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The Mountain Times



Volume 40, Number 30

Central Vermont's Premier Weekly Newspaper

July 28-August 3, 2011

BOOMERS

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On The Hunt..

Let's Go Antiquing

by Royal Barnard

Vermont is a wonderful place to search for treasures, and there are a myriad of places to find them. Whether you're a resident or a visitor we can offer some good background information that will help you in your quest.

First, Vermont is a very old State. The first major wave of settlers came here around the end of the French & Indian War in the 1760's. We were not one of the original 13 colonies, but we were in independent "Republic of Vermont" from 1777 until 1791, when we became the 14th US State.

What this means is that you can find all sorts of historic relics here. It also means we have numerous historic sites, and a great number of local historians who are wonderful resources when trying to learn more in your area of interest.

Unfortunately, many "antiquers" are really bargain hunters and not true collectors.

This is particularly true in a down economy when a second source of revenue; like "picking" - then selling on eBay can be a viable occupation.... and lots of people are doing it.

The hierarchy of "dealers" works like this: There are "pickers" of all descriptions; a lot of general antique shops; a bunch of estate sale organizers; a few local specialty dealers; numerous local auction houses; national auction houses and specialty dealers; and then the world-wide market.

The pickers are those pesky folks that show up as "early birds" at all the tag sales. Their goal is to "pick" the bargains and steals before anybody else sees them.... like buying a box of "costume jewelry for \$5 and picking out \$500 worth of solid gold items.... which happens every day.

The pickers then sell wholesale to the

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Sidewalk Sales & Food Festival Returns to Rutland

by Don Wickman

What event attracts thousands of people to historic Downtown Rutland and starts this Friday, July 29? Yes, the annual Sidewalk Sales and Food Festival is returning to Center Street and Merchants Row in the downtown. Closed off to vehicular traffic, the streets are converted to a large open air marketplace and filled with an amazing assortment of vendors selling their merchandise and a variety of food items.

This year, the annual event runs Friday, July 29 from 9 a.m. - 10 p.m. and Saturday, July 30, 9 a.m. - 4 p.m. The Downtown Rutland Partnership sponsors the two day activity.

The activity kicks off on Friday at 9 a.m. with Sidewalk Sales. Downtown merchants and outside vendors line Merchants Row and Center Street offering great shopping deals. Stroll the streets and find clothing, jewelry, hardware, craft items, literally a whole potpourri of materials. Between shopping for deals, be sure to check out the food vendors intermingled along the route. Think of grabbing a snack, some lunch or even dinner.

A wide range of vendors will be participating.

On Friday, the stage at Depot Park will become filled with live music. Starting at 6:00 p.m., local favorite Rick Redington's Cigar Box Band opens the night's live entertainment. At 8 p.m. the ever popular Satin & Steel takes to the stage and will play until 10:00 p.m.

Many vendors will remain open until the music concludes.

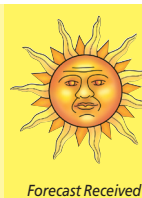
On Saturday, Sidewalk Sales reopen at 9 a.m. Check out our great vendors and don't overlook all the bargains! And don't forget about the food.

Just like Friday, there will be numerous food vendors cooking up wonderful morsels. Try a little Italian, sample some Greek, or go to the Far East with foods from Pakistan and Southeast Asia.

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WEATHER

Wednesday	Sunny	HI 74°
Thursday	Sunny	83°
Friday	Showers	85°
Saturday	Cloudy	88°
Sunday	Sunny	83°
Monday	Cloudy	82°

Forecast Received July 26, 2011

Antiquing

continued from page 1

the shop, specialty dealer or auction house, who subsequently attempt to sell to a buyer who is higher up the specialty chain, or they list on eBay, or they sell to a known collector.

Antique shops then fall into several categories, which include used furniture and “junk” stores; general antique shops; consignment antique malls (where many pickers have a booth - and often “pick” from each other - then sell on eBay); and a few specialty shops. True collectors will most likely be found buying in specialty shops, finding it way too time consuming and frustrating to wade through mounds of stuff that doesn’t interest them.

Organized estate sales are probably the most lucrative place to find high end items at low prices. However, it can be a nightmare to shop. Prospective buyers sometimes camp out over night at the door of the sale in order to be first in to grab the best material. Personally, I don’t have the patience for this, but some consider it sport.

I also don’t have patience for auctions, nor do I particularly like how some auctions are run. Particularly those sales where the auctioneer is complicit with the item owners and allows them to bid on their own goods or have a “shill” bidding on their goods just to push the price

up on eager buyers. Usually the “shills” all stand at the very back of the auction room so they can see and “work” the crowd on items they’re “protecting.”

Even so, deals can be had at auctions, but only if you really know what you’re buying. In general, I find at auctions that “junk” often goes for way too much money, and specialty items often sell cheap. I also see auctions used as places to dump “problem” pieces whose faults are often overlooked in the heat of buying.

At the specialty shop you can hope to be dealing with a knowledgeable, veteran dealer/collector, who describes his items properly, guarantees authenticity and condition, has a wealth of knowledge to impart along with the purchase, and takes credit cards, layaways and all that stuff that a good retail store does.

Or... you can sit at home or in your hotel room, or outside on the patio and “surf” the internet for deals and specialty goods. It’s so easy to connect with the world from almost any place on the planet.... with a cell phone, iPad, notebook computer.... by wifi, wireless modem, ethernet.... it’s just easy.

Typically, internet sales occur at places like “Ruby Lane” ... where all prices are fixed, but offers can be made...to “eBay” where fixed price sales, “offers” and auctions all exist together. The auctions may have reserve prices set, in which there is no sale at a price below the seller’s set minimum; or they can be a pure auction where a sale is absolute. From my experience, in a

giant venue like eBay almost any item will end up selling for all that it’s worth, and if you really want to sell you don’t need to bother with a reserve price. “Bargains” generally don’t happen on eBay.

You must remember, however, that eBay IS an auction house. “Shill” bidding does happen. Substandard goods are often passed off as perfect. Recourse is often not easy for unhappy buyers. Yet, you can find almost anything you want on eBay. There are millions of items, millions of sellers, and millions of bidders every day on eBay. Unfortunately, buying and selling policies on eBay have become arrogant and self serving. Selling costs on eBay now compete with fees charged by specialty auction houses.... pushing the best dealers away.... and eBay itself is a money machine that provides almost no real service to anybody other than “keeping the doors open.”

Now... plan your voyage. Know what you’re looking for. Study up on fakes and forgeries. Learn how to recognize real quality in your field of interest. Ask about the terms of sale from shops and dealers.... particularly return privileges and guarantees of authenticity.

Decide whether you’re shopping for “sport” or specialty. Read the yard sale, estate and auction ads in the local newspapers. If you’re in a strange town, ask around for information on where to find good shops and dealers. Who knows, you may end up with a real find on “Antiques Road Show” or a future family heirloom.

Sidewalk Sales

continued from page 1

Should you not be too daring, American favorites will be represented. For those over twenty-one years of age, Center Street Alley will be managing a beer tent located at the corner of Merchants Row and Center Street.

New this year for Saturday, will be two small stages set up on Center Street and Merchants Row. Acoustic musicians will be playing from 10:30 am to 3:00 pm. Here’s the lineup:

On Center Street:
10:30 a.m. - 12:00 - George’s Back Pocket
12:00 - 1:30 p.m. - Cody Larson
1:30 p.m.- 3:00 p.m.- Kevin Wortman and Chris Cornelius

On Merchants Row:
10:30 a.m. - 12:00 - Charles Woods
12:00 - 1:30 p.m. - Jim Sabatano
:30 p.m. - 3:00 p.m. - Jesse Lawrence
Bring the entire family for a full day of fun. The event will be held rain or shine and admission is free.

For the two day event Merchants Row between West Street and the Service Building will be cordoned off to traffic as will Center Street between Merchants Row and Wales Street. Small portions of Merchants Row north of West Street and Evelyn Street will also be closed.

Sidewalk Sales and the Food Festival could not happen without sponsorship support. This year’s sponsors are Key-Bank, Price Chopper, FairPoint Communications, VELCO, Keyser Energy, Casella Waste Management, Best Western Plus, VSECU and Berkshire Bank. Many thanks go out to the City of Rutland the Rutland Recreation Department and the Department of Public Works.

If you need more information about all the Sidewalk Sales and Food Festival contact the Downtown Rutland Partnership at 773-9380 or check out the web site at www.rutlanddowntown.com.

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Construction on Killington Peak



Thanks to Deb Burke for an awesome aerial photo of Killington, along with this report from Killington Resort CEO, Chris Nyberg: “As you can see we are poised to dismantle the Peak lodge! The interior is completely gutted and we expect to have the entire building on the ground by the end of this week.”

The removal of the old lodge is just step 1 in the construction of an entirely new facility at the peak.



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ON CENTER STREET:
10:30 a.m. - 12:00 - George's Back Pocket
12:00 - 1:30 p.m. - Cody Larson
1:30 p.m. - 3:00 p.m. - Kevin Wortman and Chris Cornelius

ON MERCHANTS ROW:
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12:00 - 1:30 p.m. - Jim Sabataso
1:30 p.m. - 3:00 p.m. - Jesse Lawrence

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BOOMERS

**If Grandma
Had a Cell Phone**

by Cindy Phillips



I used to visit my grandmother a lot when I was a child. She lived in Queens, NY which we referred to as "the city" since we lived out in the suburbs of Long Island (both miles and worlds apart). My sister and my cousin used to take me with them on their

adventures around Ridgewood. I don't think it was by choice, especially when they were teenagers and I was still "a kid". We would barrel down the stairs of the three-story tenement house and through the double doors of the vestibule. When we reached the street, we knew it would be a matter of seconds before grandma had her head stuck out the apartment window hollering to us. The words are still etched in our brains these 50 somewhat years later – they were always the same – "Watch your crossings".

Modes of communication in my grandmother's house included yelling out the windows, yelling into the hallway and occasionally the rotary-dial phone that sat on the dining room buffet. The back windows were used to converse with neighbors while hanging the daily laundry, while the front windows were for greeting visitors and grandpa's bar room patrons. If grandma was expecting a visitor, she would pull up a chair to the front window in the living room, prop a bedroom pillow on the sill, and wait. If the visitor would be arriving in a car, grandma would scout out available parking spots. If a good one opened up right in front of the building, she would send a quick message to the Blessed Mary asking her to hold it open for her guest. If you were visiting my grandmother, you always knew to look up at the windows when you got there because she would be standing vigil.

My grandmother's apartment was on the middle floor of the building with grandpa's bar on the first floor and my aunt's apartment upstairs. It was not uncommon to find my grandmother in the hallway either looking down and yelling "George" or looking up and yelling "Marie". This form of communication became quite comical once grandma started losing her hearing and often resembled some sort of Abbott and Costello routine gone bad.

Of course if one of the grandkids was visiting, the yelling method was quickly replaced with turning us into

gophers. More often than not, that gopher was me.

"Go ask grandpa what he wants for lunch," she would command. I would run down the stairs, get the order and be back in a flash in my attempt to please and impress her.

"Ham and cheese on rye bread with seeds," I would pant.

"Ask him if he wants butter or mustard on the bread," she replied. Lickety-split I was down those stairs and back again.

"Both," I would advise.

"Does he want potato salad with it," she would question. Moving just a bit slower, I would clamor down and up another time. "Yes," I would report.

"Does he want the sandwich cut in half?" she would continue.

By the time I delivered Grandpa's lunch, I was worn out. I would come back upstairs ready to plop onto the couch and quietly watch *The Price is Right* snuggled on Grandma's lap. I guess now that I think back on it, maybe that was her strategy. She could never get away with that these days. She would have simply texted Grandpa to get his lunch order.

I have to wonder what it would have been like if grandma had been around for our advanced technology era. What if grandma had a cell phone?

She and my mother and my aunts would be texting fiends. And they wouldn't have to switch over to German if they thought the kids were within earshot.

She would not have to rely on the "give me two rings" signal to know that we got home safely. We could simply call her within our friends and family rate.

Each time she sent one of kids on an errand, she could have called to remind us just one more time – to tell the man at the Chinese laundry "extra starch" in my grandfather's white shirts, to tell Mrs. Luger at the deli to cut the liverwurst thick, and to tell us to check the date on the bread before we bought it.

She would have needed a data plan so she could read the newspaper every day, shaking her head and making that "tsk, tsk, tsk" sound at all the crime stories.

I don't think Grandma would have liked today's technology. She was a simple woman who never asked for much except a kiss and a hug. Somehow our generation lost sight of that simplicity. We rely on technology for communication, allowing it to replace face-to-face encounters. Heck, we even send X's and O's via text and expect it is as meaningful as a real kiss and hug. Just another one of those "what happened to the good old days" recollections. Well, at least we can still watch *The Price is Right*.

Contact me at cphillipsauthor@yahoo.com. Read my blog at <http://lifeasaturkeysandwich.blogspot.com/>

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NATURE'S WAY

Yellow-Bellied Sapsuckers Provide Food For Many Species

by Michael J. Caduto

One mid-summer day while out for a walk, I heard a loud buzz and looked up to marvel at a hummingbird moving methodically along the bark of a basswood tree, lapping up sap that oozed from small holes chiseled by a yellow-bellied sapsucker. Although the sapsucker is saddled with a name that sounds like an insult, it plays a critical role in the lives of hummingbirds and many other animals.

Yellow-bellied sapsuckers are bold birds with a sporty plumage. Pastel yellow feathers on the breast are highlighted by a bright red cap and striking zigzag bars of black and white on each side of the head and neck. They also have a white wing stripe and a red neck with a bib-like black crescent.

"Sapsucker" comes from their habit of pecking neat, horizontal rows of holes in tree bark. They're especially fond of tapping basswood, apple, hemlock, sugar maple, and white birch. As soon as male sapsuckers migrate northward in late March or early April, they start pecking lattice-like patterns of 1/4-inch holes across trunks and branches to tap the sap of the inner bark (phloem) that carries sugar and other nutrients down from the treetops. They periodically clean out and renew the holes to keep the sap flowing.

Unlike sap drawn from the xylem (sapwood), which is tapped in the deeper holes drilled by farmers to make maple syrup and which contains from 2-3 percent sugar, phloem sap may contain 20-30 percent sugar. Sapsuckers use brush-like tongues to lap the sap that accumulates at the top of each hole. Once the flow subsides, sapsuckers move up the bark and start another row of holes. They also eat cambium and inner bark as they chisel.

The mix of sugar and other nutrients contained in the sweet sap is similar to flower nectar, so it's no surprise that the northernmost range of the ruby-throated hummingbird coincides with the summer breeding territory of the yellow-bellied sapsucker. When hummingbirds arrive in New Hampshire and Vermont in early May, enough sapsucker holes are already exuding sweet sap to supplement the nectar from early-blooming flowers. Hummingbirds continue to feed on sapsucker wells throughout the summer—they even shadow sapsuckers making the rounds of the best sap wells, chasing away other birds (except for sapsuckers) that come to feed.

But the impact of sapsucker activity extends well beyond hummingbirds. Their sap wells are nature's soda fountains for about three dozen different species of birds, including other woodpeckers, yellow-rumped warblers, Cape May warblers, eastern phoe-

bes, ruby-crowned kinglets, nuthatches, and chickadees. The sap also nourishes a host of mammals and insects, including squirrels, bats, porcupines, and insects from at least 20 different families, such as bees, wasps, hornets, and moths.

Some animals, like red squirrels, feed directly on the sap, while many others, including hummingbirds, also feast on insects drawn to the sweetness. Some fungi colonize the oozing sap, including one called "black bark" that forms dark, canker-like patches. Many bacteria and fungi that can decay and discolor wood enter trees through sapsucker holes.

Studies show that the diversity of many forest species, as well as the size of the population of each species, is greater in areas with high levels of sapsucker activity. Because of this effect, sapsuckers are considered a keystone species—they have a critical impact on the surrounding ecological community that goes beyond what would normally be expected from their numbers. Beavers are another example of a keystone species—their ponds provide critical food, water, and cover for an array of plants and animals.

Late sleepers, however, might describe sapsuckers as more of a hammer-stone species as males bang their notoriously loud "rat-a-tat-tat" territorial calls on metal

roofs, chimney caps, and other resonant surfaces. In our region, sapsuckers often chisel nest holes in the punky wood of aging aspens infected with white trunk rot fungus. They also nest in cottonwood, beech, pine, fir, maple, birch, elm, butternut, willow, and alder. Hatchlings call incessantly for adults to bring insect meals, some of which are coated in sweet sap like a bug fondue. Adults feed on tree sap and a smorgasbord of insects, including ants, which comprise up to a third of their diet.

Sapsuckers lap at their sap wells several times a day throughout the growing season. As summer advances and the sap wanes, sapsuckers tap the species of trees that have the best sap flow at any particular time. They also supplement their diet by eating more insects and partaking of ripening berries and nuts. Overall, their signature sap-tapping has a positive influence on the world around them, even as it remains the source of their dubious moniker.

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



50 Years of Art in the Park

Art in the Park celebrates its 50th birthday this year! In 2011, Art in the Park will be held August 13-14 and October 8-9.

Main Street Park is at the Junction of Routes 4 & 7 in the heart of Rutland. In 2011, attendees will see several new vendors who ply their craft in wood, stone, fiber, metal, glass, or clay; some put brush to canvas or use their keen eye with a camera. Also new for 2011, several vendors will provide hands-on demonstrations of jewelry making, spinning and knitting, or woodworking. Of course you will no doubt see your favorite artisans from past years. All items sold are handcrafted. Locally made food

will also be available from several new food vendors.

There is no fee for entry but voluntary contributions are welcome. The Chaffee Art Center, also celebrating its 50th year, is the event sponsor. The first fifty visitors at each gate will receive a complimentary canvas tote emblazoned with the Art in the Park 50th Anniversary logo. A free shuttle will bring Festival attendees from the free parking available at the Vermont State Fairgrounds to the Main Street Park and will run about every 20 minutes. The event is held rain or shine from 10 am to 5 pm each day.

You can visit www.chaffeeartcenter.org to view the list of current exhibitors and food vendors.

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Quilting Celebrations at Billings Farm & Museum

WOODSTOCK, VERMONT... Billings Farm & Museum, gateway to Vermont's rural heritage, will host its 25th Annual Quilt Exhibition from July 30 – September 25, 10:00 a.m. – 5:00 p.m. featuring over 50 quilts made by quilters residing in Windsor County, Vermont. Opening Weekend, July 30 & 31, will include quilting activities and demonstrations for every age and skill level, with quilters on hand to discuss their work.

In commemoration of the exhibition's silver anniversary, Looking Back on 25 Years – an exhibit of selected quilts from previous exhibitions – will be featured, in addition to a September Chautauqua (lecture series), exploring traditional and contemporary quilting; a Gathering of the Quilters' Clan evening, a 25th anniversary quilt, hands-on quilting activities, quilt stories for children, and daily quilt programs.

During the past quarter-century, Billings Farm & Museum has played a significant role promoting and encouraging the quilting tradition in Windsor County. Still considered both a creative and utilitarian household craft, renewed interest in the tradition dovetails with the museum's mission of celebrating Vermont's rural heritage. Since 1985, over 250 quilters have submitted more than 900 quilts for exhibit at the Farm & Museum.

Call the museum at 457-2355.

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Killington Softball League

by DJ Dave

In the biggest upset of the season, Ramuntos took out the Vermonsters in a come from behind victory. The Vermonsters had the early lead (5-1) but could not capitalize. Ramuntos fired up the hit machine and had three straight innings where they batted through the order. They almost beat themselves in the 5th inning as team fighting disrupted their mojo. Team Skipper Kelly brought the team together and gave them an inspirational speech that calmed them down and drove them to the 13-11 win.

The Vermonsters almost had a complete losing week but they were able to come from behind themselves to capture a hard fought victory against the Phat Italian. The Phat had the lead throughout the entire game but lost it when it counted the most, in the bottom of the seventh and lost 8-7.

The Heavy Hitters were an inning away from capturing a third victory but had to settle for a tie with Ramuntos. The Hitters had the late lead but Ramuntos used the "Baby Gate" strategy in the 6th to tie the game 7-7. Both teams went scoreless in the seventh and eighth and have

to resume at a later date.

In the lowest scoring game of the season, Moguls squeaked by the Clear Cottage 3-2. The Clear was shut out until the 7th when Gordy smacked a two run shot to avoid the goose egg.



The Clear rebounded big as they blasted the Hitters 21-1 in the Marshmallow War game. Tyler "Canadian Bacon" Teed had a tough outing for the Hitters as he struck out looking, got burned by DJ Dave for a two run double and collided with Phill in the first running in for a ball. The ball was caught by Phill as Tyler gave him a big hug and maybe

a kiss for good luck. It's difficult for Tyler as he is Canadian and measures the ball with the metric system. Hans also suffered a big "Cold Beer K" as he was shot with a marshmallow that blew his concentration.

