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Volume 40, Number 27

Central Vermont's Premier Weekly Newspaper

July 7-13, 2011

GENERATION Y

The Wormy Apple

As all bibliophiles know, world literature is as diverse as the world itself. Yet there is one inescapable commonality in classic fiction, from the middle of the 19th century onward. Here is the truth, once and for all: every important book is about adultery.

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LOCAL

E-waste Recycling Program

On Friday, July 1st, Vermont's new electronic waste (e-waste) recycling program will begin, providing free recycling of e-waste to residents, charities, schools, and small businesses.

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LOCAL SECTION

Regional News

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

PAGES 17-23

GOLF

Killington Junior Golf Championship

144 junior golfers will try their luck in at the Killington Junior Golf Championship from July 11-14. Promising junior golfers, ages 12-18, who will represent 17 states, Canada, South Korea and Venezuela.

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Something to R.A.V.E. About!



32nd Annual R.A.V.E. Car Show and Flea Market

The Rutland Area Vehicle Enthusiasts (R.A.V.E.) is pleased to invite everyone to attend their 32nd Annual Car Show and Flea Market on Saturday, July 9 and Sunday, July 10, 2011 at the Vermont State Fairgrounds in Rutland, Vermont. As a result of tremendous community support, exhibitors, sponsors, trophy sponsors and member support of the Rutland Area Vehicle Enthusiasts' Annual Car Show and Flea Market, RAVE will be making donations from last year's fantastic show totaling over \$5,000 to several area non-profit charities on Sunday, July 10 at 1 p.m.

There are many events planned for this years show, including the car corral, large assortment of flea market vendors, retail vendors, food vendors, music, door prizes provided by many local businesses, live radio remotes provided by 101.5 The Fox and 94.5 The Drive, a model car contest on Sunday only, sponsored by Replicarz - this contest always brings some incredible talent to the Vermont State Fairgrounds. NEW THIS YEAR - kid's coloring contest! Tony's Mobile Sound Show will provide MC services throughout the show weekend this year. NSRA Safety Inspectors will be there throughout the

weekend to do a safety inspection of your vehicle. There will be a car cruise that leaves the Fairgrounds Saturday afternoon at about 4:30 p.m. This cruise will take participants on a scenic tour of the area. The 50/50 raffle that will take place at the show will benefit the Open Door Mission (80% of those helped at the Mission are Veterans) and Camp Ta-Kump-Ta (summer camp for kids with cancer). There will be one drawing on Sunday afternoon, with tickets being sold all weekend.

The Holiday Inn of Rutland is the Host
 R.A.V.E., Page 2

Boating Season

by Royal Barnard

Traditionally, early Summer marks the beginning of the boating season. It can be very pleasant in your boat on a warm Summer day, and on many Vermont lakes the only serious population you'll see are natural wildlife enjoying the day along with you. This is absolutely the most pristine and beautiful time of year to be boating.

Lake and river flooding have been a severe problem in 2011. When waters rise significantly above banks they cause fresh debris to float up and into the main body of water in above normal quantities. This is a BAD year for debris. Be very careful. Much of this debris is not readily

visible. This means you need to be extra careful in watching out for sticks, trash and even large floating logs. You usually can't see the really dangerous stuff until you're right on top of it, so go slow and keep a careful lookout. A decent-sized log hitting your boat can punch through the hull or cause you to capsize... and this is NOT good.

If you're interested in better boating safety you might consider contacting the United States Power Squadron at USPS.org. By completing their basic boating course, most insurance companies will give you a discount on your marine coverage that will more than cover the small cost, and you'll learn a lot that will make you a fit "captain."

Boating, Page 2



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	WEATHER		HI
	Wednesday	Showers	83°
	Thursday	Sunny	78°
	Friday	Sunny	80°
	Saturday	Sunny	82°
	Sunday	Sunny	84°
Monday	Sunny	84°	

Forecast Received July 5, 2011

Boating

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If you're new to boating and don't have a permanent camp or dock, you might like a few tips about which lakes to visit and where to launch your boat.

Lake Dunmore - This beautiful lake, just north of Brandon on Route 53, is under five miles long and nestled under Moosalamoo Mountain. There's a State of Vermont Fishing Access launch and landing area next to Waterhouses Marina on the northwest shore. Unfortunately, the water is very shallow leaving the launch, so no deep keel boats can get through. Be very careful. Dunmore offers good trout fishing in the northern bay, good pike and perch fishing near Branbury Beach and the south bay, and good bass fishing all around. Fuel and snacks are available at Waterhouses Marina.

Lake Bomoseen - Another beautiful lake that's visible from both Routes US 4 in Castleton and Route 30 in Bomoseen. There is a State of Vermont Fishing Access and boat launch on West Shore Road north of Route 4A. Woodards Marine also has a launch area, fuel and boating service. Lake Bomoseen is the most popular spot for people in the Rutland area and there's a lot happening. There are multiple eating and lodging establishments on or close to the water.

This is a busy lake, so be careful. There are rocks close to the surface near Rabbit Island and near the state park, so get a chart and make sure you're aware of the depths. You should have a chart for EVERY body of water you navigate. Lake

Bomoseen is very popular with small sailboats and there are regular sailboat regattas during the summer.

Lake St. Catherine - Located south of Poultney on Route 30, St. Catherine is under 5 miles long, clean and beautiful. Actor Tom Selleck has been known to hang out here as well as Lake Bomoseen, so you know it's a good place. There's a public launch area at the state park on the northeast shore.

Lake Champlain - Champlain is part of the inland waterway system, and from any part of Lake Champlain you can get to the Hudson River, The Erie Canal, the Saint Lawrence Seaway, and the Atlantic Ocean, and the rest of the Great Lakes. The south 20 miles of the lake, from Whitehall, NY, to Benson Landing, VT, is narrow, calm and almost totally uninhabited. There are no services in this section. The narrow channel is fully marked and it abounds with birds and wildlife. It's a great place for smaller boats.

There's a free landing area for small boats just north of Whitehall, NY, on Route 22A, or farther north at Benson Landing, VT. Fuel, food and supplies are available near the locks at two marinas in Whitehall, both of which also have landing areas for larger craft. No services at Benson Landing.

From Benson Landing north to the Crown Point Bridge, the lake widens and is more populated. Fuel, service and supplies are available at Chipman Point Marina or Buoy 39 Marina, both

near Fort Ticonderoga. North of Crown Point the lake gets very large and often rough. Make sure you have the right charts and equipment when navigating the larger body of Lake Champlain. Champlain is big and beautiful, but requires special attention.

Smaller Lakes and Ponds - There are an abundance of smaller lakes and ponds throughout the region. Some very nice ones exist on Route 100 between Killington and Ludlow. Chittenden Reservoir is another popular small craft destination. Some spots have public access and some do not. Some of the smaller bodies of water prohibit motor craft or have horsepower limits, so be sure to check local regulations.

Milfoil and Zebra Mussels - In recent years, there are increasing problems with Eurasian milfoil and zebra mussels invading local lakes. Milfoil weeds clog channels and shallow areas; destroy beach areas and ruin native fish habitats.

The greatest problem in spreading these pests is caused by people moving boats and trailers between infested and non-infested lakes. ALWAYS totally clean your boat and trailer of any debris after leaving one lake and heading for another. It's best if the boat, motor and trailer are fully cleaned, drained and dried for three days or more before moving to a new lake.



Another problem is caused by the use of live bait for fishing. Use only live bait purchased from authorized Vermont bait dealers. A list is available at http://www.voga.org/bait_and_tackle_dealers.htm. DO NOT bring live bait from other areas for use in Vermont. These fish may carry a deadly virus, or may be invasive species that wipe out more productive game fish.

Prior to entering your boat in the water be sure to have a proper flotation vest for EVERY passenger; a basic first aid kit and sunscreens; a signaling device or marine radio; a basic tool kit and approved fire extinguisher if using a powered boat; a proper anchor and rope; proper mooring lines and fenders; a paddle for emergency use; and be sure to check weather forecasts before embarking on any longer voyages.

Be safe. Have fun. Enjoy the beauty of Vermont on the water.

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Saturday, July 23

Hildene Meadows, Manchester, VT



Register today at komentvtnh.org



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- Silver:** Brattleboro Radio Group, CTM Media, The Equinox Resort, Hildene, Motel in the Meadow, Nassau Broadcasting, Patten Oil, Red Dot Communications, Rutland Regional Medical Center, Southwestern Vermont Health Care, SPC Marcom, Vermont.com, The Vermont Country Store, Vermont Tents, WEQX

R.A.V.E

continued from page 1

Hotel this year, call 800-462-4810 or 802-775-1911 and ask for the RAVE Car Show room rate.

The dance being held Saturday night will take place at the Holiday Inn of Rutland with DJ Tony's Mobile Sound Show. The dance features music through the decades, particularly the 50's-70's, hula hoop contest, dance contests, door prizes, costume contest and more. The dance will benefit the Rutland Regional Medical Center Bone Marrow Donor Program and this year is sponsored by OMYA, CVPS and The Holiday Inn. Admission is \$7.00 per person - OPEN TO THE PUBLIC!

The RRMCD Bone Marrow Donor program will be at the show all weekend to test and sign up potential bone marrow donors. At last year's show they added many people to the national registry.

This year's show is also a Cruisin' New England Magazine Super Wheels Showdown qualifying event - 1 vehicle will be chosen to go the showdown in Boston in the Fall.

29 Classes of trophies will be presented Sunday at 3:00 p.m., with winners driving their vehicles past the grandstand to receive their awards. Trophies and door prizes are sponsored by many area businesses. We would like to welcome back Patten Oil Company, Inc. as a primary sponsor of the show this year, amongst many more area businesses as sponsors.

Show hours are Saturday, July 9 (9:00 a.m.-4:30 p.m.), and Sunday, July 10 (9:00 a.m.-3:00).

Spectator Admission is a reduced price of a \$5 donation, under 12 free. Show car registration begins at 7:00 a.m. each day and fee is \$15 per car (before July 1) or \$20 at the show. Pre-1948 STOCK vehicles are admitted free.

For Show information call, 802-773-6612, 802-265-8026 or 802-779-2556 all before 9 p.m. or email at ravecarclub@gmail.com or check us out on the web at www.ravecarclub.com

Throughout the year, R.A.V.E. members travel to other car shows, many of which also donate to charity. Members donate food to the Rutland Community Cupboard and the Rutland County Humane Society. They also take part in area parades, R.A.V.E. club events and cruise-in's. The club also has many members that volunteer their time in their respective communities.

R.A.V.E. (Rutland Area Vehicle Enthusiasts) was established in 1979 and became a nonprofit organization in 1980. The first of 32 annual car shows began in July of 1980 and has grown from 200 vehicles to well over 400. RAVE has donated almost \$160,000 to charity since the first show. The club membership consists of individuals from all over Rutland County and beyond that share a common interest in the preservation and restoration of antique and classic automobiles, street rods and other types of motor vehicles and a desire to share and promote that interest, while contributing back to the community as a result of their passion for their motor vehicles.

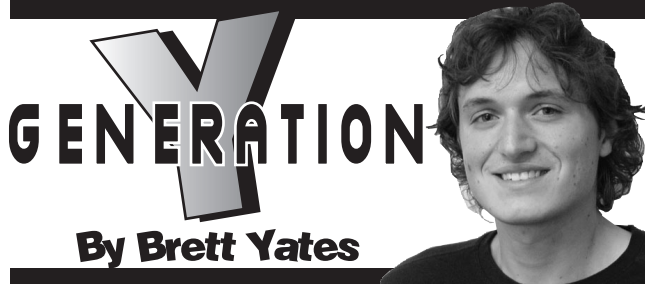
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By Brett Yates

The Wormy Apple

As all bibliophiles know, world literature is as diverse as the world itself. Yet there is one inescapable commonality in classic fiction, from the middle of the 19th century onward. Here is the truth, once and for all: every important book is about adultery.

I know it's hard to accept. Why would society place so much importance upon literature – that most edifying of all art forms – if it addressed nothing but the sordid topic of philandery? Readers would never tolerate it. I mean, there's only so much you can watch of "Desperate Housewives" or "Melrose Place" before the libidinous private lives of men and women stop being titillating and come to seem sort of soul-crushingly trivial, right?

Bear with me, though. Pretend that you're an earnest but uncultured young man who wants to familiarize himself with those lofty works that are considered the best novels ever written. How would you begin? The easiest starting point probably is Gustave Flaubert's "Madame Bovary," which, with its painstaking verisimilitude, basically invented modern realist fiction. Once you've finished with Emma's dalliances in provincial France, you'll probably want to tackle Leo Tolstoy – called "the greatest of all novelists" by Virginia Woolf – and his famous, Oprah-approved tragedy "Anna Karenina," whose heroine abandons her family for a debonair military officer. ("War and Peace" – whose hero, like Anna's husband, is a cuckold – is too long, so you'll save it for another time.)

OK, maybe these are a little boring, a little foreign. What about the Great American Novel? Try "The Scarlet Letter," a rigorously pure and beautiful book about a Puritan woman whose extramarital affair has produced a child. And, of course, nothing in our nation's literature shines more brightly than F. Scott's Fitzgerald's "The Great Gatsby," whose hero is in love with a married (and cheated-upon) woman. Before leaving home once more, you can't forget brilliant Henry James, whose masterpieces about Americans abroad include "The Golden Bowl," a classic examination of infidelity.

Well, it's not looking good so far, but what about British fiction? (Aren't they kind of stuffy over there?) There's Dickens, obviously – the heroine of his magnum opus "Bleak House" was conceived by an illicit affair. There's Thomas Hardy – more adultery, of a totally depressing variety, in "Tess of the D'Urbervilles" and "Jude the Obscure." There's D.H. Lawrence, who wrote "Lady Chatterley's Lover" (the title tells you all you need to know). There's Ford Madox Ford and "The Good Soldier." There's Graham Greene, and oh man, didn't he write "The End of the Affair" and "The Heart of the Matter"?

It's the same all over Europe, from James Joyce's cheating Molly Bloom to Theodor Fontane's cheating Effi Briest, and by now you're sick of Dead White Men, so you turn to, um, Kate Chopin's feminist landmark "The Awakening," Edith Wharton's beloved "Ethan Frome," and Zora Neale Hurston's "Their Eyes Were Watching God," but these too are about people escaping from unhappy marriages. You travel farther afield, to Colombia (Gabriel Garcia Marquez's "Love in the Time of Cholera"), to Kenya (Ngugi wa Thiong'o's "A Grain of Wheat"), to India (Rabindranath Tagore's "The Home and the World"), to China (Ha Jin's "Waiting"), and still, there's no eluding the adultery.

You've moved on, at this point, to the contemporary classics, the novels adorned with Pulitzers and Bookers and the like: Saul Bellow's "Herzog," Michael Ondaatje's "The English Patient," Philip Roth's "American Pastoral," Zadie Smith's "On Beauty." Oh, no. You realize that the entire oeuvre of John Updike consists of little but unfaithful spouses. You realize that pretty much every story that "The New Yorker" has ever published has been about unfaithful spouses. You decide to chuck modern fiction and go all the way back to "The Iliad," and then you remember that the Trojan War began because Paris made off with Menelaus's wife, and finally you swear never to read a book again.

I can anticipate some of your objections – first, that I'm exaggerating (obviously); second, that a lot of the books I mentioned feature adultery but aren't entirely about it (granted); and third, that adultery is a perfectly acceptable topic for a novel, and I'm just a prude if I object.

The truth, though, is that I don't object to writing about adultery. A lot of the novels I just mentioned are legitimate masterpieces, and I love them. But I can remember why, as a teenager, I started reading serious novels; I can remember how limited my adolescent life seemed, how I sensed a boundlessly interesting adult world of possibilities invisibly beyond it, and how I hoped that great literature would let me access this world. And I remember how disappointing it was that the greatest books, harping forever on the adultery theme, made me feel not that the world was larger but that it was smaller, not that life had a billion possibilities but that it had, in fact, very few – or else wouldn't there be more to write about? I was angry at John Updike. I guess I could have changed my reading habits and switched to escapist sci-fi or story-less postmodernism (though adultery is easy to find in Barth and Hawkes, too), but I didn't want to escape from life; I wanted to escape into life.

It must be admitted, however, that adultery sells, and moreover, it has a unique way of filling up a character's emotional life, allowing the novelist to trace its delicate contours. But most importantly, committing infidelity is the closest that anyone in ordinary life gets to committing a decisive dramatic act or creating a personal cataclysm. In older literature, we constantly killed one another other for drama's sake; now, all we can do is cheat on our husbands and wives. Because real life doesn't have "plots," realistic fiction isn't suited to plot-based storytelling; adultery is one of the only real-life subjects that generates it.

I'm not mad at Updike anymore. Life is kind of limited, after all; not much happens in it. I still like to read about it.



Budweiser Killington Softball League

Standings:

- 1) Vermonsters 11-1
- 2) Clear Cottage 11-2
- 3) Moguls Sports Pub 10-3
- 4) Phat Italian Heros 7-5
- 5) Ramuntos Pie 5-8
- 6) TIE: Slips, Trips & Falls 3-10; Jax Food and Games 3-10
- 8) Charity's/Ancient Fighting Arts 1-12

In the first extra inning game of the season, Slips, Trips and Falls gave Moguls their toughest test so far. It was a see-saw battle throughout. Each team made big plays and big hits when needed. STF had some defensive stars in Mike Solomono with his diving catches and Dave Beckwith who made some nice web gem plays. Moguls were ahead 12-10 in the top of the sixth but STF would not quit and tied it in the bottom. The seventh inning saw both teams go scoreless due to great defense. Moguls pounced on their opportunity in the extra eighth inning and took a 13-12 lead. STF had their chances in the bottom of the eighth but stranded runners on base to suffer the tough defeat.

It's amazing what a win will do for a club. It gets them big sponsorship and apparently big money since the Heavy Hitters were able to fly in a ringer, Sean "I'm The New King of Cleveland" Delaney from Cincinnati for their game against the Clear Cottage. The Clear, not to be outdone, went ringer for ringer and brought in the famous Charlie "Elliot" Murphy. Delaney made a long trip for nothing as he went one for two with no runs scored and one RBI, and it wasn't the "winning" Heavy Hitter RBI as that was scored by Seth and driven in by FOTM Phil. Elliot, on the other hand, went three for three with three runs scored and four RBI's to win the Ringer War. The Clear had many offensive stars as Brandon "Superball" Remick hit four for four with three runs scored. Both Rob "Perfect, Perfect" Pelletier and Will "The Thrill" Burdick were one homerun short of hitting for the cycle. Pitcher Ronzoni delivered five "Cold Beer K's" to Phil, Joe the Plumber, Wild Bill, Megan 2 and Chatty Cathy. All that added up to a 21-2 bashing.

The Clear kept those hot bats going in their next game against Jax. This game was close until the teams took the field as Jax suffered a shutout bashing 18-0. The Clear got the welcome return of Brett "Nails" Regimbald off the disabled list for his first game of the season. Judd was a doubles machine hitting four for four, all doubles, with two runs scored and three RBI's. Ronzoni delivered five more "CBK's" with one each to Sasha Mendez and

Softball, Page 5



SolarFest – The New England Renewable Festival

Held on an 80-acre farm with ample camping space in the green hills of Tinmouth, Vermont, this year's 17th Annual SolarFest combines a three-day dawn-to-dusk conference on sustainable living; a concurrent trade show featuring experienced alternative energy companies, green builders, architects, organic food producers, plus food vendors and dozens of crafts persons and artists displaying their wares; and a music festival spotlighting two dozen of today's finest rock, bluegrass, folk and blues bands to fill the air with music from the main stage.

Scheduled for Friday, July 15 – Sunday, July 17, this year's five educational subjects include Green Building, Renewable Energy, The Solar Generation (workshops for young people), Sustainable Agriculture and Thriving Locally.

Tickets will be available at the festival, Weekend Pass is \$65, Youth Weekend Pass is \$35 (13-18), Friday only is \$15, Saturday only \$30 and Sunday only is \$25. Children 12 and under are free when accompanied by an adult. Senior (65+) and Student (College) discounts are also available.

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First-Ever 2-Time Death Race Champion

There are millions of running races, thousands of marathons, hundreds of triathlons and even dozens of ultramarathons but there is only one Spartan Death Race. Held annually since 2005, in Pittsfield, VT, this year's race began at 6:00 pm Friday June 24 and ended at 3:00 pm on Sunday, June 26. The annual ultra endurance test began with 155 participants from 29 states and Canada, but after 45 hours, only 35 of the uber-athlete participants, including just four females, were able to go the distance.

Defending champion Joe Decker, of San Diego, CA, became the event's first-ever two-time winner. Brothers Bruce and Jeff Foster of Rhode Island finished 2-3, while Grace Cuomo-Durfee of Fair Haven, VT, finished fourth overall and was one of just four women to finish.

Here's a look at the 35 athletes who were still standing in order of finish. Those marked with an * completed all tasks before the curfew.

Bib#	Name	Hometown
80	Joe Decker	(San Diego, CA)*
3	Bruce Foster	(Lincoln, RI)*
31	Jeff Foster	(Cranston, RI)*
144	Grace Cuomo Durfee	(Fair Haven, VT)*
17	Nickademus Hollon	(San Diego, CA)*
108	Ryan Leveille	(Montgomery, MA)*
64	Don Schwartz	(Whistler, BC)
22	PJ Rakoski	(Hamburg, NY)
143	Josh Zitomer	(Leonia, NJ)
86	Andrew Haas	(Vancouver, BC)
7	Travis Buttle	(Bennington, VT)
133	Dennis Lesniak	(Buffalo, NY)
136	Lisa Madden	(Bronx, NY)
66	Sean Dickson	(Birmingham, AL)
67	Jon Weiler	(Sioux Falls, SD)
118	Ian James	(New York, NY)
102	Mark Jones	(Allentown, PA)
149	Mark Harrison	(Bothell, WA)
124	Frank Fumich	(Arlington, VA)
125	John Wall	(Pasadena, MD)
142	Daniel Bayer	(Rockland, MA)
58	Eric Ashley	(Essex Junction, VT)
59	Matthew Robinson	(Denver, CO)
62	Jack Cary	(Colchester, VT)
12	Reed Costello	(Maple Shade, NJ)
63	Robin Crossman	(North Chittenden, VT)
82	Vu Tran	(San Diego, CA)
56	Patrick Walsh	(Chalfont, PA)
42	Bryan Murphy	(Darien, CT)
123	Rebecca Hansen	(Naples, FL)
1	Joe Crupi	(Trenton, NJ)
25	John David Waite	(Orillia, ON)
18	Ray Morvan	(Springfield, VT)
98	Megan Mays	(Tallahassee, FL)
115	David Harwood	(Schenectady, NY)

Vermont's Family-Friendly Fishing Opportunities

Finding a good place to take the kids fishing can seem like a mystery if you haven't ventured out before, but the Vermont Fish and Wildlife Department just provided some clues to make it a lot easier by putting together a web-based list of 23 family-friendly fishing hotspots.

Your kids are growing up so fast it won't be long before they're on their own. What memories will you be able to share with them? Chances are they won't remember their best day of watching television, but take them fishing and you'll make memories you can share for a lifetime.

"Vermont offers many opportunities to enjoy fishing with family and friends," said Vermont Fish and Wildlife Commissioner Patrick Berry. "We've asked our experts, our fishery biologists, to compile this list of family-friendly fishing opportunities. They've chosen locations across the state where you can take the kids fishing and have an excellent chance of catching some fish. This list offers just a taste of countless fishing opportunities across Vermont—you could spend a lifetime exploring our rivers and lakes and never run out of new places to go."

All the destinations provide opportunities to fish from shore, and at some, you can rent a boat or launch your own. Some locations also offer other fun activities like swimming and playgrounds to complement your fishing trip.

