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PAGE 23

The Mountain Times



Volume 40, Number 25

Central Vermont's Premier Weekly Newspaper

June 23-29, 2011

GENERATION Y

Paris Notes



Brett gives us his observations from his visit to Paris. Check out his hilarious notes.

PAGE 4

SURVIVING THE TIMES

Blueberry Muffin

The Victory Garden concept for blueberries is to grow an abundance of fruit in a minimal area. Our blueberry grove is only four feet by eight feet. There are only eight plants in the grove. They will out live you, if done right.

PAGE 26

LOCAL SECTION

Regional News

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

PAGES 18-22

HEALTH & FITNESS

Cool Fruit Treats For Hot Summer Days

On hot, humid days nothing tastes better than an icy cold treat. And with all the fresh berries and other fruits available in summer, there's no need to grab a box of Popsicles

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FOR YOUR SMARTPHONE

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An ATV Summer

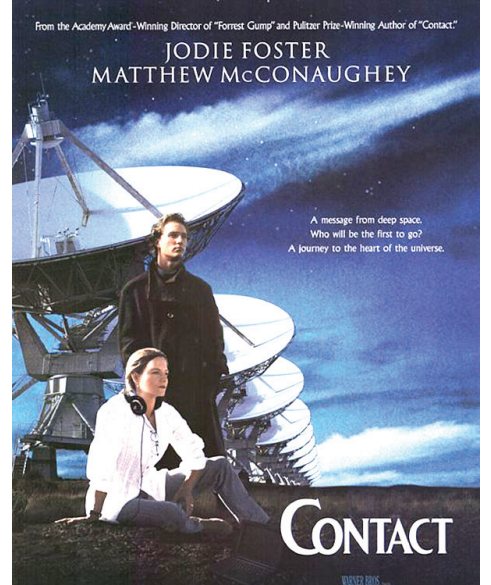
story and photo by Thomas Barlett

I have three helmets in my collection of gear. A cycling helmet, a whitewater helmet, and my beloved snowboarding helmet. Each one of these ever so important pieces of equipment, I left at home. Sherry Smith, the secretary of the West Rutland ATV sportsman club offered me a spot on a member's ATV for the day's trip, and the first thing she did after I shook her hand, was to put a helmet into my other hand. Gratefully I took the equipment and immediately felt comfortable in the presence of the club members, which that day consisted of Sherry Smith and Ray Cole. Ray is 69, retired, and has been a member of the Vermont All-Terrain Vehicles Sportsman's Association (VASA) since its creation earlier this decade. Ray was standing near his ATV when I shook his hand. I was saying hello, but it was hard to take my eyes off of his ATV. It was a canary yellow side by side.

What that means is that in the cockpit of the vehicle, there are two seats arranged side by side. Just like in your car. Ray's rig is a Can Am Rotax 800. It has netting across the open space between your seat and the outside like a NASCAR vehicle and looks almost as powerful. The beefy suspension held it high off the four knobby tires and it had a pick up truck style bed and a winch under the front bumper. A thick steel roll cage and roof cap made by Ray himself, fit snugly over the top. I looked at the beautiful yellow beast and then at Sherry's single seat Yamaha four wheel ATV and said to Ray, "I guess I am riding with you." He Graciously agreed that it was so, and we were off. I have never ridden in such a beast and was excited to climb in. A car style seatbelt held me in and there was an "oh s**t" bar in front of me to grasp as needed.

We took off up Clark Hill Road which is

ATVs, Page 3



The movie "Contact" is based on a young girl whose father was an amateur radio operator, and who trained her to get a license. This weekend's "Field Day" will find "Hams" communicating all over the world together and teaching as they go. You're invited to see it!

The World's Other "Internet"

by Royal Barnard

The enormous tornado devastation in Joplin, MO and other midwestern states recently reminds us that local, regional and global communications through commercial sources is not always reliable. I happened to turn on CNN news just after the Joplin disaster and noted that there was absolutely no solid information coming from Joplin for several hours... and when it did come it was primarily from the Weather Channel satellite uplink truck.

This vehicle operates on generator power and a connection from ground to satellite, then back to ground. Meanwhile, all cell phones, internet service, land lines, commercial radio and TV were inoperative.

Guess what? There were people getting information out and providing emergency communications, before, during and after the crisis... and while CNN was ranting away that there were no communications in and out of the area, they had forgotten ham radio.

"Ham" or Amateur Radio is authorized through the Federal Communications Commission, which issues licenses to qualified operators who pass a series of technical and operating tests. The FCC allows this activity for the exact reasons that were revealed at Joplin... the need for dispersed, free, non-commercial communications options during emergencies.

"Ham" operators pride themselves on

The Other Internet, Page 2

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WEATHER

Wednesday	Sunny	HI 76°
Thursday	Cloudy	66°
Friday	Showers	69°
Saturday	Showers	75°
Sunday	Showers	76°
Monday	Sunny	78°

Forecast Received June 21, 2011

The Other Internet

continued from page 1

being able to set up and function during even the worst disasters.... and they have proven their skills around the world for over 100 years. "Hams" buy or build all their own equipment without discount or subsidy. They are typically able to establish solid radio and data communications within their community, region or around the world under even the worst conditions. Most operators have backup power sources, mobile and fixed station equipment, and the ability to get up and running any day, any time.

Some amateurs participate in club or other organized emergency groups. Radio Amateur Civil Emergency Service (RACES) and Amateur Radio Emergency Service (ARES) are the two largest American groups. Here in the Rutland Region, the Green Mountain Wireless Society has a very sophisticated mobile communications vehicle that's equipped to take over any time our region needs them. "Hams" also work directly with the National Weather Service in providing on the spot weather measurements and observations.

Each year "Hams" around the world participate in a disaster preparedness exercise called "Field Day." The two day event challenges individual and group operators to get their stations on the air and contact as many people around the world as possible in a short time. Bonus points are awarded to those running on wind, solar or other green energy sources; backup generators and batteries; or who set up their stations in remote locations with short notice.

I usually operate Field Day by myself or with a few friends. In the short time span of the event I can usually make contact with all the states in the USA, all the provinces of Canada, and all the continents on

the globe (except maybe Antarctica). Unlicensed "Guest" operators are allowed to participate in communications if they are under the supervision of a licensed "Ham" and they abide by the FCC and contest rules.

The exercise is also a great time for "non-Hams" to visit club sites and learn about one of America's oldest, best and most important hobbies. I was assisted in getting my first amateur radio license at age 12. My helper was a family friend who taught me what I needed to know and opened up a world of excitement to me in hearing and talking to the world. Amateur radio is still my #1 hobby.

With as little as 100 watts of power it's possible to communicate reliably around the world using standard amateur radio equipment. Think of that.... with as little power as needed for a light bulb you can hear and be heard in Europe, Asia, Africa, South America, Antarctica.... and all over the United States and Canada. Pretty cool stuff.

It should be noted that Radio Amateurs are not the same as the once popular "CB" operators. CB operators require no license; can operate on only one band; and are limited to 5 watts of power. "Hams" have access to over 16 bands in the range of Short Wave to UHF and can run up to 1,500 watts of power. This makes them nearly as reliable and powerful as the best government and military radio services. Many CB operators ultimately upgrade and become hams.

"Hams" have the ability to communicate through Amateur Radio sponsored satellites; local repeater networks; "Moon Bounce" technology; slow scan TV, radio teletype; morse code; packet radio (same technology as the internet)... and more.

Most of the "new" methods of communications were either invented by design

engineers who are also "Hams"; or were developed through experimentation by "Hams"; or were used by "Hams" long before they came into commercial use.

This doesn't mean you need an engineering degree to participate. I passed the test for a General Class license and I'm a newspaper person. There are many young operators, women operators and persons of all vocations. You can do it too if you really want to.

Help is available through the The Green Mountain Wireless Society, P.O. Box 84, Rutland, Vermont 05702, or email to WIAD, Frank D'Auria, at wlad@amsat.org. You may also visit their website at

www.gmws.net.

Field Day this year will be held on June 25 - 26, 2011. GMWS will be setting up at Alumni Field (Rutland High School) beginning on Friday the 24th of June at 2 PM. Actual operating begins at 2 PM on Saturday June 25th. Folks wishing to tune into the local repeaters may do so on their scanners: 147.045 and 444.55. Stop by to listen and learn. It's fun!

ARRL (American Radio Relay League) Field Day is the single most popular on-the-air event held annually in the US and Canada. Each year over 35,000 amateurs gather with their clubs, friends or simply by themselves to operate.

GMC Releases New Hiking Trail Map

The Green Mountain Club announced the release of its first Killington Area Hiking Trail Map. This pocket-sized, waterproof map includes hikes on Mount Ascutney, Pico Peak, Killington Peak, Shrewsbury Peak, Bald Mountain, and Ludlow Mountain.

"This map will help more people in our area enjoy their mountain," said Wayne Krevetski, president of the Killington Section of the Green Mountain Club. "The Green Mountain Club has always sought to make Vermont moun-

tains play a greater role in people's lives and these maps help people easily access their beautiful local landscape. With this new addition to our trail resources, we're very pleased to highlight this gorgeous part of our state."

The new map is available online at greenmountainclub.org, at the club's hiker center in Waterbury Center, and at various stores around the state. For more information, please contact the Green Mountain Club at gmc@greenmountainclub.org or at (802) 244-7037.

Rehearsal Date Set For Killington Tricycle Race

by Ned Dyer

It was announced by Band Master Ed Gallagher of the Gallaghers of Barnagat that the first and final rehearsal of the World Famous Killington Killington Tricycle Race Alumni Precision Drill Team and Marching Kazoo Band has been set for 9:55a.m., Monday, July 4th just prior to the 10:00 a.m. step off time of the Annual Fourth of July Parade on the River Road in Killington. In a phone conversation earlier in the week Band Master Gallagher intimated that Frank Chase has been working very hard on his kazoo solo rendition of "In a Gadda Davida." The flag section has been perfecting their "twirl and toss" routines as well as the all important and crowd favorite,

flag waving. Band Master Gallagher was confident that the constant bickering in the kazoo section over what music will be played will cease and desist by step off time.

Due to the good weather we are experiencing here in Killington, there are a few spots yet open in the World Famous Killington Tricycle Race Precision Drill Team and Marching Kazoo Band who will be taking it on the road in the Annual Fourth of July Parade and Star Spangled Birthday Celebration of the Town of Killington. Any past Trike Race Official, Race Committee, Queen, Grand Marshall, Racer or member of a pit crew is eligible to join the Band. For additional information and an audition contact Ned Dyer at nedzo@vermontel.net.

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ATVs

continued from page 1

a well made dirt road that allows the use of ATV's from 9:00 a.m. to 9:00 p.m. Soon enough the road turned into a single lane road with grass and rocks between the grooves for the tires and then suddenly we were into the woods. Sherry rode behind us on "Old Red." That's her 400cc four wheeler that she has used for a long time to work on her 500 acre farm. She takes it out to ride the trails because it is dependable and she knows it well. These trail enthusiast always ride together in case there is any trouble. If you are alone on trail and have any kind of problems, whether it be with your physical self or with your rig, it can be a very long time 'till someone comes along or it can be a very long walk out on difficult terrain. When Sherry explained this to me, I asked if there were any mechanics within the ranks of their club's 200 members. She laughed and said "All of them are mechanics!" In one way or another, everyone who is regularly riding an ATV has turned a wrench or two. Any machine can experience trouble on trail and eventually after riding long enough, you get to know your machine and how to fix some of the little problems that arise.

After bumping along for about fifteen minutes, Ray had the chainsaw out. The sun was turning the day to hot, and we were cool and comfortable under the maple leaf canopy. The VASA trail under our feet was only wide enough to fit Ray's ATV so the huge fallen white birch had to go. All members are encouraged to bring saws and tools when they go out on trail, for just such a problem. So according to the rules that govern the "be ready for anything" attitude of VASA members, the small chainsaw was retrieved from under the rear bed of the yellow Rotax. I watched Ray cut through the huge deadfall with his little chainsaw. I was eyeballing the tree and dreaming about adding it to my own winter supply of firewood. After the cuts were made, it took the three of us to roll the big sections of trunk off the trail so no one else had to deal with it in the future. Every club member also does trail maintenance. Planned or not.

The next couple of hours were spent climbing straight up or straight down hillsides. There were calm flat sections of trail with sunlight streaming through the leaves and birds flying down the trail away from our approach. On one of these sections I asked Ray how fast his ATV goes. It is a powerful looking machine and I was advocating for a bit of unsafe speed. Without taking his eyes off the trail, he said "I have had it going about 25 or so, but they tell me it will do about 75...but not while I am driving it." I laughed and sat quietly taking in the wise safety of my driver.

Fields would appear in the middle of the trail where wildflowers had settled in amidst the tall grass. Pine covered mountains reached up to the rare summer blue sky. We would stop in the fields and shut off the machines to enjoy the quiet. During these stops, Sherry explained more of her clubs activities. Throughout the summer they participate in poker rides, candy hunt rides, and large group rides which can see as many members as fifty on trail. This does not mean fifty ATVs all in a row. The side-by-sides can hold two, as well as the 2-up machines that have a factory second seat behind the driver. When there are big group rides, they will split up into smaller groups and explore other trails.

At the end of the season the West Rutland ATV sportsman club has a BBQ pot luck feast and rides the trails around Sherry's farm. The end of the season tends to be in the fall when hunting season begins.

The West Rutland Club is one of twenty ATV clubs in the state. To be a member of any of these clubs you must register your ATV with the state of Vermont and also become a member of VASA. The two registrations attach to your vehicle just like a car license plate and then you are part of the club. All of the Vermont clubs participate in responsible, legal riding and are looking to be safe on trail and maintain and respect the private property in which they are permitted to enjoy on four wheels. The groups are made up

of, in Sherry's words "...workin' and retired folks enjoying a ride in the woods." In the summer, these folks work hard all week so they can spend a few hours on the trails that they support through their various clubs.

You can't go riding without an ATV, so if you are new to the off roadin' world you are going to need some gear. There are a number of different style ATV's to choose from, and in the area there are a few places to go. Dan Turco and Sons on Route 7 south is a family run business where they all ride and know their stuff. They are self described motor heads and specialize in Yamaha machines, (802-773-8650). On the other end of town on West Street is Central Vermont Motorcycles, (800-639-1644) where they can tell you all about Ray's Rotax 800 because they sell Can Am products. Pro Cycle in Clarendon (800-773-2014) is your other ATV gear store and fix it spot. These stores can get you a good machine and all of the necessary gear to ride trails safely. Once you get your machine under you and you're ready to go, get in touch with any of the twenty ATV clubs in the

state and set yourself up to ride the VASA trail system. To get in touch with the West Rutland ATV Sportsman Club call Sheri Smith at 518-282-9781.

At the end, we cruised back to our parked cars at the trail head and I sat quietly satisfied with my trip. It was good to be back in the familiar mountains of my home town with new friends enjoying trails that have changed little since I used to hunt on them with my father. I rarely have the opportunity to enjoy trails on a powered vehicle let alone be driven without having to pay attention to the trail. All day my eyes wandered up trees and into the sky. I watched birds and chippies, and ducked my head out of the way of the occasional low branch. Lost in the abyss of the past I was jerked awake with the roar of Ray's machine and my body being pressed into the seat under my shoulder restraint. In the instant it began, it was over. My driver caught me unaware and gave me a burst of the power of the big yellow Rotax that I was hinting around earlier on trail. Ray was chuckling and when I recovered from my instant of unknown terror... so was I. Thanks for the ride.

Proctor Cal Ripken All-Stars

Congratulations to Zachary Bates (L) and M.J. Denis (R) of Proctor who were named to the area's Cal Ripken All-Star Team. Keep an eye out next week for all of the all-stars and an update on their tournament play. Good Luck Boys.



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Paris Notes

1. Everything in Paris, from dental floss to refrigerator magnets, is enormously overpriced, particularly with the lousy exchange rate. After a while, your notions of “cheap” and “expensive” will bear no resemblance to your usual standards. (“A \$9 sandwich? What a find!”)

2. Paris is full of wealthy people who don't appear to have real jobs. Cafes – and I mean almost every single one of them – are packed from noon till midnight with men and women, young and old, who obviously aren't in any hurry to get anywhere.

3. Police don't seem to mind when people parallel-park facing the wrong direction. You'll often see stationary cars nose-nuzzling each other.

4. Every night, if the weather is decent, the concrete banks of the Seine are lined with hundreds of romantic young couples drinking wine (which you're allowed to consume anywhere) and valiantly ignoring the peddlers, the scattered shards of broken glass, and the pervasive odor of urine.

5. Paris is full of lovely parks, but if you try to sit down on the grass, you'll invariably notice a blanket of cigarette butts embedded in the dirt. This doesn't stop people from relaxing there, though – on a nice day, every little green space in the city is crammed full of sunbathers and picnickers, which of course is how the cigarette

butts got there in the first place.

6. When Parisians decide to dress fashionably, they usually disregard the weather. On sweltering, humid days, you'll see plenty of men wearing scarves and blazers.

7. I'm unable to find a neighborhood in Paris that seems even a little bit dangerous to me, no matter how far I venture on the metro. (Reportedly, the bad areas of the Paris metropolitan area exist largely in suburbs underserved by public transit – this, in contrast to a city like San Francisco, where one can easily walk from Nob Hill into the Tenderloin.)

8. There is a chain of French grocery stores called Picard that sells exclusively frozen food, including frozen sushi, frozen ceviche, and frozen duck confit. These markets are totally white and sterile and futuristic inside – I wonder if “Picard” is a “Star Trek” reference.

9. The two least fun things to do in Paris are (1) to go to the Louvre, which is designed first to make you bored and then to make you feel ashamed of being so bored, and (2) to wait a few hours in line to take the elevator to the top of the Eiffel Tower (Paris doesn't look so great from a bird's-eye view anyway). Unfortunately, these two things happen to be absolutely essential.

10. Except maybe at one or two restaurants that nobody can afford to go to, Paris doesn't have any good sushi. Even its Japantown on Rue St. Anne is hopeless. 90% of the raw fish served here is salmon, and the remaining 10% consists only of tuna and mackerel. Across the city, every menu is the same: puny, unadventurous arrangements of rolls and sashimi supplemented (somewhat inexplicably) by “brochettes,” which are shish kebabs smothered in cheese. (The French, I suspect, are too proud of their own cuisine to embrace that of other nations the way Americans have.)

11. The only really affordable examples of the French culinary genius can be found at Paris's bakeries, where it's best to start the day with a buttery croissant and a bag of soothing, mildly sweet madeleines for dipping into milk (or tea, if you prefer Proust's way).

12. There is a chain of bakeries in Paris called PAUL that sells delicious large raspberry macarons for 3,00. PAUL belongs to the same company that owns the leg-

endary pâtisserie Ladurée, where you can get what I am convinced is the exact same macaron for 4,30. (Ladurée does, however, have a larger selection of macarons, many of which are mind-blowing.)

13. Once a quarry, then a city dump, the Parc des Buttes Chaumont is now the nicest park in Paris, a hugely ambitious creation of 19th-century romanticism, with big green hills, craggy cliffs, lofty bridges, a waterfall, and a lake. Hardly any tourists go there because it's in the 19th arrondissement.

14. When you're here, you just have to accept that eating liver is going to be a part of your life.

15. Before I arrived, Americans assured me that pretty much everyone in Paris speaks English. This is not true, unless Parisians so enjoy watching me thrash about with my middle-school French that they pretend not to be bilingual.

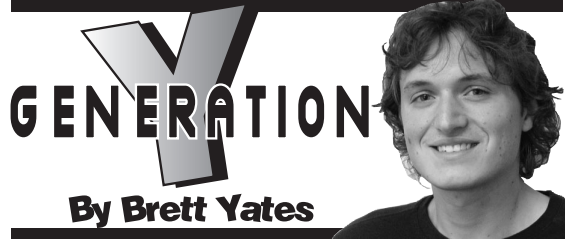
16. The cinema culture in Paris is incredible. Every day there are countless screenings of major and minor classics from around the world, and even at 11:00 a.m., these showings tend to be very crowded. You can find books in French about American auteurs as completely forgotten in their homeland as Frank Borzage and Joseph Losey. And, of course, Woody Allen movies are big events here.

17. Sainte-Chapelle is a lot cooler than Notre Dame.

18. In Paris, air conditioning often can't be detected inside buildings that, anywhere in America, would be unthinkable without air conditioning (shopping malls and movie theaters are examples).

19. Parisians are, I believe, extremely conscious of being Parisian and seem therefore determined to enjoy visibly activities deemed especially Parisian in the popular imagination, most notably drinking wine in cafes, smoking cigarettes in cafes, and having picnics in the Jardin du Luxembourg. Because even Paris's locals frequently appear to behave in ways more imitative than natural, this can contribute to an aura of unreality about the city: really, there's nothing intrinsically nice about sitting at a crummy sidewalk table on the crowded, noisy Rue de Rivoli for half a day, drinking outrageously priced wine and inhaling carcinogenic fumes – nothing nice except that, when you do it, you're living the Parisian dream that people around the world have for some reason been dreaming for a century or two.

20. The French title for “The Hangover 2” is “Very Bad Trip 2.”



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Junior Golf Championship Expands Field

The town of Killington, Vt., is sponsoring the Killington Junior Golf Championship, a 54-hole national junior golf event, which will feature 144 of the top junior golfers, an increase from last year's field of 99.

“We are delighted to partner with the AJGA and bring some of the country's best junior golfers and their families back to Killington this summer” said Seth Webb, Killington Director of Tourism and Economic Development. “With the expanded field, we're looking forward to lots of excitement on the golf course and a busy week for area businesses”

In 2010, Zachary Herr of New Hope, Pa., finished with an 8-under-par 205 for a seven-stroke victory in the Boys Division and Yu Liu of Beijing, China, fought off close competition to grab the win in the Girls Division with an 11-over-par 224. In May 2011, Liu won the 2011 Under

Armour® / Vicky Hurst Championship.

A shotgun practice round will be held Monday, July 11 at 2 p.m. while the tournament rounds will be held July 12-14. Tee times for all rounds run from 7-8:50 a.m. (first wave) and 11:40 a.m.-1:30 p.m. (second wave) off the Nos. 1 and 10 tees of Green Mountain National Golf Course. An awards ceremony will be held on Thursday, July 14 at 6 p.m. at the tournament scoreboard. Spectators are welcome to attend and admission is free of charge.

Rated by Golf Digest as Vermont's top public course and one of America's top public courses, Green Mountain National is as beautiful as it is challenging. No houses, no highways, just spectacular surroundings and great golf. For more information about Green Mountain National, visit www.gmngc.com and for more information about the Town of Killington visit www.discoverkillington.com.

