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## The Mountain TIMES

Volume 40, Number 33

Central Vermont's Premier Weekly Newspaper

August 18-24, 2011

### GENERATION Y

## People I Admire: Pauline Kael

Before she could begin her quarter-century reign over film criticism, she had to invent film criticism, which she basically did with her first collection of reviews, "I Lost It at the Movies" (1965)

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### HOME & GARDEN

## The Herbal Harvest

An herb is any plant that is used in whole or part as an ingredient for flavor or fragrance. To get the most out of herbs, harvest them at their peak of freshness and store or preserve them properly.

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### NATURE'S WAY

## The Path of Least Resistance

To be wet on a hot summer day is a glorious thing. On a steamy weekend, you don't have to go far to find long lines of cars beside the road and people soaking in the river below.

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### LOCAL

## 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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photo by Jared Clark

# Best Kept Secret

Kent Pond Trail Waterfall

## Killington's Best Kept Secret

by Greg Crawford

There are people who've lived here all their lives and don't know anything about Gifford Woods State Park. Some have driven by the entrance twice a day for decades, but have never visited the place. Some don't even know the place exists! Too bad for them; it is a beautiful park.

Gifford Woods State Park is located on Vermont Route 100, just a stone's throw north of U.S. Route 4. Well, maybe you'd have to have a pretty good arm on ya to wing a rock half a mile, but you know what I mean.

The park came into being in 1931 when the state acquired 13 acres of forested land from Lee Pearsons. The land started to become a real park when development commenced in 1933. About then, Walter K. Barrows donated some of his land that was covered in old-growth forest, believing, quite rightly, that its preservation would be assured under the care of the state.

The Civilian Conservation Corps, known as the CCC, was a government agency formed during the Great Depression in the 1930s. Its stated mission was to give jobs and training to

the many thousands of unemployed Americans. CCC crews built the park office, the ranger's quarters, the picnic area, and the restroom facilities in 1933 and '34. Those fieldstone structures are still standing strong nearly eighty years later. In 1939, the CCC crews added the campground.

Not long ago, the park welcomed a very special visitor. He had helped to construct some of the buildings when he was a teenager working on a CCC crew. Apparently, a master stonemason taught the crew the basics; one over

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## Woodstock Golfer First Vermonter to Win a Major

JOHNS CREEK, Ga. (AP) - Saying newly crowned PGA champion Keegan Bradley was practically born to play golf is like saying Barry Bonds got a headstart by being Bobby's son.

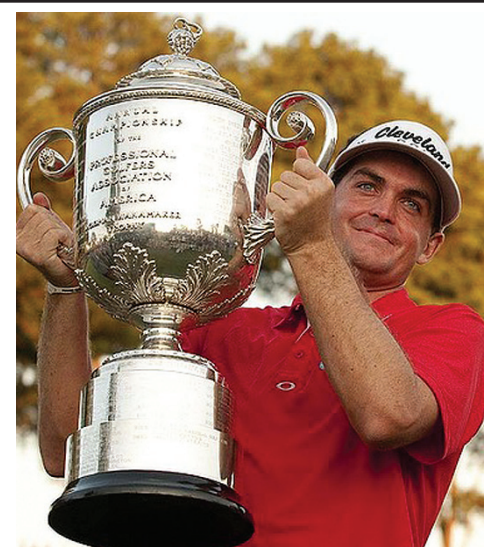
His father, Mark, is currently the head pro at Jackson Hole Golf & Tennis Club in Wyoming after stints in Boston and Vermont. Bradley got plenty of lessons and all the time he needed at the practice range, free of charge. Turns out he was schooled, as well, by one of his aunts, who knew plenty about the game and

even more about the tenacity it takes to play golf at the highest levels.

That would be LPGA Hall of Famer Pat Bradley, whom renowned sports psychologist Bob Rotella once called the toughest player he ever saw. Bob, of course, is also a Vermonter, having grown up in Rutland.

"I grew up going to Pat's tournaments, totally idolizing her and wanting to be like her out there," Keegan Bradley said, with the Wanamaker Tro-

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	<b>WEATHER</b>		HI
	Wednesday	Sunny	80°
	Thursday	Cloudy	80°
	Friday	Showers	77°
	Saturday	Cloudy	76°
	Sunday	Sunny	78°
Monday	Showers	77°	

Forecast Received August 16, 2011



# Secret

continued from page 1

two, two over one, how to mix mortar, and how to use a storey pole to keep the walls straight. Then they were on their own. Looks like they did okay. The crews also built lean-tos, a few small cabins, and picnicking areas with stone fireplaces. Several of those original fireplaces remain, though they're covered with moss and showing their age. Those that finally succumbed to the stresses of fire and sub-zero weather have been replaced by steel-ringed fire pits with grates.

Most of the cabins and lean-tos have been replaced over the years; Vermont's weather is not kind to wooden structures. The four cabins are named after animals: moose, bear, coyote, and whitetail; all twenty-one of the lean-tos are named after trees, like oak, walnut and pine. Both

cabins and lean-tos have their backs to the road for privacy, and there is sufficient real estate between them so that folks don't feel they're crammed in cheek-by-jowl. The lean-tos are surprisingly roomy, clean as a whistle with floors well off the ground, and they're all freshly painted inside and stained outside. All the camping areas, even those where you just pitch a tent, are meticulously maintained, thanks to the dedicated staff working under State Park Ranger Adam Duersteler.

In the midst of this completely natural forest, there is a beautifully manicured lawn with a volleyball net. A perfectly straight row of lush hostas separate the volleyball court from the horseshoe pitch, and there is a broad expanse of lawn where you can just sit and catch some

rays, though a stray volleyball may bounce your way from time to time. The perimeter of this park-within-a-park has several benches and picnic tables, including one protected by a shingled roof supported by two stone walls for those hardcore damn-the-rain-we'll-picnic-anyway types.

There are twenty-two campsites where you can pitch a tent, park a trailer, or set up housekeeping in your air-conditioned RV. That ain't exactly roughing it, but to each his own. There are strategically located faucets where you can get fresh spring water, three public restroom facilities where you can take a shower for a nominal fee, a trash and recycling center, and one RV sanitary station where you can dump your... well, you know.

Just across Route 100 from the Gifford Woods State Park is a boat-launching ramp on the shore of Kent Pond, where the fishing is said to be pretty good. Make sure you pick up a fishing license, though; Vermont's eagle-eyed game wardens are friendly, but firm, and possess infallible radar for ne'er-do-wells too cheap to spring for a temporary license! Any sporting goods store will issue one. You can get a 1-day fishing license for \$20, a 3-day for \$22, or a 7-day for \$30. Hell of a lot less than the fine for not having one!

Okay, we've covered all the amenities for campers, but Gifford Woods is really all about... wait for it... the WOODS! Take a walk on the Old-Growth Interpretive Trail and look in any direction. What you see is how Vermont looked before it was Vermont. Before all us hairy, smelly Europeans showed up and started messin' with

stuff. The Abenakis and other tribes lived here for eons without inflicting the kind of damage that we of European descent managed in just a few hundred years.

The Old Growth Interpretive Trail is interspersed with small signs identifying various species of tree with both the common name and the Latin classification, like Acer Saccharum, or Sugar Maple. Betula Allegheniensis almost sounds like a girl's name, but it is actually the Yellow Birch. There are also understory plants identified, like Wild Sarsparilla (Aralia nudicaulis) and False Solomon's Seal (Smilacina racemosa).

There are also informative displays along the way, like the one with a huge slab of wood that is a cross-section of a tree trunk showing all the growth rings. The disk is nearly two feet in diameter and I defy you to count all those rings! That tree must have been three or four hundred years old!

Right next to it is a hollowed out trunk angled upward so you can look into it and see how branches protruded into the heartwood to transmit nourishment in the form of chlorophyll from the leaves.

The tallest tree in Vermont resides here at Gifford Woods. It is a Sugar Maple that towers 107.1 feet above the forest floor. What may well be the oldest tree in Vermont is an ancient Hemlock near the entrance to the park.

Years ago, I heard a story that the tree gracing the Vermont State Seal grew in Gifford Woods State Park, but Ranger Duersteler could not confirm that claim. Sounds

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## Secret

continued from page 2

good, though, and I'd like to believe it.

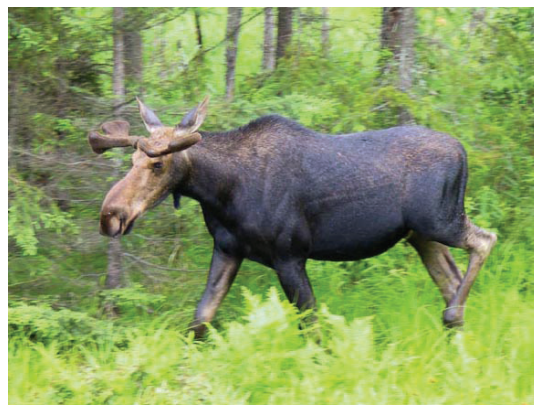
Interestingly enough, it is the great size that some of these trees attain that is the ultimate cause of their demise. That and gravity. Although trees gain some energy from sunlight transformed into chlorophyll, most of the sustenance is derived from nutrients in the soil. Those nutrients, carried by water absorbed by the tree's root system, have to be pumped up to the uppermost leaves at the top of the tree's crown. The bigger the tree, the more water must be absorbed and pumped up the trunk. Eventually, gravity overcomes the tree's ability to force such a great volume of water up that high, and the tree begins to die. Sniff. So sad.

Ah, but do not mourn the majestic Maple's fall. Dead-falls are essential to the continued health of the forest. The fallen tree will decompose over time and return essential nutrients to the soil. It also creates an opening in the canopy that allows sunlight to reach tiny seedlings

eager to grow and replace fallen tree. So with sunlight and new elements and minerals to feed it, a new tree will flourish, and the circle of life is completed once again. Sigh... ain't it romantic?

Yeah, sure. Whatever. Jeez! Get a grip. And blow your nose!

For most of the nineteenth century, and the early years of the twentieth, Vermont was 80% cleared land. Much was cleared for agricultural use, such as raising sheep and subsistence farming. But even more land was cleared by logging operations. The singular lack of foresight that allowed rapacious clearcutting all over the state resulted in severe erosion problems. With



no trees to stabilize the soil, vast amounts of nutrient-rich topsoil was washed away. And with no trees to suck up the rainfall, all that water ran downhill into the river valleys and caused catastrophic flooding. The decimation of wildlife habitat brought its own set of problems, many of which went undetected, or at best, misunderstood, for decades.

As the dominant species on the planet, at least for now, it is our responsibility as human beings to conscientiously husband our natural resources, not only for future generations, but also for our own immediate survival. The pathological selfishness that typifies the actions of those opposed to responsible conservation is no longer sustainable. We must ALL start behaving like adults, because the "freedom" we so cherish is not freedom FROM responsibility, but freedom OF responsibility. So ends today's lecture. Quiz in the morning.

Seriously, though, a visit to Killington's best-kept secret will brighten your day and get you to thinking about our place in the world. At least, I hope it will.

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# NATURE'S WAY

## The Path of Least Resistance

by Ned Swanberg

To be wet on a hot summer day is a glorious thing. On a steamy weekend, you don't have to go far to find long lines of cars beside the road and people soaking in the river below. One of the premier ways to chill is in the form of a tube: flotillas of friends launch themselves on inflated tire tubes to cool off, have a relaxed adventure, and study the way water shapes the world.

Well, maybe it's just me thinking about how water shapes the world. Reposing on a squishy black tube, I find myself going just about nowhere, and slowly at that. But then the path of a floating leaf suggests a subtle current. Before long, I feel the tug of gravity as it begins to draw the river, and my tube, toward the sea.

At times this placid drifting is interrupted by rocks. Bedrock protrudes from the surface, and the river plunges stepwise through a cascade or across a gravel bar. This adds a certain zest to the trip, and sometimes a bruise.

You have no choice but to go where the river takes you. Seasoned river travelers talk about the "thalweg," or "valley way," which is the path of the deepest, quickest, and most powerful current in the channel. Usually the thalweg follows a curving line that is carving the river's deepest channel. It tends to run rapidly downhill until it hits a river bank, where it gets deflected. The fast water of the thalweg scours out the sediments at the foot of the bank and pushes those sediments downstream. The face of the bank collapses, exposing fresh soil, often soil that was deposited by the river years or centuries earlier. These steep, raw cutbanks are places to watch for nesting bank swallows and kingfishers, while the scoured pools at the foot of the bank provide cool ref-

uges for fish.

Below these pools, the river pushes up against the scoured sediment, with first rocks, then gravel, and then sand successively dropping out as the current slows. Eventually, the river slips across the bar of sediments with a shallow riffle – keep your hands and feet up! – and begins to slide downhill again. With new and growing momentum, the river now crashes into the opposite bank, only to be turned downhill in the opposite direction.

The regular s-shaped patterns that rivers form are called meanders. With a series of aerial photographs, you can trace meanders shifting over time. The meander bend in the river is always moving, sometimes incrementally, sometimes dramatically. Roads and structures built in the floodplain are temporary at best, lasting only until the next meander returns.

When a river bank is blocked by a concrete wall, or by boulders placed as "rip rap" to armor the shore, the water's force is deflected down the bank and across the river, where the process of bank erosion is accelerated. Rip rap here leads to rip rap there, all of it concentrating, rather than dispelling, the river's energy. When

a river is straightened and confined, the water begins to scour out the bed of the channel more deeply, and the confined energy carries sediments further downstream. Larger and more powerful flows then get trapped in that deeper channel and cut still deeper, instead of spilling out onto their floodplains to disperse their energy, sediments, and nutrients.

Only a few of the rivers in New Hampshire and Vermont still have full access to their floodplains. Where they don't, it can be nearly impossible to climb up the armored and reinforced banks, should you need to leave your floating tube. Eventually these hardened banks will over-steepen, become undermined by the down-



deep into the blue lake.

But now, with spring's flooding behind us, the way of water is the way of tranquility. The turbid waters have cleared. From the sublime vantage point of a tube, it is easy to see how the drifting river follows the meanders that were created when the river was raging. A tubing trip is a perfect time to get wet, go with the flow, and study the ways of water shaping land, and land affecting the water.

*Ned Swanberg is a naturalist from Hartland, Vermont. The illustration for this column was drawn by Adelaide Tyrol. The Outside Story is assigned and edited by Northern Woodlands magazine and sponsored by the Wellborn Ecology Fund of New Hampshire Charitable Foundation: wellborn@nhcf.org*

## Killington's First Farm To Table Festival Approaches Tickets on Sale Now!

The Town of Killington will celebrate the best of Vermont food and drink Friday, September 16 and Saturday, September 17 with the first annual Farm to Table Festival, featuring two days of seasonal cask beer and cider tastings, an outdoor fresh food market, and a host of interactive cooking and pairing seminars. Festival events will be at the Summit Lodge and North Star Inn.

"We're excited to offer this unique event, focusing on one-of-a-kind brews and seasonal foods," says Suzie Dundas of the Killington Office of Economic Development & Tourism. "The 'locavore' culture is growing in Vermont and we think it will become a great annual event for the Hay Festival."

Brewers and cider-makers already

confirmed for the September event include Long Trail Brewing Company, Farnum Hill, Woodchuck Cider, Bobcat Brewery, Otter Creek Brewing Company and Wolaver's Organics, and Zero Gravity Brewing. Vendors at the open-air market already include such favorites as Vermont Salumi, Crowley Cheese, Vermont Maple Granola, Daniel Pol's Bread and Paninis, Di Prinzie Pasta Company, and more.

Tickets are available in limited quantities so advanced purchase is recommended. Tickets are available online, by phone at 1-877-275-8849, or as part of special Farm to Table Lodging packages. More information on all the Farm to Table Festival or other Hay Festival events is available online at [www.DiscoverKillington.com](http://www.DiscoverKillington.com).

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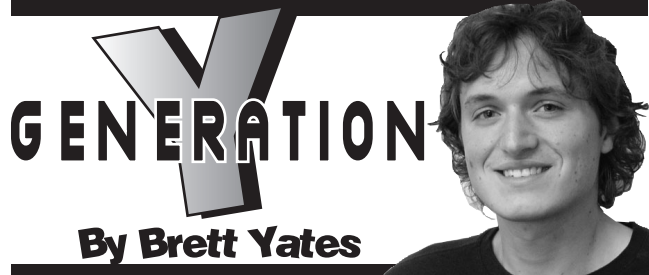


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## People I Admire: Pauline Kael

In 1999, two years before her death, TIME's film critic Richard Schickel referred to his fellow critic Pauline Kael as "an almost demonically possessed little woman." The comment is unfair, as well as vaguely sexist and condescending, but more than any other remark I've heard about Pauline Kael, it gets at what I love about her: she made people afraid. In a field populated almost exclusively by men, she, not quite five feet tall, scared all of them, and she did it by being smarter than they were.

Before she could begin her quarter-century reign over film criticism, however, she had to invent film criticism, which she basically did with her first collection of reviews, "I Lost It at the Movies" (1965). In today's era of unremitting commentary, it's hard to imagine a time when every movie released wasn't greeted with a thousand swaggeringly intellectual reviews by blogging academics and pop-culture aficionados, but until the 1960s, film criticism as we know it now simply wasn't around. Newspapers covered movies, of course, but the reviewers treated them more as commercial products than as art, rather as though they were writing for Consumer Reports. There was a simple checklist designed to ensure that audiences would get sufficient bang for their buck: Did the story make sense? Did it have sympathetic characters? Were the production values up to snuff? Did the actors speak their lines clearly and make facial expressions befitting their characters' emotional states? Was there a solid moral or social message at the heart of it?

Kael was the first critic to realize that movies spoke to audiences as profoundly as literature spoke to its readers. She was, I think, the first to recognize that people didn't just pass the time at the movies; they loved movies. Likewise, she loved them intensely, and she thought hard about why she loved them, and the reasons she came up with didn't

have anything to do with their responsible social messages or their classic Hollywood craftsmanship. Her iconoclasm paved the way for the art-film explosion of the late '60s and early '70s, yet her tastes were completely eclectic, restricted neither to the highbrow nor to the lowbrow. Both in trash and in art, she keenly picked up on the small moments and tiny details – "an actor's scowl, a small subversive gesture, a dirty remark that someone tosses off with a mock-innocent face" – that brought movies to life.

Bearing a frame of reference that still seems mind-bogglingly enormous to me (she not only had seen more movies than everyone else, but she had read more novels, attended more plays, looked at more paintings, listened to more music, and watched more TV shows), Kael brought a new seriousness to movie-watching without intellectualizing what was largely a philistine medium. In fact, she was capable of relishing Hollywood crassness if the crassness had a particular spark, and she hated it when directors coated it with a phony layer of respectability. She was equally capable of ferreting out aesthetic corruption within foreign cinema.

When I was a teenager, I fell in love with her because we hated so much of the same stuff. Decades after their publication, her reviews still seem either daringly truthful or willfully contrarian, depending on your point of view. She remains the only other movie fan I know who couldn't stand "Dr. Strangelove," "2001: A Space Odyssey," or "A Clockwork Orange" (she and I preferred Kubrick's underappreciated "Lolita"). We both thought that "8 1/2" and "La Dolce Vita" were fraudulent. Reading her review of "The Graduate" was cathartic for me because she expressed my inchoate scorn; I knew I loathed it, but I needed her to explain why.

Of course, we disagreed, too. I didn't understand a lot of the movies she loved best, like "The Rules of the Game" and "Last Tango in Paris"; sometimes they put me to sleep. She made me feel silly for my mainstream tastes: I liked "Midnight Cowboy," "Star Wars," and "Network" – Hollywood movies that made money, won Oscars, and met with Kael's stern disapproval. In my head, I always pitted my arguments against hers, and hers always won, but I couldn't help liking what I liked. On the other hand, both of us venerated Louis Malle ("Lacombe, Lucien") and Walter Hill ("The Warriors").

Sometimes, though, it didn't matter so much what Kael liked or disliked – her prose was just so much fun to read. Her punchy, colloquial style favored long sentences studded with rapid-fire insights, and she managed to be simultaneously erudite and down-to-earth. Her writ-

ing was heartfelt and personal, but that didn't stop her from being shockingly mean at times. She was incredibly funny, too, particularly when picking apart other critics and the aspirational middlebrow junk that Hollywood generally trumpets during award season. She hated David Lean, for example, and the director himself claimed that her vicious reaction to "Ryan's Daughter" prevented him from making another movie for 14 years.

Inspired by her, I started writing about movies when I was in my late teens, figuring, vainly, that I could do what she did. I wasn't a professional critic, but I had strong, weird opinions; I was cultured and funny and mean. I was real. Of course, as it turned out, I (predictably) was no Pauline Kael. I wasn't as sophisticated or as idiosyncratic or as passionate, and I hadn't realized how much work her job was. Her reviews were long, and I hadn't the stamina – too often, I stated that some element of a movie worked or didn't work but didn't explain why. I was also too protective of my critical dignity to be really hilarious or outrageous. Comparatively, I was bland.

But the wonderful thing about Kael is that she makes you want to be as fearsomely sharp as she is, even if you know you're not. I'm still trying.

## Rally For the Cure

The Rally For the Cure event held Tuesday, August 9th, was a great success! Over \$1300 was raised for breast cancer research through entry fees and sponsorships, and will go directly to the Rally For the Cure and the VT/NH Susan G. Komen for the Cure organizations.

Heartfelt thanks go to the 44 golfing participants and also to the following for their very generous donations and prizes: Charity's, Choices, Domenics Pizzeria, The Garlic, The Greenbrier Gift Shop, Jax, The Killington Market, Little Harry's, Moguls, On the Rocs Lounge, Rose Benedict, Chris Hardina, A Signature Day Spa, and Rally For the Cure.

Congratulations to the Clubhouse Grill Staff for providing the beautiful pink and white setting, showcasing Chef Corey Logston's delicious dinner which followed the tournament.

