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The Mountain Times

Volume 40, Number 31

Central Vermont's Premier Weekly Newspaper

August 4-10, 2011

COMING SOON!

Circus Smirkus Comes to Pico

Vermont's award-winning Circus Smirkus will be calling Pico Mountain home on Sunday, August 14 and Monday, August 15 for two shows.

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GENERATION Y

People I Admire: Ricky Williams



It was said that when Ricky retired he'd let his fans down; in truth, he'd spent his entire life living up to their hopes and their expectations.

PAGE 5

JUST FOR FUN

Now Showing:

See what critics are saying about new releases "Crazy Stupid Love" and "Cowboys Versus Aliens." Second best plan would be to go see one of these new releases at Flagship Cinemas and decide for yourself!

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LOCAL SECTION

Regional News

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

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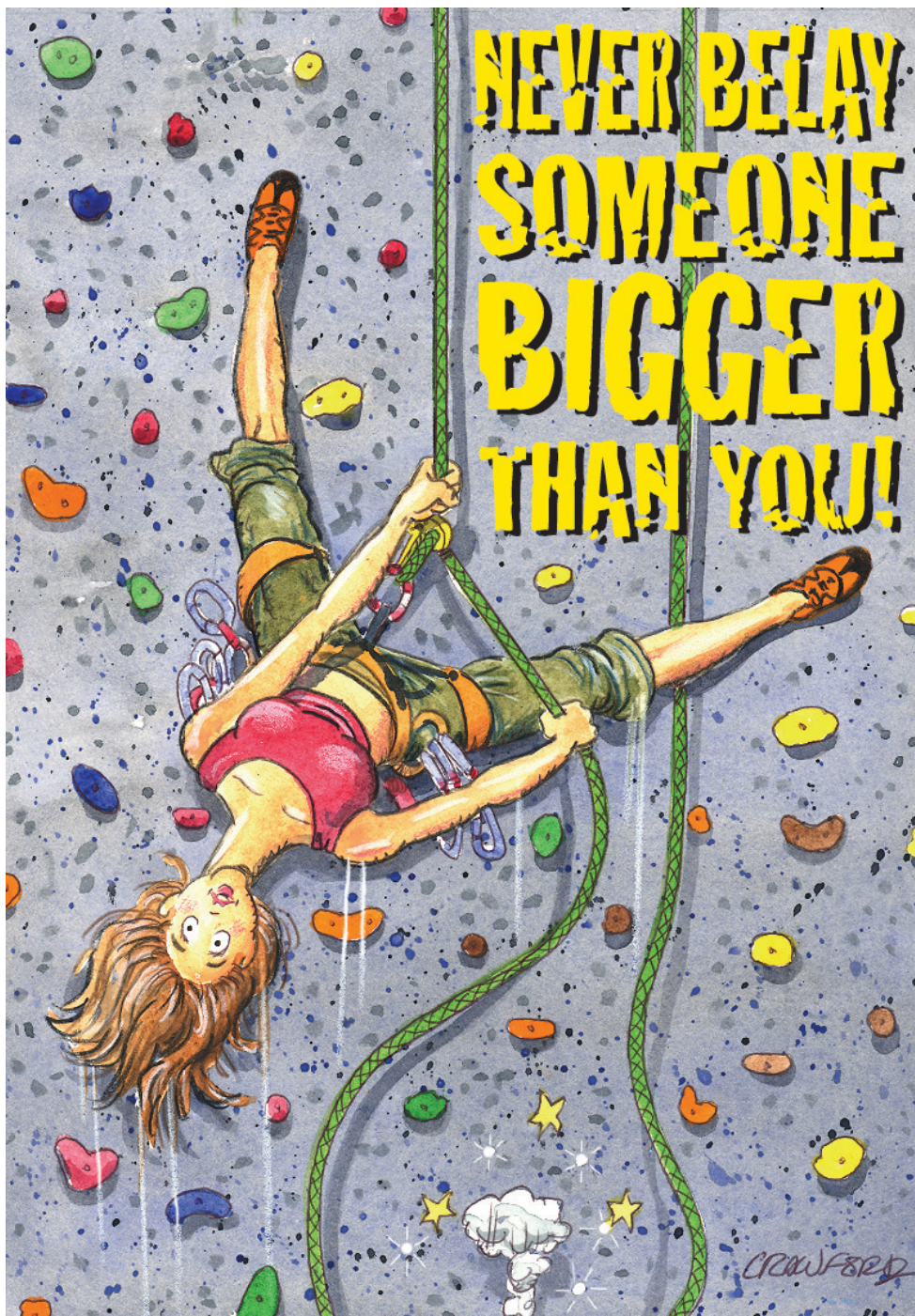
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A Brief Introduction to Rock Climbing

Story and Illustration by Greg Crawford

I believe it was the late George Mallory who said, when asked why he wanted to climb Mt. Everest, "Because it's there."

But let's come back down a little closer to sea level and talk about more modest, but no less thrilling, kinds of climbing.

Rock climbing as a sport seems to have developed in the late Victorian Age in the 1880s, when adventurous young men who were wise in their choice of parents, and thus free of the need to earn a living, took to scrambling up and down the escarpments around the Lake District of England. W.P. Haskett Smith is frequently called, "The Father of Rock Climbing" in Britain. Any place in Europe that had mountains also had people trying to scale them for fun, bragging rights, and

the addictive adrenaline rush.

Slightly crazy people have been climbing sheer rock faces for as long as there have been slightly crazy people. And though a few unfortunate souls pancake each year, the number of people taking up climbing has multiplied considerably. Those who are new to the sport may need to be reminded: Rock climbing is an inherently dangerous pastime. The vast majority of accidents happen to experts who get blasé about double-checking their, or their partner's, gear. "Sorry! My bad," can have disastrous consequences. Safety procedures exist for a reason. Follow them. So there.

For many years, climbers just had to sit home and fidget when inclement

Rock Climbing, Page 2

Spartan Race at Killington



Andy Campagne competes in last year's Spartan Race, held in Williston, VT

The Spartan Race is the world leader in obstacle racing and designed to test participants' resilience, strength, stamina, and ability to laugh in the face of adversity. The unique obstacle course will demand every ounce of strength, ingenuity, and animal instinct you thought you lost 3 generations ago. Course details are held in secrecy until competitors meet them face to face.

The event will be held August 6 at Killington Resort at Snowshed Base Lodge, 3800 Killington Rd, Killington.

This is the seventeenth obstacle racing event in the international Spartan Race Series that began in Burlington, VT in 2010. The series is the brain-child of uber-sports impresario Joe Desena of Pittsfield, VT, who is legendary for the annual Death Race in Pittsfield. Spartan Race Series winners earn a spot in the 2012 Pittsfield event.

For those unsure if they can finish The Spartan Beast Race there will be a "dignified exit." This will also serve as the ultimate test of resolve for those who plan on doing the full event. Each racer will have to confront choice between luxury and relaxation or facing 9 more challenging miles.

A portion of all money raised in the Spartan Race Series will go to building a home through Homes For Our Troops, a national non-profit that assists severely injured Servicemen and Servicewomen and their immediate families by raising donations of money, building materials and professional labor and to coordinate the process of building a home that provides maximum freedom of movement and the ability to live more independently.

Spartan Race is the world leader in obstacle racing and the only race series that can lift anyone off of their couch and provide them the experience to thrive when facing

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WEATHER

Wednesday	Cloudy	HI
Thursday	Sunny	76°
Friday	Sunny	80°
Saturday	Showers	77°
Sunday	Cloudy	78°
Monday	Sunny	77°

Forecast Received August 2, 2011



“Better Bags Made Here”

Vermont Canvas, in Rutland, will celebrate its 40th anniversary this August. What a fantastic run for a business owner today! Owner Gail DuBois has run the business for the past 23 years, using cotton canvas and nylon cordura to create items such as log carriers, purses, ski and tote bags, briefcases among many other items. New to the shop are the popular, durable, and just plain old hip products made using Hemp. Stop in today to see what they have available. All products are discounted to you as they are made THERE.

Need a longer strap on that purse? A different color? Pockets added? Screen-printed or monogrammed? No problem! Custom orders are always welcome.

Vermont Canvas will mark their anniversary with discounts, door prizes and free gifts. Shop local at Vermont Canvas, Route 4 in Rutland. Look for the fun, eye-catching green and yellow building. 800-477-7110.

Spartan Race

continued from page 1

any mental or physical challenge. Spartan obstacle races have pushed our participants to their fun and physical limits, the state where they learn what they are really made of while grinning ear to ear (total fun!). The Spartan Obstacle Race Series includes the SPRINT (apx 3 miles with +10 obstacles), the SUPER (apx 8 miles with +15 obstacles), the BEAST (10-12 miles) and the Spartan DEATH RACE... (totally unexpected, and the totally insane!).

\$100,000 goes to the Spartan who can win the entire 2011 Spartan Race (domestic US) series that began in Southern California in February.

Rock Climbing

continued from page 1

weather made it impossible to climb. Then somebody said, “Hey! Let’s build a mountain inside!” Don Robinson, a physical education professor in England, is credited with having conceived of, and constructed, the first indoor climbing wall way back in 1964.

The indoor wall is an ideal place for beginners to learn how to climb, and for experienced climbers to hone their skills and keep in practice during the winter months, unless they’re that special kind of crazy that goes in for ice climbing. Learning to climb in the controlled environment of an indoor wall is also an excellent way for children to build confidence, as well as to develop strength, dexterity and balance.

There are two kinds of climbing: Sport climbing and traditional, or “trad,” climbing. Trad requires much more gear than sport climbing does, and that gear runs into some serious buckage, so we’re not going to get into traditional climbing here; we’ll just focus on beginning sport climbing.

Although sport climbing does require less gear, when you go to a climbing gym, there are certain essential pieces of equipment you will need: A harness that fits snugly around your hips and thighs, a pair of climbing shoes, and loose, comfortable clothes that allow a complete range of movement. You’ll be assuming some pretty contorted positions on your way up that wall. A harness and shoes can be rented at most climbing walls.

You won’t need your own rope at an indoor wall; all their stations are top-roped with the gym’s own ropes. When you graduate to outdoor climbing, then you’ll want to buy some rope. Climbing ropes are made to very exacting standards. They are very long and very strong, so, as you might suspect, they ain’t cheap. Fortunately, you won’t have to shell out the shekels for one until you get serious about rock climbing.

The harness is made of super-strong woven Nylon with a loop in the front to which you can attach the locking carabiners used for safety straps, climbing ropes, or a belaying device. On each side of the harness belt are Nylon rings to hold all the carabiners, both locking and “quick-draw,” and safety straps, or slings, that you’ll need when you’re climbing in the wild.

Modern climbing shoes are not the clunky boots associated with traditional climbing techniques. They are low-cut, snug-fitting slippers, often with an arched shape. The soles are a slightly rough-surfaced rubber for superior gripping capability. They can be lace-up or Velcro-strapped, and, depending on the kind of climbing you’re doing, the soles can be stiff or flexible, with a hard or gummy rubber compound.

The first thing you’ll have to learn is how to belay another climber. To “belay” means you’re on the other end of the rope preventing the climber on the wall from breaking some of his, or her, favorite bones should he, or she, lose his, or her, grip. Okay, this “he or she” thing may be politically correct, but it makes for very awkward sentence structure. For simplicity’s sake, let’s just call the climber, “she.”

There are a few different kinds of belaying devices: Flat plates, cones, figure eights, and self-locking. A popular development in climbing technology, self-locking

devices automatically lock the rope when it is weighted, i.e., your climber falls. But some experienced climbers are wary of them; they’d prefer that their belayer had hands-on control of the rope as well as complete focus on what they’re doing, rather than depending too much on that self-locking feature, which can fail if it’s not used correctly. It is by no means a common occurrence, but once is all it takes to ruin your day.

The simplest belaying device is a metal block that is polished smooth so your rope slides through it easily, without fraying. There are two holes in the block flared on both ends, and a plastic-coated braided wire loop, the ends of which are welded into the block. You slip a loop of your rope through one hole, then secure it and the wire loop of the belaying device through the locking carabiner attached to your harness. Always double-check to be sure your carabiner is, indeed, firmly locked, so it can’t slip off accidentally. Then you feed rope to your climber through the device as she climbs. She’ll call out, “slack!” if she needs more rope, or “take!” if she needs to rest, or feels she’s about to fall, in which case, you immediately pull the rope down to your right thigh to lock it in the belaying device, thus preventing a fall. Incidentally, you actually can belay someone bigger than you are. You just have to anchor yourself to the floor!

When it’s your turn to climb, your instructor will just let you climb any old which way, so you can get used to the hand and foot holds and get warmed up. A climbing wall will have routes that are color-coded. Routes can be divided into “pitches,” like an overhang, a traverse, or a sheer face. Each route is rated according to difficulty. For instance, a 5-10 is extremely difficult, and only expert climbers with some spider monkey in their lineage ever attempt to climb such a route. Popular outdoor climbing areas have routes with very colorful and imaginative names, like, “G-Spot,” “Granny’s Fanny,” and “Monsters From the Id.” Generally, the first person to climb a route gets to name it. Now that’s certainly a singular distinction not afforded to very many people!

Rock climbers, like all aficionados of arcane pursuits, speak a lingo all their own. They use these terms not just to be exclusionary; they are precise terms used for specific actions and circumstances to minimize any chance of confusion or misinterpretation. When you’re hanging from a rope high in the air, you don’t want to hear someone say, “OOPS! I thought you meant...” So, some understanding of the basic terms and nomenclature of rock climbing is important, if only for safety’s sake. There are a lot of ‘em, and it’s probably better if you learn them while you’re actually climbing, so you associate the word with the appropriate action or piece of equipment. One term you’ll be very proud to use is “send.” When you “send” a route, it means you climbed it clean, without falling, stopping to rest, or deviating from the route. I suspect that “send” is a bastardization of the word, “ascend,” as in, “to ascend, or climb, a route.” Who cares? Fine. Whatever.

So now you’re all excited and you want to go climb something. But, unless you know an experienced climber willing to give you some instruction, you shouldn’t just run out and buy yourself some clothesline. Go get some expert advice.

Most of the sporting goods stores in the area will carry some climbing gear, and have someone on staff that knows what they’re talking about. The Green Mountain Rock Climbing Center at 223 Woodstock Avenue in Rutland has walls with 30 stations, and offers private instruction from experienced climbers. They also carry quality gear. Call Steve or Sherry Lulek or the manager, K.C. Gandy, at 773-3343.

Killington also offers a climbing wall at Pico Resort. Call 1-800-621-MTNS for more information.

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Kent Pond, a Hidden Treasure

Aerial photo by Deb Burke of the Killington section of the Route 4 Byway taken on July 24, 2011. Many travelers on Route 4 are unaware that Killington's beautiful and clean Kent Pond is just on the other side of the trees and a perfect place for a picnic, kayaking, canoeing and fishing.

Mount Independence Hike Into History

Orwell, Vt.—Walk in the footsteps of history on Sunday, August 7, 2011, at 2:00 pm as Steve Zeoli leads one of his popular hikes into history at the Mount Independence State Historic Site in Orwell, Vermont.

This time Zeoli, president of the Mount Independence Coalition and a former caretaker at the site, will highlight features of the Mount dating to the start of its construction in July 1776—235 years ago this year! He'll tell the story of one of his favorite figures on the Mount, Col. Jeduthan Baldwin, chief engineer who designed many of the defenses.

Visitors will get an insider look at what can be found along the trails and learn what was happening during the American Revolution at this important military

site. Wear sturdy shoes and dress for the weather.

USA Today recently featured the Mount Independence State Historic Site as one of the 51 great trails in the United States. Come see it for yourself!

Mount Independence is located on Mount Independence Road, six miles west of the intersections of VT Routes 22A and 73 near Orwell village. Carefully follow the signs. Admission is \$5.00 for adults and free for children under 15, and includes the guided walk, access to all the trails, and a visit to the air-conditioned visitor center with its exciting exhibits. Mount Independence, a National Historic Landmark, is one of the best-preserved Revolutionary War sites in America. Call (802) 948-2000 for more information.

Circus Smirkus Comes To Pico Mountain



Vermont's award-winning Circus Smirkus will be calling Pico Mountain home on Sunday, August 14 and Monday, August 15 for two shows daily at 1pm and 6pm. The traveling youth circus will feature 30 child performers from as far as California and New Zealand.

2011's Circus Smirkus Big Top Tour creates a circus-style tribute to old-time journalism with its theme of Front Page Follies: Big Top Big News! Families and children of all ages are invited to join newshounds and newsclowns as they seek the headlines and beat the deadlines. Juggling paperboys, acrobatic announcers, paparazzi clowns and wacky weatherman engage audiences with a dazzling spectacle of talent, featuring aerials, acrobatics, clowns, jugglers, high wire and trapeze artists, live music and more.

"The Circus is a great addition to our jam-packed and family friendly summer events lineup," says Suzie Dundas, Events Coordinator for the Town of Kill-

ington's Economic Development and Tourism Department.

Circus Smirkus is the only American youth circus to travel under its own big top, center-ring circus tent. The touring company consists of some 80 people, including the performers and coaches, counselors, costumers, tech crew, roustabouts, circus chefs and a live circus band.

Troupers consist of children ages 10-18 selected for skill, character, and personality through an audition process that begins each fall. Performances require months of training and dedication before hitting the road in June for a series of shows across New England.

Tickets are \$20 for adults and \$17 for kids, and are available at www.Smirkus.org, or at the Killington Chamber of Commerce. Advance purchase is recommended, as shows often sell out.

To learn more about Circus Smirkus and other Killington events, visit www.discoverkillington.com.

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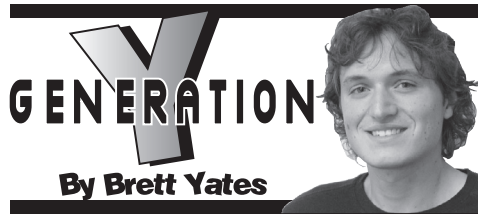
People I Admire: Ricky Williams

It's commonly known that the NFL running back Ricky Williams used to smoke marijuana – indeed, it may be the most commonly known fact about Ricky Williams. When he violated the NFL's substance abuse policy for the fourth time and got himself suspended for the entire 2006 season, the legendary quarterback and sportscaster Joe Theismann publicly stated, "I don't ever want to be mentioned in the same breath as Ricky Williams as a football player. He's a disgrace to the game. The man doesn't deserve to play football."

Putting aside the issue of how, exactly, one can be a disgrace (that is, a source of shame) to a game (which, after all, doesn't have feelings and therefore can't feel ashamed) and what, exactly, makes one person more deserving than another of putting on a helmet and running around with a leather ball, I still wonder what made Theismann comment upon Williams with such vitriol. Ricky hadn't killed anyone; nobody could detect malevolence in any of his actions.

In fact, Ricky used marijuana – which he no longer consumes – largely as a treatment for depression and for a social anxiety disorder that, once upon a time, had caused him to flee in fear when fans approached him for an autograph. Nevertheless, when he retired from football at age 27 in order to travel the world, read books, study alternative medicine, and let his body recover from the record-setting 775 rushing attempts that, due to Williams's bruising style of running, had nearly destroyed both his shoulders over the course of two seasons in Miami, he was labeled a lazy pothead, a worthless stoner.

I didn't know what to think of Ricky's decision at the time. Now, it makes sense to me. It's no secret that, in America, star players in football and basketball are brought up by their coaches to become super-efficient athletic machines, sheltered from all distractions. Despite all the



Y GENERATION

By Brett Yates

student-athlete rhetoric, they're discouraged from serious academic pursuits and other extracurricular interests; they're trained to be ruthless competitors, meticulous custodians of their bodies, unquestioning servants to their coaches, and, ultimately, personality-less role models for the sports-loving children who look up to them. It was said that when Ricky retired he'd let his fans down; in truth, he'd spent his entire life living up to their hopes and their expectations, first in college – where, as a Heisman winner and the record-holder for the most career rushing yards in NCAA history, he was probably, at the tender age of 21, with his blazing speed and powerful bulk, the most admired guy in all of Texas – and then in the pros, where he'd led the NFL in rushing in 2002 with 1853 yards. He'd always been what they'd wanted him to be. Why didn't he deserve a chance to be himself?

He went to Australia, Thailand, Japan, Samoa, and Fiji, staying in hostels when he wasn't sleeping in tents. He spent weeks meditating in India, which he said was even better for him than smoking weed. He became a vegetarian and took up Hinduism. He left behind his children and their mothers.

Eventually he did return to the NFL – he missed football, he said, and maybe he also wanted to miss the lawsuit that the Miami Dolphins would have filed against him if he hadn't come back. During his subsequent drug suspension, he spent a season with the CFL's Argonauts, during which he taught yoga classes in Toronto.

