



# Be Part of the Action! Dew Tour Needs Volunteers

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## The Mountain TIMES



Volume 40, Number 2

Central Vermont's Premier Weekly Newspaper

January 13-19, 2011

### WINTER SPORTS

## National Safety Awareness Week

Killington Resort and Pico Mountain are offering skiers and riders a free lift ticket with the purchase of a new helmet to promote National Safety Awareness Week January 15-21, 2011

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### MOUNTAIN JOURNAL

## Reflections on a Skiing Life

Let's be honest, many skiers love New England - and Vermont - skiing. After all, these mountains sure beat weekends in the Canyons of Manhattan or just weekends in a mall on Long Island or Providence.

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### LOCAL SECTION

## Regional News

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

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### CLASSIFIEDS

## Need to Sell Something?

If you are in need of a condo to rent, a service to offer or even a job, our classifieds section is what you need!

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### WINE EXPERIMENTS

## Wine Service

Tipping on wine is often a question with no clear answer. Different opinions vary from a flat tip (\$5 per pulled cork) to 10% of the bottle price to the regular service gratuity of 15 to 20 percent.

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[www.mountaintimes.info](http://www.mountaintimes.info)



Photo courtesy of Vic Cox at Union Arena in Woodstock, VT

## On the Ice

by Thomas Bartlett

I walked into the Spartans Arena during a public skate this week and watched people skate. Round they went, all going at their own pace and most everyone smiling. I saw people holding hands as they skated lazily along the wall where on game day there would be players slamming each other off of the boards. Each person created their own wind as they went skating by.

I sat on the bench where the Rutland High School boys and girls ice hockey teams sit for a game. The Castleton State

Spartans ice hockey team (men and women) also frequent this ice to the sound of just under a thousand in the stands. Round and round the skaters went entering the center of the ice to try skating backwards or to practice a trick. The sound of blades on ice filled the air and the Spartans game clock counted down the time left in public skate from high above. The buzzer sounded and the skaters made their way to the warm area to put on footwear that had no sharp implements on them.

Ice, Page 2



## Killington This Week

by Kim Jackson

— You Know the Winter Dew Tour is Coming, Right?

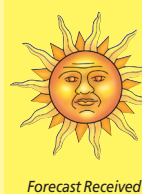
If you don't, you're probably living under a rock. It starts next Thursday, Jan. 20 and with the extent of national coverage coming to town, it promises to be something of grand, beastly nature. Top names from the Olympics and the X-Games will be in the house; check out the Dew Tour section of [killington.com](http://killington.com) for the latest athlete profiles and a schedule. Boasting the largest media platform in all of winter action sports, the Winter Dew Tour will be televised live on NBC, simulcast on Verizon V CAST and around the world on Eurosport 2 and Fox Sports Australia, with additional broadcasts on USA Network, MTV2 and Universal HD. The four-day event will feature a 22-foot superpipe at Bear Mountain (which is now open) while showcasing the top winter athletes from around the world competing in freeskiing (slopestyle and superpipe) and snowboarding (slopestyle and superpipe). Athletes are competing for the highly coveted Dew Cup that will be awarded at the Toyota Championship at Snowbasin Resort in Ogden, Utah. They are also vying for some of the \$1.5 million in prize money. Look for a special supplement complete with athlete bios and profiles, a schedule of events, and more, in next week's issue of The Mountain Times.

— This past weekend at Pico Mountain, I think I could count on two hands the number of people wearing hats (there were actually a couple of people who weren't wearing anything on their heads, too, but that's just plain cold). Yet probably about 10 years ago, it was the reverse, and if you saw someone wear-

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Forecast Received  
January 11, 2011

### WEATHER

Day	Weather	HI
Wednesday	Snow	22°
Thursday	Snow	20°
Friday	Sunny	19°
Saturday	Cloudy	19°
Sunday	Snow	23°
Monday	Sunny	25°



# Ice

continued from page 1

There are a few ice rinks in the area, and they all offer public skate time for all of you who gotta skate. Each arena offers hockey games and everything else that maybe enjoyed on the ice. Looking to make some laps on a manicured ice rink? Look no further. Read on.

The Spartans Arena is located behind the Diamond Run Mall on route 7 south. There are lots of organized activities going on in the arena, with public skate times usually offered for a couple of hours during the day on Monday, Wednesday, and Friday. There is also public skate on Sunday afternoons.

Dave Manfredi runs the speed skating club. He coaches about 15 short track speed skaters training for regional competition. On Friday nights there is

a teen night that usually begins at eight, but consult the calendar for all Spartans arena events because they are not set in stone. You can find all things Spartans Arena at [www.vsc.csc.edu](http://www.vsc.csc.edu) or call 802-775-3100. Rentals are available for everyone and you can book birthday parties as well.

The Rutland Amateur Hockey Association (RAHA) is on the ice in the arena as well. The RAHA philosophy is this: To provide an exciting, creative, challenging environment for learning the skills of ice hockey... There are men's and women's leagues and freestyle nights for sharpening your figure skating skills. But if you want to see some good College Hockey, see a Spartans game. The men's and women's teams are both affiliated nationally

with the NCAA Division III. Their next game is on Friday the 14th at 7:00pm against UMass Boston. Go Spartans!!!

On the other side of town in Rutland there is the Giorgetti Arena. In the off season the Flipside Skate park replaces the ice and outside the arena mountain bikers are spinning on the trails of Pine Hill Park. Like the Spartans Arena, Giorgetti Arena offers rentals and skating lessons. There is public skate on Tuesday, Friday, Saturday and Sunday... usually in the late afternoon or early evenings. For a calendar of events go to [www.rutlandrec.com](http://www.rutlandrec.com) or call 802-773-1822.

On Tuesday nights broom-ball is played. Hockey with your shoes on. If you can't skate at you can still put a good friend into the boards. On Tuesdays and Thursdays a Lunch time public skate is offered. And a couple nights a week you can do a little curling with the Rutland Rocks Curling Club. It is their fourth season of curling at Giorgetti Arena from 11:00 to 1:00 pm have some lunch and do some skating.

Drive over the pass and on to Woodstock where the Union Arena Community Center claims to be "The Coolest Place in Town." I am sure they are quite right. The Union Arena is home to the Woodstock Union High School boys and girls varsity ice hockey teams. Go Wasps!!! The next boys game is on Saturday the 22nd against Northfield and the girls play Hartford on Wednesday the 26th. Public Skate is Monday thru Friday from 1:30 to 3:00 and Saturdays and Sundays from 2:40-4:10. For schedule and calendar of events go to [www.unionarena.org](http://www.unionarena.org).

Union Arena also offers adult hockey nights and broom-ball. The Arena is also home to the Colts which is a program for boys and girls ages 5-12, divided into three age divisions: Mite Division, Squirt Division, and Pee Wee Division. Go Colts!!!! The arena offers

a free senior skate program for all humans 55 years old and up. Free rentals and admission.

Three busy ice arenas offering skate opportunities for everyone. Once you walk through the doors of these arenas you can smell the cool of the ice. Admission is not free, but very close to it. Check with each arena for prices and schedules and you will find there is plenty of non-skiing and riding action very close to home.

If skating is new to you the opportunity to learn and rent gear is wide open to you. An experience shared with ice loving folks or people looking to kick their skates around in a circle for a while and remember the carelessness of being a child with a pair of skates. Excited about forward propulsion with your feet but on ice. The sharp blade giving you a feeling of control on a slippery surface. There is much more hockey going on around you than you know. Good college, high school and pickup games are going on out there. The more fans the better or join a team and play.

The legs burn and complain a bit from the use of muscles which usually remain quite dormant. Skating forward and backward for a couple of hours makes an impression on your body. Round and round you go with wind in your face from the momentum that you provide through effort. Public skate times are calm and quite relaxing as you go round and round. Circle after circle the body adjusts to the activity and calms the mind of its own daily circular motion.

The ice rinks are there for everyone and at the end of every day, they are resurfaced and as smooth as glass for the next days skate. Whether you're on a team of hockey players, or with a group of friends looking to make some laps, the arenas are out there and being cared for by people who love to skate like you do.

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# Killington This Week

continued from page 1

ing a helmet, you probably thought that person was just being overly cautious and had been hooked into the latest ski industry "gimmick."



It's now clear that helmets are certainly not a gimmick, and it's encouraging to see so many people are now using their heads—literally—when it comes to safety. That's due in part to the National Ski Area Association's annual national push of National Safety Awareness Week, which occurs each January around this time at resorts across the country. Beginning this Saturday through Jan. 21, resorts will highlight some of the basics of skier and rider safety, which ultimately can only enhance one's experience on the mountain—in a safe and fun way.

At Killington and Pico the trend continues as well and the highlight of the safety week will be earning a free lift ticket with the purchase of a new helmet from

any Killington Sports shop or Pico Sports. The deal is just one of the ways Killington is encouraging slope safety awareness and responsible behavior on the slopes.

Two of NSAA's programs, Heads Up – Know the Code and Smart Style, highlight many of the basic safety codes that skiers and snowboarders should know while on the slopes. The Heads Up program has been around for years and reinforces the main points of the Skier and Rider Responsibility Code like:

1. Stay in control.
2. People ahead have the right of way.
3. Stop in a safe place for you and others.
4. When starting downhill or merging, look uphill and yield.
5. Use devices to help stop runaway equipment.
6. Observe signs and warnings and keep off closed trails.
7. Know how to use the lifts safely.

— Smart Style is similar to Heads Up, but specifically deals with safety and courtesy in terrain parks. Smart Style goes like this: Make a Plan, Look Before You Leap, Easy Style It and Respect Gets Respect. There also is a video that shows the ATML method: Approach, Take-Off, Maneuver, and Landing. Throughout the Safety Awareness Week at Killington and Pico, reminders of these two programs will be found on stickers and cards for guests as well as on café trays, at places where tickets are purchased and on shuttle busses. Mountain Ambassadors will be wearing bright yellow jackets that display important safety awareness messages based on Your Responsibility Code and Smart Style as well.

At Ramshead Lodge, a special interactive safety awareness display is geared to help create safety awareness at an early

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*Killington*  
SPORTS

## **Buy a Helmet Get a Free Lift Ticket Voucher**

**Purchase a helmet at any Killington Sports location during National Safety Week from January 15-23 and receive a free voucher good for a day of skiing at Killington Resort. Vouchers valid any day of the 2010-2011 season after January 21.**

**New for this year, Killington Sports Route 4 is featuring the Sport Obermeyer Concept Store plus fifteen specialty shops stocked with the latest from Auclair, Bonfire, Bula, Burton, Giro, Gordini, Helly Hansen, Oakley, O'Neill, Scott, Skullcandy, Smith Optics, Spyder, The North Face and Under Armour.**

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## Life Without Football

As I write this, the NFL has four weeks left – I'm not including the Pro Bowl, because why would I? – but, for me, football season has effectively ended. My Philadelphia Eagles lost to the Green Bay Packers on Wild Card Weekend, which was pretty disappointing, since back in November I was almost certain that we were headed to the Super Bowl.

I'm trying to react reasonably, though. Despite the team's earlier promise, it had problems all along – the entire defense, the offensive line – that were at first masked by Michael Vick's extraordinary play and then exacerbated by injuries. Now that I've accepted the loss, part of me actually looks forward to having my Sundays free for a few months.

Don't get me wrong: I love football. But from September to January, my week is essentially one day

shorter, which means that I have one fewer day to pursue all the other things I like and do all stuff I have to do. NFL fandom requires a big time commitment.

Look at this way: if you're an NFL fan, you probably watch roughly three games a week – let's say you watch the 1 p.m. or 4:15 p.m. game on Sunday (but not both), Sunday Night Football, and Monday Night Football. By some people's standards, this is a modest load – more faithful fans also watch Thursday Night Football.

Let's say you're also silly enough to catch a pre-season game, and you decide to take in all 11 post-season games. In addition, let's say that, during the regular season, you spend an hour a week watching highlights, another hour reading or listening to analyses, and another hour on fantasy football. If each game takes up three hours, that means you'll spend 240 hours on the NFL this season – ten whole days' worth. It is my understanding that if you instead occupied these hours, spread over four months, by jogging, you'd be in shape to run quite a good marathon time by the end.

So here's the question: football, obviously, is good, but is it good enough to warrant missing all the things you could be doing with those 240 hours per year if you weren't watching football? Over four decades, at this level of fandom, the NFL will account for significantly

more than an entire year of your life.

Doubtless there are more important things we should be worrying about. For me, the most important thing is writing: I'd really like to write more than I do. If I write just 50 (!) words in an hour, then 240 hours of writing produces 12000 words: one-fourth of "The Great Gatsby."

You might suggest that, instead of trying (and failing) to cut out football entirely, I might simply cut down on it. There was a time, years ago, when I watched basically only the Eagles' games. But for me, a diminished commitment to the NFL also leads to diminished enjoyment when I do watch football: without context, there can be no understanding, and without understanding, it's not much fun.

And that, really, is the crux of the issue – I want to have fun, and football is fun. Another fun thing that I spend an absurd amount of time on is skiing, but at least I have the excuse that it's good exercise. But really, I do it mostly for the enjoyment, and that's a valid reason for me. I'm glad I can't think of a way to make even an approximate calculation of the amount of time I spend uselessly browsing the web every year (I'm not sure my standard-issue Windows calculator can handle numbers that big anyway), but I enjoy my time on the Internet, too. As I see it, life isn't about productivity; if I felt comfortable saying that it's about anything, I'd say that it's about trying to have an interesting and not-unbearable experience on Earth.

The trouble is that, though the activities like football and web-browsing are interesting, they probably aren't interesting enough for me to want them to comprise the main substance of my life, and so the amount of time I spend on them is inconsistent with the importance I theoretically place upon them. Sometimes it feels as though the primary and the auxiliary in my universe have been swapped.

From one perspective, the NFL is a minor problem: even after football, approximately 8526 hours remain in the year, and I can account for very few of them. On the other hand, it's that kind of thinking that leads me to give myself permission to waste a ton of time on trivial stuff. Sometimes I feel as though my inability to put every hour of the day to good use means that it's OK for me to let as many slip away as I wish, and that isn't right. There are a lot of interesting things I want to do and a lot of interesting things I want to write.

But remember: I didn't just say that life should be interesting. I also said that it should be bearable. Logically, any interesting activity, productive or unproductive, should serve to make life more bearable, so we ought to choose the productive activity every time, but of course it's more complicated than that. What makes life endurable is a mystery, really – for each of us, it changes all the time, and we're all at the mercy of our random, silly needs. Football helps me survive – though, of course, it doesn't help much when my team loses in the playoffs.

## CV Selected Electric Car Demo Program

Central Vermont Public Service has been chosen to test a Toyota Prius Plug-in Hybrid vehicle as part of a demonstration program, which is being implemented around the world. CVPS is the only Vermont participant.

The program, which has strategically placed Prius Plug-in Hybrid vehicles worldwide – including more than 160 in the United States – is intended to gather customer feedback on the vehicles' performance and educate the general public about plug-in hybrid technology. The plug-in Prius is not yet available for purchase.

"Using the new Prius will produce feedback for Toyota, but it will also help us become familiar with some of the new vehicle options that are out there," said CVPS Transportation Manager Dan Mackey. "It is

a great complement to our ongoing efforts to study the next wave of vehicle options and how our electric grid can provide customers with clean, affordable energy for transportation."

"The main goal of the program is to gather significant real-world customer feedback, including how and when they charge the vehicle, and how the vehicle performs under different conditions," said Scott Heyer, corporate manager, fleet, Toyota Motor Sales, USA, Inc.



The plug-in hybrid Prius is a mid-size vehicle that seats five

people, has an electric vehicle range of 13 miles and operates in electric vehicle mode at speeds up to 60 mph. It requires three hours of charging on a standard 110-volt outlet or 1.5 hours on a 220 volt outlet, and returns to full-hybrid mode when all electricity is depleted.

CVPS spokesman Steve Costello said the study is a natural fit with the company's efforts to examine plug-in vehicles through CVPS plug 'n go™. "We have been at the forefront of studying these technologies for years, and expect to play a significant role in helping our customers understand the benefits vehicles like the plug-in Prius can provide," Costello said. "Participating in the study will give us another important data point as we continue to examine their potential."

## Killington This Week

*continued from page 3*

age. At the display, kids and adults can talk with Mountain Ambassadors, enter to win a prize, and have their picture taken with the Heads Up! logo.

At both Killington and Pico, mountain ambassadors, ski patrollers and ski and snowboard instructors will be handing out stickers and cards in addition to Get Smart Freestyle Terrain Users Guides. Guests can take a brief safety quiz to win a prize as well.

— Many of the local elementary schools will be participating in a safety poster contest, where fourth and fifth graders will create posters illustrating any one of the seven points of Your Responsibility Code or one of the four elements of Smart Style. Posters will be on display around the resort and judged in two categories: Best Overall Safety Message and Most Creative Design. Two winners and two runner-ups will receive prizes. Winners of the local contest will be entered in National Ski Area's Associate national contest. Check out [www.nsa.com](http://www.nsa.com) for more information about any of the national safety awareness programs.

— Don't forget January Learn to Ski and Snowboard Month continues this week as well (with the exception of during the MLK holiday, Jan. 15-17) and there are free Learn to Ski and Snowboard lessons to be had for anyone 16 and older accompanied by a friend/family member purchasing a full-day adult lift ticket on the same day. Those who take advantage of the free learning opportunities may purchase two additional days of lessons, including rentals and learning area lift tickets, for just \$60.

— On Sunday, the second of four K-Town Showdown events takes place, again as a rail jam, location still to be determined at press time so check out [killington.com](http://killington.com) for updates. The day begins with check-in at 9 a.m., followed by practice and the first event starting at 11 a.m. At each event, competitors will win prizes and bragging rights. The more events participants compete in, the lower the entry fee as well. For those who participate in the first three events receive a free entry to the last one. The next two events in the series will be held Feb. 19 and March 26. For more information including registration fees and divisions, and to register, visit the events page at [killington.com](http://killington.com).

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## Nature's Way

# Backyard Chipmunks Living the Good Life

by Kent McFarland

Each fall day he appears with a skinny face and leaves with ballooned cheeks. Over and over, he fills his cheeks and runs away to empty them. Our eastern chipmunk, it seems, is living in a good neighborhood. Our bird feeders provide him with an endless supply of sunflower seeds.

Impossible to count as he gathers them, the seeds make me wonder how many he carries on each trip. University of Vermont biology professor Bernd Heinrich pondered the same question. While examining a road-killed specimen, he found 60 sunflower seeds in one cheek, about a heaping tablespoon.

Chipmunks can hoard up to 8 pounds of seeds for the winter. So how many trips would the chipmunk have to take to fill up his storehouse? I weighed 120 sunflower seeds on a kitchen scale. At 2 ounces a mouthful, it would take him just 64 trips.

Sometime in November, I noticed that our resident chipmunk was no longer making trips to the seed market. And now standing on frozen ground and a bit of snow, I imagine him lying curled asleep in his nesting chamber. The main tunnel is perhaps 20 to 30 feet long with several full granaries, sleeping quarters, and separate escape tunnels. But what is it actually doing down there in the dark for five months?

Eastern chipmunks are restless hibernators. They don't just sleep away the winter months. Chipmunks live off their seed hoard. Unlike other mammals such as bats, chipmunks don't lay on fat for winter. Instead, they rely on good food stored in the pantry. All winter long, chipmunks eat and chill out, eat and chill out. And not just "chill out" in the sense of kicking back. They really do chill out by falling into torpor for stretches of up to eight days. Torpor is characterized by reduced body temperature, oxygen consumption, heart rate, and breathing, which all lead to much lower energy use. It makes a mouthful of sunflower seeds go a long way.

Many animals enter torpor during times of resource scarcity. When things get tough, they shut the system down and wait for better times. But torpor can have serious physiological costs. It's not easy on the body in the long run, but it does allow for short-term survival. Individuals that have good energy reserves may not enter torpor as much as those that may need to stretch their food stores a bit more.

Each arousal from torpor is also energetically costly. Arousals can account for 80 to 90 percent of total energy expenditure each winter. But they can't be

avoided: long bouts of torpor can depress the immune system, cause dehydration, memory loss, and damage to tissues through oxidation. As an animal cools down, the circulation of antioxidant enzymes and vitamins are slowed, resulting in oxidative damage to tissues over time.

Daniel Monroe and his colleagues from Sherbrooke University in Quebec thought that chipmunks might be faced with a cost/benefit trade-off. They can benefit in the short-term by going into deep and prolonged torpor to allow for energy savings in lean times, but they risk long-term physiological damage to their bodies from staying in torpor for too long if conditions stay rough.

They set out to test this with free-ranging, wild chipmunks using miniature data loggers that measured skin temperature mounted on tiny collars that the chipmunks wore around their necks, a proxy for internal body temperature. Chipmunks in the summer had skin temperatures that averaged about 99 degrees F. In midwinter, they averaged 97 degrees F when not in torpor, in a chamber that was usually below 50 degrees F. Those on a natural diet spent a total of 104 days in torpor with an average skin temperature of just 48 degrees F, while those fed on a diet of black sunflower seeds and peanuts only spent 13 days in torpor with a skin temperature of 72 degrees F. Clear evidence that chipmunks could adjust the depth and duration of torpor according to the size and composition of their food cache.

They also found that male chipmunks are more responsive than females to food supplementation. Males probably use more food during the winter to ensure that they have maximum reproductive capacity for early spring mating. Females, meanwhile, maintain deeper, more prolonged torpor to conserve their food cache for pregnancy and lactation during the early spring before fresh food is available.

The chipmunk in my backyard feeding on sunflower seeds has a diet far higher in fatty acids than those in the woods eating acorns and beechnuts. And because nut crops wax and wane over the years, woodland chipmunks may also have a smaller hoard most years. My backyard chipmunk is guaranteed a steady supply of sunflower seeds that contain 30 to 50 percent fat. With the pile of seeds that our backyard friend has, he's surely living the good life right now, underground.

Kent McFarland is a biologist with the Vermont Center for Ecostudies. The illustration for this column was drawn by Adelaide Tyrol. The Outside Story is assigned and edited by Northern Woodlands magazine and is sponsored by the Wellborn Ecology Fund of New Hampshire Charitable Foundation: [wellborn@nhcf.org](mailto:wellborn@nhcf.org).

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## Purchase a New Helmet and Ski Free at Killington & Pico!

Killington Resort and Pico Mountain are offering skiers and riders a free lift ticket with the purchase of a new helmet to promote National Safety Awareness Week January 15-21, 2011. Killington will once again be teaming up with the National Ski Areas Association to encourage slope safety awareness with special events, giveaways and contests that help educate skiers and riders about responsible behavior on the slopes.

During Safety Awareness Week, Heads Up - Know the Code and Smart Style stickers and cards will be available for guests. Information will also be displayed on café trays, at ticket sales points and on shuttle busses, as well as in ski and snowboard shops. Mountain Ambassadors will be wearing bright yellow jackets that display important safety awareness messages based on Your Responsibility Code as well as Smart Style, a four-point safety awareness message about the use and progression of freestyle terrain at mountain resorts.

Ramshead Lodge Interactive Safety Awareness Display: Safety awareness starts at an early age, so look for the interactive display at the Ramshead Lodge at Killington. Here, kids and adults can talk with Mountain Ambassadors, enter to win a prize, or simply stop by for some safety awareness fun. Don't forget to get your picture taken with the "Heads Up!" logo.

On the Mountain: Mountain Ambassadors, ski patrollers and ski and snowboard instructors will be handing out Heads Up! - Know the Code and Smart Style stickers and cards in addition to Get Smart Freestyle Terrain Users Guides. Try taking a brief safety quiz to win a prize!

Buy a Helmet - Receive a Lift Ticket Voucher: Buy a helmet in any Killington or Pico Sports shop from January 15-21, 2011 and receive a voucher for a one-day lift ticket valid any day from January 22, 2011 through the end of the 2011 winter season. Kids can also register to win a free helmet and other prizes at the Safety Awareness Display at the Ramshead Lodge.

Local Safety Poster Contest: In order to promote slope safety awareness and education to elementary school children, several area schools are participating in the resort's local poster contest. Fourth and fifth grade students will create posters illustrating any one of the seven points of Your Responsibility Code or one of the four elements of Smart Style. Posters will be on display around the resort and judged in two categories: Best Overall Safety Message and Most Creative Design. Two winners and two runner-ups will receive prizes. Winners of the local contest will be entered in National Ski Area's Associate national contest.

For more information about Killington Resort, contact 1-800-621-MTNS. For more information about Pico Mountain, contact 1-866-667-PICO.

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## Weekend Escapes: Reflections on the Skiing Life

Where skiing is concerned some of us may not always love wisely but we can love well. Understand, off the mountain, I've only loved once, and was lucky to marry my great love. And on the mountain, despite constant travels and despite a brief life escape to Colorado, I remain deeply attached to Eastern skiing. Okay. It's a different love. But, an important one, that also feeds my soul.

Let's be honest, many skiers love New England - and Vermont - skiing. After all, these mountains sure beat weekends in the Canyons of Manhattan or just weekends in a mall on Long Island or Providence.

Weekend life for many skiers brings loving- escapes to the Green Mountains. In truth, though, skiing is only part of the draw. Wander toward nearby Quechee Gorge, for instance, and the mountains reveal devilishly different angles and views. Whether enjoying watching the glass blowing or potters at Simon Pierce Glass outside Woodstock or taking a moment to compare and contrast Rutland and Ludlow folks can glimpse a balancing of small town life, small urban development, weekend tourism, and architectural reflections of times past and yet to be.

The balancing contrasts are enticing. Leaving Exit 6 off I-91 as you head toward Okemo or Killington the delights of a quick stop for Vermont Common Cheese

Crackers and old fashioned "gadgets" and lotions at the Vermont Country Store routinely attracts weekend warriors. In fact, though, this is only one of the many draws which entice weekend warriors.

Truly, many weekend skiers are just smitten with the region. The contrasts are surely and simply engaging. Sure, the skiing is the draw, but the charm can't be beat. And, judging by the crowds who wander in and about the shops, stores, and valleys near our resorts is, above all else perhaps, a study in contrasts. Take Okemo. Close to city life. Yet removed. Full of great skiing. Yet balanced by quiet cross country trails and exciting snowmobile adventures. Take Killington. Full of adventure on a busy access road. Full of diversity on the mountain. Complete with multiple base lodges each boasting different charms and challenges. Sometimes, with trails so busy it is reminiscent of city life and city traffic. But with an easy escape to the trees.

You have to love the contrasts.

True, Vermont has changed. So too, though, have the people who live, travel, and play in the region. Truthfully, though, the same can be said for ski regions in Colorado and Utah. In point of fact, times have changed. Tourism has changed, Skiing has changed. It's just life.

In reality, though, the popularity of the region as a tourist destination is, to a great degree, a product of the ski industry. Yet, the industry remains dictated to by the whims of mother nature. And mother nature remains fickle. One year -the snow is extraordinary. In contrast, last season, Washington, DC snowfall seemed to rival New England. Still, whatever the snowfall, the ski experience is only part of a weekend or winter escape.

A friend of mine, a native Vermonter who lived in Vail briefly before settling in for a life in the Green Mountains, once told me he loves the mix of people who visit resorts. He loves the natives. He loves

the weekend guests. And he loves the second home owners who add necessary tax dollars. I smiled when he told me because he was also telling me that we can all enjoy his state, without necessarily being from his state. He's from Vermont. I'm not. His wife's not. But he also told me we are all from different places.

I guess it's not where we come from, really, that matters. What matters, to my friend at least, is who we become. Who we love. How we treat others. And how we treat each other. Sweet.

By and large, our resorts are marketed by resorts to weekend guests. We see Maine, as one illustration, marketed through photos of lighthouses and red lobsters. Vermont, too, is another example of marketing. It too is packaged. With scenes of winter beauty. Covered bridges. And packed powdery slopes. Whether traveling to Killington, Okemo, or elsewhere, skiers can converge comfortably on the byways - off the highways - in and about the mountains. We see it in the scenes and steeples. We see it at the covered bridges. And we see it on the slopes.

Okay. A covered bridge: is awfully pretty covered in snow.

On the lifts it is common to hear one skier or rider ask another if they are a local or tourist. Resident or visitor. As if, at that moment, it matters. I mention this, because at that moment - however brief - it does not matter. It will later, when one returns

home. When one pays bills. And when work and daily life resume. But for that ever brief moment, on the lifts, both share a similar set of values and views. A view of the mountains. A feeling for the snow. And a brief escape from other life events.