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Standings:

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

Charity's Hitters shook up the sports world last Wednesday by bashing the 2010 Runner-ups Slips, Trips and Falls for their first win in nearly two years. The Hitters know what it's like to get bashed as it usually happens to them. To spark moral, they consider it a win when they score a run. This time moral was soaring as they scored fourteen of them for the third highest output in franchise history and finally a real win. The Hitters got that winning run in the first when Tyler "Canadian Bacon" Teed siz-zled around the bases. He also had some stellar defense in left field. The Hitters had a 4-0 lead after one. This was déjà vu from the first time these two played and the Hitters held a 5-0 first inning lead but they lost that game 12-7. This time the lead grew every inning. The only inning the Hitters didn't score was the fourth but they had an 8-3 lead. Slips had their trips and their falls as they could not get it going all game long. The Hitters poured it on in the fifth, stretching the lead to 13-6. Mild Megan Poljacik sparked that inning when she burned STF for a single and scored a run. There were a lot of stars that in-



By
Dave
Hoffenberg

ning as Norty, Joe the Plumber, Hip Hip Jorge George and Hammerin' Hank all scored. Hank was a defensive wall in center field. Even My Hebro Ittai contributed with a swinging bunt for a single. They almost ended it in the sixth with a mercy win but STF stopped them two short. The amazing part of this win was that most of their runs (8) were scored during two out rallies. Pitcher Party Boy was solid throughout. In the end, Coach Clarke got the Gatorade shower for the 14-8 big win. It was so big that a parade was held on Friday down the access road and the Governor gave Manager Wild Bill a key to the city.

Earlier in the week Keith "Bubba" Lazarczyk was a late inning addition to the Clear Cottage 12-8 win over Ramuntos. Bubba went two for two with two runs scored and two RBI off a blast that soared over the center field fence, his first of the season. The Clear ended their week with a nail biting 4-1 win over the Phat Italian. It was 1-1 going into the seventh when DJ Dave broke out of a slump with a lead off single and then Brandon Remick drove him in for the winning run. Phat pitcher Matt "Ajax" Anderson

cleaned up in the "Cold Beer K" department delivering six to DJ Dave, Gordy, Brian (2) and Jackie Blue (2). Clear pitcher Ronzoni delivered three including a rare one looking to Steve "Killer" Kent.

Schedule:

- Monday, June 27:
Clear Cottage vs. Charity's Hitters Bridgewater 5:50 PM
Vermonsters vs. Ramuntos Bridgewater 7:00 PM
Slips, Trips & Falls vs. Phat Italian Killington 5:50 PM
Moguls vs. Jax Killington 7:00 PM
Wednesday, June 29:



Charity's Hitters Coach Clarke Rogers gets a Gatorade shower from Brandon Remick in celebration of Charity's first win in almost 2 years.

- Ramuntos vs. Phat Italian Bridgewater 5:50 PM
Jax vs. Clear Cottage Bridgewater 7:00 PM
Slips, Trips & Falls vs. Moguls Killington 5:50 PM
Charity's Hitters vs. Vermonsters Killington 7:00 PM

There will be a Budweiser sponsored post game party Wednesday, June 29 at Charity's 7-12am.

Killington Resort Kicks Off Summer Season With United Way Fundraiser

Kick off summer and experience the fresh Green Mountain air while raising funds for the United Way of Rutland County at Killington Resort and the Pico Mountain Adventure Center on Friday, July 1.

With a \$10 donation to the United Way of Rutland County, guests will enjoy a full day of activities at the Pico Mountain Adventure Center including Alpine Slides, climbing walls, the Pico Power Jump and mini-golf, from noon to 5:00 p.m. Also, donate \$10 at Killington Resort and experience lift-served hiking and mountain biking via the K-1 Gondola from noon to 5:00 p.m.

"We are pleased to partner with the United Way of Rutland Country for the sixth consecutive year," states Rob Megnin, Killington's director of sales and marketing. "Supporting our local community is a priority for

Killington Resort and we encourage our guests to donate \$10 and take advantage of a day filled with summer adventures," continued Megnin.

In addition, Killington Resort and Pico Mountain will donate \$10 from every Adventure Center and mountain bike season pass purchased on Friday, July 1 to the United Way. Adventure Center season passes start at just \$79 and Killington mountain bike season passes are \$159 and include unlimited access to Killington's Kona "Groove Approved" Mountain Bike Park.

The Adventure Center at Pico Mountain will be open daily from 10:00 a.m.-5:00 p.m. on weekends and 11:00 a.m.-5:00 p.m. on weekdays. Killington Resort will operate 10:00 a.m.-5:00 p.m. daily.

For more information, visit www.killington.com.

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Rutland Area Art Association

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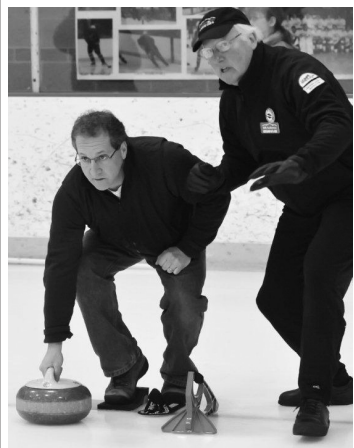


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July 4-8 2011

NATURE'S WAY

Moose Suffers From Cousin's Parasite

by Li Shen

Our reaction to the word 'parasite' is usually one of disgust. After all, aren't parasites the creepy, revolting little creatures that burrow into animals' bodies and spread through unclean substances like blood, guts, and excrement? Don't parasites kill things?

Not when they're on their home turf. A parasite's mission is to procreate without doing lethal damage to the host animal essential for its shelter and sustenance. In fact, most parasites have co-evolved with their hosts for millennia and have established a biological truce: you feed and house me, and I won't kill you. If this weren't true, either the host or parasitic species would have already died out.

It can be a different story when a parasite ends up inside a host animal where it didn't evolve. Parasites look for all sorts of clues inside their hosts to direct them to do the right thing at the right point in the parasite's life cycle. In the wrong host, when the clues aren't there, mayhem can ensue.

Take, for instance, reports of moose behaving erratically, stumbling, walking in circles, or appearing either paralyzed or unusually tame.

The cause of this moose disease was a mystery until a Canadian biologist discovered that the disease was caused by a parasitic worm (*Parelaphostrongylus tenuis*) more commonly found in white-tailed deer. The threadlike worms inhabit the space between the deer's brain and skull, where they live out their lives without producing obvious symptoms in the deer.

The brainworm has a convoluted life cycle. Female worms in the brain lay eggs that hatch into larvae that ride the blood stream to the lungs. The deer cough up the larvae into their mouths and then swallow them, where they travel through the digestive system and hit the ground in excrement. Then the larvae are eaten by small species of snails and slugs.

Inside these secondary hosts, the larvae prepare for return to a deer. When a snail dining on foliage is inadvertently eaten by a deer, the larvae tunnel out of the deer's stomach, find the spinal cord, and travel back to the brain for another cycle. It takes about three months for the brainworm to complete its cycle inside the deer.

When a moose eats an infected snail, the parasite takes the same pathway from stomach to brain. However, the moose-brain environment isn't suitable for the worms to produce eggs. Instead, the moose becomes severely ill with neurological symptoms, and the worm eventually kills it. The same can happen with sheep, goats, and llamas, all of which are abnormal hosts for the moose brainworm.

So why have moose never developed a tolerance for brainworm, as have deer? The answer lies in the fact that moose and deer haven't shared the same habitat for very long, in evolutionary terms.

The Latin name for white-tailed deer is *Odocoileus virginianus*, or Virginia deer. It is exclusively an American species that first appeared in the southernmost part of North America some four million years ago. As recently as 15,000 years ago, whitetails were confined to the southern end of their present range by the continental ice sheet and didn't return to northern areas until the glaciers receded.

Moose by contrast are a sub-arctic and boreal species with their origins in Asia. They are a relatively recent immigrant to North America, arriving during the same ice age, when a land bridge opened between Siberia and Alaska. Moose crossed east just before the time that deer started returning north.

In New England, the accounts of settlers show that moose were plentiful in the region in the 1600s. They were nearly extirpated, however, over the next two hundred years by excessive hunting and the clearing of forests for farmland. The latter circumstance favored the influx of deer, who were better adapted to the mixed landscape of forest and farm, though the deer, too, suffered from heavy hunting pressure and the loss of habitat. Finally in the twentieth century, with farm abandonment and reforestation across the region, moose have gradually returned, but to a patchwork landscape of fields and forests that supports more deer than were present in the 1600s. And where there are deer, there's brainworm.

Our understanding of the brainworm life cycle can help prevent infection of livestock. Excluding deer from pastures will keep the area clean of worm eggs. The snails that are the worm's intermediate hosts can be avoided by grazing livestock in or near wetlands only



when snails are inactive – that is, after a killing frost or before the warm rains of spring. De-worming drugs can also help prevent infection.

In the long term, natural selection is at work, now that moose and brainworm have overlapping ranges. Perhaps there will come a day, thousands of generations in the future, when moose can tolerate the parasite the way their deer cousins already can.

Li Shen is an adjunct professor at the Dartmouth Medical School and the chair of the Thetford, Vermont, Conservation Commission. The illustration for this column was drawn by Adelaide Tyrol. 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

Mike Gallagher Honored

Nearly 900 runners, got a warm sendoff at the 51st Mount Washington Road Race from Mike Gallagher of Killington, Vermont, who won this race four times between 1968 and 1971. Now 69, Gallagher was inducted into the Mount Washington Road Race Hall of Fame the evening before the race. Speaking to the entrants on race day morning, he said, "I wish I'd run this race more times. I'm not going to run it with you today - hip surgery has put an end to my running - but have a great time!"

Gallagher remains best known as one of America's great Nordic skiers - he skied in three Olympics - but he was also a formidable runner, as he proved by becoming the first person to win the Mt. Washington Road Race four times. He set what was then a course record of one hour 6 minutes 13 seconds in 1968, and in his final win, in 1971, he took a 51-second victory over Boston Marathon champion and Olympic Trials marathoner Amby Burfoot. Since retiring from racing, Gallagher has continued to coach and to inspire young skiers.



Mike Gallagher

Welcome Aboard



July 1 & 2	CONN RIVER DINNER 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 Fairlee Depot Dinner Train Tix: \$80/person • \$140/couple
	FAIRLEE FESTIVAL TRAIN Big doings at this year's Fairlee Festival when the whole town comes together to celebrate their 250th anniversary with a Gala three day event. Trains depart from the Fairlee Depot for hourly rides Tickets Available on Site
July 3	BURLINGTON FIREWORKS Beat the traffic and take the Train from Charlotte, Shelburne or S. Burlington to Burlington's waterfront to enjoy one of Vermont's largest firework shows. Train returns at 10:30 pm after the firework display. Fireworks Train Tickets: \$12/person
July 4	WHITE RIVER FIREWORKS Take the train from White River to Wilder for the fireworks. Contact Hartford Parks & Rec @ 802-295-5036 for details about the other scheduled events. Train returns to White River following the fireworks. Fireworks Train Tickets: \$6/person

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The Mountain TIMES

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Sherburne Library News

–Killington Summer Concert Series

Enjoy the music and views of the Valley from the lawn of the Sherburne Memorial Library on River Road in Killington at 6 p.m. on the following Thursdays:

July 14- Dan Walker Trio...Americana/Roots Music

July 21- African Rhythms & World Music Drumming/World Music

July 28- Folk By Association...Bluegrass/Folk

Sponsored by the Killington Parks & Recreation Department, Sherburne Memorial Library and the Sherburne Friends of the Library.

–Movie Matinee, Tuesdays @ 2:00 pm:

July 5- Eat Pray Love

July 12- Inception

July 19- Stand By Me

July 26- Lost in America

– Civil Discourse Series, Mondays @ 2:00 pm:

July 11- FDR Coup

July 18- Four Seasons Lodge

July 25- Tuscegee Experiments

– One World, Many Stories. 2011 Summer Reading Program, Ages 4 and up

Explore Seven Continents through Stories, Crafts & Music, Wednesdays at 1:00:

June 29 - Asia, July 6 - Australia

July 13 - Africa, July 20 - South America

200+ Endurance Athletes Attempt Spartan Death Race

There are millions of running races, thousands of marathons, hundreds of triathlons and event dozens of ultra marathons, but there is only one Spartan Death Race.

Held annually since 2005 in the small town of Pittsfield, VT, and the brainchild of uber-endurance athlete Joe Desena, the 2011 Spartan Death Race, scheduled for June 24-25, offers 200 competitors -- from 29 states plus Canada -- the chance to test their mental and physical prowess like no other event on earth.

Returning to try and become the first-ever two-time winner is Joe Decker of San Diego, CA, who completed the 10-mile course in 28 hours last year.

The hurdle and challenge-driven race requires competitors to complete a series of grueling mental and physical challenges throughout a 10-mile course that runs through the Vermont woods. In the past Spartan

Death Race competitors have been required to chop wood for two hours, carry a 20-lb stump around for hours, build a fire, cut a bushel of onions, crawl through mud under barbed wire, translate a Greek phrase, or after 15 hours of racing, memorize the names of the first 10 U.S. Presidents and then hike to the top of a mountain and recite them back in order.

Unlike other endurance races that offer a detailed map, Death Race competitors have no idea what to expect next as the course map and list of challenges are kept secret. This provides one of their biggest challenges since the length of the race can range from 24-48 hours. For an endurance athlete, not knowing where the light is at the end of the tunnel can be sheer torture.

For more information on the Spartan Death Race, visit www.YouMayDie.com.

Motorcycle Ride to Benefit Camp Ta-Kum-Ta

The inaugural Motorcycle Ride for Camp Ta-Kum-Ta, a charity ride, will be held on Saturday, September 17, 2011.

Proceeds will benefit Camp Ta-Kum-Ta, a nonprofit organization established in 1984. Camp Ta-Kum-Ta provides a safe, loving place where children from Vermont and New York who have, or have had cancer can play, swim, share, and heal. In short, Camp T-K-T is where kids go to reclaim a childhood robbed by cancer. Until There's a Cure....There's a Camp!

Download the registration form at www.takumta.org. Bikers can also register the morning of the event at one of the SEVEN registration stops. The registration fee is \$50 for riders and \$20 for passengers. Bikers and passengers are encouraged to collect additional donations to support their ride and raise funds for Camp Ta-Kum-Ta.

For more information contact Gary Lazetera at 802-775-3735 or glazetera@comcast.net. For more information about Camp Ta-Kum-Ta, visit www.takumta.org.

Fight Cancer at the Relay For Life Kickoff!

Join your friends, family & neighbors in the fight to wipe out cancer forever. The Relay for Life of Rutland County will be June 25th & 26th at The Vermont State Fairgrounds in Rutland beginning at 1pm. Form a team and show your support!

One person can make a difference. Nowhere is that more evident than with the story of the American Cancer Society Relay For Life, which began in Tacoma, Washington, as the City of Destiny Classic 24-Hour Run Against Cancer.

In the mid-1980s, Dr. Gordy Klatt, a Tacoma colorectal surgeon, wanted to enhance the income of his local American Cancer Society office. He decided to personally raise money for the fight by doing something he enjoyed—running marathons.

In May 1985, Dr. Klatt spent a grueling 24 hours circling the track at Baker Stadium at the Univer-

sity of Puget Sound in Tacoma for more than 83 miles. Throughout the night, friends paid \$25 to run or walk 30 minutes with him. He raised \$27,000 to fight cancer. That first year, nearly 300 of Dr. Klatt's friends, family, and patients watched as he ran and walked the course.

While he circled the track those 24 hours, he thought about how others could take part. He envisioned a 24-hour team relay event that could raise more money to fight cancer. Months later he pulled together a small committee to plan the first team relay event known as the City of Destiny Classic 24-Hour Run Against Cancer.

In 1986, 19 teams took part in the first team relay event on the track at the colorful, historical Stadium Bowl and raised \$33,000. An indescribable spirit prevailed at the track and in the tents that dotted the infield.

For more information, please call 1-800-ACS 2345 or visit <http://www.relayforlife.org/relay/>

VT Ski Area Visits Rebound in 2010-11

The Vermont Ski Areas Association announced at its annual meeting at Sugarbush Resort that Vermont's ski resorts recorded 4,365,906 visits for the 2010-11 season, marking the best year since 2004-05 and maintaining Vermont's ranking as the third-largest ski state in the country, behind only Colorado and California.

In what was the third snowiest season on record, Vermont ski resorts saw a substantial rebound in snowfall and consumer confidence over previous years.

"Amid the lingering effects of the recession, the ski and ride industry once again proved its resilience as a cornerstone of Vermont's economy, bringing rooms & meals tax revenues 5% ahead of last season's expenditures and generating 6.5% more in sales tax revenues for the winter months," Ski Vermont President Parker Riehle said. "The post-recession rebound in skier/rider consumer confidence was evident on and off the mountains, and the outdoor retail industry reported record numbers not seen in years."

Nationally, skier visits were the second best on record, with the Northeast posting the biggest gains of any region in the country. With 80 million people within a day's drive of Vermont's mountains, Ski Vermont has continued to focus its efforts at converting first-timers to life-timers with innovative learn-to programs through VSAA and its member resorts.

The annual gathering of more than 250 industry professionals was presented with VSAA's efforts over the past year in governmental affairs, marketing and public affairs, and NSAA President Michael Berry gave an overview of the season from the national perspective. In addition, Reach Advisors President James Chung presented the latest industry trends and research.

Green Mountain Coffee Senior Marketing Specialist Roger Garufi was presented with the Friend of the Industry Award, and the Career Employee Awards went to industry veterans Timothy Hahn, Wayne Smith and Betty Merrill, all from Killington Resort.

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Grammy-winning composer/violinist Mark O'Connor

JULY 15* Friday Night Live outdoor concert
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JULY 16 Souvenirs from Abroad
Brahms' electrifying chamber masterpiece, the Quintet for Piano & String Quartet in F minor

JULY 23 Russian Expressions
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JULY 30 Claire de Lune
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TICKETS: 802.422.1330 or killington.com

GolfNews

News From Green Mountain National G.C.

by Spider McGonagle

It is officially summer and it is time to grab your clubs! Green Mountain National has never been in better conditions and with all of our leagues, clinics, tournaments, Sunday Socials and other great activities there is no excuse not to join in on the fun!

Speaking of Sunday Socials this Sunday, June 26 we will be hosting our first couples' "Mixed-Scotch" of the season. This is a fun and unusual format for couples and everyone is invited to join in on the excitement. \$30 per person covers golf, cart, prizes and an amazing dinner following the tournament, just give us a call to sign-up your team! If you are a single and would like to play, let us know and we'll try and find you a great partner.

School's out for summer and it's time for our first Junior Golf Clinic next week 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 as help them improve their skills and build fundamental skills.

As we look forward to July, the American Junior Golf association returns for the 2nd Annual Killington Junior Golf Championship as over 100 of the best junior golfers in the world challenge GMNGC. We will need volunteers to make this tournament as successful as last year and hope that you can help? Clear your calendar on July 11-14 and sign-up to help us out and watch some great golf at the same time.

Don't forget, "Wine & Nine" is just around the corner on July 24 as the "Grand Finale" to the Killington Wine Festival and you won't want to miss an afternoon of great golf and great wines here at GMNGC.

Our complete Events Calendar can be found at www.gmngc.com and we can't wait to see you back here on the first tee. If you have any questions, please give us a call at 422-GOLF.

Greetings Golfers!

The Killington Golf Course is teeing up summer with League Night every Tuesday beginning June 21-September 6, 2011 at 5:00 p.m. with a 9 hole shotgun start and scramble with mixed teams. Prizes will be awarded for the best team gross score. Festivities, including raffle drawings and dinner, will continue at the Clubhouse Grill.

League Night rates are \$20 for members and \$25 for non-members and includes food, scoring, green fees and cart.

Need work on your backswing or short game? No

problem, our \$20 golf clinics will give players the opportunity to improve their skills. Clinics are available on Tuesday 3:30-4:30 p.m., Thursday 5:00-6:00 p.m. and Sunday 3:30-4:30 p.m.

Plus, the Killington Golf Course will be hosting member-member and member-guest tournaments this summer, be sure to check the information board in the Clubhouse lobby.

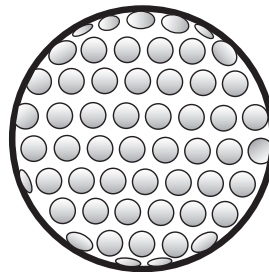
To book a tee time or for more information check out killingtongolf.com or call 802-422-6700.

Another Hole-In-One at Okemo Valley Golf Club

On Friday, June 17, John Reese, of Rye, N.Y., made a hole-in-one at Okemo Valley Golf Club. Reese aced the fourth hole, from the green tee 175 yards away from the hole, using his seven iron. Peter VanDerpot witnessed the amazing feat.

Reese'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.



Given Another Chance, McIlroy Gets His Major

by Eddie Pells, AP

Rory McIlroy never wished for a do-over - only a second chance. When he got it, he grabbed on and didn't let go.

He went from learning lessons at the Masters to teaching them at the U.S. Open, from absorbing a heartbreaking loss in Augusta to administering a record-setting beating near Washington.

He did it with precision on the golf course and tenderness during the victory celebration, grabbing his dad by the neck for a big hug, then telling him "This one's for you," as he accepted his first major-championship trophy.

He won with a performance that goes down as one of the best in the history of the sport - a wire-to-wire stranglehold that spilled fresh ink all over the U.S. Open record book and tears in his home of Northern Ireland.

McIlroy shot 2-under 69 on Sunday to finish his four-day U.S. Open golf clinic and set aside the pain of his Masters meltdown for good. His overall score of 16-under 268 shattered the U.S. Open record - held by Jack Nicklaus, Tiger Woods and two others - by four strokes.

Jason Day's second-place score of 8 under tied for the third-best score in relation to par in U.S. Open history.

Though it's only been two months, McIlroy has come a long way since he blew his four-shot lead and shot 80 on the last day at the Masters. A conversation with his father, Gerry, shortly after that collapse told the father everything he needed to know about his son.

"I said, 'Rory, are you OK, son?' Because you always fear for your kids," Gerry McIlroy said. "And he says, 'Dad, um, I have no problem with it at all. I hit a few bad shots. And if you play golf, then you'll understand that.'"

