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Volume 40, Number 29

Central Vermont's Premier Weekly Newspaper

July 21-27, 2011

BRIDAL

Weddings & Beyond

See what retailers and businesses can offer you for your special day. Also read about tips on wedding trends.



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EVENTS

Killington Concert Series Begins

Nationally celebrated singer, songwriter and guitarist Sean Kelly will appear in concert at the Killington Resort on Saturday, July 23.

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GENERATION Y

Animal, Mineral, or Vegetable?

What, exactly, is a vegetable? What I was told as a kid was that vegetables were edible plants (or plant-parts) that didn't have seeds.

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LOCAL SECTION

Regional News

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Destination Weddings

by Cindy Phillips

When you say "Killington Region," some automatically hear the swoosh of skis carving up a mountain trail. But for those in the know, they might also hear the swish of a bride's dress as she sashays down the aisle to take her vows. The Killington Region is not just for sports; it's also the perfect location for a destination wedding.

The key to a successful destination wedding is having all the necessary elements available locally. The Killington Region offers everything you need - ceremony venues with spectacular mountain views, reception halls for weddings large, small and in-between, bakers, florists, jewelers, printers and transportation.

The first item on your list should be to choose a venue. You want to do this prior to picking a date for your event so

that you don't encounter an issue with availability. Narrow down the season you prefer, but maintain flexibility on an exact date. Once you have chosen the perfect location, then you can hone in on an available date. Let's visit a few.

The region's two prominent ski areas, Killington and Okemo, both offer an array of wedding venues at their resort hotels. The Killington Grand Hotel can accommodate small intimate weddings as well as grand-scale events. Consider exchanging your vows at the top of Killington Peak where you can almost reach out and touch heaven. (800-324-6819). Okemo Resort also offers venues for any size wedding, all tucked into a luxurious mountainside setting. Located mid-mountain, the Sugar House at Okemo offers an expansive deck overlooking the entire valley. (866-706-5366).

Destination Weddings, Page 2



10th Annual Killington Wine Festival

The 10th Annual Killington Wine Festival is proud to announce that featured artist Sean Kelly will perform at the Killington Wine Festival Grand Tasting on July 23, 2011. Kelly, a founding member of the reggae-influenced folk & rock band The Samples, will be delighting patrons of the Grand Tasting with his musical & vocal talents. Skillfully blending a mix of folk, reggae, jazz, rock & pop influences to create his own signature sound, Kelly is well known for his songwriting focus on nature & the environment, earning him a reputation as being an "eco-friendly" musician.

The Killington Wine Festival Grand Tasting will be held from 1:00 PM to 4:00 PM in a large, festive tent at the Killington Resort Base Lodge. In addition to his performance during the event, Kelly will perform a second set in conjunction with the Cooler in the Mountains concert series at 4:00 PM. As in years past, the Killington Wine Festival creates a special combination of world-class wine, beautiful views & great music.

Tickets for the Killington Wine Festival are available through the Killington Chamber of Commerce. The three-day festival is one of the region's most anticipated events of the summer. The Killington Wine Festival kicks off on Friday night with the Estate Wine Tasting & 'Pop Goes the Cork' Wine party at the Killington Grand Hotel. The weekend also features wine-paired gourmet dinners & tastings at local restaurants & the Wine & Nine Golf Scramble at Green Mountain National Golf Course. For more information, or to purchase tickets online, please visit killington-chamber.com or call (800) 337-1928.

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	Sunday	Cloudy	87°
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Forecast Received July 19, 2011

Destination Weddings

continued from page 1

The Mountain Top Inn is a popular destination site for weddings large and small. Wedding parties rent the inn for the weekend. By providing rehearsal dinners and departing brunches, your entire weekend can be accommodated under one roof. Set on 350 majestic acres, this venue offers sweeping views of a mountain lake and the Green Mountain National Forest. (802-483-2311).

For the classic Vermont country wedding, consider the Summit Lodge. An oversized wedding gazebo sits on the lawn with Killington Mountain as the backdrop. Cozy and quintessential, the lodge is well-known for its custom-tailored menu options and resident Saint Bernards. (802-422-3535).

Mountain Meadows offers wedding couples a gor-

geous lakeside setting for their special event. Rent the entire facility, spanning six and a half acres, and create a weekend-long celebration for your guests. With on-site catering and complete coordination of all your needs, planning your event is hassle-free. (802-775-1010).

The 15,000 square foot wedding barn at White Rocks Inn is listed on the National Register of Historic Places. The 20-acre farm estate offers scenic views of the Green Mountains and Otter Creek Valley. The combination of amenities results in a peaceful, yet elegant, setting for weddings of 50 to 220 guests. (802-446-2077).

Don't forget to reserve a space for your other wedding events. The Rutland Country Club offers gorgeous scenery for your wedding rehearsal, shower or reception, in a

newly renovated banquet room that can accommodate up to 175 people. (802-773-7061).

Need a caterer with the know-how to help you plan your tables and meal? Occasions Catering offers free consultation to cover a lot of details that you may be too overwhelmed to think about, from linens, to cocktail hour, to the meal - let's not forget the infamous cake. Or forgo the cake, and go with something less traditional, like a pie buffet or crème Brule. Occasions' team can get you through "all that other stuff" that maybe you haven't thought about. Let someone else help you through the decisions for less-than-stressful wedding preparation. (802-767-3272).

Once the venue and date are checked off your list, it's time to line up the vendors associated with your special day. Save-the-Date postcards are essential for destination weddings. You want to be sure to give your guests ample time to mark their calendars and make travel plans in advance. Rutland's Quickprint can create these postcards as well as your shower and wedding invitations, programs, welcome letters and wedding favors. A family-owned operation, Quickprint can coordinate all your printing needs with your wedding colors and themes so that everything is as perfect a match as the bride and groom. (802-775-1029)

A wedding means rings - engagement diamonds and gold bands. It can also mean gifts for wedding party members and parents. Timco Jewelers and Goldsmiths, a downtown Rutland landmark for over 20 years, offers hand-selected diamonds and the finest karat gold. Timco is a trusted name where you can find pieces that are unique, classic and timeless. (802-773-3377).

Destination weddings can pose a logistical nightmare when it comes to moving masses of people from place to place. John King, owner of Gramps Shuttle, has been serving the transportation needs of large groups in the Killington Region for many years. With a fleet ranging from small passenger vans to full-sized buses, Gramps Shuttle can design a plan to transport your guests to every event during your celebration weekend, including airport and train station pickups. (802-558-1543).

Looking for first class transportation for you and your wedding party? Icehouse Limousine has an extensive fleet of well-appointed, late model luxury vehicles to accommodate your needs. Their professional staff, formally clad in tuxedos, top hats and white gloves, can get you to and from the wedding and reception, transport guests to and from the airport or train station, and do so with class and style. (802-438-9800).

Another class act option in limousine service is Night Life Limousine service. Want the red carpet treatment? Night Life will provide you complete limousine service for the wedding party, guests and has options for honeymoon travel, and even a get-away vehicle for the bride and groom. They offer a complimentary bottle

Destination Weddings, Page 8

Rutland County's First "Pay What You Want" Taxi Service



Three years ago, Eric Hagen, a Wall Street employee, grew tired of working for other people, and decided to take a risk. He went to the store and bought stickers for the back of his SUV that doubles as his

taxi. The message read "Pay What You Want!" With that, the Recession Ride was born. Eric allows all riders in his taxi to pay what they deem to be fair compensation. Many people, at first, thought Eric's new venture was a

joke. However, the idea took off, and national and international media attention followed, along with a appearance in Rutland's Blood In This Town documentary.

Recession Ride is now a full time business. Eric has accepted trades for his services, including a CD from a local musician, and so far, he has never been stiffed. And he doesn't stop there. He also stocks a cooler with water and Gatorade and offers each customer's seventh ride free of charge.

This summer Eric's sister, Teri Emilo Hagen, will introduce the Recession Ride to Rutland and Killington, with the "pay what you want" concept offered within Rutland City and the Killington region, and rides outside the region offered at economical prices. Teri will be offering rides in her Toyota Yaris. She has lived in the Rutland County area for 15 years and looks forward to visiting with the public and offering a recession ride! Teri is available for events, weddings, airport shuttles, etc. Schedule your recession ride today by calling 802-558-5971.

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Animal, Mineral, or Vegetable?

What, exactly, is a vegetable? What I was told as a kid was that vegetables were edible plants (or plant-parts) that didn't have seeds – which, of course, always seemed really dumb, since this definition excluded half of the products that we think of as vegetables: tomatoes, cucumbers, peppers, avocados, zucchinis.

Even today I hear people say that these items actually are fruits, and despite being really very annoyingly wrong about this, they're also in a sense correct: from a strictly botanical perspective, which considers the ovary of any seed-bearing plant to be a fruit (whether it's edible or not), they are fruits. But "vegetable" isn't a botanical term – it's largely a culinary one – and so to say that a zucchini is scientifically a fruit is not to say that, for a chef, it's not a vegetable.

A better way to define "vegetable," for the purposes of eating and cooking, has to do with sugar content – anything sweet, like a mango or a plum, is a fruit – but because "vegetable" lacks a precise scientific definition, there remain gray areas: for example, do we exclude mushrooms, since they aren't plants?

For me, an easy way to tell if something is a fruit or a vegetable is by recalling whether I've eaten it recently: if I haven't, it's probably a vegetable. Like 98% of Americans (I made up that number – I just don't want to feel alone here), I don't eat enough vegetables.

To be honest, I have only the murkiest

ideas about why vegetables are important – they're rich in vitamins and minerals (which ones? Are they different vitamins than the ones I get in fruits and in my Centrum supplements?) and low in calories (so is Diet Coke), and maybe they'll even prevent me from getting cancer, heart disease, or Alzheimer's (how, precisely?). When I neglect to consume any for a day – alas, the Filet-O-Fish doesn't come with lettuce – I'm not sure what precise havoc I'm wreaking upon my body; I just feel vaguely that I'm not living right. I'm letting down my third-grade health teacher. I'm letting down Michelle Obama. I'm letting down all those nice Food Network hosts who just want me to have delicious, well-balanced, low-stress meals that will infuse my limbs with energy and my brain with magnanimity.

On my off-days, I'm tempted to stretch the boundaries of the vegetable kingdom – to make myself feel better about my choices of nourishment, I try to re-designate mentally certain provisions not purchased in the produce section. To show you what I mean, I've compiled a list of questionable comestibles that, at various points, I've attempted to convince myself might count as real vegetables:

1. KETCHUP – Under Reagan, the USDA briefly reclassified ketchup as a vegetable in order to save money on school lunches, which were required to have two fruit/vegetable servings. In 1994, Reagan was (coincidentally?) diagnosed with Alzheimer's.

2. CANNED CORN – Corn is a grain. Grains are grasses. What do these categories mean? I don't know. But I do know that canned corn is sweeter than most candy.

3. PICKLES – Does the salty, vinegary brine in which pickled cucumbers sit somehow suck all the nutrients, vampire-style, from the original vegetable? If so, would it be helpful for us to drink the brine?

4. FRENCH FRIES – Potatoes may consist mostly of starch, but deep-frying them really brings out their salubrious qualities.

5. SALSA – If it includes lime juice, you can count it as a fruit, too.

6. CARROT CAKE – It may be that the reason Bugs Bunny remained so slender over the years was that he didn't consume his carrots in cake form. Even I don't count the little decorative icing-carrot atop the cake as a vegetable.

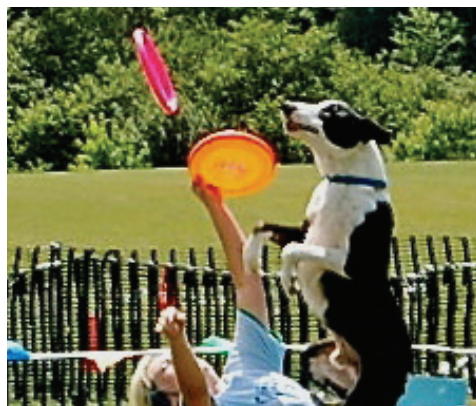
I know, of course, that scarfing onion rings isn't quite as salutary as chomping

raw kale, but some vegetables simply are more accessible for a 23-year-old guy than others. (For the record, I think pickles and salsa ought to count, while the rest, unfortunately, should not.) We're supposed to eat four cups of vegetables a day, but for me it's not going to happen – not because I hate vegetables (they're OK, really) but simply because my life doesn't revolve around them.

What do you think the minimum is that we need to get by? In most areas of life, this may be the most important question. I'm just trying to live here, man.

Dog Days Raises Over \$1500 for RCHS

Over 700 people came to the first annual Killington Dog Days event to watch Disc Dogs teams from across the country compete over two days. Attendees also participated in dog agility and disc dog clinics, the 50 Paw Dash, a look like your owner contest and more. The event was sponsored by the Town of Killington and Petco and helped raise over \$1500 to help support the Rutland County Humane Society. The Town plans to build on the success of the inaugural event and expand it next year with more competitors and activities for pets their owners.



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“Samples” Founder in Free Killington Concert

Nationally celebrated singer, songwriter and guitarist Sean Kelly will appear in concert at the Killington Resort on Saturday, July 23 from 2pm to 5pm. Best known as the lead singer and founding member of The Samples, Sean Kelly's solo acoustic show at the K-1 Base Area kicks off the Town of Killington's 2nd annual “Cooler In The Mountains” Summer Concert Series presented by Long Trail Brewing Co.

Now a Vermont-based artist, Kelly formed The Samples in Boulder, Colorado in the late 1980's, and the band become one of America's longest-running and most beloved roots rock bands. Their music blended soulful pop sensibility with a mix of folk, reggae, jazz and rock to create their own signature sound. They wrote songs

about nature and the environment, giving the band an “eco-friendly” reputation. Kelly has released a solo album in addition to multiple CD's with The Samples.

“Cooler In The Mountains” performances are scheduled for every Saturday afternoon at 3:30pm (except this week, 2:00pm) from July 23 through August 27 at K-1 Base Lodge at Killington Resort, and will support the greening efforts of Reverb, a non-profit organization which educates and engages musicians and their fans to take action toward a more sustainable future. Each week, Reverb will activate its Carbon Offset Program, which allows fans to offset their carbon footprint by making a small charitable donation.

“We are excited to bring such an outstanding lineup of musical talent to the mountain this summer - it's a perfect complement to our endless outdoor activities and world-class special events,” says Seth Webb, Killington's Director of Economic Development and Tourism. “We're also delighted to do all of this for a good cause and build on our reputation as an environmentally-conscious destination.”

All of the “Cooler In The Mountains” concerts are free and open to all ages. A beer garden, outdoor grill and outdoor lawn games will accompany the live music,

and guests are encouraged to bring lawn blankets and chairs to enjoy the scenic views. Concert-goers will also be invited to register to win a 2011-12 Killington Season Pass (no purchase necessary), which will be given away at the conclusion of the concert series. For visiting music fans, Killington resort will be offering special lodging packages in conjunction with the concerts. The Sean Kelly concert is scheduled to coincide with the Killington Wine Festival, which will also take place at the K-1 Base area.

Full Schedule:

Saturday, July 23, 2:00PM: Sean Kelly from The Samples **concurrent with Killington Wine Festival

Saturday, July 30, 3:30PM: Ilo Ferreira (Jimmy Buffett protégé) & Barefoot Truth **concurrent with Eastern Cup Mountain Biking Competition

Saturday, August 6, 3:30PM: Badfish (Sublime Tribute Band) **concurrent with Spartan Beast Race

Saturday, August 13, 3:30PM: Twiddle **concurrent with Gravity East Downhill Mountain Bike Competition & Circus Smirkus

Saturday, August 20, 3:30PM: Dirty Dozen Brass Band **concurrent with the Reverb Eco Village

Saturday, August 27, 3:30PM: Sister Hazel

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KoSA Music Festival Returns to Castleton State College

KoSA Communications proudly presents the 16th annual KoSA Music Festival, July 26 - 30, 2011 at 8 p.m. held at the Casella Theatre of Castleton State College in Castleton, Vermont.

After over a decade, the KoSA International Percussion and Drum Workshops and Festival continues to deliver electrifying concerts which feature numerous internationally renowned artists, in rare Vermont appearances. This year's performers include: Memo Acevedo (Tito Puente), Mario DeCiutiis (Electronic percussion), Dominik Cuccia (Fife&Drum artist), Aiyun Huang (McGill University), Sergio Bellotti (Berklee College), Zoro (Lenny Cravitz) Carmine Appice (Rod Stewart), Dom Famularo (world drumset ambassador), Aldo Mazza (Répercussion), Allan Molnar (Nelly Furtado), Jimmy Cobb (Miles

Davis), Jim Royle (steel drum ensemble), Jeff Salisbury (Chuck Berry), Marcus Santos (Brazilian master), Glen Velez (Paul Winter Consort), and Michael Wimberly (West African Drum and Dance) the nightly performances will also feature the KoSA rhythm section: Bob Quaranta (Piano), and Francesco Beccaro (Bass). Friday's free concert features selected participants from the workshop.

Admission to all concerts (except for Friday night) is \$10 for adults, \$5 for students and children. Children twelve and under are admitted free upon presentation of a student I.D. The KoSA Faculty's Grande Finale Gala Concert will take place on Saturday, July 30, 2011 at the Casella Theatre beginning at 8PM.

For more information, please call the box office at (802) 468-1119 or visit the website, www.kosamusic.com.

2011-12 Winter Dew Tour Returns to Killington Resort

Killington Resort will host the only East Coast stop of the tour

Vermont's Killington Resort will be the host of the second stop of the 2011-12 Winter Dew Tour, the largest snow sports event in the East, following Breckenridge Ski Resort in Colorado and leading into the Dew Tour Championships at Snowbasin Resort in Utah. The four day event will showcase the world's top freeski and snowboard athletes competing in slopestyle and superpipe on January 19-22, 2012.

“Killington Resort is thrilled to be partnering with AlliSports once again to host the second stop of the 2011-12 Winter Dew Tour,” stated Chris Nyberg, president and general manager of Killington Resort. “Last season's Dew Tour at Killington's Bear Mountain was an extraor-

dinary event that was embraced by our community and appreciated by our guests.”

Entering its fourth season, the Winter Dew Tours includes three events over the course of three months with each stop featuring a premier 22-foot superpipe and top-notch slopestyle course as well as live entertainment and a festival village. The Tour will be televised live on NBC with additional domestic and international programming reaching more than 200 million households worldwide.

“The Town of Killington is delighted to welcome the Winter Dew Tour,” said Seth Webb, director of economic

Dew Tour, Page 5

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Killington Founder Preston Smith to be Inducted Into Ski & Snowboard Hall of Fame

Preston Leete Smith, who as a 26-year-old envisioned a Vermont ski resort that included first of its kind snowmaking, surface grooming and learn to ski programs, will be inducted into the Vermont Ski and Snowboard Museum (VSSM) Hall of Fame this fall in recognition of his leadership to make those visions realities. Smith founded and built Killington into one of North America's leading resorts and eventually acquired additional resorts as part of S-K-I, Ltd., a publically traded company. Joining Smith for induction will be Greg McClallen, Karen Huntoon Miller and John Morton.

"What a truly extraordinary group of individuals," said Tom Sequist, VSSM Board Chair in announcing the 2011 Hall of Fame inductees. "Their contributions to skiing, Vermont and the impact of those contributions truly is immeasurable and continue to contribute to skiing and the winter sports industry to this very day." They will be inducted during ceremonies October 23 at the Killington Grand in Killington. Tickets are available to the public.

Smith transformed Vermont's second highest peak into the largest winter resort in the Eastern United States while pioneering snowmaking and grooming to assure

consistent conditions regardless of natural snowfall. He also encouraged the development of learn to ski programs to bring new participants into the sport and was the first to recognize and encourage innovative marketing and sales programs to grow the sport of skiing in Vermont. Under his leadership, S-K-I eventually owned Mount Snow Resort in Vermont, Bear Mountain in California and Waterville Valley in New Hampshire.

Karen Huntoon, originally from Brandon and a graduate of Rutland High School, is a five-time World Mogul Skiing Champion and has appeared in a number of ski films, including Warren Miller's classic "Ski In The Sun." She is a member of the Women's Freestyle Hall of Fame. She won Women's World Mogul Championships in 1975, 1976 and 1977 and won the Colgate World Trophy Women's Freestyle Championships in 1977.

John Morton skied four years on the Middlebury College ski team. There his aptitude for cross country emerged, first as Eastern Intercollegiate Champion in 1966 and '68, then as runner up in the 1968 NCAA Championships. A four-year assignment to the U.S. Biathlon Training Center at Fort Richardson, Alaska, was inter-

rupted by a tour of duty in South Vietnam. Upon release from active service in 1972, he taught and coached in Anchorage before returning to Vermont as head coach of men's skiing at Dartmouth College in 1978. Since then, from his office in Thetford, Vermont, he has developed trails for private landowners, municipalities and schools, resorts, as well as competition venues for major international events such as the World University Games and Biathlon World Cups while writing and commenting on skiing and outdoor recreation.

Greg McClallen, a graduate of Mount Saint Joseph's High School in Rutland and St. Michael's College, started his life long career as a teacher and coach in 1966. After six years at Otter Valley High School, where he organized the ski team, he moved to Rutland High School. Beginning in 1972, he taught English and coached cross-country running in the fall, skiing in the winter, and track and field in the spring. His ski team won 17 titles, and in 1976 the New England Championship for Nordic and Alpine combined. In 1987, McClallen received the National Coach of the Year Award for skiing.

The Vermont Ski and Snowboard Museum Hall of Fame honors athletes, special contributors and pioneers of Vermont skiing and snowboarding. The Vermont Ski and Snowboard Museum is a 501 (c)(3) non-profit organization whose mission is to collect, preserve and celebrate Vermont ski and snowboard history. The museum is located at the corner of Routes 100 and 108 at the Center of Stowe Village.

To purchase tickets to the October Hall of Fame dinner and cocktail reception or for additional information on VSSM, visit www.vtssm.com

The Clear and Phat had an epic battle. The Clear came out guns-a-blazing with back-to-back homeruns from Will and Judd. Phat finally scored in the fourth with "Teacup" Tom and had a chance for more but first baseman Rob had a remarkable web gem, bare-handing the ball and flipping it behind his back to Ronzoni for the out. The Clear regained the lead (3-2) in the sixth off an inside-the-park homerun by Brett "Kelly Leak" Regimbald. The Phat took a 6-3 lead in the seventh. They were one out from avoiding the sweep; a win so close they could taste it. The Clear started their two out rally with Will cracking a single. Judd was 1 strike from the loss when he blasted one to bring them within one. Neal tied it on a double and an error. Gordy scored the winning run after Jackie Blue got his biggest hit with a walk-off double to leave a bad taste in the Phat's mouth.

The Clear was not as fortunate next game. They got mercied and swept by the Vermonsters. The mercy run was off a walk-off by Eric Gerstenmaier to make it 14-4.

The Phat was fortunate in their next game as they bested Moguls 8-4. Pete "MG" Melluzzo had a career

night hitting three for three, two RBI's, two runs scored, turned a double play and had a diving catch that saved two runs.

STF bashed the Heavy Hitters 20-9 but the story was the emergence of "Hip Hip Jorge" George, a pitching star in the making. First baseman George came in for the first time ever in relief. FOTM Phill, with 2 L's, 2 B's (for all the walks he issued) and no K's, had an awful start. George also had an inside-the-park grand slam to stave off the mercy.

Say it isn't so, but the Hitters got another win. Jax had an early 3-1 lead but the Hitters put a stop to that. They tied it at three in the third and had a chance for more but Phill, with 2 L's and a big O-U-T at home, got thrown out by the Steve to Bird connection. The Hitters added six behind an inside-the-park homerun by Joe the Plumber. The Hitters made it 10-3 when Deb Pelkey scored for the first time in years. Jax has a rising star in shortstop Leslie "Happy Birthday To Me" Myers who's web gem total is skyrocketing. "Hip Hip Jorge" George continues to shine and make the Hitters forget about their former pitcher ScubaWho?



By Dave Hoffenberg

Find that Bus!

The 3rd Annual Tweed River Festival will be taking place on August 12, 13, 14, 2011 in Stockbridge, VT at the junction of Routes 100 and 107. This year's line up will include headliners Booker T Jones, Waylon Speed, as well as Bow Thayer and Perfect Trainwreck.

Discounted locals tickets for this years event are on sale now at the following locations: Dandelion Acres in Bethel, Chef's Market in Randolph and the Inn at Long Trail across from Pico Mountain. Or find Bob in the Tweed Bus pictured right!



Dew Tour

continued from page 4

development and tourism of the Town of Killington, "It's a perfect match - a world class event at a world class ski destination, and our entire community is eager to have it back."

Top athletes from around the world will battle it in the 2011-12 Winter Dew Tour for the highly coveted Dew Cup that will be awarded at the Toyota Championship at Snowbasin Resort in Ogden, Utah. The 2010-11 Dew Cup champions include Bobby Brown (Freeski Slopestyle), Kevin Rolland (Freeski Superpipe), Jamie Anderson (Women's Snowboard Slopestyle), Torstein Horgmo (Men's Snowboard Slopestyle), Kelly Clark (Women's Snowboard Superpipe) and Louie Vito (Men's Snowboard Superpipe).

"AlliSports puts on a fantastic show and we're looking forward to another successful four day event," added Matt Porter, events and partnership manager of Killington Resort.

2011-12 Winter Dew Tour Schedule: December 15-18, 2011: Breckenridge Ski Resort - Breckenridge, Colo. January 19-22, 2012: Killington Resort - Killington, Vt. February 9-12: Snowbasin Resort - Ogden, Utah - Toyota Championship

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Weddings & Beyond

Talking Points for Engaged, Interfaith Couples

by Melissa Kossler Dutton, AP

Catherine Coppari and Max Lipkin's wedding will include elements of both of their faiths.

In keeping with Coppari's Roman Catholic background, the minister will bless the rings. Lipkin will break a glass at the end of the ceremony, as is customary at Jewish weddings.

Coppari, 26, and Lipkin, 27, hope their married life also will be a blending of both religions. It's a topic the Brooklyn, N.Y., couple have spent hours discussing.

"It's always better to have the conversation" before the wedding, said Lipkin. "If we didn't have these conversations, down the road, it could cause problems."

More and more Americans are marrying outside their faith. Twenty-five percent of U.S. households were mixed-faith in 2006, up from 15 percent in 1988, according to the General Social Survey released last year by the University of Chicago's National Opinion Research Center. In 2008, the Pew Research Center released a survey saying 27 percent of Americans who were married or living with a partner were in religiously mixed relationships.

Interfaith couples need to talk seriously before getting married about how they will practice their faiths, what religion they will teach their children and which holidays they will celebrate, according to religious advisers who counsel them.

"You have to be fearless, and really talk about your

religion and your view of God," said the Rev. Susanna Stefanachi Macomb, an interfaith minister and counselor in New York City.

Couples should develop a plan for pursuing their religions, said Rabbi Stuart E. Davis of Overland Park, Kan. They must answer the question: "How will we household together?", he said. Each should think hard about what is important to them in their own religion.

Other questions that someone entering into an interfaith marriage should ponder and discuss:

- Are you comfortable following your religion on your own, or do you want your partner to attend services with you?
- Are you OK with religious symbols in your home?
- What will you do when invited to religious ceremonies for friends and family? Are you comfortable attending a Catholic Mass or a bris or other religious rite?

Once both partners have shared their thoughts, they may have to work to find middle ground, said Ed Case, CEO of InterfaithFamily.com, which aims to help couples of mixed religious backgrounds exploring Jewish life.