Schedule:

8/1 & 8/3: Playoff Games TBD. Like us on Facebook at Killington Softball League to see more

There will be a Budweiser sponsored post game party Wednesday August 3 at the Clear River Tavern from 7-12am.



VTrans Encourages Safe Bicycling

As the weather warms and gas prices hover near \$4 a gallon, more Vermonters are likely to turn to their bicycles as a convenient and healthy way to make some of the short trips needed to accomplish their daily activities. Improving highway safety is a core mission for the Vermont Agency of Transportation (VTrans). VTrans encourages bicycling safety as an important component of the state's transportation system. Drivers are encouraged to "share the road" safely with all roadway users.

In 2010, the Vermont legislature passed Act 114, more commonly known as the "Safe Passing Law" which provides additional safety for Vermont's "vulnerable users." Vulnerable users are defined as pedestrians, people using wheelchairs, bicyclists, people on horseback, roller skiers and other users of non-motorized means of travel. The Safe Passing Law includes a requirement that motorists pass bicyclists with "due care, which includes increasing clearance, to pass the vulnerable user safely." The Vermont driver's manual indicates that motorists should allow 4 feet of clearance from bicyclists.

Penalties have been established for "improper passing" of a vulnerable user, which results in a \$156 fine and

4 points on your license and for "operating too close" to a vulnerable user, which bears a \$271 fine and 4 points on your license.

The bill also includes the following provisions:

- Prohibits motorists from throwing objects at bicyclists or other vulnerable users. The fine for doing so has been set at \$386 and 4 points on your license.
- Allows bicyclists to legally indicate a right turn by simply extending their right arms.
- Allows bicyclists to move left to make a left turn, avoid a hazard in the roadway or to pass another vulnerable roadway user.
- Requires bicyclists riding at night to have a rear light either on the bike or the rider or at least 20 square inches of rear-facing reflective material on either the bike or rider.

VTrans takes the safety of all users of the transportation system seriously. This is evidenced by the new Focus on Safety campaign that includes the Strategic Highway Safety Plan. The needs of bicyclists and pedestrians are being integrated into the plan. For more information, go to highwaysafety.vermont.gov.

Riding a bike is just one way for Vermonters to reduce their transportation costs and environmental footprint. VTrans also manages the Go Vermont program, a service that helps find efficient transportation options (carpool, vanpool and public transit) online in seconds. This program is a web-based clearinghouse for programs and services in the state and can be found by calling 1-800-685-RIDE. Registrants can obtain parking passes for designated carpool and vanpool spaces and also qualify for the "Guaranteed Ride Home" benefit (reimbursing registrants up to \$70 for alternative transportation (i.e., rental car or taxi) in the event of a personal emergency). Most Vermont citizens can save thousands of dollars annually by participating in a carpool or vanpool, or simply by taking the bus.

As you either walk, ride a bicycle or drive on Vermont's roadways this summer, please remember that most of the roads are open to all users and everyone needs to share the roads safely.

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Health & Fitness

Summer Heat and Health

by Lee Bowman, Scripps Howard News Service

As sweat pours from the pores of many Americans enduring summer heat waves, it might be time to do a little checkup on salt.

Most research over the past few decades indicates that too much salt in the diet overloads the kidneys and cranks up blood pressure, increasing the risk for heart disease and stroke.

Just this week, researchers working with federal health survey data reiterated the dangers of too much sodium on the circulatory system.

The new study published in the Archives of Internal Medicine, along with several other recent reports, also suggest that salt alone may not be the culprit.

The Archives study showed that the greatest risk to the heart comes not only from a diet high in sodium, but one that's also low in potassium. Specifically, those who had the highest salt intake and the lowest potassium intake were 50 percent more likely to die than those with the reverse numbers.

The findings come from an analysis of data from more than 12,000 adults who took part in a health and nutritional survey in 1998 and were tracked in the ensuing years for mortality. A total of 2,270 died, including more than 1,250 who died of cardiovascular disease (heart attack or stroke) or ischemic heart disease (poor blood supply to the heart muscle).

Researchers from the Centers for Disease Control and Prevention and several other institutions point out that nutrition data came from a one-time self-report when the surveys were first done, rather than from more objective measurements.

Still, they showed that men were eating an average of 4,223 milligrams of salt and 3,373 milligrams of potassium a day; women were consuming 2,916 milligrams of sodium and 2,444 milligrams of potassium. Dietary guidelines call for adults to consume no more than 1,500 milligrams of salt and no less than 4,700 milligrams of potassium daily.

Dr. Elena Kuklina, the CDC nutritional epidemiologist who led the study, noted that a diet heavy on fruits and vegetables will be naturally low in salt and high in potassium, while people eating more processed foods

are more likely to have the opposite ratio. But she also cautions that other micronutrients besides salt and potassium may influence blood pressure and disease risk.

Still, salt is vital to life. This time of year, athletes, outdoor workers and the elderly and very young (who have less efficient kidneys) need to be careful to match salt and potassium intake with the amount of water they're drinking to avoid a condition known as water intoxication. It can cause nausea, muscle cramps, confusion and even seizures and death.

Sports drinks or a salty snack and fresh foods like bananas and celery, high in potassium, need to accompany heavy water intake.

Low sodium levels have been linked to depression or anxiety, several recent studies have shown. Some of the same brain pathways tied to a craving for salt have been tied to drug addiction, which may explain tendencies to take solace in a bag of chips or large order of fries.

Research also raises questions about how the body responds when denied salt.

A recent European study, published in May in the Journal of the American Medical Association, showed that people who were excreting the least amounts of salt in their urine (based on a one-time, 24-hour measurement) were more than 50 percent more likely to die from cardiovascular causes than were those with the highest salt excretion levels.

Dr. Jan Staessen, a hypertension researcher at the University of Leuven in Belgium and senior author of the study, said this is the latest in a number of studies his team has done that don't show much of a tie between salt excretion levels and blood pressure. He conceded there were relatively few heart deaths (84) in a sample of about

3,600 individuals whose salt habits may have changed in the eight years following the one-time measurement.

Still, he thinks it's possible that cutting back too sharply on salt "can activate some of the systems that conserve sodium and they are known to have a negative effect on cardiovascular outcomes." That casts doubt on whether it's a good idea to set one-amount-fits-all guidelines for salt intake by everyone, he argues.

Childbirth Education Classes

Rutland Area Visiting Nurse Association & Hospice (RAVNAH) in partnership with Rutland Regional Medical Center offers Childbirth Education Classes for Parents and Parents-to-be. Learn how to be prepared for childbirth. Classes are held at RAVNAH and include a tour of the Women's & Children's Unit at Rutland Regional Medical Center. One couple in every class will win a car seat at a drawing at the end of the class. For an application and more information call 802.770.1502

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GolfNews

Okemo Valley Golf News

Men's League

Men's League race for the top four spots tightened a bit on July 19. The frontrunners took a tumble and teams from the middle of the pack moved closer to the top. Grabbing the top spot for the first time this week was UBS Financials of Rutland, as Ken Tedford, Herb Eddy, Larry Plumb and Tom Harris combined to win 21½ holes. Second place went to Built Rite MFG., as John Smith, JP Rousse, George West and Sonny Bragg combined to win 20½ holes. Third place was won by UBS Financials of Chester, as Beau Murray, Paul Doyle, Curtis Conover and Peter Modisette combined to win 20 holes. Closest to the pin winners were Tim Faulkner on the 4th hole and Peter Modisette on the 8th hole.

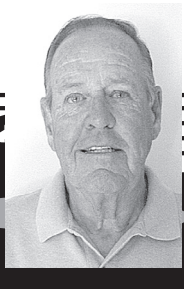
Ladies League

The Ladies' League at Okemo Valley Golf Club finally received a break in the weather and were able to resume play on July 20. The evening's format was the ever-popular three-club team scramble. Taking top honors for the night was the Ornament Emporium, as Pam Cruickshank, Pat Roelants, Jeanette Conderino and Pam Bruno shot a 39. Second place went to Coldwell Banker /Watson Realty, as Marty Harrison, Judy Lazetera, Jane Harrington and Dakota Chambers shot a 39. Finishing third was M&M Excavating, as Darlene Remy, Christine Fuller and Linda West combined for a 39. Closest to the pin winners were Harriet Parot on the 4th hole, and Peg Margiotta on the 8th hole.

Rules of the Game

By Alan Jeffery

USGTF Certified Golf Professional
Green Mountain National Golf Course



QUESTION: Dorina and Bob are playing in a tournament. On the 11th hole, Bob strokes his second shot onto the green. He marks and lifts his ball. When it was his turn to putt, he was unable to find his ball marker. After a few minutes, he found the ball marker stuck to the sole of his shoe. He believes he had accidentally stepped on the marker when Dorina was lining up her putt. Dorina says Bob should be penalized for moving his marker before replacing his ball. Is she correct?

ANSWER: The position of a ball must be marked before it is lifted and it is understood that the marker will remain in position until the ball is replaced. Dorina is correct and Bob incurs a penalty stroke. If the ball marker was moved in the process of marking or lifting the ball, there would be no penalty. See USGA Decisions on the Rules of Golf, 2010-2011, 20-1/5.5

Golf clinics continue on Tuesday evenings 5:30-6:30 and Saturday mornings, 10:30-12:00. Private lessons can also be arranged by calling me at 422-GOLF. Individual concerns are addressed. Video is also available at a nominal price. Please call the Pro Shop to arrange video. Remember, the swing's the thing and continuous improvement is what it's all about.



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News From Green Mountain National G.C.

by Spider McGonagle

The quest for the Green Mountain National President's Cup has begun and we have already had some great matches. In the first matches of the tournament defending champion Ken "The Machine" Lee eliminated Austin "Too Tall" Blackman and Nick Chiarella held on in a close match to defeat Marc Scott on Hole #17. Teddy Arbo was the first to enter the "Elite 8" by starting out with a chip-in for birdie on Hole #2 and keeping solid play throughout. He knocked-out Kirk Dufty in a hard fought, back-and-forth battle.

On the women's bracket, underdog Charlotte Januska moved ahead to the "Final Four" by beating fierce competitor and President's Cup veteran Dorina Link and Anne-Marie Blackman fought back after being down at the turn to eliminate newcomer Diane Becker!

While the kids may be back in school sooner than they'd like there is still plenty of time for GOLF! Our second Junior Golf Camp is ready to go on August 15, 16 and 17 (from 9am until noon) and \$99 per junior covers instruction, fun on-course activities and lunch each day. Our staff of golf professionals will help the kids with fundamentals of the swing, rules of the game and golf etiquette. Space is limited,

however, so call the pro shop today.

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.

Don't forget, we still have some great tournaments as we look toward August and September. Three of the Killington "Majors" are left to be played and will be held here at GMNGC. The Moguls' Sports Pub Tournament, the Santa Fe Steakhouse Invitational and the Lookout for Each Other Golf Classic are all coming up soon, so be sure to get your teams together!

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

This Week at Base Camp Outfitters Disc Golf

by Mike Miller

Big B wins!! Big B wins!!! He has been knocking on the door for some time now and his good play has earned him the number one tag. Not only that but he continued to defend it when challenged later in the week. Congratulations to Big B. During Tuesday night league play there was plenty of tag swapping. Mike C pulled himself back into the top ten and Mark D moved into 9th moving some 18 spots to do so. John M, Orin and myself went to the back of the class and ended up with some big tag numbers.

In mid week play there was a large group who gathered and it was full of low tag holders, including the

number 1 tag from BCODG and the number 18 tag from Green Mountain Disc Golf Club, that Tyler Teed scored in his awesome play at Sugarbush. This was a fierce day of Disc golf with everyone knowing there were some goods tags to be had and in the end this is how the week ended, Mike Miller, Wes McNeil, Zach P, Tyler Teed and Peter Gile. Still lots of summer left for those who wish to come out and see what this is all about. Tuesday nights are open to anyone and it is a great time to join one of the groups to learn how to play. See ya next week.

Top World Golfers

- 1 Luke Donald
- 2 Lee Westwood
- 3 Martin Kaymer
- 4 Rory McIlroy
- 5 Steve Stricker
- 6 Phil Mickelson
- 7 Dustin Johnson
- 8 Jason Day
- 9 Charl Schwartzel
- 10 Matt Kuchar

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O'Hair wins Canadian Open

VANCOUVER, British Columbia (AP) - Sean O'Hair won the RBC Canadian Open after tapping in for bogey on the first playoff hole on Sunday, and then watching fellow American Kris Blanks lip out his bogey putt from just over 5 feet.

It was the fourth PGA Tour win for O'Hair, but his first time in the top 15 during a season that had seen him miss 10 of 17 cuts coming into this event, and already fire a couple of Canadians - swing coach Sean Foley, who also now works with Tiger Woods, and caddy Brennan Little.

The 29-year-old O'Hair started the day three shots behind leader Bo Van Pelt before shooting 68 to get into the playoff with Blanks (70) at 4-under 276.

"There is not one second I'm not feeling like I'm going to just puke," said O'Hair, whose \$936,000 winning share was almost triple his season earnings coming into the week, and vaulted him up 104 places in the FedEx Cup playoff standings to 43rd with five weeks left in the race. "I'm sorry he missed the put but the fact I won knowing he missed it was just overwhelming."

It was the second-highest winning total on the PGA Tour this season, and the first non-major without a bogey-free round since 2008. Only eight players finished under par on the tree-lined Shaugnessy Golf and Country Club, so it was perhaps fitting that the \$5.2-million tournament was won with a bogey.

John Daly shot 72 to finish in a four-way tie for ninth at 280 - his first top-10 in six years - with current Masters champion Charl Schwartzel, amateur sensation Patrick Cantley, and Spencer Levin, who all closed with 69s.

Daly was taking a lot of positives from his performance.

"A ton," Daly said. "In the past I would have shot an 80 or 82 today."



Killington Golf News

—League News

July 19 - Mexican Night League Scramble

The winning team low gross of 34 on a match of cards was Chris Franco, Hilary Maher, Mike Perry, Janet Pacifico and Koko Restepo. Second place team was Kirk Turner, Dean Smith, Ron Granger and Eric Berzins.

Closest to the Pinata for men was Chuck Pacifico.

Closest to the line for men was Kirk Turner.

Closest of the line for women was Esther Birch.

Raffle giveaway - box of Noodle balls, golf shirt and Killington cap was Mike Perry.

Singles and teams sign up at the Clubhouse for Rally for the Cure Scramble to be held on August 9!

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

— Member Guest Tournament

Never Mind the Jungle... Welcome To The Beast. Killington Resort Golf Course will hold the annual Member-Guest Tournament, Friday July 29. Escape to the mountains for some fun and food at The Killington Golf Course! Team gross and net score winners, closest to the pin and longest drive prizes will be awarded. \$100 per team of two includes dinner. 1:30pm shot gun start. Best ball scoring format. Flights will be determined based on number of registered players. Call (802) 422-6700 for more information or to sign up.

Stay in Your Posture for Better Ball-Striking

By Jim Suttie

Did you know that over 65 percent of all golfers lose their original posture when they swing a golf club? Some will dip down on the backswing while the majority of you will stand up at impact. During lessons, I always hear after a ball was topped, thinned or fatted is, "Gosh, I looked up on that one."

Nothing could be further from the truth.

Yes, you probably did stand up, but it is very unlikely that you looked up.

Golfers, even professionals, will often lose their spine angle at impact. The result that typically happens for them is a block to the right or a hook to the left. This is because the standing up at impact makes you rely on your hand action, where you have to hang on to the club or release the club too early at impact. I have always said that the hands are chokers when it comes to being consistent. Golfers must use their body, and let their hands respond to the motion.

So what are you trying to do when you make a good golf swing? Getting a good posture at address is the first step. Once you are in a good posture, your goal should be to simply stay in that posture on the backswing, and turn your shoulders 90 degrees (perpendicular) to your spine. If you are able to do this, then you will be in a good position to start your downswing.

Many golfers either stand up on the backswing and lose their spine angle, or dip downward towards the ball. In either case, the movement up or down will cause inconsistent impact.

The downswing is somewhat similar to the backswing, in that the shoulders must again rotate 90 degrees

to the spine. When the upper body pulls away from the ball coming down, this is called "coming out of your spine angle" or "standing up." This can cause a lot of thin, fat, and toed shots.

A good drill to do on a daily basis to help train your body to stay in your spine angle both on the backswing and the forward swing is the flagpole drill. To do this drill, just find an old flagpole.

Assume your golf posture by bending forward from your hips about 25 to 30 degrees. Make sure you flex your knees ever so slightly. Then put the pole on your shoulders behind your neck with the arms extended on the pole.

Now, just turn your shoulders at right angles to your spine both on your backswing and your forward swing. To do this, you should pick a spot on the ground about six inches outside the ball. Point the end of the flagpole at that spot both on the backswing and the downswing.

If you concentrate on turning your shoulders at right angles to your spine, you will not stand up at impact and your ball-striking will improve.

Dr. Jim Suttie, 2000 National PGA Teacher of the Year is a Golf Magazine Top 100 Teacher and rated No. 15 in Golf Digest Best 50 Teachers.



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Bread & Bones 12:00 PM - Performing Brown Bag concert, Pentangle presents. On the Village Green, Woodstock. Rain site, Woodstock Town Hall Theatre. Free.

RAVNAH Blood Pressure & Foot Care Clinic (2) 12:30 PM - North Clarendon Community Center. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

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

Rochester Singing Group 5:00 PM - Acapella singing group meets Thurs., 5-6pm, Federated Church of Rochester. Practice spiritual music to sing to ill folk. Come & sing! 767-3012.

RACS Honor Our Past Event 6:00 PM - 3rd Annual Honor Our Past Dinner for Scholarships at Rutland Holiday Inn. RSVP 775-0151.

African Rhythms & World Music Drumming 6:00 PM - Killington Summer Concert Series. Pack a picnic dinner, bring a lawn chair and enjoy the music and views of the Valley from the lawn of the Sherburne Memorial Library on River Road in Killington at 6 p.m.

Folk By Association 6:00 PM - Performance part of River Road Concert Series, Thurs. til 7:30pm at Sherburne Memorial Library, Killington. Free, open to public. Bring a lawn chair, blanket & picnic. Rain site, Church of Our Savior. 422-3932.

Motorcycle Meeting 7:00 PM - Southwest Freedom Riders monthly meeting at Seward's Family Restaurant and Ice Cream, 224 N. Main St. (Rte. 7), Rutland, VT. All Bikes, New Members and Guests are welcome. For more information, please call 888-299-SWFR.

Possum Haw 7:00 PM - Performing as part of Concerts in the Park, Fair Haven. In the Gazebo. "PossumHaw is a dynamic, original, authentic bluegrass and folk quintet offering a genuine, energetic, and highly entertaining performance without gimmickry." Free. Rain site: Fair Haven Baptist Church.

Cellist Rachel Mercer 7:30 PM - in concert at Chandler Music Hall, Randolph. Suggested \$15 donation at door, \$10 students/seniors. 431+0204.

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

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

KOSA Music Festival Bring your family to evening concerts at the 16th Annual International Percussion Workshop, Drum Camp & Festival. Concerts Tuesday - Thursday plus the Friday 29th - Castleton Fine Arts Center. Box Office at (802) 468-1119

Ladies Night Out Women's Chorus Rehearsals LNO of Rutland preps for fall season of rehearsals for 2 performances the weekend after Thanksgiving Call 775-8004

Friday, July 29

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.

Eastern States Cup 12:00 AM - Killington Peak joins the roster of Eastern mountain venues for this competitive series of downhill mountain bike races. discoverkillington.com for details.

Book Sale 9:00 AM - at UU Church, 117 West St., Rutland. Friday 9-4, Sat. 9-3. 287-9338 for info.

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

Sidewalk Sales & Ethnic Fest 9:00 AM - Downtown Rutland, portions of Merchants Row, Center Street and Evelyn Street blocked off. Tasty treats representing assorted ethnic backgrounds, great bargains, live entertainment & children activities, 773-9380.

Foodways Fridays at Billings Farm 10:00 AM - Discover how Billings Farm & Museum uses seasonal produce from its heirloom garden in historic recipes. July 15 - October 14, from 10:00 a.m. - 5:00 p.m.

Arthritis Help 10:30-11:30am - Arthritis Pool Class. Holiday Inn Pool, 775-1911.

Blood Drive 12:30 PM - American Red Cross needs your help! Til 5:30pm, Woodstock Elem School. 1-800-RED CROSS.

Sherburne Pre-School Story Time 1:30 PM - Killington - Sherburne Memorial Library Event: Fris - Preschool Story Time, 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.

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 Nightclub Aaron Audet performs.

Okemo Summer Concert 7/29 6:00 PM - Jackson Gore Outdoor Music Series at Okemo Mtn presents Joey Leone Band. BBQ w/ wine & beer available. On the

grass in the courtyard at J. Gore Inn. Concert starts 6pm, rain or shine. okemo.com

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.

