



MARCH MADNESS PULL-OUT GRID INSIDE

PAGES 11 - 14

Pick your favorites and see if you can guess who will be national champion!

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The Mountain TIMES

Volume 40, Number 11

Central Vermont's Premier Weekly Newspaper

March 17-23, 2011

WINTER SPORTS

Maple Open House Weekend March 19-20

Visitors are welcome at sugarhouses all over Vermont to see how pure maple syrup is produced.

PAGE 7

GENERATION Y

Creaky Tiki



Most of the people I hate in this world are professional athletes. One of the athletes I dislike most is Tiki Barber, the former running back for the New York Giants.

PAGE 6

LOCAL SECTION

Regional News

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

PAGES 25-31

BOOMERS

Happy St. Patty's Day



I remember celebrating St. Patrick's Day as a kid. Everyone became Irish for the day and wore something green.

PAGE 5

MOUNTAIN JOURNAL

Inside Kids's Ski School

From weekend race programs here at both Killington and Okemo to development programs, local resorts have developed a strong array of offerings.

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Visit our website www.mountaintimes.info



It's Time to Dance! Eight Great Reasons to Watch the 2011 NCAA Basketball Tournament

by Dom Cioffi

It's that time of year again. That's right, March Madness is upon us. In the coming weeks some of the most competitive, gut wrenching, electrifying displays of athleticism will be on display in gymnasiums throughout the United States. And while the 68 teams competing are all from inside our borders, basketball fans from around the world will be watching. Because anyone who follows sports knows, the NCAA tournament is a showcase for the best young basketball talent in the world.

Ohio State, Kansas, Pittsburgh and defending champion Duke have been awarded the top seeds this year, but there are plenty of other powerhouse names lurking within the field.

We all know that fans of this annual

tournament don't have to be wooed into watching the countless games scheduled - it's a seasonal duty. But what about those on the sidelines, the people who watch from afar that just don't get it? Well, I'm about to give you several reasons why joining in on the fun is well worth the effort.

REASON #1: Filling out your bracket

Let's face it, filling out the NCAA bracket is an exercise that anyone can do, even if you don't have the slightest clue about any of the teams or players. The one included inside the centerfold of this newspaper is a perfect example. But you can also go online to any number of web sites and make your picks against the world savviest bracketeers.

Filling out the brackets is fun, if only to

NCAA, Page 2

The Wearing of the Green in the Green Mountains

by Greg Crawford

The Irish revere a British priest who roamed the hills and dales of the Emerald Isle some 1,600 years ago, working tirelessly to convert the locals from pugnacious pagans to pugnacious Roman Catholics. Go figure.

Patricius, better known today as St. Patrick, has even been honored with his own "Day." In Ireland, St. Patrick's Day is a legal holiday. For a time, all the pubs in Ireland were ordered closed on that day. That went over like a lead potato. Howls of protest led the powers that be to reconsider that decision. Now everyone from Skibbereen to Carndonagh can guzzle all the Guinness they can hold, and then some. Guinness Stout, it should be noted, could reasonably be called the national drink of Ireland. As beers and ales go, it is truly the nectar of the gods.

In 1759, when Arthur Guinness leased a defunct brewery at St. James Gate in Dublin, he had the considerable foresight to sign a 9,000-year lease - you read that correctly, it is not a typo - that also included critical water rights. Well played, Artie, me bucko! With one of the finest brews on the planet, and 8,748 years to go before they have to renew the lease, Guinness should be around for a goodly while.

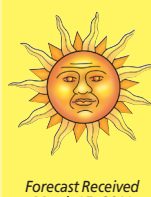
There are now roughly three times as many people of Irish descent in the United States as there are in Ireland itself. In cities with sizeable Irish populations, that makes for some pretty spectacular parades. There are more people in Southie, the predominantly Irish neighborhood of Boston, than there are in all of Vermont. Having such a sparse population makes it hard for us to gather enough participants for a respectable parade, not to mention the fact that March 17th can still be plenty cold and snowy hereabouts. So, we tend to limit our celebrations of St. Paddy's Day to the warm, embracing confines of our favorite bar. And we've no shortage of establishments offering tasty traditional dishes and heady libations to slake the thirst of those who wish to be Irish for a day, as well as those who have been, and will forever be, Irish to the marrow of their bones.

It is interesting that the word, "traditional" seems to play a very important part in any discussion of anything Irish, be it music, dance, or cuisine. One can't help but wonder if those who still call the Auld Sod home are as obsessed with "tradition" as those Americans with Irish

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WEATHER

Wednesday	Rain	HI	41°
Thursday	Sunny		46°
Friday	Rain		54°
Saturday	Showers		43°
Sunday	Sunny		39°
Monday	Sunny		48°

Forecast Received March 15, 2011

NCAA

continued from page 1

see how well you'll fare come the National Championship game.

Any, hey almost every year someone who let their chimp fill out the bracket ends up steeling the local pot. Anyone can win, but you gotta play – so get busy filing out your bracket (and do it before the games start).

REASON #2: Just another reason to go out C'mon, everybody needs a reason to get together with friends. So what could be better than saddling up to the bar of your favorite watering hole on an off night? Take it step further on a Friday or Saturday and you're sure to experience some sports-related bedlam.

And the fact remains, if you're late for work the next day, chances are the boss was tuned into the same game and will show a little compassion.

But don't forget, those at-home parties can be just as festive, especially with those

comfy couches and 56" plasma TVs.

REASON #3: The Cinderella story Boy, nothing says excitement like the idea of a giant killer. Anytime a young upstart group of players goes on a winning streak and possibly tumbles one the big name teams, all hell will break loose. It's almost like a Final Four victory in the middle of the tourney. More often than not, these exciting runs fizzle out, but they are sure a lot of fun when you happen to catch one.

REASON #4: The history of the tournament

Like The Masters or the World Series, learning about the history of the game and the tournament gives you a sense of ownership. The more you learn about the teams from yesteryear, the more the event becomes a part of your self. And, boy do you look good when you can drop a correct answer to someone's obscure trivia question. Suddenly everyone will be looking over at your bracket picks.

REASON #5: CBS' "One Shining Mo-

ment" video

This is the ultimate recap of the tourney. CBS captures the best footage from throughout the tourney and turns it into an epic montage to be played after the final buzzer sounds. You can't miss this moment especially if you've been watching for the last few weeks. It is the ultimate coup de grâce.

REASON #6: The player backstories The backstories are what give life to these games. While it's one thing to watch a long fought battle between two athletic teams, it's quite another to know what some of the players are about. And each year the networks do a wonderful job highlighting great personal stories like those about players who have overcome adversity or others who have healed from career ending injuries.

These stories bring a humanity to the game and make your allegiance to a particular team even stronger.

REASON #7: The endless games 20 straight days of top-level competi-

tors at the peak of their game? Seriously, how awesome is nearly 20 continuous nights of hoop? And you're almost guaranteed every game will be a nail-biter. And trust me, the more you watch, the more into it you get.

REASON #8: The local connection Not only does the Big East have a record 11 teams playing in this year's tourney, but we've also got BYU's Jimmer Fredette, a local homegrown sensation from just across the way in Albany, NY. Fredette is that rare Larry-Bird-esque player that seems to be able to put the ball in from anywhere on the court. And he also happens to be the NCAA's top-ranked scorer. If you want to see an electrifying player, definitely make it a point to catch a BYU game.

So, what are waiting for? I've just given you eight great reasons to revel in all things basketball. Why not give it a shot this year and see if you get caught up in all the excitement. So turn on the tube and fill out that bracket. Who knows, maybe this will be the year you beat a chimp!

Killington and Pico Mountain This Week

by Kim Jackson

So to kick off the end of the week and weekend, Killington also host today its weekly Killington Ski and Snowboard School's fun slalom race on Header from 1-2 p.m. Simply sign up at the top of the race course and try some turns through the gates. Then head to Ramshead at 3:30 p.m. for awards, video viewing and more.

Burton will be in town for The Burton Super Demo Tour tomorrow where demos will be available to try free of charge. Saturday is the Burton Stash Gathering. The best free riders in the east and beyond will gather at Killington's Stash to take advantage of the natural terrain and all the creative elements the mountain has to offer. Riders will be rewarded for picking

the best lines and nailing the best tricks on rockjibs, logrides, rainbow trees, giant Shreddies and jibbale buildings. Registration is open to snowboarders only. The cost is \$30 and includes lunch and t-shirt. It does not include a lift ticket. Due to the location of the event, competitors will be required to have a season pass/lift ticket in order to compete, a \$35 discounted lift tickets will be available for competitors to purchase. Divisions include: Women's Open, Men's Open, Breaker (13-16 years old), and Grom (12 years old & under). Female athletes, 16 & under have the option of entering the Grom or Breaker division and competing along with the men, or entering the Open women division. Grom division is only open to athletes 12 & under. Athletes that qualify

based on age for the Grom division may choose to compete in Open category. Breaker division is only open to athletes 13- 16 years old. Athletes that qualify based on age for the Breaker division may choose to compete in Open category. The schedule is as follows:

7:30-9:00 a.m. Registration/bib pick up 3rd floor of Bear Mountain Lodge

9:00-9:30 a.m. Practice for all competitors in The Stash

9:45 a.m. Competitors meeting at the top of The Stash

10:00-11:00 a.m. Zone# 1: Groms and Breakers; Break/Practice: Open Men and Women

11:00 a.m.-12:00 p.m. Zone #1: Open Men and Women; Break/Practice: Breakers and Groms

11:30 a.m.-2:00 p.m. Lunch at Sugar Shack

12:30-2:00 p.m. Zone #2: Finalists from Groms, Breakers, Open Women, Open Men

2:30 p.m. Awards

For those parents wanting to feel a bit more secure about their kids going into the terrain parks or The Stash, they should consider enrolling their kids into this weekend's specialty freestyle clinic. Geared for kids ages 7-18, jumping, jibbing and sliding on the rails are all part of the equation (and the language) and Killington instructors start off slow in order so kids get the hang of it. The specialty clinic includes a two-day lift ticket, four and a half hours of daily coaching, video analysis and is geared toward blue levels skiers and riders and above. Helmets are required and lunch is included. The clinic meets in the Superstar Lunch Room at the Ramshead Lodge both days at 9 a.m. For reservations, call 800-923-9444.

Pico Season Passholders should definitely make sure they're on hand on Sunday for the Pico Season Pass Appreciation Party. A free lunch—yes free—is waiting

Killington, Page 4

Killington SPORTS

30% OFF ADULT OUTERWEAR
50% OFF YOUTH OUTERWEAR

New for this year, Killington Sports Route 4 features the region's only Obermeyer Concept Store and fifteen specialty stores stocked with the latest from Auclair, Bonfire, Bula, Burton, Giro, Gordini, Helly Hansen, Oakley, O'Neill, Scott, Skullcandy, Smith Optics, Spyder, The North Face and Under Armour.

Corner of Killington Road & Route 4 - 802-422-6800
Open Monday-Thursday 8:30a-6p, Friday 8:30a-9p
Saturday 7:30a-9p, Sunday 7:30a-6p

Killington's foremost Irish Pub
McGrath's
at The Inn at Long Trail

ON Rt. 4 between Killington & Pico Ski Areas - 775-7181

CELEBRATE ST. PATRICKS DAY!
17th 2011! 17th
GUINNESS + HARP ON TAP!

SERVING TRADITIONAL IRISH DINNERS
Thursday, March 17 • 5:00-9:30PM
3 Course Dinner \$25. Advanced reservations include Pub Cover. Pub Menu served 11:30am-4:30pm

LIVE IRISH MUSIC
Fri • Sat/MAR 18 & 19 • 8pm
Thursday/MAR 17 • 2pm

TRINITY
Sunday Happy Hour • March 20
EXTRA STOUT
IT'S TIME TO BE... GREEN!

GUINNESS STEW **POACHED SALMON**
CORNEO BEEF AND CABBAGE

FERIN GO BRAGH!

GET INTO THE GOODNESS OF GUINNESS
GET INTO THE SPIRIT OF THE GREEN!

Green

continued from page 1 — surnames who are often several generations removed their ancestral homeland.

Traditional Irish cooking has always been simple. It had to be; English land-owners confiscated most of what their Irish tenant farmers produced.

Hey, don't go all PC on me, now, and whine about the poor, misunderstood English. Their treatment of the Irish was so brutal that, when Tony Blair was Prime Minister of Britain, he issued a formal apology to the Irish people for the centuries of oppression they suffered at the hands of the English, most especially during the Great Potato Famine of 1845 to 1847. Blight destroyed the potato crop for three years running, and nearly a million people died of starvation because the Brits refused to ease up on their demands of tribute in the form of produce. Nice bunch of guys. (Note: Before the perpetually indignant write letters of protest to the paper, let it be known that I was born a British subject! So there.)

Anyway, when it came to cooking, the Irish had to make do. Fortunately, potatoes go with just about anything, and they feature prominently in just about every "traditional" Irish dinner. One of the most famous is Irish stew, which is made by boiling layers of potatoes, onions, and mutton in a covered pot. Mutton is the meat of a mature sheep, as opposed to lamb, which is considerably more tender and succulent. Another dish is boiled salt pork with cabbage and, of course, potatoes. Then there's Shepherd's Pie, which is boiled ground beef, onions, peas or corn, and again with the potatoes, mashed and baked on top of everything else. And the list isn't complete without corned beef and cabbage, boiled slowly with... wait for it... POTATOES! It seems like the Irish boil everything. Well, they're still better cooks than the English. They say that in

Hell, the Italians run the government, the Germans maintain order, and the English do the cooking. If that doesn't inspire you to lead a life of virtue, nothing will!

Got off on a bit of a tangent there... now where were we? Ah, yes! St. Patrick's Day celebrations.

At the Summit Lodge, a traditional corned beef and cabbage dinner will be the Irish addition to their popular regular menu, and Frank Chase will perform in the Saint's Pub, beginning at 8:00 pm. For reservations, or just more information, feel free to call Bill at 422-3535.

The Grist Mill, right next door to The Summit, will also be featuring Irish delicacies prepared by Chef Joseph McBeth. Yeah, I'm sure he's heard every Shakespeare joke there is. Rumor has it he once owned a black Lab named Othello. Anyway, managers Tom and Shannah Kinnally will be happy to provide more information and take your reservations. Given the obvious Irish heritage of all three of them, you can be pretty sure the party will be a lively one. Just call 422-3970.

Charity's plans a corned beef and cabbage dinner, with the requisite pint of Guinness, and they'll also have Michael Collins Irish whiskey available. Call for reservations at 422-3800. Scott says they might even have green beer!

The Vermont Inn, on Cream Hill Road in Mendon, will be offering traditional Irish fare with homemade Irish soda bread. Give Jennifer a call at 775-0708 for reservations.

The Clear River Tavern in Pittsfield will have an Irish menu, Irish beers, and the O'Clear River Band will host the Thursday Night Open Mic, starting at 8:30 pm. Participants are encouraged to sing with an Irish accent, but it's not mandatory. You

can reach Jason Evans at 746-8999.

On The Rocs will have \$2 drafts and a troupe of dancing leprechauns. Seeing them might be hard, though, since the little buggers are invisible. Maybe they'll hand out special glasses.

The Outback will have Irish specials, and even Ramunto's, which ain't exactly an Irish name, will be tippin' a pint to Erin go bragh. That means "Ireland Forever," if you aren't fluent in Gaelic, which, by the way, is Ireland's other official language.

Over at Z Corners Inn in Bridgewater Corners, they'll be putting together some really fine St. Paddy's Day special corned beef sandwiches. Z's is open Thursday through Monday from 5 pm to 10 pm. Call for reservations at 802-396-0036.

Down Rutland way, South Station will be serving up their famous St. Patrick's Day Buffet featuring corned beef & cabbage, of course, plus Irish stew, shepherd's pie, some other Irish yummys, and their famous Irish soda bread. All this for only \$11.95! From 5 to 9 pm, Josh Brooks will entertain you with his repertoire of Irish tunes. From Call 775-1736 for reservations.

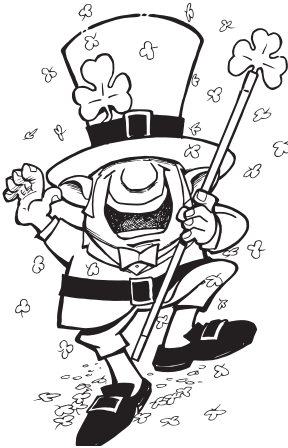
You may have already figured out that there's going to be a critical shortage of corned beef and cabbage in supermarkets everywhere, since everyone's going to be serving it, and Guinness will be flying off the shelves. But there's only one place where you can get Guinness on tap, and a world-famous Guinness stew in which there is a gallon of Guinness for every three gallons of stew... just for flavor, you understand. That's the premier Irish pub in all of Vermont, McGrath's Irish Pub at the Inn at Long Trail on Route 4 at the top of the Killington Pass. Murray and Patty McGrath are

your hosts, ably assisted by Okie O'Brien, who may do a jig in bare feet. Or not.

The Inn at Long Trail has been around since God wore short pants, and you just can't get any Irishier than McGrath's. The doors open at 11:30 am for lunch, and the real festivities will commence at 2 pm when the band, Trinity, will take the stage. John Cronin and John Dobson will then perform every Irish song ever written. On Friday and Saturday, Trinity will be joined by a band featuring John Dobson's father! \$5 gets you into the Pub until 5 pm. If you want dinner, it's \$25 a head, which includes admission to the Pub. They will be serving Irish specialties, including corned beef and cabbage and the aforementioned Guinness stew of song and legend. There will be giveaways and all manner of frivolity. They used to hang people for having this much fun! Murray promises that they will not run out of Guinness. Call them at 775-7181 to make your reservations.

Now, if you're thinking there might be another way to celebrate St. Patrick's Day besides going out and getting God's own snot-flyin', hands-and-knees, commode-huggin' drunk... again, then consider this: On Thursday, March 17th, The Paramount Theater will present "The Irish Comedy Tour." Derek Richards, Mike McCarthy, and Keith Aherne will take the stage at 8 pm and inflict great hilarity upon you. Richards and McCarthy, from Detroit and Boston respectively, are of Irish descent, and the good Mr. Aherne actually is from Dublin, bless his heart. Anyway, these guys are seriously funny, and definitely worth the twenty bucks to see them perform. Call the Paramount at 775-0903 for reservations, or visit www.paramountvt.org.

Have a safe and sensible St. Patrick's Day, but if you do get a little carried away, be cool and let someone sober drive you home.



GET YOUR WINTER 2011-12 MY PICO SEASON PASS NOW

2011-12 My Pico Season Passes are now on sale, offering guests who purchase and pay in full the opportunity to use their 2011-12 My Pico Season Pass starting March 11, 2011 or they can opt for the payment plan* and start using their pass next season.

UNLIMITED PASS | **\$319***
ADULT AGES 19-64
YOUTH (AGES 7-18) \$219; SENIOR (AGES 65+) \$219; CHILD (AGES 6 & UNDER) \$39

MIDWEEK PASS | **\$149***
ALL AGES

BUY NOW AT THE PICO TICKET SALES CENTER, ONLINE AT WWW.PICOMOUNTAIN.COM OR CALL 866-667-PICO BY APRIL 28, 2011.

[VIVID] Local color. **PICO MOUNTAIN VERMONT** (866) 667 PICO

*2011-12 My Pico Season Pass must be paid in full to ski or ride from March 11 through the end of the 2010-11 season. Season passes purchased by the April 28, 2011 early price deadline are eligible for the Summer Payment Plan for an additional non-refundable fee of \$25 per household order (not per pass). Simply purchase a pass with a credit card online or by phone (866-667-PICO) by April 28, and pay 33 percent of the total purchase cost at the time of your order, another 33 percent will be automatically charged to your credit card on June 30, 2011 and the final 34 percent will automatically be charged to your card on August 30, 2011. *Pico Mountain will operate Thursday through Monday, plus Tuesday and Wednesday on the following peak weeks: 12/26/11-1/1/12 and 2/18-26/12. All passes are subject to 7% Vermont state and local tax. Some restrictions apply. ©2011 Killington/Pico Ski Resort Partners, LLC.

THE BEAST SHOOTS 59 WITH A PUTTER.

KILLINGTON GOLF COURSE OPENS MAY 27, 2011
We're pleased to offer you the best deal on your 2011 Golf Season Pass when purchased by April 28, 2011.

Plus, all Killington Golf Course season pass holders will receive discounts on golf lessons, in the pro shop and at the Clubhouse Grill.

ADULT GOLF UNLIMITED PASS* | \$199
AGES 19 & UP
PRICE WILL INCREASE TO \$249 AFTER APRIL 28, 2011 AND \$499 AFTER JUNE 30, 2011.
This seven day season pass includes unlimited golf for the 2011 season, tee times may be booked five days in advance. Limited passes are available.

JUNIOR GOLF UNLIMITED PASS* | \$99
AGES 18 & UNDER OR COLLEGE STUDENT
This seven day season pass includes unlimited golf for the 2011 season, tee times may be booked five days in advance. College students must be full time with a college ID. Limited passes are available.

UNLIMITED GOLF CART PASS* | \$99
ALL AGES
PRICE WILL INCREASE TO \$129 AFTER JUNE 30, 2011.
This seven day season pass includes unlimited golf cart use for the 2011 season. Limited passes are available.

Killington GOLF COURSE

BUY ONLINE AT WWW.KILLINGTONGOLF.COM OR CALL 800-621-MTNS.

*Golf Cart is not included in the Golf Unlimited Pass as well as the Junior Golf Unlimited Pass. Walking is permitted at any time except for peak season Saturdays (July 2-September 3, 2011) when carts are required prior to 2:00 p.m. All season pass sales are non-refundable and subject to 7% Vermont state and local tax. Some restrictions apply. ©2011 Killington/Pico Ski Resort Partners, LLC.

The Mountain Journal

by Tony D. Crespi

Child's Play: Inside Children's Ski School

Ski magazines paint mountain resorts as a Disney type of wonderland for adventure. For parents, though, the kids really need to be happy or the vacation will become less than delightful. Even painful! Fortunately, you need not look too far to find fine children's programs. From weekend race programs here at both Killington and Okemo to development programs, local resorts have developed a strong array of offerings. Some may even seem so wonderful it may seem like you have magically landed inside the Land of Oz. Interested? Wondering what to look for (and ask for) on your next mountain escape? Stay tuned.

Children's Games

Swiss psychologist Jean Piaget (1896 -1980) maintained that children learn a great deal about adult life through the games of childhood. In reality, child's play is about more than just games. Games teach kids many important life lessons. It's true! Don't stop reading! It's good stuff. Truly. Through games, after-all, children learn to follow rules, play well with others, and even cope with conflict.

Here's the kicker, so to speak. Many parents are interested in knowing that children's programs are well-run, parents want well-trained, qualified, staff, and parents want good mountain facilities which can decrease the dreaded "fetch and carry" drudgery. Fortunately, there is reason for optimism. In truth,

there are a number of talented ski pros involved in developing quality children's programs here in the Green Mountains.

"People are so much more involved in their children," notes long-time PSIA Board of Examiners Course Conductor and children's ski expert Alison Cummings. "If the children aren't happy, they're not happy. And this just doesn't involve skiing. It involves everything and reflects the care people put into their children. I think children's programs are definitely improving."

That's good news. In fact, from Ramshead at Killington to the children's center at Okemo there are a wide range of programs for parents. From indoor, day-care, programs to elite junior racing programs for aspiring alpine, free-style, and snowboard competitors, the options are truly dazzling! Still, you should check out the children's programs for yourself. Ask about options for your child's age and interests. Understand that the menu is varied and the options do vary from mountain to mountain. Ask about the staff. Truly, it is the staff that brings a program to life. Then, watch the program. Watch the kids.

Here are three keys to consider: 1. The Staff; 2. The Facility; and 3. The Accessibility.

Selecting a Children's Program

The Staff

"Look for either training with PSIA or many years working with children," suggests Alison. Of course, training can vary. That means some staff may hold college degrees in areas such as child development while other staff may have received the bulk of their training through PSIA.

Ask about staff. Talk to the staff. You decide! And, if not satisfied, ask to talk to a supervisor. It's a great way to enhance programs. Truly, feedback counts.

The Facility

"Parents need to look for a facility that is appropriate," notes Alison. This means children can benefit from a warm, supervised, indoor facility. Fortunately, in this area, our area resorts have solid offerings. If the weather is questionable, indoor options are critical.

Look at the facility!

The Accessibility

Do you dread carrying a mountain of gear? You should! Do you have images of spending your day running to and fro at the mountain? You should! Look for a children's facility which is accessible. After dropping off the kids at Ramshead you may not want to part elsewhere. In addition, you may want to sign-up for a lesson, too. Good programs stagger times from when the kids sign-up for their programs, and the time you can sign up for your programs.

Evaluate accessibility. See if it can work for you!

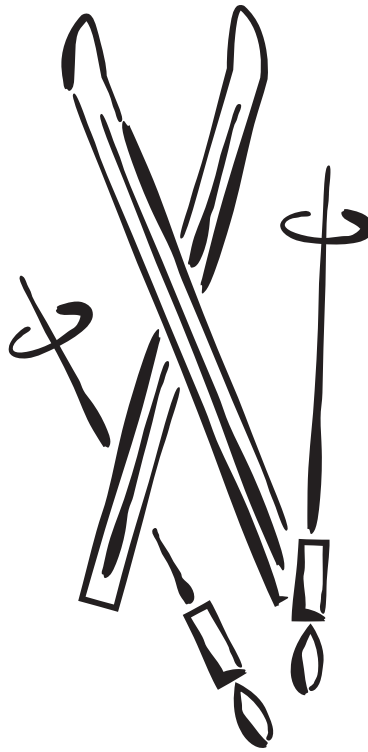
The Take Home

Fortunately, area mountain resorts are not oblivious to the importance of developing solid children's programs. A number of the ski pros are well-trained. Places the like of Killington and Okemo Mountain have fine physical facilities. And there are a good range of programs for kids of virtually any age, from pre-school (indoor) programs to an array of advanced ski school and racing options. If your family is interested in spending more time here in the mountains, look at the programs. After-all, truly, when the kids are happy, parents are more

likely to be happy too.

Be Aware - Ski With Care.

Columnist Tony Crespi has served as both a Ski School Supervisor and Development Team Coach. A contributor to publications throughout snow country, he spends much of his winter exploring various facets to the mountain leisure industry.



Snoe.down Comes to Town!

Snoe.down Winter Music & Sports Festival hosted by moe., returns to central Vermont and Vermont's most popular and dynamic ski and snowboard destination, Killington Resort in Killington, and Spartan Arena in neighboring Rutland, for a weekend of winter fun and music March 25-27.

moe. will headline both Friday and Saturday nights at Spartan Arena. Watch for more details in next week's edition!

Killington

continued from page 2

for passholders, with a barbecue including BBQ chicken, burgers, hot dogs, veggie burgers, chips and a beverage. The Joey Leone Duo will be playing live starting at 1:30 p.m. and there will be family-fun activities throughout the day. Passholders also save 50 percent off all merchandise at the Pico Sports Shop on Sunday as well.

Family events continue during the week at Killington with Killington's Kandid Camera. Find the videographer on the mountain on Tuesday in order to be filmed in your ski or snowboard lesson. Then at 3:30 p.m. on the

third floor of the Ramshead base lodge, enjoy free ice cream as you watch yourself on the big screen.

On Wednesday, a special, free ice cream sundae party will be held at 3:30 p.m. as well on the third floor of Ramshead, complete with all the fixings. Skiers and riders can enter to win a free ride in one of Killington's snowcats with a groom as well. The groomer will pick up the winner at Ramshead at 4:45 p.m. for the ride.

For more details about these and other upcoming Killington events, visit www.killington.com.

<h3>2010/2011 UPCOMING GUIDE</h3> <p>2010/2011 GOLD SPONSORS RUTLAND HERALD</p> <p>PARAMOUNT THEATRE</p> <p>OFFICIAL LODGING PARTNER OFFICIAL GRAPHICS SOLUTIONS PROVIDER</p>	<h3>IRISH COMEDY TOUR</h3> <p>THURSDAY, MAR 17 @ 8PM</p> <p>SERIES SPONSOR: BERKSHIRE BANK</p>	<h3>CAPITOL STEPS</h3> <p>FRIDAY, MAR 18 @ 8PM</p> <p>SERIES SPONSOR: BERKSHIRE BANK</p>	<h3>JACK INGRAM ACOUSTIC MOTEL TOUR</h3> <p>THURSDAY, MAR 31 @ 8PM</p> <p>SERIES SPONSORS: DART, BERTS</p>	<h3>THE COASTERS AND THE PLATTERS</h3> <p>SATURDAY, APR 9 @ 8PM</p> <p>SERIES SPONSORS: DART, BERTS</p>
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BOOMERS

Happy St. Patty's Day One and All



Kiss me, I'm Irish. Erin Go Bragh! Four-leaf clovers, pots of gold at the end of a rainbow, leprechauns, green rivers, green beer. Ah, it must be St. Patty's Day.

