



Home & Garden Spring Cleaning Tips

PAGES 26-27

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The Mountain TIMES

Volume 40, Number 14

Central Vermont's Premier Weekly Newspaper

April 7-13, 2011

BRIDAL

A Bridal Brunch

A post-wedding brunch offers the bride and groom many opportunities. It gives them the chance to connect with guests they missed out on the day before and catch up on all of the details of the event.

PAGE 7

GENERATION Y

Better Late Than Never

Skiing is one of those activities where it's very easy to imagine that you're a lot better than you really are, so every skier has a lot to brag about.



PAGE 5

LOCAL SECTION

Regional News

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

PAGES 18-22

MOUNTAIN JOURNAL

2011 -2012 Ski Preview

Technological Refinements Mark New Ski Lines. See what Rossignol and Volkl have in store for next year.

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SURVIVING THE TIMES

Japan Crisis Affecting U.S. Business

Although the crisis in Japan is not expected to have a big impact on the world's economy, it could have a modest effect on some U.S. companies.

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The Wonderful Wild Turkey

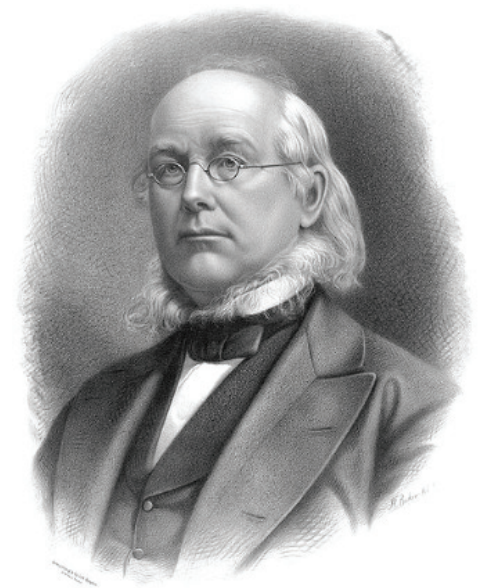
Story and Illustration
by Greg Crawford

Turkeys are so cool. And not just 'cause they taste good at Thanksgiving. They are the largest game bird in North America, and the most dangerous to hunt. No, there are no man-eating turkeys; at least, none that I've heard of. But think about it: You're sitting in the woods trying to look like a bush and sound like a bird. You're begging to get your pretty pink posterior shot off. And a terrifying number of turkey hunters do just that every year; the victims of witless yahoos who think that only sissies make certain of their target before they fire a ten-gauge magnum load into a clump of bushes. So thanks just the same, I'll watch them out my kitchen window. I've been in that clump of bushes. Didn't care for it.

Turkeys belong to the family, Phasianidae. They're related to chickens, pea fowl (as in peacocks), and pheasants. There are several varieties of domestic turkeys. The one we most commonly buy at the supermarket is the White Holland, but there are also the Bronze, the Narragansett, the Bourbon Red, the Black, the Slate, the Royal Palm, and the Beltsville Small White. The bird we see all over Vermont is *Meleagris gallopavo silvestris*, the Eastern Wild Turkey. It is the most widespread, as well as the largest of the five distinct subspecies of wild turkey in the U.S.

Back when the Founding Fathers were still in the middle of doing all that founding, a discussion arose regarding which bird should be adopted as the national symbol. Several of the Founding Fathers

Turkeys, Page 2



A Great VT American Turns 200

by Bill Clark

We like to celebrate our great Americans. Probably George Washington and Abraham Lincoln were two of the greatest. There is another great American that you may be less familiar with. His name was Horace Greeley. He founded the New York Tribune newspaper and forever changed the course of American History. Horace was born in February 3, 1811 so the year 2011 is a special year to celebrate his 200th birthday.

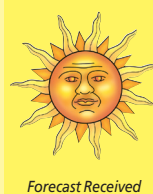
He was born into a poor farm family in Amherst, New Hampshire. Times were hard and the family grew deeper into debt. Non payment of debt over time would have forced his father to go to jail. With no alternative, Zaccheus Greeley took his family and fled to Vermont crossing the Green Mountains and coming to the Champlain Valley to the little farm community of West Haven, in 1821. Here, a large land owner gave them refuge and a chance to work the land. For the next 5 years Horace helped his dad with the land and growing family, when not attending the local school.

Horace, however, had always been a "bookworm." In all of his spare moments he was always reading books and newspapers! He was developing a keen interest in journalism. One day at about age 15 he saw an ad in East Poultney's Northern Spectator newspaper, looking for an apprentice. He teased his dad to go to see about it. Dad finally gave in. Horace eagerly hiked the eleven miles, arriving in East Poultney about mid morning. The Northern Spectator's Editor, Amos Bliss, had decided to take a few minutes off and was out hoeing his potatoes on the banks of the Poultney River. He heard a squeaky

Greeley, Page 3

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Forecast Received
April 5, 2011

WEATHER

		HI
Wednesday	Rain/Snow	45°
Thursday	Sunny	46°
Friday	Sunny	50°
Saturday	Cloudy	53°
Sunday	Cloudy	57°
Monday	Showers	48°

Turkeys

continued from page 1

wanted the majestic Bald Eagle to represent the new nation. Benjamin Franklin disdained the eagle, calling it a scavenger, among other things. He wanted the wild turkey to be the national bird. Now, as much as I admire the turkey, I just can't see it on the Presidential Seal, can you?

Turkeys live in flocks of ten or fifteen, to as many as twenty birds. A few mature hens look after several yearling jennys and poults, the young birds most recently hatched. When they're about two, the young males, called jakes, form small groups apart from the hens, but never very far away. They roost in nearby trees, and feed with them frequently. The hens are always smaller than the males, with more feathering on their heads. The coloration of the male's head is bluish with a more reddish hue in the face and caruncles and wattles. The males have a large tuft of black hairy-looking feathers sprouting from the breast called a beard. Nobody knows why they have it, or what purpose it serves. He also sports a fleshy, worm-like growth at the top of his beak called a snood that droops down the side of his face in domestic breeds; the Wild Turkey's snood is smaller, and the jakes just have a little nub. Guess it drives the girls crazy, but it's hard to see the attraction.

The young jakes follow small bands of mature males, called toms, to learn from and emulate the older birds, but they maintain a safe distance. A mature tom has spurs on the backs of his legs, just like a rooster. And if he cops an attitude, which he can do with little or no provocation, watch out. He can do some serious damage with those things.

Toms don't always fight for breeding rights, but they won't shy away from a battle if there are too many toms vying for the attention of a flock of females. Like many male birds, toms prefer to show off. When you were a kid, I'll bet you thought turkeys were always fluffed up with their tail feathers all fanned out, and their wingtips dragging the ground. That's how they were always depicted in those cut-outs you taped to the schoolroom walls in November. Fact is, the toms only do that during the breeding season, and it's called the strut, undoubtedly the inspiration for the phrase, struttin' your stuff.

A few weeks prior to the period when hens are most receptive to the attentions of the toms, the Bad Boys of turkeydom start to feel that ol' biological imperative building up a head of steam. Their wattles and caruncles swell and turn bright red, their heads bright blue, and they set out a-courtin' the ladies, who, for the most

part, couldn't care less. The ardent suitors announce their intentions by raising all their feathers so they look five times their actual size, fanning their tails out, dragging their wingtips, and gobbling like crazy. The jakes will imitate the mature toms, though they are careful not to fluff and fan so much that the mature toms consider it a challenge, because then a fight is a very real possibility. The jakes' spurs are not yet fully developed, and they haven't nearly the size or weight to defend themselves, so a rapid retreat is the best strategy.

Anyway, once a triumphant tom has found a receptive hen, and he has proved his virility beyond a shadow of a doubt, the hen will build a loose nest on the ground, made of leaves and dried grass, and concealed in a protected area. She will lay ten to fifteen tan, brown-speckled eggs that are twice the size of a chicken's eggs. They will incubate for 28 days.

Once the poults hatch, they grow very quickly; survival in the wild demands it. While the poults are very young, they lack sufficient plumage to keep them warm and dry, so they are very susceptible to catching a fatal chill in a cold rain.

The young never lose sight of their mother, and imitate her every move in order to learn where food is plentiful, where danger is likely, and, as soon as they are fully fledged, where roosting is safest. Until that time, they keep to the nest at night, under the protective wings of their mother.

Predation is always a great concern for turkeys, young or old. Coyotes, raccoons, fishers, foxes, weasels, skunks, bobcats, dogs, hawks, owls, and people all pose a threat to a turkey. To elude all these predators, turkeys have developed sharp hearing, and eyesight that is ten times more acute than ours, and highly attuned to movement of any sort. They can see almost a full 360°, and in any flock, there is always at least one bird with its head up on a swivel, so sneaking up on them pretty much ain't gonna happen.

Turkeys vocalize constantly to let the others know where they are. It's sort of a low, reassuring purr. During the spring breeding season, the toms let loose with their distinctive gobble. But if anyone in the flock detects danger, a loud, sharp "BUCK!" gets everyone's attention and they'll start moving away. If the threat is

real and immediate, they'll take to the air explosively.

So yes, unlike their domesticated cousins, wild turkeys can fly, but, interestingly enough, they prefer to walk. It requires a lot less energy than flying. Though if they feel threatened, their long, powerful legs allow them to run at speeds up to 25 miles per hour. If a turkey is startled, however, it does not have to run, like geese or swans, in order to get airborne; it can fly straight up without taking a step. There's a lotta power in those wings to lift a 10- to 25-pound bird off the ground that fast!

In the middle of the nineteenth century, between 70 and 80% of Vermont was cleared land, due in part to agricultural encroachment, but in large measure, because of the timber industry's destructive methods, and uncontrolled hunting. Despite the turkey's adaptability, this destruction of their habitat happened too quickly for them to adjust to it. As a result, the indigenous Eastern Wild Turkey was driven to extinction. By 1854 there were no wild turkeys left in Vermont.

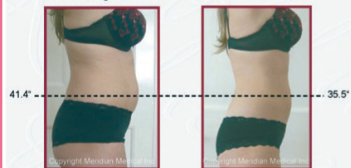
Nowadays in Vermont, the ratio of cleared acreage to forested land is reversed, with 80% of the state covered in trees.

The wild turkey is largely a forest-dwelling bird, so when the clear-cut hill-sides reverted to woodlands again, it became possible to reintroduce the wild turkey to Vermont.

The first few attempts didn't really take. In the 1950's, well-meaning, but not very well-informed, private game clubs set some farm-raised birds free. But these birds were several generations removed from a completely natural state, so they didn't know how to survive in the wild, and were in no way prepared for Vermont's harsh winters. Unfortunately, they did not survive.

Then the Vermont Fish and Wildlife Department took a look at the problem. Representatives consulted with their counterparts in New York's Department of Conservation, and in the winter of 1969-70, 17 wild turkeys trapped in southwestern New York were released in Pawlet, Vermont. The following winter, 14 were turned loose in Hubbardton. These two groups of birds survived and established breeding populations that flourished.

From those 31 birds, Vermont's wild turkey population has grown to an estimated 55,000. How cool is that?



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Killington Resort Announces Closing Date for 2010-11 Season

With 260 inches of snowfall already this season and outstanding spring conditions, Vermont's Killington Resort, the largest ski and snowboard resort in the East with the most diverse terrain, announces today that the 2010-11 ski and snowboard season will continue through Sunday, May 1, 2011, conditions permitting.

"We're thrilled to provide the longest ski and snowboard season in the East," states Rob Megnin, Killington's director of sales and marketing, "Killington opened daily for the 2010-11 season on November 2 and will be providing our loyal guests and season pass holders with 180 days of skiing and riding through May 1," continued Megnin.

To date, Killington has received 260 inches of snowfall, surpassing the 20-year annual average of 250 inches. Killington currently has an average mid-mountain base depth of 36-42 inches, with upwards

to 70 inches covering Superstar trail.

The spring events continue on April 16 with Pond Skimming, a wacky right of spring. Skim the pond or watch while others try. Prizes will be awarded for best skim, best splash, best costume and the special judge's award. Plus, the afternoon will be filled with Dead-inspired jams and tie-dyes at the 15th Annual Sunshine Daydream Festival.

Season passes for the 2011-12 season are on sale now at the best value offering FREE skiing and riding for the next month when purchased by April 28, 2011 and paid in full, or guests can opt for the Summer Payment Plan and start using their pass next season. In addition, the Unlimited Season Pass features benefits including free summer activities and discounts on Snowsports Lessons, retail, food and lift tickets at sister resorts.

Check out photos from the April 1 snow storm at www.killington.com.

Greeley

continued from page 1

voice and turned around to see a gangly boy in ragged clothes, horrible shoes and a weird hat. Amos gulped. The boy asked, "Are you still looking for an apprentice?" "Yes," was the answer and after a bit more conversation he was hired. Horace took his apprenticeship seriously. At first, fellow apprentices jeered him, even pouring ink in his hair at one point. Horace never let up and soon won the respect of all for his amazing talent. Horace worked there for the next 4 years and in that time developed a deep sense of journalism and the influence that it could bring to public opinion. In these years he grew to understand a lot about slavery, and its cruelty on mankind. When Horace was 19, the Northern Spectator went

out of business. At this point, Horace left Poultney and journeyed to western Pennsylvania, and eventually left for New York City where he became involved with various weekly newspapers. Then, at age 30, he formed the New York Tribune which was first a weekly, then a daily paper. It grew rapidly, not just in New York, but also as the most major media piece in the United States. Greeley's strong beliefs over freedom and equality pushed him to call for the abolishment of slavery. This brought repulsion from many Southern newspapers.

As 1860 approached, he was instrumental in forming the new Republican party. His media influence allowed him to get Abraham Lincoln elected President over the more popular, William Seward. Had it not been for Horace Greeley, Abraham Lincoln would not have been the sixteenth President of the United States.

By 1861, tensions exploded and the Civil War broke out. The war went badly for the North for the first two years. Lincoln's desire was to save the Union at all costs, if it meant keeping slavery, abolishing slavery or some-

thing in between. Greeley's message to Lincoln and the country was "Slavery must go!" This brought contention between Lincoln and Greeley. They exchanged more than a dozen letters in the Spring and Summer of 1862. Finally, Greeley won out. Greeley basically wrote the Emancipation Proclamation and on September 26, 1862 Lincoln decreed it. It was to take effect in 100 days, (January 1863). As the saying goes, "The rest is History." Later, in 1872, Greeley even ran for President against Ulysses Grant. However, he did not win.

Horace Greeley did as much to better America as any person who ever lived. Much of the direction for his life's journey was formed in a little unheard of place called East Poultney, Vermont on the banks of the Poultney River.

CONGRATULATIONS, HORACE - You're a truly GREAT AMERICAN.

For more information about Horace Greeley, visit www.thegreeleyfoundation.org or contact Linda Knowlton at 802-287-2577.

KMS Athletes Continue to Post Stellar Results

Dan Rosenblum, a 16-year-old freestyle skier on the Killington Mountain School Freestyle Team, won the U.S. Revolution Tour Overall Ski Halfpipe title this season, based on his results at tour events throughout the country. This is the first season that the Rev Tour has included freeskiing in competition; in past seasons, the tour has only allowed snowboarders. The KMS Freestyle Team includes student-athletes who compete in moguls, freeride and sometimes both.

Rosenblum took 16th in halfpipe at Copper Mountain in Colorado in mid-December before stepping up to win the Mt. Hood Meadows event in Oregon last January, the first of his several wins this winter. He added a fourth-place finish at Mt. Snow in Vermont on St. Patrick's Day to wrap up the title, taking the win by a 150-point margin over the second-place finisher.

The U.S. Revolution Tour is the top junior event tour in the country. The Tour brings together athletes across the country to identify the top juniors in halfpipe, slopestyle and cross events. Athletes 13 and older compete in open class halfpipe and slopestyle events, and athletes 15 and older compete in snowboardcross and skicross open class events. The Rev Tour also is used to qualify athletes for U.S. Grand Prix, World Juniors, U.S. Open, U.S. Word Cup, USASA Nationals, and Project Gold camps. Freeride skiing has been added to all four stops of the Tour this season.

Marriott J4 Eastern Champion Spencer Smith, of Woodstock, came back from Mt. Tremblant, Canada, last Saturday with a win in giant slalom at Can-Ams. He won the first run and took second in the second run to win the overall giant slalom title.

Finishing off a strong 2010-2011 season, Killington Mountain School J3 student-athlete Piper Jenne, of Bridgewater, won the Brad Haight Memorial Race at Mount Snow on Sunday, March 27. She won the female J3 category by exactly three seconds over Mt. Snow's Sally Joyce and was the only KMS racer participating.

J3 racer Wyatt Queirolo, of Farmington, Conn., showed continued success, taking Canada by storm at the K2 National Championships in Collingwood, Ontario, where he took gold in the Super-G, super combined, and slalom races. He went on to capture the overall title as well.

In the 2011 Sprint U.S. Freestyle National Championships March 24-27, KMS Freestyle athletes reached the finals or finished in the top 10 in all four events. Devon Savino started the trend with a ninth-place finish in Thursday's aerials competition, while Lizzy Smith '09 and Nick Keating '10 made finals in single mogul competition on Friday. Kelsey Albert '07 landed in 17th place, narrowly missing the cutoff for finals, and was joined in the top 30 by Allison Benedict (19), Alta Curtis '09 (22), Kat DiMascio (26), and Aspen Witt (28). On the men's side, Sterling Crescimanno '10 took 29th, while Bryan Zemba '10, of Bridgewater and the current Freestyle Junior World Champion in dual moguls, had a strong qualifying run until his second air proved too massive for a clean landing. Saturday brought halfpipe competition, and Dan Rosenblum led the charge with a fourth-place qualifying run en route to a seventh-place finish in his first U.S. Nationals appearance. Cooper Babbitt took 15th, while Ari Schneider rounded out the KMS contingent in 20th. On Sunday, the action returned to World Cup for dual moguls competition. Keating led the KMS skiers in qualifying, taking the second seed into the first round of duals. In a replay of last week's World Junior Championships, he went head-to-head with Zemba and Zemba advanced on an 18-17 decision. On the women's side, Albert and Smith qualified for finals, with Albert progressing to the round of eight before falling to the eventual second-place finisher. Witt just missed the qualification cut with a 17th-place finish and was joined in the top 30 by Curtis, who took 21st. On the men's side, Sterling took 17th, Darius Baradaran took 21st, and Tyler Wadhams took 28th. Taken as a whole, the KMS Freestyle Team had 21 top-30 finishes against the ultra-competitive field.

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We All Could Be Martians...

Courtesy AAS Press

Are we all Martians? According to many planetary scientists, it's conceivable that all life on Earth is descended from organisms that originated on Mars and were carried here aboard meteorites. If that's the case, an instrument being developed by researchers at MIT and Harvard could provide the clinching evidence.

In order to detect signs of past or present life on Mars -- if it is in fact true that we're related -- then a promising strategy would be to search for DNA or RNA, and specifically for particular sequences of these molecules that are nearly universal in all forms of terrestrial life. That's the strategy being pursued by MIT research scientist Christopher Carr and postdoctoral associate Clarissa Lui, working with Maria Zuber, head of MIT's Department of Earth, Atmospheric and Planetary Sciences (EAPS), and Gary Ruvkun, a molecular biologist at the Massachusetts General Hospital and Harvard University, who came up with the instrument concept and put together the initial team. Lui presented a summary of their proposed instrument, called the Search for Extra-Terrestrial Genomes (SETG), at the IEEE Aerospace Conference this month in Big Sky, Montana.

The idea is based on several facts that have now been well established. First, in the early days of the solar system, the climates on Mars and the Earth were much more similar than they are now, so life that took hold on one planet could presumably have survived on the

other. Second, an estimated one billion tons of rock have traveled from Mars to Earth, blasted loose by asteroid impacts and then traveling through interplanetary space before striking Earth's surface. Third, microbes have been shown to be capable of surviving the initial shock of such an impact, and there is some evidence they could also survive the thousands of years of transit through space before arriving at another planet.

So the various steps needed for life to have started on one planet and spread to another are all plausible. Additionally, orbital dynamics show that it's about 100 times easier for rocks to travel from Mars to Earth than the other way. So if life got started there first, microbes could have been carried here and we might all be its descendants.

So what?

If we are descendants from Mars, there might be important lessons to be learned about our own biological origins by studying biochemistry on our neighbor planet, where biological traces erased long ago here on Earth might have been preserved in the Martian deep freeze.

The MIT researchers' device would take samples of Martian soil and isolate any living microbes that might be present, or microbial remnants (which can be pre-

Martians, Page 6



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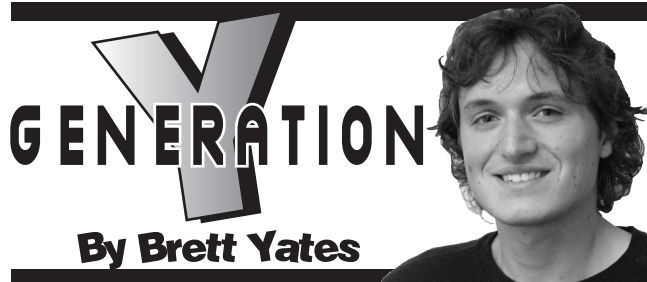
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Better Late Than Never

If you've read my column before, you may know that I'm an enthusiastic skier. If only someone were interested, I could go on for hours detailing (and amplifying) my adventures on the slopes. Skiing is one of those activities where it's very easy to imagine that you're a lot better than you really are, so every skier has a lot to brag about. There are certain times, however, in which, without stretching the truth to the point of snapping, I cannot join in the roar of boasts heard over afternoon hot chocolates and après-ski cocktails.

On any powder day, you can listen to skiers and riders all over the mountain crowing over their first tracks, cataloging the pains they took in order to make sure that no one else could sully the mountain's virgin snow before they'd had their moment of delirious ecstasy, slicing through their untouched private heaven in the morning light. They woke up before dawn, they got here before the lifts opened, they hiked up for their first run. You might wonder how, every time Killington sees fresh snow, there are about a hundred people who are certain that they were the very first ones on the mountain, but it's best not to ask.

Have a confession to make: I don't get out early. I love to ski, but I also love to sleep. And on cold mornings, mine is never the first car in the Bear Mountain parking lot.

I've concealed this part of me for too long; I had to come clean. Does my laziness, to put it cruelly, make me less of a skier? Maybe so. Beating the crowds and having that get-up-and-go is a huge part of the skiing culture; for many powder-hounds, the zeal that draws them to the slopes at sunrise is what separates them from the tourists, the casual participants. To them, it's not just about the speed or precision of their turns; it's about the hardcore attitude. I'm not hardcore.

Still, I'd like to defend myself a bit. Even though, on some days, I've stumbled out of bed so late as to give myself only enough time to do a few runs before closing, I've managed to become a fairly competent skier, and I've actually had some good runs in the p.m. hours.