The next question, then, is what they will do when they have children.

Too often couples focus on getting through the wedding rather than looking to the future, said Macomb, the New York minister. "They say, 'We'll talk about the children afterward.' No, no, no," she said.

Questions about whether a child will have a baptism, confirmation, bar or bat mitzvah, and attend religious

school must be talked about ahead of time, the experts said.

"Who wins this argument - because it will be an argument," needs to be resolved, added Steve McSwain, an interfaith activist and former minister in Louisville, Ky. "You've got to iron these things out."

Often, those marrying into another faith are willing to participate in religious celebrations that are important to their partner, Case added.

But sometimes, they find insurmountable differences in faith and observance, and break up.

"Breaking up is not a bad resolution if in this guided process" you've discovered you cannot work through such issues, Case said.

Interfaith marriage is not for everyone, McSwain agreed.

"It takes a very mature couple that can be freely open and have a willingness to believe and respect that no religion is more right than any other," he said.

Also important is talking honestly and respectfully with parents and other family members about potentially difficult religious issues. Macomb offers these tips:

1. Introduce your partner to your family when you recognize that the relationship is serious.
2. Approach your parents as a team. Use "we" rather than "I" when discussing wedding or life plans.
3. Always back up your partner.
4. Listen respectfully to your parents' concerns.
5. Make it clear what your plans are regarding holidays, children and religious pursuits.

Bridal Shower Trends

by Tresa Erickson

Not so long ago when a couple announced their engagement and the bride selected her maid of honor, the maid of honor would start planning the bridal shower. She would invite all of the bride's closest female friends and family members together to toast the bride and share good times with her. While some brides today continue this tradition, others take an alternative route.

One of the biggest trends in bridal showers today is the couples shower in which friends and family gather together with both the bride and the groom. With more grooms taking an active role in the wedding planning and more couples footing the bill for their wedding themselves, it is only natural that some couples would want to share the shower experience. Couples showers can be held at someone's home or at one of the couple's favorite venues.

For those that prefer the traditional women-only bridal shower, a hot new trend is to center it on some

activity, like bowling, making pottery, going to the spa or volunteering for an organization. This requires less planning and provides for a fun, stress-free experience for one and all. Guests can participate in the activity and share a meal afterwards, either at the venue or at a restaurant.

If time and budget permit, destination showers are another idea. The bride and a select group of friends and family can take a little trip together. They can hop a plane and spend a few days at the beach or take the train to a ski resort. The sky is the limit.

For brides that prefer to stay home, themed showers continue to be popular. Themes can run the gamut from kitchen gadgets to entertainment to the bride's favorite things. And because many brides are already

living on their own and have the items needed to set up house, gifts can range from the unique to the wacky.

Whatever the choice of bridal shower, anyone can host it-family, friends, even coworkers. Brides, or couples, can have more than one shower. The bride's mother might throw one for family and friends, while her coworker throws one for business associates and colleagues. If the couple has a rather large circle of family and friends, they might end up having three or four bridal showers. It all depends upon time and preference.

The key to any good shower is to involve the bride or couple. Whoever is hosting the shower should get the input of the bride or the couple and respect their wishes. After all, they are the guests of honor.



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Eliminate Debt Before Saying 'I Do'

by Steve Bucci

Dear Debt Adviser: After years of financial trouble, I have decided to face my mistakes and turn them around to the best of my ability. I am engaged and don't want to get married until my credit is in good standing.

Here is my situation: I am in debt for \$5,158. One debt is for \$3,480 and has gone to collection. It states on my credit report that the account will continue until September 2012. Am I better off waiting until next year for it to be closed, or should I pay it off? Two other accounts in collection total \$1,678. I can fully pay them off soon. I was told the best way to rebuild credit is to obtain a secured credit card. Is this true? Another suggestion was to get a personal loan. However, with a low credit score of 595, I'm not sure I could get one. -- Cyndi

Dear Cyndi: I hope you don't plan to get married too soon. My guess is that you are at least two years away from having your prerequisite good credit for your marriage.

Your plan to pay off your two accounts totaling \$1,678 is sound. I recommend you do so as quickly as you are able.

Now let's analyze the \$3,480 account. After September 2012, the account will no longer appear on your credit report. Negative accounts are only reported for seven years. The debt itself will not be closed, however, nor will it go away. It just no longer will be reported on your credit report or figure into your credit score.

To assess your options, start by checking your state's statute of limitations for collecting the debt. The state attorney general's office should be able to

tell you. If the statute of limitations has expired, it is no longer collectible. Even so, you will likely have to deal with the collection company. If the debt isn't past the statute of limitations, the collector could sue you, possibly resulting in a wage garnishment or bank account levy, plus a negative public record on your credit report. I recommend you try to work out a repayment plan if the debt is still legally collectible.

If the statute of limitations has expired and you decide not to pay, then communicate to the collector that you understand your rights and the debt is no longer legally collectible. The good news is that the account will no longer be a negative on your credit report once it is removed in 2012. However, don't be surprised if this old debt is resold to a succession of new collectors, each of which will make an initial effort to collect it.

To rebuild your credit, it is very important that you make payments on your other current accounts on time and at the agreed terms. New, positive information on your credit report is the best way to offset the negative collection items. A secured credit card is a good way to get started. You can search Bankrate's 2011 Credit Card Fees survey for a secured credit card that best fits your needs.

A personal loan is also a great way to add positive information to your credit report. With your low credit score, though, you may only qualify for a passbook savings loan. These loans, like a secured credit card, are secured by a savings deposit you keep with the bank lending the money. If you decide to apply, be sure to ask if the lender reports the loan to the major credit bureaus.

Continue the Celebration

by Tresa Erickson

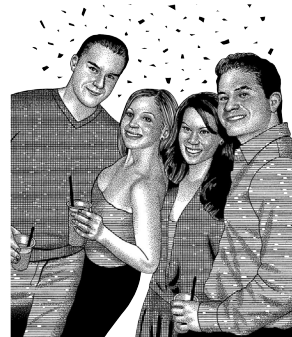
After all of the showers, parties and wedding festivities, many couples have had enough and are ready to get on with the private celebration of their union at their honeymoon. You may feel like this is where you will be and scoff at your mother's suggestion for a post-wedding brunch before you dash off on your honeymoon. Before you put the kibosh on the idea, consider the following.

A post-wedding brunch offers the bride and groom many opportunities. It gives them the chance to connect with guests they missed out on the day before and catch up on all of the details of the event, like little Jimmy breaking hearts on the dance floor. It also gives them the chance to personally thank all of those who assisted with the wedding preparations and those who took time off to travel to the wedding.

A post-wedding brunch also offers benefits for attendees. It gives someone like Aunt Gladys who may have wanted to be a part of the wedding festivities the opportunity to do so and provides out-of-town guests with a good breakfast before they set off for home. It also provides guests with another opportunity to connect and catch up with each other.

While some couples choose to end the public celebration of their union with their wedding reception, others choose to continue the celebration the next morning with a post-wedding brunch. Should you decide to go this route, keep it simple. The wedding is over. There is no need for you to get all gussied up and put on an elaborate affair. Most guests will be leaving for home right afterwards. Restrict invites to out-of-town guests and close family and friends and select a time for the brunch between 8 and 10 o'clock. This will give guests plenty of time to sleep in. Finally, serve a wide range of breakfast foods to suit all tastes.

A post-wedding brunch can be a fun way to unwind before you take off on your honeymoon. Give the idea some thought, and if time and budget permit, go for it!



Over the Top

by Tresa Erickson

Many a young girl dreams of marrying her prince one day in a lavish wedding. Planning such a wedding requires time and money, and lots of it. The more elaborate the wedding, the higher the price tag. Experts suggest that the average price for a wedding today runs anywhere from \$20,000 to \$30,000. For many folks, the figure is staggering. For others, it is a mere pittance.

There have been many weddings costing in the millions of dollars throughout history, but the most expensive to date belongs to that of Vanish Mittal and Amit Bhatia. The six-day affair was held in France in 2004 and cost \$55 to \$60 million. Mittal's father, the Indian Steel Maharajah, picked up the tab for the affair, which included performances by Sha Rukh Khan and Kylie Minogue.

Next to a multimillion-dollar wedding, a \$12 million wedding dress might seem like nothing. The Diamond Wedding Gown from Renee Strausse and Martin Katz Jewellers featured 150 carats of diamonds and was the most expensive in the world. It was shown at the Luxury Brands Lifestyle Bridal Show in 2006, while the second-

most expensive wedding dress was shown at Dubai's Fashion & Diamonds Show. Designed by Yumi Katsura, the gown featured a thousand pearls and one of only two five-carat white gold diamonds in the world. It was valued at \$8.5 million.

For wedding cakes, nothing can top the \$20 million masterpiece of Nahid La Patisserie Artistique and Mimi So. The cake appeared in 2006 at the Luxury Bridal Show in Rodeo Drive in Beverly Hills. Decked with jewels, it was not intended to be eaten.

The tab for flowers for the average wedding can run in the hundreds of dollars, but the most expensive wedding bouquet cost way more, about \$125,000. The red and white bouquet features 90 gemstones, nine diamonds and a star-shaped ruby and is on display on the sixth floor of the Ruby Plaza in Hano, Vietnam.

Money is not always an object in wedding planning. It is hard to imagine someone spending millions of dollars on a once-in-a-lifetime event, but it does happen, often with celebrities and the well-to-do. Sometimes the marriage works, and sometimes it doesn't, begging the question if over-the-top weddings are worth it.

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The Perfect Choice

by Tresa Erickson

After years of dating, you finally proposed to your girlfriend and she happily accepted. You are both excited and looking forward to the wedding planning in the months ahead. One of the first decisions you will make as the groom is who will serve as your best man. There are a number of people who could fulfill the role; you just have to decide who would make the best fit.

If you have several close family members and friends, you may find it difficult to select a best man. Make a list of candidates, keeping in mind that your best man does not have to be a man or a family member. Your sister Rita or best friend Katie might make a perfectly good best woman.

Before you begin narrowing your list, you must consider the duties your best man will have to perform. The responsibilities of the best man vary from wedding to wedding. Traditionally, they include:

- Hosting the bachelor party
 - Picking up and returning all tuxedos
 - Helping transport guests
 - Getting the groom where he needs to go on the big day
 - Assisting the groomsmen on the big day and keeping them on track
 - Bringing the rings to the ceremony
 - Witnessing the marriage license
 - Paying and tipping service providers as needed
 - Toasting the bride and groom at the reception
 - Driving the newlyweds to the airport after the wedding if needed

Depending upon your schedule, you may have the best man do more or less for your wedding. If you have a long list of duties, you will want to select someone who

is dependable and has the time to get everything done.

In order to narrow your list of potential candidates, consider their qualifications in relation to the duties you would like them to perform. Be realistic in your assessment. Your younger brother may be very dependable, but with school and work, he may be too busy to take on the role of best man, especially if it involves several duties. Your older, more-established brother might make a better choice. On the other hand, if all you are looking for is someone to host the bachelor party and stand up with you on your big day, then your younger brother might make a good choice.

Pay attention to the distance factor. If your brothers live in the Pacific Northwest and the wedding is in Miami, they might be too far away to be a good best man. Choosing a close friend who lives nearby and has easy access to everything might be better, especially if you want them to take an active role in the wedding planning.

Whoever tops your list, make sure they want to serve as your best man. For one reason or another, some people simply prefer being a wedding guest rather than an attendant. Keep that in mind and make sure you find out what the frontrunners think before you make your final decision. Should you be unable to select just one person, don't hesitate to divide the duties among two or three people. Rather than one best man and two groomsmen, you could have three best men.

Selecting a best man takes time and effort. Be prepared to do the work, or you could end up being disappointed, and always have a backup choice. You never know when illness or some other unforeseen event might come up and take precedence over your wedding.

Destination Weddings

continued from page 2

of champagne to help celebrate the joyous event - not to mention cold A/C for those hot summer days and nights. Affordable limousine service, on time, every time. (802-483-6206).

We have all heard the infamous phrase, "Let them eat cake." It is easy to make that happen at a Killington Region destination wedding with the help of DellVeneri's Bakery. Every wedding cake crafted at DellVeneri's is custom made to fit your dreams as well as your budget. You can schedule a tasting appointment and consultation to see all they have to offer, and they even offer delivery service to your chosen venue. (802-775-4022).

Nothing gives a wedding personality like flowers. From bridal bouquets to centerpieces to flowers that adorn your cake, it is your opportunity to create a theme that personalizes your special event. The professional teams at Hawley's Florist (802-775-2573), Park Place Florist (802-775-2626), and Pittsford Garden Center (802-746-8100) can design and arrange the wedding flowers of your dreams.

Do you think your new spouse is going to light up your life? Symbolize that sentiment with a custom fireworks show to close out your reception. Northstar Fireworks is one of the most reputable retailers in New England. Their professional pyrotechnicians can create a display that will amaze your guests. (802-229-9690).

Tuxedo rentals are seamless when you choose McNeil and Reedy. This family-owned operation has been outfitting wedding parties for over 50 years. With an on-site, full-service tailor shop alterations are a breeze. Your groomsmen will be dressed up and buttoned down as they parade down the aisle. (802-773-7760). Of course, the ladies are not to be outdone. If guests, attendants or mother of the bride is looking for that special outfit, they can visit The Ginger Tree. Specializing in unique and often one-of-a-kind apparel, the Ginger Tree offers an array of clothing and accessories for women. You can also find a great selection of gift items. (802-775-7256).

When the planning is done and the details are down pat, it is time to pamper yourself and your wedding party right before the big day. There are several one-stop shopping spas offering salon services and massage. Rejuvenate at the Spa at the Woods, where they offer discounts for the bridal party. Call them for massages and facials, body treatments, mani's & pedi's, and Ashiatsu Oriental Bar Therapy. All the essentials for a relaxing morning on your big day. (802-422-3139). Make an appointment at Shear Heaven Salon & Day Spa for one of their signature facials such as the Oxygen or Illuminating Facial. Shear Heaven specializes in large formal parties for hair styling and nail services. (802-773-8880). Five Elements Salon & Day Spa offers a customized Bridal Glow package, as well as hair styling and nail services for the entire wedding party. (802-773-8005). For the ultimate relaxation experience, visit the Himalayan salt cave at Pyramid Holistic. Bring your entire wedding party to stretch out in the zero-gravity chairs and feel the calming and detoxifying benefits of this very affordable experience. (802-775-8080). Let's not forget Killington Grand Spa at Killington Resort, if you're having your wedding there or even if you're not. Relax your mind, recharge your body, and renew your spirit with massages, facials, manicures, pedicures, and body treatments for your whole bridal party in the glory of all that is Killington. The views are breathtaking - a serene way to start your wedding day. (802-422-1050).

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Get With the Program

by Ronda Addy

You want your guests to have a keepsake of your wedding day, but you're at loose ends as to what to give them. How about a wedding program? A wedding program, or The Order of Worship as it is sometimes called, serves the same purpose as that of a play program. It shows guests the order of the service and the music and introduces participants.

Your program can be as simple or as complex as you would like. If you want, you can have a program that looks like a small book and includes the lyrics to every piece of music and the names of all participants and vendors. You can design the program yourself using a computer, or you can have it done professionally. Check

with the company that designed your wedding invitations to see if they do wedding programs. The program should be the same style as your wedding invitations.

If making the program yourself, set up a template to ensure the information will fit on the page. Create a sample program and then buy the supplies you will need. With all of the scrap-booking materials available, you can buy paper, ink and materials that will ensure your program lasts a long time.

Here are a few more tips to consider when making your wedding program:

- Keep your program simple. Don't overdo it.
- Avoid references to gifts or money or paid vendors or service providers.
- Use the right kind of paper. You don't want paper that is too slick or too absorbent. Keep in mind that while nice, handmade paper or vellum may not be acid-free and will deteriorate over the years.

A wedding program is a lot of work, but with attention to detail, it can be one of the best ways to provide guests with a keepsake of your special day. Good luck and have fun!



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Making Responsible Choices

by Ronda Addy

Planning a wedding is difficult, even for those who are organized. That's why the bride has a maid of honor and bridesmaids to help her and the groom has a best man and groomsmen to help him. When choosing your best man and groomsmen, make sure you select individuals who are responsible enough to handle the assigned duties.

While there are no hard and fast rules as to whom you should choose to be your best man and groomsmen, etiquette suggests you include your brother, the bride's brother and your closest friends. If you or the bride has more than one brother or you have several close friends, the matter is more complicated. In that case, choose the individuals who are closest to you and keep in mind that they do not have to be male. It is not unheard of to have a female friend be your best man or a groomsman. Regardless whom you choose, each will have duties to perform.

The best man has many duties. They include:

- Planning and paying for the bachelor party
- Renting a tuxedo and attending any fittings
- Attending the rehearsal and rehearsal dinner
- Transporting gifts to the ceremony and reception
- Helping the groom get ready for the ceremony and making sure they get to the church on time
- Paying the officiate before the wedding
- Holding the bride's wedding ring if there is no ringbearer
- Signing the marriage license
- Walking down the aisle with the maid of honor and dancing with her at the reception
- Giving the first toast to the bride and groom
- Taking the gifts to the bride and groom's home



- Returning all of the tuxedos on time
- Groomsmen have many duties in preparation for the wedding. They include:
- Renting a tuxedo and attending any fittings
 - Assisting the best man with whatever he needs, including planning and paying for the bachelor party and transporting gifts to the bride and groom's home
 - Attending the rehearsal and rehearsal dinner
 - Helping load and unload decorations, food and other items at the ceremony and reception
 - Decorating the wedding car
 - Helping seat the guests at the wedding if there are no ushers, especially the mothers of the bride and the groom
 - Rolling out the white or red carpet for the bride to walk on as she comes down the aisle
 - Dancing with the bridesmaids and any single female guests at the reception

As you make your decision, try to select individuals who can perform these duties and afford the costs involved. Make certain that they understand that there is a great deal of responsibility involved, and once they accept it, they cannot back out later without causing you problems.

Both the best man and the groomsmen play valuable roles in the wedding. Don't select individuals who can't live up to those roles. Make responsible choices.

Handle With Care

by Ronda Addy

Fine jewelry like engagement and wedding rings is an investment. To maintain it, you need to care for it properly. Here are some tips on how to keep your jewelry looking like new.

Diamonds are popular, and even though they are one of the hardest materials around, they still need regular maintenance. In order for a diamond to shine, the maximum amount of light possible needs to enter the stone and be reflected. Residue from lotions, soaps and powders and natural skin oils can dull the surface of a diamond and reduce its brilliance. To keep your diamonds shiny and looking their best, clean them regularly with a commercial cleaner, a mix of ammonia and water, or a mild detergent. Just dip the piece in the solution and use a soft brush to get rid of any dirt in the setting. Don't wear your diamonds when doing rough work. You could chip them. Don't expose your diamonds to chlorine or household cleaners. The products could damage the setting. Don't mix your diamonds with other jewelry. The diamonds could scratch it. Store your diamonds in a box with divided compartments or a fabric-lined jewelry box. Have them cleaned and checked once a year by a professional.

Whether a grade or a finish covered with a shiny coat of rhodium, silver can tarnish. To prevent this from happening, clean your silver jewelry regularly and store it in a cloth pouch or a plastic bag. You may use a silver clean cloth available at most jewelry stores or a flannel or cotton t-shirt and some lukewarm, soapy water. Don't use tissue, which can scratch silver, and make sure you dry your silver completely before storing it. Silver is very pliable, so when polishing it, rub against it. Don't pull. If you see any tarnish, use a mild tarnish remover made specifically for silver. Don't expose your silver to chlorine or soak it unless you are using tarnish remover.



Gold is designed to last a long time, but like all other jewelry, it requires proper care. Clean your gold jewelry regularly with an ultrasonic cleaner. Rinse, dry and polish it with a soft cloth. Store your gold in a soft cloth away from dust, makeup, moisture and perspiration, and inspect it often for damage. Take it to a jeweler for repair. Don't expose your gold to chlorine. It can weaken the structure.

More delicate than other gemstones, pearls require special care. Don't clean them with an ultrasonic cleaner. Instead, wipe them off with a soft, damp cloth and wash them occasionally in mild soap. Store pearls in a soft pouch away from other jewelry. Body oils can damage silk or nylon thread easily, so if you have any pearl necklaces, have them restrung once a year with a knot between each pearl so if the string breaks, your pearls won't get lost.

If you do not feel comfortable cleaning your jewelry yourself, take it to a jeweler and have it done by a professional. Remember, fine jewelry is an investment. You want it to last a while, so take care of it properly. With the right care, your diamond wedding ring or strand of pearls could become a family heirloom.

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GolfNews

Victory For Shuman & Southard in Killington

143 of the best junior golfers in the country challenged Green Mountain National Golf Course last week as the American Junior Golf Association (AJGA) hosted the 2nd Annual Killington Junior Golf Championship.

Boys and girls from 14 different states and Canada competed for the title but the "Bay State" scored big as Jake Shuman and Isabel Southard brought both the boy's and girl's trophies home to the Blue Hills Country Club in Canton, Massachusetts. Shuman and Southard have been friends and competitors for many years and have played in many junior

golf events together throughout Massachusetts and New England.

Shuman held strong at -3 to win by 5 strokes over Alex Levy of Austin, Texas and Southard, who placed second last year, led the tournament in all three rounds to edge out Alice Chen of Princeton, New Jersey by 3 strokes.

There were also some 3rd round fireworks as "Lucky" Hole #13 gave up a hole-in-one to Jeff Trembley in the boy's division and Alessandra Liu on the girl's side.

"These kids are the future of golf and it was once again our pleasure to have them here at Green Mountain National," said Host Professional and General Manager Dave Soucy. "It felt good to have the parents and players tell me how much they loved our golf course and what a wonderful experience they had here in Killington. From the restaurants they dined in, to the hotels and inns where they stayed, our visitors said that everyone treated them like they were family."

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 and include Stewart Cink, Matt Kuchar, Hunter Mahan, Phil Mickelson, Tiger Woods, Paula Creamer, Cristie Kerr, Inbee Park and Morgan Pressel.

The golf course was in fantastic shape thanks to hard work of Superintendent Peter Bissell and his entire staff. The players, their parents and the AJGA staff all commented that Green Mountain National was one of the nicest golf courses that they had visited this summer and can't wait to return next year.

Green Mountain National and the AJGA also wanted to thank the countless volunteers who donated their time to drive shuttles, work as spotters and do everything necessary to insure that this year's tournament was a success.

"Without our volunteers it would have been impossible for things to run as smoothly as they did. I can't thank the residents of Killington and the members here at Green Mountain National enough for their time and generosity," said Soucy.



Rules of the Game

By Alan Jeffery

USGTF Certified Golf Professional
Green Mountain National Golf Course

QUESTION: Mary and Bob are playing in a tournament. On the 6th hole, Bob strokes his ball into the front sand bunker. Near his ball is a stone about the size of a half dollar (a loose impediment). The stone is not solidly embedded. In the approach to his ball, Bob inadvertently moves the loose impediment. Mary says Bob should be penalized in that a loose impediment cannot be moved in a hazard if the loose impediment and the ball are in the same hazard. Bob replies that the loose impediment would not be moved by his backswing and the area of his intended swing would not be improved. Is Mary correct?

ANSWER: Bob is not penalized if inadvertently a loose impediment is moved and his backswing and area of his stance and swing is not improved. See USGA Decisions On The Rules Of Golf, 2010-2011, 13-4/13.

Golf clinics continue on Tuesday evenings, 5:30-6:30 and Saturday mornings, 10:30-12:00. Individual concerns are addressed. Private lessons can also be arranged by calling me at GMNGC, 422-GOLF Video can also be arranged for a minimal amount during the lesson by calling the Pro Shop. Remember, the swing's the thing and continuous improvement is what it's all about.

News From Green Mountain National G.C.

by Spider McGonagle

What could be better than 9 holes of golf at Green Mountain National on a Sunday afternoon while enjoy an amazing selection of fine wines? NOTHING! There are still a few spots left for our "Wine & Nine" event this Sunday and we'd love to see everyone out for this "Grand Finale" to the Killington Wine Festival. We have selected some wonderful wines for you to enjoy and Roger and his staff are planning a delicious dinner for all of the players to accompany these choices. \$55 per player (\$50 for GMNGC members) includes golf, cart, prizes, an assortment of wine samples and dinner.

The deadline for the GMNGC Club Championships is quickly approaching so be sure to sign up before August 2nd or you might miss out. Both the men's and ladies' Championships will be played on August 7th & 8th and all GMNGC members are welcome to play. Peter Metzler will be looking for a 3-peat this year which would tie him with Brian Albertazzi's streak and put him one step closer to Paul Steele's amazing four titles in a row. Lindsay Cone will be looking to defend her crown on the

ladies' side but there are fierce competitors who will be looking to make their way to the top.

As we head into the heart of the summer we will be holding another Junior Golf Camp to keep the kids swinging while school is still out. August 15, 16 and 17 will be three great days of golf instruction with our staff of golf professionals, on-course play and lunch each day. \$99 per junior covers everything but space is limited, so call the pro shop today.

Don't forget Twilight League every Thursday night. Beginners are always encouraged to play in this fun and social league and we have great prizes and gift certificates donated by our generous local sponsors and restaurants. Call Thursday mornings before 1pm to sign up for the fun.

Our complete Events Calendar can be found at 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.

Okemo Valley Golf News

LUDLOW- The Men's League at Okemo Valley Golf Club returned to the front nine on July 12 for a match play format. Grabbing the top spot once again, and separating themselves from the pack, was Honey Dew Man. Peter Girouard, Ed Whitman, Richard Bondareff and Jeff McKenzie combined to win 22 ½ holes. Second place went to M&M Excavating. Mark Kattalia, Craig Peters, Mike O'Neil and Jim Wallis combined to win 21 holes. ID3 Designs grabbed third place. Josh Rourke, Bob Higgins, Bob Ahlers and Tim Faulkner combined to win 21 points. Closest to the pin winners were John Pick on the 4th hole and Bob Higgins on the 8th hole.

Season Standings:

1st Honey Dew Man 107 points

2nd ID3 Designs 81 points

3rd Green Mountain Appraisals 79 points

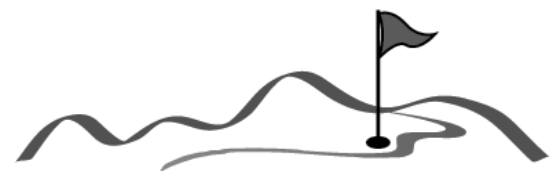
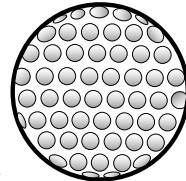
For more information about Okemo Valley Golf Club, please call (802) 228-1396 or visit okemo.com.

Two More Aces at Okemo Valley Golf Club

Two more golfers made holes-in-one at Okemo Valley Golf Club. The 14th hole is shaping up to be the lucky hole for golfers this season. Four of the six aces made this summer, have been accomplished on hole number 14. On Friday, July 15, Richard Nicklas, of Syosset, N.Y., made the 156-yard ace from the white tee using his six-iron. Jeff Nicklas witnessed the amazing feat. On July 16, Bryan Dank, of Natick, Mass., also aced the 14th hole from the white tee. Dank used his eight-iron to make the hole-in-one.

