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The Mountain TIMES

Volume 40, Number 32

Central Vermont's Premier Weekly Newspaper

August 11-17, 2011

BOOMERS

I Need Stuffing, Not Stuff



George Carlin used to perform a hilarious routine on "stuff." He referred to our houses as "a bunch of our stuff with a cover on it" and went on to say when the house gets full of stuff, we go and buy a bigger house to hold all our stuff.

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SPORTS

Do You Like Adrenaline?

The Gravity East Downhill Race returns to Killington August 13-14, 2011. Come check out this extreme sporting event!

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DINING GUIDE

In the Mood for Good Food

After a long day what could be better than taking a trip up to Killington and surround areas to indulge in some great food and spectacular views!

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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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Celebrate 50 Years of Art in the Park

The year was 1961. John F. Kennedy was president. Princess Diana was born. Barbie got a boyfriend named Ken. Average annual income was \$5735 and minimum wage \$1.15. You could mail a letter for \$0.04; buy a house for \$12,500; or a new car for under \$3,000. And, if you were in Rutland in 1961, you could also have attended the First Annual Art in the Park. A small group of local Rutland artists had a brainstorm... let's have an art show in Main Street Park. So, with nothing more than an idea, they launched what has become a signature event for the central

Vermont region. Since its inception, Art in the Park has been voted one of "Vermont's Top Ten Events" by the Vermont Chamber of Commerce, named one of the "Sunshine Artist 200 Best," and voted Rutland Herald's Best of the Best in the category of the Best Arts Festival.

From the original five artists, Art in the Park has grown to nearly one hundred artisans. In 2011, Art in the Park will be held August 13-14 and October 8-9 and if you are a lover of fine handcrafted products made in America, you won't want to miss the opportunity to attend. The 50th

Annual Art in the Park promises to be the best yet!

Main Street Park is at the Junction of Routes 4 & 7 in the heart of Rutland. In 2011, attendees will see several new vendors who ply their craft in wood, stone, fiber, metal, glass, or clay; some put brush to canvas or use their keen eye with a camera. Also new for 2011, several vendors will provide hands-on demonstrations of jewelry making, spinning and knitting, or woodworking for those savvy travelers who like to see how things

Art in the Park, Page 2



The Circus is Coming!

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 Killington'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, roust-

Circus, Page 2

| | | | | | | |
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WEATHER



| | | |
|-----------|--------|--------|
| Wednesday | Cloudy | HI 74° |
| Thursday | Sunny | 67° |
| Friday | Sunny | 72° |
| Saturday | Sunny | 75° |
| Sunday | Cloudy | 70° |
| Monday | Sunny | 71° |

Forecast Received August 9, 2011

Art in the Park

continued from page 1



are made. Of course, if you're a frequent visitor to Art in the Park and come each year, you will no doubt see your favorite artisans from past years as many are returning. This juried event holds the promise of quality and authenticity; all items sold are handcrafted. Locally made food will also be available from several new food vendors who rely on the

region's farms for their meat and produce needs.

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

You can visit www.chaffeeartcenter.org to view the list of current exhibitors and food vendors. Special thanks to our supporters OMYA, Stewarts Shops, and Central Vermont Public Service (CVPS). Together, let's make 50th Art in the Park a celebration to remember!

THE TASTE OF WOODSTOCK

EXPECT FUN!
SATURDAY, AUGUST 13TH
Live Music, Sidewalk Sale, Local Foods & Wine, Crafts & Fun for All Ages 10:00 AM Until 8:30PM

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Billings Farm & Museum, Dead River Company, Elevation Clothing, Marceau Designs, Prince & the Pauper, Shiretown Books, Woodstock Gallery, Woodstock Insurance.



The Taste of Woodstock A Community Festival

"Eat your way down Elm Street"

The Taste of Woodstock, A Community Festival of food, drink, live music, street performers, kids activities, dancing, tastings, and shopping will be held Saturday, August 13, 2011 from 10 AM until 8:30 PM in downtown Woodstock, Vermont. The Woodstock Chamber of Commerce is pleased to announce we have over 52 vendors for the day. Barbecue, ice cream, organic burgers, Macaroons, Vermont Cheeses and Spirits, Seven Different Vermont wineries, Gelato, Crepes, Home-made ice cream sandwiches, roasted organic corn on the cob...and on...and on....Come hungry and stay late! The Chamber is pleased to be partnering with Sustainable Woodstock to sell reusable stainless steel water bottles and free water all day!

Lake Sunapee Bank will be raising much needed fund to support Woodstock's Food Shelf. The Thompson Senior Center, Woodstock Rotary Club and Woodstock Nursery School, are a few of the not-for-profits benefiting from this fun-filled day!

A super sidewalk sale throughout the town, Children will enjoy the Kids Activity Tent with fun, games, drumming circle, and crafts throughout the day sponsored by Purple Crayon Productions.

The day starts off with the Old Sam Peabody Band at 10 followed by Tad David and Friends at noon; Sensible Shoes at 2pm and local sensation Current Flash at 4pm! At 6:30 PM, just in time for an after dinner stroll the sounds of Quincy Mumford will close the night. In addition to these fine bands that will play in the center of Woodstock, other artists performing on the street including circus art, sidewalk art, drumming and fiddlers.

Additional sponsors of The Taste of Woodstock are Billings Farm and Museum, Woodstock Insurance, Dead River Company, Shiretown Books, Elevation Clothing, Leslie Marceau Designs, and Woodstock Galley.

For more information call the Woodstock Area Chamber of Commerce at 802-457-3555 or visit www.woodstockvt.com.

Circus

continued from page 1

abouts, 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. There are still tickets available! More information is available at www.DiscoverKillington.com.

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AUG 27: SISTER HAZEL



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Gala Fundraiser for Ted Bridges Scholarship Fund

The Ted Bridges Hospitality Scholarship and friends are teaming up to “honor the king” of Vermont tourism and marketing. This scholarship was created to provide financial assistance to encourage students to pursue education and careers in hospitality and tourism. It honors Ted Bridges, who was a consistent and active contributor to the success of Vermont’s tourism and hospitality businesses for more than four decades.

With the assistance of Megan Smith, Vermont Commissioner of Tourism & Marketing, many friends in the area and friends in the hospitality industry are combining efforts to honor Teddy and to raise money for his Vermont Scholarship Fund.... and we’re going to do it right!

The event will be held September 21, 2011. A golf outing will be held at Green Mountain National Golf Course with a 1:00pm shotgun start. This will be followed by a 5:30 social mixer, banquet and benefit silent auction at the Summit Lodge. There will be entertainment along with a short program and audience tribute.

This will be an ongoing annual event for the good of the advancement of Vermont tourism and to honor one of our heroes.

Billy Bauer and Bill Miller of the Summit Lodge will coordinate the social and dining aspects of the event. Ned Dyer has agreed to energize the popular “Bartender’s Invitational Golf Committee” to assist with the golf outing. Jeannie Karlhuber

will bring her organizational skills and influence to the event committee and The Mountain Times will generate press and promotional pieces.

On behalf of the foundation, we are now soliciting golfers, banquet guests, volunteers helpers, sponsors, auction and prize donors... and all the help we can get to make this a memorable and productive effort.

And get this.... Long Trail Brewing Co. has agreed to produce a batch of specially labeled “Teddy’s Ale” which will be served at the event and will be available for purchase at local stores in limited quantities.

Please help us make this special and fun.

Make contact with anyone of the committee members today to help us build the foundation of our efforts or to express your interest in attending. We need you. A Facebook page is planned to be in operation soon.

Bill Miller at the Summit Lodge: billm-summit@vermontel.net or 802 422-3535
Bill Bauer at the Summit Lodge: summitlodg@aol.com

Ned Dyer for Vermont Bartenders Open: nedzo@vermontel.net

Jeannie Karlhuber at the Snowed Inn: snowedinn@vermontel.net

Royal and Zip Barnard at the Mountain Times: rbarn64850@aol.com or 802 422-2399.

Megan Smith, Commissioner, Vermont Department of Tourism and Marketing: megan.smith@state.vt.us



Photo by Barb Wood

Go Sharks!

The Killington Sharks Swim Team took 1st place in Division IV at the Vermont State Swimming Championships this past weekend. 29 members of the team attended the 2-day event at the Upper Valley Aquatic Center in Hartford, VT. On Saturday, the team even had a chance to meet Gov. Peter Shumlin.

Photographed with their Division IV 1st place trophy: Front Row: Spencer Wood, Claire Mercier. Middle Row: Liz Titterton, Matt Titterton, Lucas Godfrey, Kali Wood, Becca Titterton. Back Row: Coaches Ryan Wansor and Jim Hennessey.



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.

The battlefield is the site of the only Revolutionary War battle fought in Vermont. It is located in Hubbardton on Monument Hill Road, seven miles north of US Route 4 from Castleton or six miles east of VT Route 30 in Hubbardton. Regular hours are 9:30 to 5:00, Thursday through Sunday and Monday holidays, through October 10.

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– Terry Andrews
Brattleboro, VT

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We know this is just the beginning of the conversation. So, if you have any questions or concerns, please let us know. We’re here to help. Visit www.cvps.com/smartpower for more information, or give us a call at 1-800-649-2877.



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BOOMERS

I Need Stuffing, Not Stuff

by Cindy Phillips



George Carlin, God rest his soul, used to perform a hilarious routine on "stuff." He talk-

ed about how much stuff we have, how we feel about our stuff and why we are compelled to buy more stuff. He referred to our houses as "a bunch of our stuff with a cover on it" and went on to say when the house gets full of stuff, we go and buy a bigger house to hold all our stuff. And sometimes we have to get a storage unit to store our excess stuff.

Boomers brought a whole new meaning to the term "stuff." We love our toys, our oversized houses, nice cars and techno gadgets. We never seem to have enough stuff, and when the economy was booming, we bought. I have girlfriends who are literally swimming in pocket-books and shoes, and guy friends with more hobby gear than they will ever use. I have friends with houses awash in knick knacks and expensive collectibles. We have to own up to the fact that we are a more, more, more generation.

As we begin the slide into the age of retirement, reality is setting in. The kids are gone, the nest is empty and we are ready to downsize. We are buying patio homes in active retirement communities with names like Sun City, Carolina Lakes or as Jerry Seinfeld parodied, Del Boca Vista. Instead of movin' on up like the Jeffersons did, we are movin' on down - to Florida, Georgia and the Carolinas.

Over and over, I hear the lamenting of my fellow Boomers as they take on the daunting task of moving. "I cannot believe how much stuff we accumulated in 30 years," they whine. First they tackle the choosing of the furniture. Based on the capacity of the new abode, they determine what will stay and what will become someone else's treasure at the Goodwill store.

The really overwhelming part comes when they move into the attic, basement, garage and all the hidden closets that are chock full of stowed memorabilia - the things you simply couldn't bring yourself to throw away. You rummage through boxes and shelves trying to come up with a system - keepers, giveaways and trash.

You find your old stereo, the one you kept because someday it would be an antique. Underneath it is the box filled with vinyl record albums. Behind it is that Farrah Fawcett poster of her in the swimsuit with the famous hair. Boxes of wide-bottomed blue jeans that you just knew were going to come back in style one day. Of course you forgot to factor in the increased size of your backside and thighs that would prevent you from ever wearing them again. Old dishes, jewelry boxes, unused fishing tackle, a bowling ball and a pair of ice skates.

I actually started my downsizing ventures several years ago. Though I maintain two "homes" right now, neither is larger than a postage stamp and I still have to keep excess things in storage. I have made three moves in the past ten years, each time to a smaller space which meant a purging of items to make it work. The act was much less painful than I expected, perhaps because in each situation I was moving toward a new phase in my life that was much more fulfilling than the material things. I was learning that stuffing is so much more meaningful than stuff.

Stuff is just that - material possessions. But stuffing, now that is what fills our heart. Stuffing comes from a variety of sources - children, grandchildren, friends, soul mates. For me, it's mother-daughter talks with my girls while sharing nachos and margaritas. It's walking up to my grandson and having him put his arms toward me so I pick him up. It's a late night phone chat with my soul mate and best friend, sharing our day and dreaming our dreams. It's looking at old photos or hearing a song that reminds me of something from my younger days. It's reunions and laughter and making a pot of chicken soup.

We can live without stuff, but we need our stuffing to make us whole. Take a look at your stuff, and then think about those intangible things that bring a smile to your face. Stuff yourself - you won't regret it.

Contact me at cphillipsauthor@yahoo.com

Read my blog at <http://lifeasaturkey-sandwich.blogspot.com/>



photo by Seth Webb

Volunteers Wanted!

Volunteers in Killington work on new River Road Loop Trail on August 6, 2011. Next Trail Volunteer Day is Saturday, August 20th. Contact mike@town.killington.vt.us to volunteer.



Photo by Deb Burke

The Spartan Race took place this past Saturday, August 6, 2011. Shown above is the Wall of Fire.

It's "Art in the Park" Weekend

If you are visiting, you will want to be sure to stop by VERMONT'S LARGEST AND MOST DIVERSE FARMER'S MARKET

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3 pm Wednesday
August 31

Open Stage
6 pm Thursday
September 1

\$6 Spaghetti Dinner
6 pm Friday
September 2

Early Bird Camping & Field Picking
begins Sunday,
August 28

Camp out Sun 8/28-Wed 8/31 for only \$10 per person with purchase of weekend ticket

Weekend Camping begins after 3 pm Thursday, September 1.

Master of Ceremonies: Donnie "The Story Man" Sprague

September 1-4, 2011

Thursday Evening Open Stage, and Friday, Saturday, Sunday - All Day Festival
(always on Labor Day Weekend)

\$50 Adult Weekend Ticket Includes 4 Nights Free Rough Camping*
\$20 Youth Weekend Ticket
\$20 Adult Day Tickets (No Camping) \$12 after 6 pm
\$5 all day Kids ages 5-15
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|-------------------------------|----|---------------|
| Appalachian Uprising | NJ | Sat, Sun |
| Remington Ryde | PA | Fri, Sat |
| Jim Hurst | KY | Sun |
| Big Spike Bluegrass | VT | Fri, Sat, Sun |
| Cardigan Mtn. Tradition | NH | Sun |
| Fairview Avenue | NY | Fri |
| Hot Mustard | VT | Fri, Sat |
| Chasing Blue | MA | Fri, Sat |
| Wissahickon Chicken Shack | PA | Sun |
| Four Bridges | MA | Fri, Sat |

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IN CONJUNCTION WITH THE JACKSON GORE MUSIC SERIES, THE TIMBER RIPPER MOUNTAIN COASTER WILL BE OPEN FRIDAY EVENING UNTIL 8:00 PM. TICKETS WILL BE AVAILABLE FOR PURCHASE.

BBQ WITH BEER AND WINE AVAILABLE

ON THE GRASS IN THE COURTYARD AT THE JACKSON GORE INN





The 3rd Annual Tweed River Festival

Bow Thayer 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. Artists to perform include the legendary Booker T. Jones, Singer-Songwriter extraordinaires Jeffrey Foucault, Peter Mulvey and Tim Gearan to name a few. Heavy Rock veterans Roadsaw and up and coming WBCN Rumble contenders Mellow Bravo will all be commanding the beautiful stage amidst the beautiful backdrop of the Green Mountains for this family friendly festival. TRMF takes pride in learning from previous years successes to make sure that this year's festival will be the best it can be. Children under 12 are free with an adult pass artists and patrons are encouraged to bring the kids. 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 <http://www.tweedrivermusicfestival.com>. Space is limited to 1500.

- Line-up:
FRIDAY, AUGUST 12:
 The Lisa Parade 3pm
 Mellow Bravo 4:30pm
 Banditas 6pm
 ElasticWaste Band (Featuring Members of Morphine) 7:15pm
 Waylon Speed 8:30pm
 Roadsaw 10pm
 Beg, Scream and Shout 11:30pm
SATURDAY, AUGUST 13:
 Crunchy Western Boys 11:15am
 Jim Gilmour 12:30pm
 Dub Apocalypse 1:45pm
 Jeffrey Foucault and Cold Satellite 2pm
 Apollo Run 3:15pm
 Township 4:30pm
 Mmoss 6:00pm
 Jeh Kalu 7:15pm
 Andrea Gillis Band 8:30pm
 Tim Gearan and His Band 10pm
 Bow Thayer And Perfect Trainwreck 11:30pm
SUNDAY, AUGUST 14:
 Rick Redington and the Luv 10am
 Eric Royer and Guitar Machine 11am
 Jen Chapin 12pm
 Holy Plow 1:15pm
 Andy Friedman 2:30pm
 Session Americana 3:45pm
 Peter Mulvey and the Skinny Millionaires 5pm
 Roots Collider 7pm
 Booker T 8:30pm

Budweiser Killington Softball League

They say "It's all practice till the playoffs." Well, practice is over and each team fought hard to advance in rounds one and two. Slips, Trips and Falls vs. Moguls kicked things off with a bang. STF opened up a 7-0 lead and put a scare into Moguls. Fortunately they kept their cool and slowly chipped away at the lead, eventually going up 8-7. STF tied it but Moguls regained the lead 9-8 to put an end to that upset try.

Charity's Hitters stepped up their game and took the #1 Seed Vermonsters to extra innings. It took an inside-the-park homerun by Eric "What Up" G to seal the 10-3 win in the eighth. Rookie pitcher Hip Hip Jorge continued to impress for the Hitters.

The Phat Italian squeaked out a 6-5 win versus Ramuntos. It was a see-saw battle throughout. Pitcher Matt "Ajax" Anderson pitched a gem for the Phat. He started the game with back-to-back "Cold Beer K's."

The only team to cruise to a win was the Clear Cottage who blasted Jax 18-0. The pitching tandem of Ronzoni and Judd limited Jax to four hits. There were two bright spots for Jax and that was on defense. Rookie Heather Remick threw out her husband (in the game), veteran Brandon Remick at home with a sweet double play. Dan "Jalapeño" Culpepper threw out DJ Dave at first from shallow left field.

The Hitters bowed out of the playoffs with an 8-3 loss to Ramuntos. Deb Pelkey scored the "winning" run for the Hitters in the 1st. Jax joined them after their loss to STF.



By Dave Hoffenberg

Vermonsters fought back with three to cut it 11-8. The Phat took a 12-8 lead off a good looking sac by Isaiah. Rollie and Melvin did their part in bottom of seventh but the team fell short by one.

Moguls took their 5-1 lead to the sixth against Clear Cottage and then the huge comeback began. Will "The Thrill" Burdick and Judd tied the game with two RBI's a piece. The knockout blow came from Brett "The Hitman" Regimbald who blasted a grand slam all the way to the library. Scuba and Rodney scored in the 7th but the Clear sent them to the Loser's Bracket with a double play.

Schedule:
 8/15 Best of Three Championship: Games 1 & 2 Killington 5:30/6:45PM
 8/17 Championship Game 3 If Necessary 5:30PM/ All-Star Game to immediately follow or played at 6PM if no game. All-Star Game format is Old-Timers (35+) vs. Young Guns (34-)

Like us on Facebook at Killington Softball League to see more.



Photo by Chandler Burgess

Gravity East Series Returns to "The Beast"

The Gravity East Series rolls into Southern Vermont for the second stop in the Green Mountain State to "The Beast" Killington Resort the weekend of August 13 & 14 for race #6 of the series. Killington Resort has returned with a vengeance to the mountain bike scene with the new Kona Groove Approved Mountain Bike Park. This is the second year in a row for hosting the GES. Once again this year the course will utilize a new and improved trail from the top of Killington Peak elevation 4241' to the base just west of the K-1 Gondola.

Riders traverse a very fast, technical and exciting course from the top of Killington Peak to the base located by the gondola at very fast speeds and elapsed times.