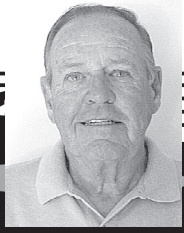
McIlroy, Page 9



Rules of the Game

By Alan Jeffery

USGTF Certified Golf Professional
Green Mountain National Golf Course



QUESTION: Janet and Graham are playing in a tournament. On the 6th hole, Janet strokes her ball from the tee and both players watch as the ball enters casual water on the fairway. As they approach the casual water, a ball is evident lying in the casual water but cannot be retrieved without unusual effort to be identified. The players are certain that the ball belongs to Janet. Janet abandons the ball declaring it lost in casual water and drops a ball within one club length and not nearer the hole than the nearest point of relief (where the ball last crossed the outermost limits of the casual water) without penalty. Graham says Janet must rehit the stroke under the stroke and distance penalty because she did not identify her ball. Is Graham correct?

ANSWER: A player is not mandated to use unreasonable effort to identify a ball in casual water. Graham is incorrect. Janet proceeded correctly. See USGA Decisions rule on the Rules of Golf, 2010-2011, 25-1/1.

Golf clinics continue on Tuesday evenings 5:30-6:30 and Saturday mornings, 10:30-12:00. All are welcome and I work on individual concerns. Private lessons are also available by calling me at 422-GOLF. Remember, the swing's the thing and continuous improvement is what it's all about.

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McIlroy

continued from page 8

The hole that best defined how far McIlroy has come was No. 10, which is where his meltdown began at Augusta with a tee shot that strayed so far left, nobody could remember seeing a ball there before.

The 10th at Congressional is a 214-yard, downhill par 3 over water that had been frightening the players since the beginning of the week. McIlroy spun the ball to 2 inches. He made birdie there to get to 17 under, then a par on 11 to keep his lead at eight strokes.

He did make two bogeys down the stretch, including his first three-put of the tournament on the 17th green, maybe just to prove he's human. Besides that, it was another day of accurate drives and high, spinning shots into soft greens.

On the way to his victory, McIlroy also set the 36- and 54-hole scoring records and reached 17-under par - a number five shots better than the best score anyone had ever reached at any time in the history of the tournament.

At what is supposed to be the toughest test in golf, McIlroy more than passed. Over four days of nearly perfect ball control off the tee box and the fairway, he hit 62 of 72 greens in regulation - 86 percent. The leader on the PGA Tour, where the courses are easier, hits 72 percent. Stats like those explain how McIlroy shot four rounds in the 60s, joining Lee Trevino and Lee Janzen as the only players to do that at a U.S. Open.

With the rain that saturated the course and rough that didn't live up to U.S. Open standards, this turned into one of the easiest venues the tournament has seen.

The course yielded 239 birdies Sunday - an average of more than 3.3 per player - and 32 rounds under par, beating the U.S. Open record for the weekend that had been set the day before. But to most players, that didn't take away from McIlroy's victory.

"If you play well, and obviously Rory has, then you deserve to make birdies and shoot a good score," said Lee Westwood, one of the few who, heading into Sunday, hadn't already conceded the title. "If you play poorly, then you got punished out there. It was a good, fair, honest test. I thought it was great."

Westwood joined Y.E. Yang, Robert Garrigus and Kevin Chappell in a four-way tie for third. They all knew they were in the 'B' flight of this tournament.

McIlroy's buddy, Graeme McDowell: "Nothing this kid does ever surprises me. He's the best player I've ever seen."

McDowell and McIlroy make it back-to-back championships for Northern Ireland, where the song "Rory, Rory Hallelujah," was echoing late in the evening at the Holywood Golf Club. But this win figures to reverberate beyond his native land.

Golf has been looking for someone to take the spot Woods once held, before his personal life and game took a turn for the worse. Over a near-flawless week at Congressional, McIlroy put on a performance that foreshadowed bigger things to come.

"He's great for golf. He's a breath of fresh air for the game, and perhaps we're ready for golf's next superstar," McDowell said. "And maybe Rory is it."

This Week at Base Camp Disc Golf Course

by Mike Miller

We finally had some beautiful sunny weather for disc golf. You would think that with all the great weather there would be some great scores to match. However that was necessarily the case this week. Tags were changing hands throughout the week with Orin Sheldon scoring the number one tag from Reed Morris, but that did not last long for Orin as Sunday league night came along. Sunday's score cards were not the best we have seen, and all but one member was proud of their play. Needless to say, Tyler Teed walks away with the number one tag. There was a three way tie and he won with a matching of the cards. It was only fitting as he has been one of the most consistent in the top ten and has been playing

well all year. Now lets see if he can defend it. The strong play on Sunday came from Mike Caldwell, he shot one of his best scores of the season and moved into 8th. So, as the week comes to an end our top five players in the clubhouse are: Tyler Teed, John Mowery, Zach Podhorzer, Mike Miller and Peter Gile.

For those who have never seen this game of Disc golf we are hosting one of the biggest tournaments in the state on July 2nd. This would be a great opportunity to see the top players in New England show their stuff and it is amazing. This is free to spectators and will be going on all day, and there are plenty of places to hang out and watch.

So if anyone is interested in playing come and join us on Tuesday night for social night. Starts at 5.

Okemo Ladies' League Results

Under bluebird skies, the ladies of Okemo Valley Golf Club played their match play event on June 15. Nancy Divoll, Shirley MacDonald, Jane Harrington and Doris Eddy of Coldwell Banker Watson Realty came in first with a score of 21. Darlene Remy, Christine Fuller, Linda West and Sally Goffinet of M&M Excavating finished second with a score of 17. Alice Thayne, Donna Tedford, Sue Arndt, and Kathy Grant of Tom's Loft Tavern finished third. Harriet Parot took closest to the pin on both holes #4 and #6.

Weekly Results:

1. Coldwell Banker Watson Realty 21 15pts
2. M&M Excavating 17 14pts
3. Tom's Loft Tavern 15.5 13pts
4. Ornament Emporium 13 12pts
5. Ludlow Insurance 13 11pts
6. RVCCC 13 10pts
7. Knight's Tubs 13 9pts
8. Bovine Bookkeeping 12 8pts
9. First Line Security 9 7pts
10. Id3 Designs 8.5 6pts

Season Standings:

1. Ornament Emporium 54pts
2. RVCCC 47pts
3. Bovine Bookkeeping 47pts
4. M&M Excavating 46pts
5. Knight's Tubs 44pts
6. Coldwell Banker Watson Realty 43pts

7. Ludlow Insurance 39pts
8. Tom's Loft Tavern 37pts
9. Id3 Designs 37pts
10. First Line Security 32pts

Okemo Valley Golf Club is Vermont's first heathland-style golf course and was specifically designed according to the traditions of the game. The golf club features a gracious full-service clubhouse, indoor practice facility, 18-acre state-of-the-art outdoor training center, fully stocked pro shop and fleet of electric carts. The layout is a par 70 that measures 6,400 yards in length and features bent grass greens, tees and fairways with multiple tee areas on each hole, ensuring playability and challenge for all ability levels. Rolling hills, moderate elevation changes and wide fairways with well-placed hazards enhance the heathland layout.

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

Okemo Valley Golf Club Men's League Results

Flag Day marked the fifth week of play for Okemo Valley Golf Club's Men's League. Grabbing the top spot, and beginning to distance themselves from the field, was the Honey Dew Man team. Peter Girouard, Ed Whitman, Richard Bondareff and Stu Schmidt combined to win 21 1/2 holes. UBS Financials of Chester grabbed the second spot as Beau Murray, Paul Doyle, Curtis Conover and Randy Nowak combined to win 20 holes. Stryhas Builders won the third spot, as Ted Stryhas, Terry Thayne, John Boehrer and Bob Herbst combined to win 20 holes. Closest to the pin winners were Derek Karner on the 4th hole, and Peter Modisette on the 8th hole.

Weekly Results:

- 1st Honey Dew Man score 21.5 holes won/ 15 points
- 2nd UBS Financials of Chester 20 holes won/ 13 points
- 3rd Stryhas Builders 20 holes won/ 11 points
- 4th Ludlow Insurance 19 holes won/ 10 points
- 5th ID3 Designs 19 holes won/ 9 points
- 6th Green Mountain Appraisals 18.5 holes won/ 8 points
- 7th M&M Excavating 17.5 holes won/ 7 points
- 8th UBS Financials of Rutland 17 holes won/ 6 points
- 9th Diamond Realty 16 holes won/ 5 points
- 10th Built Rite MFG. 16 holes won/ 4 points
- 11th Tom's Loft 15.5 holes won/ 3 points
- 12th First Line Security 14.5 holes won/ 2 points

Season Standings:

- 1st Honey Dew Man 63 points
- 2nd Green Mountain Appraisals 51 points
- 3rd Diamond Realty 47 points
- 4th ID3 Designs 46 points
- 5th UBS Financials of Chester 41 points
- 6th Built Rite MFG. 39 points
- 7th Stryhas Builders 36 points
- 8th Tom's Loft 31 points
- 9th UBS Financials of Rutland 30 points
- 10th First Line Security 30 points
- 11th Ludlow Insurance 27 points
- 12th M&M Excavating 24 points

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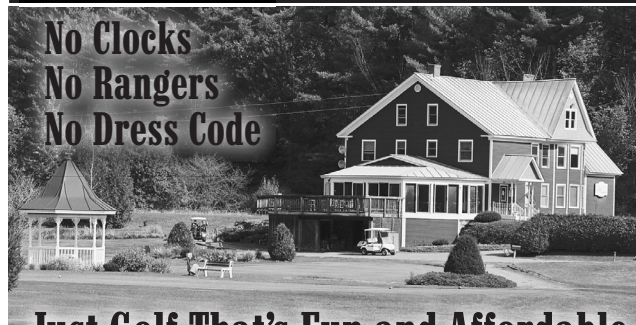
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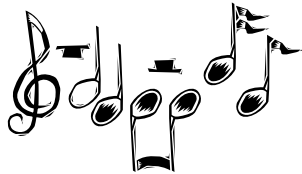
Hospice Singing Group Honored

The Rutland Area Visiting Nurse Association & Hospice (RAVNAH) Trillium Singers received the 2011 Governor's Award for Outstanding Community Service. Vermont Gov. Peter Shumlin presented the award at a special awards ceremony at the State House in Montpelier, on Saturday, June 4.

The award honors individuals, groups, and businesses that best exemplify the spirit of volunteerism and community service in Vermont.

Trillium was formed to bring comfort, hope and healing to those living a life limiting illness, as well as to their families. The choral group is comprised of more than 40 community volunteers who visit hospice and palliative patients around Rutland County, Dorset and Rupert. Patients may reside in private homes, nursing homes, assisted living facilities or hospital. Small groups of Trillium singers offer musical selections tailored to the physical needs and musical preferences of the patients. The group's repertoire ranges from spiritual hymns to traditional standards.

For more information on Hospice program and the Hospice Trillium singers, contact Nancy Birdsall, Hospice Volunteer Coordinator at 770-1682 or email birdsall@ravnah.org.



Encouraging Kids to Eat Their Veggies

by Dianne Lamb, UVM Extension Nutrition and Food Specialist

Everyone knows that vegetables are essential to a healthy diet with a big pay-off of lowering the risk of many forms of cancer and other chronic health problems. While that's reason enough to encourage kids to start eating vegetables at an early age, a diet rich in produce also improves their ability to learn.

So what to do if your kids are fussy eaters when it comes to vegetables? The answer lies in involving them in the meal-making process from start to finish.

Summer is a great time to introduce kids to all the locally grown vegetables. Visiting a farm stand and meeting the people who grow the vegetables also may interest kids in trying new kinds.

Or have them grow their own by planting a garden this year. Start small, perhaps with a few tomato or pepper plants or a row of peas or lettuce.

The next time you go grocery shopping, let them poke around the produce section. Make a game of it. For example, ask younger kids to pick out one red and one yellow vegetable.

Ask their older siblings to figure out which type of beans are the best deal pricewise. Or allow them to choose the vegetables for this week's meals, the stipulation being that they can include some of their favorites as long as they find at least two new ones to try.

Kids are more likely to sample a dish if they helped make it themselves. So at mealtime appoint them sous-chefs and let them peel, chop, dice or mash the vegetables. Invite them to help you measure ingredients or set the timer on the oven.

Show your teenagers how to sauté vegetables, make a simple tomato sauce or assemble a healthy vegetarian pizza using a ready-made crust. Broccoli, summer squash and even steamed artichokes make great toppings for pizzas.

Change how you prepare vegetables. Kids may cringe at the sight of limp, pale broccoli but may love chomping on crunchy raw florets, especially if served with a



flavorful dip. Peas, which are not always a favorite, are sweet and juicy when eaten raw, especially fresh from the garden.

If you've always steamed or boiled vegetables, consider roasting them in the oven with a little olive oil. Or grill them outside to intensify the flavors and sweetness.

If your finicky eaters love pasta, add shredded carrots and zucchini or other finely chopped vegetables to the tomato sauce and serve over their favorite noodles. When making bran muffins, blend some mashed, cooked sweet potatoes into the batter. Add extra vegetables to alphabet soup.

Put vegetables in wraps, which hold together better than sandwiches if you don't overstuff them. Use smaller-sized soft tortillas for kids or cut larger ones in half, so they are easier to hold.

These are just some suggestions for getting kids to eat their vegetables. Compare notes with other parents for additional ways to incorporate veggies into their daily diet.

Eat fresh! Eat local! Eat well!

When You Can't Be There to Hold a Hand

Summer vacation. For many, thoughts of getting away hold promises of lazy days at the beach, a place in the mountains; a memory-filled trip across the country. However, for those caring for an aging parent, summer vacation means worry and fear. Adult children worry about how their loved one will manage while they are away.

That's where CarePlus comes in.

Care Plus, a program of the Rutland Area Visiting Nurse Association & Hospice (RAVNAH), helps families who are caring for older relatives. CarePlus is experienced in long term care and trained on issues related to aging and elder care including personal care, companionship, meal preparation, transportation, household care, bed and bath services and more.

"So often, we see families facing this dilemma. They want to take a week's vacation or attend a function, but are worried about what to do with their loved one," says CarePlus manager, Heather Baker. "That's when we can step in to help."

"With a simple phone call, we'll come in to do a full evaluation at no cost," adds Baker. "Then set up a schedule of visits that works to meet the client's needs. We learn their regular routines, their favorite hobbies, we even get to know the family pet," Baker says. "Whatever is needed, we'll take care of you as we would our own family."

To the children of elderly parents, this means peace of mind when the caregiving children have to go out of town. To the senior, it means security, confidence, and a feeling of well-being.

It's not unusual for CarePlus to assist families who are visiting here in Vermont. "Families may be up for a wedding or on business and they bring their loved one with them. We can sit with the family member needing care while they're gone for the day or evening, or even overnight. Our clients' families can vacation without worry, knowing someone is watching over their loved one," explains Baker.

These are just two examples of how CarePlus can assist a senior. CarePlus caregivers assist families in a number of ways and can tailor services specifically to a client's needs-whether it's for a short time or long term. They can recommend the most appropriate, available and cost-effective services that will support the older adult and the family; monitor and evaluate services and make adjustments as needs change.

To arrange for a free consultation or additional information, contact Heather Baker at CarePlus at 802-770-1600 or visit www.ravnah.org.

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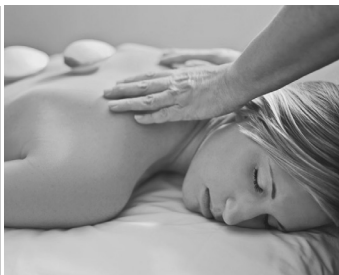
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Cool Fruit Treats For Hot Summer Days

by Dianne Lamb, UVM Extension
Nutrition and Food Specialist

On hot, humid days nothing tastes better than an icy cold treat. And with all the fresh berries and other fruits available in summer, there's no need to grab a box of Popsicles from the supermarket freezer or order a fruit smoothie at a juice bar at the mall or local health food store. You can make your own healthy ice pops and smoothies at home.

Let's start with Popsicles, which have always been a favorite snack for kids. Not only are they fun to eat but they provide essential fluids during hot weather to replace liquids lost to perspiration.

Making your own Popsicles let's you control the ingredients for a healthier, more nutritious treat. You will need fresh or frozen fruit (for dietary fiber) and fruit juice. Low-fat vanilla or fruit-flavored yogurt will give a Popsicle more body.

Although fruits and yogurt contain natural sugar, these foods fall in the "good for you" category because they come packed with other beneficial nutrients, vitamins, minerals and phytochemicals. Yogurt also is a good source of calcium and protein.

To make Popsicles you'll need molds, available anywhere kitchen gadgets are sold. If you prefer, you can use paper cups and wooden sticks or straws for the handle. Use small cups (three to five ounces) so your ice pop won't melt before it's all eaten.

Experiment to find tasty combinations of fruit, juice and yogurt. Or have a contest and let your kids create their own favorite recipes for ice pops.

Here's a recipe to get you started:

PEACH RASPBERRY POPSICLE

1 c. raspberries, fresh or frozen (unsweetened)

3/4 c. orange juice (100%)

1/2 c. low-fat peach yogurt

Blend all ingredients well in blender. Divide into molds. Freeze until firm.

Makes 6 Popsicles. Nutrition information per serving: 45 calories, 0 grams (g) fat, 9 g carbohydrate (8 g sugar), 1 g protein, 15 milligrams (mg) sodium; 4% of daily calcium and 25% of daily vitamin C requirements.

Some of the same ingredients that go into Popsicles make delicious fruit smoothies. You also can freeze smoothies to make Popsicles.

Smoothies often are touted as being frosty meals that can lower cholesterol, increase athletic performance and boost your intake of vitamins. Whether this is true depends on the ingredients.

Adding peanut butter and chocolate, for example, doesn't make a low-fat, nutritious meal. A store-bought smoothie often contains more fat, sugar and calories than its "healthy" appearance suggests.

The best place to have a smoothie is in your home kitchen where you can choose which ingredients go into this refreshing drink. Smoothies are easy and fun to make. You don't really even need a recipe. All it takes is a blender, some fruit, a liquid (juice, dairy or soymilk product) and your imagination.

You can use fresh fruit in season or keep frozen fruit on hand to use any time of the year. To boost the nutritional value of your drink, toss in a little wheat germ. A homemade smoothie is a quick and easy way to have a delicious breakfast or snack full of fiber, vitamins and protein. Think of it as a thick milkshake without the guilt.

Start by placing about one-half cup of liquid in the blender and then add a

sliced banana or a cup of other fruit. Puree until smooth, gradually adding more liquid until you reach the desired consistency. If the fruit is at room temperature and you want an instantly chilled smoothie, replace some of the liquid with a few ice cubes. Or use cut-up frozen fruit.

This refreshing smoothie is sure to be a crowd-pleaser. If you don't have mangos on hand, substitute strawberries or blueberries. Or add half a banana for a different taste.

MANGO SMOOTHIE

2 c. mango, fresh (peeled, pitted and cut up), canned (drained) or frozen

1 c. low-fat or non-fat vanilla yogurt

1/4-1 c. low-fat or non-fat milk

Place mangos and yogurt in a blender and puree until smooth. Gradually blend in enough milk to achieve desired consistency.

Makes 2 servings. Nutrition information per serving: 198 calories, 2 g total fat (1 g saturated fat), 39 g carbohydrate, 8 g protein, 2 g dietary fiber, 98 mg sodium.

This summer chill out by enjoying homemade fruit Popsicles and smoothies. Eat fresh! Eat local! Eat well!



Grilling the Fruits of Summer

by Dianne Lamb, UVM Extension Nutrition
and Food Specialist

Looking for the perfect dessert, side dish or appetizer for your next cookout? Consider grilled fruit.

During grilling, the fruit's natural sugar caramelizes on the surface while the inner flesh becomes sweet and juicy. Any fruit that is firm, yet ripe, can be grilled, including apples, bananas, oranges, apricots, peaches, pineapples and plums.

Fruits can be grilled solo or in combination with each other. For heightened flavor, brush them with a mixture of canola oil, a little sugar and spices before grilling.

Most fruits are best prepared just before grilling because once cut and exposed to air, they lose nutrients and turn brown. Cook them at a lower heat by placing them along the perimeter of your grill.

For even cooking, thread chunks of peeled and seeded fruit on metal or bamboo skewers. You will need to soak the skewers in water for 30 minutes first to prevent them from catching fire on the grill.

Grilled mango, kiwi or pineapple adds a tropical touch to any meal. Or peel and slice oranges into rings. Place each orange on a square of foil, top with a tiny dab of heart-healthy margarine, twist the foil closed and grill for 10 to 15 minutes.

For a perfect end to a summer cookout, serve fruit kebabs. Fill a bowl with chunks of cut-up fruit and let your family or guests thread their own skewers, alternating fruits for color and variety.

The following recipe is so good that you'll want to make extras for next-day treats. You can substitute other fruits, depending on preferences and availability.

Grilled Fruit Kebabs

2 Tbsp. canola oil

2 Tbsp. brown sugar

2 Tbsp. fresh lemon juice

1 tsp. cinnamon

4 1-inch slices pineapple, canned or fresh, cut into chunks

2 apples, cored and cut in 1-inch pieces

2 pears, pitted and cut in 1-inch pieces

2 peaches, nectarines or plums (or a mix), pitted and cut in 1-inch pieces

2 bananas, peeled and cut in 1-inch pieces

In small bowl, stir together oil, brown sugar, lemon juice and cinnamon until sugar is dissolved.

Thread fruit alternately onto eight skewers. Brush kebabs with oil mixture. Place skewers on the grill, turning frequently until fruit starts to brown, about 6 to 8 minutes. Makes 8 servings.

Nutrition information per serving: 141 calories, 4 grams (g) fat (less than 1 g saturated fat), 29 g carbohydrate, 1 g protein, 4 g dietary fiber, 4 milligrams sodium.

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HEALTH CALENDAR

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

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

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

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

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

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

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

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

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

Art & Entertainment

NIGHTCLUBS

FRIDAY, JUNE 24

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

Eve-Aaron Audet
 Eve-Blarney Rebel Band
 HH-Brad Morgan

SATURDAY, JUNE 25

McGrath's Irish Pub
 Eve-Blarney Rebel Band

TUESDAY, JUNE 28

Ramunto's B'Water
 Eve-Open Mic

MUSIC

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.

June 23 - Pittsfield. South Royalton Band performs on the Green, 7pm. Free.

