased to report that Lalita Karoli

will once again act as the Market Coordinator and has work diligently to line up an array of music and cooking demonstrations for many of this year's markets.

Early season vegetables, local meats, artisan breads and cheeses, along with prepared foods and great crafts will be available from vendors representing four local counties. For the convenience of our patrons, EBT and Debit cards will be accepted at the market.

Obituary

Edwin S. Cushman of Killington, Vermont died on May 19, 2011 in Deerfield Beach, Florida. He was born on April 7, 1948 in Cambridge, Massachusetts, the son of Edwin S. and Katherine Cushman. He was educated in the Winchester, Massachusetts public school system and graduated from Boston University. He worked at Merrill Lynch in Boston, Massachusetts from 1971-1974.

In 1974 Mr. Cushman along with his father Edwin S. and brother Henry S. incorporated Cushman Lumber Co. where he worked until his death.

In 1983 he married Deborah Shephard Cushman. Mr. Cushman is survived by his wife Deborah, two sons Jared and Travis, his brother Henry S., his wife Susan and their sons Steve and Jonathan. A memorial service is planned for late summer in Killington, Vermont.



Castleton Town Wide Yard Sale

Castleton Community Center members, Bud Rousse and Laurie Knauer hang the banner announcing the 4th Annual Castleton Town Wide Yard Sale to be held Saturday, June 25 from 9AM to 3PM. Outdoor spaces are available on the Castleton Community Center Green or Castleton Village Green and indoors at the Community Center. Space rentals are \$15 to \$25. All proceeds will be used for the Castleton Community Seniors Wellness Program. To reserve a space call 802-468-3093.

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Mendon/Chittenden/ Pittsford/Brandon Notes

by Debbie Burke

Barstow School News

News from the staff at the Barstow Memorial School: Barstow's Class of 2011- Hannah Ashby, William Beanland, Alden Bishop, Kayla Bizon, Christie Calabrese, Emily Catellier, Liam Clark, Margaret Clark, Hannah Conway, Brenna Coombs, Emma DeCubellis, Alexandra Duffy, Eric Gokee, James Hamilton, Garrett Hastings, Cameron Heald, Connor Hill, Abigail Jones, Kelsey Knowles, Kelsey Laughlin, Peter Lynn, Jason MacFarlane, Caitlin Marriott, Makayla Messier, Mollie Nolan, Alexandra Papineau, Bradley Patterson, Karina Ritter, Patrick Salisbury-Jennings, Kristen Schiller, Mathew Senecal, Blair Shaddock, Tyler Slusarczyk, Margaret Smith, Taylor Smith, Mia Steupert, Molly Waite, Shane Warner and Spencer Wood.

This year's Barstow Scholarship: congratulations to this year's recipients of the Frederic Duclos Barstow Memorial Schol-

arship, Allison Resnick of Mendon and Julia Stacom of Chittenden. Allison will attend the University of Rochester and Julia will attend Plymouth State University.

The Awards Assembly for the 8th graders was on Tuesday, June 14.

Soccer coaches are needed in the fall for 7/8 boys and girls soccer. If interested, please contact Diana Wilson at ext 32 or the school office during the summer.

Well exam for athletes information: prior to competing in 7/8 sports, students will need a well exam one time during their 7/8 grade year. Copies of this form can be found on Barstow's web.

The school office will be open daily from 8am to 12 noon most of the summer. We will be closed from July 14 to July 22 for some rest and relaxation!

As another school year comes to a close, the Principal of the Barstow Memo-

rial School extends her deepest appreciation and thanks to the many people who have supported the students and staff of the Barstow School. The list of volunteers is too numerous to name individually, but please know how much we appreciate your time and commitment.

Thanks to the PTO for your help- Lisa Tracy (President), Laura Zmurka (Vice-President), Elizabeth Stahura (Treasurer), Melissa Slenker (Secretary), and all others who have contributed their time, energy and efforts.

Many thanks to all of our wonderful Four Winds teachers, classroom parents and volunteers.

Thanks to our baseball/softball coaches and assistants: James Ashby, Mitchell Duffy, Jamie Gallagher, Chris Shaddock, and tennis coach Mindy Hastings.

Thanks to Nina Keck for coaching Girls on the Run, as well as her helpers, Liz Fothergill, Katharine Hession, Hilary Redman, Melissa Slenker, Leslie Tschia-kowsky and Carol Wright.

Thanks to Melissa Slenker for coordinating this year's Sap Run and to her help-

ers- Laura Zmurko, Heather Williams and Stacy Holbrook. Thanks as well to the many volunteers who helped with its success!

Thanks to all of our parent chaperones who helped with field trips. We couldn't do it without you!

Thanks to Marsha Bruce, Ken Ell, and Chris Shaddock for helping with 7/8 boys baseball. In addition, thanks to all the athletes and parents who came out to help clean up the field especially Marsha Bruce, Jim Eckhardt, Ken Ell, and Rick Hill.

Thanks to LaValley's Building Supply in Rutland for donating the brackets and lumber for Barstow's community garden.

Thanks to our mentors Anne Gallivan, Wanda Courcelle, Joanne Pye, Sharon Sharp, Joel Tate and Gail White.

Second graders thank Mrs. Pye for teaching us how to succeed with some outdoor challenges and Mr. Rizk for providing eggs for our incubator and a good home for our newly hatched chicks.

Important dates to remember: June 15, graduation; June 17 last day of school, 12:30pm dismissal; July 25 to August 12 Summer School; August 31 school resumes.



View From Ludlow

by Ralph Pace

Do Something Different

Every once in a while, it's nice to do something different or see something unfamil-

iar. For this reason, I've prepared a couple of the places and sites that not everyone is familiar with or has experienced. There are many sites and activities centered around the Black River area beyond what I'm suggesting here. But this is, at least, a start.

For history buffs, let's start with Calvin Coolidge's birth place in Plymouth Notch. Besides being his place of birth, he was raised here, took the oath of office here when President Harding died, and his favorite retreat from politics, it features a cheese factory, country store, and a new building housing his memorabilia. For more information, try <http://www.calvin-coolidge.org/> or (802) 672-3389.

For those seeking more physical activity, why not take a hike on part of Vermont's famous Long Trail. With its 273-mile footpath, 175 miles of side trails, and nearly 70 primitive shelters, the Long Trail offers endless hiking opportunities for the day hiker, weekend overnighter, and extended backpacker. For a slight shorter day walk, you can easily access the trail for a hike and picnic from Rte 103 in Clarendon; you can enjoy the view from the cable bridge spanning the Clar-

endon Gorge and it has plenty of parking spaces. Check out the Green Mountain Club's web site on the Long Trail at <https://www.greenmountainclub.org/>.

Another trail you might enjoy is the road to the peak of Mt. Equinox in Manchester, VT. At over 3,800 feet you will enjoy a beautiful vista of Vermont, weather permitting, of course. For additional information, contact <http://www.equinoxmountain.com/skylinedrive/> or 802-362-1115.

Finally, no visit to Central Vermont is complete without a tour of the Marsh-Billings-Rockefeller National Historical Park in Woodstock. The old farm restoration is beautiful, the farm still has flocks of cattle, lamb, and other petting animals along with periodic exhibits. For information, www.woodstockvt.com.

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




CASINO NIGHT

70's Theme

High Fives Foundation
Fund Raiser to Aid
Phil Hoban's Recovery

Date: June 25th

Place: The Summit Lodge

Killington Mtn. Rd, Killington, VT

Food at 6 pm | Gaming at 7 pm

Cost \$25 per person

Special Room Rate of \$89!

Please contact Rob Macpherson at 802.345.0162 or The Summit Lodge at 802.422.3535 for further information

Welcome, Kipten!

Jason and Bianca McKen of Rutland welcomed their son Kipten Philip McKen into the world on May 28, 2011. He was born at Rutland Regional Medical Center. Grandparents are Colette Rotmil and Louis "Paul" Balestra, and Phil McKen and Ellen Moritz. Congratulations, McKen family!



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by Johnnie Goldfish

How God Made Mothers!

Did you know that you can expect extraordinary miracles to manifest in your life about 2% more often, simply by learning that your thoughts become the things and events in your life? And you can expect extraordinary miracles to manifest about 25% more often, when you learn this and visualize at least several times a week. And when you understand that thoughts become things, you visualize and begin saying and doing things every day, that you never said or done before. The onslaught of serendipities and coincidences are immeasurable. Holy cowflop, I'll have what she's having.

The Stockbridge Central School (SCS), in an effort to increase opportunities for cooking in the classroom by the farm-to-school committee, are putting together a mobile food cart. SCS has a wish list for the Classroom Food Cart: Assorted size stainless mixing bowls (4), 4 sets of dry measuring cups, 2 & 4 Qt. wet measuring cups, 4 sets of measuring spoons, 4 cutting boards, 4 paring knives, 4 French chef knives, 4 peelers, 4 spatulas, 8 wooden spoons, 4 slotted spoons, 4 whisks, 2 ladles, 2 can openers, 4 rolling pins, 2 salad spinners, 1 colander, 1 blender, 1 food processor, 2 timers, a whole bunch of aprons. Also needed are paper towels, sponges, dish detergent and gloves. Your donations can be dropped off at the school.

Wednesday, June 20, is Ride to Work Day. In the USA there are approximately 129,000,000 commuters and only 147,000 motorcycles are used for their work commute. Riding your motorcycle to work: is fun; reduces traffic and parking congestion; uses less fuel than an automobile; leaves you alert and energized; results in less pollution than commuting in a larger vehicle; is less destructive to road surface, bridges, etc.; gets you to work and back home faster; and riding to work demonstrates motorcycling is a social good. Motorcycles are for transportation as well as recreation. Motorcyclists are from all walks of life and all occupations. It is just more fun, bottom line.

This year the Killington Resort hosts the Vermont Spartan Beast on August 6 and you can register now at www.spartanrace.com if you are up for the challenge.