On Vermont Fish and Wildlife's website (vtfishandwildlife.com), look under "Fishing" and click on "Family



photo by Bernie Pientka

Fishing Hotspots." Click on any of the locations on the map to learn more about fishing opportunities -- including directions, a list of fish species present, a Google Earth photo, and links to additional helpful information.

"In Vermont, kids under 15 don't need a fishing license, reduced fee licenses are available for anglers 15 to 17 years old, and licenses for adults are an absolute bargain compared to the cost of other recreation," said Berry. "It's time to get out there and make some great memories for the whole family."

Celebrate Woodstock's 250th at Billings Farm

The Town of Woodstock will officially commemorate the 250th anniversary of its founding on Sunday, July 10, 2011, 4:00–7:00 p.m. at the 250th Celebration Picnic at the Billings Farm & Museum. Everyone is invited to this free event, which includes live entertainment, brief presentations on the history of Woodstock, admission to the Farm & Museum, horse-drawn wagon rides, and games.

Bring your own picnic, or purchase delicious picnic fare: grilled chicken dinners (\$3.00) by the Woodstock Fire Dept. and grilled hot dog (\$1.00) and hamburger meals (\$2.00) by the Woodstock Rec. Dept. Each meal will include: drinks and watermelon provided by the Woodstock Ambulance Squad; coleslaw and potato salad and ice cream cups provided free of charge.

Bring your blanket or lawn chair, chat with neighbors, and enjoy live music performed by Old Sam Peabody Band. Horse-drawn wagon rides, games, and an aerial group photo will round out the celebration. The celebration committee asks that you think green and bring your own dinnerware and utensils. Join us as we celebrate Woodstock's 250th on July 10th rain or shine!

For information: 802/457-3555 or www.woodstockvt.com, or Town of Woodstock 802-457-3456.

Time Travel, Wagon Rides and Foodways at Billings



Foodways Fridays at Billings Farm & Museum

Time Travel Tuesdays: Hands-on Discovery of the Past. Billings Farm & Museum, gateway to Vermont's rural heritage, announces a program designed for children and adults to discover 19th century chores and pastimes in the restored and furnished 1890 Farm House.

Time Travel Tuesdays will be offered each Tuesday this summer, from July 5 through August 23, 2011, from 10:00 a.m. – 5:00 p.m. and will feature a hands-on experience of daily life in 1890. Visitors can help prepare seasonal food in the kitchen, help with laundry, copy into ledger books in the farm office, churn butter in the creamery, and more. There will be time to relax in the sitting room with popular pastimes of the era – dominoes, tiddley winks, and the stereoscope, plus needlework, photo albums, and games.

Time Travel Tuesday activities are included with regular admission to the Farm & Museum and no pre-registration is necessary.

On Wednesdays, Billings will feature horse-drawn wagon rides July 6th through September 28, from 11:00 a.m. – 2:00 p.m. Admission includes all programs and activities, plus the operating dairy farm, farm life exhibits, and the restored and furnished 1890 Farm House.

Fridays this summer is a program designed for children and adults to learn how heirloom vegetables are used in historic recipes prepared in the 1890 Farm House kitchen. Foodways Fridays will be offered each Friday this summer and fall, from July 15 through October 14, 2011, from 10:00 a.m. – 5:00 p.m. and will feature typical late 19th and early 20th century Vermont recipes.

Visitors can learn about the history, importance, and uses of old vegetable varieties, as they are prepared in the farmhouse kitchen. Each Friday will feature different dishes, with recipes to take home and the Billings Farm gardener will give tours of the heirloom garden. Foodways Friday activities are included with regular admission to the Farm & Museum and no pre-registration is necessary.

For information on any of these events, please contact 802/457-2355 or www.billingsfarm.org.

Appalachian Trail ADVENTURES
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NATURE'S WAY

Green Plants Join the Tech Boom

by Chuck Wooster

We've become accustomed to constant improvements in the high-tech world. Computing power doubles every 18 months, new software upgrades become available by the week, and no sooner have you learned version 1.0 of something than version 2.0 is released. It's enough to make a sane person want to take a long walk amidst the peace and quiet of the natural world.

Except that the high-tech revolution is underway outside, too. Version C4 of photosynthesis has recently been released. C4 is what the cool, new plants are all using, and it's been grabbing market share from version C3, the garden-variety photosynthetic operating system.

A quick note of clarification: "recently" in this context means "within the past 30 million years." Lest you think that mother nature is even slower with upgrades than Microsoft, keep in mind that C3 photosynthesis has been in use for nearly a billion years, since green plants first emerged. The emergence of C4 is still very much front-page news.

Photosynthesis is the process by which

green plants use the sun's energy to combine water and carbon dioxide to make sugar. Without getting too far into the details, normal photosynthesis is called

C3 because a key molecule in the process contains 3 carbon atoms. In the new and improved C4 system, the key molecule has 4 carbon atoms.

Why the upgrade? As in much of the high tech world, to achieve greater efficiency. In C3 photosynthesis, the 3-carbon molecule sometimes accidentally combines water with oxygen, instead of with carbon dioxide, leading to the formation of hydrogen peroxide instead of sugar. Essentially, the plant ends up wasting water as it creates sugar.

Enter C4 photosynthesis, which evolved in plants highly specialized to environments where water can't be wasted: the desert. C4 plants make

more sugar out of less water than their conventional counterparts, wasting only about a third as much water as C3 plants.

But this advance has come at a cost: the new and improved photosynthesis, just like many high-tech advances in the electronics world, requires more energy to get

the job done. This extra energy is readily available in a sunny desert environment and justifies the tradeoff of more energy for less water. But where water isn't a limiting factor for plant growth, the tradeoff usually isn't worth it. Despite C4's advantages, which also include being a more efficient user of nitrogen, ninety nine percent of all the plant species on Earth still use good-old C3. But that isn't to say that the C4 revolution is confined to desert outposts these days. Far from it.

What would you have if you took an extra-efficient plant designed to work on limited nitrogen and water, gave it all the nitrogen and water it could ever want, and then made sure that no pesky C3 plants got in its way and stole its sunshine? You'd have agriculture.

Corn, one of the most abundant agricultural crops on the face of the earth, is a C4 plant. Corn is a grass, nearly half of all the grass species use C4 photosynthesis, and grass and grain are the underpinnings of meat production. Other important grasses—millet, sorghum, and sugarcane—are also C4 plants.

Amaranth and quinoa, the "super grains" that contain all eight amino acids required by the human body, use C4. Same with beets, spinach, and all members of the broccoli family, like kale and cabbage and collards. The major C3 holdouts among the common vegetable crops are the squashes and nightshades (tomatoes, potatoes, peppers, and eggplant).

What about rice, the staple that nour-

ishes more of the human species than any other grain? Rice is a wetland plant that uses C3 photosynthesis, but perhaps not for much longer. With the globe's population projected to reach 10 billion people later this century, there are efforts underway to increase rice yields. One line of inquiry: splice C4 genes into rice using genetic engineering. Sort of an operating system upgrade.

C4 plants have captured the attention of researchers for another reason, too. Though they make up only one percent of the world's plants, C4 plants account for five percent of the globe's biomass, and because they are so efficient, 30 percent of all the carbon that plants remove from the atmosphere. Climate change mitigation strategy, anyone? Doubling C4's market share to 10 percent of the earth's biomass could make a significant dent in the excess atmospheric carbon that we're emitting from burning fossil fuel, assuming the gains aren't offset by carbon released by synthetic fertilizer.

As with anything else high tech, the product may not live up to the hype. Be sure to keep your receipts. And back up your files before proceeding.

Chuck Wooster is the associate editor of Northern Woodlands magazine. The illustration for this column was drawn by Adelaide Tyrol. The Outside Story is assigned and edited by Northern Woodlands and is sponsored by the Wellborn Ecology Fund of New Hampshire Charitable Foundation: wellborn@nhcf.org



Hubert Schriebl Photography

Vermont Governor Peter Shumlin to start the Race at 9:00 a.m.

Less Than a Month to Register for The Race for the Cure

The 19th Annual Vermont-New Hampshire Susan G. Komen Race for the Cure kicks off in Manchester, Vermont, on July 23. That's less than a month away, but there's still plenty of time to register by going to www.komenvtnh.org.

Part race, part festival, part rally and all heart, the Race is a 5K run or walk to benefit Susan G. Komen for the Cure® and breast cancer research and outreach programs in Vermont and New Hampshire. Vermont Governor Peter Shumlin will be on hand at 9:00 a.m. as the Official Starter of the 5k run.

A must-do event for untold numbers, the race annually draws thousands of women, men and children to run, walk, amble and mingle on some of the most

quintessentially scenic acreage in New England. Good friends, great food, ice cream, an incredible silent auction and an expanded array of fun activities for kids will be the order of the day.

Through events like the Race the VT-NH Affiliate has netted more than \$7.5 million in 18 years. Of that, more than \$1.8 million supported Komen's research program and more than \$5.7 million underwrote breast cancer education, screening and treatment in Vermont and New Hampshire.

For more information, call 802-362-2733 or visit www.komenvtnh.org. For more information about Susan G. Komen for the Cure, breast health or breast cancer, visit www.komen.org or call 1-877-GO KOMEN.

Softball

continued from page 1

Steve B. He got the best of Bird making her go hitless in three at bats and all three were "CBK's." Jax outfielder Cam "Balls Off The Face" Smith took #1 in the "Not So Top Ten" category as he went to catch a routine fly ball and then dropped it out of his glove, off his face, off his knee and then just out of reach to the ground for a big error.

Schedule:

Monday, July 11:

Slips, Trips and Falls vs. Charity's Hitters Bridgewater 5:50 PM

Clear Cottage vs. Phat Italian Bridgewater 7:00 PM

Moguls vs. Ramuntos Killington 5:50 PM

Jax vs. Vermonsters Killington 7:00 PM Wednesday, July 13:

Charity's Hitters vs. Jax Bridgewater 5:50 PM

Vermonsters vs. Clear Cottage Bridgewater 7:00 PM

Ramuntos vs. Slips, Trips & Falls Killington 5:50 PM

Phat Italian vs. Moguls Killington 7:00 PM

There will be a Budweiser sponsored post game party Wednesday, July 13 at the Moguls Sports Pub 7-12am.

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Health & Fitness

Bigger Isn't Always Better

by Dianne Lamb, UVM Extension
Nutrition and Food Specialist

We've all heard the hype. For just 39 cents, you can super-size that hamburger-combo meal at your favorite fast-food restaurant. You'll get a lot more food for only a handful of change.

How can anyone pass up a bargain like that? But think about it. Is it really a bargain when, for example, you increase your calorie intake from 1,360 to 1,540 calories as is the case for one popular fast-food offering?

You might argue that that's less than 200 calories more per meal. But what if you eat out often and super-size every meal? This can amount to significant weight gain in just a short time.

What about the cost of all the new clothes you'll need to buy because you've gained weight? Or the thousands of dollars you'll spend on diet products and health club memberships? Super-sizing your meals may be penny-wise but pound foolish.

On average, consumption of an additional 100 calories daily beyond your needs can lead to a weight gain

of 10 pounds a year. According to a Journal of the American Dietetic Association study, portion sizes of many popular restaurant and packaged foods have increased substantially during the past 20 years, especially when compared to their original sizes when they were first introduced. So, it should come as no surprise that this trend towards larger portions parallels the increasing rates of obesity in the United States.

When you compare "marketplace" portion sizes to U.S. Department of Agriculture standards, many food and beverage serving sizes are two to five times larger today than when the item first appeared in stores. Many portions exceed standard sizes by as much as eight times.

Check the Nutrition Facts label to find the number of calories per serving. While the amount may sound reasonable, look again. How many servings does the item contain? Although the label lists the calories per serving, individually packaged items sometimes contain 2.5 or more standard label servings.

It can be confusing. According to the U.S. Food and Drug Administration, a food weighing less than twice the standard serving amount may be labeled as "one serving per container." So that means that the standard soda serving is eight ounces, so both eight-ounce and 12-ounce sodas are considered one serving, while a 20-ounce soda is labeled as 2.5 servings.

The portions you consume at one meal may be larger or smaller than the recommended standard serving size. However, that can be ok as long as the total amount of food you eat during the course of the day matches your daily recommended amounts.

A good rule of thumb for making smart food choices is being aware of just how much you actually eat as well as how much you should eat. Keeping a food journal will help. This is especially important if you are trying to lose weight or manage your weight. For guidance, refer to the U.S. Department of Agriculture's My Plate (www.choosemyplate.gov), which replaced the Food Guide Pyramid. Eat fresh! Eat local! Eat well!

Food Tips: Some 'Healthy' Foods to Avoid

courtesy Food Network Kitchens

Lots of foods are presented as healthy eating choices when they're anything but. Such as ...

Whole-Grain Bagels

It's still a high-calorie bagel, even if it's made with whole-grain ingredients. Plus, some bagels advertise "whole grain," but are only made with a small fraction of whole-grain flour, so they're lacking the healthy nutrients whole grains are known for.

High-Fiber Yogurt

Yogurt doesn't naturally contain fiber, no matter what the clever commercials say. Companies add synthetic versions that up the fiber count and these impostors don't have the same health benefits as the real stuff.

Drinks With "Servings of Fruits and Vegetables"

While slurping your produce may sound like a good idea, you'll be missing out on important nutrients like fiber and numerous vitamins. To make matter worse, these beverages are often loaded with added sugars.

Frozen Diet Entrees

While you are promised a wholesome meal in a microwave-ready tray (doesn't that just seem sketchy

already?), you're usually getting vastly processed ingredients and an excessive amount of sodium.

Breakfast Cereals Labeled "Whole-Grain"

Even sugary cereals for kids proclaim they are made with whole grains. Most of them average less than one gram of fiber and 3 teaspoons of added sugar per cup -- and who eats just a cup?

Fat-Free Cheese

Fat-free versions of cheeses like American, cheddar and mozzarella contain more chemicals and stabilizers than cheese, and double the sodium to make up for the lack of flavor.

Baked and Fat-Free Chips

While they are lower in fat, they have more sodium and sugar and almost as many calories as the regular version. The fat-free types may be even worse thanks to the indigestible additive Olestra.

Chicken Sausage

Chicken seems like the obvious choice over pork and beef sausages, but the lower fat content of chicken means that sausages need lots of extras like sodium and sugar to compete in the flavor department.

RRMC Welcomes Dr. Douglas J. Kim

Rutland Regional Medical Center is pleased to welcome Douglas J. Kim, MD, to its staff of exceptional physicians.

Dr. Kim came to Rutland from Adirondack Pathology Associates in Glens Falls, New York. He completed residency programs in Anatomic and Clinical Pathology at The Methodist Hospital, Weill Cornell Medical College in Houston, Texas and served as Chief Resident at the University of California at Irvine Medical Center.

When you aren't feeling well but you don't know why, it's good to know that Pathologists like Dr. Kim are here in Rutland to determine the cause of your illness so that your doctor can help you get better.

"Discovering the cause of an illness and understanding its course is the first step toward regaining a patient's health," Dr. Kim said. "That's why I find the process of uncovering the nature of a patient's disease so rewarding."

It's Been a Great Ride!

by Dianne Lamb, UVM Extension
Nutrition and Food Specialist

As I sit down to write this, my final news article as a University of Vermont Extension nutrition and food specialist, the U.S. Department of Agriculture has just released the latest version of its dietary guidelines. Called MyPlate, the plate-shaped graphic is divided into sections to show recommended daily portions of fruits, vegetables, protein and grains with a separate section, shaped like a drinking glass, to represent dairy.

Release of this new visual (www.choosemyplate.gov) got me thinking about how the food groups have changed over the past 38 years. That's how long ago I began my career with UVM Extension. It was in the fall of 1973. Over the years, the food groups have been portrayed as graphics in shapes from circles to triangles/pyramids to rectangles.

Food groups have numbered from as many as eight to as few as four. For an interesting read, go to <http://www.nal.usda.gov/fnic/history/index.html> and see how many posters or pamphlets you recognize. Today's emphasis continues to be on whole grains, vegetables

and fruits.

It is amazing how topics and issues come full circle. Within a year after I moved to Bennington, where I was based my entire career, the country was in the throes of an energy crisis. The price of gas climbed from around 35 cents in the spring to 55 to 65 cents a gallon by fall. The economy was in a downturn and vegetable gardens came into vogue once again, reminiscent of the Victory Gardens of the World War II era.

John Page, the Bennington County agricultural agent at the time, began teaching garden courses throughout the four southern counties in Vermont. More than 2,000 people in Bennington, Rutland, Windham and Windsor Counties participated in these courses, which actually were the forerunner of the UVM Extension Master Gardener program that began in the 1990s.

As the new UVM Extension home economist in Bennington, John asked me to do a session on food preservation. It was March and people were fired up about their gardens and getting ready to plant their tomato and pepper seeds so they would have sturdy seedlings

Great Ride, Page 7

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Great Ride

continued from page 6

to plant by Memorial Day.

With interest generated in the spring for food preservation during the summer, I held hands-on classes. Each week we preserved different produce items using the basic methods of freezing, pressure canning and water bath canning. We preserved such items as green beans, tomatoes, pickles, jams and jellies. The food preservation craze lasted a few years although I always got calls every summer and harvest season.

About four years ago another cycle of rising gas prices, a stalled economy and an emphasis on buying and growing local led to a resurgence in home gardening and food preservation. One resource that I found particularly useful is the National Center for Home Food Preservation (www.uga.edu/nchfp), which can answer questions about all types of home food preservation and has videos and tutorials to guide you through the basic steps.

As I think about the nutrition and food programs that I have taught in the last four decades, the list is long and reflects topics and issues that were facing consumers at that time. I remember teaching programs on cooking methods such as making stir-fries, crepes and bread; using small appliances including the pressure saucepan or microwave oven; and cooking with whole grains, dried beans, herbs, lesser known vegetables and tofu.

Woven throughout the programs were messages on using less fat and switching from saturated to polyunsaturated and monounsaturated fats as well as eating more dietary fiber (vegetables, fruits and whole grains). Are you eating more brown rice, bulgur and barley now than you were in 1973? I know I am!

In the early 1970s the typical grocery store or supermarket had fewer than 8,000 food items on the shelves. By 2010 more than 48,000 food items were available.

In 1993 the Nutrition Facts food label came about to help consumers make choices in the marketplace by listing the serving size of the food product, calorie content and amounts of major nutrients in the serving. The label does make it easier for the consumer to comparison shop. Studies show that two out of three shoppers use the Nutrition Facts label to guide them in making food purchases.

The U.S. Dietary Guidelines initially were released in 1980 and developed from the McGovern report that was issued in 1977. Since then these guidelines have been reviewed and revised every five years. The latest version (www.cnpp.usda.gov/dietaryguidelines.htm) was released in January 2011.

Some of the messages for consumers that I promoted through my classes, news columns, radio interviews and "Across the Fence," the UVM Extension farm, home and community television show, are to balance calories by enjoying your food, but eating less. Avoid oversized portions. Make half your plate vegetables and fruits and at least half your grains, whole grains. Drink water instead of sugary drinks.

Obesity and overweight continue to be a problem for the American public. In the 1970s one out of two adults (50 percent) was overweight or obese. Today two out three adults (66 percent) tip the scales as overweight or obese.

Obesity rates for adults aged 20 to 74 during this same time period have gone from one out of seven (14 percent) to one out of three (33 percent). Excess weight increases the risk for type 2 diabetes, cancer, heart disease, high blood pressure and osteoarthritis.

Being overweight is not limited to adults. Children and adolescents also are becoming heavier. The rate of overweight individuals in this age group has tripled in the past 40 years.

During the past decade, UVM Extension worked with certified diabetes educators around the state to coordinate Dining with Diabetes programs. In the four-session course, participants learned how to count carbohydrates, understand healthy fats, how to season without overusing the salt shaker and prepare tasty, healthy recipes. In 2009 and 2010 we utilized new technologies to teach the class to a wider audience over Vermont Interactive television. For more information, visit the UVM Extension web site at www.uvm.edu/extension/food/?Page=diabetes.html&SM=diabetes_menu.html.

I have seen a lot happen in the nutrition and food world during my university career. Sometimes contradictory information has appeared or a new theory has been disproved, but sensible eating of a variety of foods, particularly vegetables, fruits and whole grains has always made sense.

Like many people, over the years I have had my ups and downs with weight. So, I'd like to leave you with one final message, and that's my personal mantra. "Zip the lips, and move the hips!"

Train your eye and stomach to be satisfied with small, sensible portions and to participate in some type of physical activity every day. I'd also like to encourage you to support Vermont growers by buying locally grown produce and other Vermont food products.

It has been a privilege to work with Vermonters through UVM Extension for the past 38 years. Continue to live well . . . and Eat Fresh! Eat Local! Eat Well!

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HEALTH CALENDAR

July 6 - Kripalu Yoga, 8:45 am, Killington, LouiseHarrison@live.com or call Louise 747-8444. Weds. 8:45am, ongoing class. Private & small group classes by appt.

July 6 - Mon, Wed, Fri - Arthritis Pool class, Rutland. 10:30-11:30am - Arthritis Pool Class. Locker room & towels included. \$40/10 classes. Holiday Inn Pool, 775-1911.

July 6 - Mons. - Rutland. Look Good...Feel Better program. Free. Female cancer patients learn beauty techniques; 1:00 pm, 1st Mon. of e/o month, RRM. 1-800-ACS-2345.

July 6 - 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.

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

July 6 - Mendon Seniors Meeting, 1st Wed. of month at Mendon Methodist Church. 773-4187.

July 7 - Killington Yoga, Anusara Inspired Yoga classes at Killington Yoga, Mon. 8:30am mixed level, Tues Level 1 & Thurs Level 2, 5:30pm. killingtonyoga.com. 422-4500.

July 7 - Rutland. RAVNAH Blood Pressure & Foot Care clinic: Sheldon Towers, 9:30am. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

July 7 - Tues. & Thurs. Bone Builders free exercise classes. 10-11am, Mendon Methodist Church, 773-2694. Bridgewater Mill, 2nd floor, 3-4pm, 672-3384.

July 7 - Better Breathing Club Meeting, 2:00 pm, OPEN TO ALL. More information, please call Sherri Durgin-Campbell, Southwestern Vermont Council on Aging, (802) 786-5990

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

July 7 - 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!

July 8 - Arthritis Pool Class, Rutland. 10:30-11:30am, Locker room & towels included. \$40/10 classes. Holiday Inn Pool, 775-1911.

July 8 - Rutland - AI Anon: Call Pete: 773-9548 or Marcia: 775-7479 for meeting info. Beginner meeting Fris, 7pm, The Evergreen Ctr.

July 8 - Yoga in Rutland Park, Fridays, Noon, Free Yoga in the Main St. Park sponsored by Rutland Rec. This week, Margery Anderson, Svaroopo Yoga. Rain site, gazebo.

July 9 - Killington - AA Meetings, Sherburne United Church, (little white church, Rte. 4). Tues., 7pm. Thurs., noon. Sats., 7:30pm.

July 11 - Mon., Tues. & Thurs. Anusara Inspired Yoga classes at Killington Yoga, Mon. 8:30am mixed level, Tues Level 1 & Thurs Level 2, 5:30pm. killingtonyoga.com. 422-4500.

July 11 - Bone Builders Program, Mon. & Thurs. - Rochester. Bone Builders exercise program meets 9am, Park House. 767-3416.

July 11 - Arthritis Pool Class, Rutland. 10:30-11:30am, Locker room & towels included. \$40/10 classes. Holiday Inn Pool, 775-1911.

July 11 - Parkinson's Exercise Group, Rutland. 2:30pm Mondays, Godnick Adult Center. Free. RSVP sponsors.

July 11 - Zumba in Bridgewater, 6:30 pm, at Bridgewater Grange, \$4.

