



Check out the Health and Fitness Special Section!

PAGES 8-11

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The Mountain TIMES



Volume 40, Number 34

Central Vermont's Premier Weekly Newspaper

August 25-31, 2011

BOOMERS

The New Face of Patriotism

Captain John David Hortman of Inman, SC was killed in a helicopter crash last week in Fort Benning, GA. I would not have known about David Hortman, but I was with my daughter when she received word of his death.

PAGE 5

GOLF

Time to Hit the Links!!!!



Check out what is happening at local golf courses this week! Get your tip from Alan Jeffery as well!

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ENTERTAINMENT

Sister Hazel Wraps Up Killington Concert Series

Sister Hazel will perform a free concert at the Killington Resort on Saturday, August 27 from 3:30pm to 6pm.

PAGE 19

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!

PAGES 20-25

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STAYING HEALTHY

Daylight Fading: Staying Healthy Well Into Autumn

by C.J. Feehan

The summer months are particularly inspiring for physical activity and healthy living as pleasant weather invites folks out of doors and bountiful fruits and vegetables are in bloom. Later sunlight hours may also encourage individuals to take walks or go for a jog after work. But as daylight shortens and temperatures drop in the early fall, many Vermonters will fall victim to the

biological pull to revert to more sedentary and inactive lifestyles.

For the past four years, Vermont has ranked as the healthiest state in the Union by America's Health Rankings. This system grades each state based on its population percentage of Medicare enrollment, uninsured inhabitants, health care funding per person, prevalence of obesity, and prevalence of smoking. In 1997 and 1998, Vermont ranked

17th in the nation. However, unique policies like the Vermont Blueprint for Health, Choices For Care and Global Commitment to Health, and major health care reforms that date back to 2006 have been credited as the major factors leading to Vermont's substantial increase in overall health.

There are many state and local initiatives designed at improving the health

Healthy, Page 8

Cruisin' Route 100

story & photo by Thomas Bartlett

I have always enjoyed going for a drive, and one of my favorites has always been on Vermont Route 100. My first memorable cruise up that road was soon after I obtained my drivers license. Myself and my close group of three friends piled into my first teenage beater and drove to Montpelier to get our photo drivers ID. It was the closest place to get such a thing and a Road Trip with friends was a brand new excitement. Since then, my search for a perfect day of cruisin' down the road with friends in Central Vermont has always been an attainable dream. Just hop in the

car and go.

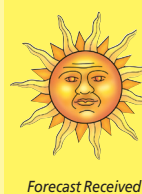
Route 100 is full of twisting turns, Green Mountains, and big sky filling your eyes each and every mile. Everything in between is small towns where the speed limit drops to 35 or 25 miles per hour. Many of these quiet hamlets have sunlit parks with old growth maple trees shading the ground underneath and an oasis or two where you can re-supply yourself with a coffee and good food to keep your senses sharp as you make your way down the road. Route 100 is a north-south state highway that runs through the center of Vermont for 216.59 miles. The end of the

Cruisin', Page 2



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WEATHER

Wednesday	Sunny	HI 79°
Thursday	Cloudy	71°
Friday	Sunny	72°
Saturday	Sunny	77°
Sunday	Cloudy	67°
Monday	Cloudy	71°

Forecast Received August 23, 2011

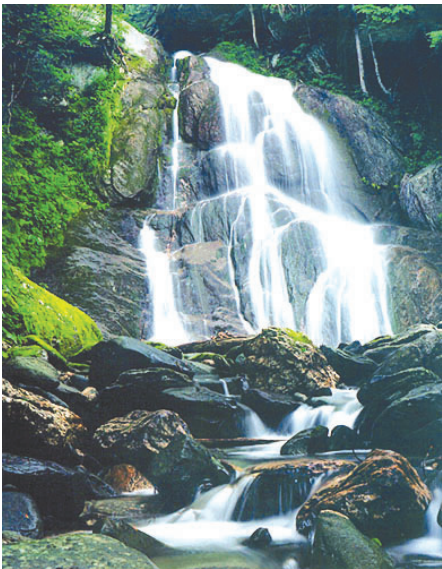
Cruisin'

continued from page 1

Route to the south is on the Massachusetts state line in Stamford where it continues as Route 8. To the North its terminus is in the town of Newport at VT Route 105. Which ever direction you drive, you will not fail to enjoy.

Although I never need a good reason to load up the dog and go for a drive, I recently had one in the form of an old friend visiting from Arizona where

the temperatures have been hovering near 100 degrees. The weather in these parts lately has been near perfect, so we broke out the old convertible and Jess, Sunny and I headed North. We stopped at The Deli in Killington for a cup of Joe and some gas on Route 4 and then turned north on to 100. We passed Kent pond right away and that helped us to decide to make the turn around point at Moss



Moss Glen Falls, Granville, VT

Glen Falls just north of Granville, an hour or so up the road with a 45 foot waterfall rest place to get out and get some mountain water mist in our faces. It was the weekend and the sun was just beginning to get hot. I left the top up for Arizona Jess. 75 and sunny was a little cool for her but that was soon to change once the sun cleared the mountains. Sunny, with his head out the four foot long empty window space, had his nose filled with thousands of smells as we wound our way to Pittsfield. There were both kinds of cycles on the road- motorcycles and bicycles. We

received and returned friendly waves from motorcyclists who enjoyed the spectacle of the red 40 year old convertible with the large black dog sitting up high in the back. Bicyclists spun their way confidently on the road without too much worry of traffic. Route 100 is a popular ride for every kind of locomotion. The cyclists are now a natural road occurrence and drivers act accordingly

with safety. I would sight a few here and there pumping there way up some steeps and be glad to be only working the gas peddle. Then we would pass a few more clad in their bright colors coasting down a fast hill and I would wish to be in the saddle of a bike for those heart pounding moments. Luckily, a sip of coffee backed by my favorite music and fun conversation in our open cockpit Detroit chariot drowned out those thought immediately.

Soon enough we passed the fork in the road that brings you to Route 107, and kept on cruising north on 100. On our way into Stockbridge we passed The Stockbridge Yacht Club and Tweed River Tubing. The rains lately have added good water to their White River tubing trips with their season nearing its end. The White River shares the same valley with Route 100. The motorcycles continued to pass us along with the other warm weather vehicles. There were topless jeeps and even older convertibles than our own. Newer

ragtops were in abundance and a friendly piece sign from my steering wheel hand answered their waves. Like vehicle operators tend to acknowledge each other with a wave, both agreeing silently that we are doing the right thing under the sun.

By this time we had the top down and were nearing our destination. Moss Glen Falls is South of Sugarbush ski area and I could almost smell the snow in the cool August breeze. My gas pedal foot wanted to continue north and go snowboarding but my brain figured out the reality of the choice and we pulled into the parking lot for the falls. We pulled into a quiet parking lot occupied by a few out of state plates on vacation and a good old boy selling maple syrup. The falls can be seen from the road in a eye blink. But a very short walk puts you at the base where the water falls. There was cool mist in the air, cooling us from the ride sitting on black faux leather seats. Sunny walked into the water up to his chest and drank for a while and we played tourista and took pictures in front of the falls.

The leg stretch did us good. We politely refused the syrup man's sales and fired up the big red cruiser. The Impala starts with a burst of thunder from the modified engine and exhaust. Revved the engine a little bit like a Harley biker and then we began to drive south. There are tight turns that we already leaned through, but know we are on the inside of some of these. The granite walls are so close to the road in some turns that you can reach out and touch them if you wanted to break your hand and arm. On the drive back the sun is high and in our faces and I shut off the heat to our flip flopped feet. Jess and I took turns driving the big convertible

and Sunny watched the motorcycles go by as if they were deer. Bright eyes and nose working overtime. In Hancock we stopped on the road to let a couple of bikers take a left on to Route 125 towards Middlebury. Two turned into about thirty. Jess sat on the back of the seat and returned their waves. They were pretty happy we didn't break up their party. Saw lots of like minded folks smiling as they leaned their bikes into the turn past the General Store. The last of them exited to our right and we continued back to Killington.

The corn along the roadside was looking healthy and tall north and south of Rochester and the day was beautiful. The golfers were out in their wacky togs at White River Golf Club and at Green Mountain National standing out against the green trees that are slowly beginning their turn towards autumn. We ended our trip at Kent Pond in Killington and sat in the bench on the water in the sun. The day of cruisin' was at an end but more days are coming.

Route 100 is the main drag for summer cruising and fall leaf peeping. It is no secret that it is a road for a Sunday drive, so be safe and share the road. In the winter, many of Vermont's ski areas are either located directly on or very near Route 100, including Killington, Pico, Sugarbush and Okemo, to name a few. Soon the cars on the road will have roof racks full of skis and snowboards. There are stops in every small town to do some antiquing or a lawn sale or two. Restaurants and Inns are there for you culinary pleasure or you can just remain in your car and drive down the road with your eyes wide open. The dream of an afternoon in the sun behind the wheel awaits. It is just down the road in Central Vermont.

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— Mary Lamson
Middletown Springs, VT

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NASA Telescopes Help Discover Young Galaxy

Astronomers have uncovered one of the youngest galaxies in the distant universe, with stars that formed 13.5 billion years ago, a mere 200 million years after the big bang. The finding addresses questions about when the first galaxies arose, and how the early universe evolved.

NASA's Hubble Space Telescope was the first to spot the newfound galaxy. Detailed observations from the W.M. Keck Observatory on Mauna Kea in Hawaii revealed the observed light dates to when the universe was only 950 million years old; the universe formed about 13.7 billion years ago.

Infrared data from both Hubble and NASA's Spitzer Space Telescope revealed the galaxy's stars are quite mature, having formed when the universe was just a toddler at 200 million years old.

This galaxy is not the most distant ever observed, but it is one of the youngest to be observed with such clarity. Normally, galaxies like this one are extremely faint and difficult to study, but, in this case, nature has provided the astronomers with a cosmic magnifying glass. The galaxy's image is being magnified by the gravity of a massive cluster of galaxies parked in front of it, making it appear 11 times brighter. This phenomenon is called gravitational lensing.

The findings may help explain how the early universe became "reionized." At some point in our universe's

early history, it transitioned from the so-called dark ages to a period of light, as the first stars and galaxies began to ignite. This starlight ionized neutral hydrogen atoms floating around in space, giving them a charge. Ultraviolet light could then travel unimpeded through what had been an obscuring fog.

The discovery of a galaxy possessing stars that formed only 200 million years after the big bang helps astronomers probe this cosmic reionization epoch. When this galaxy was developing, its hot, young stars would have ionized vast amounts of the neutral hydrogen gas in intergalactic space. A population of similar galaxies probably also contributed to this reionization, but they are too faint to see without the magnifying effects of gravitational lensing.

NASA's James Webb Space Telescope (JWST), scheduled to launch later this decade, will be able to see these faint galaxies lacking magnification. A successor to Hubble and Spitzer, JWST will see infrared light from the missing population of early galaxies. As a result, the mission will reveal some of our universe's best-kept secrets.

"Seeing a galaxy as it appeared near the beginning of the universe is an awe-inspiring feat enabled by innovative technology and the fortuitous effect of gravitational lensing," said Jon Morse, NASA's Astrophysics Division director at the agency's headquarters in Washington.

6th Annual IDIC 15 Road Race Nears

This year at the 6th Annual IDIC 15 Road Race in Killington on Sunday, Sept. 18, event director Sarah Rasmussen, along with her family, friends and supporters, will be celebrating. Not because people are crossing the finish line of the 5K walk/run or 15K run. But because more than \$69,000 from the past five years has been raised to help fund a new medical registry, and that registry is now becoming a reality.

All profits from the IDIC 15 Road Race and raffle are donated to Dup 15q Alliance (formerly, IDEAS: Isodicentric 15 Exchange, Advocacy and Support), the organization behind the registry. Dup 15q Alliance, which promotes awareness and understanding of chromosome 15 abnormalities, including Dup 15q Syndrome—or IDIC (15)—is funding the registry. The organization is run 100 percent on volunteer time, including the executive director who is a mom of three, one of which lives with Dup 15q Syndrome.

Local sponsors step to the plate to help with the community event that includes race prizes, raffle items, face painting, ice cream scooping, and massages. Participants are encouraged to bring their families and friends and enjoy the recreation facilities after the race. A raffle with prizes will be held after the race, including raffling of the grand prize, a 2011-2012 Killington Season Ski Pass. All participants are automatically entered to win the pass.

The IDIC 15 5K Run/Walk begins and ends on River Road, while the 15K race begins at the Killington Skyeship on Route 4 and follows a course that ends on River Road. All events are open to all ages and abilities. Prizes are awarded to the top male and female in eight age categories. The first 500 to register receive a wicking event shirt.

Race time is 10 a.m. The kid's race begins at 9:30 a.m. and is a loop course around the soccer field. For more information, entry fees and to register, visit www.idic15race.com or contact Sarah Rasmussen at 802-236-1988, serasmussen@comcast.net.

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3:15 - 4:00PM Alastair Mook

Night Stage 8PM - 11PM
Jam Session with Jay Ottaway

SEPTEMBER 4, 2011

2PM - 3PM: Bread and Bones
3PM - 4PM: Lowell Thompson
4PM - 5PM: Alastair Mook
Plus on the Kids' Stage
3:15-4:00 PM Mare Wakefield

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BOOMERS

The New Face of Patriotism



by Cindy Phillips

Captain John David Hortman of Inman, SC was killed in a helicopter crash last week in Fort Benning, GA. He and another soldier, Chief Warrant Officer Steven Redd, were taking part in a routine exercise with Army Rangers and Special Forces troops. David Hortman was 30 years old. In a story in the local newspaper, he is described by family and friends as "a youthful leader with a magnetic personality." He served as the president of the student body of his high school graduating class, and soon after went into the army to serve his country.

I would not have known about David Hortman, but I was with my daughter when she received word of his death. Though he was only an acquaintance to my daughter, he was a member of her close circle of friends. After hearing the news, my daughter commented to me about the similarities of our experiences with the tragedies of war. "You remember getting these calls during the Vietnam War, and now I have friends in Iraq and Afghanistan," she said.

I pondered her statement, wondering if her observation was correct. I was actually still very young when the conflict escalated and our troops were sent to fight in Vietnam. I do remember the draft being instituted, but it was my older sister's friends who were watching the lotteries, waiting to see if their number would be called.

I was still in college when the war ended in 1975.

I do vividly recall the news reels with coverage of the war. I remember being appalled by the sheer numbers of young men who were dying for what appeared to be an unclear cause. And I remember the protests. We held a few on our own campus, but I was a political unactivist. I was in college, my first time living away from home and not under the watchful eye of my strict mother. I was more focused on being a hippy, dating incessantly and drinking the stress away on the weekends.

It was later in life, I suppose when I matured, that the impact of the Vietnam War became clearer to me. Over and over again, I watched movies that depicted the real story—"Coming Home" and "Born on the 4th of July." I distinctly remember the first time I saw "The Deer Hunter." As I watched the interrogation and torture scenes, I was about to lose it. Luckily there was an intermission. Shaking and crying, I used the break to compose myself and returned for the second half. As the movie closed with the actors singing God Bless America, a sad but profound feeling of patriotism came over me. I have watched that movie at least two dozen times since that day.

We didn't do a very good job of welcoming home our soldiers from Vietnam. They were greeted by protesters, carrying anti-war signs that were splashed with red paint and words like Baby Killer. It wasn't their fault. They were young men who were convinced it was their patriotic duty to protect our freedoms. As Billy Joel sings in Goodnight Saigon,

"We met as soul mates on Parris Island
We left as inmates from an asylum
And we were sharp, as sharp as knives
And we were so gung ho to lay down our lives"
And lay down their lives they did, over 58,000 of them.

Last Friday, Warrant Officer Michael Roberts flew to South Carolina to visit the family of his fallen friend and to escort his body when it arrived. Mike is headed to Iraq this month, prepared to serve his country as a helicopter pilot. When his flight landed at Greenville's airport, he was greeted by family and a group of friends who wanted to surprise him. As my daughter explained it, "We see all these soldiers coming home and being greeted at the airport with lots of fanfare. Welcome home signs, balloons and plenty of hugs. We wanted to give Mike that same welcome even though it is a sad, short visit."

My daughter's generation doesn't support the war effort any more than we did back in our youth. But they do support the soldiers. We Boomers are a very political generation. We are outspoken about our political beliefs. We sign petitions, we send letters to Congress, we vote and we take action. We don't support this war effort any more than we did the Vietnam Conflict. But we also support our military members and we welcome them home in a better light than we did back then. And we now sing a different tune. In the words of James Mee,

"When you're far from home
Feeling like you're all alone
Don't be afraid ... 'cause you're always with us
When you open up your box of kisses.
When you're on a mission
I say a little prayer
Know our hearts are with you
Know your country cares"
God bless America – land that I love.

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

Better Than Ramen Noodles

**Vermont Welcomes College Students
Back to School with Budget-Friendly Ski Passes**

Montpelier, Vt. – Getting a 'higher education' in Vermont offers not only a meaningful education at the state's institutions of higher learning, but also expanding students' horizons in the mountains of the state, ripe with ski and ride opportunities. The Consortium of Vermont Colleges (CVC) and Ski Vermont recognize the value of this whole learning experience and aim to enrich students' experiences with opportunities to ski and ride in Vermont, student budgets in mind.

Last season, Vermont saw 4.3 million skier visits and 40,383 students enrolled at colleges and universities statewide.

"CVC and Ski Vermont share a passion for providing high quality, transformative experiences, whether on campus or in Vermont's mountains, said Nate Ball from Vermont Technical College and chairman of the consortium's promotions committee.

"Vermont's colleges and mountains make a positive and a lasting impression in the minds and hearts of our students and visitors."

Student Pass offers in Killington:

The Beast Encourages Higher Altitude Learning Killington appreciates that scholars put down the books once in a while (every powder day) to study the positive psychological impacts of carving, jibbing, bumping and grinding. To celebrate the Northeast's largest Institute of Higher Outdoor Education for the upcoming season, here's a sweet deal. How does \$329 sound to ski/ride Killington all season long? Read it, learn it, know it...find out more and purchase your 2011-12 College Season Pass today; this is the Beast's best college offer and it will expire. www.killington.com/winter/plan/tickets_and_cards/college_pass.

Thinking about how you can earn some extra money this fall while at school? Killington is hiring Campus Reps to sell passes, promote the Beast and make some cash.

Other mountains around the state are offering College Passes as a part of the program. For college pass updates, visit the Press Room of skivermont.com.

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photos by Robert Dimuccio

Clear Cottage (above, Champions): Standing (l-r): Rob, Brett, Jackie Blue, Gordy, Brandon, Seeds, Brian, DJ Dave, Judd, MVP Will. Kneeling (l-r): Bubba, Neal, Johnny Lightning, Ronzoni

Moguls (Runners-Up) (right top): Back (l-r): Rodney, Scuba Steve, Jamie, Coach Prior, Dave, Alf. Front (l-r): Esra, Alex, Bob. Missing from Photo: Joe, Cliff and Nate



Budweiser Killington Softball League

All the drama all season comes down to this, a best of three series between two teams that know each other well. Moguls and the Clear Cottage played each other four times this season and most recently in the 2nd round with the Clear squeaking by 9-7. Mother Nature tried her best to stop it but finally on Wednesday it happened. The question facing the Clear Cottage was if ten days off would lead to them being rusty? Well, this game was only close until the teams took the field. Rust was not an issue as the Clear batted through their order with eight runs in the 1st. Moguls managed a run in the 1st and 2nd but that was all she wrote until they added one at the end. The Clear only needed four at bats to shell Scuba Steve 15-3 for the most lopsided game in playoff history (at the time, see below). Brett "You should've walked me" Regimbald and Judd both went yard. Pitcher Ronzoni was "En Fuego" all game. In the 3rd he was "Better than Esra" said Seeds as he had a nice flip to first. He especially shined in the 4th when all he needed was three pitches to retire the side. The Clear Cottage was great on both sides of the ball as they ended the game on a double play, throwing out Scuba Steve at home.

The Clear Cottage settled down a bit in game two only getting three runs in the first. Defense was still shining as they turned two double plays in the 1st and 2nd, making Moguls strand the bases loaded. Only facing a 3-0 deficit in the 4th, Scuba Steve was facing a huge decision with two outs and a man on. Should

he walk Brett to get to Johnny "Lightning" Hurley or take a chance? He looked to his team for help but he was on his own with this one. As Brett jacked one to the cheap seats he knew he made the wrong decision, especially after Johnny grounded out. Moguls finally got on the board in the fifth when Scuba's Sac Fly scored coach Prior. They had a chance for more but catcher Rob "Perfect Perfect" Pelletier made the web gem of the series, diving to stop the ball from going out of play and flipping it back in play. Moguls imploded from there and the Clear fired up the hit machine. They scored four in the 6th. This time Brett was walked with two outs and it was Johnny Lightning who did the damage with a two RBI single. As darkness was falling in the 7th and "Don't Stop Believin'" blasting on the PA to inspire Moguls, the Clear was just heating up. They batted through their order, this time with nine runs, to put an exclamation point on "Back-to-Back Champions" and "Biggest Combined Blowout (33-5) in a Championship Sweep!" Esra was better than most on his team as he blazed the bases with an inside-the-park homerun for their 2nd run. But in the end it was the Clear Cottage who were better than all.

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

Commissioner's Note: Last week's article was incorrect. The Phat Italian still lost and they still stranded the bases loaded but it was Loco and not Matt "Ajax" Anderson who left the ducks on the pond.

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Biologists Studying Bat Colonies in Rutland County

WATERBURY, VT -- Biologists from the Vermont Fish and Wildlife Department are seeking information on bat colonies in Rutland County.

The department is asking for reports of bats living in attics, barns, churches, garages, bat houses, or other buildings in Rutland County to gain an understanding of the number of bat colonies remaining, particularly colonies of little brown bats, a species devastated by White-nose Syndrome. Two of Vermont's bat species, the little brown bat and the northern long-eared bat, are now state-endangered as a result of this disease.

"While we are interested in reports of bat colonies throughout the state, we have selected Rutland County as our study area to monitor the number of little brown bat colonies remaining," said Alyssa Bennett, wildlife technician with the department.

Two of Vermont's bat species, the little brown bat and the big brown bat, are commonly found living in man-made structures such as attics, barns, and churches. Biologists are hoping to monitor these populations over time or, if the bats must be moved, to encourage best management practices that will prevent

bats from being harmed.

"We need to get the word out that Vermont's bats are in danger and that we must all work together to protect the few that remain," adds Bennett.

Protective measures include the recent listing of the little brown bat as endangered in Vermont, providing Best Management Practice guidelines for removing unwanted bats without harm, collecting reports of bat colonies, and allowing for the take of bats that pose a rabies threat.

"A little knowledge can save a lot of bats. Once homeowners understand that the visitors in their attic may be a group of female bats seeking a warm place to raise young, they become more sympathetic."

Bennett adds that people are more willing to hire an exclusion professional, to erect a bat house, or even to let the bats stay where they are after learning more about these small mammals and the challenges they face.

Bennett works with homeowners to investigate colony reports and provide technical assistance to address their concerns or questions.

"I'm continually impressed at how

NATURE'S WAY

Teach a Kid to Fish

by Kubie Brown

Few activities in this world are better for the soul than taking a child fishing. Most anglers recall fondly the early days of their youth when that person, be it a parent, grandparent, or family friend, first took them out on the water and introduced them to the world of fishing.

While those days may not have been incredibly productive from a fish-caught perspective, they did lead, more often than not, to those first, faint sparks that later grew into a love for the sport. Taking a child fishing is to teach them a skill and instill in them an appreciation for the outdoors.

The first and foremost point in any angling adventure with children is having the appropriate equipment. A child's fishing rod should be small, simple to cast, and able to absorb a lot of punishment. A short, durable rod with a simple push-button casting reel is best. Make sure the line is of at least 6-pound test to ensure that no fish are lost while being lifted triumphantly from the water.

Fish hooks should similarly be basic and fairly small, rarely going larger than a size six with eight or ten being ideal for most species. A bobber or float, set a foot or two above the bait, is an excellent addition as it allows the child to actually see fish bite. Unless the bobber is set to the proper depth, however, it can be a hindrance that keeps the bait out of reach of the fish, so pay attention to proper placement.

As far as bait goes, crickets, crawfish,

minnows, and packaged artificial bait all have their place, but one can never go wrong with the time-tested and always-successful worm. Worms can be purchased at gas stations and outdoor stores or simply dug from the ground or hunted on rainy nights. Whether they are night-crawlers, earthworms, or dillies, nearly every fish in freshwater will eat them.

Worms are hands-down the best bait to use in any fishing situation involving kids. Worms are easy for a child to manage, as nearly any method—from winding them onto the hook, pushing the point through the body at different intervals, or simply hooking them through the center of the body—will attract fish.

Once the proper equipment is in hand, the next phase of concentration is the fishing location. Appropriate spots to take young children fishing should be both within easy walking distance of your vehicle and reachable without having to scale too steep of a bank. Scout ahead of time and look for an area with a likely concentration of fish and where a child can be easily monitored while fishing. Boat docks provide a lot of cover for smaller panfish, and shallow areas along the road where you can literally see the fish swimming are a good bet.

Having lots of fish available is also important. Most stocked species are put into ponds and lakes in the spring, and most native species become most active during the summer months. Sunfish, such as bluegill and pumpkinseeds, are ideal for children, though the larger dorsal fin along their backs have small

spines, so fish should be grasped front to back to keep the spines flat against the body. These colorful and voracious fish usually travel in schools, are generally found in shallow water (a plus when fishing with kids), and will continuously bite throughout the day. They also will rise high in the water to feed, so bobbers are very effective when pursuing them.

Yellow perch are also good quarry for anglers fishing with children. Like sunfish, perch are also colorful, travel in schools, and feed throughout the day. They do swim a bit deeper than sunfish, but are usually found in fairly shallow, weedier areas. Bobbers can be effective with perch, but perch can be caught just as well without them.

