

Spring Home Improvement



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March 24-30, 2011

WINTER SPORTS Wacky Winter Games

This year's Wacky Winter Games will be held Monday, April 4th at Killington Resort. The Killington Chamber of Commerce invites everyone to join in for a day of lighthearted competition, food and festivities.

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GENERATION Y Poorly Done



I absolutely cringe when, at a restaurant,

someone orders a steak or a duck breast or a leg of lamb and, asked how he would like it to be cooked, responds "well-done."

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LOCAL SECTION

Regional News

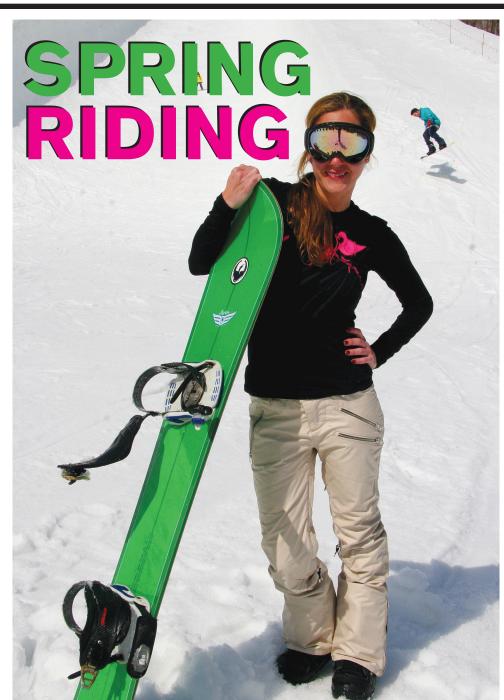
"The facts Ma'am. Just the facts." The Mountain Times gives you good, clean, local news without the editorializing. You're smart enough to figure it out for yourself!

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BOOMERS

Boomer Bachelors

I wonder when I watch the Bachelor, why there is not a hit show called Boomer Bachelor or Boomer Bachelorette – there's a bunch of single Boomers out there.



The Second Season - Spring Riding

story& photo by Thomas Bartlett

Hero snow is what many of us call it. The kind of snow that makes you feel as if you are the best rider in the world. Or at least the best rider at Killington. Soft, wet, and heavy snow that allows you to carve into it and lay down your best turns on any trail or the steepest pitch you would not attempt any other time of the year. spring snow! The temperatures warm up and the hard pack that has sustained our ski area through the ups and downs of New England weather turns to mush and allows you to become a superstar in the half pipe, a piston pounding machine in the bumps and an all mountain master of every piece of terrain you choose to ride on Killington. Everyone who loves to ride knows all about the spring conditions. It is the time of year when you see friends that have not been out all winter,

but they show up strong and ready to run bump lines all day. In the spring, the warm weather brings everyone out. Just when you thought some of the people you were riding with all season on the gondola were strange, there is suddenly a new batch of strangeness. I have fond memories of the sights of last spring: everyone gathered around the Superstar chair sitting in the sun and watching the slope. I remember a guy wearing American flag shorts and a smile, and a large brown Yeti making laps on Superstar on a snowboard. Bikinis and ski boots. Motorcycles and convertibles parked near the lift and the parking lots turning to mud. Barbecue lunch and mashed potato snow. Quite the spectacle to be part of, and a perfect beginning to the end of a great season. It is the second season of the ski year. It is spring time in Killington.

How to Get Your Child Involved in Ski and Snowboard Programs

by Kim Jackson

Skiing and riding parents know the gut-wrenching feeling—that feeling that buries itself deep inside before a child is even born: will my child love to ski or ride as much as I do? And sometimes the question becomes a commanding statement: my child will love to ski and ride as much as I do. Without a doubt, parents who have a passion for skiing and riding—whether on a recreational level or because they were competitive skiers once themselves—want their kids to be on the snow in winter. Finding the right program to encourage that passion for the sports is the key to creating a life-long love affair.

But where, and when, do you start? And how hard do you decide to push yourself? While it's important to encourage kids to become involved with skiing and snowboarding, not all will have Olympic aspirations (and even if they do, just having the aspiration to be an international competitor isn't enough). What if you were a NCAA racer but your child has no desire to run gates? Are you OK with that or will you continue to push your child to the point of turning them off? Parents must understand their children, and choose the program that is best for that child—and not themselves.

"Have you ever put your child in a lesson before at a ski area and he makes it down a lot of blue trails?" asked Deb Newson, the freestyle program director and mogul coach at Killington Mountain School. "Then I would definitely sign them up for the weekend program at Killington Winter Sports Club."

Newson is referring to the Hopefuls program at KWSC, which is a feeder to KMS'

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MOUNTAIN JOURNAL

Spring Skiing

Spring skiing is well known as the "second season." Sometimes the day starts with a gray sky. Sometimes it's sunny. Some days the morning is bright and dark clouds suddenly bring afternoon cold and snow flurries.

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nationally-recognized five-month ski
academy programs. The program, which
utilizes Killington's diverse terrain, intro-
duces all disciplines of skiing and snow-
boarding competition to its participants.
One day may be all-mountain skiing, the
next could be a bit of alpine training, or one
day could be spent in the moguls.
"The program gives the kids exposure

"The program gives the kids exposure to all the different disciplines that we offer and then they progress from there," said Newson. "If they already know they want to race alpine or ski freestyle, then they can take part in the Devo program, where they train with coaches on Saturday and Sunday mornings and still have

KMS, Page 2

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family time to ski in the afternoon."

Deciding which track to take—recreational or competitive—really is at the discretion of what the child wants, with a bit of help and guidance from coaches and parents. For instance, Woodstock's Spencer Smith and Bridgewater's Ava Mattsson, both J4 racers (Smith for KMS and Mattsson for KWSC) were recently crownedVARA J4 State Champions. Their hard work and dedication paid off, but along the way they didn't lose sight of the other goal at this level—to have fun.

"Inaddition to skiing with a group of kids your age, you're making great friends," said KWSC Mogul Coach Sam Tarrant. "When you ski with a coach, they will make sure that you ski the entire mountain by the end of the season. The goal is to no longer care what the trail is graded (blue square, black diamond, double black), you just go ski it. It's a huge confidence boost for a young skier, knowing that they can conquer the entire mountain."

Newson suggests determining whether or not children are competitive in other sports that they participate in like soccer or baseball. If they are, then that is a good indicator that they may be ready for something more than the Hopefuls program.

"If you're not sure, then you start them off in the Hopeful program and they'll ski the whole mountain for a couple of weeks," said Newson. "If they're totally into it you can move them up, or the coaches will. You're not restricted to stay in the program you started in. Kids develop lifelong friendships in the weekend program. Their best friends are here, not a home; their best friends are their ski friends. They learn to push each other on the hill. They learn independence, time management and build self-esteem. Ul-



timately they learn how to win and how to lose that are skills for life."

So how do you know, really know, if your child wants to compete, or simply has fun skiing or riding around with family? Again, it requires parents to take a step back, put their own feelings and ambitions aside, and really understand how the child feels about skiing or snowboarding.

"When you're preparing for a family trip to the mountain, if your children put up an opposition of if they're only doing it because the family does it, that could be an indication that they're not quite ready," said Christine Feehan, admissions coordinator for KMS as well as an alpine coach. "It's like signing them up for soccer at an early age. You don't know if they're going to be good, whether they'll love the sport or not. They may not like it. You don't have to go every weekend. A lot of the families that sign up for the younger-age programs aren't skiing every weekend. You have to keep things in perspective with the younger kids. Competition isn't stressed very hard in the younger programs-there's a progression that occurs in ski competition like there is in soccer, baseball and other traditional sports, so that's why we encourage these skill development programs first."

Feehan suggests that parents don't have to have kids in programs early—although many start the KWSC programs as young as six—so long as they're developing the skills. Once they hit age nine to eleven, however, that is a critical time period to determine which track a child might take.

This season alone, KMS student-athletes have earned multiple national and state titles and are competing in Junior World competition. Past student-athletes include Olympians Michael Morse, Evan Dybvig and Kyle Wieche, U.S. Ski Team members Stefan Hughes and Scott Smith, plus numerous NCAA racers including All-Americans David Coriell and Zachary Clayton.

But for parents who think their child might have a competitive edge, making a decision to pursue the competitive side of the sports should happen by age 13 for alpine racers, a little bit older for freestylers.

"Between eighth and ninth grade is really when families need to decide whether the child is ready for the commitment of a ski academy so they can reach the fullest potential," said Feehan, who sees student-athletes go on to have successful academic careers, as well as athletic ones, at schools like Babson, Bates, Middlebury, St. Lawrence, Trinity, Cornell, University of Colorado, Union, and Villanova. "Being competitive doesn't start here; that's a misconception. You already need to have a competitive background to enter a ski academy like KMS, which is why the weekend program is a good way to test the waters earlier on. We don't turn kids into athletes. We take strong athletes who want to devote their time to something greater than themselves, to do more than what most kids their age are trying to do, and we help make them exceptional athletes. They must be ready to commit to the balance of challenging travel, competition and academic calendars, and develop autonomy and independence, being responsible for their possessions like ski equipment, books, etc. The life experiences our student-athletes gain from travel and time management is incredible and ultimately those skills are what help them to go on to be successful in college and in life as well."

The Killington Winter Sports Club/Killington Mountain School Competition Programs are the primary development pipeline for the Killington Mountain School. These programs are administered by KMS in conjunction with the Killington Winter Sports Club and aim to create an appropriate environment for the development of competitive athletes who are shaped by the ideals of athleticism and who are inspired by a lifelong love of their sport.

The KWSC/KMS coaching staff teaches athletes how to be safe on and around the mountain, while supporting and sustaining each participant with instruction, information and encouragement at all levels. The multi-snow sport program offers a two-day program that starts the first weekend of December and ends the last weekend in March and a three-day program that starts the first full weekend in November and ends the last weekend in March. KMS has a two-week program and also offers BOOST, with multi-week day and boarding sessions to introduce younger kids, ages 11-14 in grades six and above to KMS.

Killington Mountain School is a fully approved Vermont independent school whose mission is to inspire students to pursue excellence in academics and athletics in a culture that promotes integrity, leadership, responsibility, and respect. To learn more about alpine, snowboard, freestyle, and freeride training and opportunities, visit www.killingtonmountainschool.org or call 802-422-KMS1.



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Spring

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This winter, to date, Killington has received about 250 inches of snow. Most every trail is still open with good snow on it, and the resort is claiming to be open until early May (weather permitting). If you were here in the very beginning when the area opened the first week in November, due to the new walkway on Heavenly Traverse, then you, and I, have been riding for just about five months. Hopefully in the end, the new walkway will be utilized for the benefit of us all. Looking straight into spring with an average base depth on the mountain to be about 36-42 inches, I would say that we all can get in six months or more of riding at Killington this year. Yes!!

With all of this riding time behind us, the legs are ready to go. Strong legs just in time for the spring snow. If you haven't been out all winter, the spring is a perfect time to return to the mountain. It is warm, and falling may be wet, but it hurts a lot less. Fatigue comes early if you are unprepared. Pushing the heavy snow around under your skis or snowboard takes a lot of work and uses lots of energy. After the fatigue sets in there is spring time rest which consists of sitting out on a deck with your feet up and face in the sun. If you sit on the deck at Bear mountain, you can watch bump skiers rip up Outer Limits. OL is a steep and long bump run that attracts a lot of bumpers. Although there are bump runs all over the Killington mountains, OL is high challenge and it is in the sun for most of the day. With knees together the skiers pick up speed and crash down through the heavy snow. In and out of the troughs between bumps, their knees compress almost up to their chest and they send the mush flying everywhere. As the pitch and speed increase their legs and pole plants go faster and faster until they are out of the line or tired and take a break. Then they hop on the Bear chair and do it again. And again. Day after day these creatures can

be seen in the spring. They go by names such as Double-A and Skiddy. Patches on their knees and a determined smile on their sun weathered faces. They will be there in the bumps until the season ends.

Then there are the park and pipe rats like T-Bird and Tweak. And don't forget the KMS teams doing laps. These guys have been there all year and with the soft snow comes the bigger airs and an opportunity to try tricks they might not otherwise attempt on the hard pack. The falls hurtless, but dropping onto a landing not quite perfect still adds a little pain to your learning experience. Bellow the Dream Maker park is the superpipe. The twenty two foot walls are not as icy and a little less terrifying. Be careful in the bottom on transition because there is a bunch of mush there. Another great place to watch from the deck at Bear.

And then, of course there are the rest of us. The core of the locals who ride everyday possible through out the season. Regulars like Amy, Slopsie and Old Man Ron. Bruno, Snowhammer, Mild Bill and Brando. We, too, are creatures of the spring. I can't speak for them all, but I like spring tree riding (when possible), and small mushy bumps. The snow piles high to the sides of most every trail and turns on this deep mush feel, a bit like surfing. You don't touch the bottom and you can turn everywhere there is mush. On the steep trails I become even more aggressive and try not to laugh when I tumble because my mouth will fill with spring snow. Like the early flowers of spring, out come the bright colors and warm weather gear with shorts on underneath ski pants. Now the Dermatone is applied not to keep frostbite away, but to make sure the goggle tan comes out nice and even. I bring my flip flops so I can change out of my snowboard boots and make my feet happier.

The second season at Killington is called spring. The last hurrah of the ski season and aside from a powder day, the best snow. Restaurants are opening

Spring, Page 6



The Mountain Times • March 24-30, 2011 • 3 Wacky Winter Games at Killington

Longer days and warmer temperatures are signs that the seasons are changing in Killington. This year, at the Wacky Winter Games, locals will wave farewell to winter and celebrate the onset of spring, a special time of year when area residents have a little more time to enjoy the good life in Killington. This year's Wacky Winter Games will be held Monday, April 4th at Killington Resort. The Killington Chamber of Commerce invites everyone to join in for a day of lighthearted competition, food and festivities.

The Wacky Winter Games return to the slopes for the 10th time and are being ramped up in celebration of the special anniversary year. The Killington Chamber is collaborating with the Killington Ski Club and Killington Resort to create a scavenger hunt that will send teams to all corners of the mountain, while keeping the traditional elements of the games intact. The scavenger hunt will start with a wacky snowshoe course, where teams will get their first clue and be sent off to test their ability to navigate the mountain. The hunt will wrap up with a wacky downhill race on Highline. As always, this year's competition is designed with fun in mind!

Started by Manfred Karlhuber of the Snowed Inn for member businesses and their employees, this is a great opportunity for local businesses to show employees ap-

Longer days and warmer temperatures preciation for a job well done. It is also a well-timed gathering to send off the season with friends and co-workers in a celebration of an almost completed winter season.

The games will begin with scavenger hunt heats starting at 10:00 am on Monday, April 4th at the Alpine Training Center. After completing the hunt, which should take a couple hours, there will be an après ski and awards party at Killington Base Lodge. The party will feature music, food and drink, prizes and more.

Registration for the games is now open. Entry fees are \$100 per team of four and \$35 per individual for KCC Members and \$125 per team of four and \$45 per individual for non-members. (Individual registrants will be assembled into teams the morning of the games and should report to KBL promptly at 9:00 am). Registration fees include race, lift ticket, BBQ lunch, two drink tickets, after party and the chance to win great prizes. Sign up NOW for the 10th Annual Wacky Winter Games! For more information contact the Killington Chamber of Commerce at 802-773-4181.

The Killington Chamber of Commerce is celebrating over 30 years of cooperatively promoting the area and its businesses. The Chamber office is located on Route 4, ¹/₂ mile west of the Killington Road. Additional information can be found by visiting www.killingtonchamber.com.



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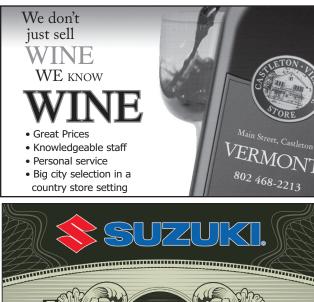
White Heat: **Savoring Spring Skiing**

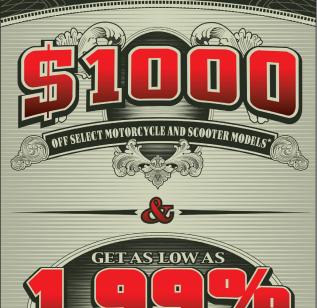
Spring skiing is well known as the "second season." Sometimes the day starts with a gray sky. Sometimes it's sunny. Some days the morning is bright and dark clouds suddenly bring afternoon cold and snow flurries. For those who frequent the mountains in the Killington and Okemo region, in the spring it is best to expect the unexpected. This said, the snow is often softer. More forgiving. It is a signal of spring.

Do not be deceived. Do not rush your decision to cease skiing and riding. Typically the biggest and sometimes best storms of the season come in March and April. Sometimes, mother nature can deceive.

For knowledgeable skiers, spring skiing is simply too good to ignore. Many years some of biggest storms have hit the mountains after the crowds have dispersed. Sometimes a day of unexpected powder can be followed by spring corn snow.

Are you interested in bright, clear, warm days on the mountain? Are you tempted by the thought of lunch on the deck at the Bear Mountain Base Lodge or at Jackson





Gore at Okemo? Do you like the pull of soft snow and manageable bumps?

Spring? It's showtime!

When was the last time you skied in a vest? In short sleeves?

When was the last time you took a deep breath on the chair, lifted your sunglasses, and sighed with delight?

Many people just do not know about the allure of spring in the mountains. As the snow (finally) disappears in places the like of Rhode Island, Connecticut, and New York, many skiers forget to ski. In spring, many skiers put their skis away too early.

Call it white heat. Spring skiing, the second season, can be, well, pretty sweet.

Spring skiing, of course, allows us different sights and sounds. Often we can observe dynamic skiers on the mountain. Especially at the different mogul contests. But that's only part of the fun. More and more, there are avariety of good reasons to savor spring skiing. Let's start with money. Usually lift tickets are cheaper. And lodging is often more affordable. But money isn't everything.

Spring is a time of renewal. It can renew confidence, for instance. Instead of struggling with bumps marked by pockets of ice, you can experience the soft for giveness of soft spring snow.

Butdon't be deceived. Spring is fickle! You may have warm sun on Saturday, only to discover that Sunday morning may bring fresh snow and unexpected wintry cold.

Expect the unexpected. As the season begins to extend itself, you can usually find the kind of weather which typifies spring. And on those days it's foolish not to savor the sun, snow, and a picnic lunch.

It's simple. Ideally, find a group of friends to share your enjoyment on the mountain.

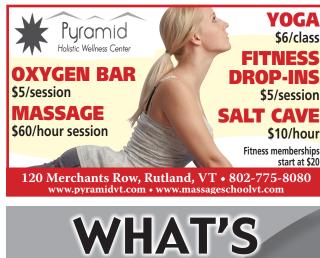
Here's the point - in case you somehow missed it: I think too many people in the East really do put their skis away too early. They'll come out in droves in early November to ski on limited snow on limited terrain only to pack away their skis when the snow is often deep, and the bumps soft but still knee deep.

Probably there are folks who will tell you not to bother with spring skiing. Do not believe! You won't need flashy clothes. In fact, in the spring you can enjoy virtually any kind of clothing.

Let's see. Warm weather? Try relaxed clothing! Try the soft snow. Try the easy bumps! In a time when folks seem to be arguing where to stand on politics, I think I'll think about where I should be standing on my skis.

Savor that white heat. From your 1st run to that last run.

Contributing Writer Tony Crespi has served as both a Ski School Supervisor and Development Team Coach. A frequent contributor to publications throughout the mountains, his column is published throughout the season.



BOOMERS



Boomer **Bachelors**

by Cindy Phillips

OK, I admit it. I just finished watching another season of The Bachelor. I know, I know, it's a stu-

pid, nonsensical reality show. Every season when I begin to notice the commercials announcing a new season, I have "the talk" with myself. I rationalize all the reasons why I shouldn't do it. I pump my confidence, reminding myself that I am an intelligent, bright woman who does not need to waste my time on shows like that.

And then it happens. I convince myself that watching the season opener will be it. I'll simply take a gander at the bevy of women to see what they look like and who I think might make it to the finale. And just like that, it sucks me right in like a Hoover vacuum cleaner. I can't help myself. It's just that those silly reality shows are so ..., so ..., unrealistic.

I do have to wonder when I watch this show, with its cast of twenty-something's, why there is not a hit show called Boomer Bachelor or Boomer Bachelorette. We know the statistics – there's a bunch of single Boomers out there. Who is looking out for their needs?