Skiing in the afternoon has its advantages, as a matter of fact. It's nice to get out on the slopes when temperatures are at their highest, instead of transitioning directly from a warm bed to an arctic morning. And in the spring, the snow often isn't really worth skiing until it's thawed, which generally doesn't happen at eight in the morning.

Another good thing about getting out later in the day is that you'll have the energy to keep skiing until four o'clock, and you won't even have to stop for lunch to do it. At about three, the crowds thin, and sometimes at the end of the day you'll have the mountain pretty much to yourself, just like the early birds do. It feels lousy to quit early – as long as I ski till closing, I feel pretty good, regardless of how much many runs I've done.

Of course, by four, everything is skied off, right? Well, no, you just have to know where to go. And then there are those times when the snow falls during the day instead of at night, and the best runs of the day are just before the lifts stop spinning, not when they've just started. It can happen, I swear.

I can admit, however, that my tendency to sleep in has doubtless caused me to miss plenty of great skiing in my life: golden, pillowy mornings that, for other skiers, surely were unforgettable. But I want to point out that it's not a competition: sometimes, I get the feeling that the only reason certain people ski at all is to prove that they're gnarlier – more vivacious, more alive – than the dude next to them, and I don't want to be that way. If I have to compare my bliss to yours, then it's not really bliss; it's just a pose.

I ski to have fun. The truth is that I'm tired and lazy in the morning, and I don't enjoy exerting myself too much when I feel that way. Fun starts a little later for me than it does for other people. The trick, I suppose, is to stop thinking about other people.

Killington This Week

by Kim Jackson

With about a month or so left for skiing and riding this season, it feels like we should be winding down, enjoying a few spring events and thinking about the days when we can make a few turns in the morning and then swing the clubs in the afternoon. However, this season, the Beast is clearly back thanks to an ongoing dose of Mother Nature. Trails continue to be snow-covered; conditions fluctuate between mid-winter with deep base depths and sunny, classic spring days. Killington has dropped lift ticket prices a bit to reflect the "late-season-ness" of spring, yet the trails and terrain that remain open continue to shine. For anyone who loves making turns, this spring is offering up some of the best conditions we've seen in years.

Spring skiing and riding wouldn't be, well, spring skiing and riding, with out the requisite pond skimming event and live music events at the K-1 Base Lodge however. Killington's Pond Skimming and Sunshine Daydream Ski & Music Festival both are slated for Saturday, April 16 at the K-1 Base Lodge area.

Slip into your wetsuit or grab your board shorts for a

skim across the pond. Registration begins the day of the event at 10 a.m. in the K-1 Lodge's Superstar Pub. The cost is \$10, cash or check only and the event is open to both skiers and riders, however it's limited to the first 100 participants who register the day of (there is no pre-registration). If you're under 18, a parent or guardian will need to sign a release form for you. Skimming competition begins at noon at the bottom of Superstar. Prizes will be award to the top male and female in four categories: best overall skim; best costumer; biggest splash; and judges' award. Make sure you check out killington.com for the specific rules for the event, including rules about costumes (or lack thereof).

In addition to Pond Skimming, Killington will host its springtime Sunshine Daydream Festival, complete with a lineup of Grateful Dead-inspired tunes performed live from the Kind Buds, The Peacheters, and the Dead Beats. Shakedown Street, the BBQ and the Bud Light Beer Garden open at 11 a.m. and bands begin performing on the outdoor state at noon. Admission is free.

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

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For more information visit stratton.com, okemo.com, or mounsunapee.com or call 1-800-78-OKEMO, 1-800-STRATTON or (603) 763-3500.



The 2011-2012 Ski Collection Technological Refinements Mark New Ski Lines

The new 2011-2012 skis are as engaging as a sharp new edge. While the introduction of shaped ski technology is old news, new advancements in “rocker” technology and the introduction of front side oriented “race skis” which marry all-mountain sidecuts with moderate race designs represent some of the innovations worth considering if pondering a new ski for the 2011-2012 season. From Blizzard Skis to Atomic Skis enthusiasts will find skis capable of boasting better edge grip and greater versatility.

“Camber technology, which people refer to as rocker, is really evolving,” explains Jed Duke, Director of Product and Promotions for Blizzard Skis, based in West Lebanon, New Hampshire. “Everybody – all the manufacturers – are working on their twist on the camber technology. A lot of the problem with the current rockered ski is that on harder snow they become unstable. Of course they work fine in soft powder but everyday is not a powder day. Our technology is called flip core technology, which basically is that we build a ski in a reverse cambered shape, rather than forcing a normal ski into a reverse cambered shape. At Blizzard our new

line has new camber technology.”

Interested? Join us as we sample 2 brands of next year’s skis.

The 2011-2012 Ski Collection - Rossignol & Volkl
ROSSIGNOL SKIS
As the largest ski manufacturer in the world Rossignol has boasted a number of skis, over the years, which have been trend setting. What can you expect this year?

– All Mountain-All-Snow Experience Series

Experience 98
The Experience 98 is the top of a 6 ski line designed to deliver greater versatility. A playful ski with a wood core, auto-turn rocker – subtle rocker in the tip and tail with traditional camber underfoot – the 98 has a 19.9 m radius

for a longer arc. With that 98 mm waist this ski likes high speed cruising and is ideal on deeper snow.

Waist: 98mm, Lengths: 172, 180, 188 Experience 88 and 83

The Experience 88, and 83 are the 2nd and 3rd skis in this new line. With progressively narrower waists, and radius turns reduced to 16.4 m radius and a versatile 15.5m radius these models are considerably more versatile for Eastern snow. The 83 is especially appealing.

Waists: 88, 83, Lengths: 162, 170, 178, 186 for 88

152, 160, 168, 176, and 184 for 83 Experience 78, 76, 74

The Experience 78, 76, and 74 vary in



versatility with a 17 and 17.2m radius for the 78 and 76 and a 15.2 m radius in the 74. all have wood cores, aramide/fiberglass laminates, and auto-turn rocker. These target skiers looking for that “one ski quiver” and represent truly new skis for Rossi. If you love a Rossi, take test ride. But know these vary in performance.

Waist: 98mm, Lengths: 172, 180, 188 – All Mountain Avenger Series [5 models]

Avenger 82 TI
The Avenger 82 TI is the highest performing ski in this all-mountain series. With a wider waist – 82mm – this is a ski able to move from front side to powder. Easy turning and forgiving, this can be a gentle cruiser for the aspiring intermediate or expert looking for a versatile ski with a wider girth and friendly personality. It shines in variable snow.

Waist 82mm, Lengths 162, 170, 177, 182

VOLKL SKIS
– The RTM (Ride The Mountain) Series

RTM 84 Leading a new 6 ski series, the RTM Series represent a new series, and new skis, for Volkl. Engineered for the skier seeking a frontside ski able to occasionally ski off-piste, these offer full rocker, as well as the Marker Motion iPT Wide Ride Binding. With titanium construction, this boasts classic Volkl edge grip, but the radius varies by length! That means each skis like a different ski. Radius follows each



length!

Waist: 84mm, Lengths: 166 (15.8 radius), 171 (16.9 m radius), 176 (18m radius), 181 (19.1m radius)

RTM 80, 77, 75iS, RTM75, RTM 73
With a more modest waists, these skis boasts waists which match each number. Each is narrower, and each ski has varying radius turns according to the lengths. What this means is a tremendous range of choices for skiers, and almost the ability to select a ski almost customized to your desires. RTM? Well worth a test ride! Or two!

– The Code Series
The Code Speedwall and Code PSI

The 1st of a new 2 ski series which uniquely marries race technology with freeskiing technology the Code is intended for frontside groomers with moderate rocker with camber underfoot. Volkl claims they de-coded the formula! The PSI brings back the power switch to adjust flex by offering the ability to compress or relax a carbon rod in the ski.

Waists: 75mm, but overall dimensions vary by model, Lengths: Speedwall 164, 171, 178, 185 and Psi lengths are 161, 168, 175, 182.

Personal Pick: The Code Speedwall.
Picking New Skis: Reflections From The Test Track

What am I considering next year? I plan to ski one of the newer all-mountain race skis. And, for the 1st time, rather than watch my wife – a fine and polished expert skier – ski unisex skis, we are planning to truly test a top women’s ski. Interested? Stay tuned. That will be a story for next year. (Along with the rest of the new 2011-2012 ski collection!) After she truly uses that ski both on and off the test track. Meantime, savor your days on the mountain. Smile. From Your First Run. To Your Last Run.

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Martians

continued from page 4

served for about up to a million years and still contain viable DNA), and separate out the genetic material in order to use standard biochemical techniques to analyze their genetic sequences.

“It’s a long shot,” Carr concedes, “but if we go to Mars and find life that’s related to us, we could have originated on Mars. Or if it started here, it could have been transferred to Mars.” Either way, “we could be related to life on Mars. So we should at least be looking for life on Mars that’s related to us.”

Even a few years ago, that might have seemed like more of a long shot, but recent Mars orbiter and rover missions have clearly shown that Mars once had abundant water, and many of the conditions thought to be needed to support life. And although the surface of Mars today is too cold and dry to support known life forms, there is evidence that liquid water may exist not far below the surface. “On Mars today, the best place to look for life is in the subsurface,” Carr says.

So the team has been developing a device that could take a sample of Martian soil from below the surface -- perhaps dredged up by a rover equipped with a deep drill -- and process it to separate out any possible organisms, amplify their DNA or RNA using the same techniques used for forensic DNA testing on Earth, and then use biochemical markers to search for signs of particular genetic sequences that are nearly universal among all known life forms.

The researchers estimate that it could take two more years to complete the design and testing of a prototype SETG device. Although the proposed device has not yet been selected for any upcoming Mars mission, a future mission with

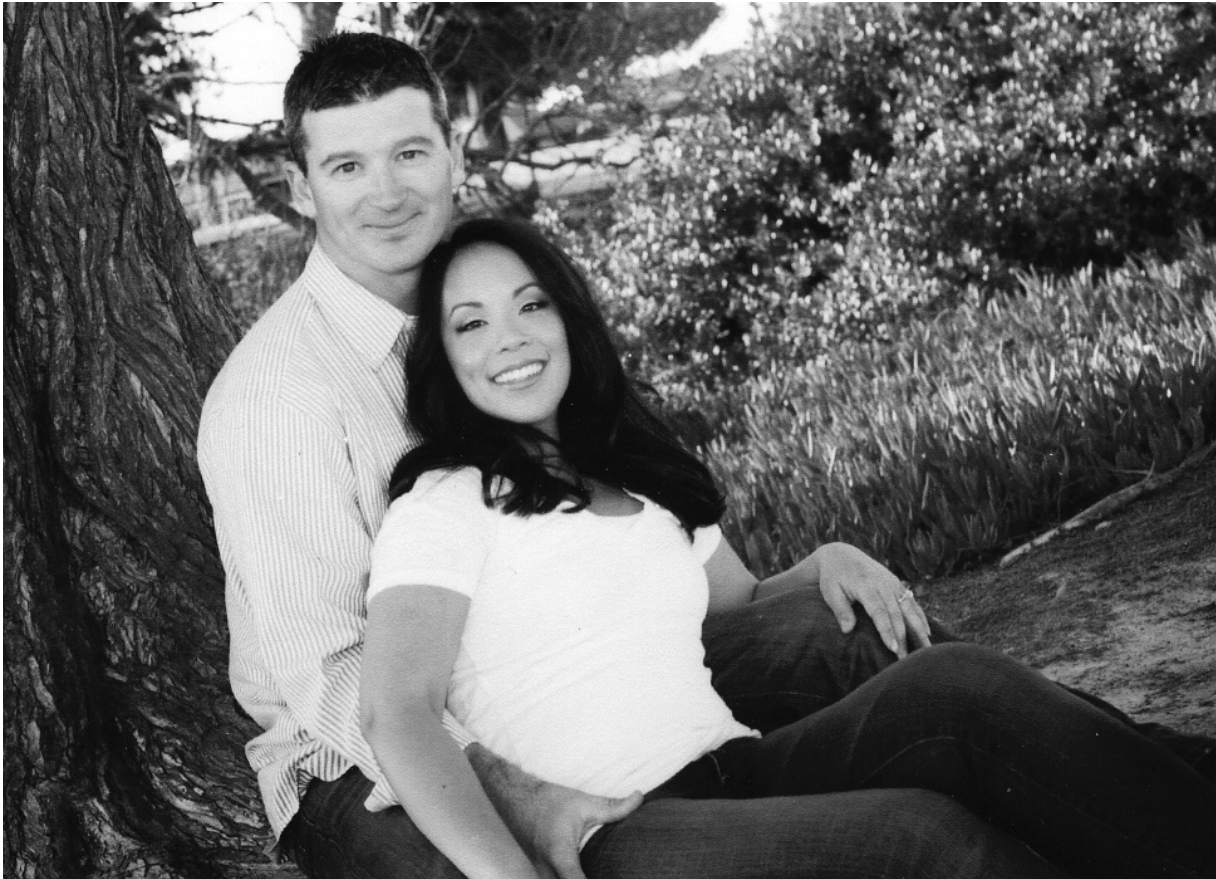
a lander or rover equipped with a drill could potentially carry this life-detection instrument.

No instrument has been sent to Mars specifically to look for evidence of life since NASA’s twin Viking landers in 1976, which produced tantalizing but ambiguous results. An instrument on the Mars Science Lander to be launched in the fall will investigate chemistry relevant to life. The instrument from the MIT-Harvard team directly addresses Earth-like molecular biology.

Christopher McKay, an astrobiologist at NASA-Ames Research Center in California who specializes in research related to the possibility of life on Mars, says this work is “very interesting and important.” He says, “it is not implausible that life on Mars will be related to life on Earth and therefore share a common genetics. In any case it would be important to test this hypothesis.” But he adds that there is another motive for doing this research as well: “From an astronaut health and safety point of view and from a return-sample point of view, there is more to worry about” if there are organisms closely related to us on Mars, since a microbe that is similar is much more likely to be infectious to terrestrial life forms than would a totally alien microbe -- so it is very important to be able to detect such life forms if they are present on Mars. In addition, this method could also detect any biological contamination on Mars that has been brought by spacecraft from Earth.

This kind of test is something we have the ability to do, he says, and therefore, although such an experiment has not yet been formally approved, “it seems improbable to me that we will do a serious search for life on Mars and not do this test.”

Weddings & Beyond



McKeever and Luu to Wed

Betsy and Dan McKeever of Bridgewater, Vermont are very pleased to announce the engagement of their son Timothy to Janet Luu, daughter of Linda Luu of San Jose, California and Kenneth Luu of Tracy, California. Tim is a graduate of Woodstock Union High School and was a member of the Killington Freestyle Team from 1990-1998. He is a graduate of The University of California, Santa

Barbara, with a degree in Business and Economics. Tim is employed as a PGA Golf Professional at Lahonton Golf Club in Truckee, California and is a part time freestyle coach at Squaw Valley USA. Janet also graduated from UC Santa Barbara and has recently returned to school to obtain a nursing degree at University of Nevada, Reno. An October 2011 wedding is planned.

Continue the Celebration

by Tresa Erickson

After all of the showers, parties and wedding festivities, many couples have had enough and are ready to get on with the private celebration of their union at their honeymoon. You may feel like this is where you will be and scoff at your mother's suggestion for a post-wedding brunch before you dash off on your honeymoon. Before you put the kibosh on the idea, consider the following.

A post-wedding brunch offers the bride and groom many opportunities. It gives them the chance to connect with guests they missed out on the day before and catch up on all of the details of the event. It also gives them the chance to personally thank all of those who assisted with the wedding preparations.

A post-wedding brunch also offers benefits for at-

tendees. It gives someone like Aunt Gladys who may have wanted to be a part of the wedding festivities the opportunity to do so and provides out-of-town guests with a good breakfast before they set off for home.

While some couples choose to end the public celebration of their union with their wedding reception, others choose to continue the celebration the next morning with a post-wedding brunch. Should you decide to go this route, keep it simple. Restrict invites to out-of-town guests and close family and friends and select a time for the brunch between 8 and 10 o'clock. This will give guests plenty of time to sleep in. Finally, serve a wide range of breakfast foods to suit all tastes.

A post-wedding brunch can be a fun way to unwind before you take off on your honeymoon.



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The Second Time Around

by Tresa Erickson

You're getting married again, but this time, it is for keeps. You have found your soul mate, and the two of you want to express your love for each other and exchange vows in front of everyone you know. You're definitely going to have a wedding, and as the bride, one of the first questions you have is what type of dress and accessories to wear. This is your second wedding, after all. You're not supposed to wear white, right? Wrong!

The notion that women getting married again should not wear white is passé. A symbol of joy and commitment, white makes an excellent choice for a wedding dress color the second, third or subsequent time around. Off-white, ivory and pastels are also popular. Brides can even disband with light colors altogether and go for bolder, deeper colors, like burgundy, dark green or red.

The dress chosen should reflect the time, size and tone of the wedding, as well as the bride's personality, lifestyle and fashion sense. It should also flatter her body type, playing up her strengths and downplaying her weaknesses.

As for accessories, brides getting married again may go with almost anything but a blusher. Experts advise against this and suggest brides that want to wear a veil let it trail down their back. For those who choose not to wear a veil, hats, hair ornaments and fresh flowers make excellent substitutes.

When it comes to the dress and accessories for your second wedding, you practically have free reign. You can go with the traditional or spread your wings and try something new. You may wear a gorgeous beaded white dress with a long train or a short red dress with spaghetti straps. It is entirely up to you. Just make sure you look stunning!



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Health & Fitness

HEALTH CALENDAR

Apr. 7 - Rutland. RAVNAH Blood Pressure & Foot Care clinics: Parker House 10am; Bardwell House 12:30pm. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

Apr. 7 - Rutland. Have trouble breathing? Better Breathing Club Meeting, 2pm, Pace Vermont. What I Want to Know About Lung Disease with Sarah Cosgrove, RRT. Open to all. 786-5990.

Apr. 8 - Rupert. RAVNAH Blood Pressure & Foot Care clinic: Rupert Fire House 10am. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

Apr. 8 - Rutland. 6 week, bi-weekly grief education & support group program for those who have experienced a loss. Noon-1:30pm, RAVNAH Office. Free, open to public. Register 770-1516.

Apr. 12, 13 - American Red Cross Blood Drive, Apr. 12, 12:30-5:30pm, Lothrop Elem School. Apr. 13, Castleton State College, 10:30am-4pm. Enter to win Red Sox tickets. 800-RED-CROSS.

Apr. 13, 14 - Rutland. Lost a parent? RAVNAH bereavement workshop, Becoming an Orphaned Adult, at RAVNAH Office. Apr. 13, 6-7:30pm. Apr. 14, noon-1:30pm. Free, open to public. Pre-registration required, 770-1516.

Apr. 21 - RAVNAH 6 wk free training class for those wishing to become hospice volunteers, Thurs. thru May 26, 1-4:30pm. Pre-register by Apr. 13, 770-1682. Space limited.

Mons. - Rutland. Look Good...Feel Better program. Free. Female cancer patients learn beauty techniques; 1pm, 1st Mon. of month, RRCM. 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 RRCM. 4 wk program begins 1st Mon. of each month. Mons. 4:30-5:30pm or Thurs. 9-10am. Register 747-3768. Free!

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

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

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

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 @ RRCM. 1-800-ACS-2345.

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

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

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

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

Pittsfield - Bikram Yoga @ Pilates, Yoga & Adventure Center. Mon. & Wed. 5:30 & 7:15pm. Tues. & Thurs. 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 RRCM offer classes for parents-to-be including Birth and Beyond, Birthshop. Register: 775-0568.

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

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

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



Integrated Wellness at the Pyramid Holistic Wellness Center

by William Kelly, Ph.D.

The buzz phrase in the health and wellness industry these days is "integrated wellness." Americans have begun realizing that Western medicine alone is not capable of curing all ailments, and an increasing number of people have turned to holistic treatments like massage therapy, Reiki, fitness and Yoga, counseling and hypnotherapy, acupuncture, and homeopathy. Pyramid Holistic Wellness Center has been practicing true, affordable integrative wellness for years. With over 40 practitioners and instructors, everyone at the Pyramid is a wellness expert that has dedicated his or her life to holistic wellness. The Pyramid also has a wide variety of services that are not usually available in rural areas, if anywhere.

Salt Cave

With over 10,000 pounds of Himalayan salt, the Pyramid's salt cave was the first public Himalayan salt cave in North America. Designed to recreate a European salt mine feel, visitors sit back in the comfort of zero gravity chairs and absorb the minerals of the Himalayan salt—all 84 essential minerals and trace elements required for life. The cave is antibacterial, antifungal, antiviral, and anti-inflammatory. Additionally, the salt gives off negative ions, which some believe create a detox effect.

Halotherapy Room

Taking the salt cave concept to the next level, the Halotherapy Room at Pyramid Fitness is the first and only one of its kind in the United States. Moist Himalayan salt particles are spread throughout the Halotherapy Room by the waterfall effect created by the graduated tower. As with the Salt Cave, visitors sit back in zero gravity chairs, or can lie down on benches.

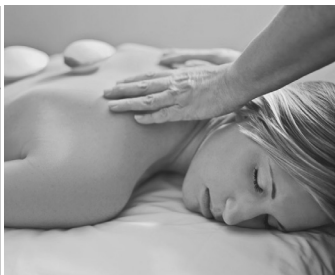
Oxygen Bar

Humans can go three weeks without food, three days without water, but not even three minutes without oxygen. Unfortunately, modern air is contaminated and contains less oxygen than it has historically. The Oxygen Bar is a fun way to take in pure oxygen combined with one of eight aromatherapy oils. Participants take in the oxygen-oil mix through sanitary nose cannules. Each

Pyramid, Page 9



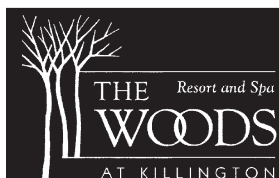
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Pyramid

continued from page 8

treatment is no more than five minutes long, but many claim increased energy, improved strength and endurance, and improved recovery time after exercise.

Pyramid Fitness

Pyramid Fitness is a new generation of health club. Pyramid Fitness is a holistic facility, meaning that it offers a wide variety of offerings to help its members and guests achieve a new level of total body wellness. In addition to the usual offerings, P-Fit offers meditation and Yoga classes, the Oxygen Bar and Halotherapy Room, a limited pool membership at a local hotel, a child care arrangement with the Boys and Girls Club, and incredible discounts on Pyramid services and workshops. Pyramid has no long-term contracts and drop-ins are usually welcome.

Yoga and Fitness Classes

Pyramid offers around 40 classes per week. With some of the best certified and experienced instructors in the area, classes at the Pyramid are high quality and affordable. Everyone is welcome.