Results: 1st Place Team, Gross Score 31 - June Buttner, Chris Franco, Charlie Holbrook, Jackie Heatley. 2nd Place Team, Gross Score 32 - Chris Hardina, Nick Chiarella, Steve O'Neill, Koko Restrepo. Closest to the Pin, Men & Women - June Buttner, Neal Gore. Closest to the Pink Line - Janet Pacifico, Larry Frazier. Ron Granger won the Nike golf bag, donated by Rally For the Cure.

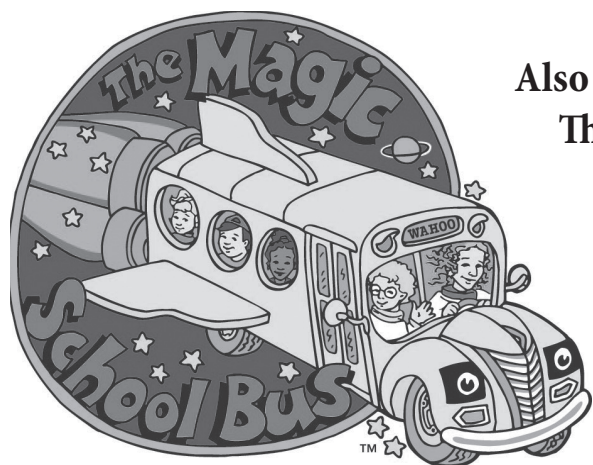
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# Golfer

continued from page 1

phy perched nearby.

"I remember as a kid going out to her tournaments and literally staring her in the face, and I'm her nephew, but she was so into it, she wouldn't even recognize me. And I thought that was cool," said Bradley, now 25.

Some of that coolness apparently made it into Bradley's DNA. The last time a golfer won a major in his first try was Kent State Ohio's Ben Curtis in 2003, and before him, Francis Ouimet in 1913. Bradley began the day trailing third-round co-leaders Jason Dufner and Brendan Steele, a good pal, by only a stroke; by the time he stood on the 16th tee, though, he was down five shots with only three holes to make up the differential.

Yet some of that familial toughness revealed itself as he walked toward No. 16 after dumping a ball in a pond at the 15th and carding a disastrous triple-bogey.

"I remember walking off that green thinking, 'You know, the last four holes are so tough here that somebody could have a five-shot lead. It doesn't matter,'" Bradley recalled.

The gap closed when Dufner, who played the final four holes at 3-under through the first three rounds, made three bogeys over that same stretch in the last one. Bradley sealed the deal in the three-hole playoff with two straight birdies, closing with a very workmanlike par.

"I kept thinking about the playoff I won at the Byron Nelson, and the same thing happened to me in that. As soon as I realized I was going into a playoff, I completely calmed down," he said.

During the family's time in Vermont, Bradley did a fair share of ski racing as a youngster, but didn't need long

to decide between the two sports. He was 12 years old and looking down the barrel of a tough slalom run in Killington when the decision was practically made for him.

"It was raining, cold, sleeting and I'm at the top of this mountain going, 'This is not as much fun as golf. I love golf so much more.'"

As Bradley recalled that moment, his mother, Kaye, sat in the back of the interview room, alternately nodding or chuckling at the memory and crying tears of joy.

"He always said he was going to do this," she said. "I still have a letter he wrote

in the first grade saying he was going to be a PGA pro. I've got pictures of him on the range at four. Grandma Bradley sent over his first set of clubs - plastic, of course - for Christmas, and Keegan almost wore those out. He was so devoted. He wanted this so badly. I used to worry what would happen if it didn't come to pass."

She often looked to her husband to be the detached voice of reason any time the discussions turned to Keegan's career.

"But he wasn't much help that way," Kaye Bradley said. "He used to say all the time, 'He's the real deal.' But I didn't want it to be this or nothing. I made sure he got his college degree."

Yet it was Kaye who was unabashedly proud to revive a Bradley tradition. When Pat won her first tournament, in Australia, it was the middle of the night back at the family home in Westford, Mass. Determined to celebrate, Pat's mother ran up and down the streets ringing a cowbell and waking up plenty of her neighbors.

"The bell is actually in the Hall of Fame now," Keegan Bradley said. "My mom has started her own, new tradition, a takeoff on that. She runs up and down the street like a crazy woman with wind chimes."

"Might have to get that bell out of retirement," Bradley mused a moment later. "I'd like to hear it ring at least once."

## Budweiser Killington Softball League

It's all boiled down to this. The Championship is set and it features the defending champion Clear Cottage who went undefeated in the playoffs versus Moguls who fought their way out of the loser's bracket. These two teams have faced each other four times and every time it was a battle decided by two runs or less. The Clear made it back with their fourth victory of the season against the Phat Italian. The Phat scored first with two but that would be the last time they crossed home plate. The Clear tied it in the first and took the lead for good in the second when Brett "The Hitman" Regimbald

scored off a single by Brad "I can see clearly now" Seeds. The Clear added four runs for the 7-2 win and had outstanding defense throughout.

Moguls knocked out Ramuntos with an 8-7 win. Both teams were facing elimination but it was Moguls who broke the tie in the sixth to stay alive. Next up for Moguls was the #1 seed Vermonsters



who stayed alive with an 11-1 mercy thrashing of Slips, Trips and Falls. Moguls built an 8-2 lead and were three outs from the huge win but the Vermonsters would not go easily. They

smacked a two run blast and then put runners on first and second with one out. Rookie Lindsay Smith burned Moguls with a huge triple to cut the lead to two. The next batter flew out to shallow left and Lindsay tagged up and raced home but she was gunned down as catcher Joe Montemurro put the tag on to knock out

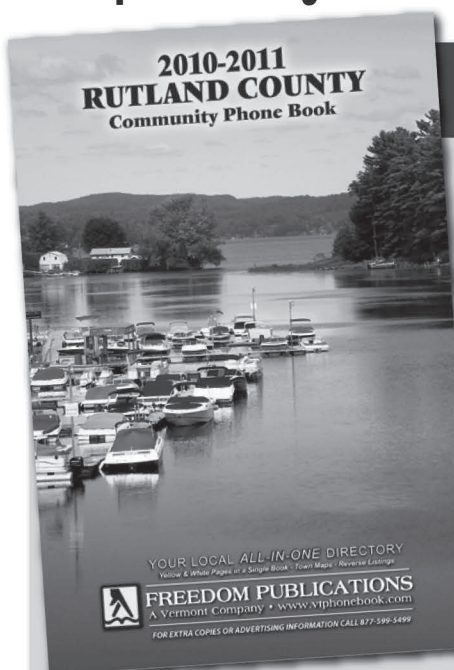
the Vermonsters.

Moguls had no time to celebrate as they had to immediately play the Phat Italian in a do or die game. Moguls once again built a sizeable lead (5-1) and could taste their first trip to the Championship. They took that lead to the sixth but the Phat finally woke up their bats. They cut the lead to two off some power hitting by Pete "MG" Melluzzo. Unfortunately they stranded the bases loaded after Matt "Ajax" Anderson could not clean it up and dribbled a ball to second. Coach Pryor made a diving catch and flipped it to first from his knees for the huge inning ending out. The Phat had their chances again in the seventh, on their last breath, but once again they stranded runners (2) and once again Pryor hurt them with his glove. This time he made a diving catch to end the Phat's season. Now Moguls could celebrate their first trip to the Championship.

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

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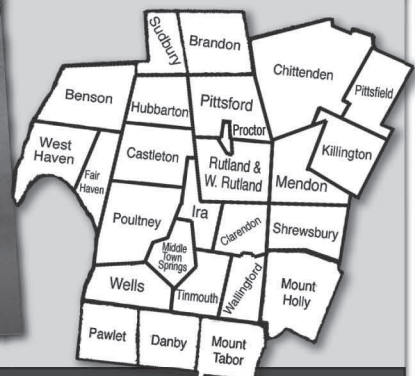
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# GolfNews

## Swing For the Kids Golf Tournament

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.



### Rules of the Game

By Alan Jeffery

USGTF Certified Golf Professional  
Green Mountain National Golf Course

**QUESTION:** Loon and Betsy are playing in a tournament. On the 10th hole, Loon strokes her second shot and it lands on an uphill position, in the fairway in front of the green. It then rolls downward about 30 feet and stops. She then strokes her ball, driving it into the ground, never getting it airborne and remains in the fairway. Loon claims relief because the ball is embedded. Betsy claims the ball is not embedded. Is Betsy correct?

**ANSWER:** For a ball to be embedded, it must be in its own pitch-mark. Pitch-mark suggests the ball must have been airborne. In this case, the ball never became airborne and thus could not be embedded. Betsy is correct. See USGA Decisions On The Rules Of Golf, 2010-2011, 25-2/6.

Golf clinics continue on Tuesday evenings 5:30-6:30 and Saturday mornings, 10:30-12:00. Individual concerns are addressed. Private lessons are also available by calling me at GMNGC, 422-GOLF. Remember, the swing's the thing and continuous improvement is what it's all about.

## News From Green Mountain National G.C.

by Spider McGonagle

Congratulations to Chris Franco and Patty McGrath, our 2011 Green Mountain National Club Champions!

It was two great days of competitive tournament golf here at GMNGC and Franco had two solid rounds, including an eagle from the fairway on Hole #2 in round 1, to take the title by an impressive 6 strokes. Bill Van Liew and Peter Christenson tied for 2nd place after 36 holes and headed back to the 1st Tee for a sudden-death playoff. After pushing with two pars they went to Hole #2 where Bill "dropped a bomb" from 20 feet for birdie! Nick Chiarella had a great opening round and took the overall "low net" prize.

In the Ladies' Championship, it was a battle between Patty and young Lauren Mayer but while she rebounded nicely, Lauren had a little trouble on Holes 15 and 16 in her first 18 holes and had to settle for Runner-Up.

In President's Cup news, Charlotte Januska played hard and knocked-out underdog Lorrie Castelli in a close match. She now awaits the winner of the Blackman vs. Kostelnik match to play for the Cup. A tragic "alpine slide/ flip-flop" accident caused Mike Sutcliffe to withdraw from the competition which advances Shawn Phelps in the men's bracket. While healing nicely from his injuries, when asked about the incident Mike commented, "If you live by the flip...you might die by the flop."

Twilight League was rockin' and rollin' last week and a few raindrops at the beginning didn't stop the fun.

Legendary snowboarder Kaitlyn Hummel, daughter of world renowned golfer Paul Hummel, made her Twilight League debut and led her team to victory at -5 in her first time out! Steve Finneron and Mary Reagan's group was able to hold on to second at -3 on a "match-of-cards" and Sally Brides and Paul Joaquin's crew stayed in the money in third place.

GMNGC is once again proud to host the Eastern Amputee Golf Association this weekend. The best amputee golfers in the Northeast will challenge Killington's "Green Monster" and we expect another great year. Also, it is not too late to sign-up for our open EAGA 4-ball tournament this Friday, August 19 which will pair able-bodied golfers with our amputee golfers. \$55 covers golf, cart, prizes, dinner and a chance to be amazed and inspired by some great golfers! Check-in is at 1:00pm and please call the pro shop to sign-up!

Our Annual GMN's Ladies' Invitational is scheduled for this Sunday, August 21st. It's a 1:30pm shotgun, best ball of two - gross and net. The cost is \$75 for non-members and \$60 members which includes golf, cart, a delicious dinner, a great tee gift & prizes. It's a wonderful event for the ladies and everyone is invited to grab a partner and participate. The only restriction is that partners cannot have more than an 8 stroke difference between there handicaps.

Our complete Events Calendar can be found at [www.gmngc.com](http://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.

## Okemo Valley Men's League Results

LUDLOW, Vt. – The Okemo Valley Golf Club Men's League resumed play Aug. 9, with a little rain that didn't dampen the Commissioner's Cup quest. The race is tightening with only one week to go. Grabbing the top spot this week was UBS Financials of Rutland. Ken Tedford, Herb Eddy, Larry Plumb and Tom Harris combined to win 21 ½ holes. Second place went to M&M Excavating. Mark Kattalia, Craig Peters, Mike O'Neil and John Boehrer won 20 ½ holes. Stryhas Builders took third place with Ted Stryhas, Terry Thayne, Brian Halligan and Jim Heald claiming 20 ½ holes. Closest to the pin winners were Ted Stryhas on the 4th hole, and Ed Whitman on the 8th hole.

Weekly Results:

- 1st UBS Financials Rutland 21 ½ holes won/ 15 points
- 2nd M&M Excavating 20 ½ holes won/ 13 points
- 3rd Stryhas Builders 20 ½ holes won/ 11 points
- 4th First Line Security 20 holes won / 10 points
- 5th Tom's Loft 19 holes won/ 9 points
- 6th UBS Financials Chester 18 ½ holes won/ 8 points
- 7th Honey Dew Man 17 holes won/ 7 points

- 8th Ludlow Insurance 17 holes won/ 6 points
  - 9th ID3 Designs 15 ½ holes won/ 5 points
  - 10th Green Mountain Appraisals 15 ½ holes won/ 4 points
  - 11th Diamond Realty 14 ½ holes won/ 3 points
  - 12th Built Rite MFG. 12 holes won/ 2 points
- Season Standings:
- 1st Honey Dew Man 128 points
  - 2nd ID3 Designs 116 points
  - 3rd Green Mountain Appraisals 108 points
  - 4th Stryhas Builders 106 points
  - 5th First Line Security 105 points
  - 6th UBS Financials Rutland 103 points
  - 7th M&M Excavating 100 points
  - 8th Built Rite MFG. 95 points
  - 9th Tom's Loft 89 points
  - 10th Ludlow Insurance 88 points
  - 11th Diamond Realty 87 points
  - 12th UBS Financials Chester 86 points
- For more information about Okemo Valley Golf Club, please call (802) 228-1396 or visit [okemo.com](http://okemo.com).

## KILLINGTON GOLF COURSE

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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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## Local Golfer Heads to U.S. Amateur

by Spider McGonagle

Garren Poirier is always looking to take the perfect shot. Whether as a professional photographer or as one of Vermont's top amateur golfers, Poirier blends timing, patience and a "good eye" as he lines up the portrait of a beautiful new bride or a slippery 20 foot birdie putt.

Two weeks ago Poirier qualified to play in the U.S. Amateur Championship by winning one of 97 sectional qualifiers held throughout the country this summer. Poirier took the top honors at Wahconah Country Club in Massachusetts with a two round total of 137 (-5). Poirier was one of 6,200 players competing for the 312 spots in this year's championship. He will now have to compete in the 36 hole stroke play qualifier on the first two days which will narrow the field to the lowest 64 scores for the match-play Championship.

A native of Dennisport, Massachusetts, Poirier and his wife Robin have made Killington their home for the last 8 years. Poirier runs his own successful photography business in the summer and works as a bartender at Charity's Tavern in the winter.

As a member of Green Mountain National Golf Course in Killington, Poirier will be the only player to represent Vermont in this year's Championship and the first Vermont player to qualify since St. Johnsbury Country Club's Trevor Murphy in 2006.

Green Mountain National Head Professional and Vermont PGA President Dave Soucy was very proud to have one of his members, and a player from Vermont, heading to Wisconsin this year. He remarked, "Garren has worked hard on his game for the past few years and we were all thrilled to see him win his qualifier. Everyone here at Green Mountain National couldn't be happier to have a player of his abilities and a person of his character heading to the U.S. Amateur representing Vermont."

"Robin and I love Vermont and all of our friends and neighbors here in Killington couldn't be more supportive," says Poirier, "It really is special to be the only player from Vermont. My first goal is to make it in match-play."

## OVGC Club Championship Results

The Okemo Valley Golf Club's annual Club Championship enjoyed a weekend of great weather Aug. 13 and 14. It was an especially good weekend for defending champions. The event's format of play was an 18 hole match play match. In the Men's Championship Flight, Dave Boggini defeated Mark Kattalia, Mark Gauthier defeated Dave Higley and Andy Bishop defeated Tom Owen. The semi-finals saw the defending Glen Boggini defeat Mark Gauthier, and Dave Boggini defeat Andy Bishop. The final match concluded with Glen Boggini defeating his older brother Dave Boggini.

In the Men's First Flight, John Hunter defeated Randy Nowak, and Jeff McKenzie defeated JP Rousse. In the final match, John Hunter defeated Jeff McKenzie.

In the Men's Senior Flight, Rick Marasa defeated Ken Guy, Ed Richter defeated Ron Bixby, Ken Tedford defeated Art O'Hare, and Bob Higgins defeated Dave Krett. The semi-finals saw Rick Marasa defeat Ed Richter, and Ken Tedford defeated Bob Higgins. The final match saw the Rick Marasa successfully defend his title by beating Ken Tedford.

The Ladies' Championship Flight had Marty Harrison defeat Rosemary Burns, and Marion Pick defeat Betsy McKeever. In the final match, defending champion Marty Harrison defeat Marion Pick.

The Ladies' Senior Flight had Peg Margiotta defeat Rita Krett, Donna Tedford defeat Martha Damone. The semi finals had Alice Thayne defeat Peg Margiotta, and Donna Tedford defeat Shirley MacDonald. The final match had Alice Thayne defeat Donna Tedford.

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

## Okemo Valley Ladies' League Results

Weekly Results: 1st RVCCC 18 15pts, 2nd Bovine Bookkeeping 19 14pts, 3rd Ornament Emporium 19 13pts, 4th Knight Tubs 19 12pts, 5th Ludlow Insurance 20 11pts, 6th First Line Security 20 10pts, 7th Id3 Designs 20 9pts, 8th Coldwell Banker Watson Realty 20 8pts, 9th M&M Excavating 20 7pts, 10th Tom's Loft Tavern 20 6pts. Overall Results: 1st Ornament Emporium 103pts, 2nd RVCCC 94pts, 3rd M&M Excavating 93pts, 4th Bovine Bookkeeping 92pts, 5th Coldwell Banker Watson Realty 90pts, 6th Knight Tubs 86pts, 7th First Line Security 71pts, 8th Id3 Designs 71pts, 9th Tom's Loft Tavern 70pts, 10th Ludlow Insurance 67pts. For more information call (802) 228-1396 or visit okemo.com.

At 6' 3" Poirier's long, lanky and well-balanced swing will give him the distance to compete on the longest course in U.S. Amateur history. At 7,760 yards Erin Hills well outdistances Green Mountain National's 6,589 yards but he says that playing GMNGC is the perfect preparation for any tournament.

"Green Mountain National forces you to play position golf. You need to think about where to put every single shot and stay focused for the full 18 holes. That certainly helps when playing a course you're not that familiar with," says Poirier.

And while Poirier's driving average of about 300 yards will certainly help put him in position, his soft touch around the greens and steady putting stroke will help him get the ball in the hole.

"I'm really happy with the way I've been hitting the ball off the tee lately but at the U.S. Amateur everyone is long off the blocks. If I make it to match-play, it's going to come down to keeping my approach shots on-line and putting some pressure on my opponents" comments Poirier.

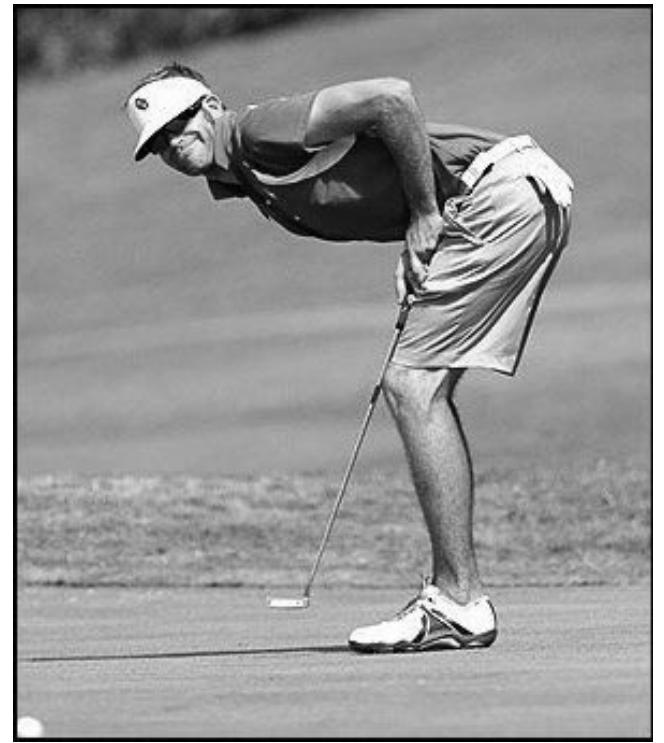
With a golfing resume that would make any "weekend hacker" envious, Poirier is no "amateur" when it comes to competitive tournament golf. Having played college golf for Temple University, he has made quite a name for himself here in the Green Mountain State. He has won the Vermont PGA Pro-1Am Championship twice with Dave Soucy, was on the winning team for the coveted McCullough Cup in 2009 with former Vermont Amateur Champions Peter Metzler and Brian Albertazzi and won the L.D. Pierce Tournament at Rutland Country Club in 2009 with good friend Albertazzi.

"Playing with Brian has definitely made me a better player and taken my game to a higher level," he says with excitement. "When you have a player of Brian's caliber challenging you everyday it makes you step it up quickly!"

For the past two years Poirier has also played in the 2010 U.S. Amateur Public Links Championship in North Carolina and Oklahoma. The "Pub Links" is open to any Amateur golfer in the U.S. that does not have a private club affiliation. Poirier feels that those experiences will certainly help him as he faces the best amateur golfers in the world at Erin Hills.

Established in 1895, the U.S. Amateur Championship is the oldest golf championship in the United States – beating out the U.S. Open by a single day. Throughout its history the Amateur Championship has been won by golf legends such as Arnold Palmer, Jack Nicklaus, Phil Michelson and Tiger Woods. Perhaps the most notable was Bobby Jones who competed in the finals 7 times and held the title a record 5 times from 1919 through 1930.

If Poirier wins the the title of U.S. Amateur Champion he would win exemptions to play in next year's U.S. Open, the British Open, the British Amateur Championship



and is almost guaranteed an invitation to The Masters.

Poirier's friends and fellow members at Green Mountain National are planning to send him off in style and are planning a fundraiser at Charity's Tavern in Killington for Thursday, August 18th starting at 6pm. It will be a great night of live music, raffles, silent auction items and a "19th Hole" Chipping Contest.