See if you agree: Nature can comfort. Mountains can soothe. Skiing can bring peace.

There is something infinitely precious, then, about winter escapes. So precious, actually, that while working in New Hampshire for several weeks some time past, I was not surprised to hear a resort worker tell me of his ski vacation to a Vermont resort. And tell me about his enjoyment of the Green Mountains. Wow! He lives in the White Mountains, he can ski free at the mountain where he works, and he took a vacation to the Green Mountains. Is that drama or dramatic?

The great writer, T.S. Eliot once wrote that it is the journey in life that matters. For all who journey to ski, whether for a day, weekend, week, or lifetime, that journey can be profound. Here at The Mountain Times, we think skiing and riding is about more than a run. It's about more than a single day in the mountains. We think our mountains are special. Whether visiting for a day, week, or a lifetime. May you treasure your time in the mountains. From your first run. To your last run.

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## Public Transportation in Place for Dew Tour

The Town of Killington Office of Economic Development and Tourism (EDT) announced its plan to support the Winter Dew Tour through the support of a Public Transportation System for the event.

The Town of Killington expects to see more than 25,000 guests as it hosts the second leg of the 2010-2011 Winter Dew Tour. To ensure that skiers and spectators can easily enjoy all of the Winter Dew Tour activities, the EDT has worked with Killington Resort to provide free bus service through the town, with over 20 buses running on major routes throughout the weekend.

The three-day public transportation plan January 21-23 will feature multiple bus routes with stops at Killington Base Lodges, overflow parking lots and various Killington Road locations. In addition to parking at Killington Resort lots K-1, Ramshead, Skyeship, Snowshed, Sunrise and Vale, overflow lots will provide park and ride access from the Wobbly Barn, Pickle Barrel Nightclub, and the Grist Mill. A Killington Road shuttle will run Friday through Sunday during the weekend and make frequent stops at each of these locations. Additionally, Sunrise Lodge will be open for parking on Saturday to all guests. The Bus will also be running its usual Killington Road routes throughout the weekend.

Bear Mountain will serve as the hub of the Winter Dew Tour, hosting both the Festival Village, Superpipe and Slopestyle competitions. The entire Bear Mountain parking area, including Bear Mountain Road, will be closed to parking to accommodate the Festival Village Thursday, January 20 through Sunday, January 23.

Residents and guests are encouraged to make use of the public transportation system, which is designed to accommodate over 10,000 riders per day. Overnight guests will benefit from hotel and restaurant shuttles, while locals and residents will save time by taking public transportation to the Resort instead of driving. All routes will have designated buses making multiple trips per hour, and ski and snowboard equipment is welcome on all shuttles.

A comprehensive Dew Tour Spectator Guide is being published by The Mountain Times which will be distributed throughout the region as an insert in their January 19, 2011 edition. A transportation map, produced by the Times and sponsored by EDTC, will appear in the guide. Overrun copies of the Spectator Guide and map, funded by The Mountain Times, Alli Sports and EDTC, will be available at all Killington Resort base lodges, spectator parking lots and area lodging properties.

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## Rutland Rocks!



Can you hear the "roar?" It is the sound of granite curling stones sliding on the ice at Giorgetti Arena in Rutland as the Rutland Rocks Curling Club announces the formation of Curling Leagues on Sunday

and Wednesday evenings. The enthusiasm for the sport of curling here in Rutland has become contagious!

The Rutland Rocks Curling Club began its fourth season of curling at Giorgetti Arena in November with twenty-seven members, and has almost doubled in size over the past two months. It is this enthusiasm and commitment that has also led the Rutland Rocks Curling Club to take the exciting step of purchasing three sets of curling stones – the first of the five Vermont curling clubs to do so! The forty-eight granite curling stones, originally manufactured in Scotland, are coming from the Green Bay Curling Club in Wisconsin and should be in play in Rutland in early January.

The Club curls on Sunday and Wednesday evenings through February. We welcome observers to our club curling – come and see how we strategize the game and deliver the stones.

We invite all who are interested in trying this great winter sport to come to our free Open House on Sunday January 9th, from 7:00 to 9:00 pm at Giorgetti Arena (2 Oak Street, Rutland). In addition to learning about the sport, participants will be able to get on the ice to give it a try!

The Rutland Rocks Curling Club also offers Learn to Curl Clinics throughout the season. For details on the Club and the season, call Rutland Rec Department at 802-773-1822. Tell them you saw it in The Mountain Times



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**12-PACK:** Adults: \$810.00, Young Adults/Seniors: \$710.00, Junior/Super Senior: \$550.00

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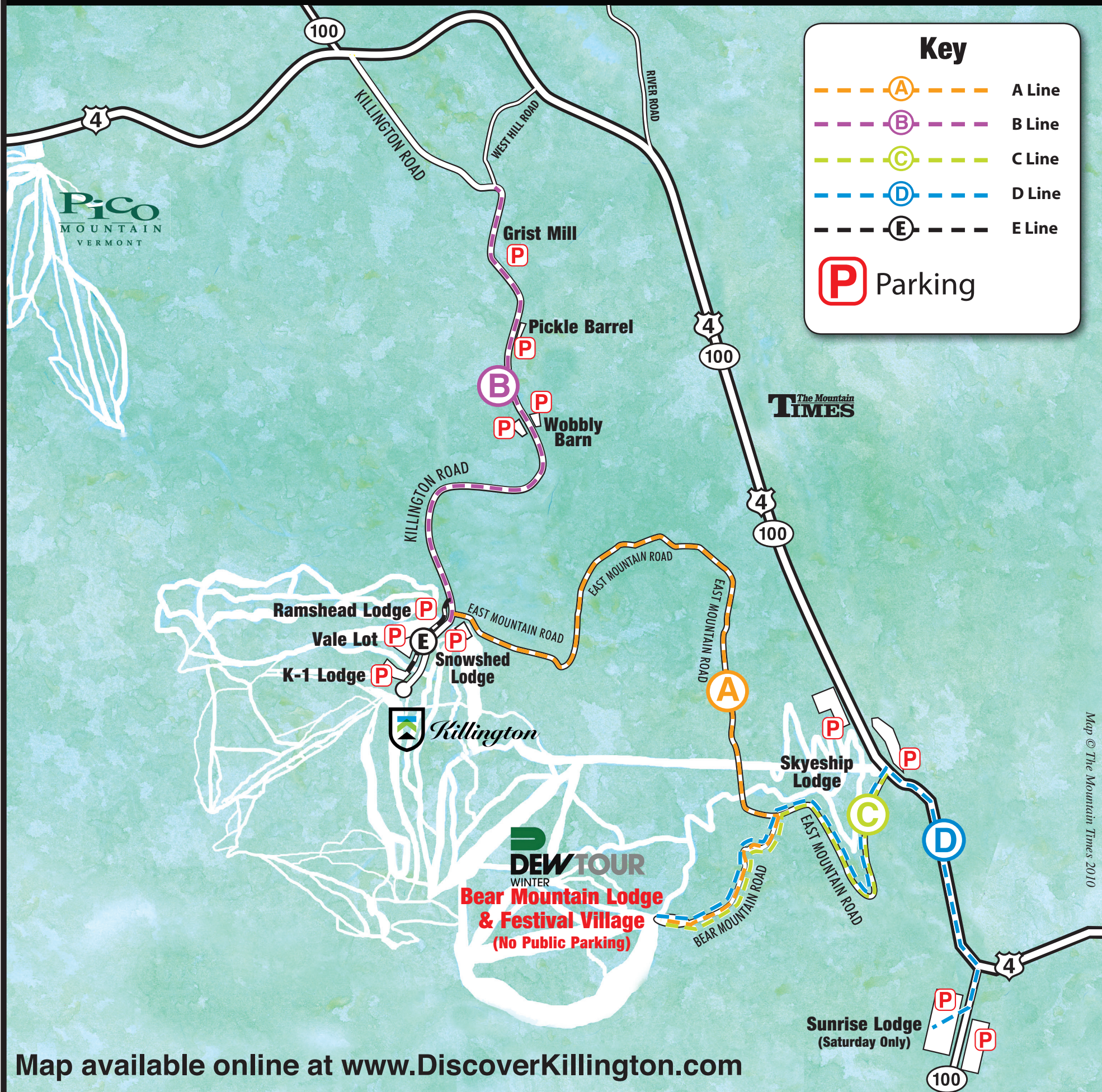
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# KILLINGTON VERMONT DEW TOUR

# JANUARY 20-23 2011

## Public Transportation and Parking



Map available online at [www.DiscoverKillington.com](http://www.DiscoverKillington.com)

### Bus Routes and Schedules

Route	Days of Operation	Times of Operation
Snowshed Lodge to Festival Village	A Line Friday - Sunday	Fri 8am-8pm • Sat 7am-7pm • Sun 7am-5pm
West Hill Road to Snowshed Lodge*	B Line Friday - Sunday	Fri 8am-8pm • Sat 7am-7pm • Sun 7am-5pm
Skyeship Lodge to Festival Village	C Line Friday - Sunday	Fri 8am-8pm • Sat 7am-7pm • Sun 7am-5pm
Sunrise Lodge to Festival Village	D Line Saturday Only	Sat 7am-7pm
K1 Base Lodge to Showshed Lodge	E Line Friday - Sunday	Fri 8am-5pm • Sat 7am-5pm • Sun 7am-5pm

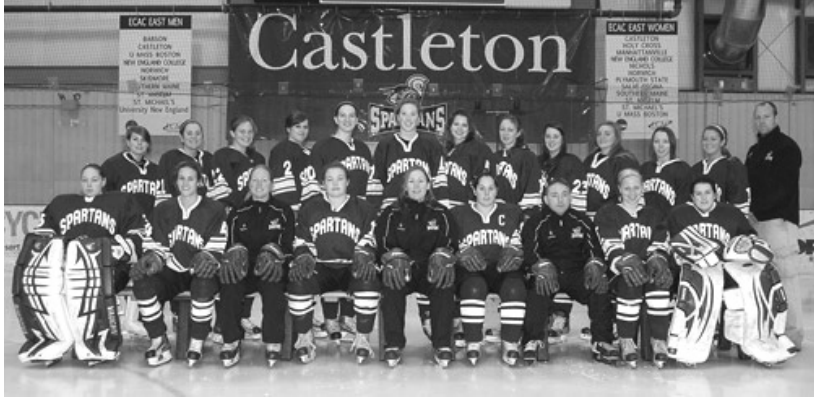
There is NO public parking available at Bear Mountain Festival Village or along Bear Mountain Road

\*On Saturday and Sunday, this route will run from West Hill Road straight to the Festival Village





## Castleton Women's Ice Hockey Team to "Pink the Rink"



While not sacrificing for a moment their loyalty to Spartan Green, the Women's Ice Hockey Team is once again donning pink in support of the Breast Care Program at Rutland Regional Medical Center for the second annual "Pink the Rink" match. Members of the women's hockey team will wear collectors' edition pink jerseys for their game against Nichols College at 7 p.m. on Feb. 4, 2011 at Spartan Arena. The jerseys will be available for auction prior to the game with net proceeds benefiting the Breast Care Program.

Admission to the game is \$6 for adults, \$4 for faculty/seniors/alumni, and \$2 students. The game-worn pink jerseys will be auctioned online from January 5-February 4, 2011. Bids can be placed by visiting the Castleton Athletics website.

Last year's event netted over \$5,000 in support of the Breast Care Program. The program will begin with a ceremonial puck drop. For more information on the Women's Ice Hockey Program or the Pink the Rink event, please call Castleton State College Athletics at 802 468-6427 or Bernadette Robin at 802.747.3634.

## Paramount Theatre presents The Music Man

The National Tour of "The Music Man," winner of 6 Tony awards including Best Musical, is bringing its small town charm and famous songs to the Paramount Theatre in downtown Rutland, VT for one performance only, Thursday, January 20, 2011 at 8:00PM.

"This production will wow audiences like no national Broadway tour has before!" commented, Eric Mallette, programming director for The Paramount Theatre "With the largest touring cast to ever grace The Paramount's stage and a massive live orchestra, this is going to be THE theatre event that is talked about for a long time!"

An affectionate nod to Smalltown, USA of a bygone era, The Music Man follows fast-talking traveling salesman Harold Hill as he cons the people of River City, Iowa into buying musical instruments and uniforms for a boy's band he vows to organize – despite the fact he doesn't know a trombone from a treble clef! His plans to skip town with the cash are foiled when he falls for Marian, the town librarian, with chaos ensuing as the townsfolk get wind of his scheme.

Filled with classic musical fun, tender romance and favorites including "Ya Got Trouble in River City," "Seventy-Six Trombones," "Goodnight My Someone," "Gary, Indiana" and "Till There Was You," The Music Man is the perfect All-American Musical and one of the most produced and beloved works for the American Theatre.

The original cast recording was released by Capitol Records on January 20, 1958 in stereophonic & monaural versions and held the #1 spot on the Billboard charts for twelve weeks, remaining on the charts for a total of 245 weeks. The cast album was awarded "Best Original Cast Album" at the first Grammy Awards ceremony in 1958 and was inducted in 1998 as a Grammy Hall of Fame Award winner.

Produced by Windwood Productions; credits include national tours of Cabaret, Altar Boyz (both presented by The Paramount in 2009-2010) Bye Bye Birdie, Little Women, Urban Cowboy The Musical, Gentlemen Prefer Blondes, Seven Brides for Seven Brothers, The Unsinkable Molly Brown, Barry Manilow's Copacabana, Big River: The Adventures of Huckleberry Finn and The Complete Works of William Shakespeare (Abridged).

Tickets are \$32.50 - \$40.00 and are available at the Box Office at 30 Center St, Rutland, VT or by phone at 802 775-0903; or visit the online ticket office at [www.paramountlive.org](http://www.paramountlive.org)

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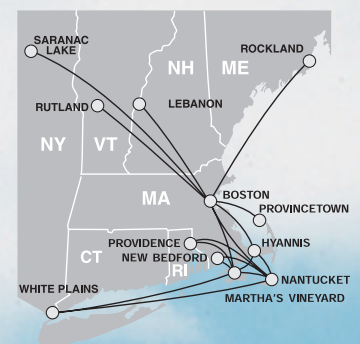
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**BOOMERS**

**Sobering Up After New Year**

by Cindy Phillips



The past couple of years have been difficult ones for many of us, especially some Boomers. As the economy took a tumble, many of us saw our retirement funds dwindle. The air was let out of our balloons and we have been struggling to blow them back up. This is not a time period that we will someday refer to as “the good old days”, but it is an event that will stick with us for a long time to come.

There appear to be indicators that things are looking up. Unemployment claims seem to be slowing while the number of new jobs available is inching up. I noticed while I was in KTown for the holidays that the vibe is good. Business owners feel that we are turning the corner. Occupancy levels are rising at the lodges and restaurants are meeting projections. People seem to be smiling more and everyone to whom I spoke said they feel 2011 “is going to be a good year.”

And just as that cautious calm seemed to be settling into our bones, another unthinkable act smacked us in the face and said “not so fast.” Once again, we were glued to our televisions waiting for details out of Tucson after another shooting rampage. And though in my heart I believe this was an act of a deranged young man, it is hard not to tag on some political implications since the target was an elected official.

As I try to wrap my head around yet another violent act, I am hard-pressed to remember a time in my life when violence appeared so rampant. Though we have always been a politically-charged generation, when I think of Boomer outcries I see peace signs, sit-ins and candlelight vigils. I see long-haired, bearded students carrying signs on campus with slogans like “Make Love, Not War”. What Boomer cannot immediately conjure the image of John and Yoko’s Bed-In, their non-violent protest for peace staged during their honeymoon in Amsterdam?

I am not a particularly politically-motivated person (phew, say that five times fast), but I consider my right to vote a privilege and I honor it. I have voted both par-

ties over the years, dependent on the current topics and climate. As with most things in my life, I make decisions with both my heart and my head. And like many fellow Boomers, my first real memories of politics included the election of Jack Kennedy. Though we all remember his words commanding us to “ask not what your country can do for you”, I also have a fervent memory of the President’s Council on Physical Fitness. The nuns did their best to explain what this was, but since they were still wearing full-length habits that showed nothing more than a portion of their face, they were certainly not demonstrating any of the maneuvers. All I know is I was suddenly expected to complete a certain number of push-ups and sit-ups in a set amount of time. I don’t think I ever earned my certification and I still cannot do a push-up.

I was but nine years old when Kennedy was assassinated, so any possible political implications were not to be absorbed by my fourth-grade brain. In the forty

something years that have passed since that fateful day, the theories have been numerous about what was behind that assassination. We will go to our own deaths never really knowing, but we will briefly escape our uncertainties through humor as we watch the Seinfeld parody of the Zapruder tapes via the Keith Hernandez spitting incident.

Two subsequent presidents survived assassination attempts and though they hold no less gravity, we tend to forget them when there is survival. But we have witnessed enough other senseless bloodshed to keep the violence in the forefront of our minds – John Lennon, Columbine, 9/11. These will forever remain with us. As a natural defense mechanism, we prefer to make more pleasant associations to our Boomer generation – Civil Rights Act, Woodstock, computers, rock and roll, and landing on the moon (Geez, Ralph really could send Alice there now).

I realize the tone of this week’s column

**Dew Tour Next Week**

The second stop of the 2010/2011 Winter Dew Tour will kick off at Killington Resort, Thursday, January 20 - Sunday, January 23, 2011. The four-day event will feature a 22-foot superpipe, which is being expertly cut right now. The event showcases the top winter athletes from around the world competing in freeski slopestyle and superpipe.

Keep an eye on the slopestyle course for the new school moves of Colorado’s Bobby Brown, and Simon Dumont is sure to come out fighting in his native New England, and look to increase his overall lead in the pipe. Snowboard superpipe and slopestyle competitions are part of the Race for the Dew Cup as well. Louie Vito went to high school and trained back East, and he’ll be charging the pipe, and Dew Cup champ Jamie Anderson is sure to impress in snowboard slopestyle.

Visit [www.allisports.com/winter-dew-tour](http://www.allisports.com/winter-dew-tour) or see next week’s Mountain Times Dew Tour special supplement. Live TV coverage led by NBC Sports.

**Arts and Craft Classes to fit Your Schedule!**

Submitted by Laurie Marechaux

Fletcher Farm School for the Arts and Crafts is pleased to announce 41 new classes and new class times for Winter-Spring. Along with our regularly scheduled weekend classes we are offering Young Artists classes and Weekly Am & PM Series classes.

From painting to pen & ink, felting, lapidary arts, Zen drawing, mosaics, watercolors and knitting, to name a few. We have something for every age and creative interest.

Our weekly Series classes include Pen & Ink Mixed Media with Don Hofer, Alla Prima Oil Painting with Nancy Griswold, The Fundamentals of Silversmithing and Beginning Punch Needle Rug Hooking.

For the Young Artists we are offering Beginning Silversmithing for ages 10-17. Other offering for the youngsters are: Paper Mache Masks, and a new CRAFTER School Club for Boys and Girls on Mondays in March from 3:00pm-5:00pm. And a special TEENS only painting class, students will work with oil paints or acrylics.

Please call for tuition pricing and for a copy of our fall flyer 802-228-8770.

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Friday, January 14

## LIVE WIRE

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Saturday, January 15

## HAPPY HOUR

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## PAUL MOCCI

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Saturday & Sunday  
January 15 & 16

## BIG BANG BABY

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Tuesday, January 18

## JOEY LEONE

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Wednesday, January 19

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# Art & Entertainment

## NIGHTCLUBS

### THURSDAY, JANUARY 13

Clear River Tavern **Eve**-Open Mic w/ Clear River Band  
 Wobbly Barn **Eve**-Rick Redington  
 Grist Mill **HH**-Live Entertainment  
 Saint's Pub @ Summit Lodge **Eve**-Musician's Showcase w/ Frank Chase

Outback **Tim Haute Acoustic**  
 Double D's **Eve**-Music & Dancing

### FRIDAY, JANUARY 14

Outback **Eve**-Joey Leone Trio & DJ Evan  
 Double D's **Eve**-The Freeze  
 McGrath's Irish Pub **Eve**-Donol O'Shaughnessy  
 Wobbly Barn **Eve**-Big Bang Baby  
 Grist Mill **HH**-Long Trail Happy Hour Party  
**Eve**-Vibratones

Ramunto's B'Water **Eve**-Three of a Kind band  
 Saint's Pub @ Summit Lodge **Eve**-Frank Chase  
 Woodbridge Cafe & Coffeehouse **Eve**-Open Mic BYOB

### SATURDAY, JANUARY 15

Wobbly Barn **HH** - Paul Mucci  
**Eve**-Big Bang Baby

Woodbridge Cafe & Coffeehouse **Eve**-Open Mic BYOB  
 Saint's Pub @ Summit Lodge **Eve**-Frank Chase

Outback **Eve**-Joey's Chop Shop with The Horns  
 McGrath's Irish Pub **Eve**-Eve-Donol O'Shaughnessy  
 Double D's **HH**-James Mee

Grist Mill **HH**-Live Entertainment  
**Eve**-Vibratones

Clear River Tavern **Eve**-Duane Carleton

### SUNDAY, JANUARY 16

Saint's Pub @ Summit Lodge **HH**-Frank Chase  
 Clear River Tavern **Eve**-DJ Dave

Outback **Eve**-Joey's Blues Night  
 McGrath's Irish Pub **HH**-Extra Stout

Double D's **Eve**-Music & Dancing

### MONDAY, JANUARY 17

Double D's **Eve**-Music & Dancing

### TUESDAY, JANUARY 18

Wobbly **Joey Leone**  
 Ramunto's B'Water **Eve**-Open Mict  
 Double D's **Eve**-Music & Dancing

### WEDNESDAY, JANUARY 19

Wobbly  
 Clear River Tavern  
 Double D's  
 Grist Mill

Temporary Grace  
 Eve-PBR Pool League  
 Eve-Music & Dancing  
 HH-Live Entertainment

## MUSIC

Jan. 14 - Rutland. Flutist Ransom Wilson, Paramount Theatre, 8PM. Call 775-0903 for tickets.

Jan. 14 - Rutland. Swing Noire brings an evening of Gypsy Jazz, 7:30PM, at Unitarian Universalist Church, 117 West St., Rutland. Tickets \$10 advanced at Tattersal's, \$12 at door, \$7 seniors, \$4 children. Info 802-492-2252.

Jan. 14 - Middletown Springs. An Evening with singer/songwriter Jon Gailmor. Sissy's Kitchen serves meat/vegetarian chili at 5:30PM, show starts at 7PM. Call 235-2098 for info.

Jan. 15 - Brandon. Classical piano concert featuring Peter Seivewright, at Brandon Music, 7PM, tickets \$15, call for reservations 802-465-4071.

**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

Jan. 14 - Killington. Collegiate Snowfest Week at Killington Resort. Headquarters at Snowshed Lodge. Scavenger Hunt Jan. 4; King of the Mtn Race & Sled Building Party Jan. 5; Cardboard Derby Jan. 6. Great entertainment & more all week(s) long! 800-621-MTNS.

Jan. 14 - Poultney. Poultney Snowmobile Club torch light parade at 6PM. Proceeds west on Main St to Methodist Church. Spaghetti supper 5PM-7PM Chamber of Commerce. Call 287-9755 if questions or Chamber at 287-2010.

Jan. 14 - Ludlow. Events at Okemo Mtn: Tues & Thurs in January, 1/2 price lift tickets to US Military Vets, Police, Firefighters, Ambulance personnel. Thank you! Kids ski free M-F, Jan. 3-14 & 18-28, with paid adult. M-F thru Jan. 14, prebuy ticket online & get free lunch! Ladies Day Jan. 11, 18, 25 - ski for \$39. More deals, call 228-1600.

Jan. 12, 19 - Killington. Bud Light Race Series is back at Killington Resort. Each Weds., on Highline. Party location following, TBD. Come watch racers race down the course.

Jan. 13 - West Rutland. Rutland County Audubon Society walk, 8AM, meet at West Rutland Price Chopper, for info call 775-3461.

Jan. 13-19 - Woodstock. Public Skates at Union Arena: Jan. 13-14 & 18-19, 1:30-3pm. Jan. 15-17, TBA. 457-2500.

Jan. 15 - Wallingford. Killington Section GMC Outing: Wallingford Pond. Snowshoe or ski, moderate, 2.5-3 mi. Meet Rutland's Main St Park 9am. 774-5144.

Jan. 15 - Brandon. Audubon Event: Winter Regulars & Rarities in Champlain Valley. Seek out interesting birds. Dress for weather, bring lunch. Meet parking lot behind Brandon Mobil, 8am. 247-3037.

Jan. 15-21 - Killington. Safety Awareness Week at Killington Resort & Pico Mtn. Buy a helmet, ski or ride for free! 800-621-MTNS. Heads Up - Know the Code!

Jan. 15-23 - Ludlow. Okemo Mtn Safety Awareness Week. Purchase helmet at Okemo Shop for discount lift ticket. Jan.

16, PHAT Team on board, 8am-2pm. 228-1600.

Jan. 17 - Rutland. WalkRutland waling challenge begins. Walk one mile each day for 100 days. Free and open to all adults in Rutland County. Jan. 17-April 26, Complete mail in registration and keep log-walking logs. Packets can be downloaded from www.walkrutland.com or picked up at county libraries. For info call (802) 342-3479.

Jan. 18 - Killington. Killington Parks & Rec Dept. hosting open gyms throughout winter. Tuesdays is pick-up volleyball and Thursdays pick-up soccer. Gym open from 7-9pm each night. Cost is \$2 per night. Must be 18 yrs. or older. Call (802) 422-3932 for info.

Feb. 9 - Killington. Killington Park & Rec Dept. & High Altitude Adventures provide guided snowshoe tours to Wilderness Camp for heated tent, bonfire & feast. Dinners 5:30pm. Register 422-3932.

**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.** - Rutland. 3rd Thurs. of each month, Southwest Freedom Riders Monthly Meeting. 7pm. Rutland Elks Club, 44 Pleasant St. All are welcome! 888-299-7937.

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

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

## VARIETY

Jan. 14 - Rutland. Art Hop, 5-8PM, at Art and Antiques on Center, featuring Charlene Kurant.

Jan. 14 - Woodstock. Annual meeting for Woodstock Area Chamber of Commerce, at Woodstock Inn & Resort. 7:30am breakfast business meeting. Guest speaker Christine Werneke. Guests \$16.50, chamber members \$10. 457-3555.

Jan. 15 - North Clarendon. Learn about heating with VT-grown fuels at Biomass Day, 10am-3pm, at Vermont Wood Pellet Plant, Rt. 7B, North Clarendon. Call 747-1093 for info.

Jan. 15 - Quechee. VINS winter carnival, 1-4pm at VINS Nature Center, Rte. 4 Quechee, variety of nature- and snow-themed games. www.vinsweb.org.

Jan. 15-17 - Woodstock. Sleigh Ride Weekend at Billings Farm & Museum. 10am-3:30pm daily. Working dairy farm, 1890 farm house, sledding with jack jumper sleds, horse drawn sleigh rides. 457-2355.

Jan. 17 - Castleton. Dr. Patricia Vanderspuy, professor of history at CSC and native of South Africa leads discussion on "Agaat" by marlene Van Niekerk, Castleton Free Library, main St, 7PM. Free and open to public.

Jan. 17 - Rutland. College of St. Joseph hosts performance by Exposure Musical Revues to celebrate Martin Luther King, Jr. Day, 3pm in Tuttle Hall Theater. A rollicking musical adventure with the sounds of Jazz. For more info call (802) 773-5900, ext. 3290.

Jan. 17 - Pittsford. Rutland Country Humane Society Furry Friends Photo Contest kicks off. Watch website for details. Start snapping adorable pictures of your favorite animals.

Jan. 20 - Rutland. "The Music Man", Paramount Theatre, 8PM. Call 775-0903 for tickets.

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 Ann Wallen (422-3824) programs and workshops.

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 Fri., Jan 7 ..... 1:30-3:00pm  
 Sat., Jan 8 ..... 2:40-4:10pm  
 Sun., Jan 9 ..... 2:40-4:10pm  
 Mon., Jan 10 ..... 1:30-3:00pm  
 Tues., Jan 11 ..... 1:30-3:00pm  
 Wed., Jan 12 ..... 1:30-3:00pm

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**Jan. 21** - Rutland. Friends of Rutland Free Library cabin fever book sale, 9:30-4:40pm. Jan. 22, 9:30am-2pm. 773-1860.