I remember celebrating St. Patrick's Day as a kid. Everyone became Irish for the day and wore something green. Except the Italian kids. For some reason they wore orange, as if it was the opposite of green. They would walk by and punch you in the arm if you were wearing a Kiss Me, I'm Irish button. It wasn't a hard punch, it was playful. And they really didn't mean anything by it, it was all in fun. After school, they would come to my house to share the corned beef and cabbage my mother always made for dinner on March 17th. And on Sunday, it was reciprocated as I went to their house for their mother's homemade spaghetti, meatballs and sauce. Of course they

would correct me and state it was called gravy, not sauce.

I grew up in a very stereotypical, blue-collar, Long Island neighborhood. Our houses all looked the same except for different colored shutters and personalized landscaping. As I reflect on it now, our fathers probably all made similar salaries. Many of the moms worked as well, though it was usually part-time and coincided with school hours. Everyone had practical cars, lots of station wagons and four-door sedans. I am sure we were our own little melting pot, but honestly, I couldn't have told you back then the nationality of any of my friends. I didn't know their religions either. It really held no importance to any of us – we just wanted to ride bikes together, play in the street and have fun.

I attended a very large public high school. The year I graduated, the senior class alone had over 1200 students. If you ask anyone from my school what our ethnic makeup was back in the early 70's, they will tell you we had whites, blacks and Puerto Ricans.

We didn't see it as atypical and we really didn't see any separation of color or nationality. Our sports teams were very dominant, and all were a mixture of whites, blacks and Hispanics. We played together, we cheered for everyone. There was no differentiation by color or last name.

Like any high school, there were occasional fights. There were some racial overtones, but it always seemed to fade quickly. It was over and done with by the next day. And those fights were with fists, never with weapons. There were no metal detectors at the front doors, no pat downs, no locker checks. The extent of violence was a bloody nose or a black eye. You didn't worry about students carrying guns or knives. You didn't even imagine it. Besides, anyone stupid enough to do something like that would have to face their parents, and most of us feared them. You didn't think about punishments from school administrators or law enforcement. You knew what would await you at home and that was enough to keep you on the straight and narrow.

When did everything get turned around? Our world is in turmoil with wars and conflicts based on religion, ethnicity, color, and political affiliation. We tread in fear because of the violence that is prevalent almost everywhere. What happened to respect for human life?

As I write this column, news has just broken about the earthquake and tsunami in Japan. No matter what your religious beliefs, you have to question if we humans have really ticked off whoever is in charge. Can we blame them?

This St. Patrick's Day, I am going to celebrate my heritage as I have since I was a kid. I am going to wear green and I am going to cook up a crock pot full of corned beef and cabbage. I may even drink some green beer. And I am going to hold onto the memories of the days when no one cared where your parents were born, what kind of car you drove, who you voted for in the last election, or where you attended church. And I am going to say a little prayer in hopes that those days will return.

Contact cphillipsauthor@yahoo.com

The Tragedy of Japan and the World

Commentary by Royal Barnard,
publisher

One of the "perks" of owning a newspaper is the ability to rant without the editor telling you to suck it up and shut up. It's also puts one in a dangerous position of making stupid comments without restraint.

I am stunned by the enormous disaster to life and property in Japan, and the underlying weakness of our "system" and theirs that has been exposed by the situation.

The Japanese economy has been on the rocks for decades. The Bank of Japan has promoted near 0% interest rates and eased monetary policy for many years with the same plan as that of our "Federal Reserve System." Japan's plan has not worked, the Fed plan is not working.

The current natural disaster in Japan is going to make things worse for them, as the central bank has no real funds to lend to ease the problems of the people. Certainly there will be money, but it will come off the presses, and not out of any real pocket.

The current program in the US "Fed" is also not working, except to bail out more banks and more irresponsible financiers who increasingly suck life out of the average man.

It is little accepted or understood that "The Federal Reserve System" is NOT a branch of the US Government. It is a privately owned, for-profit, corporation that has a majority ownership by the most

wealthy private banks and investors on the planet. The only control that the US Government has on "The Fed" is that the President of the US gets to appoint the Federal Reserve Chairman, and to ask for periodic "reports" on their activities.

By definition, this means that what you hear in the news about the purpose of "Fed" credit easing, bond buying, money printing and economic stimulus are not rooted in the best interest of the US Government or you and me "Joe Citizen." The "Fed" will argue with all their might to convince you otherwise, but so will Walmart when they tell you they have the cheapest deal on a can of Spaghetti-O's. The "Fed" is about big money.... period.

The disaster in Japan has also shown us that our obsolete Vermont Yankee nuclear plant.... which is of similar design and era as Japan's... was not properly engineered.... and VY should be shut down before any one of many lesser issues than happened in Japan could cause a similar disaster in Vermont. This was well described tonight on CNN news.

It has also been revealed that the bankrupt economic system of Japan can little tolerate the financing of the natural disaster in their country when they have already printed more useless currency than they can afford; while doing little to restructure their system.

We are in the same boat in America. The "economic stimulus" package in America

did little more than to subsidize massive profits for giant banks and brokers, and create giant bonuses for the same people who stole our money in the first place. In the US we are doing nothing more than encouraging the buzzards to pick the meat off the dinosaur at great profit to them, while the dinosaur has been dead for some time.... and the dinosaur is us.

In the process, we have done almost nothing to reform our system. We have done nothing to help hard working people to save their homes. We have done little to promote jobs for folks who wish to be hard working people but have no jobs. We continue to print useless money that prevents those of us who try to "save" our money, but have no place to put it without having it stolen by Wall Street or having it return less than 1% in a bank. Meanwhile, inflation caused by self-serving printing of useless paper money has made real inflation well over 5%.... thus having us

waste 4% by putting money in the bank.

In an informed commentary on national TV today, I also heard the interesting message that "perhaps the Japanese disaster will finally cause their country to wake up; to rebuild, not to rebuild just some devastated cities, but rebuild their entire system... a system that has lost its vitality and has reverted to feeble attempts to live in the past."

America is in the same sinking ship. The past is over. The future must be devoid of the self serving power of financial giants and the greedy power of the private "Federal Reserve" which pretends to be something that it is ENTIRELY not.

Look it up for yourself.... but good luck. The Fed website tells almost nothing and seems to deliberately load at the speed of an antique 56K modem. Check elsewhere and learn.

Are you sick of seeing your country rot in greed? I am.

PUBLIC NOTICE

The Town of Killington is requesting proposals for (1) Marketing/Graphics and (2) Public Relations services to support its efforts to grow its tourism-based economy.

Copies of the RPFs are available on the Town of Killington's website at www.Killingtontown.com or by contacting the Office of Economic Development and Tourism at 422-2146.

Bids are due by Friday, March 25, 2011.



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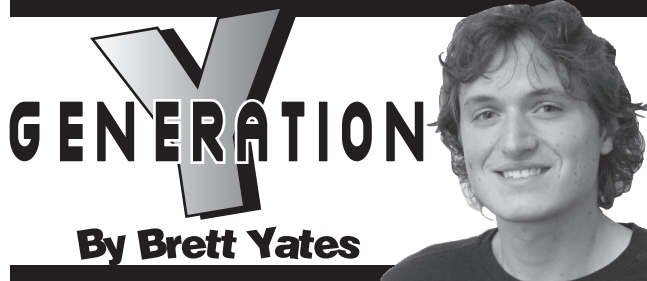
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Creaky Tiki

Most of the people I hate in this world are professional athletes. I really think this is the healthiest possible way of going about life.

One of the athletes I dislike most is Tiki Barber, the former running back for the New York Giants. By rule, I hate anyone on the Giants, since they're one of the Eagles' primary rivals, but Tiki always annoyed me most of all. The best player on any New York sports team inevitably gets more attention than he deserves, and for Tiki, the favoritism was augmented because he was well-spoken, intellectual, handsome (allegedly), and a dedicated family man – never mind that he wasn't actually the best player on the Giants, merely the best "skill player" on a team that relied mostly on its defense. It was a foregone conclusion that, upon his retirement, he'd set the Nielsen ratings aflame as a TV broadcaster: he had ambitions to report on both sports and politics.

When the Giants won the Super Bowl in 2008, the only good part was Tiki's absence. He'd retired one year earlier, and his team had immediately gone on to win it all without him, and because he'd left the game at age 31 for his important broadcasting career, Tiki would never own a Super Bowl ring – unlike his former teammates Michael Strahan and Eli Manning, whom he had publicly criticized. For me, the schadenfreude was exquisite.

What I've recently learned, however, is that Tiki's days

on the gridiron may not be over after all. At age 35 (36 in April), he's announced that he's decided to make a comeback. If he succeeds, he'll displace Fred Taylor as the oldest running back in the NFL. The Giants still hold his rights, but they've already announced that they don't want him back.

I didn't see this coming, but if I'd been paying closer attention to the spectacular failure of Tiki's post-football life, I probably would have. Let's recap: in 2007, the ink was hardly dry on Barber's NFL retirement papers when he signed a contract with NBC to contribute to "The Today Show" and "Football Night in America." Reports speculated that he might even replace Matt Lauer down the road. NBC-Universal CEO Jeff Zucker called him "one of those rare personalities who appeals to virtually every audience imaginable."

Unfortunately, NBC's audience was not among the various audiences Zucker had imagined. In the "New York Daily News," an NBC executive confessed that viewers found Tiki "buttoned-down and elite," which is a nice way of saying that he was smug and boring on air. It probably didn't help that, during the Beijing Olympics, Barber called one of his female colleagues the C-word on live TV. Gradually he was phased out of the network's programming – Rodney Harrison (!) was actually deemed more appealing on camera.

The final nail in the coffin came in 2010 when, in a tabloid scandal, Barber left his wife of more than a decade, who happened to be eight-months pregnant with twins, for a 23-year-old former NBC intern. NBC announced that his contract would not be renewed. Later that year, the "New York Post" announced that Tiki had gone broke.

Did you know that Tiki is a big fan of "Dr. Quinn Medicine Woman"? According to his new girlfriend, the two of them just love snuggling together and watching "Dr. Quinn," of which they own the entire collection. No, I didn't just invent this – look it up if you want.

Another fun fact about Tiki's enthusiasm for fron-

tier drama: In a 2006 "USA Today" article, he said, "I remember picking up 'Lonesome Dove' when I was 14 just because it was around and I felt like I was in the Wild West. Nowadays, kids don't read. That's why Ronde and I started to write children's books." The fun part of this fact is that, around the same time, Barber appeared as a "Mobile Shout-Out" on the quiz show "Cash Cab." The (incredibly easy) question asked which John Steinbeck novel followed the travels of Tom Joad, and Tiki's answer was, of course, "Lonesome Dove" (by Larry McMurtry). From this, we can ascertain that "Lonesome Dove" is the only book Tiki has ever read, and he hasn't actually read it.

From my perspective, Tiki Barber is a unique figure because, over the past couple years, he's morphed from someone whom I really abhor into someone whom the whole world abhors. This doesn't usually happen. Everybody still likes Derek Jeter, last I heard. But it's become acceptable to rag on Barber, especially in light of his extramarital affair.

Usually, I try to withhold judgment of cheating celebrities. We never know what anyone's marriage is like, and that holds true even for famous people, no matter how vigorous is the reportage of "Us Weekly."

For me, right now is the closest Tiki's ever come to being sympathetic. Everything about his post-NFL career has been a bust, and maybe he's going back to football just for the money, but then again, maybe it's clear to him now that all the fawning admiration that the media bestowed upon him as he prepared to join their ranks a few years ago – Tiki, you're so smart, so honorable, so charismatic – was hollow, and that the only real thing he'd had was the game that he left behind for "bigger and better things." He was lousy on TV, and it seems he was a pretty lousy husband, but he could run the ball.

He also could fumble the ball. In fact, in 2002, he memorably lost three fumbles to the Eagles in a single game. So if he wants to come back to the NFL, I'd be happy to see more of that.

2011/2012 Okemo Season Passes on Sale Now

Okemo Mountain Resort Season Passes for the 2011/2012 ski season are available for purchase now and savvy skiers and riders can see substantial savings when they purchase their season passes for next winter by April 30, 2011. Some Okemo season passes offer added benefits including skiing at Okemo's sister resorts: Mount Sunapee, N.H., and Crested Butte, Colo. Okemo's pass alliance with Vermont's Stratton Mountain continues next winter as well, and all Okemo Season Passes offer benefits at 15 partner ski resorts in Vt., Conn., Mass., Maine, N.Y., Va., Pa., and Mich.

As added incentive to purchase season passes by the April 30 early-bird cutoff, Okemo Mountain Resort is offering two great deals. Deal #1: When skiers and riders purchase a 2011/2012 Season Pass before April 30, but pay the after-April-30 price, they can use next year's pass the remainder of this season. Deal #2: When skiers and

riders purchase a 2011/2012 Season Pass before April 30, they can load cash onto their pass, for use next winter, at a 20% discount.

Okemo Mountain Resort's Season Pass Options:

Okemo's Ultra Pass - Enjoy the slopes every day at Okemo, Mount Sunapee, Crested Butte and Stratton with no restrictions for only \$1,349 for adults, if purchased by April 30. They also get \$15 off rentals and ski/snowboard demo packages, 10% off retail at Okemo Snowsports Shops and culinary at all Okemo-managed restaurants, and a 25% discount on membership to Okemo's Spring House Pool and Fitness Center. Get 7:45 a.m. lift access on weekends and holidays at Okemo and Stratton. When purchased by April 30, Ultra Pass holders get four additional lift tickets for next winter at 50% off and two complimentary lift tickets to be redeemed after March 5, 2012.

The Okemo Peak Pass is an unlimited season pass that is valid every day, with no restrictions, at Okemo and Mount Sunapee. The Okemo Peak Pass is \$1,089 for adults if purchased by April 30. As a bonus, Okemo Peak Pass holders receive three free days of skiing or riding at Crested Butte, Colo., when lodging and airfare is booked through Crested Butte Vacations. They also receive a

20% discount on membership to Okemo's Spring House Pool and Fitness Center. When purchased by April 30, Peak Pass holders get two additional lift tickets for next winter at 50% off and one complimentary lift ticket to be redeemed after March 5, 2012.

The Okemo Value Pass Plus is aptly named for its tremendous value. When purchased by April 30, \$629 gets skiers and riders of all ages on the slopes at Okemo, Mount Sunapee and Stratton, seven days a week, excluding peak periods (17 days). Okemo Value Pass Plus holders also receive a 15% discount on membership to Okemo's Spring House Pool and Fitness Center and three free days of skiing or riding at Crested Butte, Colo., when lodging and airfare is booked through Crested Butte Vacations.

The Okemo Midweek Superpass is super value. For \$329 for adults, if purchased by April 30, this Monday-through-Friday season pass gets skiers and riders on the slopes midweek, non-peak at Okemo, Mount Sunapee and Stratton. Okemo Midweek Superpass holders also receive a 10% discount on membership to Okemo's Spring House Pool and Fitness Center.

Additional Season Pass products are available. More information by calling (802) 228-1600 or okemo.com.

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NATURE'S WAY

Keeping the Sap Flowing

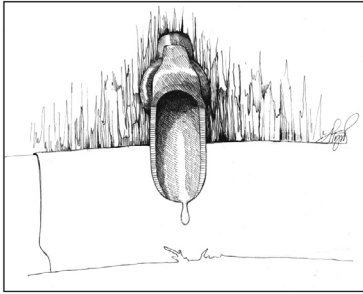
by Chuck Wooster

The steady “drip, drip” of sap into buckets and the whirring of vacuum pumps pulling sap out of tubing mean that maple sugar season is underway once again across Vermont and New Hampshire. If you haven't been paying attention for a few years, you might be surprised by some of the new techniques being used in the woods these days.

Sugarmakers have long observed that the flow of sap from tap holes tends to decline as the season progresses. Some sugarmakers worry that if they drill their tap holes too early in the season, say in January, the tap holes might “dry out” by mid-April. But there's a trade off: drill too late and you might miss the sap runs of February, which sometimes are the biggest and best of the year.

When the sap stops flowing late in the season, it's often said that a tree has “healed over.” Trees don't heal the way we humans do, with our immune system repairing and replacing damaged tissue. Trees instead seal off their wounds, working to contain the damage and limit its spread. A tap hole never goes away, in other words, it just gets covered over by new wood.

It takes a year or two for a taphole to close completely on a vigorously growing tree, so wound closure is not primarily why sap flows are reduced late in the season. Recent experiments at the Proctor Maple Research Center, a part of the University of Vermont, suggest that bacteria and fungi living in the tap hole, whose populations multiply rapidly in the warmer temperatures of



April, are what is restricting sap flow. These organisms are gumming up the tap hole even before a tree mobilizes its own defense.

Keeping tap holes clean, therefore, can extend the sap season significantly. This isn't as easy as it sounds. If you're tapping with buckets, the tap hole is open to the air, picking up whatever organisms happened to be blowing about. Boiling, bleaching, or baking the spouts every spring to sterilize them may help, since it prevents last year's bacteria from repopulating this year's holes, but it doesn't protect you from what's floating in the air.

If you're tapping with tubing, you're protected from airborne contamination but subject to bacteria that's living in the tubes. Sugarmakers can now buy disposable spouts that easily attach to the sap lines, allowing them to use a fresh, clean spout every year instead of the same one that's been out in the woods since the previous spring, bathed in bacteria. Scientists at Proctor estimate that replaceable spouts will gain you an extra 13 percent sap yield each year, depending on how old the tubing is and other factors.

Actually, the new spouts prevent you from losing that 13 percent. The Proctor researchers have also discovered that, if you use the same tubing and spouts year after year, your sap yield will decline by as much as 50 percent after 10 years compared with using all new (and presumably clean) tubing every year. This is because old tubing starts to gum up with bacteria, and if you use

a vacuum pump, the trees pull bacteria-laden, back-washed sap into the tap holes every time the vacuum pump is shut off.

This research was conducted on tubing systems that utilize vacuum pumps to pull sap through the tubing. The backwash effect is less pronounced on gravity-powered tubing systems, where the “natural” vacuum that builds up in the tubing rarely exceeds a few inches of mercury (versus 20 inches or more with a vacuum pump.)

The latest innovation in tap hole sanitation is the check-valve spout, a disposable spout that has a small ball bearing in it, which prevents backflow from the tubing into the tree. The check valve spout doesn't increase sap flow early in the season compared with regular spouts, but it seems to make a big difference late in the season when it's warmer and microorganisms are flourishing.

Not everyone is gung-ho about the new technology, of course. One friend of mine says that, during sugaring, he used to feel like a lumberjack and now he feels like a plumber. He runs both a vacuum system and a reverse osmosis machine to concentrate the sap. On our farm, with only enough maples for 100 buckets and another hundred on a tubing system, we think that would be a nice problem to have. We're too small to justify all that equipment, so we do our best to keep things clean and hope the weather breaks our way.

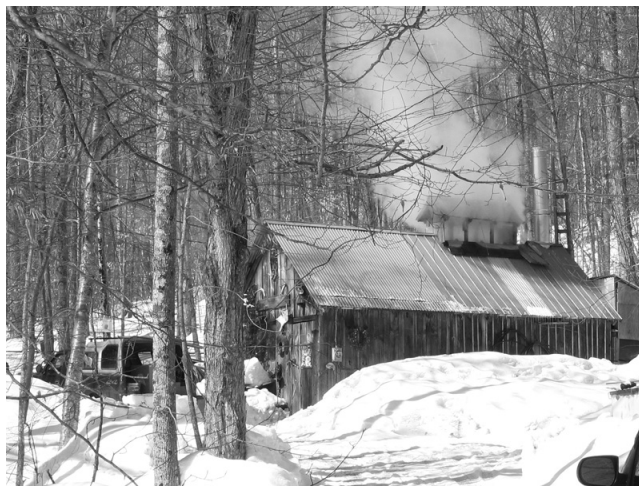
Chuck Wooster is the associate editor of Northern Woodlands. The illustration for this column was drawn by Adelaide Tyrol. The Outside Story is assigned and edited by Northern Woodlands magazine and sponsored by the Wellborn Ecology Fund of New Hampshire Charitable Foundation.

10th Annual Maple Open House Weekend

Visitors are welcome at sugarhouses all over Vermont to see how pure maple syrup is produced.

The Tenth Annual Vermont Maple Open House Weekend will be held at sugarhouses throughout Vermont, March 19-20, 2011. The Open House Weekend is the public celebration of the maple syrup season in Vermont and an opportunity for the public to visit one or more “sugarhouses” throughout the state to learn about Vermont's first agricultural crop of the year. Activities during this free event will be different at each sugarhouse but will include the opportunity to watch maple syrup being made (weather permitting) and too often sample syrup and other maple products.

As Vermont's Senator Patrick Leahy stated, “Sugaring Season is unique to Vermont and is my favorite time of year. What could be better than to hit the back-roads as families across the state welcome visitors to sample our sweetest product?” Some sugarhouses offer tours of their “sugarbushes” and some have special activities for children. No two sugarhouses are the same so people are encouraged to visit more than one.



Information about all of the participating maple syrup producers including whether they will be open for both days or one day, and directions to their sugarhouses can be found on www.vermontmaple.org or in the “2010-2011 Vermont Ski & Year-round Maple Syrup Guide” which can be picked up at any Vermont Welcome Center, or by calling the Vermont Department of Tourism & Marketing at 800-837-6668.

Vermont has approximately 2000 maple syrup producers and is the largest U.S. producer of maple syrup with 890,000 gallons of syrup produced in 2010. Vermont maple syrup is 100% natural and contains antioxidants, calcium and other beneficial minerals. Recipes using maple syrup can be found on www.vermontmaple.org.



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Green's Sugarhouse - 1846 Finel Hollow Road, Poultney, VT. 802-287-5745

New England Maple Museum - 4578 US Rte 7, Pittsford, VT. 802-483-9414

Smith Maple Crest Farm LLC - 2450 Lincoln Hill Rd, Shrewsbury, VT. 802-492-2151

Sugar & Spice Restaurant & Gift Shop - 43 Rt 4 East, Mendon, VT. 802-773-7832

Thelma's Maple Sugarhouse - 1851 Arnold District Road, Brandon, VT. 802-247-6430

Edmunds Maple Hill Farm - 1141 Mt. Hunger Rd, Barnard, VT. 802-234-9401

Elm Grove Farm - 3488 Cloudland Rd, Woodstock, VT. 802-457-3888

Green Mountain Sugar House - 820 Rte 100N, Ludlow, VT. 802-228-7151

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Health & Fitness

The 2010 Dietary Guidelines For Americans

by Dianne Lamb, UVM Extension Nutrition and Food Specialist

It's March and time to celebrate nutrition. "Eat Right with Color" is the theme for this year's March is National Nutrition Month, sponsored by the American Dietetic Association. "Eat Right with Color" places the emphasis on eating vegetables, fruits and whole grains as recommended by the 2010 Dietary Guidelines for Americans.

The sad truth is that more than one-third of children and more than two-thirds of adults in this country are overweight or obese. Exercise helps as does making healthier food choices.

The 2010 Dietary Guidelines for Americans, released recently by the United States Department of Agriculture and the Department of Health and Human Services, focuses on balancing calories with physical activity. The guidelines also encourage Americans to eat more vegetables, fruits, whole grains, fat-free and low-fat dairy products and seafood while consuming less sodium, saturated and trans fats, added sugars and refined grains.

U.S. Secretary of Agriculture Tom Vilsack noted that "these new and improved dietary recommendations give individuals the information to make thoughtful choices of healthier foods in the right portions and to complement those choices with physical activity. The bottom line is that most Americans need to trim their waists to reduce the risk of developing diet-related chronic disease. Improving our eating habits is not only good for every individual and family, but also good for our country."

Good health and optimal functioning across our lifespan are achievable goals but will require a lifestyle approach that includes a diet that is energy-balanced

(calories consumed equals calories burned through exercise and physical activity) and nutrient-dense. Typically, Americans of all ages eat too few vegetables, fruits, high-fiber whole grains, low-fat milk and milk products and seafood. On the other hand, Americans eat too much food with added sugars, solid fats, refined grains and sodium.

In fact, solid fats and added sugars contribute approximately 35 percent of calories in the American diet. Reducing these can reduce energy intake (calories) and ultimately lead to the inclusion of more healthful, nutrient-dense foods into the diet.

Here are six key tips from the 2010 Dietary Guidelines to give you a jumping-off point to become more conscious of what and how much food you eat.

- Enjoy your food, but eat less.
- Avoid oversized portions.
- Fill half your plate with fruits and vegetables.
- Switch to fat-free or low-fat (one percent) milk and dairy products.
- Compare sodium in foods such as soup, bread and frozen meals, choosing the foods with lower numbers.
- Drink water instead of sugary drinks.

The prevalence of overweight and obesity in the U.S. has dramatically increased in the past 30 years. Our environment is conducive to this weight-gain epidemic in part due to the temptation provided by tasty, energy-dense, micronutrient-poor foods and beverages.

Consuming too many calories from foods high in solid fats and added sugars that offer few or no other nutrients besides calories causes overconsumption of total calories. When coupled with very low physical activity and too much sedentary time, the result is overweight or obesity.

The 2010 Dietary Guidelines encourage Americans to eat more of these foods:

- WHOLE GRAINS: At least half of your grain servings need to be whole grains--whole grain breads and cereals, brown rice and whole wheat pasta. The Nutrition



Facts food label will tell you whether the food contains whole grains or not. Ingredients are listed in descending order, so the first listed ingredient is present in the greatest percentage.

--VEGETABLES: Eat a variety of vegetables, especially dark green, red and orange vegetables every day as well as dried beans and peas. Most adults need two and one-half cups of vegetables a day.

--FRUITS: Eat fresh, frozen, or canned fruits at meals or for snacks. Adults need about two cups of fruit each day.

--LOW-FAT OR FAT-FREE DAIRY PRODUCTS: Include three cups of low-fat or fat-free milk, yogurt, cheese, fortified soy beverages or lactose-free milk every day for calcium, vitamin D, protein and potassium.

--HEALTHY VEGETABLE OILS: Canola, olive, corn, peanut and soybean oil are high in monounsaturated and polyunsaturated fats. Use in place of solid fats, but remember all fats have nine calories per gram, so watch how much you eat.

--SEAFOOD: Substitute seafood for meat and poultry for a few meals each week.

A Quiz on Broccoli

by Sam McManis

We have an affinity for all things broccoli. So imagine our delight when we caught sight of this headline, courtesy of the website for "Extra," the celeb-centric TV show: "Alyssa Milano Says She's Craving Broccoli."

Since we're in a broccoli frame of mind, we offer up this quiz.

1. According to groovyvegetarian.com, the word "broccoli" comes from the Italian word "braccio," which means what?

- a) knee cap b) arm c) foot

2. Everyone knows that broccoli is a good source of calcium, especially for the lactose-intolerant. But it's also high in what?

- a) vitamin C b) vitamin B12 c) vitamin E

3. One cup of raw broccoli provides what percentage of the daily value of fiber, according to nutritiondata.self.com?

- a) 46 percent b) 22 percent c) 9 percent

4. According to goutremoval.com, broccoli is a "safe" vegetable for gout patients to consume for what reason?

- a) It's alkaline-forming
b) It attacks free radicals in the body by blocking fat absorption

c) It's so tasteless that you won't eat too much of it

5. In "The Simpsons" episode "Treehouse of Horror XI," Homer dies after eating broccoli, which is called what?

- a) "vegetable of the gods"
b) "Timothy Leary's favorite natural psychotropic"
c) "the deadliest plant on earth"

ANSWERS: 1: b; 2: a; 3: c; 4: a; 5: c

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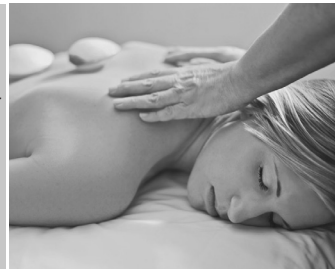
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Unprecedented Results For KMS

In what school officials are calling one of the best weeks for results in the school's 30+-year history, Killington Mountain School captured national and state titles as well as multiple podiums and an NCAA All-America honor this past week and weekend. The Freestyle Team took home top honors at the 2011 Freestyle Junior Olympics held in Steamboat Springs, Colo. Nick Keating (KMS '10), of Waterbury Center, took top honors in moguls on Friday to win the 2011 Junior National Mogul Championship, while Ari Schneider, of Rutland, took the 2011 Junior National Combined Championship.