The answer is the internet. It's called online dating and is disguised under clever names like Match. com, eHarmony and, my favorite name, Plenty of Fish. These sites are teeming with unattached men and women of all ages hoping to find their soul mate, literally, at their fingertips. You can search by age, common interests or geographic location. You can look for a short one, a tall one, a blond, a brunette, someone who likes to walk on the beach, someone who likes to dance, a smoker or non-smoker, a doctor or an artist, a bowler or a fisherman - the choices are endless. You simply check off what you want in a bachelor and the computer finds your perfect mate. Gosh, it seems so easy. I am surprised there are any unattached people left.

I have a couple of friends who are single and have ventured onto the online dating sites. With curiosity getting the best of me, I huddled over their shoulder as they browsed the available bachelors within a 25 mile radius. Wow! I had no idea there were so many eligible, goodlooking, seemingly normal men in this area. I wasn't interested in meeting any of them myself, as I already am in a relationship with a man who is perfect - for me. But I was thrilled for my girlfriends who so deserve to have a wonderful man in their lives.

We narrowed down the lot, which was not as easy as it might seem, and sent an innocuous message to each. One of the fish bit the hook right away. He told us his real name, where he worked and sent his phone number. Geez, he seemed kind of anxious. Not to worry, his profile said he was only interested in casual dating and friendship.

We made a plan to have a drink at the restaurant where he worked. This would give my friend the opportunity to take a peak prior to actually planning a date. We weren't being sneaky; we told him we were stopping by that Friday. He replied with his phone number, again.

We were very excited about this outing. A third friend planned to join us. We would have one drink at the

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Killington and Pico Mountain This Week

by Kim Jackson

Music and snow lovers unite. Snoe. down, the all-ages Winter Music & Sports Festival hosted by moe., returns to Killington and Rutland this weekend with another spectacular line-up of events and music. Some say Snoe.down started at Sugarloaf in Carrabassett Valley, Maine in 2002 with a pair of performances by moe. on a particularly frigid weekend. The "official" Snoe.down festival began in March, 2006 in picturesque and historic Lake Placid, New York. moe. performed for two nights in the Olympic Center's famed USA Rink (home of the "Miracle on Ice") as well as an outdoor afternoon set before more than 3,000 ecstatic fans at nearby Whiteface Mountain. In March 2010 the event moved to Vermont and continued to host great music from Sharon Jones & the Dap Kings, Railroad Earth and Assembly of Dust among others, an intimate acoustic brunch performance by moe. and discounted ski and snowboard packages at Killington Resort for attendees.

This year, moe. will headline both Friday and Saturday night performances at Spartan Arena in Rutland. One-manband Keller Williams will join moe. on Friday and live instrumental dance rock band Lotus joins moe. on Saturday night.

Several afternoon performances by a variety of artists including gypsy flavored Caravan of Thieves, Brooklyn based rock trioTheLondonSouls, roots rockersDangermuffin, and Albany's Timbre Coup will take place throughout the weekend at the K-1 and Bear Mountain Lodges at Killington Resort.

On Saturday afternoon, March 26, moe. and special guest Ryan Montbleau Band will perform on the Swany Stage outdoors at the base of Killington Resort's Bear Mountain.

Special, separately ticketed kick-off

parties will take place in Killington Thursday evening, March 24 at the Wobbly Barn featuring The Brew with special guests Lucid and at the Pickle Barrel featuring the jam-heavy, progressive foursome, Twiddle. Vermont natives Assembly of Dust will perform a separately ticketed after party at the Pickle Barrel on Sunday, March 27.

A portion of all ticket purchases are being donated to Vermont Adaptive, the largest organization in the state to provide year-round sports and recreation to people with disabilities.

Attendees may purchase reducedprice lift tickets to Killington Resort with their Snoe.down ticket and be eligible to choose from a variety of discounted Killington lodging options. The Snoe.down winter music & sports festival is sponsored in part by the Town of Killington Economic Development and Tourism Office (EDT). The EDT is working with Killington Resort to arrange for bus shuttle service to/from Killington and Spartan Arena for those choosing to lodge in Killington. Tickets can be purchased by calling 802-863-5966.

This weekend also is the last weekend to ski at Pico for the 2010-2011 season.

Sunday, March 27, is also the last event in the K-Town Showdown series, with a rail jam in the Outer Limits Rail Park. The day begins with check-in at 9 a.m., followed by practice and the first event starting at 11 a.m. Competitors will win prizes and bragging rights. For more information including registration fees and divisions, and to register, visit the events page at killington.com.

Killington's weekly Killington Ski and Snowboard School's fun slalom race will be held on Thursday, March 24 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.

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

Boomers

continued from page 4

Boomer Bachelor's restaurant, then we would head over to a local Mexican joint for dinner, margaritas and our favorite pastime – watching other people make fools of themselves at karaoke. As luck would have it, there were a couple of seats at the end of the bar right next to the wait station. Anyone who worked there would eventually make their way to that spot. We had a perfect viewing area. Within two minutes of taking our seats, we scored both a round of drinks and a bachelor sighting.

"Is that him?" I questioned my friend.

"I think so," she replied, trying to recollect the pictures posted on his profile.

"Are you sure? This guy looks a lot older than the guy in those pictures. Did he happen to mention that maybe his father works here too? Or a much older brother?"

The man we were looking at definitely bore a strong resemblance to the pictures we had viewed on line, but this fellow

was older, grayer, heavier and somehow shorter. We finished our drinks as quickly as possible and high-tailed it out of there.

Apparently this is a very common occurrence in the online dating world. Most people who are dallying have a whole set of horror stories to go along with it. Outdated pictures, incorrect heights and weights, overstated careers and financial statuses, and the ultimate deceit - professing to want friendship and then coming across like a sexstarved maniac in person.

I knew the process looked too good to be true, and now I understand why there are still so many single Boomers on the prowl. I don't regret the experience with my friends, and I learned a lot from it. Besides, we still got dinner and the margaritas, lots of margaritas. I never knew performing karaoke could be so much fun.

Contact me at cphillipsauthor@ yahoo.com



THE BEAST SHOOTS 59

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

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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* *1<u>9</u>9 AGES 19 & UP

PRICE WILL IN

as well. The groomer will pick up the winner at Ramshead at 4:45 p.m. for the ride.

There's a lot going on in the upcoming weeks including the famous Bear Mountain Mogul Challenge on Saturday, April 2, and Sunshine Daydream Ski & Music Festival on Saturday, April 16. At Pico on April 2-3, the East Coast Snocross Series comes to town, and Pico will be transformed into a snocross track featuring an action packed weekend of snocross racing and a high-flyin' freestyle show by the RaveX team.

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

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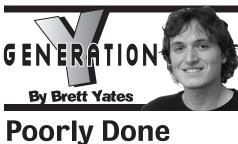
PRICE WILL INCREASE TO \$129 AFTER JUNE 30, 2011.

This seven day season pass includes unlimited golf cart use for the 2011 season. Limited passes are available.



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*Golf Cart is not included in the Golf Unlimited Pass as well as the Junior Golf Unlimited Pass. Walking is permitted at any time xcept for peak season Saturdays (July 2-September 3, 2011) when carts are required prior to 2:00 p.m. All season pass sales are nor refundable and subject to 7% Vermont state and local tax. Some restrictions apply. ©2011 Killington/Pico Ski Resort Partners, LLC.



All of us have pet peeves. Even I, an exceptionally good-natured young man, have a few. One of them, which will sound really silly to some of you and kind of snobbish to others, relates to the temperature of meat. I absolutely cringe when, at a restaurant, someone orders a steak or a duck breast or a leg of lamb and, asked how he would like it to be cooked, responds "well-done."

Every time, I feel an angry, pompous lecture welling up inside me, and I have to struggle to withhold it. "How could you do that?" I want to say. "Why would you force the chef to destroy a perfectly good meal?" The fact is that, the more you cook a piece of meat, the more its flavor is desiccated, the more its juices are sapped, the more its tenderness is compromised. As far as I can tell, there really is no argument in favor of "well-done" – gustatorily, nothing good can be said for it, unless you're one of those people who actually prefer meals not to be flavorful, which is what I suspect every time I discover that someone belongs to the "well-done" camp. You know the type – doesn't like spicy foods, won't try anything they've never heard of, thinks every "fancy" ingredient is just a form of posturing.

I'm no expert foodie, but the sheer obviousness of rare meat's superiority is what gets me. The only meat I'll concede sometimes is hamburger, which often is of such poor quality that its natural flavors, such as they are, really needn't be preserved (besides, a rare hamburger at an average diner is likely to make you sick, and the extra juices won't do much except soak and crumble your bun). With everything else, though, anything but "rare" annoys me, and here's why: I link eaters' preference for dry, boring, flavorless meat to the same impulse that causes people to prefer boring, mindless, mainstream movies to interesting, challenging ones; bland, worthless TV shows to brilliant, important books; and watery light beer to powerful microbrews. In each case, we have something that's obviously more stimulating, yet many people tend to avoid it. Why?

Well, subtitled films require reading, and reading is work. Books require concentration, and concentrating is hard. Similarly, with rare meat, there's a small risk of illness, and there's the strong visual presence of myoglobin, which looks like blood and therefore reminds you that

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you're actually eating an animal, and that reminder isn't pleasant. So there are barriers. But the more sinister thing I suspect is this: the abstainers are people who actually dislike stimulation – sensory, intellectual, whatever. They live in an unthinking fog of painless indifference, and they want to avoid anything that might wake them up even a little bit.

OK, but that's their problem, right? Not quite – America gets what America wants, so the collective bland taste of our countrymen is the reason why, much of the time, there's nothing good on the radio, nothing good at the multiplex, and nothing good on the menu. We live in a nation whose products are geared toward those who don't like their meat rare. Consequently, the rest of us have to work a little harder to get what we want – which isn't a tragedy, of course. I try to keep it in perspective. It's a pet peeve.

I'll briefly share my very impractical theory on how restaurants should do their part to combat the problem. Essentially, it's this: they shouldn't give you an option on how your food is going to be cooked. In fact, once you've ordered, they shouldn't offer you any options on anything - no grated cheese unless it's there from the start, no salad dressing selection. This makes sense to me: cooking is an art like any other, and when you go to see Yo-Yo Ma in concert, he doesn't ask you before performing whether you want him to play a particular piece fast or slow, loud or soft. He's the artist, which means that it's his duty to execute his artistic vision to the best of his abilities, and you're the audience, which means that it's your duty to try to understand said vision and to enjoy it if you can. We can go to restaurants with the purpose of reinforcing our gastronomic preconceptions, or we can go in order to be introduced to new culinary worlds - and we can only do the latter by allowing chefs to use their own judgment instead of catering to ours.

And if it just so happens that, in the judgment of most chefs, meat ought to be cooked rare, then so be it.

Spring

continued from page 3



their outside seating and the decks at the base lodges are the place to be in the sun. There are spring sales of last years gear going on everywhere and a good time to gear up for next season. Work is ending soon for many of us restaurant folk and it will be fun in the sun for us all as a reward for a busy season of work. Soon the chair lifts will stop turning and it will be time to cut fire wood for next year, yard work, and the return of recyclables that have sat unattended in the shed all winter. But until we all have to return to the realities of life away from the ski area, there is still a good month or more left of playing around with good friends on the hill. And now it is go time. The legs are strong and the spirits are high. There is little talk of what will happen after the spring is over. There is only talk of the near future of riding the spring snow under the sun and barbecuing with friends. Conversations of bump runs, park riding, and celebrations at the end of the spring day. We are not done yet and are thinking of the spring days to come. The second season has begun.





The Forerunner Ski Shop • 2324 Killington Road • 802-422-3950 www.forerunnerskishop.com • frskishop@comcast.net Winter Hours: Mon-Thurs 8:30am-8pm, Fri 8:30am-11pm, Sat & Sun 7:30am-8pm Looking for the Perfect Place * to Dine, Stay or Play? *

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Sugar Season on the Slopes

The sight of steam billowing from local sugarhouses marks the start of spring skiing season. And what a sweet season it is! The mixture of warm days and cool nights helps fill sap buckets hanging from maple trees and creates the snow surface conditions that skiers and riders savor through the final days of winter. Okemo Mountain Resort is planning to offer skiing and snowboarding through mid-April, so there's plenty of time to enjoy the spring snow, sunny skies and numerous on-snow events like Okemo's Joey Jam, Slush Cup pond-skimming competition and, new this year, a wet and wild Tug o' War.

On March 26, some lucky Joey is going home with a 1987 Kawasaki JS 550 stand-up jet ski!

Okemo is pulling out all the stops for the third annual celebration of all things "Joey." Known as Gapers, Front Rangers or by other regional monikers, in the Northeast it's the Joey who provides us with endless hours of enter-tainment on the slopes with his bravado and ubiquitous sense of style. Joeys will be required to ski or ride on (or near) several easy terrain park elements. Big points will be awarded for costume and attitude. Participants may register for \$20, from 8-10 a.m., in the Main Base Lodge on Sat., March 26; limited to the first 50 adults to register.

The sight of steam billowing from local sugarhouses The competition gets started at 10 a.m. for under-18 and arks the start of spring skiing season. And what a sweet 11 a.m. for adults.

It's no joke – on April Fool's Day, April 1, when skiers and riders donate at least three nonperishable food items they can purchase a full-day lift ticket for \$10. All donations will go to a local food bank.

It's a chilly spring dip for costumed skiers and riders who don't make it across an 80-foot long slush pond at Okemo's annual Slush Cup pond skimming competition on April 2. This popular competition is open to the first 125 participants. The entry fee is \$20. Fabulous prizes will be awarded in several categories: best costume, driest competitor, best wipeout, and more. Registration starts at 8 a.m. and the pond skimming starts at 11 a.m.

New this year, a wet and wild Tug o' War will determine the strongest (and driest) team in the Okemo Valley. This single-elimination battle will land one team in the slush pond during every round. The victorious team of eight will win \$250. Registration is free and limited to the first 16 teams.

More information about Okemo Mountain Resort's celebrations of spring is available by calling (802) 228-1600, or by visiting www.okemo.com.

There's an App For That at Okemo

Okemo Mountain Resort recently launched an app to assist guests with their winter-getaway planning. It also helps skiers and riders navigate Okemo's five distinct mountain areas and two base areas while at the resort. The app, available for iPhone and Android, features information about all of Okemo's dining options, base areas and lodging amenities, plus up-to-the-minute conditions reports. The app also offers a GPS location feature that allows guests to see where they are on the trail map. In addition, Okemo's app, built by Invictus Mobile Media, links directly to the new Okemo Valley Chamber of Commerce app, offering a vital link between the resort



and the surrounding community.

"As more Americans continue to adopt smartphones as a part of their lives, we felt that our mobile website was somewhat limiting in information and functionality," said Okemo Marketing Partnership Manager Liam Fracht-Monroe. "The development of a specific application for smartphones allows Okemo to customize the information that is important to our guests and provide a better overall resort experience."

The "Ski Okemo" app is available at the Android Market or the iTunes App Store.

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



HEALTH CALENDAR

Mar. 24 - Rochester. Quintown Prevention Partnership hosts "Reality Tour" aimed at prevention of underage drug use. Geared toward older teens & their families. Rochester School.

Mart. 24 - Rutland. RAVNAH hosts documentary film, "Whose Death Is It Anyway?" 4:30-6:30pm, CVPS/Leahy Comm Ed Ctr. Explores difficulties surrounding end-of-life decision making. Free, open to public. RSVP 770-1682.

Mar. 26 - Killington. Aprés ski yoga class, Kripalu, all levels welcome. Sats. 4:30pm. \$12 drop in, \$10 owner/member. Spa at the Woods. 422-3139.

Mar. 30 - Rutland. RAVNAH Blood Pressure & Foot Care clinic: Godnick Center, 12:30pm. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

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

Mar. 31 - N. Clarendon. RAVNAH Blood Pressure & Foot Care clinic: Community Center, 12:30pm. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

Mons. - Rutland. Look Good...Feel Better program. Free. Female cancer patients learn beauty techniques; 1pm, 1st Mon. of month, RRMC. 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 RRMC. 4 wk program begins 1 st 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 @ RRMC. 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.

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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 RRMC offer classes for parentsto-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.

Arta Entertain Spectrum Vieter Music & Bullard Swimping-The Mitchell Therapy Pool at M

NIGHTCLUBS

THURSDAY, MARCH 24

Santa FeEve-Myk SnoWobbly BarnEve-Strange TribeOutbackEve-Tim Haufe AcousticFRIDAY, MARCH 25Eve-Joey Leone Trio

Saint's Pub @ Summit LodgeEve-Joey Leone moSaint's Pub @ Summit LodgeEve-Frank ChaseSanta FeEve-Myk SnoWobbly BarnEve-BenderzDouble D'sEve-Karaoke with Tiffany ZGrist MillHH-Wayne & GuyEve-Long Trail Party w/ Vibratones

McGrath's Irish Pub

SATURDAY, MARCH 26

Clear River Tavern Wobbly Barn

Outback

McGrath's Irish Pub Double D's Saint's Pub @ Summit Lodge Grist Mill

Santa Fe

SUNDAY, MARCH 27

Saint's Pub @ Summit Lodge McGrath's Irish Pub

MONDAY, MARCH 28

Santa Fe Outback Wobbly Barn

TUESDAY, MARCH 29

Ramunto's B'Water Outback

WEDNESDAY, MARCH 30

Outback



Mar. 24 - Stockbridge. SCS hosts VSO Musical Petting Zoo - about musical instruments. Hands on intro to VSO, explanation & demonstration. 234-9248.



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

Mar. 26-Randolph. David Mallet performs at Chandler Music Hall, 7:30pm. Joined in performance by Michael Burd on bass & Susan Ramsey on fiddle. Reserved tickets at 728-6464.

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. **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.



Mar. 23, 30 - 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. 26 - Rutland. Killington Section GMC outing: Annual Meeting. Bring a dish - potluck supper & short business meeting. At Godnick Center. All welcome! 773-2185.

Mar. 27 - Killington. Final event in K-Town Showdown series at Killington Resort, rail jam in the Outer Limits Rail Park at Bear Mtn. 9am check in. Events 11am. Win prizes & bragging rights! 800-621-MTNS.

Mar. 27 - Castleton. Killington Section GMC outing: Grandpa's Knob. Climb to wind turbine. Great views of mtns. elevation gain 1000' moderate 3 miles. Meet Rutland's Main St Park 9am. 774-5144.

Mar. - Ludlow. Deals at Okemo: Online Thursdays - Mar. 24, 31. Ladies' Day Tuesdays - Mar. 29. Wonderful Wednesdays - Mar. 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. **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.



Mar./Apr. - Ludlow. Classes at Fletcher Farm School: Mar. 30-Apr. 1, Spring Landscapes & Florals in Watercolor; Apr. 2, The Beadalicious Bracelet; Apr. 2-3, Painting in Oils or Acrylics; Apr. 9-10, Beginning Mosaics with Vintage China. More upcoming. 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. 23-24 - Pittsford. Motivating & informative Pittsford Business presentation by Leann Tingay, Inn at Logan's Run. Mar. 23, 5:30pm or Mar. 24, 8:30am. RSVP 483-2218.

Mar. 24 - W. Rutland. Mrs. Merrill's 1st & 2nd graders of W. Rutland school present a book they have written, illustrated & published to the library. 1:45pm. Come enjoy event with these young authors. 438-2964.

Mar. 24 - Rutland. Soup Bowls for Hunger Benefit for Community Cupboard, at Rutland HS Cafeteria. \$15 includes soup, roll, dessert, bev, hand crafted soup bowl, entertainment. 5:00, 5:45 & 6:00pm sittings. Advance tickets only at RHS. 770-1113.

Mar. 24 - Proctor. Vt Humanities Council program, Shipwrecks of Lake Champlain, 6:30pm, Proctor Free Library. Over 300 wrecks - tour through slides, drawings, video of what lies beneath. Mortimer Proctor Room. Free, open to public. 459-3539.

Mar. 24 - Manchester. VT Fish & Wildlife Dept Biologists host public meeting 7pm at Burr & Burton Academy about deer management & deer hunting seasons. Open invitation to discuss amongst hunters, landowners, visitors, foresters, biologists...etc.

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

Mar. 24 - N. Clarendon. Mill River UHS presents The Cricket Sing performance, 7:30pm, MRUHS Auditorium. \$5 general admission. Featuring works by Gilles Rapaport, Whitman, Frost, Auden, Crane & Rimbaud. 775-3451 x223 for info.

Mar. 24 - N. Clarendon. Free monthly coupon swap at Bailey Memorial Library, 8:30pm. Save \$\$\$ on groceries. Bring scissors, unexpired coupons, non-perishable food item. 773-6470.