Brook trout, or "Brookies", are also an excellent choice for beginning anglers. These delicate and colorful fish can be found in most small, cold streams around the Northeast. They can be tricky fish that spooks easily, so using a small hook with

a larger bait is the most effective set up. They are best caught by following a length of stream, dropping the bait into the slow, deeper pools, and feeling for a strike.

As adult anglers, we may sacrifice our own satisfaction when fishing with children, who are often not willing to wait patiently for "the big one" or to endlessly cast a lure. Kids want production, they want to catch a lot of fish, and they want to catch them fast. We can use this desire to lure them into experiencing a simpler moment in life, when the whole world is concentrated on a red and white bobber floating gently on the water.

Willis "Kubie" Brown is an avid fisherman, hunter, and writer who lives in Central 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



Bats

continued from page 6

Vermonters are responding to this crisis. Rather than thinking of bats as pests, people refer to the colony in their attic as 'Our bats.' In a time when bat populations are threatened by this disease, the change in public perception may ultimately help Vermont's bats survive."

If you have bats living in your home, barn, or workplace please fill out a bat colony report on Fish and Wildlife's website by going to www.vtfishandwildlife.com and clicking on "You Can Help Vermont's Bats," or call 802-786-0098. The new webpage also includes



information on Vermont bats and the current status of White-nose Syndrome, as well as guidelines for dealing with unwanted bats or putting up your own bat house.

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Special Health & Fitness Section

Health & Fitness

Healthy

continued from page 1

of Vermonters, but the most important factors are individual awareness and motivation. In anticipation of the changing seasons and the potential for decreased daily physical activity, proactive measures can be taken to ensure overall health. Research on local indoor activities such as dance, aerobics, or swimming could turn up interesting alternatives to braving the elements. Two indoor classes that are currently gaining popularity are Zumba and Spinning®. Zumba is a Latin-inspired fitness dance class organized and supervised by a certified instructor. Similarly, Spinning® is indoor group cycling led by a trained individual. Most gyms now offer both Zumba and Spinning® classes on a regular basis.

In addition to maintaining a fitness routine, it's also critical to know important clinical data about your general health. The 2011 Community Health Fair on Saturday, August 27 from 10am-2pm at the Diamond Run Mall in Rutland will feature free blood pressure and cholesterol screenings. These screenings can provide attendees with information on two conditions—high blood pressure and high cholesterol—that often lead to serious illness if unchecked.

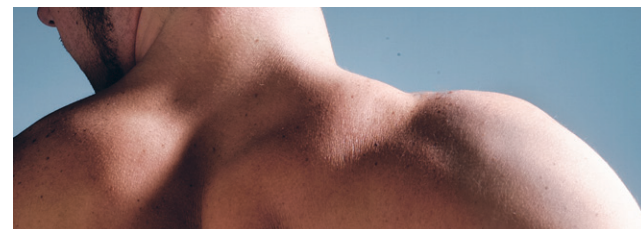
The Community Health Fair will also feature free bicycle helmets for children, education on the dangers of pre-diabetes, and information on the Vermont Blueprint for Health. The Community Health Fair only takes place every other year, so definitely take advantage of these innumerable free health resources all in the same location on August 27.

The mind-body interface suggests that physical health is just one piece of the overall health puzzle. Vermonters also need to be cognizant of mental health issues that afflict themselves or loved ones. The good news is that daily physical activity has been linked in several scientific studies to improved mental health. Specifically, exercise has been shown to decrease both



anxiety and depression. For anxiety, the best results have come from regular, aerobic exercise over the course of several weeks. Depression relief is best achieved through regular, vigorous exercise performed multiple times in a week.

Whether you need a motivating kick to get started on a wellness program or are just looking for a good reason to maintain one you are already on, the 2011 Community Health Fair is an invaluable conglomeration of health resources in Central Vermont. Wave goodbye to summer and start off fall foliage season on the right foot by bringing the whole family.



Healthier Living Workshop For Chronic Conditions

Coping with the diagnosis of a serious disease can be a traumatic event. Conditions such as arthritis, asthma, heart disease, diabetes, emphysema, fibromyalgia, or multiple sclerosis can be very hard to manage. It's not unusual for people with chronic conditions and their loved ones to feel overwhelmed and helpless.

But—it's important for you to take charge of your situation. Understand how to manage your medication, deal with the pain, fatigue and frustration so you can minimize the burden of your condition.

Healthier Living Workshop can help you adjust and make living with these conditions a lot easier. You'll learn how to make changes necessary to manage your condition, improve communications with your health-care provider and more.

This fall, the Healthier Living Workshop takes place on October 6, 13, 20, 27 and November 3 and 10, 2011 from 1-3:30pm at the Castleton Community Health Center at 2108 Main Street in Castleton, VT. Participants must register to attend and should plan on attending all six weeks of this FREE program. Caregivers and support personnel can also register.

Community Education at Rutland Regional Medical Center offers Healthy Living Workshops periodically. To get more information and register, call 802.772.2400 or email us at communityeducation@rrmc.org.

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When “Not a Diet” is Still a Diet Ludlow Organization Delivers a New Approach

For most women who struggle with their weight, the idea of going on one more diet is not very appealing. They know that diets just don't work and, not surprisingly, so do the weight loss “experts” who offer the ultimate solutions and programming for weight loss.

Knowing the word diet can turn off women who have tried dozens of them, marketers are changing the way they brand these programs, but are not actually changing the programs. They may say the programs are not a diet, yet they still encourage calorie counting or similar restrictions. Often they're boot camp programs that require exercise 'til you drop day after day.

It's little wonder, then, that when it comes to choosing among programs to get healthier, a woman who is frustrated by dieting may find herself confused. In an attempt to find a different way to take charge of her health, she seeks a non-diet approach, but finds the same old advice that doesn't work, just under a different name. As a result, she feels disappointed, defeated and completely gives up in her efforts to get healthier.

What Is Non-diet?

Contrary to what many traditional weight-loss professionals might say, a ‘non-diet’ is not about giving up and just accepting that some of us are destined to be fat and unhealthy. Instead, it's about taking a gentler approach to becoming healthier. It's about recognizing that people come in different shapes and sizes, and that fat doesn't necessarily mean unhealthy. But if the two are linked, it's about helping people put in place a healthy lifestyle approach that can bring them to a healthier body and weight.

How Do You Do It?

For almost 40 years, Green Mountain at Fox Run has worked to help women develop realistic, achievable strategies that address their individual needs and desires, and fit into their typically busy, hectic lifestyles. To make those strategies realistic, it's important that they not require a woman to give up what's important to her, whether it's rich food or doing what she needs to do to fulfill the responsibilities of family and career. Instead, it's about shifting things a bit, so she can continue to do

and have what is important to her, but perhaps be a bit more discriminating in deciding what's really important. And be a lot more discriminating in terms of what she thinks she needs to do to get and stay healthy!

The ultimate goal of the Green Mountain healthy lifestyle approach is to help a woman start to feel better – both physically and mentally – so that she begins to make smarter choices that will support her in achieving health and fitness goals permanently.

The goal doesn't include weight loss per se because when weight is the focus, people are often tempted to try to hurry the process of getting to a healthier weight. The trouble is, fast weight loss for most people isn't permanent weight loss, and the ways that make it happen very healthy. Ultimately, because they lose weight fast by engaging in extreme behaviors that can't be sustained over time, they can't keep the weight off. The rebound often means gaining more weight than they originally lost.

Repeated over and over again, as is the case with many weight strugglers, the practice only ends up making a person frustrated, fatter... and unhealthier.

The Non-diet Healthy LifestyleThe three major components of a non-diet healthy lifestyle as emphasized at Green Mountain at Fox Run include ‘normal’ eating that supports health, moving your body regularly, and understanding yourself and what drives you to overeat. By understanding what these behaviors are really about, then developing and practicing the strategies that help make the behaviors a part of their everyday lives, thousands of women who have come to Green Mountain over the last four decades have begun to lead healthier, happier lives. They have ended lifelong struggles with food, eating, exercise, weight and body image, to find themselves in a better place where they can focus on the really important things in their lives.

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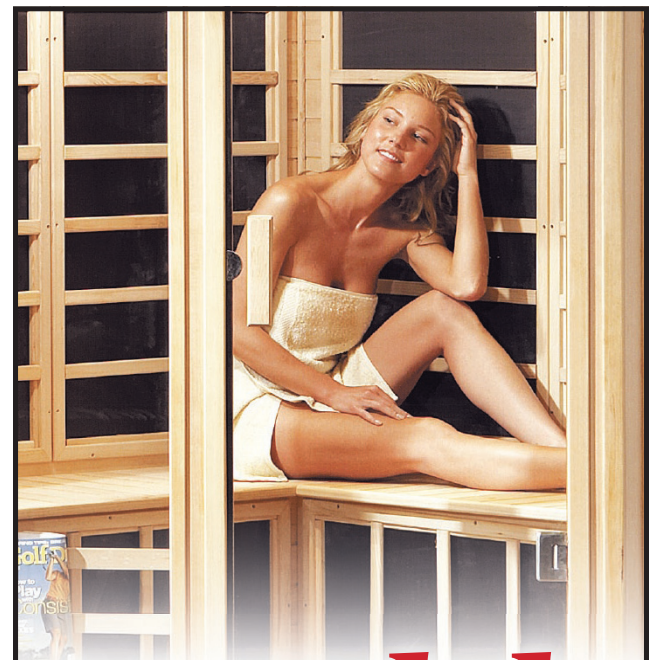
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Rutland's Total Fitness Makeover

If you have found yourself struggling to get fit and healthy time after time and then slowly slip back into old behaviors after losing weight and making progress towards an overall healthy lifestyle, then Studio Fitness in Rutland, VT is the place for you beginning Wednesday September 14th. Studio Fitness owner Taina Boynton and American College of Sports Medicine certified personal trainer Christie Wilkerson will facilitate a 10-week Total Fitness Makeover program that will run until November 19th. The program will include two 60-minute group workouts per week on Wednesday evening and Saturday morning in addition to hosting guest speakers on topics of nutrition, life balance, stress and other wellness related topics. An information session will be held on Saturday August 27th from 11:30am - 12pm at Studio Fitness located at 129 Forest St. (above the indoor tennis courts).

Participants in Rutland's Total Fitness Makeover will participate in a full fitness assessment at the beginning and end of the 10-weeks. Participants will also have the choice of weighing in each week to track weight loss. At the end of the 10 weeks the top three participants improving their overall fitness the most will be awarded

prizes. Group workouts will consist of cardiovascular exercise such as spinning, aerobics, kickboxing, and Zumba. Various modes of strength training will be conducted and Mind Body and flexibility training utilizing Tai Chi, Yoga, and Pilates methods will also be utilized. Classes will be tailored to all levels of fitness. The goal of the program is to inspire participants to make exercise and healthy behaviors a part of their everyday lifestyle beyond the 10 weeks.

Studio Fitness is an inclusive group fitness studio that also offers personal training services. Boynton's philosophy upon opening Studio Fitness in 2009 was to offer a relaxed, friendly, and non-competitive environment for people of all ages and abilities to build fitness and friendships while feeling comfortable and supportive during workouts.

The cost of the 10-week program is \$199, which includes a membership to Studio Fitness for the duration of the program. Participants must sign-up and make payment by September 7th. After the 7th the fee is \$250 space permitting. Contact Christie at 802-345-9644 for more information or to sign-up or visit www.studiofitvt.com for additional information.

Community Health Fair Puts Focus on Wellness, Safety, Prevention

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

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

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

Does your child have a bicycle helmet? If not, the Kiwanis Club and the RRMCAuxiliary are donating hundreds of them to the community and your child can get

one at the Health Fair for as long as supplies last.

Are you at risk of developing diabetes? You might be if you have the risk factors that most often contribute to this disease. At the Health Fair, you can learn about the conditions of pre-diabetes so that you can prevent the onset of the disease. "Education is the key to prevention," said Lauren Oberg, RN, a Diabetes Educator at the Rutland Region Diabetes and Endocrinology Center. "We would like the people of Rutland County who are afflicted with pre-diabetes to become aware of beneficial lifestyle changes that will help them prevent a diagnosis of diabetes. We will be performing some diabetes screening methods for those who are interested, and some educational handouts to help people incorporate some preventative measures by making a few healthy lifestyle changes."

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

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

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

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

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

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One Grand Prize from each store
 Grand prize is BEST over-all photo
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 2. most creative & unique
 3. funniest
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 AND...visit stores for clues about Smilin' Steve's Favorite places for extra chances to win!
 • Before you go on vacation; stop at Rutland, Ludlow or Springfield Pharmacy and pick up a Smilin' Steve mask.
 • Take the mask with you on vacation, put it in a funny, distant or unusual/creative place and snap a picture.
 • Bring the picture to the pharmacy and enter it to win a prize.
 No digital enhancements allowed.
 Enter as many times as you wish.
Contest runs now until October 16th, 2011

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LUDLOW PHARMACY Okemo Marketplace RT 103, Ludlow, VT 802-228-2500
 www.smilinsteve.com

Dog Ownership has Health Benefits

by Lee Bowman, SHNS



Dogs have been keeping company with humans for at least 15,000 years; researchers continue to learn new lessons about our pets and how we influence each other.

A March study by Michigan State University scientists found that people who owned and walked their dogs were 34 percent more likely to meet federal guidelines for physical activity. The researchers said the results appeared to come from more than just getting tugged tree-to-tree by Rover, but suggested that having a dog made people more active and perhaps healthy overall.

Another recent study by psychologists at Miami University and St. Louis University involved several surveys and other methods to identify the effect of pets on loneliness, self-esteem, frequent illness and exercise levels. They found that pet owners not only scored better in most measures, but that they also were more extroverted and enjoyed better social relationships with other people as well as with their pets.

The Emotional Benefits of Exercise

by William Kelley, Ph.D.

Pyramid Holistic Wellness Center and Pyramid Fitness

Much focus has been placed on the physical benefits of working out--stronger muscles, better balance and coordination, endurance, flexibility, immune system improvements, to name just a few. While these are undoubtedly excellent benefits, we know that exercise plays an important part in emotional wellness as well.

We know, for example, that regular exercise helps reduce stress, anxiety, and depression. Some research indicates that it might help reduce the symptoms and severity of grief. We know that it can improve self-confidence and self-esteem in people. And we know that it can indirectly help support emotional balance by improving the quality of sleep, which helps the human body process emotions better.

Especially as we move into the cooler time of year where less sunlight is visible, humans can benefit emotionally from regular exercise. While some experts argue that cardiovascular exercise is better than strength-building exercise and other experts argue the opposite, it appears that humans benefit most from a balanced approach to exercise. The repeated motion of cardiovascular exercise may trigger a soothing, relaxing response similar to tribal drumming or our mothers' heartbeats when we were in the womb. Strength-building exercises may increase hormones in our bodies that help regulate emotions, as well as providing an outlet for releasing frustrations and anger. Therefore, the best plan may

be a fitness routine that includes both types of exercises. Of course, any program that includes cardiovascular and muscular strength exercise will be safer when combined with flexibility training, such as a stretching or yoga class. And when exercising, it is important to eat well-balanced meals and snacks, get plenty of water, and give your body plenty of time for sleep and rest.

Although there are short-term benefits from working out just once in a while, we know that regular exercise--when it becomes a lifestyle rather than a chore--is what creates the most benefit. Therefore, staying motivated in a fitness routine is one of the most important and also one of the most difficult parts of being fit. Choosing activities that are challenging but also fun is the most important factor in maintaining a program. Doing the activity with a friend is also a way that people can stay active. Some people will be more likely to continue if they have an end goal in mind, such as a specific clothes size, or if they reward themselves after so long working out. Others are motivated more when they commit to something long-term, such as paying for a health club membership up front. The most important part in staying motivated is knowing yourself--knowing what things will motivate you to stay active.

No human being can escape the inevitable stressors of daily life, but we can certainly minimize the impact on our physical and emotional selves with regular exercise.

Fitting Fitness In

Susan Lipkin has been working in the fitness industry for over 30 years. She started teaching aerobics and fitness classes in 1980 after her first son was born. She has followed the fitness trends through the years teaching high and low impact aerobics, step, slide, pool aerobics, weight training, pilates, post rehab fitness, stretch classes, and weight loss. Her philosophy is to 'listen to your body.'

She will tailor an in home program that suits the needs of each individual even if they are new to exercise. Susan is an ACE (American Council on Exercise) certified personal trainer committed to each individual's health and success no matter what their ability level. Her hands on supportive style will make you feel comfortable while achieving your fitness goals.

Contact Susan at 802-773-0889.

Cystic Fibrosis Benefit at Sugar & Spice

On Saturday, Sept 10th from Noon to 5 PM, Sugar and Spice Restaurant will be hosting the 6th annual Family Fun Day to benefit the Cystic Fibrosis Foundation. Cystic Fibrosis is a genetic respiratory and digestive disease that affects about 30,000 young Americans. There is no cure. CF used to be known as a childhood disease because sufferers rarely lived past adolescence. However, thanks to research that has created better treatments and medications, life expectancy is now in the mid to late 30's. Recently, new medications in trial have shown great promise

in correcting the defective gene. These medications have the potential to change the lives of people who suffer from this deadly disease. Please come support this very important research on Sept. 10th at Sugar and Spice. There will be games, raffles, grocery bingo, bake sale, magic show, puppet show, music, live feed from WJRR, and a BBQ. Admission price is just \$5 which includes the BBQ. For more information, or to donate items for the silent auction or money, please contact: Carol Baker at #558-9169 or cwebaker@gmail.com.

Smilin' Steve Wants Employees to be Well

Not only is Smilin' Steve sure to bring a happy environment to his Pharmacy's in Rutland, Ludlow and Springfield, but he also offers an Employee Wellness Plan through the health insurance provided to his employees. Several insurance companies now have the added benefit of Employee Wellness Programs, which offer discounts on insurance premiums for those employers that offer preventative measures for the general health of



their insured employees. Programs that are included at Steve's Pharmacies are cholesterol screenings, diabetes testing (blood sugar), blood pressure checks, vaccination programs, and a working program with RRMCC on smoking cessation - and they carry a variety of products to help people quit. Steve and his wife

Maryjean are both Certified Clinical Nutritionists, and are also willing to give seminars & talks about health, general nutrition, and more to those employees that are interested in taking a proactive approach to their well-being.

As an alternative to synthetic forms of medicines and vitamins, you can find a wide variety of all natural and homeopathic remedies at these Pharmacies, to help you live a better lifestyle.

More and more preventative procedures are being covered by insurance companies in this day, and Smilin' Steve is passing the Wellness Programs on to his employees. Ultimately, the healthier we live as a community, the less health problems there are. And with less health problems, the cost of health care goes down. Seems like a win-win!

Restore the Joy of Hearing

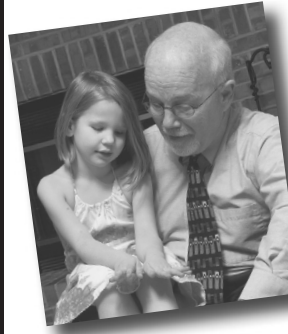
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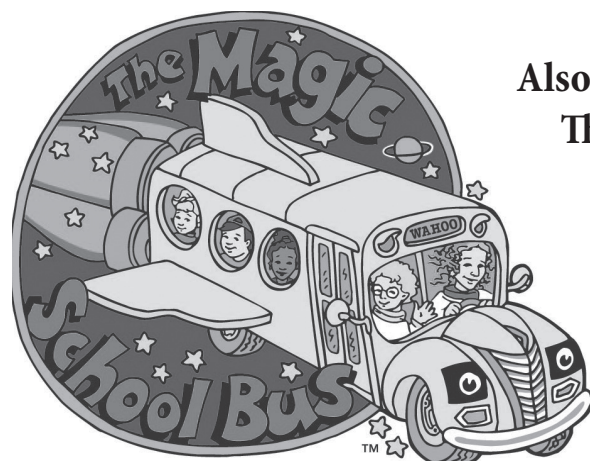
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GolfNews

News From Green Mountain National G.C.

by Spider McGonagle

It has been a great year for GMNGC as another one of our members has qualified to play in United States Golf Association National Championship!

Congratulations to Green Mountain National's Peter Metzler who qualified to play in the US Senior Amateur by winning a regional qualifier at the Golf Club at the Equinox in Manchester. Peter, a former Vermont Amateur Champion, will now head to the Kinloch Golf Club in Virginia in mid-September and is the only player representing the Green Mountain State.



Rules of the Game

By Alan Jeffery

USGTF Certified Golf Professional
Green Mountain National Golf Course

QUESTION: Rosie and John are playing in a tournament. On the 6th hole, Rosie strokes her tee shot to the right of the fairway into the woods. She finds her ball in the allowable time and decides to take an unplayable lie. She drops her ball within two club-lengths of the spot it lays and the ball returns to its original position. Rosie says she is allowed to re-drop without penalty. John says Rosie must play the ball as it lies or again invoke the unplayable ball rule with another one-stroke penalty. Is John correct?

ANSWER: John is correct. When Rosie dropped the ball, it became the ball in play. The fact that it returned to its original position does not negate that it is still in play. See USGA Decisions On The Rules of Golf, 2010-2011, 28/3.

Golf clinics continue on Tuesday evenings, 5:30-6:30 and Saturday mornings, 10:30-12:00. I continue to work on individual concerns. 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.

In President's Cup news, Charlotte Januska is our 2011 Ladies' President's Cup Champion and defeated Carol Kostelnik in a great, well-fought, match that went 19 holes! Thank you to all of the ladies that participated in this year's tournament and thanks for getting all the matches played on time!

The scores keep dropping at Thursday night Twilight League as Billy Bauer led his team to a record -8 this season and claimed the top spot. Corey Taylor and company "grinded-it-out" but came up one stroke short at a still impressive -7. Kelly Spear and Marc Adam's squad still finished in the money at a distant -4 but commented that their team "had more fun than all the other teams combined!" A special thanks to Baker Distributing, Corona Extra and Domenic's Pizzeria who all sponsored the night.

The 2011 GMNGC Member-Guest & Member-Member has been scheduled for Sunday, September 4 and we hope that everyone grabs a partner (or two) and joins the fun. Invite a guest or another member or BOTH! We'll do all the math and scoring, so you can just go out a play great golf! With former back-to-back co-champion

Brian Albertazzi turning professional, Marty Mylott will be looking for a new partner to see if he can be on the winning team for the third straight year!

On Wednesday, September 21, the Summit Lodge will be hosting a scholarship tournament in memory of our good friend Mr. Teddy Bridges. Before his passing, Mr. Bridges was appointed a special "Ambassador of Hospitality & Tourism" by the Governor of Vermont and proceeds from this tournament will establish a scholarship fund to help students entering the hospitality industry. If you would like to play or donate toward this fund please contact Billy Bauer at 802-422-3535.

Don't forget, Green Mountain National Golf Course is also home to all of the Killington "Majors" this fall as we host the Moguls' Sports Pub Tournament, The Santa Fe Invitational and the Look Out "For Each Other" Tournament. Visit our website at www.gmngc.com for contact information and details.

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

VSWGGA State Amateur Championship Results

Kimberly Wong has won her first state amateur championship today at Rutland Country Club. Kim fired a final round of 74 to maintain her one stroke lead over Rutland's Lindsay Cone who also shot a 74. Kim's scores were 80-76-74 for a 230 total and Lindsay's scores were 81-76-74 for a 231 total.

Holly Reynolds finished in third place with a 79 today and a total of 240. Junior player Madison Corley and Andrea Brown were tied for 4th and Kristen Mahoney finished in 6th.

Madison Corley was the low junior with a score of 242. Rutland Country Club was the winner of the Paquet Cup which replaced the Buxton Cup. Kim Wong won the All-bright Cup for the low ringer score of 67.

Listed are those local ladies that placed, and their scores:

- Lindsay Cone, 2nd, Rutland CC, 81, 76, 74, 231
- Kristin Mahoney, 6th, Rutland CC, 81, 81, 81, 243
- Keely Levins, 7th, Rutland CC, 82, 82, 85, 249
- Stacie Eaton, 8th, Rutland CC, 86, 84, 85, 255

- Patti Haas, 9th, Killington GC, 90, 84, 83, 257
- Mary Jane Shomo, 10th, Rutland CC, 84, 89, 86, 259
- Kim Levins, 11th, Proctor-Pittsford CC, 86, 92, 86, 264
- Diane Ewald, 12th, Rutland CC, 89, 89, 88, 266
- Maureen Quinn, 13th, Lake St. Catherine CC, 93, 87, 88, 268
- Ellen Ferro, 19th, Rutland CC, 95, 88, 92, 275
- Stacy Alderman, 23rd, Rutland CC, 91, 88, 97, 276
- Carly Ferro, 25th, Rutland CC, 94, 96, 91, 281
- Harriot Parot, 32nd, Okemo Valley GC, 101, 93, 99, 293
- Patty McGrath, 33rd, Green Mtn National GC, 96, 99, 99, 294
- Bonnie Heald, 34th, Rutland CC, 96, 102, 99, 297
- Edith Hiller, 39th, Rutland CC, 105, 103, 101, 309
- Kristen Johnson, 40th, Proctor-Pittsford CC, 111, 99, 100, 310
- Christina Graves, 42nd, Okemo Valley GC, 102, 102, 106, 310
- Lauren Mayer, 48th, Green Mtn National GC, 123, 103, 100, 326

Hole-in-One at Killington Golf Course

On Sunday, August 14, Sylvia Jerome of Rutland used her driver to ace the par 3 third hole at the Killington Golf Course. Witnesses to this special event were David Jerome, Peter Kutzer, and Anthony Cassera. Congratulations, Sylvia!



