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Volume 40, Number 3

Central Vermont's Premier Weekly Newspaper

January 20-26, 2011

MOUNTAIN JOURNAL

Powder Days

Powder days offer a rare opportunity for a mountain adventure. In truth, every winter, somewhere, a major storm - or several storms if we are lucky - will pummel the mountains. At that moment the mountain will become quiet.

PAGE 4

GENERATION Y

America the Beautiful



There are 50 states in the USA. All of them, certainly, contain beautiful sights, but only some of them can rightly be called beautiful on the whole.

PAGE 5

LOCAL SECTION

Regional News

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

PAGES 21-25

BOOMERS

New Year's Resolutions

OK, maybe I can't. Here it is mid-January and typically by this point, all the resolutions have gone by the wayside. Actually, I don't even bother making them anymore. Come on, let's be honest. At our age, what's the point?

PAGE 4

HOROSCOPES

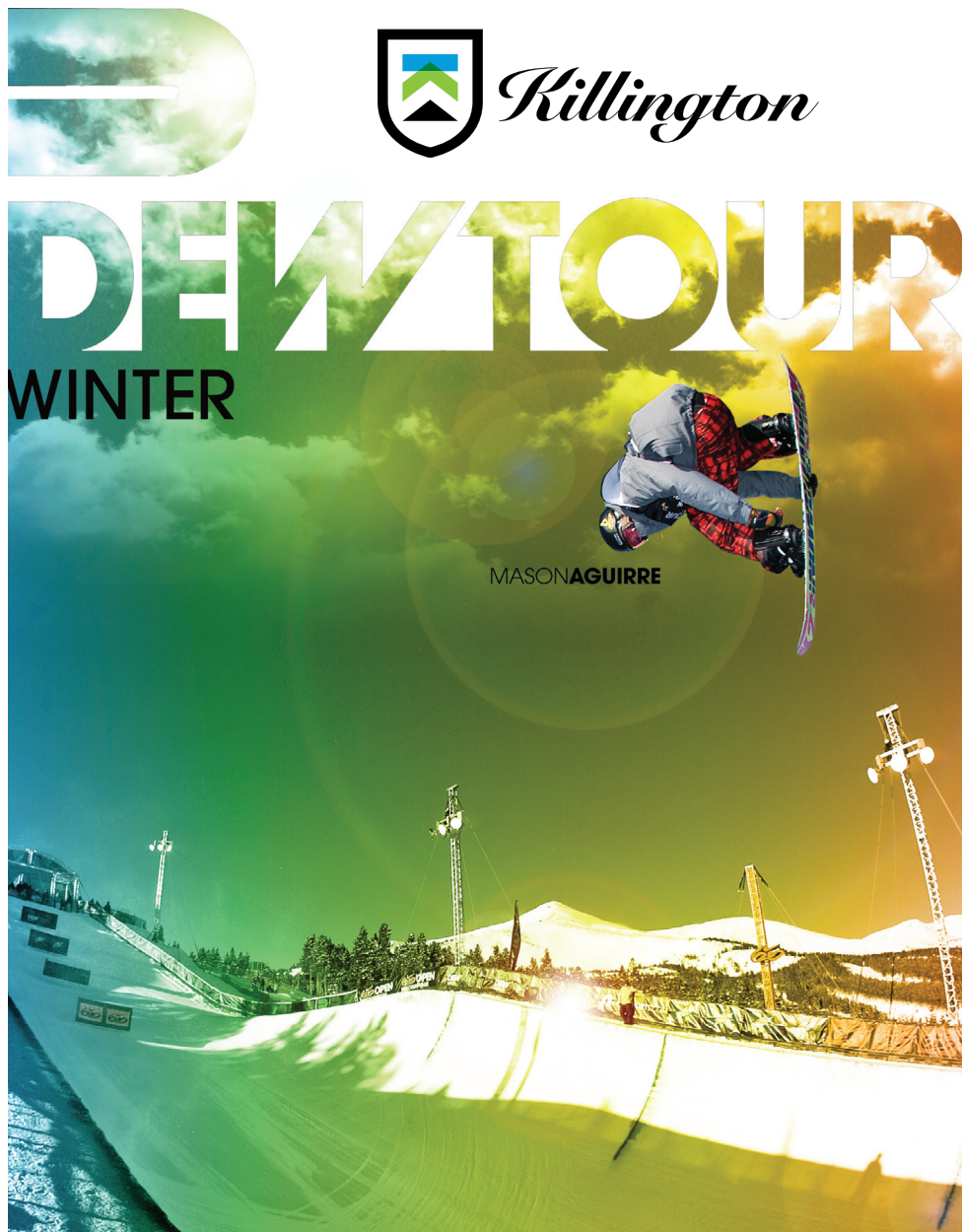
Listen to Your Mother



As always Mother of the Skye is here to lend a hand with the influences affecting your life. See what she has to say about you and your future.

PAGE 25

Visit our website
www.mountaintimes.info



Welcome to "Winter Dew Tour" at Killington

by Royal Barnard
publisher

Inside our paper this week you'll find a 24 page supplement of information about the premier visit of Winter Dew Tour to "The Beast of the East".... Killington.... the biggest mountain resort in the Eastern United States.

Our supplement contains a complete schedule of competition and events; plus tour bios and tour statistics; a welcome note from Vermont's Commissioner of Tourism and Marketing; a schedule of national/international TV coverage; Killington Resort Stats; a detailed parking and bus map; info on other upcoming Killington events; plus offers and information from advertisers who have helped to make the supplement possible.

The supplement draws together all the people and organizations who have made the event possible. Tops on the list are Killington Resort, Alli Sports. and all of the Winter Dew Tour partners that

made the event possible. Winter Dew Tour is a major undertaking that can't be done "just anywhere" by "anybody" and "The Beast" and Alli are two of the best companies on the planet in their fields.

Take a look at the Alli Sports website at www.allisports.com and you'll get an in depth look at the comprehensive array of entertaining competitions they promote. Just look around you here at Killington. and then take a look at their website at www.killington.com and you'll see why "The Beast" is a trendsetter in mountain resort operations.

Congratulations to the staff and management at the resort for building the assets that make Winter Dew Tour possible at Killington.... and for creating perfect conditions for competition. Dew Tour is a big event for Killington, but the resort does this job every day for hundreds of thousands of skiers a year, and they have plenty of capacity for this and more.

Dew Tour, Page 3



The Stash

Story and Photos
by Thomas Bartlett

Let me explain the first three seconds or less of riding in the designated woods trails right after dropping in. Depending on how far ahead I can see, I have chosen my next three turns around full grown trees and the saplings poking through the base on the forest floor. All systems are go throughout my physical and mental being and I crouch lower, leaning into my knees, boots and bindings. I can feel the snow under my feet through my snowboard and adjust everything moment to moment.

As I make the first turn, the tail of my board whacks into a ten year old tree that I had already decided was going to be difficult. It knocks my board around but not my balance. I keep my upper body quiet with my hands down to my side, get lower and attempt perfection. Hop lightly over a rock that I can see from the outline it makes in the snow, duck under a pine bow heavy with fresh snow and then I am into the woods.

Many of the worth while tree runs are a bit of a challenge to get into but once you find your rhythm amongst the obstacles, a calmness takes over and you flow down the mountain through the trees as if you were made of sunlight.

This is the idea of the Burton Stash Park. To play in the woods and keep moving at your own rate and comfort. Second by second you are making changes to your balance and confidence to be able to perform well and reap the rewards of a jib well done.

The Stash has everything you need for this kind of riding and more. The Stash Park on Killington is coming into its third

Stash, Page 2

INDEX

Arts & Events	10-12	Generation Y	5	Movies	7
Boomers	4	Health	8-9	Pets	34
Bridal	26-27	Home & Garden	31	Real Estate	35-36
Classifieds	32-33	Horoscope	25	Service Directory	28-29
Crossword	7	Local News	21-25	Surviving The Times	30
Dining Guide	13-20	Mountain Journal	4	Wine	19

WEATHER		HI
Wednesday	Snow	32°
Thursday	Sunny	13°
Friday	Snow	20°
Saturday	Sunny	6°
Sunday	Snow	6°
Monday	Sunny	18°

Forecast Received January 18, 2011

Register For Snowshoe Marathon

The 5th Annual Pittsfield Snowshoe Marathon, the East's most challenging snowshoe event (a full marathon, 26.20 miles through 7,200 feet of elevation change), begins at 8 a.m. on March 5 at Ameer Farm on Rt. 100 in Pittsfield, VT. This race is for, as Race Director Andy Weinberg puts it, "normal" people who may be able to finish the marathon in the allotted 10 hours.

Then there's a 100-mile snowshoe race that begins at 4 p.m. on March 4. This is the second year of this particular trial by snow. Weinberg says that in 2010 eight racers entered and three finished this toughie, with a best time of 30 hours.

Last year there were 150 who signed up for the marathon and a half marathon that will be also take place on the 5th. The best time for the full marathon last year was 4 hours and for the half just under 2 hours.

There are registration fees for all events.

Early registrants get a price break. The weekend includes a post-race pasta feed, awards ceremony and video presentation.

The snowshoe weekend is one of a full calendar of ultra running, competitive cycling, adventure racing, mountain biking, and other races under the auspices of Peak Races www.peakraces.com.

For information please contact Race Director Andy Weinberg at andy@peak.com. For sophisticated overnight accommodations at the 12-room "green" Ameer Farm Lodge please contact www.ameefarm.com. There are also bunk-style accommodations available at \$25 a pillow but they are limited to first come first serve.

Ameer Farm neighbors Pittsfield's 300-acre Riverside Farm that is a premier New England country wedding destination. Both are located less than 10 miles from Killington Ski Resort.



Stash

continued from page 1

year and new features have been made to add to the fun. There are now more than 45 features throughout the Stash to jib, press, slide, or boost.

All features in keeping with the Stash philosophy are all naturally inspired. That means that in the off season Rosey, the Terrain Park Manager, is bending trees over and lashing them down to form rainbow slides. Digging up stones and stumps for smooth transitions through the trees, and moving dirt around for little kickers here and there through the forest.

Rosey and his crew have managed to make an even more natural flow to the trail. With all of the features made of natural materials, it is easy to miss some of them. There in lies the fun. Like tree riding, often you do not know what lies around the next turn. The Stash park is now thinned out on both sides of the trail deeper into the trees, allowing for more options and more jibbin'. A very large feature has been added called the picnic table. It is a three foot wide flat wood slide that drops off into a smooth steep landing. An excellent place to pop off from. Close by is wall slide that is about 20 feet high and angled back a bit so if you are feelin' it, ride it high.

Jake Burton and Burton Team riders created the Stash Parks in an effort to use natural terrain and local wood products and organic features to create "the ultimate free riding experience." The Killington Stash is one of six world wide and the only one in north east America.

The Stash comes with a mascot which is called a "Shreddie." It is a mix between a yeti and a ski-bum. Every park including Killington has huge chainsaw carved Shreddies lurking about the trail. There is also a large Stash Sugar Shack in the park that is good to go for railing slides and other jibbin' options.

This year the deck on the hut in the Killington park has been extended and more railings added for a few more slide choices. A couple of new ramps have been added and there are signs on them that read: danger cliff. A good heads up to all who do not boost off large objects. The landings are steep and flawless. If this is your kind of riding, you can hit a bunch of these features one after another as you flow down trail. Just as Jake and his team riders planned.

I am not much of a park guy. My knees are a bit too old for landing anything large, and I try to keep my snowboard off wood and large expanses of air. I will however follow and watch talented skiers and riders to watch the show.

I have watched a few of the KMS freestyle team run through the park and it is quite a show indeed. The kids launch off of the big kickers like they do it every day (which they do). Through the air they fly comfortably making iron crosses and grabs, and stick the landings to flow down hill to the next feature. My friend "Tweak" throws up rodeo tricks as easy as I carve groomers. He does it all while wearing



pink gear which is difficult enough.

I watch my friend "T-Bird" slide the huge Shreddie rainbow slide, and then pop into the air off a hidden kicker to the side of the trail and then rail slide the hut. On it goes down the trail and into the trees. The body doing things that takes seconds, but there is eternity happening in your head. A true bliss. Moments in time that are collected throughout your day on the hill which keep you returning year after year.

The Stash always impresses and because of the hard work of the park crew, the Stash is always in beautiful shape and there are new features for the 2010-2011 season. Also new to the Killington Stash this season is the Burton Stash Gathering. Some of the best free riders in the east and elsewhere will gather at the Killington Stash to ride the natural terrain and creative features. Riders will be rewarded for choosing the best lines and for sticking the best tricks. All features are open to rider interpretation. The wood Shreddies, the hut, logs, and rocks are to be used for jibbin'. The date of The Gathering is March 10th, 2011. All riders must wear a helmet. For more info go to www.killington.com.

A few years ago Burton brought The Stash to Killington and opened up a whole new world of park riding on our mountain. There are no iron bars to slide or steel rainbow rails. The main trail is a wide open jib fest and launching pad. Search your way into the woods and find hidden gems or your own favorite tree run. The park was designed for all of us, skiers and riders alike, but it was not designed to be easy.

Know your ability before you make play-time decisions, and riding the park will always be fun and challenging. Get your heart rate up and clear your head of clutter because you wanna be on your best game when riding in the trees. Be sure you have brought your light feet and near perfect because as Jake Burton says: "The woods are the goods!"

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Planning a Trip to the Backcountry in Winter

by Lynn Dombek
Associated Press

The solitude, quiet and frozen cold of a winter landscape are great reasons to head outdoors in January and February. You can snowshoe, ski, trek or go sledging. Sleep overnight in a tent, lean-to, yurt or cabin. Tree branches may snap, and lake ice may groans as it freezes and buckles. Or maybe the only sound you'll hear is the gentle shoosh, shoosh, shoosh of your snowshoes in powder.

But the backcountry in winter can also be a challenging landscape to stay safe in, and if things go wrong, they can go wrong fast. That may sound scary, but as long as you're prepared, you might be surprised by how satisfying and exhilarating it can be to slow down and closely observe the environment and your place in it.

Here are a few tips on safely enjoying backcountry activities in the winter.

PLANNING

I've done most of my winter trekking and camping in New England, already a remote and beautiful place, but doubly so when the temperatures dip well below zero and snow covers the landscape.

My first overnight excursions were snowshoe trips with experienced winter campers into a remote log cabin in Maine. Going with someone knowledgeable about winter trekking is critically important when you're a novice. They can help with your gear list, plan a reasonably distanced overnight or day excursion, and give you practical tips and guidance along the way.

Preparation is your most important step. Winter trekking is perfectly suited to the neurotic personality because the creation of lists and piles of stuff is key: clothing, gear, food, routes, contacts — it seems to never end. And once out in the frozen deep, the methodical mind is forced to slow down to survey, assess and physically get through the landscape.

Outdoor clubs are a good resource for the novice and experienced hiker alike. They have loads of free information on their websites, and for small membership fees typically offer discounts on backcountry lodging, sponsored trips, classes, maps, and gear.

The Appalachian Mountain Club and The Mountaineers cover the East and West coasts respectively. Both have primers and resources useful in any cold climate, and links to other national and international outdoor groups.

Most U.S. state parks and the National Park Service websites are full of tips, lists and trip ideas for any season. And if you go in the winter, you'll encounter many fewer visitors than summertime.

For instance, Yellowstone National Park saw over a million visitors in July 2010, but

in January just 61,100 made the trek. Of those, only 97 were backcountry campers.

Al Nash, public affairs officer at Yellowstone, characterized winter weather in Yellowstone as "mild or really challenging." When we spoke in mid-December, it was a balmy 11 degrees and sunny there, which Nash found delightful. He was exuberant about the park in winter, but also cautious. "We encourage people to expand their comfort zone, but do it in steps."

Nash went on to say that "if you've never gone winter camping before, find a way to ease into it. Don't make the first time in Yellowstone; make the first time in your backyard, or at a spot you can get out of easily and back to your house or a warm hotel."

GETTING DRESSED

Maine's Baxter State Park has over 200,000 acres of wilderness for recreation year-round. The park's chief ranger, Ben Woodard, says "winter magnifies the mistakes a novice trekker may make. There is a constant heat challenge traveling in the backcountry. The balance is to stay warm, dry and well-fed and hydrated when you travel."

Getting dressed for winter activities is all about layers. Put them on and take them off to regulate your body temperature. It may not produce the most flattering look, but you'll be happier (and safer!) if you do it right. Generally you should employ the three-layer system: base, insulating, and shell.

The base layer is typically a synthetic because the material absorbs little water, wicks moisture away from your skin and dries quickly. Silk is a good non-petroleum based alternative, and there's also wool. Steer clear of cotton; it may feel cozy next to your skin but it absorbs water and dries slowly, a sure recipe for hypothermia.

Wool or fleece are good choices for an insulating layer because they keep you warm and dry out easily. Goose down can be used if you'll be in extreme cold, but unless you keep it dry, it won't keep you warm. Carry a goose-down parka with you that you can pull on during rest stops or at night in camp. It's light, compresses into a small ball, and keeps you toasty warm.

Your shell layer protects against wind, snow or rain. As with every other piece of gear, you can get a shell in many different flavors: windproof, water-resistant, breathable, non-breathable, and soft. Choose the one best for your activity and weather conditions.

One of the most important reasons to dress in layers is to manage perspiration. Most synthetics will wick moisture away from your skin, but once you stop moving around, any moisture at all is going to make you cold. And once you get cold,

Backcountry, Page 6

Dew Tour

continued from page 1

Thank you Alli Sports for coming to our community. In the process of building our Dew Tour Winter supplement we had the occasion to work with many of the prime organizers from Alli, and they're fabulous events partners. They're smart, friendly, confident, well organized, and they're wonderful communicators. In our 25 years of Mountain Times ownership we've built many special publications for many different clients. The Winter Dew Tour and Alli is as good as it gets for us!

There is a really good feeling in the community about The Dew Tour at Killington. Everybody is totally upbeat and excited. The Town of Killington has done their part to expedite and subsidize transportation. The business people are geared up and ready to show off their goods and their spirit of hospitality.

The Killington community has enormous capacity to feed, house and entertain visitors... once again, more than any other mountain resort community in the Eastern United States... and we're ready!

A few bits of advice for spectators:

Please use the FREE public bus system as shown in the transportation map in this week's supplement to get to and from Bear Mountain. There is NO PUBLIC PARKING at the Dew Tour Festival Village. If you try to drive to Bear Mt. you will be turned away, while causing unnecessary congestion for the traffic that is authorized to be there.