The wackiest story about Williams I ever heard was that he employed a pranik healer who would sit at home and watch the Dolphins on TV, and whenever Ricky got injured, the healer would picture the injured body part in his mind and direct "revitalizing energy" toward it, which

would mend Ricky's ankle or whatever in moments. It's the kind of mystical pap that, if one of my friends got into it and tried to tell me about it, I would laugh at, and I laugh a little at Ricky, too, but the laughter in his case is less derisive than it would be – which may be a double-standard, but I think it's more complicated than that.

The issue is genuineness. Ricky doesn't have anything to gain by New Age posturing: no one in the sports world wants to hear about Eastern philosophy. Football organizations have a military attitude. When he went to Asia, no one was impressed. The self-centered free-spirit antics that people sometimes find charming in college students drew only rage from a major sports franchise that had invested millions in him and from Floridian football fans whose prayers resided in his effectiveness on the gridiron, not in his inner well-being. He didn't have time for a gap year, yet he made the time. Ricky wasn't posting cool Facebook photos of Hindu temples; he was a troubled guy trying to figure out his life.

Asked about Joe Theismann, Ricky said, "I don't have any hard feelings against him. I understand it's his job to say things, so he has to say things." That's more charitable than I can be. Ricky was an introspective guy with problems, and that made him an easy target for Theismann, playing the self-publicizing role of moral guardian, because Ricky departed so obviously from the strong, healthy, single-minded athlete prototype that so many people treasure.

In 2009, at age 32, after the year-long retirement and the year-long suspension, Williams had one of his best seasons: 1121 rushing yards, 11 rushing touchdowns, 4.7 yards per carry. Right now, his future with the Dolphins is once again in doubt, but reports indicate that he's more comfortable with himself than he used to be – the football player and the spiritual seeker seem capable of coexisting.

"Whenever I do a commercial," Williams once wrote, "the director always tries to get me to act tough and talk tough. . . . I have a soft voice. I shouldn't have to act tough, I play football. I AM tough."

Killington Music Festival Presents 3 Artists, 4 Composers

Our program of August 6, 2011 includes works of J. S. Bach/W. A. Mozart, Prelude and Fugue in D minor, K. 404a; Paul Hindemith, Duet for viola and cello; W. A. Mozart, Minuetto in G Major, Ahn 60; and Ludwig van Beethoven, String Trio in D Major, Op. 9, No. 2. The following musicians will be performing: Theodore Arm, violin, Christof Huebner, viola, and Gayane Manasjan Fullford, cello.

This concert is being sponsored by Killington Resort.

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.



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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.

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. Since 1985, over 250 quilters have submitted more than 900 quilts for exhibit at the Farm & Museum.

Call the museum at 457-2355.

Budweiser Killington Softball League

Final Regular Season Standings

- 1) Vermonsters 18-3
- 2) Clear Cottage 17-4
- 3) Moguls Sports Pub 16-5
- 4) Phat Italian Heros 12-9
- 5) Ramuntos Pie 9-12
- 6) Slips, Trips & Falls 6-15
- 7) Jax Food and Games 4-17
- 8) Charity's/Ancient Fighting Arts 2-19

Ramuntos came off their cloud and back down to earth after getting bashed by the Phat Italian 12-0. It was a hit parade and all Ramuntos could do was wave and watch it go by. Line drive singles were plentiful for the Phat.

Ramuntos rebounded though in a big way, with their most runs in franchise history. They put a 26-8 whooping on their arch rivals, the Heavy Hitters. Ramuntos was lighting up the scoreboard like crazy and the Hitters were just crazy in disbelief.

The Vermonsters ended the season strong sweeping the Hitters and the Phat Italian to take the #1 Seed in the playoffs.

Slips, Trips and Falls ended their season on a high note as they beat Jax. It was a solid team effort with everyone contributing on offense and defense.

The Clear Cottage added to Jax woes with a thrilling come from behind victory. Jax struck first and held a 2-0 lead after a half inning of play. They had a chance for more but Bird, Braunius and Sharon struck out in a

row for "Cold Beer K's." That fired up the Clear and they reeled off 24 unanswered runs in three innings. Braunius added one run for Jax but the Clear added six for their biggest output of the season and a 30-3 demolishing. The Clear used the pitching tandem of Ronzoni and Perfect Rob who came in relief in the third. Rob added three more "CBK's" to Bird, Sharon and Heather and all went down swinging.

The season ended with a thrilling battle for 2nd place between Moguls and the Clear. The season series was knotted at one so this was a huge game for both and it showed as they each had outstanding plays on offense and defense. The Clear built a 7-3 lead going into the 5th. Moguls woke up their bats and fired up the singles and tied up the game. Johnny "Lightning" Hurley cracked a huge double to lead off

the bottom of the fifth and Brett the Animal scored the go-ahead run. With the score 8-7 in the 7th, Scuba Steve led off with a single. Up next Jamie added a single and Scuba instead of stopping at 2nd, stretched it to third and was thrown out by Brandon "The Gun" Remick for a huge game changing out. The next two batters hit to Ronzoni and it was game over.

Schedule:

8/8 & 8/10: Playoff Games at Killington and Bridgewater. Like us on Facebook at Killington Softball League to see more.

There will be a Budweiser sponsored post game party Wednesday, August 10 at Charity's from 7-12am.



By Dave Hoffenberg

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.

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Tweed River Music Festival 2011

BowThayer and Perfect Trainwreck are proud to present the third annual Tweed River Music Festival. The 2011 festivities will take place this year on August 12, 13, and 14 in Stockbridge, VT.

Following the tradition of providing superior talent from the New England region and beyond, TRMF is proud to present a lineup of artists that is sure to please. Artists to perform include the legendary Booker T. Singer Songwriter extraordinaire Jeffrey Foucault, Peter Mulvey and Tim Gearan along with Heavy Rock veterans Roadsaw. Township and up and comers Banditas will all be commanding the beautiful stage amidst the beautiful backdrop of the Green Mountains.

TRMF takes pride in learning from previous years successes to make sure the next will be the best it can be.

Okemo Hops in the Hills Beer Festival

Okemo Mountain Resort will host its third annual Hops in the Hills Beer Festival and Chicken Wing Championship, from 1-6 p.m., on Saturday, Aug. 6. Jackson Gore will be the setting for enjoying the great outdoors while sampling a variety of beers from local and regional brewers. The Chris Kleeman Band and Sly Gerald's will provide live musical accompaniment to the beer tasting and chicken wing chomping. A number of local restaurants will vie for the highly coveted title of Chicken Wing Champion during this event as well.

A fee of \$20 will include admission to the Hops in the Hills Beer Festival, a logo pint glass and four tickets for beer samples. Additional beer tickets will be sold at \$5 for four samples. Some of the breweries expected to attend are: Harpoon, Long Trail, Magic Hat, Otter Creek, Switchback, Sam Adams, Allagash, Saranac and Woodchuck Cider.

Tom's Loft was the winner of Okemo's premiere Chicken Wing Championship and this year's lineup of contenders are: The Killarney, Outback Pizza, The Cool Moose Cafe, Tom's Loft, and Squeels on Wheels BBQ. Wings will be priced at 12 for \$10 or 5 for \$5 and wing tasters will determine the champion. The award will be presented at the end of the day.

For more information about Hops in the Hills and other events at Okemo Mountain Resort, call (802) 228-1600 or visit Okemo.com.

In addition to an outstanding roster of talent we will be upgrading the level of service and amenities in a manner that is gradual and cautious. We believe that when safety and celebration coexist true joy can be had.

Children under 12 are free with an adult pass and we do encourage artists and patrons to bring the kids. No dogs however. Weekend passes including camping are priced at \$80 per person. Day passes can be purchased for \$40. All information regarding the festival can be found at www.tweedrivermusicfestival.com. Space is limited to 1500 so buy your tickets now! We look forward to seeing you there!

Plymouth Celebrates Old Home Day

First popular during the early years of the 20th century, Plymouth Old Home Day for 2011 will be bigger and better than ever. Hosted at the President Calvin Coolidge State Historic Site by the Vermont Division for Historic Preservation, activities will be held Saturday, August 6, 10 am-4 pm.

The tradition-steeped event unites town organizations for a fun-filled festival of traditional craft and farm demonstrations, wagon rides, country cuisine, and activities for the entire family.

Demonstrations and activities include old-time children's games, apple head doll making, the Native American artifact tent, pressed flower designs, children's book illustrating, cart rides with Zandor the dog, wagon rides, sheep shearing, barbecue and bake sale, home-style cooking at the Wilder House Restaurant, cheese making at the Plymouth Cheese Factory, and many of Vermont's finest artisans displaying their beautiful crafts.

Plymouth Old Home Day is the perfect opportunity to explore Plymouth Notch, considered one of the best-preserved presidential sites in the country. Twelve buildings are open to the public including the Coolidge Homestead, Coolidge Birthplace, general store, village church, cheese factory (still making cheese using the original 1890 recipe), and the 1924 Summer White House office. An outstanding collection of early agricultural equipment is displayed in the Wilder Barns. Visit the "First Pets: The Coolidge White House Animals" exhibit for a glimpse of the important role animals played in the private life and public image of the Coolidge family.

For further information about Plymouth Old Home Day, call 802-672-3773.

+

Chicken Wing Championship

August 6th, 2011 • 1 - 6 pm

In front of the Jackson Gore Inn

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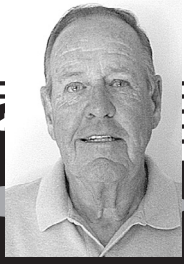
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GolfNews



Rules of the Game

By Alan Jeffery

**USGTF Certified Golf Professional
Green Mountain National Golf Course**

QUESTION: Roman and Mike are playing in a tournament. On the 5th hole, Roman strokes his tee shot to the left of the green where there is rough and white out of bounds markers. Believing his ball might be lost or out of bounds, he plays another ball intending it to be a provisional ball. Inadvertently, he fails to announce that he is "playing a provisional ball" although his intentions were clearly just that. Mike says that because he did not use the words "provisional ball," Roman's second ball becomes the ball in play. Is Mike correct?

ANSWER: Because Roman did not specifically mention "provisional ball" or make it clear he was proceeding under Rule 27-2a, the second ball becomes the ball in play. A quote like "That might be out of bounds" is not acceptable. Mike is correct. See USGA Decisions On The Rules Of Golf, 2010-2011, 27-2a/1.

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

Swing For the Kids Golf Tournament

Friday, August 19, 2011 at Neshobe Golf Club in Brandon. Shotgun Start at 1:00 p.m, rain or shine.

Tournament includes:

- 18 Holes of Golf with Cart
 - Dinner post-play
 - 50/50 Raffle and Door Prizes
 - Closest to Pin and Longest Drive Contests
 - Pro Shop Prizes for top finishing teams (net and gross)
- There is an \$80 per person Tournament Fee. This tournament is played as a handicapped scramble (Captain and Crew) format with four players per team. Individuals and groups smaller than four will be matched with others to make teams of four.

Help benefit the Boys and Girls Club of Brandon, Vermont! Come out for a great day of Golf, and "Swing for the Kids."

Call Sid Bradley 465-4131 or Christy Gahagan 247-4817 with any questions!

This Week at Base Camp Outfitters Disc Golf

by Mike Miller

The course has been rock'n all week long. It is great to see all the large groups out there enjoying the outdoors. There have been family reunions, birthday parties and just a bunch of good friends getting together for some friendly disc golf. Some of the guests have joined in with some of the local players to see how this game is played and I can tell you our members can play. Thanks to those members.

As I mentioned, the course has been busy and members have been out in full force playing for tags and aggressively trying to get onto the top ten chalk board. It

seemed like every day there where changes. After all the dust has settled and the final day of league for the week ended, the top five looks like this: John M, Tyler T, Reed M, Mike M and Pete G.

The Vermont Doubles State Championship will be back at BCO on September 17th. It attracts the best disc golfers in New England and we are thrilled to host it again. This event is open and a good opportunity to get involved with tournaments. Simply contact us at BCO. Club Championship is coming soon as well, some time in September.

See you in a couple weeks.

News From Green Mountain National G.C.

by Spider McGonagle

In President's Cup news, both of the Becker boys had great rounds in back-to-back matches as son, Andrew, defeated veteran Jason Evans on the 16th hole and father, Greg, knocked out John Venesky. Martin Johnson also advanced by eliminating Jim Blackman and Bill Vines took out former champion Mikey Day. Bill will now have to face top seed Chris Franco.

On the women's bracket, newcomer Lorrie Castelli won her first match ever against a steady Toni MacLeod and Mary Furlong grabbed the last spot in the "Final Four" edging out Carol Kostelnik and will now



face Anne-Marie Blackman to see if she can make it to the finals! The deadline for this round is August 11 and thanks to everyone for getting those matches in on time!

It was the perfect summer night for Twilight League last week and "Tickle the Cart Girl" was a BIG HIT! Diane Becker was the Grand Tickle Champion and walked home with a great prize! Sara enjoyed it so much that we will be having our next "Tickle the Cart Girl" night on August 25, so mark your calendars! Barb Newton and Bob Buttner's foursome edged out two other teams by one

stroke at -3 to take 1st Place and Joe Havelka and Hannah Abrams were the Long Drive winners!

Have your junior golfer "hit the links" before they have to go back and "hit the books!" Next week 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 4 or you might miss it. Both the men's and ladies' Championships will be played on August 7 & 8 and all GMNGC members are invited to play. A strong field is shaping up for this year's Championships but you can't win if you don't play!

The 2011 GMNGC Member-Guest & Member-Member has been scheduled for Sunday, September 4 and we hope that everyone grabs a partner (or two) and joins the fun. Invite a guest or another member or BOTH! We'll do all the math and scoring, so you can just go out a play great golf! With former back-to-back co-champion Brian Albertazzi turning professional, Marty Mylott will be looking for a new partner to see if he can be on the winning team for the third straight year!

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

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Killington Member Guest Results 7/29/11:

Although it was a stormy afternoon, the participants in the Member Guest completed a full 9 holes. Congratulations to:

- 1st Place Team Low Gross: Jason Tezak & Tim Shea
- 2nd place Team Low Gross: Mark Senecal & Rob Gilligan
- 1st Place Net: Dale Robb & Jim Richards
- 2nd Place Net: Greg Dodge & Tyler Slurchech

Closest to the Pin: Tom Hyjek
 Closest to the Line: Ron Granger
 Please join us on August 9th for the Rally for the Cure scramble for fun with a great prime rib dinner and exciting raffle prizes donated by our local restaurants & merchants. Call Killington Golf Course 422-6700 for more details!

Tom Coman- Killington Golf School Instructor

Tom Coman begins his second season at Killington Golf Course, having spent two prior years in Orlando, FL at Professional Golfer's Career College. He represented his school as an Ambassador at the 2010 PGA Convention in Orlando, FL, as well as the 2010 National Black Golf Hall of Fame Induction in Tampa.

Tom, a native to the north east, returned home in 2010 as Killington's Assistant Professional. His prior work includes D'Andrea Country Club in Reno, NV and Eqwanok Country Club in Manchester, VT. Tom led his golf team at Granville

High School in New York as well as Mount Saint Joseph's Academy in Vermont where he graduated.

Tom's modern philosophy of the golf swing and specialized knowledge in the physical and mental aspect of the game defines his holistic method of teaching. He bases his instruction on building relationships and an approach that centers on a student's ownership of the learning process.

To take a lesson with Tom contact the Killington Golf Course Pro Shop at 802-422-6700.

Stallings Wins Greenbrier Classic in Playoff

by John Raby, AP Sports Writer

PGA Tour rookie Scott Stallings won the Greenbrier Classic on Sunday, sinking a birdie putt on the first playoff hole to beat Bob Estes and Bill Haas.

After watching Estes and Haas miss their birdie attempts on the 168-yard 18th hole, Stallings curled in a 7-footer for his first tour victory. He flipped his putter, then hugged and high-fived his caddie.

Estes shot 6-under 64 and was the clubhouse leader at 10 under, then watched as Haas birdied the par-5 17th six groups later to join him after a 67. Stallings, who shot 69, bogeyed the par-5 17th after his drive went out of bounds and he needed a birdie at No. 18 to make the playoff. He sank a 5-footer to do it.

Jimmy Walker (68), Andres Romero (65), Brendon de Jonge (66), Cameron Tringale (67) and Gary Woodland (69) finished at 9 under.

There were birdies to be made Sunday, just not the boatload that Appleby enjoyed last year. Kim, the third-round

leader, missed four birdie tries under 14 feet on the first six holes. He three-putted the par-3 8th, then hooked his tee shot into trees on the next hole and made bogey. He shot 74 to finish at 6 under, tied with four others.

Webb Simpson overcame a double bogey on the first hole, made five birdies on the front nine and took the lead briefly after a 3-footer for birdie at No. 9. He bogeyed the next hole and never recovered. He shot even par and finished tied with Kyle Stanley at 8 under.

Simpson relinquished the lead to Haas, who had back-to-back birdies at No. 8 and 9. Haas made bogey at No. 15 to give Estes the lead, then tied him two holes later.

Stallings started the day a shot out of the lead and seemed to take himself out of contention with three bogeys on the front nine. He responded with four birdies on the first five holes on the back, then hit a 103-yard wedge within a foot of the hole on the par-4 16th to move to 10 under before getting into trouble on No. 17.

Tiger Woods to Play at Australian Open

SYDNEY (AP) - Tiger Woods will play at the Australian Open in November in his first trip back Down Under since his personal life unraveled just after a victory at Melbourne in 2009.

Golf Australia announced Monday that Woods would join a field for the Nov. 10-13 tournament at The Lakes in Sydney that already includes Dustin Johnson, Bubba Watson, defending champion Geoff Ogilvy and Presidents Cup captains Greg Norman and Fred Couples. The Presidents Cup will be held in Melbourne the following week.

The 14-time major champion has plummeted to No. 21 in the world - his lowest ranking since Jan. 26, 1997 - and has gone more than 20 months since his last win, at the 2009 Australian Masters in Melbourne, shortly before he was exposed for having multiple extramarital affairs that led to divorce.

Injuries to his left leg have kept Woods sidelined for 11 weeks, including two majors, but he has announced that he'll return this week at the Bridgestone Invitational.

Woods will be among the big names of golf competing at Australia in November, in and around the Presidents Cup in Melbourne. He hasn't played the Australian Open since he finished in fifth place 15 years ago.

"I haven't played in the tournament since 1996, and I'm anxious to return," Woods said in a statement released by Golf Australia. "I have a great affinity for playing golf in Australia and I'm looking forward to competing against an outstanding field."

Woods last appearance in Australia generated capacity crowds for the Australian Masters as well as high levels of security and intense media scrutiny. The PGA of

Australia is expecting record crowds and TV audiences for its major events this year.

"Tiger's presence in Australia's most prestigious tournament will further enhance what is certain to be a huge summer of Australian golf," PGA of Australia chief executive Brian Thorburn said.



Another Hole-In-One at Okemo Valley Golf Club

LUDLOW, Vt. - On Sunday, July 28, John Pezzimenti, of Redding, Conn., made a hole-in-one at Okemo Valley Golf Club. Pezzimenti aced the 14th hole, from the black tee 230 yards away from the hole, using his driver. John Gilmore witnessed the amazing feat.

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

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

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Need work on your backswing or short game? No problem, our \$20 golf clinics will give players the opportunity to improve their skills.

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The month of August is as follows:

- Monday, August 1st - Pittsford Village Manor, 11:30 AM
- Wednesday, August 3rd - Wallingford House, 11:30 AM
- Thursday, August 4th - Rutland Parker House, 10 AM
- Thursday, August 4th - Rutland Bardwell House, 12:30 PM
- Friday, August 5th - Poultney Young at Heart Senior Center, 9:30 AM
- Friday, August 5th - Ira Town Hall, 12:30 PM
- Thursday, August 11th - Castleton Meadows, 12:30 PM
- Friday, August 12th - Rupert Fire House, 11 AM
- Wednesday, August 17th - Rutland, The Meadows (residents only), 1:15 PM
- Wednesday, August 17th - Rutland, The Gables (residents only), 3:15 PM
- Wednesday, August 17th - Dorset Nursing (by appointment), 9:30 AM
- Thursday, August 25th - Fair Haven, Appletree Apartments, 9:30 AM
- Wednesday, August 31st - Rutland, Godnick Center, 12:30 PM

Obsessing Over Body Image Isn't Healthy

by Lavinia Rodriguez

The pursuit of thinness long has been a major preoccupation for American women. But why are women trying to be downright slender, as opposed to maintaining a healthy weight?

If it's for the approval of men, then women seem to be putting themselves through needless worry and discomfort.

I work with a lot of women with body image issues, so the question of what men find attractive and what women think men find attractive is of particular interest to me. Many women suffer a great deal believing that they're not thin enough to be attractive to men. But are their expectations shaped by men? Let's take a look.

Numerous women have told me how they try to avoid being seen naked by their husbands or boyfriends. Other times I've heard women share that they believe they will never find a man to love them because they don't have the "perfect" body they assume men seek.