July 11 - Commit to Quit, Rutland, at RRM. 4 wk program begins 1st Mon. of each month. Mons. 4:30-5:30pm or Thurs. 9-10am. Register 747-3768. Free!

July 12 - Killington AA, Sherburne United Church, (little white church, Rte. 4). Tues., 7pm. Thurs., noon. Sats., 7:30pm.

July 12 - Sex Addicts Anonymous, Call hotline 1-800-477-8191. Rutland's 12 step group meets weekly at Grace Church, 8 Court St, Rutland. 6:30-7:30pm.

July 13 - Grief Education/Support Group - 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.

Please check website to confirm date and time



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GolfNews

Killington Junior Golf Championship Expands Field

This July, 144 junior golfers will try their luck in Killington, Vt., at the Killington Junior Golf Championship. From July 11-14, Green Mountain National Golf Course will open its doors to some of the most promising junior golfers, ages 12-18, who will represent 17 states, Canada, South Korea and Venezuela. The Town of Killington is sponsoring the event, which is in its second year.

"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 Develop-

ment. "With the expanded field, we're looking forward to lots of excitement on the golf course and a busy week for area businesses."

Prior to the start of the tournament, a TaylorMade-adidas Golf Qualifier will be held at Green Mountain National Golf Course, Sunday, July 10, starting at 2 p.m. TaylorMade-adidas Golf Qualifiers give juniors an opportunity to "play their way in" to each coinciding AJGA Open tournament or build status for entry into a future event. The TaylorMade-adidas Golf Qualifier Series offers opportunities for AJGA juniors at approximately 50 AJGA Open events.

The AJGA has finalized the 144-player field for tournament. The Boys Division features Kyle Perettine of Boca Raton, Fla., and Patrick O'Leary of Milton, Mass., who are the top returning finishers from last year's Killington Junior Golf Championship. Perettine has four top-10 finishes, including a fifth-place finish at last year's Killington event. The recent high school graduate will be continuing his golf career at the next level at Cal State - Chico in the fall.

O'Leary, a high school senior, placed eighth in last year's event. He followed that up with a second-place finish at the 2010 CorseMax / Philadelphia Runner Junior.

Highlighting the Girls Division is Jordan Lippetz of Bradenton, Fla., who is the highest-ranked player in the field. Currently ranked No. 59 in the Polo Golf Rankings, the high school junior is looking to build on her success this year after placing second at the Signational Signs Junior at the Woodlands in early June. Lippetz has accumulated 12 top-10 finishes, including a third-place showing at the 2010 Killington Junior Golf Championship.

Christine Lin of Austin, Texas, has seen her share of success in AJGA competition. The high school senior has amassed 10 top-10 finishes, including a fourth-place finish at the 2011 Signational Signs Junior at The Woodlands and a third-place finish at the 2010 Scissortail Junior 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.

Killington Junior Golf Championship Schedule of Events:

- Sunday, July 10, 2pm, Shotgun Taylor Made-Adidas Golf Qualifier
- Monday, July 11, 2pm, Shotgun Practice Round
- Tuesday, July 12, 7am-8:50am, First Round off Nos. 1 and 10 tees (1st wave); 11:40am-1:30pm, First Round off Nos. 1 and 10 tees (2nd wave)

- Wednesday, July 13, 7am-8:50am, Second Round off Nos. 1 and 10 tees (1st wave); 11:40am-1:30pm, Second Round off Nos. 1 and 10 tees (2nd wave)

- Thursday, July 14, 7-8:50am, Final Round off Nos. 1 and 10 tees (1st wave); 11:40am-1:30pm, Final Round off Nos. 1 and 10 tees (2nd wave); 6pm, Awards Ceremony

About the AJGA

The American Junior Golf Association is a 501(c)(3) nonprofit organization dedicated to the overall growth and development of young men and women who aspire to earn college golf scholarships through competitive junior golf. The AJGA provides valuable exposure for college golf scholarships, and has an annual junior membership (boys and girls ages 12-18) of approximately 5,000 junior golfers from 49 states and more than 40 countries. To ensure scholarship opportunities for all junior golfers who have the skill, the AJGA created the Achieving Competitive Excellence (ACE) Grant program to provide financial assistance to young players in need.

Titleist, the AJGA's National Sponsor, has been the catalyst and driving force behind the Association's success since 1989. Rolex, which is in its third decade of AJGA support, became the inaugural AJGA Premier Partner in 2004. In 2007, after 12 years of support, Polo Ralph Lauren became the AJGA's second Premier Partner.

AJGA alumni have risen to the top of amateur, collegiate and professional golf. Former AJGA juniors have compiled more than 500 victories on the PGA and LPGA Tours. AJGA alumni include Stewart Cink, Matt Kuchar, Hunter Mahan, Phil Mickelson, Tiger Woods, Paula Creamer, Cristie Kerr, Inbee Park and Morgan Pressel.

For more information, please contact Jenny Moss in the AJGA Communications Department at (678) 425-1791 or visit the AJGA website at ajga.org.



By Alan Jeffery

USGTF Certified Golf Professional
Green Mountain National Golf Course

QUESTION: Lou and Mike are playing in a tournament. On the 17th hole, Mike strokes his ball into the sand bunker adjacent to the green. The ball is found partially submerged in the water within the bunker. In taking his stance, Mike inadvertently touches the ball with his club but the ball does not move. He also does not touch the water. Lou says this is subject to a penalty in that Mike is not allowed to touch a ball within the water or ground within a hazard. Is Lou correct?

ANSWER: As long as Mike does not touch the water or the sand within the bunker and the ball does not move, there is no penalty. Lou is not correct. See USGA Decisions On The Rules Of Golf, 2010-2011, 13-4/12.

Clinics continue on Tuesday evenings, 5:30-6:30, and Saturday mornings, 10:30-12:00. I continue to 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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Golf For Park House

Rochester's Park House Annual Golf Tournament and Pig Roast will be held Aug. 5th. Park House, located on Rte. 100, is a non-profit shared residence for independent elders. Golf at the White River Golf Club on Rte. 100 at 3 p.m. and enjoy a sumptuous pig roast at 6 p.m. on the lawn at the Park House. Golf and pig roast \$50; pig roast \$20. Call 802-767-3416 for reservations of more information.

Mass. Man Makes Hole-In-One at OVG

On Friday, June 24, Tyler Hill, of Newton, Mass., made a hole-in-one at Okemo Valley Golf Club. Hill aced the 14th hole, from the green tee 205 yards away from the hole, using his three wood. Chris Lesky witnessed the amazing feat.

Hill'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 OVG.

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



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different by design Our heathland track is designed to reward your game and replenish your spirit. Our rates are designed to work with your schedule and your budget.

July, August, September
Monday-ThursdayAM: \$69PM: \$59
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Rates do not include use of power cart or 6% Vermont sales tax.

Call 802-228-1396 for tee times.
golf.okemo.com



Okemo Valley Golf Club Men's League Results

The Men's League at Okemo Valley Golf Club has passed the halfway mark in the season. As temperatures rise and summer progresses, the race for the top spot becomes tighter. Grabbing the glory for the first time this season was M&M Excavating. Mark Kattalia, Mike O'Neil, Jack Hurley and Jim Wallis combined to win 22 holes. Second place went to UBS Rutland. Jack Collins, Herb Eddy, Larry Plumb and Tom Harris combined to win 22 holes. Ludlow Insurance took third place with Ron Bixby, Charlie Dickerman, Bob Carboneau and John Boehrer winning 20 1/2 holes. Closest to the pin winners were Randy Nowak on the 4th hole and JP Rousse on the 8th hole.

Weekly Results:

- 1st M&M Excavating 22 holes won/ 15 points
- 2nd UBS Rutland 22 holes won/ 13 points
- 3rd Ludlow Insurance 20 1/2 holes won/ 11 points
- 4th Tom's Loft 19 1/2 holes won/ 10 points
- 5th Honey Dew Man 19 1/2 holes won/ 9 points
- 6th Green Mountain Appraisals 18 1/2 holes won/ 8 points
- 7th First Line Security 17 1/2 holes won/ 7 points

- 8th Built Rite MFG. 16 1/2 holes won/ 6 points
- 9th Stryhas Builders 16 1/2 holes won/ 5 points
- 10th ID3 Designs 15 1/2 holes won/ 4 points
- 11th UBS Chester 14 holes won/ 3 points
- 12th Diamond Realty 14 holes won/ 2 points

Season Standings:

- 1st Honey Dew Man 77 points
- 2nd Green Mountain Appraisals 72 points
- 3rd Built Rite MFG. 60 points
- 4th ID3 Designs 60 points
- 5th Diamond Realty 58 points
- 6th First Line Security 50 points
- 7th UBS Rutland 49 points
- 8th Ludlow Insurance 47 points
- 9th Stryhas Builders 47 points
- 10th UBS Chester 45 points
- 11th The Loft 45 points
- 12th M&M Excavating 41 points

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

Okemo Valley Golf Club Ladies' League Results

The ladies were back in action as the Okemo Valley Golf Club Ladies' League took to the links Wednesday evening, June 29. The format was a team-of-two best for the A and B players, and a team-of-two scramble for the C and D players. Grabbing the top spot this week was The Ornament Emporium team. Pam Cruickshank, Pat Roelants, Jeanette Conderino and Pam Bruno combined for a score of 86. First Line Security took second with Marilyn Reed, Martha Damone, Joan Kattalia and Pam Plumb combining to shoot an 86. Third place went to Ludlow Insurance. Sue Horsman, Mary Lou Shaw, Anne Matulonis and Nancy Timmerman shot an 87. Closest to the pin winners were Sue Horsman on the 4th hole, and Peg C. Margiotta on the 8th hole.

Weekly Results:

- 1st The Ornament Emporium score 86/ 15 points
- 2nd First Line Security score 86/ 14 points
- 3rd Ludlow Insurance score 87/13 points
- 4th M&M Excavating score 87/ 12 points

- 5th Coldwell Banker/Watson Realty score 87/ 11 points
- 6th Bovine Bookkeeping score 87/ 10 points
- 7th RVCCC score 88/ 9 points
- 8th Tom's Loft score 90/ 8 points
- 9th Knight's Tubs score 91/ 7 points
- 10th ID3 Designs score 92/ 6 points

Season Standings:

- 1st The Ornament Emporium 69 points
- 2nd M&M Excavating 58 points
- 3rd Bovine Bookkeeping 57 points
- 4th RVCCC 56 points
- 5th Coldwell Banker/Watson Realty 54 points
- 6th Ludlow Insurance 52 points
- 7th Knight's Tubs 51 points
- 8th First Line Security 46 points
- 9th Tom's Loft 45 points
- 10th ID3 Designs 43 points

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

This Week at Base Camp Disc Golf

by Mike Miller

The Killington Classic Disc Golf Tournament was held here last Saturday and it was a huge hit for Vermont Disc Golf. The Base Camp Disc Golf course event drew players from all over the country. Players came from as far away as Colorado, Georgia, the Carolinas and all over New England. This was a sanctioned event by NEFA (New England Flying Disc Association) and Green Mountain Disc Club. There are ten NEFA events held each year in New England and it was exciting to have one come here to BCO, especially just being our second season. Some of the feedback we received from the pro players about the course was incredible. Daniel Marcus, a pro player from Georgia

commented, "There are very few Vermont courses I like to play, but this course is beautiful. All the holes are well thought out and have a purpose. I will be back." Brock Pitzer, a pro who just moved to Vermont from Hawaii said, "this course is awesome, you can tell it is well cared for, how much to join?"

It was a gorgeous day for the event. First round scores from the Pros and top Am's were coming in low. The course record was tied, but not broken, with a 6 under par shot by Emmitt Cosgrove from Colorado. And in the Am division there where 2 people tied at 2 under. But

News From Green Mountain National G.C.

by Spider McGonagle

In Twilight League news, it was the perfect summer night and it was a blowout as the team led by Greg Becker and Steve Carroll took first place with a stunning -5. Two teams tied for 2nd place 4 strokes back at -1 but a "match of cards" gave Joe Havelka and Hannah Abrams' team the edge over Steve Finneron and Judy Storch's squad. Join us every Thursday for Twilight League, everyone's invited and beginners are always encouraged to play!

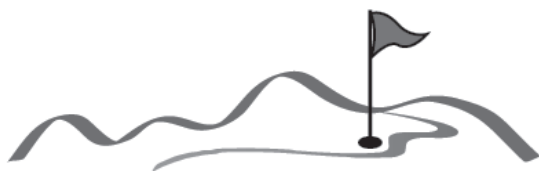
We are now taking reservations for our "Wine & Nine" event on July 24 and you won't want to miss the "Grand Finale" to the Killington Wine Festival. It is going to be an afternoon of great wines and great golf, followed by a delicious dinner in the clubhouse. We have selected some amazing wines for you to enjoy but be sure to sign up soon as this event is always sold-out. \$55 per player (\$50 for GMNGC members) includes golf, cart, prizes, an assortment of wine samples and dinner.

Summer is the time for family fun and Green Mountain National's Family Fun Nights are in full "swing." Every Wednesday we invite families to join us for an hour of practice and instruction, a delicious snack in the clubhouse and some fun on-course play for the whole family! All ages are welcome and we start at 4:30 each week. The fee is \$10 for adults and \$5 for each junior golfer.

The American Junior Golf Association returns for the 2nd Annual Killington Junior Golf Championship this week as 144 of the best junior golfers in the world will challenge GMNGC. This was of the AJGA's favorite courses last season and they can't wait to come back. We still need VOLUNTEERS to make this tournament as successful as last year and hope that you can help? Give us a call to sign-up for whatever time you can spare.

President's Cup Matches have begun and we have some great matches ahead as GMNGC's best battle for the cup! Can Ken Lee repeat? Check in every week for updates!

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.



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\$10/adult & \$5/child per night

Wednesdays, July 6-August 31

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- 5:00pm-6:00pm range
- 5:30-6:30pm Tee Times

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Every Tuesday night through September 6, 2011 at 5:00 p.m. with a 9 hole shotgun start and scramble with mixed teams. Team prizes including raffle drawings, and dinner will be held at the Clubhouse Grill. Rates are \$20* for members and \$25* for non-members and includes everything!

Please call the Golf Shop by 12:00 p.m. on Tuesdays to reserve your spot.

GOLF CLINICS

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.



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

Eve-Aaron Audet
Eve-Tom O'Carroll
HH-Brad Morgan

SATURDAY, JULY 9

McGrath's Irish Pub
Eve-Tom O'Carroll

TUESDAY, JULY 14

Ramunto's B'Water
Eve-Open Mic

MUSIC

July 7 - Fair Haven Concert in the Park, 7:00 pm.

July 7 - Vermont Symphony Orchestra at Mountain Top, 7:30 pm \$31 adults, \$34 at gate. BBQ dinner combo tickets avail. at Mountain Top, 483-2311. 800-VSO-9293.

July 7 - Woodstock Brown Bag Concert, on the Village Green in Woodstock, rain site, Woodstock Town Hall Theatre. This week: Hey Mama with Avi & Celia. Free.

July 8 - Friday Night Live Downtown, 5:00 pm, Center street is closed off to make room for vendors, food and festivities. Great family fun.

July 8 - Jackson Gore Outdoor Music Series at Okemo Mtn presents Crunchy Western Boys. BBQ w/ wine & beer available. On the grass in the courtyard at J. Gore Inn. Concert starts 6pm, rain or shine. okemo.com

July 9 - Killington Music Festival "Americas" Concert, 7:00 pm, Concerts are held at the Rams Head Lodge, Killington, VT. To purchase tickets please call 802-442-1330. For more info 802-773-4003.

July 10 - Rochester Concerts, 6:30 pm, on the park, Sunday evenings, 6:30pm. This week, Bearquarium - Afro funk, Latin rhythms, blues, rock, soul. Bring a lawn chair or blanket, picnic basket & enjoy!

July 10 - Poultney Concerts, 7:00 pm, on the Green. Sundays in July. Visitors welcome! 287-5185.

July 10 - Rutland City Band, 7:00 pm, 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.

July 11 - Brandon Town Band plays in Central Park, 6:30-7:30pm. Bring a chair or blanket & enjoy! Weather permitting, 6:30 pm.

July 12 - Castleton Concerts on the Green, 7:00 pm, rain or shine, on the Green next to Federated Church. This week: New York Players. Rain site, Casella Theater, Fine Arts Center.

July 13 - Rutland Concerts in the Park, 7:00 pm, free music in Main Street Park in Rutland. Corner of Route 7 and West Street.

July 14 - Concert in West Rutland, held on the Town Hall Green. Thursday evenings beginning July 14 through August 4th. Chad Hollister with Trevor McCullough on July 14.

July 14 - Brown Bag Concerts, on the Village Green in Woodstock, rain site, Woodstock Town Hall Theatre, Noon, Free.

July 14 - Killington Summer Concert Series, 6:00 pm, bring a lawn chair and enjoy the music and views of the Valley from the lawn of the Sherburne Memorial Library on River Road in Killington. This week, Dan Walker Trio... Americana/Roots Music.

SPORT/LEISURE

July 6 - Bingo in Bridgewater, 6:30 pm, at Bridgewater Grange Hall

July 7 - Godnick Center Games Night. ACBL Sanctioned Bridge Games nights. \$5/ player, guaranteed partner. 287-5756.

July 8 - Adult Women's Basketball, Pittsford, 6-8PM, open gym, Police Academy, Furnace Road. More info: Tara 417-7331. Sports

July 9 - Rutland Poker Run, 9:00 am, hosted by Southwest Freedom Riders, Sign in 9-10:30am, C&D Chopper, Ctr Rutland. Ride 10:30am. \$10. Proceeds VT Special Olympics & VINS. All bikes welcome. 888-299-SWFR.

July 9 - Killington Section GMC event: Otter Creek Paddle, Clarendon. Moderate length paddle for canoes & kayaks. Meet Sears Parking Lot 10am. 492-3573.

July 11 - Killington Junior Golf Championship, July 11-14, Green Mountain National Golf Course, Spectators are welcome to attend and admission is free of charge. For more information, please contact Jenny Moss in the AJGA Communications Department at (678) 425-1791.

July 13 - Bingo in Bridgewater, 6:30 pm, at Bridgewater Grange Hall

July 14 - ACBL Sanctioned Bridge Games nights. \$5/ player, guaranteed partner. Godnick Adult Center, Rutland, 287-5756.

on-going

Rutland - Michell Therapy Pool at VAC. General swimming, aquacise & aquaerobics, swim lessons for infants to adults & private pool rentals. 773-7187 for more info.

Rutland - Rec & Parks Dept.

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

Middlebury - Register Now! 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!

VARIETY

July 6 - Pittsford, Maple Candy Making, from 10:30-3pm, free, New England Maple Museum. 483-9414.

July 6 - Rutland. BROC & Vt Women's Business Center presents CSI: Career Support Identification networking event. #5, Mystery Solved. BROC. Free, open to all, 1:00 pm.

July 6 - Reading Program at Sherburne Library, 1:00 p.m.

July 6 - Wells Bingo, Modern Woodmen of America holds Bingo, including special game to benefit a local charity or good cause.

July 7 - Tales of the Notch, 10:00 am, a special guided tour of Calvin Coolidge's Plymouth Notch offering unique insights into the man who became our nation's 30th President. Held weekly through October 14. Tales of The Notch July schedule: July 7; July 12; July 21; July 26.

July 8 - Sherburne Pre-School StoryTime, 1:30 pm, Sherburne Memorial Library, 422-3824.

July 8 - Killington Arts Guild Show, 3-6pm, KAG Gallery, Upstairs at Cabin Fever Gifts, Rte. 4 across from Killington Access Rd. We celebrate Killington's 250th Anniversary July 8-10. Open 9am-6pm daily. Show thru Sep. 1. 802-422-3852.

July 8 - Friday Night Live Downtown, 5:00 pm, Center street is closed off to make room for vendors, food and festivities. Great family fun.

July 8 - Summer Pride at Chandler Films and Plays announce the opening performances of the first Summer Pride Festival at Chandler July 8-10. Tickets to all Summer Pride staged readings are \$16 for adults and \$11 for students, and be ordered by calling the Chandler Box Office at 802-728-6464.

July 9 - Middletown Springs Garden Tour - tour 7 local gardens, 10am-2pm. Benefits M.S. Public Library. Tea served 1-3pm. Tickets at library or 235-2435.

July 9 - Horse Trailer Clinic, 11:00 am, at North Clarendon farm, 11am-3pm. \$25, benefits SHHR's rescue horses. Sign-ups not required, payment due at start of workshop. 770-0914, Weather dependent.

July 9 - RAVE Car Show & Flea Market at VT State Fairgrounds. Vendors, raffles, door prizes, food, music, more. Sat. night dance at Holiday Inn. 265-8026.

July 9 - Civil War Exhibit, "Rivals in Slate, Brothers in War: The Slate Valley Unites for the Union Cause." Tuesday - Saturday, 1:00pm-5:00pm; Saturday, 10:00am-4:00pm. For more information call 518-642-1417.

July 10 - Woodstock 250th Birthday Celebration at Billings Farm & Museum, 4:00 - 7:00 p.m., free event, which includes live entertainment, brief presentations on the history of Woodstock, admission to the Farm & Museum, horse-drawn wagon rides, and games. Rain or Shine for info 802/457-3555

July 11 - Rosie's Girls Summer Camp for girls entering 6th, 7th, 8th grades, 9:00 am, July 11-22, Trades-based camp - try carpentry, welding, fire fighting, more. 9am, M-F at Mill River UHS. \$250 includes tshirt, toolbox w/ tools. rosiesgirls.org

July 11 - Paramount "Big Flicks" Film Series, 7:00 pm, Center St., Rutland

July 11 - Children Summer Reading Program at West Rutland, at public library, July 11-15 noon-1:30pm Mon-Fri. For more info 438-2964.

July 12 - Killington Arts Guild Workshop, 10:00 am, at Sherburne Memorial Library, acrylics workshop meets every Tues., 10am-noon, free.

July 12 - Sherburne Library matinee, 2:00pm, Killington, VT, This week: Eat Pray Love. Bring popcorn.

July 12 - Walker Bros Circus, 5:30 pm, at VT State Fairgrounds, Rutland, July 12-13, 90 minutes, show times 5:30 & 7:30 both days.

July 12 - Rutland. Chess Club, Godnick Adult Center, 1 Deer St. Open to public, free, all ages. Beginners welcome. 773-1853.

July 12 - Paramount "Big Flicks" Film Series, 7:00pm, Center St., Rutland

July 12 - Civil War Exhibit, Slate Valley Museum, Tuesday - Saturday, 1:00pm-5:00pm; Saturday, 10:00am-4:00pm. For more information call 518-642-1417.

on-going

Killington - Sherburne Memorial Library Event: Weds - Mother Goose Story Time, 10:30am. 422-3824.

Woodstock - Wagon Ride Wednesdays at Billings Farm, begin on July 6 and run through September 28. 11:00 a.m. - 2:00 p.m. included in the admission.

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

Woodstock - Time Travel Tuesdays at Billings Farm, try hands with late 19th century chores & pastimes in 1890 Farm House. Tuesdays thru Aug. 23. 10-5. 457-2355.

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.