Killington Resort creates a truly party atmosphere with a concert on Saturday afternoon after practice from 3:30- 6:00 p.m. The "Cooler in the Mountain" free concert series continues this weekend with the Band Twiddle. Twiddle is a lo-

cal Vermont quartet band playing on the very large concert stage venue located behind the K-1 Mountain Base Lodge. There will be a barbecue on the K-1 deck overlooking the Killington Peak and concert venue.

The Gravity East Series in existence since 2007 is the premiere Downhill Mountain Bike Race Series on the East Coast. The GES series consists of 9 races up and down the East Coast visiting venues in 6 states. Elite Pro riders compete for over \$5000 dollars in cash and prizes for the series. The GES has already visited Snowshoe West Virginia, Wisp Resort in Maryland the UCI World Cup Festival at Windham Mountain in NY and Seven Springs Resort in Pennsylvania in this 2011 season.

You can visit the Killington Resort website and check-out all there numerous live webcams of all there facilities including the bike park and check out a preview of the upcoming GES course at www.killington.com

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The 2011 Top Overall Fund-raising Team, Team Severance.



Jane Sobel Klonsky photo.

A lot of money was raised and a many spirits lifted on Race Day 2011.

VT-NH Komen Race for the Cure Grosses \$270,473 Plus

Exact numbers are still being tallied and dollars are still coming in but, as of this writing, the 2011 VT-NH Komen Race for the Cure, held July 23 at Hildene Meadows in Manchester, Vermont – where the 2012 20th Anniversary Race will be held – attracted 2,207 runners and walkers, hundreds of volunteers, and has brought in, to date, \$270,473.

That figure includes money from, among other things, cash sponsorships, race registrations, pledges to date, the silent auction, raffle proceeds and merchandise sales – and that figure will rise, as pledges are being accepted through September 1. When in-kind sponsorships (radio and TV airtime, newspaper and magazine space, etc.) are factored in, the total becomes \$453,121.

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

VT-NH Komen for the Cure® Announces Team Fundraising Awards for 2011

The TEAM Fundraising Awards for the 2011 VT-NH Susan G. Komen for the Cure® event have been announced, based on dollars raised as of 6 PM, Friday, July 22.

On behalf of the TEAMS Committee, Linda Maness said, “We are happy to report there were 64 organized teams this summer, led by dedicated captains. Race day was once again a sea of color with a variety of team t-shirts being worn ‘in celebration of’ and ‘in memory of’ loved ones. We held our first-ever Top Team T-shirt Contest, with the winner being Sister Supporters. Our teams – from near and far, including North Carolina – did a wonderful job fund-raising, and I’m happy to say donations continue to come in! We look forward to working with these teams, and many more, next summer for the Race’s 20th Anniversary in 2012.”

Top Overall Fund-raising Team: Team Severance, \$4544 - Mariah King, Captain

Top Corporate Fund-raising Team: Stratton 50 (Stratton Mountain Resort), \$1705 - Sara Colgan, Captain

2nd - Eat it, Drink it, Burn it (Inn at West View Farm, Brew Magazine, The Gym), \$1669 - Raymond Chen, Captain

3rd - Who Needs Nipples? (Grandpa Style BBQ Sauce), \$876 - Jared Buker, Captain

Top Organization Fund-raising Team: SVHC Family (Southwestern Vermont Health Center), \$2646 - Theresa Keefer, Captain

2nd - Common Ground (Northern Human Services), \$1297 - Jill Nichols, Captain

3rd - Castleton State College, \$1200 - Tammy Landon, Captain

Top Friends & Family Fund-raising Team: Sister Supporters, \$2034 - Catherine Russell, Captain

2nd - Mom’s Movers, \$1631 - Heather Barber, Captain

3rd - Ferland Friends and Family, \$1513 - Andrea Blaney, Captain

Top “Virtual” Fund-raising Team: Life is Good, \$3200 - Pat Loller, Captain

Honorable Mentions (additional teams raising over \$1000): That Is So. VT: \$1115, and ELRO: \$1060

Online fundraising continues through September 1, 2011. To make a donation in support of the VT-NH Komen for the Cure event, or support one of the 64 teams that participated, please visit www.komenvtnh.org.

100on100 Relay This Weekend

On Saturday, August 13th, Governor Douglas will join over 850 runners and volunteers from around the country on a 100 mile running adventure along Vermont’s scenic Route 100. Governor Douglas will be the “Van Driver” supporting past members of his administration as they compete in the 100on100 Relay.

Where else but in Vermont do participants have the opportunity to interact with key political officials in such a personal manner? Team Douglas will be running along side participants from over 25 states including Canada.

The 100on100 Relay starts at Trapp Family Lodge in Stowe and finishes at Okemo Mountain Resort in Ludlow. Along the route, teams pass through 18 different transition areas and bear witness to the entire splendor Vermont has to offer.

About 100on100 Relay

The 100 on 100 Relay is a team based distance

running experience. The event starts early in the morning and most participants finish between 8:30 PM-10:30 PM. The total distance is 100 miles and the course follows scenic route 100 the entire way. Our course displays all the angles Vermont has to offer from small towns and farms, to mountains and lakes. This event serves as a charity fundraiser for Vermont based youth charities that promote active and healthy lifestyles in support of self-esteem development. This year’s charity partners include the Boys and Girls Clubs in Vermont and the Green Mountain Club.

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GolfNews

Okemo Valley Golf Club Men's League Results

The Okemo Valley Golf Club Men's League race for the Commissioner's Cup got a whole lot tighter after play on Aug. 2. Stryhas Builders walloped the front runner, Honey Dew Man, earning Stryhas Builders the top spot for the night as Ted Stryhas, Terry Thayne, Brian Halligan and Bob Herbst combined to win 21 ½ holes. Second place went to Green Mountain Appraisals. Bill Bruno, Ryan McGuire, Doug Lemire and Chuck Sweetman combined to win 20 holes. Third place was won by ID3 Designs. Josh Rourke, Bob Higgins, Bob Ahlers and Stu Schmidt combined to win 20 holes. Closest to the pin winners were Mark Kattalia on the 4th hole, and Randy Nowak on the 8th hole.

Weekly Results:

- 1st Stryhas Builders 21 ½ holes won/ 15 points
- 2nd Green Mountain Appraisals 20 holes won/ 13 points
- 3rd ID3 Designs 20 holes won/ 11 points
- 4th UBS Financials Rutland 19 holes won/ 10 points
- 5th M&M Excavating 18 ½ holes won/ 9 points
- 6th UBS Financials Chester 17 ½ holes won/ 8 points
- 7th Ludlow Insurance 17 holes won/ 7 points
- 8th First Line Security 16 holes won/ 6 points
- 9th The Loft 16 holes won/ 5 points
- 10th Built Rite MFG. 16 holes won/ 4 points
- 11th Diamond Realty 16 holes won/ 3 points
- 12th Honey Dew Man 14 ½ holes won/ 2 points

Season Standings:

- 1st Honey Dew Man 121 points
 - 2nd ID3 Designs 111 points
 - 3rd Green Mountain Appraisals 104 points
 - 4th Stryhas Builders 94 points
 - 5th First Line Security 94 points
 - 6th Built Rite MFG. 93 points
 - 7th UBS Financials Rutland 88 points
 - 8th M&M Excavating 87 points
 - 9th Diamond Realty 84 points
 - 10th Ludlow Insurance 82 points
 - 11th The Loft 80 points
 - 12th UBS Financials Chester 78 points
- For more information about Okemo Valley Golf Club, please call (802) 228-1396 or visit okemo.com.

News From Green Mountain National G.C.

by Spider McGonagle

Congratulations to Green Mountain National's own Garren Poirier who qualified last week to compete in the 2011 U.S. Amateur Championship. Garren won a qualifying event at Wahconah Country Club in Massachusetts and is now headed to Erin Hills Golf Club in Milwaukee, Wisconsin for August 22-28. The U.S. Amateur Championship is conducted by the United States Golf Association and is oldest golf event played in the United States. This year over 6,000 entrants competed for just 160 spots and Garren is the only player from Vermont to qualify!

Garren's friends and the members here at GMNGC will be hosting a fundraiser to help him defray the cost of his trip to Wisconsin. Please join us on Thursday, August 18 at Charity's Tavern starting at 6:00pm. There will be raffles, a silent auction, live music and a "19th Hole" chipping competition to help Garren bring the Haverly Trophy home to Vermont!

In President's Cup news, Bill Vines continued his winning ways by eliminating top seed Chris Franco in a very close match. The "Becker Boys" both took their opponents the full 18 holes and Greg Becker knocked out Danny "Tricky D" Tricarico in heated battle! Young Andrew, however, was not quite as lucky as seasoned veteran John "Doc" Macaulay bumped him out of the bracket. Nick Chiarella also fought hard in a come-from-behind victory over Derek Esposito.

There is also a correction from last week's news, Carol Kostelnik defeated Mary Furlong in their match and she

will move on to face Anne-Marie Blackman.

It was a great night for Harpoon Brewing to sponsor Twilight League last week and, believe it or not, the team with Marc Adami on it took first place with an impressive -4! "Birthday Boy" Dave Bennett and his team took second one stroke back and Sally Bridges' squad finished third at -2. Mary Fiore was the Long Drive champ last week by "bombing" one down the fairway on Hole #9!

Next week our final 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.

GMNGC is once again proud to host the Eastern Amputee Golf Association on August 19 and 20. The best amputee golfers in the Northeast will challenge Killington's "Green Monster" and we expect another great year. We will also be hosting an open EAGA 4-ball tournament on August 19 which will pair able-bodied golfers with our amputee golfers. \$55 covers golf, cart, prizes, dinner and a chance to be amazed by some great golfers! Check-in is at 1:00pm and please call the pro shop to sign-up!

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.

Piercy Wins Reno-Tahoe Open by 1 over Perez

by Scott Sonner, AP

RENO, Nevada (AP) - Scott Piercy squandered a three-stroke lead, then dodged more trouble before making a 7-foot par putt on the final hole Sunday to win the Reno-Tahoe Open by one stroke.

Piercy shot a 2-under 70 to finish at 15-under 273, beating Pat Perez by one stroke. His final round of 2-under 70 to finish at 15-under 273 didn't come without some drama.

A day after setting the course record with a 61, he had to scramble his way around the 7,472-yard mountain layout to claim the \$540,000 winner's check.

Piercy picked up where he left off on Saturday with a birdie on the first hole and closed out the front nine where he shot an 8-under 28 the day before with two

more birdies to make the turn with a three-stroke lead at 16-under.

He still led by three through No. 11, but Perez birdied the par-4 12th and par-5 13th. Piercy then bogeyed the 365-yard, par-4 14th when he tried to drive the green, hit a cart path and bounced 30 yards left.

Tied with two holes to go, Perez gave a stroke back with a bogey the par-4 17th, missing an 8-footer for par. Piercy hit his drive 387 yards on the 616-yard downhill closing hole but it ran right into the sage brush.

After helping his playing partner Josh Teater look for his errant drive in sage on the other side of the fairway for more than five minutes, Piercy knocked his own ball out safely then pitched onto the green about 30 feet from the pin.

Needing only a 2-putt to win, he sent his first attempt 7 feet past the hole before wobbling in the winner.

The first native Nevadan to win the 13-year-old tourney also locked up a spot next week's PGA Championship. Perez shot a 68 to finish at 274, his third runner-up finish to go with one career victory on tour.

Steve Flesch, who won the 2007 Reno-Tahoe Open, shot a 68 on Sunday and Blake Adams had a 69 to tie for third another stroke back. Jim Renner shot a 68 to claim fifth place at 12-under. Steve Elkington and first-round leader Nick O'Hern both closed with 71s to finish in a group another two strokes back with Matt McQuillan (66) and Ben Martin (69).

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

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

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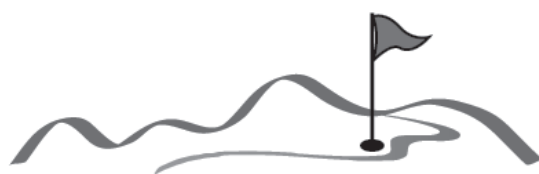
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Watson Far From Over the Hill

courtesy Scripps Howard News Service



At 61, Tom Watson defies aging and young challengers on the golf course.

There are athletes who are content with riding off into the sunset, and those who hang on to the playing dream far too long. And then there's Tom Watson, whose professional golf career is like

the opposite of a disclaimer for mutual funds.

Past success does seem to guarantee future results.

Had Watson simply chugged along on the Champions Tour after becoming eligible 11 years ago, it would have been good enough. Watson arrived with 39 PGA Tour victories, including five British Opens, two Masters and a U.S. Open.

At age 61, Watson this week is making his third start at the 3M Championship. Since his last go-round at TPC Twin Cities in Blaine in 2007, a week after he won the Senior British Open at Muirfield Golf Links in Scotland, Watson has won four more times. He won this year's Senior PGA Championship in May in a playoff over David Eger.

"We're professionals; we're out here to make money," Watson said this week. "And we can still make a heck of a lot playing at a later age in life. All other sports, all other athletes, there is no such arena."

Yet to this day, Watson remains his toughest -- and perhaps only -- critic.

"I haven't been spot on with a lot of things, but I've hit enough good shots to know the swing is there," he said. "I trust my swing. But I certainly haven't been able to consistently hit really good shot after really good shot."

He's hit enough, anyway, to still turn heads.

"Undoubtedly, there is no question that Tom Watson throughout his career has been one of the very best," said Hale Irwin, 66, the all-time victories leader (45) on the Champions Tour. "We can all learn from Tom. When he was first coming out on tour, you could see the stardom. It was just waiting to emerge, and it didn't take long."

For as accomplished a career as Watson has had -- he was inducted into the World Golf Hall of Fame in 1988 -- the near-misses he has endured since last appearing in

a Champions Tour event here have made the most news.

Watson arrived at Scotland's Turnberry Resort for the 2009 British Open with only one other top-20 finish in that major championship since a tie for 10th in 1997. Five times in that 11-year span, Watson failed to make the cut.

But something inspiring happened on the links course that week. Watson was cool in the moment and clutch when it mattered early, trailing by a stroke after the first round and tied for the lead after Friday.

"Just because you're 55 or 60 doesn't mean you can't play," said Mark Calcavecchia, who was a shot behind Watson and Steve Marino after two rounds at Turnberry in 2009. "And he's certainly amazing."

Watson held the lead outright after 54 holes and was an 8-foot par putt on the 72nd hole away from one of the greatest sports stories ever. Alas, he missed and fell apart in the four-hole playoff with Stewart Cink.

"When people bring it up, I don't mind talking about it," Watson said. "It was quite the British Open in 2009. I had it in my grasp, let's put it that way, and I let go. It was a big disappointment, but that week I was on a golf course in which I could compete against the kids. And they're getting fewer and far between these golf courses where I can go against the long hitters."

The following April, Watson tied his career low at Augusta National with a first-round 67 at the Masters. He eventually fell back to a tie for 18th place, but at 60, he finished ahead of long-hitting 20-somethings such as Dustin Johnson.

"I've had some good times against the kids," Watson said.

Still going strong

Watson will tee off in Friday's first round with Fred Couples and Nick Price. The trio will do so in front of large, adoring galleries -- which never gets old.

"I'll be the short knock in the group," Watson laughed. "But I still love to compete."

On Saturday, the Greats of Golf Challenge kicks off featuring 12 marquee names. Miller Barber and Lee Trevino -- who both finished runner-up to Watson in tournaments in their careers -- are among the names.

Another of the greats is Dave Stockton, who gave Watson some pre-Champions Tour advice he still revisits today.

"He told me, 'This is the greatest mulligan in the history of sport,'" Watson said.

True -- even if Watson hardly needed the do-over.



Rules of the Game

By Alan Jeffery

USGTF Certified Golf Professional
Green Mountain National Golf Course

QUESTION: Kirk and Mr. F are playing in a tournament. On the 18th hole Kirk's ball is stroked to the right of the fairway. Briefly, he searches for the ball and then goes back to the tee to re-hit the tee shot. However, Mr. F finds Kirk's ball within the 5 minute time span. Is Kirk allowed to forget the teed ball and go back and play the original ball?

ANSWER: The teed ball was not in play because Kirk did not make a swing at it. Because Kirk's ball was found within the 5 minute time frame he may play the original ball without penalty. Of course, he can always play another ball from the tee under stroke and distance. See USGA Decisions On The Rules of Golf, 2010-2011, 27-1/1.

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

Killington Member Guest Results

On a sunny August 2nd afternoon, 44 enthusiastic golfers played a "4 club" scramble format on the front 9 holes at Killington. Following this fun tournament, everyone enjoyed a delicious "Italian" themed dinner, followed by prizes awarded to:

Closest to the Pin (#3): Chris Franco, Emily St. Peter

1st Place Low Gross Team (score of 33): Chris Franco, Hilary Maher, Emily St. Peter, Glenn Bird

2nd Place Low Gross Team (score of 34, MOC): Kevin O'Brien, Eileen O'Flahaven, Lynn Munsinger, Pete La Joie
Raffle Giveaway (Rossignol Luggage) won by: Mark DiFillipo

Call the Pro Shop at Killington Golf Course at 422-6700 for more information on upcoming events.

Woods in Middle of Pack After Shooting 70

by Doug Ferguson, AP

Tiger Woods finished his first tournament in four months and got some predictable results. At times, he looked good. Far more often, he looked ordinary. And with no cut in the Bridgestone Invitational, he got in four rounds going into the final major of the year.

Woods lost momentum of a good start by losing his swing in the middle of the round, then pieced it together at the end for an even-par 70 Sunday that left him in the middle of the pack on a Firestone course where he is a seven-time winner.

Woods started the week at No. 135 in the FedEx Cup standings, and he is not likely to crack the top 125, the number that gets him into the first round of the playoff series that begin with The Barclays.

He still has the PGA Championship next week in Atlanta, although Woods said he would not play the Wyndham Championship in North Carolina, the final event to qualify for the FedEx Cup, even if he is outside the top 125.

Next up is the PGA Championship at Atlanta Athletic Club, which starts Thursday.

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Food Network Kitchens

You probably know to lay off the fried foods and other sources of artery-clogging fats to keep your heart happy, but what about the foods you should be eating to keep it healthy? Here's our top 10 list.

Salmon

One of the very best sources of heart-guarding omega-3 fats and so easy to prepare.

Oats

All types of whole grains can help your heart. Soluble fiber, like the kind found in oats, is especially good for those arteries. Eating enough can help lower your total and LDL ("bad") cholesterol.

Beans

Whether you prefer kidney, cannellini or pinto, beans are another way to get some of that heart-pleasing soluble fiber. They also pack in the protein, folate and iron to keep your red blood cells thriving.

Green Leafy Veggies

Green veggies like Swiss chard, kale, collards, bok choy and spinach offer up antioxidants like lutein as well as fiber, folate, potassium and calcium -- all nutrients on the healthy-heart hit list.

Red Wine

All types of alcohol have been shown to help with heart health, and it's one of the few food options that help raise the "good" HDL type of cholesterol. Red wine also contains potent antioxidants. But

partake sensibly.

Olive Oil

The monounsaturated fats found in olives and olive oil actually help your heart by keeping cholesterol down when they replace less healthy fats in your diet.

Nuts

Nuts like almonds and walnuts help you load up on cell-protecting vitamin E and the other kind of heart-healthy fats known as "polyunsaturated."

Berries

You can't go wrong with berries -- blueberries, strawberries, raspberries, blackberries or any other berry you can think of. They're bite-sized nutrient powerhouses.

Lean Meats

When you choose lean cuts over fatty ones, you'll significantly reduce your intake of saturated fat (the kind that increases cholesterol). Trim all visible fat and skin from chicken breast, pork tenderloin and turkey and go for leaner cuts of red meat like flank steak or beef tenderloin on occasion.

Low-Fat and Nonfat Dairy

For the same reason meat made the list, we are recommending low-fat or nonfat dairy to keep your heart going strong. Skim milk, nonfat yogurt, low-fat cheeses and even treats like frozen yogurt provide calcium, protein and much-needed vitamin D.