Research investigating what body shape most men prefer has revealed some interesting things. For example, it appears that:

-- Men find a greater range of female body shapes attractive than women do.

-- The body shape that men generally find attractive in women has a waist-to-hip ratio of 0.7. That's the ratio of a 28-inch waist and 40-inch hips, though the study found that size wasn't as important as the balance.

-- Men like curves. If you doubt it, consider actor Christina Hendricks, who stars in the television series "Mad Men." Today's men find her shape incredibly attractive, even though the show is based on 1960's stan-

dards. Interestingly, in a study with blind men, the same ratio was found to be most attractive to the males in the study.

-- The average American man is less bothered by a few extra pounds in a woman than her being what he considers "too thin."

Apparently, American women consider the most beautiful female figure to be one that is thinner than average, while American men prefer a more rounded shape. Could this be why fashion models are so thin?

So, who are women wanting to please? Is it men or other women? Do they even know? If it's men, they seem to be missing the mark. If it's women, why would that be? What would pleasing other women with respect to body size accomplish? If it's other women that American women wish to please, why is it worth going through such pain? These are questions each woman ought to ask herself.

There are men out there who are already attracted to women who themselves are convinced that they aren't at all attractive. Perhaps these women could profit from looking at what they might be passing up and reconsidering their distorted expectations.

Of course, there are men who expect their women to look a certain way at all times, and these women have my sympathy and my earnest hope that their husbands and boyfriends can get over themselves. Or that these women can find a better man.

If you're feeling bold, try asking the men you know what they find attractive in women. I found an informal survey by MSN that indicated most men prefer women who are comfortable in their own skin to those who trowel on heavy makeup and are obsessed with whether their stomachs are flat.

While the best thing for all of us -- both men and women -- is to accept who we are and pursue having the healthiest and fittest body we are naturally capable of achieving, letting go of any mistaken ideas of what is attractive to the opposite sex is not a bad place to start.



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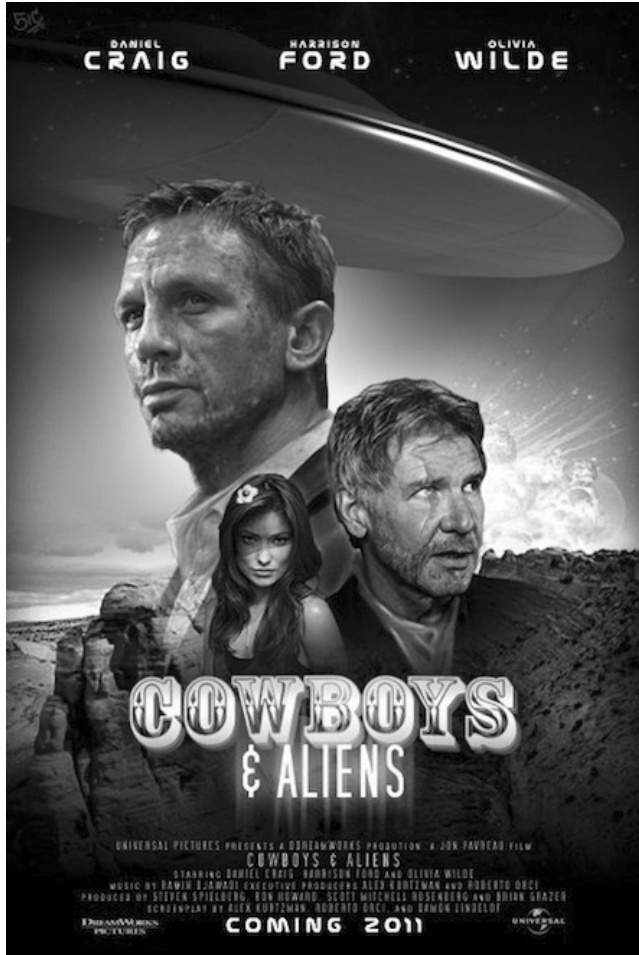
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JustForFun

Capsule reviews of films opening this week by The Associated Press

“Cowboys & Aliens”



by David Germain, AP Movie Writer

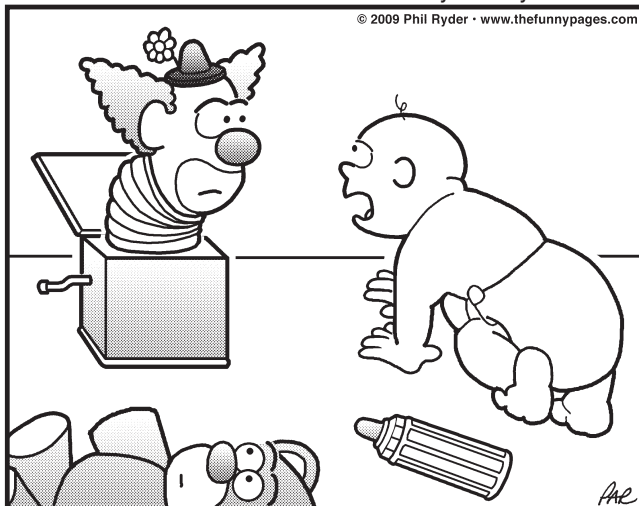
Director Jon Favreau's genre mash-up is more a mash-up, an action yarn aiming to be both science fiction and Old West adventure but doing neither all that well. The filmmakers - and there are a lot, among them 11 producers or executive producers including Steven Spielberg, Ron Howard and Brian Grazer, plus half a dozen credited writers - start with a title that lays out a simple but cool premise: invaders from the skies shooting it out with guys on horseback. For all the talent involved, they wound up keeping the story too simple, almost simple-minded, leaving a terrific cast led by Daniel Craig, Harrison Ford and Olivia Wilde stuck in a sketchy, sometimes poky tale where you get cowboys occasionally fighting aliens and not much more. Craig's a stony-faced amnesiac with a weird hunk of metal locked on his wrist who wanders into a dusty town just before alien craft swoop in and start abducting the locals. He joins cattle baron Ford's posse to retrieve the missing and teach these creatures not to mess with hardy western pioneers.

PG-13 for intense sequences of western and sci-fi action and violence, some partial nudity and a brief crude reference. 118 minutes.

Two stars out of four.

THE JOKE'S ON YOU

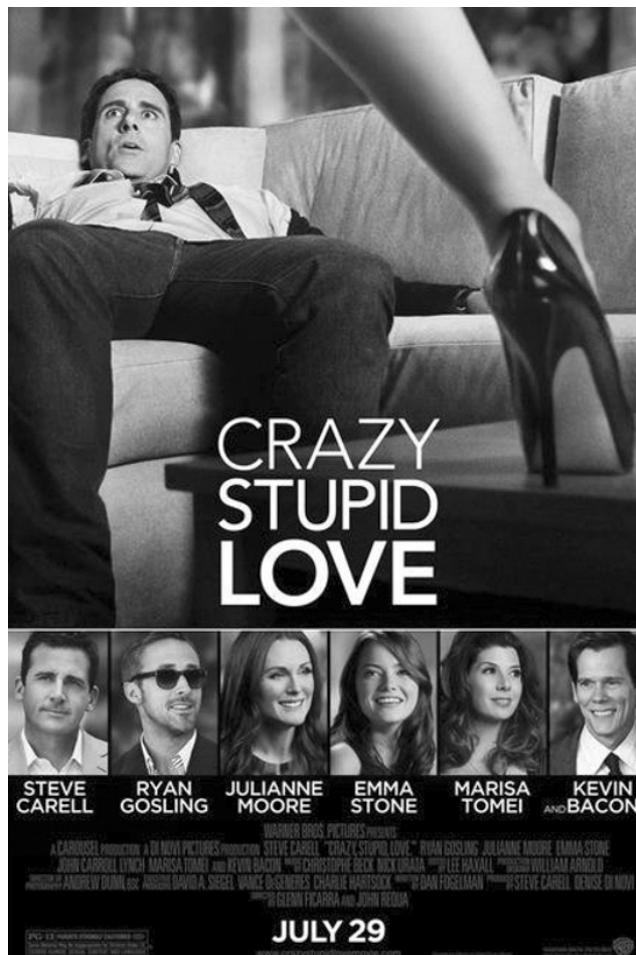
by Phil Ryder & YOU



"Don't forget to put the lid down when you're done."

- Peggy S. Simoni • Nolensville, TN

“Crazy Stupid Love”



by Christy Lemire, AP Movie Critic

For a movie that intends to be rooted in a recognizable and insightful reality, this features an awful lot of moments that clang in a contrived, feel-good manner. Because you see, it's simultaneously trying to charm us. Sometimes, it achieves that goal. At the same time, it also has its share of moments that hit just the perfect, poignant note, with some laughs that arise from a place of honesty. When you assemble a cast that includes Steve Carell, Julianne Moore, Ryan Gosling and Emma Stone, you're already on the right track. Because "Crazy Stupid Love" also aims to be a romantic comedy of substance and intelligence. Sometimes, it achieves that goal, too. That's what's frustrating here - the unevenness of it all. Carell stars as Cal, a nebbishy fortysomething whose high-school sweetheart, Emily (Moore), announces that she's slept with someone else and wants a divorce. Drowning his sorrows nightly at a local bar, Cal finds an unlikely mentor in Jacob (Gosling), an expensively dressed womanizer who gives him a makeover. It seems unlikely Jacob would even give this guy the time of day in real life, but Gosling is charismatic as hell and surprisingly funny in the role. He also has a great, flirty chemistry with Stone as the one woman who sees through his game.

PG-13 for coarse humor, sexual content and language. 118 minutes.

Two stars out of four.

SUDOKU

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

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

This week's solution on page 26

1	2	3	4	5	6	7	8	9		10	11	12	13	
14										15				16
17										18				
19				20				21						
22			23		24			25						
26				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

- Mexican cuisine ingredient
- Biology lab supply
- Jurassic quadruped
- Cavalry weapon
- Vocalization
- Jack
- "___ any drop to drink": Coleridge
- Appropriate
- Staggered
- During
- Magazine middle
- Kind of jar
- Check
- Born
- Hand over for protection
- Oriental
- "Dilbert" cartoonist
- Scott Adams has one: Abbr.
- Code word
- Disgustingly
- ___ Hardy, Marvel Comics' Black Cat
- Call, as a game
- Kill, in a way
- Check for fit (2 wd)
- Unconventional (3 wd)
- Arp's art
- More artful
- Associations
- Barely beat
- Bind
- Continental U.S.
- Kind of code
- Heights above sea level
- Animal shelters
- Tiny

DOWN

- Salt shaker?
- Place to put the feet up
- Poet
- "Act your ___!"
- Cause for a lawsuit
- Bartender on TV's Pacific Princess
- Limpest
- Clear
- Bauxite, e.g.
- Inquiring one
- Swindler, slangily
- Marine rock-clinger
- Noisy partier
- Blush
- Created again
- Residence halls
- Athletic supporter?
- Central parts
- Tray
- Preserve, in a way
- Show place
- Become an adult (2 wd)
- Cultivated
- Not connected to network
- Churchyard tree in "Romeo and Juliet"
- Leaf-shaped
- Poisonous salt
- Salts with I
- Short-short-long meter
- Be a snitch
- Hyperion, for one
- Cobbler's stock
- Accept (2 wd)
- Adjusts, as a clock
- Cal. col.
- ___ generis

Answers on page 26

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

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Art & Entertainment

Thursday, August 4

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

Turtle Hike 9:00 AM - Rutland Rec Dept sponsors less strenuous paced hike to Lily Pond, Bomoseen. Hike past beaver dams & old slate quarries to remote pond. Moderate. 774-5144 for details. Meet Godnick Center, Rutland, to carpool. All welcome. Bring water, lunch, sturdy footwear.

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.

Tales of the Notch 10:00 AM - Join site administrator Bill Jenney for a special guided tour of Calvin Coolidge's Plymouth Notch. Leisurely walk through village & surrounding fields offers unique insights into the man who became our nation's 30th President. Held weekly through October 14. 10am or 3pm - call for details, 672-3773.

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.

The Kind Buds Perform 12:00 PM - Brown Bag Concerts on the Village Green in Woodstock, rain site, Woodstock Town Hall Theatre. Free.

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.

Caitlin Canty 6:30 PM - Our Yard Free Concert Series in Proctor Park. Rain site, Franklin's Restaurant.

Free Film in Ludlow 7:00 PM - At Ludlow Auditorium, FOLA features award winning film, "To Kill a Mockingbird", starring Gregory Peck. Joint effort by FOLA and the Friends of Fletcher Memorial Library to celebrate the 50th anniversary of Harper Lee's historic novel.

EnerJazz Big Band 7:00 PM - Concerts in the Park, at the Gazebo, Fair Haven. Free admission. Rain site: Fair Haven Baptist Church.

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

Ladies Night Out Women's Chorus Rehearsals - LNO of Rutland preps for fall season of rehearsals for 2 performances the weekend after Thanksgiving - Four Choral Hymns from Rig Vega, Third Group by Gustav Holst: Hymn to the Dawn, Hymn to the Waters, Hymn to Vena (Sun rising through the mist) and Hymn of the Travelers. Call 775-8004 or email lucytune@sover.net if you want to sing in either. No audition required.

Samirah Evans & her Handsome Devils - 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.

Friday, August 5

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

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

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

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

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

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

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

33rd Annual Southern Vermont Art & Craft Festival 10:00 AM - On the Grounds, Hildene Meadows, Manchester. 10-5 daily. Pottery, blown glass, jewelry, scarves, drawings, paintings, more. Entertainment, demos, kids' activities, craft beers, food, more. \$8 adults. 802-362-2100.

Arthritis Help 11:30AM - 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.

Balance Workshop 1:00 PM - Do you have a fear of falling? RRMCS sponsors Matter of Balance Workshops to help increase activity, exercise to increase strength & balance, and reduce risk factors. Castleton Community Center, til 3pm. 468-3093 for required pre-register. Free, open to public.

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

Park House Golf Tournament 3:00 PM - Rochester. Park House Annual Golf Tournament and Pig Roast. Golf at the White River Golf Club on Rte. 100 at 3 p.m. and enjoy a sumptuous pig roast at 6 p.m. on the lawn at the Park House. Golf and pig roast \$50; pig roast \$20. Call 802-767-3416 for reservations of more information.

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

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.

Spring Hill Horse Rescue Benefit Gala 6:00 PM Spring Hill Horse Rescue hosts Gatsby/Flapper Gala at Summit Lodge, Killington. Doors open 6pm. Tickets \$45/person; \$40 each additional ticket. All proceeds benefit the needy horses at SHHR. Info, 282-3387 or e-mail tarawilliams410@yahoo.com. Tickets also available at the Summit Lodge, 422-3535.

Friday Night Live 6:00 PM - Downtown Rutland's biggest block party! Til 10pm. Local shops & restaurants open late, see a magician, live music with Voodoo Alien Blues Band, kids' activities, more.

Sly Gerald's 6:00 PM - Performing at Jackson Gore Outdoor Music

Series at Okemo Mtn. BBQ w/wine & beer available. On the grass in the courtyard at J. Gore Inn. Rain or shine. okemo.com

Enerjazz Concert 6:30 PM - Free Concert in Brandon Green Park.

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-AAHotline, Rutland area: 802-775-0402, 24 hours.

Random Canyon Growlers at Chandler 7:30 PM - High-energy bluegrass, Randolph-raised Random Canyon Growlers return to Chandler Music Hall. Connor Mulroy joins on mandolin. Reserved tickets \$16, between 3-6PM weekdays at 802-728-6464.

Irish Music 8:00 PM Ocean Valley Boys perform at McGrath's Irish Pub at the Inn at Long Trail. 775-7181.

Star Gazing 8:15 PM - Castleton State College Regular Bi-Monthly Viewing Sessions for the CSC Observatory. Bring your own optical equipment if you have it! Rain date Aug. 12.

Green Mtn Club Outing 100th Anniversary Event! Backpack the entire 23 miles of the Killington Section of the Long Trail. Aug. 5-7. Call 775-1627 for details & to reserve a spot.

Saturday, August 6

Brandon Yard Sale 7:00 AM - Brandon's annual Yard Sale Day is a great event which helps recycle and reuse. With dozens of yard sales registered on the official map and scores more set up around town, Brandon will be a busy place. Pick up a map and follow the sales. Info call 802-247-6401.

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.

Mt. Holly Community Guild Bazaar 9:00 AM - at Mt. Holly School. Info, 259-3564. Til 1pm.

Motorcycle Ride 9:00 AM - Red Knights of Vermont Chapter 3 Benefit Ride for Dodge House. Registration at VFW in Rutland 9am, ride begins 10am. Scenic ride through VT, ends at VFW for BBQ. \$20 per bike, \$10 just for BBQ.

Freedom From Harm 11:00 AM - Environmental Forum and Art Festival at Summit of Northeast Mountain, Wells. Til Sunset. Free and Open to Public.

Lyra Summer Music Student Gala Concert 1:00 PM - at Chandler Music Hall, Randolph. Suggested donation at the door: \$10 adults, \$5 students and seniors. 431-0204.

Hops in the Hills Brew Festival 1:00 PM - Brew Festival at Okemo Mtn Resort. Chicken Wing Championship! Enjoy Buffalo

wings from local restaurants and vote on the best wing in the Okemo Valley! Live Music from Sly Gerald's & Chris Kleeman. Sample Beers from Long Trail, Harpoon,

Otter Creek, Magic Hat, Switchback, Rock Art, and more. Front of J. Gore Inn, 'til 6pm. okemo.com

Badfish 3:30 PM - Sublime Tribute Band performs at Cooler in the Mountains free concert series. Til 6pm. Killington Resort, K1 Base Area. 800-621-MTNS.

Ladies' Night Out Performance in Weston 4:00 PM - "Silver Songs of Starry Nights" at the Church on the Hill, Weston. Hear the concert if you missed it in May. 775-8004, Lucy Allen Tenenbaum for info.

Photo Exhibit & Reception 4:00 PM - The Chaffee Art Center is excited to announce the 4th Annual Amateur Photography Contest and Exhibit opening Saturday August 6th, from 4-7 PM, at the Chaffee Art Center, 16 South Main Street, Rutland, VT.

Roast Pork Dinner 5:00 PM - The Ladies and Gentlemen's Supper Club invite you to dinner starting at 5pm at the Pawlet Community Church. Take out orders available. Questions call Doreen Mach at 325-3428 or Judy Coolidge at 325-3073.

Roast Pork Supper Benefit 5:00 PM - The Odd Fellows of Belmont, VT invites the community to enjoy a home-style Roast Pork supper. The family style served dinner will start at 5:00 p.m. at the Odd Fellows Hall in Belmont. \$10 for adults and \$5 for children 11 and under. For more info call 259-2205.

3 Artists, 4 Composers 7:00 PM - Killington Music Festival presents works of Bach & Mozart. Rams Head Lodge at Killington Resort. 422-1330 for tickets.

Silent Comedy 7:00 PM - Laurel & Hardy Silent Comedies with Live Music at Brandon Town Hall. Also includes feature-length comedy starring Raymond Griffith. Free, donations encouraged. For the whole family.

Spartan Death Race. Serious obstacle course! Snowshed Base Lodge at Killington Resort. Finishers secure spot in 2012 Death Race. Can't finish? Dignified exits available. Test your physical limits in this totally unexpected, insane race.

Sunday, August 7

Tweed River Music Festival 12:00 AM - The 2011 Tweed River Music Festival takes place on August 12, 13, and 14 at the junction of Route 100 and Route 107 in Stockbridge. This event is hosted by Bow Thayer and the Perfect Trainwreck.

Poker Run 9:00 AM - Southwest Freedom Riders host Annual Peaches 'n Cream Ladies Lead Poker Run. Sign-In 9-10:30 a.m. at Shaw's Supermarket, Poultney. \$10/person. Proceeds benefit the Ladies First of Vt Program for Breast Cancer Awareness. All bikes welcome! 888-299-SWFR.

Church Picnic 10:00 AM - The Federated Church of Rochester invites everyone to an Outdoor Worship and Pot Luck Picnic at the Texas Falls Picnic Area. Worship is at 10 am and the pot luck picnic

follows. Any questions or more more information please call the church at 767-3012.

Tractor Day at Billings Farm 10:00 AM - Billings Farm & Museum will host the 11th Annual Antique Tractor Day, from 10:00 a.m. to 5:00 p.m. featuring both restored and unrestored tractors, dating from the 1930s to the 1960s. Tons of activities for the entire family! For further information: 802/457-2355.

Wells 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, handicapped accessible, with parking. Info: contact Ruth Winkler, (802) 492-3324.

Hike Mt. Independence 2:00 PM - Walk in the footsteps of history on Sunday, August 7, 2011, at 2:00 pm as Steve Zeoli leads one of his popular hikes into history at the Mount Independence State Historic Site in Orwell, Vermont.

Rochester Chamber Music 4:00 PM - Rochester Chamber Music Society present the St. Lawrence String Quartet with the music of Haydn, Beethoven and Schubert. All concerts are free and donations are gratefully accepted. For information call 767-9234.