Eve-Joey Leone Trio Eve-Extra Stout HH-James Mee ge Eve-Frank Chase HH-Wayne & Guy Eve-Vibratones Eve-Myk Sno & K-Town's Finest

Eve-Extra Stout

Eve-Benderz

HH-Frank Chase

Eve-Joey Leone Jazz

Eve-Bartender's Ball

Eve-Magic Hat Karaoke

Eve-Joey Leone Solo

Eve-Open Mic

Eve-Jimmy's Pizza "Buffett"

HH-Extra Stout

Eve-Duane Carleton

HH-Tony Lee Thomas

Mar. 25-27 - Woodstock. Yoh Theatre Players presents The 39 Steps spring play. Mar. 25 & 26, 7:30pm. Mar. 27, 5:30pm. Yoh Theatre auditorium at WUHS. Admission by donation at door, students \$4, adults \$6.

Mar. 26 - Brandon. Discovering Hawk Hill—Walks & Talks Series. This week, Clues of the Forest. 10am. Meet OVHS parking lot. 446-7030.

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. 26 - Fair Haven. Mentoring Program at FH Grade School hosts Victorian Tea Fundraiser, 1-3pm, The Marble Mansion. \$5 adults, \$3 children. RSVP (not needed) at 265-3394. Proceeds Mentoring Program. \$1 off if dressed in Victorian clothes.

Mar. 26 - Various. Vermont Regional One Act Festival features day-long celebration of technical & performing arts: 12:30pm, Mill River UHS - The Cricket Sing. 3pm, Rutland HS - Blessings. 6:45pm, MSJ, Blur. 775-3451 x223.

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Mar. 26 - Rutland. Paramount Theatre presents Big Flicks at Paramount Spring Film Series, "Back to the Classics." This week, King Kong - 1933. 3pm & 7pm shows. \$6 adults, \$4 12 & under.

Mar. 26 - Brownsville. Dog training classes begin at Lucy Mackenzie Humane Society. 484-5829.

Mar. 26 - Rutland. Open Planning Meeting - 1/2 the towns in Rutland County turn 250 in 2011. 10-11am, Fox Rm, Rutland Free Library. Don Wickman speaks. 775-4350 for info.

Mar. 26 - Montpelier. Green Mtn Film Festival Sneak Preview of The Blood in This Town documentary about Rutland community revitalization/Blood Drive. 6:15pm, Pavilion Auditorium. Info, 212-967-1106.

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

Mar. 27 - Killington. Killington Arts Guild Annual Meeting, 2:30pm, Sherburne Memorial Library. Reception, Ann Wallen speaks, calendar of events announced, Board of Directors elected. All welcome.

Mar. 27 - Mt. Holly. Understanding the Middle East talk at Mt Holly Town Library - Update on the Political Situation in Egypt & the Middle East by Matthias Weiter. 4pm. 259-3707.

Mar. 28 - Rutland. Rescheduled CSJ Healthcare Forum - 6pm, Tuttle Hall Theater. Q &A. Free, open to public.

Mar. 31 - Killington. Two Wheels, Two Planks - Pedal Powered Skiing in Arctic Norway. A multi-media show by Brian Mohr and Emily Johnson, 7pm, Inn at Long Trail. Free admission, \$5 benefit raffle benefiting Wildlife Conservation. Info, 989-0570.

Apr. 2 - Rutland. Rutland County Women's Network and Shelter hosts 2nd Annual Masquerade Ball & Silent Auction, 7pm, Rutland Country Club. Dancing, music by 2kUL, hors d'oeuvres, silent auction, cash bar. \$50 pp. 775-6788 - limited tickets on sale!

Ongoing

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

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 Story Time, 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. 30, Tom Salmon, State Auditor.

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.

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.



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.



Apr. 2-3 - Killington. East Coast Snocross Series comes to Pico Mtn Base Lodge area. \$15/ day - \$25 both days. Age 7 & under free. Racer gates 7am. Spectators 10am. No dogs, coolers open containers, backpacks.

Apr. 4 - Killington. KCC's 10th Annual Wacky Winter Games at Killington Resort. New scavenger hunt style team race at Alpine Training Center, apres ski & awards party at KBL. Music, food, drink, prizes, fun! Registration info at Chamber, 773-4181.



Calendar space is FREE to advertisers & non-

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

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



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.

Giftshop Harmony Tea Room Imagine how the world would be if everyone took a few moments to enjoy a cup of tea. Join us for a soothing cup of tea and maybe some fresh baked treats 12-5 daily. (closed on Tuesdays) 62 Country Club Road, Brandon • www.brandon-music.net • 802-465-4071 Store & Gallery 10am-6pm, Tea Room 12-5pm daily (closed Tuesdays)

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DiningGuide

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BIRCH RIDGE INN

AMEX, MC, VISA, DISC.

5680 Route 4, Bridgewater

or roll \$2.75. VISA, MC, AMEX

CHARITY'S TAVERN

Killington Rd., Killington

DC.

Killington Road, Killington

422-4442

422-4293

COUNTRYMAN'S PLEASURE 802-773-7141 off Rte. 4, on Townline Rd. Mendon

Countryman's Pleasure is one of the region's In the Chalet Killington. Featuring a wide varimost reliably excellent dining houses. The ety of Mexican-inspired and American dishes. Entinger Family is led by Munich, Germany's Children's menu, fireplace lounge, game room, Simon Knoll Culinary School graduate, Chef muchas margaritas! 6 beers on tap. Half-priced Hans Entinger. Renowned for Austrian, Gerburritos and appetizers 3-6PM daily. MC, VISA, man and American creations that are beautifully balanced on the palate, and delightful in appearance on your plate. Cozy and casual Serving a totally delicious combination of atmosphere, and the service friendly and ef-American and Continental cuisines. Choose ficient. Reservations recommended,. Major to dine from our tastefully affordable menu in Credit Cards accepted. HHHMobil. AAA. the dining room, or break bread with friends in

DOUBLE D'S BAR & GRILL 422-3344 133 East Mountain Road, Killington

Located at the top of the Access Road, inside the Mountain Green Resort. Serving burgers, soups, salads, sandwiches, pasta, full pizza and sub menu. Children's menu available. Music and dancing nightly. Open 3pm to 2am. Delivery until 2am. VISA, MC

GRIST MILL RESTAURANT 422-3970 Killington Rd., Killington

Offering spectacular views, casual atmosphere and world-class entertainment. Our dining room features classic American cuisine with a flair. Our lounge offers the options of casual dining and pub fare. Enjoy our deck dining with views. Major CC. HELI'S RESTAURANT 773-4311

at the Mendon Mountainview Lodge 78 US Route 4, Mendon

Offering an artful selection of American and European cuisine combined with a casual atmosphere. Dine by our wood burning stone fireplace and enjoy spectacular views of Pico. Reservations appreciated. MC, VISA, AMEX, DISC

HEMINGWAY'S Route 4, Killington

422-3886

Everybody loves Charity's. A family owned Killington tradition since 1971. Serving our famous French onion soup, and burgers, salads, soups, pasta, sandwiches and more. Aprés ski headquarters 3-6pm. Children's Menu. Tavern Menu "All trails lead to Charity's." VISA, MC, AMEX.

the Great Room Lounge. We have an exten-

sive selection of martinis and a fine wine list.

Homemade desserts. Reservations available

for the dining room. "...where memorable

experiences begin ... " www.birchridge.com

BRIDGEWATER CORNER STORE 672-6241

Olson's BW Corners Country Store provides

you with the freshest meats, cheeses & dress-

ings from Boar's Head brand-also available

to purchase for sandwiches made at home.

Check out our Early Bird Special - bacon, ham

or sausage, egg & cheese on an English muffin

CHOICES RESTAURANT & ROTISSERIE

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

CLEAR RIVER TAVERN Route 100 North, Pittsfield

Chef owned restaurant featuring lite fare and family dining just 6 miles from Killington. Join us in our tavern and play pool, other tavern game MC, VISA

746-8999

With nearly 30 years using fresh Vermont products, Hemingway's offers the area unparalleled wholesome, scrumptious cuisine. In

a beautifully romantic 1860 house you'll find where food & wine meet their match. Titillate your senses with the best of local flavors. Vegetarian too! Reservations. MC, VISA, AMEX

KILLINGTON MARKET & DELI 422-7594 2023 Killington Road, Killington

Our deli offers fresh meats and cheese for a variety of sandwiches, served on locally baked bread. Daily lunch hot specials, fresh salads, homemade soups and in-house baked goodies. Dinner take-out entrees. Extensive selection of wine, beer/microbrews. Vermont specialty food products, maple syrup. Open 7 days a week. The only full service grocery store on the mountain.

422-4030

422-3800

(802) 422-2124 www.killingtonsbest.com • Open Nightly Located in the Mountain Inn at the top of the Killington Rd

The Red Clover Inn Restaurant & Tavern

Open for dinner Thursday to Monday 5:30 to 9pm

Vermont Farm-to-Table Dining

Chef Dennis C. Vieira creates an original menu featuring the freshest, regional ingredients. Vermont craft beers and wines of the world in our cozy tavern.

Wines of the World Dinner

Our next dinner is Friday, April 1st and will be a five course dinner featuring wines and food from around the world. Make your reservations early as these events sell out quickly! \$75 per person (plus tax & gratuity).

54 Red Clover Lane, Mendon, Vermont 800-752-0571 / 802-775-2290 www.redcloverinn.com



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Open Daily 3pm

Closed Wed

802-422-ROCS www.OnTheRocsLounge.com **Located above The Phat Italian 2384 Killington Road**

DiningGuide

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422-LOOK (5665) LOOKOUT TAVERN Killington Road, Killington

We feature creative & classic soups, salads, burgers, sandwiches and entrees in a casual dining room with incredible views of Killington. We offer Chicken Wings Daily from 3-6 pm for Killington's finest Happy Hour! Takout and Delivery. FREE Shuttle. Kids Menu Available! MC. VISA. AMEX

McGRATH'S IRISH PUB	775-7181
at the Inn at Long Trail	

Rt. 4, at the top of the Sherburne Pass, Killington McGrath's Irish Pub at The Inn at Long Trail invites you to try our famous Guinness stew. Candlelite dining. Live Irish music weekends! MC, VISA, AMEX.

422-4777 **MOGULS SPORTS PUB**

Killington Road, Killington

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

MOUNTAIN TOP INN & RESORT 483-2311 Mountain Top Rd., Chittenden

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

ON THE ROCS LOUNGE 2384 Killington Rd., Killington

422-7627

Gather together in our speak-easy lounge. Enjoy a relaxed atmosphere in an intimate setting. Let On The Rocs make you one of their speciality cocktails while you enjoy a conversation with friends. Serving Tapas and Dinner. AMEX, MC, VISA

OUTBACK PIZZA

422-9885

Top of the Killington Rd. at Outback Killington's best pizza is baked in a 900 degree

RED CLOVER INN 422-2787

Woodward Rd., Mendon

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

SAINTS PUB AT THE SUMMIT LODGE422-3535 200 Summit Path, Killington Road

Best kept secret on the mountain. Cozy atmosphere, chef Jeremy's pub fare menu, local brews on top and wine selection, live entertainment Fri-Sun with Frank Chase. Open nightly, serving 5-9 except Tuesday. AMEX, MC, VISA. SALTWATER COWBOY/SEAFOOD REST. 773-6060 209 W. Main St., Rutland

Saltwater Cowboy's "clamshack" atmosphere makes you feel like you've entered a quaint place on the coast. They offer a variety of fried and broiled seafood and don't forget the lobsters. If you feel like cooking your own fresh seafood, they've got a fish market stocked daily from Boston. Eat in or take out. saltwatercowboyvt.com. AMEX, MC, VISA, DISCOVER.

SANTA FE STEAKHOUSE 422-2124 at The Mountain Inn

Killington Road, Killington

Named by New Yorker Magazine as "Killington's #1 Steakhouse." Serving the finest steaks. seafood, chicken and pasta. Santa Fe offers classic upbeat dining. Dine above the rest. "Upstairs" at Santa Fe. Reservations. Entertainment. VISA, MC, AMEX

SEWARD FAMILY RESTAURANT 773-2738 224 N. Main St. (Rt. 7), Rutland

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SUGAR AND SPICE RESTAURANT 773-7832 Route 4, Mendon

Serving breakfast and lunch seven days a week. Specialties run from pancakes & French toast with real maple syrup processed on premises, soups, sandwiches, burgers. Working sugar house. Gift shop featuring Vermont products. Homemade candy and ice cream. MC, VISA

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wood-fire brick oven. We feature the best live music in Killington. Voted Killington's best place to dance. AMEX, MC, VISA

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Authentic Italian cuisine with attitude. Premium Boarshead meats. NY bread and bagels. Check out our coldest, inexpensive beer cave. Don't forget to stop in our wine room. Come on in or call for delivery! Bada Bing. MC, VISA, AMEX, DISC RAMUNTO'S BRICK & BREW PIZZA 672-1120 Route 4, Bridgewater

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

THE VERMONT INN

Route 4, Killington

Enjoy New England and Continental Cuisine by a wood burning stone fireplace in a comfortable and warm c. 1840 farmhouse style dining room. Game Room. Children's menu. Full bar and wine list. Dinner Reservations Sugg. Drop in late afternoon or even after dinner for cocktails, appetizers, a light dinner, or desserts at Duffy's Pub. Enjoy a wood burning stove, television, and casual conversation with guest and Innkeepers at the Bar.

Z CORNERS INN

396-0036

775-0708

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802-422-4777 • Midway up the Killington Access Rd

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<i>Pinning</i> at a glance	ITALIAN	FRENCH		CONTINENTAL O		ASIAN	PUB FAIDE N	BREAKEAGE	LUNCH B	EAL DINNER			TAKE OLIT	INEXPENCIULE	MODERATE	DELUXE
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Duffy's Pub w/Wood Burning Stove & a Full Wine List and Long Trail on Tap





Fine

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Sneak Preview of "The Blood In This Town"

Film director Art Jones and Donald Rae, Executive Director of the Green Mountain Film Festival announced today that "The Blood in this Town," the forthcoming Rutland-focused documentary about community revitalization, will appear at the festival in a "Sneak Preview" to drive discussion on community-building in Vermont. The event will take place at the Pavilion Auditorium in Montpelier, VT on Saturday, March 26, 2011 at 6:15 p.m.

The Sneak Preview will be capped by a Communitybuilding Panel & Q&A moderated by Paul Costello, Executive Director of the Vermont Council on Rural Development, and featuring the film's director Art Jones, Tara Kelly, Executive Director of the Rutland Area Farm and Food Link, Paul Gallo, Head of Rutland's Creative Economy, and Steve Costello, Director of Public Affairs at Central Vermont Public Service and a driving force behind Rutland's famed Gift-of-Life Marathon Blood Drive.

The panel will further explore Rutland's innovative community-based initiatives to revitalize the struggling city and create new paths to economic development. It will also focus on how other Vermont towns battered by recession, loss of jobs and flight of young people can engage their own communities in renewal efforts.

"The Blood in this Town" is an 80-minute documentary chronicling Rutland's drive to revitalize itself during America's deep economic crisis. The film uses the town's record-breaking Gift-of-Life Marathon blood drive to explore how a struggling, post-industrial town can revive itself from the grassroots up. From initiatives like the Rutland Creative Economy and the creation of a year-round Farmers' Market to entrepreneurial startups and the building of a world-class trail system in Pine Hill Park, Rutland shows how a community's determination and true-grit creativity can provide a way forward for thousands of embattled towns across America.

The documentary was filmed over seven months from December 2009 to the summer of 2010 - covering the day-long action of the dramatic 2009 Gift-Of-Life Marathon, a range of dynamic community projects, and day-to-day life in town. The film was crafted from over 52 hours of footage and 40 individual interviews.

Looking to the future, Great Jones Productions aims to bring "The Blood in this Town" to national and international film festivals, en route to the eventual goal of theatrical release and national broadcast via outlets such as PBS, the Sundance and IFC channels. In parallel, the filmmakers have begun laying the groundwork for a Vermontfocused Outreach Program. The aim is to bring the film and Rutland's models for revitalization to other hard-hit towns, helping local advocates engage their communities in renewal and community building projects.

Tickets are now on sale online via the festival website and by mail. Tickets go on sale for walk-ins at the Ticket Office on March 12 and via (802) 262-FILM (3456). Tickets are \$8.50 for adults, \$7.50 for seniors and \$7 for students.



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. One-man-band Keller Williams will join moe. on Friday and live instrumental dance rock band Lotus joins moe. on Saturday night.

Several afternoon performances by a variety of artists including Brooklyn based rock trio The London Souls and roots rockers Dangermuffin, will take place throughout the weekend at the K-1 and Bear Mountain Lodges at Killington Resort.

On Saturday afternoon, March 26, moe. and special guest Ryan Montbleau Band will perform on the Swany Stage outdoors at the base of Killington Resort's Bear Mountain. Parking lots will open at 7 a.m. and will fill up

Walks & Talks Series at Hawk Hill

Save the dates for Saturday morning walks at Hawk Hill—the ridge behind Otter Valley High School in Brandon—this winter and spring. The Hawk Hill Committee, who maintains the property, and the Staying Connected Initiative, a group with the goal of spreading awareness about a local wildlife corridor, are co-sponsoring this free series. Except for a bird walk, which begins at 8:00am, most of these Saturday walks begin at 10:00am and last approximately 2 hours. Families are welcome. For all walks, please meet at the southwest end of the Otter Valley High School parking lot. Please call 446-7030 for more info.

Clues of the Forest - March 26th. Every landscape changes over time, and as it does, clues are left in the forest that tell a bit about a place's history. Eric Hansen, Rutland's County Forester, will lead an exploration of the Hawk Hill forests, pointing out some of the ways you can visualize the changes that the land has seen over time.

Upcoming walks include: Hawk Hill History - April 16th; Rocks, Cliffs, and Glaciers - April 30th; Wings On Hawk Hill - May 21st.



fast. Complimentary shuttle bus service will run from the Skyeship and Snowshed Base Areas to Bear Mountain starting at 11 a.m.

Special, separately ticketed kick-off parties will take place in Killington Thursday, March 24th at the Wobbly Barn featuring The Brew with special guests Lucid and at the Pickle Barrel featuring the jam-heavy, progressive foursome, Twiddle. Vermont natives Assembly of Dust will perform a separately ticketed after party at the Pickle Barrel on Sunday, March 27th.

Frank Viele & The Manhattan Project have won this year's Sonicbids contest. The New Haven, CT based funk rock band will perform a lunchtime set on Sunday, March 27 at Killington Resort's K-1 Lodge.

Festival attendees will be able to take advantage of a myriad of world-class winter activities available at Killington Resort, including a very special Snoe.down learn to ski/board program. Attendees may purchase reduced price lift tickets to Killington Resort with their Snoe. down ticket and be eligible to choose from a variety of discounted Killington lodging options. The Snoe.down winter music & sports festival is sponsored in part by the Town of Killington Economic Development and Tourism Office (EDT).

The EDT and Killington Resort arranged bus shuttle service to/from Killington and Spartan Arena for those choosing to lodge in Killington. Tickets are available for \$10 round trip.

Advance tickets are on sale now, call 802-863-5966.

A limited number of Snoe.down VIP tickets remain available.

Spring Wine & Food Tasting in Pittsfield

The Original General Store in Pittsfield, VT will be hosting a Spring Wine and Food Tasting in their wine cellar on Sunday March 27th from 3-6pm. The menu includes Artisan breads paired with gourmet cheeses, infused olive oil and Vermont mustards and relished, gourmet vegetable anitpasta platter, salmon gravlox cured in brandy, poached marinated mushrooms in marsala cream sauce and meatballs in blue cheese Cabernet sauce. These foods will be paired with wine selections from their versatile wine cellar for a fabulous taste adventure. The menu is \$20 per person, and space is limited. Call now to reserve your spot, 802-746-8888.



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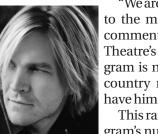
14 • The Mountain Times • March 24-30, 2011 **Country Star Jack Ingram Comes to Rutland**

Country music megastar Jack Ingram will appear at like Willie and Waylon and the boys.

The Paramount Theatre in Rutland, Vermont for a special one night engagement of his Acoustic Motel Tour on Thursday, March 31,2011@8:00pm.

When Jack Ingram won the 2008 Academy of Country Music award for "Best New Male Vocalist," thousands of people in the audience had to be smiling to themselves about that whole "new" thing. They knew the thirty-something, steel-eyed veteran accepting that trophy on that stage in Vegas had been rocking roadhouses, theaters and

stadiums relentlessly since 1997, that he'd been celebrated by critics and fans of hard-core country music for more than a decade, and that as a Texas-born songwriter and performer, he'd been on the short list of next generation artists who could fill the boots of Lone Star legends



"We are eager to bring country music back to the main-stage here on Center Street." commented Eric Mallette, The Paramount Theatre's Programming Director "Jack Ingram is no doubt one of the most popular country musicians of the last decade. To have him here on our stage is a real thrill.'