Charity's bartender and co-worker John Durney says, "Killington is a supportive and dedicated golf community and we know the costs of Garren's trip will be pretty substantial. We are hoping to help out and collect a little 'green' to show him some love and wish him luck at Erin Hills!"

For more information about the U.S. Amateur Championship or other USGA events you can visit their website at [www.usga.org](http://www.usga.org). For more information regarding the fundraiser for Poirier contact Charity's Tavern at 802-422-3800. For more information about Green Mountain National Golf course visit their website at [www.gmngc.com](http://www.gmngc.com).

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# downtown Rutland

## Rutland Stars Get Ready to Dance

By day, they work as Bank Vice Presidents, CEOs, a Clinical Information Director, and an Optometrist, but on Saturday, October 8, 2011 at 7 PM at the Paramount Theater in Rutland, they will don glitter and sequins and be transformed into dancing superstars.

Modeled after the highly successful television show, Dancing with the Rutland Stars will pair area professional dancers with local celebrities to benefit Kids on the Move, a pediatric rehabilitation program of the Rutland Area Visiting Nurse Association & Hospice. WJRR is the exclusive media sponsor.

This year's participants, who will complete at least six weeks of intensive training, include: Ron Cioffi, RN, CEO of Rutland Area Visiting Nurse Association & Hospice; Tom Donahue, CEO, Rutland Region Chamber

of Commerce; Dr. Leif Erickson, Optometrist; Nicole Fabian, Financial Services Manager at People's United Bank; Sara Kussel, RN, Director of Clinical Informatics; Matt Levandowski, Executive Vice President of Retail at Heritage Family Credit Union and Michael J. Valentine, CEO of PEG-TV.

Their professional partners are Tara Bombardier of Centre Dance in Rutland; Shelby Jones of Cobra Gymnastics; Gayle Lang of All About Dance at Grand Performance in Rutland; Kelly Moore, Music for Mankind in Manchester, Thomas Reuter of Vermont Energy Works; Cathy Salmons, of Studio Bliss in Rutland; and Mary Fran Skaza of Miss Lorraine's School of Dance.

Professional partners will choreograph each routine and couples will perform before a panel of local judges. Judges include, Stephen Klein, Attorney at Law and Mitchell Rosengarten, Financial Advisor at UBS. Both Klein and Rosengarten have extensive background in choreography and professional dance. Rosengarten has performed on Broadway and appeared in international and national touring company productions.

Tickets will go on sale August 25th at the Paramount Box office and are just \$20.00 each. For additional information about the event, visit [www.rutlandstars.com](http://www.rutlandstars.com). For more information on Kids on the Move, please visit [www.kidsonthemovevt.org](http://www.kidsonthemovevt.org).



## Rutland Report

by Lani Duke

### Foxes in Rutland

Learn how to make your home more energy efficient regardless of your income at 7:00 p.m. Thursday, August 18, in the West Rutland Town Hall. Home owners who have gone through the NeighborWorks program save an average \$910 every year.

You know summer's really over when the Rutland City Band performs its final concert of the summer in Main Street Park, Rutland. Come hear it Sunday, August 21, at 7:00 p.m.

If you look in the right places, you might see changes in the foliage as you ride the Vermont Dining Train to Fort Edward, NY. Enjoy your four-course dinner as the train rolls through this scenic country. Call (800) 292-7245 for specifics.

The Big Flicks at the Paramount Theatre series delves into the world of contemporary fantasy. The Monday, August 22, showing is the iconic science fiction film Alien, while the Tuesday, August 23, showing is This Is It, a behind-the-scenes look at Michael Jackson (also iconic) as he created and developed his next concert tour. Both shows begin at 7:00 p.m. Call 775-0903 for tickets.

Compare Rutland Regional Medical Center's patient satisfaction and patient safety to other hospitals in Vermont at an informational session Tuesday, August 23, at 5:30 p.m. in the hospital's Conference Room 3. You'll have a look at RRMCC's 2011 Hospital Report Card.

Meet with the Neighborworks H.E.A.T. Squad to find out how to analyze your home and make it more energy efficient at 6:00 p.m. Wednesday, August 24, in Rutland Free Library. The program is part of the Greening Your Home series offered in cooperation with Sustainable Rutland and Neighborworks. Call 773-1860 for more info.

The College of St. Joseph men's basketball team plans to bring Maui to Wallingford with a Hawaiian luau October 9 at Wallingford Lodge. See hula dancers and fire dancers, smack your lips at the pig roast, and win a raffle for Hawaiian gifts. The luckiest participant wins a trip for two to Maui.

Closer in time is the first day of classes at the College of St. Joseph. They begin Monday, August 29, and run

throughout the day.

The return of a much loved contest to downtown Rutland fizzled this year. Although the announcement of the event as part of Friday Night Live drew lots of interest, not enough teams entered for the Downtown Rutland Partnership to hold the event. Why not? Perhaps people who might have pulled together a team and concocted a speed bed quailed at the thought of pushing an occupied mattress on wheels in this summer's heat.

Stone Meadow Recreation Area (once known as The Pit) at Wallingford needs your help to clear walking trails, build a small bridge across the bog, mark trails, clear trees, and more. No experience is necessary. Join in at 10:00 a.m. Sunday, August 21; Saturday, September 3; Sunday, September 18; Saturday, October 1; and Sunday, October 16. Call Carol Macleod, 446-2658, for details.

Center Street Alley reconstruction is likely to begin next year, once state requirements for bidding and design are met. The \$1.5 million project includes leveling the alley and planting green spaces, followed by adding park benches and other improvements.

Use found materials to create sculpture and three-dimensional work in John Paul Gardner's Environmental Art Workshop the week of August 22 at the Carving Studio & Sculpture in West Rutland. That same week members of the New England Sculptors Association meet to exchange ideas and techniques, discuss, and demo their respective disciplines.

Have you noticed any slender, reddish dog-type critters around lately? State wildlife wardens have noticed that some foxes seem to have moved into Rutland but are not a reason for residents to worry for their personal safety. There is no official word on whether or not these foxes can be counted on to stay out of local henhouses though.

Dodge House and the Open Door Mission each recently received federal funding for improving and expanding their facilities to meet the needs of local homeless people. Dodge House, on Crescent Street in Rutland, received \$30,000; until recently, it only served men but has newly opened a haven for military women. The Mission on Park Street received \$35,000.

### Walk to End Child Abuse

Prevent Child Abuse Vermont is hosting the Walks and Run To End Child Abuse on Saturday, August 27th at the Howe Center in Rutland. Participants from around the state gather pledges and form a statewide community of concerned people who WALK together raising awareness that every child growing up in Vermont deserves a safe and nurturing childhood. Walkers will parade through the downtown on a two mile route and support child abuse prevention.

Teams, individuals, families with children, elders, and other community members will parade through the streets to support safe, happy and healthy children. WALKS will feature entertainment, face painting, bike and stroller decorating, delicious snacks and beverages. T-shirts will be provided to all participants and volunteers. There will be prizes for teams and individuals that raise the most in pledges.

The individual that raises the most in pledges of all

four WALKS will receive 2 round trip tickets courtesy of JetBlue! Other walks will be held in Burlington, Montpelier, and Middlebury.

Taylor Coppenrath, UVM Basketball star, is the Honorary Chair, and has issued a challenge: the school team that raises the most at each WALK will get an autographed UVM basketball!

We invite families, individuals, business groups, schools and other organizations to join us. You can WALK by yourself or form a team. Check with your employer about matching funds. We also need volunteers for these events. Please call 1-800-CHILDREN to register or to offer your time and talents, email [pcavt@pcavt.org](mailto:pcavt@pcavt.org); [walk@pcavt.org](mailto:walk@pcavt.org) or go to our website, [www.pcavt.org](http://www.pcavt.org).

Join us in honoring the lives of Vermont's youngest citizens of child abuse and make a difference for all our children.

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# Health & Fitness

## Mindful Eating

by Food Network Kitchens

Mindful eating is the exact opposite of eating while driving, watching TV, gobbling the leftovers on your kid's plates and taking a nibble every time you walk into the kitchen or pass a plate of goodies.

Instead, think before you put that second cookie or extra helping of pasta on your plate. Use these tips to become more mindful of what you eat to prevent over-eating and help form a healthy relationship with food.

It's important to consider why we need to eat (to nourish our bodies and provide energy and sustenance) as well as identify the other reasons we often eat (because we are bored, sad, anxious, we have company over, traditions, it tastes so good, etc).

The best way to avoid overeating? Listen to your body. The next time you eat, take the time to ask yourself, "Am I hungry, or just bored, tired, (insert emotion)?" Only eat if you feel hungry. Then follow these simple steps:

-- Do a body scan. Are you relaxed? How does your stomach feel? Full? Empty? Tight? It's easier to digest food and be mindful when you are relaxed.

-- Choose a smaller plate. When dishing out your meal, use a salad or appetizer plate. If you are a "clean your plate" person, this is a good tool to decrease serving sizes.

-- Create a peaceful environment. Don't eat in front of the TV, while driving, while on the phone, at your desk, etc. Make time to have a few meals completely solo and free of distractions so you can really be mindful of the above points.

-- Chew your food. When is the last time you thought about how many times you chewed each bite and what each bite actually tastes like?

-- Slow down. Put your fork down between bites, take a sip of water, use chop sticks...whatever it takes, eat slowly instead of scarfing down a meal.

-- Know when to stop. As you eat, rate your hunger using a scale of 1-10. If 1 is famished and 10 is full-to-bursting, stop eating at around a 5. Be mindful that satiated equals nourished and full means you've overeaten.

-- Leave food on your plate. If you've reached a 5, it's okay to leave a little food on your plate.

Wait for seconds. If you clean your plate, wait 15 minutes before you go back for seconds.

## Tips to Keep Your Lungs in Shape

(StatePoint) When your lungs are out of shape, your whole body suffers. Simple daily activities like walking can be difficult. And certain lung diseases, such as asthma and chronic obstructive pulmonary disease (COPD), can gradually reduce lung capacity.

Here are some tips to deal with or help prevent the most common types of lung ailments.

### -Stop Smoking

Smoking harms nearly every organ of the body and causes many diseases. COPD -- the third leading cause of death in the United States -- occurs predominately in cigarette smokers. All smokers should speak with their doctors to discuss smoking cessation options as soon as possible.

"It is imperative that all individuals with COPD stop smoking to prevent progression of the disease," said Dr. Virginia Hood, president of the American College of Physicians (ACP), a national organization of internal medicine physicians. "Of course, smokers without COPD should quit not only to decrease the risk of COPD, but also the risk of other serious potential complications of smoking, including lung cancer, cardiovascular disease and chronic kidney disease. It's never too late to stop. And if you don't smoke, don't start."

### -Get Checked

Individuals with coughing (with or without phlegm), wheezing or shortness of breath that lasts more than two weeks should see a doctor, such as a pulmonologist, trained to diagnose respiratory illnesses. Physicians now have a new guideline to diagnose and manage COPD to help them prevent and treat exacerbations, reduce hospitalizations and deaths, and improve patient

quality of life.

If individuals have respiratory symptoms, the new guideline recommends that physicians use a breathing test called spirometry to make a diagnosis of airflow obstruction. Patients may be treated with medications that help relax the airways of the lungs and drugs that decrease inflammation. For patients with COPD who have very low blood oxygen levels, physicians may prescribe continuous oxygen therapy. In addition, pulmonary rehabilitation, which typically includes an exercise regimen as an important component, is also helpful.

### -Get Exercise

For healthy lungs, try to get 30 minutes of cardiovascular exercise at least three times weekly. If that's too much to start, begin slowly by alternating a few minutes of walking and running. Also, breathe deeply as you exercise. Many times, people working out take short shallow breaths which are good for getting you oxygen, but not for building lung capacity.

### -Know Your Air Quality

People with breathing problems should check the air quality in their area each day and take proper precautions. If this information is not

available in your local weather report, visit the Environmental Protection Agency's air quality site at [www.airnow.gov](http://www.airnow.gov).



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# Art & Entertainment

## Thursday, August 18

**Cookout at Gifford Woods** 9:00 AM Rutland Rec & Parks Dept sponsors less-than-strenuous hike series. This week, bring something to cook over the campfire. Enjoy a short hike, or just relax. Meet Godnick Center 9am. Call for info, 236-1780.

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

**Swing Noire 6:00 PM** River Road Free Concert Series presents Swing Noire, playing acoustic, jazz & swing. 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.

**Rick Redington & the Luv** 6:30 PM Performs at Our Yard Free Concert Series in Proctor Park. Rain site, Franklin's Restaurant.

**New Slate Valley Museum Exhibit** 6:30 PM Granville, New York- The Slate Valley Museum, in celebration of its newest exhibit "Rivals in Slate, Brothers in War: The Slate Valley Unites for the Union Cause", hosts historian Christine Valosin for a talk "Our heroines": The U.S. Sanitary Commission. Call the museum at 518-642-1417 for more info.

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

**Jamie Ward in Concert** 7:00 PM Performing free concert on Belmont Green, Mt. Holly. Blues, Rock & Roll, some originals.

**Contra Dance 7:30 PM** At Pierce Hall on Main Street in Rochester, til 10pm. Calling by the Mad Robin Callers Collective. No experience necessary, all dance are taught, no partner required. Musicians are welcome to bring instruments and sit in behind the band. 617-721-6743.

**Poultney Farmers Market** on Main St., 9am-2pm.

**Bikers for Jesus**

**Rutland. Vt Christian Riders** from Motorcyclists for Jesus Ministries meeting 3rd Thurs. of month, Denny's Restaurant. 6pm. 483-2540 or Email Bikingforj@Msn.Com.

## Friday, August 19

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

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

**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? RRMCM 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.

**Swing for Kids Golf Tournament** 1:00 PM Neshobe Golf Club presents. Shotgun start 1pm, rain or shine. 18 holes, cart, dinner, 50/50 raffle, door prizes, contests - \$80/person. Captain & crew, 4 player teams. Benefits Boys & Girls Club of Brandon. Register 465-4131.

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

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

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

**Banjo Dan & the Midnite Plowboys** 6:00 PM Jackson Gore Outdoor Music Series at Okemo Mtn presents. BBQ w/ wine & beer available. On the grass in the courtyard at J. Gore Inn. Concert starts 6pm, rain or shine. okemo.com

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

**One World Many Stories** 7:00 PM Free family entertainment! At West Rutland Town Hall. Come see legendary historical characters from around the world brought to life with high energy, fun filled songs, stories and poetry. Travel the world with a one man troubadour! Guitar, Hammer Dulcimer, flutes and Hand drums all performed by Steven Coronella. First 20 kids receive a prize. Fun for all ages! Info, 438-2964.

**Live Irish Music** 8:00 PM Donol O'Shaughnessey performs at McGrath's Irish Pub at Inn at Long Trail, Killington. Free admission. 775-7181.

**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.

## Saturday, August 20

**Audubon Event 7:00 AM** Monthly monitoring walk around West Rutland Marsh. This walk will mark the start of our 11th year of monitoring! Meet at the West Rutland Price Chopper parking lot.

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

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

**Green Mtn Club** Outing 9:00 AM Killington Section hike, this week Haystack Mtn, Pawlet. Summit for views of Mettawee River Valley & soaring hawks & falcons. Some steep climbing. Moderate, 4-5 mi. Meet Rutland's Main St Park 9am. Info, 645-9529.

**Castleton Colonial Day** 10:00 AM Tour 17 sites throughout Castleton Village, til 4pm, including homes, historic sites, public buildings. Hostesses in period costumes. Day in Camp reenactment, demos, ice cream social 2-4pm, ham dinner 5pm at Federated Church. Tour tickets \$20 adults, \$18 seniors. 468-0011.

**Children's Chicken Day** 10:00 AM Billings Farm & Museum, Woodstock, til 5pm. Featuring many varieties of chickens (200+), reflecting a range of colors and characteristics. See newly-hatched chicks and learn how an egg grader works, join in chicken activities & programs including egg toss, stenciling, children's stories, & make-it-and-take craft activities. 457-2355.

**Late Summer Arts & Craft Festival** 10:00 AM Society of Vt Artists & Craftsmen's 20th Annual, held at Fletcher Farm School, Ludlow. 10-4, rain or shine. Instructor demos, juried arts & crafts, entertainment, chainsaw carving, food concession. No admission.

**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.

**Colonial Day Music & Ice Cream Social** 2:00 PM On the Castleton Library Lawn. til 4pm. Music by Robert Wuagneux, ice cream social by Friends of Castleton Free Library, socializing. All proceeds benefit Castleton Free Library.

**Cooler in the Mountain Concert Series** 3:30 PM Dirty Dozen Brass Band performs at Killington Resort, free concert. All ages! Bring a blanket & picnic & enjoy. Register to win 2011-12 season pass.

**Church Supper 5:00 PM** During Castleton Colonial Day - Castleton Federated Church, baked ham supper til 6:30pm. \$8 adults, \$5 kids 12 & under. Proceeds renovation fund. Q's? 265-8686.

## Sunday, August 21

**Town of Pawlet 250th Birthday** 10:00 AM The Town of Pawlet will be celebrating the 250th Anniversary of its Charter during the weekend of August 26th-28th. Open Houses, Vendors, Readings, Displays, Quilt Show, BBQ, Street Dance, Parade, more. 325-3073 for details. All events free of charge.

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

**Lenair Healing Foundation** Free Presentation 4:00 PM Benson, Vt. About global initiative 'One Self(s) Cause for One Self(s) Peace'. All welcome that support these causes, learn how Lenair donates to fundraise & raise awareness for causes. RSVP to Barry at 1-888-412-8392.

**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 22

**Killington Yoga 8:30 AM** Mon. & Tues. Anusara Inspired Yoga classes at Killington Yoga, Mon. 8:30am mixed level, Tues Level 1. Thurs. classes resume Sep. 8 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.

**Exceptional Fine Art Gallery**

paintings  
sculpture  
photography  
furniture  
prints

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RT 4 across from  
Killington Access Road

Members' Show  
Killington Collage  
To Nov. 1st.  
Daily 9am-6pm  
RECEPTION  
Sept. 3rd-3pm-6pm  
422-3852

Programs  
Workshops



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## Chittenden Day

SATURDAY, AUGUST 27  
5:00-8:00PM AT BARSTOW

- Nerf Soccer in Upper Field
- Volleyball
- Horse Rides at Mountain Top
- Parade at 5:00
- Food from 5-8pm
- Games from 5-8pm
- Vendor Booths
- Live Band 5:30-7:30pm
- Fireworks! at 8pm

Please send donations for fireworks to Gail Weikel, Treasurer, Chittenden Public Library, P.O. Box 90, Chittenden, VT 05737

For Vendors, Booths and Questions: Dave Smith 483-2298

Sponsored by the Chittenden Public Library and The Chittenden Recreation Program



**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.

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

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

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

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

**Paramount "Big Flicks" Film Series** 7:00 PM Variety

**Big Flicks This Week** 7:00 PM Family Summer "Big Flicks" Film Series at Paramount Theatre, Rutland. "The Films You WANT to See." Mon. & Tues. nights, 7pm. \$6 & \$4. Aug. 22, Alien. Aug. 23, This is It (Michael Jackson).

## Tuesday, August 23

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

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

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

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

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

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

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

**RRMC Info Session** 5:30 PM Information Session on Hospital Report Card at RRM. Conference Rm 3, Rutland. Q&A, public welcome.

**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

**Artist Event 7:00 PM** Gallery walk & talk with sculptor/ painter Karen Petersen. Free admission. Chandler Gallery, Randolph. 431-0204.

## Wednesday, August 24

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

**Jewelry Sale for Homeless** 10:00 AM Jewelry by Sydelle - handmade, quality, affordable pieces for sale at Spa at the Woods, til 2pm. ALL profits benefit Park Slope Homeless Women's Shelter. Come get some great bargains and help someone in need.

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

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

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

**Medicare Part D** Info Session 12:30 PM Castleton Community Center holds information session regarding changes in Medicare Part D (prescription drug coverage) enrollment period. Fred Hoyt of Southwestern Vt Council on Aging, explains changes in enrollment dates (October 15-December 7). Q's? 1-800-642-5119. Lunch is served, \$3.25 seniors/\$4.25 guests - RSVOP by Tues. 9am, 468-3093.

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

**Reading Program** at Sherburne Library, 1:00 PM.

**Woodstock Farmers Market** on the Green, 3-6pm.

**Prostate Cancer Support** Group 5:30 PM Man To Man regular monthly meetings, open to public, especially for recently diagnosed men with prostate cancer, those successfully treated, or men dealing with side effects from cancer treatment. Additionally, it is for men having problems with recurrence. RRM. CVPS Conference Center - see signs for direction. 802-483-6220 for info.

**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.

**Greening Your Home** Event 6:00 PM Find out about home energy audits provided by Neighborworks H.E.A.T. Squad Program, to analyze your home and make it more energy efficient. Part of Greening Your Home series offered in cooperation with Sustainable Rutland and Neighborworks. Rutland Free Library.

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

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

**Common Loon Workshop** 7:00 PM Ninevah Foundation sponsor a workshop on the Common Loon at Mt Holly Town Library. Featured speaker Eric Hanson, a biologist with the Vermont Loon Recovery Project (VLRP). 259-2235.

**Singers Wanted. The Feminine Tone** women's chorus has openings for fall season. All voice ranges needed. Rehearsals held Wednesday evenings, beginning Sep. 7, in Springfield, Vt. Singers must be available for concert dates Dec. 17 & 18. If interested in auditioning, contact director Maricel Lucero at (802) 885-1590.

## Museums, Exhibits, & More

**Quilt Raffle** to benefit CKS 125th Celebration. Queen size quilt designed & created by Susan Ianni. Machine quilting donated by Janet Block. Each of 20 quilt panels represent a Bible verse. Drawing Sep. 16, 2011 at CKS Grandparents Day Prayer Service. \$5/ ticket; 3/\$12. 773-0500.

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

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

**BigTown Gallery** - 99 North Main St., Rochester. 767-9670. Fine arts exhibitions, one of a kind knitwear ensembles from the studio gallery, and an outdoors amphitheater.