Rochester Concerts 6:30 PM - Annual summer concert series on the park, Sunday evenings, 6:30pm. The summer concert season ends on August 7 with They Might Be Gypsies. Bring a lawn chair or blanket, picnic basket & enjoy!

Rutland City Band 7:00 PM 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 8

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

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

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

Pre-Season Field Hockey Camp 9:00 AM - Rutland Rec & Parks Dept at Godnick Center. Camp runs M-F, 9-1pm daily. For middle school & high school players. Bring your own stick, mouth/shin guards. Fees: \$93 residents; non residents \$104. Register by July 29th to receive \$10 discount. Register at Rec Dept or call 773-1853 for info.



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Brandon Townwide Yard Sales
Saturday, August 6 • Beginning at 9:00 am
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Official Yard Sale Maps will be available starting at 7 am on Aug. 6 on our website or at the Brandon Visitor Center at the Stephen A. Douglas Birthplace on Route 7 next to the church at the intersection of Route 7 and 73 West. Rain or Shine.

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Challenger British Soccer Camp 9:00 AM - Rutland Rec & Parks Dept at Godnick Center. The most popular soccer camp in USA & Canada featuring individual skill development with an innovative camp curriculum and a daily World Cup style tournament. Highly trained British coaches. Info, contact Jay Thomas at 773-1822 x15. Aug. 8-12, times/fees vary by age categories.

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

Marble Valley Bridge Club 1:00 PM - 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.

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

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.

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

Marbleizing Paper & Book Binding 7:00 PM - Killington Arts Guild program with Sally Curtis. Sally demonstrates, you try technique. Sherburne Memorial Library, Killington. Til 9pm. Free, open to public. 422-3852.

Jurassic Park 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. 775-0903.

Tuesday, August 9

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

Oil & Acrylic Painting Workshop 9:00 AM - Killington Arts Guild workshop with Don Hofer. 2 days, 9th & 10th, til 4pm each day. At KAG Gallery above Cabin Fever Gifts. Make painting an adventure! \$130 members, \$140 non. 422-3852 or killingtonartsguild.org to register.

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

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

Time Travel Tuesdays 10:00 AM - Try hands with late 19th century chores & pastimes in 1890 Farm House. Presented by Billings Farm & Museum in Woodstock, VT. Tuesdays thru Aug. 23. 10-5. 457-2355.

Sherburne Library Matinees 2:00 PM - Killington - Sherburne Memorial Library Event: Tues, 2pm - Matinees

Killington Library Movie Matinee 2:00 PM - At Sherburne Library. This week: Eat Pray Love. Bring popcorn.

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

Winter in August Event 5:00 PM - Rutland Chamber presents the annual salute to the positive economic impact that the local ski industry have on our region. 5 - 8 pm Center Street Alley, Downtown Rutland.

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

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

March of the Penguins 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. 775-0903.

Reggie's Red Hot Feetwarmers 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.

Wednesday, August 10

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

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

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

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

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

Reading Program at Sherburne Library 1:00 PM

Woodstock Farmers Market 3:00 PM - 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.

MSJ Open House & Cookout 6:00 PM - MSJ Summer Open House & Cookout til 8:00 p.m. for all interested students and families at Saint Peter's Field, located on River Street in Rutland. No RSVP is required, 775-0151 for more details.

Greening Your Home with CVPS SmartPower 6:00 PM - CVPS' community outreach team will talk about the statewide SmartGrid initiative and how it will work in Rutland. Learn how to reduce your electric usage. Part of the Greening Your Home series, in cooperation with CVPS and Sustainable Rutland. Rutland Free Library.

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

Satin & Steel 7:00 PM - Free Summer Concert in Main St Park, Rutland. Enjoy free music in Main Street Park in Rutland. Corner of Route 7 and West Street. Great tunes in a fabulous family environment.

Museums, Exhibits, & More

CALL FOR CRAFTERS & VENDORS: Now accepting applications for 7th annual Harvest Fair for October 1st from 10 to 4 on US Rte 7 in Pittsford Village. Hand-Made or Home-Grown is our theme. Early application discount. Call 802-483-0074.

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

BigTown Gallery - 99 North Main St., Rochester. 767-9670. Fine arts 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.

Slate Valley Museum - Water St., Granville, NY. Exhibit "Through the Lens of Slate: Students Artwork

Using Slate Printing Press" open. 518-642-1417 for info.

Timco Gallery - Center St., Rutland. Gallery hrs Mon - Sat. 773-3377. Portion of sales proceed local student art programs.

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

VINS Nature Center - Rt 4 (Next to the Quechee Gorge) Quechee. Daily activities, programs, exhibits, Nature Store. Open 10-5:30 daily. 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.

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

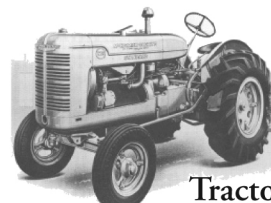
Woodstock History Center - 26 Elm St, Woodstock. Fri-Sun 12-4pm. Other days by appointment. Art, furniture, clothing, musical instruments, more. 457-1822 for info.

Billings Farm & Museum

Gateway to Vermont's Rural Heritage

Antique Tractor Day

Sunday, August 7, 2011
10:00 a.m. - 5:00 p.m.



Tractors dating from 1930s - 1960s

Tractor Parade @ 1:00 p.m.

Tractor-Drawn Wagon Rides

Games, Farm Animal Programs & Ice Cream Making
25th Annual Quilt Exhibition

Lunch by Teago Fire Dept. (proceeds to Dept.)

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4th Annual Photography Contest

Featuring Katrina Mojesz

August 6 through 27

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People's Choice Voting: August 6-26

Silent Auction of Contest Photos: August 6-27

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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.

BRIDGEWATER CORNER STORE 672-6241
 5680 Route 4, Bridgewater
 Olson's BW Corners Store provides you with the freshest meats, cheeses & dressings from Boar's Head brand-also available to purchase for sandwiches made at home. Check out our Early Bird Special - bacon, ham or sausage, egg & cheese on an English muffin or roll \$2.75. VISA, MC, AMEX
CHOICES RESTAURANT & ROTISSERIE 422-4030
 Glazebrook Center, Killington Rd., Killington

Chef Claude and his staff offer exceptional food, service and views in a bistro setting. The Rotisserie offers chicken, lamb and pork, and the menu features sandwiches, homemade pastas and the finest in steaks, fish and seafood. VISA, MC, AMEX.
CLUBHOUSE GRILL 422-6272
 Roaring Brook Rd, Killington
 Located at the Killington Golf Course.
 Cocktails, daily specials, appetizers, burgers, salads and freshly prepared sandwiches. Dine in, on the deck or order to go from 11:00am-3:00pm Join us for happy hour Wednesdays 4-8pm with Joey Leone. Amex, MC, VISA

GRACIE'S GRILLE 802-422-4653
 at Green Mountain National Golf Course
 Barrows Towne Road, Killington
 Gracie's Grille offers an assortment of delicious options to tame any appetite. We feature fresh deli sandwiches, flame-grilled burgers, hot dogs and marinated chicken breast grilled to perfection. Stop by the Gracie's Grille before or after your next round or order your lunch right from the course.

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

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

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

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

MOGULS SPORTS PUB 422-4777
 Killington Road, Killington
 Family dining offering steaks, burgers, pasta and more. With over 20 TVs, pool table, arcade games - Moguls is your place for a good time. An affordable menu featuring our world famous Barbecue Ribs. Take out. Open M-Thurs 3PM-2AM. Serving Lunch Fri, Sat & Sun at noon.

	STYLES OF CUISINE							MEALS SERVED					COST			
	ITALIAN	FRENCH	AMERICAN	CONTINENTAL	MEXICAN	ASIAN	PUB FAIRE	BREAKFAST	LUNCH	DINNER	BRUNCH	LATE NIGHT	TAKE OUT	INEXPENSIVE	MODERATE	DELUXE
Birch Ridge Inn
Bridgewater Corners Store
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
Table 24
Vermont Inn

MOUNTAIN TOP INN & RESORT 483-2311
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 Only 11 miles from Killington and Rutland. Dining complemented by breathtaking views of the lake and mountains. Creative American cuisine in the Highlands Dining Room. Casual dining and pub fare in the Highlands Tavern. Extensive selection of wine and beer. Full bar available. Open year round to the public. Reservations suggested. Kids welcome. Seasonal outdoor dining. www.mountaintopinn.com. MC, VISA, AMEX
OLIVIA'S MARKET 775-1145
 199 Stratton Rd, Rutland

Olivia's Market is also the new home of the Vermont Bagel Cafe. A full deli and more, that offers Boars' Head meats. We have meats, steaks, chicken, groceries, beer and wine, soft drinks, fresh baked pies and much more. Bring your returnables along to our 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
 Real New York pizza, salads, sandwiches, featuring chicken ranch pizza and garlic knots. 20 draft beers, outdoor deck dining, 3 flat screen TVs. MC, Visa, AMEX, DISC

RED CLOVER INN 775-2290
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 American Cuisine with a European Flair. Extensive wine list. Charming surroundings. Open for fine dining or tavern fare. AMEX, MC, VISA, DISC

SEWARD FAMILY RESTAURANT 773-2738
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SUGAR AND SPICE RESTAURANT 773-7832
 Route 4, Mendon
 Serving breakfast and lunch seven days a week. Specialties run from pancakes & French toast with real maple syrup processed on premises, soups, sandwiches, burgers. Working sugar house. Gift shop featuring Vermont products. Homemade candy and ice cream. MC, VISA

TABLE 24 775-2424
 24 Wales Street • Rutland
 Table 24's unique menu features bold American and upscale comfort foods with choices for all - from young families to sophisticated diners. Chef/Owner Stephen Sawyer prepares selected specialties on a wood-fired grill & rotisserie. Relax in the full bar and lounge and enjoy a great wine list with 25 wines by the glass. Lunch coming soon. AMEX, VISA, MC, DISC.

THE VERMONT INN 775-0708
 Route 4, Killington
 Enjoy New England and Continental Cuisine in a comfortable c. 1840 farmhouse style dining room. Game Room. Children's menu. Full bar and wine list. Dinner Reservations Sugg. Drop in late afternoon or even after dinner for cocktails, appetizers, a light dinner, or desserts at Duffy's Pub. Enjoy mountain views, perennial gardens and humming birds. Serving dinner Thurs.-Sun. all summer long.

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 Return via Amtrak: Arrive Rutland at 9:05pm

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Badfish Performs Cooler in the Mountains

Badfish, a Tribute to Sublime, will take the outdoor stage to perform a free concert at the Killington Resort on Saturday, August 6 from 3:30pm to 6pm. The free concert is part of the Town of Killington's "Cooler In The Mountains" music series presented by Long Trail Brewing Co., and is taking place during the weekend of the Super Spartan Beast Race at the mountain.

The phenomenon known as Sublime, considered by many music fans to be one of the most energetic, original and uniquely eclectic bands to emerge from any scene, anywhere, ended with the untimely death of lead singer, guitarist and songwriter Brad Nowell in May of 1996. Badfish: a Tribute to Sublime continues to channel the spirit of Sublime, and has developed a scene and a dedicated following most commonly reserved for label-driven, mainstream acts.

Formed in 2001, Badfish has become one of the biggest club and theater acts in the Northeast and Midwest. The band, which is celebrating its 10 year anniversary this year, sounds just like Sublime, and some fans say that seeing Badfish live is the most fun they've ever had at a show.

Music fans may wish to arrive at the mountain a little early to watch some of the extreme endurance race known as the Super Spartan Beast Race. This timed, 10+ mile obstacle course takes racers around the mountain where they face military-style obstacles like an eight foot wall, slippery incline wall, cargo net climb, barbed wire crawl, water obstacles, mud crawl, spear throw, fire jump and gladiator pit. Spectators are welcome.

"Cooler In The Mountains" performances are scheduled for every Saturday afternoon, through August 27, and will support the greening efforts of Reverb, a non-profit organization which educates and engages musicians and their fans to take action toward a more sustainable future. Each week, Reverb will activate its Carbon Offset Program, which allows fans to offset their



carbon footprint by making a small charitable donation.

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. For more information visit www.discoverkillington.com.

The "Cooler In The Mountains" concert series is produced by the Town of Killington in conjunction with the Killington Chamber of Commerce, Killington Resort, and IZSTYLE, and sponsored by Long Trail Brewing Company and Casella Waste Systems Inc. Upcoming concerts include Twiddle on August 13, The Dirty Dozen Brass Band on August 20, and Sister Hazel on August 27.

Billings Farm & Museum's Tractor Day



WOODSTOCK, VERMONT...Billings Farm & Museum, gateway to Vermont's rural heritage, will host the 11th Annual Antique Tractor Day on Sunday, August 7, from 10:00 a.m. to 5:00 p.m. featuring both restored and unrestored tractors, dating from the 1930s to the 1960s.

A narrated tractor parade is set for 1:00 p.m. – an opportunity to see the machines operating, with interesting and historical background details about each tractor. Tractor-drawn wagon rides will be offered; also rope making demonstrations, make-it-take-it wooden tractors for children, a sandbox with toy tractors from the farm or bring your own, ice cream making, and more. Lunch and snacks will be provided by the Teago Volunteer Fire Department – all proceeds benefit the department.

Admission to Antique Tractor Day includes all programs and activities plus an added bonus: the 25th Annual Quilt Exhibition.

The Billings Farm & Museum is owned and operated by The Woodstock Foundation, Inc., a charitable, non-profit institution founded by Mary French and Laurance Spelman Rockefeller. For further information: 802-457-2355.

Wiley Dobbs performs at Brandon Music

Brandon Music is delighted to present Wiley Dobbs who will be appearing on August 13 from 7 to 9 PM. They play an eclectic mix of bluegrass, jazz, and original music which charts new musical boundaries, while paying homage to the masters. Rob and Jim McCuen, Bill Buyer, and Matt Davis make up the band; and they draw from the sounds of Dave Grisman, Bela Fleck, Jimi Hendrix, T-Monk, and more. Wiley Dobbs are truly one of the best jazz/ bluegrass/ light rock groups in the area. Tickets are \$15 and include complimentary soft drinks. You may also bring your own beverage of choice. We are fully air-conditioned, so we're always comfortable in the summer.

Tickets can be purchased at Brandon Music or by calling 802-465-4071 (10:00 am to 5:00pm any day except Tuesday). Seating is limited, so reservation is strongly advised. 62 Country Club Road, opposite Neshobe Golf Club on Rte 73E.

Silvery Moon Night At Hubbardton Battlefield

HUBBARDTON, Vt. -- Enjoy the magic of moonlight in Vermont on Saturday, August 13, at the Hubbardton Battlefield State Historic Site in Hubbardton with astronomers from the Green Mountain Alliance of Amateur Astronomers. By the Light of the Silvery Moon, a full moon program free and open to the public, is from 8–10 pm.

Watch the full moon rise over the Taconic Mountains. The astronomers will bring telescopes to show you the wonders of space and the moon. You can bring binoculars, blankets, and flashlights. The marshmallows are on us. Alternate date, if inclement weather, is August 14. This is the ideal summer evening event!

The Hubbardton Battlefield is a perfect spot for observing the night sky, with sweeping mountain views and negligible light pollution. Donations are appreciated. Call ahead to confirm the program is on: 802-273-2282.

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25¢ WINGS

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LOBSTER DINNER SPECIAL

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

\$14.99

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BRICK & BREW PIZZA

Real New York Pizza
Awesome Pizza, Salads,
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Thursdays Only 5pm-8pm

Open Mic on Tuesday Nights!

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Mon-Thurs 11am-10pm, Fri & Sat 11am-11pm
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Located at the historic Bridgewater Mill
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802-672-1120

Women's Chorus of Rutland News

Ladies' Night Out Women's Chorus of Rutland is preparing for the fall season of rehearsals for two performances the weekend after Thanksgiving.

LNO will be presenting Four Choral Hymns from the Rig Vega, Third Group by Gustav Holst: Hymn to the Dawn, Hymn to the Waters, Hymn to Vena (Sun rising through the mist) and Hymn of the Travelers.

Call Director Lucy Allen Tenenbaum at 775-8004 or email lucytune@sover.net if you want to sing in either of the groups or in the winter of 2012. No audition is required, but the director reserves the right to select the choir's singers based on the need for blend and balanced sections.

Please come hear LNO perform the program from May 2011, "Silver Songs of Starry Nights" at the Church on the Hill in Weston Vermont on August 6, Saturday, at 4 pm. You'll get an idea of what LNO can do, and also get a chance to hear the concert if you missed it in May.

"Reggie's Red Hot Feetwarmers" Conclude Castleton Concert Season

This concert promises to be one of the top attractions of the summer, as the return engagement of this swinging band, Reggie's Red Hot Feetwarmers, brings their great ragtime and dixieland musical act to Castleton this Tuesday, August 9th, at 7:00 p.m. Reggie's exciting group will close out a wonderful Castleton concert season in a fitting tribute to great music.

Reggie's quintet, is the house band for the Saratoga Racetrack, and they produce a great jaunty swirl of music.

A trumpet, banjo, the happy shriek of a clarinet, upright base and trombone will produce a magical throwback to an era of New Orleans traditional jazz, giving a new voice to old standards.

And speaking of New Orleans ---- the Crescent City, is where the dancing combo of Giselle and Chance hail from, --- who can't forget the oh-so-fantastic, exciting dancing performance they gave us last year! Well, they're back, and Giselle and Chance will again strut their stuff as part of the August 9th entertainment.

This is the final concert of the season, so don't miss this Tuesday, August 9th, starting at 7:00 p.m. sharp! It promises to be a most enjoyable evening of exciting dancing, and fantastic music, played by one of the best five piece bands in all of New England.

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 contact (802) 273-2911.



High Rise, by Kiernan Lackney

Amateur Photography Contest and Exhibit

The Chaffee Art Center is excited to announce the 4th Annual Amateur Photography Contest and Exhibit opening Saturday August 6th, from 4-7 PM, at the Chaffee Art Center, 16 South Main Street, Rutland, VT. Over 150 photographs have been submitted by amateur photographers on the theme of "Special Places: the place we like to go".

This year's Photography Exhibit is featuring photographs by professional photographer and juried artist Katrina Mojzesz, out of South Royalton, VT, as well as photographs from Chaffee Juried Artist Members in the second floor galleries. A special reception has been scheduled for Katrina on Art Hop Friday, August 12, from 5-8 PM.

A Grace Coolidge Musicale

The first concert of the 2011 Grace Coolidge Musicales, a series honoring one of America's favorite First Ladies, will take place at the President Calvin Coolidge State Historic Site on Sunday, August 7 at 3:00 pm.

Pianists Susan Cobb and Abigail Charbeneau's 45 minute "Four Hands Program" will feature duets by Mozart, Schubert, and Zifferin. An afternoon tea follows at the site's restaurant, The Wilder House. While the concert is free and open to the public, donations are appreciated.

The performance will be given in the President Calvin Coolidge Museum & Education Center, a new facility opened in August 2010 at the Coolidge State His-

toric Site. The series showcases the piano given to Mrs. Coolidge by the Baldwin Company and used in the family quarters at The White House.

The concert program includes popular and entertaining music for piano duet, including Mozart's Sonata in D major and Schubert's Fantasy in F minor. The recital will conclude with Marilyn Zifferin's Yankee Hooray, a piece that features numerous patriotic themes the pianists feel will honor President Coolidge's legacy.

The Grace Coolidge Musicales (which continue on September 11 and October 9) are organized by the Vermont Division for Historic Preservation and generously sponsored by the Alma Gibbs Donchian Foundation. For further information, call 802-672-3773.

Killington Arts Guild Workshops

The Killington Arts Guild will sponsor a program on Marbleizing Paper and Book Binding with Sally Curtis on August 8th. She will demonstrate the process of marbleizing paper, and then attendees will have the opportunity to try the technique by making their own book covers, which will be bound into blank books that can hold poems, personal writing, photos, or recipes.

The program will take place at the Sherburne Memorial Library on River Road in Killington. The hours are from 7:00PM to 9:00PM. It is free and open to the public, and materials will be provided.

On August 9 & 10, the Guild will sponsor an Oil and Acrylic Painting Workshop with Don Hofer from 9:00AM to 4:00PM each day. This workshop will be held at the Killington Arts Guild Gallery above Cabin Fever Gifts on Route 4, across from the base of the Killington access road.

You will leave this class with a subject of your choosing on canvas that will astonish you! Join in the group for relaxed sessions where individual work will be emphasized and personal attention will be provided. A supply list will be sent when registration is complete. The fee for members of the KAG is \$130 and \$140 for non-members.

For more information or to register for either of these, please call 802-422-3852 or visit our web site at killingtonartsguild.org.