Buses will be running early morning through late afternoon all along the Killington Road and designated Killington



ton Road parking areas; throughout all the regular Killington Resort Parking Lots; and at a special parking lot in West Bridgewater near the former Sunrise Mountain Lodge, that's now home of Killington Snowmobile Tours. Buses will run every 10-15 minutes, depending on traffic and road conditions. Your ski and snowboard is welcome on all routes!

Please do not drink and drive... one more good reason to use public transit. Most of the nightclubs offer free shuttles to and from local lodging establishments. There are also plenty of local taxis and shuttles. Be forewarned that State and Local Police actively prosecute traffic violations and DUI's. You're here to have fun, but be smart.



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The Mountain Journal

by Tony D. Crespi

Powder Days: in the Heart of the Storm

Powder days offer a rare opportunity for a mountain adventure. In truth, every winter, somewhere, a major storm - or several storms if we are lucky - will pummel the mountains. At that moment the mountain will become quiet. In the heart of the storm, tucked inside a jacket and neck gaiter, the outside world becomes far removed from the moment. Fortunately, if the storm is powerful, the crowd will dwindle as families depart early to avoid traffic. Still, a few skiers and riders will remain on the mountain. These folks smile.

"The mountains are so beautiful in a storm," reflects long-time Black Diamond expert Keith Morris, a Southern New England skier who has visited Killington since the 1970's. "I've been lucky. I've skied powder on a number of days and often everyone goes into the lodge. It's amazing. People all talk about skiing in storms but usually they go in after a couple of runs. I recall one day driving to Vermont in the rain, and it turned into a major storm. It was a blizzard! The powder was amazing!"

Deep powder can change the mountain experience.

In a storm, as you arc from turn to turn, gravity provides an immense rush. Powder provides a feeling little else can match. It's one reason why, when I lived in the



West years ago, I would stand waiting in line as the avalanche guns blasted away as we impatiently waited for the lifts to start to spin. As "the ropes were dropped," we rushed to take that first plunge. Years later, it's why I still savor powder days.

If you are lucky, powder can provide an epic adventure.

Here's a point to remember: We've enjoyed powder this winter. And we will again! This winter, somewhere in the East, another storm will pummel the mountains. It's true. It's also true it will more likely occur midweek. And it may rain points South. Fortunately for those on the mountain, most skiers and riders will retreat to the lodge. Or head home. But those who remain will earn a rare opportunity. It's why top skiers from Killington to Crested Butte in Colorado often ski. On powder days we can almost scream with pleasure.

Powder can help define a well lived life.

Long-time Killington skier Keith Morris? Like so many weekend black diamond experts, Morris has savored his powder escapes. While based in Connecticut, Morris - like many experts - has savored a number of great powder adventures. Balancing a rich family life, Morris has spent years traveling back and forth to savor the delights of the Green Mountains. A few years ago, after a lifetime of only skiing in the East, he travelled West for his first and possibly sole ski trip to Colorado's Crested Butte Mountain Resort - a sister resort of Okemo.

"It was quite special," reflects Morris. "I love to ski in New England but this added a very special memory."

Powder snow can define a memory.

"I've had some great days in the mountains," explains Morris. "We've skied a lot of different snow conditions. Once we even skied in something they called "unusual" snow! I've even made figure eights so smooth we've gotten cheers from the lifts. I'll never forget some of those days! Powder, though, has made those memories quite special."

This winter, of course, from Vermont to Colorado, skiers who have honed their skills on these mountains will smile. Somewhere, at some time, a storm will hit. Big. And some will have an epic day. It does not happen often. But it happens. Some skiers will retreat to the lodge. Some will head home. A few, folks like of Keith Morris, will stay on the mountain. Arcing turn after turn. All day long. Morris, I should note, tracked about 100,000 vertical feet during his Western escape. Then, he headed home.

"These are memories I will treasure the rest of my life," reflects Morris. May your memories be as powerful. From that first run. To the last run.

Columnist Tony Crespi is a former Ski School Supervisor and Development Team Coach. A frequent contributor to publications throughout snow country, his column is published weekly throughout the season.

BOOMERS

New Year's Resolutions - I Think I Can, I Think I Can

by Cindy Phillips



OK, maybe I can't. Here it is mid-January and typically by this point, all the resolutions have gone by the wayside. Actually, I don't even bother making them anymore. Come on, let's be honest. At our age, what's the point?

But I can recall fondly the days when I still had the energy, and perhaps the naivety, to "go for it". I would get myself all psyched up for the new year, making my list of personal improvements that would transform me into my ideal person. Looking back, I think I was just one of many Boomers who shared the same hopes, dreams, disappointment and frustrations. And so I resolved.....

1960 to 1968 - These were the years I attended Catholic grammar school, so most New Year's resolutions were centered around ways to avoid committing sins. It was drummed into our little heads every day that those black spots were accumulating on our souls and we would be going straight to hell should we be hit by a bus before we could get to confession and have the slate wiped clean.

1969 - to tell my mother how much I hated Catholic high school and wanted to transfer to public school where all my friends went to school.

1970 - to REALLY tell my mother this year that I hated Catholic school and wanted to transfer. This went hand-in-hand with my resolution to convince myself my mom was not as scary as the nuns.

1971 - to become less boy-crazy, but it was difficult with all those cute boys in my new public school. With an array of husky jocks, black-leather-jacket-wearing bad boys, a few artists and musicians and even some nerdy, brainy boys with glasses.....well, it truly was like being a kid in a candy store.

1972 - to maintain my grades so I could get a Regents

Scholarship for college. I wasn't really sure where I wanted to go or what I wanted to study, I just knew it was my only opportunity to live away from home.

1973 to 1976 - During the college years, the resolutions were pretty standard each year - lose the freshman fifteen pounds, drink less, party less, stop oversleeping for the 8AM classes, quit smoking and resolve to graduate in four years. Throughout the year, there were also intermittent resolutions on an as-needed basis. They were the "I swear I will never drink again" resolution which typically was made on the morning you woke up with a severe hangover and the "I swear I will never have sex again" resolution that was made while waiting for the pregnancy test results.

1977 - to find a husband, have five children and live happily ever after.

1979 - My husband and I resolve to get the heck out of New York after having our apartment robbed and our car hit in the train station parking lot. We resolved to live somewhere that did not take every penny we made to pay rent, insurance, taxes, train and subway fares and the occasional lunch out.

1980 - to visit New York at least once a year to escape Southern drawls, grits and the oppressive heat and during that trip to eat as much New York pizza as humanely possible and to bring home as many bagels as my suitcase would allow.

1981 - to be the best mother in the world as I await the birth of my first child.

1982 - to keep current on the baby album, meticulously recording every event and milestone with a picture and a written synopsis.

1983 - to find a way to not go broke, nor fly into a panic, as I await the birth of my second child. And to do a better job with the baby book this time around.

1984 - to not have any more children, though I love my two daughters with all my heart. And to stop feeling guilty about the unfinished baby books.

1985 to 1993 - to find a way to balance work, home, husband, children and finances without losing myself in the process.

1994 - to never get married again.

1995 - to stay married forever.

1996 to 2001 - to not lock my teenage daughters in a closet until they are 21.

2002 - to not go broke with two kids in college.

2003 - to never get married again.

2004 - At fifty years old, to find ME again.

2005 - to get healthy, wealthy and wise.

2006 - to buy more lottery tickets if I am to get wealthy.

2007 - to stop buying lottery tickets.

2008 - to stop and smell the roses.

2009 - to stop looking through rose-colored glasses.

2010 - to never again be identified by a label, i.e. mom, wife, girlfriend, employee, cook, etc

2011 - to bask in my new identity and cherished label - grandma!

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GENERATION Y

By Brett Yates

America the Beautiful

There are 50 states in the USA. All of them, certainly, contain beautiful sights, but only some of them can rightly be called beautiful on the whole. Because this column sort of requires it, here is my extremely unfair, just-made-up, totally unscientific list of the ten most beautiful states, in no particular order: Alaska, California, Maine, Hawaii, Montana, Vermont, New Mexico, Utah, Arizona, and Colorado.

Making such a list is, of course, a ridiculous project, especially for someone who hasn't even visited all 50 states, but bear with me. Several factors, which I'll briefly go over, influenced my selections. One was personal experience – I've seen more of Vermont and Maine firsthand than I have of any other serious candidate, and this probably created a bias in their favor: pictures can never compare to the real thing. Still, photos alone convinced me to include Montana, which is the only state on the list that I've never seen in person. I also put some degree of trust in the National Park Service: the states with the most National Parks are Alaska (eight), California (eight), Utah (five), and Colorado (four). Mountains, coastline, forests, and desert were all desiderata. I was able to dismiss the entire Midwest and South out of hand because, honestly, who are we kidding? I excluded Wyoming (yeah, there's Yellowstone, but southern Wyoming is pretty much the ugliest place on Earth) and Florida (flat to the point of creepiness), as well as Oregon and Washington (no good reason, I guess), even though people on the Internet argued strongly in their favor.

After inventing these rankings, I looked up some population rankings, which can actually be backed up with data. Vermont is ranked 49th out of 50 in population. Alaska is 47th, Montana 44th, Maine 41st, Hawaii 40th, New Mexico 36th, Utah 34th, Colorado 22nd, and Arizona 16th. California was the only state on my list in the top 10 – first, of course.

If you asked someone whether he'd rather live somewhere beautiful or somewhere drab, he'd probably answer that he'd rather live somewhere beautiful. So how does one explain that the majority of our most beautiful states are also among the least populous? Arizona and Colorado have attracted a fair number of residents, but most Arizonans live in or near Phoenix, which is a fairly hideous city, and most Coloradans live east of the Rockies. What gives?

I'll present three theories. 1) It's actually because these states haven't been devastated by urban sprawl that they are beautiful, and if they became more populous, they'd drop off the list. 2) These states aren't actually beautiful, but because we romantically associate remoteness and solitude with beauty, we mistakenly believe they are. 3) Geologically interesting states were historically difficult to settle – the mountains were too high, the deserts too dry – so large cities never developed, which means that today there are fewer jobs, which means that fewer

Autograph Session at Basin Sports

Salomon/Red Bull athlete Simon Dumot will be at Evolution Freeride at Basin Sports at 4:00 Friday January 21 to sign autographs and talk to fans. The Red Bull vehicle, complete with sound system and complimentary Red Bull energy drinks will accompany him.



At 7:00 Armanda athletes Phil Casabon, Gus Kenworthy and Torin Yater-Wallace will visit Evolution Freeride. The athletes will have posters available to autograph and will also be happy to sign their fan's skis and other accessories. More athletes will be showing up throughout the weekend, so check in with the Basin Sports Facebook page for updates.

people can live there.

To my mind, there's some validity in the first theory, virtually none in the second (I put it in just for fun), and a great deal in the third. Vermont's rural prettiness would be spoiled by a significant increase in population, but California's Bay Area, for example, manages to be really lovely despite containing two large metropolitan areas. Its weather, though, is mild, especially compared to that of, say, Alaska, where, if I'd been an early explorer of the area, I probably would have been too frightened to drop my bags and start building a permanent residence, despite its awesomeness. Even now, I'd be scared to move there.

So there are two obvious reasons to live in humdrum states instead of gorgeous ones: the weather, often, is easier to handle, and as I said, there are more jobs. These are pretty good reasons, especially the latter, and there is also the relative paucity of cultural and commercial amenities in underpopulated states to consider, which means that we have to ask ourselves this: how important is it, really, to live in a place with nice views?

I've lived the majority of my life in New Jersey, which is really a geological dullsville. If not for all the strip malls and McMansions, it wouldn't be ugly, but like the rest of the Mid-Atlantic region, it doesn't have much of interest to look at. Other New Jerseyans would try to refute this (The Jersey Shore! Paterson's Great Falls!) – every state will argue for its own hidden pulchritude – but deep down they'd know the truth. I've also spent significant time in Vermont and Maine, and whenever I'm in either state, its physical beauty plays a huge part in my life. I hike, I ski, I savor sunsets and snow. To some extent, it changes the way I feel about the world on a daily basis.

I realize, however, that this may be a result of my prior undernourishment: perhaps many native Vermonters and native Mainers grow accustomed to all the loveliness, and it comes to occupy a smaller role in their lives. It's nice to stop and smell the roses, but one can't keep on smelling them forever – one has to get on with life at some point. Unless beauty can always continue to delight, it probably isn't worth chasing: picking a residence based solely on the views would be like marrying a person solely for his or her looks – which, of course, will fade.

I think I'm choosing to be an optimist on this issue: a terrific landscape is usually worth the trouble it may take to get there, and as with a great work of art, one may come to appreciate it more over time, not less.

So where will I be living in 30 years? Well, I like cities, but I also like nature. I need to be close to a good ski area, but I'll have to find out where the people I care about will want or need to live. So the answer, of course, is: I have no idea.

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Burton Riglet Park Tour Comes to Okemo

On Jan. 23, Okemo Mountain Resort will play host to the third stop of the Burton Riglet Park Tour, a mobile product demo and mini snowboard park designed to introduce kids as young as 3 to the sport of snowboarding.

The Riglet Park Tour at Okemo invites kids to try out Burton's revolutionary kids' Learn To Ride (LTR) products and experience the Riglet Reel, a specially designed attachment that fastens to the nose of youth snowboards. With the help of Burton's Riglet Reel, instructors can tow kids onto features and around obstacles to introduce them to the fun of snowboarding. Also available to demo at the Riglet Park Tour are Burton LTR 80cm snowboards, Progression One-Strap bindings, Progression Velcro boots and Progression Youth helmets. Thanks to this incredible lineup of easy-to-ride gear, kids will be sliding a box, weaving around cones and jibbing in no time.

At Okemo's Riglet Park, families will have a chance to meet Olympic gold medalist and former Burton pro snowboarder, Ross Powers, who will help kids make their first turns in this creative and innovative venue.

There is no fee for children to participate in the Riglet Park Tour and the park, located at Okemo's Clock Tower Base Area will be open to the public. More information about Okemo Mountain Resort may be obtained by calling (802) 228-1600.

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Saturday, February 5th


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Nature's Way

Some Insects in Winter Get Super Cool

by Steven D. Faccio

Insects have evolved a variety of different strategies for surviving the sub-zero temperatures of winter. Many spend the winter in a simple life stage – usually an egg – which is easier to protect from frost damage than a multi-cellular adult or larvae. Honeybees employ a rather unique strategy analogous to turning on the furnace or stoking the wood stove: by huddling together and shivering their flight muscles, honeybees generate heat, keeping the hive warm. With thousands of bees in a colony and an ample supply of stored food (honey), they can afford to huddle and shiver all winter long.

Other insects avoid winter's chill by migrating. Some, such as the monarch butterfly and many dragonflies, migrate hundreds or even thousands of miles. Others migrate underground, moving deep enough to get below the frostline. Still others spend the winter in an aquatic life stage ensconced beneath the ice of ponds and streams. But two of the most fascinating overwintering strategies are known as freeze tolerance (essentially freezing solid while anti-freeze compounds prevent cell damage) and freeze avoidance, which involves lowering the freezing point of an insect's body fluids below 32 degrees F—a process also known as supercooling.

Normal water freezes at 32 degrees F, but pure, distilled water can be supercooled to much lower temperatures before ice forms. In fact, microscopic droplets of pure water can be cooled to as low as 40 degrees F below zero before freezing. Normal water freezes at 32 degrees

F because the growth of ice crystals is "seeded" by the presence of some particle or impurity that helps to line up the water molecules into the crystal shape. This phenomenon is similar to what occurs in making fudge, when the syrup has more than cooled enough to crystallize but cannot start doing so until it is disturbed or a sugar crystal is dropped in.

In general, insects are good at this trick of supercooling due to their small body size (the smaller the better when it comes to supercooling). In addition, the waxy cuticle that coats their bodies provides excellent waterproofing and prevents external ice from coming into contact with body fluids. Even in summer, most insects can tolerate temperatures down at least 23 degrees F. In winter, however, insects can push supercooling even lower by producing two different compounds—antifreeze proteins and cryoprotectants.

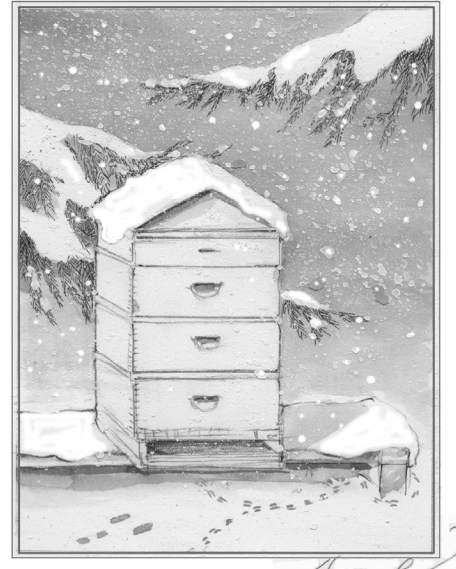
Antifreeze proteins bind to microscopic ice crystals as they start to form in the insect's body fluids, preventing the crystals from growing any larger. For insects that spend the winter near the surface of the ground covered by a blanket of insulating snow, the production of antifreeze proteins allows them to supercool to about -5 degrees F. Insects that spend the winter high up in trees or in other exposed sites can push the envelope much farther, producing cryoprotectants in addition to proteins and achieving supercooling as low as -40 degrees F.

The most common cryoprotectant is glycerol, an alcohol that is quite similar to ethylene glycol, the chemical that we use as antifreeze in our cars. Cryoprotectants work because the freezing point of water

decreases as the proportion of dissolved substances in the water increases. So the more cryoprotectant that can be packed into an insect's body fluids, the lower the temperature at which it will freeze. In some insect species, the concentration of glycerol can make up as much as 20 to 25 percent of their total body mass.

As with any overwintering strategy, there are dangers to relying on supercooling. Sudden, abnormal blasts of arctic cold can drop the temperature below an insect's freeze threshold with dire consequences, since an insect cannot quickly pump in more cryoprotectant when the temperature dips to deadly levels. Similarly, for insects that rely on the insulating properties of the snowpack, low-snow winters can expose them to killing temperatures. And, like the cooling fudge, if a supercooled insect comes in contact with ice crystals, its body fluids will be seeded, resulting in flash-freezing and sudden death.

Some insects avoid this supercooling gamble altogether, having evolved an ability to freeze without being killed. As with supercooling, insects manufacture cryoprotectants that, in this case, are pumped inside individual cells, preventing the cells from freezing. Ice will form outside of cell walls but not inside them. Ice crystals can fill up an insect's body, surrounding all the internal tissues and even growing throughout the blood vessels, but the animal survives because



the insides of its cells remain liquid. This strategy is not limited to insects and other invertebrates but is also used by a few of their amphibian predators, including spring peeper, wood frog, and grey treefrog, whose emergence in a few months will herald the start of spring.