**Jan. 23** - Rutland/Killington - Rutland Bridal Show, Holiday Inn Rutland/Killington. Doors open 11:30AM, prize drawings at 2:30PM. Tickets and registration at RutlandBridalShow.com.

**Jan. 30** - Rutland. Be in a Laughter Fitness DVD, sponsored by Pink Ribbon Butterfly Project, 30 people wanted, teens & adults, dress fun and pink!, between 4-6pm. RSVP necessary and location will be given upon reservation. Call (802) 282-4464 or email fabfindsdiva@reincarnationconsignment.biz.

**Feb. 1** - Rutland. Register Early!. 13-week Master Gardener Course, Tuesday evenings from 6:15-9PM, Cost is \$365, registrations received after Jan. 19, 2001 charged an additional \$40. Registration www.uvm.edu/mastergardener, mastergardener@uvm.edu or call (802) 656-9562.

### Ongoing

**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.

**W. Pawlet** - Wanted: W. Pawlet VFD invites all depts. to enter 4 person teams for 8th Annual Woodchuck Festival Games 2/12/11 at Mettawee Community School. \$20/team. 645-0158.

**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 Peppino's, 6-8pm for full dinner, guest speaker and/or discussion. Seeking new members! Jan. 19, Matt Gnoza, Killington Winter Sports Club.

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

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

## MUSEUMS & EXHIBITS

**Billings Farm & Museum, Woodstock.** Nov. - Feb., open weekends, 10am-3:30pm. Rt 12N & River Rd. 457-2355. A first-class working farm, operating with a museum of Vermont's rural heritage, dating back to 1871. Sleigh Ride Weekends, 10-3:30, Jan. & Feb.

**Brandon Artists Guild, Brandon.** Open daily 10am-5pm.  
**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. Winter show, Beauty for the Beast, thru Jan. 31, featuring Linda Durkee's Angel of the Mountains & others. 422-3824.

**Lulu's Artisan Gallery, 34 Strongs Ave., Rutland.** Featuring Jan Sabatano-McGinnis. 353-0045.

**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.

**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.

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**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.** 15th anniversary year. 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

**Jan. 20-23** - Killington. Winter Dew Tour comes to Killington Resort! Top athletes compete in freeskiing & snowboarding - slopestyle & 22' superpipe. Look for complete coverage section in next week's edition! 800-621-MTNS.

**Jan. 29-30** - Killington. Gatorade Free Flow Tour at Killington Resort. Top amateur athletes compete in snowboarding & freeskiing. Junior division also. Limited registration. 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

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"Decorative Details Wave" Torre

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Saturday, February 5, 2-5 PM

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Chaffeeartcenter.org

## Woodstock Film Festival

Billings Farm & Museum will host the Woodstock Vermont Film Festival Winter Series beginning on January 29 and continuing on select Saturday afternoons through April. In partnership with the Environmental Film Festival in the Nation's Capital six films and documentaries have been selected for the "big screen" in the museum's newly renovated theater, with its state-of-the-art HD digital cinema and Dolby surround-sound technology. All films are open to the public and accessible to people with disabilities. Tickets may be purchased in advance or at the door, seating permitting: six-film packages: \$50 or \$10/film. Billings Farm members receive a discount.

Legend of Pale Male—Saturday, January 29, 3:00 p.m.

This is the true account of one of the most surprising and remarkable love stories in the history of New York City. It begins in 1993, when a young man from Belgium has an unexpected encounter with a wild Red-tailed hawk in Central Park. Compelled to follow this extraordinary creature, he buys a video camera and sets out to track the hawk. Affectionately known to New Yorkers as Pale Male, the hawk becomes a magnificent obsession and a metaphor for triumph against all odds.

The Gift of the Pachamama – Saturday, February 12, 3:00 p.m.

This is a spiritual docudrama set in Bolivia, where a 13-year-old boy lives a traditional life with his family near Uyuni, a salt lake. One spring, he goes with his father on his first caravan. With blocks of salt strapped to their herd of llamas, they travel "The Salt Trail" for several months, exchanging salt for other products of the Andes and interacting with the indigenous cultures

seemingly untouched by modernity.

Other upcoming titles include"

Frozen River – Saturday, March 5, 3:00 p.m.

The Cave of the Yellow Dog - Saturday, March 19, 3:00 p.m.

The Garden – Saturday, April 2, 3:00 p.m.

Rabbit-Proof Fence - Saturday, April 16, 3:00 p.m.

For a complete list of screenings and ticket information: [www.billingsfarm.org/filmfest](http://www.billingsfarm.org/filmfest) or call 802-457-2355. Tell them you saw it in The Mountain Times.



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Post Production BIONIC Written by JANET HESS Directed by FREDERIC LIJEN  
[www.thelegendofpalemale.com](http://www.thelegendofpalemale.com)

Pale Male photo courtesy of palemale.com  
New York City photo by Benji Tjapurchi Hesse

## OKEMO EVENTS

- Sat, Jan. 15: Fireworks Display & Guided Snowshoe Tour**—The Snowshoe Tour leaves the base area at 7pm and heads up to the Sugar House for a bird's-eye view of the Fireworks. Snowshoes can be rented at the Clock Tower Base Lodge Rental shop for \$15 or come with your own! A reservation is required to snowshoe - please call 228-1558 with name and street shoe size.
- Sat, Jan. 15–Fri, Jan. 21: National Safety Week**—Fun and educational activities (the Helmet Head contest, a visit from Vermont's own PHAT (Protect Your Head at All Times/Protect Your Head on All Terrain) team and a Safety Scavenger Hunt) focus on safety and awareness on the slopes with children's clinics, safety messages and helmet demos. Purchases a new ski or snowboard helmet at Okemo's Snowsports Shop and get a coupon for 50 percent off a full-day lift ticket, or 50 percent off a full-day equipment rental or high-performance demo, or 50 percent off a group lesson or specialty clinic!
- Sun, Jan. 16: The Nature Museum at Grafton – Winter Tracking**—Join us in the Roundhouse for a FREE presentation from The Nature Museum at Grafton. In the winter, animals leave clues about where they have been, who they are, and what they have been doing. We will learn about the track patterns animals leave and learn to identify them.
- Wed, Jan. 19: VT/NH Wonderful Wednesday**—Vermont and New Hampshire residents can ski/ride the entire day for just \$39 (half day after 12:30 for just \$25! Proof of residency in the form of a valid VT/NH driver's license, hunting/fishing license, or voter registration card must be presented at the time of purchase.

\* For a complete events listing: [OKEMO.COM](http://OKEMO.COM)



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**MOZART** Concerto No. 27, K. 595  
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# JustForFun

Capsule reviews of films opening this week by The Associated Press

## Critics Pick Top Films of 2010

— The Top 10 films of 2010, according to AP Movie Writer David Germain:

1. "Winter's Bone" - Jennifer Lawrence offers a star-making performance as a teen carrying the weight of the Ozarks on her shoulders as she doggedly confronts the region's crime clan to find her missing dad and save her family's home.

2. "Four Lions" - The tale of phenomenally incompetent British Muslims on the path to martyrdom against Western imperialism balances gasps with guffaws to create a film that's one of the year's funniest and scariest.

3. "Barney's Version" - When you need a curmudgeon with an old, deep soul, Paul Giamatti's your man. Richard J. Lewis' adaptation of Mordecai Richler's big, sloppy, heartbreaking and hilarious novel is all that and more.

4. "The King's Speech" - How's this for great acting? Colin Firth plays a guy who can barely string two words together yet still delivers one of the year's most eloquent, august performances.

5. "Never Let Me Go" - There's never time enough to do and say the things we really should, both in our world and in this melancholy offshoot, an alternate yet familiar reality that's a beautiful allegory for the journey we're all taking.

6. "Inception" - Christopher Nolan dazzles with his visual effects, wows with his action scenes, thrills with his surprises. All along, he asks us to think as he spins a fantastically entertaining tale of a lost man (Leonardo DiCaprio) clawing his way back to the things that matter through a virtual world of dreams.

7. "Another Year" - "Life's not always kind," a friend laments to an utterly disconsolate woman in Mike Leigh's latest, a quiet dramatic jewel so authentic it's like eavesdropping on the neighbors.

8. "True Grit" - The little girl was looking for a man with true grit. Joel and Ethan Coen were looking for a little girl who could act. They got Hailee Steinfeld, a girl with true grit to hold her own alongside Jeff Bridges and Matt Damon in this darkly comic Western that's far superior to John Wayne's 1969 version.

9. "127 Hours" - The story's a cyclone of hallucination, horror, agony and euphoria. As real-life adventurer Aron Ralston, James Franco re-enacts a deed excruciating to watch, but it's one of the most life-affirming acts you'll ever see on screen, in one of the most life-affirming films.

10. "The Social Network" - Just about everyone's friends with this critical darling and box-office success chronicling the rise of Facebook - and the falling out of friends who quarrel over its riches.

— The Top 10 films of 2010, according to AP Movie Critic Christy Lemire:

1. "The Social Network" - The movie of the year because it captures where we are in time in captivating fashion. It's sharp, funny and tense, has great energy and pulsates with the thrill of discovery, with an excellent cast.

2. "Inception" - All the hype is justified. Writer-director Christopher Nolan's film is a stunningly gorgeous, technically flawless symphony of images and ideas.

3. "Winter's Bone" - There's not a single false note in this intense, intimate story about a teenage girl struggling to keep her family's home. Debra Granik's back-country drama oozes authenticity, both in its small details and its grand, haunting gestures.

4. "I Am Love" - Words like "lush" and "gorgeous" don't even begin to scratch the surface in describing Italian director Luca Guadagnino's retro-styled melodrama. It's more like the most sumptuous design porn, lingering over every detail.

5. "Black Swan" - At once gorgeous and gloriously nutso, a trippy, twisted fantasy that delights and disturbs. Darren Aronofsky takes the same stripped-down fascination with the minutiae of preparation he brought to his Oscar-nominated "The Wrestler" and applies it to the pursuit of a different kind of artistry: ballet.

6. "127 Hours" - James Franco gives it his all and then some as trapped hiker Aron Ralston, and the role allows him to show off every bit of his range: his gifts for both effortless comedy and deep despair.

7. "Never Let Me Go" - It's philosophically provocative and achingly sad, touching the mind and the heart with equal measure. It also raises intriguing questions about medical ethics and the nature of humanity itself.

8. "Animal Kingdom" - A riveting look at a small-time Melbourne crime family unraveling under the weight of its overconfidence. The combination of steady pacing, intimate cinematography and startling performances will leave you feeling tense throughout and probably for a while afterward.

9. "The King's Speech" - This is the kind of handsomely photographed, weighty-yet-uplifting period drama that seems to arrive amid great fanfare come awards time each year. Watching the sparring matches between two actors at top of their game is nothing short of a joy.

10. "Exit Through the Gift Shop" - During the Los Angeles Film Critics Association's annual voting, someone asked whether this should be considered a documentary. Without missing a beat, another critic answered: "It is if you want it to be." Well, I want it to be - but I also love that it explores the ideas of truth and beauty in art, all the while exposing the malleable perception of what actually constitutes art.

## "Season of the Witch"

by Christy Lemire, AP Movie Critic



So here's the gimmick: This takes place during the 14th century, but everyone speaks in contemporary language, which might have been acceptable if the dialogue were clever or intelligent or funny or, you know, good. Instead, Nicolas Cage and Ron Perlman are the knights who say ... nothing of any particular note in a supernatural action thriller that's never actually thrilling. You expect this kind of schlock in January, but

"Season of the Witch" isn't even bad in an enjoyable way. The scenery is drab, the battles are interchangeable, and no one seems particularly interested in being here. At the same time, Dominic Sena (who previously directed Cage in "Gone in Sixty Seconds") never flat-out goes for it in a schlocky, B-horror kind of way. What we're left with is just bloated, boring and utterly forgettable. Cage isn't even in full-on, wheels-off mode here, sadly; instead, he delivers his lines in a dreary monotone. After killing untold numbers of men in the name of god during the Crusades, Cage's character, Behmen, and his wisecracking sidekick, Felson, decide to pack it in. But to avoid being imprisoned for desertion, they must transport a suspected witch (Claire Foy) to a faraway abbey for trial. PG-13 for thematic elements, violence and disturbing content. 100 minutes.

One star out of four.

## SUDOKU

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

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

This week's solution on page 38

1	2	3	4	5		6	7	8	9		10	11	12	
13						14				15		16		
17					18							19		
20							21				22			
			23			24			25					
26	27	28		29			30		31				32	
33			34			35		36		37			38	
39				40			41			42				
43						44			45		46			
	47				48		49			50		51		
			52					53			54			
	55					56	57		58			59	60	61
62				63				64						
65				66					67					
68					69					70				

### ACROSS

- Aspirations
- Barks
- Absorbed, as a cost
- Dickens's \_\_\_ Heep
- "Four Quartets" poet
- "What's \_\_\_?"
- Place to buy car fuel (pl.)
- Athletic supporter?
- Flying high
- Site of Disneyland
- Ado
- Anchovy containers
- Infomercials, e.g.
- Island rings
- Cupid's projectile
- Congers
- Hideous
- Implied
- 1935 Triple Crown winner
- Clod chopper
- Having thorns
- Romance, e.g.
- Exactly
- Approach
- Floating mass of ice (pl.)
- "Check this out!"
- "Malcolm X" director
- Particular, for short
- Mountain pool
- Exodus figure
- Tenant
- "Fantasy Island" prop
- To pretend to be
- Big, fat mouth
- Silly trick
- Pasta choice
- "Star Trek" rank: Abbr.
- "I had no \_\_\_!"
- Appropriate

### DOWN

- Bigger than big
- Face-to-face exam
- Galileo's birthplace
- Bridge positions
- "Fiddler on the Roof" setting
- "Are we there \_\_\_?"
- Hip bones
- Subatomic particle
- Beethoven's "Moonlight"
- Unfriendly toward others
- Abound
- "Concentration" pronoun
- Vacation souvenirs
- "Farewell, mon ami"
- Absorbed
- "Amen!"
- Long, long time
- To discharge from the armed forces
- Vessels for transporting human property
- Fore-and-aft-rigged vessel
- Flinch
- Guide
- Bakery supply
- Kid
- "The Plague" setting
- Autocrats
- Seafood dish
- Soldiers
- Fair-sized musical group
- Song of praise
- Kind of column
- "Catch!"
- Challenge for a barber
- "Empedocles on \_\_\_" (Matthew Arnold poem)
- Casting need
- Alkaline liquid
- Handwoven Scandinavian rug

Solution Page 38

**Showings January 13-19, 2011**

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MOVIES	TIMES
Season of the Witch-PG-13	1:55 4:20 6:40 9:25
The Fighter-R	1:50 4:20 7:05 9:40
The Green Hornet (3D) - PG-13	1:30 4:15 6:55 9:35
Little Fockers-PG-13	2:05 4:35 7:15 9:40
Tangled-PG	2:10 7:20
The Tourist-PG-13	4:30 9:50
Tron Legacy-PG-13	6:45 9:25
True Grit-R	1:40 4:05 6:50 9:20
Yogi Bear (3D)-PG	2:00 4:00
Black Swan - R	1:35 4:10 7:10 9:45
The Dilemma - PG-13	1:45 4:25 7:00 9:30

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# Health & Fitness

## Planning Menus Makes Dinner Easier

by Food Network Kitchens

**Q:** When I get home from work I need to get dinner on the table pretty quickly. How can I make this process easier and more efficient?

**A:** Even if it sounds tedious, it pays to sit down once a week to make a menu for the coming days. Not only will you avoid stress by knowing what's for dinner each night, but you'll have the satisfaction of knowing your meals will be tasty and healthy. Here are our top eight meal-planning tips:

- Bookmark any recipes you plan to use and put them in a visible place.
- Vary your menu each week by making a few favorite dishes that you're comfortable with and a few that are new.
- If you want leftovers, plan that into your menu. Roasting a chicken? Pop in a second one for sandwiches and salads. Make a double batch of soup or your favorite pasta sauce and freeze half.
- Plan your menu around quick-cooking cuts of meat and poultry like cutlets, chops and fillets.
- Precut fruits and vegetables are great for stir-fries, quick side dishes and desserts. Though they can be a bit more expensive, they are a time saver when you want to get dinner on the table fast.
- Choose convenience products wisely: take a moment to read labels for calories, fats, fiber and sodium.
- Embrace frozen fruits and vegetables. Frozen fruit is great for making quick morning smoothies and fruit crisps for dessert, while frozen vegetables can be cooked up for side dishes or thrown into pasta.
- Be flexible -- if the green beans at the store look withered, buy that beautiful broccoli instead!

## If Men Resist Seeing A Doctor Try These Arguments

by David Brecher • St. Petersburg Times

Why won't more men go to the doctor?

The medical literature suggests that women use the health care system 40 percent more than men do. Multiple studies have tried to explain this phenomenon, but as is often the case, there are many reasons, some of them unknown.

In 2007, Harris Interactive surveyed 1,100 men on their reluctance to seek medical care. The most-cited reason was that there was no need to see a physician unless they were extremely sick. The next most commonly cited reasons were "I am healthy," "I prefer to treat myself naturally" and "I don't have time to see the doctor."

Also noteworthy was the fact that nearly 80 percent of the participants believed they were in excellent, very good or good health. Which may be optimistic, but statistically unlikely, given how many men in this country suffer from heart disease, high blood pressure, arthritis and any number of other common ailments.

"One of the biggest obstacles to improving the health of men is men themselves," Dr. Rick Kellerman, president of the American Academy of Family Physicians, said at the time. "They don't make their health a priority."

Numerous small studies suggest both psychological and genetic reasons for men avoiding their doctors.

When faced with illness, men may be socially condi-

tioned to try to "tough it out." Traditionally, men tend to try to retain control. Many men also have a stronger sense of immortality and immunity than many women, a phenomenon that has fascinated researchers.

These psychological barriers continue even as women take greater roles in the professional world. Some researchers think men are genetically programmed to hide illness while women are more likely to be caregivers, both to themselves and to others. So, why should men set aside their instincts and go to their doctor?

Rather than waiting for illness to strike, men who say they feel fine would do well to consider how their doctor

could help them achieve even better health.

Important medical conditions that can be evaluated during a routine physical exam include cardiac disease, diabetes and several types of cancer. Coronary artery disease is the number one killer of men in the United States; getting a blood profile may help identify risks that can help prevent this condition.

Laboratory evaluations are also the key to early detection of diabetes. As society in general has become more obese and sedentary, this disease has become rampant.

Prostate, colon and skin cancers are more easily and successfully treated if found early in regular physical exams. And especially with our current economic issues and the pressures of day-to-day life, a visit to a primary care physician can be beneficial in getting help for anxiety and depression.

If certain men insist on their invincibility, what can their partners and families do to engage them in their own health care?

- Try to involve the entire family, but do it in the spirit of encouragement, not criticism.

- Appeal to the man's sense of responsibility for his family by stressing that you want to keep him around as long as possible, and that's the reason for promoting a healthful diet, exercise, cessation of tobacco use and moderation of alcohol consumption.

- Slip the reluctant man the following basic guide to health screenings; the tips are a general reference only and do not replace a discussion with your doctor, who may want more or different tests based on your family history:

Every year:

- Check blood pressure, weight, cholesterol.
  - At age 20, consider screening for testicular cancer.
  - At age 50, start screening for prostate and colon cancer.
  - Now, get out and schedule your appointment. \
- Must credit St. Petersburg Times.



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## Two Vegetable Super Stars

by Dianne Lamb UVM Extension Nutrition and Food Specialist

It's that time of year when the seed catalogs fill up the mailbox. Actually, the first gardening catalogs arrived the day after Thanksgiving, but I haven't had a chance until now to study and dream about all the vegetables, fruits, flowers or trees that I want to grow this year.

As new snow falls and covers the landscape, my dreams of fresh produce growing in the garden expand beyond the manageable. It is great to dream about all those colorful, flavorful and nutritious produce items, so I will let my mind continue its revelry until I have a solid, manageable gardening plan finalized for the 2011 growing season. Then I can become more realistic and focused about what I can actually accomplish.

From time to time, I see lists in the popular press of the Top 10 or 20 most nutritious foods. Each person who creates a list has varying criteria for judging these foods, but vegetables and fruits make up the bulk of the lists.

Broccoli, kale, sweet potatoes, berries (blueberries, raspberries, strawberries) watermelon and dried beans (many varieties to choose from) appear on all the lists. How often do you eat these foods?

What is remarkable is that all except perhaps for the sweet potatoes and watermelons can easily be grown in our region. I have successfully grown both sweet potatoes and watermelons, but a lot depends on the variety and the time to maturity and cooperative weather conditions.

All of the vegetables and fruits mentioned on the Top 10/20 lists are on my list to eat often. If veggies seem to be limited to a few at your house, now is the time to begin introducing some "new-to-you" vegetables at your dinner table. Remember, vegetables and fruits contain a wide assortment of vitamins, minerals, phytochemicals and fiber that are vital to good health. For more information on how to work more vegetables and fruit into your diet, visit the MyPyramid web site at [www.mypyramid.gov](http://www.mypyramid.gov).

As the New Year begins, it's time to plan, plot and dream about the garden. Use the garden and seed catalogs to good advantage as you read, research and plan your garden. If you don't have space, time or energy to plant a garden plot, think about container gardening or becoming involved in a community garden.

Let's talk about broccoli and kale, two of those super-nutritious vegetables that easily can be grown in the home vegetable garden. They are cruciferous vegetables, which mean that the blossoms of these plants are cross-shaped. Other vegetables that share their lineage are cabbage, cauliflower, Brussels sprouts

and turnip.

They are a good crop for Vermont gardeners as they are tolerant of cold temperatures and can continue to be harvested even after much of the garden has been killed by frost. If you don't have a vegetable garden, plant some seeds in a container or in your flower garden, so you can cut fresh broccoli and kale all summer and fall. One small package of seeds will provide many times its value in nutritional power.

Since you can't plant your garden until spring, for now you will need to buy your broccoli and kale at the market. The good news is that you should be able to buy fresh, even during the coldest winter months.

One cup of cooked broccoli contains 44 calories, 5 grams (g) protein, 8 g carbohydrate, 4.7 g dietary fiber, 505 milligrams (mg) potassium, 42 mg sodium, 123 mg vitamin C, and 1.7 mg iron. A cup of cooked kale supplies 36 calories, 3 g protein, 7 g carbohydrate, 2.6 g dietary fiber, 296 mg potassium, 30 mg sodium, 53 mg vitamin C and 1.2 mg iron.

Because they are vegetables, broccoli and kale are basically fat and cholesterol-free. They also contain important B vitamins--riboflavin and vitamin B-6 as well as carotenoids, beta-carotene and lutein.

Fresh broccoli tastes best when harvested young. You can tell when it was picked by checking for closed florets and a uniformly green color. Avoid bunches with soft or brown spots or yellowing florets.

Refrigerate broccoli when you get it home and wash only when you are ready to cook, which should be soon after purchase. That's because as broccoli matures on the plant, its naturally occurring sugars are converted to lignin, a fiber that won't soften when cooked. The longer broccoli is stored, the higher the lignin. Overly mature broccoli will be tough, woody and have an unpleasant smell when cooked.

When buying kale at the market, choose smaller-leaved bunches for a milder taste and more tenderness, especially if you plan to eat the kale raw. The leaves should be green, moist and crisp, not yellowed or brown. Kale develops a stronger flavor the longer it is stored, so plan to use within a day or two of purchase. Wrap in a damp paper towel, and store in a plastic bag in the crisper section of your refrigerator

Enjoy broccoli and kale now fresh or frozen from the store and make plans to eat it fresh from your garden or local farm later this year. It may be winter, but it's not too soon to be thinking about planning your garden. And when you do, think green.

Eat Fresh! Eat Local! Eat Well!

## HEALTH CALENDAR

**Jan. 13** - Rutland. RAVNAH Blood Pressure & Foot Care clinic: Sheldon Towers 9:30am; Linden Terrace 11am. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

**Jan. 13** - Benson. RAVNAH Blood Pressure & Foot Care clinic: Benson Heights 10am. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

**Jan. 13** - Castleton. RAVNAH Blood Pressure & Foot Care clinic: Castleton Meadows 12:30pm. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

**Jan. 15** - Killington. Après ski yoga class, Kripalu, all levels welcome. Sats. 4:30pm. \$12 drop in, \$10 owner/member. Spa at the Woods. 422-3139.

**Jan. 17** - Rutland. Bereavement Workshop, No Goodbyes: Understanding Loss after Suicide, noon-1:30pm. Jan. 19 & 6-7:30pm. RAVNAH Office. Pre-register 770-1514.

**Jan. 19** - Dorset. APPOINTMENT ONLY RAVNAH Blood Pressure & Foot Care clinic: Dorset Nursing Office 9am. Suggested donation \$2 blood pressure, \$5 foot care. 362-1200.

**Jan. 19 & 26** - Rutland. Commit to Quit Smoking workshop by RRMCC, at NeighborWorks of West Rutland, 110 Marble St, West Rutland, 1-2PM, registrations appreciated, call 802-747-3768 or email [communityeducation@rrmc.org](mailto:communityeducation@rrmc.org). Workshops also available February 2 & 9 at same location and time.

### Ongoing

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

**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 RRMCC. 4 wk program begins 1st Mon. of each month. Mons. 4:30-5:30pm or Thurs. 9-10am. Register 747-3768. Free!

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

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

**Mon., Tues. & Thurs. Killington** - Anusara Inspired Yoga classes, Mon. 8:30am mixed level, Tues Level 1 & Thurs Level 2, 5:30pm. Pilates Fri. 8:30am. Sat. 4:30pm, mixed level @ Base Camp Outfitters. [killingtonyoga.com](http://killingtonyoga.com). 422-4500. Killington Yoga.

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

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

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

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

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

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

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

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

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

**Rutland** - RAVNAH and RRMCC 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** - AI 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.

# KILLINGTON MEDICAL CLINIC

*Urgent Care, Sports Medicine and Family Physicians dedicated to delivering exceptional medical care with over 25 years of experience.*



- Comprehensive Urgent Care
- Treatment for Minor Illnesses
- Specializing in Winter Sports Injuries
- X-Ray Services On-Site
- Casting and Splinting
- Laceration Care
- NO appointment necessary!

**Open 9:30 am - 5:00 pm daily**

*Cash, checks and all major credit cards accepted*

**802.422.6125** or 6125 from any Killington Courtesy Phone  
3902 Killington Road (the yellow building near Ram's Head Lodge)

*An affiliate of the Vermont Orthopaedic Clinic and Rutland Regional Medical Center of Rutland, VT.*

## BIKRAM YOGA PITTSFIELD

Fit Into Your

**SKINNY  
Jeans this  
WINTER SEASON**



HOLIDAY CLASS TIMES: 1-866-677-4268  
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VT-JUST 7 MILES FROM KILLINGTON

**BEGINNERS SPECIAL: 7 UNLIMITED DAYS FOR JUST 27.00!**

**GIFT CERTIFICATES AVAILABLE**

## Commit to Quit! Program

**Mondays • 4:30-5:30pm**

A four week program that starts the first Monday of each month  
or

**Thursday • 9-10am**

A four week program that starts the first Thursday of each month

Programs will help you:

- Develop a plan to quit
- Feel more confident in your ability to quit
- Manage barriers to quitting

Join in or just listen to get ideas for your quit plan. Sessions are held in the Community Education classroom of Rutland Regional Medical Center at 254 Stratton Road, Rutland, VT.

Call 802.747.3768 to Register  
or Email [Communityeducation@rrmc.org](mailto:Communityeducation@rrmc.org)



**Rutland Regional Medical Center**  
Community Education & Wellness



# DiningGuide

## OUTBACK PIZZA & NIGHTCLUB

**Outrageously Good Wood Fired Brick Oven Pizza**

### Joey Leone Rocks All Weekend!

**THURSDAY**  
TIM HAUTE ACOUSTIC

**FRIDAY**  
THE JOEY LEONE TRIO & DJ EVAN

**SATURDAY**  
JOEY'S CHOP SHOP WITH THE HORNS

**SUNDAY**  
JOEY'S BLUES NIGHT



Open Daily • Holiday Hours May Vary  
**802-422-9885**  
outbackpizza.com • Top of the Killington Road

**BAJA BURRITO CO. 422-4442**

Killington Road, Killington  
In the Chalet Killington. Featuring a wide variety of mexican-inspired and American dishes. Children's menu, fireplace lounge, game room, muchas margaritas! 6 beers on tap. Half-priced burritos and appetizers 3-6PM daily. MC, VISA, DC.