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

A Bit of Champagne History

Champagne as we know it today exists since the early 1500's. The monk Dom Perignon is widely credited with the invention of sparkling wine about a hundred forty years later, but there are records of Benedictine monks of St. Hilaire in the Loire valley of France dating to 1531. And there is even a British scientist Christopher Merret, who presented the Royal Society with a paper detailing what is now called the 'methode champenoise' forty years before Dom Perignon set foot into the Abbey of Hautvillers in Épernay, where he served as cellar master until his death in 1715. But Mr. Perignon did develop many advances in the production of sparkling wine and is known to have invented the wire cage (muselet) that holds the cork in place. The pressure in the bottle during secondary fermentation that creates the bubbles is so high that before his innovation the corks often jolted away. Often even bottles exploded, which lead to the wine being called the 'devil's wine' as those explosion created havoc in the cellar, starting a chain reaction of explosions and ruining a large portion of the wine cellar.

In 1927 the French government regulated the boundaries and methods used to make "Champagne." The name was actually already protected by the Treaty of Madrid in 1891, designating that only sparkling wine from the region of Champagne could be called so. The rules set forth by the French government then defined the wine growing area and which villages were part of it (or not), and also set the rules for which grapes can be used, how much harvest a vineyard could yield as well as requirements of pruning, pressing, and bottle aging. It is a lengthy set of regulations covering every little aspect in the production of Champagne.

Usually a blend of three different varieties (Chardonnay, Pinot Noir, and Pinot Meunier) for historical reasons there are four other grapes permitted, but they are only sparsely cultivated and used these days. 0.02% of all production includes the grapes Arbanne, Petit Meslier, Pinot Blanc, and Pinot Gris.

The government organization that controls French wine appellations is preparing a major overhaul of the regions boundaries for 2020 as soaring demand and limited production keeps prices going up and the major Champagne houses, that control almost 90% of all production, fear a consumer backlash. Though they profit greatly nowadays they fear that Champagne's rising prices will eventually hurt the sales.

And then there are these pesky little producers that make their own Champagne and don't sell to the big houses, as is general practice. The makers of "farmer fizz" or "Grower Champagne" as it is mostly known, want the region to be divided to better reflect the differences in soil and micro climates, similar to Burgundy. The world of Champagne is set to be rocked!



Photography by Tom Bartlett
Christine Young and Vin Quenneville take a break from the heat at Liquid Art with Iced Blackberry Mochas and a Summer Fruit & Arugula Salad. Rich and Linda Tinger stop in for a glass of wine. Located at 31 Miller Brook Rd in Killington, Liquid Art is open 8am to 8pm, closed Wednesdays, & Sundays til 5:30. Stop in and see us!

Free Concert in Brandon

EnerJazz performs Friday, Aug. 5 at 6:30 pm in Brandon Green Park. This concert is free and open to the public.

The 19 members of EnerJazz are dedicated and committed to performing authentic arrangements by their original artists whenever possible. EnerJazz plays tunes made famous during the big band era as well as charts by contemporary artists. Whether you are dancing or just listening, you will be entertained by this group of hard working, fun loving musicians. Sponsored by Casella Waste Management.

EnerJazz is:
Saxophones: Pete Giancola, alto; Scott Lobdell, alto; Harry Drum, tenor; Mike Lenox, tenor; Hank Vaughan, bari
Trumpets: Dave McKenzie; Pat Roberts; Kenny Cifone; Greg Ellis; Mike Durkee
Trombones: Bill Brislin; Paul Sutherland; Todd Jonz; Glenn Giles
Rhythm: Kent Baker, piano; Don Goodman, guitar; Ellen Sutherland, bass; Rob Zollman, drums
Director: Kent Baker Business Manager: Harry Drum Personnel Manager: Glenn Giles

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.



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WE RENT DVD'S

Local News

Red Knights Ride for Dodge House

Come out and help the Red Knights of Vermont Chapter 3 raise money for Dodge House, a home for displaced Veterans. The Red Knights Ride for Dodge House will take place on Saturday, August 6th. Registration is at the VFW on Wales St. in Rutland beginning at 9:00am, the ride will begin at 10:00am. Come and enjoy this scenic ride through Vermont ending back at the VFW for a BBQ. The cost of the ride and bbq is only \$20 per bike or \$10 pp just for the BBQ. For more information go to www.redknightsvt3.com

MSJ Summer Open House & Cookout



On Tuesday, August 9th, from 6:00 p.m. to 8:00 p.m., Mount Saint Joseph Academy in Rutland will hold a gathering for all interested students and families at Saint Peter's Field, located on River Street in Rutland. Hamburgers, hot dogs, and salads will be served.

Some faculty members, coaches, and current families will be on hand to answer any questions you may have. If you are a family with a student who will be in 7th grade or above next year, please consider attending. No RSVP is required, but you may call the school at (802) 775-0151 for more details. Financial aid plans are available. Hope to see you there!



Aerial photo by Deb Burke of all that remained of the Killington Peak Lodge on July 31, 2011. We are all looking forward to the construction of the new Peak Lodge!

MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

Open Gym in Killington

The Calvin Coolidge State Historic Site located in Plymouth Notch is looking for volunteers to work with students as docents in their Coolidge Foundation History Exploration programs during September and October. Docents receive informational materials and training and also learn the details of leading groups by shadowing experienced docents. Dates are known well in advance and docents have the option of choosing the dates that work for them. Docents also assist at special events. Consider joining the front lines of the Coolidge Foundation's Education Program by becoming a docent. Contact education director Diane Kemble at education@calvin-coolidge.org or by calling the office at 802-672-3389.

A Gatsby Gala to benefit the Spring Hill Horse Rescue will be held on August 5th at the Summit Lodge in Killington. This 20's themed gala starts at 6 pm and goes to 10 pm. For tickets or for more information call 802-282-3387 or call the Summit Lodge at 422-3535.

The Killington Teen Center is open to the public on Tuesdays and Thursdays for an open gym. Donations are welcome. There are stationary bicycles, weight systems, a treadmill, punching bag and Wii fit system available for use. The Teen Center open gym takes place from 3:30 pm to 5:30 pm.

The band "Badfish," which is a tribute to Sublime, will take the outdoor stage at the Killington Resort for a free concert on August 6th from 3:30 pm to 6 pm. The free concert is part of the Town of Killington's "Cooler in the Mountains" series presented by the Long Trail Brewing Company.

Don't miss watching the Spartan Beast Race at Killington Resort on August 6. Hundreds of ultra athletes will be competing in this very challenging race taking place on the mountain trails. Volunteers are needed to help putting this event on. Call Killington Resort at 422-3333 for more information or to volunteer your services.

The Town of Bridgewater will celebrate its 250th birthday on August 20, 2011 with a Fireman's Muster games starting at 7 am at the Recreation Field. A parade will start at 11:30 am that will go from the Mill Mall to the Recreation Field. A chicken barbecue begins at noon. There will be planned events all day long and fireworks in the evening. Yard sales tables are available, and a bake sale contest is looking for entries. Call 672-1818 for more details.

The Bridgewater Historical Society is sponsoring an essay contest for Bridgewater residents who are full time students ages 10 yrs to 19 years. The essay topic is the oral history of Bridgewater. Essay winners will receive a \$250 U.S. Savings Bond and will read their essay at the Bridgewater 250th Birthday Celebration on August 20th. Contest rules are available by contacting Jeannette Sawyer at 672-3745, Sue Kancir at 672-1521 or pick up a copy at the Bridgewater Town Office.

Woodstock's Market on the Green is open on Wednesdays from 3 pm to 6 pm. Over 30 vendors are selling a variety of locally grown vegetables, meats, eggs, berries, cheeses, baked goods, and locally made crafts. Music will be played during the market hours. The Woodstock Market on the Green will be held every Wednesday afternoon until October 5th, 2011.

Good Agricultural Practices Capital Improvement Grant Program

Montpelier, VT: The Vermont Agency of Agriculture, Food and Markets (VAAF) is now accepting applications for the new Good Agricultural Practices (GAPs) Capital Improvement Grant Program. This program was created by the Vermont Legislature to provide matching grants for capital investments that will support Vermont agricultural producers in obtaining GAP certification.

The goals of the GAP Capital Improvement Grant Program are to increase sales of Vermont fruits and vegetables and create or maintain jobs by enhancing market access and promoting food safety. Both GAPs-certified producers, as well as those who are looking towards GAPs certification are eligible to apply. There is a maximum cap among all GAPs Capital Improvements Program grants of \$10,000 per farm, and farms must contribute a minimum of 50% of the total project costs.

To be eligible for funding, the participant must be in good standing with the Agency of Agriculture regarding regulatory requirements and resulting penalties.

A total of \$100,000 is available. Funding will be disbursed in two grant rounds, with the first grant round open from July 1 to September 30, 2011. A total of \$50,000 is available in the first grant round, and will be made available to producers for eligible expenses in the order that applications are received. Applications received after first round grant funds are fully expended will be automatically considered in the second round of funding. The second round will open on November 1, 2011. Please contact Chelsea Bardot Lewis, Agricultural Development Coordinator, at 802-828-3360 or chelsea.lewis@state.vt.us for the full application packet or more information.

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Mendon/Chittenden/ Pittsford/Brandon Notes

by Debbie Burke

2011-2012 Mendon Tax Rates Approved

The Neshobe Sportsman Club in Brandon, VT is offering a hunter safety course this August. Classes will meet on August 11th from 7 to 9 pm and on Saturday and Sunday, August 20 and 21st from 8 am to 4 pm at the club. Completion of the course requires attendance of all three sessions. There is no cost for this training. Children under the age of 16 must have parental signature to participate. There is no prior registration necessary. Just show up and get ready for the season.

At the July 25 meeting of the Town of Mendon Selectboard Greg Smith made a motion to convene the meeting of the Liquor Control Board to review a new liquor license for the The Tap House and Grill. The location of the new establishment is the building most recently occupied by Noel's Restaurant. A motion by Selectman Courcelle to approve the liquor license was seconded and approved unanimously.

The Selectboard meeting was then re-convened.

The 2010-2011 Year End was next on the agenda. Nancy Gondella reported to the Selectboard that the final year end surplus was \$120,000 as a result of \$90,000 of increased revenue and \$30,000 in reduced expenses.

The 2011-2012 tax rate analysis was next on the agenda. The Selectboard calculated the 2011-2012 tax rate with a carry forward of \$120,000. The Homestead Education Tax Rate increased by 5.7%. The Non-Residential Education Tax Rate decreased by 2.7%. The Municipal Tax Rate decreased by 5.3%. The overall Homestead Tax Rate which includes the Homestead Education Tax Rate and the Municipal Tax Rate increased by 2.6%. The Municipal Tax Rate decreased by .3%. The Local Special Assessment Tax for the qualified Disabled Veteran's Exemption is .0013.

A motion was made, seconded and approved to set the 2011-2012 Tax Rates at Homestead= \$1.5683; for the Non-Residential= \$1.8934.

Regarding tax sales, the Selectboard reviewed a request by Town Attorney Chris Corsones to place the opening minimum bid on behalf of the Town for a tax sale. The tax sale has been warned for the Griffin property on South Mendon Road. A motion by Greg Smith to authorize Chris Corsones to make the minimum opening bid at the tax sale for the Griffin property. The motion was seconded and approved.

Under Old Business, The Crossroad of Vermont Byway Bylaws were discussed. The Selectboard reviewed The Crossroad of Vermont Byway Bylaws as submitted by the Advisory Committee. Mendon's representative on the Byway Committee, Ann Singiser, provided a committee update. The Selectboard supported the Bylaws and did not recommend any specific changes. The Advisory Committee will vote to adopt the bylaws at their next meeting in September.

Regarding the Town Shop, Ann Singiser discussed a historic preservation seminar she attended sponsored by the Preservation Trust. She has invited two representatives of the Preservation Trust to conduct a site visit of the Town Shop to further gather information about the building originally built in 1888 and used as the Town Hall. Ann Singiser will work with the Selectboard to determine necessary structural and normal maintenance repairs to the building in order to preserve its historical value. Ann Singiser and the Selectboard will be researching various grant opportunities to financially assist the Town in conducting these repairs. The Selectboard is currently updating a 2 year lease with the tenant of the building Adi Staudinger.

Regarding Helvi Hill Road and Sherwood Drive, Don Woods, of Woods Engineering, Bill Ellis and Tracy Adams discussed the hydraulics of water runoff. Don Woods will be preparing his recommendations for the Selectboard.

Regarding the Salt Shed repairs, Bill Ellis contacted Steve Banik, P.E. to provide technical assistance in obtaining an accurate cost of repairs to the Salt Shed foundation. The current struggle in determining the scope of work necessary is that extend of the repairs is unknown. Until the foundation below grade is exposed as well as the exterior layer of the foundation above and below grade, the extent of the damage cannot be determined. Therefore, the current quotes range from \$90,000 to \$225,000. Ted Pratt will assist Bill Ellis to gather further information and options for the Town.

Under New Business, Health Insurance was discussed. The Vermont League of Cities and Towns Health Trust has announced that they will offer various plans through all of the major insurance carriers in Vermont. Traditionally, VLCT Health Trust has offered multiple plan options with just one carrier. The Selectboard will look at all insurance options available to them.

Regarding a Zoning Complaint, the Selectboard received a complaint regarding the Zoning Administrator requesting removal of a temporary sign. This issue was tabled until the next meeting.

Brandon Music Welcomes Linda Banta



Brandon Music is pleased to welcome its newest employee, Linda Banta, a "flatlander" in the truest sense of the word, having grown up and lived in Nebraska until 1992, when she and Jay moved to Vermont. Her professional career was in the medical field, working as a Medical Technologist for over 40 years, most recently at Porter Medical Center in Middlebury for about 16 of those years. But she has always had a great love of and interest in the arts, primarily on the performing end, but also "dabbles" in the visual as well. Linda has some acrylic paintings on slate that can be seen at the new Park Street Gallery in Brandon. Her involvement has taken the form of singing with the VSO Chorus, Maiden Vermont, Trillium (a hospice choir), doing folk music with Jay, and local theater productions, most recently "Kilroy Was Here" at the Brandon Town Hall. She and Jay have a son, Matthew and a daughter, Shelby.

Her primary responsibilities in her new position will be public relations, promotion, and serving as a liaison with the art community, as well as the day to day organization of the office. She, along with the other members of the team, are anticipating new challenges and growth in the appreciation of the arts in Brandon, as well as all of Vermont. Long range goals include expansion of the physical facilities of Brandon Music, working cooperatively with other arts' organizations, reaching out to area colleges to expand audience participation, and most importantly establishing contact with talented performers.

Visit Brandon Music at 62 Country Club Road, opposite Neshobe Golf Club on Rte 73E. brandonmusicvt.com

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Peregrine Falcon Nesting Cliffs Reopened for Hikers

courtesy VT Fish & Wildlife Dept.

Hiking trails near peregrine falcon nesting cliffs are open to public access starting August 1, according to the Vermont Fish and Wildlife Department. The areas were closed to protect the birds from human disturbance during the nesting period.

"The young peregrines have fledged, and nesting data suggest this year's productivity is among the lowest in recent years. The success rate of the monitored occupied sites was 64 percent, which was the lowest since 2003 and the fledgling rate was the lowest since 1990," reports Fish and Wildlife's migratory bird biologist John Buck. "The extreme wind and rain storms of April and May made it very difficult to rear young falcons. Predation and human disturbance may be additional factors in the lower nesting success," said Buck.

According to Audubon biologist Margaret Fowle, who coordinates the monitoring effort, at least 38 pairs of peregrines occupied Vermont cliffs during the early spring and summer. Preliminary results indicate at least 28 pairs nested, and 18 pairs successfully produced at least 36 young.

"Given how successful Vermont peregrines have been in the past decade or so, it is my hope that this year will just be a blip on what has been an extremely positive trend since I first started on the project in 1997," said Fowle.

"We greatly appreciate the time and effort our 40 volunteers put into monitoring the population this year, and we thank landowners and recreationists for their cooperation in protecting nesting peregrines from human disturbance," added Fowle.

Vermont Fish and Wildlife and Audubon Vermont partner to monitor and protect peregrine nesting sites in Vermont. Peregrine falcons were removed from the state's Threatened and Endangered Species List in 2005. Ongoing cooperation from recreationists and continued monitoring efforts by Audubon and Vermont Fish and Wildlife will help ensure the peregrine's remarkable recovery is sustained.



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www.vtnetwork.com

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Sexual Violence: 1-800-489-7273

GRAPHIC PERSON NEEDED

The Mountain Times is currently interviewing for a 3/4 to full time graphic design and layout person. Must be competent with InDesign, Photoshop and general web support. Work to begin with in-house training in late August. Pay and benefits based on experience and qualifications. Please mail resume to **PO Box 183, Killington, VT 05751**; email to haley@mountaintimes.info or fax to 802-422-2395

Brandon's Annual Yard Sale Day

Brandon's annual Yard Sale Day is a great event which helps recycle and reuse. With dozens of yard sales registered on the official map and scores more set up around town, Brandon will be a busy place on Saturday, August 6. Although most sales will not start until 9:00 am, the official map will be available starting at 7:00 a.m. on-line at www.brandon.org and at the Visitor Center at the historic Stephen A Douglas Birthplace, located next to the church at the corner of Routes 7 and 73 West. Pick up a map and follow the sales. Downtown Brandon will be a busy place so make plans to head out to sales on the side streets and back roads. Enjoy the views and find the bargains that others are missing. Maps will not be available until August 6. Sales will be held rain or shine. For more information, contact the Brandon Area Chamber of Commerce at 802-247-6401.

CVPS Signs Two Power Contracts

RUTLAND, VT – Central Vermont Public Service (NYSE-CV) has signed two new power supply contracts, filling the 2012 gap in its portfolio created by the end of the existing contract with Vermont Yankee, at attractive prices.

"These contracts serve to ensure our reliable power supply through the end of 2012 at very competitive prices," CVPS President and CEO Larry Reilly said. "We were able to secure contracts at firm prices -- where performance is guaranteed such that the sellers would pay to replace any power should they otherwise fail to deliver."

CVPS, in cooperation with World Energy Inc., an energy management services firm, conducted a highly structured Internet auction that involved approximately a dozen prescreened northeastern generators and energy marketers in bidding to provide CVPS's needed supplies. When the bidding closed, CVPS signed two contracts with an average price of approximately \$47.50 per megawatt-hour, or 4.75 cents per kilowatt-hour.

The contracts will provide about 570,000 megawatt-hours of energy, or about 20 percent of CVPS's power supply during the life of the contracts, for \$27 million.

"In a circumstance such as this, we have found that employing a competitive auction process obtains the best deals for our customers," said Reilly. "These purchases will help us remain among the lowest-cost utilities in New England, despite cost pressures from infrastructure upgrades, particularly from transmission improvements and higher-cost, new renewable power content requirements."

One contract is for energy supplied 24 hours per day from April 1, 2012 through the end of next year, while the other contract will provide peak and off-peak power during specific periods when CVPS had remaining supply gaps next year.

The contracts will also fill CVPS's energy needs during the planned Vermont Yankee refueling outage this fall. Some of the energy will be purchased for as little as \$39 a megawatt-hour, or 3.9 cents per kilowatt-hour. CVPS currently pays Vermont Yankee 4.4 cents per kWh, and Hydro-Quebec about 6.2 cents per kWh. Market prices, though generally, relatively low of late, were as high as several hundred dollars per megawatt-hour during the recent heat wave.

The contracts are for so-called "system power," meaning they are not conditioned on the operation of individual power generation sources. Because CVPS plans to conduct similar auctions in the future and bidders were unknown to each other, the names of the winning bidders and full details of the process will remain confidential.

The new contracts join several other longer-term agreements CVPS has signed to replenish its portfolio after the current Vermont Yankee and Hydro-Quebec contracts end. CVPS has signed new contracts largely for renewable energy from Hydro-Quebec, wind farms in Coos County, N.H., and southern Vermont, and a Gilman, Vt., hydro project.

CVPS is also in the process of purchasing the Vermont Marble Power Division of Omya, including four hydroelectric facilities with a current combined capacity of 18.5 megawatts, which CVPS plans to upgrade. After the acquisition, CVPS will own and operate the largest fleet of hydroelectric generating stations in New England. In large part due to its electricity supplies, Vermont has the lowest per-capita air emissions in the country.

CVPS continues to expand its Cow Power generation; recently built a 50-kilowatt solar project on Route 7 in Rutland Town; and upgraded a Passumpsic River hydro facility in St. Johnsbury.

REMEMBER: Sally Curtis will demonstrate "Marbleizing and Book Binding," Monday August 8, 2011 from 7-9 in the Sherburne Memorial Library. Materials will be supplied. Open to the public. No fee. AND Don Hoffer's painting workshop in the KAG Gallery Tues-Weds. August 9-10 (9-4). For fee, registration, and art supply list, call 422-3852. Partial scholarships are available.