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Call 802-228-1396 for tee times.
golf.okemo.com

OVGC Ladies' League 2011 Finale

After a season of rainy Wednesdays, the Ladies' League of Okemo Valley Golf Club played their final round under beautiful skies. Double points were on the line during the team-of-four scramble, Aug. 17. Darlene Remy, Christine Fuller, Linda West and Leann Haskel, of M&M Excavating, finished first with a score of 35. Bovine Bookkeeping came in second. Maria Tomaselli, Peg C. Margiotta, Christine Falango and Sue Bragg had a score of 35. Alice Thayne, Donna Tedford, Sue Arndt and Kathy Grant, of Tom's Loft Tavern, placed third with a 36. Pam Cruickshank won closest to the pin on #4; Mary Rita Batesole won on #6; and Peg C. Margiotta won on #8.

The M&M Excavating team of Darlene Remy, Christine Fuller, Linda West and Sally Goffinet, came from behind to win the League Championship with a total of 123 points. Pam Cruickshank, Pat Roelants, Jeannette Conderino and Pam Bruno, of the Ornament Emporium team, held on to second place with 121 points. Maria Tomaselli, Peg C Margiotta, Christine Falango and Sue Bragg, of Bovine Bookkeeping, placed third with 120 points.

Weekly Results:

- | | | |
|-----------------------|----|-------|
| 1. M&M Excavating | 35 | 15pts |
| 2. Bovine Bookkeeping | 35 | 14pts |

- | | | |
|-------------------------------------|----|-------|
| 3. Tom's Loft Tavern | 36 | 13pts |
| 4. Ludlow Insurance | 36 | 12pts |
| 5. First Line Security | 37 | 11pts |
| 6. Id3 Designs | 37 | 10pts |
| 7. Ornament Emporium | 38 | 9pts |
| 8. Coldwell Banker
Watson Realty | 38 | 8pts |
| 9. Knight Tubs | 39 | 7pts |
| 10. RVCCC | 39 | 6pts |

Season Final:

- | | |
|-------------------------------------|--------|
| 1. M&M Excavating | 123pts |
| 2. Ornament Emporium | 121pts |
| 3. Bovine Bookkeeping | 120pts |
| 4. Coldwell Banker
Watson Realty | 106pts |
| 5. RVCCC | 106pts |
| 6. Knight Tubs | 100pts |
| 7. Tom's Loft Tavern | 96pts |
| 8. First Line Security | 93pts |
| 9. Ludlow Insurance | 91pts |

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

OVGC Men's League 2011 Concludes

The Okemo Valley Golf Club Men's League concluded on Tuesday, Aug. 16. The final format of play was a team-of-four scramble for double points. Grabbing the top spot and moving up to second place for the season was Green Mountain Appraisals. Bill Bruno, Ryan McGuire, Doug Lemire, and Chuck Sweetman finished with a score of 29. Second place for the night, was Diamond Realty. Roger Danyew, Art O'Hare, Ken Guy and Mark Huntley shot a 30. Third place for the evening and fourth for the season was Stryhas Builders. Ted Stryhas, Terry Thayne, Brian Halligan and Bob Herbst shot a 31. Closest to the pin winners were Ed Whitman on the 4th hole, Craig Peters on the 6th hole, and Chuck Sweetman on the 8th hole. The Stephen Carr Memorial Sportsman of The Year award was presented to Ken Guy. The event included dinner and door prizes at Willie Dunn's, and was capped off with the presentation of the Glenn Robinson Commissioner's Cup to league victors, Honey Dew Man. Peter Girouard, Ed Whitman, Richard Bondareff and Jeff Mckenzie took over first place in the standings on week three and held onto that top spot until the finish line.

Weekly results:

- | | |
|-------------------------------|---------------------|
| 1st Green Mountain Appraisals | score 29/ 30 points |
| 2nd Diamond Realty | score 30/ 26 points |
| 3rd Stryhas Builders | score 31/ 22 points |

- | | |
|-----------------------------|---------------------|
| 4th Ludlow Insurance | score 31/ 20 points |
| 5th ID3 Designs | score 31/ 18 points |
| 6th Honey Dew Man | score 32/ 16 points |
| 7th tom's Loft | score 32/ 14 points |
| 8th M&M Excavating | score 32/ 12 points |
| 9th First Line Security | score 33/ 10 points |
| 10th Built Rite MFG. | score 33/ 8 points |
| 11th UBS Financials Rutland | score 33/ 6 points |
| 12th UBS Financials Chester | score 33/ 4 points |

Final Results:

- | | |
|-------------------------------|------------|
| 1st Honey Dew Man | 144 points |
| 2nd Green Mountain Appraisals | 138 points |
| 3rd ID3 Designs | 134 points |
| 4th Stryhas Builders | 127 points |
| 5th First Line Security | 114 points |
| 6th Diamond Realty | 113 points |
| 7th M&M Excavating | 112 points |
| 8th UBS Financials | 109 points |
| 9th Ludlow Insurance | 108 points |
| 10th Tom's Loft | 105 points |
| 11th Built Rite MFG. | 103 points |
| 12th UBS Financials Chester | 90 points |

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

7th Annual Community Center Golf Outing

The Castleton Community Center is hosting its 7th Annual Golf Outing at beautiful Lake St. Catherine Country Club on Friday, September 16th. Sign up today for this special event in support of the Center's Senior & Disabled Transportation program. Over 5,300 rides were provided last year for essential travel to doctor's appointments, nursing home visits, therapy, adult day care and food or clothing shopping. The CCC transportation program is a vital service for seniors and disabled residents of Western Rutland County.

Area businesses, individuals and organizations are invited to serve as event sponsors or hole sponsors for the golf outing. Anyone interested in becoming a sponsor or in joining a foursome can call the Center 802-468-3093 for information. The tournament is an 18 hole handicap scramble for four person teams. The entry fee of \$105 per person includes 18 holes of golf, cart, gifts, prizes, dinner and a chance to win the \$10,000 hole in one prize. There will be a shot-gun start at 1PM. To register or for information call the Community Center at 802-468-3093.

2 More Holes-In-One at OVGC!

On Sunday, Aug. 14, Bill Faust, of Lincroft, N.J., made a hole-in-one at Okemo Valley Golf Club. Faust aced the 6th hole from the white tee with his six-iron. William Brandenburg, Joe Nardini and Debra Nardini witnessed the 159-yard hole-in-one.

Bill Dessel, of Barrington, R.I., a guest of club member Tim Haigh, scored an ace on the 14th hole during the Okemo Valley Golf Club Men's Member Three-Guest Tournament on Thursday, Aug. 18. Dessel made his hole-in-one using a 21-degree hybrid club, from the green tee, 205 yards away. Tim Haigh, Mark Valentine

and Steve Heaslip witnessed the amazing feat.

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

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

Rally For the Cure at Killington

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.

Also congratulations to the Clubhouse Grill Staff for providing the beautiful pink and white setting, showcasing Chef Corey Logston's delicious prime rib 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.

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

A Pair of Aces at Okemo Valley Golf

It was a lucky day for golfers teeing off with a six-iron; at least it was for Rick Marasa, of Springfield, Vt., and Tom Mitchell, of Lowell, Mass. They both made holes-in-one at Okemo Valley Golf Club on Saturday, Aug. 20.

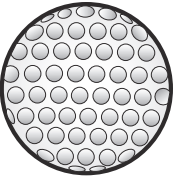
Marasa, an OVGC member, aced the eighth hole from the green tee, 172 yards away from the pin. Dusty Barton and Chris Racicot witnessed the amazing feat.

Mitchell aced hole number 17 from the green tee, 196 yards away from the pin. His hole-in-one was witnessed by Mike Narnazani, John Kuczek and Ken Perry.

OVGC has celebrated 11 holes-in-one so far this golf season. These were the season's first on #8 and #17.

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

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



KILLINGTON GOLF COURSE

LEAGUE NIGHT TUESDAYS 5:00 P.M.

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.

GOLF CLINICS

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

Clinics are available on Tuesday 3:30-4:30 p.m., Thursday 5:00-6:00 p.m. and Sunday 3:30-4:30 p.m.



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

*Rate is per person and subject to 7% Vermont state and local tax. Some restrictions may apply. ©2011 Killington/Pro-Sis Resort Partners, LLC.

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Thursday, August 25

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. 10:15a.m. Sunday Bingo starts at noon. Wells.

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

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

August Grief Seminar 6:00 PM RAVNAH seminar for those who have experienced grief through a loss through death. RAVNAH Office. Register at 770-1516. Seminar titled "Understanding Grief."

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

Monthly Coupon Swap 7:00 PM Bailey Memorial Library (N. Clarendon) holds free monthly coupon swap, to help teach people how to save money on their grocery bill. Bring scissors, unexpired coupons, & non-perishable food item to be donated to the Rutland Community Food Cupboard.

SWFR Monthly Meeting 7:00 PM Southwest Freedom Riders monthly meeting at Seward's Family Restaurant, Rte. 7, Rutland, VT. All Bikes, New Members and Guests are welcome. For more information, please call 888-299-SWFR.

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

Friday, August 26
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.

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.

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

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

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

Chicken & Biscuit Benefit Dinner 5:00 PM Held for Elle Rogers, aged 3 1/2 years, suffering from cancer of the liver. American Legion Club Post 50 on Rte 4a in Castleton, sponsored by the Ladies Auxiliary. Elle is the daughter of Albert and Kristyn Rogers of Castleton. Dinner includes chicken, biscuits, gravy, vegetables, drinks and dessert. Til 7pm.

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.

Kenny Mehler Band 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

Levon Helm Band 6:00 PM Pentangle Arts Council presents, as part of the Summer@Six concert series: Levon Helm Band appearing with Bow Thayer and the Perfect Trainwreck and Joe Pug Duo. Suicide Six ski resort in Pomfret VT. Gates open at 4pm for picnicking, concert begins at 6pm. Tickets 802-457-3981.

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. 235-2718 for info or directions.

Tinmouth Contra Dance 8:00 PM at Tinmouth Community Center, Route 140. Quena Crain calls; Randy Miller on fiddle and Brendan Taaffe on guitar. For all ages! All dances taught, no partner needed, beginners welcome. Bring clean, non-marring shoes. \$9, \$7/ teens, \$3 for children 5-12, under 5 free. Refreshments available. 235-2718 for info or directions.

Jim Breuer 8:00 PM The famous comedian returns to the Paramount Theatre for another round of laughs. Tickets \$25.50-\$35.50, 775-0903 or paramountlive.org.

Live Irish Music 8:00 PM Curraugh's Fancy 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 27

Walk to End Child Abuse 8:00 AM At Howe Center, Rutland. 8am check in, 10am walk. Prevent Child Abuse Vermont presents.

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

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

Community Health Fair 10:00 AM So it's time to see how you and your family can achieve and maintain good health by visiting the great exhibits and vendors at the Rutland Community Health Fair on August 27, 2011 from 10am-2pm at the Diamond Run Mall.

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.

VINS Offers Food Preservation Workshop 10:00 AM Preserving the Harvest: Keeping Our Food Dollars in Our Local Communities workshop at 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. Register by Aug. 22 at 359-5000 ext. 223. \$24 VINS members; \$30 general public. Bring cutting board, knife, apron & two to three pint-sized containers to the session.

Mt. Holly Library Book Sale 10:00 AM Biggest Book sale of the year. Book shed open, tents & tables set up. Baked goods also. Rain or shine. Mt. Holly Library & Community Center, Belmont. Til 4pm both days. Info, 259-3707.

Texas Hold 'Em for RCHS 12:30 PM Benefit Tournament at Bowlerama, Rutland. Registration starts 12:30 pm, free tournament starts 1 pm. Side games before & after. 483-6700.

Cooler in Mtns Final Concert 3:30 PM Sister Hazel performs final concert of Cooler in the Mountains Free Concert Series at Killington Resort. All ages! Bring a blanket & picnic & enjoy. Register to win 2011-12 season pass. Get ready for some rock & roll!

Big Town Gallery Opening Reception 5:00 PM Rochester. Latest exhibition, "GEOMANCER: Painting and Textiles," a two-artist show pairing the abstract paintings of Pat Adams and abstract weavings of Bhakti Ziek. Show opens Aug. 24, runs thru Sep. 25. Opening reception til 7pm, preceded by artists' discussion 4pm. 767-9670.

American Legion Dinner 5:30 PM Please join us for dinner at the American Legion, Post 31. Dinner & dancing, serving til 7:30pm. Buffet Selections: Roast Prime Ribs of Beef au jus, Baked Haddock w/ Shrimp Newburg Sauce, Apple Jack Pork Loin, Boiled Dill New Potatoes, Herb Long Grain Wild Rice, Vermont Fresh Vegetable Medley, Salad Bar w/ 20 selections, Fresh Baked Breads and rolls, Dessert Buffet Table. All you can eat \$15, kids 5-12, \$5. All welcome.

Tinmouth Handbell Ensemble 7:00 PM Annual Tinmouth Handbell Celebration at the Tinmouth Community Church followed by an old fashioned ice cream social. All are invited and welcome to this musical celebration. For additional information please contact Nancy Noble at 446-3587.

Sunday, August 28

Motorcycle Benefit Ride 9:00 AM Benefiting Disabled American Veterans, hosted by Lakes Region Independent Ryders. Castleton American Legion Post 50, sign in 9-10am. Ride 10:15am. \$15/ bike; \$10/ rider, includes cookout following ride. All welcome. For info or to make donation, call Dave at 273-2107.

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.

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Locations:
Proctor Elementary School, West Rutland School, Rutland Town School, Northwest School, Northeast School and Rutland Intermediate School. Grades: K-6
Monday-Friday: End of school day - 5:30 p.m.
State Subsidy Accepted. Busing available in city only.
Outdoor/Enrichment Activities • Snack • Homework Help
For more information call 786-1967

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- Some really smart person

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brandon music
LIVE AT BRANDON MUSIC
MAPLE JAM
Saturday, August 27, 2011 @ 7 PM
Admission \$15.00. Book early for reservations.
Brandon Music/Music Café
62 Country Club Road, Brandon • 802-465-4071
info@brandon-music.net • www.brandon-music.net
CD and store and Café open from 10 to 6 daily. Groups welcome.

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Pork • Beef • Chicken • Chops • Steaks
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Traditional and contemporary
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250 YEARS PEOPLE & MOUNTAINS
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NEW MEMBERS SHOW JULY 8TH TO AUG. 30TH
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Nascar Diecast
Lionel Trains
Sports Cards
Paintball Guns
Hobby Tools

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. 10:15a.m. Sunday Bingo starts at noon. Wells.

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

RCHS Pool Party 1:00 PM Bring your dog to White's Pool (at the end of Avenue B in Rutland) til 3pm. RCHS hosts Dog Days of Summer Pool Party to raise funds. \$5/ dog + donation for people. Free swim (for dogs), games, vendors, organizations, free dog ice cream samples, more. Leashes & rabies shot required. Rain or shine. 483-9171.

Wallingford's 250th Celebration 2:00 PM Celebration 250 years at Elfin Lake. BBQ at 2:30pm; 4pm programs, 5pm Two Score Band; all day exhibits, merchants, kids' activities, games. Free. Shuttle bus from Town in. 446-2336.

Lothrop School 100th Birthday 2:00 PM Lothrop School in Pittsford, VT, celebrates its 100th Anniversary. Opening Ceremony begins 2 p.m. at Lothrop School. Festivities from 2:30 - 4 p.m. include Ice Cream Social, Open House at Lothrop School & Pittsford Historical Society, Weaving Demo by Betty Atwood on her old loom, Model-T Car rides and Old Time Games. Free & open to all ages. 483-6871.

Pittsfield Library Fundraiser

Roger Clark Memorial Library's annual fundraiser at the Clear River Tavern. BBQ, live music, "Pig Kissin'" and a "Piggy Bank Raffle." Proceeds are an important part of funding the library's extensive programming and book collection. Tickets by leaving your contact info on RCML voicemail at 746-4067.

Monday, August 29

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.

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.

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!

Tuesday, August 30

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

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.

Slate Valley Museum Annual Dinner & Silent Auction 6:00 PM Annual fundraiser at The Forum Restaurant, Granville, NY. Open seating, buffet style. \$35/person. RSVP by Aug. 24 at 518-642-1417. Silent Auction highlights artistic pieces created by "First Friday in Granville" artists, gift certificates from local venues, locally crafted gifts and products.

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

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

Wednesday, August 31

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

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

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

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

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

Reading Program at Sherburne Library 1:00 PM

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

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

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

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

NEW ENGLAND MAPLE MUSEUM
North of Rutland, 4578 Rt. 7 in Pittsford
A Journey through Vermont's Famous Maple Sugaring Industry
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(802) 483-9414 • Open Daily 8:30a.m. - 5:30 p.m. • www.maplemuseum.com

Welcome Aboard

Sept 9 5:30 pm

GLORY DAYS DINNER TRAIN
Start the Glory Days weekend with an exquisite dinner aboard the White River Flyer, prepared by the "Barefoot Gourmet," full cash bar, entertainment, sunset & an approx. 3 hour ride along the river from White River.
Dinner Train Tix \$80/Person

RESERVE YOUR SEATS NOW!
Call: 1-800-707-3530
or www.rails-vt.com

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. New Exhibit "GEOMANCER: Painting and Textiles" opens Aug. 24, thru Sep. 25.

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 thru 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. Opening reception of SculptFest2011 Sep. 10, 5-8pm. Theme "Forces of Nature" - exhibit thru Oct. 16.

Chaffee Center for the Visual Arts - S. Main St., Rutland. Weds.-Sat. 10-5, Sun. 10-4, closed Mon. & Tues. 775-0356.

Chandler Gallery - Randolph. Gallery hrs: Thurs. 4-6pm, Sat. & Sun. 1-3pm. 431-

The Mountain Times • August 25-31, 2011 • 15
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, Poulney. Gallery hours M-F, 1-5pm. 287-8000.

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

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16th Annual Southern Vermont

Garlic AND Herb FESTIVAL

Labor Day Weekend
September 3-4, 2011 • 10 am to 5 pm

Over 100 Vendors, Live Music & Great Food.
Kid Activities. Voted top 10 fall event!

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September 16-18
www.Bennington.com

Bennington Area Chamber of Commerce
(802) 447-3311
www.Bennington.com



Billings Farm & Museum

Gateway to Vermont's Rural Heritage

25th Annual Quilt Exhibition

July 30 - September 25, 2011
10:00 a.m. - 5:00 p.m.

Over 50 juried quilts made by our talented Windsor County quilters

Quilt Making Demonstrations • Hands-on Activities
EXHIBIT: Looking Back on 25 Years of Windsor County Quilting

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

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.

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

MOUNTAIN TOP INN & RESORT 483-2311

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

OLIVIA'S MARKET 775-1145

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

PASTA POT 422-3004

Route 4 East, Killington
 A classic Italian Pasta house. Italian food and wines at their best. Pastas, pizza, subs, Italian entrees are all homemade. Chef owned. MC, VISA, DISC

RAMUNTO'S BRICK & BREW PIZZA

672-1120

Route 4, Bridgewater
 Real New York pizza, salads, sandwiches, featuring chicken ranch pizza and garlic knots. 20 draft beers, outdoor deck dining, 3 flat screen TVs. MC, Visa, AMEX, DISC

RED CLOVER INN 775-2290

Woodward Rd., Mendon
 American Cuisine with a European Flair. Extensive wine list. Charming surroundings. Open for fine dining or tavern fare. AMEX, MC, VISA, DISC

SEWARD FAMILY RESTAURANT 773-2738

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George Houghton Program with Don Wickman at Billings Farm

George Houghton: Vermont's Civil War Photographer, will be held on Sunday, August 28, at 3:00 p.m. in the Billings Farm & Museum theater. This Vermont Humanities Council program is free and open to the public, and accessible to people with disabilities. It is sponsored by the American Precision Museum in Windsor, Billings Farm & Museum, and the Woodstock History Center.

George Houghton: Vermont's Civil War Photographer features a hidden treasure of Vermont history: the photographic work completed by Brattleboro photographer George Houghton. He captured poignant shots of Vermont soldiers in the field, in camp, and at home. This program by Rutland Civil War historian Donald Wickman explains some of Houghton's life and shows a number of the photographic images that brought the Civil War back to Vermont. "A Very Fine Appearance:" The Vermont Civil War Photographs of George Houghton will be available for purchase and signing. Admission is free but reservations are strongly encouraged: please call 802-457-2355 or reservations@billingsfarm.org.

Mr. Wickman is a historian specializing in the American Revolution and the Civil War and a recognized expert on Mount Independence in the American Revolution. He has published: Letters to Vermont, two volumes of letters written by Vermont Civil War soldiers to the home press, and We Are Coming Father Abra'am: The History of the 9th Vermont Volunteer Infantry, 1862-1865.

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

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.

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; walk@pcavt.org or go to our website, 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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New Exhibit in Rochester

BigTown Gallery in Rochester, VT announces the opening of our latest exhibition, "GEOMANCER: Painting and Textiles," a two-artist show pairing the abstract paintings of Bennington native, Pat Adams, with the similarly abstract weavings of Bhakti Ziek, also a Vermont resident, who lives in Randolph. The show opens Wednesday, Aug. 24th and runs through Sept. 25th. The opening reception will be on Saturday, Aug. 27th, from 5-7 pm. The reception will be preceded by an artists' discussion at 4:00.

Spending time among the mixed-media paintings of Pat Adams (of oil paint, grit, shell, paper, foil) and the recent textiles of master weaver Bhakti Ziek (hand-painted silk threads, wool, cotton, textured yarns, digitally manipulated photography), one witnesses the similarity of abstract shaping and the layering of language, color, and texture. Their large and

small worlds are intricately detailed and concretely physical, defining metaphysical and emotional landscapes of powerful clarity and accomplishment. Look for it in the frisson created by the proximity of the painted elemental shapes invoked by Adams, or those seeming to appear on Ziek's complex woven surfaces. They each hold firm to their deftly claimed and formed spaces, yet indicate as well the larger design and movement at work. We are taken with the intuitive exactness and precision of thought, with its communication of a specific lexicon for entering the contours of the work at hand, and for evoking a larger context from its coherency.

Gallery Hours: Wednesday - Saturday, 10 - 5; Sunday, 11 - 5; Monday & Tuesday by appointment. Find the gallery at 99 North Main Street in Rochester, VT. Call them at 802-767-9670.

"President Coolidge & Shakespeare" Performance in Plymouth Notch

"Stand Up Shakespeare!" and the Calvin Coolidge Memorial Foundation announce FREE Shakespeare in Vermont for one afternoon only. Locals can enjoy the show at 12:00 PM Noon on Saturday September 3rd, 2011 for a special Matinee performance at the one hundred year old Union Christian Church on the Calvin Coolidge Historical Site at 43 Messer Hill Road, Plymouth, VT 05056. "Stand Up Shakespeare!" will amuse and entertain as they perform a self-contained show that will include the drama, music, and comedy of William Shakespeare and the writing of Calvin Coolidge. Twenty-two professional actors from New York City will share their talent and passion.

"Stand Up Shakespeare!" is a collection of actors who have returned to Killington, Vermont annually over the last eleven years to share their talent and expertise in classical theater. The collective is comprised of actors who have performed Shakespeare professionally in over twenty-five states nationally. The result of their efforts is a one-hour tour de force called "Stand Up Shakespeare!"

Attending audiences will witness the best variety of Shakespeare right in Plymouth Notch, Vermont. It will be an explosion of scenes, songs, and monologues that highlight the world of power/ambition/compassion/forgiveness! This show moves very quickly and offers a high-energy mixture of William Shakespeare woven together to follow little snippets of writing from the long political career of a great "quiet" president, Calvin Coolidge. What an interesting juxtaposition to use in a show - the idea of highlighting the prolific writer/philosopher Calvin Coolidge and his presidential pressures and career in Washington in relation to the same human conditions found in Shakespeare's Richard II, Julius Caesar, Henry the VI to name a few. "Stand Up Shakespeare!" has taken the best monologues and scenes from a dozen different plays. For more information, contact Jamie C. Ward at 917-532-2360.



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Kenny Mehler Band Performs in Ludlow

The Kenny Mehler Band will perform a free concert on Friday, Aug. 26, as part of Okemo Mountain Resort's Jackson Gore Outdoor Music Series.

Kenny Mehler is a hard-working, touring singer/songwriter. His band was formed in 2007 and has been traveling and defining their musical style ever since. Kenny Mehler plays pop, rock, roots, folk, reggae, and even a little country. The music is very simple, very catchy and easy to listen to.

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

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

Following Kenny Mehler Band, the summer music series concludes with Lipbone Redding and the Lipbone Orchestra, September 2. In addition to the Jackson Gore Outdoor Music Series, Okemo will host its annual Parrothead Party with Jimmy Buffett tribute band, Changes in Latitudes, on Oct. 8. For more information visit www.okemo.com or call 802-228-1600.

Tinmouth Contra Dance

Quena Crain will call an exuberant contra dance with Randy Miller on fiddle and Brendan Taafe on guitar providing the live music at the Tinmouth Community Center on Friday August 26 at 8 pm. Exuberant dancing for people of all ages!

What is a Contra Dance? A contra dance uses square dance moves, but is done in long lines to live music. All dances are taught and you do not need a partner. Beginners are always welcome. Dances become more

challenging as the night progresses, so early arrival is recommended for beginning dancers.

The dance takes place in the Tinmouth Community Center, Rte 140 in the center of Tinmouth, Vermont 5 miles west of Wallingford. Dancing takes place every fourth Friday of the month. Please bring clean, non-marring shoes. Admission is \$9, \$7 for teens and \$3 for children 5-12, under 5 free. Refreshments will be available. Call 235-2718 for info or directions.

Pittsfield Library Annual Fundraising BBQ

The Roger Clark Memorial Library's annual fundraiser attracts almost a quarter of the town's population. August 28th at the Clear River Tavern will be a lively afternoon with a BBQ at 4pm, live music by Aaron Audet & Friends, "Pig Kissin'" and a "Piggy Bank Raffle" at 5pm. Cocktails start at 3pm. Proceeds are an important part of funding the library's extensive programming and book

collection. The library is now closed for building renovations, but programs will continue until the building re-opens. The RCML has become an important community center for families and avid readers, the Trustees are grateful for on-going community volunteer and financial support. Tickets are available by leaving your contact info on the RCML voicemail at 746-4067.