Shakespeare on Main Street 7:00 PM - July 29, 30, 31 & Aug 5 & 6 at 7 pm. Matinee on Aug 7 - 2 pm will be performing "Romeo & Juliet" July 30, 31, - 2 pm and Aug 4 - 7pm they will be performing "As You Like It." Outdoor performances will be on St. Raphael's Church lawn. 802-287-4270 for nfo.

Tom Lanigan 8:00 PM Nightclub Irish Music at McGrath's Irish Pub at Inn at Long Trail. 775-7181.

KOSA Music Festival Bring your family to evening concerts at the 16th Annual International Percussion Workshop, Drum Camp & Festival. Concerts. Tickets at the door, or reserve by calling the Box Office at (802) 468-1119

Saturday, July 30

Clarendon's 250th Birthday Celebration 8:45 AM - Clarendon celebrates with various events, programs, historical town information & displays at Clarendon Community Center. 802 773-6470.

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. Rutland

Sidewalk Sales Festival 9:00 AM - This year, the annual event runs Friday, July 29 from 9 a.m. - 10 p.m. and Saturday, July 30, 9 a.m. - 4 p.m. The Downtown Rutland Partnership sponsors the two day activity.

Clarendon Baking Contest 10:00 AM - On July 30th Clarendon will celebrate its 250th Birthday. "Chocolate Chip Cookie" contest is open to contestants ages 10 to 17. For more information call Bob or Joan Bixby at 773-6470.

Antiques in Woodstock 10:00 AM - 37th Annual Vt Antiques Dealers' Assn "Antiques in Woodstock" show at Union Arena. July 30, 10-5, July 31, 11-4. Special Guest Bob Hager

cuts ribbon Sat. 10am. 60 shops. 802-877-3359.

Blood Drive (1) 11:00 AM - American Red Cross needs your help! Til 4pm, Diamond Run Mall. 1-800-RED CROSS.

Merchant of Venice July 30, 2011 at 2pm Belmont Village Green, Mount Holly July 31, 2011 at 2pm Pine Hill Park Quarry August 6, 2011 at 2pm Wallingford Town Hall, Wallingford FREE EVENT (donations accepted) 802-558-4177.

Supreme Court Justice to Speak 5:00 PM - On July 30, Supreme Court Justice Stephen Breyer will be the featured speaker at the Calvin Coolidge Memorial Foundations gala at the new Coolidge Historic Center in Plymouth at 5 PM.

Spend a Night at VINS 6:00 PM - All ages welcome to camp out at VINS Nature Center. Bring dinner, set up camp, hear stories, go on short hikes, meet live animals, witness nocturnal activity. Bring camping gear or sleep in Pavilion. Register by July 27 at 359-5000.

Claire de Lune 7:00 PM - Killington Music Festival presents works by Shostakovich, Beethoven & more. Rams Head Lodge, Killington Resort. 422-1330 for tickets.

Merchant of Venice July 30, 2010 at 7pm Godnick Center Green, Rutland August 5, 2011 at 7pm Larson Family Homestead, 13 North Street, Middletown Springs August 6, 2011 at 7pm West Rutland Town Hall Green, West Rutland FREE EVENT (donations accepted) 802-558-4177

KOSA Music Festival Bring your family to evening concerts at the 16th Annual International Percussion Workshop, Drum Camp & Festival. Tickets at the door, or reserve by calling the Box Office at (802) 468-1119

Sunday, July 31

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

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. Info: contact Ruth Winkler, (802) 492-3324.

Rochester Chamber Music Society (1) 4:00 PM - Presents Bach and Consequences at the Rochester Federated Church. The music of Bach, Mendelssohn, and Dimiter Christoff will be performed by Geoffrey Dean on cello and Byron Schenkman on piano. A pre-concert talk with Larry Hamberlin 3:30pm. Free, donations gratefully accepted. 767-9234.

Rick Redington & the Luv 6:30 PM - Performing at Rochester's annual summer concert series on the park in Rochester village. Bring your dancing shoes, a lawn chair or blanket, and a picnic basket packed with your favorites.

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

Rutland City Band 7:00 PM - July 10 - Rutland. Rutland City Band performs summer concerts on the Green/ Rte 4 & 7 - Main St. Park. 7-8:30pm. Every Sunday thru Aug. 21. Themed concerts. Free! Bring a chair or blanket.

Monday, August 1

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.

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

Boys High School Basketball Camp 9:00 AM - Rutland Rec & Parks Dept at Godnick Center. Camp runs Aug. 1-5, 9-noon daily. Register at Rec Dept or call 773-1853 for info.

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.

Blood Pressure & Foot Care Clinic 11:30 AM - Pittsford Village Manor. Suggested Donations \$2 blood pressure, \$5 foot care. 775-0568.

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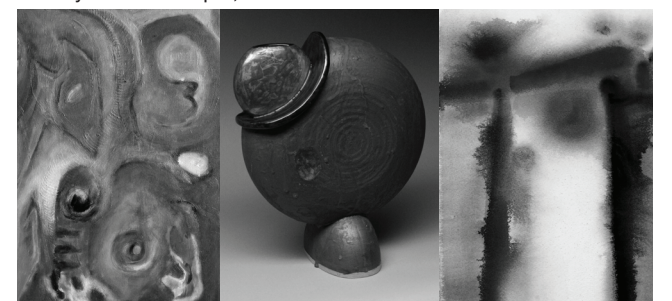
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CHAFFEE ART CENTER
Rutland Area Art Association

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

Closing Reception Brunch: Saturday, July 30, 12 PM
Children's Story & Music by Lynn Sandage at 1 PM
www.chaffeeartcenter.org
Sponsored by: Cabot Creamery & KeyBank

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

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 section, almost new hardcovers, trade paperbacks. 773-1860.

Town Meeting / Select Board Meeting
6:00 PM - Town of Killington Special Town Meeting on Voting by Australian Ballot, followed by regular Select Board Meeting. Sherburne (Killington) Elementary School.

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.

Triathlon Training
7:00 PM Sports

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

Paramount "Big Flicks" Film Series
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. Aug. 1, Rocky. Aug. 2, Grease.

Commit to Quit (1) Health Rutland. Commit to Quit program at RRMCC. 4 wk program begins on the first Mon. of each month. Mons. 4:30-5:30pm or Thurs. 9-10am. Register 747-3768. Free!

Tuesday, August 2

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
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 - Sherburne Memorial Library Event: Tues, 2pm - Matinees

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

Women's Cancer Support
5:00 PM - Rutland. Woman to woman cancer support group meets 1st Tues. of month, 5-6:30pm, CVPS/Leahy Comm. Health Ed Ctr, Conference Rm C. Pottluck meal. 747-1693.

National Night Out
5:30 PM - in the Fair Haven Park, til 8:30PM. A night of fun, free food, activities of all kinds, entertainment, music, dancing, surprise gifts AND a reminder of the dangers of substance abuse and crime and work to make them disappear, with health and safety taking over.

Bereavement Support
7:00PM-Rutland.Compassionate Friends organization offers friendship, understanding & hope to bereaved parents & families. 7-9pm, Grace Congregational Church. 1st Tues. of month. Info, 446-2278.

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.

Paramount "Big Flicks" Film Series
7:00 PM

Ramunto's Entertainment
7:00 PM Nightclub Tuesday Nights Open Mic entertainment

Starline Rhythm Boys (1)
7:00 PM - 16th Annual Castleton Concerts on the Green. Tuesdays, rain or shine, 7pm sharp, on the Green next to Federated Church. Rain site, Casella Theater, Fine Arts Center.

Grief Meeting
7:00PM-Compassionate Friends organization offers friendship, understanding & hope to bereaved parents & families. 7-9pm, Grace Congregational Church. 1st Tues. of month. Info, 446-2278.

Violinist Ilmar Galivan in Concert
7:30 PM - at Chandler Music Hall. Suggested donation at the door: \$10 adults, \$5 students and seniors.

Wednesday, August 3

RAVNAH Cholesterol Screening
8:30 AM - Includes total lipid profile & glucose. RAVNAH Office. 775-0568.

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

Mother Goose Story Time
10:30AM-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.

Blood Pressure & Foot Care Clinic
11:30 AM - Wallingford House. Suggested Donations \$2 blood pressure, \$5 foot care. 775-0568.

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

Reading Program at Sherburne Library
1:00 PM

Tea for the Soul
2:00 PM - Rutland. Tea for the Soul support group for those with chronic illness or life-threatening illness. 1st & 3rd Wed., 2-2:30pm. CVPS/Leahy Ctr at RRMCC. 747-1693.

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

Taste of the Pierce
5:15 PM - Delicious sampling of area restaurants including hors d'oeuvres, main dishes & desserts. Taste begins 6pm at Rutland Country Club (5:15pm doors open). Tickets at door \$25. 773-9153.

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.

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

Triathlon Training
7:00 PM Sports

Rutland Concerts
7:00PM-Summer Concerts in the Main Street Park, Wednesdays, 7-9pm. This week, George's Back Pocket. Bring a picnic, friends & family, and enjoy! Free.

Proctor Connection
7:00 PM - Free concert in Main St. Park, Rutland. Bring a picnic basket, family and friends and enjoy a summer evening.

Museums, Exhibits, & More

Art & Antiques on Center - 17 Center St, Downtown Rutland. Mon-Sat, 10-5. 786-1530.

BigTown Gallery - 99 North Main St., Rochester. 767-9670. Finearts exhibitions, one of a kind knitwear ensembles from the studio gallery, and an outdoors amphitheater. 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. 25th Annual Quilt Exhibition July 30-Sept. 25. 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" July 15 - 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.

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. Local artist Carrie Hayes and her exhibition of nature-focused oil-on-canvas artwork on display July 27 - Sept. 7. Aug. 5, free opening reception, 5-7pm. 359-5000 for info.

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

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.

Want to put something in our community calendar?

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

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



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Sunday, JULY 31, 2011
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Bordeaux – the French Giant of Wine

Although grapes have been grown in Bordeaux since Roman times, the earliest document indicating cultivation of a parcel of land dates from the early 1400's.

The Bordeaux region of France is the third largest wine-growing area in the world with just less than 300,000 acres under vine. Only the Languedoc wine region (also in France) with over 600,000 acres under vine is larger and California with more than 500,000 acres is a close second. Located halfway between the North Pole and the equator, there is more vineyard land planted in Bordeaux than in all of Germany or ten times the amount planted in New Zealand.

The biggest reason for the success of winemaking in the Bordeaux region is the favorable environment for growing vines. Geologically the region is dominated by limestone, leading to a soil structure that is heavy in calcium. The Gironde estuary brings water to the regions along with its tributaries, the Garonne and the Dordogne rivers, and together they irrigate the land and provide a maritime climate for the region.

Chateau Haut-Brion was the first recorded First Growth to be imported to the United States, when Thomas Jefferson purchased six cases during his French travels and had them sent back to his estate in Virginia. A good read for the summer is a book called 'The Billionaires Vinegar'. It's about the million dollar forgeries that happen and get sold at wine auctions. And also describes the wine business as a whole nicely, particularly Bordeaux.

Memorable owners have marked Haut-Brion for centuries: admirals, an archbishop, a Grand Marshal of France, a Governor of Guyenne, three mayors of Bordeaux, and more recently the Am-



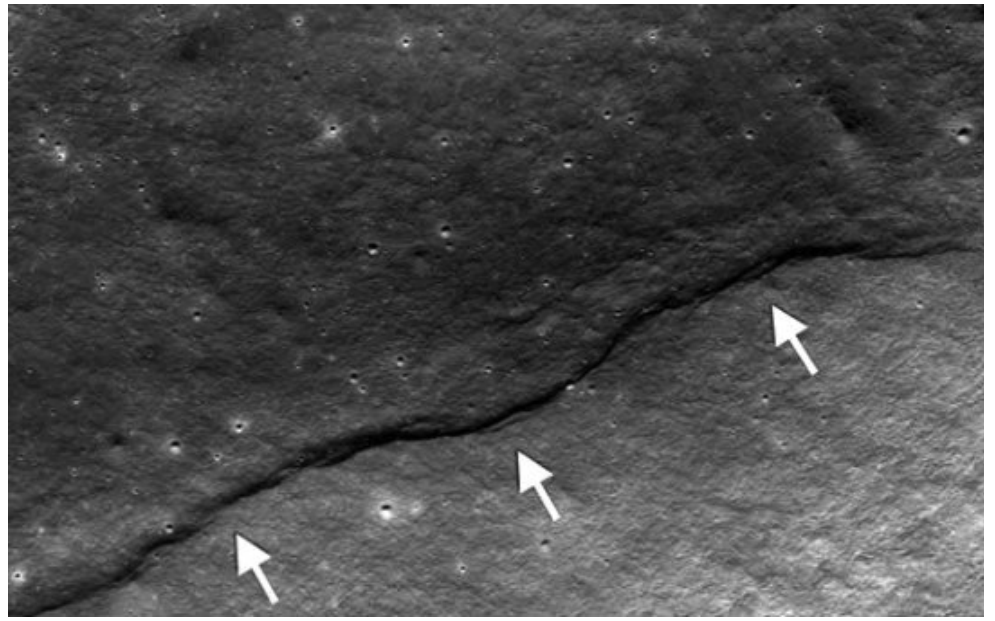
bassador of the United States in Paris, C. Douglas Dillon, who was Secretary of the U.S. Treasury when John F. Kennedy was President. Today it is the Duchesse de Mouchy, granddaughter of American banker Clarence Dillon, making Haut-Brion the only first-growth Chateau to be American-owned.

"Chateau Haut-Brion" is a First Growth in the Bordeaux Wine Official Classification of 1855; it was the only non-Médoc estate to be included in that classification. Located in the Graves region only a mile from the city of Bordeaux, the vineyard consists of 109 acres producing 12,000 to 15,000 cases of wine each year. The region's best vineyards are located on the well-drained gravel soils that are frequently found near the Gironde River. An old adage in Bordeaux is the best estates can "see the river" from their vineyard.

Red Bordeaux, which is also known as Claret in the U.K. or Meritage in the U.S. is generally made from a blend of grapes. Allowed grapes are Cabernet Sauvignon, Cabernet Franc, Merlot, Petit Verdot, Malbec, and Carmenere. Malbec or Carmenere are very seldom used these days, if so only in tiny quantities.

White Bordeaux, including the sweet Sauternes, is made from Sauvignon Blanc, Semillon, and Muscatelle.

As a broad generalization, Cabernet Sauvignon dominates the blend in red wines produced in the Médoc and the rest of the left bank of the Gironde estuary. Merlot and to a lesser extent Cabernet Franc tend to predominate in Saint Emilion, Pomerol and the other right bank appellations.



Moon's Rough 'Wrinkles' Reveal Clues to its Past

Written on the Moon's weary face are the damages it has endured for the past 4.5 billion years. From impact craters to the dark plains of maria left behind by volcanic eruptions, the scars are all that remain to tell the tale of what happened to the Moon. But they only hint at the processes that once acted -- and act today -- to shape the surface.

To get more insight into those processes, Meg Rosenberg and her colleagues at the California Institute of Technology, Pasadena, Calif. put together the first comprehensive set of maps revealing the slopes and roughness of the Moon's surface. These maps are based on detailed data collected by the Lunar Orbiter Laser Altimeter (LOLA) on NASA's Lunar Reconnaissance Orbiter. LOLA and LRO were built at NASA's Goddard Space Flight Center in Greenbelt, Md.

Like wrinkles on skin, the roughness of craters and other features on the Moon's surface can reveal their age. "The key is to look at the roughness at both long and short scales," says Rosenberg, who is the first author on the paper describing the results, published in the Journal of Geophysical Research earlier this year.

The roughness depends on the subtle ups and downs of the landscape, a quality that the researchers get at by measuring the slope at locations all over the surface. To put together a complete picture, the researchers looked at roughness at a range of different scales -- the distances between two points -- from 17 meters (about 56 feet) to as much as 2.7 kilometers (about 1.6 miles).

"Old and young craters have different roughness properties -- they are rougher on some scales and smoother on others," says Rosenberg. That's because the older craters have been pummeled for eons by meteorites that pit and mar the site of the original impact, changing the original shape of the crater.

"Because this softening of the terrain hasn't happened at the new impact sites, the youngest craters immediately stand

out," says NASA Goddard's Gregory Neumann, a co-investigator on LOLA.

"It is remarkable that the Moon exhibits a great range of topographic character: on the extremes, surfaces roughened by the accumulation of craters over billions of years can be near regions smoothed and resurfaced by more recent mare volcanism," says Oded Aharonson, Rosenberg's advisor at the California Institute of Technology.

By looking at where and how the roughness changes, the researchers can get important clues about the processes that shaped the Moon. A roughness map of the material surrounding the Orientale basin, for example, reveals subtle differences in the ejecta, or debris, that was thrown out when the crater was formed by a giant object slamming into the Moon.

That information can be combined with a contour map that shows where the high and low points are. "By looking at both together, we can say that one part of Orientale is not just higher or lower, it's also differently rough," Rosenberg says. "That gives us some clues about the impact process that launched the ejecta and also about the surface processes that later acted to modify it."

Likewise, the smooth plains of maria, which were created by volcanic activity, have a different roughness "signature" from the Moon's highlands, reflecting the vastly different origins of the two terrains. Maria is Latin for "seas," and they got that name from early astronomers who mistook them for actual seas.

Just as on the Moon, the same approach can be used to study surface processes on other bodies as well, Rosenberg says. "The processes at work are different on Mars than they are on an asteroid, but they each leave a signature in the topography for us to interpret. By studying roughness at different scales, we can begin to understand how our nearest neighbors came to look the way they do."

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nothing.

Tuesday 26th

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

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!

THUNDER IN THE MOUNTAINS

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The Merchant of Venice

Rutland Youth Theatre, with a cast of 12 local area teenagers, presents another great Shakespeare's tale this summer!

Show times and locations are as follows:

July 30, 2011 at 2pm Belmont Village Green, Mount Holly

July 30, 2010 at 7pm Godnick Center Green, Rutland

July 31, 2011 at 2pm Pine Hill Park Quarry (Giorgetti) in Rutland ½ mile hike in/out

August 5, 2011 at 7pm Larson Family Homestead, 13 North Street, Middletown Springs

August 6, 2011 at 2pm Wallingford Town Hall, Wallingford

August 6, 2011 at 7pm West Rutland Town Hall Green, West Rutland

Shows performed on Village Greens have a rain location nearby

All locations are handicapped accessible with the exception of Pine Hill Park!

FREE EVENT (donations accepted) 802-558-4177 for more information or www.rutlandrec.com

Rutland Youth Theatre, directed by Saskia Hagen Groom, is part of the Rutland Recreation and Parks Department and is a non-for-profit organization. For more information on upcoming productions and workshops, please visit www.rutlandrec.com.

JustForFun

Capsule reviews of films opening this week by The Associated Press



“Captain America: The First Avenger”

by Christy Lemire, AP Movie Critic

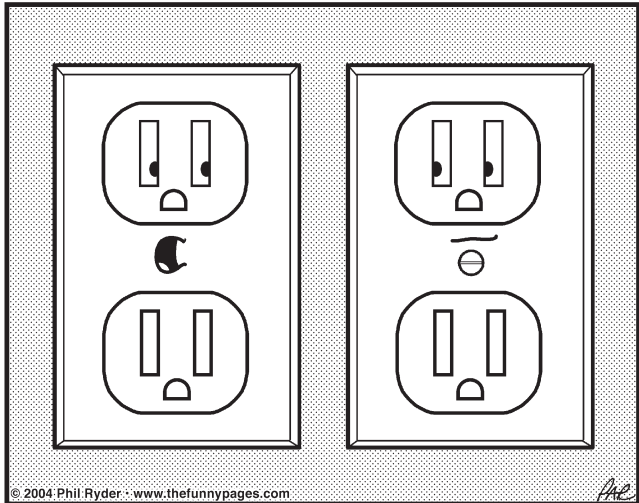
The last Marvel Comics setup for next summer’s all-star blockbuster “The Avengers” finds Chris Evans starring as the World War II fighting hero. Evans brings an earnest dignity and intelligence to the role of Steve Rogers, a scrawny kid from Brooklyn with dreams of military glory. But scientist Abraham Erskine (Stanley Tucci) sees something special in him and enlists him for a daring experiment. Through some high-tech injections, Steve is transformed into a supersoldier known as Captain America. But he isn’t the only one who’s juicing: Hugo Weaving plays the former Nazi leader Johann Schmidt, aka Red Skull, who’s formed his own splinter group and built some intimidating weapons. Director Joe Johnston’s film feels weighty and substantial, even in 3-D, and it has a beautiful, sepia-toned, art-deco look about it. The abundant supporting cast includes Tommy Lee Jones and Dominic Cooper. But “Captain America” is far more engaging when it’s about a scrappy underdog overcoming the odds than it is about generic shootouts and exploding tanks. And it only scratches the surface in trying to examine the perils of premature fame.

PG-13 for intense sequence of sci-fi violence and action. 126 minutes.

Two and a half stars out of four.