June 24 - Rochester. Rochester Chamber Music Society's Johannes String Quartet performs Schumann's Piano Quartet 7pm, Rochester Federated Church. Pre-concert talk with Larry Hamberlin. 4pm Young Artists concert at church. Free, donations gratefully accepted. 767-9234

June 24 - Ludlow. Jackson Gore Outdoor Music Series at Okemo Mtn presents Chris Kleeman BBQ w/ wine & beer available. On the grass in the courtyard at J. Gore Inn. Concert starts 6pm, rain or shine. okemo.com

June 26 - 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 27 - Brandon. Brandon Town Band plays in Central Park, 6:30-7:30pm. Bring a chair or blanket & enjoy! Weather permitting

June 28 - Castleton. 16th Annual Castleton Concerts on the Green. Tuesdays, rain or shine, 7pm sharp, on the Green next to Federated Church. This week: Annie & the Hedonists. Rain site, Tent.

June 29 - Rutland. Summer Concerts in the Main Street Park, Wednesdays, 7-9pm. This week, Rick Redington. Bring a picnic, friends & family, and enjoy! Free.

July 2 - Killington. Killington Music Festival present its 29th season. 7pm concerts at Ramshead Lodge at Killington Resort. This week, Music From the Heart. \$20, 422-1330 advance or starting 6pm at Ramshead. 773-4003 for info

July 8-10 - Brandon. Basin Bluegrass Festival. Basin Rd. Gates open 8am July 3, \$45 weekend, Fri & Sat \$23, after 5pm \$12. Sudn \$12. Free camping w/ weekend ticket Thur-Sun. 7/3-7/6 \$10 camping. 7/6 karaoke, 7/7 spaghetti supper & music, music Fri & Sat 10am-10:15pm, Sun. 10-4. Info, 247-3275; 236-1096 after 7/2. 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.

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

June 24 - Rutland. Fridays, Free Yoga in the Main St. Park sponsored by Rutland Rec. This week, Jessie Lucas instructs Flow Yoga. Rain site, gazebo.

June 24 - Pittsfield. Death Race...you may die. Peak Races presents the 10 mile challenge of barbed wire, running, deep water diving, wood chopping - hardcore stuff. Begins 4am at Ameer Farm. Come watch! 24 time limit. youmaydie.com to enter.

June 25 - Killington Section GMC event: LT & Old Roads, Shrewsbury. Follow LT north from 103 to north of Lottery Rd & return via old roads. Moderate, 6 mi. Meet Rutland's Main St Park 10am. 296-2510.

June 25 - Lookout Century Ride, benefit ride fundraiser for VT Adaptive Ski & Sports. Starts & ends at Killington Resorts Skyeship Base Area. Cyclists check in Friday night at Lookout Tavern, ride begins 7am Sat. \$125/ rider. 100 & 60 mile. \$50/ 20 mile. lookoutcenturyride.com

June 25 - Hubbardton. Guided Hike along Military Road at Hubbardton Battlefield. 2-5pm, starts at Museum. 273-2282.

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

June 26 - Bomoseen. Texas Hold'em at Bomoseen Grange Hall. Doors 11am, games start 12 noon. \$100 entry. Refreshments. Info, 518-499-1750.

June 27 - Rutland. Track Camp for kids entering grades 2-8. Practices Mon. & Thurs. thru July 23. Participate in meets. rutlandrec.com to register.

July 1 - Killington. United Way Day at Killington Resort & Pico Mtn Adventure Center. \$10 donation, enjoy full day of activities at Pico & Killington Resort Mtn Biking. killington.com

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.

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

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. Young artists summer day camps start July 11 - Creative Crafts, Rug Hooking, Drawing & Painting, more. More upcoming. 228-8770 for times, fees, details.

June 23 - N. Clarendon. Monthly Coupon Swap at Bailey Memorial Library - learn to save money on grocery bill. 8:30pm. Bring scissors, unexpired coupons, non-perishable food item.

June 24 - Rutland. Friday Night Live returns! 6-10pm. Opening night block party! Kids' entertainment, music by Money Shott 7pm, VT Martial Arts Academy demonstration, more. Rain or shine.

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. July 1, Wines of the World Dinner Event, 6:30pm. Reservations & info, 775-2290.

June 24 - Hubbardton. June 24, Deep Space Night at Hubbardton Battlefield, 8-10pm. Learn about planets... bring telescope/binocs if owned, flashlights, blankets, etc. 273-2282 to confirm. Weather date, June 25, 8-10pm.

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 - Fair Haven. Fair Haven Welcome Center hosts 5th Annual Outdoor Event, 10-3. Route 4, Exit 1. Booths promoting business, displays, yummy samples, live animals, raffles, goodies galore. Kick off ceremony 10am. 265-4763. Free!

June 25 - Pittsford. 7th Annual Pittsford Day Celebration, noon-4pm, Pittsford Rec Area. Jam Man Entertainment performs, disc golf course opens, free swimming. Digging for Dollars, Ping Pong Ball Race, K-9 Demo, Pie Eating contest, 50/50, Sac Race, Antique Cars, Ice Cream, Bounce House, more!!

June 25 - Clarendon. Benefit Strawberry Festival, 4-7pm, Brick Church. \$10 adults, 12 & under free. Receive entry to win VT Made Quilt. Proceeds benefit family of Zoey Brown. 773-3873.

June 25 - Rutland. Chaffee Art Center's Summer Members' Exhibition opens, reception 5-7pm. Music, wine, refreshments. Public welcome. Exhibit thru

June 28 - Killington. Grist Mill's 1st Annual Plaid Day! 422-3970.

July 30 - Juried Artist members Joshua Primmer, Patrick Kennedy, Marian Willmott. 775-0356.

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.

June 26 - Castleton. Castleton Historical Society field trip to Shelburne Museum. Carpool from Higley House Museum 11am. Picnic on grounds weather permitting. All welcome, rsvp 468-5105. Exhibit "In Fashion" overview.

June 26 - Middletown Springs. Strawberry Festival, 2-4pm, Historical Society on the Green. Strawberry shortcake, ice cream & whipped cream. \$5. Painting exhibit, crafts, demos, acoustic music, more. 235-2561.

June 29 - Proctor. Rutland County Audubon Annual Meeting & Potluck. Roy Pilcher presents African Safari: From Penguins to Pachyderms. Bring a dish to share, bevs & utensils provided. 6pm at Proctor Library. 775-2415.

June 30 - Plymouth Notch. Tales of the Notch, guided tour of Calvin Coolidge's Plymouth Notch, thru village & surrounding fields. 2pm.

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the CHIFFONS & DANNY and the JUNIORS	OCT 8
of mice AND MEN	OCT 14
jars of CLAY	OCT 15
bill COSBY	OCT 16
lewis BLACK	OCT 19
masters of ILLUSION	NOV 9
béla FLECK & the Original Flecktones	NOV 19
natalie MACMASTER - Christmas in Cape Breton	DEC 1
golden dragon ACROBATS	DEC 9
clifford THE BIG RED DOG LIVE	JAN 6
national broadway tour of BRIGADOON	JAN 19

the capitol STEPS	JAN 21
cirque MECHANICS: Boomtown	FEB 17
celtic NIGHTS: Journey of Hope	MAR 6
rockapella	MAR 9
the irish COMEDY TOUR	MAR 10
the SHIRELLES & the DRIFTERS	MAR 24
monty python's SPAMALOT	APR 1
vermont authors IN PLAY	APR 13
an evening with BRUCE HORNSBY	APR 20
jungle JACK HANNA	APR 21
the glenn miller ORCHESTRA	APR 22
joan RIVERS	APR 27
seussical THE MUSICAL	MAY 5
the captains of discovery channel's DEADLIEST CATCH	MAY 12
whose live ANYWAY	MAY 26

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 - Killington. Sherburne Friends of the Library annual fundraiser 4th of July Book Sale. Used books, 2 floors of hardcovers, paperback, kids' books, DVDs, more. 9am-2pm. Want to volunteer? 236-1988.

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 9 - Queensbury, NY. Adirondack Audio & Video Power of Art Music Reception & Grand opening of retail showroom. 6-9pm. Show runs thru Aug. 27. 518-792-3528.

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!

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

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

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

Chandler Gallery - Randolph. Area Artist Show "eARTH", thru July 10. Gallery hrs: Thurs. 4-6pm, Sat. & Sun. 1-3pm. 431-0204.

Killington Arts Guild Fine Art Gallery - at Cabin Fever, Rt. 4. Open business days 9-6:30pm. Art Mix members show thru July 5. 422-3824.

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

Montshire Museum of Science - Norwich. Open 7 days year round, 10am-5pm. 649-2200.

New England Maple Museum - 4578 Rte 7, Pittsford. Open daily 8:30am-5:30pm. Maple Candy Making 10-2, free, June 29 & Wednesdays thru Oct. 12. 483-9414 for info.

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

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

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

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

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

Slate Valley Museum - Water St., Granville, NY. 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, 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, Aug. 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

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.

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.

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SUDOKU

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

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

This week's solution on page 26

1	2	3	4	5	6	7	8	9	10	11	12	13
14					15			16				
17				18			19					
20				21				22				
	23		24				25	26				
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41				42					43			
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52				53	54	55			56		57	58
59			60					61				
62					63			64				
65					66			67				

ACROSS

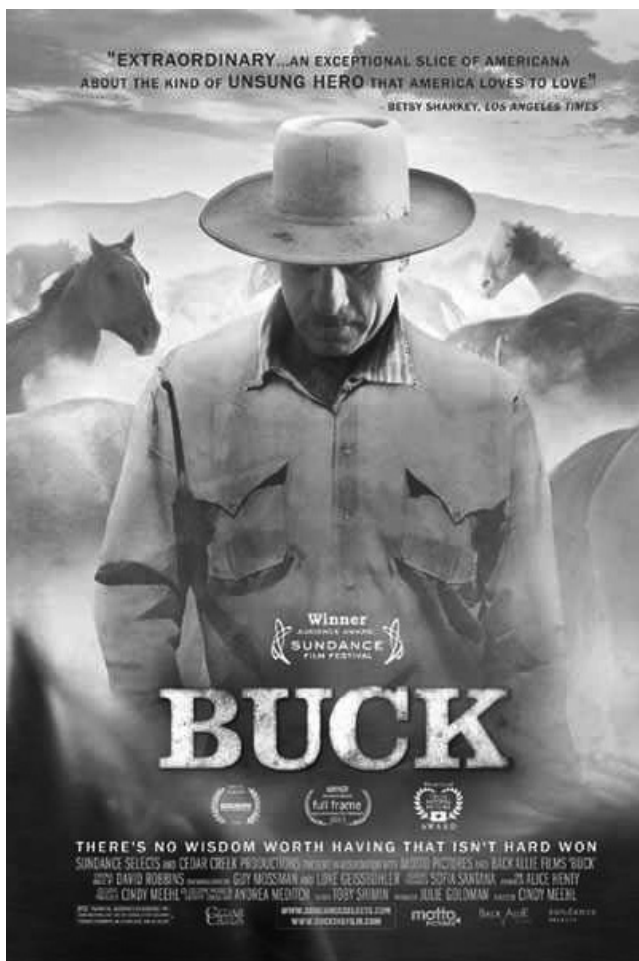
- Caterpillar, for one
- "Comprende?"
- Jetés, e.g.
- Arab leader
- When it's broken, that's good (golf)
- Cough up
- Christmas present, e.g. (2 wd)
- Sundae topper, perhaps
- Black European thrush
- Decorated, as a cake
- Military exploration (slang)
- Dimethyl sulfate and others
- Bug
- Obviously surprised
- Setting for TV's "Newhart"
- Accustom
- Caribbean cruise stop
- Legendary Scottish creature (3 wd)
- Aerodynamic
- Red dye used in cosmetics
- Sylvester, to Tweety
- Discover
- Outcasts
- Sanitize
- Exodus commemoration
- Black cat, maybe
- French romance
- Intensifies, with "up"
- Muriel Spark's "The ___" (2 wd)
- Scoff at
- ___ Victor (acronym)
- "Siddhartha" author
- Squalid
- Always, in verse
- Chipped in

DOWN

- Small interconnecting plastic bricks (brand name)
- Gulf V.I.P.
- Footnote
- Rejected
- Parenthesis, essentially
- Passage through which metal is poured into a mold
- Beanery sign
- Ashtabula's lake
- "Fantasy Island" prop
- Small auxiliary generators
- Abreast (of)
- Fizzle, with "out"
- Coasters
- Second epoch of the Tertiary period
- Dog biter
- Sour note in music
- Extended across
- Lofgren album
- Carbon compound
- Bad lighting?
- Beauties
- ___-friendly
- Level best
- Den denizen
- Song and dance
- Sneezeweed genus
- NHL Edmonton ___
- Asian nurse
- Female fowl
- Lifts hat in salutation
- "South Pacific" hero
- Andrea Doria's domain
- Dearie
- Bog
- ___ bitten, twice shy"
- Ask
- Coaster
- Chester White's home
- When doubled, a dance

Answers on page 26

Capsule reviews of films opening this week by The Associated Press



"Buck"

by Christy Lemire, AP Movie Critic

Jack Nicholson has that famous line in "As Good As It Gets" in which he says to Helen Hunt, "You make me want to be a better man." This will sound corny, but "Buck" will make you want to be a better person. Buck Brannaman, the real-life "horse whisperer" who inspired the novel and the Robert Redford film, just oozes decency, grace and class. And the fact that he doesn't seem to take himself so damn seriously only adds to his allure. He has a charismatic, no-nonsense style and a dry, low-key sense of humor that help him connect with people of all ages and backgrounds as he travels the country giving clinics 40 weeks out of the year. Cindy Meehl's documentary about Brannaman does teeter on the brink of deifying him. But then again, it's hard to argue with her: He seems like a truly good guy doing truly good work. Winner of the documentary audience award at this year's Sundance Film Festival, "Buck" introduces us to the lifelong cowboy who helps trainers and riders of all levels learn to work more patiently and effectively with their horses. He has an unusually kind and introspective approach, but the fact that Brannaman honed it and reached this point of peace and success in his life, given his horrific upbringing, is what's truly remarkable.

Unrated. 88 minutes.
Three stars out of four.



"Green Lantern"

by Christy Lemire, AP Movie Critic

Remember when big, summer blockbusters were fun? That notion apparently eluded the makers of "Green Lantern," a joyless amalgamation of expository dialogue and special effects that aren't especially special. Even Ryan Reynolds, with his sparkling charisma and chiseled body, cannot make this thing interesting. Then again, he doesn't have much to work with. He's essentially called upon to make some flippant comments to reflect how shallow and self-absorbed his character is, then once he gets his superhero makeover, he flies around in a skintight green suit and zaps stuff with his ring. The script, credited to four screenwriters and inspired by the DC Comics series, does little to flesh him out beyond some cliched daddy issues and a fear of death that prompts him to run from commitment. Reynolds' Hal Jordan is a brash, cocky test pilot, and "Green Lantern" plays like "Top Gun" with magical jewelry. When a spaceship crash-lands one day, the alien inside bequeaths his ring - and membership in an intergalactic peacekeeping force known as the Green Lantern Corps - to the reluctant Hal. As the corps' first human, he's somehow the only one who can stop an evil force in the universe known as the Parallax. Blake Lively, Peter Sarsgaard and Tim Robbins co-star.

PG-13 for intense sequences of sci-fi violence and action. 114 minutes.

One and a half stars out of four.

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MOVIES	TIMES
Bad Teacher - R	1:25 4:05 7:05 9:40
Green Lantern (3D) - PG-13	12:55 3:55 6:50 9:25
Pirates of Caribbean: Stranger Tides-PG-13	12:50 3:35 6:25 9:10
Hangover Part II	7:10 9:35
Kung Fu Panda 2 (3D)	1:45 4:00 6:55 9:15
Kung Fu Panda 2	1:10 3:30
Super 8 - PG-13	1:15 3:45 7:00 9:30
X-Men: First Class - PG-13	1:00 3:50 6:40 9:20
Mr. Poppers Penguins - PG	1:20 3:40 6:45 9:05
Cars 2 - G	1:05 3:25 6:40 9:00

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- Mr. Bill • Downingtown, PA

DiningGuide

Dining at a glance

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Route 100, in the village of Pittsfield, VT
Serving authentic Northern Italian cuisine, complemented by a fine selection of wines. Delicious homemade desserts and daily specials. AMEX, VISA, MC
CHOICES RESTAURANT & ROTISSERIE 422-4030
Glazebrook Center, Killington Rd., Killington
Chef Claude and his staff offer exceptional food, service and views in a bistro setting. The Rotisserie offers chicken, lamb and pork, and the menu features sandwiches, homemade pastas and the finest in steaks, fish and seafood. VISA, MC, AMEX.

CLUBHOUSE GRILL 422-6272

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Located at the Killington Golf Course.

Cocktails, daily specials, appetizers, burgers, salads and freshly prepared sandwiches. Dine in, on the deck or order to go from 11:00am-3:00pm Join us for happy hour Wednesdays 4-8pm with Joey Leone. Amex, MC, VISA
GRACIE'S GRILLE 802-422-4653

at Green Mountain National Golf Course
Barrows Towne Road, Killington

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

GRIST MILL RESTAURANT 422-3970

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KILLINGTON MARKET & DELI 422-7594

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LAKE HOUSE PUB & GRILLE 273-3000

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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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	STYLES OF CUISINE						MEALS SERVED					COST				
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Choices Rest. & Rotisserie
Clubhouse Grille			
Gracie's Grill				
Grist Mill		
Killington Market
Lakehouse Pub & Grille
McGrath's Irish Pub		
Moguls Sports Pub
Mountain Top Inn & Resort		
Ramunto's
Red Clover Inn
Seward Family Restaurant
Sugar & Spice					
Vermont Inn		
Vermont Dining Train		

RAMUNTO'S BRICK & BREW PIZZA 672-1120

Route 4, Bridgewater
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SEWARD FAMILY RESTAURANT 773-2738

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Antique Appraisal With Jim Marquis

The Wallingford Historical Society is delighted to have Jim Marquis, our own antique appraiser par excellence, join us for our June Historical Society meeting Tuesday evening, June 28th at 7:00 PM at the Town Hall, School Street in Wallingford.

Cost is \$5.00 per item. Please no jewelry. Proceeds from the evening will go to help pay expenses for our 250 year celebration of Wallingford's charter.

Don't miss this event. Jim is not only extremely knowledgeable, but supremely entertaining.

For more information contact Christine Bannerman at 802-446-3560.

South Royalton Band Plays in Pittsfield

After opening its 2011 season - it's 66th under the leadership of director Dick Ellis - on Thursday, June 23 at its "home base" in South Royalton, the South Royalton Band will, for the first time in recent years, present a concert on the Green in Pittsfield on Friday, June 24 at 7:00 pm.

The Band is particularly excited to be playing in Pittsfield, as quite a few of its members are from the town. Band members who hail from Pittsfield include Ron Coughenour, Carrie Kohl, Mary Lee Stevens, Buffy Stevens, Katrina Kilpatrick, and Martha Beyersdorf.

The Band plays a wide variety of music, including many marches by Sousa and others, medleys from Broadway shows, compositions by Leroy Anderson, a variety of solos, trios and novelties, plus patriotic and other band compositions. This year, Ellis has acquired a substantial number of new pieces, most of which fall within these areas, and which the band has been practicing in preparation for the 2011 season.

The band will perform eight concerts (on Thursdays at 7:30 pm) this season in South Royalton and Royalton, and will also play in a number of other towns outside Royalton. Continuing a years-long tradition, the band will perform in Randolph's July 4 parade, and at 6:30 pm on Thursday, July 7 will play in Rochester. Continuing a slightly more recent tradition, Dick will on Friday, July 15 lead the band in a concert on the lawn of Woodstock's Historical Society at 7 pm.

Marilena Barbera, at Cantine Barbera

The town of Menfi is located about 40 southwest of Palermo on the northern west coast of Sicily. It is an amazing valley formed by the Belice River, which flows slowly into the beautiful Mediterranean Sea. The picturesque scenery of sandy dunes covered with dwarf palms and sea lilies is only a few steps from the magnificent Greek temples of Selinunte, which are the perfect background for focused and sustainable agriculture.

This is where Cantine Barbera began in the early 1960s to experiment with more modern and precise viticulture techniques. A passionate and far-seeing entrepreneur, Pietro Barbera started the winery by first reclaiming a vast alluvial area in the DOC Menfi territory and planting new vineyards with selected varieties that would best adapt to the land's micro-climatic conditions. As a wine lover and collector, he then started with natural and sustainable winemaking techniques using only grapes grown in the estate, Tenuta Belicello.

More than twenty years ago he built a winery, designed as a Mediterranean home, where the traditional layout is revisited in a more contemporary outline. Wide windows towards the sea let the sunlight freely soak inside, where everything is absolutely white, made to synthesize and amplify all the colors of the rainbow outside and create an immediate reference to Sicily's magnificent landscape. It is an incredible place, fresh and delicate like a summer breeze; warm and deep like the blue Sicilian sea.

Old people of the area use to say that the vines "take a nap" in winter. During the winter months, the sap runs

slower into the shoots and the vines recover from their summer life cycle. It is a very important quiet time for the vineyards that allows a good vegetative start in spring.

Winegrowers have to work hard to help the vines regenerate: pruning is a long and arduous operation, performed manually by diligent farm hands. It is an ancient work, where experience is essential to understand the vigor of each vine in order to give the correct shape to the branches and balance the future fruit production with vegetative growth.

Marilena Barbera, Pietro's daughter, is the proprietor and winemaker today at the small family winery Cantine Barbera. She carries on her dad's commitment to produce quality wines with only estate grown grapes

and believes in the magic of making wine in a fully sustainable way. Using indigenous yeasts for fermentation she takes pride in her wines not to contain GMO's and to have very low levels of sulfites. She shuns modern techniques like concentration or micro-oxygenation, and stabilizes the wines only using cold

temperatures. Filtration is done with natural cellulose layers composted after use. All processes are constantly monitored to preserve the quality and full traceability of the wines, never losing sight of environmental respect and protection.

Marilena caters with her wines to people who care about food and about the way it is produced, who are interested in the traditional culture that is beyond a bottle of good wine, who respect the work that winegrowers do to achieve quality, and to make the pleasure of wine possible everyday.

You can meet Marilena in Brandon at the Café Provence this Friday, 24th, at a wine tasting from 5:30 to 6:30pm and join her for an informal dinner afterwards.



Vermont Quilt Festival Celebrates its 35th Year

Vermont Quilt Festival, a Vermont Chamber Top Ten Summer Event, returns to the Champlain Valley Expo in Essex Junction June 24-26. Thousands of quilt enthusiasts from around the world come to celebrate New England's oldest and largest annual quilt event. Awaiting visitors are exhibits of more than 400 dazzling new and antique quilts, lectures and classes presented by renowned quilt artists, quilt appraisal services, free gallery talks, demos, booth hop, and a colorful array of wares in its Merchants Mall of eighty plus vendors.