**Billings Farm & Museum** - Woodstock. Rt 12N & River Rd. 457-2355. A first-class working farm, operating with a museum of Vermont's rural heritage, dating back to 1871. 25th Annual Quilt Exhibition July 30-Sept. 25.

**Brandon Artists Guild** - Brandon. Open daily 10am-5pm. Exhibit "e-i-e-i-o" Judith Reilly Out Behind the Barn, thru Aug. 30.

**Brandon Museum** - Brandon. At Stephen A. Douglas Birthplace open for the season. Daily, 11am-4pm, free, open to public. Also houses Brandon Welcome Center & municipal restrooms, open 8am-6pm all year round.

**Brandon Music** - 62 Country Club Rd., Brandon. Art Gallery open 10-6 daily, closed Tues. Harmony English Tea room 2-5pm daily, closed Tues.

**Brick Box** - at Paramount Theatre, Center St., Rutland. Gallery hrs: Thurs-Fri, 11am-6pm & Sat., 10am-2pm & during Paramount Theatre performances. 775-0903.

**Carving Studio & Sculpture Center** - Marble St., W. Rutland. 438-2097, carving@vermontel.net. Sats. & Suns., 1-4pm & by appt.

**Chaffee Center** for the Visual Arts - S. Main St., Rutland. Weds.-Sat. 10-5, Sun. 10-4, closed Mon. & Tues. 775-0356. Summer Members' Exhibit thru July 30.

**Chandler Gallery** - Randolph. Gallery hrs: Thurs. 4-6pm, Sat. & Sun. 1-3pm. 431-0204. Artist Karen Petersen's "The Gift: A Retrospective of Sculpture and Painting" July 15 - September 20.

**Killington Arts Guild** Fine Art Gallery - at Cabin Fever, Rt. 4. Open business days 9-6:30pm. New Show! 422-3824.

**Maclure Library** - Rt. 7, Pittsford. Mon., Tue., Fri., 1-6pm; Wed., 10-8; Thur., 10-6; Sat., 9am-noon. 483-2972.

**Montshire Museum of Science** - Norwich. Open 7 days year round, 10am-5pm. 649-2200.

**New England Maple Museum** - 4578 Rte 7, Pittsford. Open daily 8:30am-5:30pm. Maple Candy Making 10-2, free, Wednesdays thru Oct. 12. 483-9414 for info.

**Norman Rockwell Museum** - Rt. 4E, Rutland. 773-6095. Self-guided tour. Open daily.

**Norman Williams Public Library** - Woodstock. 457-2644. Open Mon., Fri., & Sat., 10-5, Tues., Wed., Thurs. 10-7.

**Pittsford Historical Society** - Pittsford. Thru July 4, Tues. 9-4. July 5-Oct. 11, Tues. 9-4, Suns. 1-4. Oct. 12-Nov. 16, Tues. 9-4.

**Rutland Historical Society** - 96 Center St., Rutland, 775-2006. Year-round, Mon., 6-9 pm, Sat, 1-4pm, by appointment for schools or other groups.

**Rutland Railway Association** - Center Rutland Depot. Former Rutland Railroad depot. Museum exhibits the Rutland Railroad. HO & N scale models. Open Saturdays 11am-3pm.

**Slate Valley Museum** - Water St., Granville, NY. 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.

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

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



## Meet Rachael

The Summit Lodge in Killington is happy to announce the arrival of it's newest member of the Summit family, Rachael, a seven week old St. Bernard puppy! Rachael was born on June 22nd in New York and spent her first day at the Summit Lodge on Monday, August 8th. She joins, Otto, their 8-year old male St. Bernard, who also lives at the lodge.

Rachael is quickly getting used to life at the Summit Lodge- welcoming guests, posing for photos and learning the ropes from Otto. Otto and Rachael are part of a 40 year old tradition of having St. Bernard dogs live on-site and interact with guests on a daily basis at the lodge.

The Summit Lodge is located on the hill above the Grist Mill Restaurant- partway up the Killington Road. Stop in today and welcome Rachael to her new home!

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## Billings Farm & Museum

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**Children's Chicken Day**  
Saturday, August 20, 2011  
10:00 a.m. - 5:00 p.m.



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Children's Stories  
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Egg Toss!

Rte. 12 • Woodstock, VT • 802-457-2355 • billingsfarm.org

The Society of Vermont Artists and Craftsmen, Inc.  
20th Annual Late Summer

**ARTS AND CRAFT FESTIVAL**  
Saturday, August 20

at Fletcher Farm School for the Arts and Crafts



Route 103 South  
Ludlow, Vermont  
10 to 4  
Held Rain or Shine

Juried Arts and Crafts  
Instructor Demonstrations  
Entertainment  
Chainsaw Carving  
Food Concessions



No Admission - Donations Appreciated



# JustForFun

## SUDOKU

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

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

This week's solution on page 26

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

**ACROSS**

1. Takes off
6. Gillette product
11. Hug
13. Styled with Brylcreem
15. Pigeons' housing
16. Animal fat
17. Barely get, with "out"
18. More disgusting (slang)
20. \_\_\_ v. Wade
21. Actress Sorvino
23. Safari sight
24. Oil source
25. Cavern, in poetry
27. \_\_\_ and outs
28. Feasts
29. Thong
31. Carbon residue (pl.)
32. Mass of developing tadpoles
34. Sing like Bing
36. Malady
39. Bake, as eggs
40. Action film staple
41. Pound sounds
43. High school dance
44. Jalopy
46. Anger, with "up"
47. "Baloney!"
48. Summertime (2 wd)
50. \_\_\_-Atlantic
51. Picture
53. Hawser
55. Child's movable walking assist (pl.)
56. Internet seller
57. Eye sores
58. Doesn't ignore

**DOWN**

1. Tobacco use
2. Turns to show other side
3. "\_\_\_ we having fun yet?"
4. R-rated, maybe
5. Use elbow grease on
6. Isuzu model
7. Gulf V.I.P.
8. Blast
9. Fragrant
10. What a cobbler does
11. Swelling
12. Print using metal plate and acid
13. Nuisances
14. Considers
19. Extra large
22. Painting, for one (2 wd)
24. Panasonic rival
26. Overthrow, e.g.
28. Soft
30. Carbonium, e.g.
31. "Do the Right Thing" pizzeria owner
33. Folded like a fan
34. Colored lithographs
35. Mob disbursement law (2 wd)
37. Vilely
38. Slats
39. Bit of parsley
40. Impulses
42. Exodus commemoration
44. Habits
45. Former capital of Japan
48. Acute
49. Q-Tip
52. Chipper
54. Deception

Answers on page 26

Capsule reviews of films opening this week by The Associated Press



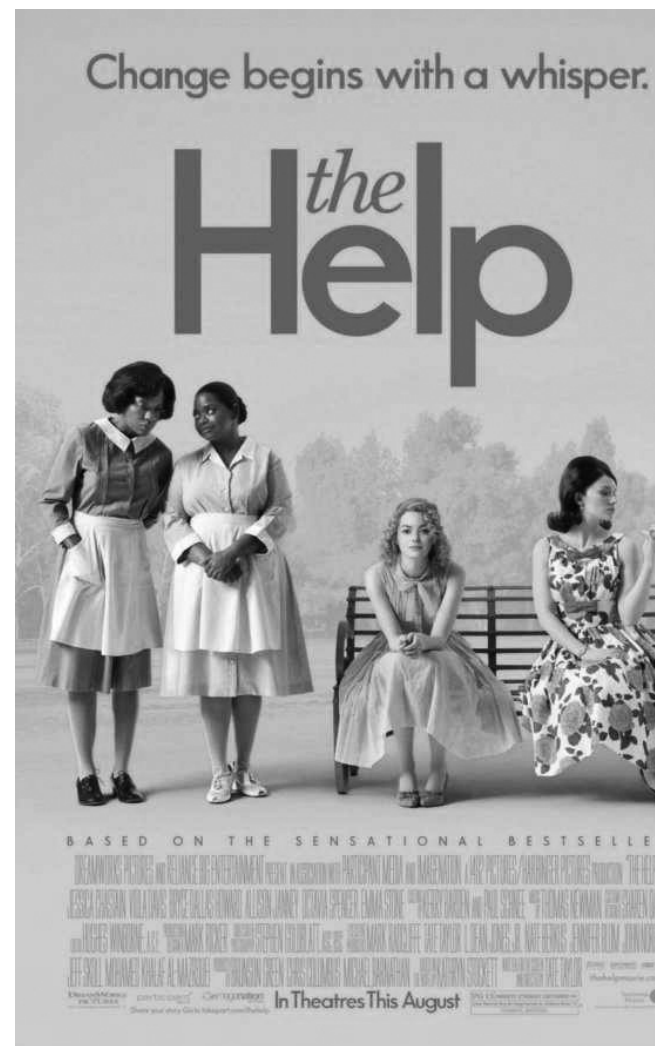
### "Glee: The 3D Concert Movie"

by Christy Lemire, AP Movie Critic

This makes you realize just how crucial Jane Lynch is to the Fox TV show's success. She's nowhere to be found in this peppy concert film, shot over two days during the recent North American tour, and her trademark snark as cheerleading coach Sue Sylvester is sorely missed. Instead what we're left with are the musical performances, which are admittedly glossy, high-energy and infectious, but they seem awfully earnest on their own. Director Kevin Tancharoen doesn't offer much that you haven't already seen on the ridiculously popular television series. The actors, in character, perform many of the songs that have become fan favorites with the same choreography and sometimes even the same costumes from the show. If you're looking for revealing behind-the-scenes footage, forget it. And yet, if you love "Glee," you'll be psyched. These are your idols, leaping into your laps in crisp, bright 3-D. They're all multitasking, dedicated young performers who have pulled off the difficult feat of working their butts off but making it look effortless and even fun. Fan testimonials and inspirational back stories grind the film to a halt; thankfully, Tancharoen keeps coming back to the music.

PG for thematic elements, brief language and some sensuality. 83 minutes.

Two and a half stars out of four.



### "The Help"

by David Germain, AP Movie Writer

A class act like this is rare enough in Hollywood. Coming at the tail end of summer blockbuster season, it's almost unheard of. It's the sort of film that studios typically save for the holiday prestige season in November or December, when Academy Awards voters start thinking ahead to the films they want to anoint. Come awards time, many of them likely will be thinking of "The Help," whose remarkable ensemble of women offers enough great performances to practically fill the actress categories at the Oscars. From its roots as a collaboration between lifelong friends Kathryn Stockett, who wrote the best-selling novel, and Tate Taylor, the film's writer-director, through the pitch-perfect casting of Emma Stone, Viola Davis, Octavia Spencer and their co-stars, "The Help" simply seems to be blessed. It's hard to imagine a better movie coming out of the screen adaptation of Stockett's tale of friendship and common cause among black maids and an aspiring white writer in Jackson, Miss., in 1963.

PG-13 for thematic material. 146 minutes.

Three and a half stars out of four.

**THE JOKE'S ON YOU**

by Phil Ryder & YOU

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**"There IS meat on that burger! Just look under the pickle!"**

- Barb Hughes • Unknown

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MOVIES	TIMES
30 Minutes or Less-R	1:10 4:05 7:05 9:20
Conan the Barbarian-PG-13 (3D)	12:45 3:50 7:00 9:35
Final Destination-R (3D)	3:55 7:10 9:25
Fright Night-R	1:05 3:30 6:45 9:15
Fright Night-R (3D)	4:00 7:15 9:45
Glee Live!-PG (3D)	12:55
Harry Potter & The Deathly Hallows (Part 2)-PG-13 (3D)	12:35
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 9:30
The Smurfs-PG	12:50 3:35 6:45 9:00
Spy Kids: All the Time in the World-PG (4D)	1:00 3:45 6:55 9:05

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# DiningGuide

## Dining at a glance

**BIRCH RIDGE INN** 422-4293

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

**CHOICES RESTAURANT & ROTISSERIE** 422-4030

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

**CLUBHOUSE GRILL** 422-6272

Roaring Brook Rd, Killington  
 Located at the Killington Golf Course.

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

**GRACIE'S GRILLE** 802-422-4653

at Green Mountain National Golf Course  
 Barrows Towne Road, Killington

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

**KILLINGTON MARKET & DELI** 422-7594

2023 Killington Road, Killington

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

**LAKE HOUSE PUB & GRILLE** 273-3000

3569 Route 30 North, Bomoseen

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

**McGRATH'S IRISH PUB** 775-7181

at the Inn at Long Trail  
 Rt. 4, at the top of the Sherburne Pass, Killington

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

**MOGULS SPORTS PUB** 422-4777

Killington Road, Killington

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

**MOUNTAIN TOP INN & RESORT** 483-2311

Mountain Top Rd., Chittenden

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

	STYLES OF CUISINE							MEALS SERVED					COST			
	ITALIAN	FRENCH	AMERICAN	CONTINENTAL	MEXICAN	ASIAN	PUB FAIRE	BREAKFAST	LUNCH	DINNER	BRUNCH	LATE NIGHT	TAKE OUT	INEXPENSIVE	MODERATE	DELUXE
<b>Birch Ridge Inn</b>																
<b>Choices Rest. &amp; Rotisserie</b>																
<b>Clubhouse Grille</b>																
<b>Gracie's Grill</b>																
<b>Killington Market</b>																
<b>Lakehouse Pub &amp; Grille</b>																
<b>McGrath's Irish Pub</b>																
<b>Moguls Sports Pub</b>																
<b>Mountain Top Inn &amp; Resort</b>																
<b>Olivia's Market</b>																
<b>On The Rocs Lounge</b>																
<b>Pasta Pot</b>																
<b>Ramunto's</b>																
<b>Red Clover Inn</b>																
<b>Seward Family Restaurant</b>																
<b>Sugar &amp; Spice</b>																
<b>Vermont Apple Pies</b>																

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## 20th Annual Late Summer Arts and Craft Festival

If you missed our July 2nd Arts and Craft Festival, you'll certainly want to attend our second special event of this summer, featuring quality artisans. Plan to attend the Society of Vermont Artists and Craftsmen's 20th Annual Late Summer Arts and Craft Festival which will be held on Saturday, August 20th from 10 to 4, rain or shine, at the Fletcher Farm School for the Arts and Crafts, located on Route 103 south of Ludlow, Vermont.

Juried crafts will feature water and oil paintings, folk art, primitives, jewelry, woodworking, photography, doll makers and clothes, fabric products, pottery, handmade soaps, maple syrup, honey, party dips and herbal products, hand woven items, decorative gourds, and much, much more. There will be many of your favorite artisans returning for the August festival as well as a variety of designs and quality products of new participants.

Demonstrations by instructors at the Fletcher Farm School for the Arts and Crafts will take place throughout the day. Entertainment will be provided by Brent Buswell. Charles Dion will demonstrate the art of chainsaw carving. RJ's will offer a variety of food items which will tempt your appetite for lunch.

We hope you and your family will join us for another special festival.

Mark the date on your calendar - come and enjoy the Arts and Craft Festival on Saturday, August 20th from 10 to 4.

## Children's Chicken Day at Billings Farm & Museum

Billings Farm & Museum, gateway to Vermont's rural heritage, is featuring Children's Chicken Day on Saturday, August 20, from 10:00 a.m. - 5:00 p.m. Learn about the chicken and the egg, no matter which came first! Chicken Day will feature many varieties of chickens (there are over 200 in all), reflecting a range of colors and characteristics.

See newly-hatched chicks and learn how an egg grader works. Families can join in chicken activities and programs including the egg toss, stenciling, children's stories, and make-it-and-take craft activities.

Admission includes all activities and programs, plus the operating dairy farm, farm life exhibits, the restored and furnished 1890 Farm House, plus an added bonus: the 25th Annual Quilt Exhibition. For information on Children's Chicken Day: 802/457-2355 or [www.billingsfarm.org](http://www.billingsfarm.org).

The Billings Farm & Museum is owned and operated by The Woodstock Foundation Inc., a charitable non-profit institution founded by Mary French and Laurance Spelman Rockefeller.

Billings Farm is an operating Jersey dairy farm that continues a 140-year tradition of agricultural excellence



photo courtesy Billings Farm & Museum

and offers farm programs and historical exhibits that explore Vermont's rural heritage and values. Admission: adults: \$12.00; 62 & over: \$11.00; children 5-15: \$6.00; 3-4: \$3.00; 2 & under: free. The Farm & Museum is located one-half mile north of the Woodstock village green on Vermont Route 12.

## Burgundies

'Bourgogne' as it's called in French is a historic region in central eastern France to the north of the city of Lyon. Burgundy's wines are varied, complex, human, and sophisticatedly homely. Although "Burgundy" means red, the region produces both white and red wines.

The Burgundy appellation system centers on a hierarchy with the 'Grands' and 'Premiers' 'Crus' at the top. The vast array of different appellations across Burgundy mean that an individual producer can market dozens of different wines, all with similar labels, but with substantially different wine in the bottle. French inheritance law exacerbates the potential confusion. On the death of the owner, by law, an estate must be divided between the

beneficiaries, rather than passing it on intact to one individual. The result is often a number of different estates, producing wine of different quality with the producer's name being very similar, if not exactly the same.

To make matters worse, a large number of domains in recent times are considered underperforming (although many are now beginning to make good wines again), prices are generally high before the wines come of age, and you have a region, which is full of pitfalls for the wine buyer.

For Burgundy as a whole, the 'Grands Crus' account for about 1% of all the wine produced, the 'Premiers Crus' about 11%. Village wines account for another 23%, and the less prestigious rest accounts for the 65% bulk of the remaining wine production.

There are only about forty 'Grands Crus' vineyards, capable of producing the finest wines in Burgundy, and all are situated only in Chablis (all whites) and the Côte d'Or (reds and whites). The Premier Cru designation applies to wines from these regions, as well as the Côte Chalonnaise. Premier Cru wines are theoretically superior to the standard village wines, but in recent year the less regulated village and sub-village appellations, widely spread throughout Burgundy, have produced some surprisingly good vintages with innovating wine-making techniques. So, careful selection may yield some good value drinking.

One of the few facts about Burgundy that is easy to remember is that wines are generally made from Pinot Noir (red) or Chardonnay (white) grapes. Exceptions are Bouzeron (made from Aligoté) and St-Bris (made from Sauvignon Blanc), but these wines are rarely seen in the US. One wine that is commonly seen and technically a Burgundy is the Beaujolais (made from Gamay) or Beaujolais Nouveau, which should be available soon and should be drunk very young and fresh upon release.

Most of the Burgundies however like a little age, as a rule of thumb, the higher the wine is rated (or the more expensive it is!) the longer you want to wait before opening it.



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## What's Happening at Carving Studio

—Workshops

Christopher Gowell returns to CSSC next week to demonstrate traditional sculpture techniques with life models during the 5 day course Figure and Portrait in Clay. She is followed by an open week for members of New England Sculptors Association. Anyone interested in joining fellow sculptors for five days may utilize the facilities/services of the center at a per diem rate.

On August 26th, Instructor David Bender will greet students from Castleton State and Green Mountain Colleges for Stone and Wood. Held at the Carving Studio and Sculpture Center, students receive 3 credits for this semester-long course.

—Artists in Residence

With support from the Ruth Hunt Wood Foundation,



Resident Artist Charles Kamyia polishes a marble sculpture - "Don't Cry"

Carol Lees of Oneoff Contemporary Gallery in Nairobi, Carris Foundation, Wakefield Talabisco International and an anonymous donor, Charles Kamyia spent the month of July at the sculpture center creating five new stone works. He translated his wood carving skills into marble and granite with the help of Studio Manager Christina Baril. "I will carve our local stone when I return" declared Charles as he prepared his departure for Uganda.

Like ships passing in the night, Irene Wanjiru arrived from

Kenya. She returned to the U.S. with financial support from new sources that wish to remain anonymous yet continue to support the international residency programs at the CSSC. Irene will be presenting her work to the public every Wednesday at 7PM during the month of August.

—Exhibitions

SculptFest2011 guest curator Rick Rothrock suggested the theme of Forces of Nature to which artists submitted proposals for site specific installation among the historic quarries. Selected artists Erica Ehrenbard, Marisa diPaola, Crystal Ellis, Isabella Garbani, Brigitte Grenier, Erica Johnson, Jessica Leete, Ronni Solbert, Andrew Thomas, Chris Wells, Zoe Marr and Paul Hilliard will be installing throughout the month of August and early September. Sculptfest2011 is sponsored in part by Berkeley, Veller and Greene Real Estate of Rutland.

The opening reception of SculptFest2011 is scheduled for September 10 from 5-8PM. Earlier in the day at 4PM at the CSSC Gallery, Don Ross will be on hand to discuss his new photography exhibit Stone, Water, Metal.

## Jamie Ward in Belmont

Jamie Ward will play on the Belmont Green in the center of Mt Holly this Thursday night, August 18, at 7pm. Come one, come all and bring a chair. Jamie will play his Blues and Rock n' Roll favorites, plus a few originals.

Jamie has been a musician in NYC for over 20 years. His piano playing & singing, as well as original songs and lyrics have a relaxed, bluesy style. He adapts the songs he loves to what the audience wants to hear. He plays alone or sometimes with special guests. He loves every kind of music from Duke Ellington to the Grateful Dead, Gaga to Gershwin, Cole Porter to Pole Cat blues. "Heck, if you don't like this song, wait 3 minutes... you'll love the next one." He will cover Mo-town, classics of the 60's and 70's, the Beatles, Ray Charles and Little Richard. So come on by!



## Dirty Dozen Brass Band Performs in Killington

The Dirty Dozen Brass Band will perform a free concert at the Killington Resort on Saturday, August 20 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.

The Dirty Dozen Brass Band is a world famous ensemble, whose name is synonymous with genre-bending romps and high-octane performances. They have revitalized the brass band in New Orleans and around the world, progressing from local parties, clubs, baseball games and festivals in their early years to touring nearly constantly in the U.S. and in over 30 other countries on five continents. The Dirty Dozen have been featured guests on albums by artists including David Bowie, Elvis Costello, Dr. John and the Black Crowes.