Steven D. Faccio is a conservation biologist at the Vermont Center for Ecostudies; he lives in Strafford, Vermont. 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.

Okemo Welcomes Gatorade Free Flow Tour

LUDLOW, Vt. – Okemo Mountain Resort welcomes The Winter Gatorade Free Flow Tour on Jan. 22 and 23. The official amateur series of the Winter Dew Tour, the Winter Gatorade Free Flow Tour visits the country's premier mountains, giving top amateurs a once-in-a-lifetime chance to go from "Flow" to "Pro."

The goal is to find top talent from across the country while giving snowboarders and freeskiers of all abilities the opportunity to have fun while competing in a contest.

As the official amateur series of the Winter Dew Tour, Gatorade Free Flow Tour offers winners from each event expense-paid trips to the Tour Finals, which take place at the Dew Tour pro event in February. The overall winners at Finals earn a wildcard spot into the first Dew Tour stop the following season.

The 2010/11 Tour consists of 10 re-

gional events across 10 mountain resorts in the U.S., featuring snowboarding (slopestyle and superpipe) and freeski (slopestyle and superpipe). The winner of each regional event earns a trip to compete in the Winter Gatorade Free Flow Tour Finals held at the Winter Dew Tour's Toyota Championships. Fuel TV broadcasts select coverage of the Winter Gatorade Free Flow Tour, and allisports.com is the home of all digital content and tour information.

Online registration is available at www.gatoradefreeflowtour.com. The fee is \$20 for a single discipline and \$30 for two. The competition will take place in Okemo's Superpipe and adjoining Dew Zone terrain park.

To learn more about Okemo Mountain Resort, visit www.okemo.com or call (802) 228-1600.



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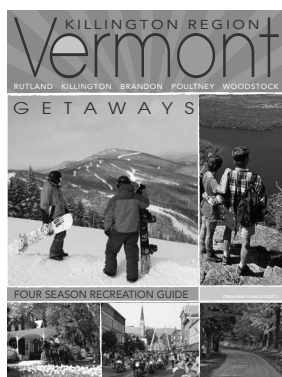
This highly illustrated color, glossy magazine is mailed to persons inquiring to chambers, event organizers, colleges, and businesses; it is widely distributed through the region at hotels, resorts, businesses and at selected Official State Tourist Information Centers. It is used at regional trade and travel shows.

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Backcountry

continued from page 3

it's harder to warm up; hypothermia can become a real danger.

DISTANCE

Woodard, the Baxter ranger, says the more snow they have, "the slower life in the park becomes. It takes longer to travel in deep snow, longer to do chores or work assignments because you're balancing" the challenges of the environment.

Generally, winter travel takes longer than treks in other seasons. Plan on covering just a third of the ground you normally would in non-winter conditions. If there's snow, it simply takes longer to plow through it, and you'll spend more time just finding the trail.

The gear you'll need depends on the activity you've chosen and how long you'll be out. Woodard notes that "for experienced winter travelers, skis and snowshoes make travel relatively easy. But for someone who hasn't used them, the person will fall more, getting wet from the snow and the exertion."

So start slowly. Short day hikes under a mile can still be incredibly satisfying.

"The snow muffles the sounds in the mountains and woods," Woodard says. "Many times wildlife can be spotted easier if they don't have the option of white camouflage. We have visitors who enjoy day trips in the fringes of the park as well as multi-day visitors who want to traverse the park, climb a mountain or visit their favorite location."

In addition to Baxter State Park, Maine has miles of logging roads that are unplowed in winter, perfect for snowshoeing or cross-country skiing (if you don't mind sharing with the occasional snowmobilers!).

The roads also make it easier to pull a sled, instead of hauling all your gear in a backpack. An expedition sled, or pulk, can run upwards of \$600, but you can easily build your own using a heavy-weight plastic sled, small PVC piping and some rope.

So never mind the drudgery of winter at home. Drop that snow shovel and get out to the backcountry. You'll be glad you did.

JustForFun

Capsule reviews of films opening this week by The Associated Press



"The Dilemma"

by Jake Coyle, AP Entertainment Writer

Add to Vince Vaughn's canon of gonzo enthusiasm the blissful image of him using a makeshift blowtorch on a suburban block, screaming, "I'm going to burn your face off!" His act maybe isn't as fresh as it once was, but Vaughn still puts a charge into movies. Ron Howard's comedy begins and ends in hokey cliché, but for a brief period in the middle, it carries a slight hint of Billy Wilder, playing uncomfortable stuff for not entirely dumb laughs. Chicago engineers and buddies Ronny Valentine (Vaughn) and Nick Brannen (Kevin James) each have long-term partners: Ronny's girlfriend, Beth (Jennifer Connelly), and Nick's wife, Geneva (Winona Ryder). After Ronny sees Geneva cheating on Nick with another man (Channing Tatum), he descends into a world of infidelity where seemingly everyone is cheating. Unfortunately, Howard's light-but-thorny examination of marital disfunction becomes distracted by prat-falls and standard bromance comedy. Ryder matches Vaughn's wildness, but Connelly isn't given a chance and James isn't up to it. Sports metaphors proliferate until the film sinks into them, finally, senselessly concluding on an NHL rink. PG-13 for mature thematic elements involving sexual content. 110 minutes.

Two stars out of four.

"The Green Hornet"

by Christy Lemire, AP Movie Critic

Someday soon, hopefully, 3-D will be exposed for the sham that it is. We will all realize that, for the vast majority of films, shooting in or converting to 3-D offers absolutely nothing from a narrative standpoint, and very little visually; all this gimmick really adds is money at the box office through higher ticket prices.



But until that blessed day comes, we will continue to be bombarded with mediocre action pictures like this. It didn't have to be this way. There was reason for hope. "The Green Hornet" comes from director Michel Gondry, who's known for visually inspired films including "Eternal Sunshine of the Spotless Mind" and "The Science of Sleep." Hearing his name attached to a big, studio superhero movie - starring Seth Rogen, of all people - may have sounded incongruent, but at least it was intriguing. Instead, Gondry has come up with a surprisingly generic, bombastic action movie. Based on the 1930s radio show, "The Green Hornet" stars Rogen as Britt Reid, playboy heir to the Los Angeles publishing empire built by his father (Tom Wilkinson). But when his father dies suddenly, Britt realizes he has a chance to use his fortune for good, and decides to become a vigilante crime fighter with the help of his father's mechanic, the soft-spoken but ever-resourceful Kato (Taiwanese pop star Jay Chou). PG-13 for sequences of violent action, language, sensuality and drug content. 118 minutes. One and a half stars out of four.

THE JOKE'S ON YOU

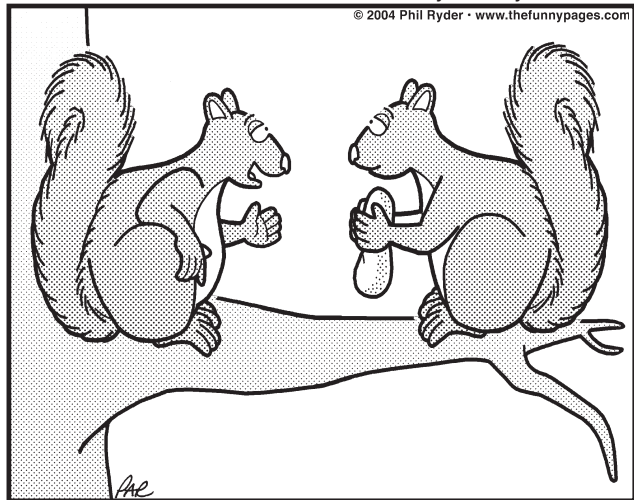
by Phil Ryder & YOU



"Whadda ya mean, 'mark my territory'?"
- Sheila Moss • Nashville, TN

THE JOKE'S ON YOU

by Phil Ryder & YOU



"Business was good, so I decided to branch out."
- Chris Mappley • London, England

SUDOKU

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

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

This week's solution on page 33

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

ACROSS

- Amish
- Anita Brookner's "Hotel du ____"
- Brainy
- "... happily ____ after"
- Anger
- Ice cream flavor
- One who repairs
- All thumbs
- Final stage of chess
- That which belongs to them
- Doublemint, e.g.
- Declines
- Reserve
- Coffees with no caffeine
- African antelope
- Voice lesson topic
- Calculus calculation
- "____ a chance"
- "The sweetest gift of heaven": Virgil
- Bank offering, for short
- A roll cloud
- Bait
- Chester White's home
- 1943 conference site
- Dishonest
- Delight
- Franchise
- Lace place
- Attacks, in a way
- Certain Arab
- Resembling bees' product
- "Odyssey" enchantress
- Aroma
- Holly
- Deuce toppers
- Clinch, with "up"
- Atlantic catch

- Slightly hoarse
- When repeated, like some shows
- "Give it ____!"
- Popular mints
- Crystalline pig iron
- Cartilage disks in joints
- Maple genus
- Criticizes
- Atlanta-based station
- "... ____ he drove out of sight"
- Things that strike with force
- Brag
- "We've been ____!"
- Dorm annoyance
- Pen
- Bank deposit
- Aerodynamic
- Awry
- Narrow inlet of sea
- "Don't go!"
- Buzzing pest
- Economical
- Prayer book
- Imperativeness
- Witty remarks
- "____ Heartbeat" (Amy Grant hit)
- Born
- Emphatic, in a way
- Character
- Arabic for "commander"
- Quick to the helm
- Falling flakes
- Flaky pastry
- Barely managed, with "out"
- Census datum
- Columbus Day mo.
- "____ to Billie Joe"

DOWN

- Beehive, e.g.
- Manage

Solution • Page 33

Showings

Downtown Rutland Shopping Plaza

Please call or check us out online for this week's movie offerings.

Movie Hotline
877-789-6684

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Health & Fitness

HEALTH CALENDAR

Jan. 20 - Rutland. RAVNAH Blood Pressure & Foot Care clinic: Maple Village 10am. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

Jan. 22 - 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. 24 - Rutland. Girl Talk meetings at Rutland Free Clinic, sponsored by RRCM's Breast Care Program & Susan G Komen For The Cure. Learn about breast health. 6-7pm. Feb. 7, Mar. 7 also. Attendees receive \$20 Wal-Mart Gift Card. Limited space, rsvp 775-1360.

Jan. 26 - N. Clarendon. RAVNAH Blood Pressure & Foot Care clinic: Community Center 12:30pm. Suggested donation \$2 blood pressure, \$5 foot care. 362-1200.

Jan. 26 - W. Rutland. RRCM Commit to Quit Smoking workshop, at NeighborWorks of West Rutland, 1-2PM, registrations appreciated, 747-3768. Feb. 2 & 9, same location/ time.

Jan. 27 - Poultney. Poultney Rescue Squad holds CPR recertification session 7pm.

Ongoing

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

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

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

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

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

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

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

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

Mon., Tues. & Thurs. Killington - Anusara Inspired Yoga classes, 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. 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 @ RRCM. 1-800-ACS-2345.

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

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

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

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

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

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

Rutland - 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.

Drumming Courses Offered, it's Fun!

Drum Journeys of Earth offers six-week hand drumming courses to make it easier and more affordable for everyone to learn drumming.

Beginning classes in the West African tribal drum, the Djembe (pronounced jembay), will be on Tuesday evenings from 5:30 to 7:00pm, starting February 1st. The popularity of this instrument is due largely in part to the primal sound of this tribal drum Mickey Hart in his book, Drumming at the Edge of Magic: A Journey into the Spirit of Percussion, describes the ability of the drum to induce trance like states as "entrainment." Hart discusses how the repetitive sounds of drumming create rhythms which profoundly affect the body, especially the brain, to create altered states of consciousness. He says, "If the rhythm is right, you feel it with all your senses, it's in your mind, your body, in both places.

Students can learn pow-wow drumming, chanting and circle dancing with classes in The Heart & Ritual of the Medicine Drum. Beginning classes will be held on Tuesdays from 7:00-8:30pm, starting February 1st. The steady pounding beat of a medicine drum helps us notice our own heartbeat, creating a calmness which is very therapeutic in getting in

touch with our inner selves.

Beginning Latin Conga classes will be held on Thursday evenings from 7:00-8:30pm, starting February 3. The sensual syncopation of Latin rhythms will be taught on congas and other Latin hand percussion instruments. Drumming induces deep relaxation, lowers blood pressure, and reduces stress, which, according to current medical research, contributes to nearly all disease and is a primary cause of such life-threatening illnesses as heart attacks, strokes, and immune system breakdowns. A recent study found that a program of group drumming helped reduce stress and employee turnover in the long-term care industry and might help other high-stress occupations as well.

"Rhythm is within all of us," says Gary Meitrott, founder of Drum Journeys of Earth. "It's inside us as we breathe, as our heart beats, as we walk. It's on the streets, in the cars we drive. It's the earth itself. Rhythm is everywhere, and we cannot exist without it." All classes will be held at the Drum Journeys of Earth studio at the Dana Recreation Center in Rutland, Vermont. The 6-week courses that include use of a drum during class and most music materials are only \$75. Drum rentals for practice are also available.

DJE offers a variety of ethnic drum and percussion in the Rutland area, including Cuban Conga, body and trash percussion, hand drumming and ritual hand drumming. For more information or to join the Beginning Djembe class, please call 802-235-2400, or email Gary at _drumjourneys@vermontel.net (mailto:drumjourneys@vermontel.net). Check out more info on [_www.DrumJourneys.org_](http://www.DrumJourneys.org) (<http://www.drumjourneys.org/>)

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Boredom Busters

by Tresa Erickson

It happens to you every time. You resolve to get fit at the start of the New Year, you work out regularly and then you lose steam. You revert to old habits, exercising whenever you feel like it. The primary cause of your behavior: not a lack of self-discipline but plain old boredom. You get tired of exercising and plop down in front of the TV instead.

Exercise boredom is not uncommon. Many people, including die-hard fitness buffs, experience it from time to time. Fortunately, there are several ways to combat it. First, you need to review your workout routine and pinpoint exactly what it is that bores you. Are you tired of doing the same old exercises at the same old time in the same old place day in and day out? Yeah? Well then, it's time to make some changes. Run in the morning on some days around your neighborhood and swim in the evening on others at the gym. Vary your routine and keep boredom at bay.

To ensure your workouts are interesting, incorporate gadgets and entertainment into them. Get a heart-rate monitor and use it during your workouts to make sure you are reaching your potential.

Watch some TV or listen to some music to make your workouts fun.

Small changes in your exercise routine, whether in activity, timing, location and even frequency and duration, can do wonders for combating boredom. None of it, however, may be enough. You may need to make bigger changes, like trying an adventurous sport, participating in a team sport or finding an exercise buddy. Often people become bored with exercise because they do it alone. Time flies much faster when you have someone to talk to while you are exercising. A partner can also keep you motivated. Failing to show up for a workout is a lot harder when someone is waiting for you.

Even with all of these changes in your exercise routine, you may still suffer some boredom from time to time. To keep yourself motivated, find something to shoot for. Think about what it is that you want to get from exercising and set some long-term goals. Perhaps you want to lose 10 pounds or run three miles. These are goals you can work up to a little at a time. You can run a quarter of a mile one week, a half of a mile the next two weeks, a mile the next four weeks, and so forth,



until you reach your three-mile goal. Once you reach your long-term goals, make sure you find new ones to keep the momentum going.

In addition to setting long-term goals, focus on the rewards you get from exercising. Use the weight you have lost, the muscle tone you have gained or the overall sense of satisfaction you have received from exercising to stay motivated.

Perhaps you feel better after you work out or have more stamina and energy to get through the day. All of these are benefits you can turn to whenever you get bored to stay motivated.

Fighting exercise boredom is not easy. It can be done, however. Change is key, and to stay motivated, you need to set some long-term goals and focus on all of the rewards you reap from exercising.

Imagine Food and Crave it Less

by Mackenzie Carpenter, SHNS

Think long and hard about what it feels like to devour that candy bar – and you will devour less of it.

A new Carnegie Mellon University study published Thursday in Science magazine has upended long-held assumptions that thinking about “bad” or “forbidden” food makes you crave it more: In fact, the act of imagining, in every delicious detail, the consumption of a piece of chocolate will actually make you eat smaller portions of that chocolate, researchers have found.

“Engaging in the mental act of eating can actually reduce the type of food we’re interested in eating,” said Carey Morewedge, the study’s lead researcher and a CMU assistant professor of social and decision sciences.

A huge body of literature on food cravings suggests that fantasizing about that Dove chocolate bar or Big Mac will stimu-

late an appetite for it, but Morewedge and his fellow researchers suspected that the perceived wisdom might be wrong.

The study, which involved 300 participants and five separate experiments, tested the notion of whether extended mental simulation of food consumption dampens rather than excites the desire for it. The participants were not told that the study was about eating habits – but rather about imagery and size perception.

In the first experiment, participants imagined performing 33 repetitive actions, one at a time. A control group imagined inserting 33 quarters into a laundry machine.

Another group imagined inserting 30 quarters into a laundry machine and then imagined eating three M&M’S, while a third group imagined inserting three quarters into a laundry machine and then imagined eating 30 M&M’S.

Then, after being told the experiment was over, each group was given a bowl of

M&M’s and invited to dig in.

Participants who imagined eating 30 M&M’S actually ate significantly fewer M&M’S than did participants in the other two groups.

The same experiment was repeated with cubes of cheese, with the same results, Morewedge said.

The study found that only thinking about the food repeatedly didn’t reduce actual consumption. But imagining consuming food in great detail, also known as “habituation,” reduced consumption.

“Our findings show that habituation is not only governed by the sensory inputs of sight, smell, sound and touch, but also by how the consumption experience is mentally represented,” said Joachim Vosgerau, a CMU assistant professor of marketing who was on the research team.

“Trying to suppress one’s thoughts of desired foods in order to curb cravings for those foods is a fundamentally flawed

strategy,” Morewedge said.

A noted researcher on consumer behavior and food and psychology hailed the study as a “landmark.”

“This study definitively answers a controversy over whether thinking about food triggers appetite or sates it,” said Brian Wansink, a Cornell University professor and author of “Mindless Eating: Why We Eat More Than We Think.”

“We eat with our eyes,” said Wansink, who founded the Food and Brand Lab at Cornell. His studies have been credited with the development of such diet aids as 100-calorie snack packs and the “small plate” movement.

Other researchers have speculated that imagining what food will taste like can cause the brain to release a chemical called dopamine – which affects feelings of hunger and satiety. Repeated imagining of the taste of food may trigger the satiety affect, but more research is needed.

A Home Gym Can Transform You and That Spare Room

By Sam Mcmanis
Sacramento Bee

This, you promise yourself, will finally be the year.