Massage therapy and Massage School

Offering sessions for \$1/minute, Pyramid massage therapists offer traditional Swedish massage, deep tissue and sports massage, hot stone massage, Thai Yoga Massage, Ashiatsu Oriental Bar Therapy, Reiki, Bowtech, reflexology, prenatal massage, couples massage, and much more. Appointments are available every day. Interested in learning massage? The Pyramid also offers one of the few massage programs in Vermont to have earned a NCBTMB "Assigned School Code," allowing its graduates to sit for the national certification exam.

Mental Health Counseling and Hypnotherapy

The Pyramid also boasts one of the area's finest line-up of mental health and addiction counselors that provide a wide variety of mental health services. Counselors at the Pyramid proudly welcome people with all health insurance plans, and offer a generous sliding scale fee for those without insurance. Appointments are available seven days per week, and some evening appointments are available.

Holistic Health Services

For those looking for an alternative to traditional Western medicine, the Pyramid offers services from a homeopathic doctor, an acupuncturist, an Ayurvedic counselor, and more. Pyramid practitioners hold degrees in their areas of expertise. Most importantly, they have years of experience in this field, some with specialized degrees in health education and integrative medicine.

Although each part of the Pyramid operation is in itself useful on its own, the strength of this facility is that its practitioners and instructors know how to work together to create the perfect personal wellness plan for their clients. This is true integration. With special package pricing, participants get a huge discount on services and know in advance what they will need to pay. At the Pyramid, nothing has been sacrificed except for the cost. For more information, call 802-775-8080 or visit the Pyramid website at www.pyramidvt.com.

Getting Into Yoga

courtesy of Scripps Howard News Service

Despite yoga's metaphysical underpinnings, there are tangible steps to take for those thinking about trying it. We asked several prominent Sacramento, Calif., yogis to weigh in.

Learn about the different yoga styles. A novice will usually want to start in a basic class taught at most studios; the more athletic take the plunge right away in more vigorous classes.

Find a studio. The Yoga Journal (www.yogajournal.com) has an extensive database. Just type in your ZIP code for a list of studios.

Find a teacher: Many yogis have been certified by a group called the Yoga Alliance (www.yogalliance.org). Studios may post teacher biographies and philosophies on their websites.

Know the qualities to look for in a teacher: Here's a list provided by Michelle Marlahan, owner of Sacramento's It's All Yoga: "kindness, humor, heart, 'walking the talk' of what yoga really is, plus being in touch with nature, spirituality and mindfulness."

Know the qualities to avoid: Teachers whose egos get in the way of tending to the needs of the class. "I tend to say a little mantra to myself before I teach: 'May I get out of the way and be of service to the students,' "

said Anne Marie Kramer of Zuda Yoga. "Let the yoga do the teaching."

Avoid getting hurt: Said Joyce Kilburg, teacher at the El Dorado Hills Sports Club: "Listen to your body first and (the teacher) second. Sitting and watching is a great way to learn and, yes, that is practicing yoga, too. The competitive thing is not practicing yoga."

PICKYOUR YOGA STYLE

Many kinds of hatha yoga:

Bikram ("Hot"): Developed by Bikram Choudhury, students perform a series of poses in a room heated to 100 to 105 degrees. The "hot" variation may or may not use all of Bikram's 26 poses.

Vinyasa Flow: In what's called "breath-synchronized movement," students perform a series of postures flowing into one another, connected by breath.

Astanga: Often called "power" yoga, this features a vigorous series of poses linked by conscious breathing. Classes can differ depending on the studio.

Yin: Slower and quieter, this type involves poses that are held for several minutes with deep breathing and, often, meditation.

Kundalini: Tantric breath and movement that free the energy in the lower body, moving it upward through the "chakras," the body's centers of power.



CONGRATULATIONS TO JAMES FERRI...

our Patient of the Month!

"I chose Vermont Sports Medicine Center because my coach at Killington Mountain School recommended them. Because of the location of pain in my back, it was affecting my stance and overall performance. After several treatments with my therapist, Shannon Sirois, DPT, I was amazed at the relief I felt ... I was able to correct my stance and improve my ski racing. My back feels so much better than it did before. I was able to compete in the State Championships, the Junior Olympics and the K2 Canadian Nationals. I would highly recommend VSMC ... my experience was great!"

Photo: James Ferri, a ninth-grade student athlete at Killington Mountain School who recently participated in the Junior Olympics at Okemo Mountain where he placed third overall! Congratulations, James!

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SHANNON SIROIS, DPT - Doctor of Physical Therapy

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Art & Entertainment

NIGHTCLUBS

THURSDAY, APRIL 7

Clear River Tavern Eve-Open Mic

FRIDAY, APRIL 8

McGrath's Irish Pub Eve-McMurphy's
Sabby's HH-Brad Morgan

SATURDAY, APRIL 9

Clear River Tavern Eve-Duane Carleton
McGrath's Irish Pub Eve-McMurphy's

TUESDAY, APRIL 12

Ramunto's B'Water Eve-Open Mic

MUSIC

Apr. - Randolph. Chandler Events: Apr. 8 - Molasses Creek, traditional musicians, 7:30pm, Upper Gallery. Apr. 9, Dala & Madison Violet, Canadian duo singers, 7:30pm, Music Hall. Admission - reserved tickets 728-6464.

Ongoing:

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

SPORT/LEISURE

Apr. 9 - Jamaica. Killington Section GMC outing: Hamilton Falls. Hike old roadbed of former W. River Railroad along river, up falls to Jamaica State Park. Optional extra hike. Moderate, 4 mi. Meet Rutland's Main St Park 9am. 773-2185.

Apr. 11 - Brandon. Annual Meeting & Potluck Dinner at Neshobe Sportsman Club, 6pm dinner - bring a dish to pass. 7pm meeting - election of officers. Welcoming fresh faces & ideas. 247-6687 if interested in holding office. Indoor Archery, 4pm Sundays thru April.

Thru Apr. 22 - Brandon. Pre-registration for Youth Turkey Hunting Event Apr. 24 at Neshobe Sportsman Club at Forest Dale Grocery. BBQ 1pm, celebrations 2pm. 247-6687.

Ongoing:

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.

VARIETY

Apr. - Ludlow. Classes at Fletcher Farm School: Apr. 9, 2nd annual International Punch Needle Rug Hooking Day, 9-3. Apr. 9-10, Beginning Mosaics with Vintage China. Apr. 15-17, Painting Flowers. Apr. 28-May 1, Stained Glass Workshop. More upcoming. 228-8770 for times, fees, details.

Apr. 7 - N. Clarendon. MRUHS Save a Life Tour, 8-2. savealifetour.com

Apr. 7 - Rutland. Learn Scarf Tying - new ways & how to wear Buff headware - with Jenn Pattillo at Tattersall's Clothing. Classes 11am, 2pm, 4pm. Info, 773-5007.

Apr. 7 - Cavendish. CCCA presentation on wildlife, Town Office meeting room. What have you seen & where? Presentation on bobcats. Bring stories & photos. Time & info, 226-7736.

Apr. 7 - Rutland. RCHS Spring for the Animals auction at Rutland Country Club. Tickets \$25. 5:30-7:30pm. Hors d'oeuvres, bevs, live music, silent auction. Get tickets at RCHS or PetCage. 483-9171.

Apr. 7 - Fair Haven. FH Neighborhood Watch Meeting, 6:30pm, FH High School. Signs at front door.

Apr. 7 - Randolph. Chandler Music Hall volunteer appreciation, 6pm, Esther Mesh Rm, Upper Gallery. Any & all volunteers welcome. Bring a dish to pass. Music, drinks, dessert provided. RSVP please, 276-3808.

Apr. 7-8 - Rutland. Events at Merchants Hall: Apr. 7, Of the Earth, 5:30-9pm, art & music. Apr. 8, The Venetia Fair, Jaded, Morning Comes Early, Next Time We Talk, Mister Gordy - concert, 7pm, \$10/door; Earth, Vermont, & the Future lecture w/ Dr. Alan Betts, 2pm, \$5. 855-8081.

Apr. 8 - Rutland. Paramount Theatre presents Big Flicks at Paramount Spring Film Series, "Back to the Classics." This week, Yankee Doodle Dandy (1942). 7:30pm screening only. \$6 adults, \$4 12 & under.

Apr. 8-10 - Poultney. GMC Theater Program presents Jean-Paul Sartre's "The Flies" - 3 performances nightly, 7pm, Ackley Hall. Free for students, faculty, staff - \$5 general.

Apr. 9 - Killington. Sherburne Women's Club's fundraising efforts culminate in Raffle Drawing Party, On the Rocs, 6:30pm. Free entrance, cash bar. Get tickets! 422-5402, 779-4487.

Apr. 10 - Quechee. VINS photography class with Rob Strong, illustrating essential techniques to enhance digital or film photo skills. Bring camera & plenty of storage. Photograph VINS bird models! 1-3pm. \$22/ members, \$28/ non. 359-5000 x223.

Apr. 11 - Rutland. Legislative Breakfast at Franklin Conference Ctr, 7:30am. Hot Topics in Vt State House. \$8.

Apr. 11 - Poultney. Manitonquat, storyteller & elder of Assonet Band of Wampanoag Nation of Mass. speaks at Green Mtn College, 7:30pm, Withey Hall. Free, open to public.

Apr. 11-13 - MVP open auditions for "Allo, Allo!" 6-9pm, W. Rutland Town Hall. Performances in June. For info, 353-5932.

Apr. 12 - Rutland. Rutland Creative Workforce Solutions honor local businesses at Franklin Conference Ctr, 7:30-9am breakfast.

Apr. 12 - WRJ. Green Mtn Civil War Round Table meet, Hotel Coolidge. Gather 6pm, optional dinner 6:30pm, bus. meeting 7pm, monthly program follows. RSVP by Apr. 10, noon, 296-2919.

Apr. 12 - Rutland. RCWNS presents viewing of film "Precious" 7pm, Pyramid Holistic Wellness Ctr. Free admission. Rated "R." 775-6788. Donations accepted, please bring donation for food shelf.

Apr. 12 - Manchester. Hildene Winter History Series, presenting Timothy Townsend, historian at Lincoln Home National Historic Site. 7pm. Beckwith Rm. Free, open to public.

Apr. 12 - Pittsford. OVAS video presentation - recorded lecture by Karen Randall - Collecting Aquatic Plants in Thailand, 7:30pm, Maclure Library.

Apr. 13 - Castleton. CSC presents exhibit Arcadia Now: Contemporary Art in Country. Opening reception & artist talk 4:30-6:30pm, Herrick Auditorium. Exhibit thru May 15, M-F, 9-5.

Apr. 14 - Clarendon. 250th Birthday Celebration of Town of Clarendon organizational meeting planned, 7pm, Community Center. Volunteers needed to help organize event on July 30. Info, 773-6470.

Apr. 15 - Rutland. Easter Egg Hunt, 3-5pm, Tuttle Hall at CSJ. Age 2-12 welcome to participate. Athletic Ctr - rain location. Treats, raffle, activities for families. 776-5233.

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

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

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! Apr 13 - Ann Weinstein, Fletcher Allen Health Care, Community Health Improvement, "Be Seat Smart Program," Updated Standards for Infant and Child Car Seats.

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 - Apr. 8, Jewelry Party by Maggie Boise. Handcrafted sterling silver - discover her "convertibles." 786-1530.

Billings Farm & Museum - Woodstock. Rt 12N & River Rd. 457-2355. A first-class working farm, operating with a museum of Vermont's rural heritage, dating back to 1871. Winter Film Series, Sat. thru Apr.

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

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

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

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

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

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

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

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

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

Montshire Museum of Science - Norwich. Open 7 days year round, 10am-5pm. 649-2200. Blue Man Group-Making Waves exhibit thru May 8.

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

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

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

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

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

Slate Valley Museum - Water St., Granville, NY. 518-642-1417 for info.

Timco Gallery - Center St., Rutland. Gallery hrs Mon - Sat. 773-3377. Portion of sales proceed local student art programs.

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

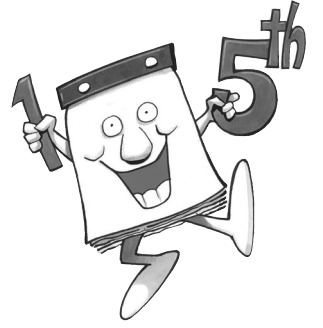
Wallingford Historical Society Museum - Town Hall, School St., Wallingford. 446-2831. Permanent collection of costumes, photographs, memorabilia.

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

COMING UP

Apr. 16 - Killington. Sunshine Daydream Ski & Music Festival at Killington Resort. Listen to a great line-up of Dead-inspired tunes, tie-dye, Shakedown Street, Bud Light Beer Garden, BBQ, fun for all ages. Free admission. 800-621-MTNS.

The Mountain Times • April 7-13, 2011 • 11
Apr. 16 - Killington. Wacky right of Spring - Pond Skimming at Killington Resort. Skim the pond or watch others try. Prizes awarded for best skim, splash, costume, & special judges award. K-1 BL. Awards at Superstar Pub. 800-621-MTNS.



Calendar space is FREE to advertisers & non-profit community organizations. To publicize your event, please send us the following information:

Description, date, time, place, fees, 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.

Ole Tyme Maple Sugarhouse Dinner

This is the feast that you won't want to miss! It's the only one of its kind, it happens only here, once a year. Come to the M.W.A. Hall on Main Street in Wells, VT on Saturday, April 9, from 4:30 to 7:30 p.m.

You start off with a full range salad bar (over 25 items), with four different varieties of Sue's Tangy Maple Dressing. Don't miss the old crock of pickles! Some folks come for the hard boiled eggs in maple sap.

The main course is maple glazed ham with mashed potatoes, maple baked beans, and maple breads. For more "tang" there is maple pepper, maple mustard, maple vinegar, and maple favors.

Beverages are maple tea, coffee, milk, and juice. Desserts are maple cookies and maple syrup on ice cream.

Adults are \$12.00 each; children 10 and under are \$6.00. Age 4 and under are free! Take-outs are available for \$13.00.

Presented by the Wells United Methodist Church. For information, call 802-325-3203 or 802-645-0216.

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DiningGuide

Dining at a glance

	STYLES OF CUISINE							MEALS SERVED					COST			
	ITALIAN	FRENCH	AMERICAN	CONTINENTAL	MEXICAN	ASIAN	PUB FAIRE	BREAKFAST	LUNCH	DINNER	BRUNCH	LATE NIGHT	TAKE OUT	INEXPENSIVE	MODERATE	DELUXE
Birch Ridge Inn		
Choices Rest. & Rotisserie	
Clear River Tavern	
Hemingway's
Killington Market & Deli	
Lookout Tavern	
McGrath's Irish Pub			
Moguls Sports Pub	
Mountain Top Inn & Resort			
On The Rocs Lounge			.						.					.		
Pasta Pot	
Phat Italian Market & Deli	
Ramunto's	
Red Clover Inn	
Seward Family Restaurant		
Sugar & Spice				
Sushi Yoshi /Chinese Gourmet						
Vermont Inn			

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CHOICES RESTAURANT & ROTISSERIE 422-4030
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HEMINGWAY'S 422-3886
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Adding the Sweet Touch of Maple to Roasted Chicken

by J.M. Hirsch, AP Food Editor

Those of us living in New England - home to great rivers of maple syrup - know that this richly sweet treat deserves star treatment far beyond the breakfast table.

It belongs in chili, in barbecue and certainly in baked beans. It works with ham, with roasted squash and carrots, and especially slathered over broiled salmon.

For this simple weeknight dinner recipe, I decided to fully embrace the savory side of maple by using two varieties of it on both the side dish and the main course.

I start by tossing chunks of sweet potato with a blend of granulated maple syrup sugar (usually sold in the baking goods aisle), salt and pepper. I then rub that same mixture onto chicken thighs. Traditional maple syrup then is drizzled over the chicken and everything is roasted together in a Dutch oven.

The result is sweetly savory and delicious.

If you have trouble finding granulated maple sugar, you can substitute an equal amount of dark brown sugar. **DOUBLE MAPLE ROASTED CHICKEN THIGHS WITH SWEET POTATOES**

Start to finish: 45 minutes

Servings: 4

2 large sweet potatoes, peeled and cut into 1-inch chunks

2 tablespoons olive oil

1/2 cup granulated maple sugar

2 teaspoons kosher salt

1 teaspoon ground black pepper
2 pounds bone-in chicken thighs (skin removed)
1/3 cup maple syrup
Zest of 1 lemon
Heat the oven to 350 F.
In a large Dutch oven, combine the sweet potatoes and the olive oil. Toss well to coat.

In a small bowl, mix together the maple sugar, salt and black pepper. Sprinkle half of this mixture over the sweet potatoes, then toss to coat. Arrange the sweet potatoes in an even layer over the bottom of the Dutch oven.

Use your hand to rub some of the remaining maple sugar mixture over the chicken thighs. Arrange the chicken over the sweet potatoes. Drizzle the maple syrup over the chicken.

Cover the pot and roast for 20 minutes. Remove the cover and roast for another 10 minutes, or until the chicken reaches 165 F at the thickest part.

Serve the chicken with the sweet potatoes. Just before serving, sprinkle the lemon zest over the chicken. The sweet potatoes can be served as roasted chunks, or can be mashed. If mashing, add some of the liquid in the pot until the sweet potatoes reach the desired consistency.

Nutrition information per serving (values are rounded to the nearest whole number): 506 calories; 143 calories from fat (28 percent of total calories); 16 g fat (3 g saturated; 0 g trans fats); 188 mg cholesterol; 43 g carbohydrate; 46 g protein; 2 g fiber; 1,193 mg sodium.

NATURE'S WAY

Sugar Maples in Climate Change

by Michael J. Caduto

Unlike the Ents in Tolkien's Lord of the Rings, real trees can't walk away from danger or fight their own battles. When climate becomes inhospitable, forests can only shift ranges over long periods of time. This isn't a problem when natural climate change occurs slowly. At the end of the recent post-glacial period, it took 4,300 years for the ice sheet to melt back from Middletown, Connecticut, to St. Johnsbury, Vermont - averaging 245 feet a year. Forest communities in front of the glacier gradually migrated northward in its wake.

Starting about 9,000 years ago and stretching for the next 4,000 to 5,000 years, the average temperature in the New England area became nearly 4°F warmer than it is today, and the climate was similar to modern-day Virginia. Hemlock and white pine grew 1,300 feet higher up the mountain slopes. Evidence now shows that the engines of the industrial age are taking today's climate forward, into the past. U.S. Climatological Network Data reveals that the mean annual temperature has increased by 3.8°F since 1835, but 70% of this rise in temperature has occurred since 1970.

Barry Rock, Professor of Natural Resources at the University of New Hampshire in Durham predicts that, based on two climate models in a New England regional climate assessment study, "Within the next 100 years, Boston could have a climate similar to either Richmond, Virginia, or Atlanta, Georgia." These computer models project that the average regional temperature will rise from between 6°F and 10°F over

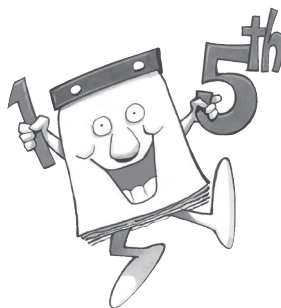
Sugar Maples, Page 16

This is Interesting...

This year we will witness 4 unusual dates: 1/1/11; 1/11/11; 11/1/11 and 11/11/11, and this is not all:

- Take the last two digits of the year you were born and add them to the age you will be this year - the result will be 111 in every case.

- This is the year of wealth. The month of October of 2011 will have 5 Saturdays, 5 Sundays, and 5 Mondays - this happens once every 823 years. Such years are known as money makers.



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Anglers, Prepare For Vt's Spring Trout Fishing!

Vermont's traditional trout fishing season opens Saturday, April 9 this year, and anglers are looking forward to some great fishing for brook, brown and rainbow trout in the Green Mountain State's lakes and streams.

"Vermont has excellent fishing opportunities for wild trout," said Vermont Director of Fisheries Eric Palmer, "and some of the biggest brown trout are caught during early spring in many rivers throughout the state."

Vermont's 2011 stocking schedule will be available in late March on the Fish and Wildlife website under the "Fishing" category. The site is interactive, so you can enter the body of water, town or species of fish and see what fish will be stocked. Lakes and ponds are first to receive fish in the spring, while rivers are stocked later after the high water run-off has passed.

As an added bonus, Vermont's catch-and-release bass fishing season in lakes starts the same day as trout season on April 9 and continues through June 10. Only lures and flies may be used, and bass must be immediately released. You can learn more about Vermont's spring catch-and-release bass fishing season on the Fish and Wildlife website.

The Fish and Wildlife Department is cautioning anglers that a new law prohibits the use of felt-soled boots or waders in Vermont waters in order to prevent the

spread of the invasive algae called didymo.

Anglers also are reminded to use sinkers that are not made of lead. It is unlawful to use a lead sinker weighing one-half ounce or less while fishing in Vermont. Weighted fly line, lead-core line, downrigger cannonballs, weighted flies, lure, spoons, or jig heads are not prohibited.

Planning a Vermont spring fishing trip is easy. The Vermont Fish and Wildlife Department has a 2011 Vermont Hunting, Fishing and Trapping Laws and Guide that includes maps showing lakes and streams as well as fishing access areas and public lands. It also lists the fish species found in each body of water and it includes fishing regulations. Copies are available where fishing licenses are sold, or from the Vermont Fish and Wildlife Department, 103 South Main Street, Waterbury, VT 05671-0501. Tel. 802-241-3700. You also can download sections of the publication from their website.

Fishing license fees are \$22.00 for adult residents, \$8.00 for residents 15-17 years of age, \$45.00 for adult nonresidents, and \$15.00 for nonresidents 15-17 years old. One, three and seven day fishing licenses also are available for nonresidents. Children under age 15 do not need a fishing license in Vermont. Licenses are available at agents statewide.

BOOMERS

Is Your Refrigerator Running?

by Cindy Phillips



My sweetheart just celebrated his favorite holiday. No, it wasn't his birthday, and we all know Christmas and Valentine's Day are long past. My honey's favorite holiday of the entire year falls on April 1 and is also known as April Fool's Day.

Being an old school Boomer, his pranks are the good, old fashioned, nobody-gets-hurt kind. One of his classics is the "shaving cream on the ear piece of the phone" goody. Of course modern technology is making that one almost obsolete, as it cannot be performed on a cell phone. But luckily his place of business still operates with a handset console, so this gem is getting pulled on unsuspecting employees even today.

I have my own fond memories of pulling pranks with my best girlfriends. All of our mothers, in addition to the dads, worked outside the home. This gave us a prime time window of opportunity that started the minute we got off the school bus up until fifteen minutes before the family station wagons began pulling into the driveways. This block of time was often spent talking about boys. But there were those rare occasions that we got silly, and the end result was prank telephone calls.

"Is your refrigerator running?" we would inquire. "Why, yes, it is," our unsuspecting victim would reply. "Well, you had better catch it then." Click. Uproarious

laughter. Dial the next one.

"Do you have Prince Albert in a can? If so, shouldn't you let him out for air?"