KMS junior Darius Baradaran finished ninth in moguls, followed by sophomore Colin Lang, and Sterling Crescimanno '10, 17th. For the women, KMS junior Aspen Witt took 11th in moguls. Keating and Witt, along with Bryan Zemba '10, will go on to represent KMS at the FIS Freestyle Junior World Ski Championships in Jyväskylä, Finland, this weekend in moguls and dual moguls. All three are U.S. Development Group members.

At Okemo Mountain, James Ferri, of West Simsbury, Conn., and a ninth-grade student-athlete at KMS, took silver in slalom at the USSA Marriott Junior Championships - J3 Eastern Regionals (Junior Olympics) on Saturday. Ferri finished fourth in giant slalom on Sunday. In addition to slalom results, KMS boys faired well in giant slalom; Wyatt Queirolo, this year's Vermont J3 State Champion, finished third, and Johnny Schwartz landed in 23rd. For the girls, Mikala Smith, of Castleton, took silver, while Carolyn Hofley placed ninth and Bridgewater's Piper Jenne finished 14th. Jenne also won the "Attack from the Back" award for the largest move, starting in 77th and taking an eighth-place second run to help her in that effort. Hofley and Smith placed eighth and 11th in slalom, respectively.

At the Vermont J4 State Championships this weekend at Stratton Mountain, Woodstock's Spencer Smith and Bridgewater's Ava Mattsson landed on top of the podium, each being crowned the MVP Health Care VARA J4 State Champion in giant slalom. Smith was also named the J4 State Champion in slalom for his victory in Saturday's race.

For the girls, Mid-Vermont Council skiers took the top four spots, with Mattsson leading the way with a combined win-



Spencer Smith and Ava Mattsson

ning time of 1:43:20. Teammate Marina Rotella, of Rutland, finished in seventh. Smith, a full-time Killington Mountain School student-athlete, won with a combined time of 1:39.67, more than two seconds faster than second-place finisher Patrick Gallagher.

In Saturday's slalom, Smith also took top honors, winning the boys' slalom by over two seconds. Teammates Ian Clarke and William Coen, of Stockbridge, Vt., took eighth and 10th, respectively. On the girls' side, Rotella led with her ninth-place finish.

The J2 team traveled to Bromley Mountain this past weekend to the VARA George Tormey Series slalom race. Pete Spangler, of Summit, N.J., took top J2 honors and finished sixth overall, followed by Killington Winter Sports Club/KMS racer Brian O'Rourke, of Woodstock, in second (eighth overall), Tyler Guth, of Mendon, in fourth (11th overall), and Jack Salisbury, also of Mendon, in fifth (13th overall). For the women, Brittany Angelo took seventh overall and KWSC/KMS skier Jennifer Wilson landed in 15th.

Zachary Clayton, a 2007 Killington Mountain School graduate, earned NCAA Division I All-America First Team honors with his third-place finish on Saturday in slalom at the 2011 NCAA Skiing Championships held at Stowe Mountain Resort. He had already earned All-America Second Team Honors with his 10th-place finish in Wednesday's giant slalom. Clayton, of Manassas, Va., is a junior at the University of New Hampshire in Durham, majoring in Recreation Management & Policy.

Your Eyes and Your Health

Everyone knows the eyes are the windows to the soul, but few people realize they are also windows to your overall health, allowing eye doctors to see signs of chronic conditions.

The eyes are the only place doctors can get a clear view of blood vessels, which can be significantly altered by conditions such as high cholesterol, high blood pressure, heart disease and diabetes. In fact, an eye exam can often prevent complications from conditions like diabetes, by catching problems early.

With this in mind, families are being encouraged to get annual comprehensive eye exams.

What Eye Doctors See

What gives eye doctors the advantage over other specialists? By examining the cornea, retina, and the flow of blood through vessels around the eye, eye doctors can detect signs of health problems, including blood vessel leakage, retinal swelling and fatty deposits on the retina.

This early detection can help prevent and treat many conditions. For this reason, comprehensive eye exams by optometrists and ophthalmologists are about more than simply determining if you need glasses. They're a way to detect signs of serious conditions, such as diabetes and vascular diseases.

Diabetes and Vision

People who may or may not know they have diabetes often visit their eye doctors first, because they're experiencing sudden changes in vision due to fluctuations in their blood sugar.

"The National Eye Institute estimates that more than 4 million people over the age of 40 have diabetic retinopathy, a condition marked by damage to the blood vessels in the retina," says Susan Egbert, Director of Eye Health Management at VSP Vision Care. "This condition can lead to blindness if not treated early."

However, with annual eye examinations, 90 percent of all diabetes-related blindness can be prevented. Remember, diabetes is a disease that affects the whole body. It's not enough to know you have it; you have to prevent and treat its complications as well.

Get Checked Annually

Everyone, even children, needs to get an eye exam every year to make sure his or her eyes are healthy. If you don't have insurance that covers eyecare and eyewear, look into a vision plan, such as VSP Vision Care, the largest not-for-profit vision care company in the country with a network of 27,000 private practice doctors.

A comprehensive eye exam will not only check for 20/20 vision, but examine eye muscle coordination, peripheral vision, test for glaucoma and look for signs of chronic conditions like diabetes.

HEALTH CALENDAR

Mar. 17 - Rutland. RAVNAH Blood Pressure & Foot Care clinic: Maple Village 10am. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

Mar. 19 - Killington. Après ski yoga class, Kripalu, all levels welcome. Sats. 4:30pm. \$12 drop in, \$10 owner/member. Spa at the Woods. 422-3139.

Mar. 21 - Rutland. Grieving the Loss of a Partner Bereavement Workshop, noon-1:30pm, RAVNAH Office. Free, open to public. Pre-registration required, 770-1516. Also, Mar. 30, 6-7:30pm.

Mar. 23 - W. Rutland. Suffering with chronic condition? Healthy Living Workshops at NeighborWorks of W. VT. Free. Mar. 30 also, 1-3:30pm. 772-2400.

Mar. 23 - Manchester. RAVNAH presentation & discussion on Hospice & Palliative Care, 4pm, Equinox Village. Free, open to public. Light refreshments served. RSVP 362-4061.

Mar. 23 - Rutland. Rutland County Prostate Cancer Support Group Meeting, 5:30pm, CVPS Leahy Conference Ctr at RRM. Guest speaker reviews hormone therapy in treatment. 483-6220 with questions or for info.

Ongoing

Mons. - Rutland. Look Good...Feel Better program. Free. Female cancer patients learn beauty techniques; 1pm, 1st Mon. of month, RRM. 1-800-ACS-2345.

Mons. - Rutland. Low impact exercise group for those with Parkinson's Disease, 2:30pm Mondays, Godnick Adult Center. Free. RSVP sponsors.

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

Mon. Wed. Fri. - Rochester. Free aerobics at Rochester Church.

Mon. Wed. Fri. - 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.

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

Mons. & Thurs. - Rutland. Commit to Quit program at RRM. 4 wk program begins 1st Mon. of each month. Mons. 4:30-5:30pm or Thurs. 9-10am. Register 747-3768. Free!

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.

Tues. & Thurs. - Mendon. Weekly Senior Citizens Bone Builders free exercise classes. 10-11am. Mendon Methodist Church. 773-2694.

Mon., Tues. & Thurs. Killington - Anusara Inspired Yoga classes, Mon. 8:30am mixed level, Tues Level 1 & Thurs Level 2, 5:30pm. Sat. 4:30pm, mixed level @ Base Camp Outfitters. killingtonyoga.com. 422-4500. Killington Yoga.

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

Weds. - Dorset. RAVNAH & Dorset Nursing offer 6-session grief education & support group, e/o week. Dorset Nursing Office, noon-1:30pm. Pre-registration required, 770-1516.

Weds. - Rutland. Man-to-Man Prostate Cancer Support Group meet 5:30pm, 4th Wed. of month @ RRM. 1-800-ACS-2345.

Thurs. - Mendon. Mendon Sr. Citizens monthly gathering for meals at Countrymen's Pleasure, 4pm or Sugar & Spice 11:30am. 2nd Thurs. of month, rotating location. \$5 donation. RSVP 773-4187.

Thurs. - Brandon. Weight Watchers Meeting, 5pm, Brandon Senior Center.

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

Poultney - Young at Heart Senior Center has Free Bone Building Class Tues & Thurs, 9:30-10:30am. 287-9200.

Pittsfield - Bikram Yoga @ Pilates, Yoga & Adventure Center. Mon. & Wed. 5:30 & 7:15pm. Tues. & Thurs. 6am, noon, 5:30pm. Fri. noon. Sat. 9am. Sun. 9am & 4pm. All ages & abilities. 866-677-4268.

Castleton - Castleton Community Center offers Bone Builders, Movement Medley, Better Balance programs, more. Call 468-3093.

Rutland - Pyramid Holistic Wellness Center offers yoga, kickboxing, meditation, dance, martial art & more. All classes drop-in. See ad for details. 775-8080.

Rutland - RAVNAH and RRM offer classes for parents-to-be including Birth and Beyond, Birthshop. Register: 775-0568.

Rutland - AA Hotline, Rutland area: 802-775-0402, 24 hours.

Rutland - Al Anon: Call Pete: 773-9548 or Marcia: 775-7479 for meeting info. Beginner meeting Fris, 7pm, The Evergreen Ctr.

Killington - AA Meetings, Sherburne United Church, (little white church, Rte. 4). Tues., 7pm. Thurs., noon. Sats., 7:30pm.

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

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 35

1	2	3	4		5	6	7	8	9		10	11	12	13		
14					15						16					
17					18						19					
20					21						22					
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					50						51					
52	53	54									55	56	57		58	59
60											61				62	
63											64				65	
66											67				68	

ACROSS

- Prepare to swallow
- Puddle
- "Let it stand"
- Georgetown athlete
- Asian shrub
- Crime boss
- Biblical shepherd
- Invoked a curse
- Docking accommodations
- Played (around)
- Control
- ___ grecque (cooked in olive oil, lemon juice, wine, and herbs, and served cold)
- Akin
- Transmits images online
- Compassion
- Golden Triangle country
- Grammar topic
- ___ Khan
- Long, loose, heavy overcoats
- Bleed
- Masses
- Fill-in
- Air Force heroes
- Tie up
- Reduce
- Charlotte-to-Raleigh dir.
- Voting "nay"
- Quality of some sweatshirts
- Single-sloped roof wells
- Right to enter
- Not "fer"
- Capital on the Dnieper
- Pig noises
- Visored cap
- "Green Gables" girl
- Petitions
- Become unhinged

DOWN

- Neighbor of Libya
- Bindle bearer
- Meeting of the eyes
- Path
- Bluenose
- Fimsy, as an excuse
- Intensifies, with "up"
- "Dear" one
- Farm cry
- Beetle images
- Makes lace
- Fencing sword
- Mary in the White House
- Tropical Asian plant
- Amazon, e.g.
- In pieces
- A dance
- "___ say!"
- Brewer's equipment
- Eminent
- Tar, e.g.
- Fits
- Admirable person
- 18-wheeler
- Online newsgroup system
- Engine speed, for short
- Turkish viceroy title in Egypt
- Hooded pullover jackets
- Reddish grass
- "Rocks"
- Ceremonial Maori war dance
- Father of Balder
- Black cat, maybe
- "___ and the King of Siam"
- Gross
- Amount to make do with
- Indian palm
- Barber's motion
- Balloon filler

Solution Page 35

Capsule reviews of films opening this week by The Associated Press

"Battle: Los Angeles"

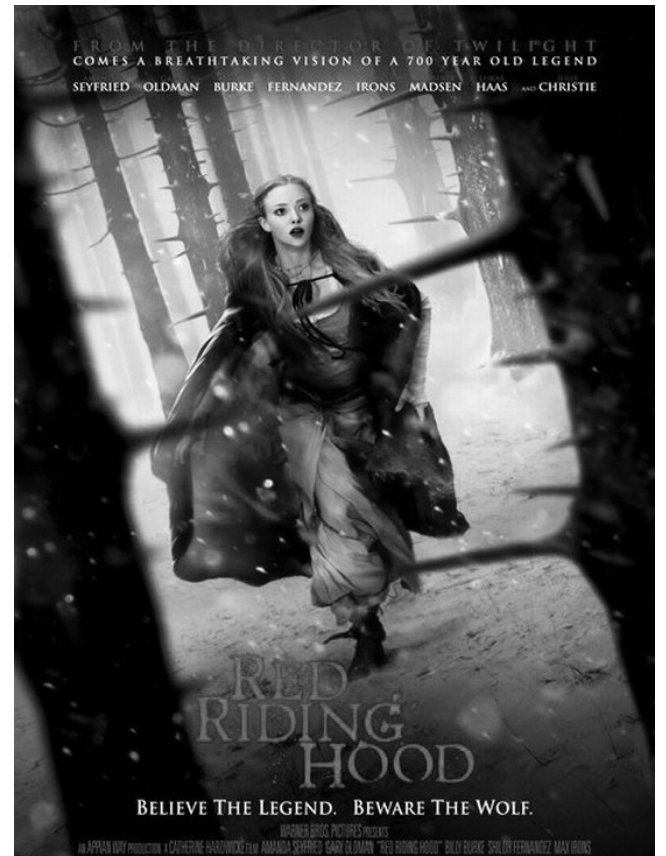
by Jake Coyle, AP Entertainment Writer

Jonathan Liebesman's disaster film doesn't rely as much as others in the genre on the gleeful horror of seeing familiar landmarks burn. Instead, this West Coast version of alien invasion distinguishes itself as an urban warfare film and a patriotic ad for the Marines. A dozen alien ships land on Earth - we only care about the one just off L.A.



and in the ensuing carnage, a platoon of Marines are sent into the fray with the seemingly inconsequential mission of rescuing a handful of civilians (Bridget Moynahan, Michael Pena). The weary veteran Staff Sgt. Nantz (Aaron Eckhart) isn't their lieutenant (Ramon Rodriguez), but he's effectively their leader in survival and Marine honor. The talented Eckhart and Liebesman manage to pull off the ultra-seriousness for much of the film, before a laughable speech of teary-eyed inspiration finally does them in. There's oddly little sense of Los Angeles throughout. Instead, the movie stays close to the ground, bogged down in block-by-block combat. L.A. traffic triumphs again. PG-13 for sustained and intense sequences of war violence and destruction, and for language. 116 minutes.

One and a half stars out of four.



"Red Riding Hood"

by Christy Lemire, AP Movie Critic

This aims not for little girls who want to hear a fairy tale before they go to sleep at night, but rather for teenage girls who want a soapy melodrama full of angst and hair product - with some supernatural flourishes thrown in. Does that sound vaguely familiar to you? It should. "Red Riding Hood" suggests what it might look like if the kids from "Twilight" got dressed up and went to the Renaissance Faire. And that is not a good thing. Catherine Hardwicke, who directed the first "Twilight" movie, is working from a script by "Orphan" writer David Leslie Johnson, which takes this classic story and turns it into a medieval love triangle. Valerie (Amanda Seyfried) would rather be with the bad boy she loves than the good guy she's been arranged to marry. She knows that Peter (Shiloh Fernandez), a hunky woodcutter, is wrong for her, but she longs to run away with him, rather than live a safe, comfortable life with Henry (Max Irons), a hunky blacksmith. They all live in a tiny village on the edge of a dark, dangerous forest, where everyone is more on edge than usual following the latest werewolf attack. Hardwicke depicts the place in haunted fashion, with scenery and lighting that often have a misty, ethereal, almost otherworldly glow. But then the set design feels super chintzy, like something you'd see in a theme park. PG-13 for violence and creature terror, and some sensuality. 100 minutes.

One and a half stars out of four.

THE JOKE'S ON YOU

by Phil Ryder & YOU



"Who died and made you boss?"

- Peggy S. Simoni • Nolensville, TN

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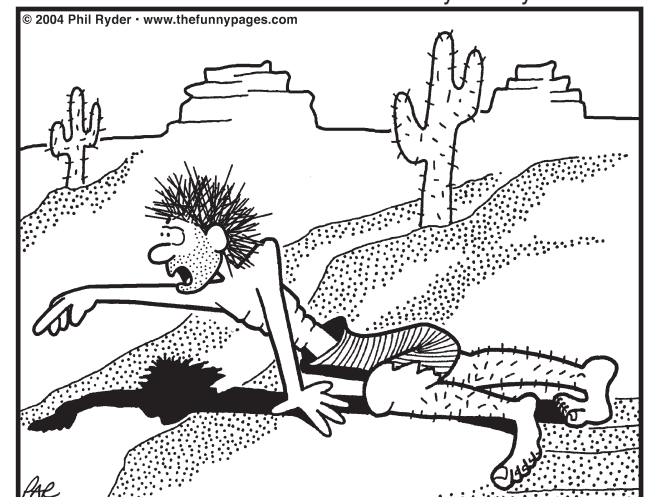
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MOVIES	TIMES
The Kings Speech-R	1:55 4:20 7:00
Hall Pass-R	9:25
Adjustment Bureau-PG-13	1:40 4:00 7:15 9:35
Rango-PG	1:45 4:05 6:45 9:05
Battle: Los Angeles-PG-13	1:30 3:55 6:55 9:20
Limitless-PG-13	2:10 4:25 7:00 9:15
The Lincoln Lawyer-R	1:35 4:10 7:10 9:40
Mars Needs Moms (3D)-PG	1:50 3:50 6:40 8:40
Paul-R	2:05 4:30 7:05 9:30
Red Riding Hood-pg-13	2:00 4:15 6:50 9:10

THE JOKE'S ON YOU

by Phil Ryder & YOU



"I know that darn contact lens is here somewhere!"

- Barb Dennison • Great Falls, MT



Coaches, Players Talk About Selections

by The Associated Press

UConn gets No. 3 seed - Kemba Walker and his Connecticut teammates won't get much time to catch their breath before traveling to Washington, D.C., for their first NCAA tournament game against Bucknell.

The Huskies (26-9), a No. 3 seed, will play the Patriot League-champion Bison (24-8) on Thursday in the West Regional. Both of UConn's national championship teams and all three of its Final Four squads were placed in the West.

UConn enters the NAAs fresh off one of the most incredible and grueling runs through a tournament in college basketball history.

RILED UP: As soon as he arrived home from the Southeastern Conference tournament, Kentucky coach John Calipari voiced his displeasure with the NCAA selection committee.

"They did it to us again," he quipped as he walked into his residence with his team, assistant coaches and University of Kentucky President Dr. Lee Todd.

The Wildcats, fresh off a 70-54 victory over Florida to capture their second consecutive SEC tournament title on Sunday in Atlanta, were selected as a No. 4 seed in the NCAA tournament's East Regional.

They will take on 13th-seeded Princeton on Thursday in Tampa, Fla.

Florida, beaten twice by Kentucky in 10 days, received a No. 2 seed in the Southeast Regional. The Wildcats are one of five SEC teams in the tournament.

TONGUE TIED: Chris Mack didn't even wait for the end of the NCAA tournament selection show to try - again - to fix a long-standing misconception.

The coach tweeted broadcaster Kenny Smith: "Hey ... Xavier is pronounced like you say the word Xylophone." Not Eggsavier?

Nope.

The Musketeers (24-7) got the seed they expected - a No. 6 - along with an opening game against Marquette

on Friday in Cleveland. They also got a reminder that not everyone pays much attention to them.

DON'T I KNOW YOU? Josh Pastner's first game as a head coach in the NCAA tournament will be against his alma mater, Arizona.

Memphis (25-9), seeded 12th in the West Regional, will face the fifth-seeded Wildcats (27-7) on Friday in Tulsa, Okla. Pastner didn't get much time on the court during his playing days at Arizona from 1996-2000 but earned his scholarship as more of a coaching apprentice.

Pastner worked on Lute Olson's staff from the time he graduated until 2008, when he left to become an assistant at Memphis.

Freshman Will Barton, the leading scorer for the Conference USA-champion Tigers, called it crazy.

"I told Coach on the way into the house, 'You know, I think we're going to get matched up against Arizona the first game.' We kind of laughed it off. But as soon as I saw Arizona pop up as a 5 seed, I said, 'They're calling Memphis (next),' and that's what happened," Barton said.

Pastner isn't the only coach who could be feeling nostalgic soon. UNLV's Lon Kruger will face his former team, Illinois, in the second round. Steve Fisher and San Diego State could end up playing Michigan in the West Regional final.

Pastner averaged 0.9 points as an Arizona player. He laughingly boasts that the Wildcats were 42-0 in games in which he played because he only got in when they were way ahead.

"I think that's cool. That's neat," Pastner said of the matchup. "Arizona, obviously, is my alma mater, but I bleed blue and gray. It all worked out. I wore No. 12 when I was a player at Arizona, and we are the 12th seed going against Arizona."

FIRST DANCE: During its Selection Sunday party, Northern Colorado's president set the tone for the school's first NCAA tournament appearance.

"It's been a great run for us," Kay Norton said minutes before the Bears' first-round opponent had been an-

nounced. "But it isn't over."

Northern Colorado received a No. 15 seed and will play Mountain West tournament champion and No. 2 seed San Diego State in the West Regional on Thursday in Tucson, Ariz.

UNFAMILIAR TERRITORY: Michigan State had to sweat it out on Selection Sunday.

"We were nervous," senior guard Kalin Lucas acknowledged.

Coaches and players gathered in a lounge just outside their locker room, fidgeting while most of the 68-team field was announced before finally finding out they had been seeded 10th and matched against seventh-seeded UCLA in the Southeast Regional on Thursday in Tampa, Fla.

It was a strange feeling for the Spartans, who have reached the Final Four the past two years and six of the last 12 under coach Tom Izzo.

"I feel fortunate to be in," Izzo said. "But if you look at the whole body of work, we probably deserve to be in."

Michigan State played one of the nation's toughest schedules and won 19 games. Its last victory, over Purdue in the Big Ten tournament quarterfinals on Friday, might have sealed a spot in the NAAs.

"I wasn't as nervous today as I have been the past month," Izzo said.

As disappointing as Michigan State has been this season, it is tough to count out Izzo in March.

His winning percentage in the NCAA tournament is .745 - only Mike Krzyzewski and Roy Williams have fared better - and he led the Spartans to the 2000 national championship.

Michigan State started the season ranked No. 2, but a series of setbacks put the program on the bubble over the last month. The Spartans, though, did enough to extend their streak of NCAA tournament appearances to 14. Only Kansas (22) and Duke (16) have longer active streaks.

"I don't think there's any pressure off us because I still think expectations are high," Izzo said. "The relief of get-

Selections Page 14

NCAA Division 1 Broadcast Coverage

Television - CBS Sports and TimeWarner-owned TBS, TNT and truTV hold exclusive TV rights for broadcast of all games.

Radio - Westwood One will have live broadcasts of all 67 games. They will be available both on terrestrial and satellite radio outlets.

Internet - All games are expected to be streamed at NCAA.com or CBSsports.com.



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**Second Round
March 17-18**

DIVISION 1 NCAA

March 15 & 16 - First Four/Play-in game(s)

**Third Round
March 19-20**

**Sweet 16
March 24-25**

**Elite 8
March 26-27**

1 Ohio State
16 Tex-SA/Ala St.

8 George Mason
9 Villanova

5 West Virginia
12 UAB/Clemson

4 Kentucky
13 Princeton

6 Xavier
11 Marquette

3 Syracuse
14 Indiana State

7 Washington
10 Georgia

2 North Carolina
15 Long Island

**Second Round
March 17-18**

**Third Round
March 19-20**

**Sweet 16
March 24-25**

**Elite 8
March 26-27**

1 Duke
16 Hampton

8 Michigan
9 Tennessee

5 Arizona
12 Memphis

4 Texas
13 Oakland

6 Cincinnati
11 Missouri

3 U Conn
14 Bucknell

7 Temple
10 Penn State

2 San Diego State
15 No. Colorado

**East
(Newark)**

**West
(Anaheim)**



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Elite 8
March 26-27

Sweet 16
March 24-25

Third Round
March 19-20

Second Round
March 17-18

Southwest (San Antonio)

1 Kansas
16 Boston Univ.

8 UNLV
9 Illinois

5 Vanderbilt
12 Richmond

4 Louisville
13 Morehead St.

6 Georgetown
11 USC/VCU

3 Purdue
14 St. Peter's

7 Texas A&M
10 Florida State

2 Notre Dame
15 Akron

Elite 8
March 26-27

Sweet 16
March 24-25

Third Round
March 19-20

Second Round
March 17-18

Southeast (New Orleans)

1 Pittsburgh
16 UNC-Ash/Ark LR

8 Butler
9 Old Dominion

5 Kansas State
12 Utah

4 Wisconsin
13 Belmont

6 St. Johns
11 Gonzaga

3 BYU
14 Wolford

7 UCLA
10 Michigan State

2 Florida
15 UCSB

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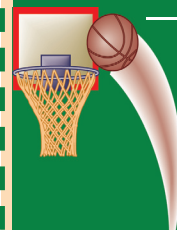
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NCAA Automatic Bids

Received by Newsfinder from AP
by The Associated Press

Following is the list of teams participating in the NCAA Division I Basketball Tournament who received automatic bids by winning their conference championships:

- Akron, Mid-American Conference
- Alabama State, Soutwestern Athletic Conference
- Arkansas-Little Rock, Sun Belt Conference
- Belmont, Atlantic Sun Conference
- Boston U., America East Conference
- Bucknell, Patriot League
- Butler, Horizon League
- Connecticut, Big East Conference
- Gonzaga, West Coast Conference
- Hampton, Mid-Eastern Athletic Conference
- Indiana State, Missouri Valley Conference
- Kansas, Big 12 Conference
- Long Island University, Northeast Conference
- Memphis, Conference USA
- Morehead State, Ohio Valley Conference
- Northern Colorado, Big Sky Conference
- Oakland, Mich., Summit League
- Old Dominion, Colonial Athletic Association
- Princeton, Ivy League
- Saint Peter's, Metro Atlantic Athletic Conference
- San Diego State, Mountain West Conference
- Texas-San Antonio, Southland Conference
- UC Santa Barbara, Big West Conference
- UNC Asheville, Big South Conference
- Utah State, Western Athletic Conference
- Washington, Pacific-10 Conference
- Wofford, Southern Conference

RPI Standings

Here are the standings as noted for teams listed in the RPI Rankings, as of March 13, 2011. This information is released separate from the NCAA, and may or may not have influenced their rankings for the playoffs.