You will get in shape in 2011 -- and while at it, you will finally do something with that eyesore of a spare bedroom. No more slacking off. It is resolved.

And because you are a born multitasker, you will accomplish both vows by turning that room into a home gym. Brilliant!

But just how do you go about trans-

forming a spare room (or garage or basement area) into your personal health club, minus the sweaty, grunting bodybuilders and onerous monthly fees? The logistics and up-front expense might at first be daunting enough to send you reeling to the couch until at least February. But setting up a home gym that fits your needs is no herculean task.

Two years ago, Ashlee Gadd, a public-relations manager in Sacramento, Calif., cashed in a pricey health-club membership and converted a spare room into a workout space complete with a treadmill, a weight bench, free weights and a stability ball. All that’s missing is a perky receptionist handing her a towel and wishing her a nice day.

“We put in a full-length mirror and hung up corkboards and magnet boards with workout regimens from magazines,” Gadd said. “We have a TV that sits on a tall dresser so we can watch TV while we exercise, or use it to play workout DVDs. We have a bookshelf that houses nutrition books and health magazines, as well as a decorative ladder that holds my yoga block and yoga strap.”

You don’t need an entire spare room to pull off this project, said Ruth Tara, owner of New York-based Home Gym Design.

“Some people without a lot of space will put the cardio (machine) in the bedroom and the rest in the den or even the family room,” she said. “But most people

want a whole room.

“I like people to be creative in their gym. Otherwise, it becomes a boring place to be. You want to make it as motivating as you can,” Tara said.

As for the equipment, Richard Martinez, manager of Fitness Outlet Exercise Equipment in Sacramento, said a fully equipped home gym should carry out all four training principles: cardiovascular,

flexibility, resistance and strength.

And note: Consumer Reports cautions that, when buying equipment, “Look for (warranties) that provide at least two to three years of coverage on major moving parts and a year for labor.”

As for the rest -- flooring, lighting, ventilation, decor, etc. -- it depends on your home-design flourishes and personal preferences.



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Art & Entertainment

NIGHTCLUBS

THURSDAY, JANUARY 20

Clear River Tavern Eve-Open Mic w/ Clear River Band
 Santa Fe Eve-Myk Sno Acoustic
 Wobbly Barn Eve-Monster Party w/ DJ Face
 Grist Mill HH-Guy & Wayne
 Saint's Pub @ Summit Lodge Eve-Musician's Showcase
 w/Frank Chase
 Outback Eve-Local Music Showcase
 Double D's Eve-Music & Dancing

FRIDAY, JANUARY 21

Outback Eve-Joey Leone Trio & Doug James
 Grist Mill HH-Guy & Wayne
 Eve-Long Trail Party w/ Vibratones
 Santa Fe Eve-Myk Sno Acoustic
 Double D's Eve-The Freeze
 McGrath's Irish Pub Eve-Kitchen Sink
 Wobbly Barn Eve-Dew Tour VIP Party w/ DJ Cassidy
 Saint's Pub @ Summit Lodge Eve-Frank Chase

SATURDAY, JANUARY 22

Wobbly Barn HH-Dr. Divine & Bobby Darling Show
 Eve-The Zoo
 Red Clover Inn Eve-Chad Hollister
 Ovations HH/Eve-Jim Hollis
 Saint's Pub @ Summit Lodge Eve-Frank Chase
 Outback Eve-Eve-Joey Leone Trio & Doug James
 Grist Mill HH-Guy & Wayne
 Eve-Vibratones

McGrath's Irish Pub Eve-Kitchen Sink
 Double D's HH-James Mee
 Eve-Music & Dancing

Santa Fe Eve-Myk Sno & K-Town's Finest
 Clear River Tavern Eve-Duane Carleton

SUNDAY, JANUARY 23

Saint's Pub @ Summit Lodge HH-Frank Chase
 Outback Eve-Joey's Blues Night
 McGrath's Irish Pub HH-Extra Stout
 Double D's Eve-Music & Dancing

MONDAY, JANUARY 24

Double D's Eve-Music & Dancing
 Santa Fe Eve-Joey Leone Jazz
 Outback Eve-Jimmy's Pizza Buffet w/ Landshark

TUESDAY, JANUARY 25

Ramunto's B'Water Eve-Open Mic
 Outback Eve-Magic Hat Karaoke Night
 Double D's Eve-Music & Dancing

WEDNESDAY, JANUARY 26

Clear River Tavern Eve-PBR Pool League
 Grist Mill HH-Guy & Wayne
 Double D's Eve-Music & Dancing

MUSIC

Jan. 23 - Rutland. VSO's Sunday Matinee Series brings Winter Warmth program. 4pm, Paramount Theatre. Free pre-concert talk 4pm. 775-0903 for tickets, \$9-\$29.

Jan. 25 - Rutland. Ladies' Night Out Women's Chorus starts rehearsals at Rutland Middle School Music Room, 7-9pm. 775-8004 to rehearse.

Feb. 1 - Rutland. Drum Journeys of Earth offers 6 wk beginning Djembe classes, Tuesdays 5:30-7pm. Pow pow drumming also begins, Tuesdays, 7-8:30pm. Beginning Latin Conga classes begin Feb. 3, Thursdays 7-8:30pm. \$75/ class. 235-2400.

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. 19, 26 - 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.

Thru Jan. 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!

Thru Jan. 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. 20 - W. Rutland. Audubon Society's West Rutland Marsh Monitoring Walk, monthly bird monitoring walk. Dress for the weather. Meet at W Rutland Price Chopper parking lot 8am. 775-3461.

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! 800-621-MTNS.

Jan. 20-27 - Woodstock. Public Skates at Union Arena: Jan. 20-21 & 24-27, 1:30-3pm. Jan. 22-23, 2:40-4:10pm. 457-2500.

Jan. 21 - Quechee. VINS Snowshoe Wine & Dine, 6-9pm. Snowshoe trails at Marshland Farm, 3 course meal at Quechee Inn. \$32 members, \$40 noon. Pre-register at 359-5000 x223. Dress for weather. Bring headlamp if avail.

Jan. 21 - Killington. Salomon/Red Bull athlete Simon Dumont signing autographs & talking to fans, 4pm, Evolution Freeride at Basin Sports. 7pm, Armanda athletes Phil Casabon, Gus Kenworthy, Torin Yater-Wallace visit.

Jan. 22 - Bolton. Killington Section GMC Outing: Snowshoe Long Trail to Duxbury Window & Bamforth Ridge. Moderate, 6 mi. Meet Rutland's Main St Park 8:30am. 775-1627.

Jan. 22-23 - Ludlow. Okemo Mtn welcome Winter Gatorade Free Flow Tour. Snowboarding & freeskiing slopestyle & superpipe. Amateurs go big! Info, 228-1600.

Jan. 23 - Mt. Holly. Mt. Holly Volunteer Rescue Squad Bingo at Elem. School. Doors noon, games 1pm. Cash prizes. 259-2810.

Jan. 25, 27 - Killington. Killington Parks & Rec Dept. hosts open gyms throughout winter. Tues. pick-up volleyball. Thurs. pick-up soccer. 7-9pm each night. \$2 per night. 18 yrs. +. 422-3932.

Feb. 13 - Killington. Downhill for Diabetes Charity event at Pico Mtn. Raise money to ski or snowboard. 100% proceeds diabetes research. Info, donationsfordiabetes.org.

Mar. 5 - Pittsfield. 5th Annual Pittsfield Snowshoe Marathon, 8am, Amee Farm. Mar. 4, 2nd Annual 100-Miler March at Amee Farm, 4pm. Registration at peakraces.com

Ongoing:

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

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

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

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

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

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. 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. 20 - Rutland. National Broadway tour of "The Music Man," Paramount Theatre, 8PM. Call 775-0903 for tickets.

Jan. 20-22 - Rutland. Chaffee Art Center classes, Life Drawing Thursdays, 5-8pm, all mediums & levels welcome. Jan. 21, Writing as Art Form, 11-1pm, donations welcome. Jan. 22, Clay Jewelry, 10-12:30pm, age 7-14. Fees. 775-0356.

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

Jan. 21 - Killington. Winter Dew Tour VIP Party at the Wobbly Barn featuring DJ Cassidy. 21+. \$20. 4pm-1:30am. Join the athletes!

Jan. 21 - Woodstock. Contra Dance & Dinner at Little Theater. Every 3rd Friday. Music by Old Sam Peabody. 5:30-7:30 veg dinner, 6pm family dance, 7:30pm potluck dessert, 8-10:30pm contra. \$8 donation, under 18 free. 785-4039.

Jan. 21 - Rochester. Rochester School & Public Library will show Inception at Friday Night Free Movie, in school auditorium. All welcome.

Jan. 21-22 - Rutland. Cabin Fever Book Sale at Rutland Free Library. Jan. 21, 9:30-4:30. Jan. 22, 9-2. 773-1860.

Jan. 22 - W. Rutland. Free movie for the whole family at West Rutland Public Library, 10:30-noon. Snacks provided, prizes given. "How To Train Your Dragon." 438-2964.

Jan. 22-23 - Rutland. Chaffee Art Center class, Oil Based Mediums, 10-3 daily. Register 775-0356. Fee. Jan. 29, Tablet Weaving, 10-3, register by Jan. 21.

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Tues., Jan 25 1:30-3:00pm
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Jan. 22-23 - Ludlow. Class at Fletcher Farm School, Drawing in Perspective. Feb. 5, make Timba Scarves. Feb. 5-6, Watercolor Painting for the beginner. Feb. 12, Kalliedioscope Scarf making. Feb. 23, Vessels of Light and Garbage. 228-8770 for times, fees, details.

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

Jan. 24 - Rutland. RRCC & REDC legislative breakfast, 7:30am, South Station Restaurant. Peter Shumlin featured speaker. RSVP 773-2747.

Jan. 24 - Rutland. Learn how to talk to teens in "a candid, open, mutually respectful dialog" 6-8pm, Rutland County Parent Child Center. 775-9711 for more info.

Jan. 24 - Rutland. RAFFL collaborative workshop for farmers, 6-8pm, Community Health Center, RRMCC.

Jan. 26 - Wallingford. Program at Gilbert Hart Library, 2pm, A Celebration of Jewish Women. Free, Klock Room. 446-2685.

Jan. 25 - Pittsfield. Theatre Arts program at Pittsfield Library has final performance at 5pm. Refreshments. Children grades K-8.

Jan. 26 - Ludlow. Social Media for Marketing free workshop at Fletcher Memorial Library, 5:30-7pm.

Jan. 25 - Killington. Regarding the Route 4 Byway effort, a Public Hearing is scheduled with the Vermont Scenery Preservation Council for 7pm.

Jan. 25 - Castleton. Phildanco (Philadelphia Dance Company) brings the fun of funk music to CSC, 7pm. Ticket required, 468-1119.

Jan. 26 - Castleton. Opening reception of Color & Curve exhibit of pastels & oil paintings by Vt artist Kate Mueller, CSC Christine Price Gallery. 4-6pm. Exhibit thru Feb. 18.

Jan. 27 - Rutland. Positive Response to Negative Behavior program, Rutland County Parent Child Center, 6-8pm. Free, 775-9711.

Jan. 27 - Rutland. 3rd Thurs. of each month, Southwest Freedom Riders Monthly Meeting. 7pm. Rutland Elks Club, 44 Pleasant St. All are welcome! 888-299-7937.

Jan. 27 - Rutland. Speed dating with Kris Kul at Paramount Theatre. Cocktail hour begins 7:15pm, event 8pm. Age 25+. \$25 men, \$15 women - limited tickets, 775-0903.

Jan. 28 - Pittsfield. Vermont Wood Manufacturers Association annual meeting at Amee Farm. All members of woodworking industry invited to attend. 747-7900 for info & registration.

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, 282-4464.

Feb. 1 - Rutland. Register Early! 13-week Master Gardener Course, Tuesdays 6:15-9PM, \$405. 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. 26, exchange students are dinner guest.

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 Sabataso-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.

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

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

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

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

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

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

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

COMING UP

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.

Feb. 14 - Rutland. The Legendary Drifters come to Paramount Theatre. 775-0903 for tickets, \$34.50.

Calendar space is FREE to advertisers & non-profit community organizations. To publicize your event, please send us the following information: Description, date, time, place, fees, phone number, additional details. Mail: The Mountain Times, P.O. Box 183, Killington, VT, 05751. Email: editor@mountaintimes.info All information must be received at least one week prior to the newspaper publication date.

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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 collec-

tors 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 varieties 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.

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.

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.

After years of development, a change of producers, almost forty songs (twenty-two were cut), and more than forty drafts, the original Broadway production, directed by Morton DaCosta and choreographed by Onna White, opened on December 19, 1957 at the Majestic Theatre. It won five Tony awards, including Best Musical, even beating out West Side Story. It remained at the Majestic for nearly three years before transferring to The Broadway Theatre to complete its 1,375-performance run. The original cast



included Robert Preston (who went on to reprise his role in the 1962 screen adaptation) as Harold Hill, Barbara Cook as Marian, and Eddie Hodges as Winthrop, with Pert Kelton, David Burns and Iggy Wolfington in supporting roles. Eddie Albert and Bert Parks each replaced Preston later in the run.

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

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 or call 802-457-2355. Tell them you saw it in The Mountain Times.



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	STYLES OF CUISINE							MEALS SERVED					COST			
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Baja Burrito Company			•		•				•		•	•	•	•		
Birch Ridge Inn		•	•	•		•			•					•	•	
Blackie's River Bend Deli	•	•	•	•	•			•	•	•		•	•			
Bridgewater Corners Store			•					•	•	•		•	•			
Bueno's Kitchen			•						•	•		•	•			
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	•	•	•	•	•	•			•	•	•	•	•	•	•	•
Ledgewood Yurt at Killington				•					•	•		•	•			•
Lookout Tavern	•	•	•	•	•	•		•	•	•	•	•	•	•	•	•
Mangwood at The Lincoln Inn	•	•	•	•	•	•			•	•		•	•			
McGrath's Irish Pub		•	•	•	•	•		•	•	•	•	•	•	•	•	•
Moguls Sports Pub	•	•							•	•	•	•	•	•	•	•
Mountain Top Inn & Resort			•	•		•		•	•	•		•	•			•
Olivia's at The Grey Bonnet Inn			•	•		•		•	•	•		•	•			•
On The Rocs Lounge			•						•	•		•	•			•
Outback Pizza	•	•							•	•	•	•	•			•
Ovations			•	•				•	•	•		•	•			•
Pasta Pot	•	•							•	•		•	•			•
Peppino's	•	•							•	•		•	•			•
Phat Italian Market & Deli	•	•						•	•	•	•	•	•			•
Pittsfield's Original General Store	•	•						•	•	•	•	•	•			•
Ramunto's	•	•						•	•	•	•	•	•			•
Red Clover Inn	•	•	•	•	•	•		•	•	•	•	•	•	•	•	•
River Tavern at Hawk			•	•				•	•	•		•	•			•
Saints Pub at the Summit Lodge			•	•		•			•	•		•	•			•
Santa Fe Steakhouse	•	•	•	•	•	•			•	•	•	•	•			•
Seward Family Restaurant	•	•						•	•	•		•	•			•
South Station	•	•	•	•	•	•		•	•	•	•	•	•	•	•	•
Sugar & Spice			•	•				•	•	•		•	•			•
Sushi Yoshi /Chinese Gourmet						•			•	•	•	•	•			•
Vermont Inn			•	•		•			•	•		•	•			•
Wally's American Grill	•	•				•		•	•	•		•	•			•
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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 on beautiful Lake Bomoseen. Also private parties, rehearsal dinners, showers and weddings. AMEX, VISA, MC, DISC

LEDGEWOOD YURT at Killington 422-6998

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Sleigh ride under the stars to a five-course dining adventure at the new Killington LedgeWood Yurt. Innovated menu features local ingredients, signature prime cuts of meat and heavenly sides and dessert. Live saxophone music. Reservations required. Friday, Saturday and Peak Periods. www.killington.com/yurt

LOOKOUT TAVERN 422-LOOK (5665)

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530 Woodstock Road, Route 4, Woodstock
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MCGRATH'S IRISH PUB 775-7181

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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

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MOUNTAIN TOP INN & RESORT 483-2311

Mountain Top Rd., Chittenden
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DiningGuide

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 and Dinner. AMEX, MC, VISA

ORIGINAL GENERAL STORE 746-8888

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OUTBACK PIZZA 422-9885

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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

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PASTA POT 422-3004

Route 4 East, Killington
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PEPPINO'S RISTORANTE 422-3293

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Route 4, Bridgewater
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RIVER TAVERN AT HAWK 672-3811

Route 100, Plymouth
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SAINTS PUB AT THE SUMMIT LODGE 422-3535

200 Summit Path, Killington Road
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SANTA FE STEAKHOUSE 422-2124

at The Mountain Inn
Killington Road, Killington
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SEWARD FAMILY RESTAURANT 773-2738

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SOUTH STATION RESTAURANT 775-1736

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SUGAR AND SPICE RESTAURANT 773-7832

Route 4, Mendon
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WALLY'S AMERICAN GRILL 747-7700

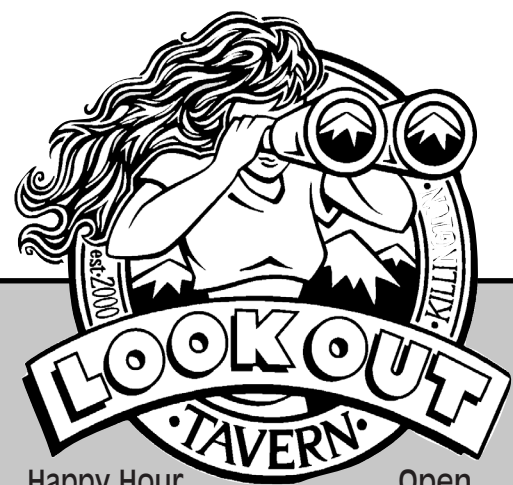
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VSO Brings "Winter Warmth" to Paramount

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 received her bachelor of music diploma from the Curtis Institute of Music, and earned her master's degree from the Juilliard School.

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.

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.