There will be Contra Dance on Thursday, June 16 from 7:30 to 10 pm at Pierce Hall on Main Street in Rochester. The dance will feature calling by the Mad Robin Callers Collective. No experience is necessary, since all dance are taught, and no partner is required. Musicians are welcome to bring instruments and sit in behind the band. For more information call Aaron Marcus at 617-721-6743.

The National Summer Transportation Institute (NSTI) is offering a free one or two week residential camp for high school students entering into 10th, 11th, or 12th grade. This camp focuses on transportation careers and the complex transportation system that we rely on. NSTI aims at academic subjects, SAT prep, field trips, interactive labs and guest speakers. You can learn about math, science, energy and environment, mass transit, English, bridge design and driving a "big rig" simulator. This program will be based at the University Of Vermont in Burlington. Sessions will be July 31 to August 5 and August 7 to 12. For more information go to the NSTI website or call 802-656-0566.

The Hancock Free Public Library invites you to come in and sign up for the summer reading program. Also the library has for the asking a number of free passes to Vermont State Parks, Vermont State Historical Sites and the American Precision Museum; come on in and sign up for one. The library has a book sale going on during normal hours, which are Wednesdays, 12:30 to 5:30 pm, Thursdays, 12:30 to 6:30 pm and Saturdays from 9 am to 12 noon.

Pawlet Tag/Bake Sale

The Pawlet Historical Society will hold a Tag Sale and Bake Sale on Sat., June 18 between 8:30 AM and 12:00 PM at the Pawlet Firehouse on VT-133, just outside the center of downtown Pawlet.

The Tag Sale will be full of treasures from household goods to antiques, linens, and more. There will also be a Bake Sale accompanied by free lemonade.

PHS members will be setting up on Fri., June 17 at the Pawlet Firehouse and will receive donations of serviceable items (no clothing please) on Friday between 8.00 AM and 7:00 PM. Please consider bringing baked goods to the Firehouse the morning of the event, Sat., June 18.

Raffle tickets will be on sale! This summer's Raffle prize is a blanket chest made and donated by Pawlet cabinetmaker Gregg Gawlik. For more information call Steve Williams at (802) 645-9529.

The Pittsfield Federated Church is hosting the Vacation Bible School once again from June 20 through June 23 from 6 to 8 pm. The theme this year will be Super Heroes. Refreshments and snacks will be provided and parents are welcome to participate. You can pre-register by phone or at the first session on Monday, evening June 20. This event will be at the church located at 3885 VT RTE 100. For more information or to register please call Edna at 746-8698. Howard says grace and peace.

The God and Mothers Report: Part 1 – All answers came from 2nd grade school children. Why did God make mothers? Mom is the only one who knows where the scotch tape is. Mostly to clean the house. To help us out of there when we were getting born. And how did God make mothers? He used dirt, just like the rest of us. Magic plus super powers and a lot of stirring. God made my mom just like he made me. He just used bigger parts. In addition, what ingredients are mothers made of? God makes mothers out of clouds and angel hair and everything nice in the world and one dab of mean. They had to get their start from men's bones. Then they mostly used string.

Thought for the Week: "Creative thinking is not a talent, it is a skill that can be learnt. It empowers people by adding strength to their natural abilities which improves teamwork, productivity and where appropriate, profits." -- Edward de Bono, (physician, author, inventor, and consultant).

Send news thoughtfully, it will be printed creatively at johnniegoldfish@yahoo.com.

by Betty Little

The 250 Anniversary - People and Mountains is a recognition of Killington's Anniversary. It will opens at the KAG Upstairs Gallery with a reception on July 9, 3-6 PM. The Gallery is at Cabin Fever Gifts on Route 4 opposite the Killington Access Road. Members and friends can become better acquainted. Bring art to the Gallery on July 4 and 5 between 3-6 PM. Read New Gallery Policy on the website first. The Show is open to the public, no fee.

The SafeArt Ensemble program was terrific. Eight participants presented spoken pieces, music, poetry and stories. Their art is designed to express experiences with abuse and other traumas and address healing-physical, mental, emotional and spiritual by tapping into the past—tracing and retracing to establish healthy patterns while altering or abolishing unhealthy ones.

There will be a One Stroke Workshop with Linda Kropp June 21-23 mornings 9:00-12:30 PM in the KAG Gallery. Fee: \$90 Members; \$100 non-members, includes all 3 days. To register and for equipment list, email sdick@vermontel.net or call 422-3852.

Ars Poetica—a poetry working session, a project of the Sherburne Memorial Library, is open to everyone. No fee. Next meeting, Weds. June 22 at 6 PM in the Library.

Information about the Green Mountain Writers' Conference to be held August 1-5 is available by calling Yvonne Daley 802-775-5328.

Contact KAG: Killingtonartsguild.org or call 802-422-3852; send info for this column to vtkag@aol.com.

Dear CVPS customer:

On May 30, we announced that Central Vermont Public Service has reached an agreement to become part of the Fortis, Inc. family of companies. We believe this is very good news for our customers, our employees and the communities we serve.

Fortis is a decentralized federation of utilities based in Newfoundland, Canada. Fortis owns electric distribution utilities in five Canadian provinces and three Caribbean countries, and CVPS will be its first U.S. electric utility. You can learn more about them at www.fortisinc.com.

Our agreement with Fortis provides great opportunities for Vermont and the communities we serve. With the backing of Fortis, we will have improved access to capital, enhancing our ability to invest in service and reliability. You will benefit from the sharing of best practices among the utilities in the Fortis family.

Fortis believes its operating companies should be independent. We will keep our name, our headquarters will remain in Rutland, and we don't anticipate any of our employees losing their jobs as a result of the acquisition by Fortis of CVPS.

We expect the regulatory approval process will take six to 12 months. During that period and beyond, we will continue to provide the great service that has made us one of the most trustworthy companies in America, according to Forbes Magazine.

Being the best means continuing to deliver clean, reliable power at low and stable prices. As part of Fortis, we believe we will be better positioned to negotiate with our energy suppliers to keep costs down.

Our commitment to the environment will not change. Our successful Cow Power program will continue to help support Vermont's dairy farms through the production of electricity from cow manure. We will maintain our support for osprey and eagle restoration programs. Our dedication to renewable energy will remain unchanged.

And we will continue to support our customers and communities through programs such as the CVPS Shareheat Fund, the Gift-of-Life Marathon, Pack the Paramount, and Paul Sweeney Memorial Coat Drive, among others.

We are excited about the future for CVPS, and we are as committed as ever to being the best small electric utility in America. We look forward to continuing to serve you in the years ahead.

Sincerely,

Larry Reilly
President and CEO
Central Vermont Public Service Corporation

Important Additional Information

This communication does not constitute a solicitation of any vote or approval. This communication is being made in respect of the proposed merger transaction involving CVPS. The proposed merger will be submitted to the stockholders of CVPS for their consideration. In connection therewith, CVPS will file a preliminary proxy statement and a definitive proxy statement with the Securities and Exchange Commission (the "SEC"). CVPS also plans to file other documents with the SEC regarding the proposed transaction. CVPS URGES INVESTORS AND SECURITY HOLDERS OF CVPS TO READ THE PROXY STATEMENT AND ANY OTHER RELEVANT DOCUMENTS THAT WILL BE FILED WITH THE SEC CAREFULLY AND IN THEIR ENTIRETY WHEN THEY BECOME AVAILABLE BECAUSE THEY WILL CONTAIN IMPORTANT INFORMATION ABOUT THE PROPOSED TRANSACTION. The definitive proxy statement will be mailed or delivered to CVPS's stockholders. In addition, stockholders will be able to obtain the proxy statement and other relevant documents filed by CVPS with the SEC free of charge at the SEC's website at www.sec.gov, or at CVPS's website at www.cvps.com by clicking on the link "SEC Filings."

Participants in the Solicitation

CVPS and its directors and executive officers may be deemed to be participants in the solicitation of proxies from the stockholders of CVPS in connection with the proposed transaction. Information about CVPS and its directors and executive officers, and their ownership of CVPS's securities, is set forth in the proxy statement for the annual meeting of stockholders of CVPS held on May 3, 2011, which was filed with the SEC on March 24, 2011. These documents can be obtained free of charge from the sources indicated above. Other information regarding the participants in the proxy solicitation and a description of their direct and indirect interests, by security holdings or otherwise, will be contained in the proxy statement relating to the proposed merger and other relevant materials to be filed with the SEC when they become available.

Forward-Looking Statements

Statements contained in this communication that are not historical fact are forward-looking statements intended to qualify for the safe-harbors from the liability established by the Private Securities Litigation Reform Act of 1995. Statements made that are not historical facts are forward-looking and, accordingly, involve estimates, assumptions, risks and uncertainties that could cause actual results or outcomes to differ materially from those expressed in the forward-looking statements. Actual results will depend, among other things, upon the actions of regulators, performance of the Vermont Yankee nuclear power plant, effects of and changes in weather and economic conditions, volatility in wholesale electric markets, volatility in the financial markets, and our ability to maintain our current credit ratings. These and other risk factors are detailed in CV's Securities and Exchange Commission filings. CV cannot predict the outcome of any of these matters; accordingly, there can be no assurance that such indicated results will be realized. Readers are cautioned not to place undue reliance on these forward-looking statements that speak only as of the date of this communication. CV does not undertake any obligation to publicly release any revision to these forward-looking statements to reflect events or circumstances after the date of this communication.



Central Vermont Public Service

1-800-649-2877 | 77 Grove St., Rutland, Vt. 05701 | www.cvps.com

COMMUNITY CALENDAR

June 16 - Hubbardton. Hubbardton Senior Connection Lunch, 12 noon at Hubbardton Town Hall. Reservations required, 273-2953. Suggested donation \$3.25 over 60, \$4.25 others. BBQ Night.