A Fit Frame Can Wear a Softer Style

by Samantha Critchell, AP Fashion Writer

NEW YORK (AP) - Fitting a fit frame is not always easy.

While clothing designers and retailers have given more attention lately to finding solutions for their petite and plus-size customers, those women with athletic builds, who could be tall or short, more narrow or wide, have their own set of dressing challenges that certainly do not have a one-size-fits-all solution.

Rosy Hodge, a pro surfer, has "buff arms" that she tries to balance with colorful scarves, while fellow surfer Kassia Meador wears a lot of oversized tanks and T-shirts even though she is unsure they flatter her body type.

Rachel Roosevelt, a former member of the U.S. Ski Team, now wears mostly skirt suits to her job as a macroeconomics researcher, but nothing too short, considering her conservative career environment. She also stands 5-foot-10 (1.77 meters), and that has meant having to curl her legs in awkward positions under some conference tables.

Still, she says, she's most comfortable in sneakers and her gym clothes.

"I'm still proud of my body, and my legs are the way they are because of the hours I've spent in the gym, even if they're not what is considered 'classic beauty' in other people's minds."

Working with many real women instead of only models on photo shoots, Adam Glassman, O The Oprah Magazine's creative director, says he has noticed an increase in "the athletic type." He can't quite define it, but he says he knows it when he sees it.

"It isn't just about athletes," Glassman says. "It has nothing to do with height. You tend to have broad shoulders and a broad back, and your arms are naturally toned or you work out; the tummy is the same thing. Perhaps you have not a lot of curves with a straight waistline and square hips, thighs muscular and built calves, and a smaller bust."

He adds: "You can have all of that, two of the above, part of one. It ranges from gymnasts to swimmers."

Glassman's magazine devotes several pages of its August issue offering guidance to this broad group, including Roosevelt and former college basketball player Zakya Proctor and volleyball player Jessica Vertullo Maher.

"I think the fashion industry is stepping up to the plate in offering things for more sizes, but you still have to be willing to search," he says.

Most importantly, women, no matter their size and shape, should be looking for clothes that are comfortable and flattering with an end goal of creating a lovely, feminine hourglass shape. "We're not talking Jessica Rabbit, but you want the illusion of shoulders and hips in proportion with each other and your waist to be smaller than those."

Athletic types often have the advantage of being taut and firm, he says, but that also can leave the impression that they are tough and tomboyish. He likes to see women soften their look with ruffles, ruching, flowing skirts such as a tulip

shape, a top with a defined waist or a tie at the waist, and puffy sleeves, which are trendy right now.

Belts, Glassman adds, can be flattering to an athletic figure, although you might not end up wearing them on the natural waistline. "You need to find the right thickness: Is it the Michelle Obama thick Alaia belt vs. the half-inch belt?"

Mrs. Obama knows how to show off the results of her hard work in the gym, favoring the cinched waist emphasized by that black belt that she's worn around the world as well as her famous sleeveless tops. Why would anyone want to hide the bodies they have spent so much time getting in shape, Glassman wonders.

Halter and racerback necklines are a right many athletes have earned, and a V-neck tank top is their privilege, he says, but short sleeves that hit at what is probably the thickest part of the upper arm will exaggerate the shoulder line and, most likely, make arms look thick instead of buff. (A full-length sleeve is probably OK, but a bracelet sleeve cut just above the wrist will make your arms look shorter, often a desired effect of very tall women, he says.)

Designer Adam Lippes says athletic women should probably be wearing more dresses than they are accustomed to. Either a dress with a structured top and roomier skirt, perhaps with pleats, or a draped dress, perhaps made of fluid jersey, would both be good starting points, Lippes recommends.

Fabric choices are as important as silhouette, he adds, naming stretch linen, silk or crepe as typically flattering options. "Fabric matters when it comes to how a garment fits. ... If you use a fabric with stretch, it can be really beautiful, and it can be very sexy."

Pants, Lippes acknowledges, are going to be harder to find so you need to carve out time to try on likely dozens of pairs. The good news is, he says, that once you find a brand that fits, the construction shouldn't change much from season to season.

Glassman suggests skipping the ultra-skinny jeans altogether, which will work against the effort to soften your look. Wide-leg is your better bet, he says.

Hodge, the surfer, is digging jumpsuits and maxi dresses at the moment.

She especially likes dressing up. "I spend so much time on the beach with my eyebrows crusted with salt from the water, so getting dressed up and going out is always fun," says Hodge, a Roxy Team rider originally from South Africa, in an email to The Associated Press.

Traveling, she adds, has opened her eyes to fashion. "I think finding things that complement your personality and body is important. If you don't feel comfortable in something, don't wear it, because it will reflect in the way you carry yourself."

Her teammate Meador is not quite as into clothes, however. "I do really like getting fancy when the occasion calls, and I have something rad to wear, ... but most of the time I just wanna rock some jeans and a T."



community HEALTH FAIR

Saturday, August 27, 2011 * 10am-2pm

Diamond Run Mall * Rutland, Vermont

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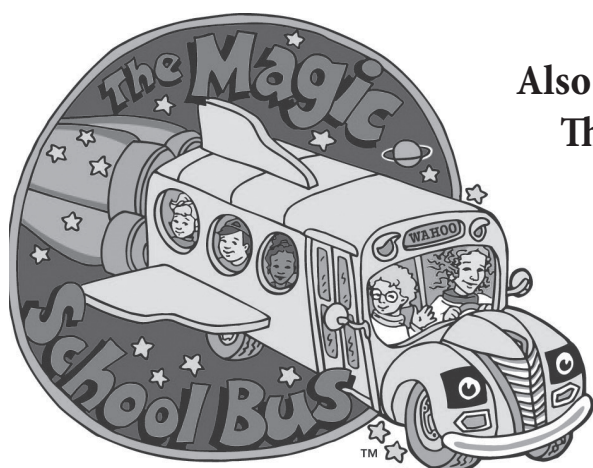
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Community Health Fair Puts Focus on Wellness, Safety, Prevention

We hear a lot these days about how expensive health-care has become. We probably don't hear enough about the excellent health resources that are available to all and are intended to keep you healthy. In order to help people in the Rutland area connect with these resources, the Rutland Community Health Fair will have more than 100 providers and vendors who can conduct a health screening or offer advice that can help you maintain good health.

"We want people to know about the resources that are available to them in the Rutland area," said Susan Lebel, RN, who has helped to organize several of the Community Health Fairs in recent years. "This is about health, safety, wellness and prevention. It's our hope that this event will help lead people to make positive changes in their lives."

The 2011 Rutland Community Health Fair, taking place on Saturday, August 27 from 10am-2pm at the Diamond Run Mall will feature, for example, free screenings for high blood pressure and high cholesterol, two conditions that can lead to serious illness if allowed to go unchecked.

Does your child have a bicycle helmet? If not, the Kiwanis Club and the RRMCAuxiliary are donating hundreds of them to the community and your child can get one at the Health Fair for as long as supplies last.

Are you at risk of developing diabetes? You might be if you have the risk factors that most often contribute to this disease. At the Health Fair, you can learn about the conditions of pre-diabetes so that you can prevent the onset of the disease. "Education is the key to prevention," said Lauren Oberg, RN, a Diabetes Educator at the Rutland Region Diabetes and Endocrinology Center. "We would like the people of Rutland County who are

afflicted with pre-diabetes to become aware of beneficial lifestyle changes that will help them prevent a diagnosis of diabetes. We will be performing some diabetes screening methods for those who are interested, and some educational handouts to help people incorporate some preventative measures by making a few healthy lifestyle changes."

The Community Health Fair will have something of interest for everyone. Certainly you'll want to bring the kids so they can tour The Magic School Bus™, meet Clifford The Big Red Dog and explore other attractions.

Speaking of dogs, did you know that they can help to reduce stress and help heal people who have serious illnesses? At the 2009 Community Health Fair, the Caring Canines showed how they can help to make patients feel better. Caring Canines will be back again this year.

People attending the Community Health Fair will also be able to learn about the Blueprint for Health, an initiative designed to promote the healthiest possible outcomes for people who are struggling to manage chronic conditions such as diabetes. You'll be hearing more about the Blueprint in the future because it is an important strategy for promoting wellness and is a component of healthcare reform.

The region's blood supply tends to run very low during the summer months so consider donating a pint while you are at the Health Fair. You never know, the life you save might be your own.

The Rutland Community Health Fair is held every other year to help people find resources that will assist them in achieving better health. More than 2500 people attended the fair in 2009.

Some foods just taste great together, like milk and cookies. But other pairs actually work together to help your body get the most nutritional bang for its buck. Here are five of the most powerful food combos.

Rice and Beans - Both these foods alone are healthy choices. But if you're trying to get in all your protein without eating meat, a serving of rice and beans can do the trick. A complete protein is one that contains all the amino acids your body needs -- an egg is considered the most perfect protein around. The amino acids found in rice complement those found in beans, making a high-quality protein when eaten together.

Leafy Greens and Tomatoes - Dark leafy greens like spinach, kale and collards contain iron. But it's tough to absorb the iron from these plants without the assistance of vitamin C. Combine fresh or sauteed leafy greens with tomatoes, a splash of lemon juice or slices of strawberries.

Egg and Cheese - Calcium and vitamin D work in synergy to help promote healthy bones. A glass of milk will give you both, but so can an egg-and-cheese sandwich, frittata or omelet. Egg yolks contain vitamin D, and you'll find calcium in the cheese.

Oatmeal and Water - Looking to up your fiber? Oatmeal cookies and a warm bowl of oatmeal can fill the bill, but be sure to drink plenty of water. The oats need to absorb water in order to work properly and provide their many benefits. The fiber found in oatmeal has been shown to help reduce blood-cholesterol levels and to help keep you full longer.

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Art & Entertainment

Thursday, August 11

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.

Small Business Seminar

9:30 AM Getting into business? Starting Your Own Small Business Workshop at REDC Offices, Rutland. 'Til 12:30pm. \$40 registration. 773-9147.

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. This leisurely walk through the village and surrounding fields will offer 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

10:15AM 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.

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

Pawlet Potluck Picnic

6:00 PM Pot Luck Picnic at Emerald Lake State Park. Pawlet Public Library will "open" at Emerald Lake starting at 10:00 am. \$2 admission or free with the Green Mountain Seniors Passport. Pot Luck Dinner starts at 6:00 pm at the Picnic Pavilion. Burgers and dogs provided; bring a dish to share & bevs. Info, 325-3123.

Simply Acoustic

6:00 PM River Road Free Concert Series presents Simply Acoustic, playing Rock/Pop Acoustic. Each Thursday evening, on the lawn at Sherburne Public Library, on River Road in Killington. Bring a lawn chair and a picnic to make a night of it.

Darlingside

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

Hunter Safety Course

7:00 PM The Neshobe Sportsman Club in Brandon offers hunter safety course. Classes 8/11, 7-9pm & 8/21-21, 8am-4pm at the club. Completion of course requires attendance of all three sessions. Free. Children must have parental permission.

Big Spike Bluegrass

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

Chittenden Historical Society Program

7:30 PM A Vermont Humanities Council event hosted by the Chittenden Historical Society, "Vermont's Flood of 1927: A New Look" at Chittenden Town Hall with Presenter Nicholas Clifford. Free, open to the public and accessible to people with disabilities. Info, 483-6471.

Poultney Farmers Market

9:00 AM on Main St., 9am-2pm.

Friday, August 12

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.

Tweed River Music Festival

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.

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 thru Oct. 14, 10-5pm.

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.

Balance Workshop

1:00 PM Do you have a fear of falling? RRMC 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.

Thrift Shop Open

4:30 PM The Federated Church of Rochester and the Women's Alliance Thrift Shop will be open on Friday, August 12 from 4:30 to 6:30 pm and again on Saturday, August 13 from 9 am to 12 noon.

Friday Night Live Downtown

5:00 PM Fabulous fun and entertainment in Downtown Rutland. Center street is closed off to make room for vendors, food and festivities. Great family fun.

Blue Flames Concert

5:00 PM Weston's Farrar Park Assn, aka "The Nine Green Ladies", celebrates 125th anniversary with concert and picnic on the Green, 5-7pm. Free for all, donations accepted. Box lunches supplied or bring your own. Info, 824-3669.

Love in Stockholm Concert

5:00 PM Part of Okemo Mountain Resort's Jackson Gore Outdoor Music Series, free concert. 5pm grounds open, 6-9pm concert. 228-1600.

Adult Women's Basketball

6:00 PM Pittsford. Open Gym. Friday nights, 6-8PM.

Police Academy, Furnace Road. More info: Tara 417-7331.

Lake House Entertainment

6:00 PM Aaron Audet performs.

VINS Kayak Wine & Dine

6:00 PM Quechee. Paddle along the Connecticut River from 6:00 to 7:30 p.m. while discovering plants & animals living beyond the water's edge, then head inside for 3-course meal at Breakfast on the Connecticut in Lyme, NH. \$65/ members; \$85/ general public. \$25 rental fee if needed. Pre-register by August 10 at 359-5000 ext. 223.

AA Meetings

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

Blarney Rebel Band

8:00 PM Killington. Live music at McGrath's Irish Pub at Inn at the Long Trail. 775-7181.

Saturday, August 13

Gravity East Downhill Race

One of eight downhill mountain bike races where competitors vie for a \$5000 cash prize. At Killington Resort. killington.com for details

Tweed River Music Festival

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.

Farmers Market

9:00 AM Rochester Farmers Market on the Village Green, 9-1pm. Downtown Rutland Farmers Market, Sats. 9am-2pm, in Depot Park.

East Poultney Day

9:00 AM On the East Poultney Green. Celebrate Poultney's history & 250th birthday! Juried vendors sell crafts and folk arts, antiques and collectibles, maple syrup, jams, herbal soaps, vintage linen, handmade pottery and jewelry. Demos, open houses, food, readings, more. Come enjoy! til 4pm.

Art in the Park

10:00 AM Celebrating 50 Years! Main Street Park, Rts 4 & 7, til 5pm each day. Almost 100 artisans gather their handcrafted goods in the park. Local food vendors. Demonstrations. Donations welcome. 1st 50 entrants receive 50th Anniversary Tote. 775-0356 - call Chaffee Art Center for more details.

Bazaar

10:00 AM Tyson Ladies Aid hosts annual Bazaar on Village Green in Ludlow, til 2pm. Chicken

bbq, gift basket raffles, baked goods. All welcome to come support local communities! Q's? 259-3543.

Chicken BBQ

10:00 AM Chicken dinners and all the fixins' with drive-thru service available. til 2:30 pm, at All Saints' Anglican Church 42 Woodstock Avenue, Rutland. Benefit All Saints' Anglican Church. 773-7297.

Car Wash

10:00 AM Aktion Club Car Wash at W. Rutland Price Chopper, til 2pm. Benefits Aktion Club of Rutland County. 775-1370.

Puppet Show at VINS

1:00 PM VINS is proud to present The PuppeTree troupe for three special performances of The Ugly Duckling - A tale about acceptance and growing up - Saturday, August 13 at 1:00 p.m. and 2:30 p.m. and on Saturday, August 20 at 2:30 p.m. Info call 802-359-5000.

Twiddle Concert

3:30 PM Cooler in the Mountains Free Concert Series presents Twiddle. Til 6pm. Killington Resort, K1 Base Area. 800-621-MTNS. Bring a blanket & picnic and enjoy music & scenery.

Rockin' Dockin' Dine

4:30 PM Tinmouth Pond Milfoil Project hosts event, til 8pm at Tinmouth Pond Pavilion. Buffet style dinner, live band, pontoon boat rides, chinese auction, 50/50, free s'mores for kids, local vendors. Proceeds control and removal of Eurasian Water Milfoil and maintenance of water quality in Tinmouth Pond. Advance tickets, 446-2343, 446-2449, or 446-3307. Alcohol-free event.

Silvery Moon Night at Hubbardton Battlefield

8:00 PM 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.

8:00 PM Killington. Live music at McGrath's Irish Pub at Inn at the Long Trail. 775-7181.

Sunday, August 14

Tweed River Music Festival

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.

Green Mtn Club Outing

9:00 AM Hike to Rattlesnake Point in Salisbury. Views of Lake Dunmore & Silver Lake from south flank of

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Art in the Park - Top 10 VT Event 10:00 AM One of "Vermont's Top Ten Events" and one of the "Sunshine Artist 200 Best. From the original five artists, Art in the Park has grown to nearly one hundred artisans. Main Street Park, Route 4 & 7 in Rutland.

Wells Bingo

10:15AM 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.

Circus Smirkus

1:00 PM Pico Mountain hosts 30 of the world's best child performers. Juggling, tumbling, trapeze, aerial acts, contortion, clowns, live music and tailor-made costumes are all part of the act under the Big Top. Shows are Sunday and Monday at 1PM and 6PM. Tickets are \$20 for adults (over age 13) and \$17 for youth (ages 12 and under). Group discounts are available. smirkus.org

Vocal Recital

3:00 PM Jamie Willis' Graduation Vocal Recital at Grace Congregational Church. Accompaniment by Rip Jackson. Performing sacred, classical, and musical theatre songs including selections from West Side Story, My Fair Lady, and The Last Five Years.

Rutland City Band

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

Monday, August 15

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

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

Zumba in Bridgewater

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

Brandon Band

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

Pittsfield Historical Society Meeting

7:00 PM Pittsfield. Pittsfield Historical Society meeting, Town Hall 3rd Monday of the month, 7pm.

Curbstone Chorus Practices

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

Paramount "Big Flicks" Film Series

7:00 PM Family Summer "Big Flicks" Film Series at Paramount Theatre, Rutland. "The Films You WANT to See." Mon. & Tues. nights. \$6 & \$4. Aug. 15, Pulp Fiction. Aug. 16, Saturday Night Fever.

Tuesday, August 16

Killington Yoga

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

Bone Builders Class

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

Killington Arts Guild Workshop

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

Time Travel Tuesdays

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

Sherburne Library Matinees

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

Tuesday Farmers Market

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

Rutland Chess Club

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

Ramunto's Entertainment

7:00 PM Tuesday Nights Open Mic entertainment

Wednesday, August 17

Kripalu Yoga

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

Mother Goose Story Time

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

Wagon Ride Wednesdays at Billings Farm & Museum

11:00 AM Wagon Ride Wednesdays begin through September 28. 11:00 a.m. - 2:00 p.m. included in the admission. Woodstock.

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. At President Calvin Coolidge State Historic Site. 1-5pm. Demos of historic farming activities. Weekly program. 672-3773.

Reading Program at Sherburne Library

1:00 PM.

Tea for the Soul

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

Woodstock Farmers Market

3:00 PM 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.

Bingo in Bridgewater

6:30PM Bingo at Bridgewater Grange Hall

Rutland Concerts

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

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,

The Mountain Times • August 11-17, 2011 • 13
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. 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 thru Sept. 7. 359-5000 for info.