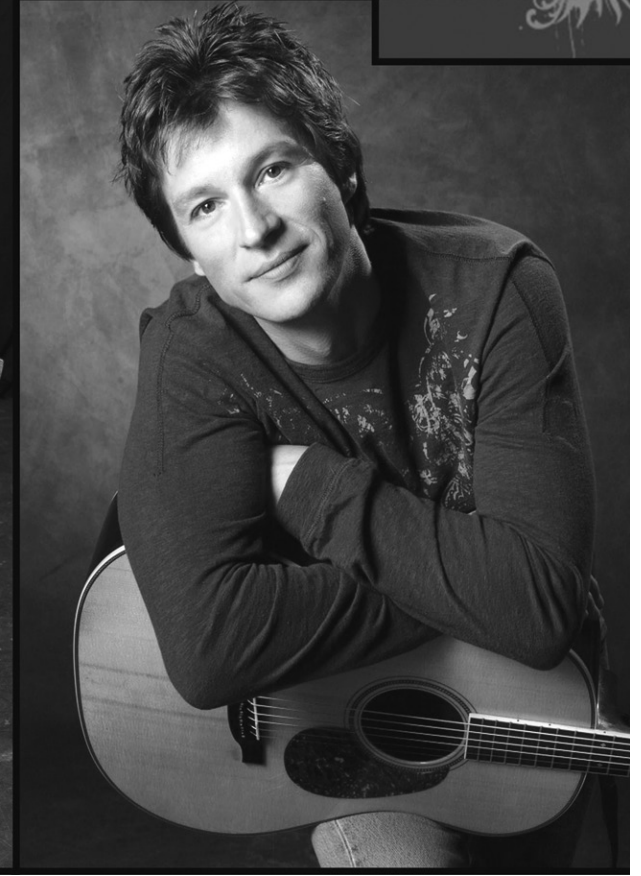
Single concert tickets range from \$9 for students to \$29, available in person and online from the Paramount Theatre Box Office at 802-775-0903, or www.ParamountLive.org.



DAN TYMINSKI

&

RONNIE BOWMAN



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.



The Red Clover Inn
Restaurant & Tavern

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

Live Music with Chad Hollister
Chad is a local favorite and will be performing on **Januray 22nd from 8pm to 11pm** in the Tavern. You definitely don't want to miss this!

Wines of the World Dinner - February 4th at 6:30pm
On the first Friday of each month Chef Dennis prepares a five course dinner featuring wine and food from around the world. Our next dinner will explore the regions of Washington & Oregon. \$75 per person (plus tax & gratuity).

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Casa Bella Restaurant and Inn

Susan and Franco Cacoza search for the perfect bed and breakfast to call their own included visits to over 90 inns across the eastern half of the US. But it was one building, in the pristine village of Pittsfield, Vermont, that kept pulling them back.

"As soon as I walked through the door, I knew it was perfect," says Susan of the building now known and loved as the Casa Bella Inn and Restaurant.

From the opening in 2002 to the present day, Susan and Franco have run the inn and restaurant with wonderful care and attention to detail. Susan runs the inn, and makes sure everything is perfect for her guests. Her personal touch is evident in the individually decorated 8-rooms, each with a private bathroom. When the bar is open, you'll find Susan behind it, welcoming guests and visitors for an after ski drink and conversation. You'll feel at home in the bars cozy and welcoming atmosphere, and Susan is sure to remember you name when you return!

Franco is the masterful chef behind Casa Bella's Italian cuisine. Born and raised in Bolzano, Italy, Franco's menu offers you a "little bit of Tuscany in "Vermont country setting."

Casa Bella Inn is a short scenic drive north of Killington and is sure to make your visit to Vermont a special one. If you are traveling by snowmobile, Casa Bella is located on corridor #100 on the VAST trail system. There is ample snowmobile parking, and gas station conveniently located across the street.



The cozy and welcoming bar is the perfect place for an after dinner drink and conversation. Susan

Poultney Celebrating 250th Birthday

Organizers from the Poultney Methodist Church, Baptist Church of Poultney, Welsh Presbyterian Church and St. Raphael's Catholic Church will host a Community Pot Luck Dinner on Sunday, January 23, 2011, 4:00 p.m. at St. Raphael's Parish Hall to kick off the year of celebrations.

The Pot Luck Dinner event will be the first of several 250th birthday celebration events to be held in Poultney during 2011 in honor of the Charter date of our community's founding 250 years ago on September 21st, 1761.

Sign up sheets for the Pot Luck Dinner are being dispersed throughout Poultney businesses, churches and community sites. Preregistration is not required, but to do so call Mrs. Benita Mead at 802-287-5264 or email your name and contact details to birthdaypoultney@yahoo.com.

Bring a dish to share and join in the festivities. Hot

and cold beverages will be furnished. A birthday cake will be served.

All ages are welcome. The site is handicap accessible. Transportation will be arranged by church volunteers if you need a ride.

For more information about this event contact Mrs. Benita Mead, 802-287-5264.

Artist Exhibit at Christine Price Gallery

"Color and Curve," an exhibition of pastels and oil paintings by Vermont artist Kate Mueller, will be on display at the Castleton State College Christine Price Gallery through February 18. The show will have over 30 pieces of artwork. An opening reception will be held on January 26, 4 to 6 p.m. in the Fine Arts Center Gallery.

Mueller has been working in oil and pastel since the early 1980s. For over ten years, beginning in the mid-nineties, she worked exclusively in pastel with the nude as her sole subject. Recently, she has been playing with shapes from the landscape and doing portraits. Art critic Anne Galloway wrote in a review that Mueller's "bold pastel drawings . . . blur the line between abstraction and representation" and that she has a "knack for giving her work an edge" with her unusual use of color and subtle shapes. For info contact Castleton State College Communications Office 802-468-1394.



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VSO Waltz Night is Coming Soon

Vermont's premiere black tie tradition, the Vermont Symphony Orchestra's Waltz Night, will be held this year on Saturday, February 5 in the Grand Maple Ballroom on the top floor of the Dudley Davis Center at the University of Vermont in Burlington. Once again, the VSO invites Vermonters to strap on their dancing shoes and float to the live music of the Orchestra. All proceeds from the event, expected to draw 250 revelers, will benefit VSO educational and musical programs throughout the state.

The 33rd Waltz Night brings the special opportunity to dine and dance to the music of the VSO under the direction of principal guest conductor Anthony Princiotti, and to enjoy the music of the Pine Street Jazz and the Singer's Circle. The annual gala includes cocktails (cash bar) and silent auction beginning at 6:00 p.m., with an elegant dinner, and dancing beginning at 7:00 p.m. and lasting until 12:30 a.m.

Once again the VSO is holding the Instant Wine Cellar Raffle in conjunction with Waltz Night. The prize is 100 bottles of fine wine collected from wineries, stores and private collections plus a storage cooler (an estimated value of \$4000). Raffle tickets are \$35 each or three for \$100. The drawing will be held at Waltz Night; the winner need not be present.

Waltz Night attendees are invited to bid on fabulous items in the live and silent auctions. Auction items include incredible get-aways to California, Florida and New York City, restaurant certificates and cooking classes, a Burton snowboard, fine jewelry, spa services and much more! One lucky bidder will win the opportunity to conduct the VSO at a TD Bank Summer Festival Tour concert. Visit the VSO website for a preview of auction items and starting bids. Anyone may place a bid early by calling 800-VSO-9293, ext. 25.

For tickets or further details, please call Mike Peluse at (800) VSO-9293, ext. 25

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Chaffee Art Center News

—The Chaffee Art Center plans a year-long celebration of its 50th anniversary, with a calendar rich in exhibits and events. Congratulations to director Mary Mitiguy, her hard-working board and dedicated volunteers. Join in the celebration by becoming a member and receive advance notice of Chaffee activities, discounts on classes and purchases, and the opportunity to display your artwork in all member exhibits.

—The Chaffee Art Center recently hung "An Exhibit of Their Own: Six Featured Women Artists." It comprises work by Tiffany Torre, Cameron Schmitz, Claudette Enman, Josephine Habeski, Georgina Forbes and Carrie Bagalio. Drop in to see it between now and Sunday, February 13.

—The deadline for submission to Chaffee Art Center's college student art exhibit is Tuesday February 1, 2011. Applications must be dropped off or mailed by that date. This exhibit is open to any student, enrolled full time in an undergraduate degree program at any college

or university in VT. (Students do not need to be enrolled in an art program.)

—The Chaffee Art Center invites writers and writer 'wannabes' to meet at the Chaffee Friday mornings from 11:00 - 1:00. Writers of all levels, all genres, and at any point in the writing process are welcome. Poetry, short story, memoir, flash fiction, the novel, and non-fiction are all forms of the art of story-telling that can be explored in these meetings. Participants will talk about their goals for writing, and as a group, will discuss how best to use our time together. Possible topics of focus could include: how to begin writing, how to complete pieces, discussions about why we write, the use of prompts to hone specific writing skills and craft, and sharing writings with the group for critique and feedback. Terri Jordan, an enthusiastic writer and local retired teacher with a Master of Education (and Chaffee volunteer), will facilitate meetings.

—Call to Artists: Goddess themed ART Chaffee, Page 19

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Killington's first and foremost Irish pub
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Serving dinner
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Route 4 between Killington & Pico The McGrath Family Innkeepers Since 1977



Creative Wine Pairings

Caviar with Champagne and Foie Gras with Sauternes are examples of well-known 'perfect' matches of food and wine, but who can afford these? And we're not even talking 'everyday'...

Luckily there are more affordable options to enjoy a great match. Take a good Argentinean Malbec for example and pair it with a nice flame broiled flank or hanger steak. And then, some may not even agree and prefer a Napa Cabernet Sauvignon and big Australian Shiraz, after all it is a matter of taste.

Here are some guidelines that might help:

Hors d'oeuvres are notoriously difficult as there can be so many different flavors, often containing vinegar, which will kill most wines. A Madeira or fino sherry might work, but they're not for everybody. A good choice would be a New Zealand Sauvignon Blanc. Its zippy acidity usually stands up to light vinegary dressings. Other choices that do well with a variety of flavors include dry German Rieslings, French Chablis or Muscadet. If you are looking for something a little sweeter, try an off-dry Vouvray or a Kabinett Riesling.

Wines with a pronounced minerality do well with shellfish. Cold crab dishes and most other shellfish will find a great match in Chablis, the Chardonnay from Burgundy that literally grows on ancient shell deposits making up the calcareous soil that produces such mineral, chalky style of wine. The stronger the flavor of the fish or the sauce with it, the stronger or more full-bodied the wine should be. A full-bodied French or American Chardonnay, Chenin Blanc from Vouvray or South Africa might make for a great match. If the fish is grilled or seasoned with strong herb mixes a Rosé or light Pinot Noir would accompany well, particularly with Salmon or Tuna.

Open Mic Night at Chandler January 29

Chandler invites performers of all ages to its first open mic night Saturday January 29 at 7:30 PM in the Esther Mesh Room in the Upper Gallery. Bring a poem, a song, a magic trick, a short story, a dance, or another special talent and share them with the community! Or just come and enjoy local talent.

Chandler's new Upper Events Manager Claire Garner is excited by the response to this first open mic opportunity. "I've heard from people of all ages who will be offering a variety of talent. It should be a fun evening!"

Those who wish to participate are encouraged to contact Claire to sign up. She can be reached at 802-522-6877.

Admission is just \$5 at the door or \$4 with the donation of a non-alcoholic beverage to share. Chandler will provide hot water and cups for tea or other hot beverages.

Based on the response to this first event, this an opportunity people have been looking for. In the future, Chandler plans to offer similar open mic evenings specifically geared to adult or teenage audiences.

"We really value local productions at Chandler," says Community Outreach Manager Betsy Cantlin. "These are an important component of our mission as a community arts organization."

Chaffee

continued from page 18

in correlation to each month and the corresponding Goddess & God. You choose the medium, size, etc. These will be raffled off at the par-TEA on May 1st, 2011. 50% to you and 50% to the Pink Ribbon Butterfly Project, LTD.

Fashion Designers - Goddess themed fashions in correlation to each month and the corresponding Goddess. All fashions are to be made from up-cycled materials or fashions, wearable & function-able . . . to be for sale at the par-TEA on May 1, 2011. 50% to you and 50% to the Pink Ribbon Butterfly Project. You should work with the model for each month so that it fits & suits her. The Gods (male escorts) will be wearing suits, tuxes or togas ~ so no designing needed.

For information visit 16 South Main Street Rutland, VT or call (802) 775-0356.

Chinese and other oriental foods marry well with off-dry wines with a little more residual sugar and if spicy with less alcoholic content.

California Sauvignon Blanc, Oregon Pinot Gris, Alsace Riesling comes to mind if you like it drier, Mosel Rieslings will offer that extra residual sugar and even a White Zinfandel may have a rightful place here.

Strong-flavored pasta dishes like spaghetti Bolognese cry for a Sangiovese based wine from Italy. Chianti is the natural choice; a Valpolicella might be good if you prefer more fruity flavors, a Montepulciano d'Abruzzo if you like robust and earthy wines.

Or try a Cotes-du-Rhone for something different. If you have a light-flavored pasta dish, a Chardonnay could be a great choice if you prefer white.

With white meat or chicken choose either a heavier white like a Chardonnay or a light red like a Pinot Noir. For something different pick a Spanish Tempranillo-based wine. And with the grilled meats, roast meats, game, stews or casseroles go for a big wine. The more flavors in the sauces or stews, the more flavors should be in the wine.

Rhone-reds like Chateauneuf-du-Pape, Gigondas, or



Vacqueras are big and earthy, as can be a Chinon from the Loire Valley, all are great with the more gamey flavors. Barolos, big Tuscan Reds or the reds from Bordeaux are good all around choice for heavier meat dishes. And if the meat is less covered in sauces try bold reds from California, Australia or Argentina... well, we're back where we started.



Rendezvous Bar Menu Open daily from 3:30 p.m.

STARTERS

Open Face Crab Cake Sliders

Two Maryland crab cakes served with pan roasted garlic, stone mustard aioli and Cajun tarter sauce served on a grilled 7-grain crouton with apple and red onion relish.

Wings

Six jumbo chicken wings served with your choice of red hot and spicy, habanero apple jelly glazed or a Thai cucumber marmalade.

Vermont Artisan Cheese

Chef's selection of Vermont's finest crafted cheese served with rosemary flatbread, apple cider jelly, Marcona almonds and fireweed honey.

Duck Confit Spring Rolls

Roasted Asian Vegetables, honey glazed cashews served with mountain huckleberry dipping sauce.

Pita Pizza

Grilled pita bread topped with blistered tomatoes, opal basil, assorted mushrooms and farmer's cheese

Nachos

Slope side chili nachos with all the fixings'

Poppers

Fresh jalapeño and chevre cheese poppers served with maple, mustard aioli and pepper bacon.

Shrimp Cocktail

Jumbo shrimp served with a wasabi cocktail sauce and a lime, cilantro salsa.

Cocktail Shooters

Succulent oyster, crab and jumbo shrimp shooters served with wasabi cocktail sauce, tarragon aioli and peppercorn mignonette.

SOUPS

Soup of the Moment

Inspired Daily

Asparagus & Wild Rice

Creamy asparagus soup finished with sherry, long grain wild rice and a garlic herbed mascarpone cheese.

Onion Soup

The Chef's favorite. Caramelized Vidalia onions simmered in a savory broth mounded with melted Green Mountain Gruyere.

Clam Chowder

Tender New England clams simmered with potatoes, leeks and celery finished with local cream.

SALADS

Hearts of Romaine

Spanish white anchovy, basil crostini, Nicoise olives finished with Ovations classic Caesar dressing. Add grilled chicken, wild salmon or jumbo shrimp

Wilted Spinach

Served with Montrachet, crisp bacon, cherry tomatoes, spiced pecans and pickled red onions.

Baby Greens

An assortment of lettuces with shaved pickled red onions, tomato and mandarin oranges finished with your choice of dressing.

Ovations Restaurant

Dinner Specials Created Daily • Served 5:30 p.m. - 9:30 p.m.

The Grand Breakfast Buffet

Served Daily from 7:00 a.m. - 10:30 a.m.

SANDWICHES

Rendezvous Club

House-cured smoked salmon and sage roasted turkey layered with Cabot cheddar, Boursin cheese, Vermont bacon, zesty radish sprouts, organic tomato, shaved red onions and avocado served on toasted New York-style bagel.

Boston Lettuce & Hummus Taco

Grilled and marinated vegetable slaw, roasted pepper hummus served with marinated crimson lentils and spicy radish sprouts.

Angus Cheddar Burger

Angus beef char-grilled served with lettuce and tomato on a onion poppy seed roll.

Seared Tenderloin Medallions

Beef tenderloin medallions, smoked gouda, sautéed crimini mushrooms, Vidalia onions served with BBQ au jus.

Roasted Turkey & Vermont Brie Panini

Sage roasted turkey served with apple cider mayonnaise and caramelized onions on grilled ciabatta.

Caribbean BBQ Pulled Pork

House-cured and hickory smoked pork served with queso fresco cheese, a mango spread in a black bean tortilla wrap.

BEAST OF THE EAST BURGER



Our famous 8oz Vermont beef burger char-grilled and topped with ham, turkey, bacon, smoked gouda, Vermont cheddar and mushrooms, lettuce, Bermuda onions and thick tomato slices.

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The Mountain Times

Volume 40, Number 3

Central Vermont's Premier Weekly Newspaper

January 20-26, 2011

MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

There will be a fundraiser at Pico Mountain on Sunday, February 13 for diabetes research called "Downhill for Diabetes". For more information visit the website www.donationsfordiabetes.org

At the January 4 meeting of the Town of Killington Economic Development and Tourism Commission Jillian Bourgholtzer from the Killington Chamber of Commerce presented an update. She noted that the Holiday Festival was a success and the new Snowshed location worked very well. Approximately 1,000 people attended the event and the Chamber has received a lot of positive feedback. A lot of the families really enjoyed the event and expressed their thanks for having this event back again indicating that they missed it last year. An event wrap up meeting was scheduled for January 6.

The Chamber was also holding another Merchant's Pass Class on January 7. The Chamber has developed a "Killington For Kids" brochure and is having 2,500 copies printed. They plan to place these at all retail and lodging locations. The simple trifold brochure highlights all the activities available for kids between Quechee and Rutland during each of the 4 seasons and for all types of weather.

Regarding lodging partnerships, the EDT worked to create partnerships with area inns, hotels and lodges to designate them as official Dew Tour properties. In exchange for providing a certain number of comp nights to NBC staff, they were listed as a preferred lodging property on the EDT website and other publicity. A total of 23 area lodging properties signed on as partners which represents 75% of the total properties, and Jeanne Karlhuber was commended for her role in the success of the program.

Regarding transportation needs, in order to accommodate the number of people that were expected to attend this event, with a conservative projection of 25,000, a transportation system needed to be set up. The EDT made arrangements for shuttles to be running throughout the weekend. Chris Karr was commended for his help in developing a parking plan.