June 16 - Woodstock. Hand in Hand community meal, Thurs., 5-7pm. This Week: Blooms Day (Ireland). Social Hall, N. Unitarian Chapel Society. All welcome, donations accepted. 457-9272.

June 17 - Springfield. United Methodist Church has chicken barbeque lunch, part of Alumni weekend. 11am first chickens ready. Serving noon til sell out. \$9. Eat in, take out. Large orders - 885-3456.

June 18 - Fair Haven. St. Mary's School hosts a yard sale/bake sale to benefit Our Lady of Seven Dolores Church, 8-1.

June 18 - Poultney. Family style breakfast at Episcopal Ministry Center, 8-10am. \$1 only! 265-4010.

June 18 - Pawlet. Pawlet Historical Society Tag Sale & Bake Sale, 8:30am-noon, Pawlet Firehouse. 645-9529.

June 18 - Rutland. Strawberry Shortcake Festival on the lawn, UMC. Rain site, inside Fellowship Hall. 1-5pm. Adults \$5, age 5 & under \$4, families of 4+ \$20. 773-2460.

June 18 - Belmont. Roast beef supper for Mt Holly VFD, family style, 5pm, Odd Fellows Hall. \$10 adults, \$5 age 11 & under. 259-2314.

June 20-23 - Pittsfield. Vacation Bible School at Pittsfield Federated Church, 6-8pm. Super Heroes. Refreshments provided, parents welcome. Pre-register at 746-8698.

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 at 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 Dolores Mass Times: Saturday 4:30pm. Sunday 9am.



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 22 – Dom Cioffi, PEG-TV Public Access TV

July 6 – Rotary International District Governor Jan McElroy

Kudos to Killington-Pico Rotary volunteers John Brennan, Red Glaze, Steve Goldstein, Gerald Pfeifenberger, Ron Riquier and Jon Curtis who set up and operated a "casino night" at the Pico Sports Center on June 8. This was one of the activities planned as part of Project Graduation for Rutland High School graduating seniors. Project Graduation, held in many communities, is an all-night, alcohol and drug free party exclusively for graduating seniors produced by parent volunteers and community members to provide an evening of fun and safety on graduation night.



Killington Remembered



The Killington Tricycle Race: a Brief History

by Ned Dyer

To describe the Killington Tricycle Race to someone who has never witnessed the event is - at best - daunting. And to give it the justice it so richly deserves, a real challenge. It was a weekend of events created for just one purpose: to have fun and to make 'em laugh, while putting the fun back into fund raising. Over the years it benefitted local charities too numerous to mention.

The Trike Race Weekend was always held on the second to the last weekend in July. It was conceived at the barstools of the King's Four (a former Killington Road bar) to liven up an otherwise dull summer day and as a friendly competition between the Kings Four and Charity's. The first race had four teams, and if my memory serves me correct, it was the Black Shadow Racing Team that won the very first Trike Race. With the support of local teams and those from as far away as Delaware, Montreal, and Florida, that dull summer day morphed into a full-fledged July tradition.



Mountain Times photo by Bob Perry

Tricycle Race Weekend kicked off Friday evening with the Great Gatsby Party at the Summit Lodge with upward of 900 people in attendance in 1920's attire, sipping champagne with strawberries marinated in Crème de Cocoa while playing croquet and other lawn games. It was at the Gatsby Party that the Tricycle Race Queen – the individual that "best typified the Spirit of Killington" – was crowned.

Saturday evening held the Funky Formal, and Sunday morning started early for the Race Committee. They were out at the crack dawn setting up the hay bales and

lining the race course. At the same time, the racers and pit crews were working on their floats and forming up for the Parade of Trikes in the back parking lot of the Pickle Barrel. The Parade of Trikes ran from the Pickle Barrel to the starting line at the Basin Ski Shop and included themes like KISS, Rocky, and Star Wars.

After forming up at the starting line, the Race Officials, Race Committee, The Race Queen, Grand Marshall, the racers and pit crews retired to the Kings Four (later Bilbo's) for the Champagne Breakfast where the Rules of the Road were announced to the racers. The Rules of the Road were those torturous antics the racers had to perform at the relay points, much to the entertainment of the spectators.

The Trike Race had a Le Mans start and was a four-stop relay race from the Basin Ski Shop down the Killington Road to Charity's/Wobbly Barn. What happened in between the start of the race and the end of the race is best described as organized chaos but one boatload of fun to watch.

At the completion of the race, the Awards Ceremony was held at the Wobbly Barn. Trophies were awarded for Best Dressed Team, Best Float, Best Tricycle, 1st, 2nd, and 3rd Places, Last Place and many more. Now, truth be known, the Race Officials didn't always get it right, but who cared? It's the memories that are the real prize.

After the awards ceremony, it was across the road to Charity's for the after party complete with live entertainment, barbecue and the final analysis. The final analysis usually started with "DID YOU SEE...?"

If you want to know the "real story" of the Killington Tricycle Race, come to the 250th Star Spangled Birthday Celebration of the Town of Killington on Monday, July 4 on River Road, and approach anyone of those characters dressed in red, white and blue wearing the mandatory red hat and ask them what the Trike Race was really like - be prepared to blow your mind.

For details on the 250th celebration and Trike Race Reunion details, please visit www.DiscoverKillington.com.



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TOWN OF KILLINGTON
CALL FOR APPLICATIONS FOR APPOINTED POSITIONS

The Killington Select Board invites applications for the following appointed positions:

Economic Development & Tourism Commission
The Selectboard is in the process revising the organizational policy for appointment of a four-member commission.

ZONING BOARD OF ADJUSTMENT
RUTLAND REGIONAL PLANNING COMMISSION
ENERGY COORDINATOR

Please submit letters of interest to:

Killington Select Board

P.O. Box 429

Killington, Vermont 05751

e-mail: kathleen@town.killington.vt.us

To find out more about these appointed positions, please contact Town Manager Kathleen Ramsay at 802-422-3241.

Proctor Place

by Stacy Bates



Rangers Shut Out Royals 19-0

Save the date! The Proctor Free Library presents Tom Joyce "One World, Many Magical Stories" on July 6 at 1:00 p.m. Let's go on a hilarious magical journey around the world and see what fun we can have. Venture to Italy for some "Pizza Magic" at Mama Mia's Pizzeria. Travel to Germany and be amazed by "The Lady from Luxemburg."

Proctor boys ages 8 thru 14 are invited to the 2011 talent identification soccer mini-camp in Shelburne, Vermont. Hugh Brown, United States Soccer Federation 'A' licensed Coach and Founder/Director of Synergy Football Club, will conduct every SFC Talent Identification Mini-Camp. Players will receive Professional Level Technical Instruction on Passing, Receiving, Turning, Dribbling, Shooting, Heading and Play Fun Small-Side and Full-Side Games. Synergy Football Club is fully sponsoring these MINI-CAMPS at no cost to the Players. For dates and times call Hugh Brown at 802-399-7676. The first date is July 12.

The major league Proctor Rangers beat Pittsford twice this past week. On Wednesday, June 8 they faced the Indians on a hot humid 90° day. Zach Bates was the starting pitcher and on a roll as he struck out 5 of 7 in the first two

innings. At the start of the third inning he started to feel ill due to heat exhaustion and was replaced by Derek Almond who finished the rest of the game. Bates helped his own cause with a single in the first, a stolen base, and then came around to score off a single by M.J. Denis. Proctor once again capitalized on pass balls and wild pitches to again score another 3 runs going up 4-1. In the bottom of the fourth a thunderstorm rolled in and the game was officially called with Proctor getting the win. Coach Bates cited the play of his catcher Zachary Jalbert for doing a great job in such hot weather. Its not easy playing in all that heavy equipment when it is that warm.

The Rangers then faced the Pittsford Royals on Friday, June 10 and the pitching combo of Tyler Carrington and Joe Parker combined for a no hit shut out with Proctor winning 19-0. Proctors defense at time looked lax only because their pitchers were doing such a great job at shutting down the Royal's batters. There wasn't a single hit given up the whole game. The Proctor Bats were hot and leading the way was clean up hitter M.J. Denis who went 4-5 including an over the fence homerun, his third of the year. Carrington and Derek Almond also slammed in-the-park homeruns, with Almond adding a double later in the game. Zach Bates hit a triple and a single and Joe Parker lined a double to right center. The team faces Barstow and Rutland Town to end their regular season this week and then all-stars will be announced.



ARIES: March 21 – April 20: Don't let other people and their issues hold you back. It looks to me like you need to think more about what's important to you right now. The thought that someone might leave, or be upset, or that anything you decide to do might cause others to retaliate in subtle or not so subtle ways has you believing that you have to stay put. From what I can see, this is the last thing you need. Pull yourself together and find a way to do whatever it takes to go for it. At a point when your life depends on getting out of the box the idea that certain things are not allowed is oxymoronic.

TAURUS: April 21 – May 20: You wish certain things were over with. For the last few months the monkey on your back has been driving you nuts. Whatever you wish would go away would be easier to live with if you could find a way to stop wishing it wasn't there and realize that this is what you've got to "play" with right now. It never makes sense to reject our lessons and it's totally stupid to think that we are separate from whatever's being projected onto the screen of our experience. You'd be so much happier and things would go so much easier if you could lighten up and just get into this.

GEMINI: May 21 – June 20: You've gone off the deep end. There's nothing wrong with being in over your head, but if you keep it up you will lose your way. It's time to stabilize yourself enough to see what's important. Look at the people in your life and ask yourself what the nature of your relationships is telling you about yourself. There's so much to suggest that you want more from things and can't figure out why you keep coming up with less; why is that? If you can deal with the truth there's a huge lesson here. Getting it will require you to find another way to handle the way you give and take.

CANCER: June 21 – July 20: The focus needs to be on the present. Too much dwelling on the past and the tendency to fret about the future is making it hard for you to know where you're at with your life. Much of what's come to pass in recent months appears to be a knee jerk reaction to things that got to be more than you could handle. The quick fix didn't really solve much – it may have even brought you straight from the frying pan into the fire. Now that you're here, check out the situation and come to terms with the fact that your future is being written by the things that are going on now.