The Rutland Youth Theater presented The Merchant of Venice, a traveling theater play, at the Gables at East Mountain (Rutland Town) on July 31. The theater is directed by Saskia Hagan Groom and stage managed by Ellory Lane. This was opening night and the house was packed. First-nighters were delighted with the talented young actors. The evening was arranged by the Gables Activities Committee, chaired by Betty Little. Saskia and Betty are both retired members of the Killington Arts Guild Board of Directors. Betty said, "This production was extraordinary. I hope the Youth Theater will come to Killington." For information call (802) 558-4188 or go to www.rutlandrec.com.

The Killington Arts Guild Salons are being held at Jill Dye and Duane Finger's Dream Ski Lodge. Built by Jill's family, the lodge was her father's dream and salons

were her mother's- Marguerite Loucks Dye. Jill says, "A Salon is a gathering of people to encourage creativity, inquiry and discourse in the French tradition." The first Salon featured writer-journalist is Yvonne Daley; the second will be a pot luck supper at 5:30 on Tuesday August 23 followed by a lively conversation with Sidney Gluck on the "Other Mark Twain, Shalom Aleichem, Changes in China and the American Political Arena." Gluck is an American intellectual, professor in New York at the New College and a television commentator.

In the KAG Art show, 250 Years - People and Mountains at the Gallery, it is easy to be distracted by Barbara McKenna's Noah's Ark with all the exciting dogs pressing against the showcase. Look further and you will see two delightful hooked rugs that hang. If you want to learn more, attend Barbara's demonstration at Art and Antiques on Center on August 12 during Friday Night Live and Art Hop in Rutland. Open until 8 PM.

The Gallery is at Cabin Fever Gift on Route 4 opposite the Killington Access Road and is open without charge every business day.

For information call KAG call: 422-3852 or go to www.killingtonartsguild.org To contribute to the column vtkag@aol.com

E.Poultney Day Celebrates 250 Years

East Poultney Day, a celebration of Poultney's rich history, is the premier event of the Poultney Historical Society. Always held on the second Saturday in August, this year's fair will be on August 13, 2011 from 9 AM to 4 PM on the East Poultney Green.

East Poultney Day this year celebrates the 250th anniversary of Poultney's founding in 1761, and it's going to be a birthday bash.

With the theme "Enduring and Renewing Traditions," events will center on a sense of place. What are our Vermont roots, and what was it like to live here 200 years ago? Greg Sharrow, Director of Education and Folklorist at the Vermont Folklife Center will speak on "A Sense of Place: Vermont's Agricultural Heritage."

A panel of retired farmers and young agricultural entrepreneurs will look at the similarities and differences in farming over time, and will discuss the issues involved in sustainability.

Expanding on this theme, a story reading hour will enlighten young and old with the recollections of those real Vermonters whose roots go back for many generations.

The event includes a full day of activities on the green in East Poultney for the entire family. 50 juried vendors sell crafts and folk arts, antiques and collectibles, maple syrup, jams, herbal soaps, vintage linen, handmade pottery and jewelry.

Demonstrations of traditional crafts will feature woodcarving, rug hooking, gun-smithing, spinning and weaving, as well as slate splitting and carving. A children's tent provides arts and crafts, games from yesteryear and an old fashioned spelling bee.

Food is available all day, provided by Poultney Snowmobile Club and East Poultney Store. New this year are the Vermont Bean Crafters.

Join Meredith Roberts Rehbach at 10:00 AM for "A Taste of Welsh," an introduction and celebration of the Welsh language.

The East Poultney Green is one of Vermont's real treasures. It has a rich collection of historic homes and buildings clustered around its striking 1805 Baptist Church. Due to the efforts of the Historical Society, several of the buildings have been saved and restored and are now museums.

As a focus of East Poultney Day, which dates back to 1935, the Historical Society offers an open house in each of these three fascinating museums:

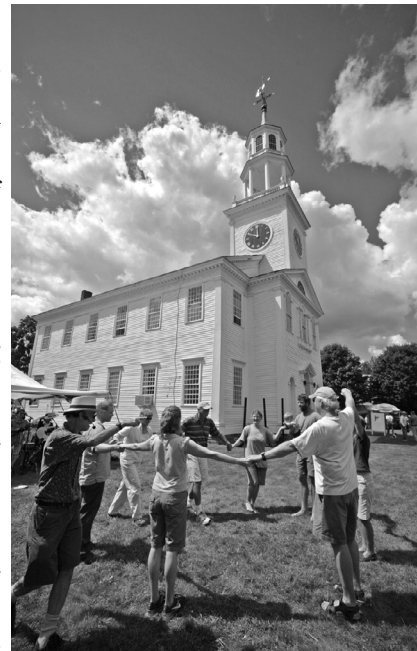
-The 1791 restored Union Academy schoolhouse, the second oldest in Vermont, displays its quill pens, slate boards, and antique desks, just as it looked 150 years ago.

-The 19th century Melodeon Factory (which made small reed organs) houses much of the Society's collection of period clothing, antique wagons, household utensils, and of course, melodeons. Screenings of the new video "Poultney Main Street's Historical Tour" will take place every hour.

-An 1896 Victorian schoolhouse houses the rest of the historic collection. The popular display of the "Brides of Early Poultney" features historic bridal dresses.

Throughout the day, musical performances by local musicians will include Paul Opel of Green Mountain College playing one of the melodeons produced in Poultney's Melodeon Factory and a concert by Natalia Czar on the Celtic harp, and music by Spruce Knob Uprising. Poultney and Granville Town Bands will perform a concert to complete the day's festivities.

At 3:00 PM, the annual raffle will award the dozens of items donated by local businesses and artists, and will feature three grand prizes: an original oil painting by Marilyn Parker, an art print by Peter Huntoon and a photograph by Alan Nyiri.



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NEWS FROM THE PITTSFIELD/STOCKBRIDGE VICINITY AND THE HINTERLANDS BEYOND

by Johnnie Goldfish

Child Suggests Mom Should Have Blue Hair!

While in the pursuit of a grand and wonderful dream, should you all of a sudden round a bend and see before you an enormous uncharted mountain with towering cliffs, jagged rocks, and seemingly impenetrable walls, just consider it a sign that your dream is considerably more worthwhile than you had previously imagined, and that you are exactly where you are supposed to be. Hey chil-luns, being ma and pa is a grand and wonderful dream of something to be.

One session left of Earth Camp and Stockbridge Central School Camp beginning on August 8 with the theme Let's Eat. Call Ms. Wheeler or more information at 234-9248.

Yo Ma and Pa, take a break from the routine and head on over to the Pittsfield Library for some leisure reading. Maybe you would like: The Lacuna, or Message in a Bottle, or Band of Brothers and John Irving's A Son of the Circus.

The Federated Church of Rochester invites everyone to an Outdoor Worship and Pot Luck Picnic on Sunday, August 7 at the Texas Falls Picnic Area. Worship is at 10 am and the pot luck picnic follows. Any questions or more more information please call the church at 767-3012.

The Mothers Report: Part 4 – all answers are given by 2nd grade students. What is the difference between moms and dads? Moms work at work and work at home and dads just go to work at work. Moms know how to talk to teachers without scaring them. Dads are taller and stronger, but moms have all the real power cause that's who you got to ask if you want to sleep over at your friends. Moms have magic; they make you feel better without medicine. What would it take to make your mom perfect? On the inside she's already perfect. Outside, I think some kind of plastic surgery. Diet, you know, her hair, I'd diet, maybe blue. In finishing up, if you could change one thing about your mom, what would it be? She has this weird thing about me keeping my room clean, I'd get rid of that. I'd make my mom smarter, then she would know it was my sister who did it, not me. I would like her to get rid of those invisible eyes on the back of her head. Be nice to your mom!

You may have heard of the Spartan Race, which came about as a result of the death Race in Pittsfield. Now the Spartans and Spartan wannabees will get their chance to show their endurance right up the Road at the Killington Ski resort on Saturday, August 6 beginning at 9 am. This is the Spartan Beast, the toughest of the all of North America Spartan Races and the contestants will bushwhack to the top of Skye Peak, face the fire jump and be submitted to the gladiator pit.

On Sunday, August 7 the Rochester Chamber Music Society (RCMS) with Artistic Director, Cynthia Huard present the St. Lawrence String Quartet with the music of Haydyn, Beethoven and Schubert. The concert will be at the Rochester Federated Church at 4 pm. A pre-concert talk with Larry Hamberlin is ½ hour before each performance. All concerts are free and donations are gratefully accepted. For information call 767-9234.

The 2011 Tweed River Music Festival takes place on August 12, 13, and 14 at the junction of Route 100 and Route 107 in Stockbridge. This event is hosted by Bow Thayer and the Perfect Trainwreck.

Remember to get your tickets to the Park House golf tournament on August 5, followed by a pig roast. The pig roast is open to the public. Reserve your spot.

The Rochester School PTO meetings will begin in the fall. If you are interested in attending or want more information, please contact Liz Steventon at 767-4327.

The Rochester Recreation Committee presents its annual summer concert series on the park in Rochester village on Sunday evenings at 6:30 pm. The summer concert season ends on August 7 with They Might Be Gypsies, playing music from their new CD as well as their old one. The constantly have rave reviews and they won the Times-Argus Best Instrumental Album Award for 2010. The Rochester Recreation Committee encourages you to bring your dancing shoes, a lawn chair or blanket, and a picnic basket packed with your favorites.

Thought for the Week: "Two blocks in any direction from my home in Manhattan are worlds to explore. Churches, museums, diners, new neighbors. I'll bet that is true for you as well. We all tend to overlook the treasures in our own backyards." – Jane Pauley, (American television journalist, born 1950).

We are not covering Manhattan yet, but send your local good news to johnniegoldfish@yahoo.com.

Student News

–Wyll Everett of Middletown Springs, VT, has been honored with placement on the Dean's List at Wheaton College in Norton, Mass., for the spring 2011 semester.

–The following local residents were among the 700 Union College students named to the Dean's List: Sky Kochenour '11, a resident of Manchester Center; Kimberly Blechich '13, a resident of Cuttingsville, Michael Miller '12, a resident of Killington.

–Corey Jarecki of Pittsfield, a member of the Class of 2011 at Skidmore College, received a B.S. degree summa cum laude with honor in economics at Skidmore's 100th commencement. During his Skidmore career, Jarecki was a member of Periclean, Skidmore's own academic honor society. He also was elected to membership in the Alpha Zeta Chapter of Omicron Delta Epsilon, the international honor society in economics. He was a member of the Skidmore Honors Forum, which strengthens the intellectual life at the college and provides positive leadership on campus and in the community. In addition, he received the Heck Prize in Business, annually awarded to the highest-ranking student in the Skidmore Department of Management and Business. Jarecki earned high honors for academic work completed during the spring semester.

–Natalie Schubel of Poultney has been named to the Dean's List at The College at Brockport for the Spring 2011 semester.

–July 21, 2011 (FHTNC)--Marine Corps Luke S. Perry, son of Laurie L. and Wayne A. Bruce of Ira, Vt., recently completed the Basic Electrician's Course.

During the course at Marine Corps Engineer School, Marine Corps Base, Camp Lejeune, N. C., students receive instruction on the repair and maintenance of generators, transformers and power lines. In addition to the mechanical skills involved, studies also include circuitry, electrical theory and related safety procedures.

Perry is a 2010 graduate of Mill River Union High School of North Clarendon, Vt. and joined the Marine Corps Reserve in November 2010.

Chittenden Historical Society Program

A Vermont Humanities Council event hosted by the Chittenden Historical Society, "Vermont's Flood of 1927: A New Look" will take place on Thursday, August 11 at 7:30pm at the Chittenden Town Hall, 339 Holden Road in Chittenden.

Presenter Nicholas Clifford has researched the Flood of '27 extensively and is sharing his examination of the flood and the reconstruction as it sheds light on our national history and the often anxious and difficult years of the 1920s.

The program is free, open to the public and accessible to people with disabilities. For information call Karen Webster at 483-6471.

Vermont Delegation Opposes Post Office Closings

WASHINGTON, July 29 – A U.S. Postal Service proposal to close more than 3,600 post offices and branches, including 14 in Vermont, drew opposition today from the Vermont congressional delegation.

"Post offices in a rural state like Vermont are not just post offices – they are often the heart and soul of the town – and they must not be closed down," Sens. Patrick Leahy (D-Vt.) and Bernie Sanders (I-Vt.) and Rep. Peter Welch (D-Vt.) said in a letter to Postal Service commissioners.

"Many of these post offices have been in continuous operation for over 100 years and are an essential part of the fabric of Vermont's rural landscape," the delegation letter added.

They also questioned the legality of this regulation citing a provision in federal law that says the Postal Service "shall provide a maximum degree of effective and regular postal services to rural areas, communities, and small towns where post offices are not self-sustaining." The

law also says, "No small post office shall be closed solely for operating at a deficit, it being the specific intent of the Congress that effective postal services be insured to residents of both urban and rural communities."

Businesses and individuals from throughout Vermont have contacted members of the congressional delegation about the threatened closures.

"We have heard from residents across our state concerned about the loss of their post office and the harm it will have on their community," the letter said. "Additionally, many small business owners have contacted us to express their serious concerns about the negative economic impact this regulation would have on their businesses if their local post office is closed."

The letter acknowledged that the Postal Service faces serious budget challenges, but suggested other measures that would save more money than shuttering rural post offices.

COMMUNITY CALENDAR

Meetings

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

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

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

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

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

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

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

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

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

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

Worship Services

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

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

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

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

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

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

Rutland - Unitarian Universalist Church, 117 West Street, Rutland, VT. 802-775-0850. Rev. Erica Baron. 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.

Downtown Rutland

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.

Friday Night Live August 5

The excitement and fun continues at Friday Night Live from 6 - 10 pm on August 5. Be a part of the city's biggest block party.

The evening starts off with local favorite magician Tom Joyce. The show begins at 6:15 pm in front of the Lake Sunapee Bank building.

On the main stage the Voodoo Alien Blues Band performs at 7:30 pm. To hear them play until 10 pm, head to stage near the Lake Sunapee Bank building.

That's not all going on this Friday.

Wonderfeet, The Kid's Museum, will be again open in the former King's Fine Furniture on Center Street. This is the newest project provided by the Creative Economy. Exhibits are going to focus on "Trashformers." Come in and have fun between 6 - 8 pm.

As usual, the stores and restaurants will be open and portions of Center Street lined with vendors. Also, head over to Merchants Row to check out the open stores. Come to Downtown Rutland and Shop. Eat. Be Entertained.

Rain or shine, Friday Night Live goes on with activities commencing at 6 p.m. Friday Night Live will run for one more Fridays in 2011 before closing out its fifth year, August 12.

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



Bed Race Returns

Magician Tom Joyce kicks off the August 5 Friday Night Live at 6:00 p.m. in downtown Rutland. The evening marks the return of popular streetside participatory entertainment, the Bed Race, benefitting the WSYB Christmas Fund. Starting at 7:00 p.m., five- or six-person teams (including a possible alternate) vie for fastest time, with four team members pushing their entry, no smaller than a twin bed mattress and containing both a headboard and a footboard, and "ridden" by team member number five, wearing "a helmet and restraint device." They race from the corner of Center and Wales about 100 yards south on Wales, then return. Yee ha! The evening rounds out with music by the Voodoo Alien Blues Band.

Before you go to Friday Night Live, you might want to visit the farmers market and country crafts fair in the Home Depot/Big Lots plaza on Rutland's Route 4 East. Open from 3:00 to 8:00 p.m, it includes live music and international foods.

Rutland Youth Theatre presents two performances of William Shakespeare's "The Merchant of Venice" Saturday, August 6. The first is at 2:00 p.m. at Wallingford Town Hall, 75 School Street. The second is at 7:00 p.m. in West Rutland Town Hall Theatre. Both are free and open to the public.

Vote for your favorite photographs in the Chaffee Art Center's annual photography contest exhibit Saturday, August 6, from 4:00 to 7:00 p.m. Its theme is Special Places: The places we like to go, whether in or out of Vermont.

Sunday activities pretty much encompass the cultural spectrum. Southwest Freedom Riders make a Peaches N Cream Run. Grace Congregational Church hosts soprano Sophia Chamberlain in a program with the Animus Ensemble (clarinet, viola, and piano) from 2:00 to 4:00 p.m. The Vermont Dining Train rolls out of Rutland through the summer countryside, while travelers dine in splendor.

Monday activities are no slouch either. Carnival Hill presents an outdoor concert on the West Rutland Green at 6:00 p.m. The Paramount Theatre shows our generation's ground-breaking (and shaking) dinosaur film Jurassic Park at 7:00 p.m. Or bring a bag to the Rutland Free Library's basement and fill it up with hardbacks, paperbacks, children's books, mysteries, contemporary fiction, and more; the sale runs from 4:00 to 8:00 p.m. Your purchases support library collections.

Are you at risk for, or unknowingly in the early stages of, kidney disease? Find out courtesy of the Northeast Kidney Foundation's program in the Rutland Holiday Inn from 10:00 a.m. to 2:00 p.m. on Tuesday, August 9.

Find relief from hot weather as you watch March of the Penguins in the Paramount Theatre, at 7:00 p.m. Tuesday evening. Call 775-0903 for tickets.

Winter In August Celebration

Rutland - The Rutland Region Chamber of Commerce is proud to present the 30th Annual Winter In August Celebration! This event, which started over a quarter century ago, is held to recognize the positive economic impact that the ski areas have on the region. The taste of Vermont will be held Tuesday, August 9th, 5-8 PM in the Center Street Alley.

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Or learn about green homes rather than green mountains. Spend your Wednesday evening at Rutland Free Library, speaking with CVPS's community outreach team about the statewide SmartGrid initiative and how it will work in Rutland. The program begins at 6:00 p.m. Call 773-1860 to find out more.

Thank you, Rutland Rec Department, for an evening of Satin & Steel in Rutland's Main Street Park from 7:00 to 9:00 p.m., Wednesday, August 10. Surely, you're already familiar with this brassy bunch of musicians, great to hear from your lawn chair or picnic blanket as summer days begin to grow shorter.

Bring your own chair to the final two compost workshops at the Godnick Center from 10:00 to 11:30 a.m. Saturday, August 13 and 20. Instructors are master composters Ron Hebert and Dave Graham, who will give you new concepts of soil enrichment.

The mail delivery may be on time but post office construction decisions, not so much. Two years ago, intervention by Vermont's Division of Historic Preservation stopped crews from continuing to rip an Art Deco façade off the annex façade on West Street; as a registered historic structure, the building is entitled to some protection from federal agencies. However the scaffolding is still in place, presenting both a visual and a snow-plowing challenge on West Street.

Chris Fucci has proposed that the newly merged Central Vermont Public Service Corp. and Green Mountain Power set up offices at the industrial park at the intersection of Forest with West Street. Developing a new site is a long way away, and other proposals are welcome.

Marble Valley Regional Transit District ("the Bus") is helping patients overcome the shortage of local doctors licensed to prescribe Suboxone, used to treat chemical addictions. Medicaid will pay for trips to take individuals and clustered groups of patients to Suboxone-licensed clinics as far away as Bethel and Rochester, VT, and Greenfield, MA.

Both the women's soccer and the men's and women's cross country teams at the College of St. Joseph start the 2011-2012 academic year with new coaches. CSJ alumnus Ian MacLauchlan will lead the women's soccer program. George Dimotsis comes to CSJ with 18 years running experience. Both men are already local residents with established careers.

Did you know the Community College of Vermont has a program for studying abroad? Come January, you can take an 8- to 10-day study trip to Greece for a look at World Mythology, led by an instructor and a CCV staff member. Students first complete a series of preparatory classes beginning in September.

Congratulations to Lyle Jepson, who recently won the Rotary Vocational Award winner for 2011 from the Rotary Club of Rutland, in recognition for the work Jepson has performed at the Stafford Technical Center. Congratulations too to Catherine Nelson, stepping in to the club's presidency.

In spite of all the statewide publicity, 14 landlords in Rutland still need to bring their rental housing into compliance with Vermont statutes on lead hazards. Letters recently went out to all of them.

Frank Migliore, teacher and then president at the College of St. Joseph, plans to leave Vermont winters behind, selling his Rutland Town home and taking a sabbatical before picking up a teaching slot somewhere else. Supporters credit Migliore with a number of additions to the school's physical plant, endowment increases, and the creation of two specialty masters programs.

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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. The object of Rotary is to encourage and foster the ideal of service as a basis of worthy enterprise and, in particular, to encourage and foster:

FIRST: The development of acquaintance as an opportunity for service;

SECOND: High ethical standards in business and professions, the recognition of the worthiness of all useful occupations, and the dignifying of each Rotarian's occupation as an opportunity to serve society;

THIRD: The application of the ideal of service in each

Rotarian's personal, business, and community life;

FOURTH: The advancement of international understanding, good will, and peace through a world fellowship of business and professional persons united in the ideal of service.