This rare solo engagement will feature Ingram's number one hits including: Barefoot and Crazy, Measure of a Man, Wherever You Are, That's a Man, Love You, Barbie Doll, Lips of an Angel and many, many more.

Tickets are \$19.50-30.50 and are still available 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.

Call For Art in the Park Vendors

Calling all fine artists and craftspeople! The Chaffee Art Center is pleased to announce its 50th Annual Art in the Park FineArt & Craft Festivals for 2011. The Chaffee is currently looking for vendors for the August 13-14 and October 8-9, 2011 shows. We are seeking fine art of any media and totally handcrafted items of good taste and high quality. Artisans and craftspeople who would like to demonstrate their craft are encouraged to do so as well.

In honor of the 50th Anniversary Celebration, refinements have been made to elevate the shows to become signature events for the Central Vermont area. New collaborations with local merchants, new partnerships with arts organizations for marketing and promotion, an increased number of high-end buyers in attendance, and new vendors who represent a range of quality products are exciting aspects to expect in 2011! Vendors will be pleased to know that we are convening a panel of professional jurists who are well versed in the various



mediums represented. This will ensure a high degree of quality from the artisans and products that are represented at our events.

Art in the Park Festivals are held in Main Street Park, at the Junction of Routes 4 & 7 in the heart of Rutland. This major crossroads in central Vermont provides a significant market for drive-by traffic. The show already brings traffic from the Central Vermont population with the addition of the tourists who travel Route 4 and 7, with estimated attendance of 7,000 to 9,000. Art in the Park has been voted one of "Vermont's Top Ten Events" by the Vermont Chamber of Commerce, named one of the "Sunshine Artist 200 Best," and voted Rutland Herald's Best of the Best in the category of the Best Arts Festival.

The Chaffee is also pleased to announce the launch of its new website at www.chaffeeartcenter.org. Vendor information and applications can be printed from there.

Space will be allocated on a first come, first served basis so we encourage you to submit your application in a timely manner. Application deadline for the August show is March 31, 2011 and August 15, 2011 for the October show. Discounts are provided if you commit to both shows by March 31, 2011. Vendors will be notified if accepted into the show(s). Call 802-775-0356.



VINS Presents Bats in the Balance

The Vermont Institute of Natural Science (VINS) is proud to welcome bat expert Scott Darling for a special presentation of Bats in the Balance. This program is sponsored by Green Mountain College and will be offered free to the public on Thursday, March 31 from 7:00 to 8:30 p.m. at VINS Nature Center.

Bats in the Balance will explore the life history of Vermont's nine bat species as well as the threat of Whitenose Syndrome to the six cave bat species in the state. Scott will also provide an update on the impacts of the disease on the state's bat populations and describe the latest research on the crisis.

Scott Darling is the Species Conservation and Management Section Supervisor for the Vermont Fish and Wildlife Department, where he oversees conservation and management projects for the state's mammals, birds, reptiles and amphibians, invertebrates, and plants and natural communities. Scott also serves as VT Fish and Wildlife's Bat Project Biologist, developing and implementing the state's bat conservation and recovery plan.

For more information about Bats in the Balance, please call 802-359-5000.

Choral Concert in Ludlow

Rutland Curbstone Chorus, a men's barbershop harmony a cappella group, will be presenting an evening of musical delight on Saturday, March 26th 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 Audjitorium). 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. For ticket information, please contact 802-228-7239.

The chorus practices Monday nights at 7:00 pm at Rutland High School, and have an open invitation for any men interested in singing, to join them.

Ice Shanties Must be Removed From Ice

courtesy Vermont Fish & Wildlife Dept.

Vermont state law requires that ice fishing shanties must be removed from the ice no later than Sunday, March 27th.

The same Vermont law requiring the name and address of the owner be on an ice shanty also requires that the shanty be removed before the ice becomes unsafe or loses its ability to support the shanty out of the water, or before the last Sunday in March (the 27th this year), whichever comes first.

The fine for leaving your ice fishing shanty on the ice can be up to \$1,000, and shanties may not be left at state fishing access areas.



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Making Sense of German Wine Labels

There are about 35,000 different wines produced in Germany. Not to worry, many are small estates that never make it past the 'Weinstube' or 'wine bar' for which the wines are made exclusively. Many small producers in the picturesque tourist towns along the Rhein and Mosel make just enough wine to sell at their estate restaurant.

Since everything is very orderly in Germany, the wine labels are very regulated and informative in case you speak German or understand the labels. While most wines of the world only indicate the producer, vintage, region, country, and maybe the grape varietal, German labels always mention the grape and the quality level of the wine, the vineyard and a style or taste indication.

So much information might be daunting, but it can be very useful when selecting a wine. Of the 35,000 wine producers they are about 200 that formed an exclusive club named German Quality Wine Producers or in German 'Verband Deutscher Prädikats- und Qualitätsweingüter'. As this in good German fashion is too long a word to fit on any label, it is generally abbreviated as 'VDP' and shows up as an eagle logo somewhere on the bottle.

Looking at a German wine label, you will most likely see the name producer or bottler on top. There are about 100,000 grape growers in Germany, but only a fourth of those actually produce wine, the rest just sells the fruit. If you see the word (and I warn you, all these words are extremely long and difficult to pronounce) 'Erzeugerabfüllung' or 'Gutsabfüllung' (both mean 'estate bottled'), you can be sure the wine was made by the grower or grower cooperative that took care of the vineyard.

Next is the vintage, which is the year the grapes where harvested. Then (and not necessarily in that order) the village and vineyard is listed. For example 'Wehlener Sonnenuhr', Sonnenuhr is the name of a vineyard in the town of Wehlen. The exception are proprietary labels such as 'Liebfraumilch' as these are blended from different vineyards and sometimes even regions.

The grape variety is arguably the single most important info. Different grapes have different flavors, just like different fruits have different flavors. For example: Riesling is a very fruit-driven variety with high acidity, while Gewürztraminer has very floral, perfumed flavors reminiscent of rose petals.

German wine is classified into four quality categories: Deutscher Tafelwein. Landwein, Qualitätswein and Qualitätswein mit Prädikat, which is further divided into levels of ripeness: Kabinett, Spätlese, Auslese, Beerenauselese, Eiswein and Trockenbeerenauslese.

Wines that obey the regional appellation laws and are tested for compliance by an official committee just like quality wine with attribute and subsequently receive an AP-Number, which indicates the testing center, where the wine was approved, the village in which the producer is located, the code number for the producer, the producer's application number, and the year in which the producer filed the application. Talking about being organized!

All this to ensure that the wine is from one specific wine-growing region, is made of approved grape varieties and reached sufficient ripeness for a quality wine.

A term that is often used is 'QbA' which stands 'Qualitätswein bestimmter Anbaugebiete' or 'Quality wine of a specified appellation', but is actually rarely found on the label and used to indicate a certain quality lev

Chandler Music Hall Performances

northern New England for over four decades and is one of this country's most unique and consistent songwriters. He brings his poetic, thoughtful music to Chandler Music Hall in Randolph on Saturday March 26 at 7:30 PM.

On Sunday, Marcy 27, Irish fiddler Kevin Burke and Oregon guitarist and composer Cal Scott will perform music from their debut album, "Across the Black

David Mallett has been a voice for River," in an intimate concert at 7 PM.

Tickets are \$17 in advance/ \$20 at the door. Seating is limited. Audience members are invited to bring potluck dessert offerings to share. A cash bar will be available. The performance space is wheelchair accessible.

Tickets can be reserved for either of these performances by calling the Chandler Box Office at 802-728-6464. Chandler Music Hall is wheelchair accessible.



"Back to the Classics" **Film Series at Paramount**

The Paramount Theatre announced today, its "Big Flicks at the Paramount" Spring Film Series, "Back to the Classics," running March 26 through June 11. Bruce Bouchard, Executive Director, commented, "It has been 16 months since we opened our 'Big Flicks at the Paramount' Big Screen Film initiative with 'Gone With The Wind,' in November of 2009. After trying a number of different things (a 1965-1975 Series), recent holiday films (Jim Carrev's 'Grinch' 'Polar Express') and recent general release films, ('Twilight' 'Mama Mia' 'Chicago') it was time to come full circle with a look, once again, at some of the great films of all time." He continues, "We wanted to take a walk through the 1930s, 1940s, and 1950s as well as examining, along that path, 3 of the greatest Epics ever made, 'THE TEN COMMANDMENTS' (Easter Weekend), 'GIANT' and 'SPARTA-CUS;' intended by their creators to be experienced on the BIG SCREEN." These classic films combined received 48 Oscar Nominations and 16 Wins.

Six out of eight dates will play on Saturdays throughout the spring with matinee and evening screenings and two of the dates play one screening only on Fridays (please take careful note). This series has something for everyone, great opportunities for entertainment for the entire family, 52 OSCAR NOMINATIONS and 25 Wins as well as stunning performances by James Cagney, Ginger Rogers, Dick Powell, Walter Houston, Charlton Heston, Yul Brenner, Edward G. Robinson, Yvonne De Carlo, Frederick March, Myrna Loy, Dana Andrews, Virginia Mayo, Alan Ladd, Jean Arthur, Van Heflin, Jack Palance, Elizabeth Taylor, Rock Hudson, James Dean, Kirk Douglas, Laurence Olivier, Jean Simmons, Charles Laughton, Peter Ustinov and Tony Curtis.

All tickets are \$6 for adults and \$4 for those 12 and under.

Sat. Mar. 26 "KING KONG" (1933) Faye Wray plus Giant Gorilla A film crew goes to a tropical island for an exotic location shoot and discovers a colossal giant gorilla who takes a shine to their blonde female star....he is captured and brought to New York - disaster ensues. 3:00 & 7:00PM

Fri. April 1 "42nd STREET" (1933) Ginger Rogers, Dick Powell, Ruby Keeler 2 Oscar Nominations The dazzling original. Choreography by the immortal Busby Berkeley. A producer puts on what may be his final Broadway show - at the last minute the star has to be replaced by a chorus girl. One screening only 7:30PM.

For a list of future screenings, call the Paramount Theatre at 802-775-0903 or visit www.paramountvt.org.



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sausage or bacon, peppers, onions Breakfast Cup\$4.50 two eggs scrambled, homefries with sausage or bacon Steak and Egg on a roll.....\$5.75 Egg Sandwich\$3.25 one egg on a roll add cheese..... \$.50 add egg \$.50 add meat..... \$.75 Bagels, English Muffins and Fresh Baked Muffins

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Amazing Grace... \$5.50

New Englander....\$5.50 Roast Beef, Vermont cheddar, lettuce, tomato and horseradish sauce on white roll

Turkey, Vermont Cheddar, granny

smith apple slices and mayo on

Amazing Chicken..\$5.50

Sliced Chicken with Vermont Cheddar, apple butter, sliced apples and honey mustard on a wheat roll.

The Sunny \$5.50 Turkey, Fresh Mozzarella, sundried tomato, Balsamic vinegar and oil on whole wheat bread. Italian...\$7.75 Capicola ham, genoa salami, mort-

adella, provolone, olive oil, sweet roasted red peppers and pepperoncini on a white sub roll. The Corners Club...\$7.95 Turkey and Ham, bacon, lettuce & tomato on whole wheat bread.

swiss, red roasted peppers, and rye bread.

Hot sliced Turkey with melted

The Hill...\$6.25

grilled rye bread.

Route 4...\$6.25

Hot Roast Beef with sautéed onions & peppers, melted cheddar and ranch dressing on white bread.

Turkey Gobbler...\$5.50

Turkey, stuffing, cranberry sauce & mayo on wheat bread.

Belly Burner...\$7.75

Ham, genoa salami, provolone cheese, lettuce, tomato, onions, pickles, hot peppers, and olive oil on a white sub roll.

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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^{*} ADULT (AGES 19-64)



Youth (Ages 7-18) \$699; Senior (Ages 65+) \$699; Child (Ages 6 & under) \$39

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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.



Volume 40, Number 12

Central Vermont's Premier Weekly Newspaper

Sherburne Women's Club Annual Fundraiser

With support from community members like you, the Sherburne Women's Club has given away over \$75,000 to local organizations over the past 40 years and we are looking forward to funding two scholarships and giving away even more money in 2011!

As part of our annual fundraising efforts, the Club is now selling raffle tickets. The tickets will be on sale this winter and our fundraising efforts will culminate in a raffle drawing party at On The Rocs on Saturday, April 9th at 6:30pm. Entrance to the party will be free with a cash bar.

Thanks to the support of many generous area business owners, over \$5,000 in prizes will be included in this year's raffle. Prizes include two 2011-2012 Pico season passes and gift certificates to many area restaurants and stores. Tickets are \$10 each, and supporters need not be present to win. All proceeds benefit the Sherburne Women's Club, which annually awards two scholarships to high school seniors and supports local projects and local organizations.

Please help the SWC to continue to support our community. To buy tickets, contact any SWC member or Jennifer Iannantuoni (422-5402) or Linda Kropp (779 4487) or buy your tickets at The Greenbrier Gift Shop. Thank you so much for your support and please remember to mark your calendars for Saturday, April 9th at 6:30pm at On The Rocs.

Auction to Benefit Homeless Animals April 7

Animal lovers are invited to come to the 5th annual Rutland County Humane Society (RCHS) "Spring for the Animals" auction on Thursday, April 7, at the Rutland Country Club.

Tickets for the 5:30 – 7:30pm event are \$25 and include hors d'oeuvres, a bev-

erage and live music by Woodchucks' Revenge.

Over 130 fun and practical items have already been donated including gift certificates, art, jewelry, lift tickets, services and more. If you have a new item you would like to donate to help the homeless animals please call 483-9171 today.

Tickets for the "Spring for the Animals" auction can be purchased at RCHS at 765 Stevens Road, Pittsford, VT or at The Pet Cage at 97 Crescent Street, Rutland, VT. Space is limited so make your plans, invite your friends to join you and purchase your tickets soon.

An online preview of the items as well as the opportunity to bid online is available at the organization's website, www.rchsvt.

org. Online bidding begins March 21.

All proceeds from the auction, as well as other fund-raising events, support the animals and programs at the Rutland County Humane Society. Founded in 1959, for over 50 years, the Rutland County Humane Society has been dedi-

> cated to advocating for and working towards a responsible and humane community. RCHS provides shelter and adoption opportunities for pets who are homeless and promotes animal welfare through community programs that benefit both animals and people. RCHS is a private, non-profit

organization serving the communities of Rutland County, VT. RCHS receives no financial support from any national or local humane organization. Programs are supported solely by donations, memberships and fund raising events.

For more information about RCHS, the "Spring for the Animals" auction, or other ways you can help please contact RCHS at 483-9171.

What's Happening In & Around Killington By Debbie Burke

At the March 9 meeting of the Town of Killington Planning Commission Sal Salmeri advised that he would like to expand the permit for Mogul's outside deck to allow music on the weekends from about April 1 to October 31. He noted that during the summer there is outdoor music on River Road on Thursdays, at the Killington Golf Course on Twilight League night and at the Killington Resort on Saturdays with the "Cooler in the Mountains concert series" which is funded through the Town through the EDT. Since the Zoning Regulations are in the process of being revised, he suggested that the Commission consider adding the ability to have outside entertainment on the weekends within certain guidelines. He felt that the Cooler in the Mountains Concert Series set a precedent with regard to having outside music within restricted zones. Dick Horner provided some history regarding Mogul's deck permit, which is where the condition of no outside music was imposed. He also noted that Mogul's, Lookout and On The Rocs are the only establishments that have restrictions on outside entertainment. Sal advised that this puts these businesses at a disadvantage. He also explained that he is bringing this before the Planning Commission because the restrictions on outside entertainment is part of his deck permit and not part of his outside consumption permit. Dick Horner noted that the Planning Commission has looked at the noise issue on a case-by-case basis during Site Plan Review. He was not sure the Zoning Regulations would be the appropriate place to address this and felt that noise/ disturbance issues are probably best addressed through an ordinance enacted by the Board of Selectmen. Sal would like to see all businesses have the ability to have outside music/entertainment in the summer during certain hours and within certain parameters. He felt this would be good for the businesses and would help grow the economy. Commissioner Leonard asked Sal what parameters he had in mind. Sale responded that using Cooler in the Mountains as an example, he would like to have music on the deck on Saturdays from approximately 2pm

to 7pm. He is looking for fair rules for all. Commissioner Crompton felt that Sal raised a good point and agreed that the ability to have outside entertainment could be a good addition to the area, however, he agreed with Dick Horner that changing the Zoning may not be the best way to approach this. He felt that it might be best to grant individual approvals on a case-by-case basis. Commissioner Lee noted that in the past the Commission has had to deal with many noise complaints and therefore has been very careful to place conditions in order to minimize this issue. Dick Horner offered a possible solution of having outside entertainment as a use and then each business would have to come in individually for a change in use review. This would then go through public review and the Commission could condition each application appropriately. Commissioner Rosenblum suggested allowing outside entertainment on a trial basis with limited hours. After some further discussion, it was suggested that Sal re-apply to the Commission to have the restriction on outdoor entertainment/music removed from his deck permit. The Commission will then consider the application and consider the possibility of removing these restrictions on a trial basis.

In the Planner's Report, Dick Horner and the Commission welcomed Leo Davin who was appointed to replace Ken Austin. Commissioners Leonard and Barbash were reappointed by the Board of Selectmen for another 4 year term. The Commission will hold its annual reorganizational meeting on March 23.

The Ridge Top PUD renewal is still scheduled for March 23 provided Dick Horner receives the application in time to warn the hearing.

The Zoning Regulations Committee met on this morning and is making good progress. There was a minor disagreement with regard to where some language should be placed as well as what language should be included and what language should not. Both sides agreed to disagree and send it to their respective attorneys for their opinion. The Com-

y 2pm Mountain Musings, Page 18 ∽←COUPON ■ ■ ■ ■ ■ ■ ■ ■ ■ ■





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Mendon/Chittenden/ Pittsford/Brandon Notes by Debbie Burke

Come to Brandon's Clues of the Forest: Walk & Talk Series on Saturday, March 26 at 10am or Sunday, March 27 at 12pm. Meet at Otter Valley Union High School Parking Lot.

Description: CLUES OF THE FOREST: Every landscape changes over time, and as it does, clues are left in the forest that tell a bit about a place's history. Eric Hansen, Rutland's County Forester, will lead an exploration of the Hawk Hill forests, pointing out some of the ways you can visualize the changes that the land has seen over time. Saturday morning walks at Hawk Hill-the ridge behind Otter Valley High School-this winter and spring. The Hawk Hill Committee, who maintains the property, and the Staying Connected Initiative, a group with the goal of spreading awareness about a local wildlife corridor, are co-sponsoring this free series. Starts at 10 am and lasts approximately 2 hours. Families are welcome. For all walks, please meet at the far end of the Otter Valley High School parking lot. If you have any questions, please call 446-7030.

FIRST FRIDAY APRIL FOOL'S OPEN MIC will be held at the Church of the Wildwood, 347 Holden Rd. in Chittenden on April 1st, at 7 p.m. Musicians, poets, storytellers and April Fools of all ages are invited to share their talents with an enthusiastic audience that is welcome to sing along and/or just sit back and enjoy the show. A sound system is provided for those who want it. Fantastic desserts and coffee will be available. A portion of the freewill donation will benefit "Nothing but Nets," an international project which provides netting to prevent mosquitoes infecting people with malaria/HIV. Come join us for the last of this season's open mic series. Call (802) 483-2234 or email dmartin@sover.net to be assured a tenminute spot.

Mountain Musings

continued from page 17_

mittee will meet again after the attorneys have reviewed the draft and given their opinion.

Dick Horner picked up the SP Land file from Attorney Jim Carroll. This officially closes out the SP Land/Durkee appeal.

Commissioner Leonard and Dick Horner had some email exchanges regarding neon light signs after which Leonard drafted some proposed zoning language to address this issue. Leonard noted that Mendon, Rutland and Rutland Town allow these types of signs and felt that for safety reasons, for the businesses and the growth of the Town, this is something that the Commission should consider. After a brief review the general consensus of the Commission was to include this with the other zoning changes being considered.

Town of Killington Select Board **Meeting Highlights**

by Kathleen Ramsay **Killington Town Manager**

Monday, March 21, 2011 - Rules of Procedure for the Selectboard: Chairman Chris Bianchi offered a draft of rules of procedure for the Selectboard, which the Board discussed and will finalize at its next meeting.

Annual Appointments: The Board appointed David Rosenblum to the Regional Transportation Council. The Board will continue to advertise for candidates for Energy Coordinator and Regional Planning Commission.