A 'Terroir' By Any Other Name...

Royal and Zip's passing on the Mt. Times to new owners is a little like new ownership of a vineyard. The vineyard lives on, producing fruit (and ultimately wine) much the same as it always has. The Barnard's have been steadfast stewards of our truly independently owned weekly newspaper, providing us local news, insights and columns that are refreshing in the scope of today's sometimes overwhelming media saturation.

With ever more big corporate takeovers of our nations media, we need small publications to protect the diversity and independence of our food for thought, just like we need independent farmers and vintners to ensure healthy nourishment for body and spirit.

A vineyard is often characterized by its 'terroir', the French term for a 'sense of place' that refers to the geographical and geological specifics of a vineyard. The Mt. Times has become something similar for us here in the wider Killington area.

'Terroir' in the wine world refers to the combination of natural factors associated with any particular vineyard. This includes such things as soil, underlying rock, altitude, slope of hill or terrain, orientation toward the sun, and microclimate (typical rain, winds, humidity, temperature variations, etc.) No two vineyards have exactly the same terroir, although any difference in the resulting wine may be virtually undetectable. To keep drawing comparisons, the skiing at Killington and Pico is like nowhere else, even if skiing can be just as much fun at other areas.

Vineyards are often on hillsides and on soil of marginal value to other plants. A common saying is that "the worse the soil, the better the wine." Planting on

hillsides, especially those facing north (in the southern hemisphere) or south (in the northern hemisphere), is mostly dealing with the local geography making use of otherwise undesirable territory. It is not only providing great drainage for the vines, but also maximizing the amount of sunlight that falls on the vineyard.

Some of the best wines come from vineyards planted on quite steep hills, some like in the Mosel Valley or so steep that mechanical harvesting is impractical and it takes almost seven times more man hours needed than in areas like Bordeaux or Napa Valley.

The stereotypical vineyard site for wine grapes (in the Northern hemisphere) is a hillside in a dry climate with a southern exposure, good drainage to reduce unnecessary water uptake, and balanced pruning to force the vine to put more of its energy into the fruit, rather than foliage.

The quest for vineyard efficiency has produced a bewildering range of systems and techniques in recent years.

As 'New World' growing conditions are often much more fertile, attention is more focused on managing the vine's more vigorous growth. Innovation in the training of the vine ('palissage'), usually along a trellis, is often referred to as "canopy management." Yet the age-old practice of managing the ratio of leaf to fruit on the vine with pruning and thinning methods has hardly changed. Long years of experience by the vintner in the vineyard's micro-climate has produced all kinds of different practices, from netting to deter birds or protect the vines from hail, to planting roses at the end of each row to detect pests and diseases early on. Vineyards have unlimited 'personalities' that carry on.

Wishing Royal and Zip all the best for the future, and good luck to the new owners of the Mt. Times to carry on delivering fresh local news and perspectives.

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New Programs at Rutland Rec Dept

Smart Start Baseball

This instructional program is set up for the fun loving 4 and 5 year olds. Your child will get to work on his or her motor skills while learning some basic baseball fundamentals. Please note that this is an instructional program and does not involve team play. Parent participation is mandatory for this program. We will practice every Tuesday and Thursday beginning September 12th and run through September 29th. Register before 8/29 to receive a \$10 discount and pay just \$28R, 39NR.

Cheerleading

The cheer program participants are taught basic skills such as jumps, motion technique, stunts, pyramids, sideline cheers and half time dance routine. This is perfect for the child that just wants to try out cheerleading or is a skilled cheerleader. Our staff has structured the practices and materials to suit all cheer-

leaders and they will be able to split into several groups based on age. They will be cheering for one or two Rutland Recreation middle school football games. The cheerleaders will also be performing a half-time performance at the home RHS football game. We will begin the season September 10th with a parent meeting at 11:00AM @ the Howe Center. Cheerleading is open for grades K-8th. Register by 8/31 and receive a \$10 discount.

Hands on Minds On Art Classes

Come join Jen Hogan in her new session starting September 12th. Classes are available for ages 24 months to 6th grade! With a variety of art lessons ranging from sculpture to painting don't miss your chance to join in on the fun!

Visit www.rutlandrec.com, or stop into our office located at 1 Deer St Rutland (Godnick Adult Center) for more information, class descriptions and to register!

Sister Hazel Wraps Up Killington Concert Series

Sister Hazel will perform a free concert at the Killington Resort on Saturday, August 27 from 3:30pm to 6pm. The free show is part of the Town of Killington's "Cooler In The Mountains" music series presented by Long Trail Brewing Co., and is the final concert of the series.

Florida-based Sister Hazel is an alternative rock band whose style blends elements of folk rock, pop, classic rock and southern rock. Their music is characterized by highly melodic tunes and generally optimistic lyrics. Sister Hazel formed in Gainesville, Florida in 1993 and was named for Sister Hazel Williams, a local nun who ran a homeless shelter. The group has released 8 studio albums since their self-titled debut album in 1994. The band has had music featured in several movies and soundtracks including Major League: Back to the Minors, The Wedding Planner, Clay Pigeons, Bedazzled, American Wedding, and 10 Things I

Hate About You.

"Cooler In The Mountains" performances support the greening efforts of Reverb, a non-profit organization which educates and engages musicians and their fans to take action toward a more sustainable future.

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

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. For more information visit www.discoverkillington.com.

Roast Green Beans For a Bold Warm Summer Salad

by J.M. Hirsch, AP Food Editor

When it comes to green beans, the oven tends to get overlooked.

Maybe it's because steaming and sauteing are so quick, and bringing out the best in green beans calls for just a bit of heat. But a short, yet intense, high-heat roast can have the same delicious effect, with the added benefit of giving the beans a satisfying char. It's also almost effortless.

To prove the point, I came up with this simple, yet boldly flavored salad of roasted green beans with pancetta and garlic. The beans then are tossed with cool, raw cherry tomatoes for a pleasant and juicy contrast. For the dressing, it's just a splash of lemon juice and a sprinkle of Parmesan.

ROASTED GREEN BEAN AND PANCETTA SALAD

Start to finish: 25 minutes

Servings: 4

1 1/2 pounds green beans, ends trimmed

3 cloves garlic, chopped

4 ounces pancetta, diced

Juice of 1 lemon

1 pint cherry tomatoes, halved

Kosher (or other coarse) salt and ground black pepper

1/4 cup grated Parmesan cheese

Heat the oven to 500 F.

On a rimmed baking sheet, toss the green beans, garlic and pancetta to mix, then spread in an even layer. Roast for 10

minutes, or until the beans are browned.

Transfer the beans and pancetta mixture, as well as any juices in the pan, to a large bowl. Drizzle the lemon juice over the beans, then add the cherry tomatoes and toss well. Season with salt and pepper.

Divide the salad between serving plates, then sprinkle generously with Parmesan.

Nutrition information per serving (values are rounded to the nearest whole number): 210 calories; 120 calories from fat (54 percent of total calories); 13 g fat (7 g saturated; 0 g trans fats); 20 mg cholesterol; 16 g carbohydrate; 10 g protein; 7 g fiber; 680 mg sodium.

GOT LEFTOVERS?

Turn leftovers of this roasted green bean and pancetta salad into an intense cool pasta salad. Boil up some spiral pasta. During the final 5 minutes of cooking, add 1 to 2 cups (depending on volume of leftovers) frozen corn kernels and continue cooking. If you have fresh kernels cut from the cob, skip the boiling step and simply add them to the bowl in the next step.

When the pasta is cooked, drain it and the corn, then run under cool water, then drain again. In a large bowl, toss the pasta and corn with the leftover green bean salad. Add a bit more lemon juice, then season with salt and pepper. Stir in a bit more grated Parmesan cheese. For a spicy hit, mix in 1 teaspoon finely minced jalapeno pepper.



North Branch Bluegrass Festival Returns

Welcome back for the 4th annual North Branch Bluegrass Festival, Thursday, September 1 thru Sunday, September 4 in Bridgewater, Vt. Weekend camping begins after 3pm on Thursday, with open stage at 6pm. Friday thru Sunday, festival show and workshops run 10am to 8pm each day. Free rough camping is included with a 3 day Weekend pass. RV's, campers, and tent camping are welcome.

North Branch Bluegrass Festival will be opening the gate early to campers and field pickers! Beginning at 10 am on Sunday August 28, we'll open up for 4 ex-

tra nights for a \$10 per person additional charge to our \$50 at-the-gate weekend festival price.

The 2011 line up is as follows: Appalachian Uprising, Jim Hurst, Remington Ryde, Big Spike Bluegrass, Fairview Avenue, Hot Mustard, Chasing Blue, Cardigan Mountain Tradition, Wissahickon Chicken Shack, and Four Bridges. See the website for complete info on days and times.

Day tickets are also available, as well as at the gate weekend passes. Visit nbbluegrass.com for complete details and information.

Singers Wanted

The Feminine Tone women's chorus has openings for the fall season. All voice ranges are needed. Rehearsals will be held on Wednesday evenings, beginning September 7th, in Springfield, Vermont. Singers must be available for the concert dates of December 17th and 18th. If interested in auditioning, contact director Maricel Lucero at (802) 885-1590.

Gregg Allman Postpones Tour Dates

The Paramount Theatre releases the following announcement received from Gregg Allman's management team:

Upon his doctor's orders, Gregg Allman is unfortunately being forced to postpone his August 26 through September 15 concert dates, including the previously scheduled September 4, 2011 concert at Rutland, Vermont's Paramount Theatre. Allman had to cancel four dates at the end of his four week European tour in June due to an upper respiratory condition. His doctor hoped that with rest, he'd get better, but unfortunately the issue has persisted. Treatment is going to involve several days of hospitalization

and 4 - 6 weeks of bed rest at home. Allman continues to recover from his successful liver transplant and expects to return to touring in support of his highly acclaimed "Low Country Blues" album in the late fall.

"We are eager to reschedule this concert and will notify current ticket holders of their options, which will include retaining their tickets for the soon to be announced rescheduled date. We are working closely with Gregg's team to confirm a new date for late fall," commented Eric Mallette, The Paramount Theatre's Programming Director, "Above all else, we wish Mr. Allman all the best with hopes for a speedy recovery."

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Volume 40, Number 34

Central Vermont's Premier Weekly Newspaper

August 25-31, 2011

Dear Editor,

I would like to take this opportunity to publicly thank the many outstanding businesses, individuals, and organizations, who contributed so graciously towards the tremendous success of the 16th Annual Castleton Concert on the Green, "live music" summer concert series, which was enjoyed by thousands, this past summer. They are, the wonderful supportive sponsors, the performers, local newspapers and radio stations, the Castleton Federated Church; Castleton State College and Chad Voghell and the Audio Technical Department, Troop 13, Venture crew 122, and ALL the "behind the scenes" people who helped in so many various ways.

We had record crowds again this year, and so, I would especially like to thank the many thousands of Rutland County music lovers, the many visiting neighbors throughout all the New England states, and our summer visitors, who attended these "live music" weekly summer concerts, for their continued loyalty and enthusiasm, and for their support of this well established summer tradition in the village of Castleton. It was a fun summer, and it has always been a pleasure to be associated with, and to work with all these people who helped to make the Castleton Concert on the Green the wonderful success that it is. Thank you.

Dick Nordmeyer, Director,
Castleton Concert on the Green

Killington Observes 9/11

Killington residents and visitors are invited to join in a day of remembrance and service on September 11, 2011, the tenth anniversary of the terrorist attacks on our nation. Observances will spread throughout the day, beginning with bells to mark the times of the actual strikes, and recognition of the responders' courage and selflessness. Throughout the afternoon there will be a variety of opportunities to engage in community service and personal reflection. Finally, later in

the day the community will come together to remember and honor those lost, tell the stories of that day, and share hopes for a better future. Details and a full description of the day will be announced soon.

As the anniversary approaches, community members are asked to be mindful of the trauma and hurt that they and their neighbors may experience in remembering, and to take time to reflect on what our memories and responses mean for the future.

Mountain Times Celebration Mixer

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.

Don't Miss Our Biggest Book Sale

Saturday, August 27th and Sunday, August 28th – 10 am to 4 pm both days, the Mt. Holly Town Library will have our biggest book sale of the year. Not only will the sale book shed be open but additional tents and tables will be set up for the overflow. The donations have been coming in over the summer and we need

to get rid of books before winter. Don't miss this amazing selection of books and pick up some yummy baked goods. Rain or shine. Great books, Great prices for a Great Cause! The Mt. Holly Library and Community Center, 26 Maple Hill Road, Belmont, Vermont. For more information call 802-259-3707.

MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

Killington Town Manager Resigns

The Town of Killington Town Manager, Kathleen Ramsay, has recently resigned her position, I am very sad to write. Kathleen is the consummate administrator, dedicated professional and will be sorely missed. Kathleen's last day with the Town of Killington will be on October 15. The Town of Killington Selectboard has begun working to find another Town Manager.

On Saturday, September 10 the Killington-Pico Rotary Club is holding their annual Dutch Pancake Breakfast as an important fundraiser for the club's charities and the international student exchange program. The location is at the little white church on Route 4 by River Road in Killington. Please come and have a delicious breakfast!

The Killington Classic Motorcycle Rally will take place in Killington from September 9 to September 11. Featured events during this very popular event include a 12 mile parade to a block party in Rutland, a 30 vendor village, a Covered Bridges and High Gaps guided tour, Green Mountain Scavenger Hunt, free entry into the Vermont State Fair which features freestyle aerial stunt shows, the Charlie Daniels Band concert, fireworks on Saturday night at Snowshed, a casino night, gondola rides, a Poker Run, and prizes. There will be hundreds, if not thousands of motorcyclists in Killington on that weekend.

At the Town of Killington Parks and Recreation Commission meeting held on August 8 Mike Sutcliffe, Director, presented his report. Mike advised that we are in the final week of summer camps with strong numbers which were anticipated. Camp Loads of Fun had solid numbers for local and out of town children. The strong numbers are a good sign. As far as revenues are concerned, Mike said that we are over budget. The tennis camp was up, soccer camp was down, swim team was up and finished first. Rek and Trek was up. Mike said that we will be closer to the black than we have been in a few years. The Board reviewed the preliminary figures and James Godfrey said that

he will do a budget to actual for the next meeting. Mike Sutcliffe said they had a solid summer over all and received loads of compliments.

Regarding Swim Team, Mike reported that our Killington Sharks Swim Team finished first in their division for Vermont State. He congratulated Jim Hennessey and Ryan Wonsor for their help. The end of the year banquet was held on August 9 at the pool. Mike said he can't thank enough Eileen Godfrey, Barb Wood and Kim Gaines who have done an amazing job as parent liaison. As well as all the parents who helped with timing, judging, concessions.

Mike then reported that the Fall brochure is out and he will send it to the Board members. He said the Fall soccer registration has gone out. This year we will have a 5/6 U12 boys team coached by Britt Crompton, and a U10 boys team grades 3 and 4 who are still looking for a coach. There will be a U12 girls 4, 5, 6 team coached by Jamie Amadeo, a U10 girls 2 and 3 team is looking for a coach. Little Squirts is 1st and 2nd grade boys and 1st grade girls. John Durney has said that he will coach. The first games start on September 10.

Under Old Business, a report on the River Road Loop Trail Work days was presented. Mike reported that this past week end they had the first Trails Day for the Phase I River Road Loop with a great turn out of volunteers and out worked the anticipated wood count the Green Mountain Club Trail person expected. We were looking forward to the next Trail day on August 20 with lunch and t shirt provided. Mike thanked the volunteers: Joanie and Paul Werner, Joan Smith, Anne Brown, Manfred Karlhuber, Jack O'Donahue, Mike Young, Seth Webb, Elizabeth Reeves, and Cheryl Byrne, Green Mountain Club Leader. Mike said that he and they had a fun day. They are taking the steps necessary for Phase II which is in a holding pattern due to permits and everyone is fine with it.

In an update on the pool, Mike said that he looked into getting people to come look at the pool which we are considering repairing. Bids are coming in. Mike will be ready to meet with the Selectboard prob-

Mountain Musings, Page 22

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CKS 8th Grade Graduation Photos Wanted

The committee for the 125th Anniversary of Christ the King School needs your help. We are looking for the 8th grade group graduation pictures. We would like to scan them for the school archives. If you have an 8th grade graduation group picture (usually taken on the steps of the church or in the gym) please put the year, your name, address and phone number on the back so they may be returned to you. Pictures may be brought to Christ the King School or Christ the King Rectory.

We are looking for graduation group pictures from the following years:

1920-1939; 1946; 1949; 1951-1954; 1957-1958; 1960 to the present.

Many thanks.

-The 125th Anniversary Committee

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.

Sept 14, Wednesday. Chittenden Seniors will join a group from the Young at Heart of Poultney for a trip to West Point in N.Y. They have 12 seats left on their bus. To join them call Barbara DeBonis at 645-0154. They plan to leave from either Rutland Center or Poultney at 6:00AM. The cost is \$87.

Sept 21, 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 Drigert 775-6014.

Each Thursday. Over the Road Seniors walk at their own pace with a group of their peers. Meet at Sherburne Library on River Road, 9AM, Thursday mornings. Walk towards Town Office and beyond - or as far as you wish. Return to picnic shelter at our Recreation 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.

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

Mendon/Chittenden/Pittsford/Brandon Notes

by Debbie Burke

Town Meeting Notes

At the August 8 meeting of the Town of Chittenden Selectboard the Town Clerk/Treasurer presented a report. Selectman Gary Congdon asked if the issue with the Verizon phones had been addressed, and Roberta Janoski stated that she would get a letter written and have Selectman Bob Bearor sign it.

The Health Officer, Bernie McGee, was wondering if there are any old plans of the Barstow Memorial School's septic system. Roberta was not sure if there are any but Selectman Wendell Smith, Jr stated that he has some drawings and will get them to Bernie.

In a report from the Planning Commission, it was noted that they need to have a meeting with the Selectboard and go over the Transportation Enhancement Grant, and Carolyn Schwalbe will warn the meeting. After a discussion, it was decided the meeting was to take place on August 15. Meanwhile, Carolyn and Selectman David Sargent will meet to go over the information on the Grant. Bob Bearor received a letter from the Rutland Regional Planning Commission about street light inventory and street light projects and he gave that information to Carolyn for the Chittenden Planning Commission.

Regarding Roads, Gary Congdon asked about German Hill and Barnard Road washouts, and he wondered if the grass was seeded. Jake Duprey will make sure that seeding is done. Bob Bearor met with Steve Wilk about roads last week, and stated that shim coating can be done on most of the roads, but some will require more. Bob Bearor will be meeting with Pike and D & F soon as well. Jake Duprey is wondering if there is a list of the roads that will be paved so they look at all the culverts in the area.

Regarding the Transfer Station, there is a notice of Amendment of "Dumping" or Transfer Station Ordinance, updating the Ordinance by removing the items we no longer charge for. The only item that they charge for is tires. The Selectboard will sign the Ordinance once a new letter has been written. John Parker stated that he shipped out cardboard at \$150 a ton; we should receive roughly \$3,000 from it. Three boxes of TVs, electronics, drums of glass have been removed. The forklift has a leak and needs to be looked at and serviced. The old LP cylinder needs to be removed as well since there is still LP in it and they are unable to remove it. John also called about the glass from the glass crusher and that the glass can be used for a lot of different things. John is in need of some materials to help stack the Gaylords. David made a motion to authorize John to purchase 13 sheets of plywood from Lavalley's and have them delivered. The

motion was seconded by Selectperson Donnaleen Farrell, and all were in favor. David said the transfer station looks great, as John has been cleaning it up. Wendell was wondering if any scrap material has been turned in and John said that none of it was salvageable.

In a report from the Constable, Harley Soulia stated that some trees have come down at the gravel pit, and he has not received any calls about shooting there.

Regarding the Grange Hall, Karen Webster wrote a letter to SVE stating that the rest of the bill will not be paid. David made a motion that was seconded by Gary to send the letter that Karen wrote to SVE, all in favor.

Under Old Business the Baird Memorial was discussed. Bob Baird is wondering what is going on with the memorial for his uncle and where is it going to go from here. He would like to discuss this at a later time and date as to where the memorial should go permanently as it has been moved several times over the years. David would like to work with Bob Baird on this and to find out what happened with the bond's interest over the past 50 years.

Regarding the Sheriff's Department contract, Steve Benard is supposed to get information to Bob, but the only thing that has been sent was a report of last week's patrolling. Regarding the Garden Hill issue, David spoke with Reggi Dubin about it and Reggi has written a letter for the Selectboard to sign. Mountain Top Inn has sent another letter to all residents about the noise issue, and what information that will be given to guests.

Questions and comments from those in attendance at this meeting: several people are wondering what is going on with Junior and if he will be resigning and what will happen next. The Selectboard has not received a letter from Junior stating that he is resigning. Jake stated that he is very frustrated with everything and is hoping whoever replaces Junior will be able to work well with Jake and Skippy. Wendell stated to both Jake and Skippy that he appreciates all that they have done under the circumstances. Skippy has a burn permit right now for the transfer station and it is only valid until August 10 and the old motor for the chipper is here. Bob is still working on getting estimates for the new plow truck.

The Mountain Top Inn has been in touch with Bob as they are trying to install a new wedding barn, and Bob was thinking that the Town should give them a tax-free break for a few years like they did with the inn when it had the fire. The Board feels this is a good idea to give them a tax break for 3 to 5 years.

The next Selectboard meeting was scheduled for August 22.

Mountain Musings

continued from page 21

ably in September. He plans to send his presentation to the Commission for pre-approval.

Regarding the Swim Diaper Policy, Leon Davin made a motion to endorse and approve the Recreation Commission's Swim Diaper Policy, and all were in favor.

Under New Business, the camp numbers were discussed. Mike said it was a good summer and they will look for more ways to market our camps.

Under Other Items, concerts were discussed. The Board discussed the last concert with Samira Evans and her Handsome Devils which was a great success and will be asked back next year.

In a report on the Killington Active Seniors, Mike Young reported on a van trip on August 10 to New London Barn Playhouse to see Chicago with lunch at Ellies. On August 18 the Seniors will have had their second Summer Pot Luck Picnic at the pavilion by Town Hall at 4:30pm. A third picnic is being planned for late August or September. He gave a special thanks to Marilyn Copson for all her help. On behalf of the Seniors he thanked the Recreation Department for their \$55 donation to their summer picnics.

The next meeting of the Killington Parks and Recreation Commission will be on September 12.

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 <p>SAILOR JERRY SPICED NAVY RUM</p> <p>SALE PRICE \$10.99 SAVE \$4.00</p> <p>750 ML</p>		 	



by Johnnie Goldfish

Uh-Oh, There Kissin' Pigs in Pittsfield

The Ultra Fast Happiness Workshop for Increasing Profits at Times of Seeming Peril: Think as much, if not more, about growing your income as you do of trimming your expenses. And for extra credit, focus on customers more than vendors: smiles more than frowns: possibilities more than risks: options more than commitments; vacations more than overtime; detours more than setbacks; opportunities more than obstacles; and Goldilocks more than the bears. And on your way home buy more flowers and ice cream than normal. End of Workshop.

The Pittsfield Library will be holding their Fourth Annual Fundraising Party, which attracts almost a quarter of the town's population. Mark your calendars for Sunday, August 28 at the Clear River Tavern for a lively afternoon with a BBQ including grilled chicken, pulled pork, veggie burgers and all the fixin's plus the famous Library trustees All-You-Can-Eat Dessert Buffet, live music, some Pig Kissin' and a Piggy Bank Raffle. Proceeds are an important part of funding the library's extensive programming and book collection. The library is now closed for renovations, but programs will continue through that time when the building re-opens. The Roger Clark Memorial Library has become an important community center for families and avid readers, and the Trustees are grateful for on-going community volunteer and financial support. You can call the library at 746-4067 for more information on tickets.

The Women's Alliance Thrift Shop at the Federated Church of Rochester will be open on Friday, August 26 from 4:30 to 6:30 pm and Saturday, August 27 from 9 am to 12 noon.

Riddle to Die For: The police found a man dead under a car, and it was determined that the dead man was the last person to drive the car, even though it was not his car. It was also determined that he had died just an hour earlier, even though the car was last driven six hours earlier. No one else was involved and no crime was committed. What happened? Answer below.

News from the Rochester Library: There is still time to "Read to Win." Children who read 3 library books over the summer can pick up their free ticket to the Champlain Valley Fair, good for admission on Monday, August 29. Kids will also receive a free ice cream, a free midway ride, a free book and special recognition at the fair. Parents simply sign a form confirming that their child read

the books.

Then on Sunday, August 28 at 3 pm Tom Perera and John Wong will present a program called China: A Tour of the Middle Kingdom. Both Tom and John traveled in China this year and they will present an exciting slide show with commentary.

Laugh at Yourself Report: A faith healing preacher said, anyone with special needs who wants to be prayed over, please come forward to the front of the altar. With that Bob got in line. When it was his turn, the preacher asked Bob, what do you want me to pray about for you? Bob said, I need you to pray for help with my hearing. The preacher put one finger of one hand in Bob's ear, placed the other hand on top of Bob's head, and then prayed and prayed and prayed. He prayed a blue streak for Bob, and the whole congregation joined in with great enthusiasm. After a few minutes, the preacher removed his hands, stood back and asked, Bob, how is your hearing now? Bob answered, I don't know man, it ain't 'til next week.

This year marks the 250th anniversary of Stockbridge's signing of its charter by Governor Benning Wentworth of New Hampshire. To commemorate that milestone, on Saturday, August 27 everyone is invited to come to Stockbridge Common for a chicken barbecue at 12 noon. There will be exhibits from Stockbridge's past to present. The Fire Department, the Historical Society and the Gaysville Community Church are planning fun events for the celebration. Please call 234-5490 or 234-9281 to reserve chickens for take-out or for more information.