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

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



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Saturday Mornings • 10:30am-12PM
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VT Senior Women's Golf Championship

Reggie Parker of Ekwanok has won her fifth Seniors' Championship by three strokes over Mari Harter of Orleans today at St. Johnsbury Country Club. Reggie shot a final round of 77 for a two day total of 150. Mari shot a 78 today for a total of 153. Kathy Kemp of Barre had the low round of the day with a 75 for a total of 155.

Kathy also won the putting contest. Fourth place went to Susie Bremner of Rocky Ridge with a total of 161. Cindy Paquet of Essex was fifth at 162 followed by Jane Horton of Orleans at 165, Dede Mahler of the Country Club of Vermont at 167, Mary Corey of Cedar Knoll at 169, Mary Jane Shomo of Rutland at 171, and Diane Ewald of

Rutland, Nancy Gorham-LaSante of St. Johnsbury, and Kathy Allbright all at 173.

Phyllis Simon of Vermont National was the low net winner. Reggie Parker won the Super Senior trophy and Ann Goodrich of Burlington won the Legend Trophy. St. Johnsbury Country Club was the winner of Pat Job Cup.

Other local competitors included:

- Bonnie Heald, Rutland CC, 89-89--178
- Maureen Quinn, Lake St. Catherine CC, 88-95--183
- Kathy Domenicucci, Rutland CC, 95-90--185
- Ellen Sheffer, Neshobe GC, 93-96--189
- Winnie Denis, Proctor-Pittsford CC, 96-99--195

This Week at Base Camp Disc Golf

by Mike Miller

It has been fabulous to see so many people coming out to play disc golf at BCODG. The word it out about BCODG and we are now attracting golfers from all over the country. Last Saturday was so busy we almost needed to sell tee times. Membership is growing and play was strong throughout the week. Tags were being exchanged daily but it was Tuesday night league that really counted. Big B has not yet cracked the top ten but twice this week he out-played me. Sometimes though, luck is better than skill and that is the only reason he does not have my tag. Dan Webb and Orin Sheldon did make it onto the board this week, but provided good play during league night. Reed Morris grabbed the low tag that night but turned it over later in the week during non-league play.

The big news of the week goes to Tyler Teed for taking second place in the AM2 division at Lincoln Peak Open in Sugarbush. This is a very long day of disc golf on two of the most demanding courses in the state. The Peak course is brutal and one not many golfers wish to play, but Tyler killed it, putting in one of the best scores of the day. The second round is held on their Base Course where 99% of their members play. Local knowledge was key here as the winning player is a member and the top AM2 player in the state. Regardless, Tyler held his own to tie for second. This performance earned Tyler the #8 tag in the state. Once again congratulation to Tyler Teed for great showing and representing BCODG with class.

This weeks top five players in the clubhouse are: John Mowery, Mike Miller, Tyler Teed, Peter Gile and Orin Sheldon. See you all next week.

'A Very Good Night' Follows Clarke's Open Triumph

by Paul Newberry AP National Writer

SANDWICH, England (AP) - Darren Clarke's bleary, bloodshot eyes told it all.

The party began shortly after he walked off the 18th green at Royal St. George's with the claret jug in hand. Beer and red wine flowed through the night, the revelry not letting up until Clarke had to return Monday morning for a few more interviews and some picture-taking at the spot where he tapped in the final putt to win the British Open.

"I have not been to bed yet," Clarke said. "I probably won't get any sleep until tomorrow at some stage. You have to enjoy it while you can.

"It's been," he added mischievously, "a very good night."

Clarke sure earned it.

No one had ever gone more than 15 British Opens before winning. Clarke did it on his 20th try at 42, making him the oldest first-time major winner since Roberto de Vicenzo in 1967.

But that only tells part of the story. Clarke lost his wife, Heather, to cancer five years ago, leaving him to raise two young boys. Not surprisingly, his focus on the course wavered, which sent him plummeting out of the top 100 in the world. It had been a decade since he was a serious contender in a major - he didn't even qualify for the three majors that preceded the Open.

Clarke became the third golfer from tiny Northern Ireland to win in the last six majors, following U.S. Open

champions Rory McIlroy and Graeme McDowell. The Americans haven't won any during that span, their longest drought of the modern Grand Slam era, though they did have five of the top seven at Royal St. George's.

Mickelson played the first 10 holes Sunday at 6 under and actually claimed a share of the lead at one point, only to fade down the stretch when his putter faltered. Johnson was in contention again at a major but made another huge blunder, knocking a shot out of bounds just five holes from the finish.

Even though he partied all night long, Clarke still hadn't taken a swig of one of his favorite adult beverages from the oldest trophy in golf.

"I'm a little bit of a traditionalist," he said. "I feel a bit funny about putting stuff in the claret jug that shouldn't be in there, so I'm little bit more reserved as to what I should do. That may not be the case as the week goes by, but at the moment there's been nothing in there."



Killington Golf Course League Results

July 12 - Italian Night League Scramble - playing the back 9 holes.

The winning team with low gross of 30 was a team of Patti Haas, Tess Hobbs, Kevin O'Brien, Eileen O'Flahaven.

After a match of cards, the second low gross with a score of 31 was a team of Jim Fox, Peter Melluzzo, and KC Chu.

Closest to the pin for men was Peter Melluzzo.

Closest to the pin for women was Jean Witchekowski.

Closest to the Line for men was Chris Kenison.

Closest to the Line for women was Patti Haas.

The raffle giveaway (Rossignol luggage) was won by Zeke Phillpet.

Singles teams signup at the Clubhouse for Rally for the Cure scramble to be held on August 9!

Book at tee time at Killington Golf Course at Killington Resort by calling 802-422-6700.

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SCOTCHIE TOURNAMENT
FRIDAY, JULY 22

A Scotchie Tournament comes to Killington with couples teams, alternating stroke scoring and prizes awarded to the best golfers. This tournament is \$50 per team, call (802) 422-6700 for more information or to sign up. Registration is at 4:30 p.m. Shot gun start at 5:00 p.m. 9 hole tournament.

MEMBER-GUEST TOURNAMENT
FRIDAY, JULY 29

The Killington Golf Course will be hosting the first Member-Guest Tournament of the summer with handicap scoring, gross and net score winners, closest to the pin and longest drive. Prizes will be awarded to top players and food will be served for \$100 per team, call (802) 422-6700 for more information or to sign up.

VISIT WWW.KILLINGTONGOLF.COM OR CALL (802) 422-6700

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Thursday, July 21

Monthly Bird Monitoring Exercise - 7:00 AM. Rutland County Audubon's 120th Marsh Walk at W. Rutland Marsh. Celebrating 10 years of tallying birds! Meet W. Rutland Price Chopper Parking Lot.

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

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

Bone Builders Class - 10:00 AM. Tues. & Thurs. Bone Builders free exercise classes. 10-11am, Mendon Methodist Church, 773-2694. Bridgewater Mill, 2nd floor, 3-4pm, 672-3384.

Olde Country & Bluegrass Festival - 10:00 AM. July 21-23, 245 Tift Road, Danby. Thurs. 5-10pm. Fri. & Sat. 10am-10pm. Weekend Pass \$45/person includes camping. Thurs. \$10; Fri. \$20; Sat. \$23. Age 12 & under free w/ paid adult. Concession stand, breakfast on Fri, Sat. & Sun. 7am. Spaghetti Supper Sat. 5pm, \$7. (Children 12 and under free with paying adult). No dogs. 802-293-5206.

RAVNAH Blood Pressure & Foot Care Clinic - 10:00 AM. Rutland. Maple Village. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

Wells Bingo - 10:15 AM. Modern Woodmen of America holds Bingo, including special game to benefit a local charity or good cause. Note that Thursday Bingo is 10:15am. Sunday Bingo at noon.

Starline Rhythm Boys - 12:00 PM. Brown Bag Concerts on the Village Green in Woodstock, rain site, Woodstock Town Hall Theatre.

Marble Valley Bridge Club - 1:00 PM. Marble Valley Bridge Club. ACBL Sanctioned Bridge Games 1:00pm Monday and 6:45 Thursday at Godnick Senior Center. guaranteed partner. 287-5756.

Girl Scouts Day - 3:30 PM. Girl Scouts Daisy & Brownie Day at Rutland Free Library, 3:30-5pm. For all girls entering K-3 and their parents- learn about the Girl Scouts summer program, have a snack, make crafts, have fun! \$12 for registration (financial aid available)

Contact Maureen McIntyre at 800-769-7452 to register.

Christ the King Summer Open House - 4:30 PM. For all interested students and families. Fun activities & summertime snacks. Some faculty & current families on hand to answer questions. 773-0500. til 6:30pm.

Rochester Singing Group - 5:00 PM. 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.

Woods Tea Company - 7:00 PM. Fair Haven Concerts in the Park, at the Gazebo. The Woods Tea Company presents Celtic tunes, Novelty, French-Canadian and American Folk songs. Free admission. Rain site: Fair Haven Baptist Church. Bring your blanket or lawn chairs. Possum Haw, 7/28.

Poultney Farmers Market - 9:00 PM. Poultney. Farmers Market on Main St., 9am-2pm.

Bikers for Jesus - 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.

Ladies Night Out Women's Chorus Rehearsals - LNO of Rutland preps for fall season - Four Choral Hymns from Rig Vega, Third Group by Gustav Holst: Hymn to the Dawn, Hymn to the Waters, Hymn to Vena (Sun rising through the mist) and Hymn of the Travelers. Call 775-8004 or email lucytune@sover.net if you want to sing in either. No audition required.

Friday, July 22

Friday Farmers Markets - 12:00 AM. Brandon. Brandon Farmers Market in Central Park, 9am-2pm.

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

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

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

Rutland Town/Killington. Home Depot Plaza, 4-8pm.

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

Foodways Fridays at Billings Farm - 10:00 AM. Discover how Billings Farm & Museum uses seasonal produce from its heirloom garden in historic recipes every Friday as part of Foodways Fridays, thru October 14, from 10:00 a.m. - 5:00 p.m.

Arthritis Help - 11:30 AM. Rutland. 10:30-11:30am - Arthritis Pool Class. You don't need to have arthritis to benefit from this comprehensive fun exercise program. Locker room & towels included. \$40/10 classes. Holiday Inn Pool, 775-1911.

Sherburne Pre-School StoryTime - 1:30 PM. Killington - Sherburne Memorial Library Event: Fris - Preschool StoryTime, 1:30pm. 422-3824.

Friday Night Live Downtown - 5:00 PM. Fabulous fun and entertainment in Downtown Rutland. Center street is closed off

to make room for vendors, food and festivities. Great family fun.

Cancer Support Group for Men - 5:30 PM. Rutland. Man-to-Man Prostate Cancer Support Group meet 5:30pm, 4th Wed. of month @ RRMC. Spouses welcome. 483-6220.

Adult Women's Basketball - 6:00 PM. Pittsford. Adult Women's Basketball - Open Gym. Friday nights, 6-8PM. Police Academy, Furnace Road. More info: Tara 417-7331.

Women's Basketball - 6:00 PM. Pittsford. Adult Women's Basketball - Open Gym. Friday nights, 6-8PM. Police Academy, Furnace Road. More info: Tara 417-7331.

Lake House Entertainment - 6:00 PM. Aaron Audet performs.

Okemo Summer Concert 2Adam12 - 6:00 PM. Jackson Gore Outdoor Music Series at Okemo Mtn, Ludlow. BBQ w/ wine & beer available. On the grass in the courtyard at J. Gore Inn. Rain or shine. okemo.com

Kinect Dancing - 6:00 PM. Sponsored by The Mentor Connector of Rutland County. At the Brick Box at Paramount Theatre, til 9pm. Free, open to public. Info, 775-3434.

AA Meetings - 7:00 PM. Rutland - Al Anon: Call Pete: 773-9548 or Marcia: 775-7479 for meeting info. Beginner meeting Fris, 7pm, The Evergreen Ctr. You may also call Rutland - AA Hotline, Rutland area: 802-775-0402, 24 hours.

Lyra Summer Music Faculty Concert - 7:30 PM. at Chandler Music Hall, Randolph. Suggested donation \$15 at door. \$10 students/seniors. 431-0204.

Dan Ringrose - 8:00 PM. Irish Music at McGrath's Irish Pub.

Stargazing - 8:30 PM. Session at Castleton State College. Rain date for Jul. 15 cancelled session. Bring a telescope if you have. Weaather dependent.

Killington Wine Festival - 3 days of Mountain Wine Events. For lodging & ticket info, call Killington Chamber of Commerce at 800-337-1928. Friday night with the Estate Wine Tasting & 'Pop Goes the Cork' Wine party at the Killington Grand Hotel. Grand Wine Tasting Event Sat., 1-4, KBL. Wine-paired gourmet dinners & tastings at local restaurants & Wine & Nine Golf Scramble at Green Mountain National Golf Course.

Saturday, July 23

Killington Section GMC Outing - 8:30 AM. Buck Lake, Fort Ann, NY. Climb to beautiful focky summit with garnet crystals & stunning view of Lake George & Adirondack Mtns. Moderate, 4.6 mi. Meet Rutland's Main St Park 8:30am. 773-2185.

Saturday Farmers Markets - 9:00 AM. Rochester. Farmers Market on the Village Green, 9-1pm.

Rutland. Downtown Rutland Farmers Market, Sats. 9am-2pm, in Depot Park.

VINS Cooking Workshop - 9:00 AM. VINS Presents Cooking Workshop Featuring Local Produce - Cooking in Community. 9am-1pm at Harmony Farm barn in Hartland. \$24 members, \$30 non. Pre-register by July 18, 359-5000 x223.

Hike, Bike & Paddle - 10:00 AM. BCBS invites public for event at Camp Plymouth State Park in Ludlow. Til 2pm. Free community event - healthy snacks, including smoothies. 1st 100 participants receive a free Hike, Bike & Paddle T-shirt. Free limited bike and canoe rentals.

Flea Market - 10:00 AM. Rutland, at the Mill Village Chapel. Route 7 North. Til 2pm. For more information call 773-6947.

Soldiers Atop Mount Independence - 10:30 AM. Commemoration of anniversary of Revolutionary War, Mt Independence State Historic Site, Orwell. Public welcome. Camps open 10:30am Sat. & 10am Sun. Demos, historic scavenger hunts, kids' activities, reading of Declaration of Independence. 948-2000 for more info.

1st Cooler in the Mountains Concert of Summer - 2:00 PM. Founding member/lead singer of the Samples, Sean Kelly performs at K-1 Base Area at Killington Resort. Town of Killington Summer Concert Series Sats. thru Aug. 27. Free, open to all. Beer garden, outdoor grill and outdoor lawn games as well. Bring lawn blankets & chairs to enjoy the scenic views. Register to win 2011-12 Killington Season Pass. Til 5pm.

New Nature Center Unveiled - 2:00 PM. Coolidge State Park's grand opening celebration of Nature Center, with first official program presented by VINS at 7pm. Free admission to park, 672-3612. Refreshments, visit from Smokey the Bear.

Swing Noire at Brandon Music - 7:00 PM. Vermont-based group Swing Noire performs at Brandon Music café. Tickets at Brandon Music or 465-4071, 10-5 except Tues. Seating is limited, reservations strongly advised. 465-4071.

Killington Music Festival presents: Russian Expressions - 7:00 PM. A Russian music concert of highly-virtuosic and heart-pounding excitement. Rams Head Lodge, Killington. 422-1330 for tickets. 773-4003 for info.

Susan G. Komen Race for the Cure - Manchester. Susan G. Komen Race for the Cure, 5K run or walk benefiting & spreading awareness about breast cancer. Register by May 8 to be entered into drawing for spa pkg at Equinox Resort. komevntnh.org

Inkle Loom & Card Weaving - Young Artists Summer Day Camps at Fletcher Farm School, Ludlow. Age 13-17. 228-8770 for times & tuition.

Felt & Stitching Cool Critters - Young Artists Summer Day Camps at Fletcher Farm School, Ludlow. Age 7-12. 228-8770 for times & tuition.

Sunday, July 24

Fair Haven Local History Day - 10:00 AM - 3rd annual, til 4pm in Fair Haven Park. Tours of the historic Marble Mansion Inn for \$3. All proceeds benefit the marble fence post project sponsored by the Fair Haven Historical Society.

Wells Bingo - 10:15 AM. Wells. Modern Woodmen of America holds Bingo, including special game to benefit a local charity or good cause. Thurs. Bingo 10:15am. Sunday Bingo at noon.

Tuscan Brunch - 11:00 AM. Killington Music Festival holds 8th Annual Tuscan Brunch Fundraiser at Three Tomatoes, Rutland. Adults \$30, \$17 for students. KMFs talented young artists perform

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Saturday 7pm, Ramshead Lodge, Killington Resort

UPCOMING CONCERTS & SPECIAL EVENT

- 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.

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July 28
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Ride the White River Flyer & solve the railroad who-dunnit murders on a Murder Mystery Train! Meet at the Hotel Coolidge (a historic railroad hotel) at 10:00am for a welcome reception. The mayhem ensues, clues emerge & the story begins. Walk to the train station & board the White River Flyer (or the Fright River Flyer). The Train heads through the upper valley & along the Connecticut River & during this 2 hour trip, murders abound on & off the rails. Back to the Coolidge at 1:30 pm for lunch & the unveiling of the true murderer. Meet at the Coolidge for the 1:00 pm Murder Mystery Train.
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classical music. Tickets, info 773-4003.

Shrewsbury 250th Anniversary - 1:00 PM. The Shrewsbury Historical Society Museum located on Route 103 in Cuttingsville is celebrating the Town of Shrewsbury's 250th Anniversary. Museum hours are Sundays from 1 to 3 pm, until the end of October. Free admission, handicapped accessible, with parking. Info: contact Ruth Winkler, (802) 492-3324.

Rochester Concerts - 6:30 PM. Annual summer concert series on the park, Sunday evenings, 6:30pm. Bring a lawn chair or blanket, picnic basket & enjoy!

Poultney Concerts - 7:00 PM. Band Concerts on the Green. Sundays in July. Visitors welcome! 287-5185.

Rutland City Band - 7:00 PM. Rutland City Band performs summer concerts on the Green/Rte 4 & 7 - Main St. Park. 7-8:30pm. Every Sunday thru Aug. 21. Themed concerts. Free! Bring a chair or blanket.

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

Free KMF Concert - 7:00 PM. Performers from the Killington Music Festival present a concert at the Church of Our Saviour, Mission Farm Road, Killington, across from the Skyeship gondola. Admission is free, donations to KMF scholarship fund are welcomed. 422-906.

Rutland Concerts in the Park - 7:00 PM. Enjoy free music in Main Street Park in Rutland. Corner of Route 7 and West Street. Great tunes in a fabulous family environment.

Monday, July 25

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

Bone Builders Program - 9:00 AM. Mon. & Thurs. - Rochester. Bone Builders exercise program meets 9am, Park House. Lightweight resistance training to help slow down or reverse osteoporosis. 767-3416.

Rutland Youth Theatre Camp - 9:00 AM. Rutland Rec Dept offers Rutland Youth Theatre Camp. Morning sections 9-11:30am; afternoon section 12:30-3pm. Open for actors entering grades K-2. Final performances. \$163 resident, \$174 non. Register at Godnick Adult Center or rutlandrec.com

Bible Camp - 9:00 AM. Reformed Bible Church Announces Summer 2011 Backyard Bible Club / Bible Boot Camp. This years theme is "The Armor of God." 9am-noon daily. K-6th grade. Bring non perishable food item to donate to the Pittsford Food Shelf. To Register: 483-6810.

Weekly Bone Builders Exercise - 9:00 AM. at Sherburne Library. Til 10am. Weekly, M & F. Info, 422-3824.

Arthritis Help - 11:30 AM. Rutland. 10:30-11:30am - Arthritis Pool Class. You don't need to have arthritis to benefit from this comprehensive fun exercise program. Locker room & towels included. \$40/10 classes. Holiday Inn Pool, 775-1911.

Marble Valley Bridge Club - 1:00 PM. Marble Valley Bridge Club. ACBL Sanctioned Bridge Games 1:00pm Monday and 6:45 Thursday at Godnick Senior Center. guaranteed partner. 287-5756.

Slide Show/Discussion - 2:00 PM. Ways of Learning, An Apprentice Boat Builder in Japan. Douglas Brooks shares his experiences. Sherburne Memorial Library. 422-9765.

Parkinson's Exercise Group - 2:30 PM. Rutland. Low impact exercise group for those with Parkinson's Disease, 2:30pm Mondays, Godnick Adult Center. Free. RSVP sponsors.

Friends of Rutland Free Library Book Sale - 4:00 PM. Summer Book Sale, \$0.50-\$3 selections. Videos, audio tapes, children's sectio, almost new hardcovers, trade paperbacks. 773-1860.

Family Vacation Bible Camp - 6:00 PM. For families of all ages. Time travel to Nazareth - supper, singing, games, crafts, learning. All welcome. Good Shepherd Lutheran Church. 7/25-28, til 8:30pm, 5:45pm registration. Donations accepted. 775-7119.

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

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

Curbstone Chorus Practices - 7:00 PM. Rutland High School. Open invitation for any men interested in singing - join them!

KMF & Ice Cream Social - 7:00 PM. Killington Music Festival and Ice Cream Social at Castleton Community Center. "Make Your Own Sundae" treat courtesy of Fair Haven Stewart's Shops. Sundae bar opens 7pm; music 7:30pm. Open to the public. RSVP by July 22, 468-3093.

Big Flicks at Paramount - 7:00 PM. Family Summer "Big Flicks" Film Series at Paramount Theatre, Rutland. "The Films You WANT to See." Mon. & Tues. nights, 7pm. \$6 & \$4. July 25, Twister; July 26, Napoleon Dynamite.

Basket Cases with Judith Nevin - Young Artists Summer Day Camps at Fletcher Farm School, Ludlow. Age 10-17. 228-8770 for times & tuition. July 25-29.

Jewelry Camp with Harold Bosco - Young Artists Summer Day Camps at Fletcher Farm School, Ludlow. Age 11-17. 228-8770 for times & tuition. July 25-29.

Tuesday, July 26

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

Bone Builders Class - 10:00 AM. Tues. & Thurs. Bone Builders free exercise classes. 10-11am, Mendon Methodist Church, 773-2694. Bridgewater Mill, 2nd floor, 3-4pm, 672-3384.

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

Time Travel Tuesdays - 10:00 AM. Try hands with late 19th century

chores & pastimes in 1890 Farm House. Presented by Billings Farm & Museum in Woodstock, VT. Tuesdays thru Aug. 23. 10-5. 457-2355.

Sherburne Library Matinees - 2:00 PM. Killington. Every Tues, 2pm, Matinees. Bring popcorn.

Cajun Spice For Kids - 2:00 PM. Summer Reading Club program for kids at Rutland Free Library. 773-1860.

Tuesday Farmers Market - 3:00 PM. Rutland. Downtown Rutland Farmers Market, Tues. 3-6pm, in Depot Park.

Rutland Chess Club - 7:00 PM. Rutland. Chess Club, Godnick Adult Center, 1 Deer St. Open to public, free, all ages. Beginners welcome. 773-1853.

Ramunto's Entertainment - 7:00 PM. Tuesday Nights Open Mic.

Wallingford Good Old Days - 7:00 PM. Wallingford Historical Society presents an evening of stories about Wallingford in "The Good Old Days." Short DVD then panel to get the stories started. All invited to listen and share. Wallingford Town Hall. 446-3560.

Satin & Steel - 7:00 PM. Local favorite performs at 16th Annual Castleton Concerts on the Green. Tuesdays, rain or shine, 7pm sharp, on the Green next to Federated Church. Rain site, TBA this week.

KOSA Music Festival - 8:00PM. Bring your family to evening concerts at the 16th Annual International Percussion Workshop, Drum Camp & Festival. Concerts Tues. thru Thurs. Friday 29th, FREE Annual KoSA Participants' Concert. Sat. 30th, 16th Annual Grand Finale Concert Gala. Concerts begin 8pm. Casella Theatre at The Castleton Fine Arts Center \$10 Adults / \$5 Students, Kids 12 & under FREE. Tickets at the door, or reserve by calling 468-1119.

Wednesday, July 27

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

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

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

Arthritis Help - 11:30 AM. Rutland. 10:30-11:30am - Arthritis Pool Class. You don't need to have arthritis to benefit from this comprehensive fun exercise program. Locker room & towels included. \$40/10 classes. Holiday Inn Pool, 775-1911.

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

Wednesday Afternoons with Farmer Fred - 1:00 PM. Plymouth Notch at President Calvin Coolidge State Historic Site. 1-5pm. Demos of historic farming activities. Weekly program. 672-3773.

Reading Program at Sherburne Library - 1:00 PM.

Woodstock Farmers Market - 3:00 PM. On the Green, til 6pm.

Big Book Move - 5:00 PM. Help transport books to Mettawee School for 44th Annual Book Sale July 30-31. To volunteer, call 645-0109. Pizza party afterwards.

Prostate Cancer Support - 5:30 PM. Rutland. Man-to-Man Prostate Cancer Support Group meet 5:30pm, 4th Wed. of month @ RRMCCVPS Leahy Conf. Ctr. Spouses welcome. 483-6220.

Killington Rotary Club Meeting - 6:00 PM. Killington. Killington Rotary Club meets at Summit Lodge 6-8pm for full dinner, guest speaker and/or discussion. Seeking new members.

Ars Poetica - 6:00 PM. Every Fourth Wednesday at Sherburne Library, Killington, til 8pm. A gathering of poets, writers and those who appreciate the written word. This week, mini workshop on Haiku, individual readings and group discussion. Refreshments. Donations accepted. Info, 422-3824.

Bingo in Bridgewater - 6:30 PM. Bingo at Bridgewater Grange Hall

Discussion/Book Signing by local author - 7:00 PM. Don Thompson at Castleton Free Library in conjunction with 250th anniversary, speaking on history & his 2 historical books. Free, open to public. Refreshments. Books for sale.

Marble City Swing Band - 7:00 PM. Rutland. Summer Concerts in the Main Street Park, Wednesdays, 7-9pm. Bring a picnic, friends & family, and enjoy! Free.

KOSA Music Festival - 8:00PM. 16th Annual International Percussion Workshop, Drum Camp & Festival. Concerts Tues. thru Thurs. Friday 29th, FREE Annual KoSA Participants' Concert. Sat. 30th, 16th Annual Grand Finale Concert Gala. Concerts begin 8pm. Casella Theatre at The Castleton Fine Arts Center \$10 Adults / \$5 Students, Kids 12 & under FREE. Tickets at the door, or reserve by calling 468-1119.

Museums, Exhibits, & More

CALL FOR CRAFTERS & VENDORS: Now accepting applications for 7th annual Harvest Fair for October 1st from 10 to 4 on US Rte 7 in Pittsford Village. Hand-Made or Home-Grown is our

theme. Early application discount. Call 802-483-0074.

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. Summer Members' Exhibit thru July 30.

Chandler Gallery - Randolph. Gallery hrs: Thurs. 4-6pm, Sat. & Sun. 1-3pm. 431-0204. Artist Karen Petersen's "The Gift: A Retrospective of Sculpture and Painting" thru September 20.

Killington Arts Guild Fine Art Gallery - at Cabin Fever, Rt. 4. Open business days 9-6:30pm. New Show! 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, 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.

Tyson Library - Now Open. Rt 100N on Library Rd. across from Tyson store. 1st & 2nd Mondays, 6-7pm; Tues. thru Sat., 10am-noon.

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.

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

William Feick Arts Center, Green Mtn College, Poultney. Gallery hours M-F, 1-5pm. 287-8000.