**BIRCH RIDGE INN 422-4293**

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

**BRIDGEWATER CORNER STORE 672-6241**

5680 Route 4, Bridgewater  
Olson's BW Corners Country Store provides you with the freshest meats, cheeses & dressings from Boar's Head brand-also available to purchase for sandwiches made at home. Check out our Early Bird Special - bacon, ham or sausage, egg & cheese on an English muffin or roll \$2.75. VISA, MC, AMEX

**BLANCHE & BILL'S 422-3816**

Rte. 4, Bridgewater  
Serving breakfast and lunch from 7am to 2pm Thurs.- Mon. We have the BEST pancakes, waffles, french toast and eggs in the region. We serve pure Vermont maple syrup and local farm fresh eggs. Come enjoy our friendly family atmosphere. VISA, MC, DC

**BUENO'S KITCHEN 772-7346**

Southfork Plaza, Rutland  
Good eats at a great price. Specializing in comfort foods - dine in or take out - like Chili, Soups, Burritos, Pot Roast with Potatoes and Gravy, Shepherd's Pie, Chicken Salad Wraps, Veggies and Vegetarian entrees; daily specials. All homemade using no excess salt, sugar; and no MSG ever. Good ingredients make good eats. Get a full meal for under \$10. Major Credit Cards.

**CASA BELLA INN & RESTAURANT 746-8943**

Route 100, in the village of Pittsfield, VT  
Serving authentic Northern Italian cuisine, complemented by a fine selection of wines. Delicious homemade desserts and daily specials. AMEX, VISA, MC

**CHARITY'S TAVERN 422-3800**

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

**CHOICES RESTAURANT & ROTISSERIE 422-4030**

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

**CLEAR RIVER TAVERN 746-8999**

Route 100 North, Pittsfield  
Chef owned restaurant featuring lite fare and family dining just 6 miles from Killington. Join us in our tavern and play pool, other tavern game MC, VISA

**COUNTRYMAN'S PLEASURE 802-773-7141**

off Rte. 4, on Townline Rd. Mendon  
Countryman's Pleasure is one of the region's most reliably excellent dining houses. The Entinger Family is led by Munich, Germany's Simon Knoll Culinary School graduate, Chef Hans Entinger. For over 20 years, Hans is renowned for his tasty Austrian, German and American creations that are beautifully balanced on the palate, and delightful in appearance on your plate. The atmosphere is cozy and casual, and the service friendly and efficient. AMUST VISIT in this region. Reservations recommended,. Major Credit Cards accepted. HHHMobil. uuu AAA.

**DOUBLE D'S BAR & GRILL 422-3344**

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

**GRIST MILL RESTAURANT 422-3970**

Killington Rd., Killington  
Offering spectacular views, casual atmosphere and world-class entertainment. Our dining room features classic American cuisine with a flair. Our lounge offers the options of casual dining and pub fare. Enjoy our dining with views. Major CC.

**HELI'S RESTAURANT 773-4311**

at the Mendon Mountainview Lodge  
78 US Route 4, Mendon  
Offering an artful selection of American and European cuisine combined with a casual atmosphere. Dine by our wood burning stone fireplace and enjoy spectacular views of Pico. Reservations appreciated. MC, VISA, AMEX, DISC

**HEMINGWAY'S 422-3886**

Route 4, Killington  
With nearly 30 years using fresh Vermont products, Hemingway's offers the area unparalleled wholesome, scrumptious cuisine. In a beautifully romantic 1860 house you'll find where food & wine meet their match. Titillate your senses with the best of local flavors. Vegetarian too! Reservations. MC, VISA, AMEX

**KILLINGTON MARKET & DELI 422-7594**

2023 Killington Road, Killington  
Our deli offers fresh meats and cheese for a variety of sandwiches, served on locally baked bread. Daily lunch hot specials, fresh salads, homemade soups and in-house baked goodies. Dinner take-out entrees. Extensive selection of wine, beer/microbrews. Vermont specialty food products, maple syrup. Open 7 days a week. The only full service grocery store on the mountain.

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

3569 Route 30 North, Bomoseen  
Chef owners, Brad Burns and Fred Field invite you to the Lake House Pub & Grille. Live Sunday jazz brunch entertainment, special children's meals, full bar and an extensive wine list. Lake views and deck dining all on beautiful Lake Bomoseen. Also private parties, rehearsal dinners, showers and weddings. AMEX, VISA, MC, DISC

**LOOKOUT TAVERN 422-LOOK (5665)**

Killington Road, Killington  
We feature creative & classic soups, salads, burgers, sandwiches and entrees in a casual dining room with incredible views of Killington. We offer Chicken Wings Daily from 3-6 pm for Killington's finest Happy Hour! Takout and Delivery. FREE Shuttle. Kids Menu Available! MC, VISA, AMEX  
**MANGOWOOD RESTAURANT & BAR 457-3312**  
at The Lincoln Inn at The Covered Bridge  
530 Woodstock Road, Route 4, Woodstock  
Just fifteen minutes from Killington! Our Chefs blend American food you know and love with the finest Asian herbs and spices. Looking for the best Martini on Rte 4? Our three fireplaces make us a favorite stop for fireside cocktails, appetizers and casual fine dining. AMEX, MC, VISA

Killington's Premier Steakhouse

## SANTA FE STEAKHOUSE

Located in the Mountain Inn at the top of the Killington Rd.

Everything you look for in good food, drinks and entertainment  
Dry age Steaks • Pasta • Fresh Seafood • Caesar Salad Bar  
Warm Atmosphere • Fireplace Lounge

*"The Best Steak on the Mountain!..."*

Monday Night <b>JAZZ WITH JOEY LEONE</b>	Saturday with <b>Myk Snow</b> & K-Towns Finest
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www.killingtonsbest.com • Open Nightly  
Located in the Mountain Inn at the top of the Killington Rd

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Open for dinner  
Thursday-Sunday at 4pm

Located 3 miles north of Route 4 on Route 30

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lakehousevt.com



**Thursday 1/2 Price Wine**

**Sundays 1/2 Price Entrées**

**Fridays - Live Music Aaron Audet 7pm** Free wings and nachos from 3-6pm

**Upcoming Events**  
January 29 Fireworks Show  
Make your reservations now!



# DiningGuide

**McGRATH'S IRISH PUB** 775-7181  
at the Inn at Long Trail  
Rt. 4, at the top of the Sherburne Pass, Killington  
McGrath's Irish Pub at The Inn at Long Trail invites you to try our famous Guinness stew. Candlelite dining. Live Irish music weekends! MC, VISA, AMEX.

**MOGULS SPORTS PUB** 422-4777  
Killington Road, Killington  
Family dining offering steaks, burgers, pasta and more. With over 20 TVs, pool table, arcade games - Moguls is your place for a good time. An affordable menu featuring our world famous Barbecue Ribs. Free Shuttle, Take out and delivery. Open daily. Mon-Thu 3PM-2AM. Serving Lunch Fri, Sat and Sun at noon.

**MOUNTAIN TOP INN & RESORT** 483-2311  
Mountain Top Rd., Chittenden  
Only 11 miles from Killington and Rutland. Dining complemented by breathtaking views of the lake and mountains. Creative American cuisine in the Highlands Dining Room. Casual dining and pub fare in the Highlands Tavern. Extensive selection of wine and beer. Full bar available. Open year round to the public. Reservations suggested. Kids welcome. Seasonal outdoor dining. www.mountaintopin.com. MC, VISA, AMEX

**OLIVIA'S** 775-2537  
at the Grey Bonnet Inn  
Rt. 100N, Killington  
Romantic dining featuring fine American cuisine with fresh seafood, steak and pasta dishes, homemade soups and desserts with nightly specials. Reservations appreciated for dinner. AMEX, MC, VISA, DISC.

**ON THE ROCS LOUNGE** 422-7627  
2384 Killington Rd., Killington  
Gather together in our speak-easy lounge. Enjoy a relaxed atmosphere in an intimate setting. Let On The Rocs make you one of their speciality cocktails while you enjoy a conversation with friends. Serving Tapas. AMEX, MC, VISA

**ORIGINAL GENERAL STORE** 746-8888  
Route 100, Pittsfield, VT  
Homestyle foods and country charm. Now serving farm fresh meats, veggies and eggs, homemade soups, fresh baked breads, new espresso bar, wide variety of pastries, juices, smoothies, and dinner specials. Also check out our wine cellar, "The Rustic Rooster" gift shop and banquet hall. Weekend Breakfast Buffet!

**OUTBACK PIZZA** 422-9885  
Top of the Killington Rd. at Outback  
Killington's best pizza is baked in a 900 degree wood-fire brick oven. We feature the best live music in Killington. Voted Killington's best place to dance. AMEX, MC, VISA

**PASTA POT** 422-3004  
Route 4 East, Killington  
A classic Italian Pasta house. Italian food and wines at their best. Pastas, pizza, subs, Italian entrees are all homemade. Chef owned. MC, VISA

**THE PHAT ITALIAN MARKET & DELI** 422-3636  
2384 Killington Rd., Killington  
Authentic Italian cuisine with attitude. Premium Boarshead meats. NY bread and bagels. Check out our coldest, inexpensive beer cave. Don't forget to stop in our wine room. Come on in or call for delivery! Bada Bing. MC, VISA, AMEX, DISC

**RAMUNTO'S BRICK & BREW PIZZA** 672-1120  
Route 4, Bridgewater  
Real New York pizza, salads, sandwiches, featuring chicken ranch pizza and garlic knots. 20 draft beers, outdoor deck dining, 3 flat screen TVs. MC, Visa, AMEX, DISC

**RED CLOVER INN** 775-2290  
Woodward Rd., Mendon  
American Cuisine with a European Flair. Extensive wine list. Charming surroundings. Open for fine dining or tavern fare. AMEX, MC, VISA, DISC.

**SAINTS PUB AT THE SUMMIT LODGE** 422-3535  
200 Summit Path, Killington Road  
Best kept secret on the mountain. Cozy atmosphere, chef Jeremy's pub fare menu, local brews on top and wine selection, live entertainment Fri-Sun with Frank Chase. Open nightly, serving 5-9 except Tuesday. AMEX, MC, VISA.

**SANTA FE STEAKHOUSE** 422-2124  
at The Mountain Inn  
Killington Road, Killington  
Named by New Yorker Magazine as "Killington's #1 Steakhouse." Serving the finest steaks, seafood, chicken and pasta. Santa Fe offers classic upbeat dining. Dine above the rest. "Upstairs" at Santa Fe. Reservations. Entertainment. VISA, MC, AMEX

**SEWARD FAMILY RESTAURANT** 773-2738  
224 N. Main St. (Rt. 7), Rutland  
VT home-cooking at affordable prices. Breakfast, Lunch & Dinner, daily specials. Steaks, chicken, seafood, wonderful burgers, sandwiches, even "Heart Healthy" menu items, salad bar, and children's menu. Our own ice cream- 39 flavors! Large parties welcome. Our dairy-gift store has Vt. foods & lots of gifts. MC, VISA, DISC.

**SUGAR AND SPICE RESTAURANT** 773-7832  
Route 4, Mendon  
Serving breakfast and lunch seven days a week. Specialties run from pancakes & French toast with real maple syrup processed on premises, soups, sandwiches, burgers. Working sugar house. Gift shop featuring Vermont products. Homemade candy and ice cream. MC, VISA

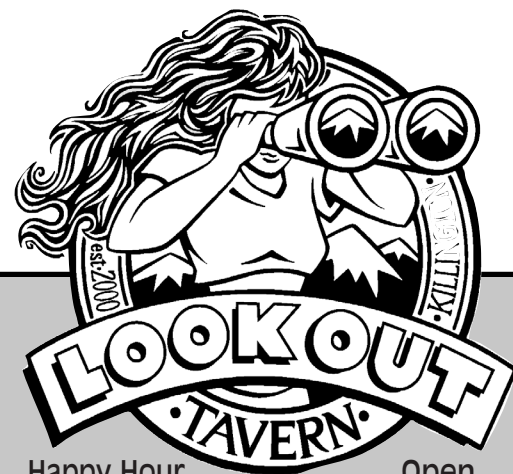
**SUSHI YOSHI/CHINESE GOURMET HIBACHI STEAKHOUSE** 422-4241  
1807 Killington Rd., Killington  
Sushi Yoshi offers the best in Chinese and Japanese cuisine with Hibachi Tables, a Sushi Bar, and 6 Tatame rooms. Featuring an extensive Wine and Sake list including Mai Thais and Scorpion Bowls. There is a Kids Game room and pool table. Takeout and Delivery. All major credit cards accepted.

**THE VERMONT INN** 775-0708  
Route 4, Killington  
Enjoy New England and Continental Cuisine by a wood burning stone fireplace in a comfortable and warm c. 1840 farmhouse style dining room. Game Room. Children's menu. Full bar and wine list. Dinner Reservations Sugg. Drop in late afternoon or even after dinner for cocktails, appetizers, a light dinner, or desserts at Duffy's Pub. Enjoy a wood burning stove, television, and casual conversation with guest and Innkeepers at the Bar.

**WOBBLY BARN STEAKHOUSE** 422-6171  
#1 Mid-way on the Killington Road, Killington  
The best steakhouse in ski country. Serving the finest in prime rib, steaks and seafoods with The Wobbly's famous soup, salad and bread bar. High altitude live entertainment. MC, VISA, AMEX.

**WOODBIDGE CAFE & COFFEEHOUSE** 802-332-6075  
US Rt. 4 West Woodstock - 10 minutes from Killington  
Fresh VT Homemade meals with over 150 Hot Specialty Drinks. Breakfast All Day, Lunch & Dinner. BYOB. Take out. Special Orders. 100% Fair Trade Organic VT Coffee. Open Mic Night. Kid Friendly Prices. All Major Credit Cards accepted. www.woodbridgecoffeehouse.com and Facebook.

**Z Corners Inn** 396-0036  
52 upper Road, Bridgewater  
Join us at the New Z Corners Inn featuring Chef Gui's brand new menu, great wine list and comfortable atmosphere. Call for reservations. See you soon.



Happy Hour 3:00-6:00 Open Daily

**SOUPS • SALADS  
BURGERS • PASTA  
SEAFOOD • BURRITOS**

**LUNCH DAILY | NFL IN HD**

**FRIDAY FOOD TIL MIDNIGHT**

**BEST WINGS**  
HAPPY HOUR 3-6PM

**KIDS MENU AVAILABLE** **TAKE OUT & DELIVERY**

**FREE SHUTTLE**  
422-5665

**422-LOOK**

**Woodbridge** VT Coffee Company  
100% Organic Fair Trade

**Cafe & Coffeehouse**

Breakfast All Day  
Lunch & Dinner BYOB  
Homemade Breads & Pies  
Over 150 Hot/Cold Specialty Drinks  
Grilled Sandwich Panini's  
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Burgers - Seafood  
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Contemporary American Cuisine

**The Upper Valley favorite where East meets West**

Seasonal selections include... Asian Style Shrimp & Salmon Cakes • Jicama & Leeks Spring Roll • Sweet & Spicy Chicken Wings • Black Pepper Sesame Tofu Fries • Leeks, Chinese Mushroom, Goat Cheese, Moscato Brulée • Peking Duck Quesadilla • Creamy Coconut Risotto Cakes, Thai Peanut Pesto • Black Sesame Salmon • Oven Roasted Tandoori Spice Chicken Breast • Grilled Tamarind Tiger Prawns & Smoked Sausage Skewers • Lamb Lollipop, Plum & Mint Glaze, Pineapple Mojito Couscous • All Natural Grass Fed 9oz Sirloin, Aged Chinese Vinegar Reduction • House Special Crispy Whole Fish

Located at The Lincoln Inn at the Covered Bridge 530 Woodstock Road Woodstock, VT 05091 802-457-3312 www.mangowood.com

Open Tuesday - Saturday Evenings from 6-9 pm Dinner Reservations Requested.

Visit mangowood.com and lincolnn.com  
Evening Menus, Online Reservations, Lodging Packages

The Classic Vermont Experience with a twist...  
**ONE DESTINATION**



# SUSHI YOSHI

**JAPANESE CHINESE HIBACHI LUNCH SERVED DAILY**

CUSTOM SUSHI PLATTERS  
LARGE PARTIES WELCOME

**HOURS**  
SUNDAY-THURS  
11:30AM-10PM  
FRIDAY-SATURDAY  
11:30AM-11PM

**RESERVATIONS,  
TAKE OUT  
& DELIVERY**



[www.vermontsushi.com](http://www.vermontsushi.com)

**(802) 422-4241**

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## Good Eats!

### Bueno's Kitchen

*Specializing in healthy and delicious comfort foods:*

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- and more, plus Daily Specials to Suit Every Taste



**Complete Delicious Meals for under \$10**  
*(No excess salt, sugar or any MSG ever - just good ingredients)*

Open M-F 11am-7pm, Sat 11am-3pm • 772-7346  
269 North Main Street, at Southfork Plaza in Rutland  
(just north of Ace Hardware)

## RAMUNTO'S

### BRICK & BREW PIZZA

**Real New York Pizza**

Awesome Pizza, Salads,  
Sandwiches

*Live Entertainment*

**Three of a Kind**  
Fri. January 14 • 7-10pm

---

**Open Mic on Tuesday Nights!**

**20 Draft Beers**  
**3 Flat Screen TV's**

Major Credit Cards Accepted ~  
Mon-Thurs 11am-10pm, Fri & Sat 11am-11pm  
Sun 11am-9pm

Located at the historic Bridgewater Mill  
**15 Minutes from Killington Resort**  
Rt. 4 Bridgewater, VT

**802-672-1120**

# 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
Baja Burrito Company																
Birch Ridge Inn																
Blanche & Bills																
Bridgewater Corners Store																
Bueno's Kitchen																
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Charity's																
Choices Rest. & Rotisserie																
Clear River Tavern																
Countryman's Pleasure																
Double D's Bar & Grill																
Grist Mill																
Hemingway's																
Heli's at Mountainview Lodge																
Killington Market & Deli																
Lakehouse Pub & Grille																
Lookout Tavern																
Mangowood at The Lincoln Inn																
McGrath's Irish Pub																
Moguls Sports Pub																
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Olivia's at The Grey Bonnet Inn																
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Outback Pizza																
Ovations																
Pasta Pot																
Phat Italian Market & Deli																
Pittsfield's Original General Store																
Ramunto's																
Red Clover Inn																
Saints Pub at the Summit Lodge																
Santa Fe Steakhouse																
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## Billings' Sleigh Ride Weekend

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Climb aboard the horse-drawn sleigh and enjoy a scenic ride through the frosty farm fields. Warm up with a visit to the operating dairy farm and learn more about the Jersey herd and calves, draft horses, oxen and South-down sheep.

The video "On My Own; The Traditions of Daisy Turner" will be shown in observance of the Martin Luther King, Jr. Day. There will be African American quilting activities and programs for all ages. Enjoy a cup of hot-spiced cider in the Visitor Center.

Sleigh Ride Weekend admission includes sleigh rides, the operating farm, restored 1890 Farm House, plus activities and programs. Please call 802-457-2355 for more information or for information on daily activities and programs and a list of seasonal events.



## Acclaimed Flutist, Ransom Wilson at the Paramount

Internationally acclaimed flutist, Ransom Wilson has agreed to fill a "Passages at the Paramount" date (January 14) previously scheduled for Aleksandr Haskin (emerging flutist from the Young Concert Artist (NYC) roster). Haskin, a contracted soloist with the Qatar Symphony (Saudi Arabia) was forced to cancel his U.S. soloist dates when the Mideast Orchestra changed its performance dates for January 2011. Long recognized as one of the world's foremost instrumentalists, Ransom Wilson is equally esteemed as a conductor of orchestral and operatic repertoire. He is music director of the Idyllwild Arts Academy Orchestra, and both music director and principal conductor of Solisti New York, which he founded in 1981. Wilson founded Oklahoma's famed OK Mozart Festival where, during his more than 20 years as artistic director, he raised the festival to national prominence. In fall 2007 he took over as director of orchestra and artist/teacher of conducting at his alma mater, North Carolina School of the Arts.

Highly regarded in the opera world, Ransom Wilson

has conducted Acis and Galatea with New York City Opera and with the Philadelphia Chamber Orchestra; Agrippina in a return to New York City Opera; the American stage premiere of Rossini's Ermione at Opera Omaha; the first professional production of Amy Beach's opera, Cabildo, for the "Great Performers at Lincoln Center" series; the American stage premiere of Il re pastore with Glimmerglass Opera; the world

Ransom Wilson has received an Honorary Doctorate degree from the University of Alabama; the first Alabama Prize, awarded by the New York Times Foundation for distinguished performing or visual artists, to a native or resident of that state; a National Public Radio award (shared with pianist Christopher O'Riley) for best performance by a small ensemble on national broadcast; and Austria's Award of Merit in Gold, in recognition of his efforts on behalf of Mozart's music in America.

Ransom Wilson, flute with Ryo Yanagitani, piano - The Paramount Theatre in Rutland, VT on January 14, 2011 8:00PM. Tickets \$15 & \$10 at the box office by calling 802-775-0903 or online at [www.paramountlive.org](http://www.paramountlive.org).

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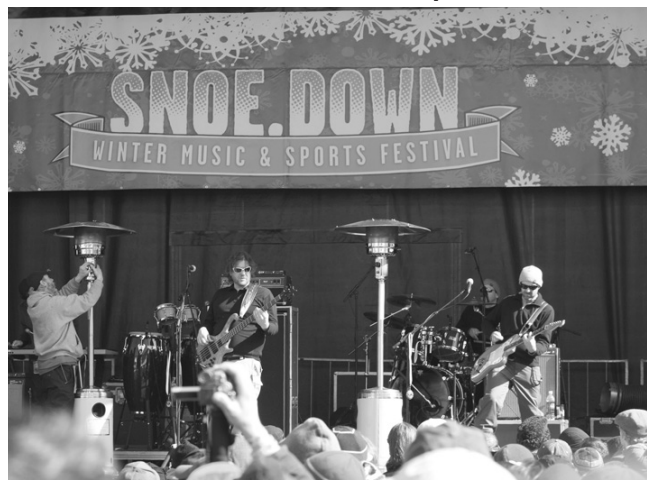


Photo courtesy of Killington Mountain Resort

## Snoe.down Festival Returns to Killington & Rutland

Snoe.down, the all-ages winter music & sports festival hosted by moe., returns to central Vermont and Vermont's most popular and dynamic ski and snowboard destination, Killington Resort in Killington, and Spartan Arena in neighboring Rutland, for a weekend of winter fun and music March 25-27, 2011.

moe. will headline both Friday and Saturday nights at Spartan Arena, as well as Saturday afternoon at Killington Resort's Bear Mountain. Other bands and special guests will also perform throughout the weekend - stay tuned for details.

Festival attendees will be able to take advantage of a myriad of world-class winter activities available at Killington Resort, including a very special Snoe.down learn to ski/board program.

The Snoe.down winter music & sports festival is sponsored in part by the Town of Killington Economic Development and Tourism Office (EDT). The EDT is working with Killington Resort to arrange for bus shuttle service to/from Killington and Spartan Arena for those choosing to lodge in Killington.

A limited number of Early Bird Snoe.down tickets and VIP tickets priced are on sale now. Tickets may be purchased by phone at 802-863-5966. Early Bird tickets will be available only as long as supplies last. Ticket prices are subject to change without notice.

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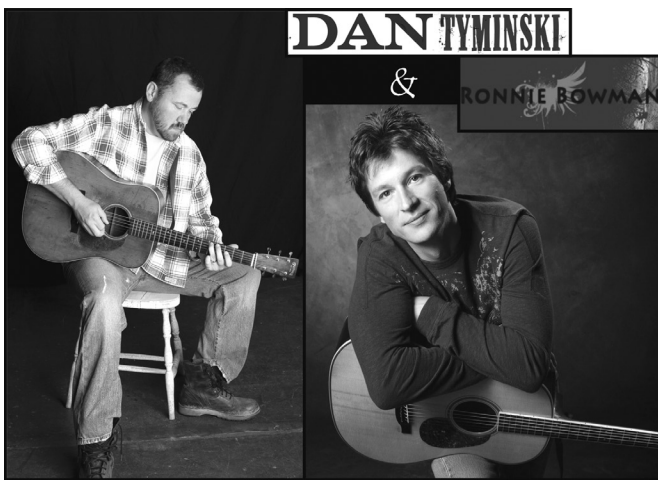
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## Tyminski Returns "Home" to Chandler

Native son and bluegrass sensation Dan Tyminski brings his prodigious talent to Chandler Music Hall with former Lonesome River bandmate Ronnie Bowman on Friday January 28 at 7:30 PM.

Both are acclaimed bluegrass musicians and vocalists in their own right. Collectively they have been awarded the International Bluegrass Music Association's (IBMA) Male Vocalist of the Year seven times. Tyminski and Bowman have long been recognized for how well their voices blend and complement each other and have not performed together regularly since their LRB days.

Dynamic on stage, down-to-earth off stage, 13-time Grammy winner Dan Tyminski has the voice, the instrumental chops, and charisma to be counted among the most recognizable and popular male vocalists of the current bluegrass and country music scenes. Since 1994, his ace instrumental skill - mainly on guitar, but also on mandolin - and burnished, soulful tenor voice have been key components of Alison Krauss and Union Station, arguably the most



visible and successful bluegrass band in the modern era.

Dan actively tours with both Union Station and his own Dan Tyminski Band, and has also appeared as part of Vince Gill's band and has toured with Jerry Douglas and with jazz great Charlie Haden. In 2004, Dan was invited by Eric Clapton to participate in Clapton's Crossroads Guitar Festival, and then again as a part of Union Station in 2007. He has been featured in Rolling Stone and Country Weekly, and has performed on The Late Show with David Letterman, The Tonight Show, Late Night with Conan O'Brien, the Grammy Awards, Good Morning America, the CMA Awards, the ACM Awards, and even Sesame Street. He is also a highly regarded session musician and vocalist, having contributed to projects for Leann Rimes, Brad Paisley, Joan Osborne, Reba McEntire, Dolly Parton, and Alan Jackson.

Reserved tickets by calling the Chandler Box Office at 802-728-6464 between the hours of 3 and 6 PM weekdays. Tell them you saw it in The Mountain Times.

## Wine 2011: Good Prices and Choices

by Michelle Locke, AP

Riesling will rise. The market for wine in Asia will boom on. Customers will continue to hunt for vintage values. And the market for fine wine will continue to rumble back to life.

That's the sort of year industry observers say the world of wine will bring us in 2011.

In 2010, the economy remained a top issue for American high-end winemakers, many of them in California. They saw sales of wines priced at \$30 or more a bottle slammed when consumer spending collapsed.

"Since so much of the economy of high-end wine is attached to a robust economy and wealth creation, we have clearly seen a difficult couple of years for Napa and other high-end growing areas," said Barry Schuler, former chairman and CEO of America Online and now proprietor of Meteor Vineyard in the Napa Valley.

Now, "the market's definitely coming back," which means producers have to decide what to do next, he says. "I think people are looking at Asia, where all of a sudden there's an interest in fine wine and high-end wine, both from collectors and young entrepreneurs who are acquiring some wealth for the first time."

Here at home, meanwhile, consumers who had been staying away from premium wines - or, if they were going to shell out \$50 or more, sticking to tried and true brands - are getting a little more adventurous, says Doug Shafer of Shafer Vineyards, the Napa Valley producer of the highly regarded Hillside Select cabernet sauvignon. "People are feeling a little more confident," he said.

One trend from 2010 that Shafer expects to see continue in 2011 is restaurants teaming with wineries to sell wine under their own name. That trend got a boost from the recession, with premium grapes and wine becoming cheaper and more available.

Consumers used to getting good values in wines likely will continue that hunt. "There can be some really good finds out there," Shafer says.

Some consumers are going to be looking to imports for values, exploring the well-priced varietals of Argentina, Chile, Portugal, the Rhone in France, and Spain. "As the economy continues to rebound (we hope!) consumers will be looking for flavor and value, and these countries are providing them," say Karen Page and Andrew Dornenburg, award-winning authors of "What to Drink with What You Eat," now also available as an iPhone app.