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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 - Rutland Town. Market Fair in Home Depot Plaza, 3-8pm.
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. Exhibit "e-i-e-i-o" Judith Reilly Out Behind the Barn, thru Aug. 30.
Brandon Museum - Brandon. At Stephen A. Douglas Birthplace open for the season. Daily, 11am-4pm, free, open to public. Also houses Brandon Welcome Center & municipal restrooms, open 8am-6pm all year round.
Brandon Music - 62 Country Club Rd., Brandon. Art Gallery open 10-6 daily, closed Tues. Harmony English Tea room 2-5pm daily, closed Tues.
Brick Box - at Paramount Theatre, Center St., Rutland. Gallery hrs: Thurs-Fri, 11am-6pm & Sat., 10am-2pm & during Paramount Theatre performances. 775-0903.
Carving Studio & Sculpture Center - Marble St., W. Rutland. 438-2097, carving@vermontel.net. Sats. & Suns., 1-4pm & by appt.
Chaffee Center for the Visual Arts - S. Main St., Rutland. Weds.-Sat. 10-5, Sun. 10-4, closed Mon. & Tues. 775-0356. Thru Jun. 18, Human=Landscape: Aesthetics of a Carbon Constrained Future exhibit. Summer Members' Exhibit thru July 30.
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 thru 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, Poultnery. 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 16-17 - Killington. Killington Dog Days! 2-day festival featuring National Disc Dog Competitions. Demos, disc dog clinics, games for pets & owners, pet vendors. Free, with donations accepted for RCHS. 10am-5pm each day, Sherburne Library Fields on River Road. discoverkillington.com
July 22 - 24 - Killington. Killington Wine Festival. This year's 10th annual festival features 500+ wines from around the world, during a full-bodied weekend of tastings, dinners, and a Wine and Nine golf tournament.
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.

Check out our new website at mountaintimes.info to see all events and to confirm times and dates.

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 Upstairs at **BASE CAMP & CABIN FEVER GIFTS**
Traditional and contemporary
 Killington Arts Guild
250 YEARS PEOPLE & MOUNTAINS
 At **CABIN FEVER** NEW MEMBERS SHOW JULY 8TH TO AUG. 30TH
 RT 4 across from Killington Access Road 10:00 am-5:00 pm daily
 OPENING RECEPTION JULY 9TH 3PM TO 6PM
 For Programs & Workshops Call 422-3852

TWEED RIVER TUBING
 Picnic Sites and Group Rates Available
 Call for info (802) 746-8977
 Put in 9:30am-2:00pm
 Located on Junction 100 & 107 Stockbridge, VT



BIGTOWN BIGTENT
Poetry, Music & Performing Arts
A Summer Festival
 July 16-July 31, 2011

Saturday, July 16
Bridgman/Packer Dance 8:30pm \$25
 Starlight performance begins after gallery exhibition reception, 5 - 7:00pm
 Picnic style seating, first come, best seat.
The following performances are all under the tent.

Saturday, July 23
Lew Soloff - Afro Cuban Jazz Quartet 8:00pm \$40

Sunday, July 24
TA KA DI MI Project featuring Glen Velez & Lori Cotler 8:00pm \$35
TA KA DI MI Project Drum & Voice 2 Hour Workshop 2:00pm \$40
 Reservations required for workshop. Package: Workshop & Performance \$60

Thursday, July 28
SURPRISE EVENING PERFORMANCE 8:00pm \$15
 Local talent focus

Saturday, July 30
Joe Locke - Sticks & Strings Quartet 8:00pm \$40

Sunday, July 31
Magicians Without Borders 2:00pm \$8
Ellen Bryant Voigt 7:00 - 8:00pm \$15

Festival Pass special 15% discount - 7 tickets \$150
 Featuring BigTown Gallery's Wine & Dessert Tent at each performance.
 Doors for reading and performances will open one hour before scheduled starting time.

BIGTOWN GALLERY
 99 North Main Rochester, Vermont 05767
 Wed-Sat 10-5 pm Sun 11-4 pm
www.bigtowngallery.com
 For tickets call 802.767.9670

ArtisTree & Purple Crayon's
3rd Annual Summer Fest!
FREE and open to the public
Saturday July 16th 3pm-7:30pm
 Art Projects, Face painting, Children's Magician, Drumming, Food, Music by Jeanne & the Hi-Tops, Silent Art Auction, Gallery Exhibit PLUS Much More!!

artistree community arts center
PURPLE CRAYON PRODUCTIONS art & music center for children
 1207 VT Route 12N ~ Woodstock, VT
www.purplecrayonproductions.org
www.artisTreeVt.org
 802.457.3500

29 CLASSICAL SUMMERS
killington music festival

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

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

JULY 9 **Music from the Americas**
 Grammy-winning composer/violinist Mark O'Connor

JULY 15* **Friday Night Live outdoor concert**
 Works of Mark O'Connor, Piazzolla, Brahms & Mendelssohn

JULY 16 **Souvenirs from Abroad**
 Brahms' electrifying chamber masterpiece, the Quintet for Piano & String Quartet in F minor

JULY 23 **Russian Expressions**
 Tchaikovsky, Shostakovich & Prokofiev

JULY 30 **Claire de Lune**
 Inspired works by Claude Debussy, Beethoven & Ravel

AUG. 6 **3 Artists, 4 Composers**
 Bach, Mozart, Hindemith & Beethoven for String Trio

JULY 24 **Tuscan Brunch - KMF Fundraiser**
THREE TOMATOES, RUTLAND • SUN., 11 AM
 Enjoy an array of delectable treats and classical music performed by KMF Young Artists. Proceeds to benefit the Killington Music Festival.

kmf - We Perform! Great Music... Great Musicians
 Killington Music Festival
 Concert schedule & info: killingtonmusicfestival.org
 TICKETS: 802.422.1330 or killington.com



DiningGuide

Dining at a glance

BIRCH RIDGE INN 422-4293

Serving a totally delicious combination of American and Continental cuisines. Choose to dine from our tastefully affordable menu in the dining room, or break bread with friends in the Great Room Lounge. To compliment your evening, we also have an extensive selection of martinis, wines by the glass, and a fine wine list. And don't forget to try one of our homemade desserts. Reservations available for the dining room. "...where memorable experiences begin..." www.birchridge.com AMEX, MC, VISA, DISC.

CASA BELLA INN & RESTAURANT 746-8943

Route 100, in the village of Pittsfield, VT Serving authentic Northern Italian cuisine, complemented by a fine selection of wines. Delicious homemade desserts and daily specials. AMEX, VISA, MC

CHARITY'S TAVERN 422-3800

Killington Rd., Killington
Everybody loves Charity's. A family owned Killington tradition since 1971. Serving our famous French onion soup, and burgers, salads, soups, pasta, sandwiches and more. Après ski headquarters 3-6pm. Children's Menu. Tavern Menu "All trails lead to Charity's." VISA, MC, AMEX.

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

Roaring Brook Rd, Killington
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.

KILLINGTON MARKET & DELI 422-7594

2023 Killington Road, Killington
Our deli offers fresh meats and cheese for a variety of sandwiches, served on locally baked bread. Daily lunch hot specials, fresh salads, homemade soups and in-house baked goodies. Dinner take-out entrees. Extensive selection of wine, beer/microbrews. Vermont specialty food products, maple syrup. The only full service grocery store on the mountain.

LAKE HOUSE PUB & GRILLE 273-3000

3569 Route 30 North, Bomoseen
Chef owners, Brad Burns and Fred Field invite you to the Lake House Pub & Grille. Live Sunday jazz brunch entertainment, special children's meals, full bar and an extensive wine list. Lake views and deck dining all on beautiful Lake Bomoseen. Also private parties, rehearsal dinners, showers and weddings. AMEX, VISA, MC, DISC
LIQUID ART 422-2787
37 Millerbrook Rd., Killington, VT
Liquid Art is a great place to meet friends for coffee or for a glass of wine. Great light fare served morning and afternoon. Specialty cocktails, select California wines, and micro-brews available. Multiple local artists' work displayed and for sale.

McGRATH'S IRISH PUB 775-7181

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

MOGULS SPORTS PUB 422-4777

Killington Road, Killington
Family dining offering steaks, burgers, pasta and more. With over 20 TVs, pool table, arcade games - Moguls is your place for a good time. An affordable menu featuring our world famous Barbecue Ribs. Take out. Open M-Thurs 3PM-2AM. Serving Lunch Fri, Sat & Sun at noon.

Birch Ridge Inn

Casa Bella Inn & Rest.

Charity's

Choices Rest. & Rotisserie

Clubhouse Grille

Gracie's Grille

Killington Market

Lakehouse Pub & Grille

Liquid Art

McGrath's Irish Pub

Moguls Sports Pub

Mountain Top Inn & Resort

On The Rocs Lounge

Pasta Pot

Phat Italian Market & Deli

Ramunto's

Red Clover Inn

Seward Family Restaurant

Sugar & Spice

Vermont Inn

Vermont Dining Train

MOUNTAIN TOP INN & RESORT 483-2311

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

ON THE ROCS LOUNGE 422-7627

2384 Killington Rd., Killington
Gather together in our speak-easy lounge. Enjoy a relaxed atmosphere in an intimate setting. Let On The Rocs make you one of their speciality cocktails while you enjoy a conversation with friends. Serving Tapas. AMEX, MC, VISA

PASTA POT 422-3004

Route 4 East, Killington
A classic Italian Pasta house. Italian food and wines at their best. Pastas, pizza, subs, Italian entrees are all homemade. Chef owned. MC, VISA, DISC

THE PHAT ITALIAN MARKET & DELI 422-3636

2384 Killington Rd., Killington
Authentic Italian cuisine with attitude. Premium Boars-head meats. NY bread and bagels. Check out our coldest, inexpensive beer cave. Don't forget to stop in our wine room. Come on in or call for delivery! Bada Bing. MC, VISA, AMEX, DISC

RAMUNTO'S BRICK & BREW PIZZA 672-1120

Route 4, Bridgewater
Real New York pizza, salads, sandwiches, featuring chicken ranch pizza and garlic knots. 20 draft beers, outdoor deck dining, 3 flat screen TVs. MC, Visa, AMEX, DISC

RED CLOVER INN 775-2290

Woodward Rd., Mendon
American Cuisine with a European Flair. Extensive wine list. Charming surroundings. Open for fine dining or tavern fare. AMEX, MC, VISA, DISC

	STYLES OF CUISINE							MEALS SERVED				COST				
	ITALIAN	FRENCH	AMERICAN	CONTINENTAL	MEXICAN	ASIAN	PUB FAIRE	BREAKFAST	LUNCH	DINNER	BRUNCH	LATE NIGHT	TAKE OUT	INEXPENSIVE	MODERATE	DELUXE
Birch Ridge Inn																
Casa Bella Inn & Rest.																
Charity's																
Choices Rest. & Rotisserie																
Clubhouse Grille																
Gracie's Grille																
Killington Market																
Lakehouse Pub & Grille																
Liquid Art																
McGrath's Irish Pub																
Moguls Sports Pub																
Mountain Top Inn & Resort																
On The Rocs Lounge																
Pasta Pot																
Phat Italian Market & Deli																
Ramunto's																
Red Clover Inn																
Seward Family Restaurant																
Sugar & Spice																
Vermont Inn																
Vermont Dining Train																

SEWARD FAMILY RESTAURANT 773-2738

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

SUGAR AND SPICE RESTAURANT 773-7832

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

VERMONT DINING TRAIN 800-292-7245

Departing Amtrak Station - Evelyn St, Rutland
Would you like a table with a view? Enjoy a Sunday afternoon train ride featuring deluxe dining car seating, four-course dinner, snowy white linens and ornate china. MC, VISA, DISC

THE VERMONT INN 775-0708

Route 4, Killington
Enjoy New England and Continental Cuisine by a wood burning stone fireplace in a comfortable and warm c. 1840 farmhouse style dining room. Game Room. Children's menu. Full bar and wine list. Dinner Reservations Sugg. Drop in late afternoon or even after dinner for cocktails, appetizers, a light dinner, or desserts at Duffy's Pub. Enjoy a wood burning stove, television, and casual conversation with guest and Innkeepers at the Bar.





New York Players “Bring It On” in Castleton Concert

The town of Castleton has waited with anticipation for a whole year, and will most definitely be comin' alive this Tuesday, July 12th, when the 10 piece --- big horn with the big sound, New York Players, returns to the Castleton green!! What a show they gave us last year! Again, this concert promises to be one of the best --- ever --- to play in 16 years of concerts.

Leader, Mike Emery, has been drumming professionally since 1978. Before moving to the Capitol Area in 1990, Mike played for the Boston Players for 7 years, and with talent that performed with the Boston Pops and Broadway productions at Boston's Wang Theater.

Lead Vocalist and percussion is Tracy Curry. One of the finest vocalist from New York to St. Louis, she has been performing since 16 - she was the house musician for two years at Disney World.

Wesley James, “Wes J,” will not be forgotten for his vocals, once you see and hear him. Formerly of the Refrigerators, Wes joined NY Players in 2005.

Patrick Stacy, lead vocal and emcee, has performed since the age of four, in a variety of acts including a funk and soul revue, Jazz combos, solo performances, and theatrical productions.

Kenny Nemiroff, piano and keyboard, has performed with Bon Jovi and the Peter Gabriel band.

Bob Boyer, vocal and guitar, has toured internationally and has shared the stage with such notables as Pat Benatar, Loverboy, Little Feat, Marshall Tucker, Blue Oyster Cult and Richie Havens, among many other.

Howie Brown, sax and keyboards, has performed with The Drifters, Livingston Taylor, Peter Gabriel's band, Bon Jovi, and John Hall, plus others.

Tony Gambaro, trumpet, flugelhorn, and percussion, developed a passion for his instruments early, and was labeled a prodigy, playing with Tower of Power, Bobby Vinton and Bon Jovi, Ben E. King, and The Blues Other Brothers.

Chris Barron, trombone, has performed with many local favorites. He produces his own amateur sports radio talk show and loves golf.

Stefan Schechter, is the bass player and does vocals. He has performed with Orleans, and, Hall and Oates, and is certainly multi-talented.

If you love all kinds of music, you are in for a real treat. You'll be royally treated, musically, this Tuesday, July 12th, starting at 7:00 pm on the green in Castleton. DON'T MISS THIS ONE!

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

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

Swing Noire Performs at Brandon Music

Brandon Music is delighted to announce that the Vermont-based group Swing Noire will perform once again at the Music café on Country Club Road on Saturday, July 23, 2011. Swing Noire is comprised of the musicians David Gusakov on violin and viola, Rob McCuen on solo guitar, Jared Volpe on rhythm guitar, and Jim McCuen on double bass.

The group plays Gypsy Jazz in the tradition of the world-famous Hot Club of France - The sound they create is reminiscent of the early days of jazz with their unique take on hot swing in the spirit of Django Reinhardt and Stephane Grappelli who created some of the first jazz based outside of the African-American tradition.

Swing Noire will appear at Brandon Music, July 23, 2011 at 7:00pm. Tickets can be purchased at Brandon Music or by calling 802-465-4071 (10:00 am to 5:00pm any day except Tuesday). Seating is limited, so reservation is strongly advised.

Brandon Music - Vermont's Music Haven - is at 62 Country Club Road, opposite Neshobe Golf Club on Rte 73E. It is home to the Divine Art CD Store, the Music Café, the Warren Kimble art gallery. The Phonograph Room and a gift shop selling vintage English china and other collectibles.

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**Serving Breakfast & lunch 7am-2pm daily
Breakfast all day, lunch after 11am**

Come to our sugarhouse for the best breakfast around! After breakfast check out our giftshop for all your souvenir, gift, and maple syrup needs.
We look forward to your visit!

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Rt. 4 Mendon, VT
802-773-7832
www.vtsugarandspice.com**

KMF Presents Music From the Americas

On Saturday, July 9, 2011 Killington Music Festival will present Grammy-winning composer/violinist Mark O'Connor live in concert.

This evening our program includes the works of Alberto Ginastera, Danzas Argentinas and Pampeana No. 2; Astor Piazzolla, Three Pieces; and Mark O'Connor, Elevations (2011, Vermont Premiere), Strings and Threads Suite (2006) and Song of the Liberty Bell (1996). The following musicians will be performing; Alex Beyer, piano, Allison Eldredge, cello, Yoshie Akimoto, piano, Lynn Chang, violin, Thomas Landschoot, cello, Tae Kim, piano, and Mark O'Connor, violin.

Concerts are held at the Rams Head Lodge, Killington, VT at 7 pm. To purchase tickets please call 802-442-1330. For more information please call 802-773-4003 or www.killingtonmusicfestival.org.

Good Friends - Great Food
Spiced with Panache - Served with a Smile

Dinner served in the restaurant and at the bar in the Great Room Lounge

SAVE THE DATE!
July 23 - Killington Wine Festival Wine Dinner

Birch Ridge Inn

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At the Covered Carriageway
37 Butler Road, Killington
www.birchridge.com

New Summer Schedule
Serving dinner Tuesday thru
Saturday starting at 6:00 PM
Reservations suggested.

Home of the "Snow Stake" on killingtonblog.com

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A little bit of Tuscany in a Vermont Country Inn

The Red Clover Inn Restaurant & Tavern

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

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

Killington Wine Festival - Italian Wine Dinner
Saturday, July 23rd at 6:30pm
Five course Classic Italian Fare dinner paired with Red and White wines from the Italian hillside.
\$75 per person (plus tax & gratuity)

Wines of the World Dinner
Friday, August 5th at 6:30pm
Our monthly wine dinners continue with a five course wine dinner featuring wines from Loire, France.
\$75 per person (plus tax & gratuity)

54 Red Clover Lane, Mendon, Vermont
800-752-0571 / 802-775-2290 • www.redcloverinn.com

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Select from our Artisan Cheese tray

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Friday & Saturday 5pm - 11pm

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Killington Wine Festival
Join us for the "Art of Wine"
Fri July 22nd - Rosé & Cheese Tasting
Sat July 23rd - Exclusive
Cameron Hughes 5 course Wine Tasting with Tapas Pairings
call to reserve, limited space

featuring local artists

Summer Hours
Daily 8am-8pm
Sunday 8am-5:30pm
CLOSED WEDNESDAY

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Sports Pub and Restaurant
Voted The Best Ribs & Burgers On The Hill!

\$9.99 DINNER SPECIALS

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SUNDAYS
Cruise Night • 4 to 6pm
1/2 PRICE APPETIZERS
Cars and bikes welcome
WIN COOL T-SHIRTS

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Great Place to take the Kids
The most Flatscreen TVs on the Mountain **AC**
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Killington's Sports Headquarters • on the Killington Rd
Open 7 Days a Week • 3:00pm-2:00am

EVERY DAY!
LOBSTER DINNER SPECIAL

1 1/4 lb. MAINE HARD SHELL LOBSTER,
MAINE LITTLE NECK CLAMS
1 CORN ON THE COB, WATERMELON,
CHOICE OF SALAD OR CUP OF CHOWDER

\$14.99



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

Blended Wines

New wine lovers soon come across the concept of blended wines. At the basic level, there are two types of wine, 'blended' or 'varietal'. Varietal wines are made from a single grape variety, while blended wines are made using two or more types of grapes.

The most obvious example is the difference between the two great red wine styles of France. Burgundy's red wine is made of the single variety Pinot noir. Bordeaux's red wines are most often blends of up to five varieties: Cabernet Sauvignon, Cabernet Franc, Merlot, Malbec and Petit Verdot. There are a few Bordeaux wines made from a single variety, but they are the exceptions that prove the rule.

So much for the basics. The distinction between varietal and blended wines is less clear in the real world. Many varietal wines are made from blends of the same grape varietal, but grown in different regions. In

order to have a consistent product many wineries buy grapes from different growers. Samples from many vineyards are tasted and evaluated before the final blend is decided upon. The result is a blend of regions, rather than varieties.

Many Australian wines are regional blends. Rather than making wine from each vineyard and marketing each, resources are pooled and the marketing can work just one label. The process of selecting the blend is much more simplified. The clue on the label is often the words "wine of South Eastern Australia". This is almost as general a statement as you can make about the origins of a wine and is a 'dead give away' of regional blending.

Some wines made from a single variety are blends of several different vintages. While this is quite rare for table wines, the wines would be labeled 'NV' for no vintage. This is standard practice for most big 'label' Champagnes, which, by the way, are typically also varietal blends of Pinot Noir, Pinot Meunier and Chardonnay.

To complicate matters many wines bearing a single varietal name can in fact legally contain up to fifteen percent of other varieties without listing them on the label. Unless it is clearly stated, most often there are small amounts of other varieties in almost all wines.

If the wine is labeled as a blend, then the variety with the largest percentage composition should be named first, for example wine labeled Cabernet/Merlot, should have more Cabernet than Merlot.

In the United States most wines are single varieties, and they almost are expected to be so. Many new wine drinkers like a particular grapes and order their wine that way. Pinot Grigio, Chardonnay, Merlot or Pinot Noir are almost synonymous with a particular style of wine. Blended wines are not "second class" wines. More often than not, they are actually the better wines as the winemakers carefully selected the blend to achieve a certain taste and structure in the wine.



Roaring Back into the Twenties

Get out those flapper dresses, fedora hats, and high heels and get ready to shimmy! On August 5, 2011, Spring Hill Horse Rescue (SHHR) is hosting a Gatsby/Flapper Gala at the Summit Lodge at 200 Summit Road in Killington. Doors open at 6 pm. Tickets are \$45 per person or \$40 for each additional ticket, and all proceeds will benefit the needy horses at SHHR.

The Gala promises to be a magical night, capturing the free, romantic spirit of the 1920s. Begin the evening with a delicious buffet dinner, including pasta and salad bars, appetizers, and desserts. Then step outdoors for a stroll on the terrace, or dance to the strains of live jazz on the Lodge's large dance floor. During the evening, bid on some of the exciting prizes in the silent auction, and enter the raffle for a chance to win some great items, including gift certificates from Mountain Top Inn, Blue Seal, and biofeedback practitioner Kathy Williams. Best of all, you can dance the night away knowing that you are supporting some of Vermont's most vulnerable equines.

For more tickets or more information, please call 282-3387 or e-mail tarawilliams410@yahoo.com. Tickets are also available at the Summit Lodge; please call 422-3535 for details. To learn more about SHHR, call 770-0914.

West Rutland Host Summer Concert

The Town of West Rutland is embarking on its first summer concert series held on the Town Hall Green. Concerts will be held Thursday evenings beginning July 14 through August 4th.

Chad Hollister with Trevor McCullough will kick off the series on July 14th; we welcome Distant Thunder on July 21st; local music teacher Phil Henry will perform on July 28th; and the series closes with Carnival Hill on August 4th.

The RAVE Car Show will also join the fun on August 4th as a portion of Marble Street will be closed traffic.

The newly renovated Town Hall auditorium is already a very busy place with a number of community events, theatre, school concerts, fundraisers and movies. However, based on a survey conducted last summer, outdoor concerts was the most popular request by town residents.

"Nestled in the center of Town, the Town Hall green presents the perfect outdoor setting, and if Mother Nature doesn't cooperate, the auditorium is available upstairs," spoke Rich Dow, recreation director.

This series has been generously supported with the help of our sponsors: Carris Reels, Stewart's Shops, Lake Sunapee Bank and Price Chopper.



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New Activities Offered Weekly at Coolidge Historic Site

Special programs will be featured at the President Calvin Coolidge State Historic Site every week during the 2011 season.

Every Wednesday between 1 p.m. and 5 p.m., site visitors are invited to spend a fun and informative afternoon with Plymouth's own Fred DePaul. Known for his local lore and engaging humor, DePaul will demonstrate a variety of historic farming activities such as sheep shearing, grain flailing and log cutting. "Wednesday Afternoons with Farmer Fred" will also occasionally include wagon rides.

On different days and times each week, join site administrator Bill Jenney for "Tales of The Notch," a special guided tour of Calvin Coolidge's Plymouth Notch. This leisurely walk through the village and surrounding fields offers unique insights into the man

who became our nation's 30th President. Call ahead for dates and times.

The President Calvin Coolidge State Historic Site is regarded as one of the best-preserved presidential sites in the country. Twelve buildings are open to the public. Visitor amenities include the new Coolidge Museum & Education Center, a working cheese factory, restaurant, two museum stores and walking trails.