The Festival is proud to showcase a large portion of the Vermont Historical Society collection of antique

quilts. The variety and quality of these quilts provide insight into Vermont's social history and culture. Contemporary works are featured in several exhibits including "The Art of Quilt," "Life's Work: The Quilts of Marjorie Haight Lydecker and her Students," and the Contest Quilt Exhibit with entries from the US and abroad. New this year, Quilting Treasures of Rhode Island, presents "Meet and Greet" House-Mouse designer, Ellen Jareckie of Shelburne, VT.

Festivities begin Thursday evening, June 23 at 6:30pm, with the Awards Ceremony that honors quilt contest winners and includes the presentation of the Governor's and the Lt. Governor's Awards. The Champagne and Chocolate Preview begins at 7:30pm. The event is sponsored by Quilting Treasures of Rhode Island; chocolates are courtesy of some of Vermont's finest chocolatiers. Preview tickets are \$12 at the door. The appraisal service for antique quilts is available Saturday from 9am to 5pm; the fee is \$40 per quilt. Exhibits and the Merchants Mall are open to the public Friday and Saturday from 9am to 6pm; Sunday from 9am to 3pm. Daily admission is \$12, seniors \$10, children under 14 free. For more information, visit www.vqf.org or email info@vqf.org.

The Festival, a non-profit organization, was founded in 1977 as a one-day show of old and new quilts as a part of Northfield's Labor Day weekend celebration. Now a three-day event in Essex Junction, the Festival depends on private owners of quilts and loans from the collections of historical societies and museums. The Festival's goals are to bring the best quilts and quiltmakers in the world to New England and to promote this region's artistic and cultural heritage.

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Killington Music Festival Presents its 29th Season

The Killington Music Festival, now in its 29th season of presenting fine chamber music, takes much pride and pleasure in announcing its concert schedule for 2011. A special Rutland concert, Friday Night Live, will be held on July 15th. On Saturday evenings, from July 2nd through August 6th the internationally acclaimed musicians of the Killington Music Festival will perform at Rams Head Lodge at the Killington Resort at 7pm. Over 20 internationally acclaimed performers spend part or all of six weeks performing in the Festival's renowned Music in the Mountains Classical Concert Series and also teach, guide and mentor the young aspiring musicians from around the country and abroad.

The July 2nd concert "Music from the Heart" deeply moving works of Brahms and Bach will be performed. On July 9th, "Music from the Americas" featuring Grammy-winning composer and violinist Mark O'Connor and the Killington Music Festival orchestra. On July 15th join us at Friday Night Live in Downtown Rutland. July 16th "Souvenirs from Abroad," a concert of pure indulgences-Brahms' electrifyingly chamber masterpiece the Quintet for Piano and String Quartet in F minor. On July 23rd "Russian Expressions," works of Tchaikovsky, Shostakovich and Prokofiev. On July 30th "Claire de Lune," works by Debussy, Beethoven and Ravel will be featured. Please join us for our Season Finale on August 6th "3 Artists, 4 Composers," works by Bach, Mozart, Hindemith and Beethoven will be enjoyed.

The concerts are held at Rams Head Lodge at the Kill-

ington Ski Resort at 7:00pm. Ticket Prices are \$20. Tickets are available through the box office at 802-422-1330. Advance tickets may be ordered by phone through the day prior to the performance. Tickets may be purchased the day of the performance beginning at 6pm at Ramshead Lodge. The Friday night performances of the Young Artists Series are held at the Rams Head Lodge at 7pm and tickets are free.

The Killington Music Festival is not only about concerts on Saturday evenings, the Festival also runs a significant education music program, a six-week residency program for students preparing for careers in music. The residency program is an intensive combination of study, practice, rehearsal and performance. The program this summer includes over 70 students from the United States and abroad. The students give a wide variety of performances at the Rams Head Lodge and free noon-time concerts at the Rutland Free Library on Wednesday, July 20th and 27th. We are very proud of our expanding student outreach concerts. The primary audiences for this project continues to be residents in nursing homes, assisted living facilities, Rutland Regional Medical Center and children who most often are deprived of music and the benefits it offers. Through these concerts the lives of hundreds of elderly and young Vermonters in Rutland County have been enriched.

For more information please call the Killington Music Festival at 802-773-4003 or visit www.killingtonmusic-festival.org

Chris Kleeman Performs at Jackson Gore

The Jackson Gore Outdoor Music Series continues Friday, June 24, with the musical talents of Okemo Valley's own Chris Kleeman.

Chris Kleeman's blues are multi-spectral, rolling from stinging slide guitar to deft rag-time; from the southern styles of the Mississippi Delta, all the way up the big river to the blues of Chicago. His performances include scat-singing, vocal trombone, and some 12-String guitar instrumentals that send the spirit soaring. Chris is also well known for his sparkling interpretive skills, delivering a repertoire from a broad spectrum to spice up an already simmering, soulful pot of music. Kleeman has shared the stage with many top performers over the years, and in 1998 and 2001 was a featured performer at the Champlain Valley Folk Festival.

On Friday nights throughout the summer season, the lawn in the courtyard at Okemo's Jackson Gore Inn is transformed into an outdoor concert venue featuring popular local and regional entertainers. Admission to the Jackson Gore Outdoor Music Series is free and the grounds open at 5 p.m. Concerts are slated to run from 6 to 9 p.m. Families are welcome and all attendees are encouraged to bring lawn chairs or picnic blankets. In case of rain, the concerts will move indoors. Dining options include fresh-from-the-grill burgers and hot dogs, or full-service dining with an al fresco seating option at Jackson Gore's Coleman Brook Tavern.

For more information about Okemo Mountain Resort, please visit www.okemo.com or call 802-228-1600. For dinner reservations at Coleman Brook Tavern, call 802-228-1435.

Chaffee's 2011 Summer Members' Exhibition

The Chaffee Art Center announces the opening of the 2011 Summer Members' Exhibition. The exhibit includes artwork by Chaffee Juried Artist members featuring Joshua Primmer, Patrick Kennedy, and Marian Willmott.

The exhibit will open on Saturday, June 25 with a reception from 5 until 7 pm. There will be music, wine, and refreshments. The public is welcome. The exhibit will run until Saturday, July 30 and close with a Special

Brunch Reception at 12 pm on that day.

The exhibit is sponsored by Key Bank and Cabot Creamery. The Chaffee Art Center is a nonprofit community art center celebrating 50 years of promoting the arts in Central Vermont. Gallery hours are Tuesday through Saturday 10 am to 5 pm. Please check our website for additional information on programs and classes at www.chaffeeartcenter.org or call us (802) 775-0356.



Castleton Debut of Annie and the Hedonists



This Tuesday, June 28th, Albany based Annie and the Hedonists will bring their multi-talents to the Castleton green for their first time playing here. Everything from acoustic blues to jazz, folk, old time, bluegrass and all time favorites will be on the menu, as Annie's beautiful voice will absolutely thrill the crowd!

Annie Rosen is a top-flight singer whose sultry alto calls to mind a young Bonnie Raitt. Her sweet

gutsy voice ranges nimbly from belting out the blues, to crooning vintage swing and Tin Pan Alley. Annie is truly a gem of a vocalist, and promises to be most entertaining whatever she sings.

Jonny Rosen, Annie's husband, plays a "hot" guitar and steel guitar, and daughter, Hannah blends beauti-

fully with Annie on vocals. Hannah also plays saxophone and uke, and too, is a quality performer.

Other band members are Frank Orsini, fiddle, mandolin, and vocals, Kevin Maul, dobro and vocals, and Don Young, bass and vocals.

Annie and the Hedonists are a modern incarnation of the joyful, bohemian, and nostalgic spirit that Jim Kweskin, the Lovin Spoonful and Maria Muldaur re-energized decades ago.

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.

The Vermont Inn

Now taking reservations for The Vermont Inn's
4th Annual Wine Dinner for Killington's Wine Festival.
4 Course Wine Paired Dinner plus a selection of hor'dourves
and wine at a Pre-dinner Meet & Greet
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Chef Dennis will be offering a delicious \$35 tasting menu.

Killington Music Festival Family Style Dinner
Friday, June 24th at 6:30pm
Multi-course dinner featuring wines from Farrell Distributing and Live Music by the KMF Young Artists.
\$65 per person (includes tax & gratuity)

Wines of the World Dinner Event
Friday, July 1st at 6:30pm
Our monthly wine dinners continue with a five course wine dinner featuring wines from Germany & Austria
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Local News

Vermont's Improved Emergency 911 System

The Enhanced 911 Board, which is responsible for managing the Emergency 911 system in Vermont, has deployed a new state of the art system for processing 911 calls placed in Vermont.

Activated in late May, the new system is the first statewide next-generation 911 (NG911) system to be deployed in the U.S. It uses Internet Protocol (IP) networks that will enable a suite of new and advanced 911 services to be introduced. These services enhance the performance, reliability and capabilities of Vermont's 9-1-1 emergency communications system and help enable improved emergency response.

"Our new statewide NG911 network will help make Vermont communities safer, optimize our resources, and allow enhanced collaboration and information sharing among all public safety agencies in the state," said Roger Marcoux, chairman of the Enhanced 911 Board for Vermont. "The upgrade from our voice-only 911 system to broadband-based, next-generation 911 also positions Vermont to expand its capabilities and utilize the life-saving potential of text, photos and videos in emergency situations."

The Enhanced 911 Board contracted with Intrado, Inc., which is a Colorado based company that specializes in public safety and 911 emergency communications.

Crime Fighting Text Messaging Tip Service Launched by Rutland PD

For the first time, mobile phone users across Rutland now have the ability to provide anonymous crime fighting tips through the power of anonymous text messaging and TipSoft. Rutland PD and CrimeReports, the industry leader in law enforcement tip management software and web applications, have joined together to provide this service which allows citizens to send anonymous tips by sending a text message from a mobile phone or online.

"The popularity of text messaging has created a significant opportunity for the public to help law enforcement agencies fight crime," said Lt. Kevin E. Geno. "The ability for any citizen who owns a mobile phone to assist in crime solving is of great importance to communities globally and we are excited to play such a pivotal role in the transmission of these crime fighting tips."

Using TipSoft from CrimeReports, information may be anonymously received and securely replied to with complete confidence. The service was built specifically to allow text-messaging informants to remain anonymous by encrypting the text messages and routing them through several secure servers, protecting the personal details of the informant.

TipSoft SMS also allows police to respond by text message to the originating cell phone without ever knowing the identity of the individual who left the tip.

The user's information is always given an alias and a unique ID before being sent. This secure application allows the tipster and the investigator to have two-way dialog while always keeping the user's identity completely anonymous.

Rutland PD encourages everyone to report information about any non-urgent illegal activity, such as unsolved cases, vandalism, theft, the sale and distribution of drugs or information about crimes that are being planned in the community or schools.

About CrimeReports:

Partnering with over 1,600 law enforcement agencies, CrimeReports is the #1 crime map and anonymous tip network in North America. It offers the largest and most accurate resource for timely, street-level crime and sex offender information on the web. The CrimeReports network offers a family of affordable, easy-to-use software tools created to help law enforcement agencies understand crime trends, share up-to-date information with the public, and receive actionable intelligence from the community. CrimeReports services are offered by Public Engines, Inc. For more information go to: RutlandCity.com

To text message a tip, mms, the tipster must do the following: In the e-mail address line type: 274637. When you start the message type in Capitol letters: RCP-DTIPS, space and start your message.



Molly Nickerson of Rutland High School is awarded trophies for "Best Overall" and "Best Interior" by Mr. Guilmette and Emily Johnson and Kim Rupe.

The Stafford Tech Student Car Show

The SADD Chapter at Stafford Technical Center just held their fourth annual student car show at the school. The show recognizes the considerable amount of work that students have done to make their vehicles the works of art that they are. Trooper Barber of the Vermont State Police acted as one of the judges. Kristin Jarvi, the Instructor from the Health Careers Academy at Stafford Technical Center, and Ginger Vaughn, a SADD member who comes to Stafford from Poultney High School, also acted as judge.

The show was open to any vehicle owned or operated by a Stafford student or staff member. The car chosen as the "Best Overall" was a gorgeous 2012 Ford Focus, which is owned by Molly Nickerson of Chittenden, a student in the Human Services Program who comes from Rutland High School. Molly's Focus also took the honors as "Best Interior."

The "Most Unique" vehicle was a 2006 Suzuki LTR 450 Quad Racer owned and raced by Luke Molaski, hailing from West Rutland High School. The "Best Classic" was a 1970 blue Cadillac convertible entered by Nick Greene of West Rutland. The "Best Exterior" was awarded to a 1998 GMC Jimmy owned by Richard Covell, a student from Rutland High School. The vehicle was in astoundingly good condition given the fact that it was 14 years old. Kim and Jeff Metcalfe's 1995 Caprice Classic wagon, walked away with the honors in the "Faculty and Staff" category.

The final award, the "Worst Vehicle" Award, was given after a surprisingly hotly contested contest, with quite a number of entries. The "winner" of this dubious award was Chris Barry, an Otter Valley Union High School student in the Automotive Technology Program, who entered his 1992 Chevy 1500 truck.

Sherburne Friends of the Library 4th of July Book Sale

The Sherburne Friends of the Library is holding their annual Book Sale at the Sherburne Library on River Road, Killington from 9:00 am - 2:00 pm on Monday, July 4, 2011. There will be 2 floors of hardcover, paperback and children's used books. There will also be DVDs, large print, unique collections and more. Everything is priced at \$.50 and \$1.00.

This book sale is the largest fundraiser for the Sherburne Friends of the Library. Proceeds from this event go towards the children's' summer reading programs at the Sherburne Library, the weekly summer concert series held in conjunction with the Killington Recreation Department and to special events put on by the Sherburne Friends of the Library.

Anyone looking to volunteer at the Book Sale (and thus get first viewing of the books), or for more information, contact Sarah Rasmussen at 802-236-1988.

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MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

Mtn Green/SP Land 400 Acre PUD Reactivation on Hold

At the June 8 meeting of the Town of Killington Planning Commission and under Citizen's Input, Steve Selbo advised that SP Land is in the process of designing the ski bridge between the lodges and it is not looking good. Approval is currently conditioned that a four lane right of way must be maintained and in doing so will result in a very large bridge which will not look good. He noted that their traffic study indicated that only two lanes are needed and although he was not making a formal request at this time, he asked that the Planning Commission keep this in mind. Dick Horner suggested that he talk to the Fire Department since a lot of the impetus for the four lanes came from them.

Next, Dick Horner presented his Planner's Report. He advised that the second Low Impact Development presentation is scheduled for the Commission's next meeting on July 13, 2011.

The Board of Selectmen withdrew the expanded Outside Consumption Permit which they had issued to Charity's for reconsideration, leaving the original permit in place. Dick advised that at this point, Scott Giguere (Charity's) is not going to build a gazebo which eliminates the Planning Commission's involvement in this matter.

Dick then advised that he met with developers who are going to purchase the former performing arts building off the Killington Road. They are looking to convert the unfinished building into a high end hotel with some type of performing arts venue, such as dinner/theater. At some point they will need to come before the Planning Commission to renew the PUD and apply for a Change of Use.

Under New Business, David Rosenblum, Chair, opened the Public Hearing on the application by Mountain Green Condominium Association for Planned Unit Development Review to extend the approval of the so-called 400 Acre PUD for four years. The purpose of the extension is to allow Mountain Green to construct a potable water treatment facility and related construction. No other development or construction will be reviewed or approved under this application.

Mike Moriarty, General Manager for Mountain Green, gave a brief description of the project and reviewed several drawings with the Commission. He noted that Mountain Green is currently not in compliance with State regulations and if they do not address this issue and bring the system into compliance, the Association will start getting fined on a daily basis until it does. The purpose of the new building is to treat the water from Mountain Green's two wells which are located on land owned by SP Land. The goal is to have construction started and completed prior to the upcoming ski season.

Dick Horner advised that this is something that they have to do and since the 400 Acre PUD has expired it has to be reactivated in order to allow this project to move forward. Commissioner Barbash moved to extend the 400 Acre PUD and Commissioner Davin seconded the motion, and a discussion followed. Steve Selbo feels that there is another way to do this and there are unintended consequences in opening up the 400 Acre PUD. He believes that the process that has been proposed is flawed and their legal counsel feels that approval for this project can be given by making an amendment to the original 1981 zoning permit. When asked what the unintended consequences were, Mr. Selbo responded that he could not live under the old PUD and for that reason allowed the PUD to expire. Dick Horner advised that the Commission has always required PUDs to be active in order for any development to take place. The Commission's legal counsel and Attorney Jim Carroll have said that the 400 Acre PUD and all of the elements of it need to be considered as a whole. The basis for all the other development is on the 400 Acre PUD. All the densities, setbacks and special provisions of a PUD apply to the entire 400 Acres. SP Land is entitled to the densities that can be built on its 229 acres. No one is denying SP Land their rights on that property, but the 400 Acre PUD exists and there are conditions on the 400 Acre PUD that run with the land. Mr. Selbo noted that he is not subject to those conditions.

Mr. Selbo then proceeded to distribute a memorandum to the Planning Commission stating SP Land's position on extending the 400 Acre PUD and proposing an alternative way to handle approval of the application before the Commission. Jim Haff suggested the Commission pass the memorandum on to the attorney for his opinion on whether or not this application can be approved as suggested by SP Land.

After further discussion, Commissioner Barbash withdrew his original motion. Commissioner Lee moved to recess the Hearing until July 13 and to send SP Land's memorandum to the Town Attorney for his opinion as to whether or not approval can be granted as suggested in that document. Commissioner Crompton seconded the motion. Mr. Giorlando Barbaro, President of the Mountain Green Homeowners Association, advised that time is of the essence since the legal ramifications for Mountain Green Owners for non-compliance could be devastating. The Commission assured him that they would have a legal opinion by July 13. The vote on the motion as stated was unanimously in favor.

Next, Dick Horner distributed the latest zoning changes draft from Attorney Kevin Brown and advised that he has not had a chance to review it. Mr. Selbo suggested the zoning changes committee get together and review this latest draft and make a recommendation to the Commission. The consensus was to recess this discussion until July 13 to give the zoning changes committee time to review the draft.

RRCC/REDC Back Sale of CVPS to Fortis, Inc.

The Rutland Region Chamber of Commerce and the Rutland Economic Development Corporation believe the purchase of Central Vermont Public Service Corporation by Fortis, Inc. will ultimately be good for Rutland and good for Vermont.

The financial strength that Fortis brings to CVPS should be a benefit to ratepayers now and in the future; and will ensure continued reliability to our businesses and residents alike. The company's ability to provide equity capital in a capital intensive industry is crucial. With their financial strength they should also be able to negotiate favorable power purchase agreements benefiting Vermont consumers.

The Rutland Region Chamber of Commerce and the Rutland Economic Development Corporation feel strongly that Fortis, Inc. will allow CVPS local autonomy to operate. Fortis is a very decentralized organization.

"It is very important to us that the headquarters remain in Rutland and that the management and employees remain intact" said Tom Donahue, Executive Vice President of the Rutland Region Chamber of Commerce.

"Fortis has an excellent reputation as a community partner in the regions they serve. We fully expect the continuation of CVPS's policy of local engagement, at the same time that they continue the investment in their infrastructure to meet our future needs. The acquisition by Fortis will greatly enhance their ability to move the Corporation forward in this process." - Jamie Stewart, Executive Director of the Rutland Economic Development Corporation.

The two business organizations appreciate the fact that they are not even proposing to change the name from CVPS; and that the company has a demonstrated history of community involvement.

Already Fortis, Inc. has made an upfront \$21 million commitment for the benefit of CVPS customers applied in a manner to be determined in the regulatory review process.

Combined, The Rutland Region Chamber of Commerce and the Rutland Economic Development Corporation represent nearly 700 businesses in the greater Rutland region.

June Grief Seminar

Rutland Area Visiting Nurse Association & Hospice (RAVNAH) will be offering a grief seminar on Wednesday, June 29, from 6-7:30p.m. for those who have experienced a loss through death. The seminar will meet at 7 Albert Cree Drive in Rutland. To register call Ann LaRocque at 770-1516.

Understanding Grief - This educational program presents the psychological, emotional, social, physical, and spiritual aspects of the process of grieving. Those who are grieving as well as those who are comforting the bereaved are welcomed to attend.

Additional grief counseling is available for anyone in the community who has experienced a loss through death and is having difficulty adjusting to this change. Please call Ann LaRocque 770-1516, for more information, or to schedule an appointment.

MSJ Reunion Weekend

Mount St. Joseph Academy welcomes alumni of all years to celebrate their high school experience, along with friends of MSJ, during MSJ's annual Reunion Weekend. Festivities begin Friday, June 24 and continue throughout the weekend.

Friday, June 24: 6pm-8pm: Talk and Tour at MSJ! Free. Enjoy a brief talk about the current happenings at MSJ with Principal Paolo Zancanaro and then wander through the halls of MSJ with fellow classmates and friends!

8pm-11pm: After hours at South Station Restaurant in Trolley Square, Rutland, Cash Bar. Try their new Green Wave specialty drink! Proceeds from a 50/50 raffle will be donated to the MSJ Athletic Association, along with food specials and raffle items.

Saturday, June 25: 11am - 1pm: Family Lunch at St. Peter's Field, A la carte. Stop by the famous St. Peter's field, participate in a pick-up tag football game, and support the school by having lunch at the MSJ Athletic Association grill! 7pm - late: Class of 1991 hosts an all-alumni dinner and reception at the Elks Dinner and Dancing: \$30; Admission to Dance Party Only (after 8 p.m.): \$5; Cash Bar. Enjoy a night of socializing, food, and drink as everyone gathers at the Elks Club. A DJ will be starting after dinner, at around 8 p.m.

Sunday, June 26: 9:30 am: Mass at Christ the King Church. If you wish to buy dinner on Saturday night, preregistration is required.

Call (802) 775-0151 to preregister, or for more information.

Annual Strawberry Shortcake Social

The 2nd Annual Strawberry Shortcake Social on The Green in East Poultney will be held on Sunday, July 3rd starting at 6:00 p.m.

Sponsored by the Poultney Area Chamber of Commerce and the Horace Greeley Foundation, the Town Band will be providing special music and a guest appearance and song by Horace Greeley will take place in celebration of Greeley's 200th anniversary!