Woodstock History Center - 26 Elm St, Woodstock. Fri-Sun 12-4pm. Other days by appointment. Art, furniture, clothing, musical instruments, more. 457-1822 for info.

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July 16-July 31, 2011



A Summer Festival

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.

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The Art of Wine Tasting

There will be hundreds of wines to taste at the Killington Wine Festival this weekend, way too many to taste all. Make a plan or give yourself a tasting order. Maybe taste only wines from a particular region, or just go for the varietal that you normally like most. Start with the lighter whites, go around tasting only those, move up to the heavier and complex whites and the do the same for the reds.

Without having tasted the wines, it's hard to tell if a white, for example, is heavy or light. Ask the table for the lighter or heavier wines, if you don't recognize the varietal. Heavier wines will be deeper in color and generally more intense on the nose. Sweeter wines, being denser, will leave thick, viscous streaks (also called legs) down the inside of the glass, when swirled.

Wines will taste greatly different depending on what was in your glass before. The first sip of a dry white after a sweet wine will taste sour. It won't do the wine

justice. Try to not sip a little bit, but take a good amount of wine into your mouth, swirl it around to coat all your taste buds, spit and repeat it again. The second time will taste very different than the first as the chemistry in your mouth will have changed drastically. Don't forget to spit; swallowing a lot of different wines is a sure recipe for a hangover. Have a good hearty breakfast before you start and stick to your tasting plan. Wines should be tasted in small pours of an ounce or two in the following order: sparkling wines; light whites, then heavier whites; roses; light reds; heavy reds; sweet wines.

A wine's color is best judged by putting it against a white background. Hold the glass at an angle in order to see the colors. Colors can tell a bit about the grape variety and how much it has aged. Also note if the wine is clear or cloudy, are there sediments visible. The wine is swirled in the glass to allow more oxygen into the wine (by increasing its surface area), which releases the esters, ethers, and aldehydes, which combined with the oxygen give the wine its bouquet. Swirling aerates the wine and releases its aroma and bouquet.

Take a whole mouthful, swirl it around your mouth before you spit it out. Let it work, what are your associations? Did you think of a sunny pasture, desert, deep woods, mowing the lawn, or picking strawberries or blueberries in a field?

A wine's quality is determined by its taste

and aroma. The bouquet is the total smell of the wine. The first flavors are experienced through the nose by the olfactory epithelium, where aromatic molecules are caught and interpreted by millions of receptors. The next step is the mouth-feel of the wine. Although the surface area of the mouth has little sensitivity to flavors, it does react to acid and sugar together. The tip of the tongue tells how sweet a wine is and the upper edges tell its acidity.

Note how long the taste of the wine lingers; the longer, the better the wine.

Some of the aromas and flavors that come up most in wine include: spices and herbs, such as cinnamon, cloves, black pepper, licorice, mint, vanilla; nuts, general nuttiness, mostly hazelnut or almond, sometimes marzipan; flowers like rose or violet; fruits including apple, apricot, banana, black currant, cherry, general citrus, fig, lychee, mango, melon, orange, peach,

pear, plum, raisin; berries in general, mostly blackberry, raspberry, strawberry; vegetables from asparagus to artichoke and olives; grass, oak, black or green tea, tobacco, leather, general smells of the woods, scents of freshly dug earth, mushroom or truffle. Wines can be described as big, full, heavy, lean, bright, or delicate.

Don't forget to give your palate a break every so often and drink some water or eat something. Cheese or fatty snack will mellow some of the stronger flavors, while some fruits will pronounce the acidity of the wine. See how certain flavors pair up and to keep your palate from tiring too fast. If you get to the point where everything seems to taste the same, it's time to stop. Sometimes a bite on a coffee bean will invigorate your senses for a little while, but there are definite limitations to how many flavors your mouth can process in one tasting.

African Rhythms & World Music at Sherburne Memorial Library

The Killington Parks & Recreation Dept., Sherburne Memorial Library and the Sherburne Friends of the Library as part of the Town of Killington's River Road free summer concert series is excited to welcome back African Rhythms & World Music on Thursday, July 21st from 6:00-7:30pm.

African Rhythms and World Music is multi-instrumentalists Jay Cook and Steve Leicach, who take their audiences on a musical journey through Africa, Brazil, and the Caribbean. They bring a spiritual, joyful approach to world music, and their rhythms, compositions, and improvisations are inspirational for all ages. With a large variety

of instruments, including balafon (African xylophone), talking drum, congas, guitar, and harmonica, their shows include audience participation with singing, chanting the language of the drum and hand-clap patterns.

This fantastic family activity is free and open to the public. We encourage people to bring their own lawn chair, blanket and picnic basket to sit and enjoy the music. In the event of rain, the show will be moved to Church of Our Savior on Mission Farm Road. For more information on the River Road Concert Series visit killingtonrec.com or call 802-422-3932.

KMF Concert at Mission Farm

Sunday, July 24th at 7 p.m. staff members of the Killington Music Festival will perform at the Church of Our Saviour, Mission Farm Road, Killington, across from the Skyeship gondola. The concert will present a "Musical Geography" featuring French and Balkan classics and tangos. KMF resident staff members will be Jean Sur, piano; Laurentiu Norocel, violin; Madalyne Cross, viola; and Geoffrey Dean, cello will be performing. Piazzolla and Faure are among

the composers on the program.


Admission is free, while donations to benefit the Killington Music Festival scholarship fund will be welcomed. For further information please call the church: 422-9064.

The Church of Our Saviour is a small church with great acoustics and a ministry of hospitality, inviting all who are interested to come to this wonderful concert and enjoy the music.

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THUNDER IN THE MOUNTAINS

Tuesday 26th
Mario Decutiis (Radio City Music Hall)
Dom Famularo (Drumming's Global Ambassador)
Jim Royle & Ensemble (Steel Drum Master)
Jeff Salisbury (Albert King, UVM)
Aldo Mazza (Repéccussion)

Wednesday 27th
Carmine Appice (Vanilla Fudge; Beck, Bogert & Appice, Rod Stewart, King Cobra)
Glen Velez & Lori Cotler (Grammy Winning Frame Drum & Voice Masters)
Memo Acevedo (Tito Puente, NYU Afro-Cuban Master)
Ayiun Huang (McGill Classical Percussion Artist)
Allan Molnar (NYC Mallet artist)

Thursday 28th
Jimmy Cobb (Miles Davis, Jazz Master)
Zoro (Lenny Kravitz, Funk Session Master)
Michael Wimberly (P-Funk, West African Drum Master)
Marcus Santos (Brazilian Music & Rhythms Master)
Dominick Cuccia (Fife & Drum Master)

Friday 29th - FREE Annual KoSA Participants' Concert

Saturday 30th - 16th Annual Grand Finale Concert Gala
featuring Memo Acevedo, Michael Wimberly, Allan Molnar, Jim Royle, Jimmy Cobb, Zoro, Dominick Cucci, Sergio Bellotti, Marcos Santos, Aldo Mazza and more!

All KoSA concerts begin at 8:00 p.m.

Casella Theatre • Castleton Fine Arts Center
\$10 Adults / \$5 Students • Kids 12 & under FREE

Tickets at the door, or reserve by calling the Box Office at (802) 468-1119

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Timeless Art Gallery and Gifts in Fort Edward, NY
Return via Amtrak: Arrive Rutland at 9:05pm

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8th Annual

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SUNDAY, JULY 24
11 am at Three Tomatoes, Rutland

A Killington Music Festival Fundraiser

- An array of delectable treats
- Classical music performed by the KMF talented Young Artists

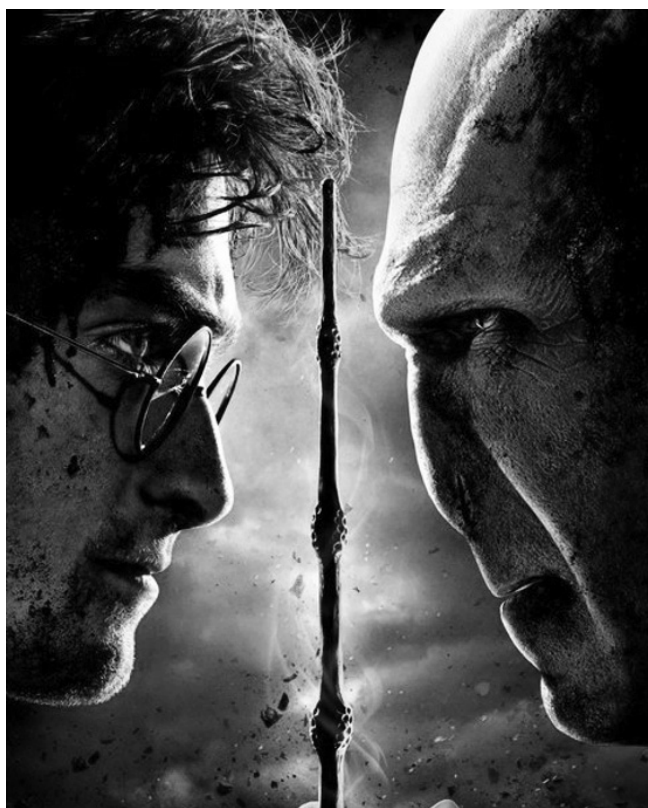
Regular price \$30; Students \$17. For tickets & more info:
802.773.4003 killingtonmusicfestival.org





JustForFun

Capsule reviews of films opening this week by The Associated Press



“Harry Potter and the Deathly Hallows: Part 2”

by Christy Lemire, AP Movie Critic

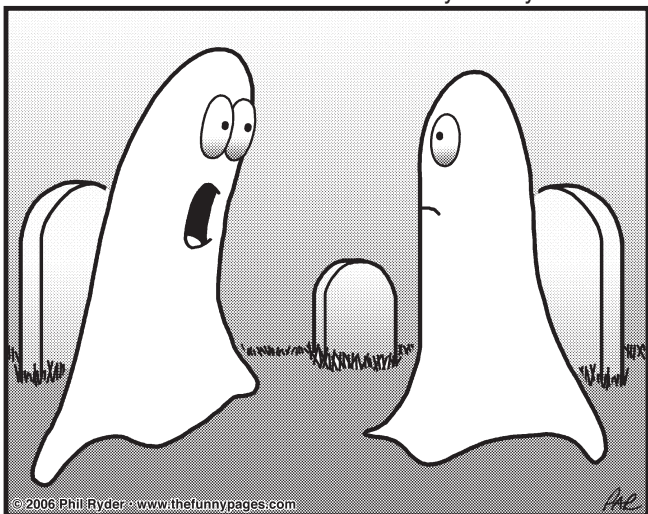
If last year's first half of the finale marked the beginning of the end with a gripping feeling of doom and gloom, this wraps things up once and for all on a note of melancholy. Oh, it's dramatic, to be sure: gorgeous, somber and startling as the young wizard faces his destiny and fights the evil Lord Voldemort (Ralph Fiennes). But the end of this staggeringly successful movie franchise, an epic fantasy saga spanning eight films over the past decade, provides a necessary emotional catharsis for Harry and for us. Even those who aren't ardent Potterphiles might find themselves getting unexpectedly choked up a couple of times. That's always been the real magic of the series, based on J.K. Rowling's novels: that mixture of the exotic and the everyday, the otherworldly and the utterly relatable. No longer the innocent children they were when they entered Hogwarts, Harry (Daniel Radcliffe), Ron (Rupert Grint) and Hermione (Emma Watson) are growing up and moving on, and so must we. That the future of the wizard world hangs in the balance in this final installment is only part of the tale. Still, director David Yates has accomplished the difficult task of bringing it all to a close in satisfying fashion.

PG-13 for some sequence of intense action violence and frightening images. 130 minutes.

Three and a half stars out of four.

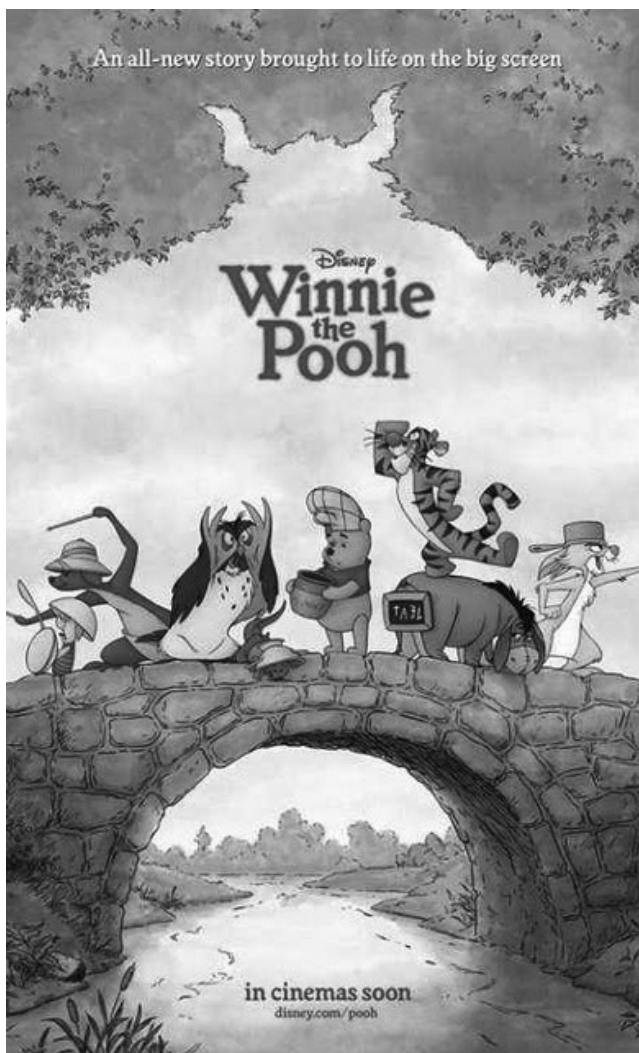
THE JOKE'S ON YOU

by Phil Ryder & YOU



"I'm having an afterlife crisis."

- Todd Fagan • Conroe, TX



“Winnie the Pooh”

by Christy Lemire, AP Movie Critic

Pooh tends to amble unhurriedly through his days, enjoying his life and his friends in the Hundred Acre Wood at his own pace. But his new movie couldn't have come along at a better time. It is the ideal alternative to all those big, shiny, effects-laden spectacles that tend to dominate during the summer - animated or otherwise. It's not jammed with computer-generated trickery and, mercifully, it doesn't pop out at you in 3-D. This is just 68 minutes of pure, hunny-covered satisfaction. Given the source material - A.A. Milne's enduring writing for children - "Winnie the Pooh" is naturally geared toward the little ones, with its cuddly characters and pleasingly soft watercolor strokes, but not at the expense of adults' enjoyment. Quite the contrary: Grown-ups may find themselves even more engaged by it and perhaps even moved to tears. This is hilariously funny, though; there's a great energy about it, an earnestness to the adventures of Pooh, Tigger, Piglet and pals that results in abject zaniness. Jim Cummings, Craig Ferguson and Bud Luckey are among the vocal cast.

G. 68 minutes.

Three and a half stars out of four.

SUDOKU

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

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 30

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									

ACROSS

- Malignant skin tumor
- Boor's lack
- Founder
- Bounce back, in a way
- Naively
- Arabic for "commander"
- Surround and capture
- "___-Team" (2 wd)
- Transmitted
- Big ___ Conference
- "... ___ he drove out of sight"
- ___ power
- Mark
- Some people can't take them
- Buzzing
- New Zealand honeysuckle
- Human-centered
- Wood anemone
- Inebriate
- Kind of cross
- Medicine amounts
- Porcino
- In favor of
- Clairvoyance, e.g.
- Arduous journey
- Be itinerant
- Quartet member
- Woman's dress, in India
- Breathing in
- Not "fer"
- Deadlocked
- "You ___?"
- Unprovoked

- All excited
- "Good going!"
- "___ moment"
- "Om," e.g.
- Without delay (6 wd)
- Lacquered metalware
- Indo-European
- Men's undergarments
- #1 spot
- Gab
- Cause for a lawsuit
- Overthrow, e.g.
- Feudal lords
- Encircle
- Common Market inits.
- "I, Claudius" role
- Blockhead
- Amniotic ___
- "___ and the King of Siam"
- "Cut it out!"
- Hitting with a flat object
- Artist Max
- Death on the Nile cause, perhaps
- Detachable container
- Djibouti language
- Geometrical solid
- A-list
- Astringent fruit
- Small lakes
- Boris Godunov, for one
- Eastern music
- "___ Brockovich"
- "I'm ___ you!"
- Amounted (to)
- And others, for short
- "My Name Is Asher ___" (Chaim Potok novel)

DOWN

- Tearful
- Bert and ___
- Flax fabric

Flagship Cinemas Premium

Showings July 21-27, 2011

Downtown Rutland Shopping Plaza
143 Merchants Row, Rutland, VT 05701

MOVIES	TIMES
Bad Teacher - R	9:20
Cars 2 - G	12:35 3:40 6:50 9:10
First Avenger: Captain America (3D) - PG-13	12:15 3:05 6:55 9:40
Friends with Benefits-NYR	12:45 4:00 7:05 9:45
Harry Potter, Deathly Hallows, Part 2-PG-13	12:00 3:00 7:10 10:00
Harry Potter, Deathly Hallows, Part 2-PG-13 (3D)	1:00 3:50 6:4 9:30
Horrible Bosses - R	12:50 3:55 7:00 9:35
Transformers: Dark of the Moon (3D)-PG-13	12:05 3:10 6:20 9:25
Winnie the Pooh-G	12:20 2:15 4:15 7:15
Zookeeper - PG	12:40 3:45 6:45 9:05

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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 home-made desserts. Reservations available for the dining room. "...where memorable experiences begin..." www.birchridge.com AMEX, MC, VISA, DISC.

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 GRILLE 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

Bus Trip to See "Chicago"

The Killington Parks and Recreation Department along with the Killington Active Seniors Group will be offering a bus trip to see a performance of the play "Chicago" at New London Barn Playhouse on Wednesday, August 10. We will be attending the 2:00pm matinee and will be dining at Ellie's Café & Deli for lunch before the show. Cost of the trip will be \$30 (does not include lunch). The bus will be leaving from the Johnson Recreation Center on River Rd. at 11:00am. Space is limited, to sign-up or for more info please contact Marilyn Copson at 422-4136.

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 hillsides.
\$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

	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
Charity's
Choices Rest. & Rotisserie
Clubhouse Grille
Gracie's Grill
Killington Market
Lakehouse Pub & Grille
Liquid Art
McGrath's Irish Pub
Moguls Sports Pub
Mountain Top Inn & Resort
Olivia's Market
On The Rocs Lounge
Pasta Pot
Peppino's
Ramunto's
Red Clover Inn
Seward Family Restaurant
Sugar & Spice
Vermont Inn
Vermont Dining Train
Village Porch

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.

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

OLIVIA'S MARKET 775-1145
199 Stratton Rd, Rutland
Olivia's Market is also the new home of the Vermont Bagel Cafe. A full deli and more, that offers Boars' Head meats. We have meats, steaks, chicken, groceries, beer and wine, soft drinks, fresh baked pies and much more. Bring your returnables along to our 6c drive-thru redemption center. We are open 7 days a week and offer air conditioned seating.

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

PEPPINO'S RISTORANTE 422-3293
Killington Rd., Killington
First on the Killington Rd. featuring all of your favorite traditional Italian dishes. All menu entrees reasonably priced starting at \$13.95. Children's Menu. "Where old world cuisine meets the new world appetite." 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

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 in a comfortable 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 mountain views, perennial gardens and humming birds. Serving dinner Thurs.-Sun. all summer long.

THE VILLAGE PORCH 767-3126
Corner Rt. 100 & School St, Rochester
The Village Porch is the sweetest little restaurant in central Vermont! Take the scenic drive north on Rt. 100, to the village of Rochester and look for the most inviting candle lit window in a beautiful Victorian House on Main St. (on your right just past the hardware store). The creativity of Chef Luke Stone is evident in the full dinner specials that change weekly. Pub menu, full bar. Catering available, call 767-3272.



Satin and Steel Brings "It" to the Concert on the Green

Satin and Steel is synonymous with "WOW" and now they're bringing that "WOW" back again to Castleton. They have been long term residents at Castleton which explains why they are back by popular demand. Their energetic, outstanding, and exciting show, and their fantastic sound comes to Castleton's Concert on the Green. The beat goes on this Tuesday, July 26th. The time is 7:00 P.M. sharp!

The high energy, 9-piece act with five horns includes two trumpets, two saxophones and a trombone. It's this special horn section, together with a smokin' four-piece rhythm section, that creates the unique signature of the band.

The group specializes in a big-band sound that features a high energy format, tight funky horn section, and crisp vocal harmonies similar to the classic groups like Chicago, Tower of Power, Earth Wind and Fire, Blood Sweat and Tears, James Brown, The Blues Brothers and Santana.

The presentation of the group's style is clear... positive, clean fun and a "get you dancing" approach that entertains you musically and visually. The fun and passion that emanates from this group is contagious, and entertains a wide audience.

They have one CD out right now, which includes one of their original songs "Make Your Move" featured in the movie "Diamond Run." Rob Henrichon (guitar), Brad Morgan (keyboard), and Bill Comstock (saxophone) have been playing together for 25 years +. The remaining members include, Tom Boise (drums), Brian Hobbs (bass), Peter Giancola (saxophone), Bear Irwin (trombone), and Dave McKenzie (trumpet). These guys are all seasoned veterans who have played all the major circuits throughout the Northeast.

They walk the walk, and talk the talk! So, come to this "fireworks of musical display," on Tuesday, July 26th. The concert is free and open to the public. It will perform rain or shine. Rain site is the Tent on the Castleton State College campus, or TBA.

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

Eating Vermont Fish Good For You and the Environment

courtesy VT Fish & Wildlife Dept.

Eat healthy -- and help the environment? You can do both according to a new Vermont Fish and Wildlife Department webpage that reminds anglers of some of the benefits of eating the fish they catch.

People fish for a variety of reasons including connecting with friends and family, spending time outdoors, enjoying the thrill of catching fish, and harvesting food for the table. While many anglers practice catch-and-release fishing, and take great care to release fish alive, keeping some fish for the table is also a popular tradition in Vermont and can provide several rewards beyond a fun day on the water.

Vermont's fish are nutritious, providing a healthy source of protein as well as omega-3 fatty acids that are good for the brain and heart. The new webpage includes a table listing some common fish and meats and their omega-3 content.

Eating Vermont fish can also be good for the environment because it means "eating local" -- requiring less fossil fuel to get the meal to the dinner table. Vermont's fish come from fisheries that are managed sustainably, in contrast with some ocean fisheries that have suffered from over-harvest; and the cost of a fishing license goes directly toward conserving fish populations and their habitats.

Some people are concerned about mercury in fish. Fish is a good source of protein, and low in fat. You can get the benefits of eating fish by following the Vermont Fish Advisory guidelines about the types of fish to eat, how often and how much you eat. Specific advisories have been developed for women of childbearing age - particularly pregnant women, women planning to get pregnant and breast feeding mothers - and children age 6 years and younger. There are also advisories for all Vermonters. Remember to consider all sources of fish you eat when making your meal choices.

"Our understanding of the risks and benefits of eating fish has continued to evolve over the past few years, and the simple message is that fish is good food when you choose wisely," said Jud Kratzer, Vermont Fish and Wildlife Department fisheries biologist.

Vermont Fish and Wildlife's webpage on eating fish can be viewed at http://www.vtfishandwildlife.com/fish_advisory.cfm and includes a link to the Vermont Department of Health's fish consumption advisory page (http://healthvermont.gov/enviro/fish_alert/documents/Fish_Alert_2007.pdf).

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July 23 - Killington Wine Festival Wine Dinner

Reservations (802) 422-4293
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www.birchbridge.com
Home of the "Snow Stake" on killingtonblog.com

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

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Cruise Night • 4 to 6pm
1/2 PRICE APPETIZERS
Cars and bikes welcome
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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
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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

\$14⁹⁹

2011 Summer Members' Exhibition

The Chaffee Art Center will be hosting a closing reception brunch for the 2011 Summer Members' Exhibition on Saturday, July 30 starting at 12 PM.

This reception will be the last chance to view the current show on exhibit featuring Chaffee Juried Artist Members, including Patrick Kennedy, Marian Willmott, and Joshua Kennedy. There will be a children's story reading by Lynn Sandage starting at 1 PM, followed by a flute improvisation at 1:30 PM.

The theme of all of Lynn Sandage's work since 1985 is nous sommes instruments d'amour, which she translates to "we are instruments of agape." Lynn will be telling her story to children of all ages of how she came to painting Angels Protect Motherhood, and will resonate on her gold and silver flute with the large unopened package of artwork on display entitled The Mystery of Creativity. This package she shipped from Nice to Boston over twenty-one years ago, when returning from living and working as an artist in France.

The exhibit is sponsored by Key Bank and Cabot Creamery. Gallery hours are Tuesday through Saturday 10 am to 5 pm. Please check our website for additional information on programs and classes or call us (802) 775-0356.

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We look forward to your visit!

Sugar & Spice
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802-773-7832
www.vtsugarandspice.com



The Vermont Inn

Now taking reservations for The Vermont Inn's
4th Annual Wine Dinner for Killington's Wine Festival.
 4 Course Wine Paired Dinner plus a selection of hor'dourves
 and wine at a Pre-dinner Meet & Greet
 \$60.00 pp. plus tax and gratuity. Space limited. Book Early.
 SERVING DINNER THURSDAY - SATURDAY
 STARTING AT 5:30PM • RESERVATIONS RECOMMENDED
 1840 Country Inn with 16 guest rooms and Three Diamond AAA Rated Country Inn
 Route 4, Mendon • (802) 775-0708 • relax@vermontinn.com • vermontinn.com

LIQUID ART

COFFEEHOUSE & GALLERY

802.422.ARTS (2787)



Killington Wine Festival
 Join us for the "Art of Wine"
Friday 22nd - Rosé & Cheese Tasting
 stop by at your leisure 3pm-8pm
Saturday 23rd - 1/2 off your choice of
 menu item with purchase of glass of wine
 *Cameron Hughes Wine & Tapas Tasting
 is sold out*

AWARD WINNING COCKTAIL MENU
 ~ESPRESSO BAR~
 Now serving crepes & Homemade Ice Cream!
 Free Wi-Fi

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

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LOBSTERS ARE BACK
 Wednesdays
\$15 Maine Lobster Dinner

Fridays 3-5PM
25¢ WINGS

Friday at 6pm - Live Music
James Mee on the Deck

killington super market



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 beer and wine
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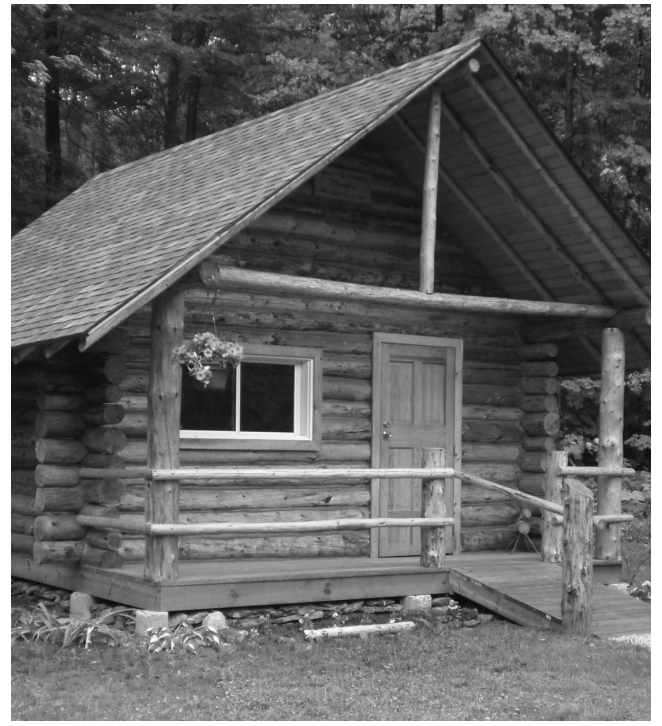
WE RENT DVD'S

Coolidge State Park to Unveil New Nature Center

On July 23 Coolidge State Park's new nature center will be unveiled. A grand opening celebration is scheduled to begin at 2 p.m. The celebration will include refreshments and a visit from Smokey Bear, and will conclude with the nature center's first official program presented by the Vermont Institute of Natural Science at 7 p.m.