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

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

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



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|---|--|

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| | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|
| | | 4 | 9 | | | | | | |
| 5 | 7 | | | | | | | | |
| 2 | 8 | 3 | | 6 | | | | 5 | 1 |
| 3 | 2 | | | | | 6 | | | 9 |
| 8 | | | | | | 1 | | | 3 |
| | 6 | | | | 4 | 7 | | | |
| 7 | | | 3 | | 2 | | | | |
| | | | 7 | | | 8 | | | |
| 4 | 5 | 6 | | 9 | | 3 | 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 25

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

ACROSS

1. Hamlet's father, e.g.
6. Make secret
12. Footman
14. Rotten
15. Toadstool genus
16. Ascending
17. Baffled (2 wd)
18. Asperity
20. Roman seven
21. "Cool!"
22. Kind of drive
23. King or queen, e.g.
24. "Wheels"
25. Takes off
26. Copenhageners
27. "Hamlet" setting
29. Ability
30. Movie audience
32. Devotes
35. Disturbance
39. Pang
40. Aware, with "in"
41. A pint, maybe
42. Beat badly
43. Macbeth, for one
44. Brews
45. "Go on ..."
46. Mariner's aid
47. Culture medium (pl.)
48. Not one or the other
50. Son of Spanish king
52. Agitated
53. Upper chamber of heart
54. Allergic reaction
55. Scrawny

DOWN

1. Relating to rump muscles
2. Hungarian horseman
3. Attack
4. Gull-like bird
5. ___ el Amarna, Egypt
6. Erasable read-only memory chip
7. Black, as la nuit
8. Alliance that includes Ukr. (acronym)
9. Igneous rock mineral
10. Resident
11. Most provocative
12. Napoleon's country
13. Either end of square sail support
14. Asian starch (pl.)
19. Atypical
22. Loses heat
23. Chip dip
25. Insinuating
26. Challenged
28. "Otherwise..." (2 wd)
29. Giggle
31. Prickly pear, for one
32. Wisps of hair
33. Call a radio station, e.g. (2 wd)
34. Learned
36. Short window drapery
37. Perceptively
38. Rent payer
40. Circumspect
43. "So ___!"
44. "Encore!"
46. At the home of
47. ___-American
49. Not just "a"
51. Center

Answers on page 25

Capsule reviews of films opening this week by The Associated Press

"The Change-Up"

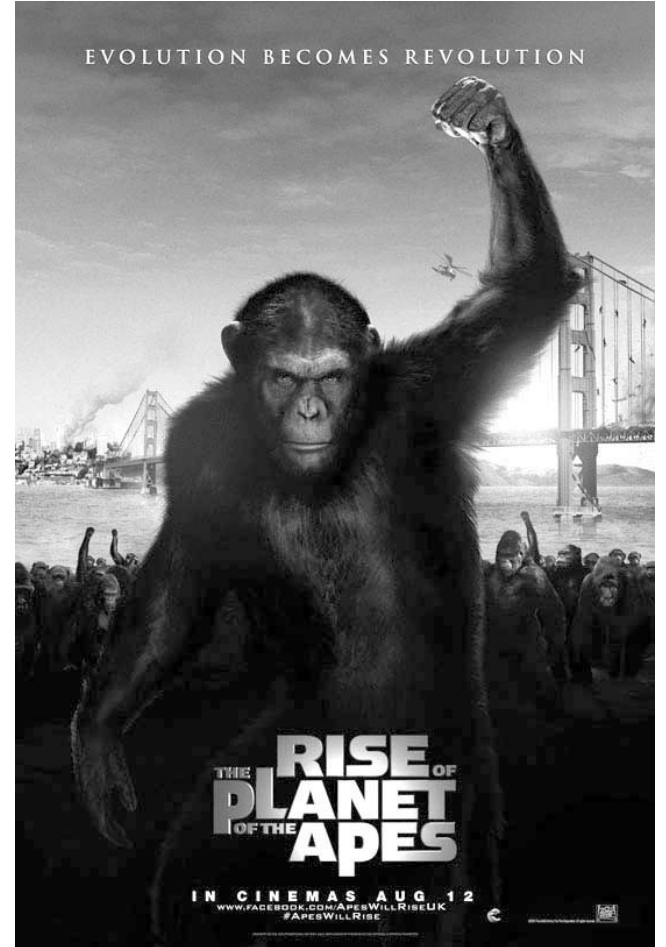


by Christy Lemire, AP Movie Critic

When you've got Ryan Reynolds and Jason Bateman - two masters of deadpan improvisational comedy - bouncing off each other, you should theoretically just be able to let the cameras roll and follow them wherever they take you. With a screenplay from Jon Lucas and Scott Moore, who wrote the original "The Hangover" you should already be in pretty good shape. But the too long film from director David Dobkin ("Wedding Crashers") is all over the place in tone, veering awkwardly from some daring comic moments to feel-good sappiness and back again in hopes of redeeming some semblance of edginess. Learning lessons is what body-swapping movies are all about. Here, Bateman plays Dave Lockwood, a successful Atlanta lawyer who is married with three kids. His childhood best friend, Reynolds' defiantly single Mitch Planko, spends his days doing bong hits in his man cave and his nights bedding as many random women as possible. Each insists the other guy has the better life. After too many drinks one night, they wake up the next morning and poof! They've switched bodies, which leads to some predictable but amusingly executed fish-out-of-water scenarios.

R for pervasive strong, crude sexual content and language, some graphic nudity and drug use. 112 minutes. Two stars out of four.

"Rise of the Planet of the Apes"



by Christy Lemire, AP Movie Critic

Silly humans. We're so arrogant. We see a cute, cuddly baby chimp, assign all kinds of familiar characteristics to it and raise it with the loving playfulness we'd give our own children, only to find that the creature's unpredictable and ferocious animal nature wins out in the end. If the documentary "Project Nim" didn't serve as enough of a warning for us earlier this summer, now we have this blockbuster, which is sort of a prequel and sort of a sequel and sort of a reboot. Mainly, it's a spectacle. Sure, it might be trying to teach us a lesson about hubris. But mostly it's about angry, roided-up chimps taking over and wreaking havoc. This is not a complaint, mind you. This seventh film in the "Planet of the Apes" series rises to such ridiculous heights, it's impossible not to laugh out loud - in a good way, in appreciation. There's big, event-movie fun to be had here, amped up by some impressive special effects and typically immersive performance-capture work by Andy Serkis (Gollum from the "Lord of the Rings" films). But the idea that director Rupert Wyatt and writers Rick Jaffa and Amanda Silver truly had anything serious in mind seems rather disingenuous. James Franco stars as the scientist whose drug tests to find a cure for Alzheimer's lead to the birth of the super-smart Caesar. Freida Pinto and John Lithgow co-star.

PG-13 for intense and frightening sequences of action and violence. Running time: 105 minutes.

Two and a half stars out of four.

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| MOVIES | TIMES |
|--|----------------------|
| 30 Minutes or Less-R | 1:00 4:00 7:20 9:45 |
| The Change-Up - R | 1:10 4:05 7:15 9:50 |
| Cowboys and Aliens-PG-13 | 3:50 9:35 |
| Crazy, Stupid, Love-PG-13 | 12:45 6:55 |
| Final Destination-R (3D) | 1:05 3:55 7:10 9:25 |
| First Avenger: Captain America (3D) - PG-13 | 3:35 9:55 |
| Glee Live!-PG (3D) | 12:55 3:45 7:00 9:15 |
| Harry Potter, Deathly Hallows, Part 2-PG-13 (3D) | 12:35 7:05 |
| The Help-PG-13 | 12:15 3:25 6:40 9:40 |
| Rise of the Planet of the Apes-PG-13 | 12:40 3:40 6:50 9:45 |
| The Smurfs-PG | 12:50 3:30 6:45 9:00 |

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- Coyote Killer - Mojave, Ca

DiningGuide

Dining at a glance

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CHARITY'S TAVERN 422-3800
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CHOICES RESTAURANT & ROTISSERIE 422-4030
Glazebrook Center, Killington Rd., Killington
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CLUBHOUSE GRILLE 422-6272
Roaring Brook Rd, Killington
Located at the Killington Golf Course.
Cocktails, daily specials, appetizers, burgers, salads and freshly prepared sandwiches. Dine in, on the deck or order to go from 11:00am-3:00pm Join us for happy hour Wednesdays 4-8pm with Joey Leone. Amex, MC, VISA

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

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

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

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
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|--|-------------------|--------|----------|-------------|---------|-------|-----------|--------------|-------|--------|--------|------------|----------|-------------|----------|--------|
| | ITALIAN | FRENCH | AMERICAN | CONTINENTAL | MEXICAN | ASIAN | PUB FAIRE | BREAKFAST | LUNCH | DINNER | BRUNCH | LATE NIGHT | TAKE OUT | INEXPENSIVE | MODERATE | DELUXE |
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| Charity's | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| Choices Rest. & Rotisserie | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| Clubhouse Grille | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| Gracie's Grill | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| Killington Market | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| Lakehouse Pub & Grille | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| Liquid Art | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| McGrath's Irish Pub | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| Moguls Sports Pub | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| Mountain Top Inn & Resort | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| Olivia's Market | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| Pasta Pot | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| Ramunto's | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| Red Clover Inn | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| Seward Family Restaurant | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| Sugar & Spice | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| Trak-In Restaurant | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| Vermont Apple Pie Breakfast Bake Shop | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |
| Vermont Inn | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . | . |

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Photo courtesy of Okemo Mountain Resort

Jackson Gore Outdoor Music Series

Love in Stockholm will appear for a free concert on Friday, Aug. 12, as part of Okemo Mountain Resort's Jackson Gore Outdoor Music Series.

This Rock 'n Soul band has called Boston home since their formation in September 2006. Raised in the house parties and dive bars of Allston, the band even has a song that bears the namesake of the town they love. They soon gained a reputation for their wild live performances, complete with blasting horns and frontman Charlie Rockwell's guttural wail.

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

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

Following Love in Stockholm, the summer lineup of musical artists includes: Banjo Dan and the Mid-nite Plowboys, August 19; Kenny Mehler Band, August 26; Lipbone Redding and the LipBone Orchestra, September 2.

In addition to the Jackson Gore Outdoor Music Series, Okemo will host its annual Parrothead Party with Jimmy Buffett tribute band, Changes in Latitudes, on Oct. 8.

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

Vermont Arts Council Awards \$311,133 In Grant Funding

MONTPELIER—The Vermont Arts Council is pleased to announce the recipients of three competitive grant programs. Fifty-four awards totaling \$215,243 will be funding Arts Learning, Community Arts and Creation projects across Vermont. In addition, eleven organizations will each receive \$7,000 and three organizations will receive \$6,300 as the first installment in the multi-year Arts Partnership Grant program.

Arts Learning grants fund in-school and out-of-school educational programs that enhance student learning through the arts. The 13 grants awarded total \$50,233. Community Arts grant projects support participation and engagement in the arts. The 28 Community Arts grants total \$126,010. Creation grants support the development and presentation of new work. Thirteen artists were awarded a total of \$39,000. Arts Partnership Grants, totaling \$95,900 for this year provide operating funds over a three-year period to help local arts service organizations maintain, develop and/or strengthen relationships in their communities.

Competition for funding remained as stiff as ever; in the Creation Grant category requests were seven times greater than the resources available. Of the 91 applicants, only 13 received funding. Of the 60 applicants for Community Arts grants, 28 received funding, and 13 of the 23 applicants for Arts Learning Grants were approved.

Applications were reviewed by peer panels of professional artists, educators, arts administrators, community leaders and others with specialized knowledge in each grant category. Panelists evaluated applications according to the degree to which the applicant met the criteria outlined in the grant guidelines. The review process is rigorous and some projects fall short of the review standards. However, the primary reason many worthy applicants were turned down is the Arts Council's lack of funding to support these programs.

The Vermont Arts Council's primary sources of funding are the State of Vermont and the National Endowment for the Arts. The Arts Council persistently works to raise awareness of the importance, value and benefit of Vermont's creative community in order to increase public and private sector investment in the arts.

"It is becoming increasingly apparent that the quality

of arts projects taking place all over Vermont is exceptionally high," said Arts Council Executive Director Alex Aldrich. "This, in turn, leads to a greater sense of goodwill and excitement within communities that host these events. Vermont's artists and arts organizations are an extraordinary resource that are rapidly gaining a worldwide reputation, collectively, as a cultural destination with few peers."

The following is a list of awards by county in this readership area:

Rutland County

Carving Studio and Sculpture Center, West Rutland \$7,000 Arts Partnership Grant to support the Carving Studio's programs and services including residencies, international exchanges, educational workshops, exhibitions, lectures, and special events.

Lakes Region Youth Orchestra, Inc., Rutland \$4,650 Community Arts Grant to support a joint youth orchestra festival exchange concert in Weston.

Paramount Center, Rutland

\$7,000 Arts Partnership Grant to support the Creative Partnerships Series, Vermont Artist Series and economic/municipal outreach initiatives.

Windsor County

Karen Hansen, Hartland

\$3,000 Creation Grant to support the creation of original music for "Vanitas," an original theater production.

Pentangle Arts Council, Woodstock

\$6300 Arts Partnership Grant to support Pentangle's programs in the Town Hall Theater and programs in partnership with community organizations and schools in the Woodstock area.

Weston Playhouse Theatre Company, Weston

\$5,000 Community Arts Grant to support the production and outreach of SAINT-EX.

Since 1964, the Vermont Arts Council has been the state's primary provider of funding, advocacy and information for the arts in Vermont. It strives to increase public awareness of the positive role artists and arts organizations play in communities and to increase opportunities for Vermonters to experience the arts in everyday life. The Council is the only designated State Arts Agency in the U.S. that is also an independent, not-for-profit, membership organization.

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Ask Food: The Verdict On Frozen Yogurt

Food Network Kitchens, SHNS



Q: Is frozen yogurt healthy?

A: Yes.

Using yogurt instead of cream typically means a significant reduction in fat and calories. A half-cup serving of frozen yogurt will typically average 100 to 140 calories and zero to three grams of fat (a very reasonable sweet treat for any healthy diet). Some premium brands of ice cream contain three times more calories and five times more fat than frozen yogurt!

Our taste test revealed that beneficial probiotic bacteria are present in frozen yogurt (a bonus for your digestive system). Nutrients like calcium, vitamin D and protein can also be found.

No. Frozen yogurt still stacks up equally to ice cream when you look at the sugar content. One half cup of vanilla averages two to three teaspoons of sugar.

Is Fat-Free Better?

Nonfat varieties need to use thickeners and binders like carrageenan, cellulose and guar gum to make up for the texture that high-fat ingredients like cream naturally provide. While these additives are safe to eat, they make some varieties of yogurt more processed than ice cream.

The Verdict

Frozen yogurt certainly does have healthy attributes like less calories and fat and some healthy bacteria, but there's a lot of variation in the sea of frozen-yogurt options. Whether you're at the local yogurt shop or picking up pints at the grocery store, seek out nutrition info and read ingredient labels carefully. Portion control is still key -- choose "small" or "child" sizes when eating out and scoop out no more than a cup when at home.

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

Learn Your Wines in Brandon Aug. 11

How do you start to learn about wines? It is such a subjective experience, in which your personal history, preferences, tastes, and emotions play such a central part. But you have to start somewhere. Opening different bottles and tasting them, carefully noting the different grapes and regions they come from, would be a logical start - if there is any logic involved in this.

Another good start is to read up on different areas, visit wine regions and wineries, or take part in wine tastings and seminars.

One such chance presents itself in the newly opened Center St. Bar at Café Provence in Brandon this Thursday, Aug. 11th, at 5:30pm.

Sylvain Boulet, international Bordeaux educator and certified specialist of wine will lead a seminar on wines from Bordeaux and explain the specifics of vineyards and wines, tasting techniques, food and wine pairings, and the Grands Crus Classés of Bordeaux.

Each wine has its own personality depending on the winemaker or estate owner. Exact blending offers almost unlimited possibilities to create certain flavor profiles. Each grape displays different characteristics,

and each vineyard experiences different microclimates and soil compositions.

Each year the weather has enough variations to influence the harvest, so each vintage is never quite the same.

The most prestigious wineries or Chateaux offer specific blends for their 'first' wines made from the oldest vines. The aim is to produce complex, aromatic, rich wines with good tannic structure and ageing potential. 'Second' wines tend to be fruitier, more supple, and more affordable and are meant to be consumed earlier.

The Bordeaux region of France is one of the oldest wine regions of Europe and sports a long tradition and history, which lead to strict regulations and classifications. Grapes from young Merlot vines are not vinified with mature Cabernet vines. Vine growing on south-facing clay-limestone hillsides produce grapes different to those from gravelly terraces. The winemaker tries to preserve these differences rather than fight them.

Vinification is done separately for each variety, sometimes plot by plot, vineyard by vineyard to preserve each distinctiveness.

Red Bordeaux wines are mostly blends from Merlot, Cabernet Sauvignon, Cabernet Franc and Petit Verdot. Other permitted grapes are Malbec and Carmener. Merlot imparts round, generous and complex aromas, Cabernet Sauvignon lends structure, bouquet and aging potential to wines, Cabernet Franc adds a touch of suppleness and elegance, while Petit Verdot adds color, aromatic richness to the structure.

Bordeaux produces on average 700 million bottles of wine every year. There are more than 8,500 Chateaux or producers in 60 appellations producing red, white and rosé wines.

Plenty to talk about, plenty to learn, so please join us this Thursday in Brandon!

Vocal Recital in Rutland August 14

Jamie Willis' Graduation Vocal Recital Sunday, August 14th at 3 PM at Grace Congregational Church.

Jamie Willis recently graduated from Plymouth State University with a degree in Musical Theatre. He has been a member of Grace Congregational Church in Rutland for the past 5 years and has worked with Grace Church's Sanctuary, High School, and Festival Choirs, the Rutland Area Chorus and has participated in many of the summer musicals. On Sunday, August 14 at 3 PM, Jamie will be performing a vocal recital with accompaniment by Rip Jackson. He will be performing sacred, classical, and musical theatre songs including selections from West Side Story, My Fair Lady, and The Last Five Years. It's going to be an afternoon of beautiful and entertaining music. We hope to see you all there!!

Rockin'! Dockin'! Dine!

The Tinmouth Pond Milfoil Project is hosting this event Saturday, August 13th from 4:30 to 8:00 p.m. at the Tinmouth Pond (aka Chipman Lake) Pavilion, 115 Tinmouth Pond Road, Tinmouth, VT. The event includes a buffet-style dinner and a live band playing classic rock and roll (\$10 in advance/\$12.50 at door for adults; \$5.00 for kids under 12; \$2.50 cover charge for live band if buffet not purchased) and pontoon boat rides (\$2.50); a Chinese Auction; 50/50 Raffle; free S'mores for kids; and local vendors selling specialty items. Proceeds from the event go towards the cost of control and removal of Eurasian Water Milfoil and maintenance of water quality in Tinmouth Pond. Advance reservations for tickets can be made by calling 446-2343, 446-2449, or 446-3307. This is an alcohol-free event.



Benson Family Days & Burdock Festival

photo courtesy Burdock Festival

Sunday August 14, 2011 - 9:00 am - 5:00 pm

The annual Family Day & Burdock Festival is a great day for the whole family... and all proceeds go to benefit the Benson Volunteer Fire Department. What could be better than that? Everyone is welcome for this down home country event.

Here's the schedule of events as reported by the Benson Bulletin... don't miss it:

- 9:00 am Burdock Entries due at the Town Office
- 9:00 am Hymn Sing
- 9:00 am - 1:00 pm Library Book Sale

Hamburger vs. Hot Dog

Food Network Kitchens, SHNS

Q: Which is healthier, a hot dog or a hamburger?

A: There are pros and cons to both favorites.

Burger Pros: Burgers aren't about ground beef anymore. Although you can make a killer burger from 90 percent to 95 percent lean ground beef, burger alternatives like turkey, bison, ostrich and fish are delicious, too. These leaner choices provide tons of protein, iron and energy boosting B-vitamins.

Cons: It's easy to rack up the calories with huge burger patties, lots of cheese and other fatty toppings, mayo and other calorie-laden condiments and huge buns.

Hot Dog Pros: The calories aren't out of control -- a regular-sized (1.6-ounce) hot dog with a touch of ketchup and mustard and a bun only has a few hundred calories.

Cons: These bad boys are highly processed and most brands contain nitrates. Most folks don't stop at just one -- they eat two or three hot dogs at one sitting -- not to mention the mayonnaise-laden sides and barbecue goodies that get gobbled up, too.

Healthy-Hot-Dog Tips:

A variety of hot dogs are available, such as nitrate-free or reduced-fat. If you need a second dog, hold back on the bun or the mayonnaise-filled side salads.