Dornenburg and Page expect riesling - "Which we've long termed the single most food-friendly white wine." - to become more popular, along with similar wines such as Oregon pinot gris, Argentinian torrontes and Spanish albarino.

And there will be more bubbly, including new varieties such as sparkling cabernet sauvignon, sparkling malbec and sparkling torrontes.

In 2010, wine drinkers found bargains on Internet sites where wine is sold at a discount with usually a limited number of bottles available. This was another recession-fueled marketing shift; smaller wineries found traditional distribution channels narrowing as consumer spending dropped.

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## CSJ Hosts Performance to Honor Dr. King

The College of St. Joseph of Rutland, VT, is pleased to announce a performance by Exposure Musical Revues to celebrate Martin Luther King, Jr. Day on January 17, 2011 at 3:00 p.m. in the Tuttle Hall Theater. Exposure, based in New York City, will present their show entitled Historic Soul, which celebrates African-American contributions to American Culture.

This rollicking musical adventure starts with the sophisticated sounds of Jazz. Historic Soul also reminds audiences of the humor in American music through the blues. Next stop on Historic Soul's fun filled musical journey is the origins of Rock and Roll. This section celebrates the musical genius of Little Richard, Chuck Berry, and Ray Charles. From there, we travel to the different styles of Rhythm and Blues and beyond. Historic Soul is guaranteed to thrill audiences young and old.

The performance will also feature favorite music of Dr. King as well as focus on his contributions to American culture. The performance is free and open to the public.

Performers for the event include Valencia Emanuel, Exposure's founder, who earned a Business Degree from Towson State University. Ms Emanuel worked throughout the country in Ain't Misbehavin', Little Shop



of Horrors, and Guys and Dolls. She was the first woman to perform in Five Guys Named Moe. Derrick Baker has a BS degree from Westminster Choir College. He is an esteemed choreographer. His leading roles include All-Star Game, Joseph and the Technicolor Dream Coat, and Five Guys Named Moe. Stephon Jones' degree is from SUNY New Paltz. He has toured the country as a lead singer with the Drifters and the Platters. He is currently a backup singer with J.T. Taylor of Kool and the Gang.

For more information, please contact Olivia Gawet at (802) 773-5900, ext. 3290.

## Evening of Gypsy Jazz

Swing Noire Brings fun to the Coffee House Concert on Saturday, January 14. Swing Noire invokes the energy of a swingin' jazz Club in Paris during the early 1930's. This unique type of music was the first "Jazz" based outside of the African-American tradition. Their unique take on "Hot Swing" is in the spirit of guitar legend Django Reinhardt and his "Gypsy

Jazz" quintet featuring the oh-so soulful playing of master violinist Stephane Grappelli. This band's music evokes images of smoky basement speakeasies and slinky cabarets on dark alley streets. Swing Noire bring high energy, soul and sophistication to the stage for a wonderful evening of great playing.

The concert will be on Saturday night, January 14, at 7:30 PM at the Unitarian Universalist Church at 117 West Street in downtown Rutland. Tickets are \$10, advance, at Tattersal's on Merchants Row, \$12 at the door, \$7 seniors, \$4 children. Information and reservations - 802-492-2252.

## Wine 2011

continued from page 24

Paul Mabray of the Napa-based wine consulting firm VinTank expects that trend to continue, but he also expects wineries to start selling discounted wines via their own websites to regular customers.

"It's better than ever to be a member of a winery's email list," he says.

Even when it comes to selling regular priced wines, direct marketing to online consumers is becoming more prominent among wineries, says Mabray. "Consumer direct has always been a conversation piece. Everyone believes in it, but no one really spends the resources. But when they have no other channel, they've all shifted to, 'How do we do consumer direct?' Wine clubs, telemarketing and e-commerce are all huge."

Another byproduct of the narrowed distribution channels, says Schuler, has been more sales out of tasting rooms and more effort by vintners to go out and meet their customers in their own towns.

"The labels got out there on the road themselves, were pouring a lot of wine, making direct contact with customers, trying to keep product moving."

That includes using social media to identify and keep in touch with customers. "That's an interesting dynamic, when a brand can directly connect with the customers without a bunch of middle people," he says.

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## Piano Concert at Brandon Music

A classical piano concert featuring Peter Seivewright will be held at Brandon Music. Peter Seivewright is a world renowned concert pianist and soloist who has performed recently in Beijing, India, Vietnam, Vienna and now Brandon! The performance is scheduled for 7:00 pm on Jan. 15, 2011. Tickets are \$15. Seating is limited. Call for reservations, 465-4071. Brandon Music is at 62 Country Club Road.

## VINS Winter Carnival

Quechee, VT - Though on the surface nature seems to be a bit quiet during the winter months, the folks at the Vermont Institute of Natural Science (VINS) know that this snow-covered world is still bustling with activity and filled with opportunities to explore and learn. During the month of January, VINS offers a chance for nature center visitors to join in on winter fun and discovery with the 2nd annual VINS Winter Carnival.

On Saturday, January 15 from 1:00 to 4:00 p.m., VINS Nature Center will come alive with exciting outdoor activities during the VINS Winter Carnival. A variety of nature- and snow-themed games, such as otter bowling, a snowman hat toss, winter relay race, snow golf and hockey, and a snow sculpture and painting contest, will be offered for all ages.

Indoor crafts and games, including an indoor ice fishing derby, will take place throughout the day for those in need of a break from the cold. Warm refreshments and a toasty campfire will round out this winter celebration! All Winter Carnival activities are included with general admission to VINS Nature Center.

The VINS Nature Center and Nature Store are open to the public daily from 10:00 a.m. to 4:00 p.m. with live bird programs on weekends and holidays at 11:00 a.m. and 2:00 p.m. throughout the winter season. For about VINS, please call 802-359-5001. Tell them you saw it in The Mountain Times.

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## VSO Brings "Winter Warmth" to Paramount

The Vermont Symphony Orchestra's "Sunday Matinee Series" continues in the new year at the Paramount Theatre in Rutland on January 23rd as VSO Music Director Jaime Laredo conducts "Winter Warmth," a program of three colorful works to banish the mid-winter blues. The concert begins at 4:00 p.m.

The lightness of Rossini's one-act farce, *Il Signor Bruschino Overture*, will extend to the orchestra, as violinists turn into percussionists. Then, outstanding young pianist, Anna Polonsky, will play the uplifting Concerto No. 27 from Mozart's treasure trove of piano concertos and Beethoven's lighter side will prevail with his fourth symphony, which Berlioz called "lively, nimble and joyous."

Anna Polonsky is widely in demand as a soloist and chamber musician and has toured extensively throughout the United States, Europe and Asia. She made her piano debut at the age of seven at the Special Central Music School in Moscow, Russia. She emigrated to the United States in 1990, and attended high school at the Interlochen Arts Academy in Michigan. She received her bachelor of music diploma from the Curtis Institute of Music, where she worked with the renowned pianist Peter Serkin, and earned her master's degree from the Juilliard School. She is a member of the newly-formed Schumann Trio and serves on the piano faculty of Vassar College. She has been a frequent chamber music collaborator with Jaime Laredo.

Beethoven's gentle Symphony No. 4 was written in the summer of 1806, and reflects the joy of his engagement to Countess Theresa von Brunswick. Artistically, it was a period of tremendous creativity for the composer. Politically, the social structure of centuries in Western Europe was disintegrating in Napoleon's wake, and the weakened aristocracy returned to a recently occupied Vienna of uncertain future. The fourth symphony does not reflect the epic proportions of the Third Symphony, *Eroica*, or the Fifth. It dwells on a more serene plane of tenderness and mystery.

A free pre-concert discussion, *Musically Speaking*, moderated by Jim Lowe begins at 3 p.m. The discussion will feature Jaime Laredo and Anna Polonsky providing insights into the program, the composers, and themselves.

Single concert tickets range from \$9 for students to \$29, available in person and online from the Paramount Theatre Box Office at 802-775-0903, or [www.ParamountLive.org](http://www.ParamountLive.org).

## Wine Labels

Brightly colored animals, especially kangaroos, fish, flowers, portraits, castles and estates, ships, abstract paintings, all are designed to catch your attention, to make you pick up the bottle, take a closer look, entice you to purchase.

The label tells a lot about the wine, often enough you can judge the general character of the wine simply by looking at the label. They come in all sort of shapes and patterns to create a first impression strong enough to make you buy the bottle, lasting enough to make you buy another one.

Aside from all this, there is crucial information to be found on these facings. In the United States every bottle sold will most likely have two labels, one on front, that has been designed by the winery, and one in the back, that has been affixed by the importer or distributor in accordance to government rules. It is to warn you not to drink and drive, not to drink when pregnant or whatever else the surgeon general accords, such as that wine contains sulfites (a natural by-product of making wine). It will also tell you how much wine is in the bottle, usually 750 ml, which is the metric measurement that has to be used ('ml' stands for milli-liter or one thousandth of a liter - the use of good old American ounces is illegal here, but I can tell you it's about 25 ounces).

Required by law is also to tell you how high the alcohol content is, which is expressed as a percentage by volume. Most table wines are in the range of 9%-15%. For normal fermentation the limit is about 16%, which generally represents the legal boundary, beyond which it falls into the category of fortified wine (where additional alcohol is added), such as Sherry or Port, even if there is no additional alcohol added. In the State of Vermont it is then sold as liquor in the State liquor stores exclusively.

The rest of the backlabel in the US may contain pretty much whatever else the



purveyor wants to tell you. How many bottles are made, what kind of grapes are used or blended, that it has a big nose and a full body, or that it pairs particularly well with fish, meat or vegetables.

The front label is another story. There are certain artistic freedoms and it reflects more the taste of the winemaker or the winery. However again there are different regulations in different regions and countries, but they can usually be met on the back label, if the winemaker decides to take on the added expense of producing two labels. By the way, the label is almost 25% of the cost for the winery to produce a bottle of wine, depending on the size of the production.

Commonly the front label lists the name of the producer (which could be different to the name of the wine), the type of grape used (in the US it needs to be at least 85% of that grape if only one is listed), the vintage of the wine (the year the grapes were harvested), the appellation (a region with government defined, clear boundaries) and country of origin (where the wine was made and bottled).

Some countries require additional listings of quality standards, authenticity seals, or sweetness terms such as 'dry', 'medium dry' or 'sweet'. There is no global standard for wine labels and just as each country makes its own requirements, some also prohibit certain statements, such as tasting notes, approvals or analyses.

A couple of things rarely listed that I would like to see on the labels: Is a real cork is used? What is the best time to drink the bottle? Tight tannins need some time to age, yet most wines should be drunk within a couple of years.



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# Bacon Became Passi, Artisanal Got (Too?) Big

by J.M. Hirsch - AP Food Editor

Bow your heads, please, for 2010 saw yet another foodie term of affection jump the shark - artisanal.

This year big business continued to follow the foodie dollar, co-opting and transforming the language of the culinary crowd. A few years ago they swarmed the once-crunchy cottage organic industry. Then everyone from Whole Foods to Walmart latched on to the "local" label.

When the Big Foods of the world made Frito-Lay's Tostitos from "Artisan Recipes" and Sargento shredded cheeses from "Artisan Blends" (all trademarked, of course), you know the term lost its cred.

So went the year in food.

It means 2011 will see yet another search for a term that sets apart real from really industrialized food. There's no frontrunner, but odds are good author and activist Michael Pollan (the man whose dilemma we all devoured) and chef-agronomist Dan Barber (whose Blue Hill restaurant menu we all want to devour) will have a hand in coining it.

That's no laughing matter. Or maybe it is.

Better ask another star of 2010 - Ruth Bourdain, the fictional spawn of former Gourmet magazine editor Ruth Reichl and sass-talking chef Anthony Bourdain. The freakishly androgynous anonymously-penned mashup ruled the Twittersphere, retooling the real Reichl's lyrical tweets into raunchy, acerbic comic fodder (most of it unfit to print).

Ruth Bourdain was the name to follow and the man (or woman?) to unmask. Nobody did.

Speaking of Gourmet, 2010 saw the one-year anniversary of its demise, but its zombie lived on. Most of us - including Reichl, now a Random House editor

- have moved on. Parent company Conde Nast (which pulled the trigger on it) seemed to have more trouble. They trotted out the Gourmet name on everything from a cookie cookbook to an app to "special editions" of the magazine.

Makes you wonder why they killed it in the first place.

The Gourmet app entered a crowded marketplace. This was the year for big name foodies to put their thumbprints on tiny screens. Everyone from Martha Stewart and Tyler Florence to Rachael Ray and Mark Bittman got in on the app game.

Meanwhile, the iPad was supposed to revolutionize cookbooks, finally bringing together the traditional contents and portability of paper with the whiz-bang features, encyclopedic depth and flexibility of video and the Internet. We're still waiting.

Not all grub-related media growth was on tiny screens. Apparently the American appetite for televised food is as insatiable as its obsession with over-the-top fast food (more on that in a minute). In the spring, the 17-year-old Food Network gave birth to another 24-7 culinary enterprise - the Cooking Channel.

On another network, Brit chef Jamie Oliver was busy trying to revolutionize the eating habits and food policies of a West Virginia town that wasn't always thrilled to have him there. Whatever the lasting difference on that community,

"Jamie Oliver's Food Revolution" was eaten up by viewers and it won an Emmy for outstanding reality program.

It was a spotlight Oliver had to share, for talk about healthing up America's eating habits was all the rage, everywhere from 1600 Pennsylvania Ave. right on down to Sesame Street.

First lady Michelle Obama continued her push to end childhood hunger and fight childhood obesity, rallying chefs (celebrity and not) to donate time to resource-strapped school lunch programs and helping to push through legislation that overhauled school lunches and funded an additional 20 million after-school meals for needy kids.

An effort to revamp the nation's food safety system - a measure with broad support that advocates have sought close to, oh, forever - got broad support after a large-scale outbreak of salmonella-tainted eggs sickened as many as 1,600 people during the summer.

And down by Hooper's Store, Elmo partnered with celebrity chef Art Smith and a host of new Muppets - banana, cheese, whole-grain roll and broccoli - in an effort to teach healthy eating on a budget and pull children away from the perverse crossroads of poverty and obesity.

Might also want to keep them away from the latest fast food obsession - a caloric game of one-upmanship in creating the most over-the-top menu item. In

Spring, KFC gave us the hugely popular 540-calorie Double Down - a bunless sandwich of bacon and cheese surrounded by chicken filets.

Not to be outdone, a few weeks later IHOP offered up Pancake Stackers, a crustless cheesecake filling surrounded by two buttermilk pancakes and topped with a strawberry, blueberry or cinnamon apple compote and whipped topping. Accompanied by its standard two eggs, bacon and hash browns, it packed a mere 1,250 calories.

Yet both seemed eclipsed by the return of - and frenzy to nosh - McDonald's McRib. The company credited the sandwich with helping push sales nearly 5 percent in November.

Makes sense. In 2010, pork was the meat to eat. Bacon continued to command star treatment, though by the time you can cruise online and find Star Wars spaceships constructed out of bacon, you know its days are numbered. And despite our preoccupation with cured pig, chicken remained the leader in recipe searches on Yahoo.

Also hot was what people weren't eating - gluten. Grocers seem so overstocked by products clamoring to set you free from the wheat protein, it seems only a matter of time before somebody offers gluten-free gluten.

What's next? Vegans are hotter than hot. But so is meat. We'll inhale meatballs spiked with unspeakable ingredient combinations. We've read way too many books about butchers this year. Could fish mongers be the next fascinating food worker for whom memoirists pen pseudo-sexual odes?

Perhaps. If they batter the local and organic catch of the day in artisanal gluten-free breadcrumbs.



Adam Richman from Man vs Food

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Volume 40, Number 2

Central Vermont's Premier Weekly Newspaper

January 13-19, 2011

# MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

The Killington Fire and Rescue volunteer fire department was dispatched to 20 very serious E911 calls between December 31, 2010 and January 6th, 2011. Among these 20 emergency calls were motor vehicle accidents with injuries, dumpster fires, fire and smoke alarm activations, seriously ill persons, the most serious of which was a carbon monoxide poisoning in a home with 9 victims. Carbon monoxide is an odorless, colorless, tasteless and insidious gas that takes hundreds of lives each year, and carbon monoxide detectors are important to have in everyone's home. It is also very important that homeowners have their complete heating systems checked before every heating season. The signs and symptoms of carbon monoxide poisoning may include headache, dizziness, irritability, confusion, disorientation, nausea and vomiting, abnormal reflexes, difficulty in coordinating, difficulty in breathing, chest pain, cerebral edema, convulsions, coma and death. Most commonly, deadly carbon monoxide is produced by the incomplete combustion of wood or hydrocarbon products. Many carbon monoxide victims are stricken by gases that are insufficiently vented by heating equipment or furnaces. Several incidences occur each year in the United States in homes with fireplaces or wood-burning stoves and heaters. Please equip your home with potentially life saving smoke detectors and carbon monoxide detectors.

Thanks go out to the voting residents of the Town of Killington who have supported the budgets of the Killington Fire and Rescue over the past years which have allowed the volunteer firefighters and First Response members to have the necessary equipment and training to do their jobs of serving our community so well. The Killington Fire and Rescue is recruiting for more members- equipment and training is provided. Please consider joining our volunteer fire department- our weekly drill night is on Tuesdays, starting at 7pm at the Killington Road firehouse.

The Killington-Pico Rotary Club's Annual Ice-Out Contest, with a potential payout of up to \$20,000 is currently being held in the Killington area. The object of this contest is for the ticket purchaser to guess the month, day, hour, minute and second that the ice will "go out" on the Grist Mill Pond. The moment of ice-out is determined when a 72 pound concrete block, housed in an "Ice-Out Hut" drops through the ice. A timing device will determine the exact moment of ice-out. The hut, with the cement block, will be placed on The Grist Mill Pond after the ice is deemed safe to do so. Ice-Out tickets can be purchased at Dominick's Pizza, Peak Performance Ski Shop, The Grist Mill, Sushi Yoshi, The Grand Hotel, the Lookout Tavern, the Sun-Up Bakery, and the Wobbly Barn. This is a 50-50 event meaning that 50% of the proceeds will be the winning prize and the remainder will go toward the Rotary Club's charities. Ice-Out tickets are \$1 per entry and can be printed from your computer at [www.KillingtonPicoRotary.org](http://www.KillingtonPicoRotary.org).

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## Dew Tour Needs Volunteers

The Dew Tour enters its third season as it rolls into Killington January 20-23, 2011. The top Snowboard and Freeski Athletes will compete in SlopeStyle and Superpipe disciplines for the coveted Dew Cup awarded at season's end and for a total of \$1.5 million in prize money.

Killington Resort will host the four-day event at Bear Mountain and we are looking for Volunteers to help with various roles. Jobs include both indoor and outdoor duties. Indoor positions include Athlete Registration, Athlete & VIP Lounge Assistants and Credential Checkers. Outdoor positions include Festival Assistants, Credential Checkers, SlopeStyle Flaggers, Course Slippers, and Set-up/breakdown Crew.

Volunteers will receive a Team Reward Card with lift ticket credit to return to Killington for a day of skiing/riding for every shift worked. Lift tickets earned are

valid thru December 23, 2011. Volunteers must be 18 years of age or older. On snow positions require expert skier/rider ability.

Shifts vary for each position, but are generally 8:00am-12:00pm, 12:00pm-4:00pm, 4:00pm-10:00pm. Thursday, January 20 through Sunday, January 23 (\*\*Course Crew, Set-up/Breakdown crew positions also available starting Saturday, January 15 thru Monday, January 24\*\*)

If you are interested in signing up, please email [bcaraher@killington.com](mailto:bcaraher@killington.com) or call 802-422-6973 with the following information:

Name: Mailing Address: Email Address: Phone Number: Cell Phone Number: Date of Birth: Date(s) you are available: Position interested in: Times you are available:

Sign up is on a first come first serve basis and you will be emailed a confirmation upon sign up.

## Dew Tour Next Week

The second stop of the 2010/2011 Winter Dew Tour will kick off at Killington Resort, Thursday, January 20 - Sunday, January 23, 2011. The four-day event will feature a 22-foot superpipe, which is being expertly cut right now. The event showcases the top winter athletes from around the world competing in freeski slopestyle and superpipe.

Keep an eye on the slopestyle course for the new school moves of Colorado's Bobby Brown, and Simon Dumont is sure to come out fighting in his native New England, and look to increase his overall lead in the pipe. Snowboard superpipe and slopestyle competitions are part of the Race for the Dew Cup as well. Louie Vito went to high school and trained back East, and he'll be charging the pipe, and Dew Cup champ Jamie Anderson is sure to impress in snowboard slopestyle.

Visit [www.allisports.com/winter-dew-tour](http://www.allisports.com/winter-dew-tour) or see next week's Mountain Times Dew Tour special supplement. Live TV coverage led by NBC Sports.

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## PSB Approves CVPS Rate Increase

The Vermont Public Service Board has approved a 7.46 percent Central Vermont Public Service rate increase.

Due to reliability and transmission improvements and increasing power costs, in November CVPS asked the Vermont Public Service Board to authorize an 8.34 percent rate increase under the company's alternative regulation plan. Last month, CVPS and the DPS agreed to reduce the increase to 7.67 percent. The PSB further reduced the rate to 7.46 percent pending further investigation by the PSB.

In addition to the rate change, the company and DPS agreed on changes to and an extension of CVPS's alternative regulation plan, but the board said it needed more time to examine the proposal.

Even with the increase, which will take effect with bills mailed on Tuesday, CVPS's rates will remain among the lowest of the major utilities in New England.

Under the base rate change, a residential customer using 500 kilowatt-hours per month would experience a \$5.77 increase, from \$78.11 to \$83.88. By comparison, the same customer would pay as much as \$121.80 elsewhere in New England, according to the Edison Electric Institute.

Since 1999, CVPS rates have risen at a fraction of the rate of inflation in the energy sector, with a handful of increases and decreases, including a 1.15 percent decrease in July. Overall, rates in 2011 are expected to be 20.8 percent higher than in 1999. Based on the latest federal data available, the Consumer Price Index for Energy has increased 81 percent.

Other Vermont utilities have received rate increases ranging from 3.11 percent to as much as 30.76 percent in the past eight months.

Unless altered by the board, the new rates will serve as the base rates for 2011 under CVPS's amended alternative regulation framework. Under the plan, CVPS's rates are adjusted up or down every quarter to account for specified changes in power costs, and annually for specified changes in other costs and earnings.

## Mendon/Chittenden/Pittsford/Brandon Notes

by Debbie Burke

The Brandon Winter Arts and Wine Festival will take place during the weekend of February 25 to 27, 2011 in Brandon, Vermont. Brandon is famous as "The Art and Soul of Vermont." The artists, vintners, shopkeepers, restaurants and inns of Brandon are presenting the 7th Annual Art in the Snow winter weekend celebration of the arts. There will be open studios, classes, and demonstrations in a variety of visual arts media, artist talks, colorful galleries, wine tasting parties, evening music, fine gourmet cuisine or casual dining, antiques, books and special gifts. Cozy rooms in romantic Vermont country inns and charming Bread and Breakfasts await

you. At the end of the weekend, The Boys and Girls Clubs of Brandon will host their second annual fundraiser, The Taste of Vermont, an afternoon of tasting the finest of Vermont cheese makers, farms, vintners and chefs. The Taste of Vermont will begin at 4pm on Sunday, February 27 at The Lilac Inn with hors d'ouvres. Event goes will then be taken by a charming horse-drawn carriage ride to the Brandon Inn and the main dishes. The Taste of Vermont includes a Silent and Live Auction of great prizes. More information will be forthcoming. Spend a weekend in Brandon, Vermont and explore, learn, taste and discover.

## Killington Arts Guild

by Betty Little

In winter months, Killington Arts Guild members are busy close to their homes. Donna and Bernie Martin of Jack Harrington's Pot Luck Trio help organize First Friday Open Mic Nights at the Church of the Wildwood, Holden Rd. Chittenden. Musicians, poets and storytellers share their talents with an enthusiastic audience. Desserts and coffee available. A free will donation is taken to benefit the church and another cause chosen each month. First Friday Nights will be on Feb. 4, March 4 and April 4. To perform call Donna at 483-2234. The Potluck Trio is also heard at Community events in Killington particularly those sponsored by KAG.

Former KAG Board Member, Saska Hagen Groom directs the Rutland Youth Theater. She produced Peter Pan which was featured recently in two issues of the Rutland Herald showing the children rehearsing and then performing at the Paramount Theater. Saska's next production, The Wizard of Oz will be performed March 5th at 2 pm and 7 pm and March 6th at 2 pm. The Rutland Youth Theater is a nonprofit municipal organization, part of the Rutland Recreation and Parks Department.

For information call 802-773-1822. Ann Wallen conducts painting workshops (no fee) in acrylics, water and oils at the Sherburne Memorial Library, River Rd., Killington every Tuesday 10-noon. One of the developing artists has a picture in the current KAG show. Betty Little conducts a monthly memoir sessions at the Gables at East Mountain in Rutland. A member of this group wrote a 19-part memoir which was printed for presentation to all his grandchildren. Betty's book, *Murdale: A Life and a Ministry*, went through this workshop process and is now in its second printing.

Artists Call: Divine Science Federation International is looking for an artist to create a Tree of Life: Wall of Remembrance display for their office on Merchant's Row. For details contact Patricia Kreitzer (802-779-9019; email dsfi@me.com with Wall of Remembrance Proposal in the subject line).

The Killington Art's Guild Winter Show, *Beauty for the Beast*, is open every business day at the Upstairs Gallery in Cabin Fever Gifts on Route 4 opposite the Killington Access Road. For Information about KAG call 802-422-3824; about this column vttag@aol.com.

# Safety is our top priority when storms hit

These tips from CVPS are part of a year-long series to educate Vermonters about electrical safety and hazards.

**JANUARY 2011**

When electricity goes out, CVPS's first concern is safety. Line work and downed lines present great risks to employees and customers, so safety is a grave concern. Always stay at least 50 feet from downed lines!

When major storms hit and outages occur, we try to restore service to all of our customers as soon as possible. Here's a look at our priorities:

1. Problems that present an imminent danger to life.

2. Failure at a key point in our system affecting thousands of customers, such as a transmission line (a main highway of the power system).

3. Main distribution lines, which are smaller than transmission lines, but may serve hundreds of customers.

4. Hospitals, police and fire stations, and other critical facilities.

5. Single lines.

6. Single customers.

7. Cleanup work.

If you're on life support, please let us know now by calling 800-649-2877 today.

For more safety tips, visit [www.cvps.com/safety](http://www.cvps.com/safety), and be sure to check out our newsletter, *Keeping Current*, which comes with your bill each month, for more from CVPS.



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# Rutland Report

by Lani Duke

Retired ophthalmologist Gerry Martin and his wife Cheryl talk about their experiences setting up eye clinics in the Himalayas at 1:30 p.m., Friday, January 14, in the Godnick Center. The program is part of a month of programs that feature local philanthropists who have traveled around the world to help others. The January 7 program featured Carolyn Meub, who traveled to Haiti and the Honduras to bring clean water to others as part of her Rotary activities. Michael McMorro and Krista Pike talk about their experiences in medical clinics and dispensaries in Amazon country on January 21. Stan and Louise Duda talk about building homes with Habitat for Humanity in Cambodia on January 28. Call 492-2300 for info.

It's an Art Hop evening Friday, January 14, 5:00 to 8:00 p.m. The featured artist at Art and Antiques on Center is Charlene Kurant of Pittsford. The Chaffee Art Center opens its annual Full House exhibit.

Meet up with the Green Mountain Club for a hike, ski, or snowshoe to Wallingford Pond on Saturday. Catch the group at Rutland Main Street Park by the Fire Station. Call 774-5144 for details.

Con man Harold Hill tells Rutland "Ya Got Trouble right here in River City" at 8:00 p.m. Thursday, January 20, on the national tour of The Music Man. Enjoy this musical tribute to Midwest small town mores in 1910. Help Rutland County Audubon Society monitor the West Rutland Marsh in an 8:00 a.m. walk on Thursday. Meet leader Roy Pilcher at the West Rutland Price Chopper. Call 775-3461 for more info.

Take a mental vacation from Vermont winters with books you find at the Friends of the Rutland Free Library's Cabin Fever Book Sale Friday and Saturday, January 21 and 22. Departments include mystery, women's issues, nature, gardening, cooking, history, special deals, audio and video tapes. Find out more by calling 773-1860.