Riddle Solution: The man was a mechanic working on the car. He drove the car in the morning, and later that afternoon was working under it when the jack failed and dropped the car on him.

The Annual Pittsfield Bazaar sponsored by the Pittsfield Women's Alliance is scheduled for Saturday, September 24 on the village green, come rain or shine. Anyone interested in having a booth at this highly attended event should contact Deb Picarello at 746-8331 or Steph Colton at 746-8348. Tickets for this year's Autumn Bazaar can be had at Deb's Country Coiffures or the White River Credit Union offices.

Thought for the Week: "Knowledge is being applied to knowledge itself. It is now fast becoming the one factor in production, sidelining both capital and labor." – Peter Drucker, (Writer, management consultant, and social ecologist).

Apply your knowledge of upcoming events to 100 North, send your news to johnniegoldfish@yahoo.com.

"Greetings from Rutland, VT: Heart of the Green Mountains"

Explore the history of Vermont's second largest city with Vermont native, Debby DuBay. Her new book features 247 rare color and black & white postcards, along with postcard prices.

Discover the charming town of Rutland, Vermont, through 247 antique postcards and contemporary photos. From celebrations and attractions of the Downtown to a look back at the tragedies and disasters the city faced, see how Vermont's second largest city has evolved through the years. Learn how it became a world producer of marble and the important role that the railroad continues to play. Tour the Rutland Downtown Historic District and view buildings such as the original Rutland Firehouse, the Arthur Perkins House, H.H. Baxter Memorial Library, St. Peter's Catholic Church, and Longfellow School. Rutland is also home to Paramount Theatre, Killington Music Festival, tractor manufacturer John Deere, and (the fictional) G.I. Joe. With present day views mixed in with the rare postcard views, this is a great souvenir for local residents, tourists, history buffs, and postcard collectors.

An Air Force veteran, prolific author, and porcelain expert, Debby DuBay turned her passion for antiques into her second profession. A Vermonter, she is the owner of Limoges Antiques Shop on Merchants Row in historic downtown Rutland. She is the author of four beautiful reference books for Limoges porcelain collectors and a post card book on Worcester, MA.

You can find Debby's new book in Rutland. All royalties from the sale of the book are being donated to Rutland Mental Health, The Paramount Theatre, Rutland Historical Society, and Rutland Free Library. All profits from sales (of this book) made in Limoges Antiques Shop are being donated to Killington Music Festival. All profits from the sales of the book in the other shops are being donated to the above mentioned not-for-profits.

Rheumatoid Arthritis Support Group

Please join us Monday, August 29th at 6:30 PM, at 6 Court Street, Rutland. The purpose of our group is to share stories, provide support, suggest strategies and tips for dealing with RA, invite speakers to attend who can offer disease management advice and to simply socialize with others living with RA.

We meet on the first floor of the RSVP/FGP/One-2-One office at 6 Court Street. The office is next to Grace Congregational Church. Please park in the church parking lot, walk down The driveway next to the office and enter in the side door off the ramp.

Any questions please call Nan at 775-8220 ext. 101 or Email Nan at nmhart14@aol.com.

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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 luncheon 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



Sherburne "Central" Reaches The Mountains

by Madeline C. Fleming

revised and edited by Donna Martin

Telephones came to Sherburne in the very early 1900's. Mrs. Bert Plumley was the first operator of the Sherburne Central Telephone Exchange located in her home, built in 1905 and now occupied by the Andrews' at the south end of the River Rd. To make a call, you would give a vigorous crank on a handle of the wall phone to summon "Central" to the switchboard. If you knew the number that was fine, but it didn't really matter as she knew all the subscribers and whether their number was Ring 12 (one long and two shorts) or Ring 21 (two longs and one short). Of course, sometimes she didn't even have to ring the number for you because she "had just seen Clara go by the house on the way to the post office, so you'd better call later." Mrs. Plumley was a sweet, keen-eyed lady of 96 years when she gave up her telephone service and moved to Rutland to live out her final years with her daughter,

Mrs. Mabel Upton who had been born in Sherburne and attended the village school.

The telephone exchange went next to the home of Mrs. Ida Wilson in 1910 north of the village church. She was the spark plug of many community activities and loved to recount stories about Sherburne during the 58 years she lived here beginning in 1889. She later sold the house to Romaine Willis and in 1964 it was appropriated for a field office and torn down by the State Highway Department when they were widening Rt. 4 to accommodate the growing influx of skiers.

But supposing you lived in Rochester back in those early days and you wanted to call someone in Sherburne. A deal was made by the owner, Mr. Clugh, with someone along the way serving as a "switch tender." In 1909, the switch was at the home of the George Prior on the River Rd. where David Edgar now lives. Mrs. Prior was not a "hello girl" but simply switched the calls over to the Sherburne line in a mechanical manner, and Mrs. Plumley or Mrs. Wilson took over from there. Could those ladies ever have imagined being able to pick up a tiny cell phone and not only talk but take and view photos as well as get almost instant information about most any topic they could dream of? Telephones have come a long way, Baby!

Pawlet to Celebrate 250th Anniversary of Charter



The Town of Pawlet will celebrate the 250th anniversary of its Charter the weekend of August 26-28 with a host of activities in Pawlet and West Pawlet.

The celebration weekend begins on Friday, August 27th when the Pawlet Players Return! The play, "That Darn Mummy," will be performed at the Mettawee Community School at 2 PM & 7 PM. Dot Leach's Dancers

will be performing after the Players' evening show.

Here is a peek at Saturday's line up: Open Houses at the town cemeteries, with Ghostwalk tours at the Mettawee Valley Cemetery; an Antique Farm Machine and Vehicle display at the Millpond in center Pawlet, a reading by Tim Bryant of his book, A Father's Gift, displays from the Pawlet Historical Society, quilt show and an art show, all at or by the Pawlet Public Library; food, music, magic and more! There will be table space for folks to bring by historic photos and mementos, and share family histories and stories.

Of special note on Saturday, August 27, there will be a reading of the Town Charter and the reading of a Vermont State Legislative Resolution announcing the celebration of Pawlet's 250th anniversary at 1 PM at the Town Hall front porch, followed by a presentation by Daniel Webster re-enactor Jim Cooke, @ 1:30 PM. Pawlet's restored Theater Curtain will be on display upstairs at the Pawlet Town Hall and the newly restored Braintree School will be open for visitors between 10 AM - 2 PM. Additionally, a special postal cancellation will be offered by both the Pawlet and West Pawlet Post Offices.

West Pawlet will host a pie sale, a Village Market of Food & Craft vendors, VT Hula Hoops and a display of West Pawlet photos and memorabilia.

Saturday also includes a parade, with a 3 PM kick-off, leaving from the Jones Farm on VT-153 and proceeding through the center of West Pawlet and south to Leslie Ironworks. The evening will see a Pulled Pork BBQ, beginning 5 PM, and street dance between 7-9 PM, both to be held at the Mettawee Community School. Saturday's events will be capped by fireworks, scheduled for 9:15 PM, also at the school.

All Pawlet 250 events are free, with charges only for food and souvenirs. For more information please contact Judy Coolidge at (802) 325-3073.



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Proctor Place

by Stacy Bates

Back to School!

Attention Residents! A Skating Rink Manager is needed. The Parks & Recreation Committee is accepting letters of interest to serve as the Rink Manager for the 2011-2012 winter season. The deadline to submit a letter is September 1, 2011. Letters of interest should be submitted to the Parks & Recreation Committee, Town Offices, 45 Main Street, Proctor, VT 05765.

Olympus Pool is open until August 26 from 12-5pm. So there is still time to sneak in some summer swimming before the start of school.

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 Proctor School Board meeting minutes for July 26 were just released for publication. Here are some of the highlights. Board member, Mary Fregosi was enthusiastic about new Superintendent Dr. Deborah Taylor and introduced her. Nancy Erickson gave her report and on the Leveled Literacy Intervention workshop that she attended with Diane Cook. The workshop was on kits of materials that will help children in kindergarten through grade two who are struggling to read. Nancy explained how the workshop information will be used. Nancy gave the board members a handout with information from the workshop. There was a discussion with the board. Nancy presented the board with the work that had been done on the action plan for this year. She stated that Michelle Buzzell, Paula Di Feo, Lois Austin and Andrea Parker were on the committee. She pointed out a few areas to the

board. They will look over the action plan and act on it at a meeting. During the Superintendent report she turned the meeting over to Jesse Safran. Jesse updated the board on the progress of the technology committees at both schools and updated the board on the various activities that have occurred over the summer. Jesse also spoke on the long range plans for the schools. Jesse asked the board to allow bids to go out for a new wireless system at the school. He passed out quotes that he had received. The money for the new system will come from the Tech fund. Art made a motion to put the new wireless system out to bid and that the funds used to pay for the system would come from the Tech fund. Don seconded the motion. The motion passed unanimously.

Dr. Taylor updated the board on the shared transportation for the Tech Center Students. She informed the board that West Rutland has agreed to share the cost. There is currently availability on the school board. Mary explained what the duties of a board member were. Anyone interested should contact Dr. Taylor at 775-4342. Fall Coaching contracts were tabled until a future meeting as Dr. Taylor needed more information from June before presenting them to the board. A contract for Christopher Johnstone for a .6 Science position was presented to the board. He will teach earth science and biology. Don made a motion to offer Christopher Johnstone a contract for a .6 teaching position. Art seconded the motion. The motion passed unanimously. The approval of the job description for the receptionist at PHS was also table until a future meeting. A letter of intent for SPED/Para for Nicole Densmore to be a one to one Para educator at the elementary school was presented to the board. Art made a motion to approve the letter of intent. Don seconded the motion. The motion passed unanimously.

Antique Postcard Program in Castleton

Charles Knight and his father Daniel have collected series "F" postcards, mostly featuring Lake Bomoseen in its heyday, for years. Their postcard hunt began with the discovery that the Knight cottage on Avalon Beach, "Reed's LakeView Cottage" (c. 1891) is numbered "61-F". Charles will give a presentation on the Golden Age of Lake Bomoseen postcards on Thursday, September 1st, at 7 PM

at the Castleton Community Center, just east of Castleton Corners. At the end of the program, Charles will donate this rare, unique collection to the Historical Society. We are hoping that owners of other "F" series cards may come forward with donations to fill in the existing gaps. Join us for this handicapped accessible program, followed by refreshments. Questions? Call Holly Hitchcock at 468-5105.

Killington Arts Guild

by Betty Little

ART ON THE MOUNTAIN- 250 Years of Killington-Pico Collages, a community created exhibit, opens Sept. 3 and runs through Nov. 1 at the Killington Arts Guild Upstairs Gallery with a reception on September 3 from 3 PM to 6 PM. The all-members show will continue. The Gallery is at Cabin Fever Gifts on Rt. 4 opposite the Killington Access Road and is open every business day without charge.

MEMBER NEWS: Jill Dye took her Summerfest Artists and other creative friends to Brandon last week to visit Fran Bull's Gallery in the Field in Brandon. The current exhibit is: The Power of Place; Linda Durkee, curator, also has a picture in the exhibit. Afterwards, the group also visited Linda's Gallery. Recently, George Lyons gave a slide program on his travels to the Mediterranean, Greece and other beautiful places at the Sherburne Memorial Library. Welcome to Paedra Peter Bromhall who joined KAG after meeting members at the first Salon. Congratulations to Gail Weymouth on her Killington History column in the Mt. Times.

Fifty Years of Art in the Park, unbelievable. Sunday was lovely. The guide book and map presented to me at the entrance took me right where I wanted to go. I found the necklace and the scarf I need for the family wedding and ran into Judy Gould with her wonderful collection of her fine watercolors. Judy paints Vermont at its loveliest. Consider one for your own collection. The bandstand

music was nice and the woman spinning cotton brought back a sense of charm. 50 years of Art in the Park and 13 years of the Killington Arts Guild-how time flies.

It was two years ago that Royal Barnard told a KAG audience how he became the owner and publisher of The Mountain Times. He offered the Guild a weekly column and an ad in the paper. Zip, his wife has supported KAG with imaginative graphics for our posters. This writer has written the column since its beginning. Alice Sciore now does the ad. We hope the new owners will be as kind and thoughtful as Royal and Zip and that Erica of the editorial staff will still be there to say, "We got your column and it's great!" Royal and Zip, we will really miss you!

For KAG info all 802-422-3852 or www.killingtonarts-guild.org; column vtkag@aol.com

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ARIES: March 21 – April 20: You need to be careful of the company you keep. Sometimes we get into situations where we connect with people for all the wrong reasons. Most of what this is about has to do with the fact that you're wounded in similar ways. Seen in that light, why would you need to spend time with someone who can only keep you stuck in the same old story? Look at what you want and try to understand your worth a little better. At a certain point all of us have to make choices that involve graduating from any situation that keeps us trapped in our primary wounds.

TAURUS: April 21 – May 20: The whole business of tying things up and bringing them to closure has helped you understand why it went this way. It doesn't matter to anyone but you, but as you reflect on the way everything came down you know for sure that you've done your best. For many of you any sense of satisfaction is colored with a touch of sadness; whatever that's about, you need to just let it go. When one door closes another opens. As you say goodbye to things it would help for the bigger part of you to see the light that is shining on the next chapter of your life.

GEMINI: May 21 – June 20: You are having a hard time coming to terms with other people and their hypocrisy. If you could be truthful it would be one thing but this is one of those situations where it would fall on deaf ears. I'm not exactly sure how you need to handle this. For your own sake it might be good to take it up with an objective third party. If you think you need to go off on your own long enough to think about whether this is worth turning into an issue it might be a good idea. A little time out would ease the tension and help both of you see that you're ready to sit down and iron things out.

CANCER: June 21 – July 20: You love to stay here forever but it looks like it's time to move on. The last thing you ever dreamed of is about to take you elsewhere. Any need to weigh this decision for more than a few days will hold you back. If you've got considerations about family, responsibilities, or too many of the ties that bind, try to get out from under the need to co-depend long enough to see that you're not glued to this spot. As crazy as it may look to you and whoever's there with you, you need to get uprooted and re-planted in a place where your spiritual growth can really take off.

LEO: July 21 – August 20: You know what you need to do but the tendency to over complicate things is making it hard for you to make a move. If life seems to be holding you back, how far will you have to stretch to break through whatever it is that seems to be the problem. Mundane considerations relating to security and your pictures of what someone like you ought to be doing don't have any bearing in situations where the spirit longs for a freer form of expression. Don't lock yourself in. Try to see this as the moment in time where everything you ever wanted is just waiting for you to go for it.

VIRGO: August 21 – September 20: You're feeling like you can't move forward until you finish certain things off. It would be great to get on with the show because whatever needs completion doesn't require as much as you think you need to give it. I see you having an opportunity to break free from the millstone around your neck and a sense of hesitancy about this that isn't warranted. This could be one of those rare times when impulse should reign over caution. Check in with you more change oriented friends and have them give you their spin on how to let go of your fears and get out of the box.

LIBRA: September 21 – October 20: You've got better things to do than sit around waiting for life to come and get you. If your love life isn't working it's because you need an independent partner who doesn't need to be joined at the hip, but who knows enough to treat you like the greatest show on Earth. The way things look you're probably dealing with a self centered narcissist who can't even see you. Forgive me if this doesn't apply. For those of you who don't fit this particular shoe, you're most likely clearer about your own worth than those of you who keep underselling yourself when it comes to love.

SCORPIO: October 21 – November 20: There's a point where you really have to stop and look at what your bright ideas are actually getting you. If you went into this with an idealistic attitude, lately it all seems like you got sucked in. You've just about had enough. Any sense of angst about whether to stay or go could be easily dealt with if you could listen to yourself instead of worrying about what people will think if you decide to fly out of here. Give it some thought. Recent awakenings have helped you to see that playing it safe can cost a lot more than telling the truth about what you really want in your life.

SAGITTARIUS: November 21 – December 20: There's a difference between making real changes and stuffing all of your issues into the closet. You've known for a long time that you've had to find a way to make this work. If your efforts to please are working for both of you, congratulations; if you're not getting what you want out of this then something is 'off'. Check in long enough to see what's up and try to have a conversation that involves exploring your needs too. Glossing over the details and overlooking the elephant in the living room has taken too much away from your right to fulfillment.

CAPRICORN: December 21 – January 20: Too much is going on all at once. You're either whipped or you're feeling like the Master of the Universe. It could be that you run back and forth between the two states wondering which one's for real. I don't know how things work for you but I get the sense that you always feel better when you know everything's under control. You've made enough good decisions to be certain that even the stuff you haven't totally handled will come together in time. At this point, you've got to be willing to let some of the emotional stuff rest long enough to manage to logistics.

AQUARIUS: January 21 – February 20: You've gotten so detached you've forgotten some pretty basic stuff. For many of you, there is a total disconnect going on with the emotions. On a certain level it's good to be able to separate from things enough to be objective – but when the whole process of allowing yourself to feel gets lost, it's time to look at yourself. Others are hurt or upset by the fact that they can't get through to you. You're smart enough to sense this but you can't seem to go to a place that allows you to open up and do whatever it takes to heal it. Do yourself a favor and open your heart.

PISCES: February 21 – March 20: When you belong somewhere you don't have to wait to be invited or push to get in. Think about that. And while you're at it consider the virtues of letting things happen only if they're meant to. So much of what's making your life harder right now has to do with the fact that you keep trying to force things that don't seem to be responding to you. Back up far enough to see that if you're not meant to be part of this, there are other things to do. You know as well as I do that we have to accept 'what is' and trust that when things don't work out it means they weren't meant to be.

Mother of the Skye


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

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View From Ludlow

by Ralph Pace

Never Say Never in Ludlow!

It may have taken over 18 years – along with a number of proposals, reviews, and rejections, but Ludlow may be seeing a bike path become a reality. At least, the effort to create a “shared” path (for bikes, joggers, and just walkers) is being renewed by the town.

At its recent Select Board meeting, the selectmen approved a proposal for an Enhancement Grant Application for a grant that would underwrite a feasibility study of a path that would cover the area from the Okemo Mountain access road to the Jackson Gore development. The path would run along and parallel to VT-103 and VT-100.

Many years ago, a path following the Black River was proposed from the Cavendish line through Ludlow.

However, the obstacles to permitting the project were many and the project never gained the support of the state and the Army Corp of Engineers. One of the principal drawbacks to that proposal’s design was the inclusion of a bridge over the Black River that ran into harsh state objections.

Given the success of similar paths in towns like Springfield, it is to be hoped that this proposal will meet a more accommodating response from the state.

As the date for Ludlow’s semiquincentennial (250th) celebration of its charter draws near, members of the committee planning the events to honor the event gathered recently to examine the new flag designed to represent the occasion. Pictured above examining the flag are, from left to right, Joanne Specht and Theresa Southworth from Gill Home, Linda Tucker, Black River Academy Museum, Beth Graves-Lombard from Peoples United Bank, and Georgia Brehm, also from black River Academy Museum. This flag, along with the historic Bennington flag, will be displayed throughout the town for the town’s “birthday” celebration.

The custom designed flag is based on the original art work developed by Christa Valente and implemented as a flag design by the SignShop people at Okemo Mountain Resort. At the same meeting, the committee confirmed the detailed schedule for the September 16-17 celebration. It was also announced that Peoples United Bank had advised the committee that it would underwrite the cost of the magnificent three-tiered birthday cake designed by Irene Maston, world-renowned cake designer (for the second year in a row, she showcased her skills at the National Capital Area Cake



Show in Annadale, Virginia., cinching first place in the competition). Plans for a parade on Saturday, September 17, were also discussed. For more information on the events, call 228-2841.

On August 27 and 28 the Cavendish Players will be presenting “Cavendish Chronicles II, the Early Years.” This play will cover the time period from land grants through the Civil War. The play is free and curtain is 7 pm at the Cavendish Town Elementary School in Proctorsville.

As part of the Cavendish Chronicles weekend, the Cavendish Historical Society will conduct a town wide “Settler’s tour” on Sunday, August 28. Participants will get a chance to see where some of the characters in the play actually lived and where they are buried. The tour will include the homes and final resting places of the first settlers- Coffeens, Proctors and Duttons. Meet at the Museum at 2 pm. Please car pool if possible. While most places can be

seen by car, there will be some walking involved when visiting the cemeteries. For information, call 226-7807.

FOLA (Friends of Ludlow Auditorium), in addition to its ambitious schedule for the remainder of 2011 has announced the movie line-up for its ‘1st Thursday’ movie series in 2012. The movies, displayed on the first Thursday of each month at 7 PM in Ludlow Town Hall’s Auditorium, will include: Casablanca, Lawrence of Arabia, Citizen Kane, On the Waterfront, The Maltese Falcon, Dr. Strangelove, The Manchurian Candidate, Dances With Wolves, The African Queen, Bridge Over the River Kwai, The Third Man, Shane.

In keeping with tradition, the Women of United Church of Ludlow will sponsor a Flea Market and Luncheon on Saturday, August 27 at the church, located at the corner of Pleasant and Elm Streets in Ludlow. Among the foods offered by the Women in the Church’s Community Room will be cold plate specials, priced at \$5, including chicken, ham and egg salad sandwiches, rolls, and beverages. There will even be cookies to top off the luncheon before going back to the shopping spree at the market. The Flea Market will be from 9 am to 2 pm and lunch will be served from 11:30 am to 1:30 pm.

LPC-TV, the cable public access channel broadcasting on channels 8, 10, 20, and 21, was awarded a \$1,000 gift by an anonymous donor recently to help the organization’s fund raising efforts to prepare its portion of the old tank barn in the Ludlow Community Center complex as its new studios.

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



Killington-Pico Rotary News

by Janina Curtis

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 (802) 773-0600 to make a reservation to attend a dinner meeting as our guest. Upcoming programs are:

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

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

Sep 10 – Dutch Pancake Breakfast at Little White Church, Route 4

Killington-Pico Rotary members are selling football

pool tickets for \$15 each as part of its fall fundraising efforts. By purchasing a ticket, you have an opportunity to win cash back every week during football season.

Our fundraising and volunteer efforts give back to the local community. Recent service projects included the construction of dugouts at the Killington softball field, and building the pavilion and picnic benches at the Recreation Center.

Pawlett Historical Society Blanket Chest Raffle August 21

Steve Williams of the Pawlett Historical Society advises that, “The last chances for buying raffle tickets for a cherry blanket chest, valued at \$1900 and made by local craftsman Gregg Gawlik, are fast approaching. The Raffle benefits the Pawlett Historical Society. Tickets are one for \$5 or three for \$10, and will be on sale at the Dorset Farmers’ Market on Sunday, August 21st (10 AM- 2PM), and during the Pawlett 250th Celebration at the Pawlett Town Hall on August 27th prior to the Raffle drawing to be held at 1:30 p.m. Winner need not be present to win.” For more information please call Steve Williams (802) 645-9529.

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Lakes Region News

by Lani Duke

No Pedestrian Path for West Rutland

Thursday, August 25, residence halls at Castleton State College open for new students, with new student orientation beginning the following day. Returning students go to their dorms Sunday, August 28, with classes beginning the following Monday.

New students arrive at Green Mountain College and begin their on-campus orientation Friday, August 26. Upper class students return Sunday, with classes starting up Monday.

Pawlet celebrating its 250th birthday beginning August 26th. See press in this paper for details.

The Lake St. Catherine Country Club hosts the 23rd Gathering of the Clans for the Poultney Area St. David Society at noon Saturday, August 27. To find out more, call Hayden Morris, 287-5870; Helen Jones, 287-9720; or Janice Edwards, 287-5744.

Get a good look at the night sky with the folks of The Green Mountain Alliance of Amateur Astronomers; they can show you what you're looking at and what to look for as you gaze skyward from the Hubbardton Battlefield State Historic Site, 5696 Monument Hill Rd., 8:00 to 10:00 p.m. Saturday, August 27. Learn to recognize constellations, individual stars, planets, meteor showers, and satellites. Call 273-2282 to find out more.

Learn basic beekeeping and honey gathering at 6:00 p.m., Sunday, August 28. Beekeeper Joel Pliner invites you to his apiary, 30 Buxton Ave., Middletown Springs. Wear light colored long pants and long sleeves.

Robert Mahar teaches a hunter safety course Tuesdays and Thursdays at Fair Haven Union High, 24 Mechanic St., Fair Haven. The classes run from 5:30 to 7:30 p.m., August 30 and September 1, 6, 8, 13, and 15. Call 265-4966 or 2654-3883 or stop in the high school or elementary school for the necessary pre-registration. Class size is limited.

Look ahead to investigating history at Mount Independence and Hubbardton Battlefield state historic sites in September. On the 3rd, historian Paul Andriscin "interviews" Mount Independence chief engineer Col. Jeduthan Baldwin and a common soldier who fought there. Archaeologist Allen Hathaway leads a hike into history on Mount Independence on the 4th.

Thinking of growing veggies? Maybe you'd benefit from a workshop on equipment and tools for small scale vegetable production, from 6:00 to 8:00 pm., Wednesday, September 7, at Foggy Meadow Farm in Benson. Paul Horton and Sally Beckwith share some of their recommendations after six years of growing a variety of crops on their four acres.

September is Vermont Archaeology Month – explore the American evacuation route to Pittsford Ridge in the Hubbardton Battlefield site on the 10th. The Hubbardton site is open without charge on the 11th in accordance with a Day of Remembrance.

Mount Independence hosts the 16th annual Northeast Open Atlatl Championship weekend the weekend of September 16-18. Novices can learn atlatl and dart construction, flint knapping, hafting stone points, and cordage making. Demonstrations and workshops show not only flint knapping and Native American lifeways.

The Castleton Community Center golf outing, scheduled for September 16, support the CCC's Senior & Disabled Transportation program. Call the Center for info

on becoming a sponsor or being on a team, 468-3093.