Strawberry Shortcake for children will be \$3.00 and \$5.00 for adults. Also on sale will be Greeley T-shirts.

Bring your chairs and have a wonderful time at this historic celebration. For more information, contact Chairman Linda Knowlton (802) 287-2577.



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Killington Remembered

A Memory Shared

by John Austin

At our family Fourth of July picnic a few years ago I started telling my children and grandchildren about what I have always considered the best summer of my (then) seventy five year life. It was during the war (to my generation "the war" is WW2) and during that summer, there was no one at Mission Farm except Father and Mrs. Heminway and me. Mrs. Heminway was - like my mother - English, and Father Heminway had a full beard and was a bit gruff. I believe he was from the West, perhaps a rancher. I liked that.

My family learned about Mission Farm through Father and Mrs. Huntington who were close family friends. Father Huntington was rector of the Church in RI, and my Father was rector of a nearby church. Mrs. Huntington was the Heminways' daughter. My heart ached for the Heminways while I was there because their son had been shot down over Japan, and my mother had told me that he was never coming home. Everyone knew that as a fact, except Father and Mrs. Heminway, who never considered anything except that he was coming home. While I was there they had their workhorse, Peggy, bred so their son would have it for his farm when he came home. It wasn't until after the war that I learned that their faith had prevailed and their son did come home - he had been in a Japanese prison camp for most of the war.

Some years ago, my wife and I were traveling through New England and we went out of our way to see Mission Farm. It was sad - the house looked as if someone lived in it, but the out buildings were in need of repair and the church side of the road was overgrown. I worked my way through the weeds to the area behind the church. There I found the graves of Father and Mrs. Heminway, Father and Mrs. Huntington and that of little Becky. Since our visit, with a heavy heart, I had pictured Mission Farm deteriorating more and more each year until it finally disappeared.

One night after I relayed my story to my family, I lay awake thinking about Mission Farm and wishing I had the funds to restore it, and thinking it would make a wonderful place for retreats. The next day, my daughter-in-law emailed me the website for Mission Farm. My prayers had been answered, even before I had had a chance to ask them.

This year, toward the end of July, My wife and I are scheduled to return to Mission Farm to spend three or four days relaxing and enjoying the area. Although it will not be as it was in the eyes of a nine year old boy, it will bring back many happy memories to an eighty year old man.

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www.rcws.org

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24 hour hotline: 1-888-PREVENT

Mendon/Chittenden/ Pittsford/Brandon Notes

by Debbie Burke

Work Starts on Park and Ride

At the May 23 meeting of the Town of Chittenden Selectboard, Carolyn Schwalbe of the Chittenden Planning Commission stated that the CPC would like to submit a letter of intent for the Vermont Transportation Grant for "safe routes to school." Selectman Bob Bearor received a phone call that the study pertaining to Barnard Road and the speed limit will be done.

Regarding roads, the cross ditch near Royal Churchill's on Stoney Hill has had cold patching. Bob Bearor stated that calcium chloride has been ordered and the chipper is still being worked on. Some grading has been done but they are limited as there has been so much rain. Bernie McGee stated that near the intersection of Powerhouse and Bob Muzzy's residence the road needs to be ditched as water is collecting. Bernie also stated that someone purchased the property across from the Muzzy's that has been vacant and new owners are looking to have the sewer issue resolved. Dave Swift, engineer, is working on this situation and states that it is not adequate for sewer; the property currently has a mound system. The residence could possibly have a pumping system but Bernie is not aware of the exact requirements. Some neighbors are a little concerned, and one of the neighbors has a right of way to a spring on the property.

Regarding the Grange Hall, Bernie stated that a container has been dropped off for the interior work to start. They are also ready for Wendell Smith to start work on the Park and Ride project. Selectman Gary Congdon stated he spoke with Markowski's to see about a donation of crushed gravel for the project and they are going to discuss this and get back to Gary about it.

Under Old Business, the War Memorial meeting was last week and a decision was made to put a temporary

sign up at the current location and a new memorial will be at the future Town Office site. Roberta Janoski called Bob Bearor about the roof on the former St. Robert's Church and will need to have an adjuster look at it to decide if it is covered or not. Bob had Ray Forrest look at as well. Gary did mention that some slates have fallen off of the Town Hall; Bob will have Ray look at this as well.

Under New Business and Correspondence, the Animal Control Ordinance was signed by the Selectboard. The Heat Squad of the NeighborWorks organization of West Rutland sent a letter stating that they will be awarding 2 town grants of \$10,000. This document has been given to Carolyn Schwalbe for the Chittenden Planning Commission to look over.

A letter was received from the State of Vermont Property Valuation and Review regarding the appeal of Joseph and Gay Fahys. It is a stipulation to dismiss and needs to be signed by the Selectboard. The Selectboard is going to have an attorney look at this before signing it.

The North Chittenden Women Art Collective is having an open studio at the North Chittenden Grange Hall.

From those in the audience at this meeting: Carolyn Schwalbe stated that the Vermont Transportation Grant would require a 20% match from the town. Also, Chittenden's Interim Bylaw Flood Hazard Area Regulations expires on June 24, 2011. As the municipal plan has been adopted, the Bylaw Flood Hazard Area regulations can be made permanent. The Chittenden Planning Commission and the Selectboard will need to have Public Hearings before it can be adopted permanently. Aria and Carolyn are looking into this as well to make sure this is what is required. Carolyn stated that the Rutland Regional Planning Commission stated there is some money left over for energy audits, this could be used at the former St. Robert's Church, and Bernie will set up a time to have this completed.

100 NORTH

NEWS FROM THE PITTSFIELD/STOCKBRIDGE VICINITY AND THE HINTERLANDS BEYOND



by Johnnie Goldfish

Doors of Perception Revealed to be Infinite

Being fair and reasonable will earn you respect and admiration, but being genuinely kind will make you a total love magnet. Go for love magnet, pucker up.

The Rochester Chamber Music Society (RCMS) with Artistic Director, Cynthia Huard are entering their 17th Summer Season. On Friday, June 24 The Johannes String Quartet with pianist Cynthia Huard will perform Schumann's Piano Quartet. Soovin Kim and Jessica Lee will perform on violin, Choon-Jin Chang on viola, and Peter Stumpf will be on the cello. The concert is at 7 pm in the Rochester Federated Church with a pre-concert talk with Larry Hamberlin. Then on Sunday, June 26 you can see and hear the Young Artists Concert at 4 pm in the church with Tim Woos and friends. All concerts are free and donations are gratefully accepted. For information call 767-9234.

Riddle: A piece of chalk the size and shape of a pea is large enough to make a line just a few meters long. How then, can you use it to create a circle 10 meters across? Riddle solution below.

Remember the Earth Camp and Stockbridge Central School camps begin on June 27; bring your pirates. Call Ms. Wheeler or more information at 234-9248.

The annual Independence Day Parade in Rochester on the Fourth of July seeks entries for the parade. For your chance at the prized trophy call Martha Slater at 767-3025. Also there will be a tennis tournament on July 4 and if you would like to be the next Billie Jean please call Cynthia Fowles at 767-9864.

The Women's Alliance Thrift Shop at the Federated Church of Rochester will be open on Friday, June 24 from 4:30 to 6:30 pm and on Saturday, June 25 from 9 am to 12 noon.

The Stockbridge Central School (SCS) invites families to help maintain the SCS community gardens. In exchange for weeding and watering, you can harvest and use the vegetables in the garden. Please stop by or call 234-9248 to sign up for the following weeks: July 3-9, July 10-16, July 24-30, July 31- August 6, August 14-20 and August 21-27.

Some crazy Roman said, give them Bread and Circus, food and entertainment, Route 100, the Village Green is the right road. The Pittsfield Historical Society and the Roger Clark Memorial Library have come together to sponsor an old fashioned band concert on the Pittsfield Green. Bring your own chair and join us June 24th to enjoy the Royalton Town Band with Dick Ellis. Along with the music the library volunteers will be scooping FREE ice cream on the library porch. Come early to enjoy dinner with your friends and neighbors, the Pittsfield Federated Church will be holding a fund raising BBQ serving up hot dogs, hamburgers, chicken, baked beans and cole slaw. In the event of rain, the concert will be held at the fire house. As always, you can learn more on the programs page of our web site. Where? Pittsfield Town Green (in case of rain Pittsfield Fire House) When? June 24th BBQ 5 to 7, Concert and Ice Cream at 7pm.

The Pittsfield Library will be closing its doors in July to accommodate the renovation of its existing building in the near future. Not wishing to deprive the community of its wealth of reading material for an indefinite period of time, AND hoping to contain storage costs, the Trustees are encouraging patrons to check out a Big Box of books for the duration of the closure. Starting June 24th at the concert, and then during regular library hours on June 28th & 30th (and during the first week in July by appointment only) members are invited to bring a plastic tote (or borrow one from the library) and check out as many books as they are willing to enjoy and safeguard in the months ahead. First come, first served. For details visit our news page.

Riddle solution: Throw it in the middle of a pond of still water, and the ripple created will easily expand out to 10 meters and beyond. An alternate method might be to use dots instead of a continuous line.

Thought for the Week: "If the doors of perception were cleansed, everything would appear to man as it is, infinite." - William Blake, (English poet, painter and printmaker).

Your good news in print, your neighbors read it, the kids make paper airplanes or origami with it, Uncle Ned wraps his cleaned fish in it, is this a great and useful newspaper or what; write PO Box 1, Stockbridge, VT 05772.

Killington Arts Guild

by Betty Little

KAG President Sally Curtis has finished editing KAG's first quarterly Newsletter for 2011. It contains information about future activities, past events, the website, and member initiated opportunities for painting, poetry and memoirs. Copies were mailed to KAG members last week. Others can find it on the website or request a copy by calling 802-422-3852.

A number of KAG members are active musicians. Music is one of our treasured Arts. Recently, a memorial service was held for Jo Blanchard at the Sherburne Church. Bev Anderson conducted the service. The Potluck Trio, Old Time Singers and Woodchucks Revenge played a piece written by Jo, and they named it "The Sherburne Waltz." This was a celebration of Jo's life and Killington history. She was famous for her Mountain Times Column which ran for many years, and for her music. Bev, the Potluck Trio and many who attended are active KAG Members.

Members should bring art for the next show "250 Years: People and Mountains" to the Gallery at Cabin Fever Gifts on Rt. 4 at the Killington Access Road on July 4 and 5. The show will be hung July 6 and an Opening Reception held July 9th from 3-6PM.

Ann Day, Betty Little and other KAG members will attend the Green Mountain

Writers Conference-August 1-5 in the Tinmouth Pavilion on Chapman Lake, Tinmouth, Vt. At this conference developing writers practice the art and craft of writing under tutelage of professional authors and are offered instruction in the business of writing. What is most exciting is that both authors and participants read their works. This year Verdant Books, a writer's collaborative with Northshire Book Store, Manchester, Vt. will be introduced. GMWC is an extraordinary summer camp for writers directed by Journalist Yvonne Daley. Early registration ends July 15. Website: www.vermontwriters.com or call 802-775-5326.

Bernie and Donna Martin spend summers at Lake Champlain. This year, they have been affected by flooding. They were not able to get into the cottage until early June. Their front yard was covered with debris - docks, stairs, trees and branches. The cottage floors were covered by filthy silt but all the furniture was saved. They opened all the windows to ward off mold and are living in a trailer with drinking water while they clean up.

For KAG information call 802-422-3852; website: www.killingtonartsguild.org; to contribute to the column vtkag@aol.com.

Sherburne Women's Club News

by Janina Curtis

The Sherburne Women's Club is a charitable organization whose focus is providing a socializing network and supporting fundraising efforts that nurture our community. The Club particularly supports causes that have a positive local impact, and annually awards two scholarships to Killington resident graduating seniors. The Sherburne Women's Club recently held its annual disbursements meeting to vote on allocation of funds to benefit the community. In addition to the two scholarships, the following entities will receive support: Killington Elementary School (contributions toward a new sign and an iPad for school library, and a new audiometer for school nurse), IDIC 15K Road Race, RAVNAH, Killington summer camp scholarships, Sherburne Library computer stations, bagpipers for July 4 parade, Killington Arts Guild workshop scholarships, Killington Active Seniors, Susan B. Koman Breast Cancer Walk, and Killington Elementary School Principal's Sunny Day Fund.

The 2011 scholarships were recently announced at the Woodstock Union High School awards night. The first of these awards is the Sherburne Women's Club Academic Achievement Scholarship. This \$1000 award is presented to the Killington student who has earned the highest GPA in the graduating class. This year's recipient is Michael Farbman. Mr. Farbman has not only excelled academically, but has also been very involved in several organizations at WUHS. Highlights of a long list of extracurricular activities include serving as the president of the National Honor Society, participation on the Student Council, and founding the Acts of Love Club. He has also served as the captain of the Tennis Team, the Science Team, and the Scholars Bowl.



Kim Evans of the Sherburne Women's Club presented two \$1,000 scholarships at the awards night at Woodstock Union High School on June 9. Congratulations to Austin Blackman, recipient of the SWC Community Service Award, and Michael Farbman, recipient of the SWC Academic Award.

The second award is the \$1000 Community Service and Volunteerism Award, which is awarded to a deserving Killington high school senior for outstanding volunteerism and community service, participation in extracurricular activities and demonstrated dedication to others throughout his or her time in high school. This year the award is being given to Austin Blackman. His extensive work with the Woodstock Union High School's KidPower Technology Program, the Vermont Special Olympics, along with his dedication and commitment to the Life and Hope Association in Cambodia, serves as example to all young people in our community.

The Club would like to express its gratitude to all the local businesses who donated gift certificates and merchandise to the 2010-2011 raffle fundraiser, making it a huge success. We would also like to thank the local community for purchasing raffle tickets and attending the raffle drawing party! It is because of your support that the SWC is able to fund these important projects.

For more information about the SWC, visit our website: www.swcvt.com.

COMMUNITY CALENDAR

June 23 - Woodstock. Hand in Hand community meal, Thurs., 5-7pm. This Week: Ligo Day (Latvia). Social Hall, N. Unitarian Chapel Society. All welcome, donations accepted. 457-9272.

June 24-25 - Rochester. Women's Alliance Thrift Shop at Federated Church of Rochester open Friday, 4:30-6:30pm & Saturday, 9-12 noon.

June 25 - Clarendon. Benefit Strawberry Festival, 4-7pm, Brick Church. \$10 adults, 12 & under free. Receive entry to win VT Made Quilt. Proceeds benefit family of Zoey Brown. 773-3873.

ONGOING

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Rutland - Unitarian Universalist Church, 117 West Street, Rutland, VT. 802-775-0850. Rev. Erica Baron. No service June 26 & July 3 - summer services begin July 10, 9:30am, thru Aug. 28. No summer child care or Religious Education.

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 Dolors Mass Times: Saturday 4:30pm. Sunday 9am.

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ARIES: March 21 – April 20: It will take more than a few hints for others to get the message. There's no need to be tactful. It looks to me like someone is totally clueless. At this point you need time and space to recuperate from too much stress and reevaluate your priorities. Looking closely at the way things have turned out it's taken everything you have to create this. After pushing yourself to get here you are surprised to find out that there's a huge gap between what you were dreaming about and the reality of the situation. Staying the course will only make sense if this is what you truly want.

TAURUS: April 21 – May 20: Too much well meant advice isn't ringing true because whoever's dishing it out doesn't have to live your life. What no one seems to understand is you have your own way of doing things. If you're making choices that others are not OK with, let them figure out why they have such a powerful need to be right. And if anyone criticizes you for breaking the rules, let them know that you didn't come here to go along with the program. You may have your share of s--- to sort out but you're no fool and you know better than anyone what it will take to make this work.

GEMINI: May 21 – June 20: Before you throw in the towel, think about how things could go if you stayed with this. There's no right or wrong decision, as long as you look at what's going on and get clear about why you have such a burning desire to run away from it. It's totally OK to want to leave a situation, as long as you're not running away from either the truth or yourself. You've been down this road enough times to know where it leads. For the next few weeks, give the wheel another spin and make an effort to air out your feelings with whoever's on the butt end of your restlessness.

CANCER: June 21 – July 20: Before you jump into this, take a minute to remind yourself that it will only work if you're honest about what you expect from it. If you step back you will see that the emotional component is heavily invested in having this be the answer to everything. One of your hardest lessons has to do with learning that there is no such thing as security in anything outside of that which you find within yourself. Be prudent in all your decisions and be sure your motives are not tainted by too much need or too much greed – and don't get too attached to making this work.

LEO: July 21 – August 20: You get the feeling that this could turn out to be the beginning of the rest of your life. More than anything, what you need right now is an open heart and an open mind. So much of what it's taken to get you here is very much in your face. As you leave all of that behind you're taking one last look at what it meant to you. Get as much closure as you need but don't get hung up thinking that you'll lose anything by starting over again. Between your desire to expand your horizons and the inner wish to grow spiritually you can be sure that you're on the right track.

VIRGO: August 21 – September 20: It's hard to say where you're at with things. On the surface life is going along just fine. You're so good at handling whatever it is that you're engaged in, one would never guess that the bigger part of you isn't even there for it. For many of you, the issue is more about having everything a person could want and wondering if this is really it, or if there's more to life than having all of your ducks in a row. Try not to overanalyze yourself or wonder what's missing. You'll be way better off if you can open your heart to what's in front of you and re-discover the joy in it.

LIBRA: September 21 – October 20: You get confused when your relationships compete with your friendships – or vice versa. Your friends could easily be jealous of your partner; if that's the case it's their problem. If it's the other way around, it becomes your problem. If it's any comfort to you, practically everyone on the planet is going through this. Don't try to fix it with old fashioned remedies. Times have changed and it looks like the bulk of your current life lessons have to do with learning that love is when everyone gets to be themselves, and everyone is respectful of the rights of others.

SCORPIO: October 21 – November 20: There's a difference between what we do for a living and what we do to preserve ourselves. You seem to be caught up in what happens when our inner and outer realities diverge to the point where we lose it. There's no doubt that your work situation isn't exactly your dream job. The problem is, you are so concerned about money you stay here even though it requires you to step completely out of yourself for 8 hours a day. If you're going nuts it's because you need to summon up enough trust to bust out and create a work situation that lets you be who you are.

SAGITTARIUS: November 21 – December 20: You might want to stop long enough to look at how things have gone into over load, or over-do, or over the top. Try hauling back just a little, if only to see that you don't need to make this bigger than it is. In fact it would be great if you could let the other players in this game figure out how to take it from here, with or without you. For too long you've sacrificed too much to the idea that your commitment to whatever it is that you feel beholden to is more important than your commitment to yourself. Hello, my friend! What in God's name gave you that idea?

CAPRICORN: December 21 – January 20: To be honest, you've got to find a way to turn off the faucet – or at least stop long enough to see that you can't keep pouring your life's blood into a situation that needs to start nourishing itself. For the time being it's fine if you want to maintain this connection, but you didn't come here to isolate yourself to one particular cause or person. Those who truly care about you can see that you need room to grow beyond whatever it is that you've been involved in for the last few years. You need to start caring enough about yourself to sever your ties to that which holds you back.

AQUARIUS: January 21 – February 20: There's a difference between being detached and taking people and situations totally for granted. You need to get a little more involved – for your own sake. This has something to do with learning how to care. You value your freedom and independence so much it's against your nature to give it up long enough to notice that someone needs you. No one expects you to go out of your way, but there are things that they wish you would know enough to do without having to ask and without feeling like needing something more from you will wind up driving you further away.

PISCES: February 21 – March 20: The last few years have taught you a lot about pride; so many of your lessons have brought you to your knees. What is it in us that needs to go through stuff like this? You've either lost something, or given it up, or you've given your all to a situation that has left you with less than you had before. In the aftermath of this initiation you have realized that pride is the only thing left. Too many hurts have you hanging on to it for dear life. Thank God! Now that others have shown their true colors it's your pride that will give you the strength to recover from all of this.

Mother of the Skye

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

Proctor Place

by Stacy Bates

Baseball End-of-Season Roundup



Sydney Wood pitches for the A's.

The Proctor A's mighty mites team finished up their season Tuesday night against the Proctor Marlins. Both teams played a great game with the A's just getting by with the 6-5 win. The A's pitching was led by Sydney Wood with a relief appearance by Zachery Yarosz. Hurling for the Marlins was Caleb Stuhlmueler. Defense was solid for both teams but a great play was made at the dish with bases loaded by A's infielder Sawyer Perkins and Catcher Madison Lee. Offense for the Marlins was led by Hunter Bridge who went 3-3 at the plate, followed by Caleb Stuhlmuel-

ler who went 2-3. The best hit for the Marlins was provided by Matthew Anderson who hit a hard liner up the middle which was stopped in self defense by Coach Joe Stuhlmueler. Swinging the lumber for the A's was Chance Passmore who went 2-2 along with Sydney Wood who also went 2-2. The A's ended their season with a 6-2 record, the Marlins will finish off their season Thursday night in Brandon.

The Proctor Rangers finished their season with 8 wins and 4 losses claiming the number 4 seed in the major league baseball tournament next week. They squeaked by the Barstow Red Sox 5-4 in an exciting game that came right down to the last out to determine the winner. Barstow jumped out to a quick 1-0 lead in the first but Proctor came back in the second and third innings to go ahead 4-1. Proctor got their winning run in the fifth inning when Zach Bates and M.J. Denis both hit singles up the middle and Bates came around to score on a pass ball. In the top of the sixth a 2-run homerun by Barstow's clean-up hitter tightened the score to 5-4 with 2 outs and a man on third. Two strike outs by pitcher Tyler Carrington and a good defensive play by Zach Bates at second ended Barstow's comeback and cemented Proctor's win. Bates went 2-3 with a double and a single with M.J. Denis and Zach Jalbert also getting singles.

The Rangers played their final season game away at the Rutland Town Thunder field and came up short as the game was called in the bottom of the fifth due to thunder. Proctor gave up 11 runs in the first three innings but were quietly getting back in the game scoring a run here and there closing the gap to 11-7 when the game was called. If a couple of calls went Proctor's way the score would have been even closer. M.J. Denis had a ground-rule double to right center and a single while Zach Bates also had a single.



Killington-Pico Rotary News

by Janina Curtis

Rotarians are business and professional leaders who take an active role in their communities. The primary purpose of Rotary is reflected in its motto: Service Above Self. Rotarians are expected to participate in community service projects, attend meetings, and help sustain membership. Rotary gives its members opportunities to enlarge their circle of business and professional acquaintances, and en-

rich their personal and professional lives by sharing a common focus. Each Wednesday the Killington Pico Rotary Club meets at the Summit Lodge from 6PM – 8PM for a full dinner, fellowship, and a guest speaker. 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 as our guest.