The Coolidge Site is open daily between 9:30 a.m. and 5 p.m. now through Oct. 16. The site will reopen for one day - Sunday, Dec. 11 - for the "Coolidge Holiday Open House," which has been selected as a "Top 10 Winter Event" by the Vermont Chamber of Commerce.

For more information, contact the Plymouth Notch regional office of the Vermont Division for Historic Preservation at 802-672-3773.

Arts and Crafts Classes Now in Session

by Laurie Marechaux

What are you doing this summer? Fletcher Farm School for the Arts and Crafts offers classes for beginners to advanced students in Fine Art, Basketry, Jewelry, Decorative Painting and more. Try your hand at Woodcarving, or Stained Glass. We also offer the finest Fiber Arts classes including Weaving, Felting, Shaker Rug Making, Punch Needle Rug Hooking to name a few. Quilting is all the rage these days so take a look at our fine classes. We also offer classes for Young Artists ages 7-17, these very popular day camps fill up fast so don't hesitate to register.

Our instructors come from all over the Country, many of them have written books on their area of expertise and produced DVD's, and have also appeared on television. Take time to look at our website or stop in to pick up a catalog.

For more information stop in to meet us or call 802-228-8770.

Students do not need any prior skills to join any of our classes. All ages are welcome and please feel free to call if you would like to participate as a Parent and Child



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SUDOKU

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

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 27

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

ACROSS

- White face paints
- Flat floater
- New newts
- "Farewell, mon ami"
- 100 cents
- Woman's dress, in India
- Blow
- Discontinue
- Bluenose
- U.S. citizens with African origins (2 wd)
- Feeble
- Range rovers
- Funny stage play with songs
- 747, e.g.
- Female demon
- Wallop
- Electrical unit
- ___ fruit
- Chinese Empire official's residence
- Deprive of courage
- Punctuation preceding spoken text
- Bake, as eggs
- Fill in the ___ (pl.)
- Preservation of the environment
- The "A" of ABM
- Part of BYO
- Broadcasting (2 wd)
- Aim
- A chorus line
- 1965 King arrest site
- Combustible heap
- House
- Enlighten

DOWN

- Cigarette
- "Much ___ About Nothing"
- "Flying Down to ___"
- Maligning
- ___ it to say
- Change
- Halo, e.g.
- Gift tag word
- Hit the bottle
- Saw
- It's a ___ from... (2 wd)
- Simple chord
- Indications
- ___ Victor
- Perlman of "Cheers"
- Intensifies, with "up"
- Nonexistent
- Biblical birthright seller
- Andean animal
- Addition symbol
- Certain Arab
- ___-Atlantic
- ___ Tuesday (Mardi Gras)
- Without a crew
- F.B.I. operative
- Caper
- Signs, as a contract
- Auld lang syne
- Set free
- Albanian coin
- Bearish
- ___-Wan Kenobi
- Little rascal
- Dearest
- Scandinavian pile rugs
- Electric unit
- Mercury, for one
- Believe
- "Aladdin" prince
- International Monetary Fund (acronym)
- ___ Charles, musician

Answers on page 27

Capsule reviews of films opening this week by The Associated Press



"Larry Crowne"

by Christy Lemire, AP Movie Critic

You can have two of the most likable, bankable stars on the planet together, but strong writing is crucial to making them shine. Even the combined, blinding brilliance of Tom Hanks and Julia Roberts cannot salvage the corny, contrived script - which Hanks, who also directed the film, co-wrote. His longtime friend Nia Vardalos ("My Big Fat Greek Wedding") was his collaborator, and the shticky nature of her style is just overpowering. Main characters behave in unbelievable ways and say just the right poignant things at just the right times, while supporting players are relegated to one-note roles that are straight out of a sitcom. But the main problem is that Hanks is as bland as the film's title. Larry Crowne undergoes a major life change when he finds himself downsized out of his job at a behemoth superstore; middle-aged and divorced, he decides it's finally time to go to college. But there's not much momentum, and it's hard to get a handle on who he is beyond his generically pleasant demeanor, so his transformation lacks the punch it should have had by comparison. Roberts co-stars as the professor who becomes Larry's unlikely love interest, while Gugu Mbatha-Raw plays the impossibly gorgeous fellow student who gives him a makeover. PG-13 for brief strong language and some sexual content. 98 minutes.

One and a half stars out of four.



"Transformers: Dark of the Moon"

by David Germain, AP Movie Writer

Director Michael Bay serves up another loud, long, bruising and wearisome onslaught of giant, shape-shifting robots. Bay tries to inject more flesh-and-blood consequence this time, but the human element arises largely from archival footage involving the 1960s moon race, along with images that may disturb younger kids as screaming, scrambling humans are vaporized by the bots like insects in a bug zapper. In 3-D, too, so you get to wear those clunky glasses for the franchise's longest movie yet. Puny humans Shia LaBeouf, Josh Duhamel, John Turturro and Tyrese Gibson again are caught up in the war between benevolent Autobots and evil Decepticons, joined by new cast members Rosie Huntington-Whiteley, Frances McDormand, John Malkovich and Patrick Dempsey. Leonard Nimoy provides the voice of an Autobot elder, his age-old, gravelly vocals proving the most human element in the movie. The visuals are dazzling, but Bay lets the battles grind on so long that the motion and noise turns numbing. PG-13 for intense prolonged sequences of sci-fi action violence, mayhem and destruction, and for language, some sexuality and innuendo. 154 minutes. One and a half stars out of four.

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WWW.FLAGSHIPCINEMAS.COM

Our free "Camp Flagship" movie for this week playing Tuesday, Wednesday, and Thursday is **Shrek: The Final Chapter** playing at 10AM admission is free, groups please call ahead!

THE JOKE'S ON YOU by Phil Ryder & YOU

"Frankly, my dear, I don't build a dam."
- Judy Porritt • Pleasant Grove, UT

Local News

Celebrating July 8th?

by Bill Clark

Friday is July 8th, 2011. I've often wondered why we in Vermont don't celebrate this date instead of July 4th. July 8th, you ask, whatever happened on this date that one would want to celebrate? I bet there isn't more than one person in a hundred in Vermont that knows a thing about July 8th, or one in a million in the United States. Ask any Vermont student the significance of July 8th and you would probably get a blank stare. Our schools teach little about it. Yet one of the most important events ever in history took place on this date.

A local newspaper editorial, July 4th "Words to Aspire To," was a wonderful commentary on the aspirations of the Declaration of Independence. "That all mankind was created equal, that all mankind had the right to life, liberty and pursuit of happiness," (which translates into "Freedom, Equality and Justice"). It took a lot of courage to make this declaration, which of course brought along, cruel war, in the end, Victory for America.

The Champlain Valley had much to do with the outcome of the war. It was here that the British made their worst mistakes in judging the rebels opposition. It was here that Benedict Arnold set the British back a year at The Battle of Valcour Island. It was here that the mighty invasion of the British army under Burgoyne was to have split and destroyed the colonial effort forever. Burgoyne underestimated places like Hubbardton and Bennington, which resulted in his demise at Saratoga, America's turning point and eventual victory.

35 years later in the "War of 1812," England again misjudged those Champlain Valley Rebels. After 2 years of skirmishes, on 9/11, 1814 Commander MacDonough had his fleet of Vergennes, VT-built ships located in Plattsburg Bay. The mighty British fleet rounded Cumberland Head, coming face to face with MacDonough's fleet. In the battle that followed the uniquely designed American boats outshot the British and gave the Americans one of the greatest naval victories of all times. As the last cannon smoke drifted into the sky, British troops and Navy retreated back to Canada. That day was the sunset of the British Empire forever in America.

Back to July 8th, 1777, that is. We all remember the day before, 7-7-1777, the

Battle of Hubbardton (to be re-enacted again this Saturday, July 9th). While all of this was taking place, Rebels from the "Wilderness," as it had been known since Samuel de Champlain's 1609 discovery, were meeting in the small town of Windsor on the west side of the Connecticut River. They had called a convention on July 2 to write a Constitution for this place that was to become the "Republic of Vermont." July 8th was now the seventh day of this convention and the document was nearing completion. Word suddenly arrived of the news of the Battle of Hubbardton. Delegates from the Champlain Valley, anxious for their families safety, asked to adjourn the meeting that they might return to the Champlain Valley at once. July 8th had been a hot, sultry summer day. Just as they were about to leave, Devine Providence intervened. From out of the heavens came a massive electrical storm with downburst winds, toppled trees, blocked and washed out trails. With no way out, the delegates returned to the table and completed and signed the most FREEDOM GIVING DOCUMENT EVER WRITTEN IN THE HISTORY OF MANKIND. In late afternoon as they left the table and stepped outside, the storm had passed to the east and the sun was coming out. I have always wondered if they may have seen a rainbow with words inscribed on it of "Freedom - Equality - Justice For All. Well Done, Good and Faithful Servants."

This Vermont Constitution had some very unique features not found in any others. That all mankind was created equal, there were no color restrictions on ALL. It states that no male or female can be held as a slave, a servant or even an apprentice, against their will. This was America's first Emancipation Act ever. It also gave all men the right to vote regardless of whether or not they owned property or had wealth (this disallowed the rich from dominating the poor.) It did not give women the right to vote (a flaw.) Very clearly it established this government to be a sole "CITIZENS GOVERNMENT" managed through a yearly town meeting (more often if need be.) The Legislative, Executive and Judiciary branches were to be completely controlled by the citizenry at all times. A militia could be established and maintained, again under "CITIZEN AUTHORITY" at all times. Also, that an

July 8th, Page 19

MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

Mike Sutcliffe Earns His Award - Killington Rec Brimming With Activities!

At the June 13 meeting of the Town of Killington Parks and Recreation Commission Mike Sutcliffe, Recreation Director, presented his report to the Commission. Mike advised that the baseball season has been a very good one, and he thanked John Durney and Andrew McKenna, (T-Ball coaches), Steve Nisimblatt and Ray Rice, (Mighty Mite coaches), Casey Crompton and Chris Bianchi, (Minor League coaches), Klaus Weirether and Ron Ottino, (Major League coaches). Mike Sutcliffe reported that the Major League decided that they were going to try out the Cal Ripkin League. In the past, 6 different towns would split up and make an all star team and play in the Proctor tournament. The Cal Ripkin League is for just Majors this year and 3 players have been chosen for the all star team- Connor Black, Joe Bianchi and Liam VanHerwarde. The Commissioners congratulated all of them. Mike Sutcliffe said, over all it was a very successful season. Also, our Major League team will be making the League Playoffs.

Regarding Winter Swim, Mike Sutcliffe said that we just finished our final Winter Swim session with 8 signed up. He thanked the Pico Sports Complex for allowing us to run these programs which were highly successful this year.

Regarding Summer Programs, Mike distributed the new Killington Parks and Recreation Summer 2011 brochure and went through it with the Commissioners.

The pool opened on June 18 for the 2011 season. The Splash Theatre will be held on July 20 and August 10 at 7 pm and is open and free for the public. The pool fees have changed for 2011 to daily fees for non-residents \$2 for kids 12 and under and \$4 for adults. Non-resident season passes for families of 4 are \$50 and individual adult \$30 and individual child are \$15.

Camp Loads of Fun will run from June

27 to August 12 and has had a lot of out-of-state families sign up. The same staff will be returning- Ryan Wonsor, Kristen McLaughlin, and Anne Trono. There is a fun line up of activities for Camp Loads of Fun.

Rek and Trek Adventure Camp this year is for 8 to 13 year olds, and runs from June 27 to August 12. Cindy Dunigan and Anna Nadler will be the returning staff.

Swim lessons for Little Guppies will be at the pool for infants and mothers to introduce them to the water, and there will be 3 sessions of Little Guppies being offered that started on July 5. There have been several sign ups so far.

The Summer Swim Team is in full force. Mike Sutcliffe thanked Barb Wood and Eileen Godfrey, and Kim Gaines for their strong commitment this season. More volunteers are more than welcome.

The Green Mountain National Golf Course and the Recreation Department have teamed up for a lot of fun this summer with Family Golf Night, a parent/child clinic, to be held on Wednesdays at 5:30pm at \$10 a person per night. The Junior Golf Clinic second session will run from August 15, 16, 17 from 8 am to 12:30 pm for ages 9 years and up costs \$99. Learn to Play Golf/Enjoy Golf for parents and teens 7th to 12th grade with 4 practice sessions followed by a BBQ and Glow Ball Tournament takes place from June 21 to August 11 from 6 pm to 7:30 pm costs \$15 per teen and \$25 per family. Contact the Green Mountain National Golf Course directly for all these golf programs including payment.

The Challenger Soccer Camp of last year had the largest turnout with 38 kids and a strong sign up so far this year. Anyone interested in being a host family contact the Rec. Department. The camp is July 26 to July 30 for ages 4 to 6, 9 am to 10 am, and for ages 6 to 12 the time is from 9 am to noon.

The Top Spin Tennis Camp coached by Gary Thompson for grades 1 through 6 is from August 1 to August 5, 9:30 am to 11 am.

Under Old Business, Mike Sutcliffe advised that the Thursday night Summer Concert Series has a strong line-up of performers: The Dan Walker Trio

Mountain Musings, Page 18

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Vermont Begins E-waste Recycling Program

On Friday, July 1st, Vermont's new electronic waste (e-waste) recycling program will begin, providing free and convenient recycling of e-waste to residents, charities, schools, and small businesses.

"Instead of having to store old computers and other electronic equipment in their basements or attics and waiting for once-a-year collection events, Vermonters will now be able to easily and responsibly recycle their e-waste for free," said Charity Carbine-March, environmental health advocate for the Vermont Public Interest Research Group (VPIRG).

The recycling program, known as "Vermont E-Cycles", was created by a law passed by legislators last year requiring manufacturers of electronics to finance the cost of collecting and recycling their discarded products. This type of "producer responsibility" program not only eases the financial burden carried by municipalities, but it also provides a powerful incentive for manufacturers to design their electronics to last longer and to exclude the toxic materials that make recycling so difficult and expensive.

Starting July 1st, consumers can drop off their televisions, computers, and computer-related equipment (monitors, mice, keyboards, etc.) for free recycling at participating collection locations across the state. This program is available to residents, charities, schools, and small businesses with 10 or fewer employees. In addition, the law put a landfill ban on computers, TVs, and other kinds of e-waste that went into effect on January 1, 2011. Although the landfill ban includes devices that are not part of the free recycling program, these electronics can be recycled for a fee at collection locations participating in the state program.

E-waste is one of the fastest growing waste streams in the United States. According to the International Association of Electronics Recyclers, Americans scrap 400 million units of electronics annually. Due to this growing problem, many states are turning to producer responsibility recycling programs. Vermont was the 21st state in the country to pass this type of legislation for electronic waste.

For more information on the program, consumers can go to www.vtcycles.org.

Mendon/Chittenden/Pittsford/Brandon Notes

by Debbie Burke

NeighborWorks Offers Discounted Energy Audits

At the June 13 meeting of the Town of Mendon Selectboard an announcement was made that the Town of Mendon thanks Roy and Ellen Prior, Judy Dark and Mr. and Mrs. Bretell for hosting the Town of Mendon Fishing Derby on June 11, 2011.

Under Old Business, the resurface of the Sherwood Drive and Woodward Road was discussed. The Selectboard reviewed quotes to resurface both Sherwood Drive and Woodward Road. A motion was made by Selectman Smith to hire Wilk to resurface Sherwood Drive and Woodward Road with a 1 inch shim and one inch top of hot mix not to exceed \$140,000. The motion was seconded by Selectman Adams and the motion was approved unanimously. The Selectboard discussed solutions to water coming off of Helvi Hill Road to Sherwood Drive. Bill Ellis, Road Commissioner, will prepare possible solutions with cost estimates of each to present to the Selectboard and property owners. The Selectboard discussed signs on Woodward Road. Bill will layout a signage plan in accordance with the 2009 MUTCD and present to the Selectboard.

Regarding signs, the 2009 MUTCD requires all street signs on roads 35mph and less, and all regulatory signs be replaced by January 2012. The Rutland Regional Planning Commission is coordinating a bulk purchase of signs. Bill Ellis is finalizing the sign inventory to determine how many signs are required to be replaced.

Regarding the salt shed repairs, Sara Tully and Bill Ellis sent a request for proposal to contractors for repairs to the salt shed foundation. A site visit with the contractors was scheduled for June 21 at the Town Garage. Proposals to conduct repairs to the foundation were due by June 30. Bill Ellis discussed repairs to the salt shed siding and will obtain quotes for these repairs.

Regarding the truck replacement, the Selectboard evaluated trade-in values of trucks and a 7 year schedule

did not prove better than a 12 year schedule. The Selectboard has requested a breakdown of all truck repairs. Sara Tully will get the breakdown from the Treasurer's Office.

Under New Business, the NeighborWorks County-wide Energy Competition was discussed. NeighborWorks is offering energy audits to all homeowners in Rutland County for discounted rates. An energy audit of a home will provide information regarding the efficiency of the home and make recommendations for energy improvements. Energy audits can cost between \$300 and \$600 depending on the size of the home. NeighborWorks is facilitating energy audits with local contractors for under \$100. If any Mendon homeowner would like to take advantage of this program and schedule an energy audit you can contact NeighborWorks at 802-438-2303.

Regarding unregistered dogs, the deadline to register dogs was April 1, 2011. A reminder postcard was sent to all property owners. A late notice was sent to owners that registered a dog last year, but did not register this year. There are currently 38 dogs that were registered last year that have not been registered this year and are in violation of the Town of Mendon Animal Control Ordinance. The Selectboard authorized a warning letter be sent to owners with a two week deadline to register their dogs or a violation of the ordinance will be imposed.

The Chittenden Volunteer Fire Department's Annual Auction date is July 16, 2011. It will start at 9:30 a.m. and the auctioneer is Steve Taylor. The location is Barstow Memorial School on Chittenden Road in Chittenden, Vermont. Checks or cash will be accepted. There is a food concession stand. Bring a chair to sit under the tent.

The 33rd running of the Goshen Gallop--the toughest 10k in New England takes place on July 13, 2011 on the nordic trails surrounding the Blueberry Hill Inn in Goshen. All proceeds of the event support the Moosalamoo Association, a local non-profit dedicated to promoting, conserving and educating the public about the Moosalamoo National Recreation Area. More information or a place to register for this event can be found at: www.moosalamoo.org/events.asp.



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Killington-Pico Rotary News

by Janina Curtis

What would it take to change the world? Rotary's 1.2 million members believe it starts with a commitment to Service Above Self. In more than 34,000 clubs worldwide, members volunteer in communities at home and abroad to support education and job training, provide clean water, combat hunger, improve health and sanitation, and eradicate polio. Rotarians provide humanitarian aid, encourage high ethical standards in all vocations, and advance world understanding through the improvement of health, support of education and alleviation of poverty.

Rotarians are business and professional leaders who take an active role in their communities. Rotary gives its members opportunities to enlarge their circle of business and professional acquaintances, and enrich 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.

Mountain Musings

continued from page 15

(Americana/Roots/Rock/African Rhythms and World Music), Folk by Association (Bluegrass/Folk), Samirah Evans and Her Handsome Devils (Jazz), Simply Acoustic (Rock/Pop Acoustic), Swing Noire (Acoustic/Jazz/Swing). Concerts are July 14 to August 18 from 6 pm to 7:30 pm and free of charge. Steve Nisimblatt suggested signs on the road that read "Free Concert." Leo Davin suggested we ask Royal Barnard to up the concerts on the front page of The Mountain Times.

Dog Days will take place on River Road behind the library this summer.

The Killington Senior lunch cost supplement was discussed and Mike Sutcliffe suggested that Mike Young submit a request for appropriations to the Town for next year. Mike Young said the golf course has agreed to host the Seniors for next year during the summer and The Lookout Restaurant has agreed to host them for the winter.

Regarding the fence sponsorship, Mike Sutcliffe reported that since the last meeting we received one more

sponsorship from Ski Country Real Estate. He said that overall it has been very successful this first year with the revenue going toward a new fence. Mike Sutcliffe thanked all of the sponsors for their participation.

Under New Business, Mike Sutcliffe said that he is looking into 3 potential new programs including circus elements for the fall, a drumming class and a theater class.

Regarding the trail map, Mike Sutcliffe said that the completed Killington Region Hiking Trail Guide is out with full distribution with the 10 top hikes within a 45 minute drive from Killington. He said we are getting a lot of good feedback from the community. Mike Young brought up guides and Mike Sutcliffe said that we don't want to compete with the commercial enterprises in Town.

Next, it was announced that Mike Sutcliffe was voted by his peers as "Young Professional of the Year" from the Vermont Recreation and Parks Association. The Commissioners congratulated Mike and discussed posting the award in the newspapers.

a terrible thing happens when you don't advertise

nothing.

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by Johnnie Goldfish

Somebody Is Lying?

The trick with courage is realizing that it isn't so much about overcoming fear, as it is about not settling for less. And then, it comes as effortlessly as a midsummer's night breeze. Whhhoooooosh, feel it.

The Rochester Chamber Music Society (RCMS) with Artistic Director, Cynthia Huard are in their 17th Summer Season. On Saturday, July 9 come and hear the Thirteenth Annual Bach Bash where professional and amateur string and wind players celebrate the music of Bach and others. The concert is at 7 pm in the Granville Town Hall. Then on Sunday, July 10 at the Rochester Federated Church at 4 pm you can see and hear the Piano Duos of Barber, Kadaly, and Prokofiev with Ben Gish on cello and Cynthia Huard on piano. A pre-concert talk with Larry Hamberlin is ½ hour before each performance. All concerts are free and donations are gratefully accepted. For information call 767-9234.

All string players and other musicians who can read string parts are invited to play at the Bach Bash. All music is provided, and please bring a music stand. The practice begins at 1 pm. A free dinner break will be provided at 5:30. Bring friends to play and listen. Then on Sunday, July 10 everyone is invited to join in informal chamber music at Lucy Marsh's house at 342 New Boston Road in Rochester from 9 am to 3 pm. Music is provided. If you have any questions please call Larry Hamberlin at 802-388-4437 or Lucy Marsh at 767-3809.

Riddle: Land of the Liars – You are lost in a land of the honest and dishonest. The honest people can only tell the truth, and the dishonest people can only lie. You need to ask for directions, so you approach a group of three people and ask if they are honest. The first man says, "Two of us are honest," and the second man says, "Actually only one of us is honest." The third man says, "That last man who spoke is honest." How many are honest and which ones? Answer below.

The Rochester Recreation Committee presents its annual summer concert series on the park in Rochester village on Sunday evenings at 6:30 pm. On July 10 the

South Royalton Town Band will return to the bandstand under the direction of Dick Ellis, who has led this band for 63 years. Dick used to direct the Rochester Town band back in the 1950's. Rochester trumpet player Louis Donnet is a longtime member of the band. The Rochester Recreation Committee encourages you to bring your dancing shoes, a lawn chair or blanket, and a picnic basket packed with your favorites.

The Federated Church of Rochester and the Women's Alliance had a terrific day at their Spring Sale with \$944 in sales. The ladies are now looking for some able-bodied persons who have the time and interest to help sort the gently worn clothing. Please call Janice McCann at 767-3667 or Estelle Holmquist at 767-4045. The church and community would like to thank Estelle Holmquist and Nance Parrish for providing beautiful and caring receptions following funeral services. Estelle and Nance are retiring from this invaluable service and much appreciation is extended. Becky Donnet is now the new contact for the Women's Alliance funeral receptions. If your family or if you know of a family in need of a funeral reception, please contact Becky at 767-3098 or the church office at 767-3012. You can also contact Reverend Gregory Holman at 767-3332.

The Green Mountain Club has released its first Killington Area Hiking Trail Map. These maps are part of a waterproof series that highlights major areas of interest around the state. These maps are available through the club or at select local businesses. For more information contact the club at 802-244-7037. The Green Mountain Club also produces maps of the entire Long Trail and Day Hiker's Guides.