The Bird Mountain ATV Club recently collaborated with Dan Turco and Sons Yamaha to open the Yamaha Gap trail. Using a Yamaha grant, the club worked with the Vermont All Terrain Vehicle Sportsman's Association to develop a trail on the east side of Man Mountain in Ira.

Input from affected property owners is nixing a proposed multiuse pedestrian path project following the historic Funkhouser Trolley line from West Rutland through Ira and on into Castleton, where it would connect with the Delaware & Hudson Rail Trail. The Ira-based complainants said their properties had already been split for the highway and for the Amtrak train rail; they have no desire to lose still more highly arable land on the river valley floor.

Employees and officials of Fair Haven have collaborated to produce a vision statement for the town, working on it for the past four months. It stresses attitudes of "respect and professionalism," making the town "pleasant and welcoming to citizens and visitors."

Poultney is getting wireless Internet throughout its downtown, courtesy of the e-Vermont Community Broadband Project. Internet coverage stretches east from Green Mountain College to the far side of the traffic light where Main Street crosses Route 30. Transmitters are at the Poultney Free Library, Café Dale, and Williams Hardware. Local business sponsors will provide ongoing financial support.

Fair Haven's select board is contemplating a computer use policy to define how much town employees may use town computers and for what purposes. A proposed policy permits occasional personal use that do not interfere with town business.

No decision has been reached on fixing Castleton's town offices, infested with mold from attic through basement. The select board's building committee has yet to report on the various options, ranging from buying land in town and erecting a new structure, leasing or renting space in town, or stripping the mold from the historic office building. Historic though the old offices may be, workers who have relocated to the College's Old Chapel building are enjoying having air conditioning and the promise of adequate heating when weather turns cold.

Lady Gaga, Arnold Schwarzenegger, and the famous HOLLYWOOD sign all put in an appearance at the Benson Burdock Festival. One sculpture paid visual tribute to the Pixar movie Cars. King and Queen were Meaghan and Eric Apjohn. First prize in the parade went to Mike Andronaco – dressed as Marilyn Monroe in that infamous white halter dress. Second and third places went to the Bartholomew family and the Sorda family. The theme-related winner was Jan Grenier; most creative, Shane Lannor. Tallest burdock came from Keely Flynn. Other attractions included the Benson Fire Department's barbecue, a dog show pulled together by veterinarian Nancy Kotsull, and three horse shows from the Adirondack Equestrian Team.

Thanks to all the firefighters who turned out to snuff a fire in the Castleton home of Harold and Marie Loso. Although the building is uninhabitable, at least temporarily, no one was injured.

Central Vermont Public Service Corp.'s Green Team and volunteers from the Rutland Area Farm & Food Link recently worked together to pick corn from Bill Clark's field. The garnered ears were distributed among a number of food shelves in the area.

Pittsford Historical Society Holds Open House



On Sunday, August 28, the Pittsford Historical Society Museum in Eaton Hall will host an Open House from 1:00 to 4:00 p.m. Nationally known weaving teacher Betty Atwood will be operating her antique loom. Visitors can also try weaving on the loom.

Beginning at 2 p.m. the Lothrop Elementary School, next to Eaton Hall, will celebrate the 100th anniversary of laying the school's cornerstone by William B. Shaw.

At age 97, storekeeper Shaw was then the town's oldest citizen. His trowel, its original red, white and blue ribbon tied to the handle, will be on view together with photos of the 1911 event. The school will be open, and student members of the History Club will teach children old-time games. The program will conclude with an ice cream social in the school cafeteria. Author Patrick E. O'Brian will autograph his recent novel about 1960s

summers he spent on his grandfather Alec Paul's farm on Elm Street, near the Cooley covered bridge.

Eaton Hall and the Lothrop School are at 3399 and 3447 US Route 7. Call Melanie Clerihew for more details at 802-483-6871 or e-mail her at gartenmom@aol.com. Although donations are always welcome, these events are free and open to the public and will be held rain or shine.

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Downtown Rutland

Rutland Youth Street Exhibit

The Vermont Coalition of Runaway and Homeless Youth Programs (VCRHYP) present the HIGHLOW Project Street Exhibit. The Street Exhibit will be on display in Rutland, Burlington, and Montpelier during the months of August, September, and October. The project portrays the experiences of at-risk youth in VT through large-scale photographs to be pasted up on building exteriors – along with an audio component accessible through a toll-free call system. Youth from the Rutland County Parent Child Center – Learning Together Program and the Rutland Boys & Girls Club are serving as the curators of the exhibit – selecting locations, determining which images to place at each location, helping to install the artwork as well.

For more information, please call the Rutland County Parent Child Center, (802) 775-9711.

Have Fun While Helping Homeless Critters



Rutland County Humane Society will be holding a benefit Texas Hold'em tournament on Saturday, August 27 at Bowlerama on South Main Street in Rutland. Registration starts at 12:30 pm, free tournament starts at 1 pm. Side games will be running before and after the tournament.

On Sunday, August 28 from 1 - 3 pm at White's Pool (at the end of Avenue B in Rutland) the Rutland County Humane Society (RCHS) is hosting the Dog Days of Summer Pool Party to raise funds for the homeless animals in Rutland County. All funds raised, including entrance fees, are for RCHS. Each dog entry is \$5 and a donation is requested for the people who attend. There will be free swim throughout the event (for dogs only!) along with games (fastest doggy paddle and a dog jumping contest), pet vendors, dog non-profit organizations, free doggy ice cream samples and more! All dogs must be leashed unless swimming in the pool. Vermont law requires all dogs to be up to date on their rabies shots. It will be held rain or shine and will be a fun time for the whole family, especially the dog! A special "thank you" to the Rutland Recreation & Parks Department for donating the use of the pool. If you have any questions or need additional information please contact the RCHS Business Office at 483.9171 or www.rchsvt.org.

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Rutland Report

by Lani Duke

Forest Park's Replacement Comes Along

Laugh along with comedian Jim Breuer Friday, August 26, in a show at the Paramount Theatre that won't embarrass you. One of Comedy Central's "100 Greatest Stand-Ups of All Time," Breuer appeals to people of all ages, developing much of his material from childhood reminiscences. Call 775-0903 for tickets.

Get a look inside the ahuman body, hang out with Clifford the Big Red Dog, check out the variety of trucks, sample healthful foods, and more at the Community Health Fair from 10:00 a.m. to 2:00 p.m. Saturday at Diamond Run Mall. Visit with a number of community health agencies and organizations. Call 747-3768 or 747-3771 for details.

Meet at the Howe Center to take a Walk to Prevent Child Abuse on Saturday. Register at 8:00 a.m., walk at 10:00; enjoy entertainment, face painting, bike and stroller decorating, and snacks and beverages. Call 229-5724 to find out more.

Rutland Youth Theater auditions for its Alice in Wonderland product from 12:00 noon to 3:00 p.m. Sunday, and 5:30 to 8:00 p.m. Monday, at the Godnick Center, 1 Deer St., Rutland.

White's Pool gives dogs a day to cool off in a benefit for the homeless animals at the Rutland County Humane Society. The Dog Days of Summer Pool Party on Sunday, August 28, includes games such as the fastest doggy paddle and dog jumping from 1:00 to 3:00 p.m. Call 773-1822 for specifics.

The Boys Camp at Elfin Lake hosts the 250th anniversary of Wallingford's charter in Vermont from 2:00 to 7:00 p.m. Sunday. Firemen's hamburger and hot dog grilling is complete at 2:30. From 4:00 to 5:00 p.m. participants read part of the town charter, talk about the community's World War II soldiers, read poetry, and sing patriotic songs. Wallingford's Two Score Band performs from 5:00 to 7:00. Unless you have an Elfin Lake parking permit, use designated parking areas in town and take the shuttle. Bring your questions to Joyce Barbieri at 446-2336.

Classes at the College of St Joseph begin Monday, August 29.

Get your country mind set for the Vermont State Fair, coming up September 2 through 11. Fill your stomach with the wonders of fair food, your ears with music, your eyes with the wonders your neighbors' hands have made, and your heart with the wonder of 4-H and other youth activities.

Pre-register for Mike McNolty's hunter safety class at the Rutland American Legion Post 31, 33 Washington

St., running Monday evenings September 12, 19, and 26 plus October 3 and a field day Saturday, October 1. McNolte teaches the course Wednesday evenings at the West Rutland Legion Post 87, September 13, 10, and 27 plus October 4, plus sharing the same field day. Mark Gilman teaches a third class Mondays from September 12 through October 10 with a field day October 9, taught at the Rutland Elk Lodge. To save your spot, call the Rutland Rec. Department, 773-1822, or stop in.

Start or join a Walk To End Alzheimer's Disease team, with its chief event scheduled for Saturday, September 10. Volunteer committee members Mary Lou Morrisette and Marlee Mason are organizing the event. Find out how you can help by calling (800) 272-3900.

Rutland City work crews are having to replace newer water pipe before they start digging up the really old lines. The Alderboard agreed to replace an 800-foot section along South Main in front of the Fairgrounds. Patches of extremely corrosive soil seem to be more destructive than the ravages of time, at least when it comes to pipe.

The food court in Diamond Run Mall is now down to a single vendor, Orient Taste, with the loss of Italian food purveyor Sbarros. Local business promoters are quick to point out that other merchant areas of the community appear to be holding their own or thriving.

Google's VermontGetOnline campaign features Debby DuBay, owner of Limoges Antiques on Merchants Row in Rutland. Good job, Debby, of explaining how your business relies on the Web and how your website helps to promote Vermont tourism.

Replacement of the housing development once known as Forest Park is well underway. Hickory Street replaces Forest Park Drive and will connect to Granger Street. In line with the current direction of housing developments, the area is designed to create a sense of "neighborhood" with housing on both sides of the street, with units ranging from one to four bedrooms. Plans call for tenants to be a variety of ages, a natural diversity. Leases may be available as early as November 1.

More than 20 entries filled this year's Sustainable Rutland Trash2Art contest. First place in the adult division went to Erica Baron's 1,000 Cranes entry; second place, to Kurt Kretvix's Robo Sapien. A papier mache tiger won the people's choice award while youth awards went to projects by Seamus Murray, Alyssa Czanecki, and Kasey Thompson.

Wireless internet coverage will encompass West Rutland along Marble Street to the laundromat, and along Main Street to the Route 4 access. Transmitters will be sited at Mary's Cafe, Town Hall, and Downtown Laundry Basket. Modeled on the Wireless Woodstock project, the West Rutland effort includes laptop computers for students, business training workshops and beginner computer courses.

CVPS Kicks Off Fill the Cupboard Challenge

With record demand for local food assistance, Central Vermont Public Service announced a 22,000-item goal for the 2011 CVPS Fill the Cupboard Challenge. That is the highest goal ever for the annual food drive, which benefits the Rutland Community Cupboard.

"Sadly, the Community Cupboard continues to see record numbers of people in need of assistance, many for the first time," CVPS spokesman Steve Costello said. "Even though the recession is over, many of our friends and neighbors need help. We hope the Fill the Cupboard Challenge will once again provide significant relief."

Businesses, clubs, schools, sports teams, churches and other organizations are encouraged to register for the challenge, then collect food donations between Sept. 6 and 23 and deliver them to the Rutland Community Cupboard. CVPS will donate 25 cents to the Community Cupboard for every item collected, up to a total of \$5,000. The company will also donate \$500 in the name of the group that collects the most food.

Participants should pre-register for the challenge by calling Chris Adams at 747-5424.

In 2010, the Rutland Community Cupboard distributed more than 221,000 items to local residents, serving

more than 1,700 families – more than 700 of them seeking assistance at the Cupboard for the first time. In 2011, more than 500 new families have sought assistance for the first time.

Participants in the CVPS Fill the Cupboard Challenge can solicit food donations from employees, customers, vendors or others, and are encouraged to conduct their own food drives as part of the Fill the Cupboard Challenge.

"Given the growing demand, we want to especially encourage folks who have not participated in the past to join us this year," Costello said. "This is a great way to build camaraderie among teams and co-workers while doing something for your community as well."

Participants may deliver food to the Community Cupboard as often as they like, and should identify their organization as a participant in the Challenge when dropping off food items. Deliveries can be made to the Community Cupboard Monday, Wednesday or Friday between 11 a.m. and 3 p.m. and Tuesday and Thursday between 4 and 6 p.m. through Sept. 23.

Anyone with questions about the Fill the Cupboard Challenge may call Adams at 747-5424.

JustForFun

Capsule reviews of films opening this week by The Associated Press

“Conan the Barbarian” “Fright Night”



by Christy Lemire, AP Movie Critic

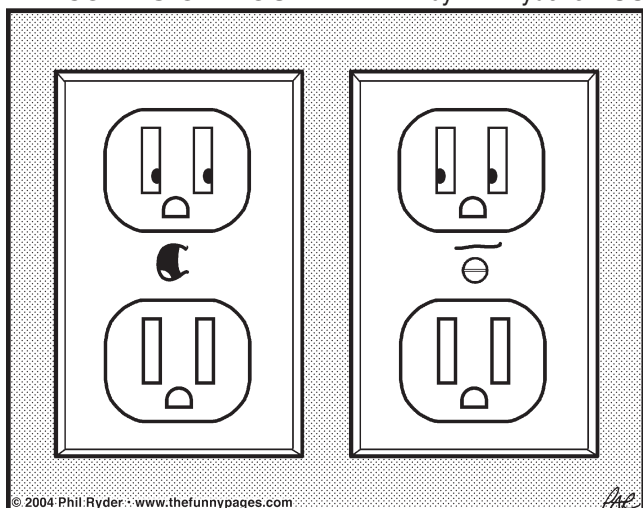
No one ever turns into a giant snake. That, in a nutshell, is what's wrong with this remake: The knowing sense of big, ridiculous fun that marked the 1982 original is gone, and in its place we get a self-serious series of generic sword battles and expository conversations. Fight, talk, fight, talk, fight, talk, then an enormous throw-down followed by a denouement that dangles the possibility of a sequel (dear God, no) - that's the basic structure here. And yet, despite seeming so simplistic, director Marcus Nispel's film is mind-numbingly convoluted. The fact that it's been converted to a murky, smudgy, barely used 3-D doesn't help matters. While the original "Conan" - the movie that signaled the arrival of Arnold Schwarzenegger as a bona fide movie star - looks extremely dated nearly 30 years later, it still functions just fine as both an epic adventure tale and an admitted guilty pleasure. There's very little that's pleasurable in this new "Conan," aside from allowing us to ogle the muscular, 6-foot-5 physique of up-and-coming action star Jason Momoa. Rachel Nichols, Stephen Lang and an over-the-top Rose McGowan co-star.

R for strong bloody violence, some sexuality and nudity. 102 minutes.

One star out of four.

THE JOKE'S ON YOU

by Phil Ryder & YOU



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

- Peggy S. Simoni • Nolensville, TN



by Christy Lemire, AP Movie Critic

Yes, this is a remake of the 1985 horror comedy. No, there is no originality left in Hollywood. But at least this "Fright Night" stays true to its origins by having a bit of cheeky fun, and the way it contemporizes the story is really rather clever. Once again, a vaguely nerdy teenager (Anton Yelchin) thinks his mysterious and seductive new next-door neighbor (Colin Farrell) is a vampire. No one else believes him except for his even nerdier childhood pal (Christopher Mintz-Plasse). But the setting makes this premise make sense. Craig Gillespie's film takes place in the overly developed suburban sprawl outside Las Vegas, where people come and go and those who do live there often sleep all day and work all night. The barren wasteland of abandoned houses - if they were ever inhabited in the first place - is the perfect place for a bloodsucker to lay low. Farrell is clearly thriving doing showy comic parts, between this and "Horrible Bosses." And the strong supporting cast includes Toni Collette as Yelchin's skeptical single mom and David Tennant in a scene-stealing turn as an alleged master of the supernatural. It all works well enough that it makes you wish it weren't in 3-D, which adds a suffocating layer of dimness, which doesn't exactly help engage us given that so much of the film takes place in the dark, at night.

R for bloody horror violence and language, including some sexual references. 101 minutes.

Two and a half stars out of four.

SUDOKU

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

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

This week's solution on page 34

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

ACROSS

- Stanza with irregular lines
- Linked sequentially
- More crazy
- Greek
- Innermost layer of vein (pl.)
- Nonmetamorphosing salamander
- Frenzied woman
- 750 herrings
- Beta Kappa
- "... or ___!"
- "Oohing and ___"
- Barbarian
- Cache
- Audio equipment corporation
- "Casablanca" pianist
- Like saltwater taffy
- Leg bone
- Lozenge
- Begone
- 4:1, e.g.
- Buckwheat pancakes
- "Act your ___!"
- Eastern pooh-bah
- Medieval trumpet
- ___-eyed
- Hot spots
- During
- Genetic info (acronym)
- Be inclined
- Personify
- Most suppl
- Fixed
- God, with "the"
- Vocalizer
- Afferent
- Ones who require

DOWN

- Gunk
- ___ language, e.g. Chinese
- Lyres
- Conjectures
- Cotton fabric
- Migraine
- "... ___ he drove out of sight"
- Alms
- Petroleum solvent
- Beside
- "___ say!"
- Fear of novelty
- Causing excitement
- Sketch
- Prepare to swallow
- "___ we having fun yet?"
- Bounce back, in a way
- Life story (abbrev.)
- Favors both sides of issue
- Polymorph of calcite
- Worn out, i.e. jacket
- Beethoven's "Archduke"
- Cloak-and-dagger org. (acronym)
- Cordial
- Tactlessly
- Capture
- Bank offering, for short
- Kind of salad
- Picked up
- Court figure (abbrev.)
- Wavelike design
- Do-nothing
- One who colors fabrics (pl.)
- Buddy
- "48 ___" (abbrev.)
- Center of our solar system

Solution on page 34

Showings August 25-31, 2011

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

MOVIES	TIMES
30 Minutes or Less-R	1:40 7:05
Colombiana-PG-13	1:20 3:50 6:45 9:20
Conan the Barbarian-PG-13 (3D)	3:50 9:35
Don't Be Afraid of the Dark-R	1:30 4:05 7:10 9:50
Final Destination-R (3D)	9:25
Fright Night-R (3D)	1:35 4:00 7:15 9:45
The Help-PG-13	1:00 4:10 7:30
Our Idiot Brother-R	1:25 3:55 7:20 9:55
Rise of the Planet of the Apes-PG-13	1:05 3:45 6:50 9:30
The Smurfs-PG	1:10 3:35 7:00
Spy Kids:All the Time in the World-PG (4D)	1:15 3:30 6:55 9:05

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25 Years!**

**The Mountain
TIMES**

A Tribute to Royal & Zip Barnard...

**After 25 years of ownership
of The Mountain Times newspaper,**

we salute Royal and Zip Barnard as they sail into the sunset into the next phase of their lives - a happy and healthy retirement! A few of our friends, family, and customers have shared their send-off to two true blue, undeniably gracious and stellar people. Zip and Royal, you will be greatly missed, and we all thank you for providing the Killington region and all of Central Vermont with the "good news," and with your zest for life.

Zip & Royal,

I have never met Zip or Royal but after working as the PR Coordinator at Billings Farm & Museum for over eleven years I feel like Royal is a good friend. I'm sorry to hear that they are leaving The Mountain Times but it sounds like an ideal time to retire and enjoy!

Thank you, to them both, for always including all of Billings Farm events in each issue of the paper and most of all to Royal, for always replying when an email has been sent. Just those simple words of..."I got it" was always reassuring to me.

Best wishes and happy retirement to the both of them!

All the best, Susan Plump
Public Relations Coordinator
Billings Farm & Museum

Zip & Royal,

The Rutland Recreation and Parks Department would like to thank you for your gracious coverage, and wish you all the luck.

Thank you!
Rutland Recreation and Parks Department

Thanks

When one thinks of "colorful" "unique" "generous" "LOVING" and "deeply committed to making the world a better place in which to live" Zip and Royal top the list. In short, they are truly amazing people, broad and well-rounded in their thinking and their interests.

My wife and I have had the distinct pleasure of landing in a group of eight who meet regularly for dinner. It is through these uproarious evenings that I have learned how deep and rich is the Zip and Royal laughter. One can only imagine, Royal in retirement, sifting through the marvelous, the fascinating and the valuable as he continues to refine and contribute to his various interests. As in the case of all husbands, he has Zip standing right behind him to keep him humble, focused and in time to attend to the drool.

May you wonderful people enjoy the next phase as much as you have, lo these many years in your sizable accomplishments with the publishing universe of south central Vermont.

Bruce Bouchard
Executive Director, The Paramount Theatre

Zip and Royal...

have been part of our lives for over 30 years. It started with Allen's dad, Walter Gartner and led all the way to Sandy's group, Vermont Actors' Repertory Theatre. They are two of the most generous people around, both personally and professionally. We will miss Zip and Royal and wish them the best as they go forward in their new life. Many, many, many more years of abundant joy and good health. Hugs from...Allen and Sandy Gartner

Thank You,

I just want to thank [Zip & Royal] for such a great Mountain community paper. I am friends with Angelo [Lynn] and have known him for 30 yrs, so I know the paper is in good hands! congrats to them all..Teri Emilo Hagen

Dear Royal and Zip,

Good Luck and enjoy! You have always treated us "royally" in our "zip code"! Welcome, Angelo Lynn. -Cathy & Lee, Aspen East & Surf the Earth

Best Wishes

We want to share our best wishes with Zip & Royal for a long and enjoyable retirement. They have been outstanding friends of VAC and the community for many years. Please accept our most gracious appreciation.
Your friends at VAC

Have Fun,

From waiting on tables at the Casa to picking out coins on West St. and running into each other at the golf course, let's just say we have known each other a long time! I always remember being met with a friendly smile and a warm hello.

Zip and Royal, you have been such a strong part of this community and a voice for so many over the years, you will be truly missed but have earned a retirement filled with rest and recreation.

Hope the days ahead are all you have expected them to be.
Love and laughter,
Judy Taranovich

Thank You,

Thank you for believing in me when I was just starting as a writer. You saw in me something that I did not know I possessed. You mentored me and gave me ideas for some great articles. There were never any tuff deadlines or ideas you suggested that did not work me. I will miss your help and hope all your golf balls land in the short grass.

Thanks,
Chip Dwyer





Dear Royal and Zip:

It is with great sadness that I learned you have sold The Mountain Times, and I want to take a moment now simply to say "thank you" for all that you've done in this part of Vermont. Your professionalism and dedication to building a fine local newspaper was evident in all that you did, but what you brought to the paper was much more than that. The paper reflected your love for the community itself. You were genuinely interested in what people were doing, and on more than one occasion, demonstrated not only your commitment to the paper, but a commitment to truly helping the people, organizations, and businesses you served... to going the extra mile. You'll be missed, perhaps more than you know.

I hope that Angelo Lynn will follow the fine example that you've set, strive to maintain the wonderful balance you forged ... and continue to build a wonderful newspaper while serving the community in ways both big and small.

With warmest regards and deep appreciation for the myriad ways in which you helped me and the Woodstock Area Jewish Community (since its fledging beginnings over 23 years ago),

Antoinette Matlins
Co-Founder, Congregation Shir Shalom

In a million years...

we can never say thank you enough for even one single thing that Zip & Royal have done to welcome a couple of young out-of-towners, not only as employees, but as friends and members of the "family." Coming to Vermont on a whim and a prayer, we were warmly accepted, and given opportunities in our ups and downs in our new life. The generosity of the Barnards is unequalled anywhere "on the planet." Thank you, thank you, thank you for making every day here a pleasure, believing in us, and for helping us out every step of the way. (And for allowing the mother-daughter relationship to flourish as Fiona came to work until 8 months old!) You will be so greatly missed here at the office, where our lunchroom banter could make a tomato blush. We welcome with open arms the new family coming in, though you will never be replaced!

Loving warm wishes for a happy and zestful "retirement" - now go and have some fun! And please... don't forget us when you throw parties!!!

Erica, Curtis & Fiona Harrington

Zip & Royal,

Thank you so much for believing in me and making me a part of your "little publishing family." I hope you enjoy every bit of your retirement - you've earned it!

Much love,
Lindsey

Thank You,

I am writing on behalf of the Rutland Region Chamber of Commerce to express our sincere appreciation for the epic dedication of Royal and Zip Barnard to the community and to this Chamber.

Royal, Zip and the Mountain Times staff have historically had a positive, can-do attitude that is infectious. Their leadership, vision, commitment and loyalty to the goal of bettering our community is a model for other business leaders and citizens.

Folks like Royal and Zip are what make this community great.

We thank them for everything they have done for our region and our organization too. We will always be big fans and great friends of Royal and Zip Barnard.

Sincerely,
Thomas L. Donahue
EVP/CEO RRCC

Zip & Royal,

It's always been a pleasure dealing with both of you. The Mountain Times has been a great supporter of Downtown Rutland and what the district means to the region.

Downtown Rutland Partnership

Thanks,

I would like to wish Zip and Royal best wishes in their retirement and good luck in the future. You two deserve it for all the hard work you have done and all your contributions to making this community great. Thank you to Zip who was very helpful when I was starting out in the entertainment business, letting me promote my shows in the paper. A big thanks to Royal for letting me write the softball articles and putting up with me each week as they got longer and longer. Thanks also to Haley for helping me along the way. Best wishes to Haley and Mike in their move to NJ.

DJ Dave Hoffenberg

Thanks

The change of seasons are, for many of us, the reason that we live in Vermont. Not only do the trees and the weather change in our beautiful state, but daily lives and community go through changes with the seasons. Because we live in such a place of beauty and calm, the world wants to come here and experience a place where we are lucky enough to make a living and remain true to our friends and strong and reliable to our families. The challenges of living here are many as well as the joys. Seasonal activities in the ski areas and the surrounding towns keep us lively and entertained. A sense of peace and calm lie in the valleys and mountains of Vermont. Our Home. For years now Royal and Zip have been showing us this in their Mountain Times and report to us that we live in a one of a kind place on the planet earth. Through their work they have helped to build a community in this area of multiple small towns and show us through photos and print what makes this area so beautiful.