Revised Budget Proposal: As directed by the Board at its last meeting, Town Manager Kathleen Ramsay worked with Department Heads to undertake an exercise to determine what a 5% cut and a 10% cut from each budget would look like and the service impacts of such reductions. Kathleen presented the Board with line-item spreadsheets and an analysis of 5% and 10% cuts from all Departments, except Economic Development & Tourism, which provided 10% and 15% budget reductions. The 10% reduction exercise resulted in significant service impacts, including reduced hours at the Library, Transfer Station and Town Offices.

A "recommended revision" proposal was also included in the analysis and was discussed at length, particularly the Economic Development & Tourism proposal. The net result of the "recommended revision" proposal is \$225,000 less than the original budget proposal for the 2011 budget. Major reductions in the Economic Development & Tourism Department include: \$41,689 from the elimination of the EDT contingency fund; \$25,000 eliminated for the develop-

ment of avisitors' center; \$6,500 cut from the Killington Classic budget, thanks to a new management agreement/partnership with Americade; and \$5,500 cut from trails development. An additional \$13,000 from the EDT reserve fund also reduced the amount needed to be raised by taxes.

Major reductions in other departments included: \$35,000 from delaying paving projects; \$23,500 for walkway engineering, which will be grant funded; \$10,000 in winter contracted services (primarily the service contract for Killington Road); \$6,500 in Planning Commission fees, which were originally budgeted to fund the Town's defense in Court cases; \$6,525 from the Fire Department, achieved by making due with existing small equipment and supplies (one-time savings); \$4,300 based on the Town's actual tax bill from Rutland County, \$3,675 from the highway summer roads budget, with reductions in the budget for dust control and planned Class IV road maintenance; \$3,650 from reductions at the Library, including significant reductions in the budgets for purchasing print and non-print media (i.e. books/magazines and audiobooks/DVDs) and programs and special events. In addition to these major reductions, there were many onetime, nickel and dime savings achieved in the reduction process. The Selectboard thanked the departments for their participation and effort in the budget reduction exercise. The Selectboard's goal is to present a revised budget to voters at a Special Town Meeting on May 9. The budget reduction exercises are posted on the

Select Notes, Page 23



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Be at peace, rest easy, relax, coast and luxuriate to any degree that you can allow yourself, for the day will inevitably arrive when you will understand all of the reasons that now elude you, bless the darkness that now seems to separate you, and celebrate the ancient choices that once made you. Trust, you couldn't possibly be more important. Spring is here!

The Women's Alliance Thrift Shop of the Rochester Federated Church will be open on Friday, March 25 from 4:30 to 6:30 pm and on Saturday, March 26 from 9 am to 12 noon.

The Quintown Prevention Partnership is hosting a "Reality Tour" aimed at the prevention of underage drug use. The event is geared toward older teens and their families. This event will take place at the Rochester School on Friday, March 24.

Riddle: From 1 to 100, how many 9s are there? (99 counts as two). Answer below.

Family Matters Report: Dinner is underway, the whole family joined in for the daily feast, compliments were given, everybody took the chance to tell the best part of their day, and all family members shared something, conversation has been vigorous, but little Erline and Ernie have been doing the sibling battle. One choice you have when your kids bicker, as kids do, is to have a place, possibly on the refrigerator where anyone can place an item on an agenda to be discussed at Family Council. Family Council happens after dinner and either Mom or Dad makes sure that everyone is heard and that all items are kept on a positive note without blame being placed.

An example, little Erline says Ernie has been going in her room. So rather than buying into their bickering, you let them put it on the family Council agenda and then they wait until after dinner to discuss their gripes. This gives everyone a chance to cool out and also lets everyone know they will have their day in court, so to speak. Give it a try and if it doesn't work you can have your money back. You get to keep the kids.

The annual Calendar Dinner fundraiser for the Pierce Hall Community Center will take place on Saturday, March 26 at 5:30 pm at Pierce Hall on Main Street in Rochester. The dinner menu will include a penne pasta dish with salad and rolls, and each table will have a different dessert made by the hostess for that table. This year there will be open tables so anyone can attend; however, anyone who would like to make a reservation is asked to call Valerie Levitan at 767-9599, so that there will be enough food for everyone. After the dinner there will be a dance with live music. Dinner attendees will get a discount on the dance. The organizers are still looking for hostesses to sponsor tables. Please call Mary-Ann Schulze at 767-3201 for more information. The 4 Year Old Love Report: or What does love mean to a 4-8 year old: Love is what is in the room with you at Christmas

Kinney Pike Insurance

vicinity and the hinterlands beyon
by Johnnie Goldfish

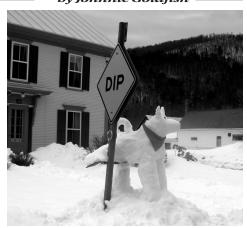


Photo by Erica Harrington On the Pittsfield Village Green, built by Cullen Haskins & his friend Emma.

if you stop opening presents and listen. -Bobby, age 7.

Vermont State law requires that ice fishing shanties be removed from the ice no later than Sunday, March 27. Specifically the law requires that the shanty be removed before the ice becomes unsafe, or loses its ability to support the shanty or March 27, whichever comes first. The same law requires the owner's name and addressed be displayed on the shanty. Shanties cannot be left at state access fishing area and there is a possible \$1000 fine.

The Peace Report: Avoid popularity if you would have peace. -Abraham Lincoln.

The Stockbridge Central School (SCS) and the Vermont Symphony Orchestra (VSO) have teamed up for Thursday, March 24 with a Musical Petting Zoo. The Musical Petting Zoo is not about animals, it is about musical instruments. Zookeeper, Rebecca Kopycinski, will bring a variety of instruments for a hands on introduction to VSO and after an explanation and demonstration, the children will get a chance to play on their own under the supervision of the "handlers." Parent volunteers (handlers) are needed that morning to assist the Zookeeper. Contact SCS at 234-9248 if you are interested and available to help out. This program is sponsored by the VSO and the Rochester Chamber Music Society.

The Friendship Report: (Not for sissies or willy-nilly friends), When you are scared, I will rag on you about it every chance I get until you're not.

Saturday afternoon Bridge games will begin on March 26 at the Rochester Public Library. You can drop in the library or call 767-3927 to reserve your spot.

Riddle Solution: There are 20 nines between 1 and 100 (many people miss the nines in 90, 91, 92, etc).

Thought for the Week: "Whatever they grow up to be, they are still our children, and the one most important of all the things we can give to them is unconditional love. Not a love that depends on anything at all except that are our children." – Rosaleen Dickson, (Cyberspace trailblazer and veteran journalist)



Killington Arts Guild's Annual Meeting will be 2:30 PM Sunday March 27, 2011 at the Sherburne Memorial Library. After a reception, retiring President Ann Wallen will talk about her twelve years with the Guild. The 2011 calendar of events will be announced and then a new Board of Directors elected. A celebration of Ann's Presidency will be held April 16 at the Summit Lodge. For reservations contact Betty Little at vtkag@aol.com. Everyone is invited.

Last November, Sally Curtis was appointed by the 2010 Board of Directors as Co-President to serve with Ann Wallen while the organization completed new by-laws and nominated candidates for the 2011 Board. She prepared for the Annual meeting. Sally has done a remarkable job. When the Board selected her to provide interim leadership she already had a busy personal schedule including travel plans with her husband, John Brennan. In preparing for the change, Sally consulted with Ann Wallen and utilized members of the existing Board of Directors particularly Maurie Harrington, Alice Score and Mike Young and to a lesser extent Betty Little.

Guard. Current Board Members who are retiring include: Betty little (incorporation member, Secretary and Publicity); Maurie Harrington (a founder and twelve year Board Member); Barbara Young (Membership Chairman, Recording Secretary and Record-keeper for the Gallery), Wanda Gropler (Promotion and General Support) and Pat Zack (Community Communications). Ann Wallen automatically continues on the Board as Past-President under the new by-laws. Betty will continue to write this column and work on Poetry events; Pat do publicity, and Wanda has offered to help with the gallery.

March 27 will see a Changing of the

Peter Huntoon will present a two day watercolor workshop at the Killington Arts Guild Gallery above Cabin Fever Gifts on Route 4 opposite the Killington Access Road, from 4-9 PM on June 4 and 5. Fee \$130 for members, \$149 for nonmembers.

For KAG information, membership or workshop registration call 802-422-3824; email sdick@vermontel.net; this column email:vtkag@aol.com

Letter To The Editor

On behalf of our staff, Board of Directors and volunteers of the Rutland Area Visiting Nurse Association & Hospice and Dorset Nursing Association, we extend our sincere thanks and gratitude to the residents in Rutland city, the towns of Rutland County, and Dorset and Rupert for your generous support of our comprehensive home care, hospice and community health services.

In a financially challenging year for everyone, your votes of confidence are humbling and deeply appreciated.

Last year, RAVNAH's caring, professional staff made more than 87,500 home visits to patients and families and immunized more than 2,800 adults against seasonal flu and pneumonia at our community health clinics. The more than \$375,000 we expended in charitable and reduced-fee home health and hospice services allowed us to carry out our mission — to help everyone needing medically-necessary home care, regardless of their ability to pay, location of residence, or complexity of health issues.

Since 1946, our professional staff has brought health care home to thousands of area residents. From the tiniest of infants to those facing their final days, RAV-NAH patients receive clinically-excellent, compassionate care in comfortable, familiar surroundings.

Your overwhelming support ensures that you, your family, friends and neighbors will continue to receive excellent, compassionate medical care — in the place they call home.

It is RAVNAH's privilege to serve our community. Thank you for the trust you have placed in us.

Ron Cioffi Executive Director, RAVNAH



The best way to get your news in 100 North by Johnnie Goldfish is to send it in. Write johnniegoldfish@yahoo.com.

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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. 24 - Woodstock. Hand in Hand community meal, Thurs., 5-7pm. This Week: Mud, Mud, Glorious Mud! Social Hall, N. Unitarian Chapel Society. All welcome, donations accepted. 457-9272.

Mar. 24 - Rutland. Soup Bowls for Hunger Benefit for Community Cupboard, at Rutland HS Cafeteria. \$15 includes soup, roll, dessert, bev, hand crafted soup bowl, entertainment. 5:00, 5:45 & 6:00pm sittings. Advance tickets at RHS. 770-1113.

Mar. 25 - Belmont. Lasagna Dinner at Odd Fellows Hall, 5:30pm til gone. Benefits Mt. Holly Elem. 6th graders. Adults \$6, under 12, \$4. Family of 4 \$20. 259-2392.

Mar. 25-26 - Rochester. Women's Alliance Thrift Shop of Rochester Federated Church open Fri., 4:30-6:30pm & Sat. 9am-noon.

Mar. 26 - Rochester. Annual Calendar Dinner fundraiser for Pierce Hall Community Center, 5:30pm, at Pierce Hall. Open tables, all welcome. RSVP 767-9599 please. 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.



Proctor Wins Glodzik Basketball Tournament! The PES 5/6 grade boys basketball team took home the championship trophy March 18 with a win over the Rutland Town Chargers during this year's 2011 West Rutland Glodzik Basketball Tournament. The tournament in-

Jack Morgan started off the 4th quarter with a big 3-point shot bringing the score to 28-33 with more than 4 minutes to play. PES center Peter Cararra, a solid player in the paint, started hitting the boards and added 2 points off an offensive rebound to make it 30-33. Momentum

continued to

shift as Morgan

made a great

steal to put in

another 2, clos-

ing the score to

32-33. Rutland

Town calls a time

outtoslowthings

down. After the

break Proctor

had a couple of

short range shot

opportunities

to take the lead

but their shots

missed their

mark giving Rut-

land Town the

opportunity to

score making it

32-35. Proctor

cluded 16 teams from around the area and is hosted by the West Rutland Booster Club each year in memory of Ed Glodzik.

Proctor had a tough road to the championship, playing some hard teams along the way. On Monday, March 14th they played their first round game against the Rutland Rec Celtics. With a win over the Celtics they moved on to play



Lothrop school on March 15 which also ended in a victory for Proctor. Not getting a rest the boys were back in action March 16 to take on their toughest team yet from Manchester. The game was close to the end with Proctor's defense making the difference. With their halfcourt traps Proctor converted Manchester's turnovers into quick points and won the game 35 to 25. Proctor was on its way to the championship game against Rutland Town to try and defend their title from last year.

The championship game started out rough for Proctor with the first quarter ending with Rutland Town on top 13 to 4. Proctor couldn't get any of their outside shots to fall while Rutland Town was scoring a number of points off their offensive rebounding. During the beginning of the second quarter Proctor guard Jack Morgan stole an in-bound pass underneath the basket and then shot an incredibly hard reverse layup to score 2 while being fouled. Proctor carried this momentum and drew the game closer as guard, Tyler Carrington hit a quick basket followed shortly by a 3-pt shot from Morgan. This got the Proctor crowd going but Rutland Town hung tough dominating the boards bringing a lead of 24 to 15 into half-time.

During the third quarter teams traded baskets. It wasn't until around the 2 ½ minute mark that Proctor started to make another run bringing the score to 23-28. Proctor's tenacious defense once again kicked into high gear and caused Rutland Town to turn the ball over. Guards Jack Morgan, Nick Ojala, Gannon McKerin and Tyler Carrington took turns double teaming all over the court causing Rutland Town to lose their rhythm.



called a time out to discuss strategy. With 52 seconds to go Jack Morgan fouls out putting Rutland Town on the line. Rutland Town makes 1 of 2 shots making it 32-36. Proctor answers back with a basket narrowing the margin to 34-36. Proctor fouls putting #50 Kingsley of Rutland Town on the line to shoot two foul shots. Kingsley misses them both, Proctor gets the rebound and drives down the court with 17 seconds left. Proctor misses two shooting opportunities but Peter Cararra comes up with a huge offensive rebound and shoots in traffic to score the tying basket. With 2.1 seconds left on the clock a time out was called by Rutland Town. Proctor decides to put pressure on the inbound pass making it difficult for Rutland Town to find anyone open. The ball is in-bounded and juggled by a Rutland Town player and then stolen by McKerin who attempts a buzzard beating shot from the top of the key. The shot doesn't go in but a fouled is called on Rutland Town with no time left. McKerin is given two free throw opportunities but he only needed one, as all eyes were on him as he sunk his first free throw, hitting nothing but net, giving Proctor the 37-36 win and their second championship in a row. High scorer for Proctor



was Jack Morgan 14 points, with Carrington and Cararra

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 9:30am. Sat., 5:30pm worship. Good Shepherd Lutheran Church. 773-9659.

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

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

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 Dolors Mass Times: Saturday 4:30pm. Sunday 9am.

Ages 55 and up. Accepting applications for 1 and 2 bedroom market apartments. All utilities included. No pets allowed. Rent from \$344 to \$1,300 Call (802) 776-1001 for an appointment and tour



each adding 6 points each. Rutland Town's high scorer was Clay Drinwater with 10 points. It was a very exciting game played very well by both teams. Proctor's relentless defense and excellent conditioning kept them in the tournament all week long causing the teams they faced to give up many turnovers. Forwards Peter Carrara and Logan Landon did an excellent job defensively in the middle and rebounding as well. Proctor's four guard rotation of Nick Ojala, Jack Morgan, Tyler Carrington, and Gannon McKerin proved to be tenacious defenders who could also drive to the basket or take the outside shots with ease. Proctor's bench was vital to their success all week as they came in with solid play to give their starters a rest. Congratulations to all the players for making this exciting and giving all of us our own local March Madness. Also congratulations to Proctor forward Peter Cararra for being selected to the all-tourney team.



College of St. Joseph is on spring break March 21-25. Awards go to all winners and runner-ups at the Green Mountain Table Tennis Club's 29th annual Spring Spectacular Table Tennis Tournament, Saturday, March 26, at the Knights of Columbus/Boys & Girls Club gymnasium in Rutland. The day-long event begins at 8:00 a.m., with ten separate events and divisions including novice, juniors, singles, and doubles. The table tennis club meets Wednesday evenings at the gym; call Ron Lewis, 247-5913, for more info.

The Wallingford Town Hall hosts a dog/cat rabies clinic from 10:00 a.m. to noon Saturday. Dr. Lisa Hickman is the attending veterinarian.

Mill River Union High hosts the Vermont Regional One-Act Play Festival on Saturday, March 26. In addition to Mill River, Mount St. Joseph Academy, Rutland High, Stowe High, BFA St. Albans and Twin Valley High School will take part. Each participating group must set up, perform, and "strike" their production in 60 minutes. For more info, call 775-3451 ext. 223.

Take part in the discussion of Vermont's proposed health care bill at 6:00 p.m., Monday, March 28, at the College of St. Joseph's Tuttle Theater. Anticipated topics include the bill's impact on health care quality and individual choice, the meaning of universal access in terms of residency, the adequacy of proposed payroll taxes of 10% on employers and 3.5% on employees to fund the program, and other questions. This forum is postponed from its original date of March 14. For more info, call 645-0109.

Texas-born country songster Jack Ingram brings his High Hopes and Big Dreams to Rutland as his Acoustic Motel Tour rolls into the Paramount Theatre at 8:00 p.m., Thursday, March 31. Call the box office, 775-0903, for tickets.

Rutland Area Visiting Nurses Association & Hospice helps grieving individuals and their comforters work their way through the loss of a partner, offering a free workshop from 6:00 to 7:30 p.m., Wednesday, March 30 in the RAVNAH offices, 7 Albert Cree Dr., Rutland. Call Ann LaRocque 770-1516, for more info.

The Danny Kalb Trio brings intimate acoustic blues to

The Brick Box at The Paramount Theatre in downtown Rutland at 7:30 p.m., Wednesday, April 1. No foolin'! Kalb is best known as a founding member of the Blues Project in the 1960s. Get tickets by calling 775-0903.

Encore Theatre presents its annual fashion show, with high school students modeling prom dresses and tuxes, plus jewelry, from local stores, 7:00 to 8:30 p.m., Wednesday, in the Rutland High Theatre, 22 Stratton Rd. Call 770-1134, to find out more.

What feeds the algal "bloom" on Lake Champlain that depletes oxygen in the water? Join a discussion of the causes and possible remedies at 6:30 p.m., Friday, April 1, at Mill River Union High School Auditorium in North Clarendon. The program begins with a viewing of the 30-minute documentary Bloom: The Plight of Lake Champlain, and then a talk by Eric Smeltzer, environmental scientist at the Agency of Natural Resources, Water Quality Division, on the lake's science history. A panel discusses phosphorus pollution follows. For more information, call Nanci McGuire, Rutland Natural Resources Conservation District, 775-8034, ext. 17.

What of your warm weather sport gear no longer fits or is for activities you no longer enjoy? What do you need? Drop in to the free spring sport gear exchange at 6:00 p.m., Monday, April 4, at the West Rutland Recreation Area.

West Rutland School plans a community garden that is a kindergarten through grade 12 project. Students in primary and middle school grades begin the project by planting seeds and growing plants on their classroom window sills. They will build raised beds once the snow melts. If you would like to donate hand tools, lumber for building the raised beds, tomato cages, topsoil, seeds, and/or landscaping fabric, call Nicole Graves or Kathleen Cunningham, 438-2288.

The Home Builders & Remodelers Association of Southern Vermont recently awarded students at Stafford Technical Center an Excellence in Housing Award. Stafford students in the Construction Technology program learn light residential home construction, working from year to year to construct housing in a new-house neighborhood. Their work took top honors in the category of "Single Family Home under 2000 Square Feet."

Sherburne Women's Club News

by Janina Curtis

The Sherburne Women's Club is a charitable organization whose focus is providing a socializing network and supporting fundraising efforts that nurture our local community. Since its inception in 1965, the Sherburne Women's Club has funded local charities and organizations including RAVNAH, Woodstock Union Booster Club, Killington Recreation Department, Chaffee Arts Center, and Sherburne Elementary School, to name a few; and awarded scholarship funds for a Woodstock Union High School graduating senior from Killington each year.

The Sherburne Women's Club is now accepting requests from local charities or organizations for donations. Requests must be submitted in writing and must be received by the Club no later than April 22, 2011. Any group or organization who would like to be considered for a donation should mail a request to SWC, PO Box 68, KillingtonVT05751.

The Club is also currently accepting applications for the Sherburne Community Service Award. This award is presented to the Killington graduating senior who has demonstrated impressive service and volunteer work during his/her time in high school. The applicant will be selected based on their volunteer work, community service, extracurricular activities, and dedication to others. Instructions and an application for the 2011 Community Service Award can be downloaded from the SWC website www.swcvt.com. All parts of the application must be submitted and postmarked no later than April 15, 2011. In 2010, the recipient of this award was Colton Blackman.