- 10:00 am - 2:00 pm Church and Town-wide Tag Sales
- 10:00 am PARADE: This year's theme is "Hollywood."
- 11:00 am Dog Show on the lawn behind the cement pad
- 11:30 am - 1:00 pm BBQ to benefit the Benson Municipal Volunteer Fire Department
- 12:30 pm Basket Raffle begins at the Fire Department to benefit the BVS 8th Grade Class
- 1:00 pm, 2:00 pm & 3:00 pm Adirondack Drill Team Equestrian Shows at Kellogg's (across from the Wheel Inn Restaurant)
- 1:00 pm Magic Show on the cement pad between the Town Office and Community Hall
- 1:30 pm VTPA Garden Tractor/ATV Pulls at the Butler (Lussier) Track
- Plus face painting, vendors, children's activities... and the return of the Burdock King and Queen!
- To Town Center of Benson is located approximately 9 miles north of Fair Haven. Take Lake Road west off Route 22A into the village center.

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Cooler in the Mountains Presents Twiddle

The Vermont-based band Twiddle will perform a free concert at the Killington Resort on Saturday, August 13 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 Gravity East Mountain Bike Competition at the mountain.

Twiddle, the Vermont-based progressive jazz/rock quartet, has developed a frenzied fan base on both coasts. Their music, described as "three dimensional," conjures up Coltrane, Ranglin and Zappa, while still embracing the roots of jam-band traditions. Quoting the band's bio, "Obliterating the laws of improvisation, Twiddle delivers spectacular climaxes, defiantly weaves through genres, and never fails to leave a crowd lusting for more."

"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.

All of the "Cooler In The Mountains" concerts are free and open to all ages, and guests are encouraged to bring lawn blankets and chairs to enjoy the scenic views. Concert-goers may register to win a 2011-12 Killington Season Pass (no purchase necessary), which will be given away at the conclusion of the concert series.

Central Vermont Chamber Music Festival

Members of the Central Vermont Chamber Music Festival take up their 19th annual two-week summer residency at Chandler Music hall in Randolph beginning August 14. Under the Festival direction of its founder, cellist Peter Sanders, musician friends and colleagues from the New York area gather together to rehearse in preparation for several weekend concerts in the area, including Randolph, Montpelier, and Woodstock.

Sanders has planned again another concert series of both familiar and quite unusual works. The first concert takes place at Chandler on Saturday evening at 8 p.m., August 20, with an encore performance at the Woodstock Unitarian Universalist Church on Sunday, August 21 at 4 p.m. On the program will be the Schubert String Quartet #15 in G, D. 887; and the A major String Quintet by Alexander Glazunov, a work scored for string quartet and a second cello. The musicians performing in this first week's concerts are violinists Arturo Delmoni and Cyrus Beroukhim, violist Michael Roth, and cellists Peter Sanders and Alistair MacRae.

The second week of performances includes piano with strings. The concert at Chandler Music Hall on Saturday evening, August 27th at 8 p.m. includes the Piano Quartet in a minor, Op.1 of the Czech composer Josef Suk and the much loved Schumann Piano Quartet in E-flat, Op. 47. The unusual work of this season's Festival is the Trio for violin, viola, and cello in G by the relatively unknown English/Irish composer, Ernest John Moeran. The performers for this week's concerts are all veterans of the Festival: violinists Basia Danilow, Adela Peña, violist David Cerutti, cellist Peter Sanders, and pianist Jeewon Park. There will be a preview of this concert in Montpelier on Friday, August 26 at 8 p.m. at the Unitarian Church.

Tickets for the the Chandler concerts are available by calling the box office weekdays at (802) 728-6464 between the hours of 3 and 6 p.m. or by emailing tickets@

chandler-arts.org. They may also be ordered through the Festival website at www.centralvtchambermusicfest.org. Adults \$22, or \$38 for a package of both concerts. Complimentary tickets are available to students through a special grant. Inquire at the box office.

The Woodstock concert is presented by Pentangle Council on the Arts. Admission is by donation. For more information, contact Pentangle at (802) 457-3981. Tickets for the Montpelier concert are available only at the door, \$20.

"Breakfast with Bach" is a new feature that has been added to the Festival this season. On Sunday morning, August 21 at 11, Peter Sanders will perform an informal concert of the Bach First Solo Cello Suite in G in the Chandler Gallery. Tickets are available at the door.

A special mission of the Central Vermont Chamber Music Festival is to bring appreciation and understanding of good music to youngsters, and each year they perform a special concert for the young set. The annual Children's Concert will take place at Chandler on Friday, August 26 at 11 a.m. The Sixth Floor Trio will bring "Music from the Baroque to Bon Jovi" to the children. In this special program the Trio will engage and interact with everyone in learning about music - its structure, its rhythms, and its different flavors, from classical to bluegrass to Klezmer, to Jazz, to Latin. Tickets for this event are available only at the door, \$5.

The festive conclusion of the residency will take place outdoors on a Sunday afternoon at the Three Stallion Inn in Randolph on August 28th at 12:30 p.m.. The Sixth Floor Trio reappears for this performance, "Classical to Classic Rock: An Afternoon of Eclecticism," as they engage the audience by focusing on short classical music works mixed in with bluegrass and other musical genres. The concert is traditionally free and open to the public and guests are welcome to bring picnics. For more information, call the Inn at (802) 728-5575.

For sneak previews of the Festival there are two open rehearsals at Chandler, on Thursday evenings, August 18 and 25, both beginning at 7 p.m. The public is welcome to stop by to watch music in the making. Radio features can be heard on WCVT's "Vermont Notes" with host Linda Radtke on Sunday, August 14th at 11 a.m.; live with Walter Parker on VPR Classical on Friday, August 19 at 11 a.m.; and on Peter Fox Smith's "Interlude" on VPR Classical on Saturday, August 20 at 12:20 p.m.

The Central Vermont Chamber Music Festival is presented in partnership with Chandler Center for the Arts. The newly renovated Chandler Music Hall is fully handicapped accessible.



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LocalNews

MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

Gearing Up for Late Summer Events

There are many fun events upcoming in the Town of Killington that you are not going to want to miss. The world famous Circus Smirkus is coming to Pico Mountain on August 14 and 15 with 30 of the world's best child performers. There will be juggling, trapeze artists, clowns, tumbling, aerial acts, music by youth performers coached by adult professionals. The youth performers come from as far away as California and New Zealand. The venue will be a big top tent that seats 750 persons. Every year the Circus Smirkus creates a new theme, and this year's theme is Frontpage Follies. The shows on Sunday August 14 and Monday August 15 will be at 1 pm and 6 pm. Tickets are \$20 for adults (ages 13 and over) and \$17 for youth (ages 12 and under). Group discounts are available. Don't miss this awesome event in the Town of Killington!



Bird's eye view of the village of Bridgewater, Vermont, including the Mill and the Ottawa-Quechee River.

The Killington Hay Festival will run from September 1 to October 10 this year. The festival showcases a collection of 40 huge hay animals created in front of our local businesses. There will be a hay maze, "Hay and Stay" packages for lodging, an Old Fashioned Ice Cream Social and Soapbox Political Rally in the local grange hall complete with barbershop quartet. Politicians from local to state and national levels will stand up on a real soapbox and give their best two minute orations.

The Killington Classic Motorcycle week runs from September 8 to September 11 with four days of action packed activities. The is Vermont's largest motorcycle touring rally with special day rides, poker runs, lectures, demos and parade that travels 12 miles from Killington to Rutland and the Vermont State Fairgrounds. There will be a casino night, pig roast, block party, stunt shows and many motorcycle vendors in a special Vendor Village. The Killington-Pico Rotary Club is holding their Annual Dutch Pancake Breakfast to benefit their charities on September 10 at the little white church on Route

4 by River Road.

There will be a benefit dance for Billy Tarleton on Friday, August 12 from 7 pm to 9 pm at the Masonic Hall in Woodstock. Music will be performed by Jim Hollis featuring sounds from the 60's, 70's, pop and rock, and light refreshments will be served. Donations are accepted. For more information please contact Flo Lucot at 457-2080.

On Monday, August 15 the award winning author Michael Tougias will present "The Finest Hours" which takes place in the winter of 1952 when New England was battered by the most brutal Nor'easter in many years. Mr. Tougias tells the story of the heroic rescue at sea by the U.S. Coast Guard. Books will be available for purchase and signing after the program. This event will take place at the Woodstock History Center on 26 Elm Street, Woodstock. This event is free for members of the Woodstock History Center, and a fee for non-members.

The Tyson Ladies Aid organization will be holding their Annual Bazaar on the Village Green in Ludlow on August 13 from 10 am to 2 pm. This bazaar will feature a chicken barbecue and gift basket with delicious baked goods raffles. Please support your local non-profit organization!

Bridgewater will celebrate it's 250th birthday on August 20 with firemen's muster games at the Rec. field starting at 7 am, a parade that starts at 11:30 am, a yard sale and chicken barbecue at noon. Call 672-1818 for more information.



Mountain Times and Addison Independent Forge Agreement

by Royal Barnard

The Mountain Times is pleased to announce that we have made an agreement for Angelo Lynn and his family to take over operation and ownership of The Mountain Times and it's ancillary publications.

Mr. Lynn is a fourth generation newspaper publisher and owns The Addison Independent and several other titles within Vermont. He is a native of Kansas, where his family started in the newspaper business in the 1880's. He has several children who are also part of his publishing activities.

The Mountain Times was founded in 1972 as The Killington-Pico Paper by Edward Pickett. Mr. Pickett also owned Ski Racing Magazine and the Deerfield Valley News. Mr. Pickett sold the Killington-Pico Paper to Andy Neisner of Killington around 1976. The title was later changed to The Mountain Times and subsequently sold to Fred and Olga Straka.

In 1986 The Mountain Times was sold to myself and my wife, Zip (Veronica), and we have kept it as a family owned business for the last 25 years.

Angelo Lynn and I have been friends for several years, and when the notion came of handing our business from one family to another, he was our first choice. Angelo and I share marketing philosophies, management styles, personal values, and a vision of how both print and digital media fit in with the needs and desires of the 21st Century.

No change of personnel or policy are expected at The Mountain Times. My wife, Zip, and I and our daughter, Haley, and son-in-law, Mike, intend to work through an orderly transition period with Angelo and family, and we foresee a bright, creative environment and a fresh level of energy taking our place.... along with the same wonderful staff that have been the strength of our organization and have been our best friends.

I would be a liar if I said there is not some sadness and anxiety about this change for my family. However, we are making the change from choice, and not need.... and we have chosen our successors for principal and not for money. We are blessed to be able to do so.

All of our friends and advertisers are invited to contact us with any comments or concerns and we pledge to continue to serve our community well.

Colonial Day Features Architectural Treasures

The Annual Castleton Colonial Day House Tour will be held Saturday, August 20 from 10am to 4pm. The tour includes 17 sites throughout the village including outstanding private homes, historic sites and public buildings. Hostesses will be dressed in period costumes, so a walk along Main Street is like a step back in time.

Visit the Castleton Federated Church, a house on South Street, the Dake/Murphy house, the Skinner-Cresci brick house c.1832 with its converted barn, the Ranson-Rehlen house, referred to as "The Manse" was

built in 1846, as well as the Higley House open for tours, exhibits, demos & more.

Railroad buffs will enjoy touring the recently renovated D&H railroad station built in 1850.

Additional activities include a reenactment of "a day in camp" by members of the 53rd Regiment of Foot in America. The Castleton Library will hold an ice cream social from 2:00 - 4:00 and the Federated Church will host a ham dinner at 5:00, for \$8 adults, \$5 ages 12 and under.

House tour tickets are \$20 for adults \$18 for seniors (65+). For info, 802-468-0011.



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Last week was glorious. Vermont summer at its best—blue sky, piles of white clouds, fields of wildflowers. Forty-five writers from all over the United States and Canada gathered at Tinmouth Pond for the Green Mountain Writers Conference. Judy Gould's new paintings -- mountains and woods with vivid wildflowers -- hung on the pavilion walls and Patsy Zedar's compilation of photos, Sherburne—Postcard #3, and a poem "Old River Road" (original in the KAG Gallery) were displayed. Ann Day recited verse about Vermont and her life from many of her poetry books. Jill Dye read lyrical verse and articles on Sarasota's homeless; Betty Little spoke the pounding words of "Somerset" from the book she is writing with her sister. The scent of flowers in vases from Yvonne Daley's garden and lines from her book "Octavia Boulevard" all seemed to be floating on the breeze from the lake. KAG talent was everywhere!

Ars Poetica, sponsored by the Sherburne Memorial Library, met recently. Lauren Wilder talked about Haiku poetry. There are many types. She suggested a modern version: three lines, 5 syllable on the first, 7 on the second, 5 on the last with a nature theme. One poet, from Chelsea,

VT, read from a poetry book she is writing, about a spider—delightful! Elisa Sawyer, Lynn Caulkin, Linn Minard, Betty Little, Jill Dye and Patsy Zedar wrote haiku apple poems. Haiku poems by John Little from KAG's book, "A Gathering of Poets; a Vermont Anthology" were presented. Everyone read something. Ann Wallen and Lauren are AP founders and leaders. The next meeting is at 6 PM on the 4th Weds of the month (802-422-3824).

The KAG Gallery is open every business day at Cabin Fever Gifts on Rt. 4 opposite the Killington Access Road. The Show is "250 Year- People and Mountains." In Cabin Fever look at the variety of purses and bags from polyester carries and backpacks to exquisite one of a kind pocketbooks from everywhere, and light luggage—what a selection!

Are you are interested in supporting diverse art activities in Killington and Vermont or encouraging local talent? If you are an artist or an art supporter then we need you to become a member of the Killington Arts Guild today. (For the Guild call 1-802-422-3852 or www.killingtonartsguild.org; for this column: vttag@aol.com).

Mendon/Chittenden/Pittsford/Brandon Notes

by Debbie Burke



An aerial photo of the center of Pittsford, Vermont taken by Deb Burke on July 30, 2011. A bird's eye view of a quaint Vermont town on a beautiful summer's day!

Golf For Boys & Girls Club

The Neshobe Sportsman Club in Brandon, Vermont is offering a Hunter Safety Course this August. Classes will meet on August 11 from 7 pm to 9 pm and on Saturday and Sunday August 20 and 21 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 years old must have parental signature to participate. There is no prior registration necessary. Just show up and get ready for the season.

On Monday, August 15 the Brandon Town Band will play on the Brandon Town's Central Park from 6:30 pm to 7:30 pm. This is Brandon's own multi-generational band. Central Park is located at the junction of Routes 73 east and Route 7. Don't miss it!

On Wednesday, August 31 the New England Maple Museum will be demonstrating the crystallizing of pure ma-

ple syrup into maple sugar. Visitors can sample the final product fresh from the mold without touring the Museum. Call 483-9414 for more information or stop in to the New England Maple Museum and taste the sweetness in person!

On Friday, August 19 the Neshobe Golf Club presents "Swing for the Kids Golf Tournament." This event takes place from 1 pm to 4 pm, with the Shotgun start at 1 pm, rain or shine. The tournament includes 18 holes of golf with cart, dinner post-play, a 50/50 raffle and door prizes, closest to the 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." To register call Sid Bradley at 465-4131 or Christy Gahagan at 247-4817 with any questions.

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East Poultney Day Celebrates 250 Years

East Poultney Day, a celebration of Poultney's rich history, is the premier event of the Poultney Historical Society. 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.

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.

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 19th century Melodeon Factory

-An 1896 Victorian schoolhouse

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.

Furniture Needed For BRGNS Fall Rummage Sale September 23-25



Black River Good Neighbor Services will be holding a huge Rummage Sale at Fletcher Farm this September 23 - 25, 2011 and is looking for donations of furniture and other house hold items.

Peter LaBelle, President of BRGNS's Board of Directors said that "thanks to the generosity of Ludlow home owner Frank Dwyer's donation of warehouse space BRGNS has the ability to store furniture in advance of its rummage sale. All furniture in good condition will be accepted."

To make arrangements for dropping off, or having donated furniture picked up, please call Audrey Bridge at the BRGNS Thrift Shop at 802-228-3663 between the hours of 10am and 4pm,

Monday through Saturday. Furniture will be picked up by volunteers at an arranged mutually convenient time.

All proceeds from this sale will go to benefit the needy in the area. "The current economic crisis has created a greater demand than ever. A lot of our neighbors are going to need help this winter, so we are asking for everyone in the area who can help to please do so" said Audrey Bridge.

Black River Good Neighbor Services is a 501(c) (3) organization that serves the areas of Ludlow, Belmont, Cavendish, Mt. Holly, Proctorsville, and Plymouth. Donations are tax deductible.

More information regarding the Rummage Sale and requests for other types of donations will be forthcoming, so please be sure to look for future details in this paper.

The Thrift Shop and Food Shelf are located at 37B Main Street Ludlow.

Vermont's Flood of 1927 A New Look

Join the Chittenden Historical Society in a Vermont Humanities event on August 11, 7:30 pm, at the Chittenden Town Hall.

The flood is remembered as the greatest natural disaster to strike Vermont, and stories of loss, tragedy, and heroism abound. Yet it is far more than an episode restricted to the history of a single state. Historian Nicholas Clifford examines the flood and reconstruction to shed light on facets of our national history, and to help us understand better America's passage through the often anxious and difficult years of the 1920s.

For information, call (802) 483-6471.

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Cutting wood? Look up before felling a tree

These tips from CVPS are part of a year-long series to educate Vermonters about electrical safety and hazards.

AUGUST 2011

Cutting your own wood? Look up before felling a tree.

Many Vermonters are turning to wood heat, which can be more economical than other heat sources. At CVPS, we support renewable energy in many forms, but urge Vermonters who cut wood to take cautionary steps to prevent power outages, injuries or even death.

Each year, dozens of Vermonters accidentally drop trees onto power lines, sometimes knocking out electrical service to thousands of their neighbors.

While an outage can be repaired, severe injuries can have lifelong impacts, and fatal accidents affect entire families, along with friends and other loved ones.

The following tips will help keep everyone safe:

- Always look for nearby power lines before cutting any tree.
- Call us for assistance before cutting down any tree that could fall into a power line.
- Treat all power lines as energized. Never climb or attempt to fell a tree in contact with a power line.
- If a tree falls into a power line, stop at once! Stay clear and call us at 800-451-2877. Keep others away until our crew arrives.



For more safety tips, visit www.cvps.com/safety, and be sure to check out our newsletter, Keeping Current, which comes with your bill each month, for more from CVPS.

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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 Sun., 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.

Proctor Place

by Stacy Bates

Prepare Now for Fall Festival

Last week the Vacation Bible School was held in Proctor. They did a number of activities including singing songs, dancing, plays, arts & crafts and games. There was even one hot day when the Proctor fire truck came to cool the students off. The week's mission project was to raise money to help fund Braille bibles for blind youngsters in the Philippines and they met that objective by raising \$148.

Save the date! The Proctor Free Library will be holding their 130th birthday celebration on September 17 from 1:00-3:00pm. The event will be hosted by the Library Board of Trustees and you can take a trip down memory lane starting from 1881. You can bring your library stories and memories to share with family and friends. There will be a library trivia contest and refreshments.

Franklin's will be holding their first annual pig roast on Sunday, August 28 from 1:00-8:00pm at 25 North Street. It's a fun old fashioned pig roast with all-you-can-eat baked beans, potato salad, macaroni salad and corn on the cob.

The Our Yard concert series in the park continues with Darlingside on August 11. It is held at the Main Street park and they will play 6:30-8:30pm. On August 18th is Rick Redington.

There is a household hazardous waste collection at the Proctor transfer station on August 27 from 12:00-3:00pm.

Calling all vendors! The 9th annual Fall

Festival is now accepting applications for vendors for arts, crafts, baked goods, specialty foods, commercial merchandise, food service vendors and fundraising activities. Booth space is just \$20 for a 12 ft. x 12ft. space and is available on first come first serve basis. Electricity is available for an extra \$15. Vendor hours are from 9:00am-4:00pm. Set-up begins at 7:30am. Vendors must provide your own furniture, chairs, tents, etc. Call Celia Lisananti at 459-2958 now to book your space.