Thomas Bartlett

Dear Zip & Royal,

Congratulations on your retirement! May you enjoy the best of life's blessings and may you both discover greater personal fulfillment than you believed possible in this next exciting chapter of your life. You are stellar folks and have been kinds and generous bosses, and I thank you for that.

Renaë Rhodes

Your The Best!

Thank you from the bottom of my heart for all that you've done for me and my family throughout the years. I was so lucky to be able to work for a business that understood the demands of family and let me enjoy my children growing up. You always let me work my schedule around baseball games, plays, concerts and other events, not to mention when the kids were sick and I couldn't make it in to work. You treated me like a daughter. Not only did you always make sure I was happy at work but also happy at home and if I wasn't you always did everything you could to help. You both are so generous. I am going to miss you guys so much but I am happy that you will be able to do new things and enjoy life to the fullest. I will always consider you lifelong friends. I love you both.

Stacy Bates

What a Journey!

The Mountain Times came into my life when I was in the fourth grade. I was, for sure, the only kid my age with a job. Every week I had the job of filling the First Class Subscriptions....and so it began! I grew up telling my parents that I "would never work for the paper." Boy, how things changed!

I left Vermont a few times, only to find myself returning and finally making the decision to take a position to hold on to with The Mountain Times. Needless to say, I was nervous about how I would be received by everyone. The "daughter" wasn't the easiest place to be in, but luckily it wasn't too long before I found myself amongst people that who were more than co-workers, but they were friends and family! The friends were the easier part of the job. Family was tough! I was pushed to rise to every occasion, to meet expectations and make the closest people in my life proud...no easy task! Certainly there were days when the conversations between my dad and I would be unsettling for the others in the office. We merely have strong personalities....or emotional and reactionary as I am told. Doesn't matter. We would butt heads, but we were always able to make it work. That's what family is all about...and ultimately that is what The Mountain Times has been about since I have known it.

The Mountain Times has allowed me to have experiences that I don't know I would have endured without it. The birth of The Killington Stage Race where I met Mauricio Puente and Alice Peck and got involved in one of the most exciting sporting events to be brought to this part of Vermont! The Killington Fourth of July parade when I had the pleasure of driving dad's Porsche with my daughter, step daughter and mom....even got revved the engine a few times which was lots of fun. Most recently, I had my first step onto a Segway while participating in the very popular Rutland Halloween parade.

The memories are countless and will live on forever! I would like to take this opportunity to thank and commend my parents for all of their hard work, effort, love and dedication! When I look back at it all now, I guess being known as "Royal and Zip's daughter" isn't so bad. They are great people and I sure am proud of their accomplishments!

I love you Mom and Dad! The road has been long and twisty but I would not change it for all the world!

Haley





Christmas Party I



Zip & Royal,

Congratulations on a great career, I enjoyed our relationship throughout the years. Best of everything in your new, well deserved, life.

Walter Baumann

Big Kudos...

to Royal and Zip for an ever-more-meaty-&-relevant local newspaper that serves our area well. May your open-mind-&-heartedness be an example for all. Enjoy your next chapter. With love from Annabelle [WestlingWilliams]

To Royal and Zip....

Congratulations on your long-awaited and richly deserved retirement! What an exciting time for you both! As you move on to your next adventure, I hope you take the time to reflect on your all accomplishments and successes and the many contributions to the community you have served for so long.

You have been an important part in the lives of all of us who live and work in the Rutland Region and exemplify a true example of community service, both personally and professionally. I am so grateful for the opportunity to have come to know you through our work on our Insight program at PEG-TV. Royal, you have always been a true professional and a great team player. It's been such a pleasure and I hope you will continue to be a part of the show. Please accept my very best wishes for much happiness as you move on to this new and exciting phase of life together.

On behalf of the Rutland Area Visiting Nurse Association & Hospice, thank you for your generosity and all you have done for our organization, and please accept our warmest wishes for a long, happy and fulfilling retirement.

Your friend,
Laura Vien

Rutland Area Visiting Nurse Association & Hospice

Zip & Royal,

About 7 years ago there was an ad in the Mountain Times that read "correspondent wanted for 100 North." I responded with what turned out to be my first column for The Mountain Times. The column used stellar descriptions like "the grass was really green on the town green" and "the liberty pole was tall, real tall and it was white." When I expected to be told to take English as a second language, Royal must have taken pity on me and hired me. Then I proposed using my pen name, Johnnie Goldfish, to protect the not-so-innocent - without a blink of an eye I had a byline.

After about a year of slaughtering the American language and writing about distant places like Burlington, New York and Planet of the Apes, Royal suggested I might do well to get Microsoft Word, who'd a thunk it would have a spell checker, and Zip gently advised that I write about upcoming things pertinent to 100 North and the folks who lived here rather than Mozambique. Now the grass is verdant and the liberty pole is regal while being humble (Microsoft has a thesaurus).

If Zip and Royal were a geographic location, I think they would be a Caribbean Island, always warm and welcoming and when the winds blow hard, they hunker down and hold the team together. Royal and Zip always took the time to answer my emails and if I dropped by the offices, they stopped what they were doing and gave me a tour of The Mountain Times offices and gave me their attention until it finally dawned on yours truly, that they had to work, but they would never rush me and always made me feel special. Well from the deepest part of my soul and with the greatest respect I say "Thank You."

Your friend and grateful employee,
Johnnie Goldfish

To Zip and Royal,

I first met the Barnard's when I looked to them for my Grand Opening ad, in The Mountain Times, in the Volume 30 No. 36, September 6-12, 2001 issue. The ad introduced my business to the Rutland County community and for many years to follow we have been guided by the Barnard's and the staff at The Mountain Times in a positive direction with positive result's. Best Wishes to you both in all future endeavors and to the continued success of The Mountain Times. From all of us at Rutland Motorcars.

Zip & Royal,

The employees of Kinney Pike Insurance would like to thank you for your years of support to Kinney Pike, as well as all of the people and communities you have helped over the years. Our best to you both for a long and healthy retirement.
Your Friends at Kinney Pike Insurance

Congratulations...

on your retirement! Zip has always been a joy to work with and done her best to make sure that we have the BEST service. Her kind and caring attitude made it a priority for me to advertise our camp in your publication first!

Sue May, Director

Rosie's Girls Rutland Summer Camp

Royal,

Royal is the best newspaper man I know and loved his direct comments on all issues. He is very talented and I will miss him for writing about my restaurant. He is a friend I have had for a long time and I wish him all the best in the future.

Hans Entinger

Zip and Royal,

I'll always be grateful for the 20th Anniversary spread you did for Choices and all my other advertising needs. I just always thought I'd "retire" first....Good luck in your future endeavors. Chef Claude

To Royal & Zip

Congratulations on the sale of "The Mountain Times" and your impending retirement - all the more time for golf and art projects!

The 15 years I spent working with you both were filled with fun, love and amazing memories. Thank you for everything.

- Dom Cioffi

Zip and Royal will be missed!

As Zip and Royal Barnard prepare to begin the next chapter of their lives, I'm honored to congratulate them and thank them for their tremendous service to the region. They have been staunch, unfailing supporters of communities throughout Rutland County, offering editorial support, financial backing and good humor to countless efforts to improve life for residents and visitors alike. Though they were running a business, to paraphrase Dickens' "A Christmas Carol," mankind has been their business.

Small-town newspapers are often the lifeblood of their host communities, and in Killington, that was especially true under the Barnards' management of the paper. In good times and bad, The Mountain Times has kept the community informed, entertained and engaged throughout their 25 years at the helm.

Beyond Killington, Royal and Zip made a huge effort to reach out to and assist other communities as well. They have been among the biggest supporters of the annual Gift-of-Life Marathon and the documentary "The Blood in This Town," which chronicles much of what is right in Rutland County, as well as food drives, environmental efforts and economic development in the region.

Their successor, Angelo Lynn, brings a similar commitment to community and will do a great job going forward, but the Barnards' imprint will surely be felt by Mountain Times readers for many years to come.

Steve Costello
Rutland Town



Dear Zip & Royal,

It's been a real pleasure being an advertiser in your newspaper. The Mountain Times has been the anchor in our advertising plan for the 8 years I have been here at The Mountain Top Inn & Resort. We will miss the personal touch you give to each advertiser; in particular the loyal support of our efforts as we worked to recreate our business. We wish you lots of fun in your retirement!

Your friends at The Mountain Top Inn & Resort



A Blast from the Past



Family Addition



Dear Zip and Royal,

I've thoroughly enjoyed working for you both for the past 20 plus years as a writer and photographer with The Mountain Times. Through your patient encouragement and tutoring I have learned so much about writing, computer technology and the newspaper business and I can't thank you enough! I sincerely wish you a fun-filled and fulfilling retirement and especially good health!

gratefully yours, Deb Burke

Zip & Royal,

I've been blessed with some really good friends over the years, but few can compare to Royal and Zip for their generosity of spirit as well as material largesse. Our little corner of the world is a much better place, thanks to them, so, THANKS, ROYAL & ZIP! Many, many times over.

Greg Crawford

Thanks

I certainly appreciated, all of these years, the efforts of Royal and Zip to help promote the Castleton Concert on the Green summer concert series. The Mt. Times publication definitely was a friend of the Castleton concerts, as they honored my many requests to help us promote our concert series with a weekly press release and photo of the performing band that week. They were genuinely interested in our program in Castleton, and were absolutely as professional and as cooperative in every way imaginable, that anyone could ever ask for.

The business of producing a newspaper had the very best twosome "on the planet" doing just that, and the Rutland area and beyond is a better place because of Royal and Zip Barnard having graced our paths with their generosity, professionalism and work ethic.

So, I would like to extend a sincere and genuine "thank you" to them both for all of the years that we had a wonderful working relationship between the Mt. Times and the Castleton Concert on the Green summer concert series. I wish them well, and that they have a happy retirement for many years to come.

Good luck and God's speed.
Dick Nordmeyer, Director
Castleton Concert on the Green

Thanks

Art needs support everywhere. Royal and Zip gave us community support when we needed it the most. They gave it and kept giving and giving. Two words, "thank you" are too small for all of that.

Betty A. Little, columnist, Killington Arts Guild

What can we say?????

We've known Zip & Royal many, many years..... back to "Odds & Interests"....Ham Radio's CQ Field Days (I'll never forget the call sign: Kilowatt-One-Hotel-Tango-Quebec)..... The Great Outdoors Trading Co. and, of course, The Mountain Times. These and many other endeavors show what a full life they've lived.and, to now spend more time with Royal's Collectable's, his life long passion, it seems to me that their life has come full circle.

Yes, we've known them thru their businesses, but we've known them mostly as FRIENDS..... more like FAMILY really!!! A more fun-loving ~ interesting ~ giving ~ gracious ~ worldly ~ hospitable ~ silly ~ successful couple you will NEVER meet!!!!

They are Top-Shelf....Fan-tab-ulous....& just down-right Awesome!!!!

We'd just like to congratulate both of them on their successful life-time achievement...The Mountain Times!!! We wish them nothing but LOVE & HAPPINESS in their new adventures as "FreeBirds"!!!!

Love you "KIDS", Doog & Carol xoxo

Royal & Zip,

I have admired Zip and Royal's dedication to our community since I arrived in 1995 and have felt fortunate to call them my friends. Wishing them all the best in retirement and I know they will continue their good work!

Megan Smith

Congratulations,

As I send my heartfelt best wishes to Royal and Zip on this new chapter in their lives, I must also add my huge "thank you." I recall sending my first story to them after Bill and I took over the Summit Lodge. I wrote from my heart in hopes of getting a little press for our business. That was the beginning of my writing "career" and they have encouraged me and provided numerous opportunities along the way. Zip and Royal have always been caring, generous folks who have had a huge impact on the Town of Killington for so many years. My tenure with them has been a pleasure and though I will miss working with them, I hope they enjoy the heck out of retirement. Zip, Royal, I lift my glass and toast you good travels, good health and lots of adventure as you turn the page in your book of life.

Cindy Phillips

Royal & Zip,

Over the years my association with Royal and Zip has been very, very pleasant. They have won the hearts of all of us, as they are a huge part of the "Killington family" and I am saddened that they will no longer be involved with the Mountain Times.

On behalf of the Performance Group Real Estate I wish them well as they move forward to their new adventure.

My very best dear friends!

Augie Stuart

Best Wishes,

From ham radio to stuffed prosciutto, antique maven to grand mother, Zip and Royal are an improved blend even if he is out on a golf course and she in for a deserved massage.

Royal's truly regal soul and Zip's diplomatic tactics have earned them a star in the heavens. We are grateful for their munificence to friends and community, for their encouragement, thankfulness, and their abundance of fabulous ideas that have often come to fruition. Royal personally writing endless issues of the AIWF newsletter and spirited Zip tirelessly providing moral support and mangia to help buoy anyone who orbits within their sphere.

We never asked how Zip came to have such a unique and concise moniker, and though it's fortunate she is not known as Lickety-split, it is unfortunate they will be split from our neighborhood.

Royal has been touched by the human condition, and Zip, the perfect Italian with a palate for fine flavors has the perfect antidote: eggplant Parmigiano.

Best wishes Royal and Zippy and buon appetito for life!

LLLLL & Ted

Best Wishes,

My very best wishes to Zip and Royal. I've really only dealt with Zip and Mike, and only for the last few years, but with both of them, right away I felt as if I had known them all my life. They were so friendly and helpful - in any way they could be. I've been doing the publicity for the Southwest Freedom Riders for many years now, and have really appreciated their assistance and advice. I'm really going to miss you guys! And to this day, we've never met face to face! Please stay in touch - you've got my e-mail. Take care and God bless!

Love,
Rosie Van Lew
Secretary/Publicity, Southwest Freedom Riders

Royal,

This took me completely by surprise! I want you to know that I have thoroughly enjoyed working with you throughout the years. Your integrity as an editor and writer has been way above that of all those I have worked with. Your support and encouragement have been so very important to me as I have followed my writing path. Thank you for walking it with me.

Gratefully,
Donna Martin



\$urviving The Times®

10 Ways to Protect Yourself From Scams

courtesy Scripps Howard News Service

The Consumer Federation of America says the best way to avoid a scam or rip-off is to do some homework. Here are 10 tips for protecting yourself:

1. Before buying from unfamiliar companies, check with state or local consumer agencies, the Better Business Bureau and online complaint forums to see if other people have reported serious problems.
2. When hiring home improvement contractors or other professionals, ask your state or local consumer agency if they must be licensed or registered and how you can confirm that they have complied.
3. Pay with a credit card so you can dispute the charges if you don't get what you were promised.
4. Use gift cards, gift certificates and coupons promptly. Even well-established businesses can go belly-up, leaving you with worthless vouchers.
5. Don't pay in full upfront. If you are asked for a deposit, pay a small amount.
6. Recognize the danger signs of fraud, such as requests to wire money, pressure to act immediately, promises that you can win or make money easily if you pay a fee in advance and offers to recover money that you've lost to scammers, for a fee.
7. Get all promises in writing. Oral agreements are hard to prove.
8. If you are struggling to pay bills, try to work out a solution directly with your creditors. If you need help, a non-profit credit counseling service can advise you. To find one, contact the National Foundation for Credit Counseling at www.nfcc.org or 1-800-388-2227. For help getting mortgage payments adjusted, call 1-800-569-4287. Information about modifications is available at www.makinghomeaffordable.gov. You should know that it is illegal for debt settlement or foreclosure avoidance companies to charge any fees until they've done what they promised.
9. Debt collectors must follow state and federal laws, which prohibit them from making calls during certain hours or with annoying frequency, falsely threatening legal action or discussing debts with people who aren't legally responsible for them. For more information on debtors' rights, visit www.ftc.gov and click "Debt Collection" under the "QuickFinder" section of the home page.
10. If you aren't sure what your rights are or you think that something sounds fishy, ask your state or local consumer agency for advice.

The Victory Garden: Dryer is Better!

by Daryle Thomas

Who is arguably the best salesman in the world and what has he got to do with preserving food? He is known for fishing devices, and rotisseries, and knives, and he sells more dehydrators than anyone else, or so he says. He is Ron Popeil. You can still buy his dehydrator for under \$40, plus p & h. I mention this because you can pay for this device within a couple of weeks or less.

Drying in the sun is the oldest form of preservation known to mankind. There are not enough days above 85 degrees to make air drying fully practical in Vermont. Finishing goods in a 175° F oven to "sterilize" for about ten minutes can make many herbs, some vegetables, and a few fruits viable to dry.

I use a light commercial dehydrator to process many items from beef jerky to fruit leathers. Some foods must be pretreated by blanching to stop enzymatic action. Three of my favorite dryables are tomatoes, onions, and sweet red peppers. Actually any pepper dries well. A dozen sweet peppers will dry down to fit in a quart canning jar. Similar magic occurs with normal tomatoes. Onions take a bit more prep work, but also dry easily.



Dehydration removes mostly water. The nutrients and certainly the flavor remains in a concentrated form. Scrambled eggs improve greatly with a pinch of pepper and onion crushed between the fingers. Omelets require the previous flavors. What used to take 10 to 15 minutes to chop up and sauté, now takes a few seconds for all the flavor and none of the work. One trick is to dehydrate all the fixins for your favorite vegetable soup. Add a box of low-salt broth. Instant soup!

Daryle Thomas is a Master Gardener volunteer with the UVM Extension System.

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Tips to Save at the Pump

(SPM Wire) It's easy to panic at the gas pump when you watch those numbers fly by as you fill up.

Much of the increased seasonal cost of gas can be offset by adjusting driving habits and implementing a preventative maintenance plan, says Rich White, Executive Director of the Car Care Council, which is offering these tips:

- Properly tuning your car improves gas mileage by an average of 4 percent.

- Keep tires properly inflated for another 3 percent.
- Replacing dirty spark plugs can reduce mileage by two miles per gallon.
- Change oil regularly and gain another mile per gallon.

Driving behavior also impacts fuel efficiency, so observe the speed limit and avoid excessive idling, along with quick starts and stops.

Turn an Internship into a Full-Time Job

by Marvin Walberg, Scripps Howard News Service

As summer winds down, many interns are looking to turn their stint with a company into a job offer.

Jodi Glickman, workplace expert and author of "Great on the Job," offers three tips for turning your internship into a full-time position.

1. Ask for feedback on how you're doing. If you don't know how you're doing, you're in trouble. Schedule a feedback session to make sure you're moving in the right direction, and if not, ask for guidance/input on how to change course.
2. Make the rounds. Make sure people know you and know you're doing great work -- it's time to network. If you haven't met people, stop by their offices to introduce yourself. Offer to present your project at a brown-bag lunch or speak up in a weekly meeting to let people know what you're doing. Find a way to do some personal promotion during your last few critical weeks.
3. Ask what you need to do to get an offer of full-time

work. Be direct; tell your manager or mentor what you want. Get advice on how to make that happen.

Those of you who are going back to school for the fall term and would like to intern next summer should begin your search now.

-- Check in with your school's career center for internship information and applications.

-- Begin research on the industry of your choice. The Internet is your friend here. Most major companies allow online internship applications, but they are competitive, so check out the deadlines and requirements and get prepared. If a website doesn't lead you to internship information, contact the company and ask questions. "If you don't ask, you won't get", my dad always said.

-- You also can research local companies in your industry of choice and call or email for internship opportunities.

Do what others fail to do.

The Mountain Times



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Home & Garden

Endless-Summer Decor

by Rosemary Sadez Friedmann
Scripps Howard News Service

Summer vacation is coming to a close, but you can bring that vacation-venue feeling into your home for perpetual enjoyment.

Consider the look and feel of rooms at a fancy hotel. This is the effect that you want to echo in your home to promote that endless-summer-vacation look.

Clean, white and bright with a little whimsy is in order. Your bedding should include a white duvet with a plush down insert. The whimsy comes in the colorful throw pillows. These are what make the colors in the room come together, and since they are small and rather inexpensive, they can be changed seasonally without much trouble.

That idea comes from designer Amy Gleghorn. And if there is room, an oversized wingback chair or a chair and a half with ottoman will certainly give the bedroom a fancy-hotel feel.

Have you noticed that in many hotels, the headboards are big and tall? Try that in your bedroom. And the headboard doesn't have to match the rest of the furniture, so you don't have to purchase an entire bedroom set. The headboard can be anything, including upholstered. The

main ingredient is height.

An easy fix, according to Gleghorn, is using light bulbs that are warm white in color and putting all the lighting in the room on dimmers.

The luxury hotels usually have calm, neutral colors on the wall. Go for it. Of course, themed hotels such as those at Disney might have something stronger, but nothing overly bold or bright. Calmer colors make for a soothing environment.

Window treatments must have blackout properties, either by means of a separate under-treatment or blackout material sewn into the main fabric. After all, you do want that sleep-in-vacation feel even if you only use it on weekends.

Don't forget the bathroom. Frame the bathroom mirror with wood and paint it a shade darker than the walls, or paint it to match the countertops, or paint it to match the cabinets. You choose. The framing will add a bit of sophistication.

Have you noticed that fancy hotels always have fluffy white towels? Get some for your endless-summer decor at home. Don't skimp here, as they will be rewarding you every day for a long time.

Think Before You Pitch

Dr. Leonard Perry, Extension Professor, UVM

Although this statement "Think Before you Pitch" applies to littering, it also applies to gardening. How?

Once some formerly desirable perennials start spreading in your garden, killing out other plants and taking over, they become "weeds." This term is relative to individual desires of a gardener, and growing conditions and climate.

A plant that may be aggressive in one area or one person's yard, may not be in another.

Then there is the term "invasive" seen much in recent years. This is often tied to whether a plant is native or not (this term often gets muddled and variously defined), but more importantly reflects its behavior. The problem is that invasive plants disrupt natural habitats and displace native species. Often such native species are food sources for wildlife.

Most states have lists of invasive plants, or ones that may potentially be so, with a Vermont list and lots of information from the Vermont Invasive Exotic Plant Committee. This committee estimates that about one-third of the plant species found in the state are non-native. Of these only about 8 percent have the potential to disrupt natural habitats. Many non-natives are either beneficial and economically important (such as the state flower, the red clover), or have no impact (such as the mullein and Queen Anne's Lace wildflowers).

There is similar good information from the New England Invasive Plant Center. For a federal listing of plants and photos, visit the Natural Resources Conservation Service Plants Database. Such state, regional and federal lists are good places to visit even before buying plants, but especially before pitching them from your garden where they may escape into natural areas.

Watch plant and catalog descriptions too when buying, and use caution with plants described as "aggressive" or "spreading". Watch the cultivars (cultivated varieties), as some of a species may be spreaders or seeders and others not.

In either our general weeding when these invasives

get thrown in with the other garden debris, or in our rage to get them out, we don't think where we end up dumping or pitching them. Often this is in a nearby field or woods where the invasive roots and seeds may become established. Invasive perennials can then take over those natural areas, killing out established and desirable plants there. This is especially true if we dump the debris near waterways,

which carry the root pieces and seeds into wetlands.

So how do you control these invasive exotic garden plants, and get rid of them? Begin by learning which species may be invasive and don't buy them in the first place. If you already have them in the garden, don't merely pitch them into natural areas with other garden leaves, clippings or debris. Composting may not kill the seeds and roots, and these invasives may even take root in a compost pile! Burning may be the best option, but check your local community for burning ordinances. Bagging

and carting to your local waste or recycle center is often recommended for such "thugs" in your garden. Contact or systemic herbicides may also be applied to them if desired, but be sure and follow all label directions when using such chemicals. And it may take more than one application.

Other means to prevent invasive plants from entering wetlands include never releasing aquarium plants into natural waterways. Inspect ornamental aquatic plants, such as waterlilies, that you order through the mail. This is especially true if the plants come from the southeastern U.S. states. If you have a boat or canoe, make sure you clean any plant material off before entering waterways. If traveling abroad, make sure and follow all regulations on importing seeds and plants. And minimize disturbing land or exposing bare soil-- practices which invasive plants often take advantage of.

So once you have invasive plants, think before you pitch. And before buying plants, get armed with information on which may become invasive. Your local full-service garden store should be able to help you with this, and with suitable alternatives.



Ask the Home Team

Q. How do you know when it's time to replace a functioning refrigerator? Is there a time when it's worth replacing, to save on energy bills, even if the machine still works?

A. If your refrigerator was manufactured before 1993, the energy-saving answer is clear: Replace it. These older models use twice the electricity that a new ENERGY STAR® qualified fridge uses. You can get a rebate from Efficiency Vermont on select ENERGY STAR qualified refrigerators, so ask your retailer which units qualify or get that info at www.encyvermont.com.

If your refrigerator was manufactured more recently, or if you don't know how old it is, you can still determine how much your appliance uses compared to a new ENERGY STAR qualified fridge. Here are two approaches: First, visit www.energystar.gov. You'll be able to enter your refrigerator's model number into a calculator that compares your usage to a new model's usage. The second approach is to use a plug-in meter that measures the electricity use of most anything in your home. You can borrow one of these easy-to-use meters, at no cost, from Efficiency Vermont. After you've plugged your refrigerator into the meter, which goes into a wall outlet, the meter will display your refrigerator's energy use. Armed with that information, you can speak with an Efficiency Vermont representative, by phone, to help you decide if it's time to retire your fridge. Visit www.encyvermont.com to have a meter mailed to you.

-Li Ling for the Home Team

Ask the Home Team

Q. A friend in Maryland is replacing his old roof with one that saves energy. Does this really work? I don't need to replace the roof just yet, but the house is so cold and drafty in the winter and the heat bills are so high that I'll do what it takes.

A. Energy-saving roofs reduce costs for air conditioning, not for heating. These roofs are designed to reflect the sun's rays, lower the temperature of the roof surface, and decrease the amount of heat entering a building. In Vermont, there aren't enough hot days in a year to make this kind of roof a financially sensible purchase.