Construction began in 2009 with the help of a team from the National Civilian Community Corps. This eight-person crew, based out of Perry Point, Maryland, spent eight weeks working with park staff to construct the small, one room log structure.

Admission to the park during this event is free. Visitors can also visit the newly renovated picnic shelter located atop Bradley Hill. This shelter offers dramatic views of Killington Peak and the Green Mountains to the west of the park. For more information contact Coolidge State Park at (802) 672-3612.



Killington Music Festival Presents Russian Expressions

Join Killington Music Festival on July 23rd for a Russian music concert of highly-virtuosic and heart-pounding excitement.

Tonight we will be featuring works from Sergei Prokofiev, String Quartet No. 2 in F Major, Op. 92, Dmitri Shostakovich, Two Pieces, and Pyotr Ilyich Tchaikovsky, Piano Trio in A minor, Op. 50. The following musicians will be performing, Alfredo Salcedo, violin, Hanna Cooper, violin, Karin Brown, viola, Eugene Kim, cello, Jin-Kyung Joen, violin, Eunji Park, violin, Christof Huebner,

viola, Matthew Sinno, viola, Hyon Jae Song, cello, Daniel Levitov, cello, Irina Muresanu, violin, Allison Eldredge, cello, and Max Levinson, piano.

This concert is being sponsored by Merchants Bank and Merchants Trust and Kenlan, Schwiebert, Facey and Goss, P.C., Attorneys at Law.

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.

Festivities at Mount Independence

Orwell, VT—It was 235 years ago this July that American soldiers began building one of the largest Revolutionary War fortifications in the country—on what would become known as Mount Independence in Orwell, Vermont. Join us in commemorating this anniversary and experience the Revolutionary War and the road to American independence on Saturday and Sunday, July 23 and 24, as the Mount Independence State Historic Site in Orwell, Vermont, presents the annual "Soldiers Atop the Mount" living history weekend. Dedicated reenactors recreate this exciting period in American history in an event that is fun for the whole family. Admission is \$6.00 for adults and free for children under 15, and includes the museum and all activities.

The public is invited to visit the American and British tent camps, talking with reenactors whose units portray some of the actual units that garrisoned Mount Independence. There will be many children's activities, demonstrations, music, entertainment. Call for details.

American forces built Mount Independence in 1776 and 1777 to defend New England and Lake Champlain from the British enemy in Canada. On the night of July 5 and 6, 1777, the Northern Department of the American Army withdrew from Mount Independence



in Orwell and Fort Ticonderoga, as British Lt. Gen. John Burgoyne sailed down the lake pursuing his plan to split New England off from the rest of the United States. Following the Battle of Hubbardton on July 7, the British and Germans occupied Mount Independence until November of that year.

Mount Independence, a National Historic Landmark, is near the end of Mount Independence Road six miles west of the intersection of Vermont Routes 22A and 73 in Orwell. It includes an air conditioned visitor center and museum and nearly six miles of hiking trails. It is open daily through October 10, 9:30 to 5:00. Call (802) 948-2000

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2Adam12 Takes the Stage at Jackson Gore

Okemo Mountain Resort's Jackson Gore Outdoor Music Series continues on Friday, July 22, with 2Adam12.

With a smile and sound as big as his afro, Adam Payne entertains crowds with his fusion of Funk, R&B, Folk, and Acoustic music. Adam's musical background is as eclectic as his neo-soul jam band sound. At age 8, Adam drew his musical inspiration from Saturday morning cartoons, Sonic the hedgehog and Mario. Adam picked up the piano by mimicking the music from cartoons and video games. During high school he took up the guitar and the drums. These days, Adam can be found vibing out solo, or with the full band, 2Adam12. He's the Northeast's resident father of "Soul Rock" and he's coming to perform a free concert at the Jackson Gore outdoor Music Series.



On Friday nights throughout the summer season, the lawn in the courtyard at Okemo's Jackson Gore Inn is transformed into an outdoor concert venue featuring popular local and regional entertainers. Admission to the Jackson Gore Outdoor Music Series is free and the grounds open at 5 p.m. Concerts are slated to run from 6 to 9 p.m. Families are welcome and all attendees are encouraged to bring lawn chairs or picnic blankets. In case of rain, the concerts will move indoors. Dining options are available.

Okemo's ever-evolving Adventure Zone is open to concert-goers with mountain coaster rides, trampoline bungee jumping and disc golf.

For more information about Okemo Mountain Resort, please visit www.okemo.com or call 802-228-1600.

Get the Blues This Weekend – Blueberries That Is!

Have you had the blues after all the soggy weather this spring? Dash them by getting out to your local Pick Your Own field for some of the best blueberries in years.

"Vermont has some of the best blueberries anywhere and this year producers are reporting a particularly good crop – one of the best in years," said Chuck Ross, Secretary of Agriculture. "Blueberries are known for their nutritional value and they taste great, especially when you pick them fresh, right from the bush. Take advantage of the season here in Vermont and enjoy one of summer's perfect foods."

Unlike some other crops, blueberries thrive in the wet conditions we had this spring. Producers are reporting plump, juicy berries more abundant than last year.

And the evidence is mounting as to the health benefits of blueberries. The United States Department of Agriculture reported that blueberries ranked first in anti-oxidants in comparison to 40 other fresh fruits and vegetables. They

are packed with fiber, vitamins A and C, potassium and folate.

"Blueberries are one of the most popular crops in Vermont and families from all over the state as well as from neighboring regions visit our blueberry fields each year to spend some quality family time, enjoy beautiful surroundings and fresh air and to experience the open landscape we cherish," said Lawrence Miller, Secretary of Commerce and Community Development.

What to look for when blueberry picking:

- Look for berries that are plump and fresh looking;
- Pay particular attention to their color; they should be blue, black or purple;
- Blueberries have a waxy gray deposit on the skin called bloom. This is a protective coating that should not be washed off until you are ready to use them;
- Blueberries spoil quickly if left at room temperature, but can be stored in the refrigerator for three days.

Killington Music Festival's Tuscan Brunch Fundraiser

The 8th Annual Tuscan Brunch Fundraiser to benefit the Killington Music Festival will be held on Sunday, July 24, 2011 in Rutland.

The brunch begins at 11am at the Three Tomatoes Restaurant; price for adults is \$30 and \$1.7 for students. The festival's talented young artists will perform classical music as we enjoy our delectable brunch.

For tickets or more information please call 773-4003.

The Killington Music Festival has been bringing quality classical music to the Green Mountains for 29 years.



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Local News

Deadline Approaching for Emergency Homeowners' Loan Program

Applications for the \$1 Billion Program Designed to Help Unemployed and Underemployed Homeowners at Risk of Foreclosure due by July 22, 2011

The deadline for homeowners to qualify for the Emergency Homeowners' Loan Program (EHLPP) is rapidly approaching with all Pre-Applicant Screening Worksheets due by Friday, July 22, 2011.

The EHLPP, launched by the U.S. Department of Housing and Urban Development (HUD) in June, is designed to help homeowners who are at risk of foreclosure. The program is administered locally through NeighborWorks of Western Vermont. The program assists homeowners who have experienced a reduction in income and are at risk of foreclosure due to involuntary unemployment or underemployment, due to economic conditions or a medical condition. Under EHLPP guidelines eligible homeowners can qualify for an interest free loan which pays a portion of their monthly mortgage for up to two years, or up to \$50,000, whichever comes first.

"The Obama Administration and HUD are committed to providing homeowners with a toolbox of options, such as EHLPP, to help keep as many American families in their homes as possible," said HUD Secretary Shaun Donovan. "It is critical that homeowners get pre-screened to qualify for this program by July 22nd so that they are able to take advantage of EHLPP before it's too late."

The EHLPP funds will pay a portion of an approved applicant's monthly mortgage including missed mortgage payments or past due charges including principal, interest, taxes and insurance. EHLPP is expected to aid up to 130 distressed borrowers in Vermont- 23 of those through NeighborWorks of Western Vermont, with an average loan of approximately \$35,000.

Homeowners should beware of scams. It is free to submit a worksheet or get assistance with completing the worksheet. Any company asking for money to assist homeowners with the EHLPP application process is a scam. The Pre-Applicant Screening Worksheet and more information on the EHLPP assistance and its eligibility requirements can be found at www.FindEHLPP.org or locally by calling (802) 438-2303 x 210.



Northern Long-Eared Bat



Little Brown Bat

You Can Help Save Our Endangered Bats

by Deb Markowitz, VT Secretary of Natural Resources

Some years ago, when the kids were young and my husband was out of town on business, I discovered a couple of bats flitting around the house. Quickly, the house erupted into chaos, with bats flying, children screaming and running around, and me – trying to figure out how to open the windows (still caulked from the winter) while avoiding the darting bats. I was unsuccessful. Finally, I corralled the kids into a room and closed the door and called a friend who calmly caught the bats in a large sheet and then safely released them outside. The emergency was over.

I don't know for sure what kinds of bats were in my house that early spring day – but most likely they were little brown bats. Until recently, the little brown bat was one of two species most often found in and around our homes, attics, barns, and garages. Due to a devastating illness, these populations have shrunk by as much as 95 percent. Just three years ago little brown bats were Vermont's most common bat species, and now they are one of the rarest in the state. Consequently, as of this month, the little brown bat along with the northern long-eared bat have been added to Vermont's Endangered Species list. This requires all of us to rethink how we treat our encounters with bats.

The Situation

White Nose Syndrome now threatens as many as 25 species of cave-hibernating bats across the United States. In Vermont alone, we have already lost over 500,000 bats. Two of these species – the little brown bat and the northern long-eared bat – have experienced declines by as much as 90 percent or more. Unless we find a way to slow the disease the little brown bat, among others, could become extinct within the next 15 years.

Why Bats are Important

Bats are important to our ecosystems because they

pollinate plants and flowers, spread seeds, and, of course, eat insects. In fact, these little creatures eat nearly one-half their weight on a given night. Some of these insects are forest and agricultural pests – and others, like the mosquito – are human pests.

The impact of the loss of bats in Vermont cannot be underestimated. The 500,000 bats that died from white nose disease would have eaten around 2.5 billion insects every night – a figure that is so high, it is hard to imagine. A recently published national study found that bats contribute as much as \$32 million annually in value to Vermont by destroying insects that could damage crops.

What We are Doing at the Agency of Natural Resources

This month both the little brown bat and the northern long-eared bat will be listed as state endangered species. We listed these bats on the advice of biologists in the Fish and Wildlife Department and the Vermont Endangered Species committee, with the support of many members of the public. We all believe that the protection offered by this status will help buy these species some time, so that we can, hopefully, find a treatment for White Nose disease before it is too late.

As a practical matter, once a species is listed as "endangered" members of that species cannot be taken, harassed, or killed without getting special permission. This means that pest control companies that remove bats from a chimney must take care to relocate them in a safe manner – rather than just kill them. It means that we must all avoid entering caves and mines in the winter when we know there is a colony of endangered bats hibernating within. And it means that when we encounter bats in places they don't belong – like our homes and barns – that we find a safe way to remove them.

How You Can Help

Until a treatment is available we need to all work together to prevent unnecessary harm to Vermont's endangered bats – and you can help.

We take concerns about rabies transmission from bats very seriously. The goal of the state is to provide technical assistance to citizens and pest control companies to appropriately deal with and exclude these bats from homes. Avoiding interactions with bats avoids bites and scratches from the small number of bats that carry rabies. Because such bites and scratches are serious, despite the endangered species listing, Vermonters will still be able to kill a bat in order to have it tested for rabies when a possible exposure has occurred, so long as the killing is reported to Fish and Wildlife officials.

I know from experience how hard it is to think straight when a bat is flying around the house – but it is more important now, than ever to remove bats without hurting them. You can get more information about best practices for keeping bats out of your house and removing them safely at our website www.vtfishandwildlife.com.

Remember, the little things we do can make a big difference. Help us help our bats.

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Rutland Housing Coalition, Rutland

Sign-Up Session: July 21 at 5:00
United Church of Dorset, Dorset

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MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

Killington Trails Leadership Team Seeks Volunteers

Among the many calls for help that the Killington Fire and Rescue volunteers have recently received and responded to was for a working fire in the basement of a local home. Basement fires are among the most dangerous and difficult to fight as the firefighters are encountering high heat and dense smoke as they descend the stairs to the lowest level. Congratulations are in order to the fire department volunteers as the home was saved and there were no injuries incurred.

At the July 11 meeting of the Town of Killington Parks and Recreation Commission the Recreation Director, Mike Sutcliffe, presented his report. Regarding summer camps, Mike reported that we are in our second week of summer camps. We have had some good numbers of campers to date, and these numbers will climb as the summer goes on. We have received a lot of compliments on the summer camps.

Regarding swim lessons, Mike reported that swim lessons are very heavily attended again this year. The second week of Session One, we have a strong turnout and Brittany Wonsor and Liz Titterton are doing a great job.

Regarding the Sport Camps, Mike reported that by the end of July we will be having our Challenger Soccer Camp in which European coaches come over to the U.S.A. and our camp is scheduled for July 25 to July 29, for ages 4 to 12 at 9 am. Sign ups are still on-going.

The Top Spin Tennis Camp is being held from August 1 to August 5 at 9:30 am to 11 am with the coach Gary Thompson.

The Swim Team is half way through the season with 2 home meets. The first meet went absolutely perfectly. July 19 was the last meet. We had a spike in registration with 40 kids on the team this year. The coaches, Jim Hennessey and Ryan Wonsor, and parent participation went phenomenally well.

The Splash Theater was held on July 20, at 7 pm.

The River Road Free Concert Series is held on Thursdays at 7 pm behind the library. The Board discussed signage. Commissioner Steve Nisimblatt suggested that Mike have the printers add our logo to the sign that Mike had put together.

Under Old Business, the pool maintenance was discussed. The Board discussed the necessary pool maintenance for the future. Mike plans to present the necessary work to the Selectboard, which work needs to start this fall. They discussed addition of lockers, replacement of the lawn mower, and decided roof repair will be discussed in the fall.

The Killington Trails Leadership Team was next on the agenda. Mike reported that this past Friday they had their first Killington Trails Leadership Team meeting which consisted of members of the community, Green Mountain Club, Seth Webb, and Mike Sutcliffe in which they discussed the River Road Loop Trail. Mike said that steps are being put together to complete the

Volunteer Opportunities at the Rutland County Humane Society

Would you like to make a difference in the life of a homeless animal? If so, please consider becoming a volunteer at the Rutland County Humane Society (RCHS). Volunteer opportunities include dog and cat socializing, fostering animals, transporting pets to spay/neuter appointments, helping staff with special events, helping staff with mailings and distributing posters. Volunteer orientations are held at RCHS on a monthly basis and all new volunteers are required to attend an orientation prior to joining us. The first step is to fill out a Volunteer Application which you can get on the RCHS website (www.rchsvt.org) or you can pick one up at the shelter on Stevens Road in Pittsford. Please note, in order to volunteer at RCHS you need to be 18 years old or older. If you have any questions about volunteering at RCHS please contact Jessica at jessica@rchsvt.org. We hope you will explore joining us as a volunteer at RCHS. Many of our volunteers have told us how rewarding the experience is and all of our animals tell us how much they appreciate the volunteers!

first Killington portion of that trail and looking for 10 volunteers. The scope of work is to build and lay punch-ins on August 6 and August 20. It will be advertised in The Mountain Times. Volunteers will receive an official acknowledgement from the U.S. Forest Service.

Phase II will probably be next spring. At the meeting they also discussed potential trail ventures within the community with some on the horizon now. There is an abundance of trails in our community that nobody is using, which is mostly U.S. Forest Service public lands. Mike will be meeting quarterly on this. A Grant will bring in a trails professional which Elizabeth Reeves (who was hired by the EDT) will be applying for.

Mike then reported that the 250th birthday celebration/4th of July celebration was fantastic weather-wise, and the biggest turnout ever since he's been here. He said that we had close to 90 kids for the field and swimming pool games. It was great to have the 250th birthday elements. The demonstrations went great. The Commission discussed the receipts which were very good and what they can improve next year. Steve Nisimblatt suggested that Mike create a list of things to improve. Special thanks go to Patty McGrath for running the grill and to Eileen Godfrey, Betsey Bianchi and Stevie Bianchi.

Under New Business, the Dog Days competition was reviewed. Mike added that this weekend was over two days and held behind the library.

In a discussion about the events with the Killington Active Seniors, Mike advised that he has been working with Mike Young and Marilyn Copson to put together summer events for the Seniors. On July 13 the Recreation Department provided a van to take Seniors to Woodstock for lunch at the Thompson Senior Center. On Wednesday, August 17 the Recreation Department will take the Seniors to a 2 pm matinee at the New London Barn Playhouse to see "Chicago" with lunch at Ellie's. Call Marilyn at 422-4236 for more information.

The Killington Active Seniors meet every Wednesday at noon for lunch at the Green Mountain National Golf Course at a cost of \$5 during the summer and at the Lookout Restaurant on the Killington Road during the winter.

Under Commissioner's concerns, Steve Nisimblatt asked about repairing the gap in the fence at the pool and Mike Sutcliffe said that it will be repaired. Steve asked about the bus we use to transport the kids. He said it may become an issue if the bus is perceived as unsafe. Mike Sutcliffe reassured him. He clarified the type of vehicle as being a mini school bus with seat belts. Steve asked about a winter swim team. He was told it is a huge commitment with the great distances for meets. Mike didn't think we have the population for it.

Betsey Bianchi brought up the need for shade at the pool. The Commission discussed the possibilities. It will be discussed at the next meeting.

James Godfrey asked about moving the porta-potty. Mike said they are discussing building a shielding building around the porta-potty. James asked about the basketball rim replacement and Mike said that it was replaced.

Betsey Bianchi asked about presentation of recognition plaques and the Commission discussed the best time to do it. Next March Town Meeting was tentatively decided upon.

The next meeting of the Town of Killington Parks and Recreation Commission was set for August 8.

We welcome your Letters to Editor.

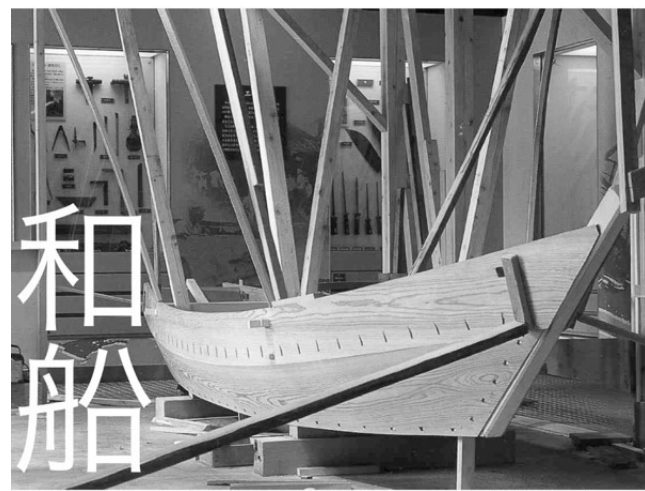
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Sherburne Library Program

Ways of Learning at the Sherburne Memorial will present "An Apprentice Boat Builder In Japan." Think Japan and you might come up with images of manga and anime, busy urban centers, and an economy based on innovations in electronics.

However, there is also a "second Japan" wherein lies a rich history of traditional arts and crafts, many of which are fast disappearing. Douglas Brooks has apprenticed with four different boat builders in Japan since 1996, and in this slide talk he will share his experiences with traditional crafts drawn from over a dozen trips to Japan since 1990.

Douglas Brooks is a boat builder, writer and researcher who builds traditional wooden boats for museums and private clients. He regularly publishes articles about his research and in 2003 published his first book *The Tub Boats of Sado Island: A Japanese Craftsman's Methods*. He lives in Vergennes, Vermont.

The event will be held Monday July 25, 2011 2:00 p.m. at The Sherburne Memorial Library at 2998 River Road Killington, VT. For more information call (802)422-9765

"The Four Elements" Story Camp at Castleton Free Library

Come join us as we battle fire-breathing dragons, search for the water of life, soar the wind on the back of an eagle and dig the earth for ancient dinosaurs! This summer Castleton Free Library is offering a four-day story camp for kids ages 4-6. Story Camp will run 9AM-noon August 1-4 and is free of charge. Local artist and dancer Zoë Marr will lead participants on story adventures exploring the four elements through books, art projects and creative movement. Zoë is experienced in the Reggio Emilia Approach to early childhood education as well as using the Visual Thinking Strategies method and the Whole Book Approach to Children's Picture Books. Snacks will be provided daily. Space is limited so please register with the library either by phone 468-5574 or email castletonfreelibrary@gmail.com.



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Mendon/Chittenden/ Pittsford/Brandon Notes

by Debbie Burke

Selectboard Meeting

At the June 27 meeting of the Town of Mendon Selectboard the 2010-2011 year end surplus was discussed. There is an anticipated year end surplus of approximately \$140,000 in large part due to the collections of prior year's delinquent taxes. The Selectboard will request monthly financials and quarterly reports from the Treasurer's Department.

Under Public Comment, T. Pratt attended the Selectboard meeting to express a few of his views. First, he cautioned the Selectboard about how they handle sex offenders locating to Mendon stating that they have more rights than law abiding citizens. Mr. Pratt expressed that he disagreed with the Selectboard analysis of replacing the plow truck and supported an eight year replacement schedule. Mr. Pratt also expressed that we shouldn't pay for the Rutland City Fire Department when they respond to power lines down. T. Pratt supports our local Constable versus contracting with the Rutland County Sheriff's Department.

Under Old Business, high risk Sex Offenders were discussed. The Selectboard finalized and signed a letter to Governor Peter Shumlin, Senator Patrick Leahy, Senator Bernie Sanders, Representative Peter Welch, Secretary Doug Racine, Vermont Agency of Human Services, Commissioner Andrew Pallito, Vermont Department of Corrections, Senator William Carris, Senator Margaret Flory, Senator Kevin Mullin, Representative Jim Eckhardt, The House Committee of Corrections and Institutions, the Senate Committee on Institutions and the Joint Corrections Oversight Committee regarding locating a High Risk Sex Offender in Mendon.

Regarding Helvi Hill Road and Sherwood Drive, Bill Ellis presented 4 locations on Sherwood Drive that could be used for water exiting the roadway. The problem of water runoff and sediment from Helvi Hill Road, a private road, was discussed. The Weitzenkorn property is located at the corner of Helvi Hill Road and Sherwood Drive. Greg Smith and Larry Courcelle will meet with Weitzenkorn to discuss potential solutions. A hydraulic engineer will be used to determine the best solution to handle the water.

Regarding Woodward Road signage, some of the residents of Woodward Road have requested no additional posts be in-

stalled to hold signs. Bill Ellis believes that he can properly sign Woodward Road in accordance with the 2009 MUTCD without installing additional posts.

Regarding the Town Shop, The Selectboard reviewed the historic evaluation of the Town Shop submitted to them by the State of Vermont Historic Preservation. The report outlined immediate repairs to stop the deterioration of the historic building. The Selectboard also discussed the general maintenance of the building that will require re-grading the back portion of the building to get water away from the foundation. T. Adams noted the sills are rotten under the building. The Selectboard will work with the Mendon Historical Society to see if there are grant funding available.

Regarding the Town Office, the Selectboard discussed painting the trim of the Town Office and that fully painting the Town Office can wait a year or two.

The Salt Shed was next on the agenda. The requests for proposals have been sent for the repairs to the Salt Shed foundation. The proposals will be discussed at the next Selectman's meeting.

Under New Business, the Town Shop lease was discussed. G. Smith met with Adi Staudinger to discuss the rental lease for the Town Shop. Mr. Staudinger requested similar terms, a two year lease and adding his daughter's name on the lease. S. Tully will prepare a new lease for the Selectboard to review.

The Management Academy Individual Development Plan was discussed next. S. Tully is currently attending the Vermont Local Roads Management Academy. As part of her individual development plan she has identified the retention of Selectboard documents as a project. S. Tully will be developing a procedure for the retention of Selectboard documents.

Next, the bulk purchase of street signs was discussed. In accordance with the 2009 MUTCD, street name signs on roads 35 mph and less need to be replaced by January 2012. A large number of street signs were replaced with the 911 town-wide re-numbering project. Regulatory signs, i.e. stop, yield, weight posting signs need to be replaced by December 2013. The Rutland Regional Planning Commission is coordinating a bulk purchase of regulatory signs. The 2011-2012 budget allocated \$3,000 for signs. B. Ellis will determine the remaining street signs to be replaced to determine what regulatory signs will be replaced with the 2011-2012 budget.

100 NORTH

NEWS FROM THE PITTSFIELD/STOCKBRIDGE VICINITY AND THE HINTERLANDS BEYOND

by Johnnie Goldfish

An Especially Seedy Column

It's like everyone is given seeds that are capable of growing into the garden of their dreams, but no one has been told they even have them. Then, when they see their neighbor's garden growing, whether it's because their neighbor actually found their seeds or accidentally spilled them, there is a rush to see what's happening. In fact, whole industries are built around the buying, selling, and trading of other people's gardens. Agents are hired, sales teams assembled, and sometimes stocks and bonds are issued. Vendors compete, lawyers are hired, and accountants are sued. There are mergers and acquisitions, buyouts and takeovers, and of course 401k's, company picnics, and vacation days. There are seeds that grow into private gardens. Seeds that grow into best sellers. And seeds that grow into happy families. It's quite a riot, and often good fun, but would you believe that one of the biggest impediments one has discovering their own seeds, these days, is their fascination with the gardens of others? Hoe, Hoe, Hoe!

Speaking of seeds, every book at the Pittsfield Library takes on journeys to places and people you never knew existed. Before the summer has the kids thinking about school, how about stopping by the library for some vacation reading to while away a summer afternoon on the village green. The library suggests some of their series books which include but are not limited to: Orson Scott Card's Ender's Game, Harry Potter, Marcy Watson (the pig who loves toast with a great deal of butter), Canterwood Crest, Ivy & Bean or Secrets of Droon. Come early, stay late.

A reminder that the Earth camp and Stockbridge Central School camps continue on July 2 with Eco-Art. Call Ms. Wheeler or more information at 234-9248.

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 24, Jimmy Goodman and Jake Wildwood share the stage in a concert by local musicians dedicated to Danny McIntyre, the singing selectman, who usually played this weekend. The Rochester Recreation Committee encourages you to bring your dancing shoes, a lawn

chair or blanket, and a picnic basket packed with your favorites.

There will be Contra Dance on Thursday, July 21 from 7:30 to 10 pm at Pierce Hall on Main Street in Rochester. The dance will feature calling by the Mad Robin Callers Collective. No experience is necessary, since all dances are taught, and no partner is required. Musicians are welcome to bring instruments and sit in behind the band. For more information call Aaron Marcus at 617-721-6743.