Riddle solution: None are honest. For the third man to be honest would mean the second and third are honest, which contradicts what the second man said. Therefore they are both lying. If both are lying, there cannot be two that are honest, meaning that the first man is also lying.

Thought for the Week: "To him whose elastic thought keeps pace with the sun, the day is a perpetual morning." – Henry David Thoreau, (original New England camper).

Send your news to johnniegoldfish@yahoo.com.

Rutland County Senior Picnic

Save the date of Friday, July 22 for the annual Rutland County Senior Picnic, 10 am to 2 pm, at the Rutland Fair Grounds. Hosted by the Meals on Wheels Program of Rutland County, and organized by the Rutland County Triad, there will be food, entertainment and senior safety demonstrations throughout the day. Folks are encouraged to carpool with friends and neighbors. Group transportation may possibly be available, with pickups at central locations. For more details and reservations, please call the Southwestern Vermont Council on Aging after the first week in July at 1-802-786-5991.

July 8th

continued from page 17

education system be provided to be paid for by the public domain. Eight to ten years later as the slave owning founding fathers wrote the great American Constitution it contained most of these same rights and guarantees to "ALL," if you were white (blacks received none.) As the U.S. Constitutional writers became aware of the Vermont Rebels Radical Constitution, fear gripped their hearts so much that the Congress petitioned General George Washington to lead an army to crush Vermont before these freedoms for "ALL" got out of hand. The wise George Washington said "NO." At the time of his death his WILL freed his own slaves. He knew in his heart that Vermont was right. It had to be.

So, Slavery continued on for 80 years until a terrible "Civil War" again changed America forever. In 1862 President Lincoln issued America's second Emancipation Proclamation, written by Vermonter, Horace Greeley, of East Poultney, finally freeing America's slaves. This, however, didn't give them equality. Blacks were suddenly free with no jobs, no money, no property and no place to live. In most cases they were worse off than before. These circumstances and discrimination went on for another 100 years. "You stay in your black community, your black church, school, hotel, restaurant and so on."

Then, in the 1960's, one Dr. Martin Luther King had a "Dream," that everyone should live together as one brotherhood. It ignited the Civil Rights Movement that brought more bloodshed, assassinations, riots, burnings and murders. However, Civil Rights Laws were initiated, and over the next forty years equality has taken a giant step forward so much so that a black has now been elected President of the United States.

America has come a long way in these 200 plus years, but we still have a ways to go. We still have citizens among us who are yet to receive their equal rights as

guaranteed in the U.S. Constitution. There are yet those still blocking Justice. There is still certain gender and race discrimination.

The Vermont Constitution still stands out as the greatest Human Rights Document ever written. Vermonters should know a lot more about it than they currently do. As town meeting numbers dwindle, are we jeopardizing our control of our freedoms both State and Nationally?

"The Mighty Roman Empire fell from within! The Mighty British Empire fell from within! The Mighty American Empire" The rest of that sentence can only be completed by you, the American Citizen and Voter. (To learn more about "Citizen Government" read the writings of Dr. Frank Bryon, Political Science Professor, UVM) Burlington, Vermont.

The Vermont Constitution has No Equal in History. Since the beginning of time, humanity has struggled to be Free and Equal. Most never achieved it. True American Freedom was born here in Vermont. If we don't defend the provisions of this Document our light may go out as well. July 8th deserves to be celebrated and revered. It was a great day for Vermont. It was the greatest day for mankind.

Sincerely,
Bill Clark

P.S. Vermont is a very small, insignificant spot on a map. It ranks about 45th in size and 49th in population among the 50 states. Little ever happens here that would attract the National Media. Yet, Vermont had more positive influence on the outcome of the Revolutionary War and the Civil War, and wrote a Constitution that provided more human and civil rights than any other state in America.

About 83 years ago, President Calvin Coolidge made quite a statement about Vermont. You might want to look that up and read it.

Killington Remembered



250th Committee Chair Beverly Anderson enjoys an entirely edible sugar gondola, taken off the 3-D Killington Peak 250th birthday cake!

The Town of Killington wants to extend a big 'thank you' to everyone who came to the Star-Spangled Birthday Celebration last Monday to celebrate both the Fourth of July and Killington's 250th Birthday! The enthusiasm of the crowd was apparent from the expanded parade to the fabulous fireman's barbecue, and continued well into the night as the band Bourbon Street Brass played 'Happy Birthday' for the Town before the fabulous fireworks display. The old-fashioned photo booth, 3D birthday cake, and Town Crier and Bell Ringer added some special historical elements to the popular event.

As with any successful event, the planning is a team effort, and the EDT and Rec Department would like to thank of the volunteers on the 250th Celebration committee who helped to plan the celebration.

The EDT will be hosting a wrap-up meeting of the event on Thursday, July 14 at 11:30am. And don't forget to check www.DiscoverKillington.com to learn more about upcoming Summer events!

Have Horse, Will Travel

Does your horse balk at trailers? Does your normally even-tempered equine become anxious before road trips? On July 9th, Spring Hill Horse Rescue (SHHR) will host a Trailer Loading Clinic at its North Clarendon farm from 11 am to 3pm with a half hour break for lunch and chat. Tuition is \$25, and all proceeds benefit SHHR's rescue horses. Sign-up is not required, and payment is due at the start of the workshop.

Ideal for experienced horse owners and beginners alike, the workshop will teach participants how to load the most skittish equine quickly and safely. As a result, trips to horse shows, the vet, and the farrier should become much easier for both the horses and their people. The clinic is also appropriate for riding students and those interested in joining SHHR's volunteer program.

For more information, please call 770-0914 or e-mail bren@myfairpoint.net. All SHHR clinics are weather-dependent; check SHHR's Facebook page Saturday morning for more information.

STOP THE VIOLENCE.

If you have a problem with domestic violence, sexual violence or child abuse you can get help! These organizations offer FREE and CONFIDENTIAL assistance 24 hours a day, EVERY day. You don't need to suffer alone. Ask for help!

LOCAL HELP

The Rutland County Women's Network and Shelter is dedicated to assisting survivors of domestic and sexual violence.
www.rcws.org
24-hour hotline : 802-775-3232
Free & Confidential

STATEWIDE HELP

The Vermont Network Against Domestic and Sexual Violence is committed to eradicating domestic and sexual violence through advocacy, empowerment and social change.
www.vtnetwork.com
24-hour Hotlines
Domestic Violence: 1-800-228-7395
Sexual Violence: 1-800-489-7273

NATIONAL HELP

Stop It Now!® prevents the sexual abuse of children by mobilizing adults, families and communities to take actions that protect children before they are harmed.
www.stopitnow.com
24 hour hotline: 1-888-PREVENT

COMMUNITY CALENDAR

July 9 - Brandon. Neshobe Chicken BBQ Dinner, CHICKEN BBQ DINNER, 5 - 7 PM. Menu includes BBQ chicken, cold salads, beverages and STRAWBERRY SHORTCAKE. \$9.00; Kids 5-10 yrs \$5.00. Under 5 yrs free. Take out available. Public Welcome. Neshobe Sportsman Club, 247-6687.

July 22 - Rutland. Annual Rutland County Senior Picnic, 10-2, Rutland Fairgrounds. Hosted by Meals on Wheels Program. Food, entertainment, senior safety demos. Carpooling encouraged. Details & rsvp, 786-5991.

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

Killington Arts Guild

by Betty Little

History isn't just what happened 250 years ago, it is all the things that have happened since 1761. That includes the formation and development of the Killington Arts Guild as a small but vocal voice for culture in an area where there is a big skiing resort. As part of that history KAG is holding an art show "250th-People and Mountains" which opens with a reception from 3-6 PM on Saturday July 9th at the Upstairs Gallery at Cabin Fever Gifts on Route 4 opposite the Killington Access Road. Come and meet artists and see what we have created as part of the celebration. Open to the public without charge.

The Gallery show includes many new pieces: Peter Gould's picture of the Killington Range painted on barn board, John Brennan's photograph of early snow and autumn trees, Karen Gouchberg's water colors and oil pieces, Alice Sciore's sketches of Killington personalities from years past and Betty A. Little's and Patsy Zedar's photo-poster with poetry "Sherburne-Postcard #3." The show will run until August 30th. We hope to see you at the reception.

KAG is sponsoring a meeting on June 10 at 7 PM at Jill Dye and Duane Finger's summer home, The Killington Dream Ski Lodge, the summer home of Jill Dye and Duane Finger where Vermont author Yvonne Daley will talk about her newest book, "Octavia Boulevard." The

book is about Vermont Writer Daley's life in San Francisco as a commuting professor at San Francisco State University. She will also talk about the Green Mountain Writers Conference which will meet August 1-5 in the Tinmouth Pavilion. The review will conclude with refreshments--ice cream with chocolate sauce. No charge. Everyone is welcome. RSVP (802) 422-3616.

Songs from the Vermont Historical Society's special collection of sheet music provides a fascinating window into Vermont life and vales through the years. Vermont History through Popular Song with Linda Radtke and John Lincoln, music CD \$12.95 plus \$5 S & H. To order call (802) 262-2626 x304.

Linda Dukee is curating "The Power of Place: Landscapes and Mindscapes from Vermont" at the Gallery-in-the fields in Brandon. Opening reception on July 8th from 5-8PM: Artists Panel 6 PM. Show continues until Sept. 1st. (802) 247-0125.

This column is devoted to information about activities of the Killington Arts Guild, what KAG members are doing, art in the Killington area and in Vermont, and the thoughts and experience of the columnist. Thanks to Patsy Zedar column editor and Ann Wallen reporter. Send information to vttag@aol.com; about KAG Activities and membership call 802 422-3852 or visit www.killingtonartsguild.org.

Calling All Volunteers!



The Chaffee Art Center is pleased to announce its 50th Annual Art in the Park Fine Art & Craft Festivals for 2011. The Chaffee is currently looking for volunteers to help out at the August 13-14 and October 8-9, 2011 shows. Art in the Park Festivals are held in Main Street Park, at the Junction of Routes 4 & 7 in the heart of Rutland.

Event coordinators are looking for help with the following aspects of the show:

-Assistance with show set-up on Friday, August 12 and Friday, October 7, 2011 from 2-7pm: Some vendors may need assistance in bringing their product to their booth. Having extra hands should make the unloading process smooth and efficient. We will also need assistance in bringing tables and chairs from the Vermont State Fairgrounds to the Main Street Park.

-Greeters at event gates: We will need folks to welcome attendees at the event gates and hand them a Chaffee Art Center program. The first 50 people on each day will also receive a commemorative 50th anniversary bag. Donations will also be collected here in a drop box. We would like two people at each gate for the following hours: August show: Saturday and Sunday 9:00 AM to 5:00 PM; October show: Saturday 9:00 AM to 5:00 PM and Sunday 9:00 AM to 4:30 PM. This task can be broken into several two-hour shifts. Please let us know what you can work.

-Staffing at main Chaffee table: We will need volunteers to conduct attendee surveys, handout brochures, help communicate with vendors, and assist in kids activities.

-Assistance with show breakdown on Sunday, August 13 at 5pm and Sunday, October 8, 2011 at 4:30pm: Some vendors may need assistance in packing up their booth. Having extra hands should make the breaking down process smooth and efficient. We will also need assistance in bringing tables and chairs back to the Vermont State Fairgrounds.

If you have some free time during Art in the Park just let us know when you can be there and we will let you know how you can help. All volunteers will receive a commemorative 50th Anniversary t-shirt for their generous support. We couldn't do this without our volunteers! Let's make the 50th event a celebration to remember!

Please call 802-747-7900 to let us know if you can help or for more information.

Matter of Balance Workshop

No matter how old you are, taking an unexpected fall is no fun. According to the National Safety Council, falls are the leading cause of accidental deaths among people 75 and over and the second leading cause for people 45 to 75.

The fear of falling can cause seniors to avoid activities that they would otherwise participate in and enjoy. Have you limited your activities for fear of falling? If you are concerned about an accidental fall, then consider attending this important workshop that will offer a number of ways that you can avoid that tumble of a lifetime.

Sponsored by Rutland Regional Medical Center Community Education Program, the "Matter of Balance"

workshops will help you set realistic goals to:

- Increase your activity
- Change your environment to reduce the risk factors that contribute to a bad fall
- Exercise to increase strength and balance

The Matter of Balance Workshop will be held at the Castleton Community Center on August 4, 11, 18, 25 and September 1, 8, 15 and 22 from 1-3pm. The Castleton Community Center is located at 2108 Main Street in Castleton. Please call 802-468-3093 to register. Class size is limited; pre-registration is required. The Matter of Balance Workshops are free and open to the public.

Killington Tax Rate Changes

The Town of Killington recently announced Residential and Non-Residential Tax Rate Changes:

- Residential Tax Rate

Municipal Tax Rate: 2010 - \$0.3222. 2011 - \$.2900. Change - (\$.0322).

Residential Education Tax Rate: 2010 - \$2.0475. 2011 - \$1.5468. Change - (\$.5007).

Total Residential Tax Rate: 2010 - \$2.3697. 2011 - \$1.8368. Change - (\$.5329).

- Non-Residential Tax Rate

Municipal Tax Rate: 2010 - \$0.3222. 2011 - \$.2900. Change - (\$.0322).

Residential Education Tax Rate: 2010 - \$1.9027. 2011 - \$1.4583. Change - (\$.4444).

Total Residential Tax Rate: 2010 - \$2.2249. 2011 - \$1.7483. Change - (\$.4766).

CVPS Wins Award for Switch to Biodegradable Oil

Central Vermont Public Service received the Vermont Governor's Award for Environmental Excellence today for its first-in-the-nation switch to biodegradable oil.

Last June, CVPS switched from fossil-based chainsaw bar and chain oil to oil made from animal fat, removing thousands of gallons of traditional oil annually from Vermont's environment. CVPS was the first electric utility in the nation to make the switch.

"Every gallon of bar and chain oil ultimately ends up in the fields and forests," CVPS spokesman Steve Costello said. "Our action essentially removed 5,000 gallons of fossil-based oil from Vermont's environment over the past year, and will continue to do so every year going forward. That's a benefit to Vermont plants, birds, animals and amphibians."

Starting June 1, 2010, dozens of CVPS-contracted tree-trimming crews were required to use the new biodegradable chain and bar oil. The product, GreenOil, is produced by Green Earth Technologies, which has developed a series of new oils as alternatives to fossil fuels. CVPS uses seven different tree companies and typically has up to 55 tree crews working statewide at any given time.

Between 1,200 and 1,400 miles of distribution and transmission lines are cleared per year. Bar oil is automatically fed from a chainsaw to lubricate the chain, but it ultimately flies off into the environment. The new oil begins to break down almost immediate-

ly in the environment, as bacteria feed on the natural animal product.

"Petroleum-based chain oil takes years to break down," said CVPS Forestry Manager Duane Dickinson, who accepted the award on behalf of the company at a Statehouse ceremony. "GreenOil, the product we use, breaks down in a matter of days, and there is no chance of contamination of water sources or the food chain."

The new oil costs a little more than regular oil, but Dickinson said it was worth a couple of extra dollars per gallon. "The minor added cost is worth protecting the lands and waters of the state of Vermont," Dickinson said. "At CVPS, our forestry vegetation management program is designed to maintain reliable electrical service in environmentally responsible ways. Today's award is one more sign that we are on the right track."

CVPS's Forestry Department has earned numerous awards and honors over the years. CVPS has won the National Arbor Day Foundation Tree Line USA Award every year since 2003. It won the 2005 National Wild Turkey Federation National Land Stewardship Award, and CVPS is a charter member of the National Wild Turkey Federation Energy to Wildlife Program.

Today's Vermont Governor's Award for Environmental Excellence is the second won by the CVPS Forestry Department, which also received the award in 2003 after it slashed herbicide usage.

Baked Ham Supper

The Masons of Mount Moriah Lodge No. 96 invites the community to enjoy a home-style Baked Ham Supper on Saturday July 16th.

The Mount Moriah Mason's will be serving the ham with all the fixings and delicious home baked pies for dessert. The family style served dinner will start at 5:00 p.m. at Odd Fellows Hall in Belmont. The admission is \$10 for adults and \$5 for children 11 and under.

For more info call 259-2205.

RCHS Dog Manners Classes Start

The Rutland County Humane Society (RCHS) is offering Dog Manners classes starting Monday, July 18. The 6 week class is suitable for all dogs 16 weeks and up. In this class we focus on the positive as we train the foundation skills necessary for a lifetime of successful learning. The life skills of recall, loose leash walking, polite greetings, learning to settle, targeting, sit and down, wait, and capturing and shaping games. Handlers learn how to reinforce positive behaviors, manage unwanted behaviors and accurately read canine body language. Clicker Training will be introduced. Clicker and treat pouch are included. The first class is a required orientation without dogs. Classes will be held on Mondays at 6 pm at Red Dog Solutions, 75A Woodstock Avenue in Rutland. For more information or to register call trainer Caroline Edgar-Albert, KPA CTP at 802-325-2297.

Local CCV Graduates

Erica DeDell of Woodstock

Heather Asbury; Jessie Baker; Lindsay Baker; Esther Birch; Abby Bray; Joy Carbonell; Brittany Cavacas; Paul Dunbar; Julie Foster; Sara Gallipo; Ryan Grace; Melanie Hanson; Diana Hayes; Cynthia Hirschmann; Terrance Humphries; Susan Loseby; Trinci Maranville; Nicole Mastropasqua; Courtney Mattison; Jennifer McCarthy; Melanie Montbriand; Nikkole Noel; Ashley Pitts; Courtney Potter; Thomas Riffon; Angela Sheldrick; Shealyn Siliski; Robert Stover; Michael Therrien; and Patricia Yakunovich of Rutland

Antoinette Racine of South Chittenden

Jenna Bresette; Linda Flanders; Jerilyn Langsdon; Tanya Lee LaRouche; Michele Lussier; Tyler Neilson; and Kyle Notte of Brandon

Michael Carlson; Lisa Lewis; and Kristyn Rogers of Castleton

Crystal Kelley of Cuttingsville

Tanyia Bowen of Benson

Lawrence Canfield; Tierra Covey; Lisa Daigle-Fontaine; and Ryan Taylor of Fair Haven

David Winborn of Granville

Angela Michaels of Killington

Victoria Hawthorne; and Kris Littlewood of Poultney

Nicole Biasuzzi; and James Cote of Wallingford

Cullen Stewart of Tinmouth

Laura Barber; Kristin Brogren; Cassandra Perry; Stephanie Dunroe; and Amy Hendren of West Rutland



Feeding Wild Animals Can Be Dangerous

The Vermont Fish and Wildlife Department reminds Vermonters that feeding wild animals can create dangerous situations. A woman who had fed bears in the past was injured by a bear at her home in Cabot, on May 30th. According to the department, a woman attempted to scare a bear and cubs off her deck. It appears the woman may have come between the bear and her cubs. The bear attacked the woman, injuring her leg, which resulted in the woman being treated at a local hospital.

The incident underscores why the department asks people to stop feeding birds during spring, summer and fall and to never purposely feed bears. The woman had been previously warned by a State Game Warden to stop purposely feeding bears and to not feed birds because of bears being attracted to this easy source of food at her house. The department believes the bear acted naturally in trying to protect her cubs, and so there are no plans to destroy her.

"We are receiving reports from all over the state of bears seeking food at bird feeders, bee hives, chicken coops and other sources," said State Wildlife Biologist Forrest Hammond. "People can help by removing any food sources that may tempt the bears."

"Bears are smart and are easily attracted to birdfeeders and then gradually lose their fear of people to the point that they begin going from house to house looking for more goodies," added Hammond. "It doesn't take long in these situations before a bear gets so comfort-

able around people that it loses its natural wariness of people and causes property damage or begins to be seen as a potential threat to people in surprise encounters. When the department has to choose between the safety of people and the safety of bears, bears will always lose."

"Don't leave pet food outside, wash down your barbecues after using them, and secure your garbage containers," he added. "And above all, never purposely leave food out for bears or any other wildlife. Feeding bears may seem kind, but it is almost a sure death sentence for them."

"We care about these bears as much as anyone," he said. "Having to destroy one that has become a threat to human safety is not a pleasant experience, and we know that moving them to another location doesn't change their behavior. They continue to seek food near people because they have learned that it works. Vermont has a healthy, wild population of black bears. People can help keep bears and other wildlife from becoming a problem by simply not feeding them."

Vermont law prohibits a person from killing a bear that has been attracted to any artificial bait or food such as bird seed. The fine for doing so can be as high as \$1,000.

To learn more about black bears, go to the Vermont Fish & Wildlife Department's website (www.vtfishandwildlife.com).

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Downtown Rutland

Friday Night Live July 8



There's an entertainment packed night scheduled for this week's Friday Night Live of July 8. Come to Downtown Rutland from 6-10 pm and enjoy Rutland's biggest block party.

For children's entertainment, come down at 6:15 p.m. and watch Brent McCoy. He is described as "a widely entertaining comic performer who happens to

be dressed as a construction worker" who "combines circus, comedy, and participation for kneelapping" fun. McCoy will perform in front of Lake Sunapee Bank.

At 7:15 stay around the intersection of Center Street and Merchants Row to get some real hand-on participation. Gary Meitrott, director of Drum Journeys of Earth, wants people to join in and play his collection of drumming materials that are available everywhere. It will be a time of high energy and great fun.

Also, at 7:15, cast members of Grace Church's upcoming production of Miss Saigon, will perform two songs from the smash Broadway musical. The musical will be at the Paramount Theatre the following Friday/Saturday, July 15-16.

To top off the evening, the Bridgeport, Connecticut band, Relative Souls, will take to the main stage at 7:30 p.m. The group will be performing two sets during the night. The band describes their "formula for success is good songs, catchy vocals, and superior musicianship . . . a combination not offered by most bands." On this Friday Night Live the main stage will be located at the eastern end of Center Street near Wales Street.

An added attraction is the opening of Wunderfeet, a children's museum that is located in the former King's Fine Furniture on Center Street. This is the newest project provided by the Creative Economy. Exhibits are going to focus on "Energy in Motion." Come in and have fun between 6 - 8 pm.

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

Rain or shine, Friday Night Live goes on with activities commencing at 6 p.m. Friday Night Live will run for four additional Fridays in 2011: July 15, 22 and August 5, 12.

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



Lock Your Doors, Dorr Drive

Mountain Top Inn in Chittenden hosts the Vermont Symphony Orchestra TD Bank Summer Festival Tour with the program "Symphony Royale," Anthony Princiotti conducting, Thursday, July 9, 7:30 to 10:00 p.m. The program includes Scheherazade's Kalendar Prince, the King and Queen of Troy, the King of Siam, and America's own Duke Ellington. Come early and picnic; enjoy celebratory fireworks in conclusion. Call 863-5966 for details.

Rutland Town's new Market Fair opens at 3:00 p.m. Friday afternoon, offering a farmers market, country crafts, children's activities sponsored by Vermont Soap, music by Aaron Audette, Cathy Reynolds' yoga demo and class at 6:00 p.m., and energy work by Kacie Winston. The location is the Home Depot/Big Lots Plaza, 299 Rt. East. Call 558-6155 to find out more.

The Chaffee Art Center holds an ArtHop Rutland reception Friday, July 8, from 5:00 to 8:00 p.m., punctuated by a 6:00 p.m. reception by Peter Huntoon.

Relative Soul headlines the July 8 Friday Night Live in downtown Rutland. Stop in to enjoy children's activities in the early evening, outdoor dining, vendor booths, and merchants who stay open Friday just to talk to you. For more info, call the Rutland Downtown Partnership, 773-9380.