Rank/Team	W	L	SS	Rank	RPI
1. Kansas	32	2	.6152	10	.6793
2. Ohio St.	32	2	.5885	26	.6723
3. San Diego St.	30	2	.5912	22	.6672
4. Duke	30	4	.5896	24	.6611
5. BYU	29	4	.5986	18	.6526
6. North Carolina	26	7	.6229	6	.6485
7. Kentucky	25	8	.6165	8	.6461
8. Florida	26	7	.6274	3	.6414
9. Notre Dame	26	6	.5894	25	.6414
10. Pittsburgh	27	5	.5791	32	.6377
11. Texas	27	7	.6046	14	.6352
12. Purdue	25	7	.5864	27	.6343
13. Georgetown	21	10	.6503	1	.6323
14. Connecticut	26	9	.6162	9	.6305
15. Utah St.	29	3	.5268	112	.6242
16. Wisconsin	23	8	.5853	28	.6227
17. Louisville	25	9	.6071	12	.6222
18. Syracuse	26	7	.5765	34	.6201
19. Arizona	27	7	.5598	54	.6170
20. Old Dominion	27	6	.5579	61	.6167
21. West Virginia	20	11	.6269	4	.6141
22. Xavier	24	7	.5592	56	.6099
23. Kansas St.	21	10	.6197	7	.6098
24. UNLV	24	8	.5826	31	.6080
25. George Mason	26	6	.5403	88	.6079
26. St. John's	21	11	.6105	11	.6064
27. Vanderbilt	23	10	.5996	16	.6052
28. Memphis	25	9	.5692	42	.6000
29. Texas A&M	23	8	.5655	47	.5996
30. Temple	25	7	.5286	108	.5996
31. UAB	22	8	.5506	74	.5939
32. Washington	23	10	.5641	48	.5921
33. Butler	22	9	.5546	67	.5906
34. Tennessee	19	14	.6447	2	.5906
36. Cincinnati	25	8	.5318	102	.5885
37. Missouri	22	10	.5569	62	.5869
38. Villanova	21	11	.5727	39	.5859
39. Penn St.	19	14	.6242	5	.5854
41. Richmond	27	7	.5121	141	.5851
44. UCLA	22	10	.5623	50	.5814
45. Michigan St.	18	14	.6055	13	.5795
47. Georgia	21	11	.5668	44	.5775
48. Illinois	19	13	.5924	21	.5772
51. Belmont	30	4	.4422	285	.5757
52. Michigan	19	13	.5981	19	.5754
53. Oakland	24	9	.5133	138	.5749
54. Florida St.	21	10	.5383	90	.5732
55. Gonzaga	23	9	.5322	100	.5728
56. Clemson	21	11	.5525	71	.5719
64. Marquette	20	14	.5831	30	.5684
75. Long Island	27	5	.4478	266	.5577
79. Bucknell	25	8	.4715	221	.5550
84. Indiana St.	19	13	.5418	86	.5522
92. St. Peter's	20	13	.5137	135	.5431
107 Akron	22	12	.4896	184	.5354
109. Wofford	21	12	.4957	165	.5340
129. Boston U.	21	13	.4749	212	.5199
147. UNC Asheville	16	13	.4818	198	.5072
153. Hampton	23	8	.3913	338	.5026
157 UCSB	16	13	.4788	176	.5015
194. Texas-San Ant.	16	13	.4402	293	.4849
257. Alabama St.	15	17	.4106	329	.4429

Selections

continued from page 11

ting in is only for the streak.”

ARE WE THERE YET? Georgia coach Mark Fox received a 4 a.m. wake-up question from his 8-year-old daughter, Olivia, on Sunday.

“She asked if we were in the big dance yet,” Fox said. “I told her she needed to go back to bed and she said, ‘Daddy, it’s Sunday. You said we’d know on Sunday if we’re in the big dance.’”

It seems everybody wanted to know the NCAA fate of Georgia, widely discussed as a bubble team.

Fox and his daughter were happy with the answer.

Georgia (21-11) made the NCAA tournament field and Fox was especially happy his team won’t have to travel far from home for its first game.

A surprisingly strong No. 10 seed in the east regional, the Bulldogs will play No. 7 seed Washington on Friday in Charlotte, N.C.

“I’ve been on pins and needles for a couple of days now,” Georgia forward Trey Thompkins said. “I wanted to be in the tournament so bad. It’s been

nerve-racking for me.”

BEANTOWN BRAGGING RIGHTS: Boston University doesn’t have varsity football, and its perennially powerful hockey team has spent most of the season looking up in the standings at archrival Boston College.

But BU can claim the city’s bragging rights in basketball, of all things, after the America East champions were the only Massachusetts team picked for the NCAA tournament. While BC and Harvard were left out, BU (21-13) will play three-time champion Kansas (32-2) in Tulsa, Okla., on Friday.

“March Madness is an incredible time, and I’m just so grateful to be here. It’s just awesome,” BU guard Matt Griffin said.

The Terriers watched the selection show on TV at a Commonwealth Avenue bar Sunday night, breaking into cheers when their school came up as a No. 16 seed against the No. 1-seeded Big 12 champions. Coach Patrick Chambers, whose daughter, Grace, was sleeping on his shoulder, pumped his right fist in the air.

Top Seed Ohio State Favored to Win Tournament

by Oskar Garcia, Associated Press

LAS VEGAS (AP) - Sports books in Las Vegas casinos made Ohio State the favorite to win the NCAA tournament despite a tough draw that includes North Carolina, Syracuse and Kentucky in the same bracket.

The race and sports book at the Las Vegas Hilton made Ohio State a 7-2 favorite to win the tournament, Executive Director Jay Kornegay said Sunday shortly after the selections for the tournament were announced.

But Kornegay said the Buckeyes got a more difficult bracket than fellow No. 1 seed Pittsburgh, which has Florida, BYU and Wisconsin as the next-highest seeds in its region.

“Actually, Pittsburgh and Ohio State should be switching spots,” Kornegay said. “It’s unusual for a No. 1 seed to have to deal with that kind of competition or those kind of teams that have the potential of playing very well and being competitive.”

Kornegay and others still think Ohio State is the best team in the country.

The Buckeyes finished the season 33-2, winning the Big Ten tournament and regular-season titles to reach the NCAA tournament for the fifth time in seven years. They will play the winner of the Texas-San Antonio-Alabama State game in Cleveland on Friday.

Oddsbroker Tony Sinisi of Las Vegas Sports Consul-

tants, which provides betting lines to more than 90 percent of casinos in Nevada, said the firm planned to set its lines Sunday night but sees Ohio State as a 5-2 favorite.

Mike Colbert, race and sports director for Cantor Gaming, which runs four sports books in Las Vegas, said Ohio State’s tough draw was enough to put it on par with Kansas as 6-1 favorites to win the title.

“There’s four legit - legit - national champion contenders in the same bracket,” said Colbert, who runs books at the Cosmopolitan of Las Vegas, M Resort, Hard Rock Hotel & Casino and Tropicana. “It’s a loaded bracket.”

If the high seeds all win, the Buckeyes would have to beat Kentucky in the round of 16 and North Carolina in the round of eight to win its bracket. Conversely, Pittsburgh would have to beat Wisconsin and Florida.

The Hilton gave Pittsburgh 12-1 to win the title, Kornegay said. The other No. 1 seeds, Kansas and Duke, were each 5-1 to win the tournament.

Cantor gave Duke 9-1 odds and Pittsburgh 10-1 odds, Colbert said.

Among No. 2 seeds, Colbert said San Diego State got the easiest draw in the western region, with Duke at the top and Connecticut the No. 3 seed.

“I wouldn’t be surprised at all to see them get into the Final Four,” he said.

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CSC Theatre Arts Presents A Chorus Line

The Theatre Arts and Music Departments at Castleton State College are collaborating on A Chorus Line, the musical about a group of performers auditioning for roles in a chorus line. This is the first time a Castleton production will run over a two-week period.

Harry McEnery directs the Castleton production. Hank Vaughan, director of the Spartan Marching Band, is the musical director. The choreography is by Andrew McDuff, a Castleton graduate, who grew up in Pittsford and has cho-

reographed shows for the Rutland Youth Theater and Middlebury and Otter Valley high schools.

Performances of A Chorus Line will take place in the Casella Theater Thursday, March 17 through Saturday, March 19 at 8 p.m., and Sunday, March 20 at 2 p.m. The second week of performances runs from Wednesday, March 23 through Saturday, March 26, all at 8 p.m. Tickets are \$12 for general admission. To reserve tickets, call the box office at (802) 468-1119.

CV Chamber Music Festival Performance

Four members of the Central Vermont Chamber Music Festival will be making their early spring pilgrimage again to Randolph for a performance on Sunday, March 20 at the Three Stallion Inn. The concert, which is free and open to the public, begins at 3 p.m. in Morgan's Pub.

The main work on the program will be Haydn's String Quartet # 20, Opus 17, #6 in D. In addition, the ensemble will perform Barber's Adagio for Strings, selections from Five Pieces for String Quartet by Erwin Schulhoff, Meditation on an Old Bohemian Chorale by Josef Suk, and perhaps a surprise as well.

Outreach to the youth is a very important aspect of the Central Vermont Chamber Music Festival. On Monday morning, March 21, the quartet will pay

a visit to Randolph Union High School. In a 9:30 morning assembly organized by RUHS Instrumental Music Director, Joshua Stumpff, the quartet enhanced by a drummer and bass will perform a concert entitled "Entartete Musik: Degenerate Music, A Concert of Music Suppressed by the Nazi Regime." Sue Ellen Colgan-Borror, the Festival's Director of Education and Outreach, is the creator of this program, which will consist of works by Nazi-banned composers such as Hindemith, Mendelssohn, Schulhoff, Strayhorn, and Barber. In addition to the live music will be visuals, a slide show, and narration. This event is also free and open to the public.

For more information, call the Three Stallion Inn at 728-5575.

Cross Country Ski Report

Report prepared 3/15/2011



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Irish Eyes Will be Smilin' at Okemo

Okemo Mountain Resort will celebrate St. Patrick's Day with a Shamrock Scavenger Hunt, Luck o' the Irish Tweet-up, and an après ski party complete with Guinness and live Celtic music.

On Thursday, March 17, skiers and snowboarders who find one of 10 oversized shamrocks hidden along Okemo's trails will win a prize bag full of goodies. Shamrocks can be redeemed for prizes at the Main Base Lodge Resort Services desk.

Okemo skiers and riders who are plugged in and connected to social me-

dia sites Facebook and Twitter, will have the luck o' the Irish on Saint Patrick's Day. Okemo's lucky leprechaun will be on the move and tweeting his location throughout the day. Skiers and riders who find him will win a variety of prizes.

After a day on the slopes, the St. Patrick's Day festivities move indoors to Okemo's Sitting Bull. The party, sponsored by Guinness, will feature musical guests Gypsy Reel from 3 to 6 p.m.

For more information about Okemo Mountain Resort, please call (802) 228-1600.



Some Good News Out of Killington

Jack Rasmussen, 8, wins a gold medal in slalom at Suicide Six on Saturday March 12th. Sunday he wins two bronze medals in GS and Super G. In the photo, Jack with his parents Sarah and Erik.

photo and caption by Nancy Blessings

Chandler's Next Generation Auditions

Chandler's third annual Next Generation concert is scheduled for Friday evening, May 20. Organizers report that there are still slots open for auditions, which are to be held in Chandler Music Hall on Wednesday, March 30.

Auditions are open to area high school age students 18 years and younger who are seriously studying classical music of all genres - instrumental, ensemble, or vocal, as soloists or groups.

Students should come prepared to audition the piece they would perform on May 20. In the interest of providing a per-

formance opportunity for as many qualified students as possible, works should not exceed five or six minutes in duration. Instrumentalists and vocal soloists need to provide their own accompanist and page turner. The Steinway concert grand is available, and the auditions and performance will take place on Chandler's main stage.

Please contact Betsy Cantlin, Chandler's Community Outreach Manager, to schedule an audition or for more information about this performance. She can be reached at (802) 431-0204.

Register Now For Komen VT-NH Race For the Cure

While the Race itself is still months away, online registration is now up and running at www.komenvtnh.org. This year's event will be held on Saturday, July 23, at Hildene Meadows in Manchester, Vermont, but you can jump online, have a look around, make a pledge,

volunteer, and form a team right now. You can do it all online, at your convenience, 24/7.

For more information, call 802-362-2733. For more information about Susan G. Komen for the Cure, breast health or breast cancer, call 1-877 GO KOMEN.



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McGrath's Irish Pub 2pm-Trinity
 Clear River Tavern Eve-O'Clear River Band hosts Open Mic
 Santa Fe Eve-Myk Sno
 Wobbly Barn Eve-Tony Lee Thomas
 Saint's Pub @ Summit Lodge Eve-Musician's Showcase w/Frank Chase
 South Station HH-Irish Tunes w/ Josh Brooks

FRIDAY, MARCH 18

Outback Eve-Joey Leone Trio & Harpoon Weekend
 Saint's Pub @ Summit Lodge Eve-Frank Chase
 Santa Fe Eve-Myk Sno
 Wobbly Barn Eve-The Zoo
 Double D's Eve-Karaoke with Tiffany Z
 Grist Mill HH-Wayne & Guy
 Eve-Long Trail Party w/ Vibratones

McGrath's Irish Pub Eve-Trinity
 Clear River Tavern Eve-Clear River Band

SATURDAY, MARCH 19

Clear River Tavern Eve-Duane Carleton
 Wobbly Barn HH-Bobby Darling Show
 Eve-The Zoo

Outback Eve-Joey Leone Trio & Harpoon Weekend
 McGrath's Irish Pub Eve-Trinity
 Double D's HH-James Mee
 Saint's Pub @ Summit Lodge Eve-Frank Chase
 Grist Mill HH-Wayne & Guy
 Eve-Vibratones

Santa Fe Eve-Myk Sno & K-Town's Finest

SUNDAY, MARCH 20

Saint's Pub @ Summit Lodge HH-Frank Chase
 Outback Eve-Joey Leone's Blues Band
 McGrath's Irish Pub HH-Extra Stout

MONDAY, MARCH 21

Santa Fe Eve-Joey Leone Jazz
 Outback Eve-Jimmy's Pizza "Buffett"

TUESDAY, MARCH 22

Ramunto's B'Water Eve-Open Mic
 Outback Eve-Magic Hat Karaoke

WEDNESDAY, MARCH 23

Outback Eve-Joey Leone Solo with Otter Creek Brewing

MUSIC

Mar. 19 - Okemo. FestEVOL at Okemo Resort. O.A.R. & Pete Kilpatrick Band perform. Mountain sports, live music, eco-village. 228-1600.

Mar. 20 - Wallingford. Rutland Curbstone Chorus performs 2pm, Wallingford Congregational Church. Benefit for Ladies' Auxiliary Steeple Fund.

Mar. 20 - Randolph. 4 members of Central Vermont Chamber Music Festival perform at Three Stallion Inn. 3pm, Morgan's Pub. Mar. 21, 9:30am assembly at RUHS, Both free, open to public. 728-5575 for more info.

Mar. 20 - Tunbridge. Nashville-based singer songwriter, Kate Campbell performs concert at Tunbridge Town Hall, 7:30pm. \$15 advance. 431-3433.

Mar. 20 - Rutland. Boston Legends All Star Concert at Paramount Theatre, 7:30pm. Members of J. Geils Band, Boston, Joe Perry Project & more. \$37.50-\$75.50. 775-0903 for tickets.

Mar. 26 - Ludlow. Members of Rutland Curbstone Chorus perform a cappella harmony at Ludlow Town Hall, 7pm. \$8 donation.

Ongoing:

Suns. - Brandon. Informal musical entertainment Sunday afternoons, if & when musicians turn up! We invite competent musicians to come & perform - no fee, no formality! Brandon Music.

SPORT/LEISURE

Mar. 16, 23 - Killington. Bud Light Race Series is back at Killington Resort. Each Weds., on Highline. Party location following, TBD. Come watch racers race down the course.

Mar. 17 - W. Rutland. Audubon Society Marsh Monitoring Walk - monthly bird monitoring exercise. Meet W. Rutland Price Chopper parking lot 8am. 775-3461.

Mar. 17 - Ludlow. St. Pat's at Okemo. Shamrock Scavenger Hunt, Luck o' the Irish Tweet-up, apres ski party with live Celtic music. Find hidden shamrock to win prizes. 228-1600.

Mar. 18-20 - Killington. Burton Super Demo Tour at Killington Resort. Test ride latest Burton hardgoods on snow for free. Giveaways, apres ride parties. 800-621-MTNS fore more details.

Mar. 19 - Killington. Burton Stash Gathering, Stash Park at Bear Mtn, Killington Resort. Best free riders in the East & beyond gather to ride natural elements. Prizes for best lines, tricks on rock jibs, log rides, rainbow trees, giant Shreddies, jibbale buildings. 800-621-MTNS.

Mar. 19 - Rutland. WalkRutland Guided Hike, 10am, Pine Hill Park. Moderate, 3-4 mi. Meet at trailhead. Subject to weather. 342-3479 for info.

Mar. 19 - S. Woodstock. GMHA Creating Healthy Equine Relationships, noon-3:30pm, Rough Terrain Farm, Randolph. \$10 members, \$15 non. 457-1509.

Mar. 20 - Mt. Holly. Killington Section GMC outing: Ludlow Mountain. Climb via Healdville Trail to summit fire tower with views. Some steeps. Moderate, 6 mi. Snowshoes may be needed. Meet Rutland's Main St Park 9am. 492-3573.

Mar. 20 - Killington. Pico Season Passholders Appreciation Party at Pico Mtn. Free lunch BBQ, Joey Leone Duo performs 1:30pm, family fun activities thru day. Save 50% in shop.

Mar. - Ludlow. Deals at Okemo: Online Thursdays - Mar. 24, 31. Ladies' Day Tuesdays - Mar. 22, 29. Wonderful Wednesdays - Mar. 23, 30. Check out okemo.com for these & more deals.

Now - Rutland. Rutland Rec Dept Programs: Indoor Season at Giorgetti Arena - register for youth soccer, field hockey, lacrosse, flag football, adult field hockey, soccer women's 30+, coed drop in leagues. Preseason Baseball/Softball Training Camp begins Mar. 28. Hands On /Minds On Children's Art Studio begins Apr. 4 - 24 mos. to 5th grade. 773-1822.

Ongoing:

Killington-Killington Resort's Learn to Ski & Burton Learn To Ride programs for age 18+. Lessons at Snowshed Lodge 9:15am-12:30pm Suns. - Fris. & Sats. and peak days. Maximize your individual learning potential! 800-621-MTNS for details.

Killington-Killington Parks & Rec Dept. hosts open gyms throughout winter. Tues. pick-up volleyball. Thurs. pick-up soccer. 7-9pm each night. \$2 per night. 18 yrs +. 422-3932.

Woodstock-Public Skates at Union Arena: Mon. - Fri. 1:30-3pm. Sat. & Sun. 2:40-4:10pm. \$6 adults, \$5 age 14 & under. Skate rentals \$6, sharpening \$6. 457-2500.

Rutland-Swimming - The Mitchell Therapy Pool at VAC offers general swimming, aquacise & aquaerobics, swim lessons for infants to adults & private pool rentals. 773-7187 for more info.

Pittsford. Pittsford Rec Dept offers guided walks on Pittsford Trail Network. Walk, hike, snowshoe. Get some exercise, meet new people, get to know trail system. RSVP 468-6500 x17.

Thurs. - Rutland. ACBL Sanctioned Bridge Games nights @ Godnick Senior Center. \$5/ player, guaranteed partner. 287-5756.

Thurs. - Rutland. Chess Club, 7pm, Dana Rec Ctr. Rm. 32. Open to public, free, all ages. Beginners welcome. 773-1822.

Thurs. & Suns. - Wells. Modern Woodmen of America holds Bingo, including special game to benefit a local charity or good cause.

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

Daily - Woodstock. Cardio/Weights, Cardio Power Stations, Dance, Spinning, Yoga, Ballet, Sun style tai chi, more. Woodstock Rec. Fitness Center, M-F, 6am-8pm, Sat 8am-2pm. 457-1502.

VARIETY

Mar. - Ludlow. Classes at Fletcher Farm School: Mar. 19-20, Beginning Punch Needle Rug Hooking. 228-8770 for times, fees, details.

Mar.- Sats. - Rutland. Drop in art classes at Hands On Minds On Children's Art Studio. thru Apr. 9. Learn to Draw, Paint & Sculpt, ages 5-10, 10:30-noon. Story Books & Painting, ages 3-6, 9:15-10:15am. Fees.

Mar. 17 - Boston. GFWCVT trip to Boston Flower Show fundraiser for scholarships aiding women who have lost spousal support & plan to pursue education career. \$76 round trip, starts Rutland 6am. 287-9744 for firm rsvp by Mar. 1. Apply for scholarship by mid-March.

Mar. 17 - Rutland. Irish Comedy Tour comes to Paramount Theatre. 8pm. Keith Aherne, Mike McCarthy, Derek Richards. Tickets, \$20. 775-0903.

Mar. 17-26 - Castleton. CSC Theatre Arts presents A Chorus Line, Casella Theater. Mar. 17-19, 8pm. Mar. 20, 2pm. Mar. 23-26, 8pm. Tickets at 468-1119.

Mar. 18 - Rutland. Opening reception of HighLow Project, exhibit of photos & audio documenting experience of Vermont's at-risk youth. 4:30-7:30pm, Opera House. Exhibit Mar. 19, 11-4:30pm, Mar. 20, noon-4:30pm.

Mar. 18 - Woodstock. Contradance & Dinner at Little Theater. Music by Old Sam Peabody, calling by Delia Clark. 5:30-7:30pm veg. dinner, family dance & contras. 6pm family dance. 7:30pm potluck dessert. 8-10:30 evening contra. \$8 donation, under 18 free. 785-4039.

Mar. 18 - Rutland. Political satirists The Capitol Steps come to Paramount Theatre, 8pm. 775-0903 for tickets.

Mar. 18-20 - Poultney GMC theater dept presents Crimes of the Heart, Ackley Theatre. 7:30pm Mar. 18&19, 2pm Mar. 20. \$10 general public.

Mar. 19 - Rutland. Home, Garden & Recreation Show at Spartan Arena, 9am3pm. 773-0672.

Mar. 19 - Brandon. Rutland County Parent Child Center hosts 3rd annual Dr. Seuss celebration, 10-3 at Brandon location, 34 Faivre Circle. Free & open to public. Kids activities, free BBQ, ambulance tour, book walk, meet Cat in the Hat.

Mar. 19 - Granville, NY. Slate Valley Museum day of Irish inspired activities, 10am-4pm. Showing of film "The Quiet Man," Irish tea & food. 518-672-1417.

Mar. 19 - W. Rutland. Free family friendly movie at W. Rutland Public Library, 10:30am. Rated pg. Snacks. Call 797-8055 with any questions.

Mar. 19 - Bridgewater. VVSA Humane Society & Kedron Vet Clinic offer drive up rabies clinic, 12:30-2pm, Bridgewater Marketplace. Register at P.O. entrance. \$8 each. 672-5302.

Mar. 19 - Woodstock. Woodstock VT Film Festival Winter Series at Billings Farm & Museum, 3pm. This week: The Cave of the Yellow Dog. \$10/ film. 457-2355 for details & complete listing.

Mar. 19 - Rutland. Princess for a Night Project - Rutland HS Key Club & Pink Ribbon Butterfly Project present. RHS cafeteria, all gowns & accessories \$25 or less with student ID. 282-4464.

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Mar. 19-20 - Vermont. Maple Syrup producers hold 10th Annual Maple Open House Weekend! Sugarhouses state-wide open doors for tastings, demos, more. See listings for details.

Mar. 19-20 - Pittsford. History of Maple Sugaring with Maple Open House Weekend. Discounts, tasting counter. 10am-4pm. 483-9414.

Mar. 19-20 - Poultney. Maple Fest Weekend Celebration! Pancake bfasts, Maple Fest 5K run Sat. 10am; Horace Greeley Sightings, family games & crafts at GMC, Annual Maple Bake Off Contest, Open Sugar House Tours, Wagon Rides, nature walk, supper, much more throughout weekend. 287-4004 for details.

Mar. 19-20 - Woodstock. VT Open House Celebration of Maple Sugaring at Sugarbush Farm. Free admission, free samples. 10-5 each day. Demos. 457-1757.

Mar. 20 - Mt. Holly. Vol. Rescue Squad holds BINGO at Mt Holly Elem School. Doors noon, games 1pm. \$20/ 20 games, 9 cards/game. Cash prizes. Refreshments. 259-2810.

Mar. 20 - Granville, NY. Slate Valley Museum Movie Sundays presents "Glory" 1pm. \$5. 518-642-1417.

Mar. 21 - Apr. 1 - Pomfret. Circus Smirkus comes to Pomfret School! "Circus Secrets" Classes for K-6 students. Final performance Apr. 1, 6pm. 603-562-6976.

Mar. 21 - Pittsford. Online bidding begins for Apr. 7 RCHS Spring for the Animals Auction. rchsvt.org. Auction 5:30-7:30pm, \$25 tickets include hors d'oeuvres, silent auction, live music. 483-9171.

Mar. 21 - Rutland. Community Forum, free dinner & discussion, 6-8pm, South Station Restaurant. Help VTDDC & partner answer questions about supporting people with disabilities & how community can be more welcoming to people. 775-1370 to reserve space for dinner.

Mar. 21 - Mentor Connector presents Rap-punzel, one act play set to rap beat performed by hs students, 6:30pm, Proctor HS Gym. Donations at door. 4598-3353.

Mar. 21 - Rutland. Rutland County Master Gardeners sponsor educational program about lawn care, 7pm, Godnick Center. Speakers, presentation. Public encouraged to attend free program!

Mar. 22 - W. Rutland. AARP Safe Driver Course at NeighborWorks of W. Vt, 9:30am. 4 hr refresher course for all driver age 50+. \$14; \$12 AARP members. Limited class size, rsvp 483-6335.

Mar. 23 - Pittsford. Pittsford Senior Luncheon - WEDNESDAY! 1pm, Vt Police Academy. RSVP by Mar. 14, 483-6500 x17. Age 60+ \$4.50, under 60 \$6.

Mar. 23 - Rutland. BROC - Community Action in Southwestern Vermont Networking Event: The Crime - financial peace to build your business. 1-3pm, BROC. Free, open to public. 665-1744.

Mar. 23 - Rutland. Community garden talk & seed swap, 4:30-6:30pm, Rutland Free Library Fox Rm. Learn about Grow-A-Row, Master Gardeners, seed library - bring some of last years to share. 773-1860.

Mar. 23 - Castleton. Fireside Crafts at Castleton Library, 6:30pm. Bring your craft/project, and share knowledge, companionship, tea & snacks by fire. 468-5171.

Mar. 23 - Pittsford. Pittsford Business Community Group presents Leanne Tingay & marketing presentation: Surviving and Even Thriving in Business During Construction. 5:30-7pm, Inn at Logan's Run. Mar. 24, 8:30-10am. RSVP 483-2218. Free event.

Mar. 24 - Plymouth. Public Hearing for Nomination of Scenic Rte 100 Byway Designation, 7pm, President Calvin Coolidge Museum & Ed Ctr.

Mar. 26 - Hartland. VINS presents Sustainable Gardening Workshop - Home Gardening for Sustainable Health - 10am-1pm. Held at Harmony Farm greenhouse. \$16 VINS Members, \$20 general public. Pre-register by Mar. 21 at 359-5000 x223.

Mar. 27 - Pittsfield. Spring Wine & Food Tasting, 3-6pm, Original General Store Wine Cellar. \$20 pp. Pairing foods & wine. Space limited, rsvp 746-8888.

Ongoing

Rutland - Boys & Girls Club open 2:30-7:30pm school days. Drop in \$1/ visit. Lots of events. 747-4944 for details.

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Rutland. Rutland Rec Dept Indoor Season at Giorgetti Arena - register for youth soccer, field hockey, lacrosse, flag football, adult field hockey, soccer women's 30+, coed drop in leagues. Rutlandrec.com

Killington - Sherburne Memorial Library Events: Killington Arts Guild acrylics workshop meets every Tues., 10am-noon, free. Tues, 2pm - Matinees. Weds - Mother Goose Story Time, 10:30am. Fris - Preschool StoryTime, 1:30pm. 422-3824.

Plymouth - Sleigh Rides at Hawk Resort. Rides through VT countryside in old-fashioned sleigh pulled by Belgian draft horses. 7 days during holiday periods, weekend thru winter. XC Skiing & ice skating also. Reservations needed, 672-3811.

Woodstock. Woodstock Farmer's Market held in social hall of the Woodstock Unitarian Church, 10am-1pm, 4th Saturday of the month through April. 457-3889.

Mons. - Pittsfield. Pittsfield Historical Society meeting, Town Hall 3rd Monday of the month, 7pm.

Tues. - Rutland. 1st & 3rd Tues. of month, Rutland Area Toastmasters Club meets 6:30-8pm, Dana Rec Ctr. Open to all. International organization which fosters public speaking & leadership skills through local clubs.

Weds. - Killington. Killington Rotary Club meets at Summit Lodge 6-8pm for full dinner, guest speaker and/or discussion. Seeking new members! Mar. 23, video entitled "Gray Eagles" narrated by Peter Coyote... about WWII Mustang airplane.

Sats. - Ludlow. Winter Farmers Market at Ludlow Masonic Lodge, 9am-1pm. Localvore galore.

Sats. - Rutland. Farmers' Market, inside at Rutland Co-op, Wales St. Vendors sell fresh veggies, flowers, breads, baked goods, maple products, much more. Live entertainment. 10am-2pm.

MUSEUMS & EXHIBITS

Art & Antiques on Center - 17 Center St, Downtown Rutland. Hours: M-Sat, 10-5. Open ArtHop Fridays (2nd of month) til 8pm. 786-1530.

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. Winter Film Series, Sat. thru Apr.

Brandon Artists Guild - Brandon. Open daily 10am-5pm. New Show - Manipulating Polaroids "Manipulations" by Lowell Snowdon Klock, thru Apr. 30.