The Vermont Special Olympics is pleased to announce a 100 Mile Motorcycle Freedom Ride to benefit the Special Olympics. The ride will take place on Saturday, July 23 beginning at the Valley Bowl on Prince Street in Randolph. Registration is at 9 am and bikes will be pulling out at 10:30 sharp. There is a \$25 fee per rider or \$30 rider/passenger, which includes food, soda, and a dance after the ride. Non-riders are invited to the post-ride event for food, soda and dancing for \$15. Call Tammy Philbrick at 802-565-8115 or Karen Warner at 802-728-4958 with you any questions. The dance is open to the public with music by Karen Warner and friends with a Chinese auction, rip tickets, food for sale and a cash bar. Bowling will be available as well. Pass the word and bring the family and friends for this great cause.

The Mothers Report: Part 2 – all answers came from 2nd grade students. Why did God give you your mother and not some other mom? We're related. God knew she likes me a lot more than other people's moms like me. Yes, and what kind of little girl was your mom? My mom has always been my mom and none of that other stuff. I don't know because I wasn't there, but my guess would be pretty bossy. They say she used to be nice. Hmmm, and what did your mom need to know about your dad before she married him? His last name. She had to know his background. Like is he a crook? Does he get drunk on beer? Does he make at least \$800 a year? Did he say NO to drugs and YES to chores?

Thought for the Week: "Develop interest in life as you see it; in people, things, literature, music – the world is so rich, simply throbbing with rich treasures, beautiful souls and interesting people. Forget yourself." – Henry Miller, (American novelist and painter, 1891-1980).

Send your news, and you will get lucky, to PO Box 1, Stockbridge, VT 05772.

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Dr. Hughes grew up in the green mountains of Vermont. She received her Bachelors degree at the University of Vermont, and doctoral degree at West Virginia University. She completed her residency at Fletcher Allen Health Care, Burlington, VT this past year.

Dr. Hughes is a member of the American Academy of Audiology, and holds the Certificate in Clinical Competence from the American Speech-Language-Hearing Association.



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Circus Smirkus Call for Volunteers

Want to help bring the Circus to town? The EDT is recruiting volunteers for August 14 and 15th to help with box office sales, ticket collection, ushering, and distributing programs. If you'd like to be a part of this fun event (and earn a free ticket to the show!) please email the EDT at SuzieDundas@killingtontown.com. Shows are 1 pm and 6 pm August 14th and 15th, and volunteers will need to arrive at least 1.5 hours prior to show time.

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Killington Arts Guild

by Betty Little

The Killington Arts Guild Salon at Jill Dye and Duane Fingers' Killington Dream Ski Lodge was a great success. It is a lovely place in the mountains which provided an inspiring setting for Yvonne Daley's reading of her newest book, Octavia Boulevard. Yvonne is a journalist, professor of writing and director of the Vermont Green Mountain Writers' Conference. She said, "Every writer has two stories, the one she is writing and the one she wants to write." In Octavia, Yvonne tells the whole story about the very rich and very poor in San Francisco and why she lives in Vermont and in California. The Salon meets again at the Dream Lodge on Tuesday August 23rd for a potluck supper at 5:30 PM. The invited speaker is Sidney Gluck (NY), director of the Shalom Aleichem Foundation who will be speaking earlier at the Killington Summerfest.

Don Hofer is an imaginative artist driven by an incredible passion for self-expression through art. He is giving a KAG painting workshop on Sat.-Sun., August 9-10, from 9-4. When Don and his wife moved to Ludlow everything needed signs. He created them and a lovely Vermont town became lovelier. He works the

same 'magic' with students helping them bring their visions to life and improving their skills to keep them creative. Workshop fee- Members \$130; others \$140. To register call 802-422-3852 or obtain a form at killingtonartsguild.org

The KAG Art Show, "250 Years-People and Mountains" is open throughout the summer. It is a varied and exciting exhibit. Open without charge everyday 10-6 in the KAG Gallery at Cabin Fever Gifts on Rt. 4 opposite the Killington Access Road. Please sign the guest book.

COMING SOON. Those on our e-mail list will receive the Guild's second newsletter electronically; others by U.S. Mail; to continue to receive it by mail or if you are not on our list, please contact Sally Curtis, PO Box 156, Killington, VT 05701

Come to the Killington Music Festival at the Church of Our Savior, Mission Farm Road, Killington. Sunday July 24 at 7 PM - donations will be accepted. (422-9064). ARS POETICA meets Weds., July 27, 6-8PM in the Sherburne Memorial Library, River Road. First Haiku, then the group will read, write and discuss poetry. Poets, writers and those who appreciate the written word are welcome (422-3824).

KAG website www.killingtonartsguild.org; this column-vtkag@aol.com

Killington Remembered

Growing up in Sherburne - A Village Tale

by E.J. Willis

Once upon a time in the Village of Sherburne, there lived two boys, Wayne and Ron. Wayne's family consisted of his parents, Eva (Merrill) and Harley Gifford, and his siblings, brother Merrill (2 years older) and sisters Donna and Joanne. Ron was the only child of Charlotte (Pfenning) and Romaine Willis, but there were lots of relatives nearby including Great-grandfather Louis Madden, Grandmother Lois Madden, and Grandfather Eddie Willis. The Village (which was split by Route 4) consisted of a sugar house, two mills with skidways, a church, a garage with an upstairs dance hall, a one-room schoolhouse, a store, the Grange Hall, a dilapidated hotel, two farms with barns and seven houses. The seven houses contained other youngsters who joined together for games and pranks.



other side. Sometimes the shot was too successful and landed erroneously on someone's porch. Parents were notified and discipline was swift and painful, to say the least. In winter, snowballs replaced the sticks, apples and slings. Using flashlights to show the way, Wayne, Ron and their friends would climb to the top of the log road that lead to Dean Hill and ski or ride their snow scooters to Route 4. Once, they traversed from West Hill

Road to the "Flats" (i.e. the flat area of Sherburne Valley.)

In summer, once the chores were done, Wayne, Ron and friends headed to the area swimming hole known as "Snook's" which was at the bridge off Raybeck Mountain Road in the "Valley." They remember water

so clear that the fish were brightly visible. This was a meadowed area - not grown as today - with sand on the bottom of the river bend and an abandoned mill nearby. A log embankment had been built at the spot to prevent soil erosion in front of the small mill. The local kids built a jumping spot with a board jammed into the log that extended over the water. The kids would then jump into the 9 foot deep water hole, swim to the shallows, climb onto the board and jump over and over again. Since they were not allowed to go into the water until an hour after lunch, they made up the time by staying until darkness came to the valley. The worst summer punishment was losing the privilege to go to "Snook's."

Killington-Pico Rotary News

by Janina Curtis

Rotary International has 1.2 million members in more than 34,000 clubs worldwide. 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. Each Wednesday the Killington Pico Rotary Club meets at the Summit Lodge from 6PM - 8PM for a full dinner, fellowship, and a guest speaker. 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. 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. Upcoming programs are:

July 27 - Killington Music Festival musicians will showcase their talents during dinner

Aug. 3 - Rotary Assistant District Governor David Hoopes

Aug. 10 - Noellen Neisner: Our Club's Exchange Student back from Norway

Our guest speaker on July 13 was incoming District Governor Jan McElroy. Jan spoke about 2011-2012 Rotary International President Kalyan Banerjee's theme for next year: "Reach within to embrace Humanity." He challenges us to find that special quality of purpose within ourselves and to share it with others by giving of oneself in service to others. Mr. Banerjee stated "We're here in Rotary for simple reasons, really. To help each other. To do what we can. To try to increase, a little bit, the amount of kindness and love and caring in the world. And none of us can really know, today, just what the repercussions will be, down the road, of the things we do. But I do believe absolutely that what goes around comes around. When we do good things for other people, it doesn't end with them. The effects ripple on and on, and you'd be surprised how far."

Rutland Regional Welcomes Brad Bissell, MD

Rutland Regional Medical Center is pleased to welcome Brad Bissell, MD to the exceptional group of physicians in our Hospitalist Program.

A Hospitalist is a doctor who specializes in caring for patients while they are in a hospital. They consult with specialists about your condition, manage your overall care and keep your family and your regular doctor up to date on your progress.

Dr. Bissell has a wealth of experience as a Hospitalist. He does a lot of work with senior patients, having completed a geriatric fellowship during his residency at St.Vincent's Hospital in

New York. Dr. Bissell has also worked as a Hospitalist at Southwestern Vermont Medical Center, South Shore Hospital near Boston and the Cooley Dickinson Hospital in Northampton, Massachusetts.

Dr. Bissell received his medical degree from New York Medical College in 2001 and graduated from Rollins College of Florida in 1993.

"My family has received a very warm welcome from the physicians, nurses and staff here at Rutland Regional, Dr. Bissell said. "I look forward to continuing the tradition of excellent care of our patients at Rutland Regional."



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COMMUNITY CALENDAR

Meetings

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

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

Tues. - Sex Addicts Anonymous - SAA. Are you suffering from compulsive sexual behavior? Call hotline 1-800-477-8191. Rutland's 12 step group meets weekly at Grace Church, 8 Court St, Rutland. 6:30-7:30pm.

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

Weds. - Mendon Senior Citizens plan meeting 1st Wed. of month at Mendon Methodist Church. 773-4187.

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

Friday - 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.

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.

Worship Services

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.

Select Board Meeting Highlights Tuesday, July 12, 2011

by Kathleen Ramsay, Town Manager

Economic Development & Tourism Department Update. Director Seth Webb gave a presentation on the Town's new branding effort and logo development. New banners on utility poles on Route 4 and event posters feature the new logo. Future steps include updating the logo on welcome signs and signs on Town and School Buildings.

Seth also outlined upcoming events, including plans to increase the draw of the events by: layering/coordinating events such as the Wine Festival and the kick-off of the Cooler in the Mountains concert series, and the Cooler in the Mountains concert and the Spartan Race; making small investments to help grow events such as the July 4th/250th Celebration and the IDIC Race; and expanding existing events while reducing the town's financial contribution by partnering with other sponsors, as the Department did with the Cooler in the Mountains concert series this year.

Bernie Rome noted that the AJGA at Green Mountain is a great event, which appeals to our target demographic of visitors, and suggested the expenditure of additional EDT funds to market golf, one of the Town's best summer assets. Seth reviewed this year's joint Town/Resort golf marketing effort and said that the results from this effort will be tabulated once the data is gathered from Green Mountain National and the Resort.

Golf Course: As golf revenues are down from last year at this time, the Board asked Green Mountain National Golf Course General Manager to look hard at expenditures and recommend reductions while continuing to look for opportunities to maximize revenues. The Board voted against appointing a Golf Advisory Committee and decided to hire a golf consultant to conduct an independent third party review of golf operations. The Board will select the consulting firm at its next meeting on August 1st, pending the receipt of revised proposals from two firms.

Selectboard Concerns: Jim Haff said that he does not agree with including the full text of letters read at Selectboard meetings in the meeting minutes. For example, Jim thinks that statements made during Citizens' Input at the meeting on June 21, 2011 about the Town's land use permitting process are inaccurate and including them in the meeting minutes may give future readers of the minutes the undesired implication of the legitimacy of the statements. The Board discussed the possibility of developing guidelines for the preparation of their meeting minutes.

To re-iterate the Board's position on the development of the village, the Board unanimously approved a motion endorsing the village development 100%.

Also in Selectboard Concerns, Bernie Rome expressed concern about the tax appeal process, particularly the role of the Board of Civil Authority in the process, and suggested that the Town convey concern about the process to the State.

Citizens Input: Bob Montgomery, relaying input from several second homeowners, congratulated the Town, Fire Department and volunteers on the 4th of July/250th Anniversary of the Town - Killington knows how to throw a party, he said. Bob also inquired about the Economic Development & Tourism Department's strategic plan and benchmarking for the Department. EDT Director Seth Webb noted that the Department's Strategic Plan and Annual Report are available on the Town's website and are also available in print form at the Town Offices. Bob said that several second homeowners also commented that Killington had successful events in the past before the implementation of the local option tax without subsidy from public funds. Matt Meserve informed the Board that with the new paving project on Thundering Brook Road, vehicles are traveling faster than ever along the banks of this popular fishing spot, and suggested that measures to slow traffic, such as speed bumps, might be beneficial along this stretch of road. The Board will also ask the Constables to locate the speed cart near the dam as another traffic calming measure.

Water System Feasibility Study. Engineers from Aldrich and Elliot and the Town's hydrogeologist for the project, Jeff Hoffer, are working on the interest survey to be sent out to property owners in the study area. The Town's consulting engineer for the project, Joe Duncan, suggests that the survey be sent out about one week before a public information meeting on the project. The public meeting will include a brief presentation by the engineers and a question and answer period. The Selectboard will schedule the public meeting in August. Dates discussed for the public meeting included August 15, 16, 22 and 23, pending the availability of the engineer.

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

CKS Requests Memories

Christ the King School will be celebrating its 125th anniversary starting in September 2011 through June 2012. We are looking for CKS alumni who would like to share in fond remembrance, a funny anecdote, pictures, or well wishes. Pictures will be scanned and returned. Include your name and address on the back of your photos. Please send your thoughts to Christ the King School, 60 South Main St, Rutland, VT 05701 or email it to mbarbagallo@cksrutland.org.

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Mega Market and History in Fair Haven

The third annual expanded Farmer's Market and Local History Day will be held on Sunday, July 24 from 10 a.m. to 4 p.m. in the Fair Haven Park. In addition to the Fair Haven Farmers Market there will be crafters, flea market vendors, and interactive historical displays.

Tours of the historic Marble Mansion will be available for a small fee. All proceeds benefit the marble fence post project sponsored by the Fair Haven Historical Society.

Participants will include members of the Horace Greeley Foundation, the Poultney 250th anniversary trolley, and Don Thompson, author of several books about the Castleton-Bomoseen area. Tentatively scheduled is a visit by Civil War re-enactors including the Civil War Medical Coalition with a display of period medical equipment and tools.

The Fair Haven Historical Society will be selling tee shirts, mugs, books, and members will be available to give practical advice about genealogy research.

For more information, market vendors should contact Sherry Smith at 518-282-9781. Historical societies are welcome to participate at no charge. Contact Victoria Angis at 802-645-0906 for more information.



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SADD Students Attend National Conference

Two members of Stafford Technical Center's SADD (Students Against Destructive Decisions) Chapter recently joined other youth activists from across the country to learn the latest in prevention education and to celebrate SADD's 30th anniversary of saving lives. The students who attended the conference, Kim Rupe and Nicole Bogucki were both finishing their junior year, and both are Poultney High School students.

Nearly 550 SADD youth and adult leaders gathered at the four-day SADD National Conference in Chicago, Ill. to share best practices in educating their peers and promoting positive decision-making. As part of this life-expanding educational experience, Kim and Nicole attended innovative workshops aimed at providing students with topics critical to youth health and safety,

such as underage drinking, violence and suicide, driving safety, diversity, bullying, and advocacy. Participant learned from motivational activities and presentations aimed at exchanging new approaches and gathering ideas that they will now share with their community and develop into events for the Stafford Technical Center SADD Chapter's implementation over the course of the coming school year.

The conference is held in a different city each year to afford young people a new cultural experienced. This year, students participated in a unique off-site program, "SADD in Chicago," which included a guided river boat tour learning about the city's history and architecture and an evening of dinner, fun, and activity on Chicago's famous Navy Pier.

Dear Editor:

Early in the winter Bev Anderson asked me if I would join with her and the EDT to organize the 250th Birthday Celebration for the Town of Killington. You just don't say no to Bev.

Sometime after our first meeting, it was decided, I believe for economic reasons, to combine the Fire Department Annual Fourth of July Celebration with 250th Birthday Celebration of the Town of Killington. Thru many organizational meetings guided by Seth Webb, Suzie Dundas and Lindsay Gang of the EDT, and together with input from the Fire Department, the Library staff, the Mountain Times, the Historical Society, the Chamber of Commerce, the Arts Guild, the Rec. Department, the end result was the largest Fourth of July Celebration both in terms of participation and spectators as well as the money raised by the Fire Department. If you missed the exhibits at the Library, you missed something very special, not to mention the parade, the buffet, the

games, the entertainment, the cake, the fire works and a great gathering of neighbors and friends.

Without the EDT participation in the planning of the Fourth of July and 250th Celebration there would not have been the Grand Marshall, the Town Crier, the Announcers, special units in the parade, the photo booth, the birthday cake, to mention just a few additions.

At a meeting chaired by Seth Webb of the EDT on July 14th, we recapped the event and discussed at length how to improve on next year's Fourth of July Celebration. There were six of us at the meeting, Seth and Lindsay from the EDT, Otto Iannantuoni, Margaret Schlacter from the Fire Department, Bev Anderson and myself.

Thank you EDT for bringing the town together for a fun filled day.
Ned Dyer

Dear Editor:

I am an employee at Vermont Yankee and have been working there since 2005. Vermont Yankee has allowed me to provide for my family (wife and five children) and contribute to my community as a soccer coach, school trip chaperone, Red Cross blood donor, Church Lector, and many other activities.

One of the attractions of this area, and part of the reason my family and I chose this place, is because of the low cost of power and the fact that it is a great area to raise a family. I believe that Vermont Yankee is a vital part of our future because it allows for some of the lowest electricity rates in New England and does not emit carbon into our atmosphere.

Nuclear energy needs to be a part of Vermont's energy future, because without it our rates are sure to rise, which is something most Vermonters cannot afford.

Vermont Yankee is already here, contributing to our economy both on a local and state level, so why would people even think of closing it? Health and safety are core values at Vermont Yankee and they always have been. I hope that those people that would like to shut down Vermont Yankee truly understand the dire consequences that action will hold for all Vermonters.

Normand Raymond
Putney, Vermont

Letter to Editor

Australian Ballot

On August 1, 2011 the registered voters in the Town of Killington will once again be required to vote on the issue of Australian Ballot voting. At the special town meeting held in May the town voters clearly stated that maximizing access for all to voting was the right thing to do. We now need to do this again.

Voting yes on the three Australian Ballot articles will allow voting of all issues to occur either by voting on election day, voting by absentee ballot or voting at town hall during the two weeks that proceed election day. Voting by Australian Ballot does not eliminate Town Meeting.

In the 14 years I have lived in Killington, the number of registered voters has dropped, the number of school age children has dropped and as most major Vermont ski areas have been developed and grown, ours has not. We need to mobilize our entire community, not just the historic few, in order to reverse these trends. Maximizing

access to voting is a critical step in this process.

Please attend the Special Town Meeting on August 1, 2011 at 6:00 p.m. at the Sherburne Elementary School and vote yes on the three Australian Ballot articles.

Thank You,
Mary Furlong

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ARIES: March 21 – April 20: Too much of this has gotten to be about you. It would be great if you could see that other people have a say in things. And if you could ever get to the point where you begin to understand that their needs and wants are as important as yours it would be awesome. This business of thinking you're the only one who counts is an old pattern. What developed in you as a child is totally inappropriate to the conditions you face now. It's time to grow into the realization that you came here to share and loan as much space to others as you do to yourself.

TAURUS: April 21 – May 20: It all comes down to knowing what you want. If you're sure about that, good; if you're confused, it may be because you think you have to keep this going. Even a Hallmark Card can tell you nothing lasts forever. If you can accept the fact that we change and grow in cycles it will be easier for you to get over the belief that this is what you're here for. I suspect that your Karmic lessons have a few more things to teach you. It's time to open the frontier or at least get far enough out of the box to see that your life can be whatever you want it to be.

GEMINI: May 21 – June 20: When one thing changes you can be sure everything will change. Recent shifts in other people's lives are bound to affect you one way or another. Their desire to reinvent themselves will put you in the position of having to adjust to any and all of the things that come up for them as they make this transition. Don't be surprised if they start following you around. In the course of finding a new reason to live they will need you to be there for them in a completely different way. Role switching could be a theme; if you've been Mommy it may be time to play Daddy.

CANCER: June 21 – July 20: Sometimes people need to make us believe that we're less than we are, just to feel better about themselves. You have more to offer than you give yourself credit for. Don't let anyone diminish you. And it would be great if you could begin to recognize yourself. Most of your energy gets spent nursing other people and their causes. If this seems insignificant, it isn't. Very few of us really understand what it means to care but you have mastered this; what you still haven't figured out is how to share yourself only with those who know how to reciprocate.

LEO: July 21 – August 20: You can't keep this up much longer. If you're too shell-shocked to see what's going on it's time to snap out of it. Diminishing yourself by accepting someone else's bad behavior isn't good for you or them. If you could see beyond the boundaries of the life you've created it would be obvious to you that there's way more to it than this. And if you could get over the need to perpetuate issues that do nothing but keep the same patterns running you would see that your situation has grown out of the fact that deep down inside you don't feel appreciated.

VIRGO: August 21 – September 20: Don't be too quick to deal out death and judgment. You may not like what's going on but it's not your place to decide who needs to be punished. One of the hardest things to learn is: you never know why sometimes, the Bad Guy gets to win or what purpose it serves for them to keep getting away with murder. Let this be. Obsessing over injustice and trying to put a stop to it only prevents you from pouring your energy into things that bring light into the world. Get over needing to be the cop. Whatever you're trying to correct is being handled by a higher authority.

LIBRA: September 21 – October 20: You've never seen anything like this. As the Days of Our Lives unravels, you keep wondering what world you're in. The darker side of human nature will cease to amaze you when you begin to accept it, and the fraction of light that it contains. Only by illuminating the stuff we never thought was there do we get to grow beyond ourselves into a deeper understanding of life. As Gandalf once said: "There are older and fouler things than Orks in the deep places of the world". There's light at the end of the tunnel for sure - but you haven't seen anything yet.

SCORPIO: October 21 – November 20: Too many things have opened up for you to be sure where to go with it. If your mind is getting blown it's only because you thought you knew everything! Radical changes in perspective occur in cycles. This multiple choice question is there to help you figure out where you stand with yourself. There is no wrong answer; but your choice has to be made from your heart. Second guessing your inner truth will keep you wondering about what the truth might be. Don't let your mind get too involved. Open it up and allow your heart to enter the conversation.

SAGITTARIUS: November 21 – December 20: You don't have a clue where this will go but you're totally OK with dropping the reins and free falling into the rest of your life. For the first time, nothing seems to matter and somehow you've found a way to liberate yourself from the shackles of the past. Whether you know it or you're being reborn. If there are things that have to be sacrificed don't obsess too much about what you have to leave behind. And whatever you do, don't talk yourself into the idea that it's a mistake to move out of fear into a more trusting, childlike relationship with life.

CAPRICORN: December 21 – January 20: When it comes to people, your Sixth Sense will tell you more about what's going on with them than their credentials. The invitation to team up could do more for them than it will for you. If this doesn't feel right, avoid it. Aside from that, you've got other issues. The health of someone close has you wondering how to help. How that goes is ultimately up to them. At this point the fact that you care is doing more for them than anything else. Thoughts have wings, so spend less time worrying and be more conscious about how your fears impact the situation.

AQUARIUS: January 21 – February 20: You can do anything. Part of you knows this but emotionally you seem to be bound by feelings and patterns that make it seem as if you don't have a choice. Most of your trouble comes from allowing others too much space, and from the fear that they will leave you if you don't. Underneath it all this has more to do with your parents than it does with the person who happens to be standing in for them at the moment. Whatever you didn't get from Mom and Dad may be what you're after, but it won't come to you until you begin to recognize yourself.

PISCES: February 21 – March 20: You made it this far but you still have a way to go. Maintaining a sense of clarity and purpose in the midst of change and turmoil is the key to everything right now. It's hard to say where you stand with yourself because you're recovering from too much to be able to tell where your true strength lies. Instead of paying too much attention to the dynamics of your situation, keep your heart and your mind focused on the idea that nothing is what it appears to be. Whether you succeed or you don't depends on your ability to stay tuned to your inner core.

Mother of the Skye

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

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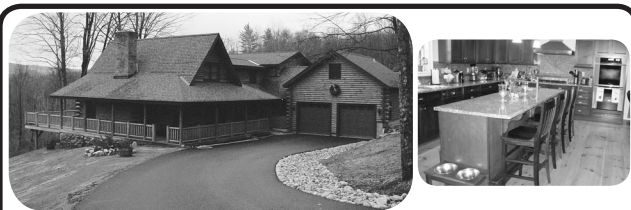
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View From Ludlow

by Ralph Pace

The Bridges of Chester

After much bally-hoo, worrying, and desperation, the bridges of Chester are now reopened and functional.

Construction crews worked overtime to replace the two Rte 103 bridges just south of the main business district in Chester so as to minimize the downtime to local businesses and commuters. The detour through Springfield is no longer necessary and, in the case of the southern-most bridge replace, the traffic lanes over that bridge have been expanded so as to conform to standard bridge widths.

Hopefully both the effected businesses and commuters using this traffic pattern will now return to their normal routines. We understand that all the involved area people and businesses are planning a party to celebrate the event. It was, not incidentally, a project completed ahead of schedule.

LPC-TV, the public access cable channel 8, 10, 20, and 21, that covers Mt. Holly, Plymouth, Ludlow, and Cavendish has earned a \$1,000 award from the Berkshire Bank Foundation. The grant is towards the \$125,000 capital project to renovated new studio space for LPC-TV in the former Tank Barn in the Ludlow Community Complex.

This Thursday, the area news program, TW3 (That Was The Week That Was), broadcast via LPC-TV on cable channel 8 and 20, will have an unusual feature for its programming. The program will feature the art therapy of Jane Hart, a part-time Cavendish resident. According to Jane, she'll have co-hosts Leo Graham and Ralph Pace doing artwork that is "very relaxing art-like activity which requires no background in art, no self-confidence in it and no enthusiasm for it. You'll be amazed and delighted at the results and there is no way to make a mistake . . ." Given the lack of art capabilities in both men, this should be a most interesting half hour. TW3 broadcasts live on Thursday at 3 PM on LPC-TV; the program is rebroadcast throughout the ensuing week.

FOLA (Friends of Ludlow Auditorium) is preparing for a very active October program. On October 1 it will feature the popular area music of the Gypsy Reels. This will be followed by its "1st Thursday" movie on October 6, "Close Encounters of the Third Kind." The following Columbus Day weekend, FOLA will cosponsor a Ludlow musical presentation of Civil War and Mark Twain era music with the piano virtuoso Jacqueline Schwab providing the music on Sunday, October 9. To top off the month's programming, FOLA will sponsor a health-care panel discussion on Thursday, October 20. The panel discussion will be moderated by Kristen Carlson, WCAX's senior political correspondent; panel members will include statewide representatives reflecting both sides of the recently-enacted legislation designed to produce a single-payer healthcare program in the state.

To this mix, on November 4, FOLA will present original comedy skits written by Stan Hart and featuring a cast of area residents. Hart, who is a part-time resident in Cavendish, was the head writer for the Carol Burnett TV show.

FOLA is also joining with the Friends of Fletcher Memorial Library (FML) to celebrate the 50th anniversary of the publication of "To Kill a Mockingbird," the Pulitzer ward winning novel by Harper Lee. In keeping with the celebration of this great novel, the FML in Ludlow has joined with FOLA to feature this work as both an outstanding piece of literature and a milestone motion picture. The FML will conduct a discussion of the book at the Library on Thursday, July 28 at 7 PM. Copies of the book may be obtained from the Library. In conjunction with the book, FOLA has arranged to feature the film version as its "First Thursday," with the film showing on Thursday, August 4 at 7 PM at the Ludlow Town Hall Auditorium. For information, call 802-228-8921 or 228-7239.