"Cooler In The Mountains" performances are scheduled for every Saturday afternoon, through August 27, and 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. On Saturday, August 20th when Dirty Dozen Brass Band takes the stage, the Reverb Eco-village will



descend on Killington to offer activities aimed at raising awareness of alternative and renewable energy sources. Environmental non-profit groups will help educate concertgoers about the steps they can take to reduce their footprint, and all-natural and organic food producers will sample their products. Killington Resort will present an interactive display to inform guests about how it integrates green practices into its snowmaking and customer service operations.

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.

The "Cooler In The Mountains" concert series is produced by the Town of Killington in conjunction with the Killington Chamber of Commerce, Killington Resort, and IZSTYLE, and sponsored by Long Trail Brewing Company and Casella Waste Systems Inc. The next and final concert of the series features Sister Hazel on August 27. For more information visit [www.discoverkillington.com](http://www.discoverkillington.com).

## Food Preservation Workshop at VINS

The Vermont Institute of Natural Science (VINS) is presenting the fourth workshop in its Creating Sustainable Homes and Communities series. Those interested in saving money, supporting a local economy and being green when making purchase decisions are invited to join VINS and explore the key components of a thriving local economy as well as the resources within local communities that enable individuals to make environmentally-conscious and affordable choices as consumers.

Workshop number four, Preserving the Harvest: Keeping Our Food Dollars in Our Local Communities, will be held on Saturday, August 27 from 10:00 a.m. to 1:00 p.m. at the VINS Nature Center. During this session, students will investigate easy methods of turning bounty from home gardens and local farmers' markets into food that can be enjoyed throughout the winter.

Registration for this session is required by August 22 by calling 802-359-5000 ext. 223. Preserving the Harvest is \$24 for VINS members and \$30 for the general public. Participants should bring a cutting board, knife, apron and two to three pint-sized containers to the session.

For more information, please call 802-359-5000.

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## Comedian Jim Breuer Returns to The Paramount Theatre

Friday, August 26 at 8pm, the Paramount Theatre in Rutland, VT welcomes comedian Jim Breuer as he kicks off the much heralded 2011/2012 Season at the historic venue. Jim's most recent one hour special "Let's Clear the Air" premiered with record setting ratings and rave reviews on Comedy Central in July of 2009. This is Jim's second appearance at The Paramount after nearly selling out the venue during the 2008/2009 Season.

Jim has come a long way from his 4 year stint on "Saturday Night Live". Yes, "Goat Boy" is all grown up, and gets up close and personal with parenthood. The only thing "Half Baked" in the Breuer household is the brownies. The days of "Heavy Metal Man" have given way to the heavy eyelids of a family man giving it his all. Don't be misled; whether you are a parent, thinking about being a parent or know a parent, this show will make you laugh so hard, you'll cry.

Known for his wild, outrageous and provocative brand of humor, Breuer proves that his comedic observations and antic physical and voice comedy can be just as cutting edge and hilarious as his hit "SNL" character "Goat Boy" and his popular heavy metal humor.

Breuer's consistent wit and creativity,



combined with his hilarious physical expressions, keep him on the forefront of comedy landing him a national Pizza Hut advertising campaign. Tune into "Jim Breuer Unleashed" on Sirius/XM satellite radio.

Leave the kids at home, you deserve a good laugh. If you're lucky, you'll get a little goat.

Tickets are \$25.50 - \$35.50 plus tax and are available now by phoning The Paramount Theatre Box Office at 802 775-0903. Tickets may also be purchased online at [www.paramountlive.org](http://www.paramountlive.org) or at The Paramount Theatre Box Office at 30 Center Street.

## Healthy Fried Chicken? Flash Frying is the Key!

by Rocco Dispirito, AP

I know what you did last weekend.

You splurged on a big, juicy, extra-crispy piece of fried chicken - or maybe two - at that family picnic. And then you lamented the fact that you can't eat it more often. Fried chicken is one of our best-loved comfort foods, but that incredibly greasy stuff remains off-limits if you're trying to keep a tight rein on your weight.

Unless, of course, you fry out the calories and fat in a flash.

My recipe for chicken carnitas is so deceitfully delicious - full of flavor with a crisp outer crust - no one will suspect that it is low in calories. Compared to classic carnitas (which traditionally are made with pork), which can pack 1,180 calories and 62 grams of fat a serving, these babies come in at just 314 calories with 14 grams of fat. I don't know about you, but I am impressed.

My carnitas are a good example of the techniques I use to skinny-up many of the fattening foods we love. I start by microwaving skinless chicken thighs - a nearly fat-free but incredibly moist cut - until cooked through. Microwaving might seem unusual, but it reduces the amount of time the chicken must be cooked in oil, thereby cutting tons of calories.

Next, I submerge the microwaved chicken pieces in a foamy egg white bath, then dredge them in a spicy mix of whole-wheat flour and cornmeal. Using egg whites (instead of whole eggs) cuts the fat, while the whole-wheat flour and cornmeal add fiber and flavor.

Now comes the low-cal magic: flash-frying. Since the chicken is already cooked, it needs only 12 seconds in 400 F oil, as opposed to 10 to 15 minutes for traditional pan frying or deep-fat frying in 350 F oil. By spending so little time in the oil, the chicken and breading absorb far less of it, yet the outside still has time to fry up to a perfectly feather-light crunch. The mouthwatering moisture comes from the meat's natural juices instead of the oil fusing with the batter.

And there's still more to love about these carnitas. They're served with a salad of lettuce, red onions, cherry tomatoes and lime. No oil here either; the chunks of avocado you serve with each plate is all the fat you need for taste, and it's a healthy fat.

These guilt-free, juicy pieces of chicken truly do taste like the real thing, dispelling that age-old maxim that getting rid of the fat means getting rid of the flavor!

Take this dish to your next summer picnic. You can whip it up in around 25 minutes, too. Because that's what Now Eat This! is all about. Enjoying the foods we love and the healthy habits we want. Now!

### RECIPE TIPS:

- For a spicy option, sprinkle 1 thinly sliced red or green chili on top of the salad or add a few dashes of hot sauce.

- Microwave the limes on high for 15 seconds before you cut and squeeze them. This helps you get every last bit of juice out of each one.

- Use your frying thermometer exactly as directed by the manufacturer. Carefully monitor the temperature of the oil every 5 minutes so that it does not exceed 400 F.

- When microwaving the chicken, keep in mind that the chunks toward the outside of the plate will cook faster than those in the middle. So when flipping the chicken, also rotate the pieces on the plate so that inner chunks are moved to the outside.

- To keep the avocado chunks intact, don't toss them with the other salad ingredients. Just set them on the finished salads.

- Let the oil cool on the stove to room temperature. Then use a funnel to pour it back into its original container and screw the cap back on for easy disposal.

FLASH FRIED CHICKEN CARNITAS WITH LIME, AVOCADO AND RED ON-

### ION CEVICHE

Start to finish: 25 minutes

Servings: 4

1 small red onion, halved, thinly sliced

5 limes

Salt

2 quarts grape seed or corn oil

1lb. boneless, skinless chicken thighs

Ground black pepper

2 1/4 tblsp. Goya Adobo seasoning (available in the Hispanic foods section), divided

2 egg whites

2 1/2 tablespoons sweet Hungarian paprika

1/4 cup fine-ground yellow cornmeal

3/4 cup whole-wheat flour

4 cups chunked iceberg lettuce (2-inch pieces)

16 cherry tomatoes, quartered

1/2 ripe Hass avocado, peeled and cut into 8 chunks

16 sprigs fresh cilantro

Place the sliced red onions in a small stainless steel bowl. With a fine grater or zester, zest the skin of 1 lime over the onions. Slice the zested lime as well as three additional limes in half, then squeeze the juice over the onions. Add a pinch of salt, then mix. Submerge the onions in the juice; use the squeezed limes as a weight to push down any onions sticking out of the juice.

Cover the onions with a tight-fitting lid and refrigerate. Marinate the onions in the juice for as long as possible, at least 15 minutes or up to 3 days.

Meanwhile, pour the oil into a large (at least 6-quart) heavy pot. There should be at least 2 inches of oil in the pot. Clip a deep-frying thermometer to the side of the pot according to the manufacturer's directions. Set the heat to medium and heat oil to 400 F. Do not cover the pot.

Cut each chicken thigh into 4 to 5 even chunks. Arrange the chunks on a microwave-safe plate and season both sides with pepper and 1/4 tablespoon of the Adobo powder. Microwave on high for 1 1/2 minutes. Turn each piece of chicken over, then microwave on high until the chunks are just cooked through, about another 1 to 2 minutes, depending on your microwave. Let the chicken cool to room temperature.

Put the egg whites in a bowl and beat with a fork until just foamy, about 1 minute. In a separate wide and shallow bowl or cake pan, combine the remaining 2 tablespoons of Adobo powder, the paprika, cornmeal and flour. Add the cooled chicken pieces to the egg whites and toss to coat well.

One at a time, lift the chicken pieces from the egg whites and transfer to the flour mixture, turning each to coat thoroughly. Let the chicken sit in one layer over the flour mixture. Wash and dry your hands thoroughly prior to assembling the salad.

Place the iceberg chunks in a bowl and add the cherry tomatoes. Drain the lime juice from the onions (reserving the juice) and add the onions, a dash of salt and 2 tablespoons of the reserved lime juice to the lettuce and tomatoes. Toss to dress evenly. Divide the salad among 4 serving plates. Divide the avocado pieces between the salads.

Working in 4 batches, fry the chicken in the oil until deep golden brown, about 12 seconds. Using metal tongs or a slotted metal spoon, remove the chicken pieces from the oil and transfer them to a plate with either a wire rack on top or paper towels to drain off any excess oil.

Divide the chicken between the salads, then top each with 4 sprigs of cilantro. Slice the remaining lime into 4 wedges and serve one with each salad.

Nutrition information per serving (values are rounded to the nearest whole number): 314 calories; 14 g fat (40 percent of total calories, 2 g saturated); 94 mg cholesterol; 22 g carbohydrate; 27 g protein; 5 g fiber; 881 mg sodium.

## A Fun Night at Diamond Run Mall



Governor Shumlin pauses during the 2011 Winter in August event at Diamond Run Mall with Renae Rhodes - The Mountain Times, Jay Morel - DRM General Manager and Jeff Swanson - DRM Leasing/Marketing Manager.

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# Local News

## MOUNTAIN MUSINGS What's Happening In & Around Killington By Debbie Burke

### Gear up for Golf & Music

The Green Mountain National Golf Course is holding a Ladies Invitational Golf Tournament on Sunday, August 21, 2011. This event is a 1:30 pm shotgun start, Best Ball of tow gross and net. The cost of this event is \$75 for non-members and \$60 for members which includes cart, dinner, gift and prizes. Call the Pro Shop to sign up or for more information at 422-4653.

The Eastern Amputee Golf Association Invitational will be held at the Green Mountain National Golf Course on August 19 and August 20. On the first day of play local golfers are invited to join the amputees in a 4 person Best Ball Tournament, with a 1:30 pm shotgun start, with the cost being \$55 per person which includes golf, cart, dinner and prizes. Call the Pro Shop to sign up or for more information.

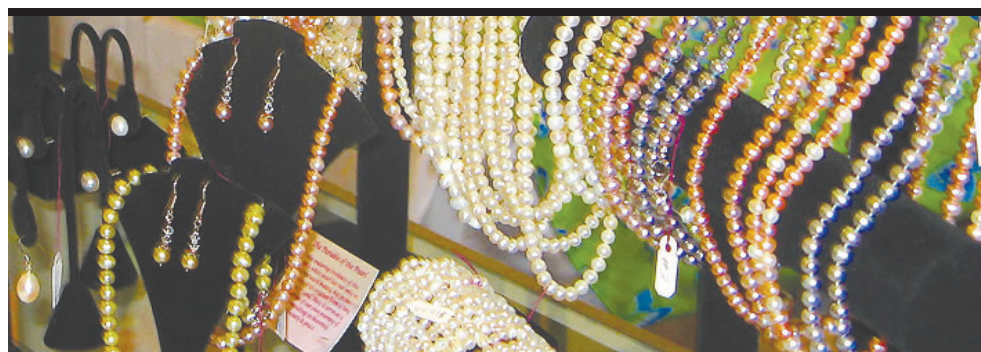
The Killington Pico Rotary Club is holding their annual football pool to raise funds for local and international charities and to support their international student exchange program. Tickets are \$15 each, with weekly prizes awarded throughout the football season. Tickets may be purchased from any Killington-Pico Rotary Club member. For more information or to buy tickets call Deb Burke at 422-3623.

The Town of Killington will celebrate the Vermont harvest with a food and drink festival, the Killington Farm to Ta-

ble Festival on September 16 and 17 with seasonal beer, cask and cider tastings, food pairings, and an outdoor fresh food market on Saturday September 17 from noon to 5 pm. Visitors can sample the best of Vermont cheese, meats, produce, cooking demonstrations, cheese making and home brewing demonstrations, food sculpture competitions with a VIP cask pairing reception on Friday evening at The Summit Lodge. This festival is held in conjunction with the Killington Hay Festival, which is a five week celebration of autumn in Vermont. Other events include a scavenger hunt through huge hay sculptures, an Old Fashioned Ice Cream Social and Soapbox Political Rally in the former Grange Hall (now called the Killington Events Hall) on River Road and the Killington Brewfest at the Killington Resort. Don't miss this great event!!

Don't miss the Levon Helm Band concert with special guests Joe Pug, BowThayer and the Perfect Trainwreck to be held at the Suicide Six Ski Resort in Pomfret, Vermont on Friday, August 26. This event is presented by the Pentangle Arts Council and the Woodstock Inn and Resort. For tickets or more information call the Pentangle Box Office at 802-457-3981.

On Friday, September 7 the a cappella vocal masters "Western Wind" will present a concert and workshop at the North Universalist Chapel at 8 pm on 7 Church Street, Woodstock. Tickets are \$15, for students and seniors the tickets are \$10. A workshop will be held by these a cappella vocal masters from September 2 to September 5.



### Jewelry Sale for the Homeless

Come and get your hands on some fantastic, unique, quality jewelry - at affordable prices - handmade by Sydelle. Her great bargains will be for sale August 24th from 10 AM to 2 PM at the Spa at the Woods. ALL profits will be donated to the Park Slope Homeless Women's Shelter.

## Mountain Times Celebration Mixer September 6

Friends and clients of The Mountain Times are invited to a Chamber / Social Mixer to celebrate the transfer of ownership of the publishing company from the Barnard Family to the Lynn Family. Meet the new owners and celebrate the old.

The date is Tuesday, September 6, 2011 from 4:00 to 8:00 pm at The Mountain Times office at 5465 Route 4 in Killington. There will be complimentary "munchies" and beverages, plus a wine tasting with our long time wine expert and columnist, Gerd Hirschmann.

Questions? Call us at 802-422-2399.

## "An Open Letter to the Congress and President:"

It is with deep regret that I find it necessary to pen this epistle to you but I find the circumstances reaching a more than dire level of significance.

You (and I mean both the legislative and executive branches of our national government) have permitted the question of our national debt to become a problem of your own making that finds you unable to accept the consequences of your actions.

Our debt ceiling has to be raised; on this matter, there never was a question as to need.

Our reduction of government spending needs to be dramatically (notice that I have avoided the word 'drastically') reduced.

You have had the opportunity to review the Bowles-Simpson Commission's recommendations on debt reduction. It represents the only action that can claim bi-partisan support of any kind. It addresses the critical issues that need to be addressed in a manner that is as fair as can be expected given the prevailing financial and political circumstances.

Yet you have failed to take any action on it. The so-called Ryan Plan lacks any reasonable definition of how debt would be reduced; it simply proposes a 'sledge hammer' approach that would ultimately be self-defeating in terms of results. The President has failed to demonstrate any real leadership in suggesting alternatives.

The congressional committee that is to be formed to propose further debt reduction as part of the "plan" to raise the debt ceiling will carry its own "luggage" that will prevent it from addressing the debt reduction needs in a sane, rational, and evenly-distributed manner. It will

represent a partisan effort to reach a non-partisan solution; in short, it is damned to fail regardless of what it does.

Like it or not, the Bowles-Simpson proposal is the only proposal on the table that has the long-term impact of correcting our debt situation without creating a set of worse problems.

The nation is tired of hearing your ideological justifications for your inability to resolve this fundamental problem.

We are faced with a dilemma of gigantic proportions - and you sit and bicker about your ideologies.

This is a situation where we all must share in the resolution to the problem - indeed, it's a problem we helped to willingly create. Whether it be taxes on the wealthy or reduction in social security benefits, they need to be honestly reappraised and adjusted as needed.

You trumpet the words that you cannot do this or that because it will be contrary to the interests of your constituents. The truth is if you fail to act to reduce this debt, the interests of constituents will become a moot question; the subsequent suffering most of the nation will endure will drag this country into a third-world mentality at best - and a third world reality, at worse.

You were elected to make decisions that support the growth and health of this nation; not to claim that "it's the other guys fault." While the media may label you liberal, conservative, tea party member, or moderate, you are charged with a responsibility that transcends labels.

Isn't time you recognized that and acted like statesmen, not the belligerent children your recent behavior has reflected? This is not a Republican problem. It is

*Open Letter, Page 21*

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## Church Supper on Colonial Day

The Castleton Federated Church on Main Street, in the village, will hold a baked ham church supper on Saturday, August 20th, from 5 to 6:30 PM. The supper, featuring baked ham, summer salads and home-baked cakes, is \$8 for adults, \$5 for children 12 and under. What a pleasant way to end this year's Castleton Woman's Club 'Colonial Day' house tour! Proceeds benefit our renovation fund; we are now fully accessible through our new, rear entry. Questions? Call Norm and Cindy at 265-8686.

## Camp Furry Friends a Success

The little brown building next to the Rutland County Humane Society (RCHS) shelter was alive with activity during the last week of July. RCHS hosted Camp Furry Friends, a humane education camp for 9-11 year olds enrolled in the Rutland Public School's Tapestry Program.

During the one week camp, RCHS staff and volunteers helped a group of 12 kids learn about responsible pet care, developing empathy, clicker training, careers helping animals and the importance of spay/neuter. Campers enjoyed art projects, visits with resident shelter animals, snacks and lots of kisses from Maddie, an RCHS alumni and recognized therapy dog.

RCHS will be offering expanded summer camp opportunities in 2012 so please keep your eyes open! If you are an educator or have experience working with middle-school aged children and are interested in volunteering, please contact Jessica at [Jessica@rchsvt.org](mailto:Jessica@rchsvt.org).

For more information about RCHS, Camp Furry Friends, or other ways you can help please contact RCHS at 483.9171 or [www.rchsvt.org](http://www.rchsvt.org).

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# Mendon/Chittenden/Pittsford/Brandon Notes

by Debbie Burke

## Town of Chittenden Select Notes

At the July 25 meeting of the Town of Chittenden Selectboard the Town Clerk/Treasurer, Roberta Janoski, presented her report to the Selectmen. There is an issue with the Verizon Wireless bill with overage on one of the town phone lines and this issue needs to be addressed. After a discussion, the Selectboard stated to write a letter to give to all of the employees stating that the phones are not for personal usage. Selectman Bob Bearor will sign the letter once it is written and it will be given to all employees.

In a report of the Constable, Harley Soulia received a call about a woman riding her horse on River Road and chasing her dog that was loose and then about a person driving their car with their 4 way emergency lights on who was chasing the dog also. Harley explained to them that they could not do this. Harley also advised that the school buses were broken into at the school.

Regarding roads, the River Road and the Middle Road are in desperate need of mowing along with the rest of the roads in town. Steve Weisse is still inquiring about employment. Royal Churchill is requesting that a culvert be replaced on Stoney Hill Road and stated that it is the culvert 100 feet west of the Duffy residence. Wendell Smith will go look at the culvert and see what is needed.

Regarding the Transfer Station, John Parker stated that the plastics are full again and that they have been pushed down but need to be emptied. He had 3 Gaylords full of computers and TVs that were shipped out last week and there are already now 2 more Gaylords full. Also there are 44 Gaylords of cardboard and he is going to check on pricing before it is shipped out as he may wait to do this. In regard to the glass crusher, Gary Congdon stated that he found crushers similar to the current one from \$1,200 to \$1,600. The price range is due to how fine the glass is crushed. David Sargent is wondering if there are safer ones available as some employees do not wear safety glasses or shields when they are operating this equipment. After a discussion, the Selectboard agreed that all employees need to wear safety glasses or a face shield when operating this equipment and they will wait until the next meeting to decide on a new crusher and John will find out what is done with the glass when it is picked up as well.

Regarding the Grange Hall, Karen Webster spoke with the McKernon Group about the bid and they have come down on the price with some changes to the bid. The Department of Energy is okay with this change as well. David Sargent made a motion to accept the bid from McKernon contingent on the Department of Energy's okay with the changes. The motion was seconded by

Selectperson Donnaleen Farwell and the motion was approved unanimously. Karen also stated that there is still the outstanding bill to SVE, and after a discussion it was decided that Karen would write a letter to them stating that some of the work was not completed therefore the rest of the bill will not be paid.

Under Old Business, the Rutland County Sheriff's Department contract was discussed. Bob Bearor spoke with Steve Benard about getting the reports with what is done in town and Steve will look at the ACO costs from last year and get back to Bob with this information. Steve is aware that the town is holding off on signing the contract until this information is provided and they will continue to provide services to the town. In regard to the Wildcat Road beaver problem, Rob Drown has offered to trap them this fall if needed, free of charge.

Under New Business and Correspondence, there was a letter from St. Alphonsus Parish regarding a food shelf, informing residents of the town and to place notice in the town's newsletter about the gift of nearly \$1,000 for a total of 5 years.

The Leffert's Pond Area Trail Access and Restoration Project Scoping; Opening of new trails and the closing of some trails- if there are any comments they are due by August 20, 2011.

An application was received for a Human Service and Educational Facilities Grant that needs to be given to the Chittenden Planning Commission to review.

An application was received for a 2011 Recreation Facilities Grant that also needs to be given to the Chittenden Planning Commission for review, also the Go Vermont Program Grant.