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

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

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

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

Chandler Gallery - Randolph. Gallery hrs: Thurs. 4-6pm, Sat. & Sun. 1-3pm. 728-9878.

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

Killington Arts Guild Fine Art Gallery - at Cabin Fever, Rt. 4. Open business days 9-6:30pm. All Members Show - "March On" - thru May. 422-3824.

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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. Blue Man Group-Making Waves exhibit thru May 8.

New England Maple Museum - 4578 Rte 7, Pittsford. Open for the season. Off-Season Rates. Groups over 12 can request "Sugar on Snow" by reservation. 483-9414 for info. Spring hours 10AM-4PM daily.

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.

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.

VINS Nature Center - Rt 4 (Next to the Quechee Gorge) Quechee. Daily activities, programs, exhibits. 359-5000 for info.

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

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

COMING UP

Mar. 25-27 - Killington/Rutland. Snoe.down Winter Music & Sports Festival hosted by moe. Killington Resort & Spartan Arena. moe., Keller Williams, Lotus, Twiddle, many more bands perform throughout weekend. Festival & lift ticket deals. 863-5966.

Mar. 31 - Rutland. Jack Ingram Acoustic Motel Tour at Paramount Theatre, 8pm. 2008 Best New Male Vocalist in Country Music award. 775-0903 for tickets, \$19.50-\$30.50.

Apr. 2 - Killington. Bud Light Bear Mtn Mogul Challenge at Killington Resort, Outer Limits at Bear Mtn. Annual competition heats up as 200 amateur bumpers take on slopes of Outer Limits for top honors! 800-621-MTNS.

Calendar space is FREE to advertisers & non-profit community organizations.

To publicize your event, please send us the following information: Description, date, time, place, fees, phonenumber, additional details. Mail: The Mountain Times, P.O. Box 183, Killington, VT, 05751. Email: editor@mountaintimes.info

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DiningGuide

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Dining at a glance

	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
Avellino Bakery & Pizza			
Baja Burrito Company		
Birch Ridge Inn	
Bridgewater Corners Store		
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Choices Rest. & Rotisserie
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Countryman's Pleasure		
Double D's Bar & Grill
Grist Mill		
Hemingway's
Heli's at Mountainview Lodge
Killington Market & Deli
Lookout Tavern
McGrath's Irish Pub		
Moguls Sports Pub
Mountain Top Inn & Resort		
On The Rocs Lounge		
Outback Pizza
Pasta Pot
Phat Italian Market & Deli
Pittsfield's Original General Store
Ramunto's
Red Clover Inn
Saints Pub at the Summit Lodge		
Saltwater Cowboy/Seafood Rest.		
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Political Satire Returns to Rutland: The Capitol Steps

The Paramount Theatre announced today that The Capitol Steps tour will make a stop for one night only on Friday, March 18, 2011 at 8pm. Tickets are still available. March 18th's presentation marks the sixth time that this fabled troupe has graced this historic stage on Center Street in downtown, Rutland.

About 30 years ago, the Capitol Steps began as a group of Senate staffers who set out to satirize the very people and places that employed them. In the years that followed, many of the Steps ignored the conventional wisdom ("Don't quit your day job!"), and although not all of the current members of the Steps are former Capitol Hill staffers, taken together the performers have worked in a total of eighteen Congressional offices and represented 62 years of collective House and Senate staff experience.

"Every year we hear the same thing in the lobby after the show: 'How do they come up with everything so quickly?' There is no doubt that their amazing

ability to write music 'on the fly' is what produces such on-the-spot, up-to-date humor!" commented, Eric Mallette, Programming Director for The Paramount Theatre. "It's as though they write stuff on the bus on the way here – what was in the news at the noon-hour makes the show at 8pm!"

Most cast members have worked on Capitol Hill; some for Democrats, some for Republicans, and others for politicians who firmly straddle the fence. No matter who holds office, there's never a shortage of material. Says Elaina Newport, "Typically the Republicans goof up, and the Democrats party. Then the Democrats goof up and the Republicans party. That's what we call the two-party system."

Tickets are available and may be purchased by phoning The Paramount Theatre Box Office at 802 775-0903. Tickets may also be purchased online at www.paramountlive.org or at The Paramount Theatre Box Office at 38 Center Street in downtown Rutland, Vermont.

Green Mountain College Presents Crimes of the Heart

The Green Mountain College theater department will present the stage production "Crimes of the Heart" March 18-20 in Ackley Theatre. Directed by GMC professor Paul Mann, showtimes are 7:30 p.m. Friday and Saturday and 2 p.m. on Sunday. Admission for the general public is \$10.

This is a Pulitzer Prize winning contemporary dark comedy about a dysfunctional trio of sisters, Meg, Babe, and Lenny, who reunite at Old Granddaddy's home in Mississippi after Babe shoots her

abusive husband. The trio was raised in a dysfunctional family and each has endured her share of hardship and misery. Past resentments bubble to the surface as each sister is forced to deal with the consequences of the "crimes of the heart" she's committed.

The play was written by Beth Henley. The 1986 film adaptation was directed by Bruce Beresford and garnered three Academy Award nominations, including one for Henley for Best Adapted Screenplay.

Family Film Showing at Billings Farm

Billings Farm & Museum, gateway to Vermont's rural heritage, will screen "The Cave of the Yellow Dog" on Saturday, March 19 at 3:00 p.m., the fourth film in the Woodstock Vermont Winter Film Series. All films are open to the public and accessible to people with disabilities.

"The Cave of The Yellow Dog" (in Mongolian with English subtitles) is an engaging portrait of life in a Mongolian nomad family, set in the northwest province of Altai. The film hinges on the tension between sheep-tending father Urjindorj and his six-year-old daughter Nansal, over a puppy she discovers in the wild. Fearing that the dog may have lived with wolves that might return to attack his flock, Urjindorj demands that Nansal get rid of her new pet. The true beauty of the storyline is the filmmaker's focus on the simple traditions of an ancient culture, reflected in the hardworking family's everyday lives, their values and beliefs, and how they tirelessly adapt to nature. This film received Outstanding Children or Youth Film (German Film Awards) as well as a nomination for Best International Family Feature Film (Young Artist Awards).

The Woodstock Vermont Winter Film Series is offered in partnership with the Environmental Film Festival in the



Nation's Capital, the oldest and largest showcase for environmental films in the United States. Six films have been selected for the "big screen" in the museum's newly renovated theater, with its state-of-the-art HD digital cinema and Dolby? surround-sound technology. Tickets may be purchased in advance or at the door, seating permitting: adults-\$10; children-\$5; Billings Farm members: \$8/\$4. For a list of screenings and information: www.billingsfarm.org/filmfest or call 802-457-2355.



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Wine Experiments 

By Gerd Hirschmann
Representative of the VT Wine Merchants Co.

Oregon Pinot Noir

A famous quote by American wine pioneer André Tchelistcheff declared that "God made Cabernet Sauvignon, whereas the devil made Pinot Noir." Pinot Noir is widely held to produce some of the finest wines in the world, but it is also regarded as one of the most difficult to grow. The Burgundy region in France is most famous for this finicky grape with its fleshy, 'farmyard' aromas, but there are 'newer' areas where the grape does well.

It is now the signature grape in Oregon to wide acclaim. The broad range of bouquets, flavors and textures that Pinot noir produces can be confusing to the taster. The wine tends to be light to medium bodied with aromas reminiscent of black cherry, raspberry or black currant, sometimes ripe strawberry. It is often described in romantic, even sexual terms. Quotes range from 'sex in a glass' to voluptuous and seductive yet fickle.

The Willamette Valley in Oregon has the same latitude as Burgundy in France and a similar climate. The grape was introduced there in the 1960's and in the early 80's put Oregon on the map as a world-class Pinot Noir producing region.

Stretching from the falls at Oregon City near Portland

to south of Eugene, the Willamette Valley was a promised land for many of the emigrants on the Oregon Trail in the 1800s. The arduous trek of 2000 miles from Independence, MO took great strength and endurance to survive. A six-month journey by covered wagon at a time when Indians attacked the wagon trains frequently, and food, water and wood were generally scarce at best. The reward was a piece of this fertile valley with a moderate and pleasant climate favorable to a tremendous variety of crops. A little of that pioneer spirit still is in Oregon wines today.

Not all portions of the Willamette Valley are suitable for vineyards, however, and the largest concentration of wineries is found west of the Willamette River, on the leeward slopes of the Coastal Range, or among the numerous river and stream valleys created by Willamette River tributaries. By far, the largest concentration of wineries is in Yamhill County.

Pinot Noirs can offer good acidity, typically with a silky smooth entry that gives to a dry, full bodied mid-palate before it gets lost in raspberry and garden earth flavors, which then seem to disappear in a long and open, freshly harvested field.

A great Pinot Noir offers a world of surprises if you can get past the nose. Its ruby red color and often cited 'great legs' can lead to a big nose of black cherry and earth, of mushroom with a bit of bittersweet chocolate, strawberry jam and vanilla flavored silky cream to top it off. A little bit of tannin can wake you up, good acidity let's you taste the food to the fullest range and a long finish let's you ask for more.

Get Out Your Dancing Shoes in the Name of RCWNS

The Rutland County Women's Network and Shelter hosts its Second Annual Masquerade Ball and Silent Auction on Saturday April 2nd, from 7:00 PM to midnight, at the Rutland Country Club in Rutland, VT.

The event will raise funds to support the outreach program of The Rutland County Women's Network and Shelter in its 31st year serving victims and survivors of domestic and sexual violence in Rutland County. This program supports our mission which focuses on

Dancing Shoes, Page 23

killington super market

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VINS Presents Sustainable Gardening Workshop

The Vermont Institute of Natural Science (VINS) is presenting the second workshop in its Creating Sustainable Homes and Communities series. Offered in partnership with Harmony Farm, the series focuses on sustainable living as a community, family and individual. Those interested in saving money, supporting a local economy and making "green" purchasing decisions are invited to join VINS and explore the key components of a thriving local economy as well as the resources within local communities that enable individuals to make environmentally-conscious and affordable choices as consumers. Participants will discover ways to be more sustainable and eco-conscious on a daily basis while strengthening the economic, social and environmental health of the local community.

Workshop number two, Home Gardening for Sustainable Health, will be presented on Saturday, March 26 from 10:00 a.m. to 1:00 p.m. Participants will learn how to nourish and protect families and friends throughout the year with food and medicine grown in the home garden. Join VINS and Harmony Farm to learn what's possible for your own home garden, and take away an herbal tea blend and some seeds to get your garden growing.

This class will be held in the Harmony Farm greenhouse in Hartland, VT, and is \$16 for VINS members and \$20 for the general public. Pre-registration is required by Wednesday, March 21 by calling 802-359-5000 ext. 223.

For more information about this or other VINS programs, please call 802-359-5000. Tell them you saw it in The Mountain Times.

Boston Legends All Star Concert

Don't miss this one... The Paramount Theatre's Guest Production of The All Stars of Boston Rock, including members and alumnae of The J. Geils Band, Boston, Aerosmith, Joe Perry Project, The Rolling Stones, The Commitments, Bellevue Cadillac, Farrenheit, and more. These are just a few of the amazing bands that have brought the sound of Boston Rock around the world as far back as the 1970's. Now the most accomplished musicians from these bands join together in one historic all-star group to play live on Sunday, March 20 at the Paramount Theatre in Rutland, VT.

This is truly an incredible lineup of musicians from guitarist J. Geils, harp player Magic Dick and bass player Danny Klein of the J. Geils Band to Barry Goudreau formerly of the band Boston, Joe Pet from the Joe Perry Project and Doug Bell from Bellevue Cadillac. Vocals for this band are

shared by guitar great and Grammy nominee Jon Butcher from the Jon Butcher Axis along with Charlie Farren of the Joe Perry Project and Farrenheit and David Hull who has performed with Aerosmith and Joe Perry Project. The Boston Legends All Stars will also feature Sandy McDonald from The Commitments, child prodigy Desiree Bassett who has performed with numerous rock icons including Ted Nugent and Sammy Hagar, The Uptown Horns and more. The Fools who made their own mark in the history books of New England music will open.

Ticket prices for the event are: \$75.50 VIP Package; \$48.50, and \$37.50. Add \$30 to any regular ticket price to upgrade to VIP. Tickets are available online at www.paramountvt.org, by phone at 802-775-0903 or at the Paramount Box office in person 11am-6pm Thursday and Friday and Saturday from 10am-2pm - on sale now!

Dancing Shoes

continued from page 22

prevention, education, and outreach with the goal of preventing and decreasing incidences of further abuse.

Dust off your dancing shoes and join us for an evening of fun! Guests are encouraged to let their imaginations run wild for this costume optional event. Accessorize your finery with a glittering mask, get out that neglected formal wear and kick off the spring season in style! Music provided by 2kUL Entertainment will keep you dancing into the night. Enjoy delicious hors d'oeuvres while you test your luck and bidding savvy with a silent auction featuring new and gently used designer purses as well as a fantastic selection of merchandise from local businesses. A cash bar will be available along with free soft drinks for the



designated drivers.

The staff of RCWNS would like to thank the many businesses who have so generously supported us. Specifically, a big thank you goes to the Rutland Country Club for donating their facility. We would like to express our deep appreciation to Citizens Bank and The Vermont Country Store for their sponsorship, without them this event would not have been possible!

Tickets are \$50 to admit you and one guest. They may be purchased by contacting RCWNS staff at 775-6788. Only one hundred tickets will be sold so don't miss out on what promises to be the most elegant event Rutland has to offer this spring!

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March is Martini Month
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AT THE BEAST, A SEASON PASS IS A BADGE OF HONOR.

2011-12 Killington Season Passes are now on sale, offering guests who purchase and pay in full the opportunity to use their 2011-12 Season Pass starting March 18, 2011 or they can opt for the payment plan* and start using their pass next season.

UNLIMITED PASS* | **\$1049**
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Youth (Ages 7-18) \$699; Senior (Ages 65+) \$699; Child (Ages 6 & under) \$39

You need unlimited access to both Killington Resort and Pico Mountain because you're in the lift line waiting for it to open and chomping at the bit for first tracks! The Unlimited Pass is a necessary tool for skiers and riders who hit the mountain more than 13 days a year and it's valid every day of the season.

BLACKOUT PASS* | **\$729**
ALL AGES

Quality and value without the crowds! The Blackout Pass is perfect for those who hit the slopes 10 or more days a season and want to avoid peak periods. The all ages Blackout Pass is valid all season at Killington Resort and Pico Mountain with the exception of 18 blackout days (12/26/11-1/1/12, 1/14-15/12, 2/18-26/12). Blackout Pass holders will receive two floating days that may be used on any blackout day of their choice.

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Escape the weekday routine! The Midweek Pass offers outstanding value for those with the flexibility to ski before work or school, after work or school or playing hooky on a powder day! The Midweek Pass is valid Monday through Friday at Killington Resort and Mondays, Thursdays and Fridays at Pico Mountain with the exception of peak days (12/26-30/11 & 2/20-24/12).



**BUY YOUR SEASON PASS NOW AT THE SNOWSHED SALES CENTER, ONLINE
AT WWW.KILLINGTON.COM OR CALL 800-887-3257 BY APRIL 28, 2011.**

*2011-12 Killington Pass must be paid in full to ski or ride from March 18 through the end of the 2010-11 season. Season passes purchased by the April 28, 2011 early price deadline are eligible for the Summer Payment Plan for an additional non-refundable fee of \$25 per household order (not per pass). Simply purchase a pass with a credit card online or by phone (800-887-3257) by April 28, and pay 33 percent of the total purchase cost at the time of your order, another 33 percent will be automatically charged to your credit card on June 30, 2011 and the final 34 percent will automatically be charged to your card on August 30, 2011. All passes are subject to 7% Vermont state and local tax. Some restrictions apply. ©2011 Killington/Pico Ski Resort Partners, LLC.

The Mountain Times

Volume 40, Number 11

Central Vermont's Premier Weekly Newspaper

March 17-23, 2011

Rt. 4 "Crossroad of Vermont Byway" Approved

U.S. Rt. 4 was designated Wednesday by the Vermont Transportation Board as the "Crossroad of Vermont Byway." The unanimous approval from the Board designates the 50-mile stretch of road from West Rutland to Hartford as Vermont's 7th Byway. The designation includes the towns of West Rutland, Rutland City, Rutland Town, Mendon, Killington, Bridgewater, Woodstock, Hartland and Hartford (representing White River Junction and Quechee.)

Rt. 4 is a major east-west travel route for crossing the State, passing by many of Vermont's defining characteristics. The Crossroads of Vermont Byway will highlight the unique features of Vermont, including the

"The designation supports our efforts to attract more visitors and help create a sense of arrival in town," says Seth Webb, Director of Economic Development and Tourism for the Town of Killington. "We're delighted to work with the neighboring towns to pursue common goals that benefit us all."

"We couldn't be more excited about the collaboration of municipalities that have joined together to create this 50 mile U.S. Route 4 east-west byway through Central Vermont," adds Tom Donahue, Executive Director of the Rutland Region Chamber of Commerce. "Rarely do you see this kind of collaboration and unity to



Photo by CVPS Line Worker Tom Bushey

Contracted by CVPS for storm restoration work earlier this week, Stacey Herrick, crew from Vaillancourt Tree, works from a tree to repair a power line on Mt. Ascutney. (He is harnessed to another tree and is being spotted by a Vaillancourt co-worker.)

What Happens When the Lights go out?

by Royal Barnard

The enormity of the record breaking February 2011 snowfall, and the rash of wild March weather have made their dent on creature comfort. We've run out of space to put the snow at home, while roadway snowbanks make it near impossible to peek out onto the highway and avoid oncoming traffic.

Most of us, however, can get to work, school or the local shops and do OK. Meanwhile road crews, delivery trucks and your public utilities have faced enormous difficulty.

Heavy snowfall and prolonged winter conditions cause stress in our lives, and if you run out of fuel, or can't get out of your driveway, or lose electric power, then this has a huge psychological impact.

According to Scott Massie, "Storm Manager" and Manager of Central Scheduling at CVPS, customers feel that "Life is not normal when the lights go out; nor can life return to normal without power." So, when power is interrupted, customers become anxious.

As an example, in last week's heavy snowstorm, nearly 2,000 trees and branches caused power line damage and interrupted service to an estimated 12,000 CVPS customers. Over 5,000 of

these customers called CVPS and reported their outages to its automated phone system; and another 2,500 spoke with one of the 27 customer care advocates in their Rutland Call Center.

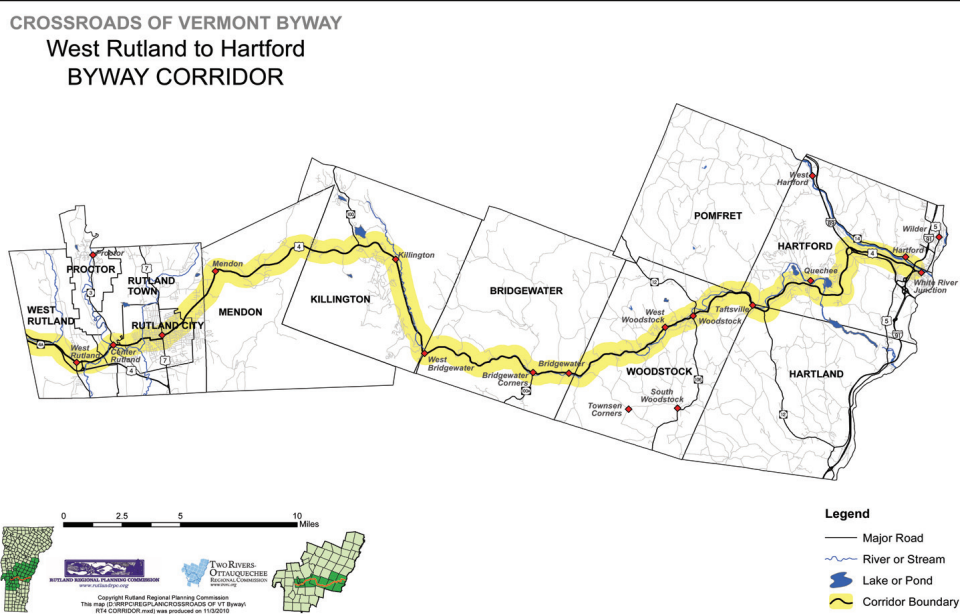
CVPS encourages customers to report outages, because it's impossible for them to locate isolated failures unless they've been reported or if workers happen to observe them while correcting other known problems.

Jeremy Baker, CVPS Manager of Pre-Construction Engineering and another member of the "Storm Team," noted that "most consumers are understanding when major weather issues interrupt power. They are less understanding, however, if they can't see the problem - like a tree way down the line on their street - or if they don't see utility vehicles roaming in their neighborhood."

None-the-less, customers can be assured that the utility company is out there, fixing a problem that may be miles away. In addition, the company will work continuously until every outage is repaired.

CVPS has 95 qualified line workers who, during outages, typically work up to 18 hours per shift followed by 6 hours off. In some instances, they may do this for seven or more days in a row. So, if you see

CVPS, Page 29



Quechee Gorge in Hartford, covered bridges in Woodstock, big-mountain recreation in Killington, and the Marsh Boardwalk in West Rutland. The byways program is designed to encourage towns to work together to promote, enhance and preserve their scenic, historical, recreational, cultural, archeological and natural qualities.

The collaborative effort to designate Rt. 4 as a byway began in March of 2010 by representatives of the participating towns, spearheaded by the Town of Killington. Designation as a byway will help attract new travel, tourism and grant dollars to the region, and allows the byways communities to apply for over \$40 million in available federal grant funding.

accomplish a common goal with little or no opposition or dissent."

"There has been a tremendous grassroots effort among our communities to move this project forward in a very timely and efficient manner," said Greg Smith, chair of the Mendon Select Board. "I know I've enjoyed broadening the relationship between Mendon and our neighboring communities and look forward to continuing to expand our cooperation as this and other projects come before us."

The Byways committee plans to meet in late March to discuss initial marketing plans for Vermont's newest byway. An overview of the Vermont Byway Program can be found at http://rutlandrpc.org/tprogram.php?program_id=12.

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Mendon/Chittenden/ Pittsford/Brandon Notes

by Debbie Burke

At the February 28 meeting of the Town of Chittenden Selectboard the Listers presented a report. Millie Kimball stated there are 4 appeals coming in, and with one of them she does not feel comfortable handling it on her own and would like to have Tom Hayes assist her with it. She also would need to have appraisals done on all 4 properties. Selectman Bob Bearor made a motion to allow Millie to hire Tom Hayes to assist her, with all in favor of this action. Selectboard member Donnaleen Farwell asked Millie if she had heard of anyone running for Lister, she thought there may be one person that would be a write-in.

Regarding the Grange Hall report, the grant from the State for Park and Ride feature is fully funded. Karen Webster has also received a grant for the generator; the Town's partial match would be \$10,500 and there is a need to submit it by mid-March 2011.

In a report on Roads, it was noted that the roads are in need of patch work in many places throughout the Town, but this work needs to be done in warmer days to complete.

In the report on the Transfer Station, John Parker stated that someone fell this past week near the bin for plastics.

Under Old Business, Selectman David Sargent will have information for the Selectboard's next meeting regarding Deb Hall and her property.

Under New Business and Correspondence, the Town purchased the new loader for \$100,000 with a trade in of the old loader. Bob Bearor will know soon how much the warranty will cost. Regarding the Arrowhead bill, Skippy will be calling them as part of the bill is incorrect- they received wrong parts (the wing's edges) and will not pay this portion of the bill (\$302.40) until rectified.

The Pittsford Recreation Department announcement: **ATTENTION SENIORS:** The next Pittsford Senior Luncheon will be held on WEDNESDAY, March 23, 2011 (one day earlier than normal) at the Vermont Police Academy in Pittsford starting at 1 pm. Chef Bob will prepare lasagna with garlic bread. A fresh salad bar is always included. All foods are homemade, including the soup, bread, and desserts. Coffee and other beverages will be available. If you're interested in attending, please call Randy Adams, Pittsford Recreation Director at 483-6500 ext. 17. Reservations are necessary. Suggested donation for seniors 60 and over is \$4.50. Cost for guests under 60 is \$6.00.

Memory Column To Celebrate 250 Years

In 1761, the Town of Killington was granted to settlers Ezra Smith and Benjamin Ellery – and in 2011, we're celebrating the 250th anniversary of that historic year. The Town of Killington is planning a celebration centered around our sescentennial birthday on July 8th, 2011. The 250th birthday planning committee, led by Beverly Anderson and supported by the EDT, is crafting the weekend celebration – plans currently under discussion include an evening birthday party on Friday, July 8th, a birthday cake baking contest, and a collection of town memories.

To honor Killington's history and legacy, the Town is partnering with The Mountain Times to include a memory column every week from April to December featuring stories, memories and news from years gone by. Beginning in April, the column will feature memories from current and former residents, news from the past, and town historical trivia. The memory column will be supplemented with video and photo memories on the

Discover Killington website and Discover Killington's Facebook page.

"Killington means so many different things to many different people," says Beverly Anderson, Chair of the 250th Birthday planning committee. "The collection of memories is a way for us to reflect on fun memories from the past, learn more about the community we live in, and create a collection of experiences we can share with future generations."

Anyone wishing to share a memory – whether an anecdote about growing up in the town, a story from a Killington experience or just a photo of Killington's yesteryear – should contact Gail Weymouth at gail@Sherburnelibrary.org. Memories not included in the weekly columns will be shared online at www.DiscoverKillington.com beginning mid-Spring. Residents interested in participating in the 250th planning efforts may join the committee by contacting Beverly Anderson at brandx@vermontel.net.

MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

At the February 23 meeting of the Town of Killington Economic Development and Tourism Commission, Commissioner Chris Karr advised that in addition to its regular monthly meeting the Chamber had a work session to re-organize itself by lining up people to handle particular events. The Chamber met with the Killington Resort to discuss a printed publication that the Resort is looking to publish. The plan is to bring The Mountain Times into the discussion as well so that there is a coordinated effort between the three entities in the production of each of their publications in order to avoid any duplication and to maximize reach.

Next on the agenda was a discussion and update on Killington's 250th celebration. At its first meeting the 250th Celebration Committee discussed that there was to be a brief presentation at Town Meeting; Gail Weymouth will coordinate the weekly "Memory" columns in The Mountain Times starting April 1st through late fall; representing the Sherburne Elementary School will be Jennifer Iannantuoni, who advised that the school is planning to do a variety of things such as a short film, some essays, and a time capsule. They are also looking to change the name of the school and are looking to work this into the celebration; they talked about the 4th of July and ways to raise people's awareness by using some visuals, possibly a talent show, some local story telling and hopefully a potluck meal; Jillian Bourgholtzer at the Killington Chamber will be coordinating ways that the Chamber and businesses can be involved. The plan is to use the Killington brand in all of the activities that are happening; they discussed tying the 250th in with the Hay Festival and involving the Arts Guild; the actual celebration event is planned for July 8 and the goal is to involve as many community organizations, groups and businesses as possible.

The EDT Director, Seth Webb, presented the 2010 EDT Annual Report. He noted that Suzie took the lead in the layout and graphics while Meg helped put together a large section of the document. The document starts with the Director's letter and then is divided into 3 major sections: an overview of 2010; 2010's Key Actions as outlined in the Strategic Plan which was rolled out in April 2010 along with the results of each of these key actions; measurements – business growth, estimated economic impact and event

attendance, publicity, taxable receipts and macroeconomics- all of which were identified in the Strategic Plan as ways that would be used to measure the EDT's success. A copy of the Annual Report was to be distributed at Town Meeting and posted on the Town's website. Seth was hoping to make a short presentation at Town Meeting. There was a brief brainstorming session on how to best present the highlights of the report.

Regarding golf marketing, the EDT is beginning its golf effort with Killington Resort and Green Mountain National by attending the Boston Golf Show. They will then attend the Hartford Golf Show and the White Plains, New York Golf Show. A very competitive early season offer has been developed along with a peak season offer and a show offer. A number of giveaways have been developed to drive people to the booth. They are also looking at doing some regional promotions in the Albany, Hartford and Springfield markets.

In the Director's Report, Seth advised that an agreement has been finalized to bring Circus Smircus to Killington on August 13-14. The EDT is now working on the contract for this event.

The EDT is also working on a contract to bring in a new management group for the Killington Classic.

The EDT will be meeting with the National Parks Trails Advisory Group to develop a plan for a Trails Committee.