Over the years, the Sherburne Women's Club has funded scholarships and given away over \$75,000 to local organizations. As part of our annual fundraising efforts, the Club is holding a giant raffle with over \$5,000 in prizes donated by area business owners. Prizes include two 2011-2012 Pico season passes and gift certificates to local restaurants and stores. Raffle tickets are \$10 and can be purchased at The Greenbrier Gift Shop or from a Club member. The fundraiser will culminate with a Raffle-Drawing Party at On the Rocs on Saturday April 9th at 6:30.

Upcoming events for the SWC are:

March 24 - Ladies Night Out, The Lookout, 6:30 PM March 21 - Book Club meeting, The Power of One

April 9 - Community Fundraiser Raffle Drawing, On the Rocs

Information about joining the SWC can be found on the website www.swcvt.com.





ARIES: March 21 - April 20: You can't take this on if you're already overly involved with something else. That's just the way it is; so what's it going to be? On the one hand you've got something that looks like what you've always dreamed of; and on the other hand, you've bumped into something that is the last thing you expected. The only advice I can give you would be to check in on which part of you wants what. I have a feeling that your dream come true isn't as much fun to live with as it is to look at, and this other thing is a big question mark but something tells me you'd be nuts to pass it up.

TAURUS: April 21 - May 20: The best thing about what's going on right now is no one's around to tell you what to do. It's as if you are finally free to do it your way; either that or what you're doing is so totally new and different, you and whoever you're with are on a road to discovery that wasn't part of the plan. You'll be able to take this dream as far as you want as long as you know that you can't lie or go out of integrity and expect it to work. If any of your motives are the least bit underhanded anything you try to do is going to get derailed by the fact that you misrepresented yourself

GEMINI: May 21 - June 20: The need to change your ways seems to be competing with the idea that you can't seem to stop being yourself. It looks like it's going to take a little bit longer for you to begin to realize that you can't take people for granted and you can't keep expecting everything to be about you. If you can see this there's an outside chance that you can turn it around. At this point it's hard to say if others would believe you if you came to them and said you're ready to grow up. Before you lead anyone to believe that, it would be good if you made sure you could be there for this.

CANCER: June 21 - July 20: You don't necessarily need to know what'll happen next. Part of this lesson involves realizing that even though you've done everything in your power to show up and apply yourself to this situation, from this point on you don't have much to say about it. If you're impatient, relax and try to look at this as if you got to the station a little bit early. Just because you're the only one who seems to want this there's no need to start thinking that it isn't a two way trail. Stop worrying about coming up with a solution to it all. Be smart and let the solution come to you.

LEO: July 21 - August 20: Whatever you're going through is a rerun of things that didn't get settled the last time you passed this part of your never ending story. By the time you get in touch with how much it costs you to keep reading this chapter who knows if you'll have the strength to free yourself from whatever it's about. It's always better to deal with things as opposed to avoiding them. You've got some hard choices to make but you've seen enough of what being too good, or too loving, or too giving gets you. Before this stretch is over you will come face to face with your favorite mistake.

VIRGO: August 21 - September 20: You don't have to apologize for telling the truth; since when did it become a crime? Others are too blind to the way things are to be able to handle it. It doesn't matter how or in what area of your life the need for honesty has become so important, at this point it's a matter of keeping the Karmic slate as free of complications as you possibly can. Part of balancing the past is bound to involve serious decisions about relationships. Don't be too quick to jump in or out of anything and don't let yourself get carried away by plans that have little to do with what matters to you.

LIBRA: September 21 - October 20: Now would be a good time to hold your horses. As much as you think it's time to go ahead with this you are operating too impulsively to even be able to see what you're getting into. Others seem to be echoing the voice of caution and you are in no mood to see it their way. It's important for you to understand that all of your actions and choices incur a certain amount of Karma. You've reached a point in your life where you can't afford to stir up any more trouble than you came in with. Slow down. Think twice or this'll turn out to be the last thing you need.

SCORPIO: October 21 - November 20: To be honest you need to stop overanalyzing this situation. I know you mean well but some things can't be tacked down by the mind. Aside from that, you've gotta figure you've never even done this before so, what do you know? Instead of going off half cocked with the attitude that this won't work unless it looks the way you think it's supposed to maybe you ought to consider the thought that you have nothing to go by. The best way to become adept at whatever you're trying to know more about than anyone else is to stop needing to be right and listen for a change

SAGITTARIUS: November 21 - December 20: You're in a situation that needs you to stay with it at a time when not staying with it is looking way more attractive. The impulse to go overboard could wind up taking you too far afield. Reining it in enough to do the right thing would make you feel more like a grown up; the trouble is something's gotten too small and you're starting to feel like you don't want to turn into the person who has to do this. There has to be a way to take care of business and still be able to live your life with the faith that there is plenty of magic to be found in the ordinary.

CAPRICORN: December 21 - January 20: You're convinced if you ap proach this with all your bases covered it won't get out of hand. Be careful of taking on anything with the idea that you've got to stay on top of it at all costs. You don't seem to understand that some things don't fall under your jurisdiction. When it comes to what's going on with those close to you, this is what you signed up for. Hanging in there while they figure out how to do the right thing is making you wonder if it wouldn't be better to take a hiatus and tend to your own affairs. It's one of those times when it might be easier to bi-locate.

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AQUARIUS: January 21 - February 20: You won't get the answers you're looking for until you start wanting to take this seriously. Only lately have you begun to notice that none of your efforts to heal your situation have yielded much in the way of results. From this point on you say you're committed to change but before that can happen you've got to drop a few of your habits. Slowing down wouldn't be a bad idea. It would also be good if you could stop thinking that doing what's best for you has to involve more discipline and toil. At this point what's good for you should include more rest and relaxation.

PISCES: February 21 - March 20: Things couldn't have come at a better time. After a long wait you now see why there had to be a delay. Without having to give it too much thought, whatever it is that finally showed up at the end of the rainbow is giving you a chance to start all over again. Along with this the idea that it's safe to make plans and that others might even want to go along with them is giving you hope that the next phase of your life will include a clearer sense of what love is all about. If you can maintain your balance and stay honest, the next few months could turn into your wildest dream

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



STEVE HEILNER



View From Ludlow

by Ralph Pace

In what promises to be a fun and musical evening, FOLA (friends of Ludlow Auditorium) will feature a concert by the Rutland Curbstone Chorus on Saturday, March 26 at 7 PM at the Ludlow Town Hall Auditorium. The Curbstone Chorus, a men's barbershop harmony a cappella group, will be presenting an outstanding evening of a great collection of songs from traditional barbershop, to Broadway classics, show tunes and doowop, to a few surprises. For ticket information, contact 802-228-7239. Tickets are \$8 and may be purchased in advance at the Book Nook and Wine and Cheese Depot in Ludlow or at the door of the auditorium on the evening of the concert.

FOLA appears to be quite busy in the near future. In addition to the Curbstone Chorus, it will be presenting its first major movie on Thursday, April 7. The first film to be featured using the new professional movie equipment and screen in the Ludlow Auditorium will be the award-winning documentary, "The March of the Penguins." When it was first released, critics raved, one notable commentator finding it " . . the most astonishingly beautiful documentary ever made." Narrated by Morgan Freeman, the film offers soaring moments of inspired natural beauty, contrasted by stark scenes that remind us how cruel nature can be. Per FOLA's movie policy, admission is free-but donations are appreciated to help cover the auditorium and movie costs.

Immediately following this, on Saturday, April 16, FOLA will present a concert by Skip Gorman and Connie Dover, two highly-respected performers who reflect both the western and Celtic musical traditions. Gorman is noted for recalling the "true" music of the cowboys; Dover has been called the best American performer since Joan Baez by the Boston Globe. Tickets for this show are \$12.

Okemo raised \$7,600 through a matching donation program with its employees to raise funds to help two area agencies dealing with the disadvantaged, Black River Good Neighbors and Springfield Family Center.

Okemo also is in the news for a more technical reason. The resort has added "apps" for the iPhone and android smart phones outlining activities at the mountain. Word from Okemo indicates that a similar "apps" may be developed for Blackberry users in the future.

Black River Good Neighbors Services (BRGN) had over 100 people attend its open house last weekend that mark the official opening of its new location in the Ludlow Community Complex. Attendees had the opportunity to tour the vastly improved facility and enjoy some of the refreshments provided. State Senator Alice Nitka reminded the audience of the history of BRGN and Lud-

low Selectman Bruce Schmidt thanked the organization for all it does for the area.

For those still pondering what to do about taxes, just a reminder that AARP representatives are available on Tuesdays, from 10 AM to 2 PM at Fletcher Memorial Library (by appointment) to help with your taxes. If you're interested in obtaining this assistance, call Diana Chimbolo at 228-2668.

Speaking of taxes, this writer finally sat down (with the help of his computer program) and addressed his tax situation. The more years I do this, the more inclined I am to support a flat rate tax and do away with all the various "Ifs, Ands, and Buts" of our tax "code" (labyrinth would be a more appropriate word).

This column neglected to report that Plymouth defeated its proposed budget at last Town Meeting. Apparently there is considerable concern over the cost of providing healthcare costs to its listers and town employees.

Sharon Combes-Farr has enabled Black River Academy Museum (BRAM) to gain an additional \$500 for its elevator cab. Sharon, who works for Denver-based Qwest via tele-commuting, was awarded this grant by Qwest. This is the second grant that company has provided to BRAM through Sharon.

The Cavendish Community and Conservation Association announced that it is accepting applications for grants that will be awarded this spring. The deadline for applying is April 15, 2011. Applications are available online include instructions on how and where to apply. Projects, programs or events must directly benefit the Cavendish community in some way. A panel of local citizens reviews all applications and recommends the ultimate grantees based on the quality and feasibility of each proposal. Grants are not expected to exceed \$1,000 each and will depend primarily on the number of applications and the amounts requested. For further information on applying, on eligibility or on any other aspect of the grant program, or for help completing the application, call Peter LaBelle at 226-7250 or Barbara Dickey at 226-7187.

It looks like the "school choice" program that existed between the members of the Rutland Windsor Supervisory Union is a dead issue. Now that Plymouth no longer has an elementary school, the choice was between Ludlow and Mt Holly residents for which elementary school they would like their children to attend. At its March meeting, the Ludlow Elementary School Board indicated to Mt Holly representatives in the audience, along with some involved parents, that it did not wish to continue the "trial" program.

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



Each Wednesday the Killington Pico Rotary Club meets at the Summit Lodge from 6PM - 8PM for a full dinner, friendship, and a guest speaker. We are actively seeking new members who are interested in serving their local community and beyond. The meals are delicious, and it's a great opportunity to get involved and meet new people. If you are interested in learning more about Rotary International, call 422-5499 to make a reservation to attend a dinner meeting. Upcoming pro-

Mar 30 - Tom Salmon, State Auditor

Apr 13 - Michele LaBerge, Governor's Highway Safety Program - Child Seat Safety / Vermont's Fitting Stations and Discount Child Car Seat Program

Ticket sales for the fundraiser Ice-Out Contest on the Grist Mill Pond have been closed, and now the real excitement begins, as we wait for the exact second that the ice will 'go out' on the pond. The prize money is expected to exceed \$1,000, as ticket entries are still being received



grams are:

by mail.

Spring Cleaning? RCHS Needs Old Bedding!

Now that the weather is getting nicer, many people clean out closets and do some Spring cleaning. If

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you find old bedding or towels, please think about bringing them to the Rutland County Humane Society (RCHS). They make great bedding for the animals and keep them cozy and comfortable while they're here. The animals especially love comforters, blankets, sheets and towels. Thanks for your continued support and for thinking of the animals! If you have any questions, please contact the shelter at 483-6700.



Lakes Region News

A Chorus Line continues its run/dance across the Casella Theater stage. Experience the world of the theater behind the curtain as this Castleton Theater Arts production enjoys a second weekend, Wednesday through Saturday, March 23 through 26 at 8:00 p.m. Call 468-1119 for your tickets.

On Wednesday, March 30, Castleton Community Center celebrates all March birthdays with a specially prepared birthday lunch catered by East Creek Catering. The meal is beef stew (including potatoes and carrots), green leaf salad, biscuit, and birthday cake. Stay for bingo afterwards. Call 468-3093 for your reservation by 10:00 a.m., Monday, March 28.

Hawaiian education group Halau 'o Keikiali'I sings, dances, and shares stories of Hawaii from the stage of the Casella Theater at 7:00 p.m., Wednesday, March 30. Tickets are required; reserve yours by calling 468-1119.

Give your hair to help children with cancer. Come shave your head or stop by and make a donation (no hair loss necessary) at 1:00 p.m. Saturday, April 2, at the Poultney Fire Department, 275 Beaman St. Organizer for the event is Muranda Doelling, (267) 391-8714.

The Poultney High March basket raffle is Saturday, March 26, at the PHS gym. Doors open at 11:00 a.m., with drawing beginning at 1:00 p.m. The day includes door prizes, raffles, and a lunch concession.

Learn to protect your identity at 12:20, Tuesday, March 29; Castleton Community Center hosts the presentation by Shirley Mason. Come at noon for lunch before the program. Make your reservation by Friday, March 25, by calling 468-3093.

Benson plans its second annual Stuff-A-Friend event along with an Easter Egg Hunt at 1:00 p.m., Saturday, April 9. at the Benson Community Hall. Those who stuffed a friend at last year's event may bring their friend to celebrate its first birthday, and maybe add a companion for him or her. All proceeds benefit the Benson Family Day Fundraising Committee. Call Gina Cull, 537-2063, for reservations.

Get healthful outdoor exercise and the reward of work well done. Plant native trees that benefit wildlife and restore Clayplain forest in West Haven and Benson with the Nature Conservancy. Sign up two days or more in advance for a minimum of two hours of work at a remote outdoor location (without toilet facilities) by calling Cara Conroy, 265-8645 ext. 27. Or you can volunteer to work in the Nature Conservancy's West Haven office, helping with data management, visitor reception, filing, and mailing. Call 229-4425 ext. 111.

by Lani Duke

When a building on Dudley Road in Middletown Springs caught fire, firefighters were able to put the fire out thanks to a recently installed fire hydrant at nearby Haley's Farm. That good water supply enabled tankers from Ira, Poultney, and Tinmouth to refill without having to travel far on snow-covered roads.

Local farmers are rejoicing that they are now able to see the ground on their farms. Pea and cabbage planting may have started outside already; so has seedling sprouting.

Castleton State College's student body president Justin Garritt recently traveled to Russia, invited by the International Relations Department of the Federal Agency on Youth Affairs of the Russian Federation. The other 14 students on the trip included representatives of Caltech, Duke, Emory, Princeton, and the universities of Florida, Kentucky, and Indiana. Also in the group was Ben Chaucer, son of Castleton prof Harry Chaucer and a student at Johnson State College.

Non-profit Castleton Cares Inc. celebrates its first year of existence this month. It has already given food, supplies, counseling, and financial support to a number of families in need and thanks the businesses, organizations, and residents of Castleton who have made the effort possible. Castleton Food Shelf, itself nearly 30 years old, is now part of CCI. For more information, call 468-2444.

Castleton State College's Physical Education Teacher Education program recently received recognition from the Vermont Special Olympics as Vermont Youth Organization of the Year.

Castleton's director of Spartan Arena, Scott Dikeman, has accepted a new position at the college. He becomes Castleton's new dean of administration.

Poultney High's Lady Devils basketball team won their first state championship. Congratulations, young ladies.

Thank you, Bob Willliams. He recently gave the Poultney High junior class \$800 for dusting his store on a recent Sunday afternoon.







Sherburne Elementary School Wants Your Input!

As the Town of Killington celebrates its 250th birthday, the Sherburne Elementary School Board is considering a name change to incorporate the name of our town into the name of our elementary school. The School Board believes that there are many practical reasons to change the name of the school and we would welcome the opportunity to share our ideas and to hear the community's input on this issue.

In particular, it is the School Board's position that the Town of Killington does not benefit as much as it should from all of the accolades that SES, its students and teachers have received over the years. When our school's test scores are reported and when our teachers and students

Select Notes

continued from page 18

are recognized, people see and hear "Sherburne" and most people do not know where Sherburne is located. Furthermore, the Board believes that people around the state surely know what a model school SES is but they believe that Killington deserves to be recognized as the town where this incredible place is located.

There will be an informational meeting at the school on Thursday, March 31st at 6:30pm to discuss the possible renaming of Sherburne Elementary School. If you have any questions regarding this meeting or if you are unable to join us but are interested in the issue, kindly call Sherburne Elementary School (422-3366). We look forward to seeing and hearing from all interested community members.

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Economic Development & Tourism Commission: By a 2 to 1 vote (Haff/Rome in favor, Bianchi opposed), the Board voted to disband the Economic Development & Tourism Commission and present an article on the institution of an EDT Commission to the voters at the upcoming Special Town Meeting. Next Meetings: Monday, March 28: Agenda Items Include: Water System Study Kick-Off (Starting at 7 p.m.); continued review of the revised budget proposal; and the discussion of the possibility of an article on the Special Town Meeting Warning on the establishment of a five-member Select-



board. Monday, April 4, 2011: Finalized revised budget proposal and Warning for Special Town Meeting.

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



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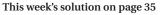


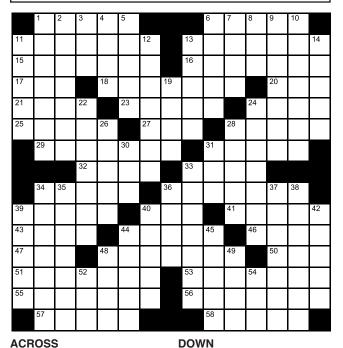
JustforFun

SUDOKU

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

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





A	CF	ross	
1.	F	rench	wii
-			

ACHOOD	DOMIN
1. French wine region	1. Many a Floridian
6. A rounded earthenware pot	2. The direction a ship is
(pl.)	moving
11. Toward the side the wind	3. Hooter
s blowing	4. Badgers
13. Edited out from a	5. "All My Children" vixen
broadcast	6. Ancient
15. Earache	7. Bad look
16. Perfectly	8. Grassland
17. Nod, maybe	9. Galore
18. Paint removal tool	10. Culls
20. "A rat!"	 A hall near a hotel
21. Cheese on crackers	entrance
23. Canton neighbor	12. Wine-colored (2 wds)
24. " bitten, twice shy"	13. A two-legged support

Capsule reviews of films opening this week by The Associated Press

can truly act,

truly command a screen - and

not just swag-

ger and preen

a long way toward making

this sci-fi thrill-

er more entertaining, and

more plausible, than it prob-

ably should be. Cooper stars as

the visual tricks

he employs,

though - words

dropping from

the ceiling to

indicate a break

in Eddie's writ-

er's block, or

multiple Eddies

accomplishing

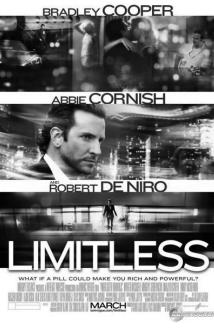
tasks around

the house. Still,

and his performance goes

"Limitless"

by Christy Lemire, AP Movie Critic



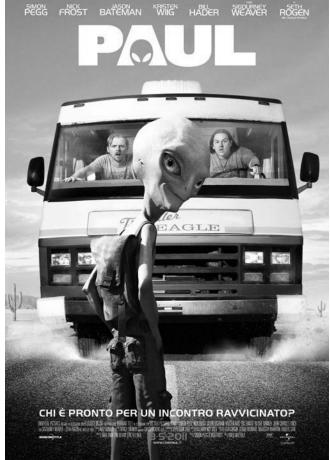
Eddie Morra, a struggling and depressed New York writer who takes a magical pill called NZT that allows him to tap into his full potential. Suddenly, he's not only pounding out chapters, he's cleaning up, picking up new interests, learning new languages and wowing everyone he meets. More importantly and more realistically, he does the thing we'd all do with frighteningly expanded brain power: He turns it into a way to make millions of dollars. Fast. Director Neil Burger, whose first feature was the intriguing "Interview With the Assassin" from 2002, moves the story forward with an infectious energy. He probably didn't need to rely on some of



Cooper is surprisingly good as the shlubby, stubbly version of his character in the beginning, and as the wildly improved version of himself on NZT. Robert De Niro is quietly fierce (and does some of his best work in a while) as the financial guru who's fascinated by Eddie, while Abbie Cornish probably doesn't get enough to do as Eddie's on-again, off-again girlfriend, who's skeptical of the new him. PG-13 for thematic material involving a drug, violence including disturbing images, sexuality and language. 105 min.