There was an offer of a bicycle rack for the Park and Ride area from Vtrans that was noted.

Concerns of those in attendance: Gary Congdon wondered about the bill from the Rutland County Solid Waste District for the glass- is the town charged for the glass removal. Roberta Janoski will look at past bills and see what she can find out.

Shirley Conway and neighbors would like to make sure law enforcement is in their area early mornings and late afternoons in day and if they are out patrolling. Shirley stated that there is revenue to be made for this town from speeding fines.

David Sargent received a call regarding the order for signs, and he was told it was not received and he told them to order the signs and bill the town for them.

David stated that in regard to paving the following areas need it: from the culvert by the 35 mph sign on the Dam Road to where the town road ends; from the Town Clerks' office to the monument; Casey Road lower section needs attention; Powerhouse Road- parts of it need paving; Stoney Hill Road- part of it needs work; from Paul Reibers driveway to half way down Leahy Road.

## Sign Up Now for Poultney Town Wide Vendor Space

by Janice B. Edwards

Main Street vendor spaces along Poultney's historic Main Street during the 2011 Annual Town Wide Yard Sale event are currently available for rent. They are available on a first-come, first serve basis.

The yard sale event date is Saturday, October 8th. It is from 9 a.m. through 4 p.m. - rain or shine! The vendor space rental prices are \$20.00 payable to Poultney Area Chamber of Commerce.

To select and purchase a vendor space, call Mary Lee Harris, (802)-287-4114 at Stitchy Women or stop by the shop at 144 Main Street Wednesday thru Saturday 10:00 a.m. to 4:00 p.m.

Don't dally and call Mary Lee at Stitchy Women soon to purchase your vendor space. Call (802) 287-4114.

For more information about Poultney Area Chamber of Commerce, one may reach the Chamber by telephone at (802) 287-2010.

Poultney Area Chamber of Commerce, Inc. is a non-profit organization of businesses whose mission is to work together to strengthen Poultney's economic community. Their email address is: [poultneyvt@yahoo.com](mailto:poultneyvt@yahoo.com)

Saturday, October 8th - Poultney, Vermont - the place to be!

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by Johnnie Goldfish

## A Free, Best Kept Secret

First, choose from the options that thrill you. Then, choose the ones that also teach you. And from these, choose the scariest. Butterflies in your tummy are good, how do you think the earth got rolling.

The White River Valley Player's annual Harvest Fair will take place on Saturday, September 10 from 10 am to 4 pm on the Rochester Park. This fun filled event includes a full day of live entertainment, the Players' famous chicken barbecue and all kinds of other food choices. Also there will be crafts, craft demonstrations, children's activities, displays by local organizations, and the popular flower show on the bandstand. Vendor's slots are filling up, but there is still room for more, so if you would like to reserve a booth space, please call fair producer Martha Slater at 767-3025 for more information.

A Reading Riddle: How many times can you divide 10,353 by 29? Answer below.

The Gifford Medical Center's annual charity ride for end of life care, the Last Mile Ride, rolls into Randolph for the sixth year in a row on Saturday, August 20. The Last Mile Ride supports special services for patients in advanced illness and their families. The ride raises money to support these services provided by the Gifford Medical Center by supplying comfort kits and support. There will be an after ride musical celebration and barbecue. Much more information, registration and pledge forms are available on their website. A 2011 Harley-Davidson is being raffled off or \$5,000 in cash. For the second year there will also be a bicycle ride. Support the riders.

The Gaysville Community Church on Route 107 will celebrate their steeple raising on Wednesday, August 24. A crane will arrive at 8 am and the steeple is expected to rise into place between 10 am and 12 noon. After that the church is hosting a cookout for the community. Also the church will have a Music Night that evening at 7 pm. Entertainers will feature Susan Bushnell, Dick McCor-

mack, the Rochester Bell Ringers, the Buchmans and other local musicians. There will be a free will donation at the door. For information or questions please call Ellen Dorman at 234-9648. All are welcome.

Did you know that the Vermont State Parks have a Junior Ranger Program? There are two levels of Junior Rangers; Salamanders for ages 4-9 and Beaver for ages 9 and up. Participants will get the official title of Vermont State Parks Junior Ranger and the official patch.

Matt Baatz has been working on the biking trails in Pittsfield for the past two years and he has help to create a world class gem for the mountain biking set. The trail head is located at the Amee Farm where you can park and ride or hike the trails for free. These trails are for all abilities from gentle curves to sloping banked turns to get your adrenalin pumping. The trails are well maintained and Matt is always looking for helpers who love the sport or just like to be in the woods. These trails probably come under the heading of best kept secret. Like air and breathing, it is all free.

Think Like a Burglar Report: if you want to keep thieves away from your home, think like them, walk around your home and look for the easiest spot for a break-in. Buy a timer so that lights inside your home can turn on and off automatically so that it appears that someone is inside. Buy and install quality locks. Lock your garage and shed - they may contain tools that would aid a burglar with a break-in. Trim trees and bushes that may hide a thief while breaking in or assist them to enter a second story of your home. Turn you phone ringer down while not at home for prolonged periods. Do not leave a message saying you are away. And let the Post Office hold or forward your mail while you are away.

Riddle Solution: As many times as you want to, however the answer will always be 357.

Thought for the Week: "Beware when the great God lets loose a thinker on this planet." -- Ralph Waldo Emerson, (Chased out of town, so he wrote an individualistic and detailed book, he wanted to be Thoreau).

Send your better material to PO Box 1, Stockbridge, VT 05772, save the whales, save the post offices.

## Killington Arts Guild

by Betty Little

On Tuesday August 23 at 5:30 PM, the second Killington Salon begins with a potluck supper at the Killington Dream Lodge of Jill Dye and Duane Finger. Bring your favorite dish to share. Speaker: Sidney Gluck will talk about Shalom Aleichem--the 'other' Mark Twain. Gluck is the Director of the Shalom Aleichem Foundation in NY and a professor at New College. The Salons are sponsored by KAG. Everyone is invited. For directions call: 802-422-3616 or e-mail jilldyestudio10@aol.com.

Sally Curtis's Marbleizing presentation was enthusiastically received last week. She had prepared: paper, paints, brushes and tools; presented a clear description of how to transform sheets of paper into art. She distributed a brochure on the history and process for marbleizing. Her careful preparation made this an enjoyable experience for participants, an escape from the financial woes of the day. According to the brochure, "the art of marbling was started almost a thousand years ago in the Middle East." The earliest still in existence are Turkish from the 1500's. Marbleizing was used on official documents to prevent forgery, for decorative purposes, and in bookbinding. Marbleizers had secret processes, which were not widely known but eventually were revealed so that marbleizing would not die.

The Gables Memoirs Writing Group in Rutland Town held a reading recently. Topics included--Early Days of Medicine in Rutland, VAC; Why Mothers Turn Gray; Do You Remember Virginia Beach?; The Sermon Not Preached; and Pa and the Great Depression. The crowded room of listeners was quick to laugh, quick to take in their breath and quick to clap. The Memoir Group, started in Killington, is conducted by Betty Little and includes KAG members. Ann Wallen, KAG Past President, congratulated the six performers on their writing and presentation. On display were books whose early chapters were read in this memoirs group. Those in print were: Rita Shell's "Links," Betty's "Murdale: a Life and a Ministry," Yvonne Daley's "Olivia Boulevard," Art Wolk's Memoirs; and not in print, Yvonne Feaster's journal.

Current KAG Art Show, "250 Years People and Mountains" is open to the public every business day at Cabin Fever Gifts on Route 4 opposite the Killington Access Road. ART ON THE MOUNTAIN, an exhibit of Killington's history was created by the Community and a full KAG members show, will follow September 1-November 1. Reception Sept. 3rd 3-6PM. Mark your calendar! KAG information 802-422-3852; www.killingtonartsguild.org; column vttag@aol.com.



## Vermont Sailor of the Year Tom Salmon

White River Junction, Vt - Builder First Class Thomas M. Salmon was named 2010 Vermont Sailor of the Year. Salmon enlisted in the Navy Reserves in 2000. His first duty station was with Construction Battalion Support Unit 2, Port Hueneme, CA and with Naval Mobile Construction Battalion 27 since 2003. He served with his unit in Iraq in 2008-2009.

## Medicare Part D Info Session August 24

The Castleton Community Center will hold an information session Wednesday, August 24 at 12:30 PM regarding changes in the Medicare Part D (prescription drug coverage) enrollment period. Fred Hoyt from the Southwestern Vermont Council on Aging will be at the Center to explain changes in the enrollment dates (October 15-December 7) and answer any questions. You can also call the Council on Aging with questions at 1-800-642-5119. Lunch is served at the Community Center on Wednesday (\$3.25 for seniors and \$4.25 guests). Luncheon reservations must be made by Tuesday morning at 9am. Call 468-3093.

## Best Taste/Best Display at Winter In August



Liam Gent of Ovations Restaurant at the Killington Grand Resort Hotel prepares food at the RRCC 30th Annual Winter In August Celebration.

The Rutland Region Chamber of Commerce announced the coveted Best Taste and Best Display Awards presented at the 30th Annual RRCC Winter In August Celebration, which was held on August 9, 2011 at the Diamond Run Mall. Best Taste Award was presented to South Station Restaurant and Best Taste Runner Up award went to American Legion Post 31; the Best Display Award was presented to Killington Grand Resort Hotel and Best Display Runner Up was presented to South Station Restaurant.

Nearly 400 people including Congressman Peter Welch, Governor Peter Shumlin and Lt. Governor Phil Scott to help recognize the positive economic impact that the ski industry has on the Rutland region and Vermont. Twenty area restaurants and businesses provided delicious food for attendees to enjoy while the businesses marketed their establishments.

## Open Letter

continued from page 19

not a Democratic problem. It is not a Tea Party problem. It is not a Liberal problem.

It is an American problem. Please demonstrate that you understand this and work towards resolving the debt crisis.

Amen.

Ralph Pace

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## COMMUNITY CALENDAR

### Meetings

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

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

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

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

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

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

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

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

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

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

### Worship Services

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

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

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

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

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

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

**Rutland - Unitarian** Universalist Church, 117 West Street, Rutland, VT. 802-775-0850. Rev. Erica Baron. Summer services 9:30am, thru Aug. 28. No summer child care or Religious Education.

**Rutland - Sunday** Service, children & adult religious instruction 9:30am. Sat., 5:30pm worship. Good Shepherd Lutheran Church. 773-9659.

**Rutland - Weekend** Catholic Mass, Christ the King, Sat. 5:15pm, Sun. 7:30, 9:30, 11am. Immaculate Heart of Mary, Sat. 4:30pm, Sun. 8am, 10:15am. St. Peter, Sat. 5:15pm, Sun. 8:30, 10:30am.

**Rutland - Sunday** Worship Services, 10:30am, First Baptist Church of Rutland City. Sunday School Classes, 9am for all ages. 773-8010.

**Rutland - All Saints'** Anglican Church welcomes new members. Services at Messiah Lutheran Church Suns., 10am & Thurs. 8:55am & most holy days.

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

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

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



# Killington Remembered



## Summer Vacation

by E. J. Willis

The year was 1927 and Lois Madden Willis received a diary as a Christmas present. She was faithful in daily writing in her diary which has been passed down to her grandson, Ron Willis. Here is her story of their summer vacation from that diary.

In the summer of 1928, Lois, her husband, Eddie, and son, Romaine, age 12, embarked on a daring trip to visit relatives in Calgary, Alberta, Canada and attend the famous Calgary Stampede about 2,600 miles away. Travelling with them was Eddie's brother, Clayton (aka Clayte), his wife, Kate, and their son, Lyle, a playmate of Romaine's. This type of cross-country trek was notable because of the fragility of the touring cars, lack of well-cared-for roads, poor availability of roadside assistance and existence of long stretches of wilderness.

A caravan of two cars left Sherburne on Saturday, June 20, 1928 at 4:30 am. The caravan got all the way to Burlington before Eddie's car burned out a bearing. The travelers had to wait 5 hours before repairs were completed, and arrived in St. Anne de Bellevue after 11 pm. Lois wrote, "Road nothing extra. See lot of small colts. Rain some."

July 1st, Eddie's vehicle burned out another bearing and the troop had to wait until 6:15 am before they could leave Ottawa, Ontario. That night they stayed in Renfrew, about 92 miles northwest of Ottawa. Lois noted that the roads were fairly good. They left at 5:30 am the next day and drove about 600 miles. Lois called the road "funny" (perhaps washboard from usage), but the people were "wonderful nice to put themselves out." The group arrived at 1:30 am. There was a terrible thunderstorm during the night which kept them awake; so they slept late and did not leave the next day until 7 am. Then they drove to Thessalon, Ontario on Lake Michigan, about

an hour west, where they had breakfast and Clayte purchased a new tire (presumably to replace a flat tire). That day they drove over 400 miles and crossed into the Upper Michigan Peninsula over the Sault St. Marie Bridge.

For the next 3 days the weather remained fair and the troop slept into their cars alternating drivers. The first day of this leg of the trip was July 4th and Lois noted it was a "big day" with celebrations all along the road including a pony race which they stopped to see. They continued on through Michigan, Wisconsin and Minnesota crossing back into Canada at the Manitoba/Minnesota border at 7 pm on July 5th. Winnipeg, Canada was a big place to them, and Clayte got lost somehow; so Eddie and family had to wait 2 hours before Clayte found them. Then they drove away into the night, but ran into bad rains and lots of mud in Manitoba. Lois noted "it sure was terrible slippery." Obviously they were driving on dirt roads. The roads remained terrible the next day and they got stuck in the mud which Eddie called "gumbo." They did manage to arrive in Saskatoon, Saskatchewan (over 900 miles in 3 days) without any further breakdowns and stayed in a place that had, according to Lois, "good music." The next morning, Sunday, July 8, they joined forces with another touring couple who led the way through the mud. The caravan drove all night stopping in Provost, Alberta to eat and buy supplies before going "crossways" (as Lois called it) to Monitor, Alberta where they ate breakfast. Lois noted on July 9th that there was mud on the road and lots of it. She wrote it was "such a hard going day" and she was tired. We can assume that passengers were called upon to push cars out of the mud when they got stuck as it was a common practice in that environment at the time. The party reached Lacombe, Alberta 250 miles from Monitor and half way between Edmonton and Calgary between 10 and 11 pm and spent the night. This action lends validation to the "stuck in the mud" theory as Monitor was 30 minutes from their hosts' home in Red Deer, Alberta which they reached the next day in time for a meal. After washing clothes, cleaning cars and selves, the adventuresome group went to the Calgary Stampede 12 days after leaving Sherburne.

## Town of Killington Water System Feasibility Study Public Meeting August 23, 2011

by Kathleen Ramsay

The Town of Killington has moved forward with initiating a Water System Preliminary Engineering Study for the Killington Road area. The Town hired Aldrich + Elliott (A+E), PC of Essex Junction, Vermont as its consulting engineering firm to complete the evaluation in 2011.

The Water System Feasibility Study has the following goals: to assess the water needs of public, commercial and residential properties within the Killington Road area; and to provide reasonable options and cost estimates for long term, effective solutions to meet those needs.

Work on this study is being performed in two (2) phases: Phase #1: Data collection, needs assessment, and determination of willingness to proceed; and Phase #2: Development of alternatives and recommended plan for a municipal water system.

As part of Phase #1, A+E will send out a Property Owner Survey Questionnaire to all of the property owners within the designated Water System Study Area, which encompasses the greater Killington Road area (see map). The survey includes questions about the owner's perception of the current water needs and interest in new water infrastructure for the area. The questionnaire will be sent out August 17, and is due back to A + E by Friday, September 2, 2011. All information submitted to A+E will be confidential and will not be shared with the Town. The information will not be used to pursue any type of enforcement action relating to non-complying systems. The results of the questionnaire are very important to the outcome of the Water System Feasibility Study, so we would greatly appreciate your completing and returning the questionnaire, if you receive one.

The Killington Selectboard will hold a public information meeting about the Water System Feasibility Study and the survey questionnaire at the Town Offices on Tuesday, August 23, 2011 at 6:30 p.m. Engineers from Aldrich + Elliot will present findings from the study to date and answer any questions property owners may have about the survey questionnaire. Additional information about the study is also available on the Town's website, [www.killingtontown.com](http://www.killingtontown.com)

Free family entertainment!  
**"One World Many Stories"**  
 Friday, August 19th • 7:00pm  
 West Rutland Town Hall

Come see legendary historical characters from around the world brought to life with high energy, fun filled songs, stories and poetry. Travel the world with a one man troubadour! Guitar, Hammer Dulcimer, flutes and Hand drums all performed by Steven Coronella.

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For more info call the library at 438-2964.



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 Free & Confidential

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



# Proctor Place

by Stacy Bates

## Olympus Pool Closing Extended a Week

The Proctor Selectboard held a special meeting on July 18 to discuss personnel. Motion was made by Vincent Gatti to enter executive session at 3:30 p.m. At 5:30 p.m. they resumed the public meeting. Dick Norris made the motion to amend the Selectboard Meeting Rules and Procedures Policy to include a provision for board members to ask for a vote on a public reprimand of a board member who is disruptive, disrespectful, or does not speak or behave in a civil manner. The motion was seconded by Susan Feenick and unanimously approved. The amended policy will be presented for Selectboard execution on July 25, 2011. If you would like to contact a member of the Selectboard, you can do so in writing or by attending a public meeting. Written communications should be sent to the attention of the Selectboard Chair, Eric (Rick) Anderson, at the Town Office, 45 Main Street, Proctor, VT 05765.

Olympus Pool is open 7 days a week from 11:00 a.m. - 7:00 p.m. The pool was scheduled to close on August 20 but the board decided to stay open another week until the 27th on a limited basis. They are looking at the hours of 12 noon - 5:00pm depending on the number of people at the pool that day.

Don't forget you have a beautiful strolling area right here in Proctor. You can take a quarter mile stroll to visit the Sutherland Falls Quarry. You start at the Marble Museum parking lot and you'll be able to see the original Proctor quarry from the viewing area. It is also a nice place for a picnic with the family.

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 ends this coming Thursday with Rick Redington. It is held at the Main Street park and they will play 6:30-8:30pm. Rain location is Franklin's.

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 fun-raising activities. Booth space is just \$20 for a 12 ft. x 12ft. 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.

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.



Proctor Vacation Bible School students step it up in a conga line while singing songs.

## 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.

A favorite stop on the tour is the Castleton Federated Church where visitors can see the beautifully carved pulpit, often described as builder Thomas Royal Dake's architectural masterpiece. According to local legend, Dake was allowed \$250 by the church building committee to complete his project. He added \$150 of his own money to finish the pulpit he had planned.

Open for the first time this year is the Gilroy/Rehlen house entry hall. Built c.1818, it was moved from its original location where the post office now lies. The hall and stairway are similar to those of the larger Langdon/Hitchcock house c. 1823 which is also on the tour. Thomas Dake's love affair with arches and vaults is shown in the trio of carved pine arches; the central arch opens under a barrel vaulted ceiling, diminishing as it approaches the rear wall of the hall.

In 1809 Thomas Dake married Sally Deming and built a house on South Street for his family. This house, the Dake/Murphy house, features his first airy, curving staircase, for which he became locally famous.

Also on the tour are the Skinner-Cresci brick house c.1832 with its converted barn that once housed the paint and wagon shop of Eliah Bond and the Landgon-Hitchcock house completed in 1823 by Thomas Dake featuring a two-story, room-width bay window flanking the central hall

The Ranson-Rehlen house, referred to as "The Manse" was built in 1846. It was constructed from plans brought from England in 1816 and features 17 Ionic columns, a curving Dake staircase and many decorative moldings.

Railroad buffs will enjoy touring the recently renovated D&H railroad station built in 1850. The station is now an official Amtrak stop with a restaurant and meeting rooms.

The Higley House, home of the Castleton Historical Society, will be open and visitors can tour the exhibits, antique tools, carriage collection and period costume and hat displays. On display at the Higley House will be

the famous Blue Cat Quilt depicting historic landmarks in town and highlights from the book *The Blue Cat of Castleton*. The quilt was entirely hand sewn and hand quilted with over 375 hours spent in creating the unique pattern of quilting stitches. Demonstrations of chair caning, weaving and quilting will be found in homes along the tour.

Additional activities planned for Colonial Day include a reenactment of "a day in camp" by members of the 53rd Regiment of Foot in America. Soldiers will be practicing drills and women will be cooking, baking and making butter. 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 with assorted cold salads beverage and desert. The dinner is \$8 adults, \$5 ages 12 and under.

House tour tickets are \$20 for adults \$18 for seniors (65+). For additional information about Colonial Day, call 802-468-0011.



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**ARIES: March 21 - April 20:** You're caught up in one of those situations that feels good enough to want to stick around. I am willing to bet that most of you never saw yourself doing this. Things will be totally OK as long as you are able to include the spiritual piece in with the whole idea of "having it all". With so many things testing your need to stay where you are, issues that involve personal freedom and/or enough foresight to see that you could very well be taking another trip down the old "Bunny Trail", should call you to rethink the idea that this is anything close to what you need.

**TAURUS: April 21 - May 20:** You have got to be stressing out about more than a few things. For the most part, you don't have too much too worry about. No matter which way the chips are falling you will serve yourself a whole lot better if you just let God handle everything and go with the flow. If it's not your style to step out of the way you will have a harder time moving forward - because whatever you try to hold on to will weigh you down and prevent you from seeing that at this stage of the game something new is in order. Leave the past behind and open up to another way of doing things.

**GEMINI: May 21 - June 20:** Sometimes it's easier to see what we want to see in our relationships; in a lot of ways it does a lot to make the dream come true. At the moment the possibility of getting along will be enhanced by the fact that both of you are too busy to hassle each other. The schedule is packed and the idea of over-taxing yourself could trickle down and affect you at the physical level. Go easy on yourself in situations where the tendency to do it all could drag you down - and don't use all this busy-ness as a way to avoid addressing the intricacies and complexities of your personal stuff;

**CANCER: June 21 - July 20:** The scenery keeps changing. For someone who likes to know where they stand, this is getting to be too much. In order to stabilize whatever it is that keeps you centered you need to be able to do this from your heart; because your mind will go nuts trying to make sense of why your life keeps getting shaken and stirred. Change will be the operative word for much longer than you expect so let go of the need to have anything be the way it's supposed to be. Sometimes we have to take a totally different route than the one we planned on. Get ready to take the long way home.