Vermont Flood Disaster Day Town Wide Bake Sale

As I sat pondering how to ask people to once again bake in the middle of summer on the day before the biggest weekend of the year, I felt a "nudge" to do my daily devotions NOW! Opened the Upper Room to 9 June and saw the bible reading, Luke 10: 25-37. There it was, the Parable of the Good Samaritan in which Jesus was asked "Who are my neighbors?"

The answer was loud and clear. They were the tornado victims of Tuscaloosa, Alabama, the members of Ford's Chapel Methodist Church and our neighbors in northern Vermont.

The folks whose houses have been under water for weeks and maybe never to be lived in again, the people who had to be evacuated from the mountainside, the American Red Cross' severely stretched funds, the Salvation Army of Burlington asking for food donations, their funds exhausted and 27 employees laid off because four feet of mud slid into the pressroom of the Times Argus/Rutland Herald.

And so once again, we are asking all churches and organizations to join us in a Town Wide Bake Sale. We need BAKERS, BUYERS and DONATIONS and help would be appreciated.

Bob Williams of True Value Hardware is hosting this event. Please ask your friends and neighbors to join us on this day, Friday, July 1, 1-4pm.

Sponsored by Poultney United Methodist Church. Contact Gertrude Horridge, 287-9498.

Fourth Annual Amateur Photo Contest and Exhibit

Do you have a special place that you like to go? Perhaps a place that inspires you, a place that sparks imagination, or a place you go to relax and dream. Capture the magic of the place in a photo and you might win a prize in the Fourth Annual Photography Contest and Exhibit at the Chaffee Art Center.

You can submit up to three 8 inch x 10 inch photos. The contest is open to amateur photographers only. Each photo must be accompanied by an entry form. Entry forms can be printed from the Chaffee Art Center website: www.chaffeeartcenter.org. The deadline for photos is July 27, 2011.

The photos will be on display at the Chaffee Art Center from August 6 through August 27, 2011. Everyone gets a chance to vote, too! Visitors to the gallery will be asked to vote for their favorite to decide People's Choice award winners. This might be your opportunity to start a career as a photographer – photos from previous year's contests have been used by the City of Rutland, The Mountain Times and the Chaffee Art Center in their promotional materials.

For more information contact the Chaffee Art Center at (802) 775-0356 or email us at info@chaffeeartcenter.org.

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Downtown Rutland



Rutland Report

by Lani Duke

Friday Night Live Begins June 24

Friday Night Live begins its fifth year of livening up summertime downtown Rutland on June 24. The evening begins at 6:15 p.m. with High Peaks Juggling in the person of Eric Geoffrey performing in front of the former Ladabouche Furniture. Rutland mayor Chris Louras and CVPS's Steve Costello shed their beards, grown since the successful Gift-of-Life Marathon Blood Drive and saved for tonight. Local rock band Money Shott performs two sets, with the first beginning at 7:00 p.m. Local businesses and restaurants stay open. Call the Downtown Rutland Partnership, 773-9380, for specifics.

Adding to the excitement of Friday Night Live is the return of The Machine, delivering its Pink Floyd show at 8:00 p.m. in The Paramount. Call 775-0903 for tickets.

Relay for Life begins at 1:00 p.m. Saturday at the Vermont State Fairgrounds. Teams walk through the night, raising money for cancer research and programs of the American Cancer Society. Thanks to all the folks who work on this event each year. This year is Rutland's 22nd relay.

See the annual Summer Members' Exhibition opening reception at the Chaffee Art Center Saturday, June 25, from 5:00 to 7:00 p.m. Featured artists are Joshua Primmer, Patrick Kennedy, and Marian Willmott, plus the Chaffee's Juried Artist Members, with music by John Lyons. Call 775-0356 to find out more.

Students at the Carving Studio and Sculpture Center in West Rutland are learning about the Ancient Art of Mosaics in a class guided by Lizz Van Saurr. Other classes also running at this time are Letter Carving in slate taught by Frank Anjo and Papier-Mâché Sculpture taught by Ruth Hamilton. Other courses coming up teach stone wall construction, the art of the grotesque including gargoyles and greenmen, marble myths, tree sculpture, bronze casting, forging, and more. Call 438-2097 to check out the possibilities.

Sunday is full of music. The Champlain Valley Fiddlers club meets from noon to 5:00 p.m. at American Legion Post 31, 33 Washington St. Listen or dance. Call 771-7122 for details. Walk up the hill to Main Street Park, where the Rutland City Band delivers its weekly concert 7:00 to 8:30 p.m.

See the traveling Patriot Flag between 3:00 and 6:00 p.m. Tuesday, June 28, hoisted aloft by two city fire trucks in front of Rutland's City Hall. It is traveling to 50 states in 50 weeks in commemoration of the 10th anniversary of 9/11.

Grace Congregational Church in Rutland hosts a "Kin Conversations" meeting Tuesday from 6:00 to 8:00 p.m., designed for anyone who cares for "relative" children regardless of age of the caregiver, legal involvement, or caregiving arrangements. Dinner and childcare are provided. Call Gail Lucarino, 747-0490, by June 24 to reserve your spot.

Bring your antiques (other than jewelry) for appraisal by Jim Marquis at 7:00 p.m. in the Wallingford Town Hall, 75 School St. Charges are \$5.00 per item. Proceeds go toward the Wallingford 250th charter anniversary. Get additional info at 446-3560.

Bring your lawn chair or picnic blanket to Main Street Park from 7:00 to 9:00 p.m. and enjoy the music of Rick Redington Wednesday, June 29.

Clarendon Elementary students and staff honored educator Joan Holden and the Oreo principle she promoted. The Mill River Union Middle School principal told incoming students they were the filling while the outside cookies were parents and community supporting them. The celebration dedicated a slate fountain to her, placed in the school's Community Peace Garden.

Carving Studio and Sculpture Center curator Rick Rothrock is looking for 10 artists to create outdoor installations that fit in the West Rutland setting where the CSSC is located. Deadline for proposals is July 22. Find out more by calling 438-2097.

Ethan Allen Express ridership has been increasing, some 24.5 percent in the past year, with a corresponding increase in revenue. The line runs between Rutland and New York City.

Plans are well underway for the Rutland Region Chamber of Commerce's fourth of July celebration. The day includes a flea market and demolition derby, followed by the area's largest fireworks display. Thanks to all the contributing businesses that make this day of fun possible.

The Rutland Downtown Partnership recently announced that animation or motion will become one of the components of the annual Christmas lighting competition, and constitute one-fourth of the possible points in scoring.

Summer Concert Series

City Band plays Sundays June 20 - August 22 from 7:00 - 8:30 PM and also has concerts on Wednesdays from June 22 - August 18 from 7:00 - 9:00 PM. Concerts are held at Gazebo in Main Street Park. Bring a picnic basket, family and friends and enjoy a summer evening of music. On Wednesdays the following groups will be playing:

- 6/22/11 **Chris Beard**
- 6/29/11 **Rick Redington**
- 7/6/11 **George's Back Pocket**
- 7/13/11 **Enerjazz**
- 7/20/11 **Chad Hollister**
- 7/27/11 **Marble City Swing Band**
- 8/3/11 **Proctor Connection**
- 8/10/11 **Satin & Steel**

Summer Sunset Running Series takes place on July 11, and August 8. Registration is held at 5:15PM & races at 6:00PM at Giorgetti Park. A series of three measured & timed 5K runs. No medals, ribbons, or awards. Just come to run or walk for fun with your family and friends. The course is all on trails. FREE T-shirts: For all those who run, walk, or volunteer in all three races get a fantastic T-shirt. The cost is \$6.00 per race or \$15.00 for the series.

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Summer Reading at the Rutland Free Library

The Rutland Free Library invites kids of all ages to join the 2011 Summer Reading Club for June to August, 2011. Reading during the summer is lots of fun and helps keep skills sharp. Membership is easy. Just let us know you wish to join. You'll receive a colorful membership packet. Record the books you read during the summer. Bring your reading record in throughout the summer and receive stickers, ice cream, and a book. Visit the library for craft programs, performances, and great books.

Children of all ages may participate because the reader's record can be used for children who are reading independently or being read to.

Collect cool stickers to decorate your reading record! Bring in your reading record beginning June 27th. Show

us your reading entries and receive a sheet of stickers.

Free books for Summer Reading Club Members! Bring in your reading record beginning July 11th. Show us your reading entries and choose a book for your home library.

Free ice cream for Summer Reading Club Members! Bring in your reading record beginning July 25th. Show us your reading entries and receive a coupon for a free soft ice cream from Seward's Family Restaurant.

End of summer raffle for a fun filled Surprise Ball! Each time you check out books, you may enter your name in the raffle for a surprise ball filled with fun stuff.

Call the Library for more information at 802-773-1860.

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View From Ludlow

by Ralph Pace

Ludlow May Be Re-districted Into New Legislative Seat

If the Republican and Progressive members of the state legislative redistricting commission have their way, Ludlow will find itself in a new house seat district in Montpelier. According to the proposed draft redistricting prepared by (and apparently agreed to) Republican-Progressive draft, Ludlow would be removed from the current RW-1 district that encompasses Ludlow, Mt Holly, and Plymouth. The new proposed district would include Ludlow, Plymouth and Cavendish (which also includes Proctorsville).

The redistricting is required based on the results of the 2010 Census.

Both the current incumbents representing RW-1 and Cavendish-Weathersfield house districts, Dennis Devereux of Mt Holly and Ernie Shands of Weathersfield, would be impacted if the proposed redistricting were to be enacted.

No decision has been finalized by the commission; they are now beginning an evaluation of Senate districts. Currently Windsor County has three Senate seats in Montpelier. The commission's final recommendations must be approved by the legislature prior to redistricting taking effect.

Ludlow's semiquincentennial (a big word for 250th) anniversary committee is fast developing plans to celebrate this significant occasion. Plans will call for a two day celebration starting on Friday, September 16 (the actual date of incorporation) with ceremonies at the gazebo in Veterans Memorial Park; the following day, Saturday, September 17 will feature a parade, band music, a block dance and bbq, and a movie honoring the event provided by FOA (Friends of Ludlow Auditorium). While details still need to be worked out, it appears that the general outline of the celebration is well-defined. The anniversary committee will meet on Wednesday, June 22 at 8:30 AM in the Town Hall conference room.

Work on bridges in the area seems to be contagious. With the closure of the two Chester bridges on Rte 103 – and the corresponding detour requirement via Springfield, traffic on Rte 103 has been significantly altered as well as the obvious impact on area businesses. At the same time, Ludlow is in the process of repairing the Dorsey Park bridge, requiring a by-pass detour of a good portion of Pond Street.

While area schools may not be in session for the summer, the two prominent school supervisory unions in the area – Rutland Windsor and Windsor South West – are in the process of preliminary discussions about either a merger of the two unions and/or improved means of combining educational services and purchasing to reduce overall costs. It should be interesting to see if these two supervisory unions can achieve what others in the state have failed to realize: to wit, a voter-approved

proposal impacting both unions.

The core of the discussions between the two unions will center on 1, the position of the mountain towns in WSWSU and 2, the creation of a single supervisory union by June, 2013. Any decisions reached by the two unions will have to be approved by the state board of education and, presumably, the voters in both districts.

Ludlow Merchants have been doing a really great job trying to raise funds for a July fireworks program, in keeping with Ludlow's long tradition of fireworks on the Independence Day. Recently they added to the fireworks revenue with a "Meatball" Spaghetti dinner at the Ludlow Community Center. They were able to convince a large number of area chefs to submit their respective versions of what a "real" meatball should taste like in the process. The effort added \$400 to the fireworks account.

Springfield Medical Care Systems has announced that it plans to open a new Ludlow Dental Clinic on June 20. This will add to the healthcare support in the Ludlow area now provided by the Ludlow Health Center on Elm Street. The dental clinic will be located at 8 Main Street in Ludlow, the site of the former health care center.

Black River Academy Museum (BRAM) will finalize its fund raising for the elevator equipment in its new wing on Saturday, June 25 with a dinner and silent auction at Epic Restaurant at the Solitude Lodge at Okemo Mountain Resort. The event starts at 6 PM and will feature a large variety of items in the auction. Included in this will be two villas in Tuscany, a New York City apartment on Central Park West, and many, many more items. For information, call 802-228-5050.

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

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Dear Editor,

Fifty years ago, June 2, 1961, Pittsford High School celebrated its last graduating class. During that same year, our high spirited school Basketball Team won the ONLY State Championship for Pittsford High.

The following year Otter Valley Union High School formed, with Pittsford and Brandon being the nucleus of a new Union High School.

The Class of 1961, Pittsford High School is holding a reunion on the first weekend of July. Several events are Class Members only, however we are having a social hour (5:00 pm) and dinner (6:30 pm) on Saturday the 2nd of July at the Proctor Pittsford Country Club. We have had several members of other classes express interest in attending.

At this time we invite other graduates from Pittsford High School who would like to attend either the social hour or dinner to contact us. If you would like to attend please email Charlie Patch (Charles.patch@myfairpoint.net) or Class President, Royal Barnard, at (RBarn64850@aol.com) so proper planning can be accomplished.

Charlie Patch-Reunion Committee
Royal Barnard, Class President

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Lakes Region News

by Lani Duke

Summer's Here... Music, Hikes, Tag Sales!

Enjoy the wonders of the night sky with the Green Mountain Alliance of Amateur Astronomers at Hubbardton Battlefield State Historic Site, 5696 Monument Hill Rd., Friday, June 24, from 8:00 to 10:00 p.m. Call 273-2282 to confirm the evening.

Troll for treasures at the Castleton Town Wide Yard Sale Saturday, June 25, from 9:00 a.m. to 3:00 p.m. Tables are set up on the town green and both sides of the road at the Castleton Community Center. Call 468-3093 for details.

Pawlet also boasts a special day of sales, the Historical Society's tag and bake sale from 8:30 a.m. to 12:00 noon at the Pawlet Firehouse on VT 133. (Bring in your donations—but no clothing -- the day before from 8:00 a.m. to 7:00 pm.) Buy tickets on a blanket chest made by Pawlet cabinetmaker Gregg Gawlik; the drawing is during the town's 250th charter anniversary celebration Saturday, August 27. To ask about the tag and bake sale, call Steve Williams, 645-9529.

Before you head home with your trunk full of treasures, stop by the Hubbardton Battlefield for a vigorous guided hike on part of the military road from the Battlefield to Mount Independence, led by site interpreter Carl Fuller. Wear sturdy shoes and bring water to participate in the 2:00 to 5:00 p.m. excursion that notes the 235th anniversary of beginning construction at Mount Independence. Call 273-2282 for details.

Strawberries dominate the conversation and appeal of the 36th annual Middletown Springs Strawberry Festival Sunday, June 26. You might think the focus is all the tangy red, low-growing fruit, made into the proverbial shortcake, topping homemade biscuits by Best Moon Catering, plus vanilla ice cream and whipped cream. Local artists show their work too, while Paul Morgan and Friends add acoustic music to the afternoon. Call Jon Mathewson, 235-2561, for specifics.

Check out the view from Birdseye Mountain with the hiking group from Castleton Community Center on Tuesday, June 28. Meet at the CCC at 9:00 a.m. to carpool to the trail for the four-hour hike, rated moderate to difficult. Call 468-3093 to confirm if rain seems imminent.

Rest yourself on the Castleton Green while you listen to the music of Annie and the Hedonists, an eclectic group of seven with occasional guest musicians who range musically across the acoustic spectrum, including blues to bluegrass, labor ballads, gospel, and early jazz. The concert is Tuesday night at 7:00 p.m., adjourning to the tent on the Castleton campus lawn if a downpour begins.

Join up with the Haystack Hustlers Seniors for a noon-time pot luck picnic at Lake St. Catherine State Park. Bring a dish to pass or other picnic edibles plus a beverage; the group provides meat to grill, rolls, and condiments. If you don't have a State Park pass, pick one up at the Town Clerk's office. On the way home, the group plans a stop at Earth & Time Studio & Gallery. In case of rain, the picnic is in the Pawlet church. For more info, call Phyllis Mason, 325-3196.

The Castleton Community Center celebrates all June birthdays with a celebratory meal of beef-and-cheese

lasagna, Italian bread, green salad, and birthday cake on Wednesday, June 29. Make your reservation by 10:00 a.m. Monday, June 27, by calling 468-3093.

Meghan Hill, Darian Frank, Megan Wooster, and Kyle Gearwar were among the Fair Haven Union students from Benson who recently received scholarships to further their academic careers. Meghan received the \$1,000 Benson Community Awareness scholarship given to one senior, boy or girl, heading for college and the H. Glenn Monger scholarship, given to the senior boy and girl with the highest grade average; FHUHS valedictorian Kyle received the boy's Monger award. Darian received two awards, the Eaves Memorial scholarship and the Bertha Franke scholarship. Megan also received the Eaves award.

The Benson Veterans Honor Roll committee is looking for new names to add to the memorial. Call Sue Brown, 537-4474, with names or questions.

Did you know Benson has a local Bone Builders group, meeting from 9:00 a.m. to 10:00 a.m. in the Community Hall every Monday and Thursday? The Community Hall also hosts a weekly play group for children 0 to 5, from any town, every Wednesday, 9:30 to 10:30 a.m., courtesy of the Rutland County Center.

The Tinmouth Community Fund provides no cost swimming list to town children at Elfin Lake in Wallingford, Monday, June 27 through Thursday, July 7. For info or to register, call Jenn Rocque-Tiff. 558-1061.

Thanks to community supporters Phyllis Gillotti, Brown's Auto Salvage, Bella McKnight, Dorothy Biting, and Dorothy Webber who donated to help the Benson eighth graders go to Washington DC before school let out.

The Tinmouth Summer Reading Program begins Friday, June 24, at 11:00 a.m. at the town library. Marshall Squier is the story teller, spinning tales appropriate for children of all ages. The library also has two new theme bags, one full of books on dinosaurs, the other on Arctic animals.

Help celebrate Tinmouth's 250th birthday, September 17 and 18. You still have plenty of time to volunteer. Call Moe Burden, 446-2549, or Matt Patry, 446-2689, to help organize the fun.

A garden tour "Beyond the Fence" from 10:00 a.m. to 2:00 p.m., Saturday, July 9, benefits the Middletown Springs Public Library. Call 235-2435 for details.

Thank you to the Castleton State College Nursing Class of 2011 for donating an Automated Electronic Defibrillator to the Castleton Community Center earlier this spring. Both Center director JoAnn Reilly and activity director Laurie Knauer are certified in its use.

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Strawberry muffins. Raspberry muffins. Blueberry muffins. Aha! Some things just go together. The Victory Garden concept for blueberries is to grow an abundance of fruit in a minimal area. Our blueberry grove is only four feet by eight feet. There are only eight plants in the grove. They will out live you, if done right.

Blueberries need full sun all day. The soil pH is very acidic, 4.0 to 5.0 on the pH scale. Guess what. Your soil is not suitable for blueberries. TEST THE SOIL! Typical Vermont soil is going to be between 6.0 and 7.5 pH. It will take a quarter pound of sulfur to lower the pH by one point.

Step one is to locate the best area for the site. It should not be near the bottom of the land, as cool air will pool at the bottom of a hill. Mark out the four foot by eight foot area with fence posts set every four feet. You will be hanging bird mesh from these posts. Setting the posts four feet high is enough.

Remove the sod. A Bobcat® is handy. Maybe your neighbor has one. Broadcast a five-gallon pail of coffee grounds over the area. Add the sulfur as required. Broadcast some cracked corn. Cover with at least four inches of peat moss. Cover the peat moss with a sheet of plywood, wrapped in plastic. Anchor the plywood with concrete blocks. You may now cool your heels until next spring, when you uncover the plot. You may have to rototill lightly, but often the worms have done that for you.

Build a two by eight pressure treated frame around the plot. Divide this into eight two by two sections. Study the plant catalogs, choosing eight blueberries. Plant one in each section. Mulch with four to six inches of a peat moss and sawdust mix. Muffin recipe on request.

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

Your "Federal Reserve" System

by Royal Barnard

One of the most insane misunderstandings is that America's "central bank" which calls itself the "Federal Reserve" is somehow associated with the "Federal" government. It absolutely is NOT.

This is a travesty, because the "Federal" government has virtually given up all power to print money, regulate banks, control interest rates, and manipulate monetary policy... given up all this power to a private, for-profit, corporation.

"The Fed" as it calls itself, is 100% owned by private banks. It has a net worth of \$1 trillion or more. It can literally create money through its "open market" operations, "margin requirements" and "overnight lending."

Here's how it works. If you're a banker, you're allowed to take deposits and to lend money. Part of your money you must deposit with the "Fed" as a "safety" measure to insure that you have some liquidity. This is called the "reserve ratio." At the moment this is under 2%.

So.... if you have \$1,000 in bank deposits you can loan up to \$50,000 and be "legal." Think about it. You have \$1,000 which you're paying depositors less than 1% interest for (annual cost to you \$10) and you can loan out \$50,000 at say 6% (annual income \$3,000). This is "creating money." There's \$1,000 in the bank, but it got made into \$50,000. Nice deal, huh... and just for fun, do the math on the same bank lending poor people credit card money at 25%.

This is the reason that the US Government gave up having silver or gold backing our currency. If we did, you

couldn't get away with lending \$50,000 when you only have \$1,000. Not to mention the fact that we gave up having "real" government backed currency to allow the super wealthy to own our money, to own us, and to play this game.

The alternative, we are told, is that there wouldn't be money to lend. That businesses couldn't get loans. That

consumers would starve to death. This is crap.

What would happen is that the true source of wealth... those who work hard and save... would be rewarded for their efforts, instead of giant banks making enormous profits because they "belong to the club." The "Fed" loans them money at almost 0% interest; lets them loan out 500 times more money than they really have; and pretends that they



"regulate" the banking industry, and that they oversee fraud and deception.

At the same time, the "Fed" handed off the job of "insuring" bank deposits to the real "Federal Government" through the FDIC. Which means, that if the "Fed" overdoes it and banks fail, they are in no way responsible. The "losses" will be born by you and me through the Federal Deposit Insurance Corporation..... which IS the Federal government.... huh? Is this real?

Yes it is.

And worst of all.... The Wall Street "derivative" producers make the "Fed" look tame. These fellows create money out of absolutely nothing. They take advantage of hundreds of "betting" mechanisms in the securities markets that allow them to "naked trade" or sell stuff that they don't have a penny in.

When will we end this?