This year's Proctor Fall Festival is taking place on Saturday, September 24 and the baking contest has a birthday cake theme. Amateur bakers of all ages are invited to celebrate Rutland County's 250th birthday with their favorite birthday cake recipe made with King Arthur Flour. There will be a junior baker category for ages up to 14 years old and an amateur adult baker category. So pull out your favorite recipe and get ready for the festival. Call Laurie Mecier at 459-2142 or Cheryl Scarzello at 459-3531 for further details.

Proctor Elementary back-to-school visits are Monday, August 29th from 5:00-6:00pm. First day packets and family handbooks will be handed out so parents can get a jump on paperwork. The first day of school is Wednesday, August 31st. The elementary PTO has their first meeting planned for Wednesday, August 24th in the evening. Everyone is welcomed to be part of the PTO. Please call the school for exact time at 459-2225. Congratulations to Lydia Kuust, maiden name Drinwater, who was hired to teach grades 3-4.



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Downtown Rutland



Race Your Matchbox & Hot Wheels Cars!

The end-of-summer Trash to Art contest and the children's museum exhibits start off the final Friday Night Live August 12 at 6:00 p.m. in downtown Rutland. Cobra Gymnastics demonstrates the skill and talents of its members at 7:00 p.m. and Duane Carleton & the Backwoods messiahs fill the air with music.

Start your weekend a little early, with a visit to the Market Fair in Home Depot/Big Lots Plaza on Woodstock Avenue (299 Rt. 4 East) Friday afternoon.

Saturday and Sunday, August 13 and 14, mark the 50th annual Art in the Park presented by the Chaffee Art Center, a modern Renaissance festival of a sort. If you've not been there before, plan to stroll among the booths in Main Street Park. Enjoy the ambiance of enchanting music, flavorful foods, children's fun, and all manner of arts and crafts. Thank you to sponsors CVPS, OMYA, Stewart's Shops, Wendy's, and Price Chopper. Call 775-0356 for info.

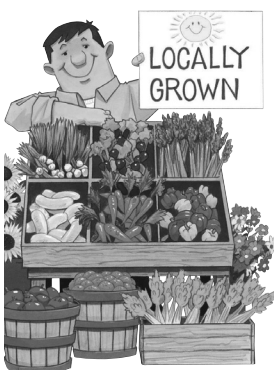
Saturday is not only a great day for art, but also a great day for eating. There is food in Art in the Park, that's true. Beforehand, you could stop in the pancake breakfast at the Masonic Temple in West Rutland from 8:00 to 11:00 a.m. Or you could start your personal food festival a little later at the BBQ chicken dinner at All Saints' Anglican Church at 42 Woodstock Avenue, from 10:00 a.m. to 2:30 p.m. (call 282-8098 for details).

Maybe you're dieting or at least watching your weight? Walk through Art in the Park and then drop down to East Wallingford Baptist Church on Rt. 140 East to race Matchbox/Hot Wheel Cars on a 32-foot indoor track, from 1:00 to 4:00 p.m. Call 259-2140 for more info.

After all that walking, spend Sunday evening from 7:00 to 8:30 p.m. in Main Street Park, listening to the Rutland City Band.

John Travolta fans, plan to spend Monday and Tuesday evening at the Paramount Theatre in downtown Rutland. Monday is the 1994 Pulp Fiction, nominated for seven Academy Awards and listed as one of the All-Time 100 Movies by Time Magazine. Tuesday is the 1977 dance film Saturday Night Fever, known for its bouncy Bee Gees tunes and glorification of the New York City club life. Both start at 7:00 p.m. Call the box office, 775-0903, for tickets.

Market Fair of Rutland Town/Killington



Come to the Market Fair at Home Depot Plaza on Route 4 Friday nights, 4 pm to 8 pm through September - a new Farmer's Market and fresh local produce with an age old tradition of "Market Fair." It features a variety of crafts, culture, food, energy healing, music, yoga and more, all in an open air setting.

Live entertainment this week includes multi-instrumentalist J Rumney at 4 pm, Jake Wildwood Duo at 5:15 pm and The Dubois at 6:30 pm. On-site Yoga class at 6 pm with "Whoa-Ga" author Cathy Reynolds. Call for info 802-558-6155.

Kenyan artist Irene Wanjiru visits the Carving Studio and Sculpture Center as an Artist in Residence throughout the month of August. Hear her discuss her work in Wednesday evening discussions August 10, 17, and 24, in the Carving Studio's main building, 636 Marble St., West Rutland. Find out more by calling 438-2097.

Enjoy an evening of guitar, flute, and hammer dulcimer plus storytelling from troubador Stephen Coronella at 7:00 p.m. Friday, August 19, in the West Rutland Town Hall.

Rutland Criminal Court judge Theresa DiMauro leaves the local bench to work in Windsor Civil Court. Replacing her is judge Cortland Corsones, currently heading up Rutland Family Court. The switch, taking place September 6, is only one of multiple reassignments taking place each year, Judge Nancy Corsones steps into family court slot.

When you watch the Macy's Thanksgiving Day parade this fall, look for Mill River Union High varsity cheerleaders Rachel Montross and Leslie Hixon. They march as part of a group of 600 cheerleaders from across the country.

Wouldn't a kitten bring new excitement to your household? Check out the great supply of kitties, young and old, boys and girls, available for adoption at the Rutland County Humane Society. Call 483-6700 to find your dream purr-maker.

The College of St. Joseph plans its 2011 alumni reunion for Saturday, September 17. Activities include brunch, a co-ed basketball game, family activities, campus tours, and more.

After years of promises (since 1994), the state Agency of Transportation apparently really intends to fix Dorr Drive bridge. Officials say the project will cost about \$4 million, with 80 percent to come from the federal government, with the remaining 20 percent coughed up by state and city. A few weeks ago, the bridge temporarily closed to traffic over safety concerns, but soon reopened, with the caveat that it not accept traffic weighing more than 3 tons.

The Vermont Rail System recently took a number of local officials for a ride - by train, that is - from Rutland to Castleton and back, demonstrating how much faster the trip has become as the result of recent track improvements. The trip that formerly took 25 to 30 minutes now requires fewer than 15.

Vermont Actors' Repertory Theatre plans to hold auditions for its 2011-2012 season soon but has not set the date and place yet.

Friday Night Live August 12

The final Friday Night Live of the season occurs this Friday. It's been a great season! Come Downtown to enjoy Rutland's most popular event.

The evening starts off at 6:15 p.m. with performances of gymnastics and belly dance by Cobra Gymnastics & Dance Center. During its hour long exhibition, coaches and gymnasts will flip, balance and tumble their skills while the Sisterhood of the Silk Road and Troupe Tazelik (Cobra Girls) will shimmy the night away. CCV's Middle Eastern Dance & Culture students will perform their final presentation involving veils, baskets & cane dancing as well as a Tribal Style Improvisational piece.

At 7:30 p.m. Duane Carleton & the Backwoods Messiahs takes to the main stage and will provide two sets of music up to 10 p.m. The stage will be in front of Lake Sunapee Bank.

No matter what age you are, come in and visit the Wonderfeet Kids' Museum located in the former King's Fine Furniture location. Open from 6 - 8 Friday night, the museum is featuring hands on exhibits revolving around the theme of "Trashformers."

And speaking of recycling, the third annual Trash 2 Art Contest will be occurring in the "Pit" on Friday night. Come and check out the great artwork created from recycle materials. Art will be on display from 6 - 9 p.m. Concurrently, visit the nearby "Sustainability Showcase." Marble Valley Regional Transit - "The Bus," Rutland Planning Commission, Efficiency Vermont, Central Vermont Public Service and NeighborWorks of Western Vermont's HEAT Squad will have exhibits.

At 7:30 p.m. the dancers from Peak Performance will be conducting a demonstration near the "Pit."

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. Friday Night Live could not occur without the help of our sponsors: KeyBank, FairPoint Communications, Berkshire Bank, VELCO, Bud Light, Stewart's Shops, the Vermont Country Store, Casella Waste Management, Gus' Tobacco Shop, Best Western Plus, Lake Sunapee Bank, VSECU, Proctor Gas, Keyser Energy and the attorneys of Ryan, Smith and Carbine.

Rain or shine, Friday Night Live goes on with activities commencing at 6 p.m.

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ARIES: March 21 – April 20: Too many things have happened overnight for you to feel sure about the way they went. You don't need to worry about too much; as long as you continue to trust your instincts and lose the need to overcompensate for whatever you think you lack, you'll be fine. If it's any comfort to you, no one has a clue that you feel like you're on Red Alert, or keep wondering where your confidence went. The warrior lives! You may not realize it but whatever you think you've lost, or can't seem to put your finger on is stronger than ever. Trust yourself enough to tap into it.

TAURUS: April 21 – May 20: Throwing in the towel can be fun; it all depends on where you stand with yourself. In this situation many of you are looking at a blessing in disguise; don't waste too much time feeling bad about things that have run their course when you know that it's time to begin again. You have too much going for you to be this fearful about what the future holds. To those of you who are coming at this with any sense of anger or regret: a quick reality check will show you that you never really wanted it – or you claimed it as your own without realizing it could never be yours.

GEMINI: May 21 – June 20: Whooo-hooo! What the f--- is going on? This could be more fun than a barrel of monkeys or you're sitting here wondering how you got wrapped up in this mess. I see plenty of fun on the horizon. The extent to which you are able to see it that way will depend entirely on your attitude. There are enough contacts, supportive people, and positive energy in this situation to make it into an experience that you will never forget. At this point, for better or worse, pretty much everything depends on your ability to transform a lot of stress and change into a whole new life.

CANCER: June 21 – July 20: You could use a little time out. Without meaning to, you've continued with a single course of action to the point where everything you do has become totally automatic. Before your inertia catches up with you, trip it up with a change of scenery. If you can find a way to open your mind right along with your horizons consider the virtues of a learning vacation. The rat race, along with your beliefs about who you need to be when you grow up have screwed up your ability to see yourself in a clear light. A good vision quest would clear up a million and one questions.

LEO: July 21 – August 20: It makes no sense to put a band aid on a mortal wound. If you think you're going to cover everything up with a wing and a prayer you will wind up making this situation ten times more complicated. Wake up! When the answer to things looks like it might be outside of ourselves, this is where we hit trouble. Major decisions that involve comingling others with the 'rest of your life' need to be considered in light of _____ (fill in the blanks). Not to put a damper on your illusions but you gotta be kidding if you think it's in your best interests to do this.

VIRGO: August 21 – September 20: In the midst of your own private whirlwind you are either totally confused, completely caught up, or living in a gossamer world of your own creation, wondering if this is the real you. It would be easier to know the answer to that question if you could think! For now, don't overanalyze things and forget about sticking to the program because life has something different waiting for you around the corner. Knowing what form it will take is less important than coming to the understanding that it's best to go with the flow whenever change is the operative word.

LIBRA: September 21 – October 20: You could make it easier on yourself if you could learn how to back off when things don't seem to be working. The need to "make it happen" presses many of us to keep on trucking until we realize that life doesn't work that way. Ease up a little. If you think your will has governance over other people and their choices you haven't figured out that none of this is up to you. Forget about being in control. Disengage enough to allow every other factor in this equation to inform you that things will work better if you lighten up and stop taking yourself so seriously.

SCORPIO: October 21 – November 20: Don't be naïve about people; your ideals only apply to you, believe it or not! Assuming that anyone approaches anything the way you do could create problems. You're dealing with someone who doesn't know enough about themselves to tell you the truth, let alone have a clue about where you're coming from. Tread lightly. If you expect too much from this it'll wind up disappointing you. Few of us know what we mean and even fewer mean what we say. Most of the time, it's our tendency to take people at their word that gets us into trouble.

SAGITTARIUS: November 21 – December 20: Something's come full circle. In letting go you're latching onto something else and even though they're both connected, whatever this new turn is all about, it's totally different than what was there before. At a time when you could have easily broken things off you're very much here and with it on some level. In order to make it worth your while you'll need to find a way to carve a new impression into the patterns that are already there. This will involve being more conscious of the way you treat people and of the extent to which you need to respect their needs too.

CAPRICORN: December 21 - January 20: You have to leave your comfort zone if you want this to work. The irony is, it's harder for you to relax than it is to keep working so you're faced with a need to let go and remember how to have fun. It's hard to say exactly why you've turned into a drone. It seems as if your job is the only relationship that gives you anything in return. Retreating into your chores is your way of avoiding intimacy. The next few weeks will take you away from the safety net of responsibilities into a world of joyful reunion. Loosen up. Open your heart to all possibilities.

AQUARIUS: January 21 – February 20: Maybe it's time for a change or a good reality check. You aren't sure about things and you're out of touch with yourself. Too many external pressures and obligations have taken you away from your truer goals. Up till now it's been OK with you to hang around being a dutiful soul – but you're clear that going too far down that road will see you selling your soul to whatever it is that keeps you duty bound. Any fool can see that it's time for you to come back into yourself long enough to see if you still need to be the one who takes care of everything.

PISCES: February 21 – March 20: Don't give yourself a hard time for not having a clue. By the time you figure out what you need to do it'll be safer to go ahead with it. It looks to me like you've got a series of lessons to move through – either that or all the facts aren't in – and while you may be well aware that you have to come up with a plan, if the internal structures are incomplete there's no way you'll have a firm sense of where to go with this. Other factors suggest that opposing forces are temporarily undermining your confidence, so wait it out. Time is on your side right now.

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

100 NORTH

NEWS FROM THE PITTSFIELD/STOCKBRIDGE VICINITY AND THE HINTERLANDS BEYOND



by Johnnie Goldfish

Uncooked Egg Falls 6 Feet Without Breaking

Low days exist to remind you that you still have choices. High days exist to remind you of how fast you rebound. Boing, Yowza.

The Center for Valley Youth (CVY) has changed the date for its day trip to the Great Escape for CVY participants and chaperones to Sunday, August 21. The group will depart by bus from the Rochester School parking lot at 8 am and will return between 7:30 and 8 pm. If you would like to go on the trip please contact Katy Landwehr at 767-4124 by Monday, August 15 to reserve a spot and get the final details.

The Catamount Trail Association (CTA) invites one and all to help complete a trail relocation where you can enjoy a weekend in the Vermont Woods. Saturday dinner and Sunday breakfast will be provided. On Saturday August 13 and Sunday, August 14 you can help on Section 15, Route 73 to Blueberry Hill. Camping will be at Branbury State Park on Lake Dunmore. For more information or to sign up to volunteer call Emily at 802-864-5794.

Jeremy Seeger of Rochester is offering a summer program for kids who are having difficulties with school. This is a system of exercising which will improve your child's functioning in school as they gain self-confidence. For more information call Jeremy at 767-3790.

Riddle: Scientific Sam did an experiment in which he held an uncooked egg out in front of him and dropped it. There was nothing but a cement floor underneath the egg, yet it dropped six feet without breaking. How is this possible? Answer below.

The 3rd annual Tweed River Music Festival will kick off on Friday, August 12 in Stockbridge at the junction of Routes 100 and 107. This is a 3-day music festival featuring Bow Thayer and the Perfect Trainwreck. Weekend passes include camping and you can get day passes. Children under 12 are free with adult, however no dogs are permitted. Music, food, friends and dancing in the moonlight.

There will be Contra Dance on Thursday, August 18 from 7:30 to 10 pm at Pierce Hall on Main Street in Roch-

ester. The dance will feature calling by the Mad Robin Callers Collective. No experience is necessary, since all dance are taught, and no partner is required. Musicians are welcome to bring instruments and sit in behind the band. For more information call Aaron Marcus at 617-721-6743.

The Rochester Post Office is hosting a display of watercolor landscape paintings by professional wildlife artist, naturalist, and educator Clare Walker Leslie throughout August. Clare has lived with her family in Granville since 1976 and has exhibited her work in many venues and they depict her work done in the field of landscapes here in the valley. The Rochester Post Office is located just off of the north side of the Park.

Important Information about your local Post Offices: There has been articles in newspapers and online about the closing of Post Offices throughout the country and indeed every aspect of the United States Postal Service is being looked at including local Post Offices. Some articles have stated that Post Offices are closing and some have even listed the dates of closure. Now the "important" part, what the United States Post Office is doing and has made public is that they are reviewing various Post Offices to ascertain their viability. A review is not a closure and it is nothing new. The USPS has always monitored its various outlets and is currently looking at new ways to generate revenue. If you love your local post office the best thing you can do is support it by using stamps and shipping through your local Post Office.

The Federated Church of Rochester and the Women's Alliance Thrift Shop will be open on Friday, August 12 from 4:30 to 6:30 pm and again on Saturday, August 13 from 9 am to 12 noon.

Riddle Solution: Sam dropped the egg from seven feet up, so it didn't break after falling six feet. It did make a mess when it hit the floor though. Ouch.

Thought for the Week: "I never came upon any of my discoveries through the process of rational thinking." – Albert Einstein, (Big thinker with big hair, broke a whole barnyard of eggs).

Don't rationalize it; just send your news and eggs to johnniegoldfish@yahoo.com.



Killington Remembered



The Old Killington Coffee House and (Creative) Mail Delivery

by Gail Weymouth

North Sherburne (Killington) was a thriving community between 1850 and 1920 that included several mills, the Sherburne Cheese Factory, and dozens of farms.

But the focal point, built in 1833 and formerly known as Giddings Tavern, is the Old Coffee House, which also served as the North Sherburne Post Office between 1872 and 1919. Strategically located at the junction of the Stockbridge Turnpike and the Elbow Road, it was the best known road for travelers from Pittsfield to Rutland. The Coffee House was one of the places the travelers stopped for refreshments, change horses and to pick up and deliver passengers as well as mail. The men who knew the Elbow Road the best were the men who drove the mail stage in all kinds of weather and all kinds of vehicles.

From the Coffee House, the Elbow Road was a steep two mile climb to the "Elbow," a crooked pitch just over the top of the ridge (now where the Long Trail crosses the Sherburne gap), then a five mile downhill to Chittenden and another five miles to Rutland. Madeline Fleming's Informal History of the Town contains several humor-

ous and harrowing anecdotes about the mail delivery stagecoach – here are just a few:

"One day in winter, two boys aged 9 and 10 had gone fill the school water pails at the Coffee House. When they came out to the road, they saw stage horses standing outside while their driver was inside. The kids, being the ages they were, hollered at the horses – until the horses ran off. The horses - trained to take off at a brisk pace for the pull up the hill to Chittenden seven miles away - took off immediately, causing their driver to run out of the Coffee House and attempt to catch up with them – who only managed to do so another seven miles down the road."

"Sometimes a horse-drawn coach wasn't the best way to deliver the mail. Charles Seward turned in his horses for a motorcycle with sidecar, even in winter, when he'd just add one ski-runner and two wheels. Sometimes creative solutions were needed for making it up the steep pitch of the road. Recalls one person, 'on one occasion, he couldn't get up over the steepest part. He happened to have a dressed pig he was taking to market, so he sat the pig up like a passenger in the sidecar, allowing the weight to be thrown to the rear of the vehicle and therefore making the grade.'"

The last mail driver in 1927 was Earl Davis of Pittsfield, who created his own snowmobile to deliver the mail on snowy roads. It was a Model T Ford with a pickup body – and skis on the front.

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The Coffee House, circa 1940

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Businesses Find Ways to Adapt in Slow Economy

by Joyce M. Rosenberg, AP Business Writer

In A Slow Economy, Small Business Owners Know What To Do: Adapt.

"We Have To Constantly Keep Adjusting," Says Janice Cutler, President Of North Raleigh Florist In North Carolina. She Has Changed Her Marketing Strategy Since The Start Of The Recession In Late 2007. That Has Kept People Buying - Even Though Flowers Aren't Always A High Priority.

At Graphic Imagery, A Printing Company In South San Francisco, Owner Rachel Imison And Her Husband Are Working Harder For Each Sale. And They've Invested In New Equipment That Gets The Work Done Better.