Businesses were asked to encourage guests to leave their cars and use either hotel shuttles or public transportation. Staff will be available who will help direct people and help them get in and out of the parking areas which will help traffic flow. The Mountain Times was hired to produce a transportation map to facilitate the process. The map will be included in a comprehensive Dew Tour Spectator Guide that The Mountain Times has produced for the Dew Tour in cooperation with the resort. The supplement is included in this edition of The Mountain Times, along with several thousand additional copies for local distribution.

The EDT budget for Dew Tour was then discussed. Seth Webb presented a detailed budget for this event totaling \$48,000. The majority of this is being spent on transportation. The preview party cost \$1,245 and the creation of the transportation map and schedule cost \$2,614. An additional 41,614 is included in the budget number as a contingency for miscellaneous overages.

The EDT budget of 2011 was discussed next. Seth Webb distributed a revised budget for 2011 highlighting the changes made. Money was allocated to three new events- \$48,000 for the Dew Tour; \$8,500 for Circus Smirkus; and \$5,000 for a Harvest Farm to Table Festival as a highlight during the Hay Festival. In order to allocate these funds, reductions were made in marketing- \$9,500 reduction for the targeted ads, promotions and outreach and \$20,000 reduction for Special Seasonal Promotions; and Special Events- \$15,000 reduction for the Killington 250th Celebration, \$10,000 reduction for the Dog Days and \$7,000 reduction in New Event Development.

The total EDT budget amount remains \$771,077.76. After some further discussion regarding details of the budget, Seth Webb advised that he would be presenting a revised budget to the Selectmen on Monday and asked the Commission to contact him with any further feedback prior to that presentation.

In a discussion on the Grant Program, the application by the Killington Resort,

Mountain Musings, Page 22

U.S. Route 4 Byway Submitted for Designation

KILLINGTON-- Barely eight months after the Town of Killington's proposal to establish U.S. Route 4 as a Vermont Byway, all nine communities along the proposed Crossroad of Vermont Byway have approved their participation and the application has been submitted for state designation. Governing bodies in the Town of West Rutland, Rutland City, Rutland Town, Mendon, Killington, Bridgewater, Woodstock, Hartland and Hartford (which includes the five villages of Quechee, Hartford, West Hartford, White River Junction and Wilder) have all voted to participate in the program.

Prior to making a designation, the Vermont Scenery Preservation Council plans to hold a public hearing on the application in Killington on Tuesday, January 25th at 7:00 p.m. at the Killington Town Office.

The designation recognizes the unique beauty and economic opportunities associated with the communities in the Byway. The participating towns would be included on a national and international marketing campaign. Additionally, the Towns can access transportation funds to assist with improvements related to tourism or resource conservation. Federal funds can be used

for pedestrian and bicycle facilities, rest areas, shoulder improvements, recreation investments, and tourism information and interpretive facilities.

The Crossroad of Vermont Byway application has received tremendous community support. Nearly 70 businesses, residents and community groups submitted letters and the two Regional Planning Commissions have dedicated staff to support the project.

"The Rutland Regional Plan includes goals to support and encourage economic activity, the sustainable use of natural resources, the maintenance, improvement and extension of multi-modal transportation facilities for the service of commercial and recreational activities and protect our intrinsic resources. All of these goals are consistent with the designation of Route 4 as a Byway" said, Mark Blucher, Executive Director, Rutland Region Planning Commission.

There are currently seven Vermont Scenic Byways. Work is also continuing on designation for a Route 100 byway that would stretch from the Pittsfield south to Ludlow. The Route 100 committee expects to finish its application next month.

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 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.

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Monthly Coupon Swap January 27

The Bailey Memorial Library will hold its free monthly coupon swap, to help teach people how to save money on their grocery bill, Thursday, January 27, 7 to 8:30 p.m. The library is located in the Clarendon Community Center, 111 Moulton Avenue in North Clarendon. Bring scissors, any unexpired coupons and a non-perishable food item to be donated to the Rutland Community Food Cupboard.

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.

Mountain Musings

continued from page 21

Basin Sports, Pico Mountain, Killington Snowmobile Tours and the Wobbly Barn was reviewed. This application was to bring The Mountain Report TV Show to Killington. Based on feedback from the Commissioners, the EDT decided to fully fund this grant for \$5,000. Regarding the application by Aspen East and The Summit Lodge, which is to join a national promotion by the Ski Channel to bring "The Story" a ski documentary to Town, based on recommendations, the EDT decided to award \$500 to support this promotion.

In the Director's Report, Seth Webb advised that regarding golf marketing, the EDT has been working on flushing out a solid plan for golf focused on three elements: retaining and increasing membership at the courses; focusing on groups of 48 or more and getting the retirement community to come for multi-week stays, for instance, packaging monthly condo rentals with golf memberships.

David Soucy and David Pfannenstien are looking to attend five of the leading trade shows together as part of the golf marketing program.

Regarding the Route 4 Byway effort, a Public Hearing is scheduled with the Vermont Scenery Preservation Council for January 25 at 7pm.



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Wednesday January 26, 2011

Snow Date Monday, February 1, 2011

6:30 p.m. - 8:30 p.m.

Refreshments will be served.

Mendon/Chittenden/Pittsford/Brandon Notes

by Debbie Burke

There are many entertaining activities in the Brandon and Pittsford areas all year round, such as cross country skiing, hiking, lakes for swimming and boating and ice fishing, farmer's markets, farms open for tours, inns, bed and breakfasts, art exhibits, and more.

Now is the time to make plans for the 17th Annual Basin Bluegrass Festival to be held on July 7, 8, 9, and 10, 2011 in Brandon, Vermont. Bands lined up for this year's bluegrass festival are Cannonball Express from Florida, Dave Nichols and Spare Change from New York, American Roots from Maine, Spinney Brothers from Nova Scotia, Amy Gallatin and Stillwaters from Connecticut, Tim Graves and Cherokee from Alabama, Remington Ride from Pennsylvania, Bluegrass Revisited from Vermont, Blistered Fingers from Maine, Cabin Fever from New York, Jerry Butler and The Blu-J's from Tennessee, Old Time Bluegrass Singers featuring Herb Applin-Bluegrass Pioneer from Connecticut, and Smokey Greene from New York. Three day advance tickets are \$40 per person if paid by June 27, or \$45 at the gate. Canadian checks please pay

in U.S. funds. Day ticket prices are \$23 for Friday and Saturdays, \$15 for Sunday. Free rough camping with a weekend ticket. For an advance weekend ticket send a self addressed stamped envelope and check or money order to Basin Bluegrass Festival, 91 Charberry Lane, Brandon, Vermont 05733. If no stamped envelope is enclosed, tickets will be held at the gate.

The festival is held at the end of Basin Road, off McConnell Road. The area will be well signed from Brandon. There will be food and craft concessions, cover for rain or shine, security and medical services, water to fill your tank, free hot showers, dump station, tents are welcome, bring lawn chairs, pets are welcome on a leash and are not allowed in the concert or vendor area, except in pet sitting area. This is a family festival. Anyone appearing abusive, intoxicated, or possessing illegal drugs will be removed from the grounds and no refund will be given. On Saturday a Bristol Guitar raffle will be held by Blueridge, hardshell case courtesy of Dave Nichols Custom Pearl Inlay. For more information call 802-247-3275. For vendor information call 802-247-5748.



DEW Tourists welcome to Killington. You are invited to the Killington Arts Gallery Arts Guild show Beauty for the Beast at Cabin Fever Gifts on Rt. 4 opposite the Killington Access Road. Take the purple door on the first floor and follow the railing upward to a well lit gallery full of paintings and sculptures with a special exhibit of Chinese children's art. Open business hours without charge.

Recently, Alice Score received a commission to restore a sculpture of a little boy. The owner's grandfather created it circa 1930. It had been continuously moved from attic to basement. Alice brought it to Glenn Campbell, an expert. He rebuilt the iron armature and had the fallen pieces replaced. Then asked if there was a photo of

the completed piece. Miraculously, there was. The task was now to restore it to its original style. As Alice worked, she realized that much of what she saw in the photo was not always final and that the artist had, after the photo gone back to work on it. It was a slow and challenging to analyze and understand all the configurations. This beautiful statue (14" w X 16" L X 13" H) is now with Glenn to be cast in metal.

Mary Fran Lloyd, Art & Antiques on Center Street, Rutland has an exhibit of magical art work in collage and watercolor by Charlene Kurant. Proceeds donated to Community Access Art Program. Watch PEGTV-channel 15 Jan 20 7-7:30 for a program on KAG. For information on KAG call 802-422-3824;

Pico Goes Smoke Free

On January 1, 2011 Pico Mountain Resort became the first 100% smoke free ski resort in Vermont, and the third in the country. American Cancer Society Staff Partner Erin Martin presented Tammie Bridge, Pico Hope on the Slopes event chair and information center supervisor for Killington Ski Resort/Pico Mountain with a plaque in recognition of the resort's efforts to create a world with less cancer and more birthdays.

"We are receiving a great deal of positive feedback from our guests," said Bridge in response to the new smoke free policy. "I know of one employee that has quit smoking and one that is trying very hard to quit smoking. It is just wonderful. Pico is a family resort with so many children at the mountain. We're setting a good example for a healthy lifestyle."

A Race Arena Fundraiser will be held on February 6, 10:30 a.m. - 3:30 p.m., with prizes for top racers and incentives for those interesting in quitting their

tobacco habit. For a \$5 donation to the American Cancer Society, racers in the following categories will be allowed one run through the timed race arena: 5 and under, 6-12, 13-18, 19-64, and 65 years and over.

The fastest three times in each category will receive a free lift ticket for the Grand Finals hosted at Hope on the Slopes, an all-day family downhill ski and ride event benefiting the American Cancer Society, on March 5, 2011.

Individuals and teams can registration now. For every one hundred dollars raised per participant by March 1, Pico will donate a lift ticket to be used at the event on March 5; Pico season pass holders will receive a guest pass, or passes, for a friend.

For more information on Hope on the Slopes at Pico Mountain on March 5, contact Erin Martin at 802-770-4693 or Tammie Bridge at 802-422-6223.



Upcoming Dance Benefit January 29

The Spark Your Winter Blues Dance and Silent Auction will be held on Saturday, Jan. 29 from 7 - 11 p.m. at the Holiday Inn in Rutland. All adults are welcome to attend the event, which will benefit Rutland Catholic Schools.

Members of Satin and Steel and the On the Rocks band will perform. Tickets are only \$10 per person and may be purchased from CKS and MSJ students, at the CKS and MSJ offices, or at the door on the night of the event.

Spark Your Winter Blues has become an annual event that aims to provide a fun-filled evening and a chance to leave the winter blues behind. It is made possible by talented musicians with strong connections to the Rutland region -- and generous members of the community and alumni of the schools. Please call Melanie Reedy at (802) 353-1498 for tickets, information, or to donate an item for the silent auction.

Rutland Catholic Schools include Christ the King School and Mount Saint Joseph Academy, which are private, Catholic schools located in Rutland, Vermont. Rutland Catholic Schools have provided a tradition of academic excellence in the Rutland region for well over a century. MSJ was founded by the Sisters of Saint Joseph in 1882 and CKS followed in 1886. For more information, visit www.rutlandcatholicschools.org.

100 NORTH

NEWS FROM THE PITTSFIELD/STOCKBRIDGE VICINITY AND THE HINTERLANDS BEYOND



by Johnnie Goldfish

Accepting full responsibility for every little thing in your life is what opens the floodgates to joy and power. You can call it Joypower. Words create worlds.

The students at the Central Vermont Big Picture Academy of Rochester High School invite community members to their second round of exhibitions. The exhibitions run about one hour. To view this round go to the Big Picture Academy across the hall from the high school office on Thursday, January 20 at 10 am and again on Thursday, January 20 5:30 pm, and on Friday, January 21 at 1 pm. Additional exhibitions are to be scheduled over the next few days, so please feel free to call the Rochester High School at 767-3161 to check for the additional times.

Riddle: Abottville and Beetown have train tracks that run 150 miles between them. There are two sets of tracks and two trains that traverse this stretch, Train A from Abottville to Beetown and Train B from Beetown to Abottville. They both travel at a steady speed the entire trip. They pass each other 50 miles from Beetown. When Train A arrives at Beetown, how far will it be from Train B?

The Vermont Wood Manufacturers Association (VWMA) will hold its annual meeting on Friday, January 28 at the Amee Farm on Route 100 in Pittsfield. The day will begin with a tour of Advanced Animations located in Stockbridge, followed by a business meeting and several presentations covering manufacturing, personalization, custom work, standards and upcoming workshops in 2011. All members of the woodworking industry are invited to attend. For more information and registration contact the VWMA office at 802-747-7900.

VWMA's mission is to support the industry in Vermont and promote its long-term viability by expanding member's presence in the marketplace, ensuring a sustainable supply of raw materials, increasing work force skill, and acting as responsible employers and community members.

The Quintown Senior Center located at the Hancock Town Hall on Route 100 has announced that it will be closed during the Winter months as the Bethel and Rochester schools are closed. There will be free blood pressure checks at the center on Friday, January 21. For more information about their programs please call 767-3763.

The 5th Annual Peaks Snowshoe Race and Fun Run is coming up in Pittsfield on March 5 and you can stop by the General Store to register for the distance that suits

you best and get more info.

The Women's Alliance Thrift Shop at the Federated Church of Rochester will be open on Friday, January 21 from 4:30 to 6:30 pm and Saturday, January 22 from 9 am to 12 noon.

The Vermont Symphony Orchestra will perform Winter Warmth at the Paramount Theatre in Rutland on Sunday, January 23 at 4 pm. Jaime Laredo will conduct and Anna Polonsky is featured on piano performing Rossini's Overture to Il Signor Bruschino, Mozart's Piano Concerto No. 27 and Beethoven's Symphony No. 4. For tickets and more information call 775-0903.

The Theatre Arts program at the Pittsfield Library will have a final performance on Tuesday, January 25 for parents and friends at 5 pm. There will be refreshments. The children grades K-8 have created this play with the help of Saskia Hagen-Groom including writing the original script as a group, rehearsing and adding simple props and costumes.

The Rochester School and Public Library will show Inception at their Friday Night Free Movie on January 21 in the school auditorium. All are welcome.

The Rutland County Parent Child Center presents How to Talk to Teens so Teens Will Listen on Monday, January 24 from 6-8 pm. This event will focus on respect, working out problems together, expressing irritation and accepting responsibility. This presentation is free and open to the public. For more information please call 775-9711.

The Peace Report: I hold it to be of great prudence for men to abstain from threats and insulting words towards any one, for neither the one nor the other in any way diminishes the strength of the enemy; but the one makes him more cautious, and the other increases his hatred of you, and makes him more persevering in his efforts to injure you. — Machiavelli.

Riddle solution: 75 miles. If they met 50 miles from Beetown, Train A traveled 100 miles and Train B had gone 50 miles, so Train A is twice as fast. So when Train A had traveled the entire 150 miles Train B would have come only half that distance or 75 miles.

Thought for the Week: "Absolute certainty is a privilege of uneducated minds and fanatics. It is, for scientific folks, an unattainable ideal." — C.J. Keyser, (Mathematician and Statistician at Columbia University).

Write to johnniegoldfish@yahoo.com with your good news.

Student News



— Northwest School Kindergartners are rolling out dough to bake cookies in Stafford Technical Center's Culinary Arts Program. Every year they take part in Stafford's Tool Tour where they visit programs like Culinary, Construction Technology, Computer Technology, Music, Automotive Technology, and Electrical/Plumbing. Each program did a demonstration of what is done in their particular program area and special activities were organized for the young visitors. The purpose is to give the Kindergartners a first look at Stafford Technical Center.

— Coastal Carolina University in Conway, SC announces the naming of Megan D. Franzoni of Poultney to the President's List; and Kyle R. Finneron of Killington to the Dean's List.

— Melissa Weber of West Rutland, Vt. is among an interdisciplinary team of Quinnipiac University health sciences students who are visiting Nicaragua this month to deliver medical care and host educational presentations for local people in and near the City of León.

— Curry College's Chief Academic Officer David Potash is pleased to announce the following area residents attained membership to the Curry College Dean's List for the Fall 2010 term: Sara Alexander of Rutland; Lee Bizoz of Brandon; Tyler Dulmage of Woodstock; Michelle Read of Manchester Center; Ryan Selen of Woodstock.

— The United States Achievement Academy recognizes Poultney junior Molly Elizabeth Mead as a National Honor Student Award Winner 2009-2010. Her honors and activities include National History Day, Principal's List, basketball, and Honor Roll.

— Lindsey Fox from Poultney, VT has been awarded the Valedictorian Scholarship from Elmira College, NY.

— Mary Kate Kelly of Dorset, VT, a member of the class of 2012, has been named to the Dean's List at Providence College.

— Jessica E. Quindlen of Hartland has been named to the Dean's List at SUNY Oswego.

— Alexandre Fauchet of East Dorset; Caitlin Wiles of Rutland Town; and

Tiffany Duval of Poultney have been named to the Dean's List at SUNY Plattsburg

— Nicholas Louras of Rutland and Christine Towne of Rutland have been named to the Dean's List at Morrisville State College in NY.

Free Cooking Show at PEG TV January 27



The Rutland County Master Gardeners are producing a "Garden to Kitchen" cook show on PEGTV channel 15. Master gardeners, Elaine Nordmeyer and Rich Carlson, will present one of Elaine's favorite recipes. Elaine is a Rutland State Fair Culinary Arts blue ribbon winner.

The show will be produced on January 27th at 7PM. The PEGTV cooking studio is located in the Howe Center in Rutland VT. The free show will be performed before a live audience. The public is encouraged to attend.

PHS Class of 2012 Basket Party

On January 22nd the Poultney High School Juniors will host a Basket Party fund raiser at PHS gym Main Street, Poultney, VT. There will be plenty of baskets of various themes for all ages and interests. The doors open at 11:00 and drawings begin at 1:00. Admission and one sheet of tickets is \$5. Additional ticket sheets may be purchased for \$2. There will be a lunch concession and raffles. Contact Tammy Loomis at 802-645-9135 for further information.

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.



Dear Editor,


Compassion on the Mountain

During the evening snow making operation of January 2 an Okemo Mountain employee came upon two beagles alongside a trail. He called his Night Operation Manager who knew two beagles had been missing since December 26. The cold, hungry dogs were brought to the maintenance garage where another employee made them a bed of coats and cranked up the heat. The next morning Ludlow ACO brought the dogs to the vet. A happy owner returned to Vermont to pick up her dogs.


She had already made a visit to Okemo Resort to thank the employees and silently slip an envelope onto the desk. It contained a cash reward to show her appreciation. When they found it the employees donated the reward to Springfield Humane Society!

With all the terrible stories in the news I thought readers would appreciate a tail of compassion and selflessness from the team at Okemo Mountain Resort. Thanks to their efforts two lost dogs lived to be returned to their grateful owner.