"Paul" Bradley Cooper shows he

Three stars out of four.



by Jake Coyle, AP Entertainment Writer

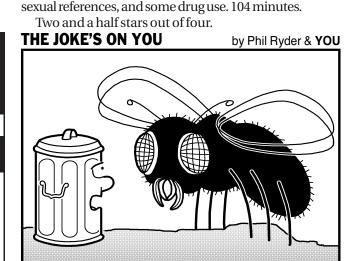
The title character of Simon Pegg and Nick Frost's latest genre comedy is a sarcastic stoner steeped in pop culture and busting with well-timed, crude observations. In short, he is Seth Rogen. Though the CGI-created alien, who's voiced by Rogen, has powers of healing and invisibility, his defining characteristics aren't his exoticism, but his normalcy. He wears cargo shorts and digs Marvin Gaye. Two vacationing, unabashedly nerdy Brits, Graeme Willy (Pegg) and Clive Gollings (Frost), stumble upon Paul in their sci-fi-loving tour of Southwest America, from Comic-Con to Area 51. Trailing Paul are a handful of agents (Jason Bateman, Bill Hader, Joe Lo Truglio), with a higher-up (scifi queen Sigourney Weaver) sending commands. It's the first time Pegg and Frost, who also wrote the script, have set a film in America or worked with director Greg Mottola ("Superbad," "Adventureland"). The result is an interesting mix of British and American comedy (Kristen Wiig just about steals the movie) that mostly comes off amiably and consistently funny. It does the same for science fiction as Pegg and Frost's "Shaun of the Dead" did for zombie films and "Hot Fuzz" did for action flicks, but falls closer to mere spoof than something of its own. R for language including



"Fiddler on the Roof" role 27. Free from, with "of" 28. Hands, in slang 29. Discharged from the body 31. Nonmalignant growth 32. Coat 33. Figurehead's place 34. A village in Argyll and Brute, Scotland 36. Photo shot very near the subject 39. Fresh from the shower 40. Former French coin 41. Little people 43. Cart 44. Parallelogram, e.g. diamond 46. Onion relative 47. Crumb 48. Mediterranean evergreen tree whose bark is commercially stripped _ fallen .. 50. " 51. Style of writing with letters joined together 53. Babe 55. Hurt 56. Poet who laments the dead 57. More artful 58. Watery mud and snow

Enbankment to prever floods (var. sp., pl.) 19. Bone-dry 22. God, with "the" 24. A hole drilled to find petroleum 26. flu 28. Bullwinkle, e.g. 30. Atlanta-based station 31. Ace 33. Feathery34. A call to arms (pl.) 35. On the fence 36. Prepare 37. Inflammation of the eye 38. Fractious 39. A type of candy (British, abbrev., pl.) 40. Bit 42 _ shooting 44. Vagabond 45. Sobs loudly 48. Commend 49. Fall (over) 52. Mr., abroad 54. "I" problem





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- Mark Rapacioli • La Grange, NY

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Solution
Page 35

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Roaring Brook Constructors Receives Top Honors

Roaring Brook Constructors, Inc. garnered several first place honors at the 12th annual "Excellence in Housing Awards" conducted by the Home Builders and Remodelers Association of Southern Vermont. They received first place honors in the "Residential Addition - Renovation" category for a local project that converted a vintage ski house into a permanent residence. The winning project, which was designed and built by Roaring Brook Constructors, Inc. included a new entry, two car garage, and master bedroom suite, as well as insulation upgrades to the existing building.

Their second award of the night was for the "Best Kitchen", another design build project. This kitchen

is the focal point for daily living and entertaining, located in a timber frame addition with sun and views. It is a blend of both standard and custom cabinets and includes, stone counters, a solid wood bar top, hardwood floors and stainless appliances.

"It's a real honor to receive these awards and it's a testament to the teamwork that goes into these projects," owner Jeff Findeisen said. "From our designers, and project managers to our craftsmen in the field and our subcontractors and suppliers, everyone has my thanks and appreciation."

Roaring Brook Constructors is located at 1937 Route 4 in Killington. Call them today at 802-786-5200.



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So if it's quality flooring you want at an affordable price, stop by and see Frank or Lorrie located at 207 Randbury road off Route 7 South across from Friendly's Restaurant, you can also call 802-775- 2350 or email them at rugsrems@hotmail.com. Rugs & Rems is where customers have been sending their friends since 1984.

HBRA-SV 12th Annual Excellence in Housing Awards

The Home Builders & Remodelers Association of Southern Vermont is proud to announce the winners of their 12th Annual Excellence in Housing Awards. These awards recognize the outstanding artistry and craftsmanship of members. They were presented at a banquet held at Franklin Conference Center in Rutland, Vermont on February 23, 2011. Banquet and Award Sponsor: LaValley Building Supply; Award Sponsors: Vermont Housing Finance Agency, Gilmore Home Center, r.k. Miles, Efficiency Vermont/Vermont Energy Star Home Program.

Each entry was viewed anonymously by a panel of judges who were given a set of criteria with which to make their decisions. Judges were: Mike Coppinger, Downtown Rutland Partnership; Mary Cohen, NeighborWorks of Western Vermont; EJay Bishop, Rutland Recreation & Parks Department.

Awards presented: Single Family Home – under 2,000 square feet sponsored by Vermont Housing Finance Agency: Stafford Technical Center of Rutland; Single Family Home – 2,001 to 3,000 square feet sponsored by Gilmore Home Center: Aspen Construction Services of Bondville; Single Family Home - over 3,000 square feet sponsored by LaValley Building Supply: The McKernon Group of Brandon; Residential Addition-Renovation: Roaring Brook Constructors of Killington; Best Kitchen: Roaring Brook Constructors of Killington; Best Feature: Aspen Construction Services of Bondville; Curb Appeal: Aspen Construction Services of Bondville; Commercial Addition-Renovation: Glendenning LLC of Wallingford; Environmental Excellence sponsored by r.k. Miles: Aspen Construction Services of Bondville; Energy Efficiency sponsored by Efficiency Vermont: The McKernon Group of Rutland; Best Website: r.k. Miles of Manchester; Best Marketing Piece: Aspen Construction Services of Bondville.

Special recognition for participation goes to the following members: Timber Ridge Builders of Orwell; Burleson Builders of Castleton; Ennis Construction of Ascutney.

The Home Builders & Remodelers Association of Southern Vermont is an organization of builders, suppliers, and associated businesses whose main purpose is to support and educate the building industry, the community and it's members. Monthly membership dinner meetings are held with featured speakers on the second Wednesday of each month, and those interested in the presentation or those who would like to learn more about the association are encouraged to attend.

Also available to the public is a FREE Membership Directory & Buyer's Guide which lists members by category for ease of finding a business to help with building a new home, remodeling, finding an appliance or building materials, locating a fuel company, insurance needs, and more. Mark your calendars for our 14th Annual Home & Recreation Show from 9am to 3pm on April 2nd at the Spartan Arena, behind the Diamond Run Mall in Rutland, VT. For more information about upcoming meetings, to request a directory, or to find about how to apply and participate in events and programs, please call (802)773-0672.



Carpet Cleaning: A Must For Healthy Air

by Rosemary Sadez Friedmann

Like all things in the home, carpets need cleaning. Yes, vacuuming often helps keep the carpet clean, but it also needs a more thorough, perhaps professional cleaning on a regular basis. Twice a year is ideal, particularly if you have children and/or pets. Once a year is the absolute minimum.

Did you know that indoor air quality is usually 10 to 100 times worse than outdoor air quality? Getting the carpet professionally cleaned not only helps the appearance of the rug, but it is beneficial to our health as well.

Carpets act as a filter that holds soil, dust mites, pollen, debris and other contaminants. Vacuuming helps pull up a good amount of that stuff, but not all.

A dirty carpet is the ideal place for bacteria and germs to multiply and grow. Sounds like a horror film, but think about it: Doctors tell us that dirt and dust are the primary causes of most allergies. Over time, the contaminants will build up -- and you can imagine what all that will do to your health as you daily breathe in those nasty microorganisms. The U.S. Environmental Protection Agency (EPA) also recognizes the effect of unhealthy indoor air and the link it has with carpet cleaning.

Routine maintenance of your carpet not only helps to keep indoor air clean, it also extends the life of the carpet.

While waiting in between professional cleanings, be sure to change the filter in your vacuum often.

On a side note, if you are selling your home, be sure to have the carpet professionally cleaned before that first open house. A dirty carpet can turn buyers off, and if there are pet, smoke or other odors in the carpet, many a buyer will walk out before viewing the rest of the house.



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Humidifying Your Home by Dwight Barnett

Q: I have a question about what the proper humidity should be in our home. I have several thermo-hygrometers in our house. Our home doesn't feel too dry in the winter. We have a portable humidifier in our bedroom just to add a little moisture during the winter, and we enjoy the soothing hum of it. Our house stays anywhere from 30 percent to 40 percent in the coldest part of winter. Is that OK?

Also, I've had a heating and air company out to get a quote on installing a humidifier on the gas furnace. They told me that the space around our furnace wouldn't accommodate a regular humidifier, but they recommended a steam humidifier due to the smaller size of the unit. What is your take on a steam humidifier?

A: It would be difficult to raise indoor humidity levels above 40 percent when the room temperature is around 68 degrees of mechanically heated air. The warmer the air, the more moisture the air can hold, and 68 degrees may feel warm, but it's not like summertime temperatures.

If you can remember the 90-degree summer days, you know that there

is also a corresponding high humidity level, because the warmer air holds moisture.

What I have been told over the years is that the preferred wintertime level inside the home should be anywhere from 40 percent to 70 percent relative humidity at 68 degrees when the outside temperature is 30 degrees or less.

Indoor humidity levels beyond 70 percent create an environment in which mold spores can gain a foothold in your home. Fortunately, the air conditioner dehumidifies and cools the air at the same time.

It has been my experience that humidifiers connected to ductwork present the possibilities for rust or corrosion that can damage either the ductwork or the furnace. Proper maintenance can prevent this type of problem from occurring.

I encourage my clients to add humidity by using in-room steam-producing humidifiers or vaporizers. Remember to shut off the humidifier in the summer so that the air conditioner is not overworked as it removes moisture from the air.

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Excel Plumbing & Heating - Steve Ellerin, a native of Manchester NH, began his career in the plumbing and heating industry in 1978. He went on to get his NH plumber's Journeyman's license in 1982 and his Master's in 1983. In 1984 he went out on his own and established Colony Plumbing and Heating in the Manchester area. In 1986 Steve moved to VT, and received his VT Master Plumber's license in 1988. He established Excel Plumbing and Heating in 1990, with just one truck and one other licensed plumber, who still works for him today. It did not take long for Steve's entrepreneurial spirit to take off, creating a niche market in the Rutland and Killington areas providing residential and commercial customers with new age technology including radiant heat, high velocity and duct-less split air conditioning, solar, and geothermal installations. Today, over 20 years after establishing Excel Plumbing and Heating, he employs 13 Vermonters, many of whom have been in his employ for over a decade. He now runs 6 vehicles, servicing the entire state of Vermont, western New Hampshire, and eastern New York.

Ralph E. Morgan & Sons, Inc. - Ed Wardwell came to Woodstock from New York in the 1800's with his family. The E. F. Wardwell plumbing business was established in 1898 on Central Street. The business has operated continuously ever since. Ralph Morgan went to work for Ed in the early 20's and purchased the business and property in 1943. Ralph and Frieda Morgan operated the business known as R.E. Morgan from 1943 until 1968 when the office was moved to the present location on Charles Street. Their son, Hugh, joined the business in 1950 and son, John, also worked for the family business. In 1964 Ralph E. Morgan & Sons, Inc. was incorporated with Ralph, Frieda, Hugh and John. John left the business in 1971. Ralph and Frieda retired. Hugh ran the operation until his retirement in 1994. Hugh was active in establishing Vermont plumbing regulations. He kept up with modern trends and the company trained many plumbers in the area. When water systems began to be an integral part of the business he began to concentrate on learning as much as possible and purchased equipment to service water systems for other plumbers in the area as well as Morgan's. Steve Morgan joined the staff in 1990. He has operated the business since Hugh's retirement.

Contact Excel Plumbing and Heating at 802-775-7558. Contact Ralph E. Morgan & Sons, Inc. at 802-457-2400.



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Spring Clean Your Home's Exterior

(StatePoint) When spring cleaning your home, it's easy to focus on interior closets and drawers and forget the first thing any visitor will see -- your home's exterior. But outdoor surfaces and fixtures need your attention, too.

Make sure your spring cleaning includes these outdoor dirt-magnets:

- Siding and Windows

Even if you're not putting a fresh coat of paint on your house this year, it's important you clean any facade or siding that's prone to grime. Use a power washer and start at the highest point to avoid washing dirt down onto clean areas.

Pressure washers also make window cleaning easier. But be careful using them on wooden areas such as decks and window frames. The force of the spray often damages the surface of porous materials like wood.

– Outdoor Furniture

Whether you conscientiously stored your patio furniture for the winter, or left it outside exposed to the elements, it's likely your outdoor table and chairs need a once-over before they're ready for use. When choosing cleaning products, make sure they're biodegradable so they won't harm your plants or lawn. Then rinse the furniture and the grass with your hose



after cleaning.

You should also choose a cleaning product that's safe for furniture, which can be used on plastic, wicker, wood, wrought iron, canvas and other outdoor materials. Also look for UV protectants to keep your furniture from fading in bright sun.

- Gutters

Clean gutters prevent flooding and roof damage. The best way to check if your gutters need cleaning is to look up at the outside rim of the top of the gutter. If there is discoloration, there likely is buildup in the gutter making it difficult for water to flow.

When cleaning gutters by hand, you can create a "gutter scoop" by cutting the bottom half off a plastic gallon jug with a box knife. Then, after removing any leaves, twigs or debris, flush the gutters with water to clean them properly.

- Screens and Filters

The best way to clean window screens is to lay them flat on a cloth or soft surface outdoors to keep the frames from getting scratched. Then, hose them down and scrub gently with an all-purpose cleaner. Finally, rinse the screens again and tap off any excess water.

Air conditioning filters should also be changed as part of your spring cleaning, especially if anyone in your family has allergies. Always refer to the owner's manual to determine the location of the filter and the size needed to ensure the proper fit.

Remember, keeping your home's exterior clean makes a big difference.





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Shortcuts To **Make Yard** Work Easier

(StatePoint) Spring is in the air -- a time for rejuvenation and renewal... and for getting your yard back in shape.

If you're like most Americans, you love your garden and the budding trees of the new season, but don't want to spend all your precious weekends toiling away at yard work and lawn care.

Here are some easy shortcuts for getting yard work done in less time and with less effort this season:

The Easy Way Out - When doing yard work, it's easiest to stand -- constant kneeling and crouching will tire you out sooner and make you more likely to experience back and knee pain later on. If you need to get low to the ground, bring a low stool with you to sit on.

And give your body a break by transporting all your tools in a kiddie wagon. Or you can use a collapsible wheelbarrow with a wire frame and nylon bag. Choose a lightweight one

that also stores easily and compactly in a garage or tool shed.

Get the Right Tools - Choosing garden tools with longer handles will also reduce your bending and kneeling. You may want to use ones with padded grips, although gardening gloves are always advisable since insects and spiders can lay dormant in dead foliage and debris.

Hone Your Focus - "Most people immediately think of their lawns when they think of seasonal yard work" says Chris Seigneur, Senior Product Development Engineer for Blount. "But trimming dead branches from your trees and shrubs will ensure their health and add to the beauty of your home."

You should also clear plant beds of dead foliage, which can smother budding greenery and foster dis-

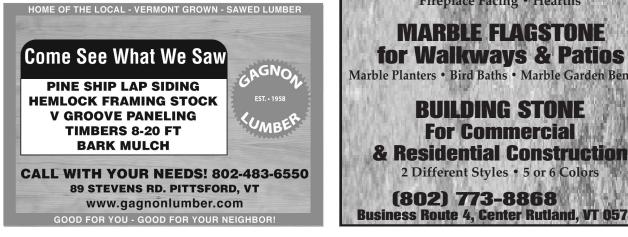




ease. And when reseeding your lawn, it's best to stay off it for at least two weeks to allow the grass to grow.

Lastly, some more permanent fixtures can save vou time and effort in the long run. Native plants and flowers will grow more easily since they do not need the care and attention of exotic transplants. And an automatic sprinkler system will keep your yard lush and green with little thought.

With these adjustments to your yard tools and routine, you should be able to spend more time outdoors enjoying your yard than trimming its trees and shrubs. And isn't that what the weekend's for?



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Indecisive Decorator Affliction

by Kim Cook, AP

Full disclosure: I don't suffer from the If the drawers brim with pattern, let room," she says. indecisive decorator affliction.

I take after my mother, who can nail the perfect paint shade from a hundred yards. We know what we like, and we know it when we see it.

But for many folks, who are more self-critical than self-confident, the journey to the ideal wall color or room style is fraught with angst. What if you choose wrong and visitors to your home snicker? What if you spend all that money and don't get it right?

It doesn't help that decorating options are so extensive today. Anyone who has stared down a 6-foot-long wall of paint chips knows the feeling. There's an encyclopedic sample book of sofa fabric. Wood flooring, tile, linoleum and carpet present hundreds more options. And what about window treatments, with a dozen versions of blinds alone?

We don't know what we like, or we like everything.

That, experts say, leads to "decision paralysis," whose sufferers just leave things as they are because choosing something different is overwhelming.

But they do have to paint that bedroom eventually. They have to buy something to sit on.

Here are five expert tips to make decor decisions a bit easier:

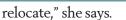
1. Look at yourself.

Seattle-based author and interior designer Nikki Willhite advises paying attention to what you're drawn to in shelter magazines, other people's homes, TV programs. Think about the colors in your wardrobe, too chances are those colors and styles will translate into rooms you'll love. If your closet is full of simple tones and clean lines, then neutral hues your home echo that exuberance. 2. Test-drive it.

Debra Kling, a color consultant in Larchmont, N.Y., recommends testing

The quality of light, the room's orientation and the surrounding colors all have an effect on a paint shade.

"I also advise approaching color holistically - one room should work with the



4. Get a second opinion.

Always admired your neighbor's decorating style? For the price of coffee and dessert, design-savvy friends are usually happy to offer ideas.

But don't go overboard. "Too much advice leads to just as much confusion as too little," says Alina Tugend, author of "Better by Mistake" (Riverhead, 2011).

If you're more comfortable putting yourself in the hands of a pro, ask around for recommendations. On Facebook, Benjamin Moore has launched an "Experts Exchange," where you can talk to a designer or color pro before you choose your paint.

Benjamin Moore, Behr, Pittsburgh and Sherwin-Williams among others offer online programs where you can overlay paint shades on different room styles. Shelter magazines such as House Beautiful and Better Homes and Gardens offer similar options. Valspar's website lets you download your own interior and exterior photos before trying out colors.

5. Show your personality, and relax.

After all, it's your home, no one else's. There are no design police. As many of TV's home design shows point out, modern home decor doesn't follow a playbook anymore.

However you arrive at your decorating decisions, trust your instincts, advises Mark Tyrrell, therapist and cofounder of the Oban, Scotland-based self-help program Uncommon Knowledge. "Don't always insist on logical reasons for everything. Learn to say 'because it feels right,'" he says.

He also urges people to use their imaginations. "Really sit down and envisage living with the decision. How does that feel?"

Tugend notes, "The only way to know something is to do it. And don't worry about making a mistake - you might fall in love with it."

She mentions a blond wood dining table purchased years ago that she'd never been able to find matching chairs for.

"I kept thinking our dark chairs looked wrong, but now I really like the combination," she says.

In a neighborhood filled with neutral-hued homes, Willhite painted her house vellow. "I was surprised and embarrassed at how bright it came out," she says. But time has toned it down, and she says, "It's actually very pretty!"





"Observe the room over several days. You should especially like the color at the time of day, with the customary lighting, when you most often use the

next in some way," says Kling. "You can accomplish this by using related hues, or colors of similar value."

As for furniture, some retailers will let you try a piece at home before committing.

Bring home samples of window treatments, wall and floor finishes, even cabinet doors. Live with them for a few days, moving them around to different vantage points.

3. Size it up.

Take a tape measure to the store, make sure the piece will fit your space, and sit or sprawl on it as you would at home.

A tightly-upholstered leather sectional might always look tidy, but nobody's going to enjoy sitting on it if it isn't comfy.

Willhite also recommends versatile pieces of furniture. "The more flexible the piece, the easier it is to place, and

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Getting The Most From Seed Catalogs

by Dr. Leonard Perry, UVM Extension Professor

On one of those particularly cold and blustery wintry days, I like to gather up all the seed catalogs that have arrived in my mailbox and settle down for a good read. Even if you don't plan to buy from them but buy locally this spring, you can learn much from catalogs

if you understand a few key terms and all that may be packed into the descriptions.