Here's A Look At How Four Small Business Owners Have Adapted To An Economy That Keeps Limping Along:

Marketing Your Way To Better Sales

Cutler Says Her Floral Business Has Done Well Despite The Recession Because People Still Need Flowers For Holidays, Special Occasions And Big Events Like Weddings. "But The Economy Has Definitely Affected Us In That We Would Be Doing Better," If Some Customers Weren't Cutting Back On Regular Purchases, She Says. For Example, Consumers And Companies That Used To Order Flowers Regularly As Decorations.

Her Answer To The Recession Was To Market Her Flowers Differently. "We Do More Than Just Sell Flowers. It's A Sentiment," She Says. The Strategy Has Been Working. Cutler Says, "We've Honestly Had Double-Digit Growth Every Month."

This Time Of Year Is Normally Slow For Her Business. So, "There Are Weeks That We Seem To Work Harder" To Make A Sale, Cutler Says.

Finding A Way To Do More, Better, Faster

At Graphic Imagery, "We Are Working Longer Hours, Customers Are Demanding More For Less, The Average Value Of Each Sale Is Lower," Imison Says. But She Understands That Her Customers Are Under As Much Pressure As Her Company Is.

To Meet Customers' Greater Demands, Graphic Imagery Invested \$500,000 In Equipment That Allows It To Print More Efficiently And Cheaply. It's Able To Make Booklets And Brochures Faster - Sometimes In As Little As A Day.

The Company Is Also Trying To Keep Its Costs Down. It's Putting Off Hiring Because, While Business Has Been Good, "We're Not Confident Yet," Imison Says. One Reason

Why: April Was A Terrible Month For Printers In Her Area, And She's Not Sure Why. Imison Says May, June And July Have Been Busy, "But We're Not Out Of The Woods Yet."

Her Family Is Putting Off Its Vacation This Year, Something It Also Did During The Recession. "We're Still Anxious" Imison Says.

Doing A Different Kind Of Work

Alan Gaynor & Co., A New York-Based Architectural Firm, Was Primarily Doing Interior Design Work For Companies Before The Recession. That Meant Redesigning Lobbies, Offices And Other Spaces. That Type Of Business Began To Slow At The Start Of 2008. But The Firm Started Getting More Projects To Renovate Building Infrastructure.

"We Realized That Was A Good Market For Us," Says Michele Boddewyn, The Firm's President. She Says That After The Collapse Of Lehman Brothers In September 2008, The Market For Corporate Interior Design "Was Very Dead." The Interior Design Market Has Recovered Somewhat, But Projects Are Smaller. Boddewyn Says Of Clients, "If They Have A Wish List Of 10 Things, Maybe They're Hitting Seven Of Those 10." And They're Shying Away From Flashy Décor.

Boddewyn Says Gaynor Has Seen The Design Business Slip Again The Last Few Months Along With The Economy. She Says Some Clients Might Inquire About A Project, But "They're Having Cold Feet



About It."

Give Customers Their Money's Worth

Brian Butler's Dry Cleaning Business In Columbus, Ohio, Caters To Affluent Customers. He Says Dublin Cleaners Held On To Them By Giving Them Superior Service. Like Graphic Imagery, His Company Invested In New Equipment And Technology That Improved The Quality Of Its Work And Also Made It Easier To Satisfy Customers' Needs.

Some Of The Equipment Is In His Plant. But His Delivery People Now Have Cell Phones, So Customers Can Reach Those Employees If There's A Problem, And Get It Resolved Faster.

Dublin Had Its Best Sales In 2007. Business Fell In 2008 Through 2010, But Butler Says Sales Were Down Only 2 Percent To 4 Percent Each Year. That Was Below The Industry Average Of 10 Percent. He Says The Company Is Back Up Near Its 2007 Level.

He Attributes The Comeback To Two Things: "My Quality And My Customer Service."

Victory Garden Anyone Can Can, Can You?

As the Victory Garden reaches maturity for this year the question arises as to keeping the harvest. Freezing is a possibility, but a power failure can destroy an entire harvest. Dehydration is a great way to keep the harvest, but that is a future article. Canning, either boiling water or pressure, is one of the best storage methods available to the home grower.

As luck would have it, Saturday, August 13, 2011 is National Canning Day. If you Google or Yahoo "Canning Across America" a plethora of teaching information will pop up. Of special interest is a live feed out of Seattle for the "Can-It-Forward" live demonstrations of various boiling water canning.

If you missed the live demos, most hardware and gardening stores will be featuring sales on canning jars and supplies. Did your grandmother leave her canner which consists of a 21 or more quart pot with a bottom rack and a lifter device for you? You can buy one very inexpensively and leave it for your grand children. You may also find the latest issue of the Ball Home Canning Guide. Additional handy devices include jar lifters, canning funnels, burping wands to gently release trapped air bubbles in filled jars, and magnetic lid retrievers to lift lids from simmering water baths.

Always buy your canning jars locally! It is by far cheaper until you reach the full pallet rate which is 144 cases or more. I have shopped around the county, picking up a 12-pack here or there as each shop may have its specialty. Even if you only can a few jars of blueberry jam, give canning a try.

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

The Mountain Times



The Mountain Times is an independently owned weekly newspaper serving residents of, and visitors to, the Mid Vermont Region. Editorial and sales offices are located on Route 4, between Killington Road and the Killington Skyeship, Killington, VT

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The Mountain Times • P.O. Box 183

Killington, VT 05751

www.mountaintimes.info

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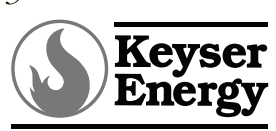
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View From Ludlow

by Ralph Pace

Ludlow Readies Flags for 250th

With the semiquincentennial celebration for Ludlow just a little over a month away, plans are in extra fast motion to prepare for the festivities on September 16 and 17. The Ludlow 250 Committee (that's a lot easier to say and spell than semiquincentennial!) has received support from a large number of residents and second-home owners in raising funds to underwrite the events.

With the help of Okemo's expertise, the flags and banners for the occasion have been ordered. Music is being prepared to highlight both days' events. A parade is being organized to include all the major elements of the town – along with several surprises.

According to committee plans, Friday, September 16 (the actual date when Ludlow's charter was issued in 1761) will feature a reading of the charter, some brief historical timelines of Ludlow's history, and some great music before and following the activities. George Thomson will act as the emcee for both days. The following Saturday will see a parade with a marching fife and drum corp and some other surprises. Following the parade there will be a gigantic birthday cake, iced by a nationally renowned chef, a huge birthday card engineered by the folks at Okemo for everyone to sign, plus a magnificent musicale depicting the music of historic Vermont. All in all, it should be a great time for everyone.

FOLA (Friends of Ludlow Auditorium) has announced the rest of its programming for 2011. On September 1 it will feature a 1st Thursday movie (Chariots of Fire), on October 1 a concert by Gypsy Reel, on October 6 a 1st Thursday movie (Close Encounters), on October 9, a special a civil war/Mark Twain era piano concert featuring Jacqueline Schwab, on October 20 a healthcare panel forum discussing the Act 48 proposal with statewide panel members representing both sides. Following this will be a November 3 movie (Harvey) followed on Nov. 4 by the "world premiere" of Stan Hart's 9 comedy skits at Town Hall (Stan wrote a skit for last year's Christmas program and is the former head writer for the Carol Burnett TV show). In December the movie will be on December 1 (North by Northwest) and on December 16 FOLA's annual Community Christmas Celebration. Plans are already underway for the 2012 season. For information contact 802-228-7239.

Following the completion of its fund-raising efforts to purchase an elevator for its new wing, Black River Academy Museum now has its eyes set on the final step to wrap up the project, namely, building a brick sidewalk to the entrance of the new wing. Bricks may be purchased, inscribed with donor-defined names, by contacting the museum at 802-228-5050.

With all of the action (and inaction) going on in Washington, DC, it is nice to know that the Rutland Regional Airport has survived (for the time being, at least) the massive eraser known as Congress. The airport will continue to operate as will its counterpart in Lebanon, NH.

More good news for LPC-TV, the area public access TV station on cable channels 8, 10, 20, and 21, covering Plymouth, Cavendish, Ludlow, and Mt Holly. It received an anonymous donation of \$1,000 from a Ludlow resident. The donation will be applied to the station's capital campaign to raise funds to renovate a portion of the old "tank barn" in the Ludlow Community Center complex. The building will serve as a much needed new studio for LPC-TV. Those seeking information about the station or wishing to contribute may contact Patrick Cody, LPC Director, at 802-228-8808.

After many, many years of planning and setbacks, it appears that the Ludlow area may finally be considering the installation of a bike path – or, at least, the start of the formal permitting process. Per a formal notice posted at Ludlow Town Hall, there will be a hearing on Monday, August 15 at 7 PM at the Town Hall on an application for a "Shared Path" along Routes 103 and 100. The hearing will consider the application the town is preparing to submit to the Transportation Enhancement Program. For information, call 802-228-2841 (Ludlow Town Manager's Office). It would be something very special to see this come to fruition after so many years of bureaucratic bafflements.

The judging has concluded in the annual photo contest sponsored by the Cavendish Community and Conservation Association. This year the judges awarded Stacia Spaulding first prize in the adult category for her photo - Doe Re Mi. The winner in age category 13-18 is Chris Palmer for his photo Cat Tails, and first prize in age category 5 to 12 goes to Emery Benoit for her photo Red White and Blue. CCCA has already announced that the next contest will occur in spring 2012, so Cavendish residents should be pointing their cameras around town and taking their best shots.

Love in Stockholm will appear for a free concert on Friday, Aug. 12, as part of Okemo Mountain Resort's Jackson Gore Outdoor Music Series. This Rock 'n Soul band has called Boston home since their formation in September 2006. Raised in the house parties and dive bars of Allston, the band even has a song that bears the namesake of the town they love. They soon gained a reputation for their wild live performances, complete with blasting horns and frontman Charlie Rockwell's guttural wail.

Black River Good Neighbors (BRGN) is preparing for its annual picnic to honor the many volunteers who help make BRGN a success in helping the needy of Mt Holly, Plymouth, Ludlow, and Cavendish. The picnic will be at the Ludlow Community Center complex on August 18 at 6 PM.

If you have any books or paperbacks in good condition that you no longer need, think about donating them to the Friends of Fletcher Memorial Library in Ludlow. The Friends will be conducting its annual book sale on Saturday, August 20 and would welcome your donation of books. For information, call 802-228-7239.

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



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 Rotary "Four Way Test," which has been translated into more than 100 languages, asks the following questions:

- Of the things we think, say or do,
 1. Is it the TRUTH?
 2. Is it FAIR to all concerned?
 3. Will it build GOODWILL and BETTER FRIENDSHIPS?

4. Will it be BENEFICIAL to all concerned?

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

Aug 24 – Club Picnic

Aug 31 – Tim Grover, Professor of Geology, Castleton State College

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Brandon Golf Mixer

The 2011 Brandon Area Chamber of Commerce Golf Mixer will be held at Neshobe Golf Club August 23. Brandon Chamber Members and friends, meet at 4:30pm at the club. There will be team, individual, and door prizes.

Neshobe Members pay \$16 for golf; Non-members pay \$24 - cart included. A chicken bbq is available at 7:30pm - \$16 per person.

Entry deadline is August 16. Contact BACC at 247-6401 for registration form & payment info.

Lakes Region News

by Lani Duke

School Starts Again Late This Month!

Friday and Saturday, August 12 and 13, provide a look into Poultney history and tradition. A lecture entitled "Family and Faith: A Welshman from Poultney," studies George Jones, co-founder of the New York Times, born in Poultney in 1811. The program begins at 2:45 p.m., at the United Baptist Church of Poultney, On the Green in East Poultney.

East Poultney Day, Saturday, August 13 is an opportunity to explore the historic buildings that surround the East Poultney green: the 1791 Union Academy (Vermont's second oldest school building), the Melodeon Factory Museum, and the 1897 Schoolhouse. The celebration begins at 9:00 a.m. and runs to 4:00 p.m.

Wind up your Poultney exploration at the United Baptist Church in East Poultney, enjoying the annual church dinner, Saturday from 4:00 to 7:00 p.m. What's on the menu? Oven barbecued chicken dinner, roasted rosemary potatoes, glazed carrots, and homemade pies. Yum! Call 287-5577 with questions.

The Green Mountain Alliance of Amateur Astronomers invite you to be moonstruck with them on Saturday, August 13, at the Hubbardton Battlefield State Historic Site from 8:00 to 10:00 p.m. They bring the telescopes and marshmallows. You may bring binoculars, blankets, and flashlights. Call 273-2282 to confirm.

Bet you didn't know all the things you can do with that prickly, sticky scourge of late summer, the burdock. Find out at Benson's Burdock Festival on Sunday, August 14. Enjoy the "Hollywood" parade that begins at 10:00 a.m. and includes the Adirondack Drill Team and the Firemen's Barbeque at 11:30 in the Community Hall.

Llama Llama series author Anna Dewdney visits the Fair Haven Free Library Tuesday, August 16. She will sign copies of her latest production, Llama Llama Home with Mama and discuss it from 6:30 to 8:00 p.m. Call 265-8011 to find out more.

Fair Haven has been too noisy lately, or so some folks say. Put in your two cents, nickels, quarters, or what have you at a public meeting in the town municipal building at 7:00 p.m. Tuesday, August 16.

Enjoy the smooth sounds of music created by Glenn Miller, Tommy and Jimmy Dorsey, Duke Ellington, and others of that era as the Moonlighters Big Band performs in Fair Haven Thursday evening, August 18 at 7:00 p.m. As you sit on the grass in the park, this 16- to 18-piece band acts as your time machine, transporting you to an earlier time, when rhythms were easy to follow, the lyrics were simple and the melodies were lovely.

The Castleton Free Library benefits from Castleton Colonial Day, your opportunity to relax on the library lawn and tour private homes and public buildings Saturday, August 20, from 2:00 to 4:00 p.m. Also part of the day's activities are music by Robert Wuagneux and an ice cream social by Friends of the Castleton Free Library.

Castleton's town offices have now moved into the two-story Old Chapel on Seminary Street, part of the College campus. How long town activities will center on that nexus is unknown; contractors looking to repair the office building on Main Street found more problems than anticipated. Not accompanying the rest of the town functions is the Castleton Police Department, temporarily moved instead into the Fair Haven police office to utilize an already extant secure system.

Team Castleton again took part in the 2011 Race for the Cure in Manchester, raising more than \$2400 for the fight against breast cancer. Deb Danforth and Kate Rogstad tied in donations, raising \$325 apiece.

A summer geography institute recently hosted the National Geographic Giant Traveling Map of South America to Castleton State College. The 36 x 25-foot map is one of two maps of South America traveling throughout the United States aimed at grades preK-12 education. Thank you, professor Scott Roper for arranging the visit.

As home gardens once again become a priority for many households, Green Mountain College plans a demo "lawn-to-edible garden" project in front of the school's Solar Harvest Center on Granville Street. A \$25,000 grant from the Duke Energy Foundation and a \$10,000 grant from the Pierson Family Foundation support the project installation. as well as restoring the Center's front porch that overlooks the garden. A farmhouse that the college purchased in 2009, the Center contains several academic programs that deal with agriculture, classrooms, staff and faculty offices for GMC's Farm & Food Project, office space for regional ag nonprofits, and a commercially-certified teaching kitchen.

The first day of school is August 31 for grade schoolers in the Addison Rutland Supervisory Union, and 9th graders at Fair Haven Union High School. FHUHS upperclassmen begin classes a day later.

Poultney High School has not been idle through the summer. In mid-July it began a Time Traveler Humanities Camp, followed by a Portfolio Prep Art Camp and a Pottery Art Camp. Sculpture & Carving classes began in August, as did Glazing classes. Classes in PhotoShop Elements begin August 22. Normal classes begin August 31 for schools in the Rutland Southwest Supervisory Union.

Free Transportation to Low Cost Spay/Neuter Clinic

The Rutland County Humane Society (RCHS) is partnering with Vermont Companion Animal Neutering (VT-CAN) to get Rutland County cats spayed and neutered. VT-CAN, a low cost spay/neuter clinic located in Middlesex, VT, is a long drive from Rutland County. To help out, RCHS and VT-CAN are working together to make it easier for cat owners. By dropping your cat at one of 3 locations, volunteers will transport your cat to VT-CAN where he or she

will be spayed or neutered and given a rabies shot, and returned to RCHS later that day. The drop off/pick up locations are Shaws in Fair Haven at 6 AM and 6:30 PM, Rutland WalMart parking lot at 6 AM and 6:30 PM or the RCHS shelter at 7 AM and 5:30 PM. The next available dates are August 17, September 14 and October 19. Prior registration is required and VT-CAN fees for services apply. To register please call RCHS at 483-6700.

Pawlet Public Library Annual Potluck Picnic

Pawlet Public Library's Annual Book Sale defied all odds and raised \$9,500 to support library programs. For the past year, our silent supporters have dropped book donations at Edi Mach's Barn. Library volunteers continuously sort, box, label and stage books year round.

July 25-31 was a remarkable week. Volunteers hailing from Pawlet, North Pawlet, West Pawlet, Wells, Rupert, Dorset, Manchester, Poultney, Granville and Hampton again rallied to help us. Oxbow Mountain 4-H Shooting Sports Club and local area youth turned out to move over 25,000 boxed books from Edie Mach's barn to Mettawee Community School in a phenomenal one hour and three minutes! Crescent Valley Homemakers baked beautiful treats and donated their proceeds to the library sale. Rupert-Mettawee Valley 4-H Dairy Club cooked and served burgers and dogs. The 6th Grade Class of Mettawee Community School cleaned up in a record 2 hours. For those of you who bought our books, raffle tickets and food, thanks and see you next year!

Volunteer time, energy and enthusiasm are the key to our success. In appreciation of our past, present and future volunteers, we are hosting a Pot Luck Picnic at Emerald Lake State Park on Thursday, August 11. Li-

brary Director, Beth Kashner, reminds everyone that The Pawlet Public Library will "open" at Emerald Lake starting at 10:00 am. The library building in Pawlet will be closed for the day. Admission to the park is \$2 or free with the Green Mountain Seniors Passport.

The Pot Luck Dinner starts at 6:00 pm at the Picnic Pavilion. We'll bring the burgers and dogs; volunteers, families and friends of the library are asked to bring a dish to share and their own beverages. For further information, call the library at (802) 325-3123 or Dolores at (802) 645-0109.



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Home & Garden

ASK THE HOME TEAM

Efficiency Vermont's home energy experts



Q: "My elderly aunt will be moving into an assisted-living apartment this summer. I'm pricing clothes washers and dryers for her, because the ones she has are too old to be worth moving. Is it true that there are no energy-efficient dryers? My aunt will pay her own utility bills and she's on a fixed income."

A: It's true that you won't find energy-efficient clothes dryer. All clothes dryers are pretty much the same when it comes to energy efficiency; they're all energy intensive. Unless, of course, your dryer is an outdoor clothes line. If air-drying laundry isn't an option for your aunt, your best first step actually has to do with the clothes washer that you're also shopping for. Look for an ENERGY STAR® qualified model. These washers not only use less energy and less water, but they also remove more moisture, so you aunt won't need to run her dryer as long. Efficiency Vermont offers rebates for certain ENERGY STAR clothes washers.

As for the dryer itself, see if your aunt has the option to install a non-electric model. She'll still use lots of energy, but she may pay less for that energy because electricity is typically more expensive than fossil fuels (gas, oil, etc.). Then, when shopping for a dryer (electric or otherwise), look for features that reduce energy use to a degree. (Every little bit helps in such a big energy user!) Consider a dryer with a moisture sensor located in the drum. This shuts off the machine when clothes are dry. Nearly as good an energy-saving shut-down mechanism is a temperature sensor that estimates dryness via the temperature of exhaust air. Also, look for a dryer with a cool-down or perma-press feature, which uses cool air and the dryer's residual heat in the final minutes of a cycle. When comparing models, look for the highest energy factor.