LEO: July 21 – August 20: Nobody expects you to be 100% there for things that have run their course. In the midst of a transition you are already on to the next thing. Don't let anyone tell you how to make your exit, but for your own sake, don't leave any loose ends. This has to be a clean break so finish things up, get as much closure as you can, and know that you are moving on to something that will totally open up the realm of possibilities. If in the past you've been the one to make everyone else's dream come true; this time it looks like it's your turn to have it just the way you want it.

VIRGO: August 21 – September 20: The number of options has increased to the point where you are totally confused. It's totally fine to keep going with whatever you're doing but if there's any chance that you need a break or are getting tired of the same old thing, this would be a good time to consider the benefits of a whole new scene. If you can't make up your mind, ask for signs to point the way – or just listen to your heart. There's an opening that's being created for you to be able to break free from whatever it is that keeps you here. Examine your options and think about what could happen if you moved.

LIBRA: September 21 – October 20: Too many good things have come together for you to be whining about what isn't working. You've got it made on too many levels to get petty about the details. Instead of harping on the problem you might try looking at how lucky you are to be the one to take care of what others can't do for themselves. For many of you, the reality of coming into your own has changed the dynamics in your relationships in ways that have either made you the apple of someone's eye or the last thing they want to see. It will be interesting to see what you do to maintain your position.

SCORPIO: October 21 – November 20: You've already figured out that this is going to require a lot of sensitivity and compassion. Part of you is ready to be there for people and another part of you wishes they could figure out how to be there for themselves. For now, you're going to have to put out a little extra effort or fake it till you make it in situations where others could very well be playing on your sympathies. You don't want to be overly skeptical about their motives, but you've been burned and exploited enough times to deserve to be doubtful in this situation. Be loving and kind but don't get taken for a ride.

SAGITTARIUS: November 21 – December 20: You can't be too cautious when it comes to dealing with the nuts in your life. Time has taught you that it's best to set boundaries with people who are out of balance. The next few months will test your ability to stick to your guns. If you're giving even an ounce of thought to the idea that you need to be the one to rescue someone from the jaws of their own issues, what makes you think it will be of any service to deprive them of the opportunity to bottom out? Life works in mysterious ways and at this point, the mystery is about you letting others learn their lessons.

CAPRICORN: December 21 – January 20: You don't have time to worry about how others are going to handle things. Sometimes you just have to trust the fact that they can get the job done without you. So much of what's going on has to do with your need to make sure certain standards are kept. In some cases you're so wigged out about doing the right thing you're not even in touch with what you want anymore. Check in with yourself and remember this: doing the right thing is about knowing how to do what's best for everyone without allowing the voice that speaks for you to remain silent or go out of integrity.

AQUARIUS: January 21 – February 20: Isn't it funny what a little time and a change of scenery can do for your perspective? The way things are going you're wondering why you ever had a problem with this. For the next few months whatever you couldn't seem to pull together in the past is going to come together in a way that will reaffirm your belief that this is all worthwhile. In between the realization that you really are on the right track and feelings of immense gratitude you might want to think about where this is all going to end up, and prepare the ground for whatever it takes to make it better.

PISCES: February 21 – March 20: You've got to look at who you came here to please. Before you can agree to anything you really need to ask yourself; is it me that wants this, or am I just doing this to make someone else's dreams come true? If your situation was different, and others had a less provincial mindset, none of this would even be an issue. Keep reminding yourself that this is the 21st Century, the world is in a state of flux, and you didn't come here to live anyone else's dream because you have dreams of your own. Get in touch with what's true for you and find the strength to stand up for it.



Guided Motorcycle tours stopped at the Grist Mill every day for lunch during the Americade Rally.

EDT News

– Killington Trails Leadership Team

The Economic Development and Tourism Commission and the Recreation and Parks Commission would like to invite you to become a member of the newly formed Killington Trails Leadership Team (KTLT). The KTLT is an enthusiastic and resourceful group of citizens who will actively identify, plan, design, build, and advocate for the development of multi-use trail system in Killington.

Building Killington as a premiere four season destination is a top priority of our community and multi-use trails are an important part of that strategy. In a recent Killington Parks & Recreation Master Plan study, 70% of Killington residents and second home owners expressed support for more walking/pedestrian paths. The Town Plan and Economic Development and Tourism Department (EDT) Strategic Plan also support the expansion of the trail system as a way to support the town's desire to build its "Healthy Recreation" brand.

The overall goal of the KTLT is to create a trails development plan for the Town of Killington. The immediate goals are to (1) complete the River Road Loop Trail, (2) to identify a trail project for 2012 and (3) apply for a Vermont Recreation Department grant to support work in the summer of 2012. The group will meet every 2 months to identify, prioritize, plan trail development, and recruit volunteers to support work days. We will have four work days this summer to help complete a portion of the River Road Trail Loop; a new multi-use trail linking River Road and Thundering Brook. The Trail Work Day will include lunch and crew t-shirts and will be led by the Green Mountain Club. Work will consist of putting in punchions over wet trail areas and widening

the existing trail.

The first KTLT meeting will take place on July 8 at 5 pm at the Killington Town Offices. Please RSVP to Mike Sutcliffe at mike@town.killington.vt.us to indicate your interest.

– Killington Classic Updates

If you saw a lot of motorcycles in town last week, that's because Americade - the largest motorcycle touring rally in the country, based in Lake George NY - sent one of its guided tours through town. Americade now has official ties to Killington; they are managing the Killington Classic Motorcycle Rally, scheduled for Sept. 8 – 11, 2011. The Classic will be promoted to the thousands of bikers spending the week at the Lake George Rally, and guests can expect to see a larger trade show, increased social events, and more tours and poker runs for the 2011 Classic. Registration for the Killington Classic is now OPEN at www.KillingtonClassic.com. Key events will include a Kick-Start Party, the always-popular Mogul's Pig-Roast, and the famous 12-Mile Parade of Bikes to Rutland.

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Mother of the Skye

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

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Rutland Report

by Lani Duke

Dana Rec Center Closes

The Carving Studio & Sculpture Center has booked a Holy Ghost Tent Revival concert on Thursday, June 16. Proceeds provide scholarships to attend sculpture workshops. Call 438-2097 for details.

A café in the Nazi-occupied France of World War II adorns the state of the West Rutland Town Hall Friday through Sunday, June 17-19, and the following Friday and Saturday in the Marble Valley Players' production of 'Allo, 'Allo. Performances are at 7:30 p.m. in all but the Sunday presentation, which is at 2:00 p.m. The play is based on the popular and supremely funny BBC-TV series. See café owner René attempt hiding a stolen portrait from the Nazis in a sausage. Call 775-0903 for tickets.

Help Pack the Paramount, a drive to collect 20,000 non-perishable food items for local food shelves. Drop off your contributions Friday, June 17 from 6:00 a.m. to 7:00 p.m. and Saturday, June 18 from 6:00 a.m. to 1:00 p.m.

Need work or a change thereof? Visit the Summer Job Fair Friday, June 17, 12 noon to 5:00 p.m. in the Opera House, Merchants Row, downtown Rutland.

A free family fun day fills Main Street Park in Rutland on Saturday, June 18, 11:00 a.m. to 2:00 p.m. Calvary Bible Church sponsors the day, with a bounce house, obstacle course, games, crafts, dunking booth, cotton candy, live music and more. Call 775-0358 for details.

Enjoy a strawberry shortcake and ice cream festival to celebrate summer's beginning from 1:00 to 5:00 Saturday at Rutland United Methodist Church, 71 Williams Street. Call 773-2460 for specifics.

Hear the local Rutland City Band this Sunday and every other Sunday during the summer in Main Street Park, at the corner of Main Street (Route 7) and West Street at 7:00 p.m.

Have rheumatoid arthritis? Nan Hart is organizing a support group to share stories, provide support, suggest strategies and tips for dealing with the condition, invite speakers with disease management advice, and socialize with others living with RA. Meet with them at 6:30 p.m., Monday, June 20. Call Nan, 775-8220, with your questions.

Nationally-touring blues guitarist and singer Chris Beard performs for Rutland in Main Street Park, Wednesday, June 22, at 7:00 p.m. His mentors include such widely recognized names as Buddy Guy and Matt "Guitar" Murphy as well as his dad Joe Beard.

Learn the magic of mosaics in a weekend class taught by Lizz Van Saun at the Carving Studio and Sculpture center in West Rutland on the weekend of June 25 and 26. Entitled the Ancient Art of Mosaics, the class covers history, technique, and the process of creating your own works. To find out more, call 438-2097.

Although construction continues at the Rutland Free Library and some items are unavailable, the library is back open for normal summer hours.

Larry Lattanzi, vice principal at Rutland High, is retiring at the end of the school year. He's worked in that position for 17 years after a stint at Woodstock Union High. Students in the alternative SUCCESS school can thank Lattanzi, one of the chief organizers for the program. He has been in charge of the innovative Year End Studies (YES) Plan and run Project Graduation.

Congratulations to Rutland Regional Medical Center and Vermont Orthopaedic Clinic for being recognized as a Blue Cross and Blue Shield Distinction Center for knee and hip replacement. Only one other facility in Vermont has been so recognized.

Rutland City recently closed the Dana Recreation Center. Doing so is deemed more cost effective than bringing the building up to state fire safety standards for its sprinkler system. City Recreation & Parks Department offices have temporarily moved to the Godnick Adult Center on Deer Street with plans to move to the Courcelle Brothers building, formerly the Army Reserve Center, when the city assumes ownership. To reach the Rec Department, call 773-1853.