The Rutland Jewish Center is hosting an Israeli film series at the College of St. Joseph's Tuttle Hall as part of the RJC's 100th anniversary celebration. No titles are announced yet, but the dates are February 12, March 5, and April 9, all Saturday evenings.

Rutland City's Community and Economic Development Committee has agreed to recommend that the full aldermanic board allow a downtown resident to use the parking garage while winter street parking bans are in effect (midnight through 6:00 a.m., December through March). If encouraging downtown residencies is truly a priority for the city, the garage should be open for any and all downtown residents.

Congratulations to Marci and David O'Brien, parents of the first baby born in Rutland County in 2011. Anna Louise was born two minutes before 8:00 a.m., January 3.

Residents of Sunset Home, a residence for retired women at 77 N. Main St. in Rutland for 130 years, needs some help to stay open. A guardian angel is sorely needed. Could that be you? Call Barb Smith, 775-5733, to see how you can help.

Rutland Regional Medical Center raised more than its \$1.25 million goal for a new linear accelerator in the Foley Cancer Center. Indeed, the Caring for the Community Campaign brought in more than \$1.4 million.

The Downtown Rutland photo contest has expired. Too few entries arrived to make continuing with the effort worthwhile.

The Vermont Senate recently announced its committee appointments. Bill Carris is on the Economic Development and Institutions committees.

Kevin Mullen chairs the Education committee and is vice-chair of Health. Peg Flory is clerk of both the Government Operations and Transportation committees. All three represent Rutland County.

## Brandon Rotary Ice Out



Guess the date and time the flag sinks on Belden's Pond (Rt 7 north of town). Look for the snowman later in January who will stop the clock when the flag goes down. The winner's share is 50% of entry fees with the balance going to Rotary to support Rotary projects locally and internationally. The fee is \$1 per entry or 6 for \$5. Enter as often as you wish. Predict the date, hour and minute - a.m. or p.m. - that the flag will sink. The winner is the one closest to the actual time the flag sinks, ties share the prize. Contact 247-6401 to register.



## 250th Birthday Dinner

The host organizers for Poultney's 250th Birthday celebration Community Pot Luck Dinner remind everyone to save the date and be there Sunday, January 23rd 4:00 P.M. at St. Raphael's Parish Hall, Poultney to help our community kick off the celebrations for our 250th Birthday!

Come, bring a potluck dish to share and join in the celebration to help our community celebrate our 250th Birthday! Birthday cake is being provided by Poultney Rotary Club and special dinnertime background bluegrass music will be played by Spruce Knob Uprising.

To registered to attend call to Mrs. Benita Mead at 802-287-5264. All ages are welcome; the site is handicap accessible and transportation will be arranged by church volunteers if you need a ride. "Snow date" is set for January 30th.

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 <p><b>FLEISCHMANN'S ROYAL VODKA</b></p> <p>SALE PRICE <b>\$12.20</b> SAVE \$2.10</p> <p>1.75 L</p>	 <p><b>MR. BOSTON BLACKBERRY BRANDY</b></p> <p>SALE PRICE <b>\$15.90</b> SAVE \$3.30</p> <p>1.75 L</p>	 <p><b>KAMORA COFFEE LIQUEUR</b></p> <p>SALE PRICE <b>\$9.90</b> SAVE \$3.00</p> <p>750 ML</p>	 <p><b>DR. MCGILLICUDDY'S MENTHOLMINT</b></p> <p>SALE PRICE <b>\$11.50</b> SAVE \$3.80</p> <p>750 ML</p>	 <p><b>JACK DANIEL'S OLD #7 BLACK</b></p> <p>SALE PRICE <b>\$17.30</b> SAVE \$3.00</p> <p>750 ML</p>

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## Photo Contest Notice

The Downtown Rutland photo contest that was previously offered by The Mountain Times has expired, due to insufficient response in the required time frame.

## Fletcher Library Free Workshops

Come learn important computer skills at a series of free workshops presented at Fletcher Memorial Library as part of the e-Vermont Community Broadband Project. Ludlow was one of the first towns selected to participate in the e-Vermont Community Broadband Project, which helps rural communities bridge the "digital divide" by offering assistance to individuals, businesses, governments, organizations, schools and community groups interested in improving their use of online resources. The schedule for January and February is:

\*Social Media for Marketing – January 26th (5:30 – 7:00). This workshop is targeted to business owners interested in

using social media for marketing.

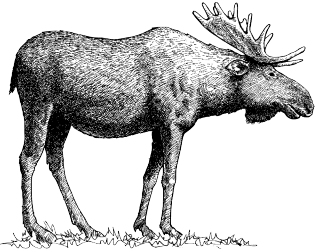
\*Basic Computer Skills – February 3rd (5:30 – 7:00). Get the skills you need to feel comfortable using a personal computer.

\*Social Media for Beginners – February 10th (5:30 – 7:00). Introduction to the most popular social media resources, including Facebook, Twitter and blogs.

All workshops take place at Fletcher Memorial Library. For workshops requiring participants to use a computer, computers will be provided. Participants who do have their own laptops are encouraged to bring them. Please use the rear entrance to the library.

If you have any questions about these workshops, please contact 802-228-8921.

## Forest Landowner Workshop



The Rutland Natural Resources Conservation District will host a workshop titled "What Every Forest Landowner Should Know" on Tuesday, February 8, 2011 from 6:00 p.m. to 8:30 p.m. at the US Forest Service (Conference Room) at 231 North Main St., in Rutland.

Topics being presented are: Forest Management Plans; Vermont Use Value Appraisal Program; Forest Certification Programs; The New Tree Farm Program; Federal Cost Sharing.

The program will be presented by the Vermont Woodlands Association sponsors of the Tree Farm program; the Vermont Department of Forests, Parks and Recreation; and the USDA Natural Resources Conservation Service.

The cost is \$10.00 per person and pre-registration is required by February 1, 2011. Space is limited.

For further information or to register please contact Nanci McGuire at the RNRCD office at 802-775-8034 ext. 17.

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# 100 NORTH

NEWS FROM THE PITTSFIELD/STOCKBRIDGE VICINITY AND THE HINTERLANDS BEYOND

by Johnnie Goldfish

It works like compound interest. For whatever you put in, more comes back to you. Every little thing, like smiling, baby stepping, or sauntering just grows and grows sort of like a breakfast cereal for champions. Let's make a deposit.

The Stockbridge School is proud to announce the first trimester Honor Roll students: in 4th grade, Rhiannon Begin and Erin Shands; in 5th grade, Margaret Chadwell and Sydney Veilleux; and in the 6th grade, Tony Burke, Lizzie Olsen and Brianna Hillier. These fine students get the grades and also consistently demonstrate responsible, respectful, and ready to learn behaviors. And the crystal ball reveals success, accomplishment and triumph. Congratulations students!

The Big Picture is Big news. The Rochester School Board is seeking volunteers to serve on committees regarding the future of the school, particularly the high school. Several scenarios will be researched, including, but not limited to, joining a Regional Educational District (RED) with similar area schools, designating Rochester High School as a Big Picture High School (BP) and offering choice or a designated high school for those students who do not wish to participate in BP, and researching the financial implications of closing the high school and offering school choice. There will be exhibitions of the student's work and learning which is all part of the Big Picture High School on Thursday, January 13 from 4-6 pm, and again on Wednesday, January 19 at 8:15 am.

The volunteers needed for these committees will have the opportunity to voice concerns, conduct research and be involved in shaping the direction of the future of the school. Many important questions need to be answered regarding any direction we ultimately decide, said board member Peg McKinley, she continued, our mission is to make a fully informed future focused decision, which best meets the needs of our students and our town. We are in this together and we could use your help. If you are interested in helping, contact Peggy McKinley at 767-4511.

The Green Mountain Club will sponsor a hike, ski or snowshoe to Wallingford Pond on Saturday, January 15. The event is a moderate 2-3 miles and will meet at 9 am at the Rutland Park near the east end of the firehouse. This hike is for all ages and is free. For more information please call 774-5144.

Each weekend in January and February the Billings Farm and Museum in Woodstock will show their Academy Award nominee film, A Place in the Land on an hourly basis and you can tour the restored and furnished farmhouse. Oper-

ating hours are from 10:00 am to 3:30 pm. You can call them at 457-2355 for more information.

Some ice fishing safety tips from the Vermont Fish and Wildlife Department: Leave your car or truck on shore; leave information about your plans with someone, where your fishing and when you expect to return; Do not fish alone and wear a personal flotation device; Be extremely cautious crossing ice near river mouths, points of land, bridges, islands and reefs; Avoid ice where it has melted at the shoreline and avoid open water; Bring your cell phone; Carry a set of hand spikes to help you work your way out onto the surface of the ice if you go through; Carry a safety line; and if your shanty is heated, provide ample ventilation to prevent carbon monoxide poisoning.

The Catamount Trail Association is sponsoring a three-day MLK Weekend ski tour covering about 34 miles. For more information call Paul Kendall at 802-728-3726.

Granville has received a \$196,000 grant from USDA to renovate the former schoolhouse for the town's clerk's office. This project will continue to be a helpful community meeting place as it serves as a Town Hall and a place for a variety of other activities.

What should you do if you are involved in an auto accident? 1- Stay safe, make sure you and any other vehicle are out of the roadway and warn oncoming traffic; 2- Call the police, call 911 even for a minor fender bender; 3- Contact your insurance; 4- Stick to the facts, discuss the accident only with police and your insurance; 5- Exchange vital information with the other driver and witnesses; 6- Consider all of your repair options and always get a written estimate.

The Pittsfield Library is always willing to train new volunteers for their two hour shifts on Tuesdays from 3 to 5 pm and Thursdays from 5 to 7 pm. The library's After School program is holding a 3 week drama program, stop in the library to sign up and if you can lend a hand let Marion know. Many hands make light work.

Thought for the Week: "Realize in your daily life that 'matter' is merely an aggregation of protons and electrons subject entirely to the control of the Mind; that your environment, your success, your happiness, are all of your own making. All wealth depends upon a clear understanding of the fact that mind-thought is the only creator. The great business of life is thinking. Control your thought and you control circumstance." – Robert Collier, (Self help author and writer of metaphysical thought, 1885-1950).

Good thoughts make good news; send yours to johnniegoldfish@yahoo.com.

## PEGTV Offers Annual Courcelle Scholarship

PEGTV, Rutland County's public access television station, will again award a scholarship of \$1,000 to a Rutland County high school senior who has exhibited a high level of proficiency and interest in the video arts and intends to pursue studies in the communications field at an accredited college, university or trade school.

The 13th annual PEGTV Courcelle Scholarship honors the memory of Joe Courcelle for his pioneering work for public access television in Rutland. Joe Courcelle was an active member of the original board of directors, a dedicated

independent producer and an integral part of the establishment of Rutland's PEGTV.

A special selection committee will review the written applications and interview potential candidates. Applications have been sent to Rutland County high schools for distribution to interested candidates and are due by May 1, 2011.

Anyone interested in receiving an application may contact their high school guidance office or call Chris McCormack, Channel 20 program coordinator, at PEGTV at (802) 747-0151.



# Proctor Place

by Stacy Bates



— Lady Phantoms win their home opener. The Proctor Lady Phantoms Varsity basketball team held their home opener on Tuesday, January 4th hosting Black River. The opener proved successful for the Phantoms as they beat Black River 56-23. Phantoms were paced by Megan Carter who tore down 10 rebounds, Mikayla McCormack who played tenacious defense and Mikayla Tanner who contributed 12 points.

The highlight of the game for Coach Hughes, was seeing his team play together and distribute the ball to each and every teammate. Ten out of the 11 players registered on the scoreboard with five players scoring 6 points. The Phantoms record went to 2-2 & they began preparing for a tough matchup against Green Mountain in the upcoming Black River Tournament.

Next for the ladies was the Black River Tournament Opener. The Lady Phantoms came up short but played a very tough, physical game on Fri, Jan 7th again Green Mountain. Mikayla McCormack had another phenomenal defensive game and held Green Mountains high scorer, McKayla Benson to only 2 points the entire game. Mikayla Tanner had 16 and Carissa Elrick had 10 to keep the Phantoms close, but they just couldn't get over the hump.

The Phantoms then went on to win round two of the Black River Tournament. They faced Black River and were victorious with a 61-28 score. Paced by Mikayla McCormack's 14 pts, Carissa Elricks 13 pts & Megan Carters 10 pts, the Lady Phantoms improved their record to 3-3 on Saturday January 8th. Solid performance was also displayed by Nicole Valach who contributed 7 points in the winning effort. Special thanks to Coach Hughes for submitting this information.

The Varsity ladies play Sat., January 15 at Poultney at 2pm and their next home game is this coming Tues., January 18 against Green Mountain starting at 7:30pm. The Varsity men's next home

game is Mon., January 17 against Green Mountain also starting at 7:30pm.

— The Proctor Free Library has a Pre-School Story Hour on January 19, 2011 at 9:30 a.m. They will not only read but have a snack and craft available.

— The PHS winter concert is January 13 starting at 6:30 p.m. Also remember that both PHS and PES are closed on Monday January 17 due to Martin Luther King Day.

— During the month of January the skating rink will be open Monday through Friday from 4:30 p.m. - 9:00 p.m., Saturday from 11:00 a.m. - 9:00 p.m. and Sunday from 12:30 p.m. - 7:30 p.m. Call 459-2819 to find out if the rink is open if there is questionable weather.

— The December 14th School Board meeting minutes were just released for publication. Here are some highlights. PES Principle Nancy Erickson gave a building update and explained the repairs to the clock tower are complete, work on the south set of marble steps has been completed and the convection oven in the cafeteria has been repaired.

During new business Tim Clain asked that he might address the board at this time concerning soccer. He was looking for direction from the board. Hugh Brown a synergy soccer coach approached him about hosting three 3-hour training sessions. Tim is having difficulty working out a time to host the sessions with June. Tim proceeded to explain his side of the situation. Tim was also looking for time slots for open gyms and training sessions in March for the indoor soccer program. There was a discussion with the board members. The board would like to meet with June to get her side of the situation before making a decision.

Jesse Safran the RCSU Technology director updated the board on the computers in the buildings. He stated that the computers are in good shape. PES will be getting a new lab over the Christmas break. The new web sites should be up shortly. There was a brief discussion with the board.

# KILLINGTON VERMONT

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## Town of Killington Select Board Meeting Highlights Monday, January 10, 2011

by Kathleen Ramsay

The Select Board reviewed Updated Budget Proposals for the Economic Development & Tourism Department, Green Mountain National Golf Course, the Alpine Pipeline Sewer District, the Route 4/Killington Road Sewer District and the General Fund. All budget proposals are available on the Town's website, [www.killingtontown.com](http://www.killingtontown.com) – Boards & Commissions – Board of Selectmen/Budget, and are also available at the Town Offices, 422-3241.

Streetlights to be turned back on. After a month-long trial period during which about half of the Town's 64 streetlights were turned off, the Board decided that the public safety benefits of maintaining all of the streetlights outweighed the potential savings of \$12,000/year, and voted unanimously to turn the streetlights back on.

Golf Debt Restructuring. The Board reviewed several options for restructuring the golf course debt, one being to restructure the long and short term debt and another option being to restructure the short term debt only. Although restructuring the short term debt is less expensive over the twenty-year period payment period, the payments over the first six years of the twenty-year restructuring of the short term debt are significantly more than the restructuring of the long and short term debt when compared side-by-side. The Board will decide which option to pursue at its next meeting. Potential alternatives for funding the debt service will be discussed as well.

Town Meeting Warning Reviewed. The Board reviewed a draft of the Town Meeting Warning. Articles on the budgets and golf debt restructuring were discussed and will be finalized at the Board's next meeting on January 24.

Water System Feasibility Study. The Board approved a \$19,500 revised scope of work for Aldrich + Elliot engineering to conduct the water system feasibility study and the submission of an application for planning advance loan funds for the project.

Selectman Mike Miller announced that he will not seek another term on the Board. After 6 years on the Planning Commission and 12 years on the Select Board, Mike decided that he will not seek another term on the Board. Jim Haff & Chris Bianchi thanked Mike for his service to the Town.

Next Meeting Date - Monday, January 24, 2011, Agenda: Finalize Budget Proposals and Prepare Warning for Town Meeting

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

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## COMMUNITY CALENDAR

Jan. 13 - Woodstock. Hand in Hand community meal, Thurs., 5-7pm. Social Hall, N. Unitarian Chapel Society. All welcome, donations accepted. 457-9272.

Jan. 14 - Poultney. Spaghetti Supper at Methodist Church, Main St., Adults \$6, Seniors \$5, Children 6-12 \$3. For info 287-2010.

Jan. 22 - Poultney. PHS Class of 2012 Basket Party, PHS Gym. Baskets for all ages & interests. Doors 11am, drawings begin 1pm. Admission & 1 sheet of tickets, \$5. Additional avail. Lunch, raffles. 645-9135.

Jan. 27 - Pittsford. Pittsford Senior Luncheon, 1pm, VT Police Academy. RSVP by Jan. 18, 483-6500 x17. Age 60+ \$4.50, under 60 \$6.

Jan. 27 - North Clarendon. Monthly Coupon Swap, Bailey Memorial Library, 7-8:30pm, located in the Clarendon Community Center, 111 Moulton Ave. For info call 773-6470.

### 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.

Weds. - Rutland. Vt Christian Riders from Motorcyclists for Jesus Ministries meeting 2nd Weds of month, Denny's Restaurant. 5:30pm. 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 of Rutland, 117 West St. Sunday Services 10:30am. Rev. Erica Baron. 775-0850.

Rutland - Sunday Service, children & adult religious instruction 10:30am. Sat., 5:30pm worship. Good Shepherd Lutheran Church. 773-9659.

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

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

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

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

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

# Lakes Region News

by Lani Duke

The Poultney Snowmobile Club begins a torch light parade from East Poultney at 6:00 p.m., Friday, January 14. It proceeds west on Main Street to the Methodist Church, joining in the Poultney Area Chamber of Commerce's annual spaghetti supper (5:00 to 7:00 p.m.). Call Ernie DeMatties, 287-9755, or Poultney Chamber of Commerce, 287-2010, with questions.

Middletown Springs Elementary School and Friends for Education present an evening with singer/songwriter Jon Gailmor. Sissy's Kitchen serves meat and vegetarian chili at 5:30 pm, with the show starting at 7:00 Friday evening. Call 235-2098 for more info.

Try your hand at Wii bowling during a special demo-day and pizza party at the Castleton Community Center Friday, January 14. Watch or play, starting at noon. Call 468-3093 to put in your reservation the day before to make sure there is enough pizza ordered.

The Rutland Southwest Supervisory Union Arts Alliance plans a silk scarf painting workshop from 10:00 a.m. to noon, Saturday, January 15, in the Poultney High art room. A \$5 fee covers materials; all community members are welcome. Call 287-5861 ext 208, Melissa Kristiansen, for details.

Call the CCC by 10:00 a.m. Monday, January 17, to reserve your plate at the monthly birthday lunch on Wednesday, January 19. The day's menu includes chicken marsala, rice pilaf, tossed salad, dinner roll, and birthday cake prepared by East Creek Catering with gifts for those who have January birthdays.

Support the Poultney High class of 2012 by taking part in a basket party fundraiser on January 22 in the school gym. The doors open at 11:00 a.m. with drawings beginning at 1:00 p.m. Call Tammy Loomis, 645-9135, for details.

The Fair Haven Historical Society has sold 70 marble fence posts, intended to replace the wooden posts around the town park. The Society hopes to complete the project in 2011, with the aid of volunteer experts to help in the installation and the purchase of specialized anchor and wood screws with which to attach the rails. To help out, with labor, supplies, or buying a post (\$125), call June at 265-4115 or Lorraine at 265-3545.

Win 100 gallons of heating fuel or the equivalent

in cash in the Castleton Community Seniors raffle. The drawing is February 16. Tickets are available at the Center.

For February, the CCC Book Club plans to read *The Sunflower* by Simon Wiesenthal and discuss it February 9. Want to borrow a copy of it? In January, get it through inter-library loan from the Castleton Public Library. Call Joanne Zeoli, 273-2562, for more info.

Castleton Senior Knitters have been busy. This year, they've made more than 50 hats, mittens, and scarves for local school children; 25 items for the RSVP

Doll Project; 12 lap robes, walker bags and hats for the Bennington Veterans Home; 50 hats, mittens, shawls, and lap robes for Genesis Nursing Home; crocheted hats and lap robes for the Council on Aging; stuffed animals and fleece blanket sets for a children's long-term treatment facility, 400 helmet liners for the Vermont National Guard troops going to Korea in January; and 100 helmet liners for the Army. Bless your fingers, folks.

Roz Rogers of the Trak Inn will make the entrée for the CCC's first pot luck supper of the year. After the meal, Beth Saradarian will talk about the Rutland County Humane Society, with the aid of Maddie, a 6-year-old Great Pyreneese alumni dog who does therapy work. Call 468-3093 no later than Wednesday noon, January 26, to reserve your seat on Friday, January 28, 6:00 p.m.

Applewood Manor Bed & Breakfast recently made the list of the Top Ten B&Bs in the US for 2010-2011; last year, Ralph Hirschfeld and his wife Nancy Cameron made the Top Ten for B&Bs in New England.

Poultney's Emma Baker and Eleanor and Emma Dailey recently performed in a combined Lakes Region and Bennington youth orchestra concert. Alexis Hill had auditioned for the LRYO but was ill.

Thanks to George Miller and American Legion Post #39 for the new flag at Poultney High School.

Poultney High is collecting items to send to soldiers overseas. There is Operation Care box in the school lobby with a list of items to contribute.

Fair Haven Grade School readers have been exploring the Red Clover Awards and Dorothy Canfield Fisher programs. Students vote for favorite books and tackle reading challenges to win such prizes as a one-day pass to the Great Escape. To get involved, call Mrs. Clifford, 265-3883.

Castleton Village School students have a modified schedule in January and February to ease participation in the Life Time activities program. Students in grades 5 through 8 select such activities as rock climbing, basketball, cooking, Lego robotics, ice skating, woodworking, bowling, fly tying, skiing and snow boarding to try out. Most students spend about three weeks at each new endeavor.

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# The Seven "R's" Of Rutland

by Bill Clark

The **FIRST "R"** stands for **RUTLAND COUNTY**. Rutland County has always kinda been a "number two" place in Vermont. It's the second largest County in the state and also has the second largest County population in the state. Over east, Killington Peak is the second highest mountain in Vermont. Right dab in the middle of the County is Vermont's second largest city, Rutland. While this story of "R's" involves the County, it primarily is the story of Rutland, the City that was, the City that is and the City that is yet to be.

The **SECOND "R"** stands for "**RUT**". Often when folks write or communicate in haste about Rutland they abbreviate the word Rutland with three letters "RUT." At other times folks use "RUT" to kinda slander this aging old Vermont town as being "in a "RUT." A great place that has seen its hey day, its glory days and now is quietly moldering away into the dust with the states highest obesity rate and unemployment rate. In the eyes of some, an unhappy, unpleasant place to live. Maybe the worst place in Vermont. Ho, hum.

The **THIRD "R"** stands for **Three Things:**

**REMEMBERING** - What this city once was and the role it played in the story of Vermont with its Marble Industry, its Railroad Industry and its Manufacturing Industry.

**REALITY** - Looking at this city today, its high points, its low points and where it goes next.

**REAWAKENING** - To its future potentials, to see its hidden opportunities just waiting to be developed right here at our feet. The material resource and the human resource that's just waiting to be utilized.

The **FOURTH "R"** stands for "**RAFFL**": The Rutland Area Farm And Food Link, an organization that came out of nowhere, with nothing but a few new ideas in 2004. A group of concerned citizens, some area farmers, Green Mountain College folks and planners sat down together to see if anything could be done to reverse declining Agriculture in Rutland County and provide a better local food source for the residents of Rutland City and County. It came up with a lot of lofty ideas: expand local food production, start an incubator farm, consider creating a food hub, get fresh, local grown foods into schools, institutions, etc., etc. Help bring together local farmers and would-be farmers in an educational process, and yes, even create an unheard of all Winter Inner City Farmer's Market.

The **FIFTH "R"** stands for "**ROW**": In 2009, RAFFL created "The Longest Row Project" creating the longest extra row of produce ever grown in Rutland County. It produced 10,000 pounds of fresh produce which, with the help of Thomas Dairy was distributed free to over a dozen Food Pantries and Senior Centers in Rutland County from June through December. In 2010 the program expanded to nearly 20,000 pounds including 50 bushels of apples and 50 bushels plus of potatoes. Certain farmers also specifically grew thousands of ears of sweet corn and other produce including nearly one ton of tomatoes. The goal of this program is to try to have ALL Vermonters eating healthy locally grown foods regardless of their incomes.

The **SIXTH "R"** stands for "**RED BLOOD**": Its been said that folks who have the least to give are often willing to give away the most. A few years ago the folks in



Rutland City (The Rut?) came together to create the "Gift of Life" Marathon. Every year, just before Christmas a massive blood drive was conducted in Rutland. It seemed that they outdid themselves in 2008 with the incredible number of 860 plus pints in one day beating mighty Boston, Mass's New England record. However, on 9/11 2009 Boston took back its old title with over 900 pints in a single day. Not to be outdone, Rutland picked up the challenge to "Beat Boston" and set a seemingly impossible goal of "1,000 pints." (No small job.) This was going to be the "Big One." By 9:23 p.m., the final count escalated to 1,024 pints.

A filmmaker was so impressed with the people and stories of Rutland that he hung around another six months to tell the whole Rutland story in his 80 minute outstanding documentary film entitled "THE BLOOD IN THIS TOWN." You might think that this story ended here, however, it doesn't.

Boston held their 9/11 blood drive in September 2010 at Fenway Park and oh, yes, they took back the New England one day record with a whopping 1,177 pints, well outdoing Rutland 2009.

December 2, 2010 arrived in Rutland and The Red Cross had even set up more cots. And so they came and came. In the dark hours of that evening the last pint was counted. Its number was 1,393, almost 400 pints more than 2009 and 216 more than Boston's all time record.

If you're journeying through life and you find yourself sliding into a "Rut" one day, you might want to be sure that your near or in a place called "RUT LAND." It's really not to bad of a place to be at a time like this!

The **SEVENTH "R"** stands for "**RUTLAND CITY**." - A dynamo of humanity that if you drive through town might appear at first glance to look like a lot of other ho hum places. Over the last few years concerned citizens, business leaders and entrepreneurs have been coming together to create a "NEW RUTLAND" out of this "OLD CITY." Rutland Partnership, RAFFL, the Creative Economy and area farmers have come to town and have worked together with the city to now have created Vermont's largest Summer Farmers Market. And also Vermont's first ever all Winter 26 weeks, largest and most diverse Winter Market.

Rutland is a place where many of us live, and it's a way of life here. We get our education, we work, raise our families and build homes here. We have roots here and we dream of our future here. There's enough energy, fortitude, care, ambition, concern, neighborliness and love not only to move a mountain, but to move this city to anywhere it wants to go, to transform its self into anything that it wishes to become.

These then are The Seven "R's" Of Rutland.



**ARIES: March 21 - April 20:** Issues that have to do with what you owe people have you wondering; who owes what, to who? Along with this, you're about to make a choice that could totally rearrange every aspect of your life. Between internal and external pressures it would almost be easier to explode. Before you go nuts with the way things are going, remind yourself that you're moving through a reconstruction phase. As everything about your life challenges you to stand up for who you are and what you've been working toward all these years, don't be afraid of the changes that come along with it.

**TAURUS: April 21 - May 20:** Before you start counting your chickens you'd be smart to consider that there's an unusual level of BS impacting your situation. Whatever you're projecting for in terms of an outcome is at the mercy of what other people decide to do about it. Things are also being held up by random interference from your kids, or from the fact that you took a chance that will wind up making you wish you'd had more sense. That's OK. From the looks of things whatever's about to stall your next big move is a regulating influence, here to hold things steady till the time is right.

**GEMINI: May 21 - June 20:** You want to keep things simple. It's a good idea but don't make the mistake of thinking that doing everything yourself is the way to go. You're at a point where a little help would be worth whatever it costs you. For many of you this could translate as, you want to get by without needing to depend on the system, or upon others whose support comes with too many strings attached. Don't complicate everything you have on your plate with some misbegotten urge to be a super-hero, and don't assume that others are here to abuse the fact that you need them.