For those who have their own fond memories of making prank phone calls, you can probably also remember calling the local bowling alley to inquire about the weight of some of their items. Looking back on it now, these were just so nonsensical and immature. But at the time, we would practically pee our pants from laughing so hard, so it couldn't have been all bad.

As teenagers, the pranks became a bit more risky and sometimes destructive. I often spent time riding around in cars with friends. The guys would decide to go "mailboxing." I never actually took part in this activity, but it would have been lame to ask to be driven home because I was afraid of getting in trouble. Peer pressure existed even back then, in those prehistoric times known as our youth. The gist of this prank was that an M80 firecracker was lit and placed in a mailbox. When it detonated, so did the mailbox. Of course little did we know at the time, it was also a federal crime. I still cringe when I think back on it.

Silly pranks, gags and practical jokes will never go out of style. There are some infamous props that have withstood the test of time. Who has not giggled out loud at the sound of a whoopee cushion? My honey, again the master of practical jokes, once orchestrated a game of musical chairs at his annual family reunion. The twist - every chair had a whoopee cushion on it! There is nothing better than watching the 80-year-old aunts and uncles crying from laughing so hard. Chattering teeth, fake vomit, handshake buzzers, electric shock pens and water-squirting daisies can all still stand their ground in the humor department.

With all the violence and devastation in the news each day, it's comforting to know that a good hearty laugh is still accessible. With just a quick trip to Walmart, you can be setting the stage to coat someone's steering wheel with Vaseline or maple syrup, or placing a swath of cellophane underneath their toilet seat. Cream pies in the face, giant fake insects, even sneaking up behind someone and then yelling "Boo" may all seem silly, but admit it, you still laugh when you see it happen to someone.

If you are not up to the task of setting up a good practical joke, you can always take the couch potato way out and tune into the boob tube. Episodes of the Three Stooges still manage to provide plenty of slapstick to tickle the funny bone. To this day, if someone even hints at a plumbing issue, my voice automatically goes into Curly mode and spouts out, "Hey, Moe, no wonder these pipes don't work, there's wires in them!" And if I hear the word malaria, I simply have to repeat it the way that Spanky and his Gang did in the Little Rascals. It is usually followed up with the line, "Miss Crabtree kicked the bucket."

Yes, fellow Boomers, we're getting older, our bones creak more, our feet ache and we have more bad hair days than good. But never forget the art of laughter. It can make everything seem better. Go ahead, call someone and ask if it is the Wall residence. If they insist you have the wrong number, ask them to confirm there are no Walls there. Yeah, you've got it - "So what's holding up your house?" Just remember to disable the caller ID on your cell phone before you do it.

Contact me at cphillipsauthor@yahoo.com

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What do Dishes, Flowers and Glass Have in Common?

Submitted by Laurie Marechoux

April 9 & 10 come and break dishes with Laurie Marechoux in, Beginning Mosaics with Vintage China class. No previous skill required... All ages welcome! On April 15, 16, 17, join Sande Snyder and learn to Paint Flowers. This is a very easy technique with excellent results working with decorative acrylics. Have you ever wanted to try Stained Glass? Join master glass artists Barbara Klumb in this Beginning and Stained Glass Workshop on April 28-May 1.

Students do not need any prior skills to join any of our classes. All ages are welcome and please feel free to call if you would like to participate as a Parent and Child we will offer special pricing for you and your youngster! Group inquires welcome.

Please call 802-228-8770 for a free course flyer or info on tuition pricing. Please plan ahead so as to insure space availability in the course of your choice. One-on-one instruction is always emphasized in all of our classes. If you are a Ludlow, Cavendish or Proctorsville resident (age 7 & up) you are entitled to 50% off one class per calendar year.

MSJ Drama Troupe Chosen for State Festival

Mount Saint Joseph Academy's storied drama troupe, under the direction of Jennifer Bagley with the assistance of Jessica Audette, has once again been chosen for the Vermont State One Act Play Festival. This year, the MSJ students performed "Blur," which was written by playwright Meg Haley while at school at St. Olaf College in Minnesota. Nineteen MSJ plays over the 26 years have been fortunate enough to advance to the state drama festival.

The state drama festival will be held at Springfield High School from April 8-9, 2011. A local performance of "Blur" will be held on Wednesday, April 6th at 7 PM at MSJ's Jennifer Bagley Theater. All are welcome to attend. Middle school children who wish to attend are encouraged to have a parent chaperone with them.

For more information call (802) 775-0151.



Chandler Events

-Volunteer Party: The Chandler Board cordially invites all ongoing Chandler volunteers to a special recognition evening Thursday April 7 at 6 PM in the Esther Mesh Room in Chandler's Upper Gallery. All volunteers welcome RSVP to Marda Donner at 276-3808.

-Molasses Creek brings traditional music from the tidewater marshes of Ocracoke Island, NC to Chandler on Friday April 8 at 7:30 PM. This performance is part of Chandler's Live and Upstairs series in the Esther Mesh Room. A cash bar will be available.

-The female duos of Dala and Madison Violet have taken the Canadian provinces by storm and on Saturday April 9 they bring their distinctive sounds south of the border to Chandler's main stage in Randolph at 7:30 PM.

Tickets can be purchased through the Chandler Box Office by calling 802-728-6464.

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Remove Bird Feeders to Avoid Tempting Bears

The Vermont Fish and Wildlife Department says it is receiving reports of black bears emerging from their winter dens and looking for food. As a result, the department is urging people to take down their bird feeders to prevent the bears from getting into trouble.

"We are receiving reports of bears getting into bird feeders," said Fish and Wildlife's Col. David LeCours. "People can help now by removing any food sources that may tempt the bears. That includes taking down bird feeders and not feeding birds until late October."

"Also, don't leave pet food outside, wash down your barbecues after using them, and secure your garbage containers," he added. "And above all, never purposely leave food out for bears. Feeding bears may seem kind, but it is almost a sure death sentence for them."

"Help keep bears wild," said LeCours. "We care about these bears as much as anyone. Having to destroy one that has become a threat to human safety is not a pleasant experience, and we know that moving them to another location doesn't change their behavior. They continue to seek food near people because they have learned that it works."

Vermont law prohibits a person from killing a bear that has been attracted to any artificial bait or food such as bird seed. The fine for doing so can be as high as \$1,000.

Bears often eat seeds in the wild, so a birdfeeder chock full of high-energy seed is a concentrated source of what a bear considers natural food. And they are smart. Once bears learn to obtain food around people's homes, they will be back for more. To learn about black bears, go to the Vermont Fish & Wildlife Department's website (www.vtfishandwildlife.com) and look in the Library section for the Black Bear Factsheet.

RAVNAH Seeking Volunteers for Hospice Care Program

A free 6-week training class for individuals who wish to become hospice care volunteers in Rutland County, Dorset and Rupert is being jointly offered by Rutland Area Visiting Nurse Association & Hospice (RAVNAH) and Rutland Regional Medical Center. The training begins on Thursday, April 21 from 1 p.m.-4:30 p.m., and continues every Thursday until May 26. The classes will be held at RAVNAH, 7 Albert Cree Drive in Rutland.

In the home, hospital and nursing facilities, hospice and palliative care volunteers provide support to people with life-limiting illnesses and their families. The volunteer training will include an introduction to hospice and palliative care, education on death, dying and grief, and the development of communication and support skills.

Registration is required by Wednesday, April 13, 2011. Early registration is recommended as space is limited. For more information or to register, contact Nancy Birdsall at RAVNAH at 770-1682 or birdsall@ravnah.org.

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Circus Smirkus Arts Program Comes to Reading

Students learn life and learning skills... through circus. Students at Reading Elementary School will have a new type of teacher from April 11-April 15, 2011. A bona fide circus coach from Circus Smirkus – the youth circus from Greensboro, Vermont – will be the resident artist in Reading for one week and conduct classes that teach a variety of circus arts and important life skills to K-6 students.

The entire school community – students, teachers, parents – will join in the circus activities. Teachers receive a curriculum guide containing circus-themed lesson plans in science, math, history and literature. Art and music classes are already working on special projects to bring the circus to life. All Reading students, from grades K-6 will participate. The week will culminate in an evening all-school circus performance attended by parents and the public.

The final performance will take place at Reading Elementary School on Friday, April 15 at 6:00 pm and is open to the community. Donations will be gratefully accepted at the door. The one-week residency is supported in part by the Vermont Arts Council, the National Endowment for the Arts and private donations.

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Race for the Cure Registrants in Spa Drawing

Planning on joining the throng of runners and walkers at this year's Komen VT-NH Race for the Cure (Saturday, July 23, at Hildene Meadows in Manchester)? If so, it's advisable to register by Mother's Day, Sunday, May 8, because all those who do will be entered into a drawing for a visit to the luxurious Spa at the Equinox Resort in Manchester, Vermont.

Through events like the Komen VT-NH

Race for the Cure, the VT-NH Affiliate of Susan G. Komen for the Cure has netted more than \$6.7 million in 18 years. Of that, more than \$1.7 million supported Komen's research program and more than \$5 million – 75% of the monies raised – underwrote breast cancer education, screening and treatment in Vermont and New Hampshire.

For more information, call 802-362-2733.

Sugar Maples

continued from page 13

the next century.

If the models prove accurate, Rock says that, "In 100 years, New England's cooler regions will no longer promote the growth of sugar maples, which are well adapted to the region's current climate. This climate will support species that now grow to the south and in lower elevations, especially oaks and southern pines. On average, trees can only move their range from 10 to 25 kilometers over a 100-year period, and the current rate of climate change will not allow enough time for trees to 'migrate' northward in a smooth transition."

Ultimately, under this scenario, the optimal range for sugar maples in New England could retreat up the high mountain slopes and to northern Maine. (Sugar maple's current range extends as far south as Virginia and Tennessee, though only in the higher mountains.) Of the five computer models created by the U.S. Forest Service to predict the geographic shift in the ranges of forest species, only one foretells that global warming will cause sugar maples to disappear completely from parts of New England. Even if the climate warms considerably, our forests will still support the growth of some sugar maples, especially in higher terrains.

Although the range of sugar maples changes slowly, the flow of sap in a sugarbush is dynamic and depends on fine temperature variations that occur daily throughout late winter and early spring. Sap flows best when nighttime tempera-

tures drop into the mid-20's and when daytime highs reach around 38-40°F.

From here the effects of climate change are harder to predict. If the daily cycling between freeze and thaw occurs less frequently, sugaring will suffer, as it will if the season is shortened by several weeks. But if sugaring as we now know it is simply shifted earlier into the year, the effect could be less pronounced. Making predictions about sugaring season has always been an uncertain but popular pastime, even before the dawn of climate change.

The maple sugar industry can compensate somewhat for the uncertainties of the shifting climate. According to Dr. Timothy Perkins, Director of the University of Vermont's Proctor Maple Research Center, "The best equipment in the sugar house isn't going to make you any more money. It's how you manage the sugarbush that counts." Producers need to tap their trees earlier, before the sap starts to flow, so they can gather the best quality sap of the season. Old tubing must be replaced with new, which is made of superior material and is more efficient. Getting rid of leaks in the system will help, as well as using a vacuum system for collecting sap. Collectively, these steps can help mitigate the problem.

No matter what steps are taken, the wheels have been set in motion. The question is: How far down the road will sugar maples have to travel before we put the brakes on climate change?

Just A Spoonful of Sugar

How much fun it was to taste that many Rieslings side by side!

Last week we tasted Rieslings from all around the Upper River Rhine basin, just north of Switzerland, where the river marks the border between Germany and France. Starting in the southeastern part, we 'visited' Baden, a wine region without equal in Germany, where the climate is more what you would expect in the Mediterranean. Shielded by the Odenwald hills and the Black Forest on one side and the Vosges mountains west of Alsace on the other. Its vineyards bask in more sunshine and warmth than anywhere else in Germany. The balmy climate and fertile soil have created some of the best vineyards in Europe, besides the world famous hot springs and bath houses.

Due to the climate, its wines are usually more full-bodied and higher in alcohol than wines from many other German regions, and it is the only German wine region situated in European Union wine growing zone B rather than A, which means that wines from Baden cannot be chaptalized, which is a process that adds small amounts of sugar to the unfermented grape must to increase the alcohol level after fermentation.

Chaptalization is prohibited in Australia, Austria, California, Italy, and South Africa. Germany prohibits the practice for making Prädikatswein (QbA, or higher designations such as Kabinett or Spätlese) and is. It is generally permitted in regions of zone A where grapes tend to have low sugar content, including regions in France, Germany, and the United States.

European wine growing zones are as follows; Zone A (the coldest), includes Germany except Baden, and Luxembourg, Belgium, United Kingdom, the Eché region of the Czech Republic and those northern countries where winemaking is a very marginal; Zone B, comprising Baden in Germany, Austria, the French regions of Alsace, Champagne, Jura, Loire, Lorraine and Savoie and parts of the Czech Republic, Slovakia, Slovenia and Romania; and Zone C (the warmest), which is all the rest of wine regions in Europe.

The wine we tasted from Burg Ravensburg was astonishingly dry, some

thought it was a Sauvignon Blanc from New Zealand, others likened it to a Sancerre, bone-dry with racy acidity and well-balanced flavors of ripened gooseberry, quince, orange-citrus with apple and grapefruit overtones.

From the Rheingau we tasted the still very dry Leitz "Eins, Zwei, Dry" Riesling QbA with superb aromas of grains and berries, rhubarb and raw dough; and a somewhat salty palate. And from the Mosel Selbach "Fish Label" Dry Riesling with satisfying weight, minerality and stylishness; surprisingly dry for a Mosel wine with just a hint of apple sweetness around the edges.

We then went to somewhat sweeter QbA Rieslings: St. Urbans-hof "Urban" from the Mosel (Selected by St. Urbans-hof proprietor Nik Weiss from neighboring vineyards. Attractive fruit notes and medium-bodied); Fritz Zimmer QbA, Pfalz (slightly sweet with aromas and flavors of peaches and pears); and Winzer von Erbacher Honigberg, Rheingau (flavors of Asian pear, rhubarb and peach are silky and fragrant, with a subtle complexity; a juicy, fresh finish invites you back.)

As we started with the Kabinett and Spätlese, the flavors became more fruity, but we all noticed the pronounced minerality besides the signature acidity that keep the wines from tasting sweet: Kerpen 'Wehlener Sonnenuhr' Kabinett, Mosel (Orange and apricot are the main themes in this rich Riesling. On the soft side, with an easygoing demeanor and moderate length.); St. Urbans-hof 'Ockfener Bockstein' Kabinett, Saar ("Deep in color, offering floral, tangerine and mineral aromas and flavors. Though light-bodied and bright, this is concentrated, with a lingering, orange-infused after-taste.); Leitz 'Rudesheimer Magdalenenkreuz' Spätlese, Rheingau (A Riesling of great clarity and balance. Peach, apple and mineral flavors mingle, while the acidity keeps it in check. Elegant.); and Merkelbach 'Ürziger Würzgarten' Spätlese, Mosel (A wonderfully pretty wine, almost feminine; spiced apple and caraway, typical Ürziger Würzgarten spice, the loveliest salty-plummy juiciness, and a cool kind of length.). The last one was clearly the favorite to those that liked a little sweetness, the first of the tasting was the preference of those who liked it dry and was the biggest surprise to everyone.



Annual Race Returns with 5K Course and New Kids Fun Run

The second annual Sunshine Run holds promise for a sunny day in Brandon on Saturday, May 7, 2011, whether the weather cooperates or not. Expected to draw 300 runners and walkers, this fun community 5K event raises money to benefit the Sarah Leary Scholarship Fund, which provides financial resources to high-school students interested in participating in school-sponsored travel opportunities.

The Sunshine Run 2011 is highlighted by a USTAF-certified race-course that follows a pastoral route in a quintessential Vermont setting, beginning and finishing at Transfiguration Farm just south of the center of Brandon. During the event, roads are closed to motor vehicles, thereby ensuring safety and assuring a sublime race experience, complete with good cheer, food and music at the finish line.

New this year is a Kids Fun Run, which begins promptly at 9:45 a.m. and provides the perfect opportunity for young enthusiasts to gain experience and confidence in the sport of road racing. Parents and grandparents are welcome to accompany kids along the short course. Registration for the fun run is \$6 and the first 50 en-

trants receive a commemorative T-shirt.

The first 100 registrants for the 5K event will receive a free Sarahwear key chain; all entries postmarked by April 22, 2011, also receive a Sunshine Run 2011 commemorative T-shirt. First male and female finishers in the professionally-timed 5K will also be awarded winners' medals. The race culminates with music, refreshments and an awards ceremony at the start/finish line.

The Sarah Leary Scholarship Fund was established in memory of Sarah Leary, a 16-year-old Brandon resident who died tragically in a car accident on Mother's Day 2009. Pre-registration for the Sunshine Run 2011 is \$25 (before April 22, 2011). Race-day registration is \$30. In addition, the race offers a student-friendly rate (pre- or race-day registration) or \$20. Groups of 10 registering prior to April 22 are entitled to a reduced rate of \$15 per person.

For more information about the Sunshine Run 2011 and to register, visit www.SunshineRun.com. For more information about sponsoring the event, contact Sue Hoxie at (802) 247-1412 or Nancy Leary at (802) 558-1444.

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JustForFun

Capsule reviews of films opening this week by The Associated Press



"Hop"

by David Germain, AP Movie Writer

Russell Brand's Easter romp has one of the cutest bunnies you'll ever see and plenty of other eye candy among its computer-generated visuals, yet there's not much bounce to the story behind this inter-species buddy comedy. Letting bad-boy Brand supply the voice of the Easter bunny sounds like a promising way to add spice to a warm and fuzzy family flick. Too bad the movie winds up about as bland as carrot-flavored jelly beans. Its gooey sentiment and hare-brained gags are likely to appeal only to very young kids. Director Tim Hill trips up on his scattered attempts to inject some hipness for older children and parents. Blending live action and digital animation, the movie features James Marsden as the unwilling human escort for Brand's screwy rabbit, who has run away from home because he doesn't want to follow his dad into the family business as the new Easter bunny. The animation is the movie's strong point, presenting a rainbow-colored world that should satisfy young children's cinematic sweet tooth, even if the action is sour. PG for some mild rude humor. 94 minutes.

Two stars out of four.

"Source Code"

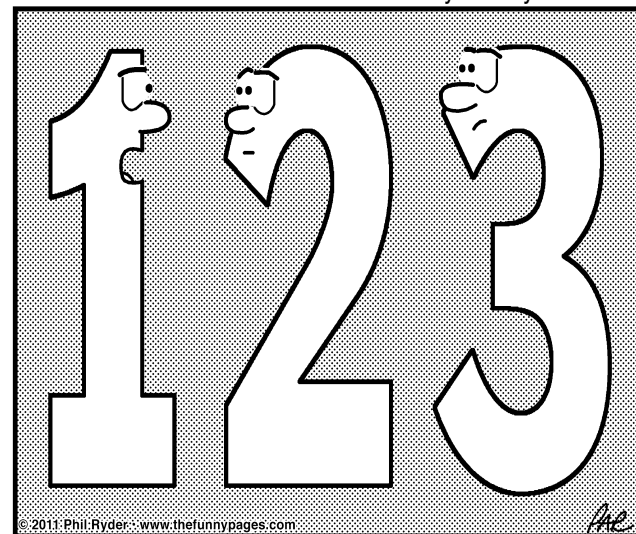
by Christy Lemire, AP Movie Critic

Duncan Jones' first film, the mesmerizing, sci-fi character drama "Moon" from 2009, was a marvel of efficiency, tension and pacing. "Source Code" represents his evolution as a filmmaker, now that he has a bigger cast and more expensive toys to play with. It's swifter, glossier, more ambitious. And for a long time, it's a thrilling and challenging puzzle based on a clever idea _ until it pushes its central gimmick and gets too greedy at the end. It'll make your brain hurt (in a good way) trying to determine whether it all makes sense _ until it frustratingly doesn't make sense anymore. But maybe we're nitpicking needlessly and should just let ourselves go with it. Based on a script by Ben Ripley, "Source Code" keeps us as consistently confused and off-guard from the start as its central character, U.S. Army Capt. Colter Stevens (Jake Gyllenhaal). A decorated soldier from the battle in Afghanistan, Colter wakes up one morning, disoriented, on a commuter train heading toward Chicago. Across from him is a beautiful woman (Michelle Monaghan) he's never met before, yet she's talking to him with the familiarity of a friend. Within minutes, the train has blown up, killing everyone on board _ but Colter finds himself alive and strapped into a crude metal pod. Vera Farmiga and Jeffrey Wright co-star. PG-13 for some violence including disturbing images, and for language. 93 minutes.

Two and a half stars out of four.

THE JOKE'S ON YOU

by Phil Ryder & YOU



"Hold on. There's some zero in front of me who seems to be encountering some negative resistance."

- Thomas Stoeger • Appleton, WI

THE JOKE'S ON YOU

by Phil Ryder & YOU



"Yeah, I'm a horse with a checkered past!"

- Don Williams • La Mesa, CA

SUDOKU

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

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

This week's solution on page 23

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

ACROSS

- ___ singers, Eng. renaissance a cappella vocal ensemble
- In sum (2 wds)
- Become less in amount or intensity (2 wds)
- "Get ___!"
- Setting for TV's "Newhart"
- Highlander
- Fertilizer, e.g.
- Landlord (pl.)
- Dark area
- Orders to plow horses
- PC linkup
- Thankless wretch
- Mediated
- Made a short, sharp cry
- A specialist in the theory of learning
- Ingratiate
- Native American tents
- Arduous journey
- Amazon, e.g.
- It's now or never (acronym)
- Big galoot
- Area overgrown with large coarse ferns
- A vigorous reprimand (2 wds)
- Writes in symbols, esp. music
- Ancient Roman silver coins, often called pennies
- ___ cancer, affects women
- A woman's loosely fitting shirt
- Closed automobile with a front and rear seat (pl.)
- Snoopy
- Chipper
- Computer info
- Harry Potter's tool
- ___ generis
- Back-to-work day (abbrev.)

DOWN

- Official who carries a

Solution Page 23

Showings April 7-13, 2011

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

MOVIES	TIMES
Hop-PG	1:40 3:55 6:40 8:55
Limitless-PG-13	2:05 4:15 7:00 9:15
The Lincoln Lawyer-R	1:35 4:00 6:50
Sucker Punch-PG-13	9:20
Diary of a Wimpy Kid: Rodrick Rules-PG	1:30 3:50 6:45 9:00
Insidious-PG-13	1:45 4:20 7:15 9:35
Source Code-PG-13	1:55 4:05 6:55 9:10
Your Highness-R	2:10 4:30 7:20 9:40
Hanna-PG-13	2:00 4:25 7:05 9:25
Arthur-PG-13	1:50 4:10 7:10 9:30

Local News

Killington Remembered

On July 8, 1761 Governor Benning Wentworth of New Hampshire, official agent for King George III, issued to Ezra Smith and Benjamin Ellery a signed charter to establish the Town of Killington. This means that 2011 is the Town of Killington's Semiquincentennial, or Sestercentennial, or Bicenquingagenary, or Quarter-millennial birthday - all ways of saying, "Wow, we're 250 years old!"