Tom Browe
Executive Director
Springfield Humane Society



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COMMUNITY CALENDAR

Jan. 20 - Woodstock. Hand in Hand community meal, Thurs., 5-7pm. Social Hall, N. Unitarian Chapel Society. All welcome, donations accepted. 457-9272.

Jan. 21-22 - Rochester. Women's Alliance Thrift Shop at Federated Church of Rochester open Jan. 21, 4:30-6:30pm & Jan. 22, 9am-noon.

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. 23 - Poultney. Poultney begins celebrating its 250th birthday with a community pot luck dinner, 4-7pm, St. Raphael's Parish Hall. Music by Spruce Knob Uprising. RSVP 287-5264.

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.

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

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

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

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

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

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

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

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

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

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

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

Rutland - Unitarian Universalist Church 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.

Rutland Report

by Lani Duke

Meet up with Roy Pilcher and the Rutland County Audubon Society to monitor the West Rutland marsh at 8:00 a.m. Thursday, January 20, leaving from the West Rutland Price Chopper parking lot. Then travel back in time with beloved musical The Music Man at The Paramount in downtown Rutland that evening.

Motorcycle ministry group the Vermont Christian Riders meets at 6:00 p.m., Thursday evening (the third Thursday of each month). Get in touch with them at 483-2540.

Spend the time of cold and snow curled up with a bag full of good books from the Cabin Fever Book Sale at the Rutland Free Library. Your portal to shelves of pre-owned volumes opens 9:30 a.m. to 4:30 p.m. Friday, January 21, and 9:00 a.m. to 2:00 p.m. Saturday, January 22. Call 773-1860 to find out more.

Snowshoe or hike the Long Trail with the Green Mountain Club. The moderate, six-mile journey is open to all ages. Meet at 8:30 a.m. in Rutland Main Street Park's east end near the Fire Station, on Saturday, January 22. Call 775-1627 for more info.

Thinking of weddings and marriage? See the latest bridal fashions, including cakes, desserts, invitations, and more 11:30 a.m. to 2:30 p.m., Sunday, January 23, at the Rutland/Killington Holiday Inn. Call 459-2897 for specifics.

Step into The Paramount Theatre in downtown Rutland for an evening of Winter Warmth. Jaime Laredo conducts; Anna Polonsky is pianist for Mozart's Concerto No. 27. The evening also includes Rossini's one-act farce Il Signor Bruschino Overture and Beethoven's Symphony No. 4.

Come early (at 3:00) for a free pre-concert discussion as Jaime Laredo and Anna Polonsky share their insights into the program. Call 775-0903 for tickets.

Reserve your seat at the first of the new year's legislative breakfasts presented by the Rutland Region Chamber of Commerce and Rutland Economic Development Corporation and sponsored by TD Bank at 7:30 a.m. in South Station Restaurant, Rutland. New governor Peter Shumlin is featured speaker. Call 773-2747 to get your reservation.

Learn how to talk to teens in "a candid, open, mutually respectful dialog" from 6:00 to 8:00 p.m., Monday, January 24, at the Rutland County Parent Child Center, 61 Pleasant St. The discussion centers on working out problems together, expressing irritation without being hurtful and encouraging teens to accept responsibility. Get more info at 775-9711.

Learn behaviors that create awareness and help choose how to react and interact with children and adults from 6:00 to 8:00 p.m., Thursday, January 27, at the Rutland County Parent Child Center, 61 Pleasant St. The theme is Positive Response to Negative Behavior. Find out more at 775-9711.

Betcha never imagined that speed dating would come to Rutland! In the offchance that you don't already know everyone who is single in Rutland, meet some new folks with the help of The Paramount and Kris Kul at 8:00 p.m. Thursday. Numbers are limited; cocktail hour starts at 7:15.

Have you wondered which of your Vermont House representatives are seated on the various committees at the state level? Jim McNeil of Rutland Town sits on the Agriculture committee; Herb Font-Russell of Rutland City, Commerce & Economic Development; Peter Fagan, Fish, Wildlife & Water Resources; Peg Andrews of Rutland City, General, Housing & Military Affairs; Tom Burditt of West Rutland, Human Services; Dave Potter of Clarendon, Transportation (Gale Courcelle of Rutland City is clerk); and Jeff Wilson of Manchester, Ways & Means.

The Rotary Club of Rutland hopes to triple its usual charity raffle this year. Ordinarily it raises about \$20,000; for this year, its 10th annual raffle the group has made its prize a 2011 Chevrolet Camaro SS with an "RS package" and an approximate value of \$35,000.

One down and more to go - Seven foreclosed-on Rutland County homes have been purchased from the banks who own them and are in the process of being fixed up with the help of Neighborhood Stabilization (NSP) funds. Recently completed is 256 Church Street in Rutland.

Farmers have an opportunity to explore working with each other and with the Rutland Area Farm & Food Link at a collaborative workshop from 6:00 to 8:00 p.m., Monday, January 24, in the Community Health Center at Rutland Regional Medical Center. The first two workshops looked at collaborative marketing models including farmer-owned multi-farm CSAs, non-profit coordinated multi-farm CSA and wholesale, and farmer-coordinated Internet sales to local customers.

Vermont can no longer forbid religious references on license plates. Shawn Byrne of West Rutland may use the vanity plate designation JN36TN. The prohibition was based on the argument that religious expression on a license plate created controversy. However, the court has ruled that there is no sufficient difference between expressing religious viewpoint as opposed to sports team or patriotism.

Got old City parking tickets? The aldermen are deliberating creating an alternative for those who are still on the hook. The Finance Committee has proposed allowing those with unpaid tickets dating 2005 through 2008 to pay them off at half price, accompanied by a campaign that would place Denver "boots" on vehicles with several unpaid tickets. City Treasurer Wendy Wilton has recommended writing off fines from 2004 or earlier, or more than \$56,000. In all, more than \$290,000 in fines is owed to the city.

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24 hour hotline: 1-888-PREVENT

Proctor Place

by Stacy Bates

—The Lady Phantoms hosted West Rutland on Monday, January 10, 2011 and started out the week on successful note. A nice crowd turned out to see the Phantoms beat the Golden Horde by a score of 44-36. The Phantoms shared the ball well, once again, with three players reaching double digits in scoring: Carissa Erick, 14, Mikayla McCormack, 12 & Megan Carter 10. McCormack and Carter also had double-doubles with 12 & 10 rebounds respectively. Next up is Poultney The Lady Phantoms played tough against a larger Poultney squad on Saturday, January 15, 2011, but came up a bit short in the 36-43 loss. Excellent defensive effort by Megan Carter & Mikayla McCormack who were asked to guard Poultney's top scoring duo of Ali Jones & Kelly Festa. The Lady Phantoms point guard Carissa Elrick displayed a nice offensive game with 12 points while Mikayla Tanner tossed in eleven. The Phantoms will be hosting MSJ on Friday, January 21st. Thank you to Coach Hughes for submitting.

— Here are a couple more sports tid bits. The Knights of Columbus at 21 Merchants Row in Rutland, will be holding it's annual Free Throw Championship for boys and girls ages 10-14 on Sunday, January 23 at 12:30. For an entry form and registration information call Leo Fairbanks at 775-6336.

— Tim Clain will again be running the indoor soccer program and registering Proctor teams into the Rutland Rec league. This will be offered to students in grades 3 and up. He will be needing coaches for the elementary programs. Tim can be reached at tclain@pfcbenefits.com or 773-2617 or 353-5613.

— 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 Select Board draft meeting minutes for January 11, 2011 were posted for viewing. Here are some of the highlights. Susan Feenick requested the January 3, 2011 regular meeting minutes be revised to include her request for a copy of the customer complaint/work order for David Morgan. Feenick also requested the January 6, 2011 special meeting minutes be revised to clarify the article regarding the amount of law enforcement coverage will also include information about the difference in cost for 40 hours/week vs. 20 hours/week patrol coverage. Susan Feenick made the motion to approve the December 29 special meeting, December 29 emergency meeting, January 3 special meeting minutes as written and the January 3 regular meeting and January 6 special meeting minutes as revised. The motion was seconded by Bill Dritschilo and unanimously approved.

Invited guest included Brian Sanderson, Highway Commissioner, and Lisa Miser, from the Parks and Recreation Committee. Brian and Lisa discussed some concerns about the dock removal. The Highway De-

partment was tasked with removing the dock. However, given the presence of lead paint, the town employees are not certified to perform the demolition. By consensus the Selectboard directed Sanderson to determine if he (or other town employee) can be certified in time to perform the demolition and if not then solicit quotes for a contractor to perform the demolition. Sanderson will report at the January 24, 2011 meeting whether a town employee can be certified in time. Lisa, who is also on the Planning Commission, also reminded the Selectboard of the next Planning Commission meeting on February 1, 2011 at 6:30 p.m. at the Town Office. At the February 1 meeting, the Planning Commission will continue to update the Town Plan and focus on the Energy, Education, and Natural Resources plan sections. She encouraged Selectboard input and intends to have a draft update ready for Selectboard review in early April prior to the plan hearings.

During the Board of Water Commissioners Chief Operator, Todd Blow, solicited input from the Board on designing for municipal softening at the Field Street Well. He provided cost estimates for installing softening now, accommodating space in the building footprint, and pouring a slab only. Bill Dritschilo made the motion to not make any provisions for municipal softening at the Field Street Well. The motion was unanimously approved. Blow also solicited input from the Board about relocating a sewer main on Taylor Hill as part of the Bluff Street Storage Tank project. He explained the current situation with the sewer main crossing the property at 42 Taylor Hill. The project would involve relocating approximately 500 – 600 feet of pipe and one manhole structure. The Board tasked Blow with developing a material cost estimate for further consideration.

Additional items discussed included the electronics ban and implementation policy at the transfer station. The Selectboard discussed the ban and how to best implement it at the Transfer Station. Bill Dritschilo made a motion to stop accepting all banned electronics effective March 1, 2011. The motion was seconded by Susan Feenick and discussed. Upon discussion, Dritschilo amended the motion to stop accepting all banned electronics at the Proctor Transfer Station, effective July 1, 2011 and between now and July 1 we will continue to charge for computers and televisions as posted, but not charge for the other banned electronics. The amended motion was seconded by Susan Feenick and unanimously approved.



ARIES: March 21 – April 20: You would love to be 100% OK with this. If you are, don't worry about a thing. But if you're wrestling with the thought that you can't afford to let go of whatever it is you're holding on to, ask yourself why it matters so much. This is no time to be shy about taking a few chances. Aside from that, security is not only in short supply, it isn't what it used to be. You are naive to think playing it safe is always the best choice. With due caution and a lot of foresight at some point you will wake up and see that you need to branch out and find a way to reinvigorate your life.

TAURUS: April 21 – May 20: Don't be too quick to shut people off just because you don't want to hear it. The enlightened soul never shies away from what they don't want to hear. More often than not the message exposes a blind spot. At this point none of us can afford to close our eyes to anything, so take a look around and welcome any opportunity to clean up your karma, tie up loose ends, or get closure on people and things that remain to be dealt with. The rest of your life is about to open up and if you want the future to expand into a dream come true, you've got to be big enough to release the past.

GEMINI: May 21 – June 20: The tiger by the tail could be anything, but at this point it's wagging the dog. Someone or something has you scattered all over the place and only you can put on the brakes. For now you'd be wise to pull back and get practical about things. A number of different options have presented themselves to you in the last few weeks. By the time you read this you will know which one to choose. Those of you who are paranoid about how you're going to make ends meet need to realize that all of your needs will be met if you narrow things down to what you do best.

CANCER: June 21 – July 20: Little did you know that all of your upsets would turn into a whole new way of looking at the situation. It's amazing what comes to the surface in a crisis. Those who thought they needed a break have figured out that they might have lost the best thing they ever had. While they process their mistake, it's safe for you to move forward with your own life, just long enough for them to understand that they can't keep you on a string forever. Waiting for others to make up their mind will be easier if you keep a candle burning and loosen your ties until they see what you're worth.

LEO: July 21 – August 20: Sometimes people need to make us believe that we're less than we are, just to feel better about themselves. You have more to offer than you give yourself credit for. Don't let anyone diminish you. And it would be great if you could begin to recognize yourself. Most of your energy gets spent nursing other people and their causes. If this seems insignificant, it isn't. Very few of us really understand what it means to care but you have mastered this; what you still haven't figured out is how to share yourself only with those who know how to show their appreciation.

VIRGO: August 21 – September 20: You will have to adapt if you want this to work out. Don't try to stick to any particular plan or any set way of doing things. Your life is calling you to see that all of your relationships and projects go better when you let your pictures of how things are supposed to be grow beyond the limits they impose. You didn't know what you were getting into when you started out in this direction but it's pretty clear to you now. If you can diversify, keep all of your options open, and allow others the space to be themselves, your relationships and your plans are bound to succeed.

LIBRA: September 21 – October 20: You'd give anything to know how this is going to work out. Don't get too obsessed with needing to have it all under control. You are old enough to know that the Earth is a school and life is a test. If we knew the answers it wouldn't be a test. Since the only way that human beings learn is through experience, guess what? You're going to have to go through this without knowing what the outcome will be. If you can stop obsessing about how it will go you'll learn something about life and love that will sink in the minute you surrender to demands of the lesson.

SCORPIO: October 21 – November 20: To be clear about what to do next it might help to eliminate everyone's expectations but your own. At this point you're too caught up in what you think you owe people or in the idea that you have to compromise in order to maintain the status of the connection. While there may be something to this, don't let those things carry too much weight. You know you need to grow beyond whatever it is that you've decided to be. You can trust the fact that if you do what's right for you your good relationships will only improve and the ones that don't work will disappear.

SAGITTARIUS: November 21 – December 20: If anything the past few months have shown you that you don't know what you want. As you sit and try to figure out what that is, you look at what you have and you realize that it's everything that a person could ever want. Instead of acting like there's something about your situation that needs to change, why don't you think more about what you could bring to it? There's no sense throwing everything away just because you're having an identity crisis. Get a grip. You've got it made. As soon as you figure that out maybe you can turn this crisis into a dream come true.

CAPRICORN: December 21 – January 20: Don't be surprised if others cool off in their approach or stop being the one thing that keeps driving you nuts. It looks to me like someone woke up and decided to do you a favor and leave you alone. This is either feeling good, or not; if you're happy with this it's because you were ready for things to end. If you're one of those people who keeps wishing someone would come back and give you a chance to bare your soul, you might as well be the one to break the ice. If you leave everything up to others it'll be a while before they go out of their way to get in touch.

AQUARIUS: January 21 – February 20: What seems to be a little more than you can handle isn't about to slow down. Things are picking up because the way is clear and there is very little interference blocking your plans. If your relationships are difficult don't take it to mean that you have to do something about it. Everyone is re-evaluating their relationships. Yours is flexible enough to withstand whatever the problem is, and you are objective enough to know how much space to give it. As you keep things balanced, use your outer goals as a beacon to remind you that you are worth your weight in gold.

PISCES: February 21 – March 20: The way is clear. It's been a long time since you've had an opening. As you tie up loose ends and try to figure out where you want to go from here, many of you have no idea who you want to be when you grow up. Something has been germinating in the turmoil of the last several years. You know better than anyone what it means to have everything stripped away. Those of you who haven't buckled under the weight of loss and humiliation are getting ready to start all over again. Changes in relationships and changes in location are bound to be part of whatever happens next.

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

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Weddings & Beyond

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.

Informing Guests With Wedding Websites

by Caryn Rousseau, AP

With friends and family headed to her California wedding from all over, bride-to-be Carrie Shields decided online organization was key.

"Really the wedding website was one of the first things we did," the 32-year-old public relations director from San Diego said. Shields is marrying fiance R.J. Jones, 36, who was born and raised in Wales. Their April wedding in Napa Valley comes four years after they met through friends.

"I knew people were going to have a lot of questions about what to do and how to get there," Shields said. "I wanted to make it fun and personal. I kind of jumped right on things because people were traveling so far."

Wedding experts at TheKnot.com and its partner WeddingChannel.com say this year's annual survey found 64 percent of brides now have a website to share details with guests about ceremony and reception logistics, registry information and travel accommodations. Web companies exist that allow couples to host wedding sites for free while others charge a fee for access to fancier templates and tools.

The page Shields created has a personal and creative Website, Page 27

Last-Minute Change of Place? Don't Panic

by Alicia Chang, AP

Jennifer Cassista expected that her 18-month journey to the altar would include a few stumbles.

A mixed-up order, perhaps. An incorrect size. A melt-down or two.

She didn't count on having to book a new venue less than three months before her May nuptials because her first choice closed down.

Of all the troubles that can arise during wedding planning, having the location fall through at the last minute is perhaps the most trying. Couples tend to decide early where to tie the knot, and every other detail is linked to that. When a seemingly perfect spot unexpectedly evaporates before the big day, it sets off a domino effect.

Real-life stories of desperate brides abound on Internet message boards and vendor blogs. With many world economies weakened in the last few years, it's not uncommon for restaurants or event spaces to go out of business, leaving couples in the lurch.

Pre-wedding hurdles usually can be fixed in time, said Tampa, Fla., wedding planner Lauren Grove, who keeps the "Every Last Detail" blog. For couples who find themselves venue-less before the big day, the priority should be fighting to get the deposit back.

Those who can't need to rethink their budget when searching for a plan B venue, Grove said.

"Hopefully the losses wouldn't be too severe, and they would be able to reschedule and have their dream wedding day," she said.

Luck and resourcefulness saved the day for Cassista and her fiancé, Tom Bryan. They had thought they had found their dream ceremony site when they booked a resort lodge not far from where they lived in Ontario, Canada, in March 2009. During a walk-through, the wedding coordinator gushed about an upcoming renovation to erect a new vow-exchange site down by some rapids, complete with a lush garden and pew-style seating. Though the couple had to use their imagination, they trusted the resort to deliver.

Things became suspicious when no one returned Bryan's calls or e-mails when he asked for updates on the project. This past spring, he received a call from a resort front desk receptionist saying the place had gone bankrupt.

Cassista and Bryan started dialing other venues on their short list. All were booked on their wedding date, May 29.

"We were in desperation mode. It was like, 'Oh my God, we have to do this all over again,'" Bryan said.

Bryan's father, who sells computer touch screens to restaurants, suggested Golden Beach Resort on the south shore of Rice Lake, east of Toronto.

Cassista and Bryan weren't impressed by the space's website, but in desperation decided to check it out in

person. Not only were the grounds better than the first place, but the dance floor was larger. An added bonus was that it was available the day they wanted, and was cheaper than the previous resort too.