**CANCER: June 21 - July 20:** What the outcome of all of this will be is anyone's guess. So much of what happens has to do with how you handle your response to it. Others are rattling your cage in one way or another. From one perspective it looks like they want to distance themselves; from another point of view they are begging you to wake up. Only you know what you want out of this. If the desire to remain connected to them is more powerful than whatever they're putting you through, do your best to love them through this episode and don't be surprised if they decide to be worthy of you.

**LEO: July 21 - September 20:** Too many things are working for you to be bitching about what isn't. I don't know if it's pride or sorrow that keeps you hooked on the past, but it's no time to be letting your baggage weigh you down. Recent developments have opened the way for other things to shift into gear. If what's going on doesn't look like your wildest dream, beggars can't be choosers; beyond that, you need to wake up and realize that our dreams materialize the way a photo emerges in the dark room. Baby steps, my dear. Give life a chance to give you a chance to show it you're ready to grow up.

**VIRGO: August 21 - September 20:** You know for sure that everything is about to change; you just can't tell which way it's going to go. If you could see into the future you would know that you are on a path that will ultimately lead you to reinvent yourself. What you do now has everything to say about who you become. As you wait for the latest clue to the new direction to reveal itself it's important to fill your time with things that have meaning. If the fast track has less appeal, and you're starting to see through the BS that keeps us all asleep, it's time to slow down and let your spirit tell you where to go.

**LIBRA: September 21 - October 20:** The last few weeks have turned everything around. If it's hard to tell which end is up, it will be a while before this new state of affairs will make things better or worse. Many of you are freaking out about the fact that your life isn't as settled as you want it to be. What you don't realize is that there's a lot of healing going on and your entire reality is being overhauled and redefined because it's in dire need of a makeover. Don't try to retreat into the past. Allow whoever's out there pushing the envelope to open your eyes to the idea that it's OK to grow and change.

**SCORPIO: October 21 - November 20:** Nobody expected this to be easy. Every time we get involved with one or more people things get complicated. If your visions of perfection, or the idea that things ought to go in a straight line, are out of synch with your experience it's because you've forgotten how important it is to go with the flow. The straight line that you envision has nothing to do with the lessons that are on your plate at the moment. In any crisis the best approach often turns out to be the one that tells us to become like water. Stop beating your head against the rocks; learn how to flow around them.

**SAGITTARIUS: November 21 - December 20:** You've had second thoughts about a lot of things. Rash decisions sent you from the frying pan to the fire just long enough for you to say "oops" and scramble to get back on the griddle. Now that you see what you have, it's up to you to bring a whole new sense of self to it. Something in you knows that you can do anything you want with the kind of support that you're getting. Instead of whining about the idea that people are cramping your style, you need to smarten up enough to realize that they provide you with everything you need, and use that to be all that you can be.

**CAPRICORN: December 21 - January 20:** Don't try to keep score. Accept the fact that the level of give and take is off kilter and don't assume that it's your turn to make things right. In a lot of ways, this has nothing to do with you. Before you jump in and play bailiff for whoever needs you this time, look at what it'll get you and check out your motives. It's OK to be there for people, but if this is just about proving that you're a nice person you'll get stuck having to keep proving it to those who can't get enough proof. You already know you're a nice person. Let someone else fix things for a change.

**AQUARIUS: January 21 - February 20:** You can't keep letting other people and their stuff subtract from your ability to enjoy life. It may be hard to see how much you've given up in order to make others more comfortable with the way things are. Don't take this to mean that you have to stop loving anyone; it's more about loving yourself enough to see that you have as much of a say in how things go as the next person. It would be great if you could tell whoever's got you where they want you that it's time for them to rearrange a few of their habits and concerns because you've just about had enough.

**PISCES: February 21 - March 20:** There's no way to downplay the events of the last few years. Whatever the story happens to be, most of you are experiencing your own version of post traumatic stress. If you think you've got it all under control, or all processed and filed away enough to be on to the next thing, you are dreaming. Recent changes are a manifestation of things that suggest you are shaken to the core. Those of you who understand that all of your difficulties are the end result of too many lies have smartened up enough to tell the truth and are doing your best to repair what remains of the past.

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## View From Ludlow

by Ralph Pace

This past weekend witnessed two major events in the development of the Ludlow Community Center and its affiliated renovated rental facilities formerly known as the tank barn.

During this two day period, the Black River Good Neighbors Services (BRGN) group moved its entire operation from its old Main location in downtown Ludlow to its portion of the old tank barn. Anyone familiar with the inventory of food goods, clothing, shoes, household goods, and other assorted items commodities handled by BRGN will realize the magnitude of this effort – and the physical labor associated with the storage of much of it in the converted firehouse that BRGN has called home for most of its years in Ludlow.

What was both impressive and gratifying was the turnout of people to help BRGN in this immense and time restricted project.

Area folks from all walks of life, representing virtually all the towns serviced by BRGN, volunteered to help the staff and board of Good Neighbors move everything to its new location. Even the minor snow storm failed to dissuade them from becoming a part of this relocation.

On Sunday of this past weekend, Ludlow officially opened the new Community Center to the Community for its inspection of the facilities. It gave everyone the opportunity to see the new gym and weight room available to the public, the classrooms now usable by local residents, and the new kitchen and dining area – finally be used by the students from the Ludlow school complex.

It's fair to say that the Ludlow Community Center and the new home of BRGN are now on the fast track to public usage and support.

While all of this was going on, BRGN still found time to elect new officers for the group. Outgoing President Jim Fuller announced that Peter LaBelle would serve as President, Bob Evens as Vice President and Treasurer, Carol Baranowski as Recording Secretary, and Lynn Reilly as Corresponding Secretary.

RayLaVanway, BRGN's Christmas basket coordinator, released information on that program for the recent Christmas season. He noted that 140 families had received Christmas baskets of food and gifts for the kids. This amounted to 200 adults and 198 chil-

dren. BRGN services Cavendish, Ludlow, Mt. Holly, Proctorsville and Plymouth.

FOLA (Friends of Ludlow Auditorium) will hold its first annual meeting on Wednesday, January 19 at 6 PM in the Auditorium at Ludlow's Town Hall. The meeting will feature a review of the past year's efforts by FOLA to promote the increased use of the Auditorium. Among the events that FOLA has brought to Ludlow were: Okemo Young Artists Concerts, Concert by Gypsy Reel, Two public debates, and a Community Christmas Celebration.

In addition to these events, FOLA was able to raise money to purchase equipment to show family movies in the auditorium. The meeting will review the monies raised by FOLA to purchase this equipment along with the gift of an upright grand piano and its tuning. Plans for community movies will also be discussed.

The town of Ludlow has recently purchased a large motion picture screen which will support FOLA's planned movie program.

Speaking of community movies, the Black & White Nights film series is returning to Cavendish. The series will begin on January 28 and run for five consecutive Fridays through February. Now in its fifth year, the series has drawn a small but committed audience of locals who love old Hollywood's best black and white films. This year's line-up is: January 28- ARSENIC & OLD LACE, February 4- BIRDMAN OF ALCATRAZ, February 11- ANATOMY OF A MURDER, February 18- YOU CAN'T TAKE IT WITH YOU, and February 25- ALL ABOUT EVE. The Black & White Nights series is held at the Cavendish Elementary School and films begin at 7:00. There are refreshments on hand and the evening is free, though donations are always welcome. For more information call 226-7497 or 226-7187.

There was a down note in the past week. Cavendish had a problem with its water supply resulting from unusually high water demand and two system leaks. Town Manager Rich Svec indicated the town had been able to resolve part of the problem and was working on fixing the leaks in the system.

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

## KMS Race News

by Kim Jackson

In its second strong showing in as many races, the Killington Mountain School J3 Team put three student-athletes on the podium at the second Mid-Vermont Race held at Pico this past weekend. The team posted enough top-20 finishes to retain the Mid-Vermont Council banner for the second straight week. Carolyn Hofley, of Bow, N.H., took top honors for the girl's team with a combined time of 1:18.74 while Mika Smith, of Castleton, won the second run and came in second with 1:20.43. James Ferri, of Farmington, Ct., who won silver in the first race of the season, put himself at the top of the podium for the boy's team with a combined time of 1:13.70. Bridgewater's Piper Jenne, who was in second after her first run finished 31st.

J4 Spencer Smith, of Woodstock, skiing up with the J3s for this race, posted the second-fastest time on the second run,

rebounding from a first-run hike to take 22nd overall.

The KMS Freestyle Team owned the Eastern USSA Freestyle event this weekend at Sunday River with Nick Keating (KMS '10) and a PG athlete at KMS winning the men's single moguls event on Saturday while KMS Junior Aspen Witt, of Saratoga Springs, N.Y., won for the women. Sterling Crescimanno '10 took second, Bryan Zemba '10, of Bridgewater, placed fifth, and Tyler Wadhams landed in seventh. KMS PG athlete Kelsey Albert '07 took bronze for the women, followed by Lizzy Smith '10 (4), Kayla Burcin (6), Alta Curtis '10 (7), Megan Moores (9), and Victoria Smith '10 (10). KMS women filled seven of the top 10 spots in moguls on Saturday while the KMS men took 10 of the top 20 spots.

On day two, Burcin, of Basking Ridge, N.J. won the dual mogul event for the women and Wadhams, of Hebron, Conn., took top honors in duals for the men.

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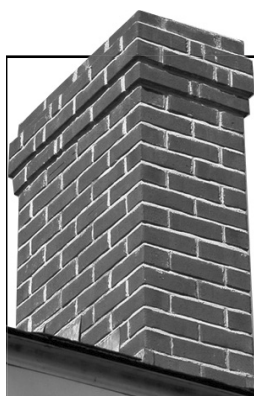


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# Killington-Pico Rotary News

The Killington-Pico Rotary Club winter fundraising project is an Ice-Out Contest on the Grist Mill Pond. The object of the contest is for the ticket purchaser to guess the month, day, hour, minute and second that the ice will 'go out' on the pond. The moment of Ice-Out is determined when a 72-pound concrete block, housed in the "Ice-Out Hut", drops through the ice. A timing device will determine the exact moment of Ice-Out. The Hut, with the cement block, will be placed on The Grist Mill Pond when the ice is deemed safe. Ice-Out tickets can be purchased at area establishments including: Domenic's Pizza, The Grand Hotel, Peak Performance Ski Shop, Lookout Tavern, The Grist Mill, Sun-Up Bakery, Sushi Yoshi, The Garlic, Killington Deli, Mogul's, Wobbly Barn. This is a 50/50 event meaning that 50% of the pro-

ceeds (up to \$20,000, as limited by state law) will be the winning prize and the remainder will go toward the club's charities. Ice-Out tickets are \$1.00 per entry and can be printed from your computer at [www.Killington-PicoRotary.org](http://www.Killington-PicoRotary.org).

Each Wednesday the Killington Pico Rotary Club meets at the Summit Lodge from 6PM – 8PM for a full dinner, friendship, and a guest speaker. If you are interested in learning more about Rotary International, call 422-5499 to make a reservation to attend a dinner meeting. The food is delicious, and it's a great opportunity to get involved and meet new people. Upcoming speakers are:

- Jan 19 - Matt Gnoza – Killington Winter Sports Club
- Jan 26 - Exchange students will be our dinner guests

## Princess (& Prince) for a Night Seeks Prom Wear

The first annual Princess (& Prince) for a Night (PFAN) project is collecting clean formal dresses, shoes, handbags, jewelry, unused make-up (for example, sample cosmetics), and "nice" shopping bags between now and February 15, 2011. Clean men's suits, tuxes and accessories are also requested.

Donations can be dropped off at the Rutland High school Office, 22 Stratton Road, Rutland, Vermont, Monday through Friday between 7:30 a.m. and 2 p.m. or Reincarnation Upscale Resale & Fabulous Finds, 86 River Street, Rutland, VT, Tuesday through Saturday, 10 am to 4:30 pm.

The Rutland High school Key Club and the Pink Ribbon Butterfly Project, the project sponsors, are hoping the generosity of women and men in the community will allow young ladies & guys across the County to attend prom without breaking the bank.

Students are also encouraged to donate their previously worn prom wear, as well, and receive a "credit" towards a new purchase of a used ensemble at the Princess (& Prince) For a Night event on March 19, 2011, to be held at the Rutland High school, where Rutland County students can select prom attire for \$25 and under.

Donation guidelines are as follows: Dresses must be from 2006 to present; Dresses must be cleaned and on hangers; Dresses must be prom dresses, formal gowns,

or fancy party dresses; Accessories must be stylish, clean, and in excellent condition. We cannot accept: Garments that are out of style (purchased before 2006); Garments that have not been cleaned; Opened make-up; Casual or semi-formal clothing; Velvet or wintry dresses; Items for mature women/men; Wedding dresses.

Ideal donations include long, formal gowns from 2006 to new, in excellent condition and in all fabrics, sizes and colors; purses of all shapes and colors; fancy jewelry, including earrings, bracelets and necklaces; and wraps or shawls and shoes. The project especially needs dresses for full-figured young ladies (sizes 18+).

Students will be served on a first-come, first-served basis. All students from throughout Rutland County are welcome. Students must show a school ID. It is strongly recommended that parents accompany their students to participate in dress selection. Come make a day of it. There will be snacks & refreshments, impromptu fashion shows, door prizes, complimentary demos & vendors (i.e.: photographer, seamstress, florist, Avon, etc.). Net proceeds from this event will be evenly shared between the RH Key Club and The Pink Ribbon Butterfly Project.

All donations are tax-deductible. If you have any questions or would like to volunteer or donate to assist with the project, call Traci Pena at 802-282-4464.

## Annual Bridal Show



The Vermont Wedding Association will present the 25th Annual Rutland Bridal Show at the Holiday Inn Rutland/Killington on Sunday January 23, 2011. This celebration will feature the area's top wedding professionals representing the best in their field. With tastes and styles for all budgets paired with state-of-the-art displays and the most creative ideas, we offer the convenient and unique opportunity to meet

and greet the wedding pros all in one day!

Taste amazing apps, desserts and wedding cake samples and see the latest in bridal fashions and there

will be FREE magazines for all the brides!

The doors open at 11:30 am and prize drawings will be at 2:30. The premise is, as couples begin their journey toward a new life, they are often happy to give someone else a chance at a new life.

"We are pleased to share that 2 of our shows last year yielded a match, said Judy Risteff of the VWA. We will continue to reach out to our very generous engaged couples and their families and friends to search for donors. Everyday approximately 6000 patients who need a life-saving marrow are searching for a donor match. We invite the community to stop by and join the registry even if they are not able to attend the show. Registration consists of a brief medical form and a cheek swab. We look forward to seeing you all there.

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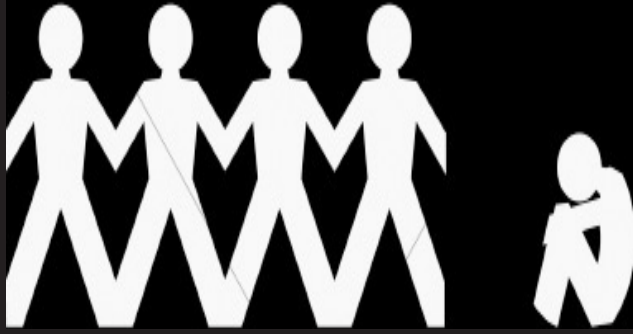
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## Before Taking Leap To Refinance Ask 8 Questions

by Michele Lerner • bankrate.com

Home mortgage refinancing may sound like a good idea in theory, but it's not always possible or desirable.

For starters, lenders have tightened up the approval process, making it more difficult to get loans.

"Homeowners today need to be triathletes to qualify for a loan, with great income, great credit and great value in their home," says Anthony Hsieh, founder and CEO of loandepot.com.

In addition, a refinance may not make sense financially, particularly for borrowers who plan to sell their homes in the next few years.

Before taking the leap and opting to refinance, homeowners should ask themselves six questions.

Homeowners need to have at least 80 percent equity in their home to qualify for a new loan without paying private mortgage insurance. Adding PMI to the cost of a new loan could negate the benefit of a refinance.

Today, many homeowners are underwater -- meaning they owe more on their mortgages than the house is worth. However, being underwater or having little equity does not necessarily rule out a refi.

"Homeowners should still apply for a refinance even if they have low equity, because there are some Fannie Mae and Freddie Mac programs and FHA loans that may accept them," Hsieh says.

Roy Meshel, district vice president for W.J. Bradley Mortgage in Phoenix, recommends homeowners refinance quickly in case the housing slump deepens, causing values to depreciate even more.

Patrick Cunningham, vice president of Home Savings and Trust Mortgage based in Fairfax, Va., recommends an increasingly popular approach -- the so-called "cash-in" refinance.

"Some people are opting to bring cash to the settlement in order to pay down their loan balance to qualify for a refinance," he says.

Borrower credit scores play a big role in securing a good mortgage rate. In fact, you'll need a good credit score to qualify for any type of mortgage.

Mortgage rates operate on a sliding scale, with the lowest rates going to applicants with the highest credit scores of 720 or higher.

Borrowers with scores below 620 will have trouble qualifying for any mortgage.

Many homeowners refinance to lower their monthly payments. Others choose a shorter-term loan with higher monthly payments so they can reduce overall interest payments and own their homes faster.

"Some people are restructuring their loans to a 20-, 15- or 10-year mortgage, which works well for people with plenty of disposable income," Cunningham says. "But I worry that people are too focused on paying off their mortgage and not integrating this decision with their overall financial plan."

Cunningham urges borrowers to make sure they contribute to retirement savings and college savings, pay off high-interest debt, and save six to 12 months of expenses "before

opting for a shorter, more expensive mortgage."

Meshel says people should consider whether they want to retire without a mortgage before opting for a new 30-year loan. Those who have employment concerns may want to refinance into the lowest possible payment in case they experience a job loss.

Mortgage professionals generally tell borrowers to expect a home refinance to cost 3 percent to 6 percent of the loan amount. A simple calculation shows how long it will take to reach the break-even point when the savings outweigh the costs.

"If the break-even is at 15 months and you plan to stay in the home for five years or longer, it is probably worth it to refinance," Cunningham says. "But if you plan to move in two years, it may not make sense."

Meshel says long-term homeowners who are close to paying off their mortgages might not want to refinance because of the costs incurred.

Borrowers with adjustable-rate mortgages or interest-only loans should consider the potential benefit of switching to a fixed-rate loan. Hsieh says all borrowers with ARMs should switch to a fixed-rate loan unless they intend to move within one year.

However, Cunningham says some borrowers can benefit by sticking with their current ARM.

"Consumers with a subprime ARM should definitely switch to a new loan," Cunningham says. "But some with conventional ARMs may find that they are in a good loan and that their rates are actually dropping."

While new loans today rarely have a prepayment penalty, many homeowners still have loans with that restriction, which could reduce the financial gain of a refinance, Meshel says.

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"Consumers with a subprime ARM should definitely switch to a new loan," Cunningham says. "But some with conventional ARMs may find that they are in a good loan and that their rates are actually dropping."

Mortgage rates returned to an all-time low in the Bankrate survey.

The average 30-year fixed-rate mortgage fell 9 basis points, to a record-low 4.42 percent. A basis point is one-hundredth of a percentage point.

This week's average 15-year fixed-rate -- a popular option for refinancing -- fell 9 basis points, to 3.81 percent, also a record low.

The average jumbo 30-year fixed fell 6 basis points to 5.04 percent, another record low.

Adjustable-rate mortgages split this week. The one-year adjustable-rate mortgage remained unchanged, at 4.84 percent. Meanwhile, the popular 5/1 ARM plunged 10 basis points, to 3.57 percent, also a record low.

## The Mountain Times



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## Sudoku Solution

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

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# Home & Garden

## January Gardening Tips

by Charlie Nardozi, Horticulturist and Leonard Perry, UVM Extension Horticulturist

Gently removing snow from tree and shrub branches, keeping bird feeders clean, and checking houseplants for pests are some of the gardening activities for this month.

When tree and shrub branches bend under the weight of a new snowfall, use a broom to gently brush off the snow. Don't try to remove ice or you might break the branch. It's possible to save a branch that partially splits from the main trunk if you tie it in place and use long screws (coming from each direction, if necessary) to secure it. If done right away, the tree may callous over the wound and heal itself next season, and not split further.

Birds deserve clean food surfaces as much as we do. Every few weeks bring the feeders inside and wash them with soap and water into which a little bleach has been added (1 part bleach to 9 parts water). Rinse thoroughly. If you have a heated bird bath, keep it scrubbed and cleaned regularly as well. I keep an old brush handy, just for this purpose whenever I refill the bath.

Aphids and spider mites may be multiplying like crazy amidst your houseplants, especially if they are grouped close together. Isolate each plant and inspect it closely, with a magnifying glass if necessary. Treat these pests by holding the plant and pot upside down and submerging the foliage in a sink full of soapy water (wrap aluminum foil over the soil to keep it from falling out). In severe cases, spray the plant with insecticidal soap.

Look on houseplants where the leaves join the stems for the white masses of mealy bugs. Rub them off with a cotton swab dipped in alcohol. If you see brown lumps on stems and leaves, these are likely scale insects. They are hard to control, as even rubbing them off they seem to reappear in a few weeks, so check plants often.

If that potted lavender, geranium, bougainvillea or similar tender plant that you're over-wintering inside has sent out spindly new shoots, keep trimming it back until the increased sunlight can support sturdier growth.

If you keep any kind of gardening journal, dig it out now and refresh your memory about what worked and what didn't work last year. Read notes you took at garden visits and gardening workshops to give you ideas of plants and techniques you may want to try this year. If you don't have a gardening journal, just designate a small notebook as a place to collect your thoughts and wish lists. I simply have a folder for each year that I tuck notes in during the year, (such as ideas for next year's vegetable garden, and what varieties I want to try), as well as plant lists, receipts (to know what I bought), and maps of what I planted and where.

If you want to have the best selection of plants ready to go into the ground when you're ready to plant, place plant orders early. The selection dwindles the longer you wait, especially for new and unusual varieties. Some very tiny seeds such as begonias need to be sown in winter. Others, such as the new All-America winning coneflower PowWow Wild Berry, need to be sown the end of January in order to bloom the first year from seed.

## Bar Sinks Have Moved Out Of The Basement

by Ed Del Grande • HGTVPro.com

Q: I know from past articles that proper planning is key before you start any remodeling projects. So I've hired a designer along with my contractor to plan our new kitchen. The designer has a lot of good ideas, but I'm questioning one detail. Obviously, we do have a nice kitchen sink included in the design, but the designer is calling for another sink to be located only about 5 feet away. This is being referred to as an entertainment sink. It's basically what I call a bar sink that I used to see in finished basements. Is this sink really necessary? Or is it really a new trend that I should include in my kitchen? I didn't want to question my designer until I did some investigating on my own. -- Billy, Pennsylvania

A: My first rule of hiring contractors is to never forget that whoever pays their wages gets to ask any question. It's great to see that you're getting your facts straight before approaching your designer, but don't ever shy away from questioning contractors -- nicely, of course -- and having them explain their actions.

Now, back to your second kitchen sink. Yes, bar sinks have moved out of the basement and into the kitchen in recent years, and are now referred to as entertainment sinks. To understand if it's really necessary in your kitchen, look to the name itself for the answer. Is your new kitchen going to be used often for entertaining guests at dinner parties and family gatherings? If not, save yourself a bit of money and claim the extra counter space for yourself.

However, if you plan on throwing lots of house parties, then I have to agree that a second sink in a kitchen can really make a splash with guests. From filling it with ice for chilling bottles of beverages to using it as a staging area to pour drinks without messing up your counter, an entertainment sink can add that touch of class to any kitchen. Plus, many manufacturers now make custom accessories, such as cutting boards and drain racks, which look cool and expand the use of the sink.

Remember that the kitchen itself is the focal point for many homes. Forget sinks. I've seen second stovetops installed in kitchen islands so everyone can socialize, cook and eat, without getting out of their seats. Keep in mind that entertainment sinks can be a high-end item.

Bottom line: If you have the energy and the money to invite family and friends to dine often in your new kitchen, by all means go with the trend of installing two sinks in one kitchen. But, if it's basically going to end up as eye candy with little entertainment use, tell your designer that the party is over and drop the second sink.

## Adding Insulation May Not Be Worthwhile

by Dwight Barnett • Scripps Howard News Service



Q: I have four questions about adding insulation over existing blown-in pink Owens Corning insulation installed in 1993.

My current blown-in insulation is 12 inches deep. Can I roll blanket insulation over the existing insulation,

rolled out perpendicular to the ceiling joists? Should the blanket insulation be faced or unfaced? How thick should the blanket insulation be? And would the savings justify the expense?

A: The loose-fill insulation works because of all the air pockets between the fibers of the material. If you compact the material, you will lose some of the R-value -- the measure of the material's thermal resistance to heat flow. (The higher the R-value, the greater its insulating ability.) Twelve inches of loose-fill fiberglass has around an R-30. Go to [www.ornl.gov/sci/roofs+walls/insulation/ins\\_16.html](http://www.ornl.gov/sci/roofs+walls/insulation/ins_16.html) to see how much insulation you need for your area. I think you will find you are close enough that adding more insulation might not be cost-effective.

If you do add more, use more of the same loose-fill fiberglass. Consumers who have loose-fill cellulose may want to add blankets of fiberglass over the material. Cellulose has an estimated R-value of 3.1 to 3.8 per inch of fill. Do the math to see if you need more.

When adding blanket insulation, do not use a kraft-

faced or foil-faced material on top of the existing insulation. The blanket facing is a vapor barrier, and it will trap moisture in the underlying insulation. Wet or damp insulation not only loses most of its R-value, but it can support the growth of molds often seen in poorly vented attics.

The savings derived from adding insulation depends on how much insulation is needed, what your current and future energy costs will be, and the variations of the weather. There are just too many variables to approximate what savings there might be. If your attic is properly insulated and ventilated, you may want to consider a reflective barrier.

The barrier can be laid on top of any existing insulation. Because it is made of such a lightweight material, it will not overly compress loose-filled fiberglass insulation. Some reflective barriers have thousands of tiny holes to allow for moisture transfer so that moisture does not work as a vapor barrier. Other reflective barriers are made of materials that allow moisture to pass through the barrier. In either case, a buildup of dust and debris over many years will reduce the barrier's effectiveness and its transfer of moisture. To avoid dusting, hanging the barrier from the rafters might be a better choice -- but, of course, that would cost more.

According to the Department of Energy (DOE), a typical contractor installation is 15 to 30 cents per square foot of attic floor space when installed on top of existing insulation. Hanging the materials from rafters is 20 to 45 cents per square foot. The DOE suggests getting prices and then shopping around. Depending on your attic space, this could be a simple DIY project.

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**BEDROOM FOR RENT,** ski season, near Pico, mature non-smokers. Single or couple, kitchen, laundry, cable tv. XC Skiing, snowshoeing, weekends, holidays. 802-236-4917. 47/01

**WINTER RENTALS** at Hawk Mtn Resort, 2-4 bdrms, use of most amenities. 802-672-3811 or [hawkinn@hawkresort.com](mailto:hawkinn@hawkresort.com) 46/01

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

**POWDER PARK PLACE** Ski Shares. \$1100. Dan, 908-337-1130. 51/02

## BUSINESS OPPORTUNITIES

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

**2 STORES** at Killington Mall on Access Rd. for rent. Store 1: 2600+ sq ft (old t-shirt shop). Store 2: 4300+ sq ft (old ski shop). Both locations are 2 floors. Call owner Ron Viccari for details @ 800-694-2250 or cell 914-217-4390. 23/04

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

## BUSINESS OPPORTUNITY

**BE YOUR OWN BOSS!**



SUNOCO Branded Gasoline Station For Lease or Sale in

**Rutland, VT**

- High Gasoline Volume Due to **PRICE CHOPPER** Fuel AdvantEdge Program
- Large Garage Bays With Store
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800-882-4511 EXT 205

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

## FOR SALE

**VT GUN SHOW** Jan. 16-17 @ the Holiday Inn, 1068 Williston Rd South Burlington (05430). [www.greenmtngunshowtrail.com](http://www.greenmtngunshowtrail.com) 01/02

**KITCHEN CABINETS** - All New wholesale direct pricing. Solid wood. Glazed maple, glazed Cherry, natural & many more. Call for a free quote, Beth 802-735-3431. 49/TFN

**SNOW TIRES:** Blizzak DM-Z3 - Size P245/55R19. Like New, used one season. 802-786-9493. 46/TFN

**MATTRESS SETS** - Brand New in plastic with warrantys. Sets starting at \$150. 802-735-3431. 26/TFN

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

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

## LOST

**LOST BLACK CAT** (Salem) Domestic short hair with black whiskers. Lost Mountain Green Condos on Jan. 3. Reward given. Contact 925-234-0232. 02/05

## AUTO LOANS

Auto Dealer will arrange low-cost financing even if you have been turned down elsewhere!  
Loans available for **BANKRUPT • BAD CREDIT NO CREDIT**  
No co-signers needed  
**Call 518-499-2886**

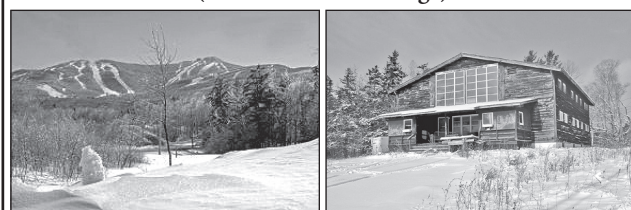
### The Vermont Studio

A spacious studio apartment, minutes from Killington and away from the crowd. An affordable luxury perfect for couples and lovers of the great outdoors. Weekly and weekend rental available. For more information call 802-746-9957 or write us at [thevermontstudio@gmail.com](mailto:thevermontstudio@gmail.com).