To honor Killington's history and legacy, The Mountain Times is partnering with the Town include a weekly memory column, beginning with this issue, that will continue through December. The column will feature memories from current and former residents, news from the past, and town historical trivia. The month of April will feature historical columns to set the stage for the rest of our 250th birthday year. There will be brief snapshots taken from the Library's Vermont Collection, and stories on who was here, where they lived and how they survived.

The Vermont collection is a treasure trove for pre-1970 history buffs, but we need memories from current members of the community - everyone from weekend skiers to longtime residents of the Town are encouraged to share a memory or anecdote about Killington. The 250th memory column is the perfect opportunity to document and preserve our community's history.

We invite you to help continue our story by sharing your memory or anecdote about growing up in the town,



A photo of the center of Killington (then Sherburne), taken sometime pre-1908.

a story from a Killington experience, or just a photo of something special about Killington for this column. Anyone interested in sharing a memory should contact Gail Weymouth at gail@sherburnelibrary.org. Memories not included in the weekly columns will be shared online at www.DiscoverKillington.com and on the DiscoverKillington Facebook page.

The weekly memory column is one aspect of a multi-part birthday celebration, planned by the 250th Birthday Committee. Chaired by Beverly Anderson, the 250th Birthday Committee is made of leaders from the EDT, Rec Department, Sherburne Memorial Library, and community members. Residents interested in participating in the 250th planning efforts may join the committee by contacting Beverly Anderson at brandx@vermontel.net.

Remember to save the date for July 8, 2011, as we plan a community birthday party to celebrate 250 years of Killington!

Trivia:
Q. What do Killington, NH; Newby NY; Sherburne VT, and have in common?

A. They're all historical place names for our town!

Town of Killington Select Board Meeting Highlights

by Kathleen Ramsay, Town Manager

Monday, April 4, 2011 - Warning for Town Meeting: In addition to the Citizens Petition for an Article on the Special Town Meeting Warning asking the voters to consider Australian balloting for all public questions, the budget and the election of officers, which will be included on the Warning, the Board received a Citizens Petition for a Special Town Meeting Warning Articles to increase the number of Selectboard members from 3 to 5. The Board will ask the Vermont League of Cities & Towns to review the petitioned articles on the 5 member board in order to determine if they are properly worded and clear to the voters. Vito Rasenas also submitted a petition signed by 54 voters calling for the use of local option taxes to pay down the golf course debt. The petition, which was not submitted to the Town Clerk for certification by the 40 day deadline for the submission of petitions for the May 9 Special Town Meeting, will be discussed by the board at its next meeting. The Board will meet at 4 p.m. on Wednesday, April 6 to review VLCT's response and finalize the warning for Town Meeting.

Revised Budget Proposal: The Board approved the revised general fund budget proposal of \$3,666,798 which will be reduced by \$547,950 in 2011 estimated Non-Tax Revenues, \$650,000 in 1% Local Option Tax Receipts, and \$163,118 from the Economic Development & Tourism Reserve Fund, as proposed by the Selectmen in the 2011 Revised Budget Proposal. The \$3,666,798 is a \$245,167 reduction from the budget presented at

Town Meeting in March.

Golf Debt Restructuring: The Board accepted a proposal from People's United Bank to borrow \$2.5M for a 10 year term to restructure the existing short term debt of the golf course. The Board will continue to work on strategies to fund large debt service payment on the golf course from 2012-2015 by restructuring the debt, increasing revenues and/or decreasing expenses.

Route 4/Killington Road and Alpine Drive Sewer Rates Stable: The Board approved the 2011 budgets and rates for the Route 4/Killington Road Sewer, with an annual rate assessment of \$1,200 per equivalent residential user (ERU) and Alpine Drive Sewer, with an annual rate assessment of \$100 per ERU.

Next Meetings:

Wednesday, April 6, 2011, 4 pm: Finalize Warning for Special Town Meeting

Monday, April 25, 2011: Regular Selectboard Meeting: Prepare for Special Town Meeting; Discuss Economic Development & Tourism Commission and Department Organizational Policy

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.

Rutland Teen Wins Youth of the Year



Sandy Killary

Selected among several outstanding youth, Sandy Killary will compete against other Boys & Girls Club members for the Vermont State Youth of the Year title and a \$1,000 college scholarship from Tupperware Brands Corporation. As the new Youth of the Year for the Boys & Girls Club of Rutland County, 17 year old Killary is a true example of an extraordinary young woman recognized for her sound character, leadership skills, and willingness to give back to the community.

Being named Youth of the Year is the highest honor a Boys & Girls Club member can receive. As Boys & Girls Clubs of America's (BGCA) premier youth recognition program, Youth of the Year recognizes outstanding contributions to a member's family, school, community and Boys & Girls Club, as well as overcoming personal challenges and obstacles. Youth of the Year encourages Club members to reach their full potential by achieving academic success, leading healthy lifestyles, and contributing to communities. Youth of the Year honorees are shining examples and living proof that GREAT futures start at Boys & Girls Clubs.

Killary has volunteered for over 120 hours of community service in the Rutland in the last year and continues to volunteer for the Club and school while working part time. Although she is only a high school junior, she is enrolled at the Community College of Vermont, earning college credit. Killary is an excellent role model and regularly volunteers at the Merchants Row front desk in the junior club and in the art room.

Killary will be supported by Club staff and the three Rutland nominees in Montpelier on April 14th for the Vermont Youth of the Year competition. The three Rutland Youth of the Year nominees, all outstanding teen members of the Boys & Girls Club of Rutland County are: Jessica Harrington, Kaitlynn Rabtoy, and Scott Santamore. All four teens have demonstrated pride in the Club as well as a tremendous amount of support and positivity for the opportunities presented by Youth of the Year.

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MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

The volunteers of the Killington Fire and Rescue have responded to over 130 emergency calls made by Vermont State Police dispatch during the time period of January 1, 2011 to March 31, 2011. These emergency calls were for motor vehicle accidents with and without injuries, car fires, house fires, dumpster fires, medical emergencies, smoke and carbon monoxide alarm activations.

At the March 23 meeting of the Town of Killington Planning Commission David Rosenblum was re-elected as Chairman.

Robert Salmeri (Sal) advised that he would like to apply to have the restriction on outside entertainment removed from Mogul's deck permit. It was suggested that he submit a permit application for a change of use with a narrative explaining what the plans are for the outside entertainment and specify the days and hours of operation. The Planning Commission can then review it and determine if it can be handled administratively or if a full site plan review is required.

In the Planner's Report, Dick Horner distributed copies of the FFA-Standard Grant Agreement for review. This is a grant that would be administered by the Rutland Regional Planning Commission. They have chosen Killington and Brandon for this project. The RRPC would conduct two meetings with town officials in each town to discuss how low impact development with regard to storm water can be incorporated into the Zoning Regulations and Town Plan. Dick has forwarded this to Town Manager, Kathleen Ramsay, but has not had a chance to speak to her about it as yet. He felt it would be beneficial to accept the grant and have these two meetings so that the Planning Commission can become informed on this subject. Participation in this grant does not obligate the Commission or Town in any way. Dick suggested that these meetings be held on a regular meeting night and extend invitations to the Selectboard and other interested parties to attend. Commissioner Lee moved that the Planning Commission pursue this grant, with Barbash seconding and the motion was approved.

Regarding the Sunrise/Topridge/The Vistas PUD renewal, Dick advised that this renewal is primarily for The Vistas and they are not requesting any changes. However, an issue has come up concerning the approved parking at Topridge. An owner advised that due to the way the snow is being plowed, some of the required parking spaces are not accessible causing a shortage of parking spaces. Further, the Association, is threaten-

ing to tow cars or fine people \$250. The Planning Commission may have to bring this up and discuss it during the PUD Renewal hearing. Dick has contacted Rich Kolb, the General Manager at Sunrise and advised him of this issue and he is trying to come up with a solution.

The Commission then reviewed the Ridgetop/Highridge PUD in a Public Hearing. After a lengthy discussion, the vote was to approve extension of the PUD for 4 years.

Next, a discussion was held regarding the changes to the zoning regulations. Steve Selbo advised that he forwarded the information from the last committee meeting to his legal counsel and his strong suggestion was that we find a better starting point. Due to the fact that the regulations have been revised so often over time, the revisions to Section 505 could disrupt the flow of the document. Mr. Selbo suggested that his counsel have a discussion with the Commission's counsel to determine if it is best to continue to move forward with the changes being discussed or take a more comprehensive look at the Zoning Regulations to ensure that there is continuity throughout the document. Dick suggested the Commission go through the regulations and identify other areas that need to be amended. If anyone has any changes or amendments they would like to recommend, they should put them in writing to review at the April 27 meeting and then it would be appropriate for the attorneys to sit down together and go through the document. Chris Bianchi offered that maybe it is best to let the attorneys go through the document first and point out the areas that need to be addressed. After some further discussion, the general consensus of the Commission was to let the attorneys look at the entire document at this point.

Next, Commissioner Leonard distributed draft language on outside entertainment for addition to the zoning regulations. The draft outlined the District where this would be permitted, as well as the dates and time of day. It also outlined the maximum decibel level in order to make it enforceable. There was lengthy discussion on whether or not this should be added to the zoning regulations or on a case by case basis may be best. Commissioner Rosenblum questioned whether the Commission should establish a permit process. Chris Bianchi suggested looking at the best practices around the State and thought doing this on a case by case basis would be a good way to go. Rosenblum asked Dick to look into how other areas in the State handle this. Leonard suggested asking the EDT Department for some input regarding zoning changes as well.

Mendon/Chittenden/Pittsford/Brandon Notes

by Debbie Burke

Notes from the staff at the Barstow Memorial School: Barstow Memorial School's eighth grade class graduation date will be on Wednesday, June 15. The last day of school for everyone else (thus far) is Friday, June 17.

The Second Semester Honor Roll: the Barstow School recognizes the following students for their academic achievement and good citizenship: Designation on the Principal's List is for students earning a 90 or better for each subject. Designation on the Honor Roll is for students earning an 80 or better for each subject.

Eighth Grade Principal's List- Alexandra Duffy, James Hamilton, and Margaret Smith.

Honor Roll- Alden Bishop, Christie Calabrese, Emily Catellier, Margaret Clark, Emma DeCubellis, Eric Gokee, Garrett Hastings, Cameron Heald, Connor Hill, Abigail Jones, Peter Lynn, Makayla Mecier, Karina Ritter, Tyler Slusarczyk, Taylor Smith, Mia Steupert, Molly Waite.

Seventh Grade Principal's List- Patrick Dugan, Lydia Gulick, Nidhi Purohit, Marshall Root.

Honor Roll- Andrew Borden, Stephen Ell, Reis Farwell, Will Giering, Danielle Laird, Kevin MacFarlane, Ryan McGinnis, Brett Novak, Patsathorn Noyvimol, Kaylee Rankin, Lauren Snitker.

Sixth Grade Principal's List- Barbara Carey, Rebecca Clark, Shannon Duffy, Cameron Slenker.

Honor Roll- Alisha Arshad, Hope Bradley, Kaeleigh Broyles, Maia Conway, Jillian Flanders, Tristan Gibbard, Sam Gnoza, Alexander LaSante, Kayla Metivier, Michael Papineau, Joseph Salisbury-Jennings, Jack Slusarczyk, Noah Smith, Shannon Snow-Elms, Katja Steupert, Thomas Tracy, Liana Weisse.

Barstow Dress Code- a reminder: with the coming of spring, the Principal would like to remind parents and students of the school's expectations regarding dress code. Due to unpredictable weather conditions in Chittenden, students are not permitted to wear shorts until after April vacation. As always, students are expected to dress appropriately with specific regard for neatness, safety, and modesty at all times. Appropriate and safe footwear is required during physical activities (also keep in mind that students are outside for recess daily so flip flops are strongly discouraged). Please refer to pages 26-27 of the Student/Parent Handbook.

The Barstow Scholarship: Interested Barstow alumni can get scholarship application forms through their high school guidance office or by calling Barstow

School. Applications must be received at Barstow no later than May 5.

Barstow continues to support the Wiser In School in Muhuru Bay, Kenya through our March Madness fundraising efforts. We raised over \$1,000 to sponsor a girl to attend Wiser. This school was created to give girls from this village the opportunity to attend high school as most girls in this area do not get this chance.

Congratulations to our 8th graders who scored the 2nd highest in Vermont on their NECAP writing scores. Thanks to all of their teachers throughout the years who have helped them become the writers they are today and especially to their parents who support them in all of their achievements.

Thanks to Ana DiTursi for sharing her many talents with our middle school students during this year's musical production.

Thanks to Jennifer Sigurdson, Carrie Bishop and the Saltwater Cowboy for hosting the fundraiser and donating 20% of their profits for that day, and all the parents and students who worked or supported this project. Thanks also to Genie Elms and Lisa Tracy for the seed fundraiser.

Thanks to our chaperones Ben Clark, Cort Jones, and Bill Knowles and speakers for their participation in our 8th grade Winter Camping excursion: Trooper Giolito (Winter Camping and Hiking Etiquette), Warden Sterling and Rufus (Search and Rescue), Warden Scribner (Snowmobile Safety), Joel Flewelling (Bat Specialist), Mike Cauty (Water Fowl Migration and Wild Turkey Restoration), Jeff Spaulding and Dave Smith (storytellers), and Bonnie and Bob Baird (Sugaring).

Thanks to Lisa Todd and her many helpers for providing a delicious dinner for teachers during parent conferences: Barbie Freeman, Annette French, Theresa Giering, Gill Hamilton, Michele Johnson, Rebecca Kerns, Carol Lenser, Sarah Quint, Lauren Quintana, Brenda Rivers, Stacey Schaffer, Lisa Sihler, Abby Slenker, Melissa Slenker, Jacob Swane, Addison Todd, Amanda Todd, and Laura Zmurko.

Thanks to Sarah Quint for assisting with Jr. Peer Leadership's Pizza and Fun Night.

Thanks to the PTO and the Ell family for providing some of the prizes for March Madness.

Merci a Mme Moriarty who was a guest "Rock Star" in 7th grade French Class where she was interviewed by the class press corps en francais!

Important dates to remember: April 11 to 15, Spring Recess, no school; April 27 Mid Trimester progress reports.

Members' Show Call to Artists

The Carving Studio and Sculpture Center announces their Annual Members' Show, May 21 - June 26, 2011 at the Gallery, 259 Marble Street in West Rutland. All members of CSSC have the opportunity to show their work in this popular exhibition. This is a great opportunity to show work and mingle with other artists after the involuntary solitude of winter. The deadline to receive works is Friday, May 13, 2011. Membership must be current to exhibit, please phone (802) 438-2097 or email info@carvingstudio.org to renew or become a member.

Our Lady of the Mountains Catholic Parish

Killington, Vermont • The little white church on Rt. 4 Killington

**Easter Sunday Mass will be celebrated on
Easter Sunday, April 24th at 11:00 a.m.**

(There will be no Saturday Evening Mass on the 23rd)

**The Easter Mass Schedule for Our Lady of the Snows
in Woodstock will be:**

Holy Saturday: 8:00 p.m.
Easter Sunday: 8:30 & 10:30 a.m.

Vermont Liquor Outlets

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<p>CANDIAN MIST</p> <p>SALE PRICE \$21.80 SAVE \$6.10</p> <p>1.75 L</p>	<p>BURNETT'S GIN</p> <p>SALE PRICE \$14.80 SAVE \$4.10</p> <p>1.75 L</p>	<p>STOLICHNAYA VODKA</p> <p>SALE PRICE \$17.80 SAVE \$4.10</p> <p>750 ML</p>	<p>BURNETT'S VODKA</p> <p>SALE PRICE \$12.80 SAVE \$2.60</p> <p>1.75 L</p>
		<p>SAUZA HORNITOS TEQUILA</p> <p>SALE PRICE \$24.80 SAVE \$5.10</p> <p>750 ML</p>	

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.

Apr. 7 - Woodstock. Hand in Hand community meal, Thurs., 5-7pm. This Week: Day of Beauty and Mothers (Armenia) Social Hall, N. Unitarian Chapel Society. All welcome, donations accepted. 457-9272.

Apr. 9 - Rutland. Community Luncheon featuring franks and beans served at Trinity Church, 11:30-1pm. Donations are welcome but not necessary. Everyone is invited.

Apr. 9 - Wells. Ole Tyme Maple Sugarhouse Dinner. Like no other! Full salad bar, maple glazed ham & potatoes, maple baked beans & breads, maple boiled eggs, maple sundaes & more. 4:30-7pm, MWA Hall. Presented by Wells UMC. Info. 325-3203.

Apr. 9 - Springfield. Second Saturday spaghetti supper at United Methodist Church, 5-6pm. Free. All welcome.

Apr. 9 - Brandon. Fish Fry Dinner at Neshobe Sportsman Club, 5-7pm. Open to public, \$9. 5-10 yrs, \$5. Under age 5 free. Fried perch & smelt & fixings. 247-6687.

Apr. 9 - Rutland. Rutland Jewish Center presents Israel Beyond the Conflict Film Series. This week, the best for last, "Walk on Water." 8pm, Tuttle Hall at CSJ. Discussion follows, wine & cheese bar available. 773-3455.

Apr. 11 - Brandon. Annual Meeting & Potluck Dinner at Neshobe Sportsman Club, 6pm dinner - bring a dish to pass. 7pm meeting - election of officers. Welcoming fresh faces & ideas. 247-6687 if interested in holding office.

Ongoing

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Rutland - Unitarian Universalist Church, 117 West Street, Rutland, VT. 802-775-0850. Sunday Services Begin at 10:30 a.m. Rev. Erica Baron.

Rutland - Sunday Service, children & adult religious instruction 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 Dolours Mass Times: Saturday 4:30pm. Sunday 9am.

Proctor Place

by Stacy Bates

Remember the dates: On April 15, sewer bills are due and on May 7, household hazardous waste collection from 12 noon - 3:00 p.m. at the Proctor Transfer Station.

The March 28 Selectboard meetings were posting online, here are some highlights:

The Selectboard received letters of interest from five candidates. Dick Norris made the motion to appoint Vincent Gatti to fill the vacancy on the Selectboard created by the resignation of Bill Dritschilo. (The appointment is for one year until the next annual elections in March 2012.) The motion was seconded by Lloyd Hughes and approved by a majority, with Susan Feenick opposing. Rick Anderson read aloud the resignation letter from Brian Sanderson, the road commissioner. Dick Norris made the motion to accept the resignation of Brian Sanderson as the Proctor Road Commissioner with regret. The motion was seconded and approved.

Dick Norris made the motion to authorize Rick Anderson and Lloyd Hughes to conduct an exit interview with Sanderson before his last day of work on April 8, 2011. Steffanie Bourque will furnish information for the exit interview and job announcement and assist the Selectboard with scheduling the exit interview. Once the exit interview is complete, the Selectboard will schedule a special meeting to discuss the results and finalize the job announcement. I'll report on the work projects draft schedule in next week's column.

Lloyd Hughes made the motion to appoint Ken Smith, as the primary point of contact in the Highway Department, to work with Todd Blow to ensure daily functions in Highway Department continue without interruption during the interim vacancy. The motion was seconded by Dick Norris and approved by a majority.

Here are some highlights from the March 10 Proctor School Board meeting:

A hot topic was varsity baseball for this year. PHS principal, June Sargent, gave board members a packet of information. The first item from the packet that was discussed was the Spring Sport Survey that she took of the students. 9 students were interested in playing varsity baseball, 19 students were interested in varsity softball, 9 Jr. High Students were interested in baseball

(doesn't include 6th grade students with an interest), 9 students interested in Jr. High softball (doesn't include 6th grade students with an interest), and 8 students interested in men's and women's golf. June recommended to the board that the varsity baseball season be cancelled for this year. She also stated that there currently were 4 students that had an interest in playing lacrosse at MSJ again through the member to member agreement. There was a discussion about both baseball and lacrosse. Mary made a motion to enter in if possible with MSJ for a member to member agreement and that any fees within reason are paid for by the school for our students to play lacrosse. Art seconded the motion. The motion passed unanimously. June asked the board to act on her recommendation about the varsity baseball program. Art made a motion to accept June's recommendation to cancel the varsity baseball program for this year. Mary seconded the motion. After a brief discussion the motion passed.

During the report, Superintendent Wendy Savery had one coaching contract for the board to approve and sign. The contract was for Frank Carmen as the JV softball coach for \$1204. Art made a motion to accept the contract. The motion passed unanimously.

Wendy stated that she did not warn the class size policy because she felt that more discussion was warranted. June gave the board a report on class size at the High School. June went over her report. There was a discussion. Bruce made a motion to warn the average class size policy for PES and PHS. Art seconded the motion. The motion passes unanimously.

During the Chairs report, Lloyd Hughes said the town meeting went well and the budget passed. There was discussion as to the fate of the schools. Lloyd would like the board members to think about what they think should be done and their concerns. Lloyd stated that he visited PES and checked out the new smart board and was very impressed. He would like to have Jesse Safran come to a meeting to talk to the board about what needs to be done to make the technology at the schools better. Lloyd would also like to have a buildings and grounds meeting in April.

Annual St Jude Kids® Radio-a-Thon

WJEN, 105.3 Cat Country will host the 10th annual Country Cares for St. Jude Kids® radio-a-thon April 7 and April 8, 2011 live from The Cat Country Studio inside The Opera House on Merchants Row, Downtown Rutland from 6am - 7pm. The radio-a-thon raises money for St. Jude Children's Research Hospital®, the world's premier center for the research and treatment of cancer and other catastrophic childhood diseases.

The Country Cares for St. Jude Kids program began in 1989, after Randy Owen, lead singer of the music group ALABAMA, met St. Jude founder Danny Thomas. Since

its inception, Country Cares has grown to be one of the most successful radio fundraising events in the nation.

St. Jude Children's Research Hospital is internationally recognized for its pioneering work in finding cures and saving children with cancer and other catastrophic diseases. No family ever pays for treatments not covered by insurance, and families without insurance are never asked to pay. St. Jude is financially supported by ALSAC, its fundraising organization. For more information, please call 1-800-982-9965 or visit www.countrycares.org or www.stjude.org.

Sherburne Women's Club News

-As part of its annual fundraising efforts, the Sherburne Women's Club is selling raffle tickets for the Raffle Drawing Party April 9, 6:30pm at On the Rocs. Over \$5000 in prizes will be included in this year's raffle, including 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. Entrance to the drawing party is free, and a cash bar will be available.

To buy tickets, contact any SWC member; Jennifer Iannantuoni (422-5402) or Linda Kropp (779-4487) or buy your tickets at The Greenbrier Gift Shop, Killington.