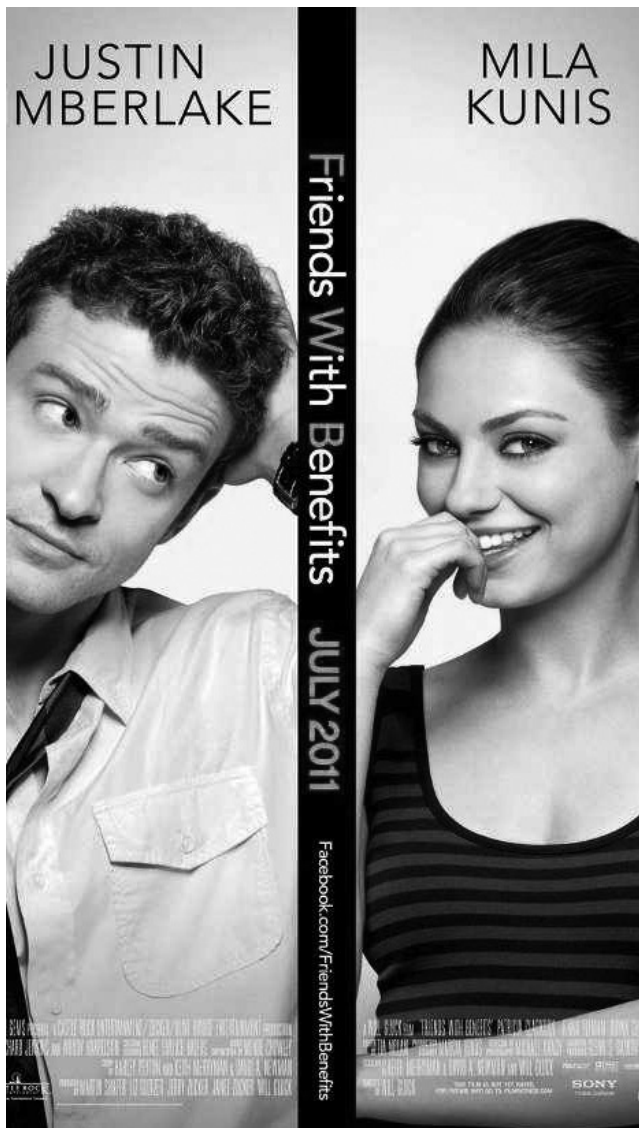
THE JOKE’S ON YOU

by Phil Ryder & YOU



“That’s right...I saw everything when that electrician mounted you.”

- Peggy S. Simoni • Nolensville, TN



“Friends with Benefits”

by Jake Coyle, AP Entertainment Writer

Director and co-writer Will Gluck (“Easy A”) has crafted a hyper, R-rated, postmodern rom-com that laments the genre’s saccharine falsehoods while ultimately falling prey to the clichés it strives to upend. The dialogue is snappy and the plot makes efforts for emotional realism, but the story is a familiar one: romantically exhausted friends (Justin Timberlake and Mila Kunis) try to forge a sexual relationship without emotion. They have terrific comedic timing and look great in bed together, but don’t have enough friction for real chemistry. Woody Harrelson, Patricia Clarkson and Richard Jenkins lead a strong supporting cast, but Gluck’s film is too smooth for the realism and mockery it seeks. Its best parody comes in a film within the film, a mock rom-com with Jason Segel and Rashida Jones. Easily superior to and far smarter than the earlier released “No Strings Attached.”

R for sexual content and language. 104 minutes.

Two and a half stars out of four.

SUDOKU

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

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 25

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

ACROSS

- 1. “Naughty you!”
- 6. ___ carotene
- 10. Fink
- 14. Muggy
- 15. Carbon compound
- 16. Reduce, as expenses
- 17. Getting on
- 18. Certain surgeon’s “patient”
- 19. “O” in old radio lingo
- 20. Interventions
- 22. Alternative to steps
- 23. Cuban dance
- 24. Book of maps
- 25. Fungal spore sacs
- 29. Sightings
- 31. Plant material used as fuel
- 33. Direction the wind is blowing
- 37. Barrio resident
- 38. Lack of vigor
- 39. Nauseant
- 41. “Way to go!”
- 42. Sideways
- 44. Decomposes
- 45. Batter’s position
- 48. Nosegay
- 50. Woman’s dress, in India
- 51. Sporadic popping sounds
- 56. BBs, e.g.
- 57. Apple’s apple, e.g.
- 58. Acoustic
- 59. Animal with a mane
- 60. Persia, now
- 61. Inclination
- 62. “The War of the Worlds” base
- 63. ___ bag

DOWN

- 1. Bogus
- 2. Bigger than big
- 3. During
- 4. Peewee
- 5. First name in mystery
- 6. On occasion
- 7. Attire
- 8. ___ clipper
- 9. Brews
- 10. Exercise attire
- 11. Political clique
- 12. Bouquet
- 13. Attention-getters
- 21. Tuft of grass
- 24. Bond, for one
- 25. ___-bodied
- 26. Thailand, once
- 27. Pigeon’s home
- 28. Counterfeits
- 30. Extremely tidy
- 32. Biscotti flavoring
- 34. Early pulpit
- 35. Brawl
- 36. Quite a while
- 40. 1972 Winter Games site
- 41. Common solvent
- 43. Chewy candy
- 45. Church song
- 46. Female demon
- 47. Knight’s “suit”
- 49. Bakery supply
- 51. Buttonhole, e.g.
- 52. Be a monarch
- 53. “Pumping ___”
- 54. Drops off
- 55. Delight

Answers on page 25

Showings July 28-August 3, 2011

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

MOVIES	TIMES
Cowboys and Aliens-PG-13	12:45 3:35 6:45 9:20
Crazy, Stupid, Love-PG-13	12:55 3:40 7:05 9:50
First Avenger: Captain America (3D) - PG-13	12:15 3:05 6:55 9:40
Friends with Benefits-R	12:50 4:00 7:15 9:45
Harry Potter, Deathly Hallows, Part 2-PG-13	3:00 7:10 10:00
Harry Potter, Deathly Hallows, Part 2-PG-13 (3D)	12:40 3:45 6:35 9:25
Horrible Bosses - R	7:00 9:35
The Smurfs-PG	12:25 2:55 7:10 9:30
The Smurfs (RealD 3D)-PG	1:30 4:04 6:40 9:00
Winnie the Pooh-G	12:20
Zookeeper - PG	12:30 3:50

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

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

CHARITY'S TAVERN 422-3800
Killington Rd., Killington
Everybody loves Charity's. A family owned Killington tradition since 1971. Serving our famous French onion soup, and burgers, salads, soups, pasta, sandwiches and more. Après ski headquarters 3-6pm. Children's Menu. Tavern Menu "All trails lead to Charity's." VISA, MC, AMEX.

CHOICES RESTAURANT & ROTISSERIE 422-4030
Glazebrook Center, Killington Rd., Killington
Chef Claude and his staff offer exceptional food, service and views in a bistro setting. The Rotisserie offers chicken, lamb and pork, and the menu features sandwiches, homemade pastas and the finest in steaks, fish and seafood. VISA, MC, AMEX.

CLUBHOUSE GRILL 422-6272
Roaring Brook Rd, Killington
Located at the Killington Golf Course.

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

GRACIE'S GRILLE 802-422-4653
at Green Mountain National Golf Course
Barrows Towne Road, Killington

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

KILLINGTON MARKET & DELI 422-7594
2023 Killington Road, Killington
Our deli offers fresh meats and cheese for a variety of sandwiches, served on locally baked bread. Daily lunch hot specials, fresh salads, homemade soups and in-house baked goodies. Dinner take-out entrees. Extensive selection of wine, beer/microbrews. Vermont specialty food products, maple syrup. The only full service grocery store on the mountain.

LAKE HOUSE PUB & GRILLE 273-3000
3569 Route 30 North, Bomoseen
Chef owners, Brad Burns and Fred Field invite you to the Lake House Pub & Grille. Live Sunday jazz brunch entertainment, special children's meals, full bar and an extensive wine list. Lake views and deck dining all on beautiful Lake Bomoseen. Also private parties, rehearsal dinners, showers and weddings. AMEX, VISA, MC, DISC

LIQUID ART 422-2787
37 Millerbrook Rd., Killington, VT
Liquid Art is a great place to meet friends for coffee or for a glass of wine. Great light fare served morning and afternoon. Specialty cocktails, select California wines, and micro-brews available. Multiple local artists' work displayed and for sale.

McGRATH'S IRISH PUB 775-7181
at the Inn at Long Trail
Rt. 4, at the top of the Sherburne Pass, Killington
McGrath's Irish Pub at The Inn at Long Trail invites you to try our famous Guinness stew. Serving breakfast and pub menu daily. Live Irish music weekends! MC, VISA, AMEX.

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Casa Bella Inn & Rest.		
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				
Pasta Pot		
Ramunto's		
Red Clover Inn	
Seward Family Restaurant		
Sugar & Spice				
Trak-In Restaurant		
Vermont Inn				

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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 6¢ drive-thru redemption center. We are open 7 days a week and offer air conditioned seating.

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

RAMUNTO'S BRICK & BREW PIZZA 672-1120
Route 4, Bridgewater
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RED CLOVER INN 775-2290
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Welcome to Kelvan's!

Rutland has a new and exciting dining option. Joining the mix of good offerings Downtown is Kelvan's Bistro on Merchant's Row across from the Downtown Plaza.

Kelvan's is owned and operated by Brad Barker and family. As a young man, Brad grew up in the restaurant trade and worked with his parents at businesses in Colchester, VT, Provincetown, MA and Sarasota, FL.

Brad then advanced his skills as a graduate of the California Culinary Academy, and spent a good deal of his career as a chef in the San Francisco Bay area. From there he gravitated back to Vermont as an instructor at the New England Culinary Institute in Montpelier and Burlington, and he was most recently the Food & Beverage Manager at the Rutland Country Club.

As a seasoned restaurant professional, Brad understands that good food, well served, at affordable prices is a concept that never goes out of style. "It's all about hospitality, quality and value," says the chef.

Brad is assisted by his wife, Katherine, as hostess, bookkeeper and dining room manager. His sons Kelsey and Evan (Kel-Van's - got it?) are also known to be at work helping wherever and whenever they can.

Brad is proud to say that "I see every meal that comes out of my kitchen, and I know it's right." He adds, "... and I will always do my best to adapt the way I prepare any of my menu items in ways to please my customers."

Brad describes his goal at Kelvan's is to provide "a cool, casual dining experience with great service at reasonable prices." His menu features all the basics you'd



expect, plus an ever changing selection of chef creations and daily specials.

Brad is very particular about serving extremely fresh, healthy and well balanced meals. Kids are welcome. There's deliberately no "kid's menu" as the chef hopes to challenge every young person with exciting new adventures in food.

Dine in air conditioned comfort at Kelvan's Tuesday - Saturday from 11:00 am to 10:00 pm. Outside dining is also available. The bar is open 11:00 am til closing. Reservations are appreciated, but not necessary. Closed parties and catering are available by special arrangement. For information call (802) 775-1550.

Kelvan's is located at the site of the former Tapas Restaurant..... 128 Merchants Row in Downtown, Rutland.

Roaring Back into the Twenties

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

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

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



KoSA 16th Annual Music Festival Wraps Up

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

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 Kravitz) 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 16 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. www.kosamusic.com

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\$14.99



3rd Annual Trash 2 Art Contest & Exhibit

Sustainable Rutland's third-annual Trash 2 Art Contest & Exhibit will take place on Friday, Aug. 12 at 6 p.m. in the Pit on Center Street during Friday Night Live. The event will showcase this year's crop of amateur and professional trash art creations. Pieces will be on display from 6 to 8:30 p.m. Contestants will compete in a Best In Show category as well as a People's Choice category, decided by the public. Winners will be announced on the main stage of Friday Night Live at 9 p.m.

Learning to reduce, reuse, and recycle is an important part of everyone's life and an essential component of a healthy environment. This project encourages everyone — no matter your experience or lack of experience with art — to turn trash into art and have fun doing it.

On Aug. 12, Sustainable Rutland will also be hosting a Sustainability Fair in the Pit, which will feature informational booth addressing various aspects of sustainable living.

In addition, the Creative Economy's Children's Museum Committee will be on hand to host an interactive trash to art exhibit on Center Street.



Starline Rhythm Boys in Concert

The Concert on the Green is proud to be bringing back the Starline Rhythm Boys this Tuesday, August 2nd at 7:00 p.m., for a return engagement. The location will be the Old Medial Chapel green on the Castleton State College campus. What a "knockout" performance they gave last year!! Their performance rewrites the word "entertainment"!

Billy Bratcher, bass, - Danny Coane, acoustic guitar and lead singer, - and Big Al Lemery, lead guitar, make up this dynamic trio that will set the town of Castleton on "toe tapping & knee slapping" fire, and will be the talk of

the town for a long-long time!!!

You've got to see them to believe them --- and just because they are billed as rockin' billy and honky-tonk --- don't even be fooled one bit, --- they are the real deal when it comes to great "live music", --- have spectacular stage presence --- top grade professional entertainment, --- and more fun that you'll ever have on a Tuesday night in Castleton!!! If you miss this one --- shame on you, and if you don't go away with a giant "feeling good" smile, we'll give you your money back!!

The concert is free and open to the public. It will perform rain or shine. Rain site is the Casella Theater in the Fine Arts Center at Castleton State College. For further information, please call (802) 273-2911.

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

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WE RENT DVD'S

Cooler in the Mountains Free Outdoor Concert July 30

Killington, VT -- Jimmy Buffett's protégé Ilo Ferreira joins musical forces with Indy phenomenon Barefoot Truth for a free concert at the Killington Resort on Saturday, July 30 from 3:30pm to 6pm.

Ilo Ferreira was discovered by Jimmy Buffett in 2007 in a bar in Cape Verde, Ilo's hometown. According to his bio, "Ilo had the high, beautiful voice of the young Sam Cooke, effortless charisma, and a natural grace on the guitar." Some months later, Buffett asked Ferreira to join him on tour, and he has been playing with him ever since. Parrotheads will tell you Ferreira's upbeat sound, soothing voice and guitar beats sync naturally with Buf-



fett's tropical tunes.

"Cooler In The Mountains" performances are scheduled for every Saturday afternoon, through August 27.

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. Special lodging packages are being offered in conjunction with the concerts.

The free concert is part of the Town of Killington's "Cooler In The Mountains" music series is taking place during the weekend of the Eastern States Cup Mountain Bike Competition.

Spartan Race Needs Volunteers

On August 6th the Spartan Race is coming to the BEAST! We are looking for volunteers! Volunteers get a FREE ENTRY to any future race except the Death Race (use for you or a family member), a free beer, free food, free entry to the evening party and a free T-shirt. If you have friends, family, hitchhikers, etc that want to have a front seat to the action (spectators aren't allowed on the course) then we have three volunteering opportunities to be on the course:

Shift 1: 7:45am-1:30pm

Shift 2: 12:00pm-5:30pm

Full-Day Shift (PAID!): 7:45am - 5:45pm. \$50 Visa/Amex gift card.

The full-day shift is great for people trying to raise money for charity... bring your friends and put their earnings to your good cause!

We'll transport volunteers to their spots, it doesn't get easier than that! Interested volunteers, please email nicolek@spartanrace.com

Please provide: Name, Cell #, E-mail address and work Shift.

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Starting at 5:30pm

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Wednesday, August 3rd

Come join us for a delicious sampling of some of our area restaurants.

To include:

- Hors d'oeuvres
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- Desserts

Doors open at 5:15 p.m.
Taste to begin at 6:00 p.m.

Tickets available at the door.

Wine Tasting sponsored by
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Some of the Participating Restaurants include:
Rutland Country Club • Sabby's • South Station
Café Provence • The Lookout • Table 24
Planet Sheri • Holiday Inn • Roots

\$25.00 per person at the door

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Joey Leone Band Comes to Jackson Gore

The Joey Leone Band will appear for a free concert on Friday, July 29, as part of Okemo Mountain Resort's Jackson Gore Outdoor Music Series.

Since relocating from New York City to Vermont more than ten years ago, Joey Leone has taken the very competitive north-country music scene by storm. His intense, versatile performances range from acoustic Led Zeppelin to lightening fast bluegrass flat picking. It's not unusual to see Joey step out with his unique guitar-driven covers of '60s rock classics and then smoothly transition into an instrumental spatial version of a pop standard such as "Misty" or "Over the Rainbow." And when it comes to Blues, Joey is just plain and simple one of the best blues guitarists. Guitar Player Magazine singled Joey out in 1991, touting him as one of the best unknown guitar players. Joey's band is a talented group of committed full-time artists who add their own flavor to Chef Joey's gumbo. And as Joey has said on many occasions, "there ain't no such thing as too much of the good thing."

On Friday nights throughout the summer season, the lawn in the courtyard at Okemo's Jackson Gore Inn is transformed into an outdoor concert venue featuring popular local and regional entertainers. Admission to the Jackson Gore Outdoor Music Series is free and the



grounds open at 5 p.m. Concerts are slated to run from 6 to 9 p.m. Families are welcome and all attendees are encouraged to bring lawn chairs or picnic blankets. In case of rain, the concerts will move indoors. Dining options include traditional fresh-from-the-grill fare, or full-service dining with an al fresco seating option at Jackson Gore's Coleman Brook Tavern.

Okemo's ever-evolving Adventure Zone is open to concert-goers with mountain coaster rides, trampoline bungee jumping and disc golf. Miniature golf and more is on the way for later this summer.

Following The Joey Leone Band, the summer lineup of musical artists includes: Sly Gerald's, August 5; Love in Stockholm, August 12; Banjo Dan and the Mid-nite Plowboys, August 19; Kenny Mehler Band, August 26; Lipbone Redding and the Lipbone Orchestra, September 2.

In addition to the Jackson Gore Outdoor Music Series, Okemo will host two special Saturday events: Okemo's annual Hops in the Hills Brew Festival featuring The Sly Gerald's Band on Aug. 6, and the annual Parrothead Party with Jimmy Buffett tribute band, Changes in Latitudes, on Oct. 8.

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

Folk By Association

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 Folk By Association on Thursday, July 28th from 6:00-7:30pm.

After ten years of performing as Folk By Association, Karen Krajacic and Jill Cowen have certainly traveled a long and interesting road together. They've now played hundreds of shows in 26 states, gaining a reputation for both their top-notch vocal harmonies and their grassroots approach to working as independent artists.

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. More information on the River Road Concert Series call 802-422-3932.

KMF Presents Claire de Lune

Our July 30, 2011 concert includes inspired works by Dmitri Shostakovich, Piano Trio No. 1, "Poeme"; Claude Debussy, Beau Soir (arr. Jascha Heifetz), and Clair de Lune from "Suite Bergamasque"; Ludwig van Beethoven, Sonata in D minor, Op. 31, No. 2 "The Tempest"; and Maurice Ravel, Piano Trio in A Minor. The following musicians will be performing: The Boston Trio, Irina Muresanu, violin, Allison Eldredge, cello, Heng-Jin Park, piano; and Max Levinson, piano.

This concert is being sponsored by Keyser Energy. 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 killingtonmusicfestival.org

Killington Summer Highlights

Following are the highlights of Summer/Fall 2011 in Killington:

(Saturdays) thru August 6, Killington Music Festival – Join 100 of the nation's best junior classical musicians for a series of summer concerts every Saturday evening at Ramshead Lodge in Killington, or attend the final performance atop beautiful Killington Peak.

(Thursdays) thru August 18, Library Concert Series – Free outdoor evening concert on the lawn at the Sherburne Library in Killington.

August 6, 13, 20 & 27 - The 'It's Cooler in the Mountains' Concert Series – Grab the lawn chair, the beach blanket, and the whole family and head to Killington's K1 Base Area for this free outdoor concert series, featuring top regional bands, plus outdoor activities and games for the kids, a beer garden and BBQ.

July 30–31, Eastern States Cup – Killington Peak joins the roster of Eastern mountain venues for this competitive series of downhill mountain bike races.

August 6, Spartan Beast Race – This 10-12 mile timed obstacle race across Killington Peak claims to be the 'toughest race on the planet.' Competitors face military style obstacles along the way, including an eight foot wall, slippery incline wall, cargo net climb, barbed wire crawl, water obstacles, mud crawl, spear throw, fire jump and gladiator pit.

August 13–14, Gravity East Downhill Race – The 2011 Gravity East Downhill Series is one of eight downhill mountain bike races where competitors vie for a \$5000 cash prize.

August 14 – 15, Circus Smirkus – Pico Mountain will be the site of this world-famous troupe, featuring 30 of the world's best child performers. Juggling, tumbling, trapeze, aerial acts, contortion, clowns, live music and tailor-made costumes are all part of the act under the Big Top. Shows are Sunday and Monday at 1PM and 6PM. Tickets are \$20 for adults (over age 13) and \$17 for youth (ages 12 and under). Group discounts are available.