### 34± ACRES • SKI LODGE • 4 CABINS COMMERCIAL/RESIDENTIAL ZONING OFFERED IN 4 PARCELS & ITS ENTIRETY

## AUCTION

Friday, February 11 @ 3PM • Register from 2PM  
1128 Killington Road, Killington, VT  
(former Fireside Lodge)



### Fantastic mountain views & location!

2 Story ski lodge with four 1 story cabins on 34± acres. 37 ERUs. Minutes to Killington Ski Resort, Killington Golf Course, Pico Mountain & many other 4 season recreational activities. Commercial/Residential Zoning. Offered in 4 parcels and in its entirety and sold in the manner that brings the best return to the seller.

Call for Info & Terms or visit [THCAuction.com](http://THCAuction.com)  
THOMAS HIRCHAK COMPANY • 800-634-7653

## MOUNTAIN VALET



### NOW HIRING

Mountain valet is seeking outgoing, energetic applicants to work Sat and Sun mornings at local ski areas.

Make at least \$10/hr in a fun, outdoor environment. Ski passes are also available.

Applicants must be over 18, have a valid license for a year, be able to drive a manual transmission, and enjoy working with the public.

### APPLY ONLINE

[www.valetparkofamerica.com/employment](http://www.valetparkofamerica.com/employment), or call us at 877-455-5552



# The Classifieds

## VEHICLES

**2001 KUBOTA L3710** Tractor with heated cab, A/C, lights, hydrostatic drive. 4 wheel drive, bucket, York rake, dual hydraulics, rear PTO. Low hours. Great condition. \$20,000. Call Charlie at Water Wheel, Sherburne Flats in Killington 802-422-3222. TFN

## SERVICES

**PROPERTY MANAGEMENT** personalized service. General & 24hr Emergency. Maintenance & Repairs. One home or Ten. Call for more info, R&R Construction 802-989-5245. TFN

**HUNDREDS OF** loving, adoptable animals killed in VT yearly due to overbreeding. Financial assistance for Vermonters on State/Federal assistance programs available. Send self addressed stamped envelope (#10) w/ 58¢ postage to VSNIP, PO Box 100, Bridgewater, VT 05034. One application per animal needed. For questions call 802-672-5302. TFN

## WANTED

**KNOW THE HISTORY** of how Killington got it's name? Ethel Killington, visiting from Dublin, Ireland, wants to know. Any information, please contact her via email at [ekillington@gmail.com](mailto:ekillington@gmail.com) 01/02

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

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

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

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

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

## EMPLOYMENT

**HOUSECLEANER/LAUNDRY PERSON** with a car Sun, Mon, or Tues, 8-10 hours per week, flexible hours - \$10-\$13/hr Killington. 617-241-5039. 02/05

**KITCHEN HELP.** Apply in person after 3pm daily, Pasta Pot, Route 4, Killington. 51/01

**THE KILLINGTON CHAMBER** seeks a temporary, part-time Office Assistant. Flexible schedule, coverage of Saturdays strongly preferred. Knowledge of the Killington Region a must! Email [chamber@killington-chamber.com](mailto:chamber@killington-chamber.com) or call 773-4181. TFN

**WAIT STAFF:** The Birch Ridge Inn at Killington has an opening for evening wait staff. Shifts include weekends. For an interview call. 802-422-4293. 01/03

**LINE COOK,** pizza cook. Experience needed. Must have car. Apply in person Moguls Sports Pub, Killington Rd. TFN

**HELP WANTED** at On The Rocs Lounge. Waitress Needed. Inquire in person or 802-422-ROCS. 01/04

**DRIVERS, STAFF,** pizza maker needed. Ask for Roger at Pizza Jerks. 802-422-4111. 52/01

**PART TIME SERVER.** Monday and Friday, breakfast shift. Call for info: 802-422-3816 or Stop by Blanche and Bills Rt. 4 E, West Bridgewater. 51/02

**THE LONG Trail** Brewing Company is looking for a responsible, reliable, outgoing individual to help staff promotions in the Killington area,

**PART-TIME, FROM** January until mid-April and potentially in the Rutland area throughout the summer and fall. Knowledge of the Long Trail Family

**OF ALES** is preferred, but willing to train the right individual. Days per week may vary, but Thursday afternoons are a must. Hours per week will also vary between 3 and 15 hours per week. If interested, please call Kelly at (802)291-1901 or email [kellys@longtrail.com](mailto:kellys@longtrail.com). 02/03

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

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**FOR SALE BY OWNER**  
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Beautifully restored, spacious 1890's farmhouse - great for ski house. Views of Killington and Pico. Screened porch, modern kitchen. Ten acres with brook. Room for horses. Large heated garage/workshop with lift/compressor. \$299,900.

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**Jewett's Green Mountain Furniture Barn**  
**(802) 483-6844**  
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Lots Of Vermont Made Furniture  
Lots Of Good Used Furniture  
Lots Of New Furniture  
Antique Furniture  
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WE BUY • WE SELL • WE TRADE • WE DELIVER  
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STORE HOURS: TUES - SUN 10AM TO 5PM, CLOSED MON  
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WE CUSTOM BUILD FURNITURE  
BRING IN A PICTURE, WE WILL BUILD IT!  
TABLES, CABINETS, CUPBOARDS, BOOKCASES, BENCHES, WHATEVER  
**SALE**



# Paws & Claws

## Empty Cartridges Help the Animals!

If you have empty ink and toner cartridges that you don't know what to do with, please consider donating them to the Rutland County Humane Society (RCHS). RCHS is participating in a program where we earn \$2 in Staples Rewards points for every empty cartridge we collect. All of those dollars add up to help the homeless animals in our care! Please drop the cartridges off at the shelter in Pittsford or contact the RCHS business office at 483-9171 with any questions. The animals say thanks for your continued support!

## Springfield Humane Society News



Pictured here is Mittens a big seven year old tiger cat. (She prefers to think of herself as fluffy, not big.) She loves attention from people but is frankly, not impressed with the other cats or dogs. She would love her very own person so that she does not have to share. She would make a great companion for these long winter nights. If you have room in your home and heart call the Shelter at 885-3997 or stop by Wed-Sat noon-4:30.

Stop letting pets have litters when there are already too many pets without good homes. Promote spay/neuter! Spread the word of our low cost clinics – help bring an end to pet overpopulation. Our next low cost S/N Clinic for cats will be February 22 in Springfield. Clinics fill fast so reserve your space now by calling 885-2174. There is NO income requirement to use these clinics. Every cat spayed or neutered means fewer kittens born unwanted.

We need canned cat food, paper towels, postage stamps, and pet safe ice melt. Thanks to everyone who generously supply our needs requests!





We're here for you and your pets 24 hours a day, 365 days a year

Surgical Referrals • Consultations • Boarding • Grooming • Day Care

**RUTLAND VETERINARY CLINIC AND SURGICAL CENTER**

Doctor Rob Macpherson • Doctor Robin Crossman • Doctor Patricia Hannegan • Doctor Heidi Homuth

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**Catamount Pet Supply Company, inc.**

*Grooming available by appointment*

296 U.S. Route 4 East  
Rutland Town, VT 05701  
802-773-7642  
Open M-F 10:00 to 6:30  
& Sat. 10-5

## PET PERSONALS

**LUCY** - 5 year old. Spayed Female. Hound mix. I am a goofy girl looking for a Hound Lover! A fenced in yard will help you give me the exercise I need! And exercise I will need!

**GUMBY** - Adult. Neutered Male. American Rabbit. I came to the shelter as a stray on December 10 after being left on the door step, can you believe that? I am a very sweet guy and am proud to be a bunny rabbit.

**SADIE** - 2 year old. Spayed Female. Domestic Short Hair Gray Tiger. I arrived at the shelter as a stray on August 14 with a litter of kittens. My foster mom said that I was a great mom - very loving, affectionate and playful.

**MARBLES** - 10 month old. Spayed Female. Dachshund mix. I have the potential to bond tightly with a new family after I learn to trust - I have a hard time overcoming my nervousness when I first meet someone.

**BOMBAY** - 3 year old. Neutered Male. Domestic Medium Hair Black. I have a personality that will sweep you off your feet when you meet me. I am affectionate, sweet, playful, loving and I have a big spot in my heart waiting for you!

**IZZY** - 4 year old. Spayed Female. Pit Bull/Hound mix. I am an excitable girl who likes to be in the middle of the action! And if the middle of the action means a belly rub, even better!



**MARMADUKE** - 3 year old. Neutered Male. Shar Pei mix. Underneath my big goofy looks I am a secret love bug! I have nice leash manners and know how to sit. I also enjoy a game of ball.

**BUBBLES** - 4 year old. Spayed Female. Pit Bull/Hound mix. I am an athletic, energetic girl who knows SIT and DOWN! My sister Izzy and I play well together and another compatible dog would probably be great for me!

**SPITFIRE** - 1 year old. Spayed Female. Domestic Short Hair Black & White. I am a bit of a shy kitty when it comes to new things but please don't hold that against me. I just love attention.

**BASIL** - 3 year old. Neutered Male. Lop Eared Rabbit. I don't look like a cute cuddly bunny should. My fur was a mess and someone tried to cut out the matts and ouch - they got a little too close. Ouch!

**PANCAKE** - 1 year old. Spayed Female. Domestic Short Hair Gray and White. I arrived at the shelter as a stray on August 3 and although I have made some great friends here, I am ready to go to my very own home.

**LUNKER** - 5 year old. Neutered Male. Pit Bull mix. If Luncker means chubby and chummy then I am perfectly named! When with people here at the shelter I am quite tractable and I love to play FETCH.



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

## Lucy Mackenzie Pet Feature

I have been here at the shelter for over a year now and still waiting for that forever home. What is wrong with me? I am very cute, cuddly, have a wonderful personality and get along with everyone. What more could you want in a kitty? Maybe 2011 will be my new chance at a new home with a family that will love me for the rest of my life. Will you be that family that gives me a second chance at life? You can visit me at the shelter from 12 to 4 Tues - Sat and give me a second chance. If you would like more information about me before you come see me, please call the shelter at 802-484-5829. The shelter is located at 4832 RT 44 in West Windsor, VT.





# RealEstate

## Ask The Home Team

**Q:**I've been seeing ads for Amish or infrared quartz heaters. Are they really better at saving energy than other electric space heaters?

**A:**No. All portable electric heaters produce the same amount of heat per kilowatt hour consumed. A claim of energy savings from any portable heater is based on the idea that you'll turn down your central heat and use the portable heater to keep you warm only in the room you're occupying. But electricity is one of the most expensive heating fuels in Vermont. So, the cost of the electric heat is likely to outweigh the energy savings from reducing your use of your central heating system unless you turn down the house thermostat substantially.

Unfortunately, the colder a house gets, the more you put it at risk of problems like frozen pipes, cracked plaster or drywall, and wetness on the inside of the home and the outside. A better approach is to make your central heating system work as efficiently as possible. Be sure your furnace filter is clean. Seal and insulate heating ducts, and have your furnace or boiler professionally inspected, cleaned and tuned as often as the manufacturer recommends.

- Bob for The Home Team

## KYLE KERSHNER'S REAL ESTATE SHOWCASE

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Log home on 95 acres, just minutes from the Killington Road. Traditional cabin style with front porch, open living room with exposed beams, fieldstone hearth, woodstove, updated kitchen and beautiful wood plank floors throughout. Contact Kyle Kershner or visit [www.232Route100.com](http://www.232Route100.com) for additional details. **\$278,000**



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Completely renovated 3 Bedroom, 2 bath farm house minutes to skiing. New slate floors, new carpet, all new energy efficient windows, all new doors and woodwork. Turn Key \$129,900.



END OF road privacy, backs up to National Forest. 4 bedroom, 2.5 baths, contemporary on Liberty Hill. Mountain and sunset views, pond access, stone walls, covered deck. Natural wood interior finishes, air conditioners. Vermont Casting woodstove in LR, gas stove in family room and electric back-up. Owner says sell at \$199,000.



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## Killington's Professional Building



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(1st office building on the left, going up the Killington Rd)

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**Green Mountain Realty** Start your home search at:  
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Magnificent custom home sprawling among incredible landscaping with 5.45± AV., pool and tennis court site. Interior features of the highest quality and craftsmanship **\$875,000**.  
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**LET'S TAKE A SLEIGH RIDE**  
Your dream Victorian situated on 26 acres of secluded beautiful land in Chittenden. Featuring open floor plan, 9' ceilings, hardwood floor, huge deck with great views, 3 bedrooms and 2 1/2 baths. **\$299,999**  
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Perfect opportunity to live in a ranch & let 9 rental units provide your annual income. Located on 2.75± acres, middle of ski area. Commercial/Storefronts/Condos. Great numbers. Mendon.  
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**HEART OF KILLINGTON**  
Private setting in heart of Killington location. This 3BR/2BA home includes a 2-car garage, open floor plan w/kitchen, living and dining, wood burning fireplace, huge windows, deck, great storage & laundry. **\$195,000**.  
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**ROBINWOOD BUILDING LOT**  
Skiers Take Notice! Build your dream home in one of the nicest neighborhoods in the area. 1.14± acre lot includes one share of Alpine Sewer Line. **DRAMATIC price reduction for quick sale!! Killington, \$69,900**.  
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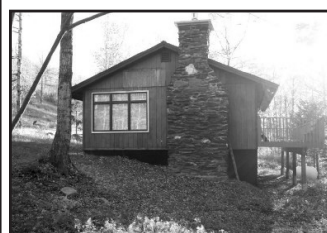
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**BEAUTIFUL PLYMOUTH 3BR, 3BA HOME** with an office/ den w/bath and a separate entrance. Open kitchen, DR area with a Fireview wood stove opening to a 20' x 19' deck. Large 32.5' x 15.5' cathedral ceiling living room. 2 car garage with workshop under the home. **\$169,900**. Unusual value for the money because the 5.4A land is free: in common ownership. An adjoining 2BR, 1BA fireplace condo in one building. Turnkey and good for multiple families or large groups. No condo fees. **A MUST SEE AT ONLY \$299,900 FOR BOTH UNITS!**



**UNBELIEVABLE DEAL.....CAN'T BEAT THE PRICE FOR 4 BEDROOMS PLUS A LARGE LOFT AREA AND 2 BATHS. OPEN LIVINGROOM (WITH FIREVIEW WOODSTOVE) kitchen, dining area and game room on the main level. Perfect family home with snowmobile trail access and skiing. New owners of Bear Creek Ski area.....get in on the ground floor of the new concept for the mountain.. **\$129,900****



**MOUNTAIN CHALET BETWEEN KILLINGTON AND OKEMO..**Cozy up to the gas fieldstone fireplace in the sunken living room or relax on the deck as you gaze at the mountain views. 3 bedrooms 2 baths with major renovations this past year. Your family will love this mountain retreat especially if you snowmobile or ski. New owners of Bear Creek. **\$299,900**



**DROP DEAD GORGEOUS** owner designed ski/vacation getaway nestled on the trail at Bear Creek Ski area soon to be opened, that has new owners. 4 bedrooms 3 baths. state of the art mechanicals ranging from generator backup, low heat security intrusion security on demand oil-fired boiler and in law apartment. Hard pine floors with radiant heat on first floor, full hip-style cathedral ceilings with exposed structural beams, river rock fireplace, wraparound covered porch to take advantage of the breathtaking views. High efficiency home to combat the diversity of Vermont's climate. **\$1,395,000**



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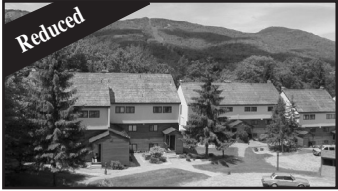


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GORGEOUS KILLINGTON CONTEMPORARY  
If you like to entertain, this home is for you!  
Huge great room w/vaulted ceilings, wet bar, gas  
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Quality throughout. 5 BRs.3 BAs, 3-Car heated  
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CHARMING KILLINGTON FARM-  
HOUSE 4 BRs, 3 BAs, New roof, windows  
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EDGEMONT CONDOMINIUM En-  
joy lovely year-round views, from this  
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**Reduced**  
LARGE 5-BR 3-BATH PITTSFIELD  
home with full, walk-out basement &  
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Close to VAST trails.  
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**The Woods: Private shuttle**

- 2BR/2BA Village unit **\$129K**
- 2BR/2BA Village end w/loft **\$165K**
- 2BR/2.5BA townhome from **\$160K**
- 3BR/3BA two level **\$278K**
- 3000 sqft home **\$389K**

**Sunrise: Ski in/ski out**

- 2BR/2BA ON trail w/storage **\$184.9K**
- 2BR/2.5BA 2-level ON trail **\$230K**
- 3BR/2BA very near trail **\$249K**
- 3BR/3BA ON ski trail **\$279K**

**Fall Line: Ski in/shuttle out**

- 1BR/1BA starting at **\$119.9K**

**Trailcreek: Ski in/shuttle**

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

**Whiffletree: Mtn shuttle**

- 1BR/1BA from **\$79.9K**
- 2BR/1BA motivated **\$99K**
- 3BR/2BA completely updated **\$149K**

**Mt. Green: Mtn shuttle**

- 1BR/1BA Bldg III **\$63.9K**

**Highridge: Ski in/shuttle out**

- 1BR/1BA beautiful **\$159K**
- 1BR/2BA plus loft from **\$157K**
- 2BR/2BA w/lockout from **\$169K**
- 2BR/3BA plus loft **\$275K**

**Pico: Ski in/ski out**

- 1BR/1BA slope side from **\$90K**
- 3BR/2BA plus loft **\$225K**

**Trailside: Ski in/ski out**

- 1BR/1BA **short sale \$109.9K**

**Pinnacle: Mtn shuttle**

- 1BR/1BA starting at **\$95K**

**Winterberry**

- 3BR/3.5BA gorgeous **\$465K**
- The Lodges: Ski in/ski out**
- 3BR/3BA great condition **\$409K**

**Topridge: Ski in/ski out**

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

# Ski Country REAL ESTATE

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<p><b>POST &amp; BEAM</b></p> <ul style="list-style-type: none"> <li>3Br 2.5Ba - 3 stall Barn+loft</li> <li>Killington 22Ac, stone fireplc</li> <li>Post &amp; Beam <b>\$550,000</b></li> </ul>	<p><b>LOG-SIDED HOME</b></p> <ul style="list-style-type: none"> <li>Fabulous 1-lvl -3BR/2BA</li> <li>Master BR/BA-south exp</li> <li>Gas radiant heat <b>\$279,000</b></li> </ul>	<p><b>PASSIVE SOLAR GAIN</b></p> <ul style="list-style-type: none"> <li>Killington 2BR/2BA + Den</li> <li>Open floor plan, new appliances</li> <li>Economical utilities <b>\$240,000</b></li> </ul>	<p><b>SOUTHERN EXPOSURE</b></p> <ul style="list-style-type: none"> <li>3BR/3BA - Gas heat - 1 Ac</li> <li>Master BR/BA with whirlpool</li> <li>Flat access <b>\$349,000</b></li> </ul>
<p><b>SNOWMOBILE ACCESS</b></p> <ul style="list-style-type: none"> <li>A-Frame w/large deck</li> <li>3BR/1BA, woodstove</li> <li>Riverfront Deck <b>\$95,000</b></li> </ul>	<p><b>LOG HOME - 4-CAR GARAGE</b></p> <ul style="list-style-type: none"> <li>Next to golf course - Gas &amp; Elec</li> <li>hot tub - oversized deck</li> <li>1700 sq. ft. <b>\$395,000</b></li> </ul>	<p><b>POST &amp; BEAM</b></p> <ul style="list-style-type: none"> <li>4BR/3.5BA, 4.7 Ac, landscaped</li> <li>Open floor plan, pond</li> <li>Mom-in-law apt. <b>\$449,000</b></li> </ul>	<p><b>FOR SALE OR LEASE</b></p> <ul style="list-style-type: none"> <li>Commercial, Retail, Office</li> <li>2 floors plus loft, 5324 sq ft</li> <li>Septic w/Sewer available <b>\$299K</b></li> </ul>

New Luxury Town Homes	CONDOMINIUMS										
	(P)-Pool	Studio-1BR	2BR	(T)-Tennis Court							
<p><b>Ski In &amp; Out</b></p> <p>The Lodges (P)(T) \$449K</p> <p>Pico-Condos (P) \$129K</p> <p>Sunrise Condos (P)(T) \$150-\$295K</p> <p>Sunrise Townhouse (P)(T) \$368K</p> <p>Topridge Townhouse (P)(T) \$399K</p> <p>\$699K</p> <p><b>Ski In / Shuttle Out</b></p> <p>Edgemont (P) \$85K</p> <p>Fall Line (P) \$185K</p> <p>Highridge (P)(T) \$139-\$148K</p> <p>Trail Creek w/loft (P) \$190-\$223K</p> <p>Whiffletree (P)(T) \$183K</p> <p>\$114K</p> <p>\$169-\$179K</p> <p><b>Shuttle</b></p> <p>Mtn Green (Bldg 1 &amp; 2) (P) \$49-\$70K</p> <p>Mtn Green (Bldg 3) (P) \$70-\$99K</p> <p>Pinnacle (P)(T) \$99-\$109K</p> <p>\$205-\$230K</p> <p>\$370-\$390K</p> <p>The Heights (NEW) w/oversized garage</p> <p>The Woods - Townhouse (P)(T) \$179K</p> <p><b>Close Drive to Slopes</b></p> <p>Birchwood \$100K</p> <p>Glazebok Townhouse (P)(T) \$219K</p> <p>Colony Club Townhouses (P)(T) \$270K</p> <p>Fox Hollow (P)(T) \$149K</p> <p>Killington Gateway (P)(T) \$109-\$159K</p> <p>Moon Ridge T/House \$150K</p> <p>Northside \$219K</p> <p>Pondview &amp; Valley Park \$115K</p> <p>Silver Birch \$125K</p>											
	<p><b>COMMERCIAL SPACE FOR SALE</b></p> <ul style="list-style-type: none"> <li>Killington Road</li> <li>2700 s.f. - Post &amp; Beam</li> <li>Large Open Area + Loft</li> <li>Easy to renovate</li> <li>Convenient to sidewalks, Shuttle-restaurants-ski shops &amp; convenience store</li> <li>Motivated Seller - <b>\$425,000</b></li> </ul>										
		<p><b>MAGNIFICENT GREAT ROOM</b></p> <ul style="list-style-type: none"> <li>2BR+den+sleeping loft, laundry rm</li> <li>Oversized 2 car heated garage</li> <li>Hike &amp; VAST trails nearby <b>\$249,900</b></li> </ul>									
			<p><b>OUTDOOR HOT TUB</b></p> <p>www.396AnthonyWay.com</p> <ul style="list-style-type: none"> <li>4BR/3BA renovated home</li> <li>Views, stone fireplace</li> <li>Finished basmt with rec rm <b>\$299,000</b></li> </ul>								
				<p><b>SNOWMOBILE TRAIL ACCESS</b></p> <ul style="list-style-type: none"> <li>3BR/3BA-Garage-Mtn Views</li> <li>Stone F/place-South Exposure</li> <li>20x15 Master Suite - <b>\$469K</b></li> </ul>							
					<p><b>GRIST MILL AREA</b></p> <ul style="list-style-type: none"> <li>4BR/3.5 BA - Outdoor hot tub</li> <li>New roof, 2 kitchens</li> <li>Large deck <b>\$399K</b></li> </ul>						
						<p><b>NEXT TO GOLF COURSE</b></p> <ul style="list-style-type: none"> <li>4BR/2BA -large Master</li> <li>Spacious &amp; Light Kitchen</li> <li>Paved Driveway <b>\$359,000</b></li> </ul>					
							<p><b>SKI BRIDGE AREA</b></p> <ul style="list-style-type: none"> <li>4BR/2BA - outdoor hot tub</li> <li>Stone fireplace, metal roof</li> <li>Close to ski bridge <b>\$285,000</b></li> </ul>				
								<p><b>ECONOMICAL "CREAM PUFF"</b></p> <ul style="list-style-type: none"> <li>4BR/3BA + 3.5 car garage</li> <li>Solar design, loft/den, Paved driveway</li> <li>Midway Rutland/Killington - <b>\$465K</b></li> </ul>			
									<p><b>NEAR VAST TRAILS</b></p> <ul style="list-style-type: none"> <li>2BR - 1.5 BA - Oil Heat</li> <li>Bridgewater- Annex Bldg.</li> <li>Open Floor Plan - <b>\$169K</b></li> </ul>		
<p><b>GREAT TRAIL VIEW!</b></p> <ul style="list-style-type: none"> <li>3BR, 4BA+den+Mudrm, 3Ac</li> <li>large kitchen, indoor whirlpool</li> <li>2 master suites w/places <b>\$449K</b></li> </ul>											
	<p><b>DUPLEX OR LARGE HOME</b></p> <p>INCOME PRODUCER</p> <ul style="list-style-type: none"> <li>3BR/2BA per side, turn-key</li> <li>Upgraded - wd burning f/places</li> <li>Open Floor plan <b>\$339K</b></li> </ul>										
		<p><b>LOG HOME</b></p> <ul style="list-style-type: none"> <li>2-3 Bedroom, 1 bath</li> <li>4 mi. to Killington Rd</li> <li>Wood floors <b>\$278K</b></li> </ul>									
			<p><b>EXQUISITE RETREAT!</b></p> <ul style="list-style-type: none"> <li>3BR/2.5BA w/guest suite</li> <li>2 Stone fireplaces,loft, wine cellar</li> <li>Overszd 2-car heated garage,<b>\$689K</b></li> </ul>								

## Killington Homes & Land

- 4BR/4.5 BA new construction Or purchase a lot for a steal! **VISTASATSUNRISE.COM** Call for details!
- Best of both worlds. 3000 sqft single family home at The Woods Resort 3BR/3.5BA 2-car attached garage **MLS #4009306 \$389,000**
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1913 US Route 4, Killington  
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## KillingtonVermontRealEstate.com

**PLYMOUTH** Spectacular views from every window. 12.9A+/- w/600 ft on Roaring Brook. NRI of \$27,000. Wonderful floor plan includes awesome theater, 6 person hot tub, & southern exposure. A MUST SEE!

**PLYMOUTH** - 7.9A+/- of spacious retreat w/direct access to VAST Trails. Close to skiing, golf & all lakes. MAKE AN OFFER.

**BRIDGEWATER** - The ultimate family compound. This large home can be used as one unit or 4 separate units each w/own exterior entrance but also connected inside. Yearly rent could be \$35,000.

**MOUNTAIN CONDOS**

Whiffletree	\$170,000	3BR,2BA
Whiffletree	\$156,000	3BR,2BA
Pico Village	\$175,000	2BR,2BA
Ledges at Hawk	\$195,000	3BR,2BA
Trail Creek	\$295,000	2BR,2BA
Moon Ridge	\$90,000	1BR/1BA

**Slopeside In GRAND STYLE**  
Studio Units Starting at \$14,000

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