**LEO: July 21 - August 20:** Don't be stupid about what's going on. You keep thinking that someone will change if you just keep on keeping on with whatever your strategy happens to be. No matter what form your story happens to take, it's time to face the fact that it might be going nowhere. Instead of wondering what to do about it, get over yourself and try to realize that your fulfillment lies in a totally different direction. Barking up the wrong tree stalls our progress and keeps us whining about the way things are. You know exactly what's going on here; don't be afraid to face it head-on.

**VIRGO: August 21 - September 20:** You can't be too sure about how far people are willing to go. What seems like a no-brainer to you is much more complicated for them. At this point your idea of what you thought was going to happen has turned in a new direction and you have to get clear about where this is going before you continue. Once you get a handle on things, others will stretch their limits and find a way to grow up, knowing that it's necessary. Be patient with them and go easy on yourself. Big choices require a peaceful mind and a heart that's open enough to feel its way through anything.

**LIBRA: September 21 - October 20:** Things should be cooking up real well; you've got irons in the fire and stuff going on - all of which has the potential to take you everywhere. As you continue to keep your eye on the pot, know that nothing is a done deal and realize that no new foundation can be created until all the facts come in. It looks to me like it'll be six months before anything takes shape. What you need to look at is the whole idea of where you want to expend your energy - because other issues that revolve around your family and the things you do for love have become just as important.

**SCORPIO: October 21 - November 20:** There's too much making you wish you could just wave a magic wand and make everything go the way you want it too; so much so that it's taking every ounce of self control you've got to contain the urge to explode. The feeling that you are being emotionally manipulated combined with the sense that everything is either your fault, or up to you has turned your internal reality upside down. For someone who relies so much on portraying themselves as a powerful person you aren't feeling too clear or the least bit empowered by this current state of affairs.

**SAGITTARIUS: November 21 - December 20:** You have known for quite some time what needs to be done. It no longer makes sense to hide from the truth and you can't let your denial mechanisms keep it at bay. If you haven't already started to talk it over with those close to you you're wondering how to broach the subject of; how do we keep doing this? Going further into the question will lead you to see that the perfect life isn't about the way things look. On the surface you've got it all - but for some reason the guts of your situation have been twisted - and there's no better time than now to straighten them out.

**CAPRICORN: December 21 - January 20:** You have subtle forms of rocket fuel supercharging everything you are doing right now. Believe me when I tell you; a little goes a long way. Don't feel like you need to do much more than lift a finger, or in some cases, have a thought because the mind moves faster than the speed of light. If it's always been your habit to put your shoulder to the wheel and apply all of yourself to the task, a lighter touch is what you need right now. Others are bound to be threatened by your progress so stay humble and use the greater part of your being to strengthen and sustain your inner core.

**AQUARIUS: January 21 - February 20:** Don't be surprised if you walk back into this situation and find a whole new state of affairs. Lots of things have changed and you need to be sensitive to the fact that your position may be compromised. This has less to do with you than it does with outer circumstances that seem to be cracking the whip over all of us right now. To be on the safe side, consider every other option and think about what you would be doing if it wasn't this. I hate to drop this bomb but it's better to be prepared for anything than it is to be totally sideswiped by what you didn't expect.

**PISCES: February 21 - March 20:** I don't know what your plans are but you might want to rethink any decision that calls you to stay put. Recent changes have shown you that something has run its course. As difficult as it might be to consider moving on, inwardly you're ready for something more - something that allows you to grow beyond the templates that keep you chained to patterns and people of the past. While I can't tell you exactly how things will pan out if you take this leap, I know for sure that once you decide to go for it, a whole new realm of possibilities will open up for you.

## 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](mailto:cal.garrison@gmail.com)


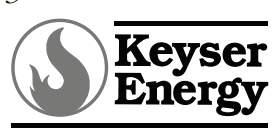


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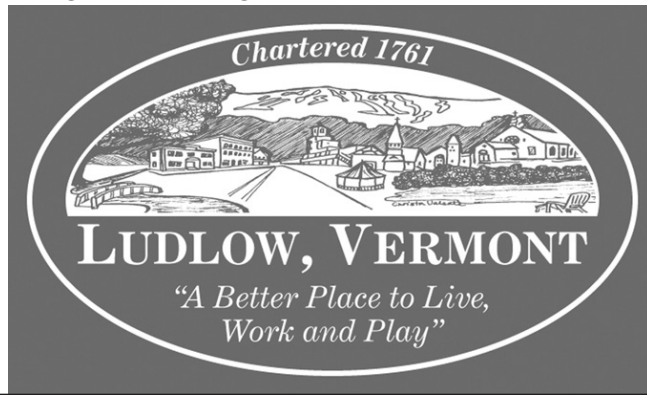
## View From Ludlow

by Ralph Pace

### Ludlow Announces Flag Design for 250th Anniversary

To commemorate its 250th anniversary of the issuance of the charter that created the Town of Ludlow, the Ludlow 250 Committee, working with logo designer Christa Valente and the Okemo Print Shop, has decided that the custom designed flag pictured above would be the emblem of the forthcoming semiquincentennial celebration of the town. The committee will announce the detailed program for the two day "birthday party" in the near future. Plans call for a historic gathering at the gazebo in Veterans' Memorial Park on Friday, September 16 with music, an American Legion Honor Guard, and a display of a "birthday card" for everyone to sign. On the following day, Saturday, September 17, there will be a parade down Main Street that will include the American Legion, the Black River High School band, a Fife and Drum corp, the Ludlow Fire Department, cyclists, and a number of floats and contingents from various

area organizations. The parade will end at the gazebo where everyone will be invited to partake of the largest birthday cake ever assembled in Ludlow, continue signing the birthday card, and listen to the musical heritage of Vermont. The Legion and other groups will be offering barbecued foods during the afternoon. Following the 250th birthday celebrations, the Ludlow Rotary will conduct its annual duck race in the Black River. During both days, Black River Academy Museum will be offering detailed pamphlets for self-guided walking tours of Ludlow.



### August Grief Seminar Offered

Rutland Area Visiting Nurse Association & Hospice (RAVNAH) will be offering a grief seminar on Wednesday, August 25, from 6-7:30p.m. for those who have experienced a loss through death. The seminar will meet at 7 Albert Cree Drive in Rutland. To register call Ann LaRocque at 770-1516.

and spiritual aspects of the process of grieving. Those who are grieving as well as those who are comforting the bereaved are welcomed to attend.

Understanding Grief - This educational program presents the psychological, emotional, social, physical,

Additional grief counseling is available for anyone in the community who has experienced a loss through death and is having difficulty adjusting to this change. Please call Ann LaRocque 770-1516, for more information, or to schedule an appointment.

### Forestry School For Young Adults

#### Next Generation Forest Landowners and Tree Farmers

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

owned by the Potter family. Son Nate, next generation Tree Farmer, will be our host for the tour.

The afternoon session will be an outdoor tour of the 2008 Vermont Outstanding Tree Farm of the Year in Clarendon,

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

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

### Hospice Group Looking for New Singers

The Hospice program of Rutland Area Visiting Nurse Association & Hospice (RAVNAH) is looking for volunteers to join the Trillium chorus.

is about connecting patients, families and community members to one another through the power and comfort of music.

Trillium is a group of community volunteers who visit and sing for hospice and palliative patients around Rutland County and in the Dorset, Rupert areas. Patients reside in private homes, nursing homes, assisted living facilities and the hospital. The chorus sings a cappella in four-part harmony or rounds and each sing is tailored to the physical needs and musical preferences of the patients. The sing

Singers rehearse every other Monday at 5:30 p.m. and visit patients several times a month, usually on alternate Mondays at 3:00 or 5:30 p.m., bringing comfort, hope and healing to those living with a life limiting illness, as well as to their families.

For more information, contact Nancy Birdsall, Hospice Volunteer Coordinator at 770-1682 or email birdsall@ravnah.org.

### Killington Active Seniors

The Killington Active Seniors meet for lunch every Wednesday at noon, hosted by the Green Mountain National Golf Course at the Clubhouse for the remarkable price of \$5, tax and tip included. This bargain is graciously funded by member contributions, the Killington Pico Rotary, the Sherburne Women's Club, and the Southwestern Vermont Council on Aging. So if you are 60 or older, come join us for friendship, and a good meal for a great price.

calling Mike Young at 422-4248. Our picnic will be held at the town pavilion next to the swimming pool. It will begin at 4:30PM and followed by a free concert, sponsored by the town, behind the library from 6 - 7:30PM. Entertaining us will be Swing Noire ...Acoustic, jazz, and swing musicians. So bring your favorite dish and join us for a delicious meal and entertainment this Thursday.

August 18th - Thursday. Killington Active Seniors 2nd summer picnic. Potluck. Bring your own plate and utensils. Please make reservations by Wednesday 8/17 by

Sept 21st - Wednesday. Mendon seniors have invited us to join them in a trip to the American Precision Museum in Windsor, \$4 donation. Lunch at Harpoon Brewery, Dutch treat. Glassblowing by Simon Pierce across the parking lot from lunch. For reservations call Ruth Trigert of Chittenden.

Each Thursday. Over the Road Seniors: Walk at your own pace with a group of your peers. Meet at Sherburne Library on River Road at 9am Thursday mornings. Walk towards Town Office and beyond - or as far as you wish. Return to picnic shelter at Rec Center for rest and conversation. No time limit, no set pace, no required distance to cover, but please, do bring water for hydration. Any questions contact Ron Willis at 422-3843.

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The Rutland Regional Medical Center welcomes those interested in Healthier Living with Chronic Conditions. If interested, call 772-2400 for a program schedule.



# Lakes Region News

by Lani Duke

## New Pedestrian Path in the Works

Tour 18 buildings – period homes, public buildings, galleries, and historic sites – during the Castleton Colonial Day House Tour from 10:00 a.m. to 4:00 p.m. Saturday, August 20. See exhibits of antique tools and carriages plus a period costume display and demonstrations of Early American crafts. Find out more by calling 468-0011.

Make your reservation for the August 24 birthday lunch at the Castleton Community Center by 10:00 a.m. Monday, August 22. Call 468-3093 for your reservation.

Listen to Salsa Seis (The Salsa Six) at the Gazebo in Fair Haven's town park at 7:00 p.m. Thursday, August 25. Enjoy an evening of musical tabasco.

Castleton Community center hosts the four-hour AARP Safe Driving Program for seniors on Monday, September 29. Bring your brown bag lunch and beverage for the break between the 10:00 a.m. to noon and 1:00 to 3:00 p.m. sessions, plus driver's license, pen, and AARP card (if a member). Call 468-3093 to register.

The State Transportation Agency recently announced awarding a grant to the town of Fair Haven to replace the Depot Street bridge deck.

Volunteering souls are invited to help finish up work on the new Teen Center being developed in Fair Haven. Stop in from 6:00 to 8:00 p.m. Mondays and Wednesdays to lend a hand.

Fair Haven grade schoolers will start their school year

with new playground equipment being installed behind the school.

The United Church of Benson plans to replace broken colored windows in the church. How about donating to help them out? Call Holly Noble to get specifics, 446-3575.

The Princeton Review has recognized Green Mountain College as sixth in the country in the organization's "class discussions encouraged" category. The notice appears in the Princeton Review's The Best 376 Colleges 2012 edition.

Castleton State College receives an evaluation team from the Commission on Institutions of Higher Education of the New England Association of Schools and Colleges in early November. First accredited in 1960, Castleton was last reviewed in 2001. You, too, can have an input to the proceedings; get your comments to the Commission by November 9.

A recreation/pedestrian path may connect Castleton with West Rutland and Ira, using the roadbed of the Funkhouser Trolley Rail. Picking up from the Castleton end of the Delaware & Hudson Rail Trail, the route lies pretty much next to current Amtrak train rails as it travels 3.2 miles through Castleton and 1.25 miles in Ira on into West Rutland (another 2.25 miles). The three communities are applying together for \$37,500 for a feasibility study.

Nearly 80 people will lose their jobs when manufactured homes maker Skyline Corp. closes its Fair Haven plant in October. The closure reflects slow housing sales across the country.



## Killington-Pico Rotary News

by Janina Curtis

The Rotary Foundation's Group Study Exchange (GSE) program is a unique cultural and vocational exchange opportunity for business people and professionals between the ages of 25 and 40 who are in the early stages of their careers. The program provides travel grants for teams to exchange visits in different countries. For four to six weeks, team members experience the host country's culture and institutions, observe how their vocations are practiced abroad, develop personal and professional relationships, and exchange ideas. For each team member, the Foundation provides the round-trip airline ticket between the home and host countries. Rotarians in the host area provide for meals, lodging, and group travel within their district.

This year, we are seeking candidates for a team to travel in May 2012 to Rotary District 1850, located in the northwest of Germany. District 1850 covers the region between the rivers Weser and Ems, is situated in the

northwestern part of Lower Saxony, and includes the cities of Bremen, Bremerhaven, Osnabruck, Oldenburg, Delmenhorst, Emden and Wilhelmshaven. You do not have to be a member of Rotary to be a team member. If interested, contact Ruth Clough at rclough\_bethel@yahoo.com. The deadline for team member applications is October 30th.

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 24 – Club Picnic

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

Sep 7 – Manager of Calvin Coolidge State Park in Plymouth Notch

## Student News

–The following area residents were among students to graduate from Morrisville State College in May: Nicholas Louras, a resident of Rutland, VT received a degree in Business Administration. Christine Towne, a resident of Rutland, VT received a degree in Equine Science and Management.

–Alexandra Derosia of Chester, VT, was selected for and attended the 2011 Congressional Academy for American History and Civics, held June 26 to July 8. The Congressional Academy is coordinated by the Ashbrook Center for Public Affairs at Ashland University and is funded by the U.S. Department of Education.

Derosia from Green Mountain Union High School in Chester, VT, was among 111 high school juniors from across the country that were selected to participate in the two-week Congressional Academy held in Washington, D.C.

–Keith Hill from Green Mountain Union High School in Chester, Vermont, was selected for and attended the 2011 Presidential Academy for American History and Civics, held July 10-28. The Presidential Academy is coordinated by the Ashbrook Center for Public Affairs at Ashland University and is funded by the U.S. Department of Education.

–Stephanie Manning of Poultney, VT, recently graduated from the Savannah College of Art and Design. Manning earned a Bachelor of Fine Arts degree in Graphic Design.

–SUNY Canton recently recognized students who excelled academically during the Spring 2011 semester. Andrew J. Squire of Springfield VT, an Electrical Con-

struction and Maintenance major made Dean's List. Joshua D. McDonough of Brandon VT, a Heating and Plumbing Service major made Dean's List.

–The following students from Vermont have been named to the President's List for the spring 2011 semester at Southern New Hampshire University in Manchester. Elizabeth Stretton of Chester, a Hospitality Business Major. Corey Davenprot of Poultney, Law & Politics Major. Whitney Van Buren of Poultney, Culinary Major. Lily Grandchamp of West Rutland, an Exploratory Studies Major.

–Taylor Rose, of Woodstock, VT, a Computer Science major, has been named to the spring term Dean's List at Hartwick College in Oneonta, NY.

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## Standout at Work!

by Marie Stempinski

Have you noticed that even in this protracted recession, some people have kept their jobs? Look closely and you'll often find that they're often considered "experts."

An expert has unique skills, abilities and training that benefit the organization. Superiors consider them indispensable, colleagues see them as the "go-to" people, and competitors want to hire them.

Look for opportunities to stand out at work. Find a situation or project that interests you and benefits your group. Then find ways to acquire all the skills and latest knowledge necessary to make you a standout. By the way, it doesn't hurt if your ideas make your manager look good, too.

Here are some suggestions:

- Take a long, hard look at yourself and really assess your abilities. "Ninety percent of the world's woe comes from people not knowing themselves, their abilities, their frailties and even their real virtues," said Sydney J. Harris, syndicated columnist for the Chicago Daily News and Chicago Sun Times. "Most of us go almost all the way through life as complete strangers to ourselves."

- Ask your boss for an evaluation even if it isn't evaluation time. Learn how he/she perceives your strengths and which growth areas would be best for you. Discuss how you can parlay your strengths to help your department and the total organization.

- Look for ways to improve efficiencies at work. Focus on an important project and analyze how your abilities and skills can make things easier, more cost-effective and more competitive. Share your ideas with your supervisor and explain how you think you can help.

- Research how other companies are becoming more efficient and cost-effective. Translate that information into specifics that would benefit your company, and share them with your manager.

- Take a class that sharpens your knowledge and skill. If it's not available at work, go to an off-site institution or training facility. Even if you have to pay for it out of your own pocket, the benefits will come back to you many times over.

- Make a point of being a team player. Get along with others, be respectful of everyone, and avoid office gossip and emotionalism. Be courteous and sincerely helpful.

- Be genuinely knowledgeable and trustworthy. Others will come to you with their ideas and questions.

- Find ways to ensure that your entire team gets credit for the improvements and innovations they work on.

## "Banking" is Not the Problem Commentary

by Royal Barnard, Publisher

The Federal government continues to behave as if "money and banking" is the problem with the economy. In response the Federal Reserve System (actually NOT an arm of the "Federal" government) continues to lend to banks at .25% interest as if banks need cheap money. Also the real "Federal" government continues to create policy that eases or otherwise guarantees that big financial institutions cannot fail.

The truth is that there is no shortage of money among "real" banks.... or among most American corporations.

In a conversation with our business banker this morning I was told "we don't need cash"... "we have more cash than we want"... "we want to make loans, but nobody wants to borrow." She continued that "our other problem is that customers need jobs so they can pay the loans we do have."

Statistics show that, in addition to good local banks, American corporations are also flush with money that they don't have the impetus to spend.

Why won't consumers borrow and corporations invest? Because Washington failed to respond correctly to the current recession. Government propped up banks and did nothing for consumers, or to improve employment. Government has not led.

Jobs are the engine of the economy .... not banks. Like a horse pulling a cart, workers and their employers are

the ones who add true value to natural resources, support consumption, and do all the things that promote growth. Banks simply sell money for a profit. Banks produce nothing and are no different than the gas company in their role of supplying resources to business.

Banks and Wall Street firms, however, are more powerful than companies, average suppliers or even taxpayers. Banks and Wall Street own Washington.

If you were to pretend that the US economic/political situation was part of a movie, you couldn't write a more ridiculous script for what is being done to the average man and woman. Why do we put up with this stuff?

Consider the words of President Thomas Jefferson: "The price of freedom is eternal vigilance. God forbid we should ever be twenty years without such a rebellion. The people cannot be all, and always, well informed. The part which is wrong will be discontented, in proportion to the importance of the facts they misconceive. If they remain quiet under such misconceptions, it is lethargy, the forerunner of death to the public liberty.... And what country can preserve its liberties, if its rulers are not warned from time to time, that this people preserve the spirit of resistance? Let them take arms. The remedy is to set them right as to the facts, pardon and pacify them. What signify a few lives lost in a century or two? The tree of liberty must be refreshed from time to time, with the blood of patriots and tyrants."

## Fight Identity Theft

by John Ewoldt

Dianne Cutter doesn't swipe her credit card at the gas station anymore. She became a cash-only customer after her card was skimmed from the credit card reader and a thief made charges to her card.

What made Cutter's experience especially egregious is that she's a vigilant consumer who pays most bills online, checks her credit reports regularly and has a fraud alert on her accounts. Oh, one more thing: She's the CEO of Asurency Protection, an identity theft and fraud protection company.

According to a survey by Javelin Strategy & Research in Pleasanton, Calif., identity fraud fell sharply in 2010, after rising in 2008 and 2009. About 8.1 million Americans (3.5 percent of the U.S. population) were victims of identity fraud last year, 3 million fewer than the year before.

But while overall fraudulent activity is down, it's more difficult to detect and resolve, said Brian McGinley, senior vice president of data risk management at Identity Theft 911 in Providence, R.I.

McGinley and Cutter recommend that as technology and prevention change the way thieves operate, consumers need to change, too. Shredding sensitive documents and stopping pre-approved credit offers are a good start. Here are some recommendations from consumer experts and the Federal Trade Commission.

- Make your passwords unique. Don't use your pet's name, your mother's maiden name or your favorite

team. Use numbers, symbols and a few capital letters to mix-up a password.

- Don't publish your personal information: Keep birth dates, email addresses, pet's name and other personal information off social networking sites such as Facebook, Flickr, Twitter and Linked In.

- Use security freezes. Instead of using professional identity theft protection services, which can cost \$120 to \$240 a year, Consumer Reports recommends placing a security freeze on your credit reports at all three major credit-reporting bureaus (Experian, Equifax and TransUnion). That will deny access to your credit report to prospective creditors and prevent a scammer from setting up an account in your name. The freeze costs \$5 to \$10 per bureau, and is free if you have been the victim of identity theft.

- Don't give out private information by phone, mail or email without verification. Check an independent source to get the company website, phone number or email. Even emails that appear to come from trusted sources can be a form of phishing to trick you into providing personal information.

- Secure your smartphone, which offers thieves another way to steal personal information. One in three of us has lost a cellphone or had it stolen, but only half of us bother to set up a password. Some smartphone users store financial information on their phones. Add security software and password protection, and don't store account numbers.

## 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 Skyship, Killington, VT

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# Home & Garden

## The Herbal Harvest

Dr. Leonard Perry, Extension Professor, UVM

An herb is any plant that is used in whole or part as an ingredient for flavor or fragrance. To get the most out of herbs, harvest them at their peak of freshness and store or preserve them properly.

Harvest herbs when the oils responsible for flavor and aroma are at their peak. The timing depends on what plant part is being harvested and its intended use. Most herbs are cultivated for their foliage and should be harvested just before the flower buds open. Although herbs such as chives are quite attractive in bloom, flowering can cause the foliage to develop an off-flavor.