Each Wednesday the Killington Pico Rotary Club meets at the Summit Lodge from 6PM – 8PM for a full dinner, fellowship, and a guest speaker. 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 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"

Proctor Place

by Stacy Bates

Our Yard Concert Series Begins

The Our-Yard concert Series for August was announced. All concerts take place in the park starting at 6:30pm. The rain location is Franklin's Restaurant. On August 4 is Caitlin Canty, August 11 is Darlingside and on August 18 is Rick Redington & the Luv.

The Proctor Selectboard meeting minutes for July 11 were recently posted for viewing. Here are some of the highlights. Highway Department activity status included the North Street sidewalk project. Gatti made the motion to approve the alternate proposal for \$13,950.00 from Springfield Paving for the North Street sidewalk work. The motion was approved. They discussed mowing and the Selectboard requested the Department of Corrections mow along the retaining wall north of the triangle intersection. Steve Mitowski will mow at the pool. Lloyd Hughes recommended not pursuing the Transportation Enhancement Grant at this time due to eligibility and readiness concerns. He suggested working on the project scope more this year and consider applying for a grant next year. Rick Anderson asked if the wood supply is ready for this coming winter and if the ends of the wood pile could be shored up.

Next they discussed the water department and the status of their projects. Gatti made the motion to execute the Proctor zoning permit application for the new Field Street well house. The motion was unanimously approved. Tom Clark provided an update on the number of surveys returned and explained the next steps with regard to a door-to-door campaign to obtain the remaining required number of surveys. Lloyd Hughes volunteered to serve as the point of contact for the door-to-door campaign. Susan Feenick made the motion to appoint Lloyd Hughes as the Water System Administrative Contact replacing Steffanie Bourque. The motion was approved.



Rosie's Girls campers Alexis Peer and Erica May smile proudly in front of their finished tool boxes at the recent Mill River HS carpentry camp.

New and old business included Gatti making the motion to approve the FY12 municipal tax rate of 0.8387. The motion was seconded by Dick Norris and approved. They discussed the FY11 June budget. The Selectboard did not receive the full budget report, but rather a draft of the June/year-end cash flow statement. With regard to FY11 final reserve fund transfers in the Water and Wastewater Departments, the Selectboard agreed to 1) transfer funds from the water reserve fund to the general fund sufficient to start FY12 with \$50,000 to \$55,000 for expenses in the Water Department and 2) transfer the FY11 reserve fund allocation of \$34,849 from the general fund to the wastewater reserve fund. Finally they talked about the West Mountain Forest survey results. The survey results confirm the ownership of the 60 +/- acres in dispute as being lands owned by the Town of Proctor. This information will be given to the town assessor and attorney for resolution.

If you have information or an event you would like to submit to Proctor Place please email proctornews@hotmail.com.

Well Wishes

At the time of press, The Mountain Times was made aware that one of our writers, Alan Jeffery was in the hospital. Alan is an avid golfer who, every week, gives us helpful information, tips and rules for the golf course. Everyone at The Mountain Times wishes Alan a quick recovery!

We welcome your Letters to Editor.

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All letters are printed at the Editor's discretion.

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ARIES: March 21 – April 20: You keep getting hassled by someone who isn't ready to look at themselves. At this point it seems like you have become the scapegoat for everything that never worked in their lives. Even if you're pissed, there's no sense in activating more anger with a defensive attitude. At times like this knowing how to deflect negative energy, or protect yourself from it is a Godsend. You could call in the Witch Doctor but you've got enough white light and enough good sense to handle those who lash out whenever life make it clear that they are lying through their teeth

TAURUS: April 21 – May 20: It's fine to draw boundaries but you don't want to wall yourself in. It looks to me like you're doing a good job of making sure no one can get to you at a time when you need all the help you can get. It would be nice if the concept of expansion could float across the screen long enough for you to see that our power doesn't increase when we hoard it. Whatever you think you've got to keep to yourself will only flourish if you can allow yourself to share it my friend. Self preservation is one thing, but you're shutting off people and things that could help you grow.

GEMINI: May 21 – June 20: You can't be too sure about anything right now. Themes of dissolving seem to be everywhere. When everything that seemed real suddenly dissolves the ego goes right along with it. Reconnecting the dots takes time. If you're confused about anything, in the middle of an identity crisis, confusion would seem to be totally appropriate. Don't even try to snap out of it. Sometimes the best MO is to let it all dissolve enough to expand beyond your known limits. Open yourself up to 'not knowing' and consider coming unglued to be an initiation of sorts.

CANCER: June 21 – July 20: Things appear to have gotten out of hand. No matter how it looks to you, it's totally under control; besides, you aren't the one who needs to be worrying. Too many other things are more important than whatever you think you owe to so-and-so. It's OK to be vigilant about your motives but you got over questioning them a long time ago. At this point it looks like you're in a position to correct the situation so don't start wimping out or giving people the benefit of the doubt. If you just stay true to yourself, this craziness will morph into something totally cool.

LEO: July 21 – August 20: Nobody promised you anything. If you reflect back on all of this you weren't paying attention. Expecting too much from people who don't have the capacity to give it to you is like trying to get a coke out of a coffee machine. What were you thinking? Whoever's feeling the tail end of your disappointment didn't know they were being set up. And what's even more interesting is you are still of the mind that they let you down, when the truth is, you wouldn't know what to do if they measured up. This isn't about them. It's all your stuff. Think about that.

VIRGO: August 21 – September 20: You went over the top with something and are either glad you did, or feeling like a total fool. Either way something has come out of this bizarre little episode. Going out beyond the boundaries of convention is the only way we get to evolve. If you're chastising yourself for whatever took you over the edge you need to realize that all of us are being called to stretch our limits. Instead of wondering what to do next, look around; there's a whole new set of variables and a completely different cast of characters waiting for you to start directing this movie.

LIBRA: September 21 – October 20: The thought of slowing down would be easier to entertain if there wasn't so much going on. I don't know what it is with you, but you always seem to be handling loads of stuff. This time, the personal element is as up and down as some of the changes that are affecting your work and your sense of purpose. At a crossroad, it's always best to stop and review your options. Going in a straight line won't work much longer. The further development of your life and your plans depends entirely upon your willingness to take a sharp right or a sharp left.

SCORPIO: October 21 – November 20: If you haven't made a stand yet, you're about to. For too long you've put up with expectations that are too high or with behavior that borders on abuse – and the anger around this has reached critical mass. It's not like you to blow up or be anything but agreeable, but you've had it. If you've already spoken your mind, someone is busy figuring out how to return your serve. Give them time and expect their response to be in keeping with whatever they're capable of. If you haven't said boo yet, what's keeping you? It's time to draw the line.

SAGITTARIUS: November 21 – December 20: You have made some changes that will go a long way to making life better, for you and for others. It's interesting that when we do what's right for us, everyone benefits. If you're wondering what's next on the agenda, give it time to form. You've just stepped out of one thing into another and the whole new ball game hasn't even started. Something new and different is definitely in the works but for now it would be good for you to accept the fact that life doesn't do well in the microwave. Slow down, get your bearings, and wait for this to unfold naturally.

CAPRICORN: December 21 - January 20: Issues that revolve around 'what's up with Mom?' are on top of the stack for many of you. Somehow or other the maternal imprint is showing up in all of your relationships. If on some symbolic level you've wound up living with a facsimile of your mother, it's time to look at why you put them there and what you're getting out of it. In some instances, many of you are looking at your care giving trips; and for others, 'kids' are a big deal right now. Underneath it all, all this comes down to is you needing to review the ways in which you dispense and receive nurturance.

AQUARIUS: January 21 – February 20: Don't be surprised if doors start opening for you. It looks like you have a chance to make radical changes at a time when you didn't think it was possible. As long as you can tell the difference between what's real and what isn't you'll be able to make the most of this. Those of you who think you'll be better off if you don't rock the boat may come to regret that decision. The fine line between caution and impulse always needs to be honored, but that doesn't imply that one is better than the other. This time, you could err on the side of impulse and get away with it.

PISCES: February 21 – March 20: If things have slowed down be grateful for it. You've been too wound up for too long. The whole business of not having as much to do could fool you into thinking, nothing's going on, when in fact, this is where you get to be yourself. Most of what we do, and all the activities that fill our time are distractions. Close to none of it is important. Right now, whether you know it or not, the universe is calling you to chill out and get in touch with what real life means to you. You're about to discover that the best things come to life when you give yourself time to breathe.

Mother of the Skye



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

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View From Ludlow

by Ralph Pace

Postman Still Rings in Black River

With the recent release of over 3,600 post offices to be considered for closure, with 14 of them slated for Vermont, the towns in the Black River area around Ludlow, Cavendish, Weathersfield, and Springfield, learned that none of their post offices were in the list.

Given the decline in USPS mail handling, coupled with the rise in electronic and privately-handled mail, this situation may change in the future as Post Offices serving rural areas come under greater scrutiny.

The Vermont Congressional delegation opposed the closing of the 14 selected post offices saying they were "often the heart and soul of the town." Nonetheless, it does appear that, unless there is a sudden reversal of fortune in the operation of the service, more such cuts can be expected.

It appears that the Ludlow Post Office, recently moved from the center of town to the Okemo Marketplace, will finally be completely open. The renovations for the facility, long delayed by construction needs, should be completed soon so that the facility will enjoy larger working space and access from the front of the building. Currently, access is only available on the side of the building while renovation takes place.

Black River Good Neighbors, the outfit that cares for the needy in Ludlow, Mt Holly, Cavendish, and Plymouth, has issued an emergency call for non-perishable food items for its food shelves at its Ludlow location in the Ludlow Community Center complex. Demand for food items in the past several weeks has accelerated, probably due to the overall economic downturn in the area.

According to Audrey Bridges, Good Neighbors Director, they need any kind of non-perishable food stuffs, especially canned tuna, cereal, canned meat, pasta, juices, soup, baked beans, canned fruits, rice, jelly, and macaroni & cheese. Items may be brought to their facility at 37B Main Street from 10 AM to 4 PM, Monday through Saturday.

This Thursday, August 4 at 7 PM, FOLA (Friends of Ludlow Auditorium) will feature the classic film "To Kill a Mockingbird" as part of its '1st Thursday' program. The film, starring Gregory Peck in his Academy Award winning role as Atticus Finch, tells of the racism and culture in the 1930 south as seen through the eyes and experiences of a young child. As with all FOLA '1st Thursday' movies, the event is free to everyone; donations are appreciated but not required.

Have any books in good condition that you no longer read or need? That's the question being asked by the Friends of Fletcher Memorial Library in Ludlow as they prepare for their annual book sale on August 20. If you do have books that you'd like to donate, simply drop them off at the Library on Main Street in Ludlow. The proceeds from the book sale are used to underwrite various projects to improve the Library.

The Ludlow 250 Committee is fast completing its plans for the forthcoming semiquincentennial celebration of the town. The celebration will feature a historic celebration on Friday, September 16 at the gazebo in Veterans Memorial Park followed by a parade, birthday cake and card signing, and other events on Saturday, September 17. There will be a fife and drum corps, fiddlers, color guards, old time cyclists, and many other participants during the celebration. Moreover, there will be a three-tiered birthday cake for 300. All of the fund raising to support this effort will be done using voluntarily donated funds.

The Garden Club of Ludlow will hold its Annual Herb Luncheon on Thursday, August 11 at 12pm at the home of Emily Clifford. Members are asked to bring a luncheon dish made from their own gardens, herbs or home grown produce. After lunch, there will be a Garden Tour. Members who wish to carpool will meet at Shaw's Parking Lot at 11:40. For further information, please call 672-4041.

Cavendish will feature its final free concert on Wednesday, August 10th at 6:00 p.m. to listen to Voodoo Alien Blues Band. The Rutland based all star rhythm and blues band is led by local blues legend Steve Audsley and appears regularly at a variety of Vermont venues. This will be the last in the series of Wednesday evening concerts this year.

The proposed redistricting of state house and senate seats, drafted by a special committee in Montpelier, was handed another setback last week when the Chester Board of Civil Authority voted against the proposal. The plan would have changed Chester's house seat from Chester and part of southern Springfield to Chester and Grafton. The plan also proposes changing the current boundaries for the Ludlow, Mt Holly, Plymouth and Cavendish delegations. The proposal must be passed by the legislature before it may become law. Passage of the proposed redistricting package appears slim according to Montpelier polls.

The Red Cross will conduct a blood drive on August 8 from 12:30 to 5:30 PM at the Ludlow Community Center.

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

Forestry School For Young Adults: Next Generation Forest Landowners and Tree Farmers

Vermont Woodlands Association is hosting its first annual Forestry School Workshop for Young Adults on Saturday, August 20, 2011 from 8:30am to 2:30pm. The program will begin with an indoor discussion on topics that include stewardship, forestland management, and planning for the future. Participants will meet at the North Clarendon Grange Hall, 111 Moulton Ave., No. Clarendon, VT.

The afternoon session will be an outdoor tour of the 2008 Vermont Outstanding Tree Farm of the Year in Clarendon, owned by the Potter family. Son Nate, next generation Tree Farmer, will be our host for the tour.



Other program presenters include Eric Hansen, Rutland County Forester and Kathy Beland, Consulting Forester with Not Just Trees.

Vermont's working landscape, which includes our farms and forests, is critical to our way of life. As young adults, you are the stewards of our future and this is an ideal opportunity to meet other young adults and learn how you can be actively engaged in protecting your family's forest legacy.

There is no cost for the program but pre-registration is required. Call the office at 802-747-7900. This is a rain or shine event, so please dress accordingly. Bring a bag lunch. We will have beverages, fruit, and dessert to share. Deadline for registration is August 18, 2011.

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Lakes Region News

by Lani Duke

Warm Your Tootsies!

Have a weed with Steve Schlusell ("the Weedman") 10:30 a.m. to 12:30 p.m. Saturday, August 6, at Lake St. Catherine, 3034 VT Rt. 30 South. Learn to ID plants you may see around you growing wild and their potential as lovely flowers, nutritious edibles, helpful medicines, and deadly poison. Bring a camera. Call 241-3655 for details.

Walk the trails of Mount Independence as Steve Zeoli leads a hike on the state historic site at 2:00 p.m., Sunday, August 7. Follow the footsteps of Revolutionary soldiers. Call 948-2000 for specifics.

Warm up your tootsies for an evening of jumping jazz with Reggie's Red Hot Feetwarmers Tuesday, August 9, on the Castleton village green at 7:00 p.m. Romp through the top New Orleans style music from the '20s and '30s, performed in an all-acoustic format (except for the megaphone). Summer is winding down, so make sure you get out to enjoy the annual summer concert series on the green.

Go from urban traditional music to rural, with the performance of northern Vermont group Big Spike Bluegrass at the gazebo in Fair Haven Town Park, Thursday, August 11. The northern Vermont band combines 3- and 4-part harmony, with twin fiddles, a powerful stage presence and a sense of humor. The concert begins at 7:00 p.m.

Fair Haven Archery League winds up its summer in the first half of August. Activities culminate with "week

10" on Sunday, August 7; team playoffs Tuesday through Friday, August 9 through 12; and Championship Day, Sunday, August 14. All activities take place at the Fair Haven Airpark.

Littering along Crystal Beach at Lake Bomoseen has lessened since No Parking signs went up on Creek Road. Now the signs will wear a bag covering, in response to residents questioning the Select Board's decision to install the signage. Roadside parking is no longer prohibited. Drawing attention to the littering problem seems to have resulted in Crystal Beach users being more careful to pick up after themselves.

Locals are not happy with mapping changes proposed by the statewide Legislative Apportionment Board. One district would comprise Middletown Springs and Poultney; Castleton would split, with one half attached to Pittsford, the other to Hubbardton. Contiguity does guarantee common interests, they say, especially if there is a geographic barrier in between. Another change would combine Benson, Fair Haven, and West Haven in a single district.

Hello, Matteo Joseph Farmer, born on the fourth of July to India and Andy Farmer of West Pawlet.

Castleton State College's Woodruff Hall is getting new energy-efficient, but historically accurate, windows that match the 1920s ambiance of the building. The \$275,000 project is half funded by a grant from the Vermont Clean Energy Development Fund through the Department of Public Service.

Mill River Cheerleaders Invited to Macy's Parade

Mill River Union High School (MRU) juniors, Rachel Montross and Leslie Hixon, have been selected to perform with Spirit of America Productions at the 85th Annual Macy's Thanksgiving Day Parade. They will spend a week in New York City preparing for a cheer routine comprised of 600 cheerleaders from around the United States. Rachel and Leslie, varsity cheerleaders for MRU, also cheer on Peak Performance's Senior All-Star Team. Both girls receive gymnastic instruction at Cobra Gymnastics and Dance Center.

Additionally, Rachel takes gymnastic classes at Head of Heels and Leslie takes dance lessons at Grand Performance All About Dance. Any individual, organization, or business interested in sponsoring these talented young ladies, participate in this once in a lifetime opportunity, may email kristen.hixon@yahoo.com for details.



Killington Selectboard Meeting Highlights August 1, 2011

by Kathleen Ramsay, Town Manager

The Special Town Meeting of August 1st voted as follows:

ARTICLE 1. Shall the Town of Killington adopt its budget article or articles by Australian ballot?

PASSED, 164 Yes, 79 No.

ARTICLE 2. Shall the Town of Killington vote on all public questions by Australian ballot? **PASSED**, 162 Yes, 68 No.

ARTICLE 3. Shall the Town of Killington elect officers by Australian ballot? **PASSED** by a voice vote.

New Economic Development & Tourism Commission appointed. The Board Selectboard appointed the following applicants to the EDTC: Joelle Jarvis for a 1-year term; Jeanne Karlhuber for a 2-year term; Nicole Levesque for a 3-year term; and Robert Megnin for a 4-year term.

Update from Zoning Revision Subcommittee. The Zoning Revision Subcommittee will meet again on Wednesday, August 3rd, and the Planning Commission will review the Subcommittee's work to date at its meeting on August 10, 2011 at 7:30 p.m.

Golf Budget Report. Although golf revenues in June and July of 2011 were slightly more than revenues in June and July of last year, overall, revenues are down about from 2010 as of July 31 due to the late start of the season and rainy weather in May. The Board asked staff to propose reductions in expenses to offset the below forecast revenues.

Selectboard to Meet on First & Third Tuesdays of the

Month Starting in September. Upcoming meeting dates are: Tuesday, August 23, Tuesday, September 6 and Tuesday, September 20.

Public Information Meeting on Water System Feasibility Study to be held on August 23rd. The intent of the informational meeting is to review the findings of the feasibility study to date and answer questions about the interest survey of potential users which will be sent out the week of August 18th.

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

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Victory Garden Small Scale Ranching

by Daryle Thomas

One thing about the Victory Garden, boosting two hundred pounds of rotary tiller into a three foot by three foot box is not likely to happen. Those tiny weeder-tillers are better at making noise than deeply cultivating soil. You vaguely remember something about double-digging with an over-sized fork, but it was painful just reading about the process.

There are few things more efficient at aerating a Vermont garden garden than night crawlers. They are very quiet. They can dig deeper than even the largest mechanical tiller. Best of all, they produce a nearly perfect fertilizer as they open up the soil. Feed them with coffee grounds and coarse corn meal and they will hang out in your garden more or less forever.

Once in a great while it will come to pass that the location of a given raised bed is in the only area of your property without night crawlers. Not to worry! Inoculate. That is transfer a batch from a more lucrative location.

Ever sneak up on a night crawler? How about harvesting said worm in its entirety? Yes, of course there is an easier way. Zap 'em. In my youth I operated a fairly profitable fish worm business. I kept my inventory in an old refrigerator out in the garage. As stock was depleted, I would re-inventory with a harvesting machine. The machine was basically a car battery, jumper cables and two copper ground rods. The device was operated in two-minute intervals. You guess the rest.

Worms can be purchased at any fishing shop. Take them home on a rainy day, dumping them into your raised bed. They will set up house, providing you with that ranch you always wanted!

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

Welcome Grads, To The World Of Budgeting And Saving

by Kara McGuire

Goodbye homework. Hello household budget. College graduates around the country are transitioning from life on campus to life on their own.

While being in college introduces many financial experiences to young adults -- from paying bills to handling debt -- graduates are about to receive a crash course in student loans and retirement savings.

Where to start? Ask yourself the following questions.

-- Are you insured? I know. Protecting yourself from life's ills is not really on the list of top priorities for 20-somethings. But at least it's easier than it used to be. The health care reform act allows young adults to have health insurance through a parent's policy until their 26th birthday. Parents should contact their employer for specifics on premiums and enrollment periods.

If you don't have access to a parent's policy, consider purchasing at least a catastrophic policy that protects you in case you get hit by that proverbial bus. To understand your options, visit, www.healthcare.gov, a surprisingly easy-to-digest site, and click on "young adults."

In addition to health insurance, strongly consider renters insurance. Add up the value of your electronics gear and you'd be surprised how much it's worth. Plus the premiums are pretty cheap. Also consider long-term disability insurance. The statistics about 20-somethings who are too disabled to work are sobering.