-The Sherburne Women's Club is pleased to announce that it will again be awarding a \$1000 Community Service and Volunteerism Award to a deserving Killington high school senior for outstanding volunteerism and/or community service during his or her time in high school. Applicants must be a graduating high school senior, a U.S. citizen or permanent resident and a resident of Killington for their final two years of high school.

Students who attend private high schools are eligible if their primary home is located in Killington. Selection will be based on volunteerism/community service, extracurricular activities and dedication to others. Applications can be obtained from guidance offices at all area high schools or by contacting Jennifer Iannantuoni (422-5402). Applications must be sent to the Sherburne Women's Club, PO Box 68, Killington, VT 05751 and must be postmarked by April 15th, 2011.

-The Sherburne Women's Club is now accepting requests from local charities or organizations for donations. The Club holds several fundraising events throughout the year and is pleased to be able to offer financial support to local organizations, charities and causes, especially those that positively impact our local community. 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, Killington VT 05751.

To the Editor:

I want to thank the Mountain Times for its thoughtful and constructive Open Letter to the town: pointing no fingers, placing no blame, but suggesting that the divisions which have developed in our community belong to all of us and can be overcome only by all of us working together. It's not a matter of trying to erase differences, but of using those differences to lead us to a more considered and comprehensive wisdom for the future of our town. What an excellent idea to invite a facilitator from the VCRD to assist us! They already know our concerns, trust has been built over our past collaborations, and people representative of all viewpoints might be confident that the work would be substantive and productive. I, too, hope that our Selectboard will extend the invitation to the VCRD to facilitate some work in building consensus and rebuilding the sense of common commitment and good will.

Respectfully submitted, The Rev. Diane Root, Church of Our Saviour, Killington

The Changing of the Guard has taken place! A new Board of Directors was elected on March 27 at the KAG Annual Meeting at the Sherburne Memorial Library. Officers elected by the Board: Sally Curtis, President; Clary Jonker, Secretary; Mike Young, Treasurer and Alice Sciore, Vice President. Laurie Wilder, a new Board Member, prepared light refreshments. The meeting was well attended. Sally Curtis distributed annual reports which included the budget and quotes from brochures and Mountain Times articles. Ann Wallen gave a talk about the Guild assisted by Maurie Harrington with clippings and by Betty Little. Then, Sally Curtis announced KAG's future plans for gallery shows, programs and

workshops. This list will be in the Central VT Getaways magazine in May.

There will be a celebration of Ann Wallen's thirteen years as KAG President and community leader. Location: the Summit Lodge, Access Road, Killington. Date: Saturday, April 16, 8:30am, Breakfast 9-10am, \$13.70 (tax and gratuities included) payable to The Summit Lodge; send to: Betty Little, 208 Gables Place, Rutland, Vt. 05701. The committee includes: Betty, Maurie, Wanda Groper, Louise Hansson and Gail Weymouth. Call (802) 786-9920 or write vttag.com. Everyone is invited.

For KAG information, membership, activities and workshops call (802) 422-3852.



Killington-Pico Rotary News

by Janina Curtis

Each Wednesday the Killington Pico Rotary Club meets at the Summit Lodge from 6PM – 8PM for a full dinner, friendship, and a guest speaker. 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 programs are:

Apr 13 - Ann Weinstein, Fletcher Allen Health Care, Community Health Improvement, "Be Seat Smart Program," Updated Standards for Infant and Child Car Seats.

Apr 20 - Sarah V. Jackson, spokesperson for the "Stay In The Picture - Buckle Up" campaign sponsored by the Vermont Teen Leadership Safety Program (VTLSP) and the Governor's Highway Safety Program. "One Life, One Captain" is her presentation on personal responsibility, healthy choices and wearing a safety belt.

Apr 27 - Howard Shaffer - American Nuclear Society - Vermont Pilot Project

May 4 - Mandy Vellia, Lead Intern, Marsh-Billings Rockefeller National Historical Park, "Vermont's Invasive Species"

May 11 - Linda Conrad - Vermont Institute of Natural Science

100 NORTH

NEWS FROM THE PITTSFIELD/STOCKBRIDGE VICINITY AND THE HINTERLANDS BEYOND

by Johnnie Goldfish

If speaking to a spiritual novice during the darker days of human evolution one might explain God, metaphorically, as if He were angry, testing and judgmental. To someone a bit more savvy, during easier times, one might explain God, metaphorically, as if She were always loving, nurturing, and forever conspiring on our behalf. And to someone on the verge of a total breakthrough, during the latter days of human evolution, one, one might explain God by asking them to turn up the music, take off their shoes, walk in the grass, unleash the dogs, free the canary, catch a breeze, ride a wave, dance every day, get up early, take a nap, stay out late, eat chocolate, feel the love, give stuff away, earn it back, give some more, and laugh. Really, really, really, catch a breeze and give some more.

The Stockbridge Central School (SCS) students have the ball and they are running with it. That is, paper origami balls that they are creating to raise money for the Red Cross in Japan. Also another Japan relief project sponsored by the University of Vermont has the students designing and making paper cranes. For every paper crane they make or collect the Bezos Family Foundation will donate \$2 for each crane to be sent to the reconstruction efforts in Japan. Sponsor a crane, buy an origami ball and send your donations to SCS at 2933 VT Rte. 107, Stockbridge, VT 05772.

Riddle: The following sentences are labeled 1, 2, and 3, but are in the wrong order. What order should they be in and why?

- 1- Sally, exhausted, could order no dinner.
- 2- Later, Alex sent telegrams.
- 3- Friday, Irwin recalled seeing trees. Hint the answer is in front of you. Solution below.

The Federated Church of Rochester and the Women's Alliance invite you to the Thrift Shop on Friday, April 8 from 4:30 to 6:30 and on Saturday, April 9 from 9 am to 12 noon.

Family Matters Report: When you are with your family (or anywhere else) be who you are and say what you feel. People who mind do not matter and people who matter do not mind.

The Rochester PTO would like some help with the Book Fair on Monday, April 11 from 10 am to 6 pm. Contact Liz Steventon if you can assist. Also the 3rd graders are running a fundraiser to help the earthquake victims in Japan. There is a coin drop can at the Skip Mart.

The Peace Report: It is more difficult to organize

peace that to win a war, but the fruits of victory will be lost if the peace is not organized. – Aristotle.

The 4 Year Old Love Report: or What does love mean to a 4-8 year old: Love is when you tell a boy you like his shirt, then he wears it everyday. Noelle, age 7.

On Saturday, April 9 the Tri-Town Sports will hold a bottle and can drive fundraiser from 9 am to 12 noon. Returnable bottles and cans may be dropped off at the Rochester School parking lot and the ballplayers will also be out collecting throughout town so you can leave your bottles and cans in the front of your home if you cannot get them down to the school. The Tri-Town Sports offers sports programs for youth in Rochester, Hancock, Granville, Stockbridge and Pittsfield. These would include pee-pee T-ball (ages 5-6), Farm team (ages 7-8), Cal Ripken baseball (ages 9-12), and Babe Ruth baseball (ages 13-15). For more information contact Katy Landwehr at 767-4112.

Jenny over to the Rutland Area Physical Activity Coalition (RAPAC) along with the Vermont Bike Ped Coalition is seeking your input in preparing a list of state road shoulders (on popular bike routes, think Route 100) that are most in need of repair and sweeping. This list is compiled for VTrans so it has to be state roads and not roads maintained by municipalities. If you wish to submit roads to the list, be as specific as possible from Point A to Point B. All of Route 100 is not what they want, something like from the Amee Farm to the Swiss Farm Inn is more direct and applicable. If you have questions please contact, Nancy Schulz, at 802-225-8904. Jenny says Go Out and Play!

The Friendship Report: (Not for sissies or willy-nilly friends), When you are sick, stay the hell away from me until you are well again. I don't want whatever you have.

Fishing Report: The State of Vermont has banned the use of felt soled boots and waders in all rivers, streams, lakes and ponds as of April, 1 2011. See your local sporting goods store for alternatives.

Riddle solution: the order should be 3, 1, 2. The first letters of the words in each sentence spell out, first, second, and last.

Thought for the Week: "Unthinking respect for authority is the greatest enemy of truth." – Albert Einstein, (Long haired genius who likes to see his name in this column).

We respect your news; send it to johnniegoldfish@yahoo.com.

Passport Day at Rutland Post Office

The United States Postal Service is joining the Department of State in celebrating Passport Day in the USA 2011, a national passport acceptance and outreach event on Saturday, April 9, 2011. The Rutland Post Office will provide passport information to U.S. citizens and accept passport applications from 8am - 12pm.

No appointment is necessary. U.S. citizens must present a valid passport book when entering or re-entering the United States by air. U.S. citizens entering the United States from Canada, Mexico, the Caribbean and Bermuda at land borders and sea ports of entry must present a passport book, passport card, or other travel documents approved by the U.S. government.

For information on the cost and how to apply for a U.S. passport, call the National Passport Information Center toll-free at 1-877-487-2778.

News from "The Bus"

MVRTD "The Bus" announces the reopening of its downtown Transit Center Office beginning March 28, 2011. The Transit Center Office will be open and manned from 7:30am to 4:30pm Monday through Friday to provide excellent customer service. Jackie Moller and Brenda Poro have been hired to be at the front desk, answering questions, and selling coupons/passes and generally helping the public. This decision is a direct result of feedback received from the community.

Recently, The Bus hired Jen Misencik as its new Human Resources Manager and Saskia Hagen Groom as its Outreach Community Coordinator. Misencik brings with her a vast amount of experience having worked for many years at Rutland Supervisory Union. Hagen Groom was the Business Manager for Killington Resort for over a decade and has been heavily involved in community fundraising and marketing endeavors.

As always, The Bus is looking for volunteers for its Volunteer Drivers Program that is managed by Ginny Thompson. She can be reached at 802 773-3244 ext. 124.

Live Green – Ride the Bus – Visit us on www.thebus.com
MVRTD is a public non-profit, municipal organization dedicated to providing safe, reliable, accessible and coordinated public transit service to enhance the economic, social and environmental quality of life throughout Rutland County and surrounding communities.

Potholes Be Gone!

The Vermont House today passed a \$544 million package for transportation spending across the state.

The transportation budget is a \$137 million increase over pre-stimulus transportation investments and demonstrates Governor Shumlin's strong support for improving Vermont's transportation infrastructure. The plan advances state repair of Vermont roads and bridges and expands rail service.

The proposed spending plan for state paving will improve over 100 miles of interstate highways and 135 miles of state highways, and is a 36% (\$20 million) increase from pre-stimulus level funding. In addition, to help address the pavement deterioration that is plaguing state roads following this winter's weather, the bill more than doubles spending on state highway leveling (\$4 million for fiscal year 2012 up from \$1.7 million).

The transportation bill advances bridge repair and replacement to address the large number of structurally deficient bridges. Funding for bridge and culvert repair of \$112 million in this budget is nearly double the pre-stimulus level of spending.

For rail spending, provisions within the transportation bill will help leverage \$80 million of funds from a federal railroad grant which, if successful, will be invested into the Western Corridor of Vermont. This is a critical part of Governor Shumlin's goal of expanding rail from Rutland to Burlington, and connecting Vermont's passenger service with New York City and Montreal.



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The Mountain Times



ARIES: March 21 – April 20: The bee in your bonnet is all in your head. Whatever it is that ticked you off is just the way you decided to see it. At a time when everything seems to be blowing up in your face what good will it do to make assumptions about what others did, or didn't do? Underneath whatever you've turned into a feud, there's absolutely nothing going on here. Letting the silent treatment get between you and a resolution or a reunion seems totally stupid; especially now, when all of us need all the help we can get. Don't alienate your friends. Whatever this is, get over it.

TAURUS: April 21 – May 20: You aren't as driven, and you don't need to be, so whatever comes out of the next few months looks like it will be a product of things that got going long before now. You see enough goodness coming out of your efforts to make it worth it to keep it up. As you assess the situation and try to figure out how to manage it give yourself permission to be inventive in your approach and find ways to make your own life as fun as you can. The more you give yourself better things to do the more the people who depend on you and your life as a whole will flourish and improve.

GEMINI: May 21 – June 20: Too much too soon seems to be the issue right now. The artificial fast track has managed to suck you right in. If you could slow down and take a good look at whatever you're trying to prove, you would realize that your life doesn't depend on this. Even if you succeed at making your point, or get this off the ground you will soon find out that it takes more than hot air and steam to get things to fly. Haul back and give this a break, or allow patience to teach you that when things are divinely ordered they sprout wings and learn how to fly in their own sweet time.

CANCER: June 21 – July 20: The questions you face are all about what happens to us when it comes time to reinvent ourselves. The old way of doing things has a lot to it; whatever you've learned from that can definitely be taken with you. But enough has changed in the last few years for you to adjust half of what it has taught you; because you are no longer the same person, and none of the same rules apply. Stretch your mind and your limits to include all points of view and all possibilities. This is one of those times when your life depends upon your willingness to get totally out of the box.

LEO: July 21 – August 20: How far do you need to go to get beyond the things that seem to be making it harder for you to get on with your life? Is it a question of going for the geographical cure, or can you handle this with a few prayers and/or a sweat lodge in your own back yard? I don't know where you're going to find whatever it is that is sitting out there waiting to fix things up for you but I do know this: nothing gets better until we change our tune. You're halfway there. It would be great if you start singing your prayers with a voice that understands what you need to forgive and forget.

VIRGO: August 21 – September 20: You've been swept away by things that made you lose yourself. If all of it was necessary at this point you see that nothing will work if you can't stay centered. I don't care if you're the victim of a natural disaster or if this is all due to the fact that you've fallen in or out of love; something in you knows that you've got to keep a light burning to remind you where you need to stand with things in order to get through this. There is no doubt that you will always be guided safely home. At the moment you need to stay grounded, and hold steady enough to be 100% here for this.

LIBRA: September 21 – October 20: The way things are going the best you can do is keep your foot in the door and make sure every other option is open. The see-saw is at a balance point after a tremendous amount of upheaval and what you are wondering is; should I be doing something about this, or do I just hang in there and ride this out? You can never know too many things with absolute surety but this is one of those times when it's your gut that will tell you exactly what to do when the time comes. Worry less, pray more and hold steady with whatever it is that needs your strength and support.

SCORPIO: October 21 – November 20: If the need to forgive and forget is an issue, it's time to let it all go. Whatever you're stuck on isn't worth the energy it takes to suck that much love from your experience. All of us have been programmed to believe that we are entitled to our anger or whatever it is that ties us up in knots, but nowhere are we taught that we are just as entitled to let all of that stuff go. At this moment in time, whatever you're holding on to is only making it harder to swim in the sea of changes that are rocking the planet right now. It's time to drop it kids; peace and love man, let it all go.

SAGITTARIUS: November 21 – December 20: You will miss the point if you keep trying to figure this out with the tunnel vision you've got going on right now. If you had a wide angle lens you would be able to put aside half of your worries and relax. The pressures of trying to establish yourself, or the need to prove a point, or the desire to make sure that someone sees it your way would be more easily accomplished if you understood that some things require more patience and time than others. Aside from that, part of this lesson involves tests that show you what to do with your energy when you're waiting it out.

CAPRICORN: December 21 – January 20: Don't over anticipate the difficulty in this situation; there is always a way out. If your habit of bringing everything to the table has you going too far, doing too much, feeling overly obligated, or in a stranglehold with standards that are way too high, you will lessen your chances of turning whatever you're dealing with into a miracle. There's nothing wrong with being present and accounted for and it's great that you have all the right stuff; at the same time, there's something to be said for knowing enough to open the windows and allow a little magic to enter the picture.

AQUARIUS: January 21 – February 20: You can't get everyone to answer your questions and turn around and tell them, "that can't be true!" If you know everything why are you wasting their time? The next time you decide to engage people in the quest to solve your problems make sure you are willing to hear all about it. This extends to your tendency to consider yourself the exception to every rule and the ways in which it complicates things. At the moment it looks like that particular pattern is giving you a great excuse to avoid coming to terms with the things that will lead you directly to the truth.

PISCES: February 21 – March 20: You've had to deal with so many issues it's amazing that you haven't gone nuts with it all. The extent to which you feel stuck, settled, or unable to move will be the deciding factor in whether or not you are able to get around much of what you're dealing with right now. For many of you the decision to stay or go is hampered by the considerations of others as much as it is by your attachment to things that make it hard for you to tell the difference between your inner voice and what you want to hear. Tune out everything that obscures the truth and stand tall enough to tell it.

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

Rutland Report

by Lani Duke

Get ready for Easter with a visit to Art & Antiques on Center's jewelry party from 5:00 to 8:00 p.m., Friday, April 8. See the work of Maggie Boise, artist in hand crafted sterling silver, and creator of "convertibles," which give a fresh look to your earring wardrobe. It's part of the Friday ArtHop series, the second Friday of each month in Rutland. Call 786-1530 to find out more.

Trinity Church in Rutland hosts a franks and beans community luncheon from 11:30 a.m. to 1:00 p.m., Saturday. Trinity serves a hot meal every second Saturday of the month; all are invited.

Who doesn't smile to think of songs like Little Egypt, Poison Ivy, and Love Potion #9? These sweet harmonies, meaningful lyrics, and danceable rhythms hallmark the Saturday night concert of The Coasters & The Platters April 9 at 8:00 p.m. in the Paramount Theatre, downtown Rutland. Call 775-0903 to catch the pick of the oldies.

The Rutland Region Chamber of Commerce and Rutland Economic Development Corp. host a 7:30 a.m. full breakfast buffet at the Franklin Conference Center, Howe Center, on Monday, April 11. Discussion centers around the legislative hot topic of the day. Call 773-2747 for details.

The Rutland Chamber's April mixer is at Merchants Bank, 92 Woodstock Ave. from 5:00 to 7:00 p.m. Tuesday, April 12. Call 773-2747 for specifics.

Learn the basics of starting your own small business during a three-hour workshop on Thursday, April 14. The registration fee includes a business planning workbook and access to five online workshops. Thanks to the state's Small Business Development Center for holding such great business start-up help. Call 773-9147 to register.

Meet employers and job seekers at the job fair from 9:00 a.m. to 1:00 p.m. Friday, April 15, at Rutland High's gymnasium. Interpretive services are available from 10:00 a.m. to 12 noon. Call 786-8808 for more info.

Godnick Adult Center hosts an AARP safe driving course with Sharen Underwood from noon to 4:00 pm (yes, it's short, in a new condensed format) on Wednesday, April 13. Pre-register by calling Sharen at 235-2132.

The Rutland County Women's Network and Shelter sponsors a showing of R-rated film Precious and discussion on the impact of sexual violence at 7:00 p.m., Tuesday, April 12. Please bring a donation for the food shelf. Call 775-6788 with questions.

The Osher Lifelong Learning Institute plans a series of meetings that take Another Look at World War II. They began April 1 with Poland and the Memory of the Holocaust, with UVM History prof Dr. Jonathan Huener. Next, coming up April 8, is UVM history professor emeritus Mark Stoler, speaking on Myths of World War II.

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These programs occur from 1:30 to 3:00 p.m. on Fridays at the Godnick Center.

Census data changes necessitate a study of Rutland City's housing needs. The alderboard recently voted to seek a \$10,000 state municipal planning event to evaluate what kind of housing is needed in the future. The data has revealed that Rutland's population has contracted for the second census period in a row. The Rutland Redevelopment Authority, who will either conduct or supervise the study, expects to have a new executive director by July 1, when its new fiscal year begins.

Post your favorite poem on the Poetry Tree outside the Gilbert Hart Library in Wallingford, as part of the celebration of National Library Week April 10-16. If you write it, either by hand or types, and bring it to the library, the library will weatherproof it and hang it on the tree.

The white owl on the side of Pip's Barbershop downtown will soon receive a paint touch-up, thanks to a microgrant from the Downtown Rutland Partnership. Originally an advertisement for White Owl Cigars, it became a wayfinding marker for entering downtown. Building owner Marty Muscatello plans to add \$5,000 to the \$1,000 grant for the refurbishment. Another microgrant recipient is Hawley's Florist, receiving \$1,000 toward the purchase of \$15,000 in a new computer system. Other \$1,000 grants went to Green-screen Graphics, Izapa Burrito Bar, Cold River Frameworks, and Café Terra.

Congratulations to Mill River Union High's Odyssey of the Mind team, who took first place in their division at the statewide Odyssey tournament. Coached by Tom Vile and Nanette Dubin, the team won a rare award for exceptional creativity.

Building a more comprehensive rec center to replace Dana School as the hub for the City Recreation & Parks Department is not a "done deal." Volunteers carried petitions door to door, collecting more than the 570 signatures necessary for a re-vote on the issue. The election must take place before May 30; voters must receive a 30-day-in-advance warning. It takes more than a simple majority to overturn the results of the March election, more than two-thirds the number of votes the winning side received in March, or at least 1,141.

The Bus has gone back to have an office open in the downtown transit center. Flooding in the downtown had compelled Marble Valley Regional Transit to relocate the office that had been in the downtown.

Rutland Regional Medical Center recently announced that it honors Victor Pisanelli, M.D., F.A.C.S, as its 2011 Physician of the Year. Currently chair of the Credentials Committee, Dr. Pisanelli has been president of Medical Staff, chair of the Department of Surgery, and member of the Board of Trustees at RRMC.

Killington Arts Guild Honors Ann Wallen

You are invited to a Celebration on April 16, 2011 in Honor of Ann Wallen, a Founder and President for thirteen years of the Killington Arts Guild. The Celebration will begin at 8:30 a.m. with breakfast served from 9-10 at the Summit Lodge on the Killington Access Road in Killington, VT.

Ann Wallen was elected at the organizational meeting and became the President when the Guild was incorporated in April 1998. She continued until March 27, 2011 when a new Board of Directors and officers were elected. The Celebration is to thank Ann for her "---amazing service to the Killington Arts Guild, the Arts in Vermont and the people of this area."

There will be a display of pictures and memorabilia. Participants are invited to bring things for display. George Lyons will play the piano. The speaker will be Gail Weymouth, Sherburne Library Director. Alice Sciore and Maurie Harrington, both Founders of the Guild have been invited to make a presentation on behalf of Sally Curtis the current President, the Board of Directors, Members and Friends. Cards and notes are welcome. Everyone is invited to attend.

There are five choices for breakfast which include a starter and beverage. Breakfast is \$13.70 (gratuities and tax included). Make checks payable to: The Summit Lodge. Mail to: Betty A. Little, 208 Gables Place, Rutland, VT 05701. For additional information, call (802) 786-9920, vtkag@aol.com.

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How Japan Crisis Is Affecting U.S. Business

by Kathleen Pender • San Francisco Chronicle

Although the crisis in Japan is not expected to have a big impact on the world's economy, it could have a modest effect on some U.S. companies.