The best way to lower both your heating and cooling bills and to improve your comfort in your home, year round, is to take a whole-house approach. A Home Performance with ENERGY STAR® contractor is trained and certified to find and fix the causes of uncomfortable rooms, high energy bills, drafts, air quality issues, and more. These contractors can conduct an energy audit, make recommendations for home improvements, and then perform the work that you decide to have done. Efficiency Vermont offers homeowners up to \$2,500 for energy-saving work that has been completed by one of these contractors.

-Bob 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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The Classifieds

REAL ESTATE

KILLINGTON - TIME-SHARE - MUST SELL. Killington Grand Hotel - Studio/1 full bath. Golf course views. Enjoy 13 weeks to use, rent, or trade at RCI resorts. Restaurant, pool, spa, fitness center, mini-market + more on site. Skiing is just across the sky bridge. \$10,000. 802-746-8149. 33/36

\$89,000 SKI-IN/SKI-OUT 1 bdrm unit at Pico Resort. Fully furnished & equipped. Contact owner direct, 212-829-5600. 31/39

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

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

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

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

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

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

PEAK PROPERTY REAL ESTATE, 505 Killington Rd., Killington. VTproperties.net. 802-775-1700, 802-353-1604. Marni@peakpropertyrealestate.com. Specializing in homes/condos/land/commercial/investments/winter rentals. Representing sellers & buyers all over Central Vt. TFN



LONG TERM RENTALS

MENDON LARGE 2 bdrm apartment with new carpeting, paint, kitchen & bath. Stove & refrigerator included. W/D hook-ups. Wood burning fp. \$775. Utilities separate. Avail. Oct. 1. 508-360-6715. 33/34

SUNNY STUDIO APT. - Nestled in Mts. w/ stunning views. Furnished. Kitchen, full-bath, satellite, WiFi. Good for single. No smoking, no pets. References & Security. \$650-800 mo. + utilities. Available Sept. 1. Photos available. 802-353-0257. 33/34

PITTSFIELD YEAR-ROUND 3 bdrm, 1.5 bath, stone fireplace w/ gas insert, new kitchen, granite countertop, w/d, yard. 746-8149. 33/36

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

SKI HOUSE for rent, great location, duplex, 3 br, 1.5 bath. \$950/mo + utils + deposit. 802-683-6302.31/TFN

ROOM FOR RENT. Spacious year round room available in large mountainside 3 bdrm home. \$600/ month + 1/3 utilities. Large fp & wood burning stove. Great views. Non-smoking house. 860-810-3452. 33/34

SEASONAL RENTALS/SHARES

BRADENTON, FLORIDA 1 BR condo. Newly renovated and furnished. 55+ community. Pool, golf league, central to great activities. Monthly \$625 + utilities. 802-775-5234, pop32737@yahoo.com 33/36

4BDRM, 4 BATH, 3 story townhouse off Access Rd. Large fireplace, unlimited wood. Garbage removal/ plowing included. Walk to nightclubs & restaurants. \$12,500/ 6 mos. 802-282-3543. 33/TFN

4 BDRM, 2 BATH, fireplace, outside hot tub, 1 mile to Skyeship, available full season or alternating weeks. \$10,000/ season + utilities. Jack, 212-242-2878, gotbittersweet@yahoo.com 34/47

SKI HOUSE for rent, great location, duplex, 3 br, 1.5 bath, sleeps 8. \$7900 + utils + deposit. 802-683-6302. 31/TFN

SKI HOUSE for rent, Nov. 2011 -Apr. 30, 2012. 3 floors, 3 full baths, 2 bdrm + loft & den, wood fireplace, tv, dvd, sauna, jacuzzi, wifi, w/d. Snow removal & wood included. \$11,000. 802-773-5275. 31/34

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

BUSINESS OPPORTUNITIES

YOUR NEW or growing business in Vermont. We have a wide range of affordable business space minutes from Killington and Okemo. Short term office incubator space; professional office space of all sizes; 1,000-5,000 sq. ft. prime retail. Many spots ready for immediate occupancy, or we'll build to suit. Call today for a free consultation. MKF Properties. A local business family since 1879. Phone: 802-747-0527 ext. 12.39/TFN

2 STORES at Killington Mall on Access Rd. for rent. Store 1: 2600+ sq ft (old t-shirt shop). Store 2: 4300+ sq ft (old ski shop). Both locations are 2 floors. Call owner Ron Viccari for details @ 800-694-2250 or cell 914-217-4390. 34/41

SUCCESSFUL RESTAURANT, fully equipped & furnished. Seats 72. Large growth potential at this popular location. Business only at leased premises. Lynn Acker, Louise Harrison Real Estate, 802-345-0264. 32/TFN

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

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

TAG SALES

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

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RARE ANTIQUES Story-Clark player piano in mint, original condition with 300 rolls, cabinet, and matching bench \$3,200; Wilcox & White symphony player organ with 100 rolls, cabinet, & matching bench \$2,800; Stella music box with 65 (16-1/8") discs \$3,500. Call Dick 802-446-2360. 33/34

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

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

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

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

SERVICES

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

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The Classifieds

MOBILE HOME PARTS/ Repairs, demos, skirting, blue board, steel, remodeling, leveling. 342-6715. 34/36

LOST

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

WANTED

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

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

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

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

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

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

EMPLOYMENT

HOUSEKEEPER: THE Birch Ridge Inn at Killington seeks innkeepers assistant for house keeping and breakfast service. Full/Part time. For an interview call 802-422-4293. 34/35

FULL TIME deli help. Nights/weekends. Excellent pay and health insurance. Call 802-299-1717. 30/34

EXPERIENCED HOUSEKEEPERS needed for busy lodge. Full and/or part time available. Must be reliable & good with dogs. Call Bill at 802-422-3535 for interview. 34/35

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

NAIL TECHNICIAN -To perform manicures and pedicures at the Killington Grand Spa. Requires current Vermont Licensure for Nail Technician in good standing and exemplary customer service skills. Weekends/holidays a must. Part-time. Call 802-422-6917. 34/35

WAITSTAFF: THE BIRCH Ridge Inn at Killington seeks full time wait staff for fall and winter dinner service. For an interview call 802-422-4293. 34/35

LOVE BAKING & being Creative? Love offering great food to great customers? Apply for a great job you will love at The Woodbridge Cafe Restaurant - Call 802-353-9001 or woodbridgecoffeehouse@comcast.net. All shifts available-Weekends & Holidays to maximize earning potential. FT or PT - Advancement potential. 31/34

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

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

THE STATE of Vermont Public Protection Division reminds us that if it sounds too good to be true, then it probably is! If you question the legitimacy of any program or product call The Consumer Assistance Program (CAP) at 800-649-2424.

Find The Mountain Times at Price Chopper



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WINDSOR CENTRAL SUPERVISORY UNION ANNUAL NOTIFICATION OF DESIGNATION OF DIRECTORY INFORMATION AND RIGHT OF REFUSAL

TO: All parents of students, and to eligible students*, currently attending schools in the Windsor Central Supervisory Union (including Barnard Central School, Bridgewater Village School, Pomfret School, Reading Elementary School, Sherburne Elementary School, Woodstock Elementary School, Woodstock Middle and Union High School #4).

DATE: August 19, 2011

Schools in Windsor Central Supervisory Union may disclose designated directory information on students and eligible students without the prior consent of the parent of eligible students, and without any record of such disclosure. The following types of personally identifiable information have been designated directory information:

- Student's name, address, date of birth, dates of enrollment;
- Parent or legal custodian's name and address;
- Student's grade level classification;
- Student's participation in recognized school activities and sports;
- Weight and height of member of athletic teams;
- Student's diplomas, certificates, awards and honors received.

Disclosure may include such personally identifiable information contained or reflected in photographs.

If you are an eligible student and are currently attending any of the above-named schools, or if you are the parent of a student currently attending school in any of the Windsor Central Supervisory Union school districts, you have a right to refuse to permit the designation of any or all of these types of information as directory information concerning your child or (if you are an eligible student) yourself, by providing written notice of your refusal, listing the type(s) of information which you refuse to have so designated, to the principal of the school your child attends (or the school you attend, if you are an eligible student), on or before September 19, 2011

*You are an eligible student if you are at least 18 years of age or are attending an institution of post-secondary education.



Barnard • Bridgewater • Killington • Pomfret • Reading • Woodstock • Woodstock Union Middle/High

Windsor Central Supervisory Union ANNUAL NOTIFICATION OF RIGHTS OF PARENTS AND ELIGIBLE STUDENTS CONCERNING EDUCATION RECORDS

Date: August 19, 2011

To: All parents of students, and to eligible students*, currently attending schools in the Windsor Central Supervisory Union and its member districts (including Barnard Central School, Bridgewater Village School, The Pomfret School, Reading Elementary School, Sherburne Elementary School, Woodstock Elementary School, Woodstock Union Middle and High School #4):

1. As the parent of a student enrolled in a school in a member district of the Windsor Central Supervisory Union, or as an eligible student, you have the following rights with respect to your child's (or, if an eligible student, your own) education records:
 - a. To inspect and review the student's education records;
 - b. To seek amendment of the student's education records to ensure that they are not inaccurate, misleading, or otherwise in violation of the student's privacy rights;
 - c. To provide consent prior to disclosures of personally identifiable information contained in the student's education records, except to the extent that the law allows disclosure without your consent;
 - d. To file a complaint with the U.S. Department of Education concerning alleged failures by the school district to comply with the requirements of law with respect to your rights under the Family Educational Rights and Privacy Act (FERPA). A complaint may be made in writing to the Family Policy Compliance Office, U.S. Department of Education, 4512 Switzer Building, Washington, D.C. 20202-4605.
2. The procedure for exercising your right to inspect and review education records is as follows: schedule an appointment through the school principal to review records with an authorized member of the school staff.
3. The procedure for seeking amendment of education records is as follows: submit a written request to the school principal identifying the part of the record you would like changed and specify why you believe it is inaccurate, misleading, or in violation of the student's privacy or other rights.
4. The supervisory union and its member districts have a policy of disclosing educational records to school officials with a legitimate educational interest without prior consent. A "school official with a legitimate educational interest" is defined as follows: "School official with a legitimate educational interest" means any teacher, administrator, other professional or service provider employed by or contracted with the district to provide educationally-related services (including, but not limited to, consultants, attorneys, auditors, insurers, evaluators, support staff, substitutes, assigned student teachers, interns, volunteers, teacher's aides), or school board members who need information relating to a particular student in order to carry out his/her official duties for the district. Where an issue is raised, the principal (or superintendent) shall decide whether an individual has a legitimate educational interest in the information or record.
5. The supervisory union and its member districts forward education records to other agencies or institutions that have requested records and in which the student seeks or intends to enroll.

This Annual Notification of Rights is only a summary of rights. Your rights to inspect and review education records, and the school district's duty to have your written consent prior to disclosure of personally identifiable information, are subject to limitations. Further details are contained in the school district's detailed student record policy and procedures, and in state and federal law.

*You are an eligible student if you are at least 18 years of age or are attending an institution of post-secondary education.

Paws & Claws

Springfield Humane Society Pet Feature



Dinah is shown here enjoying the sun in our outdoor cat yard. She is a very nice 2-3 year old who is used to cats and loves people. Just look at that serene face and imagine Dinah listening to all your secrets and woes. She promises never to reveal anything you tell her! Di will purr you to sleep at night and wake you up with gentle licks on your nose and be a gentle, affectionate companion the rest of the time. What more could you ask?

Our next low cost S/N clinic for cats is September 6 in Cavendish. Call 885-2174 to reserve a spot. Next clinics - Oct 11 in Charlestown & Nov 22 in Chester. End suffering due to overpopulation. Spay/Neuter your cats!

Lucy Mackenzie Pet Feature



Hi! My name is Turvy. If you considering adding a pair of fun-loving terrific little felines to your family, you really should stop in to meet me and my brother Topsy. We're nearly identical twins with two very slight differences. We get along extremely well with another and love people. We are both neutered and up-to-date on our shots. Please stop in to meet us and out friends at Lucy Mac! We are located at 4832 Route 44 in West Windsor, VT and open to the public Tuesday through Saturday, 12 - 4 PM. You can reach us at 802-484-LUCY(5829) or visit us at www.lucymac.org. We hope to see you soon!

PET PERSONALS

FLICKA - 3 year old. Spayed Female. Australian Shepherd. I'm a sweet, friendly gal who enjoys being with people. I'm submissive and will happily roll over and show you my belly and wait for a belly rub! I know Sit and Sit Pretty.

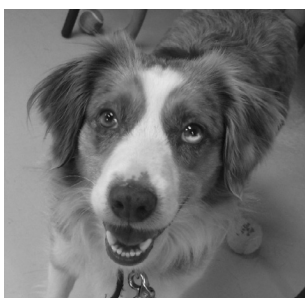
PAWSABLE - 1 year old. Spayed Female. Domestic Short Hair Orange & White. Good things come in little packages I'll tell ya. I am a small kitty that was found walking the streets of Rutland. I feel safer here, but I'll tell you what, I think I would feel even safer in a home.

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

MARTY - 5 year old. Neutered Male. German Shepherd mix. I'm an overweight guy who is looking for a home where I can be on a diet and get lots of exercise - slow, long walks sound good to me! I know how to Sit and am a smart fella.

BROOKLYN - 3 year old. Neutered Male. Domestic Short Hair Gray Tiger. I'm a big fella, with loads of love and affection to offer you. I won't be here at the shelter long though with this face so hurry down to meet me. Oh, and I am way too handsome to ever go outside.

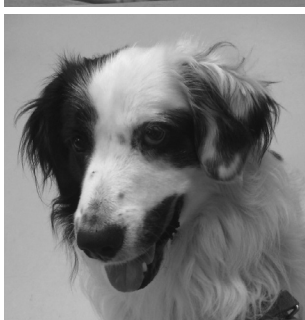
RINGO - 3 year old. Spayed Female. Domestic Short Hair Orange Tiger. I am a smaller fella who arrived at the shelter with my friend Snuggles. We are pretty good pals so it would be fun to stay together if possible.



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!



PASHA - 1 year old. Spayed Female. Domestic Short Hair Black & White. I may be small for a cat but I have loads of personality. I came into the shelter on July 21 as a stray from Rutland. I know what you're thinking - how could a cute little lady like me be a stray?



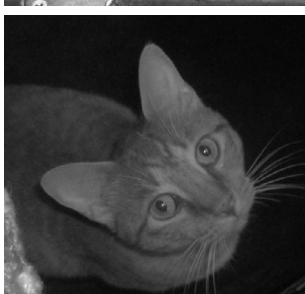
BEETHOVEN - 3 year old. Neutered Male. Australian Shepherd. I'm a handsome, sweet fella who can catch treats in mid air! I also know how to Sit and Sit Pretty! I'm talented so I think I could learn more tricks.



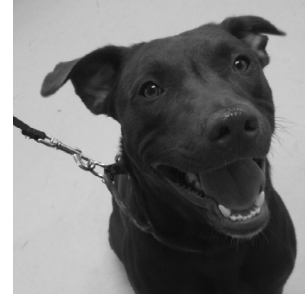
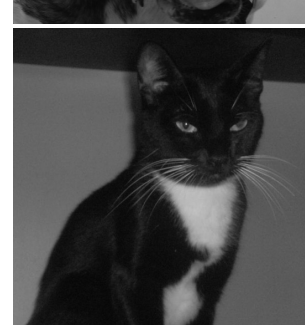
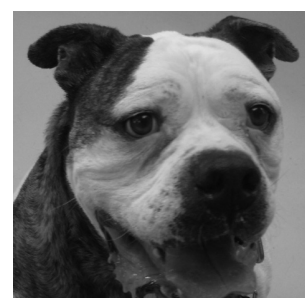
MEKA - 7 year old. Spayed Female. Cocker Spaniel. I'm a sweet older gal who is looking for a quiet home where I can relax and take it easy! I've moved around a few times in the past year so I'm looking for a stable home where I can be the focus of my family!



SNUGGLES - 4 year old. Spayed Female. Domestic Short Hair Gray & White. I am one happy girl! I enjoy life and try to live it to the fullest. I came in with my friend Ringo and we are pretty bonded to each other. How neat it would be to get a new home with him?



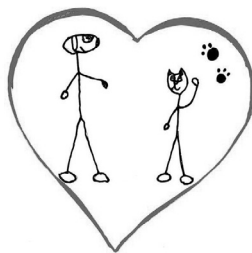
ZEUS - 1 year old. Neutered Male. Labrador Retriever mix. I'm a happy, handsome guy who enjoys being with people. I'm also smart and I already know Sit, Drop and Shake! I like playing with toys and am an energetic young fella.



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

Vermont Spay Neuter Incentive Program

Applications for VT residents to receive VSNIP vouchers with which to have cats and dogs neutered at a reduced rate can be found at participating vet offices, town clerks, social service agencies, or by sending a #10 self-addressed 44¢ stamped envelope to:



VSNIP, PO Box 95, Bridgewater, VT 05034.
 Or, download and print forms from the VT Agency of Agriculture website:
www.vermontagriculture.com.
 (Go to forms/applications, scroll to VSNIP, and print the 3 highlighted forms.)
For assistance, call 1-877-867-1424



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RealEstate



Existing-Home Sales Down in July; Up Strongly From a Year Ago

courtesy
The National Association of Realtors®

Existing-home sales declined in July from an upwardly revised June pace but are notably higher than a year ago, according to the National Association of Realtors®.

Total existing-home sales, which are completed transactions that include single-family, townhomes, condominiums and co-ops, fell 3.5 percent to a seasonally adjusted annual rate of 4.67 million in July from 4.84 million in June, but are 21.0 percent above the 3.86 million unit pace in July 2010, which was a cyclical low immediately following the expiration of the home buyer tax credit.

Lawrence Yun, NAR chief economist, said there is a tug and pull on the market. "Affordability conditions this year have been the most favorable on record dating back to 1970, but many buyers are being held back because banks are offering financing to only the most highly qualified borrowers, ignoring a large share of otherwise creditworthy buyers," he said. "Those potential buyers represent the difference between an uneven recovery and a much more robust housing market that could stimulate additional economic activity and create jobs."

Contract failures – cancellations caused largely by declined mortgage applications or failures in loan underwriting from appraised values coming in below the negotiated price – were unchanged in July, reported by 16 percent of NAR members. In addition, 9 percent of Realtors® report a contract was delayed in the past three months due to low appraisals, and another 13 percent said a contract was renegotiated to a lower sales price because an appraisal was below the initially agreed price.

NAR President Ron Phipps, broker-president of Phipps Realty in Warwick, R.I., said an unacceptably high number of potential home buyers are unable to complete transactions. "For both mortgage credit and home appraisals, there's been a parallel pendulum swing from very loose standards which led to the housing boom, to unnecessarily restrictive practices as an overreaction to the housing correction," he said.

"Beyond the tight credit problems, all appraisals must be done by valuers with local expertise and using reasonable comparisons – it doesn't make sense to consistently see so many valuations coming in below negotiated prices, often below replacement construction costs," Phipps said.

In an environment following a large price correction, Phipps said a price negotiated between a buyer and seller would appear to be a fair market price. "Banks frequently request numerous sales comparisons, well beyond the customary three comps used in the past, with little consideration that some of those properties may be discounted foreclosures used to value a traditional home in good condition," he said. "To a great extent, banks are exerting influence on appraised valuations with negative impacts for both home sales and prices."

The national median existing-home price for all housing types was \$174,000 in July, down 4.4 percent from July 2010. Distressed homes – foreclosures and short sales typically sold at deep discounts – accounted for 29 percent of sales in July, compared with 30 percent in June and 32 percent in July 2010.

Total housing inventory at the end of July fell 1.7 percent to 3.65 million existing homes available for sale, which represents a 9.4-month supply at the current sales pace, up from a 9.2-month supply in June.

All-cash sales accounted for 29 percent of transactions in July, unchanged from June; they were 30 percent in June 2010; investors account for the bulk of cash purchases.

First-time buyers purchased 32 percent of homes in July, up from 31 percent in June; they were 38 percent in July 2010. Investors accounted for 18 percent of purchase activity in July compared with 19 percent in June and 19 percent in July 2010. The balance of sales was to repeat buyers, which were a 50 percent market share in July, unchanged from June.

Single-family home sales declined 4.0 percent to a seasonally adjusted annual rate of 4.12 million in July from 4.29 million in June, but are 21.5 percent above the 3.39 million level in July 2010. The median existing single-family home price was \$174,800 in July, down 4.5 percent from a year ago.

Existing condominium and co-op sales were unchanged at a seasonally adjusted annual rate of 550,000 in July, and are 17.3 percent above the 469,000-unit pace one year ago. The median existing condo price was \$168,400 in July, down 4.0 percent from July 2010.

Regionally, existing-home sales in the Northeast rose 2.7 percent to an annual level of 750,000 in July and are 19.0 percent above July 2010. The median price in the Northeast was \$245,600, down 6.8 percent from a year ago.

Carpet, the Bolder the Better, Makes a Comeback

by Melissa Kossler Dutton, AP

After years of being ripped out and kicked to the curb, carpet is making a comeback. And not just the neutral-toned carpets of recent years, but ones that are boldly colored or patterned.

The softer, cozier feel of wall-to-wall carpet is appealing to homeowners used to treading on tile and wood, said Emily Morrow, director of color, style and design for Shaw Floors, a company in Dalton, Ga., that specializes in carpet, laminate, tile and hard wood flooring.

"They've experienced those hard surfaces, and they want to surround themselves with the comfort" of carpet, she said.

While hardwood or tile can be great for entryways or other high traffic areas, some rooms – bedrooms, play rooms, studies and family rooms – cry out for carpeting, said Eric Ross, an interior designer in Franklin, Tenn. "Carpet is really trending up," he said. "You're going to see more and more of it."

Manufacturers have responded by creating carpets with rich colors, patterns and textures designed to be a focal point, rather than just a neutral backdrop. The new choices are available at a variety of price points.

"It has gotten exciting again" after years of playing it safe, Morrow said.

Clients are using carpet to make a statement, agreed Linda Merrill, an interior designer in Duxbury, Mass. "If carpet is the right choice for a specific space, they feel freer to pick something a little more exciting," she said. "There are a lot of different colors and different options."

More vibrant carpets often create a more customized feel, Merrill said. With the slumping real estate market, hom-

owners are indulging their personal tastes and worrying less about how their choices will affect the resale value of their home, she said.

Some of the over-the-top ideas from television shows also have freed people to experiment more with decorating, she said. And the pervasiveness of patterns and bright colors in house wares and home furnishings in recent years has made people more open to color.

"We see so much pattern in so many things," she says. "We're just bombarded with it."

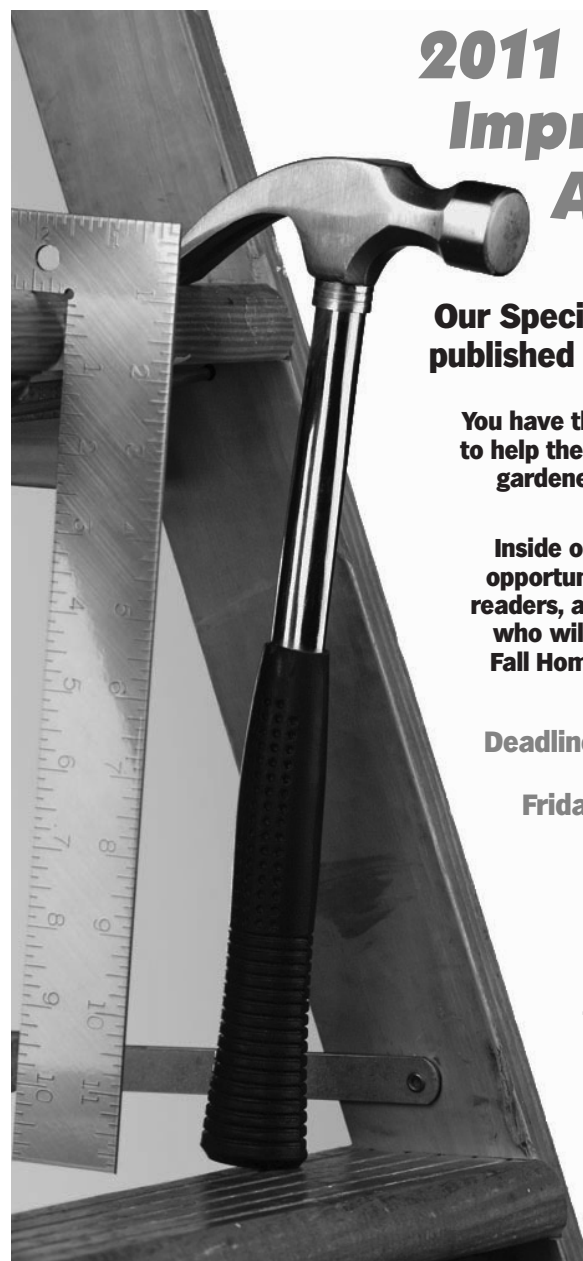
The bold choices signal a shift away from the neutral palette that dominated earlier in the decade, says Annie Elliott, an interior designer in Washington, D.C.

"In the past several years, we've been moving away from subtle muddy tones to brighter colors and bright patterns," Elliott said.

She has found that homeowners sometimes make bold flooring choices because they are less confident decorating their walls. "People don't trust themselves" to buy art, she said. "People are realizing an easier way is using a patterned carpet to enliven a space without putting pressure on the walls."

Those who are hesitant to choose a patterned carpet often create an impact with a textured one, said Jennifer Bardsley, an interior designer in Hingham, Mass. Those carpets, created by using yarns of different lengths or densities, can spice up a space and add more interest to a room.

Carpets in general make rooms feel warmer, and reduce noise, the designer said. "It makes it feel comfortable and cozy and inviting," Bardsley said.



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