Of course it helps to have a pen and paper, or perhaps a laptop, handy to note all your choices and plans. If you have a laptop computer or other internet access handy, you might want to check out the seed catalogs online too. Many offer web-only specials.

Ordering from seed catalogs is both convenient, and a good way to get a wider selection than usually is available locally, especially if you are looking for quite new or unusual varieties. Yet most catalogs offer a lot more than just an order list for seeds and plants. I like to compare several catalogs, as they usually emphasize different points.

The first item that should catch your eye in catalogs, other than photos, is the name of the flower or vegetable. The words "New" or "Improved" aren't just selling points, they often mean the variety has been changed in some trait, perhaps substantially.

Icons are used to highlight key traits, such as a sun for heat tolerance, a snowflake for cold tolerance, or a pot meaning good in containers. Look for the key to these icons, which vary among catalogs, at the beginning or often on the bottom of each page. One icon used for most is the red, white and blue All-America Selections shield, indicating this variety won this award, being judged by professionals nationwide as superior (www. all-americaselections.org).

Letters you may see by some crops are F1 and OP. These refer, respectively, to F1 hybrids (first generation, compared to F2 which is second generation) and Open Pollinated. The former are crosses between two parents, to produce a variety with hybrid traits and vigor. If you collect seeds of these F1 hybrids, they wont give you the same variety. Open pollinated plants, on the other hand, will come "true" from their seeds when sown.

Other code letters you will see with some plants, in particular some veg-

etables such as vine crops and tomatoes, are ones referring to disease resistance. Choose these varieties, and you may have fewer diseases in the garden to deal with. In one catalog I saw over 50

listed-not all of course for one crop.

Some of the main ones to watch for on

tomatoes for instance are TMV (tobac-

co mosaic virus), TSWV (tomato spot-

ted wilt virus), V (verticillium wilt), and

F (fusarium wilt). If there has been late

blight in your area in recent years, wip-

ing out tomatoes, look for the few with

The other key point in seed catalog de-

scriptions is days to maturity. This could

mean from sowing, or in the case of slow

crops the days from setting out plants.

Check the catalog to make sure what is

meant. This is particularly important in

northern areas with short growing seasons

(days between frosts), in order to get flowers or in the case of vegetables their fruits.

Even with this, if a summer is particularly

cool and the crop likes warmth, it may

Descriptions are useful for specif-

ics such as fruit or flower color, par-

ticular flavors of vegetables, heights and

spreads. Even these may vary greatly

among catalogs, so compare several,

and they may vary from your own gar-

den. Beware of general and glowing

adjectives such as "good", "popular", or

"large", as these are relative and may

have little meaning in your own garden.

Just as the photos are often "enhanced" (don't get disappointed if your flowers

and vegetables don't look as luscious),

resistance to this (LB).

mature more slowly.

so are many descriptions. To avoid ending up with too many

seeds, roughly map out your garden to scale, then "fit in" the varieties you want grow. A good catalog will give the apper foot, this packet would sow 50 feet of row.

You should also see growing tips for each crop, as in the case of corn it's best to plant several rows close together for

best pollination. So rather than one long row, five 10-foot rows, three feet apart would be better. So the simple math means you need an area 10 by 3 feet, or 30 square feet just for this packet of corn seeds.

The good news is, if you end up with too many seeds, most store well for a year or more in a jar in the refrigerator. Or, order with a friend and share the seeds.

If you don't have any catalogs, and aren't on their mail lists already, search online for some. You can invariably order up a printed copy to be mailed from their websites, as well as see the range of plants they offer and any specialties. Especially in the case of vegetables, if you like a crop in particular, such as lettuce or tomatoes or peppers, you may be

surprised how many selections you can find. Just remember, don't get carried away with more than you and your garden space can handle—something I continually seem to neglect!

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proximate seeds per packet, and spacing when planting seedlings or sowing seeds. So, for instance, for sweet corn you may see 150 seeds per packet. If the recommendation is to plant 3 seeds

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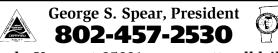


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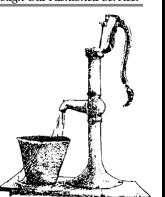
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Make Your Garden the Envy of the Neighborhood

beauty. They are also a sanctuary from the hustle and bustle of daily life. Something as simple as hearing songbirds in the morning can help you start your day on the right note.



While your neighbors spend the season trying to grow a uniform lawn, why not elicit their envy by creating your very own Garden of Eden? A little pruning and some wildlife-friendly additions will make your garden stand out for neighbors as well as native birds and butterflies.

Here's how you can get started:

- First, tidy up the yard. This may require re-seeding parts of your lawn that are known problem spots. If you plan to aerate your grass, don't forget to aerate the soil around your flowers and shrubbery as well. Water and air circulation helps prevent the spread of fungus while promoting healthy microorganisms that keep plant life vibrant.

- Prune dead branches and cut back perennials. Fruit trees, in particular, thrive with pruning and often produce more blossoms as a result. Blossoms

(StatePoint) Gardens are a source of attract hummingbirds, butterflies, and honey bees. If you find an old nest, it is best to leave it. Many bird species will reuse it.

> - Whenever possible, plant native greenery which is safer for wildlife than

exotic imports and helps slow the spread of invasive plant species. Native choices can be vibrant choices. Choose colors that compliment your home and are pleasing to the eye.

- Windows represent a significant collision hazard for birds in flight. You can protect visiting songbirds with advanced window decals.

Remember to periodically clean feeders, birdbaths, and nesting boxes with organic soap and distilled water to prevent the spread of disease. Hummingbird feeders should be cleaned weekly and kept in the shade so the nectar does not ferment.

-If you want to attract butterflies and bees, install some special nectar feeders and butterfly homes, which will bring their acrobatic dance to your backyard. Mason bees, which are easily attracted with ready-made hive kits, are a gentle and docile addition as well.

- Don't be afraid to add a personal touch. A gentle wind chime or brilliant sun catcher can add a special dimension to any garden without frightening wildlife.

By following these tips, your garden is likely to be envied by neighbors -- and loved by wildlife.





Get Your Deck Ready For Spring And Summer

(StatePoint) As the days get longer, there's nothing like barbequing and entertaining friends on your deck. But before you pass out those invitations, make sure your deck has weathered the winter and is ready for its seasonal duty.

The abuse a deck surface takes from the weather, foot traffic, barbeques, and food and drink spills can create both surface and structural problems.

Here's how to get your deck ready for use:

- Clear Out: Clear all furniture and potted plants off the deck. Then inspect the deck for dirt and pollen buildup. Sweep it clean of debris that may have fallen during winter. For safety's sake, make sure there are no nails sticking up from the deck or from any posts.

- Floss Between Planks: Clean between the planks and boards of any horizontal surfaces so rain can drain and air can flow between them. Reducing standing water and increasing airflow will limit the amount of moisture that can collect and stay on the surface of the plank, thereby making your deck last longer.

- Keep the Finish Sharp: Application of a quality wood stain or finish and periodic retreatment over time will prevent discoloration and degradation of your deck and extend the wood's lifespan. Keep in mind that natural woods that are sustainable and durable, such as real cedar, can take and retain a variety of stains and finishes for more extended periods. Such woods are natural looking, as opposed to the faux finishes used on man-made composite products.

- Elevate Planters: Direct contact between planter boxes and wooden surfaces can trap moisture and leave stains. Elevating them or placing them on rollers will release the moisture and make them easier to rearrange.

-Beware of Welcome Mats: Mats can collect moisture and dry out too slowly, which can lead to water damage and/or wood rot. After precipitation, be sure to dry out the mat and allow the deck to dry.

–Watch Out for Your Grill: Grease from your grill is hazardous to your deck, so place it in an inconspicuous spot with a hard rubber door mat underneath it to keep your deck free of stains. If grease drips onto your deck, use a household cleaner to wipe it clean.



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Renovations



Surving The Times

Tackle Debt No Matter What Your Age

by Steve Bucci

Dear Debt Adviser: I turn 60 this year and I'm single. I owe the IRS \$75,000 and \$8,000 in state taxes. I also have a student loan of \$40,000. I have a degree in business management. I make about \$30,000 annually, but have no savings and no retirement. I liquidated my 401(k) when I was unemployed -- a big mistake. I need advice on how to turn this situation around. Also, please share my story of what not to do. This has been a very stressful and shameful experience for me. -- Diane

Dear Diane: Don't be ashamed: We all make mistakes. It's easy to say in hindsight that using your 401(k) funds while you were unemployed was a mistake. But at the time, you did what you thought was best.

Besides, the game isn't over yet. Yes, you are 60. So what? My brother changed jobs at 60 and stepped into a great position in a new industry. You can, too.

Don't give up on the prospect of getting a higherpaying job. I don't know what kind of work you used to do, but with a positive outlook, some networking and maybe some career coaching, I'd like to think you can find a higher-paying job. Networking with friends, family and church members is a great way to find opportunities that aren't advertised, which most jobs aren't.

Unfortunately, taxes and student loans are the two kinds of debt most difficult to get relief from. It's not impossible, but it's difficult. You do have some options, however. Here are some suggestions.

Your student loan options include working in a field that will grant you loan forgiveness, such as certain teaching positions or nursing. You also may qualify to have your student loans discharged in bankruptcy. You must prove "undue hardship" to have your loans discharged. Combining your age, salary and other debts, I believe you have a chance of convincing the court that you qualify.

I recommend you contact a bankruptcy attorney and get some professional advice. You can search for a pro bono, or free, attorney at the American Bankruptcy Institute's website, or you might try the Legal Aid office in your area.

With the IRS, one option is asking for "Uncollectible Status" on what you owe. This will stay collections, in the hope that your situation will improve. Also, check out how to make an "Offer in Compromise," detailed in IRS Form 656-B.

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Dealing with the IRS is always a delicate business. I suggest you get professional opinions about these options from qualified advisers. Beware of debt settlement firms, because they have terrible track records and typically charge large fees.

You have come through a difficult time and have a job in place. Things are finally taking a positive turn. Don't give up on yourself now.

Financial Assistance for Older Vermonters

In these unusual times, is your retirement income failing to keep up with the cost of living? Are you having trouble paying basic living expenses? If you or someone you know is an older Vermonter with these challenges, the Senior HelpLine can provide information about possible solutions. Call 802-786-5991 or 1-800-642-5119 to speak with a knowledgeable Information and Assistance Specialist about programs which could help pay for health care, pharmacy, food, fuel, and telephone. The Senior HelpLine is a free, confidential service of the Southwestern Vermont Council on Aging, serving Rutland and Bennington counties since 1974.



Phony Debt and Mortgage Rescue Services

Attorney General William H. Sorrell is warning Vermonters about companies that are preying upon Vermonters in financial distress by offering useless or non-existent "assistance" with settling credit card debt or rescuing mortgages in foreclosure. "Many companies marketing these services to Vermonters are not licensed in Vermont and perform little or no meaningful service for the thousands of dollars they charge," Sorrell said. "While our office has aggressively pursued the unlicensed companies we learn about, many more are in contact with Vermonters each day. If you are seeking assistance with managing your debts or mortgage, make sure you are doing business with a company licensed in Vermont."

Consumers should be wary of companies that make big promises, but want payment up front for their services. Claims such as "settle your debt for half of what you owe" or "rescue your home from foreclosure" are rarely substantiated and occasionally completely false. Some companies may never contact creditors at all.

What you can do to protect yourself:

Verify licensure- Companies providing debt management or mortgage assistance services in Vermont need to be licensed by the Vermont Department of Banking in order to provide services to Vermont consumers. You can check to see if a company is licensed in Vermont online at the Vermont Department of Banking website, or by calling toll free at (888) 568-4547.

Decline payment up front-insist on paying only when you have proof the company is in fact working on your behalf.

Seek local assistance- Local agencies, such as the non-profit Consumer Credit Counseling Service of New Hampshire and Vermont and the Vermont Department of Banking's Mortgage Assistance Program, are resources that can help you understand and begin to manage your debts.

Contact CAP- The Attorney General's Consumer Assistance Program (CAP) can help you recognize the red flags before you send any money away. Contact CAP to check complaint histories for a business or with any questions you may have. You can reach CAP toll free in Vermont at (800) 649-2424, or at (802) 656-3183, visit CAP on the web at www.uvm.edu/consumer.



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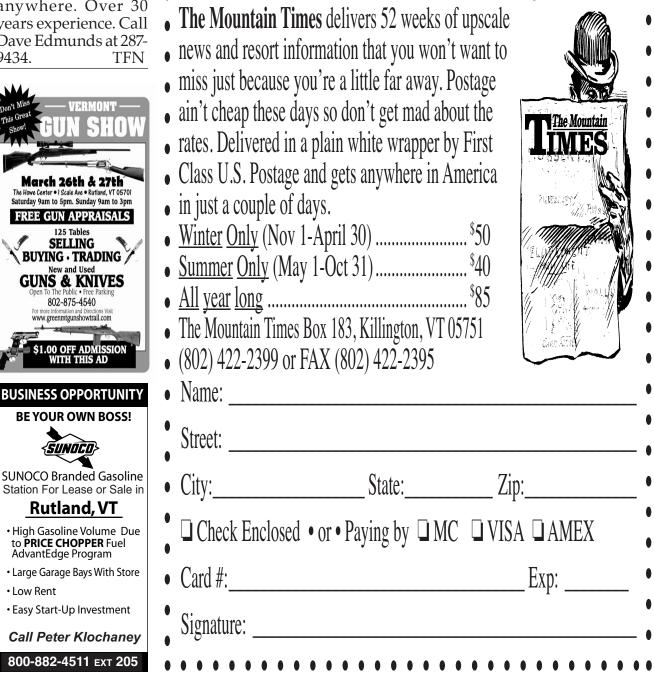
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HOUSE KEEPER. The Vermont Inn, a 16 room Country Inn on Route 4 in Mendon, is looking for an experienced housekeeper for the winter season. Flexible hours. Part-time, Week Days & Weekends from December through March. \$8.50-\$10.00 per hour + gratuity. References required. Please call 802-775-0708 to schedule an interview. 52/TFN

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





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Springfield Humane Society News



Sheba is a queen of hearts. This 2 year old female steel grey was brought in by her owner because she would not use her litter box if it is dirty. Since I do not use a bathroom that is dirty I sympathize with her. So far here at the shelter she is doing fine with her toilet manners. She is used to other cats and loves attention. If you need a feline queen for your home Sheba is willing! Call the Shelter at 885-3997 or stop by Wed-Sat noon-4:30.

Our low cost S/N clinics for cats are in hot demand and fill up weeks before they are due. If you'd like to reserve a spot call Tom 885-2174. Clinics are scheduled for April 19 in Westminster/Bellows Falls, May 10 (location to be determined), June 7 Springfield & July 19 Charlestown. Prevent overpopulation in cats – Spay/Neuter NOW!

Shelter needs include paper towels, garbage bags, and enrichment volunteers.



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

BAYLEE - 14 month old. Spayed Female. Beagle. I'm an adorable, tail waggin' gal who loves to play. Toys are fun, fun, fun and I really get excited when I play. I'm a social lady who enjoys being with people.

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!

THUMBALINA - 6 month old. Spayed Female. Domestic Short Hair Buff. I was very scared when I arrived at the shelter with my three sisters. Thanks to all the attention we are beginning to relax and act more like kittens should.

DEVI - 6 year old. Spayed Female. Chihuahua mix. I'm a sweet lady who is a bit shy at first but once I feel comfortable I'm a real love! I'm very playful and I'm especially fond of squeaky toys!

GRACE - 1 year old. Spayed Female. Domestic Short Hair Dilute Tortoiseshell. As with all changes I am a little shy at first but warm up quickly so maybe a quiet home would be best. I would love a window seat to curl up in.

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!







LUNKER - 5 year old. Neutered Male. Pit Bull/ Boxer mix. I am a big lug of a guy with a huge capacity for love and games of fetch!! I have been at the shelter for a while and I am very eager to find a dog bed of my own.

BILLY - 8 year old. Neutered Male. Chihuahua. I am, quite simply, adorable! I love to hug and cuddle and have made everyone here fall in love with me... if you spend a few minutes with me you will know why!

CALLIE - 6 month old. Spayed Female. Domestic Short Hair Calico. I have seven toes and my color is remarkable. My new family will need to be patient with me and know that over time I will be out running around.

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.

GUMBY - Adult. Neutered Male. American Rabbit. I came to the shelter as a stray on December 10. I am a very sweet guy and am proud to be a bunny rabbit.

ODIE - 5 month old. Neutered Male. Beagle/ Hound mix. I am a sweet dog who is very affectionate with people and loves to cuddle. I am almost completely housetrained and I sleep in a crate at night.









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sending a #10 self- addressed

Catamount Pet Supply Company, ínc.

Grooming available by appointment



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All of these pets are available for adoption at **Rutland County Humane Society** 765 Stevens Road, Pittsford, VT • (802) 483-6700 Wed-Sat 12-5 Closed Sun-Tues. Closed • www.rchsvt.org

Lucy Mackenzie Pet Feature

Hi! My name is Maggie. If you are looking for an easy-going loving companion, you should come meet me. I am a mature spayed female that is looking for a quiet house to call home. I don't really care for dogs and would do best as an only cat. If you would like to meet me, or any of the other animals at Lucy Mackenzie, please stop in. We are located at 4832 Route 44, West Windsor, VT and are open 12 - 4 Tuesday through Saturday. You can also reach us at 802-484-LUCY (5829). Visit us at www.lucymac.org. We hope to see you soon!



RealEstate

Tips For Cozying Up A Room

Sacramento, Calif., designer Shiree Segerstrom shared these tips for creating a classic Cozy Chic feel:

1. Start with simple stylish updates.

"Modern lamps add impact," she said. "Even if you're sticking with a vintage look, new lighting immediately updates a house. People don't realize what an impact it has."

2. Make easy decorative changes.

"Fabric works wonders. I like big florals. Make new pillows. Add some plants and floral arrangements such as -- my favorite -- a big bouquet of chartreuse hydrangeas. Drape a nice throw on the sofa."

3. Show off some hardcover books.

Not just on the coffee table, but other surfaces, too. They show personality and make a room feel lived in.

4. Balance masculine and feminine elements.

Hard vs. soft, dark vs. light; it's a tension that works, Segerstrom said. Adding floral prints to dark oak antiques softens and updates their look. Mixing old and new items also creates that duality.

5. Start with what you have, then purchase additions carefully.

"You'll be amazed at what you find in your own home. A dresser can come out of the bedroom and become a dining-room sideboard. Put a large mirror over it -- instant impact."

6. Surround yourself with colors you love.

Favorite colors show your personality and also help make you feel better. If you love to wear blue and yellow, consider those colors for decorating your rooms.

7. Pictures of people help make a room feel personal.

Use family photos or portraits, but also consider vintage portrait paintings.

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MENDON/SHERWOOD PARK - Well maintained energy efficient one-level home with 2 master suites, 3 full baths, radiant heat, open living with vaulted ceilings, wood stove. \$259,900



KILLINGTON - Well maintained 3 bedroom, 2.5 bath Chalet with new deck, propane stove in LR, and storage shed. Easy access, close to restaurants, shuttle bus and skiing. \$249,000

38 Route 4 East • Mendon





jetted tub and huge walk-in closet. Private back yard, hot tub on large deck, beautiful pond, front wrap-around porch, gardens. **\$319,000**



Shrewsbury - 62 acres with solar powered log cabin, dividable Rutland Town/Mendon - 44 acres with terrific subdivision potential. Other contiguous parcels available Mendon - 3 commercial/residential parcels priced

- from **\$125k** Pittsfield - 2 acres on Hawk Mountain, not part of
- Association, near Green Mtn Nat' Forest \$36k

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Stockbridge - cleared 2.6 acre building site with septic design, views **\$45k** Killington - 1.3 acres, wooded building site w/septic

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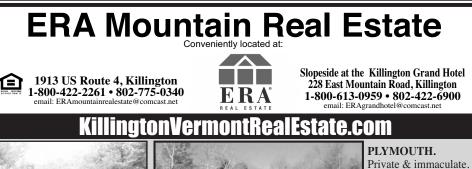
MLS

3Br/2.5Ba, radiant

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ER.	MOUNTAIN	Whiffletree	\$170,000	3BR,2BA
٦	CONDOS	Whiffletree	\$120,000	3BR,2BA
	57193m	Pico Village	\$175,000	2BR,2BA
x -	3-21	Ledges at Hawk	\$195,000	3BR,2BA
1		Trail Creek	\$295,000	2BR,2BA
P		Moon Ridge	\$90,000	1BR/1BA
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lone	GRAND	STYLE	STILL AVAII	.ABLE
ntry lise.	Studio Starting at		SIT OUR W	EBSITE
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Killington Homes & Land





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