To further minimize your aunt's ongoing drying costs, see that the exhaust hose is smooth metal and is as short and straight as possible. Then, make sure that it stays clear of built-up lint by cleaning it out as often as the dryer manufacturer recommends. Also, talk to your aunt about clearing the dryer's lint screen after each load. Best of luck in your efforts to help your aunt in her new home.

-Kathleen for the Home Team

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



Late Blight Reappears In Vermont

by Ann Hazelrigg, UVM Extension Plant Pathologist

The fungus-like organism that wreaked havoc with tomatoes and potatoes in 2009 is back again this summer in Vermont. *Phytophthora infestans*, the pathogen causing late blight of tomatoes and potatoes, was identified in the University of Vermont Plant Diagnostic Clinic Aug. 3, on tomato foliage from a garden in Jericho. It is assumed the disease originated from infected volunteer potatoes in the area.

Although the disease can infect tomatillos, peppers, eggplant, petunias and other members of the potato family, in the past couple of years the disease has only appeared on tomatoes and potatoes in Vermont. The symptoms of late blight start on tomato and potato leaves as nickel-sized water-soaked spots. These spots do not typically start at the bottom of the plant like the other fungal blights.

Under moist conditions whitish gray fungal growth can be seen on the leaf undersides. If the weather is wet or if there are morning fogs or lots of dew, the spots will spread rapidly throughout the plant in a matter of days. Stems and fruit also can be infected with the disease. Infected tomato fruit develop large brown areas. If plants are infected, the unaffected fruit on plants can be safely eaten but should not be canned.

Late blight spores are easily carried long distances on the wind, so anyone growing tomatoes or potatoes should be watching plants daily for signs of the disease and act quickly to destroy them in order to limit spread of the disease to other growers. Late blight needs living plant tissue to survive, so infected tomato plants should be destroyed as soon as the disease is identified.

In small plantings, cut the plants and put in trash bags and send to the landfill. For larger plantings and farms, the plants should be cut, gathered in piles and burned or turned under so they can decompose. Once the tomato tissue breaks down, it poses no late blight threat to future plantings since the pathogen does not survive on dead tissue.

If potato vines become infected, cut the tops (vines) before the stems become heavily infected. In small plantings, bagging and putting vines in the land fill will reduce the chance of spread to other plantings.

Wait to dig the tubers at least two or three weeks to insure that there is no living potato foliage as that will limit the number of spores on the soil surface when the tubers are dug. It also allows time for the tuber skins to toughen up underground, limiting the number of cuts

and bruises created at harvest and reducing places for spores to infect tubers. For larger plantings when it is not practical to remove vines, cut vines on a hot dry day so they will dry and die quickly to reduce chances of spread to other plantings.

Hot, dry weather can slow the spread of the disease but with rainy weather or heavy dews, fungicides are needed for protection. Homeowners can apply a garden fungicide labeled for tomato or potato use that contains the active ingredient chlorothalonil.

Organic growers can apply a copper fungicide labeled for these crops. These products can only be effective if used before the disease appears and should be reapplied every five to seven days if wet weather persists.

Fungicides will only protect healthy tissue. Infected leaves cannot be saved. Good coverage of all the foliage is critical, and repeat applications are needed to protect new growth from infection. Always read the pesticide label and follow the instructions carefully.

For more information about late blight, including pictures of the disease and other diseases that can look like late blight, go to <http://www.hort.cornell.edu/late-blight>. You also can link to a webinar on the topic of late blight at this web site.

To submit samples to confirm if you have late blight in your garden, go to the UVM Extension Master Gardener web site at <http://www.uvm.edu/mastergardener/>.

Commercial growers should consult the New England Vegetable Management Guide for information on fungicides labeled for late blight control on various crops. The guide can be found online at <http://www.nevegetable.org/>.

Ask the Home Team

Q: "My grandfather is on a limited retirement income. He can't afford home improvements that would lower his winter heat bills. Is there any help out there for him? If so, I'd sure like to get him set up before next winter. Any advice greatly appreciated."

A: I'm glad to help. Vermont has excellent weatherization services for low-income renters and homeowners. If your grandfather meets the eligibility criteria, he may be able to get weatherization services at no cost.

If your grandfather isn't eligible for weatherization services and he owns his home, contact your area NeighborWorks organization. These organizations offer low- or no-interest energy loans to qualifying homeowners for energy-saving improvements. Sometimes, the resulting energy savings can be higher than the payments for these loans. In these cases, the borrower will have more money by improving a home than by not taking action.

Fuel assistance is available from the State for certain low-income Vermonters. If your grandfather qualifies, the amount he receives will depend on how much need there is this year. The more people receiving aid, the lower the assistance is for each person.

Thanks for writing about a situation that many Vermonters face as they try to stay warm and healthy through the winter.

-Li Ling for the Home Team

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TYSON - 10 month old. Neutered Male. Coonhound. I'm a wiggly, affectionate fella who loves being with people. At times I think I'm a lap dog! I love to play and can get overexcited at times but I'm still a puppy and it's what I do!



MOONSHINE - 1 year old. Neutered Male. Domestic Short Hair Black. My sister Buda and I came into the shelter together after our owner started having some health problems. We hope we can find a new home like hers to be together.



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.



SNOW WHITE - 1 year old. Spayed Female. Domestic Short Hair Black Tiger. I am a confident young stray who was brought in by a kind citizen. I have been through a lot of situations so I am pretty quick to adjust to new ones.



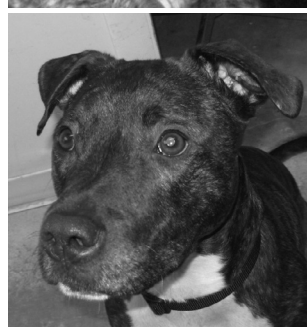
LULU - 3 year old. Spayed Female. Boxer mix. I'm all wiggles and I can catch a ball like nobody's business! I am nicely houstrained, know SIT and love to retrieve a ball. . . a great way to keep me exercised!



AURORA - 1 year old. Spayed Female. Domestic Short Hair Brown/Black Tiger. I have a bit of a reputation here for my happy feet. I just love kneading on any surface. I love soft comfy blankets and, of course, I love kneading them too.



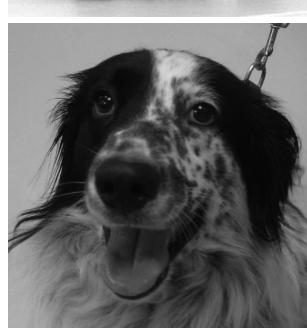
GOLFER - 2.5 year old. Neutered Male. Pit Bull. I'm a handsome, wiggly, playful guy who knows lots of tricks! I know Sit, Shake (with both paws), Down and High Five. I'm a smart fella who would love to learn even more tricks.



SUDSY - 1 year old. Spayed Female. Domestic Short Hair Torbie. I enjoy being up on a high perch so I can watch everything that is going on. I have some beautiful markings to distinguish myself from the other kitties in the room.



TROT - 3 year old. Neutered Male. English Setter/Springer Spaniel mix. I'm a lovely dog - confident, sweet and fun to be around. I know how to Sit but I don't know any other tricks. Some general manners training and teaching of tricks would be fun for me!



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 houstraining.



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



Springfield Humane Society Pet Feature



Snow White is looking out for her 7 dwarfs. This all white 1 year or so old girl was found beside the road in Whites Falls. She is waiting patiently for her Prince (or Princess) Charming to come along and scoop her up into their arms to ride away for a fairy tail life in their castle! `Enrich YOUR life beyond imagination - adopt a companion animal. Call the Shelter at 885-3997 or stop by Wed-Sat noon-4:30. Best friends meet at 401 Skitchewaug Trail!

Lucy Mackenzie Pet Feature



Hi Everybody! My name is Sugar. I'm a spayed 3 year old cat. I have HUGE paws, gorgeous markings and colors, get along well with other cats, and love to play. Having said that, I wonder why I'm still here? I would make a great addition to any family or individual looking to add a fun-loving feline to their home. If you are looking, stop in to meet me! Lucy Mac is located at 4832 Route 44 in West Windsor, VT. We are open to the public Tuesday through Saturday, 12 - 4 PM. You can reach us at 802-484-LUCY(5829) or visit us at www.lucymac.org.

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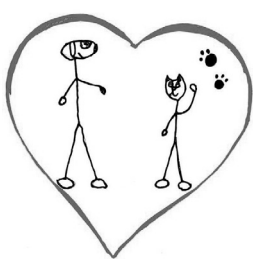
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SUNOCO Branded Gasoline Station For Lease or Sale in **Rutland, VT**

- High Gasoline Volume Due to **PRICE CHOPPER** Fuel AdvantEdge Program
- Large Garage Bays With Store
- Low Rent
- Easy Start-Up Investment

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800-882-4511 EXT 205

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

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

TAG SALES

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

FOR SALE

2000 JEEP CHEROKEE 4WD, clean title, runs great, 2 sets of tires, 113K, \$3,000 OBO. Peter, 802-558-1628. 32

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

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

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

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

Waitress Needed

On The Rocs Lounge Must have transportation

Email resume to ontherocslounge@aol.com or apply in person (802) 422.ROCS

SERVICES

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

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

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

SUSIE-Q'S CLEANING (non-toxic homes-no moldy or extremely dusty ones please). 802-747-9944, twowindbags@aol.com. TFN

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

HUNDREDS OF loving, adoptable animals killed in VT yearly due to overbreeding. Financial assistance for Vermonters on State/Federal assistance programs available. Send self addressed stamped envelope (#10) w/ 58/¢ postage to VSNIP, PO Box 100, Bridgewater, VT 05034. One application per animal needed. For questions call 802-672-5302. TFN

LOST

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

WANTED

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

GUARANTEED HIGHEST Price for gold, silver, platinum, palladium, rhodium and rare US or foreign coins. Why settle for pennies on the dollar when you can receive full value. Nobody pays more... not the gold party housewife, not the man on TV, not the jewelry store. Free estimates. Serving collectors, investors, dealers, trust and estate officers, since 1976. Member ANA. APS. Royal Barnard. Daytime (The Mountain Times) 802-422-2399. Evenings or weekends 802-775-0085. TFN

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

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

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

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

EMPLOYMENT

FULL TIME deli help. Nights/weekends. Excellent pay and health insurance. Call 802-299-1717. 30/33

CHOICES RESTAURANT - Waitperson needed to fill a part time position, becoming full time this foliage season and winter. Wine service knowledge required. Email applications at claudeschoices@yahoo.com or call 422-4030, Wed- Sun. from 1:00-6:00. 31/TFN

TABLE 24, a busy restaurant in downtown Rutland, is looking for experienced, enthusiastic, hard-working, team oriented servers. At least 2 years experience required. Apply in person M-TH 2-4 pm. Please no phone calls. 31/33

WAITRESS NEEDED On the Rocs Lounge. Must have transportation. Email resume to ontherocslounge@aol.com or apply in person. 802-422-ROCS. 31/TFN

LOVE BAKING & being Creative? Love offering great food to great customers? Apply for a great job you will love at The Woodbridge Cafe Restaurant - Call 802-353-9001 or woodbridgecoffeehouse@comcast.net. All shifts available-Weekends & Holidays to maximize earning potential. FT or PT - Advancement potential. 31/32

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



JEWETT'S GREEN MOUNTAIN FURNITURE BARN
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- 7 NEW MATTRESSES AND FOUNDATIONS FULL, QUEEN AND KING
 - 8 VERMONT MADE TABLES
 - 16 NEW CHAIRS, 3 BENCHES
 - NEW AND USED FURNITURE, 40 PIECES
 - 29 PICTURES, ALL SIZES
 - TABLE LOTS SPECIALS
 - 5 WOODEN DOG BEDS, VERMONT MADE
 - 5 VERMONT MADE BOOK CASES

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Stochie and Jessie, my dogs.
R.L. Jewett and my family

LAST WEEK!!!
Store open 7 days a week
8AM - 5PM!

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Auto Dealer will arrange low-cost financing even if you have been turned down elsewhere!

Loans available for **BANKRUPT • BAD CREDIT NO CREDIT**
No co-signers needed
Call 518-499-2886

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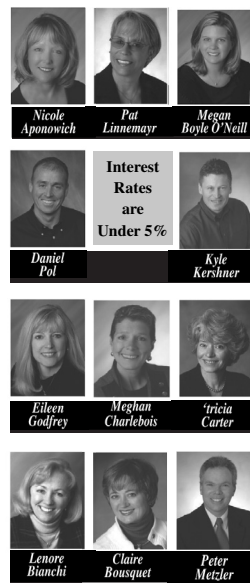
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Enjoy wonderful outdoor evenings on the large deck with western exposure. 4BR, 2BA ranch with wood burning fireplace, huge basement with woodshop, 2 car tandem garage with another work area, and well screened yard. **\$229,000**
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|---|---|--|---|
| <p>BETWEEN SNOWSHED & BEAR MTN</p> <ul style="list-style-type: none"> • 2BR+LOFT+DEN+REC RM • Wood burning fireplace- Decks • Paved parking - gas heat - \$339K | <p>DUPLEX OR LARGE HOME</p> <ul style="list-style-type: none"> • 3BR/2BA per side, turn-key • Upgraded - wd burning f/places • Open Floor plan \$339K | <p>PASSIVE SOLAR GAIN</p> <ul style="list-style-type: none"> • Killington 2BR/2BA + Den • Open floor plan, new appliances • Economical utilities \$240,000 | <p>SHORT TERM-HIGH INCOME PRODUCER</p> <ul style="list-style-type: none"> • Den+3BA-Cul de sac • Gas f/plc + outdoor hot tub • 2Master Suites, Furnished \$495K |
| <p>HOT TUB & SHUTTLE AREA</p> <ul style="list-style-type: none"> • 3BR/2BA-wood burning fplc • Recreation Rm-Laundry-Breezeway • Indoor hot tub building \$399K | <p>ON VAST TRAILS</p> <ul style="list-style-type: none"> • 3BR, 2.5Acres-Garage • Radiant Heat-Tweed River • Large out bldg. \$349,900 | <p>GREAT TRAIL VIEWS</p> <ul style="list-style-type: none"> • 3BR, 4BA+den+Mudrm, 3Ac • large kitchen, indoor whirlpool • 2 master suites w/fplaces \$399K | <p>MOVE-IN CONDITION</p> <ul style="list-style-type: none"> • 3BR/2BA - 1 Ac- Oil Heat • Outdoor Hot Tub- Pico Views • Community Water Sys \$235K |



| Ski In & Out | | CONDOMINIUMS | | |
|---|--------------|--------------|-----|--------------|
| | | Studio-1BR | 2BR | 3-4BR |
| Pico-Condos (P) | \$112-\$118K | \$129K | | |
| Sunrise Condos (P)(T) | \$145-\$173K | \$178-\$285K | | |
| Sunrise Townhouse (P)(T) | | | | \$469K |
| Topridge Townhouse (P)(T) | | | | \$615K |
| Ski In / Shuttle Out | | | | |
| Edgemont (P) | \$110K | \$245K | | \$183K |
| Fall Line (P)(T) | \$120-\$138K | \$175-\$180K | | |
| Highridge (P) | \$180-\$190K | \$275K | | |
| Trail Creek w/loft (P)(T) | \$75K | \$114K | | \$119K |
| Whiffletree (P) | | | | |
| Shuttle | | | | |
| Mtn Green (Bldg 1 & 2) (P) | \$53-\$58K | \$85-\$99K | | \$125K |
| Mtn Green (Bldg 3) (P) | \$59-\$79K | | | |
| Pinnacle (P)(T) | \$99K | | | \$169-\$230K |
| The Heights (NEW) w/oversized garage (P)(T) | | | | \$370-\$400K |
| The Woods - Village Center (P)(T) | | \$149K | | |
| Close Drive to Slopes | | | | |
| Hemlock Ridge (P)(T) | | | | \$180K |
| Fox Hollow (P)(T) | | \$148K | | |
| Glazebok Townhouse (P)(T) | | \$199K | | |
| Colony Club Townhouses (P)(T) | | | | \$239-\$249K |
| Killington Gateway (P)(T) | \$79-\$99K | \$99-\$135K | | \$200K |
| Moon Ridge T/House (P) | | | | |
| Northside (P) | | \$189K | | |
| Valley Park (P) | | \$95K | | |
| Silver Birch (P) | | \$125K | | |
| Mendon Square (P) | \$65K | | | |
| Pondview (P) | | \$90K | | |
| Telemark Village (P)(T) | | \$325K | | |
| Winterberry "Detached" Townhouse (P) | | | | \$440K |

| | | | |
|--|--|--|--|
| <p>CHARMING CAMP!</p> <ul style="list-style-type: none"> • 2BR+loft-1BA- 1 1/2 Ac • Winterized, yr-rd use • Expansion Potential \$129K | <p>2BEDROOM/2 BATH SUITES</p> <ul style="list-style-type: none"> • Indoor hot tub room • Den with Bath - Mtn Views • Stone Fireplace \$390,000 | <p>BETWEEN KILLINGTON & RUTLAND</p> <ul style="list-style-type: none"> • 4BR/3BA+LOFT, Rec Rm • Privacy-Deck-Master Suite • Cathedral-Efficient-\$278K | <p>FINELY CRAFTED</p> <ul style="list-style-type: none"> • 3BR/4BA custom home • Radiant Heat/walkout lower • Cherry & tile floor \$799K |
| <p>POST & BEAM</p> <ul style="list-style-type: none"> • 4BR/3.5BA, 4.7 Ac, landscaped • Open floor plan, pond • Mom-in-law apt. \$449,000 | <p>GRIST MILL AREA</p> <ul style="list-style-type: none"> • 5BR, 4BA Furnished, A/C • 9ft ceilings, outdoor hot tub • 2-car o/sized garage \$699,900 | <p>NEXT TO GOLF COURSE</p> <ul style="list-style-type: none"> • 4BR/2BA -large Master • Spacious & Light Kitchen • Paved Driveway \$359,000 | <p>PASSIVE SOLAR GAIN</p> <ul style="list-style-type: none"> • 4BR/3BA + 3.5 car garage • Solar design, loft/den, Paved driveway • Midway Rutland/Killington- \$450K |
| <p>POST & BEAM</p> <ul style="list-style-type: none"> • 3Br 2.5Ba - 3 stall Barn+loft • Killington 22Ac, stone fireplace • Post & Beam \$499,000 | <p>New Luxury Town Homes</p> <ul style="list-style-type: none"> • Starting at \$369,900 • 3BR / 3BA - 2200 sq ft • Townhome, Oversized Garage | <p>LOG HOME</p> <ul style="list-style-type: none"> • 2-3 Bedroom, 1 bath • 4 mi. to Killington Rd • Wood floors \$259K | <p>EXQUISITE RETREAT!</p> <ul style="list-style-type: none"> • 3BR/2.5BA w/guest suite • 2 Stone fireplaces, loft, wine cellar • Overszd 2-car heated garage \$689K |

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4 Bed/ 2 Bath House \$10K
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At the crossroads of Vermont, Bill's Country Store has THE best location in the State of Vermont. The main level has 3,000 Sq. Ft. of retail space with walk-in cooler. The basement is the same size with 13' ceilings. There is a large apartment on the 3rd level and additional storage space. The owners encourage reasonable offers. The price has just been lowered to **\$798,000**.

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

IMMACULATE KILLINGTON HOME 3 BRs, 2 BAs, gourmet kitchen, LR w/large stone FP, private deck, nicely landscaped. Great location, level access. EXCLUSIVE.....\$325,000

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

PITTSFIELD CAMP This very accessible 2-BR home borders a brook & is close to VAST snowmobile trails. LR w/vaulted ceilings, new carpet & a VT castings woodstove. EXCLUSIVE.....\$110,000

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