Regarding Input from the Commissioners, Chair Jeanne Karlhuber noted that Seth Webb has just celebrated his first anniversary at the EDT Department and she expressed her heartfelt thanks for the amount of work he has done and the hours he has put in. It has been an honor to see him work and she has learned so much from him. Commissioner Jane Tanner also wished to thank the present Selectboard for participating in the hiring of Seth. She noted that their choice was a good one. Jane questioned if there is specific planning taking place with the Resort with regard to all the events being planned in order to avoid any conflicts. Seth responded that yes there is a master calendar and that Matt Porter at Killington Resort maintains one as well.

Commissioner Rob Megnin shared some benchmark statistics for the Resort this winter. As of the end of January, the State was up 2% and Killington is up close to 17% in skier visits.

Share Your Comments on Route 100 Byway Designation

The proposed Vermont Byway Designation of Route 100 is a joint effort of town representatives from Pittsfield, Killington, Bridgewater, Plymouth, Ludlow and Andover; Okemo Valley Regional Chamber of Commerce, Office of Killington Economic Development and Tourism, local businesses, and the Southern Windsor County and Two Rivers-Ottawaquechee Regional Planning Commissions.

This designation offers travelers historic, cultural, scenic and recreational information and waypoint centers about the towns and villages along the Byway. The Committee has finalized their Corridor Management Plan that identifies these resources along the Route 100 Byway. This Plan also includes a vision for

the future of the Byway and strategies to improve and enhance the resources and destinations along the way.

A public hearing is set for March 24 at 7pm at the President Calvin Coolidge Museum and Education Center, 3780 VT 100a, Plymouth, Vermont. The purpose of the hearing is for the Scenery Preservation Council to hear public comments regarding the designation of the byway.

For a copy of the corridor management plan and other information about the proposed Byway, see www.trorc.org or www.swrcpc.org. For additional information, please contact Rita Seto at Two Rivers-Ottawaquechee Regional Planning Commission or Seth Webb at The Town of Killington.

STOP THE VIOLENCE

If you have a problem with domestic violence, sexual violence or child abuse you can get help! These organizations offer FREE and CONFIDENTIAL assistance 24 hours a day, EVERY day. You don't need to suffer alone. Ask for help!

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The Rutland County Women's Network and Shelter is dedicated to assisting survivors of domestic and sexual violence.
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STATEWIDE HELP

The Vermont Network Against Domestic and Sexual Violence is committed to eradicating domestic and sexual violence through advocacy, empowerment and social change.
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Sexual Violence: 1-800-489-7273

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100 NORTH

NEWS FROM THE PITTSFIELD/STOCKBRIDGE VICINITY AND THE HINTERLANDS BEYOND

by Johnnie Goldfish

You are the kind of person who saves so much time with wise decisions, creative thoughts and simple kindness, that if you were anyone else, you'd toot your own horn take the next week off and stop feeling guilty for not doing more. Really, simple kindness saves time, extends lives, loudens laughter, and compounds interest. Sure, loudens is a word...now.

It is time to sign up and register for the Bowhunter Education Course at the Randolph Fish and Game Club. The course will be taught on Saturday, April 23 from 8 am to 5 pm. Preregistration is required at 802-728-9582. Attendees are encouraged to bring their own archery equipment.

The Rochester Public Library has been receiving donations of books and movie for several years. Some of these items are rare or collectible and the usual asking price was just .25 cents to \$2.00. A library volunteer, Mark Alexander has stepped up and launched the Rochester Library bookstore on Amazon.com to increase their customer base to the world wide web. The library currently has a number of books valued from \$20 to \$350 listed. So the library asks if you hesitated with your valuable books in the past please reconsider and know the library will not squander their assets.

Family Matters Report: We see each other more at dinner than any other time of the day and it is here that we learn who our family is. After you have given compliments, and asked the question, what was the best of your day you can move onto "Do you have anything to share?" This littleitty, bitty questions provokes thought and quite often the child or adult being asked the question will ponder a moment and then tell you something pertinent about their day. Then everyone else at the table either expounds on it or gets to tell about what they would like to share.

Katy and Tim Landwehr of Rochester are the recipients of the 2011 Community Achievement Awards. Katy and Tim have donated many hours to the Center for Valley Youth, the town recreation committee, as well as the Quintown Prevention Partnership, and they help run a Christian youth group at the Rochester Federated Church on Sunday afternoons with Susan Bushnell. The couple received \$500, which they have donated to the Center for Valley Youth. Katy and

Tim giving all they got... a big thank you from the community.

The 4 Year Old Love Report: or What does love mean to a 4-8 year old: Love is when you kiss all the time. Then when you get tired of kissing, you still want to be together and you talk more. My Mommy and Daddy are like that. They look gross when the kiss. Emily, age 8.

Note from a savvy Town Road crew driver: I hope it rains hot water.

If you would like a visit from the Pastor of the Federated Church of Rochester for whatever reason, please let him know. You can call Pastor Greg at home, 767-3332 or leave a message at the church office, 767-3012.

The Peace Report: If everyone demanded peace instead of another television set, then there'd be peace. — John Lennon.

This weekend the best free riders in the East and beyond are meeting up at Bear Mountain, Killington Resort for the Burton Stash Gathering. If you want to learn what lines, jibs, tricks, logrides, and shreddies are, git on over to the Bear. Sick.

The Friendship Report: (Not for sissies or willy-nilly friends), When you smile, I will know you are thinking of something that I would probably want to be involved in.

The U.S. Forest Service will hold a public meeting on Wednesday, March 23 at the Rochester Ranger District office on Route 100 north of Rochester village. A proposed planning rule and draft environmental impact statement will be explained at two meetings. You can choose either 2 to 5 pm or 7 to 10 pm. Instruction on how to submit written comments will be provided. No comments will be collected at the meetings. For more information please call Jay Strand at 767-4261.

If you missed the TriTown Youth Sports signup in Rochester on Wednesday, March 16 from 5:30 to 7 pm, please give a call to Katy at 767-4124 ASAP.

Thought for the Week: "Everything that irritates us about others can lead us to an understanding of ourselves." —Carl Gustav Jung, (Swiss psychiatrist, first modern psychologist to consider the human psyche of a spiritual nature).

Spring is in the air; let your neighbor's know what is out there at johnniegoldfish@yahoo.com.

Seed Swap & Garden Talk March 23

Join us at the Rutland Free Library as we celebrate spring! Creating Abundance: a community garden talk and seed swap will be held at the Rutland Free Library Wednesday March 23, from 4:30-6:30PM.

Hear about community gardening opportunities through the Rutland Recreation Department. Learn about the Grow-A-Row program from the Rutland Area Farm and Food Link. Find out just what makes someone a Master Gardener.

Check out some seeds from our community seed library.

Gardeners and growers—bring some of last years seeds to share with neighbors.

In partnership with the Rutland Recreation and Parks Department, the Rutland Area Farm and Food Link, and the Rutland Master Gardeners.

The Rutland Free Library is located at 10 Court St and fully accessible on public transit. 802-773-1870.

Vt Author Gives "Authentic Patriotism" Talk at GMC

Vermont author Stephen Kiernan will present a public talk "Authentic Patriotism" at Ackley Hall at Green Mountain College on March 24 at 7 p.m.

Author of "Last Rights: Rescuing the End of Life from the Medical System" and a new book "Authentic Patriotism: Restoring America's Founding Ideals Through Selfless Action," Kiernan will visit classes throughout the day at the College before the public lecture.

In his latest book, Kiernan urges Americans to take on the challenges facing our country by telling the sto-

ries of everyday heroes who are reshaping society. Patriotism, Kiernan argues, transcends flag waving and political posturing, and lies instead in our service to each other and our willingness to sacrifice for the sake of our country and its people.

"Authentic Patriotism' is the story of those people whom you have never heard of, but who are most responsible for the greatness of America," wrote former Vermont governor Howard Dean.

The presentation is free and open to the public.

250th Town Anniversary Organizational Meeting

Half of the towns in Rutland County will have the opportunity this year to celebrate their 250th anniversaries. In order to allow individuals from each municipality to cooperate and coordinate plans, so as and to avoid conflicts with the plans of surrounding towns, a get-together has been scheduled with plenty of advance notice. This notice will allow interested citizens to spread the word at every Town Meeting that a March 26 meeting in Rutland County will bring together interested townspeople and representatives of organizations.

For one hour, from 10:00 until 11:00 on Saturday morning, March 26, all interested persons are invited to meet in the wheelchair-accessible Nella Grimm Fox Room of Rutland Free Library. The library is located at 10 Court Street, at the intersection of Center Street, one block south of West Street (Route 4A) and three blocks west of South Main Street (Route 7).

During sign-in at the Fox Room, from 9:45 until 10:00, light refreshments will be available, courtesy of Rutland native Tom Hughes.

Historian, author, and Rutland resident Donald H. Wickman will facilitate

the meeting. Each town will have an opportunity to informally report and to hear celebration ideas from the other towns. An interim contact list will be started, to allow celebration planners to easily stay in touch as plans progress.

Here's the list of the fourteen Rutland County towns that were granted 250 years ago by New Hampshire Governor Benning Wentworth, with each town's specific 1761 date: Killington (March 17), Pawlet (August 26), Danby (August 27), Mount Tabor (August 28), Shrewsbury (September 4), Clarendon (September 5), Rutland town (September 7), Tinmouth (September 15), Wells (September 15), Poultney (September 21), Castleton (September 22), Pittsford (October 12), Brandon (October 20), Wallingford (November 27).

The next towns granted in what became Rutland County were Sudbury (1763) and Hubbardton (1764). Proctor, West Rutland, and the village (later city) of Rutland were not carved out of the Town of Rutland until 1887.

For more information, one may call Don Wickman at 775-4350 up until one hour before the meeting.

Mike Miller Honored



Mike Miller receives gratitude and plaque from the Town of Killington Town Manager Kathleen Ramsay, as he steps down as Selectman for the Town of Killington after many years of service to the Town as both Selectman and Commissioner on the Planning Commission. Thank you, Mike, from all of us in the Town of Killington, you will be missed!

"...A KICK IN THE PANTS TO DRIVE!"

— AutoWeek

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Events at Rutland Rec

Saturday morning drop-in art classes at Hands On Minds On Children's Art Studio.

Jen Hogan will be offering drop-in art classes Saturday mornings. Now until April 9th. Learn to Draw; Paint and Sculpt will be open for ages 5-10. Class will begin 10:30AM-12:00PM. Fee to participate is \$10R, \$12NR per class. A second offering Story Books and Painting is open for ages 3 (with a parent) - 6. Class will begin 9:15-10:15AM. Fee to participate is \$9R, \$11NR per class. For more information or questions please email info@handsonmindson.com.

Pre-Season Baseball/Softball Training Camp

The perfect pre-season tune up for your budding baseball or softball player. We will work on throwing, catching, proper footwork, hitting mechanics and situational plays. Each age group is limited to 16 participants. Eligibility for this fun camp are boys and girls ages 5-8. Camp will begin March 28th and run Monday & Wednesdays until April 20th. Ages 5 & 6 will take place at 5:15-6:00PM, ages 7 & 8 will take place at 6:15-7:00PM. Fee to participate is \$40 residents and \$51 non-resident. Register before 3/14 and receive a \$10 discount.

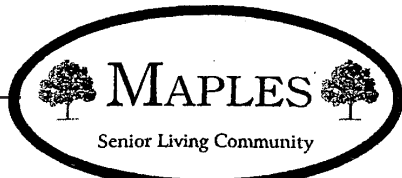
Call the Rec Dept at 773-1822 to register, or for more information on other events.

Vernal Pool Mapping Project

Someone famous once said, "You can't conserve something if you don't know where it is." According to Steve Faccio, a Conservation Biologist with the Vermont Center for Ecostudies, the goal of the Vermont Vernal Pool Mapping Project is to solve that issue for these small, isolated wetlands that serve as critical habitat for a variety of amphibians and invertebrates. Steve Faccio's presentation will begin with a discussion of vernal pool characteristics and their importance to the animals that depend upon them, followed by an introduction to the statewide mapping project and the opportunities it provides for communities and citizens to get involved.

The Vermont Vernal Pool Mapping Project will be focusing on Rutland County and adjoining areas this spring and summer.

The program is sponsored by Rutland County Audubon and will be held at the Rutland Library, on Wednesday, March 23 at 7:00 p.m. The program is free and open to the public. Interested potential "citizen scientists" are encouraged to attend. For further information call Roy at 775-3461.



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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, friendship, and a guest speaker. If you are interested in learning more about Rotary International, call 422-5499 to make a reservation to attend a dinner meeting. Upcoming programs are:

Mar 23 - Video entitled "Gray Eagles" narrated by Peter Coyote...about the WWII Mustang airplane

Mar 30 - Tom Salmon, State Auditor

Rotary District 7870 is looking for candidates to apply for the 2012 - 2013 Rotary Foundation Ambassadorial Scholarship. Ambassadorial Scholarships, the Rotary Foundation's oldest and best known program, was founded in 1947. Since then nearly 37,000 men and women from 100 nations have studied abroad under its auspices. Today it is the world's largest privately funded international scholarship program.

The purpose of the Ambassadorial Scholarships program is to further international understanding and friendly relations among people of different countries and geographical areas.

Ambassadorial Scholarships may be used for almost any field of study but cannot be applied for unsupervised research, medical internships or residencies, or employment. The program's goals include developing leaders who can address the humanitarian needs of the world community as well as improving the quality of life for the people of their home countries. Scholars are encouraged to request to study in countries that host relatively few scholars, such as Japan, Korea, Scandinavia, and developing nations in Africa, Asia, Eastern Europe, and South America. More information about the program and the application process can be found at www.rotary7870.org



The Killington Arts Guild Annual Meeting will be March 27 at 2:00 PM in the Sherburne Memorial Library, River Road. It will start with a reception and talk by Ann Wallen, the retiring President, followed by elections. Sally Curtis is preparing an Annual Report for distribution at the meeting. Members and the interested public are invited to attend.

In spring 1999, Betty A. Little was invited to an organizational meeting of the Killington Arts Guild upstairs in the Grist Mill. She was a retired public policy analyst with an economics background living with her husband in a Pico chalet and skiing. She had decided to return to a childhood avocation of writing poetry. Did she belong in an arts group? She wasn't a painter or sculptor but she went anyway. The group decided to incorporate as a (nonprofit) arts guild. Betty worked with Ann Wallen on by-laws and filling out papers. KAG would be a Guild for all of arts. Alice Score created a brochure. The cover said "Killington Arts Guild-Painters, Sculptors, Craftsmen, Printmakers, Photographers, Gardeners, Musicians, Writers, Dancers, Dramatists, Butchers, Bakers, Candlestick makers, YOU."

Betty served on the Board of Directors as Vice Presi-

dent and then Secretary; served on the program and finance committees; wrote publicity; formulated internal policy and edited the KAG newsletters with Ann Wallen. With poet Ann Day, she edited a KAG Poetry book, "A Gathering of Poets: A Vermont Anthology" and since has written a book-- memoir style book-- "Murdale: A Life and a Ministry," now in second printing. She was active in the League of Vermont Writers, the Poetry Society of Vermont and the Otter Creek Poets of Middlebury. She has moved with her husband to the Gables in Rutland where she conducts a Memoirs Group and organizes art shows. She is retiring from the KAG Board this month but will continue to coordinate KAG poetry meetings with Lauren Wilder and to write this column.

The Spring Art Show at the Upstairs Gallery, "March On" is open to the public every day at business hours at Cabin Fever Gifts Rt. 4 opposite the Killington Access road.

KAG'S NEW ADDRESS: Killington Arts Guild, 2363 Route #4, Killington, Vt. 05751; or call (Sally Curtis) 802-422-3852. For twelve years, Ann Wallen's address and phone have served the Guild. We are deeply indebted to her. You can still call Ann at (802) 422-3824.

The Passing of a Princess

By Cindy Phillips

From the moment she arrived, we knew this one was different. We carried her in our arms, still so tiny and fragile. But the minute we put her down on the floor, she took up a stance that let us know she felt at home and that she planned to make her mark.

Otto was unimpressed, at first, and ignored her as best he could. Until that fateful night a neighbor's shepherd attacked and Otto sprung to her rescue. A bond was formed between them, and they became inseparable.

Louise was a born entertainer and she played her role well. Barking was a pivotal part of her act - especially at anything that moved. She barked at shovels when Dave tried to clear snow and at the wheelbarrow when Carl would deliver wood. She drove Aunt Robin crazy when she tried to vacuum the lobby and Uncle Bob when he used the hand cart to move luggage. Every Summit bride and groom can tell you about her antics when she barked at the ceiling fans as they viewed the reception room. She insisted she could bite the tires off the motor coach buses when they arrived, and she would bark furiously when the driver would release the air breaks. But a moment later, she would board the bus with Bill to greet our senior guests gently and with respect.

Uncle Frank taught her to "sing" and they performed their act every weekend. He would croon his version of How Much is That Doggy in the Window, and on cue, Louise would bark her two notes. It brought down the house every time.

As much as she enjoyed being playful and active, she also loved her snuggle times. She would lie for hours on the front rug, letting guests and friends pet her head, scratch her ears and rub her belly. In the summer, you could find her on a lounge chair at the pool, sun bathing with the girls. At night, she turned into a complete bed hog, claiming her space between Bill and Cindy and snoring loudly enough to keep them awake.



Louise captured the hearts of hundreds of friends, guests, children and staff of the Summit Lodge. But she loved her daddy, Bill, with unparalleled devotion. They started each day with their morning walk, and later a ride to the post office. She would spend hours in the back of his SUV, patiently waiting for the next trip. It might be to Rutland for errands, or to the golf course for a snow shoe.

And when the snow would fall during a typical Vermont storm, Louise enjoyed nothing more than riding in the plow truck. She would stretch out in the cab, her head perched on Bill's lap, enjoying the warmth of the heater and the whirring of the plow as they pushed snow over and over. She could be happy like that for hours, and it was more than fitting that she spent her last night doing just this.

Louise was put to rest on Monday, March 7, after battling a fast-growing and relentless tumor on her spine. Up until the end, she was her loving and friendly self. Though she was experiencing some pain, it never stopped her tail from wagging furiously when she was approached. Her time with us was much too short, just over five years, but she created memories that will last a lifetime. We will miss our princess forever.

Proctor Place

by Stacy Bates

Proctor Pool is looking for lifeguards for the upcoming summer season. If anyone is interested in applying for a position, please contact Gretchen Crowley 459-2098 by 3/23.

Union Church of Proctor is having a fundraising event. They are placing new shakes on the Parish House replacing 100 year old ones. If you would like to memorialize your name, or a loved one, or a group, etc. on the back of a shake, send \$1.00 per name to the Shake Fund, UCP Proctor, Vt. 05765.

Learn about plans for the Proctor General Store in a public meeting Friday, March 25, at 6:30 p.m. in the store. It's election time for the board of directors and time to plan for the future.

The Proctor General Store is turning into a community focal point with a Wednesday story hour, Thursday game night, a book club under development, a book swap, and a clothing share called My Sister's Closet.

Rap-punzel, a one act play set to Rap beat directed and performed by high school students will be performed on March 21 at the Proctor High School Gym. It begins at 6:30 p.m.. Donations accepted at the door. For more information call Kathy Lablanc at 459-3353.

Bring the whole family to PES for their "Get Your Ticket to Read" Scholastic Book Fair on Wednesday, March 16th. It will be held in the PES Multi-Purpose Room (gym) from 6:00-8:30 PM. They will be showing the "Kung Fu Panda" Movie from 7:00-8:30 PM (bring pillow &/or blanket to get comfy for the movie). The PES PTO will be providing popcorn and drinks. There will also be drawings for prizes. Another event coming up at PES is on April 1. The Hampstead Stage Co will do a performance of Aladdin sponsored by PTO starting at 6:30p.m. in the PES Multi-Purpose Room.

Congratulations to the PES 5th and 6th grade boys basketball team for winning their first round game in the famous Glodzik Tournament in West Rutland Monday night against the Rutland Rec. Celtics. They play again Wednesday, March 16 at 6:30pm in West Rutland.

The Schoolboard meeting minutes for February 22 were recently released for publication. PHS principle

June Sargent gave her report which included that plans are progressing for the Service Learning Project day, set for April 29, with a community blood drive sponsored by the Red Cross to kick off the events on April 28 from noon to 6:00 p.m. at the PHS gym. Teachers were given their student group assignments, a schedule of group meetings, and the expectations for the first group meeting to be held on Feb. 28 where students will brainstorm a list of potential projects to be completed. This is all a component of the social-emotional learning work that is being done throughout the supervisory union and is one aspect of the high school action plan for this year.

June also said the policy for recommended class size at the high school was revisited. June explained what the numbers on the forms represented for both the high school and the elementary school. Mary wanted justification for the numbers being larger for class size in grades 4 to 6 compared to the high school classes. June explained that physical size of the high school students was the reason for the difference. There was a brief discussion. Mary made a motion to accept the minimum, optimal and maximum school district average class size policy for both the elementary and the high school. Bruce seconded the motion. The Item will go the agenda for the next meeting to be discussed and acted on.

June presented the board with candidates for the varsity softball and junior high softball coaches: Laurie Serrani for varsity softball and Sarah Ricci for junior high softball. June stated that both were offered the positions. Mary asked if the positions had been advertised outside the school. June responded that they were internal appointments. Mary had concerns with the wording of the teacher's contract and an internal appointment of an extracurricular activity and the precedent she did not want to set. She stated that in the future these positions need to be advertised externally. Mary made a motion to offer Laurie Serrani the Varsity softball coaching position and Sarah Ricci the junior high softball coaching position. Art seconded the motion and it passed unanimously.

CVPS

continued from page 25

a CVPS truck at a restaurant or motel when the power is out, they're not "hanging out"... they're eating or resting.

In addition to the line workers, there are other layers of "support staff" and management who do everything from help locate and schedule repairs, to deliver lunches, provide lodging and even deliver changes of clothing in suitcases from home.

A standard "bag lunch" for line workers usually includes a hearty sandwich or grinder, fruit, chips, a candy bar and a beverage.... basic energy foods to get them by until their shift is over and they can get a hot meal.

"Lodging," if "away from home," is provided and set up by CVPS during storm events for both external resources and internal resources if crews from CVPS's northern districts have to travel down south or vice versa.

During outages, the first priority, when possible, is to re-route power by switching. Normally, this is only possible in urban areas. In rural areas the task is to "repair" and restore power, then "inspect" every line in every area of concern to insure that power is restored; then when power is fully restored, to "rebuild" where necessary. Support staff back in Rutland then call customers to confirm their power is back on.

The worst culprits for damage to power lines are wind and ice. These cause trees and limbs to fall and create problems. According to Scott Massie "The typical Vermont snow storm isn't usually a problem by itself, although it can cause us difficulty in getting to repair sites." He added that "Line Workers often have to trek into remote areas on snowshoes; then locate and dig out power lines from the ice and snow."

In last week's storm, there was another problem. Some areas of Addison County were entirely unreachable because roads were completely blocked. State and Town road crews worked continuously with their regular snow removal vehicles and other improvised machinery to clear paths. Meanwhile, there's little the utility crew can do to help.

Localized flooding is another issue that often blocks workers from accessing problem areas. And, of course, there are numerous remotely located feeder lines built on steep, high altitude terrain where it's never "easy to get there."

When things get really bad, smaller power companies

like CVPS rely on "mutual aid" from neighboring utilities. These borrowed line workers may come from NH, MA, CT, PA, OH or as far away as Virginia or Ontario. In return, our Vermont workers turn around and help their partners, when they're in need.

Thankfully, the amount of time to repair normal power outages is hardly ever more than a few hours. This would be the case if a transformer blows or a pole is knocked down by a vehicle. However, when massive storms kick in it may take several days to repair damage. The priority is always to solve the problems that effect the most people first, and those with life support needs, then move on to places where it may take six men four hours to restore service to just five customers.... as happened in many instances during the last storm.

According to Scott Massie, "Most Vermonters who live in rural and wooded areas understand the hazards to their power supply. Many of them own stand-by generators, or have other means to survive extended power losses." However, the "Nor'icane" of April 16, 2007 is a stark reminder that even those living within the city of Rutland had interruptions of up to a week as crews waded through walls of downed trees and power lines. So, be prepared!

Personal safety is of prime concern when power lines are interrupted.

If CVPS is your provider the first thing to do is call 1-800-451-2877 to report a power loss.

In the mean time:

- Never touch downed power lines or anything they may touch. Stay at least 50 feet away.
- Never try to remove downed limbs or objects on or near the lines.
- If wires are burning or blocking the road, call your local fire department first, then call CVPS.
- If you have a generator, never operate it within or near a structure.
- When using a generator, use a transfer switch to insure you're not feeding back into lines that are under repair. Follow the generator users manual.
- Turn off all major appliances so that when power is restored there is not undue strain on the system. Be sure to leave one light on so you know when power is back.

For additional safety tips visit www.cvps.com/safety/StormSafety.aspx

Keep Mail On-Time This Winter

The Postal Service asks for your help during severe winter weather in order to give you the best possible mail service.

Keep your steps and walkways clear of snow and ice. Shovel out your curbside mailboxes so that carriers can deliver, collect and depart without having to leave their vehicles. Remove potentially dangerous ice from overhangs.

Please look for and abate hazards posed by winter weather. Help keep letter carriers safe and on the job so they can provide regular service to you and your community. The Postal Service thanks you for your cooperation in practicing common-sense winter safety outside your home or business.

Fireside Lodge Property Reported Sold

by Royal Barnard

A real estate auction was held Friday, March 4 @ 3PM for the sale of the former Bigelow's "Fireside Lodge" property on the Killington Road. The property is currently owned by the heirs of Killington pioneer entrepreneur, Raymond "Jack" Giguere, who once had a vision of using the land for some form of public good.

In the presale offering the property was described by Thomas Hirchak Company auctioneers as "SKI LODGE · 4 CABINS · 37± ACRES · GREAT SKI AREA VIEWS! OFFERED IN 4 PARCELS & ITS ENTIRETY"

This is the same parcel that was under option contract by the Town of Killington in 2009 for use as a "town gathering place." The Town put up \$25,000 for a one year option to buy with an agreed purchase price of \$850,000. The property had been previously listed for as much as \$2.9 million and was appraised at the option time for over \$1.5 million. The purchase failed when Town voters turned down the necessary bond to finance the purchase and initial improvements.

It is reported to us by an observer of the March 4, 2011 auction that there was only one bidder at the event, and that the highest offer heard was \$485,000. When the auction ended, it's reported that no sale was confirmed on the single bid.

In communicating with the Hirchak Company we were told that there is, in fact, a contract to purchase the property, which apparently was negotiated after the auction. No details of price, terms, buyer or proposed closing were offered. We were told that "nothing about the arrangement becomes public knowledge until a closing occurs."

For whoever owns the property there are fairly high carrying costs from taxes, sewer connection subscriptions, insurance and other expenses. So, it becomes apparent why the current owners would just as soon sell it. It would also seem apparent that whoever the prospective buyers are, that they must have some "plan" other than sitting on the land and running up costs of ownership.

Thus, another interesting chapter in the life of the "Fireside Lodge" property which has been generally vacant for many decades.

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COMMUNITY CALENDAR

Thru Apr. 9 - Killington. Sherburne Women's Club selling raffle tickets for annual fundraiser. Raffle drawing party Apr. 9 @ On the Rocs, 6:30pm, free admission, cash bar. \$10 tickets. 422-5402 or 779-4487 to purchase.

Mar. 17 - Woodstock. Hand in Hand community meal, Thurs., 5-7pm. This Week: St. Patrick's Day, VT. Social Hall, N. Unitarian Chapel Society. All welcome, donations accepted. 457-9272.

Mar. 17 - Hubbardton. Hubbardton Senior Connection lunch 1st & 3rd Thurs. of month, Hubbardton Town Hall, noon. All welcome. \$3.25/ seniors, \$4.25/ general. Socializing, entertainment or program follows. This week: St. Pat's! RSVP 273-2953.

Mar. 18 - Pittsfield. Pittsfield Federated Church fundraiser dinner, 6pm, Pittsfield Town Hall. St. Patrick's Day Corn Beef and Cabbage for \$8. Proceeds Handicap Access Renovation Project.

Mar. 19 - Pittsford. Pittsford Lions Country Breakfast at Congregational Church, 7-11am. Adults \$6, age 8 & under \$3. All you can eat!

Mar. 19 - Rutland. Mentor Connector 3rd Annual Flapjack Fundraiser Breakfast at Applebee's, 8-10am. Tickets at door. For info, 775-3434.