Local attorney Herb Ogden recently was appointed chair of the District 1 Environmental Commission, the group that conducts Act 250 hearings in the Rutland area. The governor also re-appointed Amanda Beraldi of Rutland to the commission, and added Julie Sperling of Pawlet, Hope Blucher of Danby and John Liccardi of Castleton as alternates to the commission.

The Vermont Economic Development Authority recently approved re-issuing \$2.56 million in tax-exempt revenue bonds so that the College of St. Joseph can lower annual interest for on-going debt on a former campus construction project. The school has built a new athletic center and student center buildings, and relocated the college library in the past few years.

Dear Editor

On Monday, June 6th, the Select Board received a petition to revote articles 4, 5 and 6, (referring to the Australian Ballot Voting) of the May 9th special town meeting. Another special town meeting will be convened at the Killington Elementary School (Formerly known as SES) on Monday, August 1st at 6pm. The original articles passed by over a 12% margin at a meeting that was highly attended and the issues, both pro & con, were vigorously debated. The most important reason many people support these articles is that they allow ALL registered voters of the town to have a say in our town and how it is run. It would not, as some suggest, do away with town meeting, or the discussion. It would simply mean some changes, but mostly in the time the meeting would be held. It would not mean, as some crudely suggest, an increase in uninformed voters, but rather increase the diversity of voters, so that all get the opportunity to be involved, and not just those who can afford (time or money wise) to spend an entire day in the voting process. Most importantly, it would allow all registered voters their right to be heard, those whose work or school schedule do not allow missing a full day (or cannot afford to miss a full day), those who are in the military, those who for any reason such as illness, cannot travel. It's the fair thing to do; it's the right thing to do. Please attend the August 1st meeting and vote yes once again for articles 4, 5 and 6.

Thank you, Patty McGrath

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Pete Duffy

Lakes Region News

by Lani Duke

Donate a Basket

St. Mary's School, 19 Washington St., Fair Haven, hosts a yard sale/bake sale to benefit Our Lady of Seven Dolors Church from 8:00 a.m. to 1:00 p.m. Saturday, June 18. Call 265-3135 to see if there is still table space available.

Vote for your favorite car at the Benson Car Show Saturday, 10:00 a.m. to 3:00 p.m. Other activities surround the Benson Community Hall, including live entertainment, a library book sale, great food, a cake walk and vendors. All profits benefit the Veterans monument committee. To help, enter a car, or get a vending spot, call Gina Cull, 537-2063; Amy Munger, 537-3456; or Jaci Lussi, 537-4231.

Stop in the Episcopal Ministry Center, 84 Church St., Poultney, for a family-style breakfast from 8:00 to 10:00 a.m. Saturday. Only \$1.00 a person. For more info, call Catherine McCauley, 265-4010.

Hear author Willard Randall outline the story of Vermont pioneer and revolutionary Ethan Allen, and his new book "Ethan Allen: His Life & Times" on Saturday, at Mount Independence State Historic Site, Orwell. The program begins at 1:00 p.m. Call 948-2000 for specifics.

A ghost comes to Hubbardton Battlefield State Historic Site, Hubbardton, to tell visitors about living in the path of the American Revolution and the battle that came to his home on Sunday, June 19. The program is a "rain or shine," beginning at 1:00 p.m. Find out more by calling 273-2282 during open hours.

Poultney High sophomore Sadie Brown hosts an opening reception for the photo exhibit Life in Color at the Poultney Public Library at 2:00 p.m. Monday, June 20. The display stays up through Wednesday, June 29.

Stone Valley Community Market at 216 Main St. in Poultney opens at 10:00 a.m. Tuesday, June 21. Call 287-4550 for specifics.

Popular bluegrass group Banjo Dan and the Midnite Plowboys bring strong harmonies, zinging picking, and buckets of energy, variety, and humor to this year's appearance on the Castleton Green, Tuesday, June 21. Like all Concerts on the Green, the performance begins at 7:00 p.m.

Poultney Farmers' Market begins Thursday, June 23, and runs consecutive Thursdays through October 23. Yum! Fresh fruits, veggies, plants, flowers and herbs! Baked goods, Vermont maple products and honey, homemade crafts, foods. Drool! Call 468-5805 or 325-3205 for details.

The Vermont Institute of Natural Science brings its raptor program to Fair Haven Grade School Saturday, June 25, at 7:00 p.m. To find out more, call 241-3655.

Help the Castleton Community Seniors Welcome Center by donating a basket for the super-huge basket party planned for Saturday, July 16, at Castleton American Legion Hall. Your basket may contain anything: school supplies, toys crafts, food items, picnic supplies, hand made goodies, etc. Or add your contribution to some of the baskets already on hand. Cash is always welcome too, to cover expenses and for raffle items. Call the Castleton Community Center, 468-3093 to help plan your contribution.

Fair Haven Union High Scholars Bowl practice resumes Friday, July 1, and continues until the Friday before school starts. The group meets at noon on Fridays in the Fair Haven park.

Poultney Volunteer Fire Department offers a two-day safe boating course Wednesday and Thursday, June 29 and 30. Register with Poultney Town manager Jonas Rosenthal. You can also take the course a week later, July 6 and 7, at Wells Village School. Both run from 4:30 to 8:30 p.m. both evenings. Ask questions and/or register by calling Frank Callahan, 645-9136.

Castleton Free Library is asking for donations to add to its tables in the town-wide yard sale. Bring your contributions to the library from 4:00 to 6:00 p.m. Friday, June 24, or Saturday morning. The library will have tables in front of its building, 296 Main St., during the town-wide sale and also a table in the Castleton Community Center. Call Sally Grace, 468-5094, for more information.

Poultney High's class of 2011 dedicated the class yearbook to Doug O'Donnell and David and Maureen Capman. O'Donnell is retiring this year.

If you've viewed the flower beds in front of Poultney High, you've no doubt noticed their improved appearance. If you have a chance, say thanks to sophomore Dan Wernecke, who volunteered his time and labor for the project.

Poultney teacher Don Keagy challenged his students to come up with solutions to society's problems in any aspect of American life. They did. Rachel Horn and Ali Jones collected donations and supplies for The Rutland Humane Society. Justin Mackey and Chris Shepardson tackled renovating the outdoor basketball court at Poultney Elementary with new poles, basketball hoops, and new backboards, and repairing outdoor lighting for night time play. Abbey Teetor and Laura Lyle raised funds to support the Red Cross efforts for Tuscaloosa tornado victims. Liza Mason and Kim Fairbanks are raising awareness of Child Abuse by airing a public service announcement on WVNR.

Thanks to Russell Ford and Dawn Sarli plus student and staff volunteers. They tripled the size of the Poultney High community garden.

Fair Haven Grade School has a major staff turnover as the academic year changes. Four staff members -- Maureen Faryniarz, Ceil Hunt, Les Johnson, and Fran Upczak -- are retiring. Five others are leaving for other positions.

Local food producers tout the safety of locally grown food, especially in light of the recent E. coli outbreak in Europe. Strawberries are in and garlic scapes are just starting.

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BrandonNews

Brandon's Civil War Days

The Civil War ignited conflicts and strong emotions throughout the United States, and even a small town in the Northeast was not immune to the changes sweeping the nation. Especially instrumental during this time period was Stephen A. Douglas, a renowned son of Brandon, and Abraham Lincoln's strongest competitor in the 1860 presidential race.

2011 marks the 250th anniversary of the town's charter and the sesquicentennial of Douglas's death. The town will celebrate with the second annual Civil War Days event on Saturday, June 18. Members of the Champlain Valley Historic Re-enactors will be camped out in Brandon's Central Park from 10 am - 5 pm offering enlistment activities, running drills, and a traveling museum. They will be wearing reproductions of uniforms worn by the 1st and 2nd Vermont as they marched off to war. The uniforms were gray and similar to that worn by the Allen Grays, Brandon's town militia unit.

For those who like to tour historic homes, a number of Brandon's Civil-War era homes will open their doors to visitors, giving a rare glimpse of what everyday life might have looked like during the 19th century. Visitors will also be able to listen to presentations from Howard Coffin, author and historian of Vermont and the Civil War, and Dr. Kevin Thornton, University of Vermont Professor of History specializing in the 19th century U.S. "Brandon shows us how the anti-slavery movement gained momentum among ordinary people who were fired up by a moral commitment to a cause they believed was holy," says Thornton. "The experiences of this town also show us how average northerners became motivated to fight in the Civil War." Coffin and Thornton's presentations will begin starting at 2:00 pm in the Brandon Town Hall, also celebrating its sesquicentennial this year.

The Town's birthday party will begin at 4:15 pm with a special singing performance in front of the Brandon

Congregational Church. The party will conclude with a commemorative cake celebrating the Town's 250th birthday. In the evening, there will be a special screening in the Brandon Town Hall of the 1926 Buster Keaton silent comedy film movie called *The General*, which takes place during the Civil War. Jeff Rapsis, who plays piano behind silent films around New England, will be the accompaniment.

For \$10, participants can obtain a ticket for the historic homes house tour and Town Hall presentations. Children under 18 accompanied by an adult are free. There is no fee to visit with the re-enactors. Free will offering will be accepted for the silent film viewing. Tickets may be purchased online at brandon.org.

Brandon is one of Vermont's most inviting small

towns with its entire downtown listed on the National Register of Historic Places and recreational opportunities in its backyard. The village of 4,000 has a revitalized downtown with shops, galleries, and restaurants and over 70 miles of back roads to explore. Easily accessible at the crossroads of Routes 7 and 73, Brandon is in the foothills of the Green Mountain National Forest, near the shores of beautiful Lake Dunmore and close to an array of covered bridges. Accommodations for travelers include luxurious country inns, comfortable bed & breakfasts, reasonably-priced motels and clean, scenic campgrounds.

For more information, contact the Brandon Area Chamber of Commerce: 802-247-6401. Email at: info@brandon.org or visit brandon.org.

Brandon Safety Day

Brandon Rescue, Fire and Police present Safety Day on June 18th, 2011, from 10 a.m. to 2 p.m. at the Brandon Rescue Squad.