Investors haven't hesitated to dump stocks that could be hurt and scoop up those that could benefit. Whether those were wise moves or overreaction remains to be seen, but here are some U.S. stocks that had the biggest moves last week in response to the March 11 earthquake, tsunami and ensuing nuclear disaster. For comparison, the Standard & Poor's 500 index ended the week with a 1.9 percent loss.

- **Luxury goods:** Japan is one of the world's top luxury goods markets, and fears of a slowdown hurt Coach (down 11.1 percent for the week) and Tiffany (minus 9.3 percent). Both companies get about 18 percent of revenues from Japan. Polo Ralph Lauren got only 9 percent of revenues from all over Asia last year, but its stock still took a 7.8 percent drubbing.



- **Software.** Japan accounts for 7 to 8 percent of global software sales. Companies with bigger-than-average exposure took a beating, led by Adobe Systems, down 7.6 percent for the week. Japan is Adobe's second-largest market and generated 13 percent of revenues last year. Patrick Walravens, an analyst with JMP Securities, cut his 2011 earnings estimate from \$2.29 to \$2.23 to account for the potential impact.

- **Salesforce.com** dropped 6.15 percent. Japan accounts for 8 to 9 percent of its revenue, and its "aggressive growth plans" for the country "may now be muted/delayed," FBR Capital Markets analyst David Hilal said in a note.

- **Life insurance.** Some U.S. life insurance companies with exposure to Japan sold off on concerns about the disaster's effect on their claims costs, investments in Japanese stocks and bonds, and short-term sales prospects. But some bounced back after a Morgan Stanley report pointed out that disasters highlight the need for insurance. It noted that life insurance sales soared after the Sept. 11 attacks and Japan's Kobe earthquake in 1995.

Even so, Aflac ended the week with an 8.8 percent loss, not because it fired the voice of its duck for insensitive comments about the disaster but because 75 percent of its revenues and 86 percent of assets are attributable to Japan. The company sells health and life insurance in Japan, including cancer policies that pay a lump sum upon initial diagnosis plus ongoing benefits for hospitalization, outpatient and terminal care.

Credit Suisse analyst Thomas Gallagher does not think Aflac and other U.S. life insurers will face steep

claims costs in Japan. "Since the area of Japan that was affected the most by the quake is a more rural region, we expect relatively small face values of policies, a relatively low insurance penetration rate and a likely lower share of foreign vs. domestic insurers will mitigate losses," he said in a note.

As for cancer claims, "While the power plant situation in Japan remains uncertain, we continue to believe that there is a low probability of a material increase in intermediate term radiation related cancer claims," he wrote.

- **Energy.** The nuclear crisis has upended the energy universe. Many investors are assuming that some countries will come to rely less on nuclear power and more on coal, natural gas and alternative energies. Germany and China both announced major investigations or reconsiderations of their nuclear programs last week.

Shares in Peabody Energy and Consol Energy, export-oriented coal companies, were up 11.2 and 10.9 percent, respectively.

Coal companies also got a boost from a draft air pollution rule issued by the Environmental Protection Agency that was perceived as less negative than people

were expecting, says Benjamin Salisbury, senior policy analyst with FBR Capital Markets.

Natural gas producers were also winners. Southwestern Energy gained 11.4 percent, and Range Resources jumped 7.9 percent.

On the alternative energy front, First Solar gained 7.1 percent.

President Obama reiterated his commitment to nuclear power last week, but ordered nuclear regulators to review U.S. safety technologies.

Nevertheless, shares in Exelon and Entergy, the nation's first and second-largest nuclear operators respectively, got hammered. Exelon dropped 7.2 percent, and Entergy • which is facing some license renewal issues • dropped 10.9 percent.

- **Supply chain.** The real problem facing U.S. companies is not exports to Japan, but imports from there. A disruption in the supply of auto, electronic and other parts, materials and products from Japan could impact a wide range of manufacturers and retailers.

"It's a major potential problem," says Dale Ford, senior vice president with IHS iSupply. Japanese companies are key suppliers of semiconductor components, battery and display technologies and materials used in the manufacturing process.

Ford says most U.S. companies are still trying to determine whether their Japanese supplies will be affected and whether they can be sourced elsewhere.

Free Business Assistance



BROC-Community Action in Southwestern Vermont partners with the Vermont Women's Business Center to offer a series of networking events designed to take the mystery out of self-employment. If you feel like you are running your business like a 'crime scene investigator', our CSI series will show you an easier way.

'Managing Emotions & Thriving Under Pressure'

is the fourth in a series of five events. Colonel Leonard Benson, presenter, will address techniques to manage emotions and thrive under pressure to build your business. Participants are encouraged to attend any or all of the series which are free and open to the public.

For additional information or to register, please contact Annette Hoyle at 665-1744.

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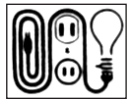
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View From Ludlow

by Ralph Pace

After a year and a half of preparation, fund raising, equipment purchases, and movie selections, FOLA (Friends of Ludlow Auditorium) will be offering Ludlow and the surrounding area its first movie in a theater setting in quite a long while.

On Thursday, April 7 at 7:30 PM, FOLA will present the award-winning documentary, "The March of the Penguins." This film portrays the 70 mile trek inland from the Antarctica coast taken annually by the emperor penguins for mating and raising of chicks, depicting the majesty of the continent as well as the utter harshness of the coldest place on earth. The film is free; donations are appreciated.

FOLA is also getting ready for the April 16 performance by Skip Gorman and Connie Dover, two highly-regarded singers of the music of the old west and the Celtic traditions. Tickets are \$12 and may be purchased in advance in Ludlow at People's United Bank, the Book Nook, and the Wine and Cheese Depot. Tickets will also be sold at the auditorium door the night of the performance.

Black River Academy Museum (BRAM) is preparing for two major events: a 5K "Walk for Local History" on Saturday, April 30 at 10 AM and a new show at the Ludlow Auditorium on June 3 at 7 PM, "Black River Has Lots of Talent." Information on both events is available at 802-228-5050.

BRAM will also be helping the Ludlow schools in presenting their own version of the classic, "Our Town."

"Our Town" will feature students from the local schools in a play that they themselves have researched and written. The play will be performed on May 13 and 14.

In case anyone is wondering when summer will arrive, the organizers of the Ludlow Summer Farmers Market have sent out notices that the opening of the market is only two months away. The market, located in front of Okemo Mountain School on South Main Street in Ludlow, will be open on Friday's from Memorial Day through Columbus Day.

Another good sign of the changing seasons is that the Ludlow Garden Club has scheduled its first meeting of the year for April 14 at Noon at the United Church of Ludlow. Principal topics will be the programs for the coming year and the annual plant sale in June. Visitors are welcome to attend the meeting.

For those animal lovers interested in learning about the native habitats of local animals, the Cavendish Community and Conservation Association (CCCA) will feature a "walk and talk" lecture by Jane Lazorchak of the state Fish and Wildlife Department on Thursday, April 7 from 6 to 7 PM. The discussion will focus on the current bobcat program. Participants will meet in the meeting room at the Cavendish Town Office.

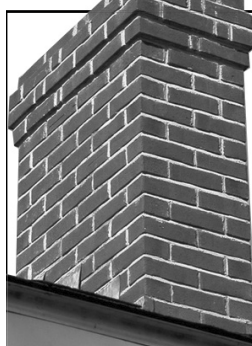
On March 24 groups supporting the Scenic Route 100 byway designation had a hearing with the Vermont Scenery Preservation Council which recommended

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Pete Duffy

the byway proposal to the Transportation Board. The Okemo Valley Regional Chamber of Commerce, a principal supporter of the byway, is waiting for the final hearing date for our final designation. The Scenic Route 100 byway begins in Andover and continues on Route 100 North to Pittsfield. It will have spurs in Ludlow on Route 103 connecting to Route 131 and Route 100a to include President Calvin Coolidge State Historic Site.

The problems that will result from the two-bridge replacement project in Chester continue to be heard. According to word from the bridge construction firm's public relations firm, "Due to the weather forecast, the anticipated start date of Monday April 4 for preliminary work on the Chester Bridge Project will now be Monday April 11 - again, weather permitting! Please note - this in no way affects the closure date of May 16 for Bridge #9 Benny's Sunoco Bridge." Apparently, come the start of construction in May, traffic from Route 191 headed west of Chester will be routed through Springfield to avoid the construction.

As noted in last week's column, Cavendish Town Elementary School is looking for some "good" junk. In early May, Grammy Award-nominated Donald Knaack will be appearing at the Cavendish Town Elementary School (CTES) in Proctorsville, sponsored by VELCO and the Cavendish Community and Conservation Association. Knaack will take the assembled "junk" and turn it into musical instruments, game toys, and sculptures. However, in order to achieve all these various art and entertainment pieces he needs junk. So if you have any junk you feel Knaack could use, contact George Thomson, Principal of CTES, at gthomson@wswsu.org. The students at his school will help Knaack design and assemble the junk into "art" objects.

The recently-released AYP (Annual Yearly Progress) ratings from the state Department of Education did not bode well for area schools. The AYP measures student abilities in Math and Reading as part of the testing requirements of the No Child Left Behind legislation. Green Mountain High School, Black River High School, and Ludlow Elementary School all were given "Did Not Satisfy" the test requirements for both math and reading. Cavendish Town Elementary School halved the results, receiving a "Did Not Satisfy" rating for reading but earning a "Satisfied" for math. Mt Holly Elementary School was the only one in the group to receive a "Satisfied" for both math and reading. In all cases of the "Did Not Satisfy" status, it was the first year the schools received this rating. Per the DoE statement, "A school that does not make AYP for two consecutive years in the same indicator enters School Improvement status, which requires schools to take specific actions designed to improve student achievement in the area(s) designated as not making AYP."

Special thanks goes out to Okemo Mountain Resort for their efforts in providing a spectacularly successful promotion for Black River Good Neighbor Services food shelf. Okemo offered skiing and riding for \$10 on April 1, with the donation of at least 3 non-perishable food items. The Resort collected thousands of pounds of food at the event. BRGNS expressed overwhelming gratitude to Okemo and it's supportive skiers and community for the hard work and success of the event.

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

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Lakes Region News

by Lani Duke

Castleton Community Center begins a six-week series of Thursday afternoon workshops on writing down your life stories, whether for your personal reminiscences or to share with friends and family. Sharens Campanaro, AmeriCorps worker at the Southwestern Vermont Council on Aging, leads the group in 2:00 p.m. sessions beginning April 7.

"Bowl" on a Wii system at the Castleton Community Center on Friday, April 8 (and April 22), at 1:30 p.m. You can stand or sit while you take part because you use a lightweight remote control rather than a heavy ball. Call 468-3093 for additional information.

Beloved children's book character Madeline comes to live on the Castleton stage, with the ArtsPower presentation of Madeline and the Red Hat, an original musical Saturday, April 9. Shows in the Casella Theater are at 11:00 a.m. and 2:00 p.m. Call 468-1119 for tickets.

The Lakes Region Independent Ryders sponsor a basket raffle at Castleton American Legion Post 50, Saturday, April 9. The doors open at 11:00 a.m. with drawing beginning at 1:00 p.m. To find out more or donate a basket, call 273-2107, 468-5765, or 236-9657.

The Wells Woodmen's Hall hosts an Old Tyme Maple Sugarhouse Dinner Saturday from 4:30 to 7:00 p.m. Come enjoy maple glazed ham and potato, maple baked beans and breads, maple boiled eggs, maple sundaes, full salad bar, and more. Call 325-3203 for specifics.

Charlotte and Heidi from the Party Store visit the Castleton Community Center at 1:00 p.m. Monday, April 11 for a chocolate candy making workshop. Come make an Easter bunny of white, milk, or dark chocolate, edible Easter grass and jelly beans. Register by Monday, April 6, by calling 468-3093.

Beaver Wood Energy plans an informational public meeting for Tuesday, April 12, at Fair Haven Grade School, to discuss the company's proposed biomass facility and wood pellet manufacturing plant. Fair Haven's select board and its town manager Peter Hathaway recently met with Gov. Shumlin urging his support for the project, which would bring 50 permanent jobs and millions of dollars in tax revenues for the town, plus increase the state's renewable energy portfolio.

Pop singer/songwriters Sheila Carabine and Amanda Walther, known together as Dala, grace the Casella Theater with their talent, charm, and harmony. The Canadian pair, whose song *Horses* won the 2010 Celtic Radio Music Award in 2010, offer a folk music workshop at 12:30 p.m. Tuesday, April 12, followed by a 7:00 p.m. performance. Tickets are required. Call 468-1119 for tickets.

New York's American Place Theater performs *3 Cups of Tea*, written by Greg Mortenson about his work to

build schools for young girls in Pakistan, at 7:00 p.m., Thursday, April 14, in the Casella Theater. A 12:30 p.m. free workshop gives the book's background and a discussion of US/Pakistan relations. Get your required ticket; call 468-1119.

A couple of Castleton area 10-year-olds are trying to raise money to go to Camp Abnaki by collecting and turning in recyclables. Help them out by calling 265-3718 for a pickup.

Castleton Elementary is looking for mulch to put on pathways in the school vegetable garden and some "conditioned" manure for fertilizer. Call Jan Jones, 468-5574.

The Pawlet Historical Society hosts a program on the town's recently restored theater curtain, presented by Chris Hadsel, director of Curtains Without Borders, Inc. Hadsel's presentation at the Pawlet Town Library, entitled *The Past as Present*, begins at 7:30 p.m. Thursday, April 14. Those wishing to preview the curtain "face to face" are invited to meet at the Pawlet Town Hall (across the street from the Library) at 6:00 p.m. For additional information, call Steve Williams, 645-9529.

Michelle Dauphinais, coordinator of the RSVP Volunteers Program, presents an Operation Dolls & More program at the Castleton Community Center from 10:30 to 12 noon Thursday, April 14.

Fair Haven Free Library hosts an all-ages program on African Rhythms & World Music (drums) on Tuesday, April 19, at 7:00 p.m. Find out more by calling 265-8011.

Castleton's select board is looking forward to a discussion on renovating the Town Hall or moving the town's headquarters to a different site. The building currently contains town offices and the Castleton police headquarters upstairs, but has considerable unoccupied space. Over the last 10 years, the town has spent more than \$100,000 on renovations to the structure's exterior, but the building is in need of structural repair and lacks complete handicapped accessibility.

Congratulations to Beatrice Howes on reaching her 100th birthday recently. Born in Hubbardton, she owned a beauty shop in Poultney and raised five children. She has 13 grandchildren, and numerous great-grandchildren and great-great-grandchildren.

Castleton Community Center thanks all those who voted for its support at the polls, and to those who collected signatures for petitions. Thanks also to those who volunteer to cover the front desk each week, produce the newsletter, help in the kitchen and Wellness Center, serve on the board of directors, raise funds, help with special events, work with gardening projects, and otherwise help to run the Center and provide its programs.

Pawlett Historical Society's Program: "The Past as Present"

Between 1880 and 1940 it was common to utilize a so called theater curtain to hang in front of a stage setting before and after performances, during scene or act changes, and during intermissions. The Town of Pawlet's curtain is an example of so called "Grange Hall Curtains," one with a central romantic scene with painted on red draperies on the sides dominated by local advertising blocks. The curtains were intended to keep audiences occupied after they took their seats and prior to the performance.

On Thursday, April 14 at 7:30 PM the Pawlett Historical Society will host a program, "The Past as Present," on Pawlet's recently restored theater curtain. The presenter, Chris Hadsel, is the Director of Curtains Without Bor-

ders, Inc. The evening's program will focus on the Pawlet Curtain's own restoration against the background of the restoration of a total of some one hundred and fifty Vermont theater curtains.

The program is free and open to the public and will be held at the Pawlet Public Library. Those wishing to do so are invited to come to the Pawlet Town Hall Auditorium, across the street from the Library, beginning at 6 PM (until 7:15) to preview the curtain in person.

For more information please feel free to contact Steve Williams at 802-645-9529.



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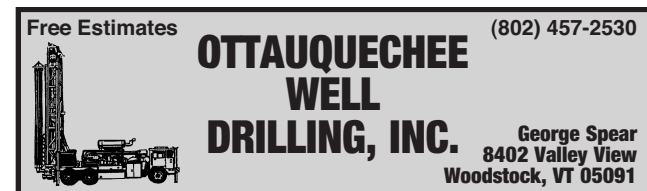
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Home & Garden

Garage Got You Down? Tips For Cleaning, Organizing

by Dee-Ann Durbin • Associated Press

Garages may have started out as a place to store cars, but gradually they've become a place to store almost everything else, from sports equipment to dog food to holiday decorations.

As the weather gets warmer and the spring cleaning urge hits, it's a good time to take stock of your garage. Is it a functional space or just a repository for junk? Are there more logical ways to store your belongings?

Before you rush out and buy new shelving and cabinets, professional organizer Cindy Tyner recommends putting some serious thought into how you want to use your garage. She says the No. 1 mistake people make is pulling everything out of the garage first and then getting overwhelmed when they try to cram it all back in.

"People go out and buy things, like storage systems and bins, and say, 'This is what I need to get me organized,' but the things don't fit the purposes they need," said Tyner, who owns an Ann Arbor, Mich.-based organizing business called Functional Spaces.

Once you've decided how to use your garage, here are some tips to help you finish the job:

Pick a sunny day and clear out all your belongings. Decide what will stay, what can be donated and what should be thrown away.

"If you haven't used it in a year, you need to ask yourself, does it make sense to keep it? If it's important to keep it, how can you use it? If it's a family heirloom, should it be sitting in the garage where you can have a variety of problems and moisture?" said Sean Hunt, president of Garage Specialists Inc.

Once the garage is cleared, sweep and wash the floors and walls. A fresh coat of paint can brighten the walls, and paints

made especially for garage floors protect them from oil and gas stains, and prolong the life of the concrete.

Consider what kind of storage you need. Costs vary significantly, from \$40 plastic shelving to \$350 steel shelving. You can use old kitchen cabinets or buy new ones.

Use all your available space. For items you only need occasionally, such as holiday decorations, consider overhead storage units.

If you want a workbench but don't have a lot of room, consider one that folds into the wall.

Store things close to where you need them, and in logical places. All the gardening equipment should go together,



for example, and the bike helmets should be next to the bikes.

"Everything has got to have a home. Otherwise it just gets piled up and it's a snowball effect," Hunt said.

Store some things outside. Consider a deck box for children's toys or a storage shed for gardening tools. Tyner says you just need to make sure to use the new space properly and don't let it become your new catchall for junk.

Consider hiring an organizer. Organizers can give you good ideas about how to use your space and keep you on task as you're trying to decide what to keep and what to toss. Costs vary by region and project. Organizers will charge you more, for example, to buy and install storage units than to work with units you already have.



Pruning Grape Vines

by Dr. Leonard Perry
UVM Extension Professor

If you're growing grapes at home, late winter and early spring is the time for a major pruning. Not pruning off enough is one of the biggest mistakes beginning grape growers make. Between 70 and 90 percent of the previous growth should be removed this time of year, each year. This is because grape vines, assuming you have ones hardy for your area, can be quite vigorous, producing more growth and fruit than roots can support. Only prune less if vines aren't vigorous for whatever reason, such as poor soil, too little fertilizer, part shade, or poor match for your climate.

Grape pruning can get rather complex, and is for commercial growers, varying with region, training system, even cultivars (cultivated varieties). But in home gardens grape pruning should be somewhat simple, especially after you do it a few times and get the hang of what to cut. If you're too squeamish about cutting too much off, do some one day, then come back and do more the next, and so on until the vines have enough removed.

Don't worry about pruning just the right way, there really isn't one, and each vine is different. Also these are vines not stone sculptures--if you do make a mistake, the plants will grow out of it.

The type of pruning will depend on what kind of structure or trellis you have to support the vines, and type of vines. The most common home systems are either one wire strung between posts about 5 feet off the ground and parallel to it (the single wire system), or this and one wire half way between it and the ground (the two wire system). These may have other names, depending on if the vines grow up to the wire, then are trained only in one direction (single cane) or with canes branching off along the wire in opposite directions (bilateral).

So a bilateral 2-wire system with 4 canes has one in each direction on the top and on the lower wires. This is perhaps the most common home system, often called the 4-cane Kniffen system. Since the older short stubs near the trunk, from which canes come each year are called "arms", this may be seen too as the 4-arm system. The canes along the wires are called "cordons", so you may see this called the 4-cordon system.

If just setting up a trellis and planting

grapes, put posts in the ground to a depth of 2 to 3 feet, every 8 feet along a row. Posts should be 5 to 6 feet above ground. You'll plant one vine centered between each pair of posts. End posts should be angled outward (about 60 degrees from horizontal) so they don't sag inward. Wires should have turnbuckles (as from hardware stores) on the ends, and on the wires leading to anchors on each end. These keep wires taut. On each end, use guy wires from the slanted (outward) posts to some form of anchor on or in the ground. This can be a screw anchor as for trees or tents, or a buried block.

The second main factor to consider with pruning is the type of vine, which leads to the second type of pruning method. In the above systems, canes are pruned back to near the trunk each year, leaving stubs (the arms) with only 4 or 5 buds on each. This is called "cane" pruning. If the canes are left on the wires and not pruned back, but rather the fruiting shoots from the past year that have grown off these canes are cut back, this is "spur pruning". It's called this because when you cut back these fruiting shoots in late winter leaving only 2 or 3 buds on each, these short stubs on the canes are called "spurs."

Once you cut back all this previous fruiting wood, creating spurs, thin out the spurs. There should be on every 6 inches or so along the cane along the wire. This keeps too many fruiting shoots from forming the next year, more than the plant can support and still make good size clusters of grapes.

Cane pruning is used for most grapes. Spur pruning is mainly used on the vigorous southern muscadine grapes (where they're hardy in mild climates), as well as some European ones. Spur pruning typically only utilizes one top wire.

Once your early spring pruning is done, there is one more time you'll need to prune. Actually it is a thinning process once the grapes start forming in summer. When fruit are rather small, only 1/8-inch or so across, remove whole clusters leaving only one or two bunches of grapes on each new shoot. This is all the leaves on the plant can support in order to grow grapes with the size and flavor to which we're accustomed. You should remove any clusters that start forming the first two years after planting so the plant can direct all its energy into growth.

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4 Overlooked Spots To Spring Clean

(StatePoint) Is your spring cleaning routine sufficient? Or do you suspect dirt may be lurking in places you've never even put on your to-do list?

If you're like most Americans, chances are you forgot some of these often overlooked spots while spring cleaning:

– In the Kitchen

Most people hit the stove, fridge and the microwave. But there are more places in the kitchen needing your attention. All cupboards and pantries should be cleared and re-stocked at least once yearly to dispose of expired food and guard against insects and rodents.

Also make sure you clean your can opener! This often used, rarely cleaned tool can be a trap for bacteria and spores. Use Q-Tips and soapy water to wipe down every nook and cranny, including the gears.

– In the Laundry Room

Have you noticed an unusual funk coming from your washing machine? This may be because the new, high-efficiency washers use less water than traditional ones, causing residue buildup from dirty clothes, detergent and hard water minerals. If so, it's time to clean your machine.