The "Fed" is the best kept secret in America. It hides behind a false front of non-existent government ownership and control, and monopolizes and removes the opportunity for hard working Americans to earn well deserved income from their savings.

A private corporation has no business running the American currency markets and monetary policy. If you attack them you will find yourself standing in your underwear, because they will bury you. You will not find a politician who will offer you a bath robe. Your bank and credit card company will squeal "foul" at the notion that you need to be paid a real return on your savings account.

This is the real problem with the American economy. Smoke, mirrors, deceit, corruption and outright greed. Do you now understand "The Fed?" Are you sick of being screwed?

The Mountain Times



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Home & Garden

Poison Ivy

by Dr. Leonard Perry, UVM Extension Professor

Whether you garden, or just go hiking along country roads and in natural areas, you should be familiar with poison ivy. Pets, and in particular dogs, that run in natural and overgrown areas also can bring the oil of this toxic plant back on their fur to share with you. While animals aren't sensitive to poison ivy, you may be one of the 85 percent of people that are allergic to this groundcover and vining plant, which you already may have discovered by accident.

"Leaflets three, let it be" is a phrase you may have heard, referring to the three leaflets of this common plant in eastern states (as well as the poison oak which is more common in the northwest and southeast states). The leaflets of poison ivy which are up to several inches long, rather oblong and with pointed tips, shouldn't be confused with the weedy box elder small maple tree (its leaflets have more pronounced indentations). Nor should you confuse it with another common vine, the Virginia creeper, with five leaflets.

Poison ivy can be an attractive vine, growing on the ground or up trees. Early spring growth is reddish, fall growth can be various shades of yellow to orange. Rather inconspicuous greenish flowers in early summer lead to white, waxy berries in late summer. It's these berries that birds eat, spreading their seeds and so the plants. Plants also spread by underground roots.

You should notice the woody stems as well, having aerial rootlets giving the overall appearance of a fuzzy rope. Some gardeners, clearing out vines in the fall after leaves have fallen, end up tangling with this and its sap by mistake.

When the plant surfaces are brushed against by person, animal or object, the toxic oil (urushiol, pronounced you-ROO-she-all) is released. This causes the usual skin rash that develops in a few hours to several days. The rash may have streaks, the skin itches (but resist scratching), and rashes often swell creating watery blisters. Although painful at first, rashes will go away in a few weeks with the pain and itching going away sooner. Rashes spread only by the active oil from the plant, not from touching the rash or blisters and fluid they create.

Some don't get this rash the first time they're exposed to poison ivy; others need a high concentration for symptoms to develop; a few are lucky and are immune.



Sensitivity varies with several factors—thicker skin (palms of hands) is less sensitive than thinner skin (faces); hairy or dark skin is less susceptible; a person sweating is more susceptible. Children become susceptible by age 3, and are quite susceptible by age 12.

Obviously the best control is to avoid this plant. But if you do find you've brushed against it, wash the oil off with soap and water as soon as possible—ideally under 10 minutes after exposure. Make sure to clean under fingernails. Cold water is best (it doesn't open up skin pores as does hot water), and alkaline soap is said to break down the oil more effectively.

If just a small amount of oil is on the skin, and you're not near a sink, use one of the several creams available from drugstores containing hydrocortisone. (I like to carry a tube in my gardening tool kit for exposure to this and other plants such as stinging nettle.) Other treatments for mild rashes include antihistamine pills, placing cool wet cloths on the infected skin, taking a cool shower, or taking a lukewarm bath with baking soda. Once you've washed up or treated the rash, wash all clothing (separately from others) and tools or objects that also may have touched the poison ivy. The oil can remain on objects, and so cause problems, for many years.

If you've contacted much poison ivy without knowing, or are one of the few to develop severe symptoms, contact a doctor or poison control center immediately (800-222-1222—a good number to have handy on the fridge or by your phone). Severe symptoms include extensive rashes, rashes on the face or tender areas, fever, or signs the rash is becoming infected. Prescription medicines are available for severe cases. If you have problems breathing and swallowing, go to an emergency room at once.

To get rid of this plant in landscapes, make sure to wear long sleeves and pants, gloves (heavy duty vinyl or nitrile, not cloth or rubber which the oil can penetrate), and even face protection. If your dog has played among the ivy, use such gear too when giving the bath. Pull roots from the soil or they'll resprout. Herbicides can be used, just make sure to get the correct ones and follow all label directions. Above all, make sure not to burn poison ivy, or even wood and firewood that may have the vines attached. The oil can be carried by the smoke, causing major eye and respiratory problems.

Beware of Community Compost

by Joe Lamp'1

The value of compost to a garden can't be overstated. It opens dry, compacted soil to moisture and air, improves the drainage of wet soils and keeps soil pH at the right levels to make nutrients easily available to plants. It enhances soil structure to encourage strong roots, and acts as a buffer to some toxins.

Don't let your enthusiasm for compost get the better of your gardening judgment and common sense. In efforts to promote reusing garden wastes, and reduce landfill burdens, many municipalities have started community garden-waste-recycling programs with either voluntarily or mandatory participation.

In the best case, the return is access to a low-cost or free finished soil amendment. In my town, I've used this program extensively and with great success. But while using a city's garden wastes to generate huge amounts of compost seems like a good thing, there are some important things to consider.

Many programs aren't selective about the quality of their recycling -- they collect large amounts of commercial debris on top of neighborhood scraps. Cuttings from campuses, shopping centers, city parks, industrial complexes and who-knows-where-else routinely get combined with your simple weekend bag of lawnmower clippings and leaves. These landscape leavings are often treated with large amounts of chemicals that aren't available to the homeowner, but make their way to perennial beds and vegetable gardens through community compost. Unfortunately, the life of many of these synthetic chemicals lasts well beyond the conversion to compost. As an organic gardener, that won't work in my garden.

Other undesirable ingredients that can make their way into community composting operations include meat waste, raw animal manure and domestic dog and cat feces. All carry pathogens that can infect humans. They have no place in garden compost. The spores of the *Aspergillus fumigatus* fungus are also common in these compost heaps and can cause allergic reactions and severe breathing problems for those with asthma and immune-system disorders. Some cities or county operations also incorporate sewage sludge into community compost.

Weed and other invasive seeds can also easily slip into the finished product, since it's difficult and labor-intensive to keep large compost piles consistently hot enough to kill them. Legal requirements for nutrient-analysis labeling vary from place to place, if there are any at all.

Simply put, there many unknowns in community compost, so be aware of the issues before using it in your garden or landscape. It's best to check with local officials to find out just what goes into their compost.

Get your own compost project going on a more human scale. There's no trick to composting. When organic materials are piled together, bacteria start to feed on the soft, tender items. The pile heats up until microbial activity starts to slow, when you turn the pile to allow more air in and add more organic material. Fungi and other soil critters break down the larger and tougher items.

Make sure the heap has a volume of at least 1 cubic yard. This provides enough mass to let the pile heat up enough to kill weed seeds and pathogens. A well-turned, hot pile can produce good-quality compost in as little as three months. Shred everything well.

Bottom line: If you want the many benefits of rich, dark compost for your garden, and the peace of mind of knowing it's safe and healthy for you and your plants, keep it close to home and make it yourself.

ASK THE HOME TEAM

Efficiency Vermont's home energy experts



Question. We're going to be buying some major appliances this summer. We're looking for energy-saving models, so we could use your help. We know that you recommend ENERGY STAR® appliances, but what about machines that have the yellow Energy Guide labels? What's the difference between them?

Answer. That's a great question. Both of those labels are there to help you save energy. The ENERGY STAR label indicates that a product exceeds federal standards for energy efficiency. Just about every major manufacturer makes products that have earned the ENERGY STAR label. As for the yellow Energy Guide, it appears on almost everything that uses any kind of energy, to give you an idea of how much it will cost to operate that product.

The first label to look for is the ENERGY STAR, to ensure that you're looking at the most energy-efficient models available. Then, you can compare these models' individual energy uses by reading the yellow Ener-

gy Guide. This will show you the national average cost of an appliance's energy in a year. To estimate your own costs, multiply the fuel units (gallons, therms, or kilowatt-hours) by the rate on your utility bill that you're charged per unit. With this information, you'll be able to compare models and make an informed purchasing decision. While you're at the store, don't forget to ask about Efficiency Vermont's rebates for select ENERGY STAR qualified appliances.

- 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/askthe-hometeam or call, toll-free, 888-921-5990 to speak with a customer service representative.

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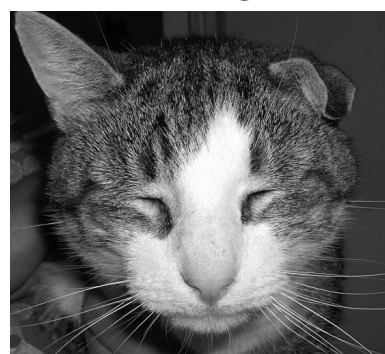
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Paws & Claws

Springtime Safety Tip:

Did you know the most common injuries in pets are lacerations/bite wounds? The key in prevention is to spay or neuter your pet, as well as understanding pets' perception of territory, the main source of all conflicts. Prevent encounters between your pet and wild mammals including raccoons and coyotes. Your pet's bite wounds might require stitches, bandaging and/or antibiotics in the case of infection. If in doubt about treatment or if it is a seriousness wound, call your veterinarian. Keep in mind that a wounded animal might be much more aggressive and unpredictable when in pain. Take precautions, particularly when inspecting any wounded area of your pet's body.

Springfield Humane Society Pet Feature



HELP! They are coming in fast and we have no more room at the Inn. Please consider adopting a cat or kitten. We have a few adorable Kittens and lots and lots of gorgeous adult cats. Lucky, shown here is an example. He is delightful and a favorite of

school kids who visit. He is 5-ish and has an engaging personality along with the character of his crinkled ear. He gets along famously with other cats, loves kids and adults both. A purrrrrfect companion! Help us out—help the cats out—and mostly help yourself out with a wonderful new friend.

Call the Shelter at 885-3997 or stop by Wed-Sat noon-4:30 – best friends meet at 401 Skitchewaug 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!



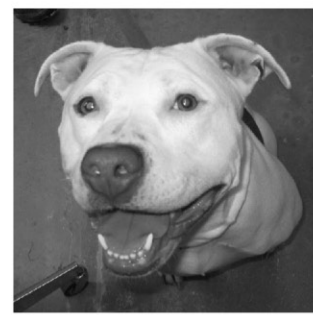
CLEO - 11 month old. Spayed Female. Pit Bull. I am a happy cutie pie who enjoys playing and knows SIT and DOWN. I am excitable and love a good squeaky toy, as long as you are playing with me!



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.



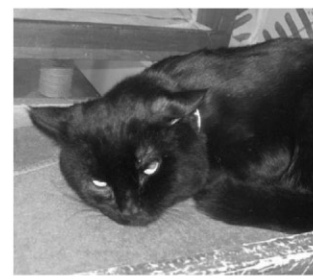
CARMEN - 5 year old. Spayed Female. Pit Bull. I'm a playful cutie pie and I especially love tennis balls! They're my favorite and I can catch them in mid-air! I'm a tail waggin' gal who loves to retrieve my toys.



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.



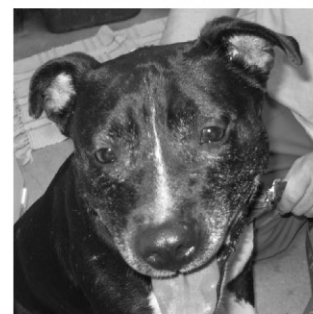
KYO - 2 year old. Neutered Male. Domestic Short Hair Black. I am a beautiful black kitty with gorgeous gold eyes and I'm very sweet. I need lots of love, patience and a quiet home.



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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RealEstate

Underwater Home Might Need Renovation To Sell

courtesy Scripps Howard News Service

Your home is worth less than you owe on it, and you need to sell. So what to do? Instead of skipping town, consider fixing it up.

Pumping more money into a home that's financially underwater may seem like an act of madness. Even sweat equity may seem like a misuse of time better spent putting in overtime or writing a new resume. But in some cases, a few thousand extra spent to liven up a dull kitchen or dingy bathroom could make the difference between a home that sells and another that doesn't.

No one-size-fits-all when it comes to deciding whether to put more money into an underwater home or simply cut your losses. The answer may depend on where you live and how submerged your home is.

Some factors to consider:

-- How far underwater is your home? One good indicator is how far home prices in your market have fallen from their peak. In some markets prices have dipped, but they are still within striking distance. Prices in the Boston area are off roughly 20 percent, while in Denver they're down just 10 percent.

In other cities, prices have plunged to such depths that even a renovation that boosts value by 20 percent won't cut it.

In Las Vegas, where prices have fallen by nearly 60 percent from their peak, that would still leave you 40 percent down.

-- Are you in a fix-up market? Some markets are fix-up markets. High-priced urban markets in the Northeast, such as Boston and New York, have an



abundance of older homes, many needing work. For buyers already stretching to buy a 1940s colonial or a 1950s Cape, a drab bathroom in need of repair may be the last straw. Spending a thousand or two on some modest renovations --

or in special cases, even adding a bathroom -- could snare a buyer and fetch a better price.

"If I am in a town where people expect two-and-a-half bathrooms and my house has one-and-a-half bathrooms, you need to understand a lot of people are going

cabinets and putting in new countertops -- especially if you have old Formica that's showing years of abuse, says Jim Hamilton, vice president for the National Association of Realtors' Region 13, which covers California, Hawaii and Guam. No need to go crazy with granite. Think hard before doing a gut-and-rehab.

-- Finally, what is your financial state? If you are doing fine but got transferred to a new region, then a modest investment in time and money might make sense. For that matter, if you're in a market where prices are off 20 percent, but you plan to stay in a house for the next decade or two, build away.

But if you are falling behind on your mortgage and trying to do a classic short sale, you might want to limit your investment to sweat equity. "If the bank is going to take your home anyway, the more you put in the less you are going to get out," Hamilton says.

The 30-year fixed-rate mortgage, considered a bellwether home loan, rose 6 basis points to 4.71 percent from 4.65 percent. It was the first time the 30-year fixed mortgage had increased since the April 6 Bankrate survey.

Other mortgages followed a similar pattern. The 15-year fixed mortgage climbed to 3.86 percent, up 7 basis points. A basis point is one-hundredth of 1 percentage point. Another fixed-rate product, jumbo mortgages, which generally are those for more than \$417,000, hit 5.2 percent, up 1 single basis point.

Adjustable-rate mortgages also went higher. The benchmark 5/1 ARM averaged 3.4 percent in the latest Bankrate survey, up from last week's 3.35 percent. With a 5/1 ARM, the rate is fixed for the first five years and adjusted annually thereafter.

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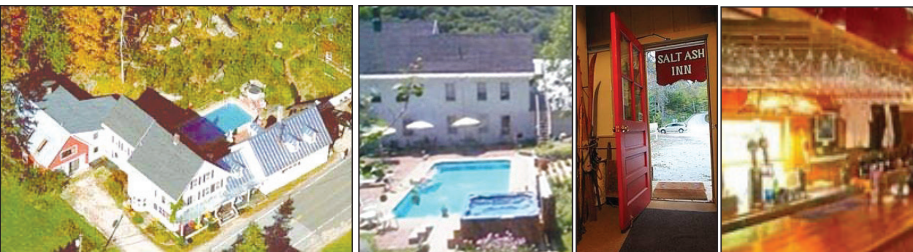
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Beautiful Renovation
On Interior & Exterior!
2 Bed / 2 Bath \$215,000.



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.

CONDOS

MARNI RIEGER - BROKER/OWNER

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<p>BETWEEN SNOWSHED & BEAR MTN</p> <ul style="list-style-type: none"> • 2BR+LOFT+DEN+REC RM • Wood burning fireplace- Decks • Paved parking - gas heat - \$349K 	<p>DUPLEX OR LARGE HOME</p> <ul style="list-style-type: none"> • 3BR/2BA per side, turn-key • Upgraded - wd burning fl/places • Open Floor plan \$339K 	<p>PASSIVE SOLAR GAIN</p> <ul style="list-style-type: none"> • Killington 2BR/2BA + Den • Open floor plan, new appliances • Economical utilities \$240,000 	<p>SOUTHERN EXPOSURE-PICO VIEWS</p> <ul style="list-style-type: none"> • 3BR/3BA - Gas heat - 1 Ac • Master BR/BA with whirlpool • Flat access \$349,000
<p>NEAR VAST TRAILS</p> <ul style="list-style-type: none"> • 2BR - 1.5 BA - Oil Heat • Bridgewater- Annex Bldg. • Open Floor Plan - \$154K 	<p>ON VAST TRAILS</p> <ul style="list-style-type: none"> • 3BR, 2.5 Acres-Garage • Radiant Heat-Tweed River • Large out bldg. \$349,900 	<p>GREAT TRAIL VIEWS</p> <ul style="list-style-type: none"> • 3BR 4BA+den+Mudrm, 3Ac • large kitchen, indoor whirlpool • 2 master suites w/flplaces \$399K 	<p>MOVE-IN CONDITION</p> <ul style="list-style-type: none"> • 3BR/2BA - 1 Ac- Oil Heat • Outdoor Hot Tub- Pico Views • Community Water Sys \$235K

CONDOMINIUMS		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 Fall Line (P)	\$110K	\$245K	\$183-\$198K	
Highridge (P)(T)	\$130-\$139K	\$175K		
Trail Creek w/loft (P)	\$180K	\$275K		
Whiffletree (P)(T)	\$75K	\$114K	\$179K	
Shuttle				
Mtn Green (Bldg 1 & 2) (P)	\$46-\$58K	\$85-\$99K		
Mtn Green (Bldg 3) (P)	\$50-\$79K	\$109K		
Pinnacle (P)(T)			\$205-\$230K	\$370-\$400K
The Heights (NEW) w/oversized garage (P)(T)				
The Woods - Village Center (P)(T)		\$149K		
Close Drive to Slopes				
Hemlock Ridge (P)(T)		\$148K	\$180K	
Fox Hollow (P)(T)		\$199K		
Glazebok Townhouse (P)(T)			\$239-\$249K	
Colony Club Townhouses (P)(T)				
Killington Gateway (P)(T)	\$99K	\$110-\$149K		
Moon Ridge T/House (P)(T)			\$200K	
Northside (P)(T)		\$189K		
Valley Park (P)(T)		\$99K		
Silver Birch (P)(T)		\$125K		
Mendon Square (P)(T)	\$65K			
Telemark Village (P)(T)		\$325K		

<p>CHARMING CAMP!</p> <ul style="list-style-type: none"> • 2BR+loft-1BA - 1 1/2 Ac • Winterized, yr-rd use • Expansion Potential \$129K 	<p>2BEDROOM/2 BATH SUITES</p> <ul style="list-style-type: none"> • Indoor hot tub room • Den with Bath - Mtn Views • Stone Fireplace \$390,000 	<p>BETWEEN KILLINGTON & RUTLAND</p> <ul style="list-style-type: none"> • 4BR/3BA+LOFT, Rec Rm • Privacy-Deck-Master Suite • Cathedral- Efficient- \$278K 	<p>FINELY CRAFTED</p> <ul style="list-style-type: none"> • 3BR/4BA custom home • Radiant Heat - walkout lower • cherry & tile flooring \$799K
<p>POST & BEAM</p> <ul style="list-style-type: none"> • 4BR/3.5BA, 4.7 Ac, landscaped • Open floor plan, pond • Mom in-law apt. \$449,000 	<p>GRIST MILL AREA</p> <ul style="list-style-type: none"> • 5BR, 4BA Furnished, A/C • 9ft ceilings, outdoor hot tub • 2-car o/sized garage \$699,900 	<p>NEXT TO GOLF COURSE</p> <ul style="list-style-type: none"> • 4BR/2BA -large Master • Spacious & Light Kitchen • Paved Driveway \$359,000 	<p>PASSIVE SOLAR GAIN</p> <ul style="list-style-type: none"> • 4BR/3BA + 3.5 car garage • Solar design, loft/den, Paved driveway • Midway Rutland/Killington - \$450K
<p>POST & BEAM</p> <ul style="list-style-type: none"> • 3Br 2.5Ba - 3 stall Barn+loft • Killington 22Ac, stone firepic • Post & Beam \$499,000 	<p>New Luxury Town Homes</p> <ul style="list-style-type: none"> • Starting at \$369,900 • 3BR / 3BA - 2200 sq ft • Townhome, Oversized Garage 	<p>LOG HOME</p> <ul style="list-style-type: none"> • 2-3 Bedroom, 1 bath • 4 mi. to Killington Rd • Wood floors \$278K 	<p>EXQUISITE RETREAT!</p> <ul style="list-style-type: none"> • 3BR/2.5BA w/guest suite • 2 Stone fireplaces,loft, wine cellar • Overszd 2-car heated garage.\$689K

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EDGEMONT CONDOMINIUM Enjoy lovely year-round views from this nicely appointed & furnished 2-level, 3-BR condo w/wood-burning FP. Ski home, winter shuttle bus. REDUCED TO.....\$198,000 \$160,000



WOW! Over 2,600 feet of living area on 3 levels in this 3+BR, 3.5 Bath Winterry Town home. Quality throughout. Great Killington location with views. Private hot tub. Beautifully furnished & appointed. PRICED TO SELL.....\$425,000

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CHARMING KILLINGTON FARMHOUSE 4 BRs, 3 BAs, New roof, windows & electric service. Midway between K-1 and Skyship. Fully furnished. Price reduced to sell. EXCLUSIVE.....\$99,000



WHY RENT ANYMORE? This 2-BR 2-Bath home is a great starter home or ski hideaway. 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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KICK OFF SUMMER WITH UNITED WAY DAY FRIDAY, JULY 1.

Enjoy an afternoon of FREE activities at the Pico Mountain Adventure Center, including the Alpine Slides, climbing wall, the Pico Power Jump and mini golf with a \$10 donation to the United Way of Rutland County. In addition, donate \$10 at Killington Resort and experience lift serviced hiking and mountain biking via the K-1 Express Gondola from noon to 5:00 p.m.

Also, Killington Resort and Pico Mountain will donate \$10 from every Adventure Center and mountain bike season pass purchased on Friday, July 1 to the United Way. Adventure Center season passes start at just \$79 and Killington mountain bike season passes are \$159 and include unlimited access to Killington's Kona "Groove Approved" Mountain Bike Park.

The Pico Mountain Adventure Center will be open daily from 10:00 a.m.-5:00 p.m. on weekends and 11:00 a.m.-5:00 p.m. on weekdays. Killington Resort will operate 10:00 a.m.-5:00 p.m. daily.



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