The cars stream into the Vermont State Fairgrounds, 175 S. Main St., Rutland for two days of automotive-oriented fun Friday and Saturday, July 9 and 10, in the Rutland Area Vehicle Enthusiasts (RAVE) Car Club show. Highlights include a "cruise" Saturday at 4:30 p.m. and a 7:30 p.m. dance at the Holiday Inn of Rutland (benefiting the Rutland Regional Bone Marrow Donor Program). Judging encompasses 29 classes with 3 trophies per class. The awards announcement and trophy parade is at 3:00 p.m. Sunday; show proceeds go to a number of local charities. Call 265-8026 to find out more.

Other weekend activities include the Southwest Freedom Riders' Ron Williams Memorial Poker Run (call 1-888-299-SWFR) and a trailer loading clinic hosted by Spring Hill Horse Rescue in North Clarendon, hosted by Gina Brown (call 770-0914).

Ride the train from Rutland to Fort Edward, NY, as you dine on a four-course meal (non-alcoholic beverages) followed by an after-dinner cordial on Sunday, July 12. Your 1950s era car departs Rutland at 4:45 p.m., pulling into Fort Edward at 6:23; you return via Amtrak, arriving in Rutland at 9:05 p.m. Call (800) 292-7245 for your reservation.

Race your cross country bike around Pine Hill trails Sunday afternoon. The racing begins at 9:00 a.m. Call 773-1822 for details. Bring a lovely Sunday to a close

listening to the Rutland City Band in Main Street Park (corner of Route 7 and West Street), at 7:00 p.m.

The Rutland Region Chamber of Commerce "mixes" at Sanctuary Integrated Medicine, 90 Mahoney Ave., Tuesday, July 12, from 5:00 to 7:00 p.m. Call 773-2747 for more info.

The brassy sound of Enerjazz spills out of Main Street Park Wednesday, July 13, from 7:00 to 9:00 p.m. Rutland Recreation and Parks Department puts together both the Wednesday and Sunday evening open-air concerts throughout the summer.

The Carving Studio and Sculpture Center in West Rutland offers a five-day introductory course on carving in soft stone, July 18-22, taught by instructor Robert Babcock. The organization also offers a weekend class for more experienced artists in stone July 16 and 17, taught by Bill Nutt. Get the details by calling 438-2097.

Children eligible for free and reduced price school lunches are also eligible to participate in the Summer Food Service Program for Children. Meals are available at both 8:30 a.m. and 12 noon July 25 through August 12 at the Boys & Girls Club in Rutland.

Central Vermont Public Service Corp. recently received the 2011 Governor's Award for Environmental Excellence for its Pollution Prevention effort, replacing 5,000 gallons a year of petroleum bar chain oil with biodegradable animal-based oils in chainsaws, reducing pollutants in clearing rights-of-way. Another recipient is Sustainable Rutland coordinator Jim Sabataso, as is the 17-year-old SolarFest, Inc.

Part of the skyline at one of Rutland's main entrances is undergoing a reduction. The Howe Center Chimney, standing at the complex entrance since 1870, recently received a lightning strike. The 111-foot chimney, rebuilt only a few years ago, is being removed.

Burglars have been hitting residences on and near Dorr Drive, the Rutland City Police Department recently announced. Entrance has been through unlocked doors, so, if you live in that area, lock up, even when you're home. And, if you see someone acting suspiciously, call Detective Robert Gorruso at 773-1816.

The Blood in This Town, the documentary created by filmmaker Art Jones and his Great Jones production company, is receiving wider and wider acclaim. It will be shown at the Pratt Institute's sustainable planning department, complete with forum, and also shown at the U.S. Capitol Visitors Center in the not-too-distant future.

Season Bus Passes Valid on ALL Routes

"The Bus" is pleased to announce its Season Bus Passes are now valid on all of its bus rides (including in-city and out of town routes). In the past, the passes were valid only on out of town routes.

Season Bus Passes are \$150 and can be purchased at the Marble Valley Regional Transit Center in downtown Rutland (open 7:30am to 4:30pm Monday through Friday) or at MVRTD's office on 158 Spruce Street, Rutland during normal business hours Monday through Friday.

"Currently, all of our fixed route buses are equipped with bike racks. "We are encouraging our riders and commuters to take advantage of this service to promote good health and a cleaner environment," says Hagen Groom.

For MVRTD "The Bus" schedules and more information go to www.thebus.com or call (802) 773-3244 ext. 117.

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Proctor Place

by Stacy Bates

Congrats, Proctor All-Stars!

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

The June 27 Proctor Selectboard meeting minutes were posted for viewing. Here are the highlights. Invited guest, Randy Dapron, of Casella Waste Management presented the final contract for curbside collection of trash and recycling. Dick Norris made the motion to accept and execute the contract as presented. The motion was approved. Abigail Freidman, Vermont League of Cities and Towns, presented a proposal for assisting the Selectboard with the search for a new Town Administrator. The Selectboard scheduled a special meeting to further discuss the proposal. While discussing the highway department Vincent Gatti made the motion to contract with the Vermont Department of Corrections for routine mowing, with the exception of the pool, for the 2011 season. The motion was approved. Susan Feenick made the motion to award the East Street sidewalk project to Gary Freeguard. The motion was approved. The contract is for \$17,160. Later Lloyd Hughes made the motion to have Rick Anderson, Lloyd Hughes, and Todd Blow meet with Donald Des Pierre, Jr. to make him an offer of employment with the Proctor Highway Department. The motion was approved.

During the Board of Water Commissioners they discussed the Contract 1 East Side Distribution System Improvements. 1) Lloyd Hughes made the motion to approve and execute pay request #2 for \$49,569.63. The motion was approved. 2) Smith presented options for restoration of upper Olympus Road and recommended the Board opt for an aggregate surface with geotextile

and postpone paving until Contract 4. This option will require road closure during the winter. In the engineer's opinion, this is the best technical option as well as the lowest cost option at an estimated \$23,151. Vincent Gatti made the motion accept the engineer's recommendation regarding the interim restoration of upper Olympus Road. The motion was approved.

During additional items discussed The Selectboard confirmed their former decision not to accept any electronics for disposal at the Proctor Transfer Station effective July 1, 2011. Modifications will be made to signage at the Transfer Station and attendants educated on how to advise residents regarding disposal of electronic devices. Also Vincent Gatti made the motion to post the job announcements for a Transfer Station Operator and Transfer Station Assistant as written. The motion was approved. The job announcements will be posted around town and on the municipal website at www.proctorvermont.com.

The Proctor Rangers baseball team's season came to an end last Wednesday when they suffered a 11-6 loss to the Rutland Titans. Zach Bates was the starting pitcher and at the end of 3 innings the score was tied 3-3. He was also the hot bat going 2 for 3 with a single and a double. The Rangers were hitting the ball well but the Titans were swallowing up everything with great defense. The Titans took a one run lead in the fourth but Derek Almond did a great job of keeping them to just one when the bases were loaded. It was the bottom of the fifth inning when the Titans broke away scoring 7 runs. The Rangers looked prime for a come back in the top of the sixth inning scoring 3 runs with only 1 out and the bases loaded. The inning ended when the Titans converted a double play off a Zach Jalbert hard hit line drive to second and then they doubled up the runner on first. M.J. Denis went 1-2 with a single. For some of the players the season is over but congratulations to Derek Almond, Zach Jalbert, M.J. Denis and Zachary Bates who all made one of the two all-star teams that will be competing in the Proctor tournament a couple of weeks from now.



ARIES: March 21 – April 20: You haven't got to worry too much about whether someone's going to rise to the occasion. Their efforts to win your approval have been going on long enough for you to see that, at the very least, they mean well. What you haven't considered is that they may not be qualified and/or this isn't in their best interests. Before you assume that what's good for you is good for them you might want to double check on what's really going on here. Trade-offs are never cut and dry, and the subtler issues will get you into trouble if you don't address them honestly.

TAURUS: April 21 – May 20: No one needs to tell you that you've got to be cautious. The one who once took on everything without thinking twice has been burned enough times to know that s/he can no longer function on a wing and a prayer. With any luck you are opting for a change that will loan more stability to your situation. Deeper issues have called you to consider moving. If it isn't age or the economy it's your intuition telling you to get out of Dodge. Whatever the reason, you keep thinking that the solution to everything that's going on right now could very well be the geographical cure.

GEMINI: May 21 – June 20: You may not know what to do next but at least you're aware that something needs to change. Reviewing the last few months, let me remind you that nothing has been easy. The reason you're obsessed with moving on to anything but this is because you've had to give up everything just to hang in there and do it. Give yourself a few more months to consider the uses of adversity and don't try to change directions until you know for sure that you can't get any satisfaction out of this. Bold moves won't work right now; stay cool, keep your nose to the grindstone and wait.

CANCER: June 21 – July 20: You could try a little harder but it won't make a difference. No one's noticing. And they either won't or they can't because they have other obligations, interests, and/or preferences. Give this situation only what it will take. Don't knock yourself out over things that are of no consequence and don't expect anyone to care. Timing is everything and it makes no sense to push when circumstances call you to see that nothing comes to fruit when you do. It's also more than obvious that you need to wind down and find a way to reconnect with your creative self.

LEO: July 21 – August 20: Be mindful of the company you keep. You aren't at all clear about why you're here, and until you see that you came for a very specific lesson, your experiences will continue to teach you. At this point it's difficult for you to separate what the child in you wants from what the adult needs. It's more than evident that you don't need this, but an older part of you keeps drawing you back to it. It would be better for you to focus on yourself and what you came here to do than it would be for you to spend all your energy feeding old patterns and negative people.

VIRGO: August 21 – September 20: Circumstances have involved you with people who need you to do what they can't do for themselves. In many cases what you do for others is taking care of you on some level. All of this is calling you to consider the forces of give and take in your relationships. It's so easy for you to give but much harder for you to receive. Looking at what comes up for you every time anyone wants to return the favor will help you understand that all your giving comes from a place of feeling like you can never do or be enough; it's time to look at what's up with that.

LIBRA: September 21 – October 20: After sweating out one thing after another here you are opening up to a period of smooth sailing. Getting on with things has restored your faith in the power of the spirit to find its way through anything. The next phase of the journey will require you to pay closer attention to the way you affect other people. And the smoothness of the sailing will depend to a large extent on how others respond to your energy and your level of integrity. What comes out of this could make you or break you. Don't put on airs or try to over impress people – just be who you are.

SCORPIO: October 21 – November 20: It's time to loosen your load. Nothing's going to move or change until you dislodge a few things. The weight of too much stuff and the side effects of having the ego multiply all of your demands have gotten you into a pickle. As much as you are aware that you have to tear yourself away you have all kinds of ties that can't be easily broken overnight. As long as you are realistic enough to see that it's time to prune off the lies and the years of dead wood, you will be free to get on with your life with nothing left behind to make you feel any sense of obligation to the past.

SAGITTARIUS: November 21 – December 20: You are trying to handle a complex set of variables as methodically as you can. It would be easier if this didn't involve having to keep half of your attention on the other players and their issues. Multiple forms of codependence have you wishing people could just be straight with each other. I hate to clue you but people can't even be straight with themselves! If you're worried about how this is all going to reflect on you, just keep the light on, stay honest, and know enough to shut people off when their issues start mucking up their ability to be objective.

CAPRICORN: December 21 – January 20: Whether you know it or not, others are paying more than the usual amount of attention. This could be good or bad, depending on their motives. Don't be fooled by what passes for friendliness and don't assume that politeness is a sign of integrity. Even if others are anything close to what they appear to be, the next time it's your turn to respond you'd be smart to engage just enough to give them a chance to display some sincerity. And be particularly watchful of your appetite for flattery. In this situation it could very well lead you right down the bunny trail.

AQUARIUS: January 21 – February 20: Opportunities to break out and do something totally different have enticed you into thinking that they are the answer to your prayers. As exciting as it seems you are wise enough to see that others are involved in all of your choices and part of you is hard pressed to venture too far afield. Caught between the realm of possibility and the reality of what's up and running try to see yourself playing both roles and decide who you want to be. You may find out that staying right where you are feels a hell of a lot better than taking a chance on what's behind the curtain.

PISCES: February 21 – March 20: You may think that it's a matter of self preservation to stick up for yourself but it isn't going to work for you this time. Every situation is different. This one is not in your charge. Before you go too far with the "Don't Tread on Me" routine you need to understand that whoever this is about is under no obligation to do anything that doesn't suit their purposes. The only strategy that will work is one of total submission – at least for the time being. If you want to hold your position, smarten up; you will do more to fortify it by going along with the program.

In Memory of Cathaleen S. FitzGerald



Cathaleen S. FitzGerald, 70, of Killington, VT, died July 1, 2011, at Rutland Healthcare and Rehabilitation Center. She was born November 20, 1940, in Pleasantville, NJ, the youngest of thirteen children to Charles and Sophie (Hees) Starn.

Mrs. FitzGerald was a member of Grace Congregational United Church of Christ, where she was served on the Flower Committee and enjoyed singing in the Sanctuary Choir.

She was a former member of the First Baptist Church.

She was a real estate developer and president of Robinson Enterprises, Inc., and Robinwood Pipeline, Inc., and a director of Alpine Pipeline.

Mrs. FitzGerald was past president of the Rutland Garden Club, on the board of directors of the Vermont Achievement Center, and a member of Friends in Council.

She was a gourmet cook and an avid collector of cookbooks.

A longtime golfer, she enjoyed her memberships

in both the Rutland Country Club and the Woodstock Country Club.

Survivors include her husband, Kenneth E. FitzGerald of Killington, VT; four sisters, Elizabeth Rittenhouse and her husband, Julian, Peggy Corcoran, Esther Christenson and her husband, Robert, Lillian Hampton and her husband, Howard; six brothers, Fred Starn and his wife, Mary Lou, Stanley Starn, Wesley Starn and his wife, Ruth, Harry Starn and his wife, Nancy, Robert Starn and his wife, Celia, and Charles Starn; four step-children, Kirk, Kristie, Neil, Jr. and Victoria; and several nieces, nephews, grandnieces and grandnephews.

A memorial service will be held at a later date. Tossing Funeral Home is in charge of arrangements.

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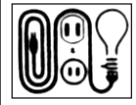
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View From Ludlow

by Ralph Pace

Ludlow Has Fireworks!

Whether you viewed them from West Hill, where they actually occurred, or from Gill Home hill, or from one of the many lovely sites on South Hill, Ludlow's fireworks display last Saturday was a special event. It was in keeping with the long-standing tradition of Ludlow for celebrating the nation's birthday; but, of equal importance, was the fact that it represented the hard work and consistent effort of Ludlow merchants to ensure that this tradition was securely kept.

Everyone enjoyed the spectacular fireworks display. (Just remember to help the merchants raise the funds for next year – assuming they have plans to continue this delightful and inspiring tradition.)

While the next film scheduled by FOLA (Friends of Ludlow Auditorium) may not match the weekend's fireworks, it should provide considerable entertainment. FOLA will feature the very special western, "Butch Cassidy and the Sundance Kid", on Thursday, July 7 at 7 PM at the Ludlow Town Hall Auditorium. The film, winner of many awards, is part of FOLA's "1st Thursday" film program. Per FOLA policy, these films are free and open to everyone; donations are appreciated to cover the cost of the film and equipment usage. One of the interesting things about the Sundance Kid is how he got that name. Apparently, in his teens, he was arrested in Sundance, Wyoming. Thereafter, since no one knew his real name, he was referred to as "the kid from Sundance." At any rate, it is a delightful twist on the conventional western plot line with an ending that some still claim was not the real ending of this pair of fancy desperados. For information, call 228-7239.

FOLA is also in the planning stages of a more serious nature. Efforts are underway at FOLA to prepare and sponsor a round table discussion of the current Vermont healthcare legislation, its meaning, costs, and impact on state citizens. A panel of state-wide known people reflecting the various opinions on the subject will be brought together to address the issues, problems, and promises of this legislation. A tentative date in late October is being considered for this event.

Following its very successful fund raising drive for an elevator for its new wing, the Black River Academy Museum is hosting a special Civil War exhibit and program. The Music of the Civil War program will be held at 7PM on July 9. The Civil War exhibit will open on July 9 at 1PM with a special reception at that time. In cooperation with the Amity Art Foundation, Inc. the museum will also be presenting its first installment of art and documents

from or concerning the Civil War. The exhibition will focus on images of the war and the people who served in it. Reference will be made to the some of the over 170 men from Ludlow that served in the Union Army. Images of the leaders of both sides of the war will be presented and period etchings and other graphics done by artists that covered the war will not only show examples of the battles, but also the day to day lives of the soldiers.

The Friends of Fletcher Memorial Library in Ludlow will offer a book discussion on Thursday, July 21 at 7 PM at the Library. Thomas Brooks of Andover will discuss his book "North of Rome, 1944-1945" whose foreword was written by Senator Robert Dole who also fought in this theater of war. After the invasion of France, the Allied armies in Italy found themselves in a forgotten war theater. Until now their eleven month saga of bitter conflict and gallant sacrifice has been ignored.

As the date of its historic founding draws closer, members of the Ludlow 250 committee are continuing to plan for the two day celebration, September 16-17, of the issuance of the charter that created Ludlow in 1761. The committee will consider fund raising and parade plans at its next meeting on Wednesday, July 6.

Cavendish is also continuing its efforts for its semi-quintennial celebration. The celebration committee recently purchased new banners for the effort that may be purchased for \$150 each from the committee. For information call 802-226-7807.

Cavendish also announced the annual summer music series on the Proctorsville Green will be held again this year on Wednesday nights in July and August. All concerts are free and open to the public and will start at 6:00 p.m. The schedule includes: July 13th - Chris Klee-man; July 20th - Union Street; July 27th - Rick Redington; August 3 - Gypsy Reel; and August 10 - Voodoo Alien Blues Band.

Ludlow area Democrats who would like to participate in state and national conventions are currently out-of-luck. According to the Windsor County Democratic Party, the towns of Ludlow, Plymouth, and Reading are not eligible since no formal party organization exists in those town.

Incidentally, a note to whoever called for a 'rain dance' for the area; thanks for getting the dancer to lay off for a few days! It was nice to enjoy several consecutive days without the wet stuff – even as the rain approaches while we write this column.

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

RCHS Upcoming Events

– Killington Dog Days Benefitting the Rutland County Humane Society

Killington Dog Days benefitting the Rutland County Humane Society (RCHS) will take place on Saturday & Sunday, July 16 & 17 at the Sherburne Library Fields on River Road in Killington. Top dogs from across the country will gather in Killington for a full weekend of dog-centric and pet-friendly activities built around two national disc dog competitions from the Unified Frisbee Dog Operations (UFO) and Skyhoundz. Along with the discdogs, guests will enjoy canine demonstrations, vendors offering services like pet grooming, nail-clipping,

homemade dog treats, pet tagging and more. Also on site will be breed rescue organizations, pet therapy groups and the popular pet-and-owner games from RCHS like the 50-Paw Dash, Barrel Racing, Musical Carpets. The event is free, with an on-site gift for those attendees who make a donation to RCHS. Activities begin at 10 AM on both days for dogs and dog lovers alike! For more information contact Suzie Dundas at 422-2185.

– RCHS Duck Derby Coming on July 17!

The Rutland County Humane Society (RCHS) is hosting its annual Duck Derby to raise money for the homeless animals in its care. At 3 pm on Sunday, July 17 at the Library Fields on River Road in Killington "adopted" plastic ducks will be launched into the stream in a race to the finish. The first ducks to reach the finish line win cash prizes. To adopt a duck please visit the RCHS website (www.rchsvt.org), contact the Business Office at 483-9171 or adopt a duck at the Killington Dog Days weekend. A single duck is \$3, 4 ducks (a "quack pack") are \$10 and 6 ducks (a "6-quack") are \$15. Funds raised from the Duck Derby will support the programs and homeless animals at RCHS. So "adopt" a duck for the day and cheer it on as it makes its way downstream. Please contact the RCHS Business Office at 483-9171 with any questions.

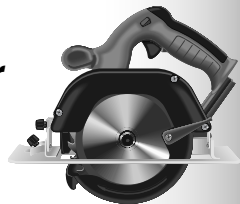
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Lakes Region News

by Lani Duke

Keep Bomoseen Beautiful – Litterbugs Beware!

Experience one of the significant battles of the American Revolution – and the only Revolutionary War battle fought in Vermont (in 1777) -- Saturday and Sunday, July 9 and 10 at the Hubbardton Battlefield. Fun and education for all ages. Call 283-3901 or 273-2242 for specifics.

Help send Scouts to summer camp by supporting Boy Scout Troop 18's Flapjack Breakfast Saturday morning from 8:00 to 10:00 a.m. at Applebee's in Rutland. For more information or to pre-purchase tickets, call 273-2025 or 265-2036.

Tuesday night's concert in Castleton is by the New York Players, an Albany-based group of experienced musicians full of energy and enthusiasm. Be in position, complete with picnic basket, blanket, and/or lawn chairs in plenty of time for the 7:00 p.m. performance beginning.

Gerry Grimo & East Bay Jazz Ensemble bring you traditional-style big band music Thursday, July 14, at 7:00 p.m., performing from the Gazebo in Fair Haven's town park. The group will likely venture into the areas of Swing, R&B, Oldies, and more, plus vocal arrangements by some of our best loved crooners and swingers.

Further down the line is Fair Haven's National Night Out, Tuesday, August 2, in the town park.

Children who receive free or reduced price meals may take part in area Summer Food Service Program for Children at Castleton Community Center Scamp Camp, serving at 8:00 a.m. and 12 noon, and Fair Haven Grade School and/or playground 8:30 and 11:45 a.m. in July and early August. For info on the Castleton program, call JoAnn Riley, 468-3093; for Fair Haven, call Julie Austin, 265-3666.

Green Mountain College sponsors a series in informal conversations on local and national interests with col-

lege educators. Stop in to take part in this free programs. The Wednesday, July 13 program is Green Science, led by Sue Sutheimer, from 9:00 to 10:00 a.m. at The Station in Poultney. Under discussion is the design of chemical products that reduce or eliminate the use of hazardous substances. Sue and her students are working on ways to re-use ash by-product from burnt woodchips.

Subsequent programs cover Homestead Farming, led by Philip Ackerman-Leist, Tuesday, July 19, at The Station; Grow Local, Eat Local, led by Eleanor Tison, Wednesday, July 20, at The Station; Eco-Friendly Furniture, led by Lucas Brown, Wednesday, July 27, at The Station; and Land Ownership in the Northern Forest, led by James Harding, Saturday, July 30, at Sissy's in Middletown Springs. All are from 9:00 to 10:00 a.m. Other programs follow in August.

Green Mountain College recently announced its fall scholar in residence, Dr. Tyrone Hayes, biology (herpetology) professor at University of California, Berkeley. He is researching the effect of steroid hormones in amphibian development in both the United States and in Africa.

Some Lake Bomoseen residents are getting fed up with trash that summer visitors leave around the Green Dump and other nearby recreation areas. Castleton town manager Charles Jacien has asked appropriate law enforcement to start writing tickets for littering, an offense that may lead to a \$500 fine.

Middletown Springs Elementary begins a relationship with a new principal in July. Richard Beal takes over the school's leadership after having been assistant principal in Bristol Elementary most recently, and Benson Village principal before that. Former MSES principal Aaron Boynton has taken on the assistant principalship at Rutland Town.

Middletown Church holds a block party Sunday, July 17 from 12 noon to 3:00 p.m. as a kick off for Vocation Bible School, 4:00 to 7:00 p.m. Monday through Wednesday, July 18-20.

Student News

— Nicholas Campbell and Abby Zarotny, both of Rutland have been named to the UMass Dartmouth Spring 2011 Dean's List.

— The following area students were named to the Dean's List at Paul Smith's College during the spring 2011 semester: Nicholas Lamoureux of Hartland; Austen Adams of Dorset; Jeremy Fowler of Castleton; Kyle Mason of Middletown Springs; Stephens Handfield of Poultney; Jordan Peters of Clarendon Springs.