September 1 – October 10, Killington Hay Festival – Named a Top Ten Summer/Fall Event by the Vermont

Chamber of Commerce, the Killington Hay Festival is back for its 4th year. A five-week celebration of autumn in Vermont, the event showcases a collection of 40 giant hay animals on display at businesses throughout town. It also features a family-friendly educational scavenger hunt, a handcrafted hay maze, and an old-fashioned ice cream social and soapbox political rally. There's even a special Killington Hay Festival brew from Long Trail and "Hay and Stay" packages.

September 8 – 11, The Killington Classic – Now managed by Americade, New England's largest motorcycle touring rally returns to the region for four thundering days of social events, day rides, poker runs, lectures, demos and the signature 12-mile parade of over 1,000 motorcycles through the heart of the Green Mountains.

September 16–17, Farm-to-Table Food Festival – A celebration of locally grown and sourced food paired with seasonal beers and ciders, experienced through a variety of tastings, cooking demonstrations and a fresh food market. Demos include cheesemaking, homebrewing, lessons on the art of gastronomy and fine foods, and creating fresh-food dinner menus.

October 1, Killington Brewfest – A ticketed sampling of New England's finest craft beers, set at the base of Killington Peak during the pinnacle of autumn foliage. Live music, food tastings and over 60 regional artisan brews on tap.

Good Friends - Great Food
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Serving dinner Tuesday thru Saturday starting at 6:00 PM
Reservations suggested.

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- Bountiful Salad Bar • Children's Menu
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Local News

MOUNTAIN MUSINGS

What's Happening In & Around Killington



Mill River Union High School Cheerleaders pose with Universal Cheerleader Association Cadre following July 14th awards ceremony.

Spirited Mill River Cheerleaders Return from Summer Camp

Seventeen, Mill River Union High School Cheerleaders, under the leadership of coach Jen Martin, attended an intensive, four day camp at the Grand Attitash Hotel in Bartlett, New Hampshire. The camp, which ran from July 11-14, was conducted by the Universal Cheerleaders Association. Cheerleaders spent several hours daily training to improve their stunting, dancing, and cheering skills. The camp culminated in a competition and awards ceremony during which Mill River received numerous group and individual awards. The team received the first place award for varsity sideline cheers and the spirit award. Senior, Nate Brooks and sophomore, Annie Cotrupi received leadership awards. Nate Brooks was also extended an invitation to apply to be a part of the Universal Cheerleaders Association Cadre next summer. Rachel Montross and Leslie Hixon (Captain) both juniors were selected to march in the Macy's Thanksgiving Day Parade. Additionally, Leslie Hixon was selected to represent the United States on the All American Cheer Team which will perform in London, England on New Years.

Killington Reviews Planning and Zoning Issues

At the July 13 meeting of the Town of Killington Planning Commission and under Correspondence, a copy of the Act 250 Application for Ed Fowler concerning ponds he built on Estabrook Road was received.

The Board of Selectmen withdrew Charity's May 23 Outside Consumption Permit; the original permit will stay in place.

A State Waste Water Permit for Robinwood subdivision of 5 lots was received.

The Rutland Regional Planning Commission minutes of May 17 and agenda for June 21 was received.

A draft copy of the Town of Chittenden Flood Hazard Regulations was also received.

In the Planner's Report, Dick Horner advised that the next Planning Commission meeting was scheduled for July 27. In August the Commission will meet on August 10 and possibly the 31st.

Part 2 of the Limited Impact Development presentation took place at this evening's meeting under New Business.

The next Zoning Regulation Changes Committee meeting was scheduled for the next Friday. The committee accomplished a lot at its last meeting on July 1. After this next meeting, the committee should have a draft ready for the Commission to review.

The Water Study Committee will be meeting some time in August. Chris Bianchi confirmed that a definite date has not yet been set.

The High Ridge PUD appeal has been ordered to mediation and the various parties are working on an agreeable date for the mediation. The Statement of Questions submitted to the court state three issues on which the appeal is based: 1. whether written notice of Public Hearing on PUD application 11-005 was properly given to owners of all adjoining properties, including condominium units in High Ridge; 2. whether High Ridge and/or High Ridge unit owners should have been co-applicants on the PUD application; 3. whether the PUD application is in conformance with the Killington Zoning Regulations. The Town's position is that it will participate by monitoring the mediation and allow High Ridge and Ridgetop to resolve the issues.

Under New Business, David Rosenblum, Chair, reopened the Public Hearing on application 11-024 by Mountain Green Condominium Association for Planned Unit Development Review to extend the approval of the so-called 400 Acre PUD for four more years.

The purpose of the extension is to allow Mountain Green to construct a potable water treatment facility and related construction. No other development or construction will be reviewed or approved under this application.

Commissioner Rosenblum noted that when the Hearing was recessed on June 8 a motion was withdrawn to extend approval of the PUD and Dick Horner was to get an opinion from Town Attorney, Kevin Brown. Dick advised that he did meet with Kevin Brown. Mr. Brown's opinion was that as a stop-gap measure, and until the Zoning Regulation changes are completed, the Commission could address this through Administrative Review without a PUD or Site Plan Review. There is still the issue of the outstanding PUD Application and Mr. Brown suggested that the Applicant withdraw that application prior to requesting Administrative Approval of its application.

In reviewing the criteria for Administrative Approval, Dick noted that the only impact this project has is a slight setback issue but since this is a that can probably be waived.

Commissioner Lee moved to handle this administratively. Commissioner Crompton seconded the motion, and a discussion followed. Dick noted that the project will not impact density or circulation, and the decision would be appealable. Commissioner Lee withdrew his original motion and moved to approve this Administratively following Kevin Brown's recommendation with the stipulation that the PUD Application be withdrawn. Commissioner Crompton seconded the motion, and the motion was approved unanimously.

Next, Ed Bove from the Rutland Regional Planning Commission was present for the second part of the Low Impact Development discussion which was started a month previously. The purpose of the meeting was to gauge the Commission's interest in incorporating some LID language into the Zoning Regulations. Mr. Bove proceeded to go through and identify sections in the Zoning Regulations where LID language could be inserted and he provided some boiler plate language developed by the Vermont League of Cities and Towns for consideration. If the Commission does incorporate this language, then the next step would be to identify projects suitable for LID practices. He also advised that the RRPC will be doing enhanced consulting to town planning commissions. A RRPC representative will meet with each town's planning commission and review its Town Plan to see if it is meeting the town's goals and works with the zoning. The reason for this is to insure consistency. Mr. Bove noted that Killington has a good Town Plan currently in place. Dick agreed noting that it works well for the Town of Killington and developers, particularly navigating the Act 250 process.

Interested in Agricultural and Natural Resource Issues?

Rutland, Bennington and Poultney-Mettowee Conservation Districts in cooperation with the USDA Natural Resources Conservation Service are hosting a meeting to receive input regarding the natural resource needs in our area. The meeting will be held on Monday, August 15, 2011 at the USDA Service Center Conference Room at 170 South Main Street in Rutland at 9:00 a.m. Through the Federal Farm Bill, Conservation Districts are able to provide recommendations to the USDA Natural Resources Conservation Service about allocation of its program dollars. These recommendations can have an impact on the number of projects that are funded in our region addressing water quality, wildlife habitat and wetlands, among other natural resources. The public is welcome and strongly encouraged to attend.

For further information contact either the Rutland Conservation District at 802-775-8034 x17.

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Mendon/Chittenden/ Pittsford/Brandon Notes

by Debbie Burke

Animal Control Ordinance Violations in Mendon

At the July 11 meeting of the Town of Mendon Selectboard the Treasurer reported to the Selectboard a year end surplus of \$150,000 in large part due to the collection of the prior year's delinquent taxes.

Next on the agenda was the 2011-2012 tax rate analysis. The Selectboard calculated the 2011-2012 tax rate with a carry forward cash number of \$150,000. The Homestead Education tax rate increased by 5.7%. The non-residential Education tax rate decreased by 2.5%. The Municipal Tax Rate as approved at Town Meeting 2011 increased by 9.8%. The cash balance forward of \$150,000 would decrease the amount to be raised by taxes and minimize the increase of the Municipal Tax Rate to a 1.3% increase. The Selectboard had a lengthy discussion considering asking the voters to spend the surplus on the anticipated Salt Shed repairs. The issue was tabled until the next meeting in order to obtain further financial information from the Town Treasurer. The 2011-2012 Tax Rate will be set at the next Selectboard meeting on July 25.

Under Old Business, the Town Shop was discussed. The Selectboard discussed and decided to contact a general contractor to evaluate and provide a cost estimate on repairs to the Town Shop. Some issues include but are not limited to regrading water away from the rear of the building, replacing an oil tank, replacing the sills under the building, painting and re-glazing the windows. The Mendon Historical Society conducted an historic evaluation of the building through the Vermont Historic Preservation. Ann Singiser provided via an email to the Selectboard information on an Historic Pres-

ervation Grant of up to \$20,000 with a 1:1 match. Currently there is approximately \$20,000 in the Town Shop Reserve Fund. The grant application is due October 3, 2011. The Selectboard discussed preserving the building for future use by keeping up with its maintenance.

Regarding the Town Office, the Selectboard will obtain a price to wash, caulk, and paint the trim. Stone will be placed by Bill Ellis in the corners to prevent erosion from water coming off the roof.

In a discussion on Helvi Hill Road and Sherwood Drive, Don Woods, Woods Engineering, will be contacting Bill Ellis to discuss appropriate hydraulic solutions to the intersection of Helvi Hill Road and Sherwood Drive.

Regarding the Salt Shed repairs, the Town of Mendon received three proposals for repairing the foundation to the Salt Shed. The proposals ranged from \$90,000 to \$225,000. The proposals were not comparing the same level of repairs. The project at this cost would require further approval from the voters of the Town of Mendon. The Selectboard decided they need a more specific request for proposal and will contract with Steve Banik, P.E. to provide technical assistance.

Under New Business, dog complaints were discussed. The Selectboard reviewed two incident reports submitted by Officer Nelson Tift. The two incidents involved dogs running at large and displaying aggressive behavior which included biting two separate victims. The Selectboard will issue two violations of the Animal Control Ordinance and demand that the dogs be leashed while in Mendon. Further altercations will result in swift action by the Selectboard up to and including having the dogs euthanized. The owners of the dogs have an opportunity to appeal the violation by scheduling a Hearing before the Selectboard.

Regarding part-time employment, a motion by Greg Smith to enter Executive Session to discuss personnel with the Selectboard, S. Tully and Bill Ellis present. The motion was seconded and approved.



Killington Remembered



PREMIUM LIST SHERBURNE VALLEY FAIR, 1939		Do not throw lighted cigarettes on the grounds	
4-H CLUB EXHIBIT		CATTLE	
1	Home Canned Products	41	Best all round mature cow
2	Food	42	Best all round mature bull
3	Clothing	43	Best all round heifer over two years
4	Room Improvement	44	Best all round heifer between one and two years
5	Dairy	45	Best all round bull between one and two years
6	Gardening	46	Best all round heifer between six months and one year
7	Record books	47	Best all round bull between six months and one year
GENERAL EXHIBIT OPEN		48	Best all round heifer between two and six months
8	Fancy and household articles	49	Best all round bull between two and six months
9	Color embroidery	50	Best all round heifer calf under two months
10	White embroidery	51	Best all round bull calf under two months
11	Crochet	SHEEP	
12	Knit	52	Best pen of lambs
13	Rugs	53	Best pen of yearlings
14	Quilts	54	Best pen of sheep
15	Tatting	STEERS AND OXEN	
16	Plain sewing by hand	55	Best all round pair of oxen
17	Miscellaneous	56	Best all round pair of steers over two years
18	Cut flowers	57	Best all round pair of steers between one and two years
19	Potted Plants	58	Best all round pair of steers under one year
20	Bread, and home cooking	PONIES	
21	Canned goods	59	Best pet pony ridden by owner
22	Vegetables	CONTESTS	
23	Fruits	Pittsfield—BASEBALL—Pittsford	
24	Honey and maple products	Horse shoe pitching—foot races	
25	Butter and cheese	Baby parade—greased pig—Horribles	
26	Grain	Horse jumping	
POULTRY		60	Best performance over track
27	Best pen of chickens under six weeks	61	Best performance over track
28	Best pen of chickens under twelve weeks	HORSE PULLING CONTEST	
29	Best pet poultry exhibit	Pairs not over 2750 pounds	
30	Best pen of poultry between 3 and 6 months	Pairs under 2700 pounds	
31	Best pen of poultry between 6 and 12 months	Pairs not over 3000 pounds	
32	Best pen of poultry over 12 months	Pairs over 3000 pounds	
HORSES		OXEN PULLING CONTEST	
33	Best all round colt under two years	Pairs under 2700 pounds	
34	Best all round colt over two years	Pairs over 2700 pounds	
SWINE		62 Best domestic pet (cat or dog)	
35	Best litter under 4 weeks	Prizes and Ribbons will be given for above	
36	Best pen of two pigs under 3 months	ADMISSION 25 & 10 cents Children free	
37	Best pen of two pigs under 6 months		
38	Best all round mature sow		
39	Best all round mature boar		

The Sherburne Valley Fair

A short distance (catty-corner from the Grange Hall) was the Henry Taylor meadow, where in 1954 the Great Eastern Lumber mill stood, and now there are four condominiums. In 1939, the first Sherburne Valley fair was held there for the showing of livestock, farm produce, handiwork and entertainment. Some of the directors and officers were Miss Christine Johnson, Warren Fellows, Rev. Truman Hemenway, Henry R. Taylor, and Mrs. Margaret Rhodes. It earned a good write-up and even photographs in the Rutland Herald of Aug. 30, 1939.

The newspaper photographs showed a Ferris wheel, grandstand, race track and a large field for horse pulls, ox pulls, and horse-jumping contests. Mr. Mortimer Proctor was the main speaker in 1941, with the honor of being a Vermont State Senator.

Three thousand people attended the two-day fair in 1939, which included a baby parade, a bicycle parade, pony classes, band concerts, a 50-yd. dash for men, a greased pig race, and a sack

race won by Richard Edgar. Winners in a horse-drawing contest were Andrew Towne and Francis Palmer. The Bates twins - Oren and Harry - were winners of prizes for poultry, sheep and bulls. Harley Gifford showed a prize heifer. It required quite a number of judges and Maurice Prior and Oren Bates recall they were asked to do some of the judging. They say their motto was, "Give everyone a prize!"

In 1940 and 1941, the Fair was held near Colton Pond, now covered by a pine plantation, near the junction of Vt. 100 and River Road. In 1941, they incorporated a play for the 150th year of Vermont's joining the Union, which was written by Hazel Cain. Actors were from Pittsfield, Bridgewater, Plymouth, and Sherburne. The tableaux were presented on the stage and at the proper time during the early settlers' scene, Lucy Neil appeared, driving an ox-team down the track to the front of the stage.

With the coming of World War II the Fair was discontinued. But it is still remembered with pleasure by those who attended.

The attached photo shows the inside of the program (available to fair guests for 5 cents) and the different categories for livestock, crafts, and even best pony ride.

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Balance Workshop



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

The fear of falling can cause seniors to avoid activities that they would otherwise participate in and enjoy. Have you limited your activities for fear of falling?

If you are concerned about an accidental fall, then consider attending this important workshop that will offer a number of ways that you can avoid that tumble of a lifetime.

Sponsored by Rutland Regional Medical Center Community Education Program, the "Matter of Balance" workshops will help you set realistic goals to:

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

The Matter of Balance Workshop will be held at the Castleton Community Center on August 4, 11, 18, 25 and September 1, 8, 15 and 22 from 1-3pm. The Castleton Community Center is located at 2108 Main Street in Castleton. Please call 802.468.3093 to register. Class size is limited and so pre-registration is required. The Matter of Balance Workshops are free and open to the public.

Green Mountain College Launches Lawn-to-Edible Garden Project

Americans are increasingly dusting off garden implements to plant vegetable gardens-in most households, these gardens are relegated to the back yard, out of sight from the well-manicured front lawns and flowerbeds. Now, home gardeners are considering the advantages of putting food production onto the front lawn.

A \$25,000 grant from the Duke Energy Foundation and a \$10,000 grant from the Pierson Family Foundation will support installation of a demonstration "lawn-to-edible garden" project in front of Green Mountain College's Solar Harvest Center on Granville Street in Poultney. Funds will also be used to restore the Center's front porch, which overlooks the garden, creating an educational gathering and dining space.

Philip Ackerman-Leist, director of the College's Farm & Food Project and prin-

icipal investigator for the grant, sees the project as much more than converting underutilized property to boost food production.

"There is a social and aesthetic aspect to front-yard gardens," he said. "Edible gardens can be visually appealing-a lot more interesting than manicured grass. Putting the garden 'front and center' also helps build community around the idea of locally grown and prepared food, even on the scale of one garden, one family."

Once restored, the front porch will provide a community gathering place for educational discussions about intensive gardening, nutrition, and garden to table practices. Promoting food access for all, the project will feature three-season nutritional food growing demonstrations, walking tours and an online curricular packet.



by Betty Little

We hope that many of you will take advantage of opportunities offered by the Killington Arts Guild to learn something new. Sally Curtis, a skilled teacher who makes things easy, is giving a Marbleizing and Bookbinding demonstration on Monday evening 7-9 PM on August 8th at the Sherburne Memorial Library. Sally will demonstrate the process of marbleizing paper, help attendees to make their own covers and bind a book. Materials provided. Open without cost to KAG members and the public.

We also offer workshops for a fee. Painting in Oil or Acrylics with Don Hofer is a course designed to make painting an adventure, for beginner, intermediate or advanced artists. Each student will leave with a canvas of something they are interested in - a landscape, still life, family members or pets and will gain new painting skills. This is a rare opportunity with a gifted artist and instructor. The workshop will be August 9-10, Tues-Weds, from 9:00 AM -4:00 PM. Supply list and location at registration. Members \$130; nonmembers, \$140. Partial scholarships available.

See FORM page-www.killingtonarts-guild.org or call 802-422-3852.

T. Greenwood from the North East Kingdom who teaches in San Diego University and has six published novels, returns to her home state to share her

writing insights and strategies with the Green Mountain Writer's Conference in Tinmouth. Her novels, several are set in Vermont, begin with a surprise, an unbelievable surprise. Readers often feel that the story can't end as predicted—then they see where it is going on and say, "yes, of course." Other Green Mountain conference leaders include: David Huddle, Gary Margoles, Veranda Porsche, Chuck Clarino, Tom Smith and Yvonne Dailey, the Director. KAG members attending include: Ann Day and Betty Little (6th year). Betty says, "This is the perfect writer's summer camp." For information and registration: www.vermontwriters.com; Daley@sbcglobal.net; 802-236-6133.

Take time out to visit the current KAG art show, "250 Years - People and Mountains" open every business day at Cabin Fever Gifts on Route #4 opposite the Killington Access Road. Maurie Harrington is showing her work at the Fisk Farm in LaMotte August 11-24. You can check out the web site: www.ilmpt.org (cultural series) Island LeMonte Preservation Trust. For information on the Killington Active Senior Luncheon call Marilyn Copson 802-422-4136.

For KAG information and a copy of the Newsletter www.killingtonartsguild.org or call 802-422-3852; for this column vtkag.aol.com

Dear Editor:

My name is Eileen Godfrey and I moved to Killington from NYC 21 years ago. I'm married and have a son who is 14 years old. I am writing in support of the Australian Ballot (3 articles) that is being re-voted at the Special meeting to be held on August 1, 2011 at 6 p.m. at the Killington Elementary School.

I have been to many town meetings and appreciate the way the system has worked. I love town meetings! I know it is said that in the past everyone made a special effort to take off work to vote at Town Meeting (if they didn't get the day off already.) Unfortunately, times change and as they say, "the only thing constant is change." In my opinion is not as easy to get to town meeting as it once was for some people. In this difficult economic and unstable time, many people have 2 or 3 jobs. Others have to travel out of state for work or cannot take the time off or be able to get to the meeting in a timely manner. Others are in the Military or off at school and as our society ages, some

of us cannot get to Town Meeting or are homebound. Does this mean we do not have the right to vote? Does this mean we aren't educated? Does this mean we don't know what is going on in our town if we don't or can't attend?

Change can be positive. We now have the Killington website which is a wealth of information for our citizens as well as for out-of-towners. Change has brought us Selectboard meetings on TV and the internet for citizens who cannot get to them. These positive changes help to keep us all linked and informed on what our town does. We will still have our town meetings - and they will be different - but that being said, I think every person has the right to vote and should be able to exercise this right. I'd like our town to welcome more participation, not less. I urge my friends and neighbors to support the re-vote for the Australian Ballot and make every effort to attend this Special Town Meeting.

Eileen Godfrey

Dear Editor

The right to vote is guaranteed to every American citizen. Federal and State governments recognize that this right must be real and not just theoretical. Every effort has been made to make voting as convenient as possible to encourage more citizens to participate.