The Air National Guard Search and Rescue Helicopter will be on site. There will be ambulance tours, blood pressure screening, helmet fittings, and bicycle inspections. Brandon Fire Department will demonstrate fire safety. Brandon Police will be available to answer questions about personal safety.

Raffle tickets will be sold all day, with the drawing at 2pm. Prizes have been provided by area businesses.

Come join us for a pig roast at noon! Cost is by donation. Questions? Call Debbie Boyce at 345-0056. See you there!



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17th Annual Basin Bluegrass Festival

Don't miss Vermont's premier Bluegrass Festival. More than a concert, this is a three day musical event, July 8 -10, 2011. Camping is available on the grounds at Basin Road, off McConnell Road in Brandon, VT. The area will be well signed from Brandon. Gates open Sunday, July 3rd for early bird camping, for \$10 extra.

Food and craft concessions, cover for rain or shine, security and medical services, water to fill your tank, free hot showers, dump station. Tents welcome. Bring lawn chairs (no high backs or umbrellas in the concert areas). Pets welcome on a leash and are not allowed in the concert area, except in the pet sitting area. Anyone appearing abusive, intoxicated, or possess-

ing illegal drugs will be removed from the grounds and no refund will be given. NO DRUGS! We reserve the right to refuse admission to anyone.

Weekend tickets are available for \$40 through July 29, then they will be \$45 at the gate. Day prices are: Friday & Saturday, \$23, after 5pm drops to \$12. Sunday, \$15. There is free camping in the rough only with a weekend ticket.

Just a few of the bands included are Cannonball Express, American Roots, Bluegrass Revisited, Big Spike, and Smokey Greene. Field picking goes on day and night.

For more info call 802-247-3275 or www.basinbluegrassfestival.com.

Home & Garden

Grow Vertical Vegetables

by Dr. Leonard Perry, UVM Extension Professor

If you have a small space for gardening, or if you just want to add a vertical element to gardens, have less time to garden, or have limited mobility, then consider growing vegetables vertically. Growing vegetables upright not only saves space, but makes weeding and of course harvesting easier. You don't have to stoop to cut fruit from the vines. This could be quite a saving for older gardeners or ones with back problems.

Upright vegetables also add an architectural interest. The garden ceases to be just ordinary and utilitarian, and becomes aesthetic as a well-planned perennial border might. They also can be grown on fences to hide ugly chain link ones, or to screen undesirable views.

Pole beans (make sure you don't get the bush varieties) will climb up just about anything, even other plants. Native Americans used these in their traditional "three sisters" plantings of beans, corn, and pumpkins. The corn stalks provided support for the beans, and the pumpkins (or other squash) provided a ground cover or living mulch below. Just make sure if using this method to give the corn a head start, or the fast-growing beans won't have anything to climb!

Pole beans can also be grown on bamboo teepees, trellises, or over an arbor. The scarlet runner bean is old-fashioned, and has attractive red flowers. There is even a variety of this now with yellow leaves-- a nice contrast with the red flowers. I like to add these beans on an upright, attractive blue-sprayed wire support. Pole beans don't just add a vertical accent, but they keep producing

longer than bush beans, fruiting as long as you keep picking the pods.

Gourds and winter squash are cousins from the same family, with very long vines-- up to 25 feet for the gourds and up to 10 feet for the squash. Both take a long season to mature, so in the colder northern gardens, give these a head start indoors in peat pots that can then be planted out. Heavy fruits of winter squash, such as butternut, should be individually supported by cloth (strips of used panty hose works great too) tied to the trellis or fence on which the vines are trained.

For tying these and other heavy vertical crops to their supports, avoid string which can cut into stems. Use a soft rope or cord such as cotton clothesline, or one of the thick and soft gardening ropes made just for this purpose. Make sure the supports for these, even for smaller plants such as tomatoes, can hold all the weight of mature plants and their heavy fruits.

Melons can be grown similar to winter squash, and their fruit similarly supported with cloth twine or even slings made of old towels, sheets, or rags. Use old-fashioned or patterned fabric for an additional decorative touch to the vertical garden.

Cucumbers (the traditional vining types, not the newer bush types) also can be grown up a trellis, or on an A-frame structure as made from 2x4-inch lumber. You can also make a cage of the heavy wire used to reinforce concrete. A cage of wide-mesh fencing will need additional support, such as wooden stakes or iron rods. I prefer the latter as they don't rot and will last outdoors almost forever. They can be found at many complete hardware stores.

If using stakes of bamboo, decorative rods, or the rusty-colored iron rods, make sure and purchase "cane toppers." These can be plastic or ceramic, just a ball or a decorative structure. They don't just add to the aesthetics, but also function to protect your eyes when working around them. Less attractive, but functional, safety toppers for canes are small pieces of garden hose.

Peas of course are a favorite early season, upright crop suitable for the vertical garden. Choose the edible-pod or snow peas that produce longer vines than most shelling, or English peas. And since they produce early in the season during cooler weather, combine them with later maturing vines such as beans or cucumbers. Or you may sow peas again in late summer for a fall harvest. Attractive purchased iron or wood patterned trellises work well for peas, as does a lower and higher horizontal wire with twine strung up

and down between these. Make sure to keep pea roots cool by mulch or planting behind taller plants.

Tomatoes that have stems that keep growing-- the indeterminate varieties (check the seed packet or description for this feature)-- perform much better grown upright than sprawling over the ground where the fruits can be damaged by disease and insects. You'll need a sturdy stake for them, and tie them to it at intervals with soft twine. There are also many types of sturdy wire or metal supports you can buy to support tomatoes, some being in bright colors.

A recent twist on vertical vegetables, tomatoes in particular, is growing them down from hanging baskets rather than up from the ground. Look for small-fruited determinate varieties listed for this, as well as hanging containers for this purpose. Small-fruited peppers also can be used in hanging baskets, particularly if they are low enough to be seen and tended.

Ask the Home Team

Q. We inherited our Dad's summer camp, which has a refrigerator and a few small appliances that should have been replaced long ago. We can't afford to replace all of them at once, so we'd like to start with whatever uses the most electricity. How do we figure that out?

A. I suggest that you use a plug-in meter, which measures the power use of many electrical devices. The meters are easy to use and EfficiencyVermont loans them at no cost. You can have a meter mailed to you if you fill out a simple on-line form at www.encyvermont.com. Keep in mind that these meters aren't designed for use with such major appliances as electric clothes dryers, stoves, and water heaters.

When you determine which appliance you'll replace, look for an ENERGY STAR® qualified model. The ENERGY STAR label indicates that a product exceeds minimum federal energy-efficiency standards. Qualifying products of any brand can receive this label. Efficiency Vermont offers rebates for select ENERGY STAR products available in retail stores throughout the state. For more information, visit 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/asktheteam or call, toll-free, 888-921-5990 to speak with a customer service representative.

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Strike While the Iron is Hot

by Marvin Walberg

As the economy improves, job hunters who don't jump back into the market with both feet will find it takes longer to find new employment, reports CareerCast.com. If you procrastinate, you can derail your job-hunting efforts considerably.

"Smart job seekers know to strike while the iron is heating up," says Tony Lee, publisher of CareerCast.com. "But if their to-do lists keep getting longer and they delay in writing a cover letter or making a follow up call, the opportunity will be gone."

The most prevalent type of job-seeker procrastination is caused by a fear of failure. A job seeker might have trouble concentrating, make excuses for not acting, or complain about obstacles. Procrastinators tend to overestimate their difficulties, and underestimate their abilities to resolve them.

Perfectionism can also cause procrastination. Many perfectionists put off tasks because they fear failure, and because they tend to set exceedingly high standards and overambitious goals. Perfectionists can also have trouble setting priorities and determining which tasks require minimum or maximum effort.

According to CareerCast.com, here are some steps to

overcoming procrastination:

Delay gratification: Do the tasks you find most objectionable first, during the first two hours of the day, the use your remaining time for the easier ones.

Identify action steps: Organize your tasks, then establish an action plan.

Just do something: Make an opening move of any kind -- update your LinkedIn profile and request new contacts; create alerts on job boards; or subscribe to an online industry publication.

Create small victories: Motivate yourself by creating mileposts along the way, and reward yourself each time you reach one.

The Swiss-cheese method: When faced with the overwhelming task of finding new employment, you don't need to commit a big block of time all at once. Think of several easy tasks that can be done in 10 minutes or less.

"You'll find that you'll make more progress in your job hunt and still have time for the things in life you enjoy," Lee says. "Don't let procrastination derail your good intentions."

CareerCast.com is a job search portal that offers extensive local, niche and national job listings from across North America.

Victory Garden The Pizza Garden

by Daryle Thomas

When I was a good deal younger, I hunted herds of ducks in upstate Vermont. I hid along a stream that had evidence of whey discharges. The ducks loved it, but the environmentalists took issue. I consulted with a friend about the nearby factory and found out that it was owned by the Mafia.

"Why would the Mafia be manufacturing Mozzarella cheese in the green hills of Vermont," I asked.

"To control the pizza industry," he replied.

My friend pointed out that I could grow tomatoes, sweet and hot peppers, onions, basil, and other herbs Italian.

"Grow me a ball of cheese," he said with an "I got ya" wink.

Our pizza garden is a two-foot by two-foot box, about ten inches high. The north side has a five-foot trellis. The growing area is divided into quadrants. In one of the rear sections, plant two paste-type, determinate tomatoes. D-what? Determinate growth is typical of bushy, tomatoes which ripen at about the same time and die. Perfect for canning. Indeterminate tomatoes grow as long as you pick them, dying with the killing frost.

Plant one hot and one sweet pepper in the other back quadrant. Up front plant basil, oregano, thyme, and some parsley. Onions, as most cold-weather growers will tell you may or may not mature by frost. I plant scallions, pulling and drying most. Some might grow into onions.