— Johnson State College announced the following local students have been selected for the Dean's List: Alayna Ballantine of Bomoseen; Lawrence Canfield, Joshua Jakab, and Justine Waggett of Fair Haven; Carly Stugart of Killington; Amanda Vanamburg of Leicester; David Hudson and Marc McDuff of Pittsford; Melissa Rixon of Rutland; Kyle Hughes of Wallingford; Jill Buffum of West Rutland.

— Beth Mitchell of Brandon was named to the President's List at Johnson State College.

— Jeffrey Stone of Rutland, was named to Spring 2011 Dean's List at Wilkes University.

— David Charnock, a Junior Finance Major at the University of Colorado, Boulder, has made the Leeds School of Business Dean's List for Spring Semester 2011. He is from Rutland Town.

— The following area residents have been named to the Spring 2011 Dean's List at Champlain College: Rexford Accavallo of Rutland, VT is majoring in Business. Kyle Shum of Mendon, VT is majoring in Criminal Justice. Haley Kenyon of Middletown Springs, VT is majoring in Professional Writing.

— Melissa Adams, a Theatre major from Fair Haven, VT, has made the Spring 2011 semester President's List at SUNY Potsdam.

— The following local residents were among students from Champlain College in Burlington, Vt., who received undergraduate degrees during the College's 133rd Commencement held in May. Randolph - Benjamin Alicea, Adam Butler, Michael Wooden. Kristen Tyler, of East Dorset. Rutland - Rexford Accavallo,

Marsha Cassel, August Hill, Casey McNeil, Nikita Rhoades, Christopher Robinson, Jamie-Lynn Weeks. Tammy Lattuca, of Wallingford.

— Leah C. Houston, of Rutland has made the Dean's List at St. Lawrence University.

— The following students have been named to the Dean's List at the University of New Hampshire for the spring semester of the 2010 - 2011 academic year: Kimberly Kancir of Bridgewater Corners; Heather Skehan of Hartland; Taylor Scully of Randolph; Kelly Giller, Danielle Lewis, Brittany Racicot, Eric Schulz, and Holland Wegner of Woodstock; Rachel Durgin and Garrison Rufa of Chester; Keshia Anderson, Shaun McCarthy, Kathleen O'Hara, Marissa Raymond of Rutland; Hillary Creed and Derek Long of Mendon; Amanda Ciejko and Michael Marallo of Castleton; Reed Mitchell of Shrewsbury.

— Robert Kelly of Danby, a Voice Performance major is a 2011 graduate of Westminster Choir College of Rider University.

— The following local residents were named to second honors on the Clark University Dean's List: Brendan M. Golubjatnikov, a resident of Rutland, Sarah C. Stanley, a resident of Brandon.

— Westminster School Announces Honor Roll Students: Cory Latour of Dorset, a junior, earned honors. Lilian Ross of Manchester, a junior, earned honors. Kelsey O'Brien of Reading, a senior, earned honors.

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Home & Garden

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You may be able to lower your cooling costs even more by taking a few actions designed to reduce the amount of air conditioning you'll need. Here are a few tips:

- In the cooler evening and early morning hours, open your windows instead of using air conditioning. Open windows on opposite sides of the house to create cross-ventilation. Use a window fan, blowing toward the outside, to pull cool air in through other windows and to push hot air out. As the day warms, you may find that you feel more comfortable with windows and coverings closed against direct sunlight.

- On hot days, delay heat-producing tasks, such as dishwashing, baking, or doing laundry, until the cooler evening or early morning hours.

- Use your bath fan to remove heat and moisture generated by showers. And, if your kitchen range hood fan exhausts to the outdoors, use it to remove hot air created by cooking.

- Keep cool air in and hot air out: Caulk around window and door frames, use weather stripping on exterior doors, and have a professional (see the final tip, below) seal gaps where air can travel between the attic and your living space.

- To reduce both cooling and heating costs and make your home more comfortable year-round, take a whole-house approach: A Home Performance with ENERGY STAR contractor can find and fix the causes of high energy bills, uncomfortably hot or cold/drafty rooms, moisture problems, ice dams, and more. Efficiency Vermont offers financial incentives to homeowners for energy-saving improvements completed by these contractors. To learn more and to find a contractor near you, visit www.encyvermont.com.

--Kathleen 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/askthometeam or call, toll-free, 888-921-5990.



Harvesting Fruits and Other July Gardening Tips

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

Harvesting produce and fruits regularly, and keeping up with watering and fertilizing containers, are some of the gardening tips for this month.

Harvest tomatoes, zucchini, beans, and other fruiting crops frequently to encourage continued production. Remove any fruits that have gone by unless you're in competition for the biggest zucchini! You don't want the plant to produce mature seeds because that will signal that it's time to slow down fruit production.

In the past, the recommendation was to remove spent blooms on petunias to encourage more blooms, and cut back leggy growth to keep plants tidy. Rather than snipping off the ends of the longest vines, they were cut back to within 3 or 4 inches of the soil line. From there they would sprout to give a fuller, bushier plant. Most modern petunias are "self-cleaning," that is their spent blossoms just fade and fall off so you don't need to remove them by hand. And they keep on blooming, so you don't need to cut them back. If you have older cultivars (cultivated varieties), such as heirlooms or those you grew from seed, you may need to do this if they stop blooming.

Check container-grown plants frequently, and water as necessary to keep soil moist. Soil can dry out very quickly, especially in small containers and those made of clay. Hanging baskets, especially those lined with sphagnum moss or coir (the rough tan material made of coconut husk fibers), also dry out daily when plants are

mature. If you bought a basket already planted, or didn't incorporate water absorbing gels at planting, scratch some in the surface now. You can find these at many complete garden stores. They hold much water, releasing it to the plants over time.

During periods of frequent rainfall, nutrients are washed out of the soil of container plants. Many of the newer annual flowers are raised, and bred, to need high fertility. Give them a dose of liquid fertilizer to keep them producing flowers for the rest of the season. Add a dilute fish emulsion- or seaweed-based fertilizer to the water each time you water, or a synthetic liquid or slow release fertilizer, depending on your gardening philosophy.

Birds love blueberries as much as we do, so protect bushes with netting. Rather than draping the netting over the bush (birds will be able to reach the berries) use stakes to suspend the netting over the shrub. Secure the netting to the ground to prevent birds from sneaking in.

Stop pruning trees and shrubs. Any pruning done after mid-summer (early July) will stimulate new growth that might not have enough time to harden off before cold weather arrives. This can result in winter injury to the plant. Of course you should prune off any branches broken by wind or in storms.

Now's the time when strawberry beds can become a mass of baby plants. Renovate the beds, controlling the runners, encouraging them to root where you want them. Keep the bed well mulched and watered.

Visit a local perennial nursery to see what's in bloom and get some design ideas. You can find a listing of specialty Vermont nurseries online.

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Managing Flood-Damaged Crops

by Sid Bosworth, Extension Agronomy Specialist and Dennis Kauppila, UVM Extension Farm Business Management Specialist

Invariably, floods occur somewhere in Vermont almost every year, often on lowland crops. This year the flooding was widespread and occurred early in the season, resulting in replanting issues for many farmers. When flooding occurs later in the season, the damage to growing crops can vary, and must be assessed for potential feeding problems.

The following are questions farmers typically ask regarding what to do in flood situations.

Q: I was ready to take a cutting of hay off a field and then it flooded. What should I do?

A: If you haven't already done so, get this standing material off the field as soon as possible to encourage regrowth. Use a mask or filtered cab to avoid breathing in dust. Based on experience with previous floods, feeding heavily silted material to livestock can cause problems with animal health, production and/or reproduction. Generally, you need to consider this material debris and avoid using this as feed if possible. The silt will dull chopper knives, so use an old machine if available. We also recommend that you talk to your crop insurance agent and your local U.S. Department of Agriculture Farm Service Agency office about the damage before you harvest.

Q: Can I put this flooded forage into my silo?

A: To be safe, avoid making silage out of heavily silted forage. It may contain Clostridia organisms that can lead to poor fermentation or even serious diseases such as botulism. If you do decide to ensile the forage, keep it separate from your unflooded silage with an ag bag, separate silo or baleage, for example. Chop at a proper moisture content for your silo and pack as much as possible.

Inoculate silage with a reputable lactic acid bacteria inoculant and follow the directions for the correct rate. Buffered propionic acid preservatives also may help limit mold and yeast growth, especially in drier silage, but may not reduce the risk of clostridial fermentation. Apply at the rate of three to four pounds acid per ton of forage.

Q: What precautions should I take when handling flooded forages?

A: These flooded forages contain fine silt, fungus spores, bacteria and other things that are bad to breathe. So use a dust mask, available at your local hardware store, to filter out dust particles.

Q: Can I graze flooded pastures?

A: Be cautious. Soil disrupted by the flood along with decaying organic matter can expose your animals to clostridial organisms that may cause diseases. The safest approach would be to clip the contaminated pastures and then wait to graze the regrowth. Don't graze it too closely. Avoid letting your livestock get down into the old dead material. Watch your livestock closely. If any animals appear sick, call your veterinarian immediately. If you lose any animals, you may want to request an autopsy.

Q: My corn was flooded. Can I harvest it?

A: It depends on when the flood occurred. If the flooding occurred in June or July when the corn was in the vegetative stage before tasseling, then the plants will probably pollinate normally and have normal ears. If that happens to your crop, go ahead and chop it normally. Consider storing separately to reduce the risk of contaminating the rest of your corn silage.

Picking for ear corn is another option if the season allows it. Check for debris before chopping. Raising your chopper head as high as possible to avoid the lowest silted leaves might help. Adding a Lactobacillus inoculant will improve your chances of good fermentation. You may see an increase in stalk rot resulting in more lodging. The stalk rot fungus can move inside the plant and could infect the ear. If flooding occurred after pollination, check the ears for mold and silt. If heavily silted with signs of mold, do not store or feed. Mold is bad, both feed value-wise and for risk of mycotoxins. A corn crop with moldy ears is best left in the field.

Q: My wrapped round bales got flooded. What should I do?

A: Flooded wrapped bales are apt to spoil. We have seen flooded bales with the plastic still intact, yet silt was found inside the wrapping. Even if your bales looked ok right after the flood, check a few in about a month to look for changes. You certainly don't want to wait and be surprised when you are ready to feed them to your livestock.

Q: What about mycotoxins in the hay or corn?

A: Mycotoxins are poisons that are produced by certain fungi under certain conditions. Even some non-flooded forages in Vermont contain mycotoxins, which can cause problems in production, reproduction and intake problems, as well as possible irreversible damage to cows' organs, including the liver and kidneys. It's a good idea to test your forages for mycotoxins after complete fermentation but soon enough so you have time to obtain other feed if you have a problem.

If you find mycotoxins, talk with your veterinarian and feed person. Remember that "the dose makes the poison." If you can mix the poorer feed with good feed, you may be all right. Check with your veterinarian or nutritionist for a recommendation for an absorbent product that can help "tie up" the mycotoxin.

Q: Should I feed flooded forage?

A: Your profitability is closely tied to your forage supply and quality. Can you afford to take chances? If you decide to feed it, consider diluting it with other forage. Be sure you have it tested for nutritional value. With added silt, you may find a higher dry matter and ash content and a lower protein and energy concentration. Once you start feeding any flooded material, watch your animals closely. Mycotoxins and other potential pathogens may cause health problems.

Q: I think I will be really close on feed for this winter. What should I do?

A: Take inventory of what flooded and unflooded feed you have. Estimate how much feed you will need this winter and whether you can get away with not using the flooded second cut. Right now and again this fall is the time to do the figuring. If you find you will have to borrow money to buy feed, talk to a banker early. It will show that you are planning ahead.

Q: Who can I contact about my situation?

A: If you have additional questions, please contact your local University of Vermont Extension office. You also should document damage to fields and report any crop damage to your local U.S. Department of Agriculture Farm Service Agency office, your crop insurance agent and the Vermont Agency of Agriculture, Food and Markets. You are strongly encouraged to take photos of any damage. Such information may be critical in federal emergency determinations and eligibility for these programs.

Victory Garden

Go soak your ...

... FEET! Did you think I was going to say something else? You've been on those dogs all day. You can't find your ankles. Even your toes hurt. Grab that mop bucket. Rinse it out. Fill it with a gallon or so of water about as hot as you can stand. Now add two cups of Epsom salt. Stir to dissolve.

Huh? Yeah, Epsom salt. You have a box under the sink in the bathroom, or you should. Back to the hot soak. Pop your feet in that bucket. Let them soak until the water cools down, your feet have turned a pretty pink, and your toes have wrinkles that won't come out for a week.

Now you see why the mop bucket is the proper therapeutic container. It has a handle. It is so easy to dump! DON'T you dare! In this world of multi-tasking there must be another use for our salted soaking water.

This being a gardening article might guide you in the right direction. Nothing? Does knowing that Epsom salt is another name for magnesium sulfate help? Still nothing? How about the calcium-magnesium exchange ratio? In regular words, soil at certain pH levels will hold calcium making it unavailable to the plants that need it. The addition of magnesium will free calcium for use by those plants that can use it. Tomatoes come to mind. The dreaded blossom end rot is caused by low levels of calcium, among other things.

Back to your bucket. It would be ideal to have an empty gallon jug waiting to fill with the spent Epsom salt soak. Add a cup of the soaking solution to each gallon of plain water when watering your tomatoes. Don't overdo it. Stop when your determinates set fruit, apply sparingly to the indeterminates until frost.

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

The Mountain Times



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Paws & Claws

Springfield Humane Society Pet Feature

PET PERSONALS



Jay, a 2-ish year old male who is asking us to find him a new home where he will be cherished. If you have been considering adding a new companion animal to your family now would be a great time. You'd be getting a new friend for life and helping a homeless critter at the same time. Jay reminds us that summer is a slow adoption season so we need your help re-homing all of these wonderful animals. Call the Shelter at 885-3997 or stop by Wed-Sat noon-4:30 – best friends meet at 401 Skitchewaog Trail!

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!

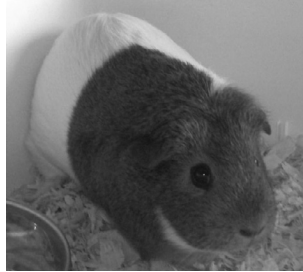
SATCHEL - 2 year old. Neutered Male. Domestic Long Hair Gray. After wandering the streets for a while I ended up here at the shelter as a stray on June 7. This is a nice place to visit but I really don't want to live here!

TAZZ - 1 year old. Neutered Male. Domestic Short Hair Black and Brown Tiger. I am a silly little boy who will sure to make my new family smile. My other family had to move and the landlord would not let me go with them.

BELLE - 3 year old. Spayed Female. Labrador Retriever. I'm a beautiful lady who is friendly and fun! I'm looking forward to a life that's all about me and not puppies. You see I recently had a litter of 12 puppies and I had some additional litters before that!

MINNIE - 3 year old. Spayed Female. Domestic Long Hair Gray Tiger. I'm a petite young girl and I suppose that's how I got my name. I enjoy my friends in the cat room so I may do well in a cat friendly household.

BOZO - Adult. Spayed Female. Guinea Pig. I am a cute little pig that loves to do all the fun things that pigs do. I love to hide in my little hutch and peek out at you when you stop by for a visit.



OREO DOUBLE STUFF - 3 year old. Neutered Male. Domestic Short Hair Black and White. I am black and white like the cookie and have a delicious personality. I love to give kisses, have my tummy rubbed and I am a kitty with a whole lot of confidence.

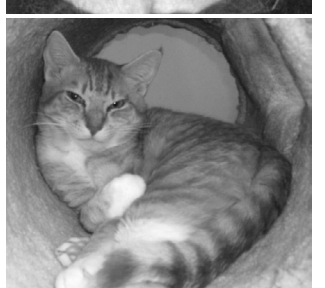
LULU - 3 year old. Spayed Female. Boxer mix. I'm all wiggles and I can catch a ball like nobody's business! I am nicely housetrained, know SIT and love to retrieve a ball. . .a great way to keep me exercised!

SNAP - 1 year old. Spayed Female. Domestic Short Hair Orange Tiger. I am such a sweet kitty but I can be a little shy in new situations so my new family will have to be patient with me.

TOPAZ - 1 year old. Neutered Male. Domestic Short Hair Orange Tiger. My other family had to move and the landlord would not let me go with them. I came to the shelter with my friend Tazz, who is quite a character.

TIGER - 3 year old. Spayed Female. Domestic Short Hair Dilute Calico. I am a pretty girl looking for an inside only home. I have lived with other cats and came to the shelter because my previous home had too many pets.

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(Go to forms/applications, scroll to VSNIP, and print the 3 highlighted forms.)
For assistance, call 1-877-867-1424

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Foreclosures Still Dominate Real Estate Market

by Jim Buchta

Foreclosures continue to pummel the housing market. About a third of all home sales nationwide during April were foreclosures, leading to what analysts call a "double dip" in housing prices.

Prices during the month were 0.7 percent lower than the previous low hit in March 2009, according to Clear Capital's monthly Home Data Index Market Report released Thursday.

Some key points from the report:

-- Across the country home prices fell 5 percent during April.

-- Nationwide, home prices fell 11.5 percent over the previous nine-month period, a rate of decline not experienced since 2008.

-- All major metro areas the firm tracks showed quarter-over-quarter price declines.

-- Nationwide, bank-owned sales as a percent of all sales hit 35 percent. Among

the worst-hit metro areas were Detroit, where 56 percent of all sales were foreclosures or short sales; Fresno, Calif. (55 percent); and Minneapolis-St. Paul (over 50 percent).

-- Quarter-to-quarter, the Midwest performed worse than the nation as a whole, though it's the only region yet to double-dip largely because of big gains in home sales made during the homebuyer's tax credit market. Quarter-to-quarter prices in the Midwest fell almost 9 percent, while annual prices during April fell 6.3 percent. Those declines happened primarily because of a 4.3 percentage point increase in so-called REO saturation -- those bank-owned properties -- which now stands at nearly 40 percent, 6.8 percentage points below the peak REO saturation reached during the first quarter of 2009.

Also Thursday, CoreLogic said the nationwide foreclosure rate was 3.61 percent.

Home Sellers Become Reluctant Landlords In Slow Market

by David Bracken

When Spencer Strahl and his wife, Maureen, decided last summer to relocate to Omaha, Neb., they figured he'd remain in North Carolina's Triangle Research area to sell their home while she would take their three children and start her new marketing job.

But three months after listing their home for sale, the Strahls, both 42, realized their plan wasn't going to work. The house had few showings and no offers. So they did what an increasing number of frustrated sellers are doing: They kept the house on the market, but put it up for rent.

"Three or four years ago, we never would have dreamt that we would have to put our house up for rent," Spencer Strahl said.

Sellers like the Strahls must decide: Severely discount price to speed a home sale, or try an income-producing rental and wait for the market to improve.

Many become reluctant landlords. The number of single-family rentals nationwide jumped by 2.3 million from 2006 to 2010, after increasing by 720,000 during the first half of the decade, according to Harvard's Joint Center for Housing Studies.

The rise in single-family rentals is a sign that many believe a housing recovery is a way off. It's also further evidence of just how much of a buyer's market it has become.

"I've got a bunch of clients that over the last year have wrestled with this question," said Norman Block, who owns a realty company in Cary, N.C.

Clients are more open to the idea of renting after learning that U.S. tax law allows a homeowner to rent a home for a time and still claim it as a primary residence, Block said. Retaining that distinction allows a seller to exclude up to \$250,000 in gains -- and up to \$500,000 for couples filing jointly -- from taxable income.

While sellers who bought at the market's peak are unlikely to realize much profit, the rule can have major implications for those who have owned their homes for a long time.

The home rental market is one of the few real estate sectors to have benefited from the residential real estate crash.

The U.S. homeownership rate has declined for six straight years and is at its lowest point since 1998, the U.S. Census Bureau says.

Although many more single-family homes are for rent, a lot more people are trying to rent them.

Meanwhile, the foreclosure crisis has turned waves of homeowners into renters, and many of those people won't be able to buy another home for years because of bad credit. Others are renting because they can't sell their existing home, or because they consider ownership too risky.

There are downsides to going from homeowner to landlord. A tenant is unlikely to take care of the property the way an owner would.

When the house is placed back on the market, it may need fixing. It also can be harder to sell a home with tenants.

"That's a very different proposition than just moving out and selling it," said Todd Crenshaw, an owner of Red Door Co., a property management firm in Carboro, N.C.

Red Door has seen rental rates soften as the supply of rental homes begins to outstrip demand. The dynamic is familiar to those trying to sell homes in the current market.

"Basically, it's the owners who can undercut their competition who keep their property rented," Crenshaw said.

Block said it typically takes his firm 60 to 90 days to find a tenant. Crenshaw said he tells customers that if a home hasn't rented within 45 days, they may need to reduce the rent.

It took the Strahls more than six months to find a renter. The tenant signed a 12-month lease, but hopes to convert it to a lease-to-own agreement within six months.

A house that had been on the market for \$275,000 to \$300,000 now rents for \$1,600 a month, 10 percent of which goes to the Strahls' property management company.

"We found the house that we thought we were going to live in forever," Spencer Strahl said. "But once the economy did what it did, we had to make a choice between staying there and possibly my wife never working again or making a move."



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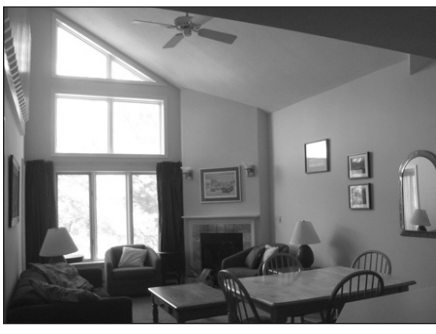


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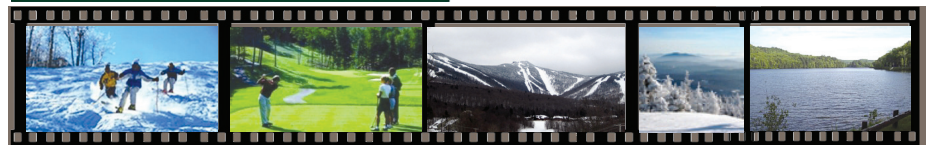
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Silver Birch			\$125K	
Mendon Square		\$65K		
Pondview			\$90K	
Telemark Village	(P)(T)		\$325K	
Winterberry "Detached" Townhouse				\$440K

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

A SUMMER OF ENDLESS ADVENTURES.

PICO MOUNTAIN*

Experience a summer day at the Pico Mountain Adventure Center including Alpine Slides, mini golf, climbing walls and the Pico Power Jump. Pico Mountain Stables offers one-hour guided horseback trail rides and 10-minute pony rides for the little buckaroos. Also, don't forget about the all new Pico Mountain Disc Golf Course perched atop Little Pico Peak with 18 baskets. Pico Mountain is open Monday-Friday 11:00 a.m.-5:00 p.m. and weekends 10:00 a.m.-5:00 p.m.

KILLINGTON MOUNTAIN BIKE & HIKE CENTER*

Killington's Kona "Groove Approved" Mountain Bike Park offers the ultimate summer lift-served mountain biking experience for all ages and ability levels. Killington Resort features 45 miles of mountain biking and hiking trails for adventure seekers. Open daily 10:00 a.m. to 5:00 p.m.

KILLINGTON'S SUMMERFEST PROGRAM*

Attention Killington seniors! Enjoy Killington's 2011 Summerfest Program featuring wine tastings, cooking demonstrations from the Killington Grand Hotel's Executive Chef, Greg Lang, lectures from ESI College and Castleton State College, art and photography classes, summer concert series and much more. For more information, please contact Holly Clark (802) 422-6815 or hclark@killington.com. Cost is \$125 per person, per month (July and August).



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