In May, when Killington voted to finally go to Australian ballot to decide important town questions, I was pleased. But now, it seems that there are folks in town who want to take this right away. Requiring registered voters to appear in person at a designated time and place in order to vote (i.e. town meeting) seems to be very undemocratic. What about voters who work out of town or someone who is disabled or unable to leave their home? How about college students or neighbors who may be away in the armed forces? Don't they have a right to have a voice in town decisions?

Town meeting has been a fine tradition for many years but it is not practi-

cal for voting in the 21st century. Voting by Australian ballot does not take anything away from any town members. It simply allows more of our neighbors the opportunity to have their say in town decisions. Attending town meeting is not necessary to be an informed voter. We can read newspapers, attend special informational meetings, watch PEG TV, call a neighbor or even call the candidates or sponsors of the questions. Anyone who takes the time to drive to the town hall or request an absentee ballot is very likely to be someone who has taken the effort to become informed on the issues.

I urge all Killington registered voters to attend the special town meeting at 6 pm on Monday, August 1st and vote "YES" to preserve everyone's right to decide town issues by Australian ballot. It is the fair and democratic thing to do.

Sincerely
Michael Clifford

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by Johnnie Goldfish

Less BS, Sunblock not Roadblocks

The New Year passed a while back and it was a great time to wipe the slate clean, focus upon what you really want, and chart your course. Right? Well...only if you want to risk having to repeat these steps next year. Maybe this is an alternative: Give thanks that life is just as it is and has been just as it has been. Define what you want in terms of the end result; know that it is yours in spirit by divine law, just focus on the certainty and own it, claim it and it will be on earth as it is in heaven. Let the universe show you the way via your impulses and instincts. Do not worry about silly or futile. Go, get busy, do anything even if you don't know what to do. 2011 is already your year.

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

The Rochester Recreation Committee presents its annual summer concert series on the park in Rochester village on Sunday evenings at 6:30 pm. On July 31 Rick and the Luv take the stage as one of Rochester's favorites playing last year's summer park concert to a full house. The Rochester Recreation Committee encourages you to bring your dancing shoes, a lawn chair or blanket, and a picnic basket packed with your favorites.

The Mothers Report: Part 3 – all answers come from 2nd grade students.

Why did your mom marry your dad? My dad makes the best spaghetti in the world. And my mom eats a lot. She got too old to do anything else with him. My grandma says that mom didn't have her thinking cap on. Well now, who's the boss at your house? Mom doesn't want to be boss, but she has to because dad's such a goofball. Mom, you can tell by room inspection; she sees the stuff under the bed. I guess mom is, but only because she has a lot more to do than dad.

The Rochester Chamber Music Society (RCMS) with Artistic Director, Cynthia Huard present Bach and Consequences on Sunday, July 31 at the Rochester Federated Church at 4 pm. The music of Bach, Mendelssohn, and Dimiter Christoff will be performed by Geoffrey Dean on cello and Byron Schenkman on piano. A pre-concert talk with Larry Hamberlin is 1/2 hour before each performance. All concerts are free and donations are gratefully accepted. For information call 767-9234.

For people with disabilities there are no limitations when it comes to sports and recreation this summer thanks to Vermont Adaptive Ski and Sports (VASS) who offer summer and fall programs. Hiking, biking and more are offered. The VASS volunteers teach special paddling techniques, give lessons for bicycle, hand bicycle and tandem bikes. The staff leads guided bike path trips, climbing trips, beeper baseball, canoeing, paddling, sailing, horseback riding and other adventures. For more information please call 802-353-3178 or 802-353-7584.

The Stockbridge Central School sends a reminder to be sure to pack some books in your beach bag.

It is summer and we're all doing fine most of the time. When you are feeling good send some food to the food shelf at the Federated Church of Rochester; and when you are feeling bad, go help them out, you gonna feel better.

Thought for the Week: "Life is not about waiting for storms to pass, it's about caring and loving your relatives and friends while you can touch and see them, and they are still among us." – Unknown.

After you put on your sunblock, there are no road blocks for your life, send your news to johnniegoldfish@yahoo.com.

2011 National Night Out

National Night Out has come around again. It will take place on August 2, 2011 in the Fair Haven Park from 5:30-8:30PM. We share the experience then with people all over America. It is a night of fun, free food, lots of activities of all kinds, entertainment, music and dancing and surprise gifts, but also more than that. It is a night when we remind everyone of the dangers of substance abuse and crime, and work to make them disappear, with health and safety taking over.

Many organizations are represented. There are those interested in preventing substance abuse such as Rutland Area Preventive Coalition, Vt. Department of Health, Fair Haven Fitness, Fair Haven Recreation Department, Headstart and Castleton Preschool, 4H, Boy Scouts, Mentor Connector and Foster Parents, and those

involved in treatment such as the Rutland County Sheriff's Office, Rutland County Diversion Programs Inc., Rutland Mental Health, Rutland Regional Medical Center - all working to make our communities safer and healthier. The public is encouraged through an activity called INFOHUNT to get information about these organizations, and with a stamped card participate in a drawing for prizes. In this way they get to know the resources in the area available to them and enjoy the game.

This is a community evening with the Fair Haven Police, Fire Department, and Rescue Squad on hand. The Town Public Works Department and Fair Haven High School have contributed services. The new Slate Valley Teen Center has volunteered help toward a successful evening, our 9th National Night Out.

Dear Editor:

Personally, and on behalf of the Killington Chamber of Commerce, I would like to thank the Killington Resort, SP Land, the Town of Killington, Killington's Economic Development and Tourism Department, Baker Distributing, Calmont Beverage, Farrell Distributing, g. housen north, Vermont Wine Merchants, Cata-mount Radio, the Mountain Times, Up-

per Valley Produce, Black River Produce, U.S. Foodservice, Reinhard Foodservice and the army of local residents and others who volunteered their time and services to help make this years 10th Anniversary Killington Wine Festival a success.

Thank You
Bill Vines
For the Killington Chamber of Commerce

FUN IN THE SUN

Rutland Rec & Parks Department Sports Camps

- Pre-Season Field Hockey Camp

This camp is designed for middle school and high school players with a focus on stick skills, game situations, and fitness. Get a jump on your fitness and skills before the season starts! Campers must provide their own stick, mouth guard and shin guards. Camp will be held Monday thru Friday August 8th-12th from 9:00AM-1:00PM. The cost to participate in this exciting camp is \$93 residents; non residents please add \$11. Register by July 29th and receive a \$10 discount.

- Boys High School Basketball Camp

This limited enrollment camp is for players who want to improve their game and take it to the next level. Sessions will begin with skill work, to include shooting and intense ball handling. The latter half of the intense training sessions will include game play situations and offensive and defensive strategies. Drills to enhance your quickness, agility, explosiveness, core strength, passing skills, defense and individual 1-on-1 & 2-on-2 play are key aspects of the camp. Join Mike Wood August 1st-5th from

9:00AM-12:00PM to get a jump on the upcoming season. Fee to participate is \$78 Residents; non-residents please add \$11.

- Challenger British Soccer Camp

Join us for the most popular soccer camp in the USA and Canada featuring individual skill development with an innovative camp curriculum and a daily World Cup style tournament. This exciting camp, with its highly trained British coaches will not only provide your child with a great soccer experience, but also a cultural education, introducing them to the traditions and cultures of other great soccer nations. Make camp week extra special for your child by hosting a coach! For information, please contact Jay Thomas at 773-1822 x15. Register by July 27 or incur \$10 late fee. Camp will take place at Meadow Street Fields, Aug. 8-12, with various times & fees for age groups.

To register for any of these, please stop by our office located on 1 Deer St, Rutland (Godnick Adult Center) or visit www.rutlandrec.com. The Fall brochure will be available July 25th.

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COMMUNITY CALENDAR

Wednesday, July 27

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

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.

Thursday, July 28

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

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

Friday, July 29

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.

Saturday, July 30

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.

Supreme Court Justice to Speak 5:00 PM On July 30, Supreme Court Justice Stephen Breyer will be the featured speaker at the Calvin Coolidge Memorial Foundations gala at the new Coolidge Historic Center in Plymouth at 5 PM.

Monday, August 1

Town Meeting / Select Board Meeting 6:00 PM Town of Killington Special Town Meeting on Voting by Australian Ballot, followed by regular Select Board Meeting. Sherburne (Killington) Elementary School.

Tuesday, August 2

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

Wednesday, August 3

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

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.

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. Summer services 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., 10am & Thurs. 8:55am & most holy days.

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

Rochester - Federated Church of Rochester invites everyone to Bible Study Tues., 10:30am in French Rm. & 6pm Weds. at parsonage & Thurs., 7pm at Mather's on Kirby Dr. 767-3012.

Fair Haven - Our Lady of Seven Dolours Mass Times: Saturday 4:30pm. Sunday 9am.



Killington-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:

Aug 3 - Rotary Assistant District Governor David Hoopes

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

Aug 17 - Sally Curtis, "Learn Something New! Online Strategies for Old Dogs: Over 500 Continuing Education Courses Online for FREE"

Public Invited to "Rock Service"

The public is invited to attend the annual pilgrimage to Meeting House Rock, one of Vermont's most unusual traditions on Sunday, July 31.

The 11 a.m. Sunday worship service takes place in a natural amphitheater woodland setting where a huge glacial boulder known as Meeting House Rock provides a dramatic pulpit. Dorothy Rice, the church's organist, has organized special music by the Steeplebush Family and Friends band and will lead hymns related to early times and the beauty of nature.

Early residents first met at the Rock for religious services in the summer of 1818, a time before there was a church building and when Elders preached and conducted services in homes, a schoolhouse, or at the Rock.

That tradition continues this year with a "potluck

picnic" (barbequed chicken and beverages provided) after the service at a nearby home. Please bring a salad or dessert to share.

Meeting House Rock is located in the Calvin Coolidge State Forest, just below the CCC Road which wends its way between North Shrewsbury and Route 100 in Plymouth. It is almost three miles from both Plymouth and the junction of Pierce's Store and the Cold River Road in North Shrewsbury. Parking is at the adjacent former Northam picnic area (now trailhead to Shrewsbury Peak) or along the road.

If it rains, the service and picnic will be held at the historic Northam Church (11 a.m.) on the Cold River Road near Pierce's Store in North Shrewsbury.

For more information call 492-3576 or 775-5318.

Food Needed at BRGNS Food Shelf

There has been an unprecedented demand for food recently at the Black River Good Neighbor Services Food Shelf, the shelves are getting bare and there is an urgent need for food.

The following items are needed to help feed our local families, children and senior citizens: Canned Tuna, Cereal, Canned Meat, Pasta, Juice, Soup, Canned Baked Beans, Canned Mandarin Oranges, Canned Pineapple, Rice Mixes, Jelly, Mac & Cheese.

Please help spread the word so that the food shelves can continue to stop hunger in our area. Or, if you would prefer to donate money BRGNS will do the food shopping. Checks can be made out to BRGNS and mailed or delivered to BRGNS Food Shelf & Thrift Shop, 37B Main Street, Ludlow, VT 05149.

The Shop is open from 10am to 4pm Monday through Saturday. For more information please call 802-228-3663.

Volunteer Work Day for River Road Trail

KILLINGTON, VT –The Killington Trails Leadership Team and the Green Mountain Club will begin trail work on Saturday, August 6 and Saturday, August 20. We are currently looking for ten volunteer workers per day. Trail work will consist of raking, moving brush, carrying and installing wooden foot bridges, weed whacking and general fun! Please bring with you a water bottle, snacks, bug spray, work gloves, and long pants are recommended. Each work day will take place from 10am-4pm. We will be providing lunch for each work day and every volunteer will receive a free t-shirt.

We hope you that you can be a part of our team of enthusiastic volunteers. As the old adage goes, "Many hands make for light work". If you are interested in signing up or have any questions, please contact Michael Sutcliffe at 802-422-3932 or mike@town.killington.vt.us.



TOWN OF
KILLINGTON
VERMONT

TOWN OF KILLINGTON WARNING

Special Town Meeting

Killington Elementary School

Monday, August 1, 2011 • 6:00 p.m.

The legal voters of the Town of Killington, in the County of Rutland, the State of Vermont are hereby warned and notified to meet at the Killington Elementary School Gymnasium on Monday, August 1st, 2011 at six (6:00) in the afternoon (p.m.) to act on the following articles:

ARTICLE 1.

Shall the Town of Killington adopt its budget article or articles by Australian ballot?

ARTICLE 2.

Shall the Town of Killington vote on all public questions by Australian ballot?

ARTICLE 3.

Shall the Town of Killington elect officers by Australian ballot? Adopted and approved at a regular meeting of the Select Board of the Town of Killington duly called, noticed and held on Monday June 6, 2011.

J. Christopher Bianchi

Jim Haff

Bernard Rome

KILLINGTON SELECT BOARD

All articles on the Warning for the August 1, 2011 Special Town Meeting will be voted from the floor: registered voters must be present at the meeting to vote. The deadline for voter registration is Wednesday, July 27 at 5 p.m.



Beat the Heat

photo by Debbie Burke

The cool lake and clean beach at the Plymouth State Park was a very popular place last week in the summer's heat. Many families spent the day swimming, boating and having bbqs at this lovely spot a few miles south from Killington on Route 100 south. There is a very reasonable entry fee and there are rowboats, kayaks and canoes for rent to enjoy in the pristine mountain stream fed lake. Aerial photo by Deb Burke



VT Nuclear Plant to Refuel Despite State Ban

MONTPELIER, Vt. (AP) - The owner of Vermont's only nuclear power plant plans to move forward with a \$60 million refueling this fall despite uncertainty about whether it will be able to operate beyond March, when its current operating license expires.

New Orleans-based Entergy Corp., which is locked in a legal battle with the state over the future of the Vermont Yankee plant, said the company's attorneys felt the company would eventually win its legal battle with the state.

Earlier this year, the Nuclear Regulatory Commission issued Vermont Yankee a 20-year license extension that would allow the plant to remain open until 2032. But the state, which claims it has jurisdiction over the plant's operation, wants the plant to close and has so far not acted on a state certification that it says is needed for Vermont Yankee to remain open.

Entergy's lawsuit challenging the state is scheduled to go to trial in September.

"Our board believes both the merits of the company's legal position and the record strongly support its deci-

sion to continue to trial scheduled to begin on Sept. 12," said Entergy CEO J. Wayne Leonard. "On that basis, the decision was made to move forward with the refueling as planned."

EDITOR'S NOTE:

Not only does the state "want the plant closed," in February 2010 the Vermont Senate voted 26 to 4 to shut down the nuclear plant in 2012, as originally planned. The 40 year old reactor has had several major problems including collapsed cooling towers and numerous leaks of radioactive materials.

Governor Shumlin, in a recent PEG TV interview, made it very clear that the state means business when it comes to shutting down VY.

The Governor noted (paraphrased) that "Entergy is simply not the sort of business partner that suits Vermont, and how we operate here. When VY was owned and operated by CVPS and VELCO we had no serious issues with our nuclear power generation facility. I am not anti-nuclear, but at the moment I am definitely not happy with Entergy."

Birth Announcement

Baby girl Piper Elizabetha Sadakierski was born July 13, 2011 at Rutland Regional Medical Center to parents Tonya Granger and Edward Sadakierski of Rutland. Maternal grandparents are Frances and Ron Granger; Paternal grandmother is Carol Beaver. Welcome, Piper!



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VERMONT

Request for Proposals

Consulting Services for Bicycle Pedestrian and Streetscape Scoping Study

Funded in part by the Vermont Agency of Transportation (VTrans), the Town of Killington is seeking proposals from qualified firms to plan for, identify, and provide architectural and engineering design services for the construction of streetscape, bicycle and pedestrian improvements along Routes 4 and 100 and River Road. The specific services requested and work required are listed in the Request for Proposal available on the town website at www.killingtontown.com.

The Town intends to select one proposal to carry out the scoping study through the Alternatives Phase of the project. Work is expected to conclude by August 31, 2012. The owner of the project is the Town of Killington and all authority for the consultant rests with the Town of Killington Select Board. All questions related to the Request for Proposals should be directed to the LPM: Seth Webb, Economic Development Director, Town of Killington, PO Box 429, River Road, Killington, VT 05751, 802-422-2146

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ARIES: March 21 – April 20: You've got to check in with yourself long enough to see if your ego's running the show or if this is you talking – because you're going through a time when the Soul and the personality are at odds with each other – and it's nearly impossible for the truer part of you to hear yourself think. This is not to say that you can't move forward with any and all of your plans – but before you do you need to sit down and weigh the reality of your situation against dreams that have already passed their expiration date or that no longer fit the way things feel to you inside.

TAURUS: April 21 – May 20: You can't afford to let this get to you. It's hard to say how you're going to play it because your skin is so thin and you've had it up to here with people and their BS. That being said; did it ever occur to you that you'd do a lot better to embrace whoever/whatever it is that's driving you crazy? I say this to play the Devil's Advocate and to remind you that that best defense is always the one that offers no resistance. Think about that before you decide to shut people off, up, or down. This is no time to be alienating the very people who have the ways and means to help you.

GEMINI: May 21 – June 20: When you're between a rock and a hard place all you can do is sit tight until something comes along to loosen things up. You're so hung up on the fact that you seem to be stuck, trapped, or restricted, it hasn't occurred to you that there are ways to make the most of this. Too many things have come to a head. You can no longer afford to ignore whatever it took to get here. Opening your eyes will require you to face these conditions and locate the silver lining in a situation that is all about you getting to see that when life makes it this hard to breathe, the only way out is in.

CANCER: June 21 – July 20: You could be fooling yourself – but who cares – because it sure feels better than whatever led you to this place. If at times you wonder to what extent you're seeing what you want to see, you need to know that it's what we all do, and it's no crime to want the vision to be as real as it can possibly be. This is how we learn to tell the difference between what's true and what's not. Don't be too precious about your decisions, or overly cautious, or too careful; you're in the middle of a situation that will work out better if you let yourself believe that it's the answer to everything.

LEO: July 21 – August 20: You don't care what people think about where you're at. It's been such a mind blow to finally begin to see how little others have been there for you. If you wanted to you could use this as a great excuse to keep going downhill – but for whatever reason this absence of support has taught you how to rise up and be who you are. After a long stretch of wondering what it would take to want to keep living the answer has come in the form of a person or an opportunity that is here to help you shine. Open your heart to the newness of love and to the beginning of happier times.

VIRGO: August 21 – September 20: You have no clue what's going on and you're not in the mood to try to figure it out. For the first time in your life you haven't got a handle on things. This could easily be making you nuts but for some reason it's teaching you that everything in life comes together perfectly when we get out of the way and let things be. If you have moments of doubt as to whether or not you are safe in the arms of a wing and a prayer, at this point you're beginning to see that that's all life is – and if you can just keep weaving the vision, the details inevitably fall into place all by themselves.

LIBRA: September 21 – October 20: You have been so good at taking the good with the bad you haven't acknowledged how much the bad stuff totally pisses you off! Putting on a happy face, being too nice, or too tolerant, or too kind – these things have made it easier to avoid conflict but you've internalized so much anger you're ready to pop. Before your niceness explodes, let off enough steam to see the humor in what happens to all of us when we stop being truthful. While you're at it, look at your more recent encounters and the ways in which sweetness and light sometimes keeps us in the dark.

SCORPIO: October 21 – November 20: To be honest you keep rationalizing everything to the point where none of it seems to matter. Who could argue with you? For better or worse you're about to get your way – and you better be damn sure that this is what you want. Beyond that, your reasons for wanting it need to be clear; because you will meet up with harder lessons if what's good for you isn't good for everyone. Nothing you do matters as much as the wish that fuels it. Think about that. Go ahead and do what you will but be clear in your heart and let your mind be guided by truth and love.

SAGITTARIUS: November 21 – December 20: There aren't enough ways to explain how and why your life got this crazy. You could analyze it into the ground and never fail to be blown away by the extent of the damage. With that in mind you are becoming aware that being bound to the past has forced you into a straitjacket of behaviors that make it difficult for you to attract what you want. In playing the part that fate has foisted upon you, you have become a robot of sorts – or at the very least, someone who would be a lot better off if they could figure out how to express themselves outside the dictates of the past.

CAPRICORN: December 21 – January 20: You pride yourself on being savvy enough to see through anything and everything. At this point you're so clear about that, that you aren't paying attention. While you were looking the other way several influences have entered without knocking and their presence in the equation is setting things off. Unfortunately, there is no direct way to deal with this. What you didn't see coming has an edge that could easily cut things in two if it isn't pleased with the way things are going. Mind your P's and Q's. It looks to me like you're in bed with yet another nut case!

AQUARIUS: January 21 – February 20: The next time you decide to go for it, remind yourself of what the last two weeks have taught you. Not for nothing, but where did you get the idea that you were actually ready for this? While I commend your willingness to hang on to your hopes and always take the high road, I am tired of your inability to see how much advantage it gives those who never fail to come along for the ride. For so many of us, our biggest blind spots are always sitting right next to us – and yours just so happens to be the person, place, or thing that keeps asking you to trust it just one more time.