Can the tomatoes, whole or sauced. Dehydrate all the rest. Good pizza!

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

BRGNS Rummage Sale Sets Record

The 3rd annual Black River Good Neighbor Services Spring Rummage Sale, which was held May 21 to 23 at Fletcher Farm, was a huge success, raising over \$12,000, a record for the non-profit organization.

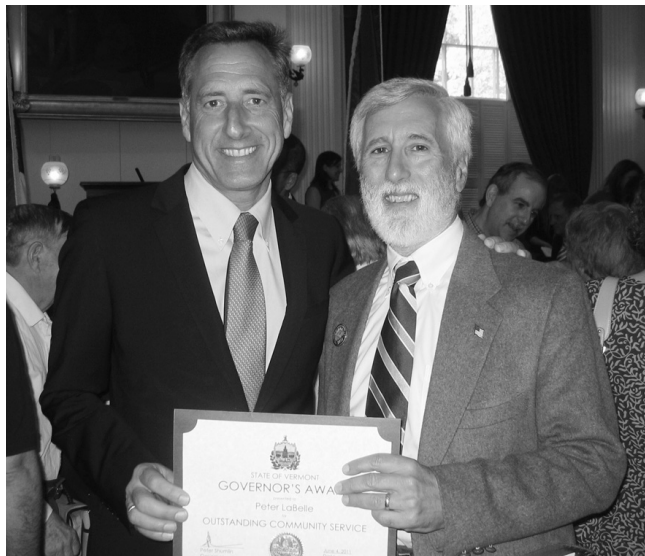
Peter LaBelle, President of BRGNS, said that the pattern changed from previous sales with opening day remaining the strongest of the weekend but that Saturday

and Sunday proved almost equally as strong.

Audrey Bridge, Managing Director of the BRGNS Food Shelf and Thrift Shop, said "we have to thank everyone who volunteered, donated items, baked, shopped, or just came by to give moral support. We have the best volunteers along with a Board of Directors, all of whom worked endless hours to make this a success." LaBelle added, "special thank you recognition goes to Fletcher Farm for letting us use their building, Frank and Donna Dwyer who donated storage space for furniture donations throughout the year and Okemo Mountain Resort for lending us display racks for the Boutique."

All money raised goes to benefit neighbors in need in Ludlow, Belmont, Cavendish, Proctorsville, Mt. Holly, and Plymouth. For more information about BRGNS, call 802-228-3663.

BRGNS President Recognized by Governor Shumlin



Governor Shumlin presents the 2011 Vermont Governor's Award for Outstanding Community Service to Peter LaBelle, President of Black River Good Neighbor Services.

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The Mountain TIMES

The Mountain Times is an independently owned weekly newspaper serving residents of, and visitors to, the Mid Vermont Region. Editorial and sales offices are located on Route 4, between Killington Road and the Killington Skyeship, Killington, VT

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The Mountain TIMES

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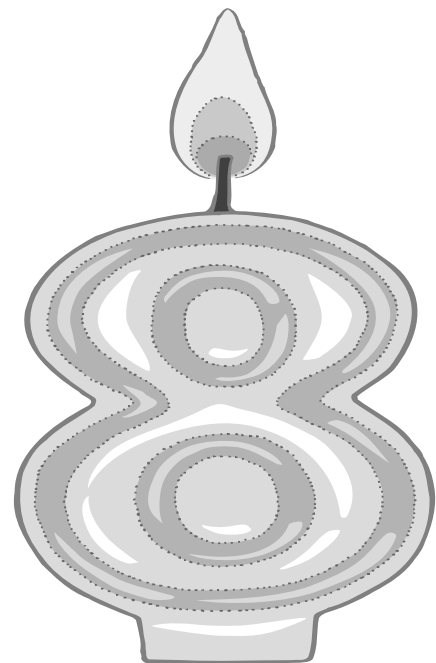
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DON'T MISS OUT!



Happy Birthday Alexis!

June 14, 2011



Love,
Mom, Mike, Wynn,
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Paws & Claws

Low Cost Spay/Neuter Clinic for Cats

The Rutland County Humane Society (RCHS) is offering a low-cost cat spay/neuter clinic on Friday, June 24 to families with limited incomes or people dealing with a large number of cats. Cat spays are \$35 and cat neuters are \$30. Rabies and Distemper vaccines are \$5. Applicants must be residents of Rutland County, VT. The clinic will be held at the Brandon Senior Citizens Center on 1591 Forestdale Road (also known as Route 73E). A \$25 deposit per animal is required, via cash, check or credit card. If you do not show up for the clinic your deposit will not be returned. Please call RCHS at 483-9171 ext. 206 for an application or visit our website at www.rchsvt.org.

Springfield Humane Society Pet Feature

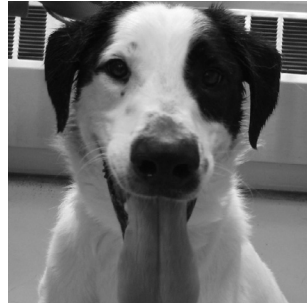


Ryan is an 11 month old Chihuahua mix. He is a sweet little guy – at first somewhat shy. Then he'll warm up to you and give abundant love and friendship. Heknowshowtobark so he'll be a good alerting dog. Once he is settled in he is quiet yet ready to play at a moment's notice! He'll need an active home

but prefers not to have small grabby kids around. We also just took in 3 Chihuahua mix dogs from a rescue situation. They are not on public display due to their emotional state but are ready for adoption to really special homes. Call the Shelter at 885-3997 or stop by at 401 Skitchewaugh Trail!

PET PERSONALS

SAL - 6 year old. Neutered Male. Hound/German Shepherd mix. I'm a friendly fella who enjoys being with people. I need lot of exercise and play time because I have a lot of energy to burn. I know how to Sit.



DEWEY - 2 year old. Neutered Male. Bull Terrier mix. If you're looking for a dog that knows tricks, here I am! I know Sit, Down, Come, Shake and High Five with both paws.



MARCIE - 4 year old. Spayed Female. Cocker Spaniel. I'm a quiet lady who is a little shy and scared and I think a quiet home would be best for me. I will make a great companion once I feel at home!



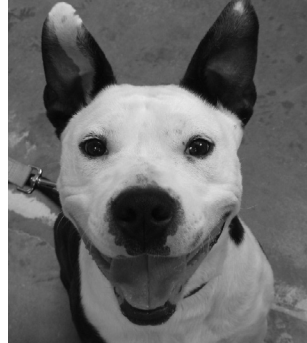
TENNYSON - 3 year old. Neutered Male. Domestic Long Hair Gray and Cream. I have been through a lot of changes so I am a bit shy at first. I can be very loving and I like to snuggle in your lap.



LUKE - 5 year old. Neutered Male. Pointer/Labrador Retriever mix. You know those dogs that you see hooked out all the time? Well, before I came here, that was me so I have a lot of pent up energy to burn and cuddle time to catch up on!



CLEO - 11 month old. Spayed Female. Pit Bull. I am a happy cutie pie who enjoys playing and knows SIT and DOWN. I am excitable and love a good squeaky toy, as long as you are playing with me!



FLUFFY - 3 year old. Spayed Female. Domestic Long Hair Gray Torbi. It has been inside-only living for me! I was told when I was much younger that the outside was a big scary place and that I would be much happier and healthier inside.



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.



BELLE - 3 year old. Spayed Female. Cocker Spaniel. I enjoy being with people and I already know Sit! I love getting lots of love and attention and will happily sit next to while you pet me.



KYO - 2 year old. Neutered Male. Domestic Short Hair Black. I am a beautiful black kitty with gorgeous gold eyes and I'm very sweet. I need lots of love, patience and a quiet home.



BUSTER - 4.5 year old. Neutered Male. Springer Spaniel mix. I'm a lovely dog! I know Sit, Down, Retrieve, Roll Over and Sit Pretty! I'm super talented!



LULU - 3 year old. Spayed Female. Boxer mix. I'm all wiggles and I can catch a ball like nobody's business! Like all Boxers, I enjoy the company of my people and am always ready for adventure!



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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

All of these pets are available for adoption at
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Wed.-Sun. from 12 - 5 pm and closed on Mon. & Tue. • www.rchsvt.org

Lucy Mackenzie Pet Feature

Hi! My name is Caramel and I came as a stray to Lucy Mackenzie. In my time here, the staff has learned that I am one adorable, spirited girl! I am a 2-year old spayed female. I need a house that does not have cats and with active owners who can keep up with me. If you would like to meet me, please stop in! 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.



RealEstate

Compare FHA to PMI to Find Savings

by Polyana Da Costa, SHNS

You may have heard that FHA loans can be a great mortgage option because they offer lower interest rates and are easier to qualify for. But easiest doesn't always equal cheaper or better. Because they are insured by the Federal Housing Administration, FHA mortgages allow down payments as low as 3.5 percent and have less stringent underwriting guidelines than conventional loans. But they come at a price sometimes significantly higher than that of a conventional loan.

That doesn't mean you should stay away from them. They can be a great opportunity for many potential homebuyers, but you have to make an informed decision.

If you don't have at least 5 percent for a down payment or if your credit score is not high enough to qualify for a conventional loan, an FHA loan may work for you.

Unlike with conventional loans, FHA allows you to receive your down payment

money as a gift from a relative. In conventional loans, you must demonstrate that at least 5 percent came from your own savings.

Those who went through bankruptcy or foreclosure between two and five years ago may benefit from an FHA loan, says Jack Guttentag, a finance professor emeritus at the University of Pennsylvania's Wharton School. Conventional loans require a five-year wait, he says.

In general, you should stick with a conventional loan if you have a credit score above 720 and can put down 20 percent on a home, says Matt Hackett, underwriting manager at Equity Now, a direct mortgage lender in New York City.

To decide whether an FHA or conventional loan is better, compare the numbers, says Michael Moskowitz, Equity Now's president.