-- Are you employed? If you answered yes, then get real about your paycheck. Compared to what you've been earning at your work-study job, your new salary probably looks huge. But don't be fooled, said Laura Direrke, manager of financial education programs at Thrivent Financial for Lutherans. "After taxes, benefits, living expenses and student loan payments, your remaining spending money could amount to less than half of your gross income," she said.

Also, make sure to sign up for your 401(k) retirement plan through work and put at least enough money in to receive the company match (if there is one).

"The best strategy to meet long-term savings goals is to get as close to 10 percent as possible," suggests Katie Libbe, vice president of consumer insights for Allianz

Life. And don't load up on too much company stock, even if it's a market darling. I know it's been a while, but remember Enron? Most advisers recommend holding no more than 10 percent of your portfolio in your company's stock.

-- Do you know where your money goes? Megan Luebke, a 2009 graduate of Concordia College in Moorhead, Minn., has learned that budgeting her entire paycheck is the only way to ensure she doesn't eat out too much with friends. When she runs out of the \$200 she budgets for food each month, she has a choice: Take some cash out of her miscellaneous pool and risk not saving enough to visit friends in Denver this summer, or tell her friends she just can't afford to dine out again.

She's strict with her spending because she wants to pay off her \$32,000 in student debt as quickly as possible.

Luebke has about a dozen categories she tracks on paper. But you can track your spending online with many banks. Or you can sign up for mint.com, a free service

that tracks your spending for you and can be accessed via your smartphone.

-- When is your first student loan payment due? Hopefully you learned this during your college's financial aid exit counseling. Generally, you have six months after you leave school before you must start repaying your loans, which gives you some time to figure out how to cover the bill.

Under a standard repayment plan, you should be done paying in a decade. Other options, such as the income-based repayment plan, can ease the burden of high monthly payments, but will stretch out your repayment period.

One argument for paying as much as you can, even if it's a stretch, is that you want to be done paying your student loans by the time your kids are thinking about college.

Loan forgiveness is another option for recent graduates in certain public-service jobs. The nonprofit Project on Student Debt has the skinny at www.ibrinfo.org.

For specifics about your federal loans, visit www.nsls.ed.gov.

Private student loans are another story. Check with the lender about repayment plans and policies.



The Mountain Times



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Home & Garden

GARDEN EXPERTS



August Gardening Tips

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

Harvesting herbs, sowing fall garden crops or cover crops, and dividing bearded iris are some of the gardening tips for this month.

Herbs are best harvested just as they are beginning to flower in the morning. That's when they have the highest concentration of essential oils -- and flavor -- in their leaves. Harvest entire branches back to within a few inches of the main stem to encourage new, bushy growth.

If you have some bare spots in the garden, sow some carrots, beets, kale, and fall lettuce. You can even start snow peas and beans for a modest fall crop. Soak the pea seeds overnight to hasten germination.

As you remove spent plants from your garden beds, if you're not planting a fall crop, sow a cover crop such as winter rye. This will help reduce weed infestation, minimize erosion and compaction from fall rains, and will add nutrients and organic matter to the soil when it is tilled under next spring.

When Oriental poppies have died down, check around the clump for new seedlings. These can be transplanted to new locations if you give them a weed-free spot and keep them moist.

If you haven't divided bearded iris in a few years, and the clumps are large or no longer flowering well, you should divide them. Lift carefully with a spading fork, dividing by hand or sharp pruners. Leave several fans of leaves for each division. Check the tubers for holes and



mushy areas—signs of the iris borer—discarding these in the trash, not the compost. Replant, making sure the top of the tuber is at the surface of the soil.

Check out dates for local fairs. These are a great place to get ideas on new flowers and arranging them. Try

entering some of your own—you may just be surprised that you have more talent than you think!

If going on vacation, make sure you have a plant sitter. Go over all that needs watering with them. Grouping pots together, if you have many, or moving them into the shade, will make their job easier.

If you have raspberries that fruited in mid-summer, cut back the fruiting canes from this year. These won't fruit again,

but rather next year's fruit will be borne on new canes that grew this year. Of course don't cut back fall-fruiting raspberries if you want fruit later.

Begin harvesting onions when about half to three quarters of the leaves have died back. Then gently dig or pull the onions and store them in a dry, shady place with good ventilation, such as an outdoor shed or barn, for 10 days to 2 weeks. After the onions have cured, put them in slatted crates or mesh bags and store them indoors in a basement with low humidity and temperatures between 33 and 45 degrees F over fall and winter.

Keep up with harvest of all your produce, giving excess to friends or local food shelf. Keep up especially with squash and zucchini. If your pickling cucumbers do get too large, consider making watermelon-type pickles with them instead of the traditional dill pickles.

Strategies for Organizing Small Spaces

by Sarah Welch and Alicia Rockmore

Small is beautiful. It's also hip these days, especially when it comes to living spaces. Hung over from decades of consuming like it was going out of style, millions of Americans are embracing the simplicity movement. They're often starting at home, downsizing to smaller, more modest homes.

The beauty of a small home is precisely what makes it an organizational challenge: There is just not much room for stuff. A key to successfully navigating this constrained space is the adoption of a "curator" mindset.

A curator typically works for a museum and is someone who makes careful, considered decisions about what objects to collect and how to display and care for them. But we think it's also an excellent description for those who live in small spaces.

When square footage is limited, you must carefully consider what items are truly important to you and how they will fit in your home. If you don't, you'll end up overwhelmed with visual clutter, and those truly special items will get lost in the shuffle.

Whether you already live in tight quarters and need to de-clutter, or are about to move to a dorm room or just a smaller abode, get your space under control by asking yourself:

Which items are most representative of me/our family? Which items serve critical purposes and cannot be left behind?

Use those questions to separate the wheat from the chaff.

Here are additional strategies for organizing a small space.

1. Make a Plan. Think about how the space is likely to be used and then design around it. This is particularly important for small spaces like dorm rooms that have to encompass everything from eating to sleeping, entertaining and -- oh, yes -- studying. Sketch out the floor

plan on a sheet of paper and play out the most likely flow of traffic.

2. Proactively Problem Solve. Every living space, big or small, has a problem. It's just that problem areas are a lot more visible in tight spaces -- so you have to get out ahead of them before they overwhelm you. Using a rough floor-plan sketch, identify potential (or actual) trouble spots, like that area two steps in from the front door, and keep a running list of ideas for staying on top of it.

One great resource is Pinterest.com -- a virtual pin board you can use to organize visual clips of potential solutions. You have to be invited to use it, but we can help you with that. Just post "Invite me to Pinterest" on our Facebook wall (facebook.com/getbuttonedup) and we'll help you get set up.

3. Hang Curtains. Alcoves, closets with no doors, or open shelves can serve as great spaces for organizing, but aren't always fun to look at. Hang a curtain and voila! you have chic containment.

4. Got Something New? Toss Something Old. Each time you bring in something new, find something that you can get rid of, sell or give away.

5. Make a Habit. The key to happiness in small spaces is routine. If you make it a habit to clean up your area, apartment or room for five minutes each day, you won't find yourself overwhelmed and avoiding the whole mess down the line.

6. Use Nesting Tables. There's nothing like a set of tables that fits and looks like one table but really is two or three separate pieces. Perfect for entertaining, nesting tables are a small space's dream.

7. Look Up. There is a lot more to square footage than just the floor space. Your walls are not just for decoration; they can double as significant storage areas and organizers as well. Hang a chair rail with hooks, hang rods with baskets or even put racks for items like bikes on the wall and you'll free up floor space.

Kitchen Storage Ideas

by Rosemary Sadez Friedmann

Why is it that we never have enough storage space in the kitchen?

Perhaps it's because we accumulate more than we actually use. But regardless, let's examine what can be done to help store or at least organize some of those many things. Sometimes just the right organizing accessories will do the trick. Let's check out some products that I've recently been introduced to.

China cabinets were and still are very popular pieces for displaying fancy stemware, but sometimes we just don't have room for a cabinet in the kitchen. There are in-cabinet stemware holders made by Rev-a-Shelf for Armstrong that attach under your existing cabinets. Those wine goblets will look nice hanging there and will always be conveniently accessible. For more information, visit Revashelf.com.

What about a pullout ironing board that tucks out of sight? It slips under a countertop (or just above a washer or dryer, if we weren't talking about kitchen storage). Once you are finished ironing, the ironing board collapses and slides back under the counter (or between your washer and dryer). This one is called Asko Hidden Helper. Visit Asko.com for more details.

Ever had your hands full of garbage and wished you had a third hand to open the cabinet under the sink to get to the wastebasket? Well, there's help for that. It is called a Blum Servo-Drive waste-bin system. With a touch of the drawer front, the Servo-Drive drawer opens so you can dump your trash without the use of a third arm. Visit Blum.com.

And while we're on the subject of cabinets under the sink, isn't it an inconvenience to have all that plumbing in the way so there isn't enough room for all those cleaning supplies? There's help. There are wraparound basket drawers from Sidelines. These U-shaped baskets curve around sink bases, pipes, valves and anything else that might be under there. See more at Sidelinesinc.com.

Cabinet pullout drawers are always popular. Some are actually not drawers, but shelves that pull out so you can store and reach kitchen items farther back into the cabinet without having to take out everything that's in front. There are also racks for cans and food that fit nicely on shelves either in the cabinet or in the pantry. See Organizeit-online.com.

What about that drawer where you keep the spatula, ladle, big wooden spoon and other cooking needs? Always a mess, isn't it? There are drawer dividers that you can adjust to fit to the depth of your drawers so you can organize everything, making it easier to find just the tool you need. These drawer dividers come in sets of two. Check out Solutions.com.

Just thinking about all these great solutions makes you feel a little more organized already, right?

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PET PERSONALS



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

QUEENIE - 1.5 year old. Spayed Female. Terrier mix. I'm an adorable, playful gal who loves to prance and dance! I'm a happy lady who is lively and fun. I love to play with toys but my favorite game is chasing tennis balls!

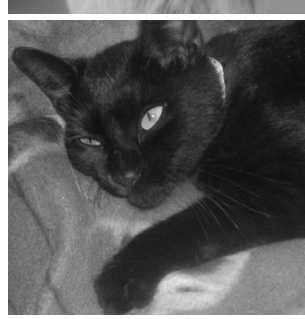
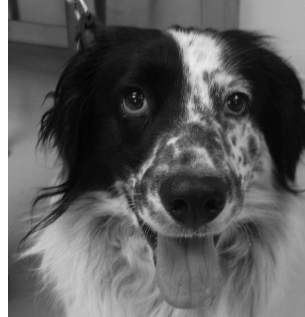
TINKER BELL - 3 year old. Spayed Female. Domestic Short Hair Dilute Calico. I am a striking young lady with a beautiful harlequin of color. I was brought in by my previous owners who had to move and couldn't bring me with them.

BAFFLE - 2 year old. Neutered Male. Domestic Short Hair Orange and White. I came in as a stray from Rutland with two other cats that I was roaming around with. We were brought in on July 4. What a wild day that was with so much activity around.

TROT - 3 year old. Neutered Male. English Setter/Springer Spaniel mix. I have adorable speckles on my face and am as cute as a button. I'm a lovely dog – confident, sweet and fun to be around. I'm a real sweetie who will bring years of joy and happiness to my new family!

MISCHIEF - 1 year old. Spayed Female. Domestic Short Hair Black. Oh boy, don't let my name make you nervous. I am very outgoing, sweet and playful, so it's mischief in a good way. I have lived with both dogs and cats.

BUSTER - 7 year old. Neutered Male. St. Bernard. I'm a really big dog with a terrific personality! I'm a friendly, social fella who is looking for a home with lots of room for me to move around and spread out when I'm lounging around.



CATBURY - 3 year old. Neutered Male. Domestic Short Hair Black. I am purrsonality plus. I think my job might be to entertain you. I am outgoing, friendly and loveable. Three qualities I think you might enjoy.

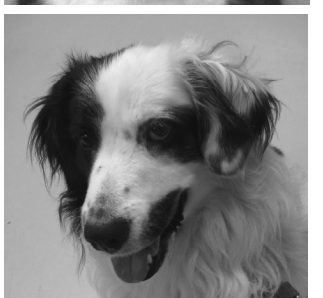
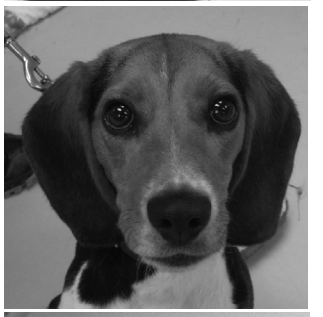
ZULU - 2 year old. Neutered Male. Domestic Short Hair Black Tabby. I don't especially like being picked up but I have to say I do love my neck massaged, my head petted, my chin scratched and I would love for you to rub my belly.

JUNIOR - 2 year old. Neutered Male. Terrier mix. I know how to Sit and think I'd like to learn some more tricks. I'd make a perfect lap dog! I'm a great size friend to take along on walks and other outings. I'm as cute as a button!

WAGS - 7 month old. Spayed Female. Beagle. I'm an adorable gal who loves to play with toys. I'm very fond of squeaky toys and I like to fetch. I also know how to Sit! I'm used to sleeping in a crate which will be helpful for housetraining.

CHILI - 2 year old. Neutered Male. Domestic Short Hair Black and White. My brother Bumpy and I are looking for a new place to live after the cat at our last home decided she wasn't too thrilled about us. We're good guys though.

JOEY - 3 year old. Neutered Male. English Setter/Springer Spaniel mix. Sweet, adorable and lovely are words to describe me! I have great black "patches" around my eyes and I'm super handsome! I look mysterious in a fun way.



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RealEstate

Pros And Cons Of Buying A House Now

by Polyana da Costa

Low mortgage rates and declining home values make homeownership extremely affordable these days. But does that mean now is the right time to buy a home? Should you wait?

It depends on whom you ask, where you live and most importantly, on your own situation.

Unfortunately, "nobody hits the gong when the market hits bottom," says Jed Smith, managing director of quantitative research for the National Association of Realtors. But in many markets, it appears that home prices are close to bottoming out, he says.

"In terms of affordability, now is definitely a good time," he says. "Prices are fairly low and interest rates are hovering at historic lows ... but real estate is very local. It's not just a question of state or city, but ZIP code."

The median price of homes sold nationwide in the first three months of the year declined 4.6 percent compared

to the same period last year, according to the National Association of Realtors. Some parts of the country are experiencing much greater depreciation in home values. One example is the Miami-Fort Lauderdale area in Florida, where the median price of homes sold in the first quarter of the year declined about 20 percent. Not all markets are hurting. One of several that saw a jump in prices was the Buffalo-Niagara Falls area in New York, where the median price of homes sold in the first quarter increased 10.8 percent.

While national statistics don't paint the whole picture, generally, they can help you understand where the market might be headed. Fannie Mae recently projected that home prices will continue to fall during the next three months and begin stabilizing toward the end of the year. Some economists are not as optimistic and don't expect the housing market to recover until 2014.

Does that mean you should wait until 2012 or 2014 to start looking for a home?

Pros and Cons, Page 31

Debt-To-Income Ratio Matters In Mortgages

by Polyana Da Costa

Paying your bills on time, having stable income and boasting a good credit score won't get you a mortgage loan if your lender determines that you live too close to the edge.

In the mortgage lending world, your distance from the edge is measured by your debt-to-income ratio, which, simply put, is a comparison of your housing expenses and monthly debt obligations versus how much you earn.

Knowing your DTI is just as important as knowing your credit score when you get ready to apply for a home loan, says Ed Conarchy, a mortgage planner and investment adviser at Cherry Creek Mortgage in Vernon Hills, Ill.

"People are so focused on their credit scores and on getting a low interest rate that they forget to look at the big picture of their financials," Conarchy says. "Your debt-to-income ratio ... can impact whether or not you're getting a mortgage in the first place."

Lenders look at two types of debt-to-income ratios when you apply for a mortgage:

- The front-end ratio, also called the housing ratio, shows what percentage of your income would go toward your housing expenses, including your monthly mortgage payment, real estate taxes, homeowner's insurance and association dues.

- The back-end ratio shows what portion of your income is needed to cover all of your monthly debt obligations. This includes credit card bills, car loans, child support, student loans and any other debt on your credit report that requires monthly payments, plus your mortgage payments and other housing expenses.

To calculate the front-end ratio, add up your expected housing expenses and divide the total by how much you earn each month before taxes (gross monthly income). Multiply the result by 100 and that is your front-end DTI ratio. If all your housing-related expenses total \$1,000 and your monthly income is \$3,000, your DTI is 33 percent.

To determine the back-end ratio, add up your monthly debt expenses with your housing expenses and divide the result by your monthly gross income. Suppose each month you pay \$200 for a car loan, \$50 in student loans and about \$100 in credit card bills. That adds up to \$1,350 in monthly debt obligations, including housing expenses. Based on a monthly income of \$3,000, your back-end ratio would be 45 percent.

Lenders typically say the ideal front-end ratio should be no more than 28 percent, and the back ratio, including all expenses, should be 36 percent or lower.

In reality, depending on credit score, savings and down payment, lenders accept higher ratios. Limits vary depending on the type of loan.

For conventional loans, most lenders focus on your back-end ratio, says Matt Hackett, underwriting manager at Equity Now in New York.

Most conventional loans require a debt-to-income ratio of no more than 45 percent, he says, but some lenders will accept ratios as high as 50 percent if the borrower has compensating factors such as a savings account with a balance equal to six months' worth of housing expenses.

For Federal Housing Administration loans, the recommended debt-to-income limit is 31 percent on the front ratio and 43 percent for the back ratio. But with certain compensating factors, the FHA automated approval system accepts ratios as high as 46.99 for housing expenses and 56.99 for the total back ratio, Hackett says.

"I try to stay away from those," he says. "I don't see how one can make payments when 57 percent of your income is already gone. You have to remember these numbers don't take into account your utilities, cable, phone and all those other expenses."

The most obvious and easiest way to lower your debt-to-income ratio is to pay off some of your debt. But most people don't have the money to do so when they are in the process of getting a mortgage, since much of their savings often goes toward the down payment and closing costs.

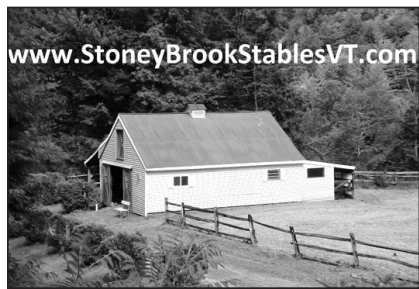
If you think you can afford the mortgage you plan to get but your DTI is over the limit, a co-signer might help solve your problem.

Borrowers can have a relative co-sign their mortgages on FHA loans. Unlike in conventional loans, FHA co-signers are not required to live in the house with the borrower, but they need to show sufficient income and good credit.

Sometimes a co-signer isn't the answer, Conarchy says.

"Just because you are able to get approved doesn't mean you should get approved," he says. "If your DTI is too high, maybe it's time to take a step back and get your finances together before you commit to a mortgage."

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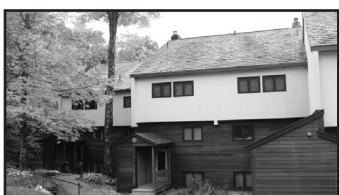
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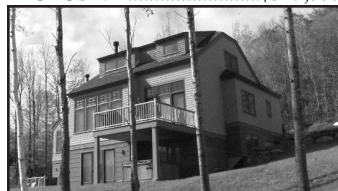
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Pros and Cons

continued from page 30

Not really -- unless you have personal reasons to wait, says Ed Conarchy, a mortgage planner and investment adviser in Vernon Hills, Ill.

While most real estate experts don't expect home prices to spike in the next couple of years, it is unlikely that mortgage rates will remain low for long.

"The chances (mortgage rates) could go up a lot is much greater than the chances of them going down a little bit," Conarchy says.

The rate on 30-year fixed mortgages reached a record low of 4.42 percent in November 2010, according to Bankrate's weekly mortgage rate survey. The record high was about 18 percent in 1981.

The Mortgage Bankers Association forecasts mortgage rates will be close to 6 percent by the end of 2012.

If rates rise by the time you jump into the market, even if home prices take another dip, you may end up paying more for the house, Conarchy says.

Let's assume you are thinking of borrowing \$150,000 to buy a house and you are able to get a 30-year fixed mortgage at 4.75 percent in the current market. This translates into monthly mortgage payments of \$782. If you wait a year and prices drop by about 10 percent, you may be able to buy that house with a \$135,000 loan. But if interest rates rise to 6 percent, you would end up paying \$809 per month.

Before you get to the question of whether now is the right time to buy a home, you should ask if you are ready to buy.

Don't think of home buying as a real estate investment -- at least, not as a short-term one.

"If someone is buying a house and wants to see prices going up in six months, that's a bad idea," Smith says. "These are not quick turnarounds. A lot of people got into trouble because of that."

Thinking long term should be the key to your decision, Conarchy says.

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