PISCES: February 21 – March 20: You have invested way too much, or put all of your energy into something that may not pan out. There are moments when you wonder what made you think that there was really anything to this, and you are going through a process that is a lot like what happens when the truth hits us square in the face. As much as it's difficult to avoid looking at it, there's no way you can fail to see that yes indeed, you put all your eggs in a basket that was woven out of things that weren't real enough to withstand the elements, or the winds of change that alter time and circumstance.

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

Downtown Rutland

Enjoy the Farmer's Markets

Downtown Rutland plays host to two great Farmer's Markets... one on Tuesday and another on Saturday. Both are located in Depot Park at the north edge of the Downtown Plaza. There's plenty of free parking and an amazing array of goods.

Rutland has a growing, and very positive, reputation for "farm to market" relationships and wonderful Vermont products. More and more fresh local products show up at the Farmer's Markets, and in restaurants and at grocers. Nearly everything available is organically grown on lands owned and operated by the farmer/producer. In addition, there are "value added" local products like prepared foods, wines, baked goods and many other "goodies."

At this time of year the markets are beginning to offer field tomatoes, sweet corn, broccoli, onions, and many "mid-summer" veggies, along with early risers like zucchini, summer squash, various greens and lettuces, string beans, herbs, etc.

The market offers several great bread bakers, numerous delicious pastry vendors, fresh artisan cheeses, local meats, wines, preserves... and even gifts, art and jewelry.

You must visit the Downtown Farmers Markets. The Tuesday market is open from 3pm - 6pm. The Saturday market is open from 9am - 2pm.

The trend to buying more locally grown food is nationwide, according to US Department of Agriculture statisticians; interest seems heaviest in urban areas and along both East and West coasts. A University of Minnesota Extension educator described the growing interest as "We're moving toward a French Revolution," explaining that the rolling heads will be heads of lettuce, and comparing the growing vitality in U.S. farmers markets to the long-established markets of France.

In the U.S., farm markets were once more common, but fell from popularity when mass market grocery retailers were able to offer a wider assortment of food products from a greater geographic area. Theorists believe American consumers' growing interest in regionally produced food is a perception that locally grown food has better value and nutrition, plus comes from a known source.



National Night Out Says No To Drugs

The Southwest Freedom Riders invite all bikes, new members and guests to their monthly meeting at 7:00 p.m. Thursday, July 28, in Seward's Family Restaurant and Ice Cream, 224 N. Main St. (Rte. 7), Rutland. Call (888) 299-SWFR for specifics.

While you're out and about on Friday, drop in the Farmer's Market in the Home Depot/Big Lots Plaza, from 3:00 to 8:00 p.m. Attractions include crafts vendors, live music, and international foods.

Enjoy two glorious days of shopping, eating, and music in downtown Rutland at the annual Sidewalk Sales/Ethnic Food Festival, Friday and Saturday, July 29 and 30. Live entertainment includes Rick Redington's Cigar Box Band and Satin & Steel. Call the Downtown Rutland Partnership, 773-9380, to find out more.

Help celebrate Clarendon's 250th birthday on Saturday; many activities and displays center around the Clarendon Community Center, 111 Moulton Ave., beginning with the children's parade at 8:45 a.m. Get a piece of birthday cake - freshly baked, not 250 years old - at 5:30 in the Clarendon Community Center. Other activities are scattered throughout the day, including open houses, townwide sales, and fireworks after dark. Call Bob Bixby, 773-6470, for details.

Say goodbye to the 2011 Chaffee Art Center Summer Members' Exhibition at a closing reception brunch Saturday, beginning at noon. The current show features work by Chaffee Juried Artist Members, including Patrick Kennedy, Marian Willmott, and Joshua Kennedy. Lynn Sandage reads children's stories at 1:00 p.m., followed by a flute improvisation at 1:30. Call 775-0356 for details.

Share your good health at Diamond Run Mall by giving the gift of life at a Red Cross blood drive from 11:00 a.m. to 4:00 p.m. on Saturday. Donors receive a scoop of ice cream from Friendly's AND a coupon for a free carton.

Rutland Youth Theatre presents Merchants of Venice at numerous locations across the area in the next few

days. Enjoy a performance at 7:00 p.m. Saturday, July 30, in Rutland's Godnick Adult Center; 2:00 p.m. Sunday (hike in and out half a mile), in Pine Hill Park; at 2:00 p.m. Saturday, August 6, in Wallingford Town Hall; and at 7:00 p.m. Saturday, August 6, in West Rutland Town Hall Theatre. Call the Rutland Rec office, 1 Deer St., Rutland, 773-1853, for info.

German organist Hans U. Hielscher presents his American concert tour pieces at Trinity Church, 85 West St., Rutland, at 3:30 p.m. Sunday. Compositions include work by Denis Bédard, Enrico Pasini and Josef Rheinberger as well as his own original work. Call 775-4368 for specifics.

Listen to the Rutland City Band Sunday afternoon in Main Street Park at 7:00 p.m.

Get in the ring with the movie Rocky at 7:00 p.m. Monday in the Paramount Theatre, Rutland, then dance along with the leather jacketed folks of Grease on Tuesday. Call the Box Office, 775-0903, for details.

Meet up with the folks from Rutland's United neighborhoods, Rutland City police, Rutland City Parks and Recreation Department, Rutland Downtown Partnership, and the VT Dept of Health Division of Alcohol & Drug Abuse program for a free swim, BBQ and fun at Whites Pool, 4:30 to 8:00 p.m. Tuesday, August 2. It's Rutland's 10th Annual National Night Out.

Discuss crime prevention, criminal activity, and police services with other members of the Rutland County community and the Rutland County Sheriff's office in a 6:00 p.m. meeting at the West Rutland Town Hall. Be prepared to give input and help set up an e-mail communication group. Call 775-8002 for details.

Bring your lawn chair and/or blanket to hear the Proctor Connection in Main Street Park, Rutland, Wednesday, August 3. Thanks to the Rutland Rec. Department for both the Wednesday and Sunday evening concerts at 7:00 p.m.

Quick N Bright Car Wash in the Howe Center in Rutland recently installed a state-of-the-art dog wash, complete with ramp, dog leads, and other paraphernalia, including a poncho to keep you, the dog washer, dry.

Rutland High English teacher Chris Siliski recently received a mayoral nomination to be replacement Rutland City alderman, filling the seat recently vacated by Robert Barrett. Siliski is co-chair of the Rutland Creative Economy's open air committee and a member of the Rutland Free Library's board of trustees.

The Rutland Region Chamber of Commerce is looking for restaurants and caterers to participate in the annual Winter in August, scheduled for 5:00 to 8:00 p.m. Tuesday, August 9, in Center Street Alley. Participating businesses provide 300 food servings (minimum) in return for marketing themselves to attendees. Call the Chamber, 773-2747, to sign up.

A move outside the city limits has prompted Mark Foley Jr. to resign his position of chair of the Rutland Redevelopment Authority. Foley has led in the recent reorganizing of the RRA and worked with the Creative Economy as well as a successful local businessman.

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\$urviving The Times®

Rutland Rising... To the Occasion of Changing Times

by Annabelle WestlingWilliams

Wow: Community Supported Agriculture (CSA) has increased tenfold in Vermont over the last decade. A large portion of that growth has been in Rutland, primarily due to the popularity of our vibrant Farmers' Market, and the amazing work of Rutland Area Farm and Food Link (RAFFL). On an even more local level, our budding Pittsfield Farmers Market coalesces each Friday, rain or shine, on the town green. New vendors are encouraged; contact Allison at 746-8082. Also if you a musician you are welcome to come share your tunes.

Locals and visitors alike: please patronize your farmers and their various markets, so that they may prosper and sustain us in times to come. There are at least a dozen such markets in Rutland County alone. Remember that their products are more nutritious & delicious, that the dollars you give them recirculate in our community instead of going to distant corporate headquarters, that packaging & transportation greenhouse gases (say, from Chile or New Zealand!) are eliminated. All this truly matters, as we the public increasingly realize. Give your money to Ma & Pa & their families, keeping it from being diverted into the humungous financial sector, which serves itself at the expense of local and regional economies.

In a recent Rutland Herald column, our friend Sharon Nimtze spoke of how two pioneering local farmers, Steve Chamberlain and Greg Cox, lured another farmer to the Rutland Farmers Market, and how young interns from the new farm convinced a Pennsylvania farming couple to settle here rather than move farther north, because of "the wonderful energy of the Rutland area." How I love such stories. In the same vein, the Amee Farm here in Pittsfield has attracted some fine young folks to offer their muscular and entrepreneurial energy. We even have a new industry: Vermont BeanCrafters, who produce a variety of delicious local organic & vegan foods. As the old paradigm crumbles in unsustainability, the new one emerges around us. We have the land, the

water, the will and the goodwill, to nurture it.

A favorite summer event is coming up: Sustainable Rutland's Trash to Art contest. Reduce/reuse/recycle at its most creative. Fill out an entry form at their website and turn it in by August 5 if you want to create something; its open to all ages and includes cash prizes as well as fleeting local fame. Everyone be sure and check out all the entries and the winners at Friday Night Live on August 14, downtown. Lots going on there, including music, food and family activities.

Sustainable Rutland.org is a great place to learn about many ways in which Rutland is Rising; check it out. And visit <http://www.rutlandfarmandfood.org> to learn about their summer workshop series, a plethora of resources available to us, and the annual wonderful Twilight In The Meadow, which takes place on September 11 this year. You are invited! You are also invited to become involved with RAFFL in various ways, and folks who volunteer for 10 or more hours this summer (June 1-September 15) will receive a complimentary salt cave session from Rutland's Pyramid Holistic Wellness Center. A fine way to have a local experience, even if you are passing through.

Another organization that well-deserves our support and participation is Rutland's Chaffee Art Center, with its Art in the Park (August 13&14), its Studio School classes for all ages, its monthly Art Hops, and lots more—something for everyone interested in the arts.

Remember to recycle this newspaper; If every American recycled just one-tenth of their newspapers, we would save about 25,000,000 trees a year!! Each ton of recycled paper can save 17 trees, 380 gallons of oil, three cubic yards of landfill space, 4000 kilowatts of energy, and 7000 gallons of water. This represents a 64% energy savings, a 58% water savings, and 60 pounds less of air pollution! The 17 trees saved (above) can absorb a total of 250 pounds of carbon dioxide from the air each year. Burning that same ton of paper would create 1500 pounds of carbon dioxide (www.recycling-revolution.com).

What NOT to do When Job Hunting

by Marvin Walberg, Scripps Howard News Service

Recent reports show that the job market is showing signs of life, though unemployment will remain high for years. So it's vital for job seekers to know what to do and what NOT TO DO to help land that next job.

Five Critical Pitfalls Job Seekers Should AVOID to Stay in the Game

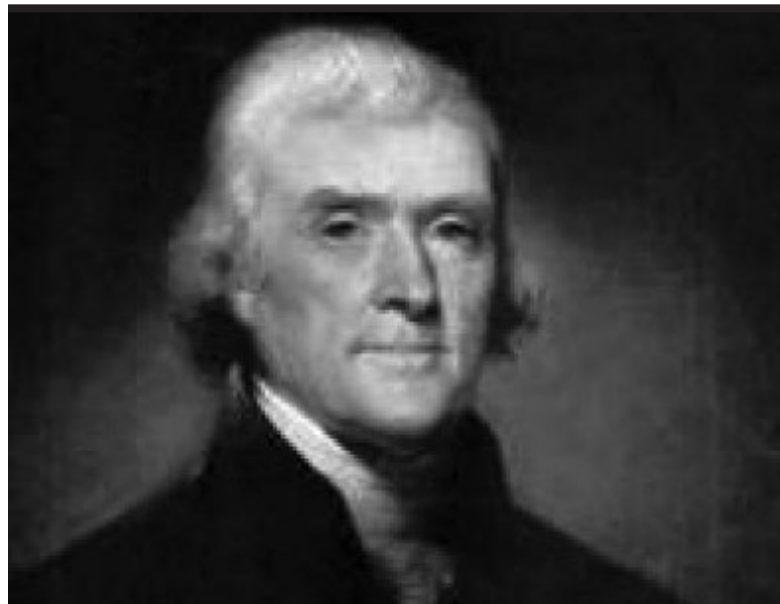
-- Underprepared: Often times job seekers who have been at it a while get discouraged and begin to get lazy. Be prepared. If you have an interview, don't let that opportunity go to waste. Research the company, bring questions about the job, and bring examples of what you would do in the first 90 days.

-- Going Casual: Even if you know you are interviewing at a company where the dress policy is business casual, you still want to present at the top of your game. Wear your best suit, polished shoes, minimal jewelry, get a haircut. Be memorable for how professional you look.

-- Going Negative: It's easier than you think to sound negative in an interview, so think about how to phrase what you will say as much as you think about what you are going to say. No one really wants to hear about how hard the job search is, or how much rejection you have had. Be positive!

-- Going it Alone: Many people still undervalue the power of networking or they become overly reliant on technology as a means to do it. In addition to online networking and job boards, get out there and meet people. Get in front of people who can introduce you to the people who put those postings online.

-- Pursuing Everything: Applying for every job in your field regardless of how over or under-qualified you are is a waste of time. Rather than inundating hiring managers with applications to jobs that you don't want anyway, take the time to focus on submitting the highest quality materials to only positions you know you will be excited to take. That should free up more time to network, conduct more company research, etc.



Thomas Jefferson Warned Us

I believe that banking institutions are more dangerous to our liberties than standing armies. If the American people ever allow private banks to control the issue of their currency, first by inflation, then by deflation, the banks and corporations that will grow up around [the banks] will deprive the people of all property until their children wake-up homeless on the continent their fathers conquered. The issuing power should be taken from the banks and restored to the people, Thomas Jefferson, (Attributed) 3rd president of US (1743 - 1826)

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The Mountain Times



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View From Ludlow

by Ralph Pace

“Healthcare-To Be or Not To Be”

With all the talk coming out of Montpelier (and, now, everywhere in Vermont), FOLA (Friends of Ludlow Auditorium) has decided that it's time to have a public forum where all sides to the debate may be heard.

Consequently, FOLA has set aside Thursday, October 20 as the date when the public will have an opportunity to 1, have the precise nature of the legislation passed by the recent session of the legislature explained in simple, layman's terms – terms that are agreed to by both sides of the debate, 2, have a moderated discussion about the legislation, its implications, and costs, and 3, give the public a chance to ask direct questions to a panel involved in the process.

Kristin Carlson, Senior Political Reporter for WCAX, will moderate the discussion. The panel will consist of statewide people either directly involved in the creation of the legislation or in opposition to some, if not all, of the resulting legislation. The panel will be evenly divided in this respect. For more information about the forum, which will be held in the Ludlow Town Hall Auditorium, call 802-228-7239.

FOLA is also busy in several non-political areas. On August 4 at 7 PM at the Ludlow Auditorium, it will feature the award winning film, “To Kill a Mockingbird”, starring Gregory Peck. The film is part of a joint effort by FOLA and the Friends of Fletcher Memorial Library to celebrate the 50th anniversary of Harper Lee's historic novel. The Library will conduct a discussion of the classic novel on July 28 at 7 PM. Copies of the book are available at the library.

At the same time, Stan Hart, parttime Cavendish resident and former head writer for the Carol Burnett TV comedy series, is preparing nine original skits to sponsored by FOLA at a special November 4 presentation at the Ludlow Auditorium. The skits will feature Stan, his wife Jane, and a number of area performers in this “world-premiere” event.

Recently, TW3 (That Was The Week That Was), broadcast on Thursdays at 3 PM by LPC-TV on cable channel 8 and 20, featured an unusual program led by Jane Hart on the use of art therapy. She led the two cohosts, Leo Graham and Ralph

Pace, along with Yoga guru, Lori Saccardo, in the drawing of ‘zendoodles’. While the two cohosts did not create any masterpieces, they did learn that the process of ‘zendoodling’ was both relaxing and therapeutic.

With a 180 degree switch, TW3 will concentrate on the national debt reduction issue in its forthcoming broadcast on Thursday, July 21 at 3 PM. Kevin Kuntz will be the guest on the program to delve into the questions facing this nation relative to both debt reduction and the debt ceiling.

The Ludlow 250 Committee will be meeting shortly to review its plans for the coming semiquincentennial of the town. The events, scheduled for Friday, September 16 and Saturday, September 17, will feature some historic readings about the creation of the original charter for Ludlow along with a parade, birthday cake and card, dancing, patriotic music, and lots of just plain fun.

On July 30, Supreme Court Justice Stephen Breyer will be the featured speaker at the Calvin Coolidge Memorial Foundations gala at the new Coolidge Historic Center in Plymouth at 5 PM. He will discuss his new book.

Black River Academy Museum has signed a contract for the installation of an elevator in the new wing of the historic building. This will mark the realization of a five year dream that will enable the building to be accessible by all.

The Red Cross will be returning to Ludlow on August 8 for a blood drive. The drive will take place at the Ludlow Community Center from 12:30 to 5:30 PM.

It now appears that Ludlow will be due for a property reappraisal in 2012. The mountain district has already been reappraised. Based on action at the recent meeting of the Select Board, the rest of the town should be reappraised next year. However, there does appear to be an unusual problem.

In opening the three bids for this reappraisal, the Board and Listers discovered that bid amounts were totally out of whack. The low bid was \$19,000 and the high bid was \$91,000 with a third bid in the mid-twenties. Because of the wide variance between bids, both the Listers and Select Board decided to investigate the specifications of each bid in greater detail before making any commitment.

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

Dear Editor,

On Monday August 1st there will be a special town meeting at 6pm at the Killington Elementary School (formerly SES) to revote articles 4, 5 and 6, (referring to the Australian Ballot Voting) of the May 9th special town meeting. These articles passed by over a 12% margin at a meeting that was highly attended and the issues, both pro & con, were vigorously debated. The most important reason many people support these articles is that they allow ALL registered voters of the town to have a say in our town and how it is run. It is not an attack on the town meeting process, it is about fairness, equity and the constitution right for people to have a say in their government. The town meeting and discus-

sions must and will occur even with Australian Ballot. But the reality is, in this day and age, not everyone can afford to take an entire day off from work to vote. This past regular town meeting took over 7 hours. Some say, if it is important enough to vote people should find a way of getting the whole day free. The reality is that some people do not have that choice. On May ninth the townspeople gave all voters the choice to vote, let us not take that away. It's the fair thing to do; it's the right thing to do. Please attend the August 1st meeting and vote yes once again for articles 4, 5 and 6. Thank you.

Patty McGrath

Dear Editor, RE: Mary Furlong's letter

Mary your logic is amiss. There is no connection between using Australian ballots and the loss of residents and students. Do you really believe someone would move into town because we use Australian ballots to decide our town budgets? I doubt it. As one “historic” resident (your term), I challenge your comments. Hiding behind an Australian ballot is an easy out. Attending a town meeting and speaking your mind before your peers and fellow residents takes courage and intellect. Voicing one's opinion and voting thereafter is the epitome of a democratic society. Being able to discuss matters that determine our community's future is a freedom that few other states use. Holding informational meetings

have traditionally been ill attended; therefore, voters go to the ballot box uninformed about the issues surrounding the ballot items.

If we are to truly have a village, we, as a community, need to include the “historic” residents in all decisions and not base our decisions solely on the wants of business owners. I urge all to vote against the Australian ballot system and continue to exercise your right as an American to speak out in a public forum deciding the town's focus for the ensuing year.

E. J. Willis
Historic Resident
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Lakes Region News

by Lani Duke

Fair Haven is Happening!

Bluegrass and folk music, original and authentic, from the quintet PossumHaw, flows from the gazebo in Fair Haven town park Thursday, July 28. Starting time is 7:00 p.m.

Fair Haven is home to an interesting weekend, with a picnic style buffet dinner and dance Friday evening at the American Legion Post #49, followed by the 6th Annual Classic Auto Show on the town green on Saturday. This year's show features not only the food, vendors, music, and fun that have made other years a success, but also has added in a show of classic motorcycles.

Join in on a series of free upcoming informal conversations with Green Mountain College professors on topics of local and national interest. James Harding speaks about Land Ownership in the Northern Forest Saturday, July 30, at Sissy's in Middletown Springs. Karen Fleming discusses making businesses greener and more profitable Wednesday, August 3, at The Station in Poultney. Both are from 9:00 to 10:00 a.m.

Help support Circle of Hope K9 Rescue with a special basket raffle party at Fair Haven American Legion Post 49 Sunday, July 31. Drawing begins at 3:00 p.m. for more than 300 baskets, door prizes and special baskets. Find out more by calling Angela, 468-5298.

Fair Haven celebrates National Night Out Tuesday, August 2, from 5:30 to 8:30 p.m., in the town park. Pick up lots of useful information, enjoy the munchies, and have fun. Call Betty, 265-3231, for details.

More music in the Lakes Region. Tuesday at 7:00 p.m.,

the Starline Rhythm Boys perform at the Old Medical Chapel in Castleton.