Mar. 19 - Whitehall, NY. Saturday Supper Buffet at UMC, 4:30-6:30pm. Hot & cold dishes, bevs, dessert. \$8 adults, \$5 age 10 & under.

Mar. 19 - Poultney. American Legion Post #39 host family dinner during Maple Fest Weekend. Seatings 4-5:30pm & 5:30-7pm. Pre-registration required - seatings limited. 236-8801. \$8 adults, \$5 under 12.

Mar. 23 - Pittsford. Pittsford Senior Luncheon - WEDNESDAY! 1pm, Vt Police Academy. RSVP by Mar. 14, 483-6500 x17. Age 60+ \$4.50, under 60 \$6.

Ongoing

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

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.

Tues. - W. Bridgewater. Blanche & Bill's hosts Aunt Francie's Southern Kitchen community dinner each week, 5:30pm til food runs out. \$12.50/ person, family style.

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

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

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

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

Thurs. - Danby. Christian Reading Room @ Danby Congregational Church parsonage open Thurs., 4:30-7pm. Check out, reference or personal study books & computer reference material. 770-2976.

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

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

Fris. - 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.

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. Sunday Services Begin at 10:30 a.m. Rev. Erica Baron.

Rutland - Sunday Service, children & adult religious instruction 10:30am. 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.

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.

Student News

—Caitlin Elizabeth Wiles, of Rutland Town has graduated from SUNY Plattsburg.

—The following students at the Community College of Vermont achieved honors status for the Fall 2010 semester:

Ashlee Aldrich of Danby; Jessica Baker of Rutland; Teri Bradley of Mendon; Gabrielle Briggs of Rutland; Contessa Bruso of Poultney; Lawrence Canfield of Fair Haven; Danielle Carrara of Rutland; Ashlynn Cathcart of Rutland, Timothy Crowley of Rochester, Travis Hart of Wells; Terrance Humphries of Rutland; Rachel Hutchins of Brandon; Susan Loseby of Rutland; Trinci Maranville of Rutland Town; Samantha Martino of Mendon; Courtney Mattison of Rutland, Kenneth Meris of Rutland; Samuel Olds of Woodstock; Douglas Rysewyk of West Rutland; Wendy Sausville of Bennington; Bryan Taggart of Rutland; Samantha Torralba of Rutland; Nichole Uhler of Rutland; Paul Valente of Rutland, James Cote of Wall-

ingford; Quinn Field of Putney; Victoria Hawthorne of Poultney; Alexis Lounsbury of Brandon; Amanda Posch of Poultney,

— Carly Allen of Randolph, VT and Alison Festa of Poultney were named to the Dean's List at Nazareth College in Rochester, NY.

—Katie L Crosby of North Clarendon has been named of the President's List at Johnson State College.

—Johnson State College Fall Dean's List - Alayna L Ballantine of Bomoseen; Beth A Mitchell of Brandon; Joshua Jakah of Fair Haven; Amanda Vanamburg of Leicester; Marc L. McDuff of Pittsford; Tiffany M. DelBianco of Proctor.

—Leah C. Houston, Rutland, Named To St. Lawrence University Dean's List.

—Jennifer L. Brown of Wallingford, VT, received a Bachelor of Science in Business Administration degree from Western New England College. Brown graduated Cum Laude.

Students Link Up With Auto Repair Shops for Highway Safety

Recently, students from the Vermont Teen Leadership Safety Program Chapters in Proctor High School, Mill River Union High School, and Stafford Technical Center began a partnership with Rutland area auto repair shops. The partnership is aimed at reducing excessive speed on roads and highways and the many crashes which result from speeding. The Vermont Teen Leadership Safety Program (VTLSP), an organization of high school students from about 40 Vermont schools which focuses on highway safety issues, decided that they wanted to work on a project to reduce the incidence of speeding and the deaths and injuries resulting from speeding.

They came up with a theme for the campaign, "Slow Down, Stick Around". The theme would be printed on ribbons and would have a card explaining the risks of speeding attached. The plan originally was to disseminate these ribbons at highway rest areas and visitors centers, but when they were done, some additional venues were discussed - auto body and repair shops, chambers of commerce,

and car dealers. B&B Auto Electric & Radiator Service on Granger Street in Rutland was chosen to be the first auto repair shop partner.

Some of facts involving speeding are: 36% of all fatal motorcycle crashes are speed related; as speed goes up, the likelihood of a fatality increases, and young males are the most likely to be involved in a fatal speed-related crash.

The students involved in delivering the basket full of ribbons and cards to Kevin Brown and Paul Bogucki, co-owners of B&B Auto were: Taylor Trombley and Colleen Knowles of Proctor High School and their VTLSP Advisor, Claire Molner, Morgan Ballard of Mill River Union HS VTLSP, Lt. Kevin Geno of the Rutland City Police Department, Rutland County Sheriff Sgt. Jeff Stephenson, Vermont State Police Trooper Blake Cushing, and three Stafford Technical Center VTLSP students, Alan Greenier of Tinmouth, and Korey Russell of Clarendon, and Nicole Bogucki of Poultney, the daughter of B&B co-owner Paul Bogucki.

Student News

—The following local students have achieved Dean's Honors or Dean's High Honors for the 2010 fall semester at Connecticut Colleg - Blay Bradley of Woodstock; Brendan Collins of Rutland; Jessica Lewis of Rutland; Neil MacKenzie of Brandon; and Molly Shimko of Quechee,

— SUNY Potsdam Names Melissa Adams, a Theatre major from Fair Haven, VT to President's List

— Stonehill College recently named Rutland resident Kaylee T. Johnson to its Dean's List for the Fall 2010 semester.

— The following local residents were named to the Fall 2010 Dean's List at Saint Michael's College - Danielle Cheever, of Rutland; Heather Gorton of Rochester; Jordan Graves of Wallingford; Megan Irons of Fair Haven.; David Mitiguy of Rutland.; David Mitiguy, son of Arthur Mitiguy of West Rutland; Emily Patch of Rutland.; Amanda Sanderson of Brandon; Alison Shappy of Rutland; Ryan Stanley of Brandon; Katie Stickney of Fair Haven.

— Jillian S. Reich, of Mendon, a senior, has been selected for inclusion on the Dean's List for academic

achievement during the fall 2010 semester at St. Lawrence University in Canton, New York.

— Madeleine Slack of West Rutland has been named to the Cazenovia College Dean's List

— The following local students have been named to the Castleton State College President's List - Sarah Alexander of Benson; Jessa Mondlak of Brandon; Katelyn Doran, Donald Garside. James Heflin. Brian LaPlante, and Jordan Vickers of Brandon; Daniel Trigg of Chittenden; Katherine Rogstad of East Wallingford; Phyllis Morgan of Fair Haven; Samantha Hansen of Florence; Cameron Clark of Forestdale; Briana Patten of Mendon; Courtney Chadburn of North Clarendon; Jacob Mach of Pawlet; Suzanne Williams. Kristin Monger. Brenna Nolan. Kayla Gallipo, and Craig Drummond of Pittsford; Nicholas Munch, Kelly Roberts, Kelsey Burnell and Jaren Carpenter of Poultney; Peter Franzoni. Kurt Duguay, and Andrew Nadler of Rutland; and Andrew Holson of Woodstock.

Student News

— Marissa L. Martin of Rutland made Dean's List; and Andrew J. Squire of Springfield VT made the President's List at SUNY Canton, NY

— Poultney High graduate Johnny Olsen, a freshman majoring in civil engineering, has made the Dean's List at the University of Massachusetts Lowell. Congratulations!

— The following area residents have been named to the 2010 Fall Champlain College Honors list. They are: Danielle Calhum-Flowers, of Bethel. Jessica Palmer, of Windsor. Casey McNeil, of Rutland. Navah Lemieux, of Bridgewater Corners. Kyle Shum, of Rutland. Ryan Cook, of Chester. Sarah Kendall, of Windsor. Amber Wood, of Danby. Kane O'Neill, of Windsor. Caitlin Golub, of Rutland. Haley Kenyon, of Middletown Springs.

— Jennifer L. Brown of Wallingford, VT, a Graduating Senior majoring in Accounting, has been named to Dean's List at Western New England College for the fall semester of 2010.

— Beloit College has announced Senior Molly S. Steigerwald of Rutland, VT has achieved academic distinction during the Fall term of the academic year and has been named to the Dean's List.

— The following students have been named to the Dean's List for the Fall 2010 semester at Assumption College. Douglas J. Anton of Dorset, VT; Katherine T. McClafferty of Manchester Center, VT; Brittany L. Wonsor of Killington, VT.

— UVM congratulates the following students named to the Dean's List for the Fall 2010 semester: Bomoseen, Matthew R. Brown; Brandon, Matthew E. Clayton, Joanna M. Flynn, Gena S. Zollman; Castleton, Emily A. Rampone; Cuttingsville, Matia L. Wilson; East Wallingford, Melissa L. Goraj; Fair Haven, Oliver T. Chase, Nicolas J. McKelvie, Zachary D. Parker, Samantha E. Roberts, Rachel I. Schneider; Florence, Justin W. Hansen; Killington, Alessandra D. Hodulik, Kately L. Mosher, Melissa S. Werle; Mendon, Laurel K. Chen, Vanessa C. Lake, Andrew Osowski, Edward P. Osowski, Joseph C. Rodolfo; North Chittenden, Amy E. Smith; North Clarendon, Catherine L. Fenner; Pittsford, Claire E. Freson; Proctor, Kelsey C. McCormack, Elizabeth L. Sander; Rutland, Kristina A. Charnockd, Nicole R. Couchman, Megan K. DeVinny, Amanda M. Forbes, David W. Hinckley Jr., Cara C. Houston, Taylor G. Jepson, Elizabeth A. Kirby, Lucas A. Morgan, Bradley T. Opsahl, Hillary A. Pellerin, Alissa L. Peterson, Nolan W. Rhodes, Shannon L. Switzer, Anna M. Tadio; Shrewsbury, Jessica R. Bullock; Tinmouth, Jenny L. Holler; West Pawlet; West Rutland, Allison L. Coppola.

— Shane Putnam of Chester has been named to the Dean's List for the fall 2010 semester at SUNY College at Oneonta in New York. Congrats, Shane!

— Area students were named to Colby-Sawyer College Dean's List: Heather Lynn MacIntyre of West Rutland; Molly Lynn Noble of Benson; Megan Elizabeth Perry of Brandon.

Rutland Report

by Lani Duke

Faith and begorra! The Irish come to downtown Rutland for St. Paddy's Day Thursday, March 17. The Irish Comedy Tour will have you laughing until you may have to get up to get some air. Call The Paramount if you don't have your ticket yet – 775-0903.

Mount St. Joseph Academy celebrates the St. Joseph Feast Day Mass on Friday, March 18. The school uses that occasion to honor one senior and one faculty/staff member (their identities are a secret until the service). For more information, call the school at 775-0151.

No issue remains ignored when political satire troupe Capitol Steps visits The Paramount on Friday, March 18, at 8:00 p.m. The group members were originally Senate staffers who began to satirize their employers and the situations in which they found themselves. Politics is still funny, and the Capitol Steps keep finding that humor. Call 775-0903 and talk to the good folks at the Box Office.

Dance and benefit the Rutland Free Clinic Saturday evening at The Palms Restaurant. DJ Brett Mhyre conducts the St. Paddy's/Spring Fling, beginning at 7:00 p.m. The evening includes a silent auction, appetizers, and a 50/50 raffle. Call 775-1360 for ticket info.

Guitarist J. Geils and bass player Danny Klein of the J. Geils Band are among the stellar performers who appear in the Boston Legends All Star Concert Sunday, March 20, at 7:30 p.m. Find out more by calling the Box Office, 775-0903, while you order your tickets.

West Rutland School holds its annual Night of Shining Stars educational open house on Tuesday, March 22. It begins at 6:00 p.m. Sign up for spring baseball while you're there.

Meet with fellow gardeners to swap seeds and talk about Rutland's community garden at 4:30 p.m., Wednesday, March 23, in the Rutland Free Library. If you have seeds to share, bring 'em. Check some out from the community seed library. Learn about the Grow-A-Row program and how to become a Master Gardener. Find out more by calling 773-1870.

Find out what languages Rutland Middle School students are learning during World Languages Night at 6:30 p.m. Wednesday, in O'Keefe Gym and the RMS cafeteria.

Obit

John W. Carr (a.k.a. Ski Pop) a resident of Delhi, NY died March 4, 2011 after a courageous battle with cancer. He was 78.

Born on November 29, 1932 in New Haven, CT, he was a devoted father, grandfather, and friend to all.

He served in the United States Army during the Korean War and was stationed at Fort Indiantown Gap in PA.

He earned his BS in Physical Education at Bridgeport University. A teacher of special education, he began his career at the Southbury Training School in CT. In 1966 he moved to the New Haven Regional Center, and after earning a Master's Degree in Special Education, he embarked on a 30 year career as a Special Education Principal with BOCES in Yorktown Heights, NY. When he retired he moved to Killington, VT to pursue his love of skiing. He worked for the Killington Mountain Company for many years as a children's instructor. He moved to Delhi in 2009 to be closer to his family.

John is survived by his three children, Jenifer Green of Delhi, NY; Joshua Carr of Marina, CA; Hallie Adolf of Hilo, HI; and his ex-wife, Jane Boyd Carr of Treadwell, NY. He was the proud grandfather of 8 grandchildren.

In lieu of flowers, contributions may be made to Catskill Area Hospice, 1 Birchwood Drive, Oneonta, NY 13820 or the Leukemia and Lymphoma Society, www.LLS.org.

Arrangements were by the MacArthur Funeral Home of Delhi.

RAVNAH Grief Support Group Meets

Beginning on Wednesday, March 16, from 12:00 to 1:30 p.m., the Rutland Area Visiting Nurse Association & Hospice (RAVNAH), along with Dorset Nursing, will be offering a six-session grief education and support group, every other week, for those who have experienced a loss through death.

Meetings will be held at the Dorset Nursing Association office, 909 VT 30, Dorset, VT.

Participants will have the opportunity to share their experiences of loss with others, as well as gain an understanding of the process of grief and its impact on life emotionally, socially, mentally, and spiritually. Pre-registration is required. Please call Ann LaRocque, at RAVNAH at 802-770-1516.

Sample "student exhibits, songs, skits, dances, and culturally inspired refreshments."

Rutland Middle School's Drama Club recently produced an evening of student written plays. The young folks worked on all aspects of their production, writing, directing, acting, and doing technical work.

The recent Rutland Region Chamber of Commerce business show sported 19 businesses new to the event, for a total of 86 exhibitors. Supporters comment that the degree of participation "shows we're not going anywhere."

Filmmaker Art Jones will show *The Blood in This Town*, that his company Great Jones made on Rutland's annual Gift of Life blood drive and its dovetailing with local redevelopment, at the Green Mountain Film Festival in Montpelier on March 26. Jones, Rutland Area Farm and Food Link executive director Tara Kelly, Rutland Creative Economy chair Paul Gallo, and Gift of Life organizer Steve Costello will accompany the film to hold a panel discussion for a live audience.

Municipal water and sewer would help Center Rutland grow, and Rutland Economic Development Corp. director Jamie Stewart is applying for a grant to study how best to acquire those services for the locale. There are a number of possible sources, including Rutland City, West Rutland or existing water districts.

Second graders at Northeast Elementary in Rutland are holding a bake sale during the Parent/Teacher Conferences to raise money for a special visitor. Local author Dom Cioffi (*Digby and the Lake Monster*) will visit and instruct students in the writing process.

The Rutland Region Chamber of Commerce is working with GE Rutland on the March of Dimes Annual Walk for Babies, coming up Saturday, April 30 at Mill River Union High School in North Clarendon. The goal for this year's walk is \$40,000. GE team chair is Dan DiBattista, plant leader at GE Rutland; Tom Donahue leads the Chamber team.

A committee is working to identify an intercity rail passenger service option connecting southwestern Vermont towns with those of adjacent communities in upstate New York. The underlying idea is enhancing area economies by supporting recreation and tourism and encouraging sustainable development while simultaneously protecting air quality by reducing local car trips. The group vision is to connect Rutland, North Bennington and Bennington with Whitehall, Hoosick Falls, Hoosick Junction, Mechanicville, Schenectady, and Albany.

Fifth and sixth graders at West Rutland School recently received free netbooks, a result of the school's being selected for the honor by the e-Vermont Community Broadband Project. Educational non-profit Digital Wish is providing weekly teacher training.



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ARIES: March 21 – April 20: You never know what will happen next. Don't get too settled. You're in one of those situations where it could all fly south in a matter of seconds. This is why it's in your best interests to tell the truth about what you're thinking and feeling. Because it looks like you've decided to settle in, or settle down when every particle of your being is telling you to turn and run. You've got more reasons for sticking around than you can shake a stick at but part of you knows this is bullshit. The more able you are to call a spade a spade the easier it will be leave when it's time.

TAURUS: April 21 – May 20: You keep trying to prove that there's something left of the past, or trying to attach yourself to things that have come and gone. Who will you be if you can't let go of this? If it scares you to think that you will be nothing without it, it's time to take a look at what that says about you. Like it or not you're going to have to re-establish yourself as an independent unit. That being the case, it would be better for you to look at who you are now and begin to realize that you're fulfillment and success hinge upon your ability to draw your strength from the things that matter to you.

GEMINI: May 21 – June 20: Your evil twin keeps rearing its ugly head. Unfortunately you can't see this because that aspect of your consciousness lives inside your blind spot. Before you let it ruin all of your most important relationships, it would be so much better for you to look at how your behavior affects them. Others have just about had it. The ones who are still here for you are waiting for you to grow up. If apologies are in order, make them. Even if you don't mean it the gesture will show whoever you've offended that some particle of your being knows that it's time to make amends.

CANCER: June 21 – July 20: Things are a little nuts, but what the hell? This is better than you've had it in a long time. Without leading you to think that it will go on forever, it's pretty obvious that you are on a roll. It's time to get out there and work it. If you can do this without letting your ego get out of control you're going to find that it will take you everywhere. It's almost as if you've arrived at the terminal where the rest of your life is getting ready to take off. Don't let your attachments tie you down, or hold you back. Let them go, and trust that the ones that matter will be there forever.

LEO: July 21 – August 20: It's good to remain true to your principles. You have always been a purist when it comes to that. While there's nothing wrong with being high minded, there are times when it becomes more important to do what's expedient. You can't expect to continue on a wing and a prayer. If 90% of what keeps us alive has to do with keeping our feet on the ground, how can you rationalize being impractical at a time like this? And what sense does it make to sacrifice yourself for others, out of some misguided sense of loyalty when it's obvious that it's you who needs help and support.

VIRGO: August 21 – September 20: For the past few months you have been looking at what happens to people when their relating patterns get the best of them. You wish you knew what makes us think it's easier to live two-by-two; for some reason being single seems more doable than settling down with your twin flame. At the same time, you know there has to be a reason why love gets such high ratings on this planet. Because of this, it looks as if you're about to manifest an opportunity to find out more about it! Get ready for this one my friend; the crystal ball says you're about to fall in love.

LIBRA: September 21 – October 20: Things have settled down because you've decided not to look at them. This is one way to handle what you can't deal with but it will eventually take its toll. Don't be stupid about any pressure you feel to keep pretending that you aren't ready to scream. If telling the truth feels like it might ruin a good time, the fact is it will set you free. Tact and timing are of the essence in situations like this. Before you expose yourself to the dangers of direct confrontation, consider taking the back road the next time you engage in conversation with whoever doesn't want to hear you out.

SCORPIO: October 21 – November 20: Nobody said this would be easy. You need to realize that it was never meant to be a magic carpet ride. Instead of overcompensating by walking on egg shells and doing whatever it takes to please, loosen up and tell whoever's got you by the short hairs that you're going on a trip. Is it time for a Walkabout? How about a Vision Quest? How about a little backbone and a dose of your own truth? Get yourself together and let whoever's trying to tell you how to do things know that you want to have a chat with your spirit guides before you let anyone tell you what to do.

SAGITTARIUS: November 21 – December 20: You're glossing over something, or choosing not to see, or rationalizing things that make it easier for you to curl up in your denial mechanisms. As much as I'd love to tell you to cut it out, I figured out a long time ago that you don't listen. Your current situation has an incredible amount of potential. Don't waste what's here by looking for it elsewhere and don't wait for further proof. If you are willing to open your heart to this others will do anything to make it work and they will do even more to try to understand what you want and where you're coming from.

CAPRICORN: December 21 – January 20: You could assume that this is going to work out. If you could let it resolve by itself, it would. For many of you the sense that nothing's ever going to improve is so hard to suppress you're in grave danger of turning into a self fulfilling prophecy. Before you make everything harder than it has to be reminded of the power of positive thinking and stop feeling so responsible for it. Believe it or not, all of this could get along just fine without you – and you could get along a hell of a lot better if you could learn how to let go and step out of the picture every once in a while.

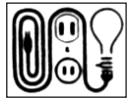
AQUARIUS: January 21 – February 20: Whatever happens in the next few weeks, don't allow yourself to get sidetracked. It's one of those times when you have to be clear enough about your boundaries to know that you can't afford to be distracted. Those who depend on, or expect things from you will have to back off a little bit. You may even need to ask them to leave you alone until this stretch is over. It's also clear that whatever you are involved in, whether it's your occupation, or the work that you are doing on yourself, is about to transform your life in ways that will be of benefit to everyone.

PISCES: February 21 – March 20: So much has come full circle you'd be nuts to try to make sense of it all. When the business of "what goes around, comes around" reaches mythic proportions the best you can do is let your mind get blown and try to figure out which end of the lesson belongs to you. For many of you, this isn't feeling too good. If you fall into that category all I can tell you is that the seeds for all of this were sown a long time ago. If you're one of the ones who has managed to emerged from the last few years with your integrity intact and your heart in one piece, all I can say is, "Wow!"

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

Black River High School has a new publicity officer, Melanie Menagh. Melanie will be handling press releases for the school and has already developed a weekly television program, Black River High School News, which can be viewed at the LPC-TV web site. Melanie has already released a key news release dealing with SAFE (Substance-abuse Awareness for Educators). SAFE is a program to help both adults and students learn about the program that brings together school staff, community groups, local law enforcement and students, themselves, to work together toward a solution. Black River High School has taken the initiative, hosting a monthly meeting recently. We look forward to future releases about activities at the high school (and middle school) from Melanie.

On Saturday, March 26, members of the Rutland Curbstone Chorus, a men's barbershop harmony a cappella group, will be presenting an evening of musical delight at the Ludlow Town Hall in Ludlow, Vermont. The program will begin at 7:00 pm and is being sponsored by FOLA, (Friends of Ludlow Auditorium). This promises to be an outstanding evening of a great collection of songs from traditional barbershop, to Broadway classics, show tunes and doo-wop, to a few surprises. Local favorites, George Thomson and Brian Weber, are members of the chorus. A donation of \$8 is requested for the concert.

On March 19-20, those in the Cavendish area will have a chance to "brush up their Shakespeare" as Mt Holly resident Jamie Ward presents a weekend Shakespearian workshop at the Episcopal Church in Proctorsville. The weekend will conclude at 7 PM with a workshop Shakespearian presentation that will include members of the workshop along with the professional actors providing the workshop.

Okemo Mountain School (OMS) Board of Directors an-

nounced that Mariel Meringolo, who has been serving as the interim head of school, has been named head of school. Last fall, Meringolo replaced Wendy Neal who had worked at the school since its inception 19 years ago. Meringolo graduated magna cum laude from Brandeis University. She has been a member of the OMS staff since 2004 and she has served in a number of different capacities: mathematics department head, development coordinator, special programs coordinator and admissions assistant.

TW3 (That Was The Week That Was) recently featured a discussion on a proposed bill before the Vermont State Legislature that would enact a law similar to that in Oregon that permitted residents with only a short time to live the right to opt for medicine that would end their lives. Referred to as 'Death with Dignity' by proponents - and 'Physician assisted suicide' by those opposed to it, the bill simply allows those who meet the medical and legal criteria to voluntarily end their lives through the use of a drug-induced coma. Co-hosts Leo Graham and Ralph Pace discussed the issue with State Senator Dick McCormack (D-Windsor Co.) and George Eighmey, an attorney and former Oregon state legislator who helped draft the nation's first such bill. The entire TW3 episode may be viewed on LPC-TV's web site.

Okemo Mountain Resort will celebrate St. Patrick's Day with a Shamrock Scavenger Hunt, Luck o' the Irish Tweet-up, and an après ski party complete with Guinness and live Celtic music. On Thursday, March 17, skiers and snowboarders who find one of 10 oversized shamrocks hidden along Okemo's trails will win a prize bag full of goodies. Shamrocks can be redeemed for prizes at the Main Base Lodge Resort Services desk.

And, anyone in the vicinity of Ludlow on Monday, March 21 is urged to drop by the Baptist Church in Ludlow. That's where the Red Cross will be to gather blood. Donations are important to maintaining the blood bank that supports area hospitals and health centers. Donations will be from 12:30 to 5:30 PM.

This past weekend saw a huge turnout of both local folks and visitors as Black River Good Neighbors officially opened its new facility in the Ludlow Community Center complex. Over 100 people attended the ribbon-cutting ceremonies. Many had the opportunity to tour the new structure (where, in the past, allegedly tanks were the only occupants) and see how BRGN has dressed up its clothing and food displays.

On Thursday, March 24, the Friends of Fletcher Memorial Library in Ludlow will hold its monthly book discussion at the Library. The book being reviewed this month is "Winter Wheat."

It appears that FOLA (Friends of Ludlow Auditorium) and the Town of Ludlow will combine resources to enable movies to be shown at the Town Hall Auditorium even when the sun is shining. Efforts are currently underway to purchase room darkening curtain. FOLA has scheduled its first movie for the Ludlow area in the auditorium for Thursday, April 7 starting at 7:30 PM. The opening movie will be the awarding winning documentary, "The March of the Penguins" narrated by Morgan Freeman. The movies are free-but donations to offset movie and auditorium expenses will be appreciated.

And, finally, it looks like the Black River area is approaching that fifth season of the year - at least judging from the current state of the weather. If the weather (especially the temperature) remains in its current projected trend, "mud season" will be upon us. At least that means spring and summer are in our future.

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

Casey and Britt Crompton Recognized



photo and caption by Deb Burke

At the 2011 Town of Killington Town Meeting, Recreation Director Mike Sutcliffe presented Casey and Britt Crompton with the Kenneth Krantz Volunteers of the Year Award for their generosity of time, talent and for holding fundraisers held at their establishments to raise funds for various recreation programs in Killington. Congrats to Casey and Britt for earning this prestigious honor!

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Lakes Region News

by Lani Duke

A Chorus Line dances its way across the Casella Theater stage with a longer-than-usual run for Castleton Theater Arts production. Performances of the widely acclaimed musical run Thursday through Saturday, March 17-19, at 8:00 p.m.; Sunday, March 20, at 2:00 p.m.; and Wednesday through Saturday, March 23-26, 8:00 p.m. Call (802) 468-1119 for tickets.

The Fair Haven Grade School PTA holds its first Women's Day Out fundraiser in the FHGS gym from 8:00 a.m. to 8:00 p.m. Saturday, March 19. Participants may take part in 12 hours of scrapbooking and breakfast, lunch, and supper; they also receive 10 raffle tickets, a goodie bag, and admission to the Expo. Reserve your spot by calling Christine Kipphut, 265-8381.

Non scrapbookers may choose to attend the Expo, held that day from 10:00 a.m. to 2:00 p.m. It highlights local woman-owned businesses. Contact is Lea Pettis, 265-8348.

Merck Forest and Farm Center in Rupert offers a traditional style Maple Festival the weekend of March 19 and 20, with tours, games, horse-drawn sleigh rides, a family-style pancake breakfast, and lessons on traditional sugaring. Call 394-7836 for more info.

It's Maple Open House Weekend across the state Saturday and Sunday, March 19 and 20, with many sugarhouses open. Poultney's American Legion Post #39 celebrates the bounty of Vermont's trees (and hard workers) with a Saturday family dinner. Pre-register so you will have a place to sit down; seatings for the meal are 4:00 to 5:30 and 5:30 to 7:00. Don't miss this meal of baked maple ham with pineapple, scalloped potatoes, and sweet buttered corn, plus rolls and beverage, and . . . and . . . and assorted maple flavored desserts. Call 236-8801 for your reservation. For more info about Maple Fest call 287-4004.