The Ludlow 250 Committee is busy planning the semiquincentennial celebration of the Ludlow's 250th birthday scheduled for September 16 and 17. The committee recently started its fund raising efforts to underwrite the activities with a massive mailing. Those interested in contributing to this project may send donations to: Ludlow 250 Committee, c/o Ludlow Town Hall, PO Box B, Ludlow, VT 05149.

Cavendish, also celebrating its 250th anniversary in October, will feature a tag sale on both the Cavendish and Proctorsville Greens on Saturday, July 30 as part of its fund raising efforts for its celebration.

Speaking of Cavendish, one of the fascinating pieces of historical lore is the tale of Phineas Gage, a railroad construction foreman, who, in 1848, had a tampering iron accidentally blown through his head. He survived this ordeal for 12 years and became a cause célèbre because of the accident. This past Sunday, the Cavendish Historical Society presented a discussion of the event and its impact on brain injury. As a note to this event, the explosive charge that caused the accident was found 30 feet from Gage after it penetrated his head.

Supreme Court Justice Stephen Breyer will be the featured speaker at the Calvin Coolidge Memorial Foundation on Saturday, July 30. Justice Breyer will discuss his recently published book "Making Our Democracy Work: A Judge's View." This will be the first public appearance by Justice Breyer in Vermont since he took his seat on the Supreme Court on August 3, 1994, and the Foundation is marking this special occasion with a festive celebration to honor the Justice and the Foundation's 51st anniversary.

(If you have any comments, news, or positive gossip about the Ludlow area, contact Ralph Pace at ralph-pace@tds.net.)



Pawlet Celebrates 250th Birthday in August

In celebration of the 250th anniversary of the Town of Pawlet's charter, there will be a three day bash on the weekend of August 26, 27, and 28, 2011. Kicking off the event on the actual day of the charter, Friday, August 26, will be a "fairy tale" play written, directed and performed by the Pawlet Players.

On Saturday, the 27th there will be a full day of activities beginning at 10 a.m. including an art show, a demonstration of old time crafts, a display of "Pawlet Treasures," a display of antique farm machinery, tools, and vehicles, ghost walks at the cemetery, postage stamp cancellation, reading of the town charter and a performance by Daniel Webster (Jim Cooke); also open house at the Braintree School. At 3 p.m. there will be a parade, then a barbeque and a street dance featuring round and square dancing to the music of Honky Tonk Express. Topping off the day will be a fireworks display.

On Sunday there will be church services at the various churches possibly depicting 1761 era sermon and costume.

For further information contact Judy Coolidge @ 802-325-3073 or Phyllis Mason @ 802-325-3196.

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Lakes Region News

by Lani Duke

Castleton Residents Gain Free Access to Crystal Beach

Relax to French-Canadian and American folk songs, Celtic and novelty tunes from the Woods Tea Company in the Fair Haven Park at 7:00 p.m., Thursday, July 21. Think they're just another local group? They've performed twice at Lincoln Center in New York, three times at the Chautauqua Institute, and on PBS and National Public Radio.

Award-winner songwriter Meredith Luce sings about life, love, and landscapes from Canada and Appalachia in a concert for all ages at 4:00 p.m., in Bomoseen State Park, 22 Cedar Mountain Rd. Friday, July 22. Call 265-4242 for details.

Come to Our Lady of Seven Dolours in Fair Haven at 11:00 a.m., Saturday, July 23, for a memorial mass for Diane Flood. Head for the Fair Haven Union High cafeteria for a reception afterwards.

Fair Haven Town Park hosts the third annual expanded Farmer's Market and Local History Day 10:00 a.m. to 4:00 p.m., Sunday, July 24. Shop at stalls of crafters, flea market vendors, and interactive historical displays. For more information, call Sherry Smith, (518) 282-9781.

Members of the Killington Music Festival visit the Castleton Community Center at 7:30 p.m. Monday, July 25. Come early for the "Make Your Own Sundae" bar, courtesy of Stewart's Shops. Call the Center, 468-3093, by Friday, July 22 to assure that there are plenty of sweet treats.

No local band has more community love than Satin & Steel, performing at the Annual Summer Concert Series on the Castleton Village Green, at 7:00 p.m., Tuesday, July 26. Come early to make sure you have the best seats on the grass.

Rhythm echoes through the halls and across the Castleton State College campus Tuesday through Sunday, July 26 through 31, pouring out of participants in The 16th Annual KoSA International Percussion Workshop, Camp and Festival. To find out more, call (800) 541-8401.

Learn about When Healing Hands Harm, an educational presentation from the Community of Vermont Elders (COVE), at 12:30 p.m., Wednesday, July 27, in the Castleton Community Center. The program emphasizes how to help detect and prevent incidences of prescription drug diversion. For a lunch reservation, sign up by calling the Center, 468-3093, by 9:30 a.m. Monday.

Does fear of falling keep you at home? Reduce your

fear, set realistic goals to increase activity, remove risk factors in your environment, and learn exercises to improve strength and balance in an 8-week course from 1:00 to 3:00 p.m. August 4 through September 22 at Castleton Community Center. Register by Monday, August 1, by calling 468-3093.

Castleton Community Center's monthly pot luck suppers are taking a break during the summer. They will resume in September.

Castleton Community Center holds its monthly birthday lunch at noon, Wednesday, July 27. East Creek Catering provides a roast turkey dinner, complete with mashed potatoes, gravy, hot vegetable, cranberry sauce, salad, and dinner roll. Get your reservation in by 10:00 a.m. Monday, July 25, by calling 468-3093.

Explore Castleton history with local author Don Thompson. Wednesday, July 27, he speaks at 7:00 p.m. in the Castleton Free Library, using material from his histories of Castleton and Lake Bomoseen. Call 468-5574 for details.

The Poultney Area Chamber of Commerce recently announced winners of the July 4 parade float contest. Poultney Area Artists Guild won for "best depicts theme"; Poultney Women's Club for "best depicts organization"; Poultney Bluegrass Society for "most photographic"; Poultney Rotary for "most patriotic"; and Trolley Stop Restaurant for best theme depiction.

Castleton State College recently hired a new associate academic dean, Yasmine Ziesler. She previously worked at CCV in Burlington and Waterbury and earned a Ph.D. in anthropology from Boston University.

The town of Castleton has opened Crystal Beach to all local residents without charge. To get in, they must show proof of residency and a driver's license to the access gate attendant.

Upward Bound students at Castleton State College recently built a rain garden on campus. They used a combination of landscape fabric, recycled newspaper, local mulch and perennial plants that work together to absorb runoff rainwater from the school's science center. Ann Honan, Anatomy and Physiology Laboratory instructor at the school, aided the students as they built the 300-square-foot plot, with advice from Chuck Domenie, watershed instructor with the Poultney Met-towee Natural Resources Conservation District. Project funding was from a \$14,000 Champlain Basin grant to the conservation district for installing local community rain gardens. The district plans to build a rain garden in Wells or Pawlet and another at Poultney High, once students return to local schools.

Student News

- Caitlin Bliss, a senior at Rutland High School, has just been awarded \$5,000 as part of the Hood Good Sport Scholarship Program.

- Ellina Heitkamp of Orwell, a member of the class of 2011, has been named to the Dean's List at Providence College for the Spring 2011 semester.

- Michael Facey of Rutland graduated magna cum laude with a Bachelor's Degree from the University of Colorado in Boulder.

- Maribeth Dufore of Rutland, graduated from Alfred State College, Alfred, NY, during the Commencement ceremony held on Sunday, May 15.

- The following students at the Community College of Vermont achieved honors status for the Spring 2011 semester: Heather Hawkins, of Chester, Dean's List. Rutland: Jessica Baker, Dean's List; Sarah Dorsey, President's List; Jason Greene, Dean's List; Aaron Hutchings, President's List; Angel Loynachan, Dean's List; Marilee Murphy, Dean's List; Kaleigh Roy, President's List; Nichole Uhler, Dean's List; Paul Valente, Dean's List; Nicole Walsh, Dean's List. Teri Bradley, of Mendon, Dean's List. Charity Eugair, of Brandon, Dean's List. Alyssa Vanamburg, of Leicester, Dean's List. Cynthia Galbicek, of Castleton, Dean's List. Leanne Rodenbaugh, of Castleton, Dean's List. Kyle Melen, of Shrewsbury, Dean's List.

Angela Buffum, of Tinmouth, Dean's List. Travis Hart, of Wells, Dean's List. Heather Butler, of West Rutland, Dean's List.

- Katharine Hogan of Poultney, VT was named to the Spring 2011 Dean's List at Taylor University.

- Taryn Foster of Brandon graduated from Cornell College on May 28, 2011 with a Bachelor of Arts in Kinesiology-Exercise Science Concentration

- Austin Blackman, a graduate of Woodstock Senior Union High School District #4 and resident of Killington will be attending George Washington University studying Computer & Information Sciences. Austin will be assisted by a \$1,000 scholarship from The Comcast Foundation.

- The following area students graduated from Paul Smith's College in May 2011: Jeremy Fowler of Castleton, Cody Hicks of Pawlet and Kyle Mason of Middletown Springs.

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2. Picking Throughout the Day

Don't think a few bites here and there matter? Wrong. Jot down everything you eat and drink, even those small bites and handfuls of gummy bears throughout the day.

3. Not Enough Exercise

The recommended minimum to help reduce the risk of heart disease and cancer is at least 30 minutes most days of the week of moderate-intensity physical activity. For weight management, it's at least 60 minutes most days of the week.

4. Lack of Sleep

Tuck yourself in bed and plan for at least seven hours of sleep a night.

5. Weekend Splurging

Be mindful of the weekends. Instead of going all out, choose a few small indulgences throughout the week to keep from feeling deprived.

6. Underestimating Calories

Opt to eat in more often. When you do go out, choose the simplest items on the menu and ask for a full list of ingredients and cooking methods.

7. Gulping Liquid Calories

Opt for water or other non-calorie beverages. Drink smoothies and protein drinks in small portions.

8. Overindulging On Healthy Foods

Olive oil, nuts, brown rice, whole-wheat bread and avocados are all very healthy eating choices. Be mindful of portions -- start by measuring them out to get a better feel of how much you really should be eating.

9. Rewarding Yourself with Food

The classic mistake of "I just exercised an hour and deserve an ice-cream sundae." Reward yourself with non-food rewards like a manicure, new music, a bubble bath or a good book.

10. Incorrect Facts

Get the facts by researching reputable websites like the U.S. Department of Agriculture's <http://www.choosemyplate.gov/> or find a registered dietitian to help separate fact from fiction.



Massage Really Does Help!

by Roberto Daza

A new study reinforced what physical therapists have long suspected: Massage, when coupled with traditional medical treatment, provides significant relief from chronic back pain.

That's good news for the 70 to 85 percent of Americans who experience back pain at some time. It's the most frequent cause of limited activity in people under 45, according to the National Institutes of Health.

Findings of the study, conducted by Seattle's Group Health Research Institute, were published recently in the *Annals of Internal Medicine*. They suggest that massage therapy provided greater back pain relief than conventional approaches alone. Massage recipients spent fewer days in bed, were more active and took fewer medications. Research suggests massage stimulates injured tissue and calms the central nervous system.

Nobuku Anderson, 68, was among the 400 members of Seattle's Group Health Cooperative whose persistent back pain led them to participate in the study.

For decades, she'd kept back pain at bay with regular exercise, sporadic massage and trips to the chiropractor. She also occasionally took aspirin. When she tried to carry a case of wine into her three-story townhouse one day in 2006, the pain seized her almost immediately. Collapsing to the floor, crying, she inched toward the phone -- and reached it four hours later to call for help.

"I knew I should not have tried lifting that," Anderson said of the 40-pound box -- more than a third of her weight.

In the emergency room, a syringe provided phar-

maceutical-grade relief. She recuperated, but never fully. The pain was still there. Anderson was paired with a physical therapist, who in 2008 suggested she join the institute's clinical trial. She would continue regular treatment with a bonus: a weekly, hourlong massage.

The 10-week trial was for those with chronic back pain that had no identifiable cause. Participants were randomly assigned to one of three treatments: pressure-point massage, relaxation massage or usual care -- what they would have received anyway, most often medication.

Anderson was assigned to the relaxation massage group.

"Almost immediately, it felt better and (relief) lasted a couple of days" she said, adding that subsequent massages offered longer relief.

At 10 weeks, more than one in three patients who received massages said their back pain had lessened or ceased. By comparison, one in 25 patients who got usual care reported improvements.

"For people who've tried more conventional treatment with no results, massage is a reasonable thing to try," said Daniel Cherkin, the study's leader and an investigator at the institute.

Its research has shown that massage is as effective in relieving chronic back pain as other treatments such as yoga, exercise and medication.

The study also found that after six months, massage recipients still reported pain relief. After one year, reported benefits were no longer significant.

The one surprising finding: Both massage types were found to be equally effective. Pressure-point massage, which targets injured ligaments and muscle, is often more expensive. The more common relaxation massage promotes relaxation throughout the body.

One in six American adults had a massage last year -- 25 million more Americans than 10 years ago, according to an annual survey by American Massage Therapy Association.

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Downtown Rutland



CVPS New Headquarters Proposed

The King of Silly, Todd Wellington, returns to delight young and old during Rutland's Friday Night Live on Friday, July 22. Later, Dank & The Funksticks deliver their funk/jam music later in the evening. Call the Downtown Rutland Partnership, 773-9380, for details.

The year's biggest senior get together is 10:00 a.m. to 2:00 p.m. Friday, July 22, at the Vermont State Fair Grounds on South Main. Host for the day is the Rutland County Meals on Wheels program, providing food, entertainment and senior safety demonstrations. For details and reservations, call the Southwestern Vermont Council on Aging, 786-5991.

If your pastimes are more inclined to the agrarian, drop in at the Vermont State Fairgrounds for the 4-H dairy show, both Saturday and Sunday.

Southwest Freedom Riders plan a benefit for Silver Towers Camp in Ripton, VT on Sunday, July 24. Outdoors in Motion hosts the sign-in from 9:00 to 10:00 a.m. All bikes are welcome. Find out more at (888) 299-SWFR.

Or have a leisurely four-course Sunday dinner on the Vermont Dining Train, getting on in Rutland and gliding to Fort Edward, NY. Call (800) 292-7245 for details.

How's your summer reading coming along? Is your stack getting low? Grab a few more books for your stack at the Friends of the Rutland Free Library Monday, July 25, from 4:00 to 8:00 p.m.

What a summer for some of your favorite movies!

Twister shows Monday, July 25 at 7:00 p.m.; Napoleon Dynamite, Tuesday, July 26, at the Paramount Theatre, downtown Rutland. Call 775-0903 for the box office.

The Fox Room at Rutland Free Library hosts Southern transplant Jane Napier, using music and puppets to tell the South Louisiana version of The Three Little Pigs. Her audience is children age 4 through 10. The program is 2:00 to 3:00 p.m., Tuesday, July 26.

Take your pick of the wealth of music in a Rutland summer. Musicians from the Killington Music Festival offer a free noon concert in the Rutland Free Library's Fox Room, Wednesday, July 27.

Gather 'round the Rutland Main Street Park gazebo to hear classic big band music out of the 1940s – tunes like Sing Sing Sing and Stardust – performed by the Marble City Swing Band Wednesday, July 27. The music begins at 7:00 p.m. Bring your lawn chair and/or picnic blanket.

Local singer/songwriter and music educator Phil Henry presents an outdoor concert on the West Rutland Town Hall Green, Thursday, July 28, from 6:00 to 8:00 p.m.

Tracy Tedesco takes over head coach duties for the Mount Saint Joseph Academy cheerleading program this fall. She brings more than 20 years of cheerleading coaching experience with her.

New at Rutland Regional Medical Center is hospitalist Brad Bissell, M.D. Part of his background includes a geriatric fellowship as a resident at St. Vincent's Hospital in New York.

Rutland Catholic Schools present Honor Our Past, a benefit for student scholarships, the evening of Thursday, July 28, at the Holiday Inn in Rutland. Honorees are the 1976 Vermont State football champions, Rev. Monsignor Reid Mayo, and Mrs. Jean Solari O'Rourke '50. Call

775-0151 ext. 112 to put in a reservation.

Wonderfeet Kids' Museum is garnering support for a permanent children's educational activity center, with volunteer-built exhibits that lead children to discover and learn. Growing out of Rutland's Creative Economy organization, it occupies 5 Center St., formerly King's Fine Furniture, and is open Friday evenings and Saturdays. Call Myra Pepper, (740) 630-8404, for specifics.

Mill Village Chapel holds a flea market from 10:00 a.m. to 2:00 p.m. Saturday, July 23. The chapel is on Route 7 North between CVPS and the Rutland Veterinary Clinic. Call 773-6947 for details.

Kate Lawrence of Rutland Regional Medical Center was recently elected president of the WOCN (Wound Ostomy and Continence Nursing) Society.

No "Smoke 'Em Dope 'Em" dispensing in Rutland, the Rutland Police Commission recently decided to advise the City aldermen. State law allows as many as four non-profit marijuana dispensaries in the state, but no sites have yet been designated.

Marble Valley Regional Transportation District (MVRTD) recently announced that season bus passes now cover all routes, both in-city and out-of-town. Currently, all fixed-route buses also sport bike racks so that commuters may take their bicycles along for part of their way to work or recreation. Find out more by calling 773-3244 ext. 117.

Developer Chris Fucci is proposing remodeling Smalley Square, 230 West St., to be corporate headquarters and energy innovation operations for the merging Central Vermont Public Service and Green Mountain Power utility companies. Were his proposal accepted, Fucci estimates physical work on the project could begin in 10 days.



Cleaning Your Pet Has Never Been Easier!

Located at the Howe Center, attached to the Quick 'n Brite Auto/Truck Wash you will find a Self-Service Dog Wash.

A recommended treatment consists of: Shampoo, Rinse, Conditioner, Rinse, Dry. Also available is a disinfectant cycle, if you choose to use it, for 15 seconds before your dog enters the tub. You can choose from a Gentle Dry or Super Dry, an Oatmeal Treatment or Veterinary Shampoo. There is an option for De-Skunking and a pet vacuum too. Some other items are available thru vending, such as eye & ear wipes, and even a Doggie Treat!

Please stop by and check it out. There are two separate stations for your convenience. The dog wash is open between the hours of 6 a.m.–10 p.m.

Friday Night Live July 22

The excitement and fun continues at Friday Night Live from 6 - 10 pm. Be a part of the city's biggest block party.

The evening starts off with Todd Wellington, better known as "The King of Silly." He'll make you laugh throughout he act. The show begins at 6:15 pm in front of the Lake Sunapee Bank building.

At 7:00 a local teen band, All Year, will take to the stage located near the corner of Center and Wales Street. The band is developing a popular following so check them out.

To top off the evening, another local band takes to main stage at 8 pm. Dank & the Funksticks are a familiar name to many as they're based right in Rutland. Just head to stage near the Lake Sunapee Bank building.

Wonderfeet, The Kid's Museum, will be again open 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 "Farm to Fit." Come in and have fun between 6 - 8 pm.

From 6 - 9 pm The Mentor Connection is conducting a Kinect Dance Event in the Brick Box. Kinect is a dance

based video game that offers lots of fun and good exercise. This is free and open to children of all ages.

And if you see people dressed in Shakespearean costumes on Center Street during the evening, they're members of the Rutland Youth Theatre. These young thespians will be performing short segments of the group's future performance of The Merchant of Venice. Go in to Book King at 6:30 to see the excerpts!

As usual, the stores and restaurants will be open and portions of Center Street lined with vendors. Also, head over to Merchants Row to check out the open stores. Come to Downtown Rutland and Shop. Eat. Be Entertained. Rain or shine, Friday Night Live goes on with activities commencing at 6 p.m.

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The Victory Garden Roadside Dining

Finally we have had some days of sunny weather. I could paint the trim around a window and watch paint dry. I could weed the salad garden and watch the various lettuces grow. Or I could take a drive to see what's growing.

One of the first things you may notice by the roadside are sumacs. Stag horn sumacs to be exact, *Rhus typhina* for those who care. *Rhus*? Isn't that in the same family as poison ivy? Yep. Stag horn sumac is not poisonous? Nope! Neither are cashews or mangoes. Technically cashews are poisonous until roasted and the sap from the mango tree will blister your hide.

The red flower pods are useful in two ways. Steep several pods in boiling water, squeezing out all the red color. Strain, sweeten to taste, and a few ice cubes. I will call it Mountain Lemonade, but any old Boy Scout will remember it as Indian Lemonade. Take a couple of the most colorful pods and dehydrate them. Rub the dry flowers off into a blender and pulse a few times to grind into a powder. This is the sumac sold in Middle Eastern shops for about \$5.00 an ounce or more.

The next plant to look for is the wild parsnip. Yes, the dreaded poisonous hemlock. The sap from this plant will produce blisters which might not heal for months or even years. Domestic parsnips grown from seed in the home garden will cause the same burns, but until now, you didn't know that. Wild parsnip looks like Queen Anne's Lace, except the flowers are yellow.

Mark the best plants and wait until the killing frosts to dig them up. Mulch the ground so it doesn't freeze solid. They will be very good at Thanksgiving or Christmas. Boil until tender, then sauté in butter until lightly browned.

Daryle Thomas is a Master Gardener volunteer with the UVM Extension System ©2011KDT/ARR

Big Banks Ate Everyone's Lunch

as reported by CNBC

US banks should be allowed to take a hit from risky investments if the free market is to be preserved, Sean Corrigan, chief investment strategist at Diapason Commodities Management, told CNBC Monday.

"The privileged few clustering around the Treasury Secretary and the Fed have eaten everybody else's lunch," Corrigan said.

Federal Reserve Chairman Ben Bernanke said on Thursday that another round of quantitative easing was not imminent, after the second round was completed.

Corrigan believes that there will eventually be another round of quantitative easing, but not until after the worst of the economic gloom has passed.

Standard & Poor's warned last week that it may cut the US debt rating as prolonged discussions in government failed to find a resolution over the debt ceiling issue.

One key sticking point lies in raising taxes on higher earners, which many Republicans object to.

"If you want to preserve some kernel of the free market, you can't have corporate welfare socialism and then expect all the austerity to fall at the bottom of the pile," Corrigan said.

"This is supposed to be a free market where informed investors take decisions to invest their capital and when the capital risk backfires they have to pay for it," he added.

On Sunday, White House budget director Jack Lew said there had been "activity and progress" in efforts to conclude to raise the debt ceiling.

Some Republicans, including Michelle Bachman, one of the party's potential Presidential candidates, have vowed to vote against raising the debt ceiling.

"We know that the burden of debt payment is almost certainly unpayable under the current structure," Corrigan said. "We can only presume that efforts are being made, although we can't always approve of the direction they are taking."

The bailout of many of the US banks in the wake of the credit crisis, after Lehman Brothers had collapsed, was misguided, he believes.

"If a bank goes bust, its assets will fall into stronger hands," he said.

"These are pretty deep global markets, and there are trillions of dollars in the world, with lots of people looking for an investment opportunity. Give them one."

Credit Card Bill Requires Discipline To Fix

by Steve Buccci

Dear Debt Adviser: I am considering refinancing my mortgage. My plan is to take out cash to pay off my \$80,000 credit card debt, which is more than the \$63,000 I owe on the house. I can easily handle the new monthly payment. With the savings from not making credit card payments, I can make additional payments on the mortgage principal. My current mortgage has 11 years remaining, and the new mortgage would be for 15 years. So in other words, I'd be paying my house off in about the same time frame, anyway. Would this be a well-advised move? -- Robert

Dear Robert: Eighty thousand dollars on your credit cards? That is a huge amount of debt. Before you do anything, I want you to seriously analyze how you acquired so much debt.

Now, let's address your main concerns. First, remember that the refinancing will not really pay off anything. It will just move your debt around. Furthermore, it could

end up hurting you ultimately. Your \$80,000 in credit card bills will be converted from an unsecured debt to a mortgage secured by your home. That's why I'm so concerned that you change your spending habits first. Otherwise, you are quite likely to end up in the same debt situation.

So with your promise that you will develop a workable spending plan to keep your expenses in line with your income -- and stop using credit cards to carry debt over from month to month -- let's talk about your refinancing options.

Let's say you decide to do a traditional 15-year fixed-rate refinance of your existing mortgage with a cash-out option to pay off the \$80,000 credit card debt. If so, I would encourage you to organize your budget so you can repay the loan in five to seven years.

As an alternative, depending on the current rate of interest on your existing mortgage loan, you might consider using a home equity line of credit, or HELOC, instead of obtaining a new, larger first mortgage. The HELOC interest rate would likely be lower. You should be able to pay off the debt in a shorter time. That would save you on interest payments. It also would reduce the time period where you'd be most at risk to financial surprises like illness or a layoff. My experience is that as soon as you make yourself vulnerable to a problem, it shows up.

A traditional refinance may be the best option if your goals are to: first, get a lower rate on your primary mortgage, and second, pay off the credit cards. However, if you already have a fairly low interest rate on your mortgage, a HELOC might be the better option.

I want you to lose your debt, not your home. So here's an added note of caution: You are taking on added risk with either a HELOC or a mortgage. You are moving a rather large debt from unsecured terms -- credit card accounts -- to a secured loan using your home as collateral. If for any reason you default on your new loan, your home is at jeopardy.

The Mountain Times



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Home & Garden

Watch For These Grape Problems

by Dr. Leonard Perry, UVM Extension Professor

Mildews and black rots are some diseases to watch for on grape plants, while main pests include the grape berry moth, Japanese beetles, and rose chafers.

Good management such as selection of disease resistant cultivars (cultivated varieties), proper and sufficient pruning in spring to allow air circulation, and keeping leaves and fallen fruit raked up in fall, go a long way to preventing diseases. If your vines, however, don't escape insects or disease, you may be able to pick them off if just a few leaves affected or insects caught early, or these vigorous plants can tolerate low levels. If you do use sprays, make sure they are labeled for the problem being treated, that you correctly identified the problem

(trained professionals at nurseries and university plant clinics may help), and that you follow all label directions and precautions.

If you suddenly see stunted and deformed growth, this symptom is often not of a disease but rather a reaction to herbicides applied nearby. This is quite common in grapes grown in or near lawns to which weed and feed products have been applied. Grapes are quite sensitive to herbicides, so don't use them anywhere near your vines.

Black rot is a fungal disease which covers the leaves with brown spots and black pimples, and turns the fruit black, rotten, and shriveled. It can occur any time during the season during warm and wet conditions. Good sanitation by cleaning up old fruit and leaves will help greatly by preventing it from overwintering.

There are two different mildew diseases to watch for on grape vines. Downy mildew covers leaves, new shoots, and fruit with a gray down, and eventually rots fruit. Powdery mildew shows up as a white, velvety substance covering leaves, twigs, and fruits. This is similar, but not the same organism, as causes mildew on flowers such as zinnias and lilacs, or vegetables such as squash. If using sulfur-based sprays on these mildews, keep in mind that some American grape cultivars such as Concord, Chambourcin, Foch, and Leon Millot are sensitive and can be damaged by them.

Another disease you may see when conditions are moderately warm and wet are fruit rots caused by gray mold (botrytis). These are common on cultivars with dense fruit clusters. Early in the season, buds and young fruit turn brown. During the season you may see large, reddish-brown dead areas on leaf edges. Fruits turn color and rot. Remove infected leaves, thin clusters, prune to increase air circulation, and hope for drier weather.