Start gathering up clothing you don't want any more to take to Fair Haven Concerned for the annual clothing drive. You can drop off your clean garments at St. Mary's School, 19 Washington St., from 9:00 a.m. to 4:00 p.m. Sunday, August 7, and 9:00 a.m. to 8:00 p.m. Monday. Free shopping is 9:00 a.m. to 8:00 p.m. Tuesday and Wednesday, and 9:00 a.m. to 3:00 p.m. Thursday, August 11.

Do you have any old school pictures, postcards, and other information on Sudbury history, especially the Johnny Appleseed Camp (once called Camp Skybird) on Burr Pond? Don Sondergeld is working on a book and would appreciate your help. Call him at 273-2251.

Consider Bardwell farm in West Pawlet hosts a NOFA-VT workshop on starting a commercial goat dairy scheduled for Saturday, August 6, 9:30 a.m. to 3:00 p.m. Speaker is Carol Delaney, former University of Vermont Extension small ruminant dairy specialist; she will cover selecting goats and the costs, housing, feeding, milking, and product marketing. Co-sponsor is the Vermont Sheep and Goat Association. Pre-register by calling 434-4122.

Fair Haven High teacher Beth Carini accompanied 13 Vermont 4-H teens on a trip to Washington, DC, to study the federal government up close. Their visit was part of the 4-H program Citizenship Washington Focus, which met up with 3,000+ young people in seven weeklong training sessions that included issue-oriented workshops, motivational speakers, a day on Capitol Hill, and tours of cultural and historic sites.

Clarendon's 250th Birthday Celebration

Clarendon, Vermont is celebrating 250 years, 1761-2011. The Celebration Date is Saturday, July 30, 2011. Come celebrate our town's history, enjoy time with neighbors, family, friends and old acquaintances.

Various events, programs, historical town information & displays will be held at the Clarendon Community Center. Starting event is the Kiddies Parade at 8:45 a.m. There will be an ongoing coloring project at Bailey Memorial Library. A Chocolate Chip Cookie Baking Contest for ages 10 to 17 will be held at 1 p.m. Guess the number of stones in the jar throughout the day and win a nice flag package.

A fabulous 250th Birthday cake will served to the public from 5:30 - 6:30pm at the Clarendon Community Center.

Sign up to win a copy of the Clarendon History book throughout the day. Warner's C'oy of Green Mountains Rangers will pay tribute at Revolutionary War Officer, Lt. Col. Joseph Wait's gravesite. A DJ or Live Music will play 6:30 p.m. to dark. Open Houses will be available at Town Hall, Old Brick Church Times (10 a.m. - 2 p.m.) and the Clarendon Fire House on Grange Hall Road (Open all day 8 a.m. till after dark).

Townwide Sales Day will go on throughout the day. Drink & food will be for sale at the Clarendon Fire House as well. Fireworks will be hosted by the Clarendon Fire Association.

The Events schedule is subject to changes or additions. For more information call Bob Bixby at 802-773-6470.

Northeast Schools Awarded for School Recycling Efforts

The School Recycling CLUB, Northeast Resource Recovery Association (NRRRA) and New Hampshire the Beautiful (NHtB) were pleased to award 10 Northeast schools for their outstanding recycling efforts.

Local award winners include: Patte Sarauskay, Belmont Elementary School (Teacher Recycler of the Year), The Dorest School, Dorset, VT (Outstanding Recycling Fundraiser), Plymouth Elementary School and Plymouth Recycling Center (Outstanding Community Involvement).

These awards are given annually to schools in the

Northeast who work hard to start or expand their recycling programs. The School Recycling Club (The Club) is a free program for all schools in the Northeast and is supported by NRRRA and NHtB. For students and teachers in grades K-12, The Club serves as a centralized organization to become more active in the world of recycling. The Club is a fun and innovative way to give kids encouragement, direction, and networking possibilities for school recycling programs.

Congratulations again the 2011 School Recycling Award Winners!

Lobbyists Spend Big for VT Health Revenue

By Dave Gram, Associated Press

Statistics show that hospitals, doctors, drug companies, insurers and others with a stake in health care spent more than \$750,000 lobbying at the Vermont Statehouse this year.

The lobbying came as lawmakers debated landmark legislation designed to put Vermont on the road toward universal health insurance.

An Associated Press review found that telling exactly how much was spent lobbying for and against the mar-

quee legislation of the 2011 session is impossible, given Vermont's disclosure laws.

Lobbyists, good-government advocates, lawmakers and others familiar with the law say that's because of the vagueness built into Vermont's lobbyist disclosure law and the reporting system used to implement it at the secretary of state's office.

Secretary of State Jim Condos says a key problem is a lack of money for system improvements.

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Home & Garden

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Ask the Home Team



Q. My pool pump is on its last legs, so I'll be buying one soon. My cousin out of state told me that she bought an energy-saving pump for her pool, to lower her electric bill. Do these things really save energy or is it just hype?

A. They really save energy. Variable-speed and

two-speed pool pumps use as little as 1/3 the energy of single-speed pumps. That can mean saving up to \$180 on energy in a season. Because of these significant savings, Efficiency Vermont is offering a \$200 rebate for qualifying pumps installed by September 30, 2011. To download a mail-in rebate form and to see a list of qualifying pool pumps, visit www.encyvermont.com.

When the time comes to replace the pump or its motor, an important energy-saving approach is to get only the horsepower you need. A pool supplier can help you match the pump to the piping and pool that you have. If you decide to downsize the pump, talk to your supplier about using a larger filter and piping, to reduce the water-flow resistance in the system. For the most efficient operation, keep intakes and drains clean, and backwash regularly.

After you have your energy-saving pump, you can save even more by running it only as long as is needed. To determine that timing, you'll need to experiment. Start by running the pump for eight hours per day. If the pool stays clear, run the pump less often until it starts to get cloudy. Then, run it a bit more each day until it clears. That will give you a typical run time. You can use a timer, rated for your size of pump, to automatically turn the pump on and off for you. You may find that different run times are required at different times of the year. Thanks for writing in.

-Kathleen for the Home Team

Have a question about saving energy? Want to read more tips from the Home Team's Li Ling, Bob and Kathleen? Call 888-921-5990 to speak with a customer service representative.

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Some Plants and Sun Don't Mix

by Dr. Leonard Perry, UVM Extension Professor

If you're a gardener or merely enjoy being outdoors, you may have heard if not learned first hand of the skin reactions caused by some plants—dermatitis. Common examples are rashes from the oil of poison ivy or brushing the leaves of stinging nettles. Also common, but often overlooked and misdiagnosed, are the rashes caused by exposure to certain plants in sunlight. Some common culprits are garden plants such as gas plant, wildflowers such as Queen Anne's Lace, vegetables such as celery, and one of the most common—limes.

These "phytophotodermatitis" skin rashes (dermatitis) are caused by the reaction of the plant (phyto) toxic chemicals ("furocoumarins"), combined with the UV rays from the sun (photo). While not all people get these reactions, they are possible in anyone if high enough concentrations under the right conditions. Agricultural workers and gardeners, bartenders (on beaches and outside), and children (from running through wild growth areas) are some of the populations in which this problem is often seen.

If going to the beach on vacation, or merely partying on a sunny patio, beware of popular drinks with citrus wedges and juice, particularly limes (the problem is more the juice from the rinds than from the pulp). A beer commercial that appears humorous on the screen may cause dire problems in reality. In the scene, a woman squirts lime juice on her boyfriend for looking at a gorgeous girl. Does she know she may be causing phytophotodermatitis (sometimes called "margarita dermatitis" or "lime disease"), resulting in a rash on his face? Others have reactions from using lime juice remedies as insect repellents.

Rashes and lesions begin about a day after exposure, often burning and may blister. While they peak in 2 to 3 days, the pigmentation may last for weeks or months. The more fortunate only get the pigmentation without the burning and blistering. Exposure is more common in mid to late summer when the amount of chemical is highest in offending plants, skin exposure to sunlight is greatest, skin is wet from swimming or sweating, and lime drinks are more common outdoors.

Symptoms of photodermatitis are different from those of poison ivy and other plants in that they cause burning not itching, are only in areas exposed to sunlight, are often in random linear streaks or patterns (such as from lime juice running down skin or brushing against plants), and develop pigmentation. Such pigmented areas may be sensitive to UV light for several years. Getting the toxic substance on hands and then touching skin (as parents grabbing children), can lead to fingerprint patterns. Offending weed parts thrown against skin, as with weed trim-

mers, can cause a buckshot appearance to the rash.

There are three main plant families that cause this disease. The carrot family, Umbelliferae or Apiaceae, is the most common in gardens and natural areas. The false Queen Anne's lace or bishop's flower (Ammi majus) has a flower similar to Queen Anne's lace (Daucus carota), only is annual not biennial as the latter. The former was used as early as 2000 BCE



Hogweed, a member of the Carrot Family

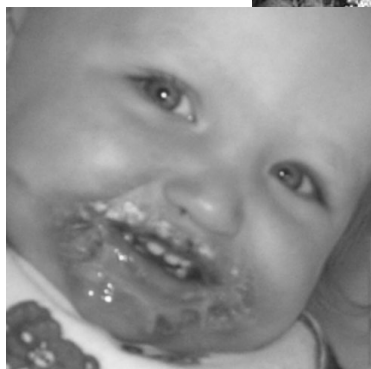
for the treatment of certain diseases, but the cause of this plant and sun reaction was not discovered until the 1930's. Queen Anne's lace is the common roadside wildflower, is useful to attract beneficial insects and pollinators, is the relative of our cultivated carrot, and yet can cause such reactions. The false Queen Anne's lace is often used in flower arranging.

Other members of the carrot family growing wild that can cause problems are the closely related cow parsley, cow parsnip, and the invasive giant hogweed. These have white flowers compared to the wild parsnip with yellow flowers, the latter escaped from cultivation and also becoming invasive in many regions. Herbs in this family to use care with include angelica (wild angelica too), parsley, and fennel. Handling the edible crops celery and carrot in this family, especially repeatedly by agricultural workers, can cause problems. An interesting point found through research is that some plants, such as celery, may develop much higher levels of these toxic (to humans) furocoumarins in response to a disease attack. Such substances, termed "phytoalexins," help plants to resist disease organisms.

The rue family, Rutaceae, includes the tropical citrus culprits of this disease, as well as the temperate garden plants garden rue (Ruta graveolens) and gas plant (Dictamnus albus). The latter exudes a "gas" in the air on still summer evenings that can be ignited briefly. Some conjecture that this may have been the burning bush that Moses saw on Mount Sinai.

The last main family of significance with this disease is the mulberry, Moraceae, the main culprit being the fig tree (Ficus carica). Similar to the citrus, symptoms arise from getting the juice on the skin (leaving it on lips can be a problem) rather than from eating the fruit. Pruning figs, harvesting, even using homemade fig decoctions as tanning lotions can cause problems.

The first step to treatment is to avoid such plants, or treat them with caution until you learn your sensitivity. Wear gloves and cover skin when working around such plants. If you do end up with lesions, apply cool wet compresses. If lesions are extensive and quite painful, consult a physician who may prescribe topical steroids.



Child with a phytophotodermatitis skin rash

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Paws & Claws

PET PERSONALS

GOLFER - 2.5 year old. Neutered Male. Pit Bull. I love to play and I need lots of exercise and play time to keep me happy. I know Sit, Shake (with both paws), Down and High Five. I'm a smart fella!



DAISEY - 1 year old. Spayed Female. Domestic Short Hair Orange Tiger. I am a very petite orange girl with a lot of love to give. I have lived with a dog before and he was actually the one I got the along with best.



BUTTONS - 1 year old. Spayed Female. Domestic Short Hair Dilute Calico. I am a colorful young lady who came to the shelter when my previous owner had some health issues. I have lived with children and don't mind that at all.



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



FRANKIE - 1 year old. Neutered Male. Domestic Short Hair Black. I'm kind of a character. I'm pretty well rounded, too. I came from a home with other cats and even dogs and kids ranging from 4 to 17 so I can handle a lot.



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.



MOE - 2 year old. Neutered Male. Domestic Medium Hair Black. I was a stray found by a nice citizen in Rutland. I came in on June 15 and boy did I appreciate that. I am getting three square meals a day and comfy places to sleep!



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



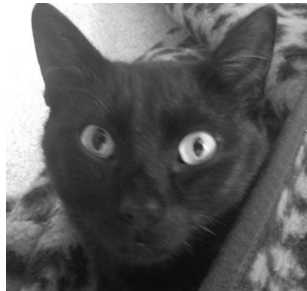
DELLA - 1 year old. Spayed Female. Domestic Short Hair Gray and White. I am a smaller girl who has lived with other cats and young children. My previous owner had to bring me in after someone in the home contracted asthma.



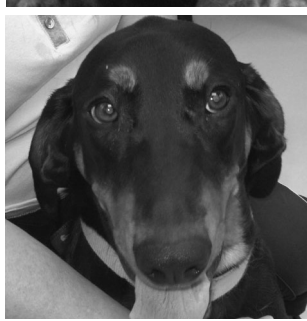
TRINCI - 2 year old. Spayed Female. Domestic Long Hair Black. I am a stunning long haired beauty that will stop you in your tracks. When you see me you won't believe I'm a stray. I was found wandering in Castleton.



KING KONG - 2 year old. Neutered Male. Domestic Short Hair Black. I was a stray from Wells brought in by a nice citizen who wanted to keep me safe. I would like to continue to stay safe and I bet you can help with that.



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.



Springfield Humane Society Pet Feature



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

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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.



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LONG TERM RENTALS

HOUSE FOR RENT IN PITTSFIELD quaint 4 bedroom, nice property, on VAST Trail, washer/dryer hookup, wood stove, Roger (802) 746-8341, (802) 345-5622 30/31

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

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

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

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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

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MARMOT ZENITH Tent, 2 person with the fly. 7.5 lb. Like new. \$150. 802-483-2813. 30/31

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

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

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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

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

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SEEKING A PEOPLE person, self starter with Deli/Esspresso/Food Service/Cashier background. Must have reliable transportation, able to lift up to 50 pounds, go up and down stairs, & be available any day of the week. Please send resume to PO box 832, Pittsfield, VT 05672 or apply in person at the Original General Store. No calls please. 30/31

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

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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 mail resume to PO Box 183, Killington, VT 05751; email to haley@mountaintimes.info or fax to 802-422-2395

RealEstate

June Sales Ease – Prices Stabilize

Existing-home sales eased in June as contract cancellations spiked unexpectedly, although prices were up slightly, according to the National Association of Realtors®.

Sales gains in the Midwest and South were offset by declines in the Northeast and West. Single-family home sales were stable while the condo sector weakened.

Total existing-home sales, which are completed transactions that include single-family, townhomes, condominiums and co-ops, declined 0.8 percent to a seasonally adjusted annual rate of 4.77 million in June from 4.81 million in May, and remain 8.8 percent below the 5.23 million unit level in June 2010, which was the scheduled closing deadline for the home buyer tax credit.

Lawrence Yun, NAR chief economist, said this is an uneven recovery. "Home sales had been trending up without a tax stimulus, but a variety of issues are weighing on the market including an unusual spike in contract cancellations in the past month," he said. "The underlying reason for elevated cancellations is unclear, but with problems including tight credit and low appraisals, 16 percent of NAR members report a sales contract was cancelled in June, up from 4 percent in May, which stands out in contrast with the pattern over the past year."

The national median existing-home price for all housing types was \$184,300 in June, up 0.8 percent from June 2010. Distressed homes – foreclosures and short sales generally sold at deep discounts – accounted for 30 percent of sales in June, compared with 31 percent in May and 32 percent in June 2010.

According to Freddie Mac, the national average commitment rate for a 30-year, conventional, fixed-rate mortgage was 4.51 percent in June, down from 4.64 percent in May; the rate was 4.74 percent in June 2010.

NAR President Ron Phipps, broker-president of Phipps Realty in Warwick, R.I., said home sales should be higher. "With record high housing affordability conditions thus far in 2011, we'd normally expect to see stronger home sales," he said. "Even with job creation below expectations, excessively tight loan standards are keeping many buyers from completing deals. Although proposals being considered in Washington could effectively put more restrictions on lending, some banking executives have hinted that credit may return to more normal, safe standards in the not-too-distant future."

Phipps added that lower mortgage loan limits, due to go into effect on October 1, already are having an impact. "Some lenders are placing lower loan limits on current contracts in anticipation they may not close before the end of September. As a result, some contracts may be getting cancelled because certain buyers are unwilling or unable to obtain a more costly jumbo mortgage," he said.

Total housing inventory at the end of June rose 3.3 percent to 3.77 million existing homes available for sale, which represents a 9.5-month supply at the current sales pace, up from a 9.1-month supply in May.

All-cash transactions accounted for 29 percent of sales in June; they were 30 percent in May and 24 percent in June 2010; investors account for the bulk of cash purchases.

First-time buyers purchased 31 percent of homes in June, down from 36 percent in May; they were 43 percent in June 2010 when the tax credit was in place. Investors accounted for 19 percent of purchase activity in June, unchanged from May; they were 13 percent in June 2010.

The balance of sales was to repeat buyers, which were a 50 percent market share in June, up from 45 percent in May, which appears to be a normal seasonal gain.

Bold Design in The Kitchen

by Rosemary Sadez Friedmann

What's new and exciting and innovative in kitchen design? Let's see what's cookin'.

It seems bold design is taking over, leading to beautiful kitchen spaces. And what do I mean when I say "bold"?

How about a fish tank built into the backsplash behind the sink? Fish tanks are always relaxing and somehow mesmerizing, so let that effect take place in the kitchen. And since this tank is right there by the sink, cleaning is much easier. Add to that a color-changing backlit LED, and you have the making of a fancy restaurant right in your own home.

Another thought: If you have a dining room right next to the kitchen with a wall separating them, the fish tank might do well nestled into that common wall so the view can be enjoyed from both rooms.

Do you have a large window in your kitchen that shows off the beautiful outdoors? Consider kitchen cabinets of a color that reflects the look of the outdoors. The blending of the cabinets and the view will make the kitchen seem larger, and bring the outdoors closer. If your view is mainly plants and trees, complete the

indoor/outdoor connection by putting plants on the windowsill.

Consider using glass tiles to make the kitchen floor look like a mosaic. Now look up at the ceiling. Paint a mural or flower or trompe l'oeil up there.

Do you like lots of colors? Are you a fan of having many colors coordinated in one room? If so, consider multicoloring your kitchen with the cabinets. One set of cabinets might be blue, while a bank of drawers on the end could be yellow. The cabinets above could be red. You get the picture. Pick your favorite colors and make it happen. Wallpaper or glass tiles on the wall that contain all those colors will complete the picture.

You like bold colors, but not all mixed in one room? Fine. There are many available bold kitchen-cabinet colors such as neon green, sunshine yellow, cherry red and cobalt blue, to name just a few. Go for it.

Ever considered "ground effects" for your kitchen? All it takes is LED lighting tucked into the toe-kick of the cabinets. It gives quite a glow at night when the other lights are off and all you see is the luminosity coming from the kitchen.

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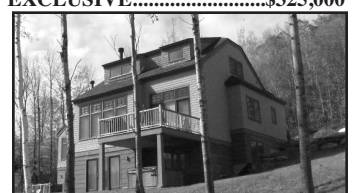
PICO VILLAGE SQUARE Walk out of your door onto Pico ski lifts & ski home from this beautifully maintained and tastefully furnished 3-BR 2-Bath condo w/wood-burning FP & propane heat. EXCLUSIVE.....\$227,000



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Pico-Condos (P)	\$112-\$188K	2BR	\$178-\$285K	3-4BR	\$699K
Sunrise Condos (P)(T)	\$145-\$173K				
Tupperidge Townhouse (P)(T)					

Ski In / Shuttle Out

Edgemont (P)	\$110K		\$245K		\$883K
Fall Line (P)	\$120-\$138K		\$175-\$180K		
Highridge (P)	\$180-\$190K		\$275K		
Trail Creek w/loft (P)(T)	\$75K		\$114K		\$119-\$179K

Shuttle

Mtn Green (Bldg 1 & 2) (P)	\$53-\$88K		\$85-\$99K		\$125K
Mtn Green (Bldg 3) (P)	\$59-\$79K				\$205-\$230K
Pinnacle (P)(T)	\$99K				\$378-\$400K
The Heights (NEW) oversized garage (P)(T)			\$149K		

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Hemlock Ridge (P)(T)			\$148K		\$180K
Fox Hollow (P)(T)			\$199K		
Glazebrook Townhouse (P)(T)					\$239-\$249K
Colony Club Townhouses (P)(T)					\$200K
Killington Gateway (P)(T)	\$79-\$99K		\$95-\$149K		
Moon Ridge T/House Northside (P)			\$189K		
Valley Park (P)			\$95K		\$125K
Silver Birch (P)			\$125K		
Mendon Square (P)			\$90K		
Pondview (P)(T)			\$25K		
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