In general the best time to harvest for maximum flavor is in early morning. Avoid bruising leaves, and avoid leaving them in the sun where they'll start to lose their oils. Rinse in cold water, then shake gently to remove some moisture. Remove any diseased or wilted plant parts.

Many herbs, especially parsley, chives, mint, and oregano, can be harvested continually for fresh use beginning as soon as the plant has enough foliage to sustain growth. Harvest herbs grown for seeds-- dill, caraway, coriander, and cumin, for example-- as the fruits change color from green to brown or gray but before they scatter to the ground.

Collect herb flowers such as borage and chamomile just before full flowering. Harvest herb roots including bloodroot, chicory, ginseng, and golden seal in the fall, after the foliage fades. Just be sure to mark the plants before the foliage drops, so you don't forget where they are located. You can harvest fragrant herbs and dry them for potpourri.

If you don't intend to use herbs immediately, drying is the most common way to preserve them. Tie leafy herbs with long stems in bunches and hang to air dry. Easiest to dry this way are the sturdy herbs such as rosemary, sage, thyme, summer savory, and parsley. Rinse dust and soil from foliage, shake off excess water, and remove



dead or damaged leaves. Then hang upside down in a warm, dry, well-ventilated place. To preserve foliage color, avoid drying in sunlight. Enclose seed heads in paper bags to catch seeds as they fall. Or you can horizontal on dry on wire mesh trays in well-ventilated areas.

If you have a dehydrator (useful too for fruits and vegetables), this is a quick and easy method for drying. It is useful for high-moisture herbs such as basil, oregano, tarragon, lemon balms, and mints. If these aren't dried quickly they may mold. Use a low dehydrator setting, between 95 and 115 degrees (F) is ideal, slightly higher if the air is humid. Wash and shake as you would if air drying, then place in single layers on trays. Depending on the herb, it may dry in as soon as one to 4 hours, but usually within 12 hours. Check periodically, and remove when leaves crumble when touched and stems break when bent.

An old-fashioned method of preservation is to salt-cure by placing herbs between layers of coarse grade or regular table salt. Seal the drying salt in an airtight container such as a glass jar or plastic tub. Salt-drying preserves herbs for future use as well as produces herb-flavored salt that can be used as a seasoning in cooking.

When dried, leaves may be stored whole or crumbled. Store in airtight and dry containers in cool and dark. Remember that dried herbs are 3 to 4 times stronger than if fresh, so use proportionately less in recipes.

Cut flower heads of thyme when 4 to 6 inches long and at full bloom. Use dried thyme in soups, stews, sauces, dressings, and to flavor meats. The relatively larger leaves of sage are best cut before or during bloom. Dried sage leaves are often used with meats and sausage. Fresh mint leaves are known by many as a flavoring for iced drinks, but dried they flavor tea, sauces such as for lamb, and fruit salads.

Parsley can be cut as soon as plants are 4 to 6 inches tall, and may continue through the season. Then you can dig the plants, pot, and grow in a sunny location indoors through fall and into winter. Fresh or dried, parsley is used in many ways, particularly in Italian cooking and sauses.

Chives are another common herb that has many uses, can be cut continually, then potted and brought indoors for winter. It is also a hardy perennial out of doors. Not only do the flowers lessen the flavor, but if they form seeds you'll have chives seeded all around. They give a mild onion flavor to many recipes, and are especially favored with eggs and cottage cheese.

Harvest marjoram leaves and flowers either just before bloom or when beginning to bloom. Use marjoram either fresh or dried to flavor soups, egg or potato recipes, and meats.

You can use dill leaves or flowers to flavor soups and fish (it's a great addition to tuna fish sandwiches). It can be boiled with cabbage, cauliflower, or turnips. If using the seeds to flavor dill pickles, harvest when they are fully developed but still green.

More on harvesting and preserving all types of crops can be found online from the National Center for Home Food Preservation ([www.ugs.edu/nchfp/](http://www.ugs.edu/nchfp/)).

## Farmhouse Sinks Don't Need Custom Work

by Ed Del Grande • HGTVPro.com

Q: My husband and I enjoy reading your articles in our local paper. We often discuss remodeling our kitchen, and presently we're planning the actual remodeling job for the fall. I have wanted a "farmer style" kitchen sink for years. But my husband insists that installing this type of sink will require custom-built cabinetry. I really want this style of sink. Will we really need custom cabinet-work? Also, what materials are farmer's sinks available in? -- Linda, Georgia.

A: Hint: I'll save the best news for last. So, let's start with what a farmhouse sink is and what materials are available for this type of sink. Farmhouse sinks have been an icon in traditional-style kitchens for decades. However, what's old is new, and now these sinks have become the darling of many contemporary kitchens as well.

They're usually deep single-bowl sinks, with a broad finished and exposed front apron that blends into the cabinets. Hence, the optional name "apron-front sink" used by many designers and contractors.

The three basic materials that farmhouse sinks are available in are fireclay, stainless steel and cast iron.

That means that just about any style, color and texture you're looking for should be available. As far as installation, farmhouse or apron-front sinks traditionally have been high-end items, mainly because of the extra carpentry costs involved.

But the good news is that if you look around, you can find new self-trimming models. This new style actually overlaps most standard cabinet supports and usually does not require major woodworking alterations.

Bottom line: Let your husband know that if he puts on the tool belt, you'll gladly accept the apron.



## Ask the Home Team

Q. I heard that incandescent light bulbs are about to be banned for using too much energy. Is that true? If so, do you think that will drive up their cost? I'm asking because I want time to stock up before all that's left are expensive bulbs.

A. Incandescent bulbs aren't going to be banned. What's happening is that lighting manufacturers are now required, by federal law, to make incandescent bulbs designed to use a bit less energy to deliver approximately the same light levels that they always have. Between 2012 and 2014, these new bulbs will start replacing old 100-, 75-, 60-, and 40-watt incandescent bulbs on store shelves. So, if you go to the store for, say, a 100-watt incandescent light bulb, you'll be able to buy a bulb that gives you about the same amount of light, but it will use 72 watts.

Will the cost of the new incandescent light bulbs be higher? Probably. It's tough to know exact costs for products that haven't been released yet, but I can tell you that one major lighting manufacturer recently brought out a line of lower-energy incandescent bulbs, priced at about \$1.50 each. I don't know if that's what other producers will charge, or if this manufacturer will continue to charge that amount.

What I can be sure of is that this new generation of incandescent light bulbs won't save as much energy as CFLs (compact fluorescent lights). I can also assure you that it doesn't make financial sense to stock up on today's high-energy incandescent light bulbs. Sure, you'll save money at the cash register, but you'll lose much more money than that in higher energy bills.

So, skip the trip to the store to hoard old incandescent light bulbs. All you'd get would be a bunch of light bulbs that drain your wallet for years. CFLs, on the other hand, will pay for themselves many times over in energy savings.

-Kathleen for the Home Team

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

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# Paws & Claws

## Springfield Humane Society Pet Feature

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## Lucy Mackenzie Pet Feature



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**MEKA** - 7 year old. Spayed Female. Cocker Spaniel. I'm a sweet older gal who is looking for a quiet home where I can relax and take it easy! I've moved around a few times in the past year so I'm looking for a stable home.

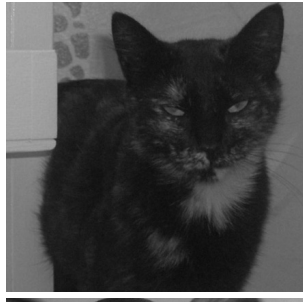
**TASHA** - 1 year old. Spayed Female. Domestic Short Hair Black Tiger. I am a tiny young stray mom who came in with my 2 babies. They have found a nice new home and I am relieved. Now I need to look out for myself.

**MYSTIC** - 2 year old. Spayed Female. Domestic Short Hair Tortoiseshell. I am a sweet young tortoiseshell. Quite a Mystical young lady, too, as my name implies. I have done well here at the shelter but I am very ready for my next chapter.

**CHOCO** - 7 month old. Neutered Male. Pit Bull. I am a very trainable young dog who is almost completely house-trained and very eager to please! I love to be close to my person and I walk very nicely on leash for a dog my age!

**RUCKUS** - 16 week old. Neutered Male. Domestic Short Hair Black Tiger. I am a speedy little guy with a lot of kitten energy. My 2 brothers and sister arrived together at the shelter after our previous owner realized 4 kittens were just too much.

**SOPHIA** - 2 year old. Spayed Female. Standard Rat. I arrived at the shelter with my sister Reese and I absolutely love and depend on her companionship. I would be so lost with out her. We both have a very curious personality.



**POOH** - 1 year old. Spayed Female. Domestic Short Hair Black & Gray Tabby. I am a petite young lady with striking markings. I am a friendly and affectionate girl who will jump up and acknowledge you when you enter the room.

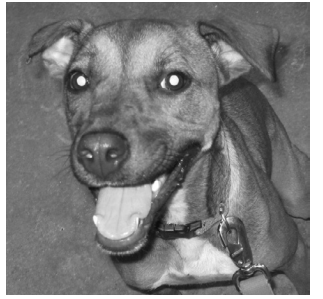
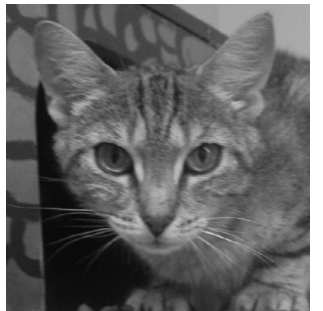
**HERCULES** - 6 year old. Neutered Male. American Bulldog. I'm a handsome, big boy who is an all around nice dog! I'm a well socialized guy who loves to get my butt scratched! I know how to Sit and would like to learn more tricks!

**YOGI** - 5 year old. Neutered Male. Domestic Medium Hair Gray Tiger. I am a confident fella who will speak to you when you walk by. I came from a home with other cats and dogs so I am used to a busy pet home.

**LEXIE** - 1 year old. Spayed Female. Boxer mix. I am a sweet, sweet dog who is so eager to please I'm literally falling all over myself to do so! I'm very athletic and fast and love to play with my toys!

**POKEY** - 16 week old. Neutered Male. Domestic Short Hair Black Tiger. I'm a bundle of energy waiting to find my next stop for action. I must be important, too, since I graduated into the big cat kitty rooms.

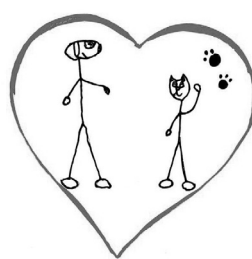
**CAMELA** - 10 week old. Female. German Shepherd mix. I'm sweet and fun and I have lots of energy! I'll need lots of exercise and play time. And I'm not housetrained yet but I'm working on it!



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# RealEstate

## Beautifying Your Kitchen Island

by Mary Carol Garrity

For most of us, the kitchen is the heart of the home, and some of our best memories are made when it's filled with family and friends. If you have an island in your kitchen, chances are this is the hub around which all the love and laughter is shared.

Since your kitchen island is such an important place in your home -- and in your life -- make it beautiful. Here are some quick and easy looks to inspire you.

The key to styling a show-stealing kitchen-island display is to match the scale of your arrangement with the size of your kitchen and the island. For example, many newer homes have large kitchens with islands that are so expansive, you could almost call them continents. To keep a display from being swallowed up on a bigger island, it needs to carry some visual weight. But the same display on my tiny kitchen island would be overpowering. Scale is everything!

Once you know what size your display should be, select one larger-scale accent piece to serve as the base. Then, weave in additional elements, such as seasonal decor, to create the lovely layers that make the finished tableau intriguing.

A dessert server makes a perfect backdrop for drink and snack stations on the island. The shelves can be lined with brightly colored boxes that could be filled with snacks. You could easily substitute them for bowls of condiments for your burger bar or ice-cream toppings for an ice-cream-sundae bar.

Concrete statuary, with its aged patina, interesting lines and strong visual weight, is an excellent option for your kitchen island, no matter what size the island is.

Black iron urns aren't just for the garden. They are also fabulous on kitchen islands. I love working with urns because you can change them in a snap, reinventing their look for special events or to reflect the season. For instance, for fall, simply place a fat pumpkin on top of an urn and you're kitchen-island display is done! For the holidays, fill it with tree ornaments or large pine cones painted silver and gold.

One of the secrets to making fresh-fruit displays look so professional is to place a layer of moss between the top of the urn and the fruit. You could also use Spanish moss, letting a few tendrils trail down.

Aren't wooden dough bowls amazing? We still can't get enough of these big beauties at Nell Hill's because you can reinvent them again and again, making them one of the best investment pieces you'll find. Wooden dough bowls are particularly perfect for kitchen-island displays because they are long and thin, giving you lots of visual weight without eating up precious counter space.

For one unusual kitchen-island display, we filled a dough bowl with brightly colored pottery. The reason this display works is we've mixed together a variety of sizes and shapes, but kept our color palette harmonious, centering around the warm hues of gold and orange. For added texture, we tucked in a few rolled-up pages from old books and magazines. I'm hot on this look right now, and we're doing it in displays all over the stores.

Another great way to style your wooden dough bowl is to fill it with a line of potted ferns, a mess of ceramic balls, an arrangement of chunky candlesticks or seasonal items like gourds or pine cones.

## Avoid Contractor Scams

by Carole Moore

People in devastated areas can do many things to make sure they aren't victimized twice, say two experts. They are Phae Howard of the National Center for the Prevention of Home Improvement Fraud, a nonprofit that helps homeowners avoid rip-offs, and Lanard Cullins, a disaster inspector for the Federal Emergency Management Agency.

Among their tips:

1. Get four references. Contractors will come prepared with three references. Ask for four. And for the fourth one, request they provide someone who had to call them back to fix a problem with their work. If the individual can say the contractor fixed the problem to his satisfaction, then you have a good idea of whether he follows up until the homeowner is satisfied.

2. Take precautions if you live alone. Have a family member or friend at your house when you meet with potential contractors. You don't want to advertise that you live alone, particularly women and senior citizens. Before the contractor arrives, secure your valuables, including paperwork that could facilitate identity theft. After they leave, make sure all doors and windows remain locked.

3. Check with the Better Business Bureau in your own and surrounding states.

4. Verify contractors' licenses and check for local operating permits. "Verify them through the secretary of state's office in whatever state they're licensed to do business," says Cullins.

5. Check contractor coverage, such as surety bonds, performance bonds and workers' compensation. Howard recommends turning to your insurance agent for help. "Wrestling with all those details on top of the devastation is a lot; your in-

surance agent will decipher his coverage for you," Howard says.

6. Ask your insurance agent. What happens if supplies or equipment are stolen from the job site? Will the contractor's insurance cover such thefts? If so, make sure you not only obtain the contractor's insurance information, but also check to make sure his insurance is fully in effect.

7. Need supplies? Howard and Cullins say the contractor ideally should buy these. But if you do the purchasing, don't give the contractor your money. Instead, meet the contractor at the supply store, make the purchase and have it delivered to the site the day the materials are needed.

8. Deal with your own insurance company yourself. "If a contractor asks for your insurance information and says they'll deal with the company for you, that's a scam," says Cullins. Don't give insurance information or proceeds to your contractor.

9. Hire an inspector. If you don't know a joist from a rafter, how will you know your contractor is telling you the truth about needed work or if he's doing a good job?

You have two options: Your local government building codes department or an independent building inspector can help. Once the contractor pulls the permits, the code inspector will check on the project to make sure it's being built to meet code. You can also hire a building inspector before and after the project to help you determine what needs to be done and whether it's been done properly.

10. Proofread your contract. Have a start and end date and make sure you have an attorney check it out. "Never sign a contract without all of the blanks filled in," says Howard.

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# RealEstate

## Customize Your Kitchen

by Rosemary Sadez Friedmann, SHNS

The perfect kitchen. What would yours be? Mine would have great appliances because although cooking isn't my favorite sport, having the right tools makes it a bit easier, and the results perhaps even a bit tastier.

Gas burners are considered by some gourmet cooks as the only way to go, and they give the kitchen a look of professionalism. If this is your choice, too, here are the options to consider. Gas burners will either come sealed or unsealed. In the sealed burner, the area where the gas is ignited is covered. These sealed burners are much easier to clean because food can't fall into the area where the gas ignites.

If you prefer an electric stove, it will be easier to install -- all that's needed is an outlet to plug the cooktop into. You can still get the old-fashioned exposed coil burners, but that will only work in a retro decor. The better way to go is the glass ceramic surface. That offers easy cleaning, because it is a smooth, flat finish without much in the way of crevices.

In the oven department, electric ones provide a dry heat. Gas ovens sometimes produce a more humid type of heat, so

depending on what you like to bake, dry vs. humid will be a consideration.

If you are really into cooking, you might want a cooktop that is versatile, and has several cooking options. One is a griddle, which allows you to cook right on the surface of the stove, rather than using a cooking pan.

Griddles need to be seasoned -- no, not with salt and pepper, but with cooking oils. This needs to be done before you use the griddle. The seasoning keeps food from sticking on it and also helps give food extra flavor. The seasoning also helps keep the griddle from corroding and rusting. Instructions on how to season your griddle will come with the purchase.

How much of a cook are you? Most kitchens accommodate one oven, but my preference is a double oven. Double ovens come in side-by-side or stacked one over the other. The choice is yours. If your kitchen is big enough and you really like to cook, side-by-side might be the way to go. And, of course, the cook top will have extra burners. Most homes though, don't have that much space, so the stacked double-oven fits better. These ovens are usually less expensive.

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 2 Bed w/ loft Trail Creek \$14K

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AWESOME VIEW OF PICO!  
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## Ski Country REAL ESTATE

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<b>BETWEEN SNOWSHED &amp; BEAR MTN</b>  • 2BR+LOFT+DEN+REC RM • Wood burning fireplace- Decks • Paved parking - gas heat - \$339K	<b>DUPLEX OR LARGE HOME</b>  • 3BR/2BA per side, turn-key • Upgraded - wd burning f/places • Open Floor plan \$339K	<b>PASSIVE SOLAR GAIN</b>  • Killington 2BR/2BA + Den • Open floor plan, new appliances • Economical utilities \$240,000	<b>SHORT TERM-HIGH INCOME PRODUCER</b>  • Den+3BA-Cul de sac • Gas f/plc + outdoor hot tub • 2Master Suites, Furnished \$495K
<b>HOT TUB &amp; SHUTTLE AREA</b>  • 3BR/2BA-wood burning f/plc • Recreation Rm-Laundry-Breezeway • Indoor hot tub building \$399K	<b>ON VAST TRAILS</b>  • 3BR, 2.5 Acres-Garage • Radiant Heat-Tweed River • Large out bldg. \$349,900	<b>GREAT TRAIL VIEWS</b>  • 3BR, 4BA+den+Mudrm, 3Ac • large kitchen, indoor whirlpool • 2 master suites w/fplaces \$399K	<b>MOVE-IN CONDITION</b>  • 3BR/2BA - 1 Ac- Oil Heat • Outdoor Hot Tub- Pico Views • Community Water Sys \$235K

**Ski In & Out**

Nicole Aponowich, Pat Linnemayr, Megan Boyle O'Neill

Interest Rates are Under 5%

Daniel Pol, Kyle Kershner

	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
<b>Ski In / Shuttle Out</b>			
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)(T)			
<b>Shuttle</b>			
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)		\$149K	\$370-\$400K
The Woods - Village Center (P)(T)			
<b>Close Drive to Slopes</b>			
Hemlock Ridge (P)(T)		\$148K	\$180K
Fox Hollow (P)(T)		\$199K	
Glazebrook Townhouse (P)(T)			\$239-\$249K
Colony Club Townhouses (P)(T)	\$79-\$99K	\$99-\$135K	\$200K
Killington Gateway (P)(T)			
Moon Ridge T/House (P)(T)			
Northside (P)(T)		\$189K	
Valley Park (P)(T)		\$95K	
Silver Birch (P)(T)		\$125K	
Mendon Square (P)(T)	\$65K	\$90K	
Pondview (P)(T)		\$325K	
Telemark Village (P)(T)			
Winterberry "Detached" Townhouse (P)(T)			\$440K

<b>CHARMING CAMP!</b>  • 2BR+loft-1BA- 1 1/2 Ac • Winterized, yr-rd use • Expansion Potential \$129K	<b>2BEDROOM/2 BATH SUITES</b>  • Indoor hot tub room • Den with Bath - Mtn Views • Stone Fireplace \$390,000	<b>BETWEEN KILLINGTON &amp; RUTLAND</b>  • 4BR/3BA+LOFT, Rec Rm • Privacy-Deck-Master Suite • Cathedral- Efficient- \$278K	<b>WOBBLY BARN AREA</b>  • 2BR/2BA -Cozy vacation home • Large Deck-Landscaped-Shed • Bonus Rm-wait for it: Garage \$197K
<b>POST &amp; BEAM</b>  • 4BR/3.5BA, 4.7 Ac, landscaped • Open floor plan, pond • Mom-in-law apt. \$449,000	<b>GRIST MILL AREA</b>  • 5BR, 4BA Furnished, A/C • 9ft ceilings, outdoor hot tub • 2-car o/sized garage \$659,900	<b>NEXT TO GOLF COURSE</b>  • 4BR/2BA -large Master • Spacious & Light Kitchen • Paved Driveway \$359,000	<b>PASSIVE SOLAR GAIN</b>  • 4BR/3BA + 3.5 car garage • Solar design, loft/den, Paved driveway • Midway Rutland/Killington - \$450K
<b>POST &amp; BEAM</b>  • 3Br 2.5Ba - 3 stall Barn+loft • Killington 22Ac, stone fireplace • Post & Beam \$499,000	<b>New Luxury Town Homes</b>  Starting at \$369,900 • 3BR / 3BA - 2200 sq ft • Townhome, Oversized Garage	<b>LOG HOME</b>  • 2-3 Bedroom, 1 bath • 4 mi. to Killington Rd • Wood floors \$259K	<b>EXQUISITE RETREAT!</b>  • 3BR/2.5BA w/guest suite • 2 Stone fireplaces,loft, wine cellar • Overszd 2-car heated garage \$689K

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