Other Poultney Maple Fest events include a maple pancake breakfast Saturday morning, a 5k run, family games at Green Mountain College, a maple bake off, a scavenger hunt, horse drawn wagon rides, a soup and sandwich lunch at St. Raphael's, and sugar house tours.

Addison Rutland Supervisory Union's GeoBee is Monday, March 21 at Castleton State College Old Chapel or Castleton Elementary.

Zumba classes begin at the Castleton Community Center on Wednesday, March 23 at 4:00 p.m. The goal is to burn calories at a higher rate than aerobics, using Latin and international rhythms.

Get your reservation in by noon, Wednesday, March 23, for the Castleton Community Center's monthly pot luck supper on Friday, March 25. Rosie Doran and Mary Jo Knapp are guest chefs and are preparing a meat and a meatless lasagna. After dinner, Jennifer Wright, founder of the Heal the Children Foundation, presents a slide show and video of the progress of building an orphanage

in Kenya. Call 468-3093 to reserve your place at the table.

Castleton Elementary plans a Family Fun Night for Friday, March 25. Activities last from 6:00 to 7:30 p.m.

Did you have "exuberant dance" in mind for a Friday night? Spend your evening in contra dance at the Tinmouth Community Center at 8:00 p.m. on March 25. Don't be shy if you don't know this traditional dance form; all dances are taught. Wear soft soled shoes and be ready for a fun, energetic evening. Call Mo or Melody Squier, 235-2718, to find out more or get directions. A note of caution; if you're new to contra dance, make sure you're onsite when the music is getting started. Dances become more challenging throughout the course of the evening.

Castleton State College nursing students recently waited tables and greeting customers at Applebee's in Rutland. Their Flapjack Fundraiser raised money toward an Automated External Defibrillator (AED) for the Castleton Community Center. They sold about 200 tickets and brought in a crowd of more than 150 flapjack eaters. Including tips, they raised \$1415 for the defibrillator; any remaining dollars will be used for other Student Nurses' Association functions.

Bill Allen, Castleton State College dean of administration, is heading back to his native South. He's taken on the position of vice president for enrollment management at North Carolina Wesleyan College in Rocky Mount, NC. Was one of the impelling factors a desire for warmer weather?

Congratulations to Poultney's Marissa Constantine who took fifth place in the recent countywide 4-H Horse Quiz Bowl.

Poultney students whose work is on display in the annual Chaffee Art Show are eighth graders Austin Bach, Marissa Mazur, Jacob White, and Meghan Wood; ninth grader Alexis Hill; eleventh graders Sadie Brown and Molly Mead; and twelfth graders Raeney Paquette, Swan Connelly, and Leah DelPezzo. Stop in to see their work in Rutland through April 9.

Beaver Wood Energy will focus on applying for a wood-fueled electricity-generating plant and a wood-pellet factory in Fair Haven because the town is extremely supportive. More than 240 Fair Haven residents have signed a petition to Public Service Board members. The complex will produce 29 megawatts and cost \$250 to construct. A similar plant in Pownal moves to the back burner.

Fair Haven eighth and first graders recently read The Foot Book by Dr. Seuss; they traced each other's feet and measured them in both inches and centimeters. Then they lined up the foot outlines in sequence from shortest to longest. Great all around learning!

FHGS fifth graders each chose an individual from history who "made a difference." They appeared "in character" before a panel of blindfolded judges who could only ask them yes-or-no questions as the panel tried to guess the characters' identity.

Killington Business Owner Appointed to Communications Director

Rep. Peter Welch today announced the appointment of a new communications director.

Welch promoted Scott Coriell, who has worked as a staff assistant and press assistant in his Washington office, to the position of communications director.

A Killington, Vt., native and a graduate of Middlebury College, Coriell previously served as program coordinator for World Camp Inc., a non-profit organization that provides HIV/AIDS outreach services to communities in Malawi. Coriell also interned for Rep. Rush Holt (D-N.J.) and managed the web site of his family's Killington-based business, Peak Performance Ski Shop.

Coriell's appointment takes effect Monday, March 14.

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Home & Garden

America's Most Unwanted

by Maureen Gilmer

A pernicious weed is a notorious criminal that, once established, becomes unusually invasive and won't go away. Some have literally invaded America's wild lands, displacing vital native plant species. One of the best ways to become a greener gardener is to keep these bad boys under control with regular attention. Failure to do so is why chemical weed killers are still in use today.

If a known criminal such as bindweed bedevils your summer garden, it will rapidly twine up your tomatoes and corn. Try to pull it up and the stems break off at the soil level as a mature plant can spread a dense network of roots 20 to 30 feet in diameter. Try to dig it up the wrong way and you'll only scatter rootlets far and wide. Each tiny bit of severed root can grow into a whole new plant. This is just one example why knowing your weeds personally is key to freeing your neighborhood of repeat offenders.

Spring is a pivotal time when good garden-keeping can save you a season of trouble. An ounce of weed prevention is indeed worth a pound of labor or chemical cure.

The primary divisions of weeds, like other garden plants, relate to when they reproduce. Each is annual, perennial or biennial, and some heinous individuals reproduce by more than one means.

Annuals, such as star thistle, grow for a single year from seed, mature, then set seed for the next year. Some annual weeds can produce up to 250,000 seeds a year, explaining the origin of the gardener's phrase, "One year's seeds is seven years' weeds"! Clearly it is important to pull this plant before it has a chance to flower.

Perennials such as nut sedge are long-lived plants that come back year after year from the roots. It spreads its aggressive roots and small potato-like tubers to reproduce, and is the bane of every farmer. Digging out nut sedge often spreads the tubers, with each one developing into a new plant. If you can identify nut-sedge leaves when they first sprout, you'll be able to pounce on them before any tubers form.

A biennial such as teasel grows from seed but rarely flowers the first year. It dies back for winter and grows from the roots the second spring. That's when it flowers and sets seed, then the plant dies. This tall European native has become a serious pest of rangeland and roadsides from coast to coast. The best time to remove it is in that first year before the leaves and stems have formed their very painful thorns.

For all these reasons and more, do not neglect your weeds in the spring. At this time, the soil is soft and the smaller root system is more likely to let go. That's why old-time gardeners designated rainy spring days for pulling weeds.

Success requires you get to know the pernicious weeds personally. Visit your state's agricultural-university websites for localized weed identification, photos and eradication methods. A national resource is the Noxious and Invasive section of USDA Plants, a virtual rogues' gallery of undesirables at plants.usda.gov.

March is Maple Month

by Dianne Lamb,
UVM Extension Nutrition and Food Specialist

March heralds the arrival of spring and a shift to warmer temperatures. Warm days above freezing and cold nights below mean one thing. Maple syrup season has begun.

Vermont maple syrup fits the bill for local food. In fact, Vermont is the largest producer of maple syrup in the United States. According to the Vermont Maple Foundation and the Vermont Maple Sugar Makers Association web site (<http://www.vermont-maple.org/maple-facts-figures.php>) in 2010 Vermont sugar makers produced 890,000 gallons of syrup from more than three million taps.

Cooking with Vermont maple syrup is a great way to add flavor to salad dressings; glazes for meat, fish or poultry; sauces; baked goods or desserts. Maple syrup can be substituted for granulated sugar in a recipe. If the recipe calls for one cup sugar, use three-fourths to one cup of syrup. If substituting maple for sugar in a baked product, reduce the liquid in the recipe by two to four tablespoons for every cup of syrup used, add one-fourth to one-half teaspoon of baking soda and reduce the oven temperature by 25 degrees.

Vermont maple syrup is graded by comparing the color of the syrup produced to samples in a grading kit regulated by the Vermont Agency of Agriculture, Food and Markets. The grades are Vermont Fancy, Grade A Medium Amber, Grade A Dark Amber and Vermont Grade B.

Which grade is best? That's a matter of personal opinion. Vermont Fancy is the lightest and Vermont Grade B the darkest, but all grades are pure maple syrup and have the same density.

In addition to syrup, other products can be made from pure maple syrup. If you're an adventurous cook, you can make some of these products yourself although all can be found at many markets.

GRANULATED MAPLE SUGAR. Heat maple syrup until the temperature is 45 to 50 degrees F above the boiling point of water. Cool to about 200 degrees F and stir until dry crumbs form. Sift the sugar through a coarse screen to make a uniformly sized product. You can use granulated maple sugar in place of regular sugar in baking or sprinkle on oatmeal.

MAPLE CREAM. Boil maple syrup to 22 to 24 degrees F above water's boiling point and then rapidly cool to room temperature. Stir slowly to form tiny sugar crystals. Maple cream spreads easily on toast or muffins.

MAPLE FUDGE. Boil Vermont Fancy maple syrup to 234 to 235 degrees F without stirring. Cool the syrup to 160 degrees F, again without stirring. Then stir with a wooden spoon until the mixture loses its gloss. Pour into a buttered pan.

MAPLE SUGAR CAKES (molded candy). Heat syrup to 32 to 34 degrees F above the boiling point of water.

Cool the pan of cooked syrup to at least 200 degrees F but not below 160 degrees F. Stir the thick syrup by hand with a large spoon or with a commercial maple sugar machine if available. While the sugar is still soft, pour or pack into different shaped rubber or metal molds.

HARD MAPLE SUGAR (block sugar). Heat syrup to 34 to 38 degrees F above the boiling point of water, stir while hot, pour into molds and cool. The finished product will be harder than molded candies and generally is sold in blocks.

You can make your own maple syrup from backyard sugar maple trees although most people prefer to leave it to the experts, especially when you consider that it takes about 40 gallons of maple sap to produce one gallon of maple syrup. That's a lot of sap from a lot of sugar maple trees. It takes about 40 years for a sugar maple tree to achieve a 10-inch diameter, which supports one tap. Large, mature sugar maples can tolerate several taps.

The sugaring season only lasts four to six weeks and is dependent on weather conditions. Days need to be warm, above freezing, and the nights have to dip to freezing (32 degrees F or slightly below) in order for the sugar maple trees to wake up from their winter nap. As the tree warms up above freezing, suction is created that allows the sap to flow up the tree's vascular

system. If the tree has been tapped, the sap will flow into tubing or drip into a bucket to be collected for the "boil."

During boiling, the sugarcane can be a very steamy place. About 39 gallons of water have to be removed from 40 gallons of sap to make one gallon of syrup. Sugarhouses were traditionally built with a cupola-type vent on the top so steam can escape. Today large hoods and vents installed over the top of the evaporator direct the steam out of the sugarcane.

For an authentic Vermont springtime tradition, have a Sugar-on-Snow party. If snow is unavailable, use shaved or crushed ice or ice cream for the base.

VERMONT SUGAR-ON-SNOW

- 1 quart pure Vermont maple syrup
- 1 tub of packed snow or well-crushed ice
- 1/2 tsp. butter

Heat syrup and butter. Watch the pot and reduce the heat if it threatens to boil over. When a candy thermometer reaches 234 degrees F, cool slightly and test by spooning a tablespoon of syrup over the snow. If the syrup sits on top of the snow and clings to a fork like taffy, it's ready. Pour "ribbons" over snow or ice packed in bowls.

Traditionally, sugar-on-snow is served with sour pickles, plain raised doughnuts and coffee. The pickles and coffee help counter the sweetness.

Enjoy the Vermont maple sugaring season this spring by cooking with maple products and participating in maple activities in your area.

Eat fresh! Eat local! Eat well!



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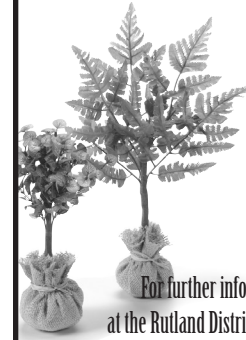
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Surviving The Times®

Job Hunting Tips

by Claudia Buck

These days, if you're not looking for a job yourself, you know someone who is.

To gather some job-hunting techniques, we talked this week with several career experts. From revving up a resume to smarter social networking, here's their advice:

How to zero in

Job placement experts like Curt Cetraro, CEO of ConnectPoint Search Group in Sacramento, Calif., say they continually meet people "who are still baffled about why they're not getting calls back" from employers with job openings.

In many cases, it's because job seekers don't focus enough on who they are and what they want. "They're presenting themselves in a very generic fashion to companies that want very specific individuals."

Instead, identify the specific industry, company or position you're passionate about. Do the research: Google the company, the types of jobs and how/ where you would fit in or add value. Read trade publications, attend business mixers, join the professional associations.

Tap your networks of friends or business acquaintances to seek out people you should ask for an informational interview. Don't necessarily call the human resources office. Find the person closest to the top or the level of responsibility where you want to work.

Show a sincere interest, not a can-you-do-something-for-me attitude, said Cetraro. "Tell them 'I'm fascinated by your company. I'm exploring your industry. Could I have 20-30 minutes to talk about your business?' That's far better than saying 'I need a job. Do you have an opening?'"

And when you show up, "you can't be lukewarm. Show your interest, your understanding of their business and how you want to make a difference. That's how you get a job today."

Rev up the resume

With resumes, one is never enough. Have at least two or three, each targeted to specific jobs or career fields. Unless you're a recent college grad, ditch the obligatory "career objective" or mission statement at the top.

Avoid interview stumbles

It's one of the most common questions -- and biggest pitfalls -- in a job interview: "Tell me about yourself."

"They don't want to know about your kids or dogs," said Laura Perez, CEO of Epiphany Coaching in Sacramento. "They want to know about your education,

background, experience and expertise."

Be observant. Look around the office for something that offers an instant connection with the interviewer. It could be a family photo, an award, a piece of sculpture. Commenting on his dog or her community award is "a great ice-breaker. It puts you and the interviewer at ease," she said.

Get out the door

Go to business mixers, professional meetings, chamber events: "Put on your best clothes and best attitude," says Helen Scully, president of Scully Career Associates in Folsom, Calif. "Even if it costs some money, if you end up sitting next to someone who's hiring, it's better than sitting at home."

Tap your social network

Embrace your Facebook friends, LinkedIn contacts and Twitter followers. But don't hit them up for jobs, said Maribeth Kuzmeski, president of a Chicago-based business marketing firm and author of five books. Instead, ask for names of those to contact in a company or industry where you want to work.

Mind your manners

If a potential employer uses informal language in an e-mail, Facebook or Twitter message, don't respond likewise.

"It is never OK to use texting shorthand," such as "lol" (laugh out loud) or "t tyl" (talk to you later), with company contacts, said Kuzmeski. Your e-mail could easily be forwarded to a supervisor who might not find your communication skills amusing or professional.

It's a given that most employers will check you out online before ever meeting you face to face. Treat your LinkedIn account as a first reference; it's where most employers head first. It should state your job ambitions in specific terms.

To monitor your online image, set up a Google alert (www.google.com/alerts) to get an e-mail anytime your name pops up, recommends Kuzmeski. That way you won't be surprised by something an interviewer spots about you online.

Other suggestions: Create a blog on a topic you're passionate about. Or join online chats on websites of companies where you'd like to work. Just be sure your comments are intelligent, not inflammatory.

Soup Bowls for Hunger Returns March 24

After a one year hiatus, the fifth annual Soup Bowls for Hunger will be held on Thursday, March 24th in the Rutland High School Cafeteria. Tickets are \$15 which includes soup, roll, dessert, beverage, a hand crafted soup bowl and entertainment. There will be three sittings at 5:00, 5:45, and 6:30. Tickets must be purchased in advance at Rutland High School. Make checks out to "Rutland Public Schools." All proceeds will be donated to the Community Cupboard.

"The event is truly a community effort," said co-chairperson, Lee Forte, with bowls made by Rutland County potters and students from RHS Creative Structures; entertainment provided by Jennifer Hart and the RHS Unpredictables and Brent Barnett and his Jazz combo as well as a woodwind quartet; placemats made by RHS Independent Living Students; soups donated by Rutland Natural Food Co-op, Rutland Regional Medical Center Dietary Division, Sodexo, South Station and Killington Market Deli; rolls made by Stafford Technical Center Culinary Arts Program; crackers donated by Westminster Crackers; wait staff provided by Stafford Technical Center Hospitality Program and donations received from Staples, Wal-Mart, Thomas Dairy, Price Chopper, and the Vermont Flower Exchange.

For questions about the event, call Lynn Hier at 770-1113.

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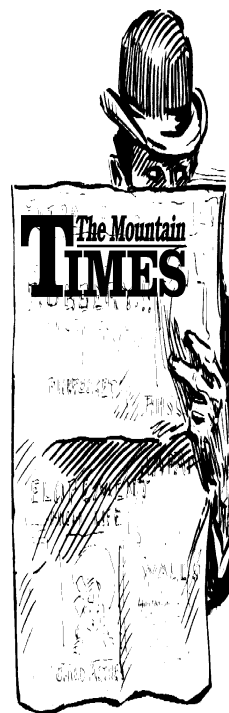
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The Mountain Times delivers 52 weeks of upscale news and resort information that you won't want to miss just because you're a little far away. Postage ain't cheap these days so don't get mad about the rates. Delivered in a plain white wrapper by First Class U.S. Postage and gets anywhere in America in just a couple of days.

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STUNNING Ski-In Ski-Out

New to market condo at Sunrise Village. 3 BR /2BA with views of Outer Limits. Totally redone and furnished. New kitchen w/ granite countertops, travertine floors, 2 decks, fireplace, 3 chandeliers, and Romantic MBR with Chamonix-like-feel! View photos @ MLS#4037631. e-mail jmw990@verizon.net. Call 978-771-9302. \$349,000

Paws & Claws

Springfield Humane Society News

PET PERSONALS



Oreo (L) & Patches (R) are 5 year old brothers whose owner could no longer care for them. Both are a bit overweight so you'd need a sturdy lap for these guys but they LOVE attention; both giving and getting. They are exceptionally handsome guys and both are ready to make some lucky home a much happier place! Call the Shelter at 885-3997 or stop by Wed-Sat noon-4:30.

We badly need donations to our Princess Fund. Two surgeries in 2 weeks totaling over \$1,400 depleted the emergency medical fund. We need your help folks so that we can be here for those animals who, through no fault of their own, have been fated to need "above & beyond" medical care. If you can spare a little to our Princess Fund, please send it to Springfield Humane Society, 401 Skitchewaugh Trail, Springfield, VT 05156. Thank you so much!

LESLEY - 2 year old. Spayed Female. Domestic Short Hair Brown Tiger. Ok, I have been here way too long! I arrived at the shelter on January 27, had my spay surgery and I'm ready to go home.

ZOEY - 11 year old. Spayed Female. Plott Hound. I'm an older lady who knows how to Sit and Speak. I'm a vocal gal who loves treats! I love curling up on my blanket and taking well deserved naps.

GREYSON - 3 year old. Neutered Male. Domestic Long Hair Gray and White. I was brought to the shelter so that I would be warm, safe and after a short time find a wonderful home. That time has come!

JEZZY - 9 month old. Spayed Female. Domestic Short Hair Calico. I have lived inside only and really have no interest in the big scary world outside. I am very playful and enjoy interacting with my friends.

DRE - 4 year old. Neutered Male. American Staffordshire Terrier mix. I'm a handsome fella who is playful and fun. I know Sit and Down and would like to learn more tricks! I enjoy being with people.

TENNYSON - 3 year old. Neutered Male. Domestic Long Hair Gray and Cream. I have been through a lot of changes so I am a bit shy at first. I can be very loving and I like to snuggle in your lap.



KIRA - 6 year old. Spayed Female. Rottweiler mix. I'm a beautiful lady with the softest fur! I enjoy being with people and walk nicely on a leash. I know Sit and Shake and I really love treats!

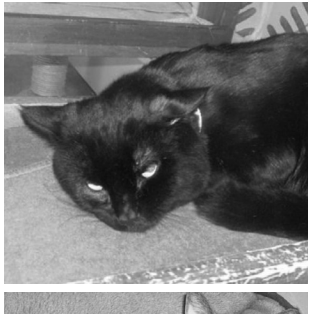
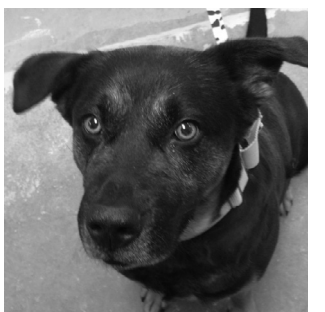
CARSON - 3 year old. Neutered Male. Domestic Short Hair Black and White. I'm a handsome guy, wouldn't you agree? I may be the typical black and white kitty but let me say each of us have our own personalities.

LUNKER - 5 year old. Neutered Male. Pit Bull/Boxer mix. I love a good tennis ball and hanging with my people. I ride well in the car and have lovely leash manners, too.

KYO - 2 year old. Neutered Male. Domestic Short Hair Black. Oh my goodness, I am so frightened here with all noises! I've got gorgeous gold eyes and I'm very sweet.

GABBIE - 4 year old. Spayed Female. Domestic Short Hair Black and Tan. I am a very sweet mature girl with great manners. I am looking for a family that will give me all the love, attention and care that I deserve.

GUMBY - Adult. Neutered Male. American Rabbit. I came to the shelter as a stray on December 10 after being left on the door step, can you believe that?



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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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Lucy Mackenzie Pet Feature

My Name is Bailey. I am a 4 year old German Shepherd female and have been at Lucy Mackenzie since October. I am looking for somebody who won't give up on me. I am not a perfect dog but I am obedience trained. I do require a home that is extremely forgiving and willing to devote a lot of time, energy, and love to me. My ideal owner would be a person who has owned a GSD in the past and has experience in training dogs with behavioral issues. If you would like more information on me, please contact the staff at LucyMac. Our phone number is 802-484-5829. We are located at 4832 Route 44, West Windsor, VT and are open 12-4 Tuesday through Saturday.



Real Estate

Before Buying Home Get Financing In Order

by Dana Dratch

You might be ready to buy a home, but are you armed with the knowledge you need? Do you know about credit score requirements? Are you familiar with flexible standards on Federal Housing Administration loans?

Whether you are a first-time homebuyer or an experienced owner, buying a house requires a "pre-flight check," in the words of Barry Zigas, director of housing policy for the Consumer Federation of America.

"It's a brave, new world with respect to credit requirements for mortgages," says John Ulzheimer, founder of 2StepCredit.com and formerly of FICO, which pioneered credit scoring.

One old rule still applies: The higher your credit score, the lower your down payment and monthly payments.

"Below 660 or 680, you're either going to have to pay sizable fees or a higher down payment," Zigas says. And that's pretty much the cutoff score for getting a mortgage, he says.

On the other end, a score of 700 to 720 will get you a good deal and 750 and above will garner the best rates on the market, Ulzheimer says.

Improve your chances by pulling your credit reports and ensuring you're not being unfairly penalized for old, paid or settled debts, Zigas says.

Stop applying for new credit a year before you apply for financing. And keep the moratorium in place until after you close on your home, Ulzheimer says.

The buyer's mantra: Get a home that's financially comfortable.

Various rules of thumb will help you determine how much home you can afford. If you're using FHA financing -- and almost one-fifth of buyers get FHA-insured loans -- your home payment can't exceed 31 percent of your monthly income. But, with some mitigating factors, FHA will let you go higher.

For conventional loans, a safe formula is that home expenses should not exceed 28 percent of your gross monthly income, says Susan Tiffany, director of consumer periodicals for the Credit Union National Association.

Improve your chances by: trying on that financial obligation long before you

sign the mortgage papers, says Tiffany. Before you home shop, calculate the mortgage payment for the home in your intended price range, along with the increased expenses (such as taxes, insurance and utilities).

Depending on your credit and financing, you'll typically need to save enough money to put down 3.5 percent to 20 percent.

You'll also need money to pay closing costs, which run from \$2,300 to \$4,000.

Along with banking your own money, search out down payment assistance, Tiffany says. Often it's location-based or tagged to a certain type of buyer, like first-timers, she says.

In a buyer's market, you can also negotiate to have the seller pay a portion of the closing costs.

This is over and above your money for the down payment and closing. Your lender wants to see that you're not living paycheck to paycheck. If you have three to five months' worth of mortgage payments set aside, that makes you a much better loan candidate. And some lenders and backers, like the FHA, will give you a little more latitude if they see that you save a cash cushion.

Improve your chances by setting aside money every month. A good rule of thumb: On average, you'll spend 2.5 percent to 3 percent of your home's value annually on upkeep, repairs and maintenance, says Joseph Gyourko, chairman of the real estate department at the University of Pennsylvania's Wharton School. If you're buying a \$250,000 home, aim to bank \$520 to \$625 per month.

For serious home shoppers, "the No. 1 thing is they better have everything in order," says Dick Gaylord, past president of the National Association of Realtors. That means that, before the real home shopping begins, you want to get financing in place.

The preapproval process is "much more extensive" than it was a few years ago, he says.

Improve your chances by: getting financing in place "before you walk through the first house," Gaylord says. Otherwise, he says, "How do you know how much you can afford?"

An Insulating Blanket Of Snow

by Joe Lamp'l

For lots of gardeners, this is the time of year when cabin fever officially settles in. Most of winter is behind us, but that springtime light at the end of the tunnel is a ways away. The last few weeks are longer than the first months, it seems. But take comfort in knowing that even though your garden may still be thoroughly buried, know that snow has been the best thing that could happen to it.

"Snow serves as nature's thermal blanket," according to George Ball, chairman of the national gardening company W. Atlee Burpee & Co. "It keeps moisture and heat in your soil, so your shrubs, trees and perennials stay protected. It's what they call the 'igloo effect.'"

Snow also protects perennials, ground-covers and bulbs from the stress of alternating freeze and thaw cycles. Known as "frost heave," when frozen soil thaws during brief warm spells and then refreezes, the expansion and contraction can actually lift roots up out of the soil, exposing them to drying and ultimately death.

The insulation effect depends on the snow depth. For example, every inch of snow makes the soil about 2 degrees F warmer than the air temperature.

"Snow also shields your plants from the cold winds that could damage or kill

them," Ball adds. "In reality, this weather is a blessing from good Old Man Winter."

There are still some things you should watch out for after a winter storm, like snow loads. When that blanket of white falls quickly, it can build up and deform the branches and foliage of evergreen shrubs and trees. Don't just knock the

snow from them with a broom or rake, which could snap frozen branches off. Instead, support them with lengths of sturdy wood. When the weather warms, gently shake the snow off by hand, or just let it fall on its own. Prune out thin, weak and damaged branches in the spring.

Guard against snow impact. Heavy masses of snow and ice sliding off the eaves of a warm roof can shatter limbs and split whole plants down to the ground. Thin snow fencing laid over smaller shrubs works against light loads; but a sandwich board of 3/4-inch plywood hinged at the top to form an A-frame will protect against big impacts, keep melting ice from dripping and refreezing on the plants, and act as a windbreak and sun shield.

As we all look forward to springtime in the garden, knowing how to manage the challenges of all seasons will help you keep your garden in tune with nature's cycles -- even in winter.



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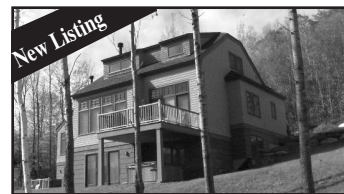
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THESE ARE JUST A FEW OF OUR LISTINGS...

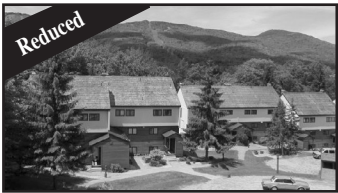


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Sunrise Condos	(P)(T)		\$178-\$295K	\$175K	
Sunrise Townhouse	(P)(T)			\$269K	
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Ski In / Shuttle Out					
Edgemont		\$80-\$85K	\$180K	\$183K	
Fall Line	(P)	\$110K			
Highridge	(P)(T)	\$130-\$148K			
Trail Creek w/loft	(P)	\$190K	\$275K		
Whiffletree	(P)(T)		\$114K	\$169-\$179K	
Shuttle					
Mtn Green (Bldg 1 & 2)	(P)	\$49-\$70K	\$99K		
Mtn Green (Bldg 3)	(P)	\$65-\$85K	\$109K		
Pinnacle	(P)(T)	\$107-\$111K		\$205-\$230K	\$370-\$400K
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The Woods - Townhouse	(P)(T)		\$179K		
The Woods - Village Center	(P)(T)		\$149K		
Close Drive to Slopes					
Fox Hollow	(P)(T)		\$148K		
Glazebok Townhouse	(P)(T)		\$219K		
Colony Club Townhouses	(P)(T)			\$239-\$270K	\$150K
Killington Gateway	(P)(T)	\$99K	\$110-\$149K	\$150K	\$209K
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