Once you've got your washing machine clean, next focus on what you put in it. With spring and summer whites sure to be washed this time of year, consider switching to a detergent with both stain fighting and whitening power. And look for a new concentrated

version, which not only gives you the same cleaning with 1/3 less detergent, but helps save you space and helps save the planet by reducing packaging.

– In the Bedroom

Spring cleaning usually involves a change of bedding, but how about those decorative pillows or stuffed animals in children's rooms? Because of their soft, uneven surfaces, they're prime locations for dust and allergens. Sticking them in plastic bags and then in the freezer for four hours will kill dust mites. Then use a vacuum to suck up dead carcasses.

You should also pay attention to ceiling fans, crown moldings and even the walls. It's best to use a damp cloth to wipe down all surfaces. Dry feather dusters tend to kick up dust and allergens, which settle back down in the same place.

– In the Living Room

Window treatments and lampshades attract dust and germs as much as any other home surface, but are easily cleaned using removable vacuum attachments, such as a combo brush or crevice tool extension.

And don't skip floor vents, door jams, and window sills. These areas are often overlooked and can collect years of grime.

Of course, regular cleaning is the best way to minimize your spring cleaning.

Get to it! After all, a clean home is a happy home.

Today's Versatile Dining Room

by Melissa Rayworth, For The Associated Press

For generations, families ate in their kitchens and only ventured into their dining rooms on special occasions. The dining room was a place for guests, where stiff-backed chairs and fragile china kept everyone on their best behavior.

But as our lives have changed, so have our dining rooms.

Today's dining rooms are used in more ways than ever before, says HGTV host Genevieve Gorder. They merge comfort and beauty to create a space where people want to linger.

Gorder and interior designers Brian Patrick Flynn of decordemon.com and Betsy Burnham of Burnham Design in Los Angeles share the trends they've spotted and offer tips to create a perfect _ and perfectly useful _ dining room.

MULTI-TASKING AT THE TABLE

Many home-owners now see the dining room as a flexible space where meals are not the only priority. In many homes, the

dining room table is the go-to location for working on art projects, wrapping gifts and doing homework, says Flynn. So people are seeking durable tables that can withstand plenty of attention, rather than carefully polished ones that are easily scratched.

Dining room storage has also changed: The dining room may double as a home office, with a laptop and paperwork stashed in the sideboard during meals.

Many people have moved their formal dishes to kitchen cabinets, where expanded storage space allows the good china to be stored alongside the everyday dishes and displayed in glass-front kitchen cabinets.

Dining room storage may now be filled with anything from office supplies to children's toys. Burnham recently designed built-in cabinets for a client's dining room that were made to hold art supplies rather than dishes.

MIXING INSTEAD OF MATCHING

The days of the perfectly matched suite of furniture _ the "dining room set" _ are over. In designer-decorated homes, you're more likely to see deliberately mismatched chairs and a table that contrasts starkly with the room's other furniture.

"Even retailers like West Elm are catching on" with this trend, Flynn says. They may offer matching chairs for the ends of the table and then a mix of seating for the sides that includes benches and chairs.

People are also mixing materials and textures: "The dining table may be some type of stone and the chairs some type of wood," Flynn says, "and the sideboard may be made with mirror or metal or clad with a decorative finish. Everything has its own evolved, separate look."

Flynn likes to buy "six or eight chairs that are all different, or maybe just two or three are the same," he says. "Then I strip them myself with sandpaper, add spray

primer, then spray on a glossy spray-paint" to make every chair the same color. He upholsters all the chairs in the same fabric to bring a cohesive look to this eclectic mix of furniture styles.

Using mismatched china is also big, Gorder says, including "mixing a few pieces of Grandma's china" with sleek modern dishware.

Table linens can be a broad mix of casual cottons and formal linens layered together.

The dining room can be a perfect place to let your creativity run wild, Burnham says. If you don't spend extended hours there during a given week, then bolder colors and patterns work well.

DINING WITHOUT FEAR

We've moved away from "the severity of antiques we're afraid to touch," Gorder says, and moved towards "the rustic elegance" of the big farmhouse tables you might find in Provence or Italy.

"It feels like, 'Yes, this is a very special piece. But I can drop a plate on it and not cry

and not get in trouble,'" she says.

As comfort has become a priority, pretty but unforgiving chairs are definitely out. Burnham advises testing out new dining chairs before you buy them, since you want your table to be a place where people will enjoy lingering for hours.

The goal is a comfortable, welcoming space that is special but not intimidating. Flynn likes to create new pieces that give a nod to the formality of the past: "For a custom-looking sideboard," he says, "find an old dining room table at a flea market" that has some ornate woodwork. "Saw it in half the long way, directly down the middle and fix it to a wall, and paint it a bold color."

Not handy? It should be relatively inexpensive to hire a carpenter for the job.

EMBRACING THE COOKING

In the past, "cooking wasn't something to be looked at" when guests came over, Gorder says. "Now it's become a performance," so people are knocking down walls to give the dining table a better view of the kitchen.

"The kitchen is now the stage, where everything happens, where everyone wants to be," she says. "It's the sexiest thing going on."

The popularity of open-plan houses has meant that separate, formal dining rooms are less common. "There are still dining rooms in older homes that are completely separate and completely wonderful," Gorder says, but they aren't the only option.

Over the decades, one detail hasn't changed: Warm, soft lighting in a dining room remains important. In addition to an overhead fixture, Burnham likes including a lamp or two to bring a gentle, flattering glow.

"It's always kind," Burnham says, "to make people look good."



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If you see an increase in your electric bill, the first thing to check is whether or not your electricity rates have gone up. Second, think about what's new in your house, like a new electrical appliance, hot tub, or home electronics. Also think about increased use of existing equipment (more electric dryer loads for a new baby, keeping lights on longer in the winter, air conditioning or swimming pool pump in the summer, etc).

If nothing has changed except for your light bulbs, then it's time to investigate if something needs to be fixed or replaced, such as a water pump that's running too often, or an aging, inefficient refrigerator. As you can gather, the possibilities are too many to enable me to pinpoint a cause. But I do have a solution: Borrow a free meter from EfficiencyVermont. These small meters plug into an appliance and a wall socket, and then show you how much energy is being used. Armed with that info, you'll be able to work with an Efficiency Vermont Customer Support Specialist, by phone, to see what actions you can take to reduce your electricity costs. To have a meter mailed to you, call 888-921-5990, toll-free.

- Bob for the Home Team

Have a question about saving energy? Want to read more tips from the Home Team's Li Ling, Bob and Kathleen? Visit www.encyvermont.com/askthehometeam or call, toll-free, 888-921-5990 to speak with a customer service representative.

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New Spring & Summer Hours at RCHS

The Rutland County Humane Society (RCHS) will begin new Spring & Summer hours. Beginning on April 1, the RCHS shelter will be open Wednesday through Sunday from 12 - 5 pm and closed on Monday & Tuesday. If you have any questions please contact the shelter at 802.483.6700 or visit www.rchsvt.org.

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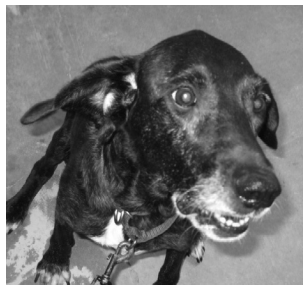
Springfield Humane Society News



Logan and Dakota are the 2 remaining sawmill kittens, abandoned at a Claremont sawmill. A shelter is no place for kittens to grow up. For these kittens it was even harder because they were not used to humans. However, lots of love and attention brought them around. Now they are about 6 months old and should be in loving, responsible home

– BEFORE spring kittens start flooding in. If you have room in your heart for a new feline companion (or 2, or 3) call the Shelter at 885-3997 or stop by Wed-Sat noon-4:30, we have PLENTY to choose from.

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.



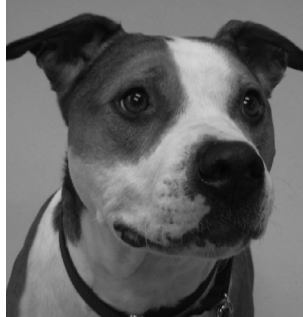
DUKE - 8 month old. Neutered Male. German Shepherd mix. I am a handsome young dog who is going to be a big fellow when all is said and done! I know Sit and I am eager to learn more!



REX - 3 year old. Neutered Male. Domestic Short Hair Gray Tiger. I am a big guy with lots of love and affection to share. I have some pretty remarkable colors!



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 love a good tennis ball and hanging with my people.



SKY - 5 year old. Spayed Female. Domestic Short Hair Gray and Buff. I have the sweetest personality and I absolutely love affection. Did I mention that I like to have my belly rubbed?



KIRA - 6 year old. Spayed Female. Rottweiler mix. I enjoy being with people and walk nicely on a leash. I know Sit and Shake and I really love treats!



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!



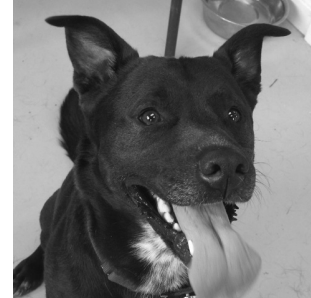
BROMLEY - 2 year old. Neutered Male. Shar Pei mix. I am a silly looking fellow (don't my ears look like they belong to a much smaller dog?!) with a goofy attitude to match.



MORLEY - 3 year old. Spayed Female. Domestic Short Hair Black. I am a petite little girl with such a sweet attitude! I am sharing a room with other kitties and am happy to have their company.



MONTI - 3 year old. Neutered Male. Labrador Retriever mix. I am a quick study. . . I know sit, down, shake, high-five and sit pretty! I can catch a ball in mid-air and I love to play fetch!



ISABELLA - 5 year old. Spayed Female. Domestic Short Hair Dilute Tortoiseshell. I think you will agree that I have some wonderful markings and I have the personality to go along with them.



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!



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Lucy Mackenzie Pet Feature

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FOR SALE BY OWNER - 2BR/1BA townhouse condo at Valley Park on River Rd. \$125,000. Call 860-978-0836 or email marinemomct@yahoo.com. 11/16

KILLINGTON - 1 ACRE, Access Rd. Residential/commercial, sewage - live at your business. Owner/broker. ivanland@aol.com, 802-324-3291. 13/15

22 ACRES, 2 brooks, surveyed & septic permit. Lakes, college. Monument Hill Rd., Hubbardton. Owner/broker. ivanland@aol.com, 802-324-3291. 13/15

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

10+ ACRE LOTS, one minute from the Killington Skyeship. Inground septic. Call 802-422-4267. TFN

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

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

LOUISE HARRISON Real Estate, 38 Rt. 4E, Mendon, 05701. 802-775-9999. 800-483-6801. Sales & rentals. Visit our website: www.LouiseHarrison.com TFN

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

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

KILLINGTON BASIN SKI HOUSE, 7/8 bdrm, 413-592-7881. 14/17

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

LONG TERM RENTALS

KILLINGTON YEAR ROUND rental, 1 bdrm apt, good location, very low utilities. \$600/ mo. 781-749-5873 or 802-422-4157, toughfl@aol.com. 14/17

KILLINGTON 2 BDRM townhouse, 1 bath, fireplace, deck, furnished. \$1100/ month including all utilities. Lease, security deposit. Yearly, summer, or April 15 - November 15. info@doylecommunications.com. 13/16

KILLINGTON YEAR ROUND rental, 2 bdrm apt, 1 bath, kitchen, dining area, living room, woodstove, excellent location, very low utilities. \$885/ mo. 781-749-5873, 802-422-4157, toughfl@aol.com. 14/17

SEASONAL RENTALS/SHARES

SPA AT THE WOODS. Elegant 3 bdrm, 3 ba, fully equipped. Spa privileges. Avail. now til Oct. 15. Price determined by # of months. References required. 203-878-7391.14/15

SKI HOUSE for rent. Spectacular views. Yearly or season. 617-315-5007.11/14

ROOM IN Mendon home near Pico. Mature, non-partier, non-smoker, dog lover. \$50 weekend, \$150 week, \$400 month. 802-747-9944. 13/TFN

KILLINGTON RENTAL (Summer & Fall) Excellent location, 4 bdrms, 2.5 bath, fully-furnished, hot-tub, washer/dryer, internet. \$350/wk or \$1000/mo.(negotiable) 978-263-1009 or dbjones09@yahoo.com. 13/16

MOUNTAIN GREEN. 1 bedroom condo in main building. Oversized bedroom with 2 queen beds. Includes all utilities, wi-fi & cable. No pets or smoking. Available May 1 thru Oct. 31. \$600 per month. Contact 860-918-1158.12/14

SUNNY STUDIO apartment for rent in Bridgewater. Available April 1. \$600 per month with 3 month lease. Wi Fi hookup. 802-396-0014. TFN

1 BDRM CONDO for rent, May 1- Oct. 31st at Mountain Green Condominiums. \$575/ mo. includes utils. Pool, fully furnished. 516-431-3460. 11/14

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ATVS - 2 POLARIS RZR800. \$4500 each or \$8000/ pair. 978-375-4604. 11/14

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

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

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Please contact Kyle Kershner or visit www.56MerrillDrive.com for details. **\$899,000**



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Great Home Improvement Projects For Spring



(StatePoint) For many Americans the warmer weather of spring means it's time to focus on all those home improvement projects that would be inconvenient during winter.

Adding an extension, sanding wooden floors or replacing a roof are a lot easier when you're not worried about the weather and diminished day light. Also, contractors are less likely to have weather-related delays that blow timelines, making spring renovations run more smoothly.

Here are some home improvement projects you may want to start this season:

– **Replace the Roof:** If your roof is starting to leak or you notice dramatic increases in heating or cooling bills, it may be time to replace it. The best time to do so is when the weather is warm and dry. Keep in mind the U.S. Department

of Energy recommends light roofing colors, which will keep down cooling costs and help reduce global warming.

– **Check the Perimeter:** Inspect your home's exterior, making sure to check your siding. Mold and cracks can be a sign you need to re-paint or replace boards. Also, now may be a good time to repave your driveway. Asphalt needs the right factors of temperature and moisture to set properly. Better weather leads to better driveways.

– **Add a Fireplace:** Fireplaces are great focal points to any home, and now homeowners can double their impact by adding see-through fireplaces that can be installed between rooms or even to warm a patio.

– **Tinker with Plumbing:** Because bathroom and kitchen renovations often require plumbing changes, the warmer months are the best for these projects. Now's the ideal time to expand that half-bathroom with a shower stall, or to upgrade your master bathroom with a whirlpool tub.

– **Install Skylights:** With longer days and clear, starry nights, it's the season for gazing at the sky. But allergens can make sky gazing difficult for some. Consider installing skylights in your home this season.

– **Sand the Floor:** Most people think of floor maintenance as a cool weather activity, but floor sanding kicks up incredible amounts of dust. In warmer weather, you can throw open doors and windows and set up fans to suck the dust outward.

The better weather makes almost all home improvement projects more enjoyable. So take advantage of the season to upgrade your home!

THESE ARE JUST A FEW OF OUR LISTINGS...



Reduced
GORGEOUS KILLINGTON CONTEMPORARY If you like to entertain, this home is for you! Huge great room w/vaulted ceilings, wet bar, gas FP, large sun room w/sauna & deck w/Hot Tub. Quality throughout. 5 BRs, 3 BAs, 3-Car heated garage. Gorgeous Master BR Suite WP tub. EXCLUSIVE.....~~\$875,000~~ \$775,000



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

OUR CLIENTS ARE #1



KILLINGTON MOUNTAIN HIWAYWAY This turn-key cabin on 5+ acres is perfect for someone seeking privacy + all modern conveniences. It's midway between Bear Mountain & Killington Base. Fully furnished & equipped. EXCLUSIVE.....\$159,000



BONUS
PINNACLE 1-BR CONDO-Immaculate & tastefully furnished Buyer of this unit will receive deeded 1-week time-share in 1-BR 2-Bath Falmouth, MA condo overlooking Vineyard Sound. EXCLUSIVE.....\$107,500

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KILLINGTON Classic Vermont ski chalet in private wooded setting. 5Br/2Ba. 5 min. from Killington Rd. Very close to golf. Sm. Apt. in lower level. 2.5 A+/-.



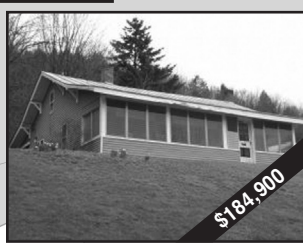
\$485,000
PLYMOUTH Private & immaculate. 3BR/2.5Ba, radiant heat, lg. deck, 12A±. Loads of light & glass. Minutes to skiing, golf, lakes & restaurants. TRULY A MUST SEE PROPERTY!



\$190,000
KILLINGTON Nice house in great neighborhood. 2Br/2Ba. Walk to Killington Road for night life, restaurants, or bus to mtn. Pond on site. Close to 2 golf courses.



\$199,999
PLYMOUTH This beautifully maintained home abuts Calvin Coolidge State Forest. 3 Br/2Ba. Close to skiing, golf and lakes. Pond on property. SELLER MOTIVATED. MAKE OFFER. MUST SEE!



\$184,900
BRIDGEWATER 3A+/- compound. 3Br/1Ba w/3 season sun rm. Lg. 2 story, 2 bay gar. + 1 car smaller gar. & additional storage shed. Well located w/nice views.



\$224,900
CLARENDON House completely redone with quality in mind. 2.8A+/- of country vistas & mtn views. A horse lover's paradise. 3Br/2Ba. 1 car garage. A MUST SEE.

MOUNTAIN CONDOS	Whiffletree	\$170,000	3BR, 2BA
	Whiffletree	\$120,000	3BR, 2BA
	Pico Village	\$175,000	2BR, 2BA
	Ledges at Hawk	\$195,000	3BR, 2BA
	Trail Creek	\$295,000	2BR, 2BA
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Killington Condominiums

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2BR/2BA Village unit **\$139K***
2BR/2BA Village end w/loft **\$465K \$149K**
2BR/2.5BA townhome on pond **\$150K**

Sunrise: Ski in/ski out

2BR/2BA ON trail w/storage **\$184.9K**
3BR/2BA very near trail **\$249K**
3BR/3BA ON ski trail **\$279K**

Fall Line: Ski in/shuttle out

1BR/1BA ski home **\$119.9K**

Trailcreek: Ski in/shuttle out

1BR/1BA plus loft **\$189K**

Whiffletree: Mtn shuttle

3BR/2BA completely updated **\$149K**

Mt. Green: Mtn shuttle

1BR/1BA starting at **\$54.9K**

Highridge: Ski in/shuttle out

1BR/1BA GORGEOUS **\$450K \$139K**
1BR/2BA plus loft from **\$157K**
2BR/2BA w/lockout **\$164K**

Pico: Ski in/ski out

1BR/1BA slope side from **\$93K**

Pinnacle: Mtn shuttle

1BR/1BA starting at **\$89K**

The Lodges: Ski in/ski out

3BR/3BA beautiful **\$400K from \$399K**

Winterberry

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Topridge: Ski in/ski out

3BR/4BA gorgeous **\$650K**

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• Stone F/place-South Exposure
• 20x15 Master Suite - **\$449K**

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• Fabulous 1-lvl-3BR/2BA
• Master BR/BA-south exp
• Gas radiant heat **\$279,000**

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• Killington 2BR/2BA + Den
• Open floor plan, new appliances
• Economical utilities **\$240,000**

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• 3BR/3BA-Gas heat - 1 Ac
• Master BR/BA with whirlpool
• Flat access **\$349,000**

ON VAST TRAILS



• 3BR, 2.5Acres-Garage
• Radiant Heat-Tweed River
• Large out building **\$335K**

POST & BEAM



• 4BR/3.5BA, 4.7 Ac, landscaped
• Open floor plan, pond
• Mom in-law apt. **\$449,000**

FOR SALE OR LEASE



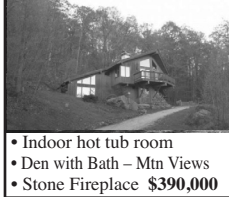
• Commercial, Retail, Office
• 2 floors plus loft, 5324 sq ft
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• 2BR+den+sleeping loft, laundry rm
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2BEDROOM/2 BATH SUITES



• Indoor hot tub room
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• Stone Fireplace **\$390,000**

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• 4BR/3BA + 3.5 car garage
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• 2BR - 1.5 BA - Oil Heat
• Bridgewater- Annex Bldg.
• Open Floor Plan - **\$169K**

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• 3BR/2BA-shuttle bus area
• Rec Rm-Dry bar&Laundry
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• 3BR/2BA per side, turn-key
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• Open Floor plan **\$339K**

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• 4BR/2BA -large Master
• Spacious & Light Kitchen
• Paved Driveway **\$359,000**

CONDOMINIUMS

Ski In & Out

Pico-Condos (P) \$112-\$129K
Sunrise Condos (P)(T) \$140K
Sunrise Townhouse (P)(T) \$178-\$259K
Topridge Townhouse (P)(T) \$175K

Ski In / Shuttle Out

Edgemont \$80K
Fall Line (P) \$110K
Highridge (P)(T) \$130-\$148K
Trail Creek w/loft (P) \$190K
Whiffletree (P)(T) \$75K

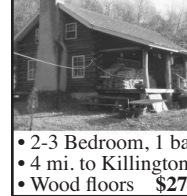
Shuttle

Mtn Green (Bldg 1 & 2) (P) \$49-\$70K
Mtn Green (Bldg 3) (P) \$59-\$85K
Pinnacle (P)(T) \$107-\$111K
The Heights (NEW) w/oversized garage (P)(T) \$179K
The Woods - Townhouse (P)(T) \$149K
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Fox Hollow (P)(T) \$219K
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Colony Club Townhouses (P)(T) \$150K
Killington Gateway (P)(T) \$209K
Moon Ridge T/House \$189K
Northside \$99K
Valley Park \$125K
Silver Birch \$180K

LOG HOME



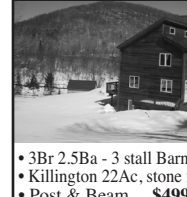
• 2-3 Bedroom, 1 bath
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• large kitchen, indoor whirlpool
• 2 master suites w/fplaces **\$449K**

POST & BEAM



• 3Br 2.5Ba - 3 stall Barn+loft
• Killington 22Ac, stone fireplc
• Post & Beam **\$499,000**

EXQUISITE RETREAT!



• 3BR/2.5BA w/guest suite
• 2 Stone fireplaces,loft, wine cellar
• Overszd 2-car heated garage **\$689K**

CHARMING CAMP!



• 2BR+loft-1BA- 1 1/2 Ac
• Winterized, yr-rd use
• Expansion Potential **\$129K**

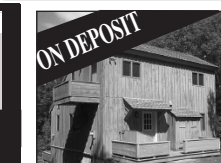
GRIST MILL AREA



• 4BR/3.5 BA -Outdoor hot tub
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