Your mortgage broker or loan officer should be able to give you a detailed comparison of an FHA loan versus a conventional loan, including upfront fees,

mortgage insurance costs and monthly payment estimates.

On the surface, FHA interest rates may seem slightly lower than those of conventional loans, but they can end up being more expensive. That's because mortgage insurance costs are included in the borrower's monthly mortgage payments. Loans with less than 20 percent down generally have to carry mortgage insurance, but the insurance on FHA loans is more expensive than on conventional loans. In addition, FHA borrowers are charged an upfront fee of 1 percent of the total loan amount, often added to the total amount borrowed.

For instance, say you found a \$220,000 house, could make a 10 percent down payment and wanted a \$198,000, 30-year fixed mortgage. The following calculation was based on May interest rates of about 4.5 percent with an FHA loan and 4.875 percent with a conventional loan:

- An FHA-insured loan, with a 1 percent upfront premium, would total \$199,980.



Monthly principal and interest would cost \$1,013 and monthly mortgage insurance would run another \$182, for a total of \$1,195. A conventional loan with PMI would total \$198,000. Monthly principal and interest would cost \$1,048 and monthly mortgage insurance would run another \$102, for a total of \$1,150.

Homefix: Abandoned Homes and the Elements

by Dwight Barnett, SHNS

With so many people now upside down on the value of their homes vs. the balance of the mortgage, they are simply walking away and leaving the homes in the care of the lender. A recent report estimates there is now a three-year surplus of homes. That greatly reduces the "new home market," which cannot compete with the price of an existing home.



With a third-party owner such as a bank, mortgage company or government entity, the abandoned home is shut down to save on maintenance costs. The homes are generally winterized by turning off all utili-

ties, leaving the home to the ravages of the weather.

During the cold winter months, the home becomes a nest for pests looking for a winter's lodging. Then in the hot, humid summer, the homes are at the mercy of moisture, which feeds mold.

With the doors and windows closed and the air-conditioner turned off, the indoor humidity levels increase, feeding any mold spores that were present -- and all homes have mold spores. The molds need warmth, water and a food source to thrive. A closed house is warm, the summer months are humid and the house itself is the

food source.

My advice to any lender, real-estate agent or caretaker is to turn the air-conditioner to at least 78 degrees or place a dehumidifier in the home. This, of course, requires the electricity to be turned on and that is an extra cost added to the declining value of the home.

If you deprive mold of any of its life's necessities, it will go dormant. Dehumidification by means of the use of an air conditioner is the easiest way to reduce mold growth. Once the home is sold, be careful in choosing a mold-treatment company.

My experience has shown that in 95 percent of the cases, mold-infected items need to be removed from the home, not simply sprayed or treated. The notion of cleaning mold with bleach is untrue and

untested. The water content of the bleach only helps feed the mold spores. Molds have roots that go beyond what you see on the surface. Bleach and other spray-on applications simply do not solve the problem. Drywall, wallpaper, ceiling tiles and paneling are easy to remove. Wood studs, floor decking and floor joists can be sanded once the wood has had time to dry. The wood is then sealed with polyurethane or another permanent sealant.

When hiring a mold-remediation company, get three or more references and call those people to see if their work was satisfactory. Make sure the company is insured. The Better Business Bureau is a very good source when checking a contractor's background. And as always, get three or more estimates to compare.

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WHY RENT ANYMORE? This 2-BR 2-Bath home is a great starter home or ski hideway. It's located 3 miles from the Killington Skyship Base next to a babbling brook. New Storage Shed. EXCLUSIVE.....**\$119,000**



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Our 39th Year

Ski Country REAL ESTATE

"First" on Killington Rd • #1 Since 1989 • Open 7 Days a Wk • 9-5
www.SkiCountryRealEstate.com Winter Seasonal Rentals

BETWEEN SNOWSHED & BEAR MTN • 2BR+LOFT+DEN+REC RM • Wood burning fireplace- Decks • Paved parking - gas heat - \$349K	DUPLEX OR LARGE HOME • 3BR/2BA per side, turn-key • Upgraded - wd burning f/places • Open Floor plan \$339K	PASSIVE SOLAR GAIN • Killington 2BR/2BA + Den • Open floor plan, new appliances • Economical utilities \$240,000	SOUTHERN EXPOSURE • 3BR/3BA - Gas heat - 1 Ac • Master BR/BA with whirlpool • Flat access \$349,000
NEAR VAST TRAILS • 2BR - 1.5 BA - Oil Heat • Bridgewater- Annex Bldg. • Open Floor Plan - \$154K	ON VAST TRAILS • 3BR, 2.5 Acres-Garage • Radiant Heat-Tweed River • Large out bldg. \$349,900	GREAT TRAIL VIEWS • 3BR, 4BA+den+Mudrm, 3Ac • large kitchen, indoor whirlpool • 2 master suites w/fplaces \$399K	77 ACRES-FIELDS & VIEWS • 2BR/2BA-gas heat-77 Ac - Privacy • Wood interior walls & floors - laundry • Min range views from all rooms \$199K

 Nicole Aponowich	 Pat Linnemayr	 Megan Boyle O'Neill
 Daniel Pol	 Kyle Kershner	
 Eileen Godfrey	 Meghan Charlebois	 Tricia Carter
 Lenore Bianchi	 Claire Bousquet	 Peter Metzler

Interest Rates are Under 5%

	Studio-1BR	2BR	3-4BR
Ski In & Out			
Pico-Condos (P)	\$112-\$118K		
Sunrise Condos (P)(T)	\$145-\$173K	\$178-\$285K	
Topridge Townhouse (P)(T)			\$699K
Ski In / Shuttle Out			
Edgemont (P)	\$110K	\$245K	\$183-\$229K
Fall Line (P)(T)	\$130-\$139K	\$175K	
Highridge (P)	\$180K	\$275K	
Trail Creek w/loft (P)(T)	\$75K	\$114K	\$179K
Whiffletree (P)(T)			
Shuttle			
Mtn Green (Bldg 1 & 2) (P)	\$46-\$58K	\$88-\$99K	
Mtn Green (Bldg 3) (P)	\$50-\$79K	\$109K	
Pinnacle (P)(T)	\$99K		\$205-\$230K
The Heights (NEW) w/oversized garage (P)(T)			\$370-\$400K
The Woods - Village Center (P)(T)		\$149K	
Close Drive to Slopes			
Hemlock Ridge (P)(T)			\$180K
Fox Hollow (P)(T)		\$148K	
Glazebok Townhouse (P)(T)		\$199K	
Colony Club Townhouses (P)(T)			\$239-\$249K
Killington Gateway (P)(T)	\$99K	\$110-\$149K	\$200K
Moon Ridge T/House (P)(T)			
Northside (P)(T)		\$189K	
Valley Park (P)(T)		\$99K	
Silver Birch (P)(T)		\$125K	
Mendon Square (P)(T)	\$65K	\$325K	
Telemark Village (P)(T)			

CHARMING CAMP! • 2BR+loft-1BA- 1 1/2 Ac • Winterized, yr-rd use • Expansion Potential \$129K	2BEDROOM/2 BATH SUITES • Indoor hot tub room • Den with Bath - Mtn Views • Stone Fireplace \$390,000	BETWEEN KILLINGTON & RUTLAND • 4BR/3BA+LOFT, Rec Rm • Privacy-Deck-Master Suite • Cathedral- Efficient- \$278K	FINELY CRAFTED • 3BR/4BA custom home • Radiant Heat - walkout lower • cherry & tile flooring \$799K
POST & BEAM • 4BR/3.5BA, 4.7 Ac, landscaped • Open floor plan, pond • Mom in-law apt. \$449,000	GRIST MILL AREA • 5BR, 4BA Furnished, A/C • 9ft ceilings, outdoor hot tub • 2-car o/sized garage \$699,900	NEXT TO GOLF COURSE • 4BR/2BA -large Master • Spacious & Light Kitchen • Paved Driveway \$359,000	PASSIVE SOLAR GAIN • 4BR/3BA + 3.5 car garage • Solar design, loft/den, Paved driveway • Midway Rutland/Killington - \$450K
POST & BEAM • 3Br 2.5Ba - 3 stall Barn+loft • Killington 22Ac, stone firepre • Post & Beam \$499,000	New Luxury Town Homes Starting at \$369,900 • 3BR / 3BA - 2200 sq ft • Townhome, Oversized Garage	LOG HOME • 2-3 Bedroom, 1 bath • 4 mi. to Killington Rd • Wood floors \$278K	EXQUISITE RETREAT! • 3BR/2.5BA w/guest suite • 2 Stone fireplaces,loft, wine cellar • Overszd 2-car heated garage \$689K

PEAK PROPERTY Real Estate

IDEAL PROPERTIES CLOSE TO KILLINGTON, OKEMO OR WOODSTOCK!



Direct Access to Coolidge State Forest! Magical Property With Gorgeous Gardens! Spacious Contemporary With Easy Access for Snowmobiling, XCountry Skiing or Hiking! 4 Bed/3 Bath \$336,000.



Totally Private & Turn-key Cape/Contemporary Retreat On 30+ Acres With Pond! Serenity Awaits You Here! You Must See This Gem to Fully Appreciate All It Offers! 4 Bed/ 3.5 Bath \$549,000.



The Salt Ash Inn—Loads of Potential & Strong Investment! 18 Bedrooms All W/Private Baths, 2 Bed/1 Bath Owners Unit, Great Bar/Pub, Spacious Dining Room, Beautiful Yard W/Pool, Patio, Gardens! Minutes to Skiing or Golf! Priced To Sell! \$699,000.



Beautiful Renovation On Interior & Exterior! 2 Bed / 2 Bath \$215,000.



Prime Killington Location! Minute Off Access Road! 4 Bed/2 Bath \$219,000.



2 Miles To Okemo Chalet with views! 1 Bed/1 Bath \$135,000.

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