Grape berry moths are the main source of wormy grapes, and perhaps the main insect pest in many areas. Their larvae feed on flowers and young tender growth in spring, then enter young fruit where they eat the pulp. Look for the webbing in which they often encase themselves, or for reddish spots on berries. You can control them by picking off infected fruit if not many, by removing leaf litter under plants in fall, or by insecticides early in the season.

Japanese beetles particularly are attracted to grapes and many members of the rose family, including roses and brambles. Simply knock them off into a pail of soapy water. Traps for these are widely available and commonly used. Since these are quite attractive to the beetles, which feed on your plants en route, place traps as far away from your grapes as possible. Milky spore is a biological control that works on the beetle grubs in warmer climates (zones 6 and warmer).

Rose chafers eat blossoms, buds, and newly formed fruit early in the season. The straw-colored beetles, about a half-inch long, also skeletonize leaves in June and July. Usually they are most troublesome on vines grown on sandy soil. If there are just a few, knock them off into a jar of soapy water. Check frequently, as more will likely fly in.

While these are the main pests to watch for, others that might show up in some areas are cane girdlers, grape flea beetles, and common pests such as aphids, leaf hoppers, leaf rollers, and mites. Raccoons, skunks, and opossums also like

grapes, and may beat you to the harvest. The best control for these is a low electric fence, 6 inches off the ground.

In regions where birds steal the fruits, you may need bird netting. Suspend the netting above the plants, as laid right on the vines the birds can reach through to the fruit. Or grow Concord grapes, which they often don't bother. Other bird repellents such as aluminum pie plates and reflective balloons blowing in the wind are only marginally effective; placing paper bags over each cluster works for people with time or just a few fruit.

When harvesting, watch out for yellowjackets that can damage the picker, as well as the fruit. They are attracted in late summer and fall to the sweet sugars of overripe fruit. Keeping fruit picked, or fallen grapes raked up, will help keep these away.

Grape vines in home gardens often avoid the problems that commercial growers with large acreages have to control. While you should scout your vines weekly, if not more often, for these pests and diseases, you may see few if any.



Ask the Home Team

Q. I've never owned an air conditioner, because our family's house in the foothills stayed cool. But last year, we became empty nesters. We sold the house and moved into town, where some summer nights are uncomfortably hot. What's your advice on buying the most energy-saving bedroom air conditioner?

A. The easiest way to make sure you're choosing an energy-efficient window air conditioner is to look for the ENERGY STAR® label. Then, compare those models by looking at their "Energy Efficiency Ratio" or EER. The higher the EER number the more efficient the air conditioner.

Just as important: Make sure that the model is the right size for your room. An oversized air conditioner uses more electricity and leaves a room feeling damp and clammy. That's because an oversized unit quickly cools a room without removing sufficient humidity. You can view a sizing chart by visiting www.encyvermont.com.

I want to point out that, in many Vermont houses, the need for air conditioning can be eliminated or reduced with a few home improvements and some simple cooling techniques. The first step is a comprehensive job of air sealing and properly-installed insulation, which also will reduce heating-fuel use in the winter. Then, take low- or zero-energy cooling actions, like creating a cross breeze by opening windows in the cool part of the day (with or without window fans), closing windows before the day heats up, and shutting window coverings to keep out direct sunlight.

- Li Ling for The Home team

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

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

TYSON - 10 month old. Neutered Male. Coonhound. I'm a wiggly, affectionate fella who loves being with people. At times I think I'm a lap dog! I will need lots of exercise and play time to tire me out and keep me out of trouble.



SAM - 11 year old. Neutered Male. Domestic Short Hair Gray Tiger. I am a bigger declawed boy who thinks I'd like to go to a mellow home. I have lived with cats and dogs so I'm a pretty well rounded fella but it takes me a little time to adjust.



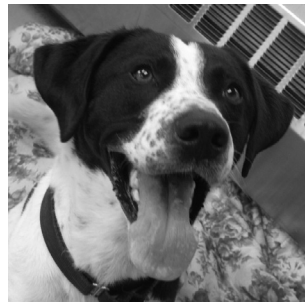
KOALA - 3 year old. Neutered Male. Chihuahua. I am a lively little dog who enjoys snuggling and taking sight-seeing walks! I am a delightful little dog with big melty eyes and a cute way of curling up in my blankie.



JASPER - 2 year old. Neutered Male. Domestic Short Hair Black. I am a kind little fella who came to the shelter as a stray from Castleton. I didn't like life outside and being unsafe too much.



LUKE - 5 year old. Neutered Male. Pointer/Labrador Retriever mix. I am a handsome dog who loves to call my crate home! I am eager to meet you and am ready for any adventure that may come our way!



RUFUS - 2 year old. Neutered Male. Domestic Long Hair Brown Tiger. Wow, life on the streets is no fun! I really enjoy getting my meals delivered and my bedding fluffed. I could get used to this.



SALLY - 1 year old. Spayed Female. Domestic Medium Hair Brown Tiger. I'm a petite young girl who is out to steal your heart. I can be a little stand offish with other cats but I love my people.



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



ITTY BITTY - 1 year old. Spayed Female. Domestic Medium Hair Black and White. I am a spunky little lady who likes to be the star of the show. I will play with almost anyone. I have lived with dogs, cats, rats and even hamsters.



GOLFER - 2.5 year old. Neutered Male. Pit Bull. I'm a handsome, wiggly, playful guy who knows lots of tricks! I know Sit, Shake, Down and High Five. I'm a smart fella who would love to learn even more tricks.



FIG NEWTON - 2 year old. Spayed Female. Domestic Short Hair Gray Tiger with White. I have been a great Mom and now that I have done my duty, I am looking forward to having my turn.



CHA CHA - 2 year old. Spayed Female. Domestic Medium Hair Black Tiger. I have lived with young children and a large dog so I think I can handle most things. I get along well with other animals as long as they are nice to me too.



All of these pets are available for adoption at
Rutland County Humane Society
765 Stevens Road, Pittsford, VT • (802) 483-6700
Wed.-Sun. from 12 - 5 pm and closed on Mon. & Tue. • www.rchsvt.org

Lucy Mackenzie Pet Feature

Hi! My name is Pumpkin Pie and I am an extremely playful young female spayed cat. I really do love to play. As a matter of fact, I think that's my most favorite thing to do but I can also be very loving. I would fit well in a home that has other cats as I tend to get along well with most everybody. Oh, and dogs don't scare me. I just see them as potential playmates! If you are looking for a sweet, fun loving girl to bring some entertainment and joy into your home, stop in and meet me. Lucy Mac is located at 4832 Route 44 in West Windsor, VT. We are open to the public Tuesday through Saturday, 12 - 4 PM. You can reach us at 802-484-LUCY(5829) or visit us at www.lucymac.org.



The Classifieds

REAL ESTATE

KILLINGTON - TIME-SHARE - MUST SELL. Killington Grand Hotel - Studio/1 full bath. Golf course views. Enjoy 13 weeks to use, rent, or trade at RCI resorts. Restaurant, pool, spa, fitness center, mini-market + more on site. Skiing is just across the sky bridge. \$10,000. 802-746-8149. 27/30

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

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

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

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

LOUISE HARRISON Real Estate, 38 Rt. 4E, Mendon, 05701. 802-775-9999. 800-483-6801. Sales & rentals. Visit our website: www.LouiseHarrison.com TFN

ERA MOUNTAIN Real Estate - visit our website www.killingtonvermontrealestate.com or call one of our real estate experts for all of your real estate needs including **SHORT TERM & LONG TERM RENTALS & SALES.** TFN

PRESTIGE REAL ESTATE OF KILLINGTON, 2922 Killington Rd. We specialize in the listing & sales of Killington Condos, Homes, & Land. Call us toll free at 800-398-3680 or locally at 802-422-3923. Visit our website at www.prestigekillington.com. TFN

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

Waitress Needed

On The Rocs Lounge
Must have transportation
Email resume to ontherocslounge@aol.com or apply in person (802) 422.ROCS

LONG TERM RENTALS

PLYMOUTH APARTMENT Avail. Sept. 1 (NEW): \$750/mo - utility allowance provided. Good for Couple. 20x12 living room, 14x16 bedroom, 2 bunks, washer/dryer, kitchen, full bath. Direct access to Bear Creek ski trails, vast trails, hiking, cross country snow shoeing or skiing. Call 203-858-4503. Toddgilman@sbcglobal.net 29/32

HOUSE FOR RENT - Bridgewater. 2br, 1.5 ba, Gambrel Colonial, beautiful meadow setting, Anex building, energy efficient, \$860/ mo + util. + secur. Avail. immediately. Scott - 802-672-2035. 29/32

KILLINGTON YEAR ROUND rental, 1 bdrm apt, good location, very low utilities. \$600/ mo. 781-749-5873 or 802-422-4157, toughfl@aol.com. 23/30

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

YEAR-ROUND RENTAL 1-BR furnished Mountain Green Condo. Includes cable, WIFI, Wood & Health Club, References, please. \$750/month. Call Judy Storch 422-3610 ext. 202. Owner/Broker. 22/TFN

SEASONAL RENTALS/SHARES

KOKOPELLI LODGE ROOMS for rent. Cable tv, private bath. \$125-\$150 weekly. Call Marty at 802-236-4409 or call 802-422-9888. 24/31

HOMES AVAILABLE by the weekend, week or month, in Killington & Chittenden. Sleeping 2 to 24. Call Louise Harrison Real Estate 802-775-9999 or visit www.louiseharrison.com. TFN

BUSINESS OPPORTUNITIES

YOUR NEW or growing business in Vermont. We have a wide range of affordable business space minutes from Killington and Okemo. Short term office incubator space; professional office space of all sizes; 1,000-5,000 sq. ft. prime retail. Many spots ready for immediate occupancy, or we'll build to suit. Call today for a free consultation. MKF Properties. A local business family since 1879. Phone: 802-747-0527 ext. 12. 39/TFN

1860 SQ. FT. of gorgeous office space available in Base Camp Outfitters building at bottom of Killington Rd. Call 802-775-0166 or stop by. TFN

OFFICE SPACE FOR RENT 500 square feet of affordable office space with private bath. In active complex on Route 4 in Killington. Call Jeff @ Roaring Brook Constructors 786-5200 or Walter @ ERA Mountain Real Estate 775-0340. TFN

FOR SALE

2003 CHEVY SUBURBAN well maintained. NADA rough trade-in, \$7,000. Asking \$6,800. Call Peppino's Lou, 422-9517. 29

OVER 30 CLEAN, used motorcycles in stock. Kawasaki VN1600 Mean Streak, Honda CB919, Honda VLX600, Honda VT750 AERO, Suzuki DRZ400, Suzuki DR650SE, Kawasaki KLX250S, Yamaha YZ250F, Honda XR70, Suzuki Burgman 400, Honda Reflex 250. For a complete list with prices, call 802-772-2014. M-F, 8-5:30. Sat. 8-3 or visit www.procycle.net 29/30

MATTRESS SETS - All Brand NEW in plastic with warranties. Sell \$150-615. Delivery Available if chip in for gas. Beth 802-735-3431. 26/TFN

FIREWOOD: GREEN & dry. Call 802-672-4690. TFN

FIREWOOD FOR SALE. We stack. 672-3719. 02/TFN

6KW PORTABLE GENERATOR by Coleman. Model 6250. 10HP Briggs & Stratton OHV engine. 120V/230V with multiple outlets. Run less than 20 total hours. Mint condition. Wheels and handle for easy moving. \$400 OBO. Call Royal at Mountain Times at 802-422-2399. TFN

TAG SALES

ESTATE SALE, 369 Tozier Hill Road, Pittsfield, July 23rd, 9-4pm, rain or shine, no early birds. 29

HUGE BARN SALE 5161 Rte 4 MENDON, next to Mendon Square Cottage, just after Old Turnpike Rd. coming from rutland or killington/pico motor inn. TFN

SERVICES

SIMPLY CATERING by Tracy: professional catering/party planning. Tracy Townsend, 802-353-0095. 28/35

HOURS AVAILABLE for cleaning your home or business. Call 779-7708, ask for Nancy. 25/TFN

PAINTING - Interior & exterior. Staining & power washing. Free estimates, fully insured. 802-345-5827. 22/35

CLEAN-UPS/OUTS, RAISED gardens, veggie boxes, sunflowers. 342-6715. 23/29

SUSIE-Q'S CLEANING (non-toxic homes-no moldy or extremely dusty ones please) & sliding scale massage. Personal organic chef/Buddha meditation gardens. Mendon. 802-747-9944, twowindbags@aol.com. TFN

EXPERIENCED PAINTER available immediately for quality interior and exterior painting and renovation. Reasonable rates. Call Jerry 446-2279. TFN

PROPERTY MANAGEMENT personalized service. General & 24hr Emergency. Maintenance & Repairs. One home or Ten. Call for more info, R&R Construction 802-989-5245. TFN

3 BR BUNGALOW ABSOLUTE AUCTION



Fri., August 26 @ 11AM
203 Mussey Street
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c. 1900, 3 BR, 1 BA, 1,138± SF Bungalow home on 0.65± acre. *Sells to the highest bidder, regardless of price!*
Call for Info & Terms or visit THCAuction.com
THOMAS HIRCHAK CO.
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HUNDREDS OF loving, adoptable animals killed in VT yearly due to overbreeding. Financial assistance for Vermonters on State/Federal assistance programs available. Send self addressed stamped envelope (#10) w/ 58¢ postage to VSNIP, PO Box 100, Bridgewater, VT 05034. One application per animal needed. For questions call 802-672-5302. TFN

LOST

LOST CAT - a small grey cat lost at the base of Pico Mountain Condos. Very shy & afraid of people. Her name is Suzie. If you see her, please call us at 352-502-9327 or 802-775-5440. We last saw her on June 29th. REWARD. 28/TFN

WANTED

NEEDED: FOSTER homes/ permanent homes for kittens. 802-779-6022. 28/TFN

BUYING ANYTHING Old. Postcards, pottery, jewelry, artwork, antiques, rugs. Best prices. Free estimates. Rick Wyman 236-3240. 51/TFN

PEOPLE OF ALL AGES who love trains of all sizes! You are cordially invited to become a member of the Rutland Railway Association housed in Center Rutland Depot next to Carris Reels plant on Depot Lane, Center Rutland. We meet on Sats from 11am-1pm. For more details: rutland-railway.org TFN

NEEDED: HOMES for previously free roaming cats. Spayed w/ shots. Outdoor setting w/ barn ok. Indoor foster placement for pregnant females & others. Serious caring inquiries only. 802-674-5007. TFN

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

FORECLOSURE COMM. BUILDING AUCTION



Wed., August 3 @ 11AM
99 Marble Street
W. Rutland, VT
2,011± Square Foot commercial building, formerly a diner. Attached 294± SF shed. Highly visible 0.11± Acre corner lot.
Call for Info & Terms or visit THCAuction.com
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EMPLOYMENT

SEEKING ENERGETIC, organized, creative self starter with special event, hospitality background for administrative / customer support for Pittsfield's Riverside Farm, Vermont's top destination wedding company. Candidate must have superior communication / organizational skills, be creative and detail oriented, and must be skilled in utilizing standard software products. Send resumes care of PO Box 294, Barnard, VT 05031. 29/30

HELP WANTED. Kitchen help, line cook, dish washer, part-time bartender, wait staff. Apply in person Tuesday thru Thursday Moguls sports pub, 2630 Killington Rd. Must have drivers license and references. 28/TFN

THE GRIST MILL is looking for talented & experienced line cooks. Please apply within. 28/30

FT DELI COOK to make sandwiches, baked goods and salads. Nights and weekends. Friendly, energetic and positive attitude required. Excellent pay, insurance. Call 672-6241 or apply at Bridgewater Corners Country Store. 25/29

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Auto Dealer will arrange low-cost financing even if you have been turned down elsewhere!

Loans available for **BANKRUPT • BAD CREDIT NO CREDIT**
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GRAPHIC PERSON NEEDED

The Mountain Times is currently interviewing for a 3/4 to full time graphic design and layout person. Must be competent with InDesign, Photoshop and general web support. Work to begin with in-house training in late August. Pay and benefits based on experience and qualifications. Please send resume to PO Box 183, Killington, VT 05751.

RealEstate

ASK THE HOME TEAM

Efficiency Vermont's home energy experts



Q. We're putting a screened-in deck on the house. We're looking forward to being able to be outside whether it's black-fly season or not! Do compact fluorescent lights (CFLs) work outdoors?

A. They sure do. In fact, if you plan to put them in outdoor fixtures that you'll also use in the winter, such as on the front porch, look for CFLs that are designed to work both in warm and cold weather. To find them, take a look on the CFL packaging and you'll see the operating or minimum-starting temperature.

Keep in mind that, as it gets very cold outside, it takes a bit longer for CFLs to come to full brightness. So they aren't a good fit for lights in outdoor spots where you want short periods of instant light on a bitter winter night.

As with all CFLs, these bulbs use up to 75% less energy than incandescent light bulbs and can last up to 10 times longer. And, like all fluorescent lighting, CFLs contain mercury - about 1/5 the amount in a watch battery. (To put that in perspective: Older household thermometers contain about 100 times as much mercury as in a CFL.). So, when it's time to retire a CFL, it can't be put in household recycling or trash. Recycle it at a participating hardware store or solid waste district. Enjoy your new deck!

-Li Ling 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? Call 888-921-5990 to speak with a customer service representative.

Get Your Home Ready For The Market

by Tina Fountain

If you're encouraged by the "pending" signs around your neighborhood, and want to put your home on the market, you first need to get it sale-ready. That requires a strategy, because depending on the upgrades your home needs, it might be a time-consuming task.

We're not talking major overhauls, like redoing bathrooms and kitchens. But there are changes you can make that will give a good return on your real-estate investment. The most productive changes you can make include updating the flooring, adding a fresh coat of paint, de-cluttering and cleaning like there's no tomorrow.

These sound easy, but actually getting them done is another matter.

Begin by assessing the updates and set an action plan that's six to eight weeks before listing your home. And consult with your Realtor and seek his or her advice on considering a professional home stager.

Here are some tips:

Updating wood floors

If re-sanding will do the trick, allow time to schedule professionals' visits and estimates. For partial or complete replacements, visit home-improvement stores or flooring specialists to see samples. Allow time for measuring, choosing flooring and getting written quotes for cost comparison. Flooring professionals need lead time to order your product and to book their service crew. Some will book you within a couple of weeks while others will need more time.

Re-carpeting

Hardwood flooring appeals to buyers, but replacing existing carpeting is less costly than laying hardwood. A carpet professional can help you choose something current, inexpensive and suitable

for showcasing your home.

Painting

If you're hiring a professional, allow time for estimates. Color selection takes time, especially when trying to find a happy medium between neutralizing your home's colors, keeping them modern and complementing existing or new furniture and fixtures.

Choose colors, and then bring home samples and apply to the walls so you can make a more informed decision. If you're doing the painting, plan time for removing and repainting floorboards, repairing cracks, applying drywall tape, priming and repainting ceilings.

De-clutter

Once the walls are painted and the flooring laid, you will need a day or two to de-clutter closets, the garage and so forth. You may want to rent a portable storage unit to temporarily remove items from view. You'll need a day's or even a week's lead time for delivery of the bin, a day or two to load it and another appointment to have it taken away to the storage facility.

Extreme cleaning

The more you can clean, the better. To save time and energy, hire a cleaning service to thoroughly clean the kitchen, its appliances and bathrooms. Hiring a professional window washer who cleans both the indoors and outdoors results in extra sparkle.

FAST FACTS

Your timetable

Start by choosing your desired listing date, then work backward.

Allow six weeks to have flooring completed.

Set a two- to four-week period before flooring completion for painting.

Allow several days to de-clutter and clean.

ERA Mountain Real Estate

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Awesome first floor ski-in/ski-out convenience! A minute walk to the Pico Sports Center with large indoor pool and state of the art exercise facility! This well maintained 2 bedroom/2 bath Pico condominium is being sold fully furnished and equipped! Great open concept floor plan, living/dining room with wood burning fireplace, adorable kitchen with breakfast bar, and two bedrooms each with their own attached bathrooms! Ideal condo for rental property investment or a sweet ski vacation home! Must see, seller motivated and priced to sell!

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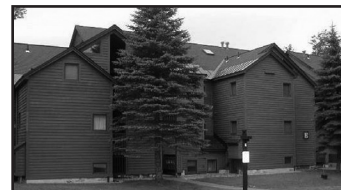
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IMMACULATE KILLINGTON HOME 3 BRs, 2 BAs, gourmet kitchen, LR w/large stone FP, private deck, nicely landscaped. Great location, level access. EXCLUSIVE.....\$325,000



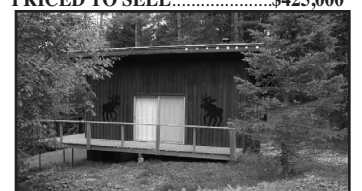
PICO VILLAGE SQUARE Walk out of your door onto Pico ski lifts & ski home from this beautifully maintained and tastefully furnished 3-BR 2-Bath condo w/ wood-burning FP & propane heat. EXCLUSIVE.....\$227,000



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



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



PITTSFIELD CAMP This very accessible 2-BR home borders a brook & is close to VAST snowmobile trails. LR w/vaulted ceilings, new carpet & a VT castings woodstove. EXCLUSIVE.....\$110,000



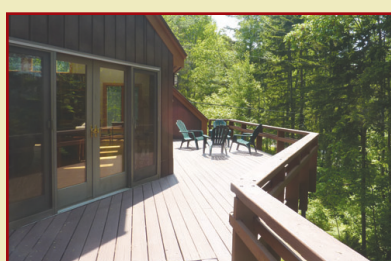
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Approx. 60 acres with well constructed solar powered log home adjacent to the Green Mountain National Forest. Propane gas furnace, 2 wood stoves, full basement and gas generator. Very private and secluded, adjacent to VAST system. 4-wheel drive a must. \$399,000

Visit us at our new location at the corner of Rt. 4 and Town Line Road!

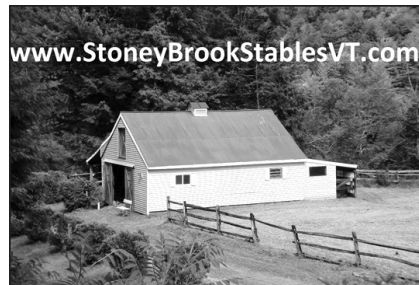
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Affordable horse property with dramatic mountain views. This well-maintained home on 5.86 acres features 3 bedrooms, 3 bathrooms, sunroom, fireplace and attached 2-car garage. For the horse lover, there is a barn with heated tack room, hay loft, water, stalls, fenced paddock, large pasture and miles of spectacular trail riding right from your door. Direct access to VAST snowmobile trails and ATV trails. \$195,000



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802-345-8530, kyle@SkiCountryRealEstate.com

See all Killington listings at www.KillingtonPicoHomes.com



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BETWEEN SNOWSHED & BEAR MTN • 2BR+LOFT+DEN+REC RM • Wood burning fireplace- Decks • Paved parking - gas heat - \$339K	DUPLEX OR LARGE HOME • 3BR/2BA per side, turn-key • Upgraded - wd burning f/places • Open Floor plan \$339K	PASSIVE SOLAR GAIN • Killington 2BR/2BA + Den • Open floor plan, new appliances • Economical utilities \$240,000	SHORT TERM-HIGH INCOME PRODUCER • Den+3BA-Cul de sac • Gas f/plc + outdoor hot tub • 2Master Suites, Furnished \$495K
HOT TUB & SHUTTLE AREA • 3BR/2BA-wood burning fplc • Recreation Rm-Laundry-Breezeway • Indoor hot tub building \$399K	ON VAST TRAILS • 3BR, 2.5 Acres-Garage • Radiant Heat-Tweed River • Large out bldg. \$349,900	GREAT TRAIL VIEWS • 3BR,4BA+den+Mudrm, 3Ac • large kitchen, indoor whirlpool • 2 master suites w/fplaces \$399K	MOVE-IN CONDITION • 3BR/2BA - 1 Ac- Oil Heat • Outdoor Hot Tub- Pico Views • Community Water Sys \$235K

Nicole Aponowich	Pat Linnemayr	Megan Boyle O'Neill

Interest Rates are Under 5%

Daniel Pol	Kyle Kershner

Eileen Godfrey	Meghan Charlebois	Tricia Carter

Lenore Bianchi	Claire Bousquet	Peter Metzler



	Studio-1BR	2BR	3-4BR
Ski In & Out			
Pico-Condos (P)	\$112-\$118K		
Sunrise Condos (P)(T)	\$145-\$173K	\$178-\$285K	
Topridge Townhouse (P)(T)			\$699K
Ski In / Shuttle Out			
Edgemont (P)	\$110K	\$245K	\$183K
Fall Line (P)(T)	\$120-\$138K	\$175K	
Highridge (P)	\$180-\$190K	\$275K	
Trail Creek w/loft (P)(T)	\$75K	\$114K	\$119-\$179K
Shuttle			
Mtn Green (Bldg 1 & 2) (P)	\$53-\$58K	\$85-\$99K	\$180K
Mtn Green (Bldg 3) (P)	\$50-\$79K		\$205-\$230K
Pinnacle (P)(T)	\$99K		\$370-\$400K
The Heights (NEW) w/oversized garage (P)(T)		\$149K	
The Woods - Village Center (P)(T)			\$180K
Close Drive to Slopes			
Hemlock Ridge (P)(T)		\$148K	\$180K
Fox Hollow (P)(T)		\$199K	
Glazebok Townhouse (P)(T)			\$239-\$249K
Colony Club Townhouses (P)(T)	\$79-\$99K	\$110-\$149K	\$200K
Killington Gateway (P)(T)		\$189K	
Moon Ridge T/House (P)		\$95K	
Northside (P)		\$125K	
Valley Park (P)		\$90K	
Silver Birch (P)	\$65K	\$325K	
Mendon Square (P)			\$440K
Pondview (P)(T)			
Telemark Village (P)(T)			
Winterberry "Detached" Townhouse (P)(T)			

CHARMING CAMP! • 2BR+loft-1BA- 1 1/2 Ac • Winterized, yr-rd use • Expansion Potential \$129K	2BEDROOM/2 BATH SUITES • Indoor hot tub room • Den with Bath - Mtn Views • Stone Fireplace \$390,000	BETWEEN KILLINGTON & RUTLAND • 4BR/3BA+LOFT, Rec Rm • Privacy-Deck-Master Suite • Cathedral- Efficient- \$278K	FINELY CRAFTED • 3BR/4BA custom home • Radiant Heat - walkout lower • cherry & tile flooring \$799K
POST & BEAM • 4BR/3.5BA, 4.7 Ac, landscaped • Open floor plan, pond • Mom in-law apt. \$449,000	GRIST MILL AREA • 5BR, 4BA Furnished, A/C • 9ft ceilings, outdoor hot tub • 2-car o/sized garage \$699,900	NEXT TO GOLF COURSE • 4BR/2BA -large Master • Spacious & Light Kitchen • Paved Driveway \$359,000	PASSIVE SOLAR GAIN • 4BR/3BA + 3.5 car garage • Solar design, loft/den, Paved driveway • Midway Rutland/Killington - \$450K
POST & BEAM • 3Br 2.5BA - 3 stall Barn+loft • Killington 22Ac, stone 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 \$259K	EXQUISITE RETREAT! • 3BR/2.5BA w/guest suite • 2 Stone fireplaces,loft, wine cellar • Overszd 2-car heated garage \$689K

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Hot Tub Room!
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