With the new venue locked in, the couple spent the next several weeks redoing invitations and notifying other vendors.

Looking back, Cassista said, she was willing to change the wedding date if they didn't find a backup in time.

"You just need to relax and roll with the punches. Things will happen in every bride's planning," she said. "Be levelheaded and try to figure it out."

Self-described foodies Sarina Chhay and Brian Harnett worked their connections to turn a pre-wedding near-disaster in their favor.

The couple were set on holding their reception at Great Bay restaurant, a seafood restaurant close to Fenway Park in Boston. But the economy had other plans. After six years in business, the restaurant was shuttered at the end of May 2009, three months before their wedding.

They scurried to find a replacement, calling more than 20 places and visiting

half a dozen, with zero luck.

"There was a feeling of helplessness," Chhay said. "I was losing sleep."

Harnett had an idea. As a last resort, he reached out to the restaurant's events manager, who promised to check with the other sister restaurants to see if they could host their wedding.

Fortunately, Radius, known for modern French cuisine, was available. The couple went with it since it was where they shared their first fine dining experience. In September, they celebrated their one-year anniversary there too, the chaos all but a memory.

"It goes to show that you can plan a wedding in two months," Harnett said.

Both Cassista and Bryan, and Chhay and Harnett managed to get their money returned.

Christina and Christoph Schumacher had a laundry list of things go wrong before they said their "I dos" in June 2008.

Many couples worry about the weather not cooperating, but for the Schumachers Mother Nature unleashed a flood a week before their wedding in a small Indiana town, triggering a state of emergency. The state park where they planned to have their wedding was shut down because of lack of water, and it was unclear whether it would reopen in time.

With no backup plan, the couple contacted several politicians and explained the situation. In the end, they were able to use a log cabin at the park for their ceremony, but the guest lodgings were off-limits. After saving the venue, they scrambled to find motel rooms for out-of-town guests.



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Special Effects

by Beverly Clark



If you picture your wedding as an event filled with dramatic moments that your guests will remember forever, then you may be interested in creating some extra special effects that are sure to help make your special day even more memorable! These additions can enhance the wedding experience and give it a magical quality, underscoring the fact that this is no ordinary day! Here, a laundry list of special effects that can take your guests' breath away, make them cry, make them laugh or just make sure they'll never forget your wedding.

* Butterfly release. What outdoor wedding wouldn't be enriched by this ritual representing freedom, beauty and nature? Use a reputable professional source that will assure this goes off without a hitch.

* Chocolate fountain. Surrounded with gorgeous fruits and cake bites, this addition to your reception can't fail to please.

* Fireworks. Naturally, you will do this outdoors with full permission from your site coordinator and under professional direction. And you will wow your guests like never before!

* Dove release. Just two is all you need to symbolize peace, love and a commitment to the journey of marriage.

* Confetti drop. Biodegradable, please, and again - get permission from your site coordinator first! That said, the confetti drop never fails to give events a sense of triumph and festivity.

* Balloon release. Use only biodegradable balloons (most latex balloons fall into this category) and read up on making your release environmentally friendly.

* Special arrival. Thinking of arriving via hot-air balloon, Rolls Royce or parachute? Today's the day! Do your research to make sure your plan goes smoothly and safely.

* Video clip. If you have some footage of the two of you getting engaged, skydiving together or doing some other amazing feat (preferably that most of your guests haven't already seen), you may want to provide a viewing. Keep it short and sweet!

Remember that you don't need special effects to make your wedding special - just the fact that it's your day will render it unique. Also don't feel the need to outdo other people's weddings. Only add special effects as a way to express your one-of-a-kind love and commitment to each other and a means to add the icing on the cake to your wedding day.

Do Vintage Because You Love It

by Samantha Critchell, AP

There's something romantic about the idea of a vintage wedding dress, with the wonderful stories it could tell. Maybe there'd be some delicate lace, too, or exquisite siren-worthy satin.

Reality, though, isn't always so pretty.

Some vintage dresses are those perfect gowns you dream of, says Mark Ingram, CEO and creative director of Manhattan's Mark Ingram Bridal Atelier, but others are too costume-y, too dated or, more likely, simply ill-fitting.

"You can reach back to some vintage eras and look as contemporary as buying a new dress. But," he says, "you have to consider your figure first and foremost. If the dress isn't flattering to your figure type, just don't go down the road."

Cameron Silver, owner of the Los Angeles couture vintage shop Decades, suggests these questions to ask - frankly - of yourself:

Do you need to wear a bra? Do you have a boyish figure? An hourglass shape? What about your hips? All of these, he says, are factors in buying any wedding gown, but particularly those meant to fit women of previous generations.

Silver, a resource for Hollywood red-carpet looks, also warns that finding a pristine white vintage dress can be hard, and that a good vintage dress, if it's not an heirloom, can be more expensive than you'd think. Even with your grandmother's dress, there could be pricey alterations.

"Don't do this because you think it's the easy way out, or that it'll be cheaper," adds Ingram. "You have to want it - you have to want to have this look."

But if you do find that ideal gown from yesteryear, Silver says, it's a magical moment. He once sold a full Chantilly lace wedding gown by Chanel. "It was such a thrill," he says.

There was a more recent Olivier Theyskens for Rochas gown that practically brought tears to his eyes.

(If you find a keeper, be ready to buy it right away - no wavering - because there's not another one stuck in some inventory closet.)

If you're partial to embroidery, look at gowns from the 1920s-'30s, while sultry, satin gowns come out of the '40s. Women with a full bust might look to the curvier '50s silhouette, says Ingram, WETV's "gown guru," while mini-dresses of the '60s are cool, yet hard to pull off unless the event is casual or the bride prides herself an individualist.

Silver says that's usually the case with those who wear

vintage. "This bride doesn't want to look like everyone else."

Still, you can hit contemporary fashion trends. Something from the '70s, a little bohemian but sexy, too, is probably the hippest look going.

The period to stay away from is, no surprise, the '80s, with its oversize pouffy shoulders and tapered sleeves. "Right now, the '80s looks so dated. Yes, 20-30 years back is 'vintage,' but if you're going back, that's a bad period to dip into. No 'Dynasty,' not even Princess Diana," Ingram says. "There could be a big trend back to the '80s if Kate (Middleton) wore it, but I can't imagine that. It's too big. The proportion was too big, and it wouldn't look modern now."

A bride's goal often is a timeless look, since the photos will hopefully last a lifetime, but each era still has its signature, says Michael Shettel, designer of bridal brand Alfred Angelo. You might be best off with a classic silhouette, while adjusting embellishments and details to current tastes, he suggests.

Wedding-gown trends don't swing as quickly as ready-to-wear fashion, he explains: Of course, white always dominates the market and the overall vibe is fancy, but when you line them up, you'll see differences in the size and types of pearls and beads, changes in popular lace patterns, hemlines going up and down.

"You want to make it your own, while still honoring whoever wore a vintage dress before. Maybe you'd like to make it a little more low-cut, a little more fitted, maybe give it a fuller skirt," Shettel says.

He also borrows from the past for new gowns. The tight-bodice, tea-length ballgown, which "Mad Men" helped bring back in style, seems very fresh, Shettel says, and the asymmetrical neckline remains popular.

Ingram says the best of both worlds might be vintage or vintage-inspired accessories on a new dress. "Add a fur piece - a shrug or a stole - and it looks vintage, even if it's new, which probably means a better fit. The look could be 1910 or 2010," he says.

He also likes to add a beaded belt or sash, which also can give the illusion of a small waist, and carries that retro feel.

There's no reason, though, to go back in time for your beauty routine.

"If you do a vintage wedding dress, your accessories, hair and makeup have to be incredibly modern," says Decades' Silver. "You don't want to be the bride of Frankenstein. If the dress looks 'period,' you have to play against it in your styling - unless you have a Renaissance theme, and who does that?"

Website

continued from page 26

flair. It features a blue and orange frame with a brown background. The happy couple smile from behind sunglasses on a beach. A counter below them lets visitors know it's "151 until our wedding!"

"A lot of the people coming over, they've never been to America," Shields said. "I'm going to add a little bit about things to do in San Francisco, trying to take the guess work out of it."

Experts at WeddingWire.com recommend that couples launch their website at least six months before the wedding date to give guests as much information as early as possible. That allows enough time to make travel arrangements. WeddingWire also offers other online tools, including a program that lets guests RSVP directly from the website.

That's why more wedding website addresses are appearing in fancy fonts on the bottom of printed invitations.

"You're going to want to give the same information you always needed to have on an invitation: the name, location, time of event," Roney said. But things like dress code or babysitting services can be saved for the website.

Some sites let couples upload music or an audio track of their voices, video, animated graphics, or polls asking guests what songs to play or which appetizers to serve.

Couples who choose WeddingChannel.com to host their websites can choose from templates by high-fash-

ion designers like Oscar de la Renta, Monique Lhuillier and Vera Wang.

"You still want to make the investment in it to make it uniquely you," Roney said. "Just like you do on the wedding day."

Roney offers three tips for setting up a wedding website:

1. Don't assume your audience is only younger friends, and remember your etiquette. "You want to keep things 'wedding and older people friendly,'" Roney said. "You don't want to go on and on forever. You don't want to put things like, 'please ship our gifts to.' Some of the etiquette that is wrong for wedding invitations is wrong for this too. To be making specific demands of your guests isn't appropriate."

2. Include your registry information. According to TheKnot.com and WeddingChannel.com survey, about 61 percent of guests find out where a couple is registered from their wedding website - a figure that has grown from 47 percent in 2008. "It really is becoming the absolute de facto way that guests are going to find out where you're registered," Roney said. "It used to be that brides were worried it was tacky, but it's simply not tacky. It's how it's done now."

3. Get the word out. Don't just create and publish the website and assume everyone knows it exists. "Send the information directly to your guests," sometimes more than once, Roney said. "You can't assume that something you put on your website was acknowledged by all."

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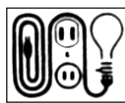
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View From Ludlow

by Ralph Pace

This will be a big week for FOLA (Friends of Ludlow Auditorium). It will mark its first annual membership meeting on Wednesday, January 19 at 6:30 pm in the Ludlow Town Hall Auditorium. Equally important, FOLA will have its first opportunity to show off the new, gigantic motion picture screen installed in the auditorium which FOLA will use for its forthcoming movies.

The annual FOLA meeting will feature a review of its accomplishments in the past six months. Among these achievements are the three Okemo Young Artists Program concerts, two public debates, one featuring the newly-inaugurated governor of Vermont, the return of Gypsy Reel to the auditorium, and a standing-room-only Community Christmas Celebration.

In addition to the uses of the auditorium, FOLA also conducted a fund-raising effort that resulted in the purchase of movie and graphic display equipment secured through the "good offices" of Edge-wood Studios of Rutland.

To introduce the new motion picture equipment and screen, FOLA has tentatively decided to show the hit musical, "Mamma Mia", on Saturday, January 29 at 6:30 pm at the Ludlow Auditorium. While there will be no admission fee, FOLA is recommending a donation to help cover the costs of the film and auditorium usage.

Black River good Neighbors Services (BRGN) is now in the process of completing its move to its new quarters in the old tank barn at the Ludlow Community Center. Following the move of all the food and clothing goods from its prior location on Main Street in Ludlow, BRGN was pleasantly surprised how quickly both its clients and donors adjusted to the new location. In particular, with the vastly improved parking facilities and increased display space for both food shelf and clothing items, everyone seems to find the new location an improvement over the previous site.

BRGN plans to start displaying furniture in the new location, something they could not do in the old site.

To learn more about the move, items for sale in the thrift store, contact Audrey Bridge, BRGN Director, at 802-228-3663.

Black River Academy Museum (BRAM) has embarked on its \$50,000 challenge grant program with some very

good results in the first several weeks of the dollar for dollar challenge match. They have raised over \$15,000 during this period which translates into a \$30,000 challenge total. BRAM needs to raise these funds to cover the cost of installing an elevator cab and its associated electrical wiring in the newly completed elevator wing.

The monthly film series at the Perkinsville Community Church resumes Wednesday, January 19, with the showing of the 2005 documentary "Bonhoeffer" about the life and martyrdom of Dietrich Bonhoeffer, the young German Christian theologian who offered one of the first clear voices of resistance to Adolf Hitler. Bonhoeffer openly challenged his church to stand with the Jews in their time of need, and eventually joined his family in the plots to kill Hitler. The film will be shown at 6:30 pm. It is free and open to the public.

Fletcher Farm School for the Arts and Crafts announced 41 new classes and new class times for Winter-Spring. Along with our regularly scheduled weekend classes they are offering Young Artists classes and Weekly Am & PM Series classes. If you are a Ludlow, Cavendish or Proctorsville resident (age 7 & up) you are entitled to 50% off one class per calendar year. Register call 802-228-8770.

David Almond of Ludlow has announced that the informal group sponsoring the annual Valentine's Day dinner at Landgrove Inn in Landgrove will continue its annual fete at the Inn on Friday, February 18. If interested in learning more about this event, contact David Almond at 228-2414.

"Arsenic and Old Lace" will be the first black and white film featured by the Cavendish Feature Film Series. This classic comedy will be shown at the Cavendish Library in Proctorsville on Friday, January 28 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.

The Friends of Fletcher Memorial Library in Ludlow will be discussing "Digging to America" at the Library on January 27 at 7 pm.

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

KMS Freestyler Wins Gold at Mt. Hood

Dan Rosenblum, a 16-year-old freeride skier on the Killington Mountain School Freestyle Team, won the halfpipe event at U.S. Revolution Tour event held at Mt. Hood Meadows in Oregon. This is the first season that the Rev Tour has included freeskiing in competition. Past seasons, the tour has been snowboarders only. KMS' freestyle team includes student-athletes who compete in moguls, freeride and sometimes both.

"Dan had two killer runs with some of the biggest amplitude in the event," said KMS Freeride Coach DJ Montigny.

The U.S. Revolution Tour is the top junior event tour in the country. The Tour brings together athletes across the country to identify the top juniors in halfpipe, slope-style and cross events.

"My goals this year are to learn as many new tricks as possible, win many halfpipe competitions and make Junior Olympics and Nationals again," said Rosenblum,

of Stamford, Conn. Rosenblum took first in his age category at Junior Olympics last season and was seventh overall in halfpipe.

To learn more about alpine, snowboard, freestyle, and freeride training and opportunities call 802.422.KMS1.



Dan Rosenblum, who won the halfpipe event yesterday at the Revolution Tour's stop at Mt. Hood Meadows in Oregon, competing at Sunday River in Maine last season.

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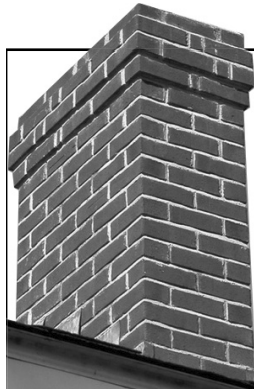
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Killington-Pico Rotary News

by Janina Curtis

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 proceeds (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.

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 26 - Exchange students will be our dinner guests
February 2 - Bob Montgomery - Classification Talk

Lakes Region News

by Lani Duke

Spring convocation 2011 at Castleton State College is at 4:00 p.m., Thursday, January 20, in Casella Theater. Dr. Mike Kiernan leads the celebration.

Sunday, January 23, Poultney begins celebrating its 250th birthday with a community pot luck dinner from 4:00 to 7:00 p.m. at St. Raphael's Parish Hall. Music is provided by Spruce Knob Uprising, an acoustic band whose members come from Poultney and Middletown Springs. Musicians Sarah Mittlefehldt (bass), John Gillette (banjo and guitar), Gary Lindorff (harmonica), Pam Johnston (fiddle), Keith Drinkwine (guitar and washboard), Scott Holliman (guitar), and Laird Christensen (mandolin) all contribute to vocals.

Please sign up on the sheets at local businesses and community sites including the Poultney Town Office, Public Library, Young At Heart Senior Center, area churches, Williams Hardware and Tot's Diner, or by phoning Mrs. Benita Mead at 287-5264. If you need a ride, let her know; church volunteers will pick you up.

Phildanco (Philadelphia Dance Company) brings the fun of funk music to Castleton at 7:00 p.m., Tuesday, January 25. The performance By Way of the Funk will make you dance - and not necessarily like Gene Kelly either. A ticket is required. Call 468-1119.

Locals appointed to state House of Representatives Committees include John Malcom of Pawlet, ranking member of Agriculture; Bob Helm of Fair Haven, Appropriations; Andy Donaghy of Poultney, Judiciary; and Bob Canfield of Fair Haven, ranking member of Natural Resources and Energy.

New statewide regulations would compel Castleton Town to give up its school bus fleet. Alterations to Act 153 would compel each supervisory union to have only one school bus contract or own its own buses. The Addison-Rutland Supervisory Union board next meets Tuesday, January 25, at Castleton Elementary School, with plans to discuss the bus contract of the future. Currently, the Castleton-Hubbardton Union School District, and the West Haven and Orwell school districts have their own bus fleets, while the Benson and Fair Haven school districts have existing contracts with service providers.

Support the Camp E-Wen-Akee and Eckerd Child & Family Support Services by taking part in a Cabin Fever Basket Party Saturday, February 5, at the Castleton American Legion. Doors open at 11:00 a.m. with drawing at 2:00 p.m. Call 747-0490 or 989-8613 (cell) for details.

The Castleton State College Campus Center is one of two projects receiving an Honor Award from the Eastern New York Chapter of the American Institute of Architects, and the only project in the institutional category to receive the highest recognition. There were 21 entries overall.

One thousand Castleton State College students will receive XtremeSportsID bracelets on Tuesday, January 25 - place and time to be announced. The weatherproof, durable wristbands bear two medical alert symbols, the college logo, a unique 8-digit code, and a toll-free number; a first-responder can call to retrieve such info as medications, allergies, primary physician, insurance provider, etc. The students themselves can log in to enter their planned activity and location. Proponents see it as a potential life saver.

Computer Application students at Fair Haven Union High School are develop a 7-minute video that is to elucidate "an emotional, compelling, and engaging vision of a quality Vermont education." A panel from the Vermont Superintendents' Association will judge their results compared to other in the competition. Results are to be announced February 1.

Fair Haven music students who planned to audition for Vermont All-State chorus on Saturday, January 15, are Gwynneth Roberts, Emily Billado, Emily Turgeon, Sam Hoenes and Adam Cook.

Poultney's Junior class of 2012 hosts a basket party Saturday, January 22, at the school gym. Doors open at 11:00 a.m., with drawings beginning at 1:00 p.m. Call Tammy Loomis, 645-9135, for more info. Also thanks to all who donated bottles for the juniors' bottle drive.

January 27, 6:30 to 7:30 p.m., get together with Poultney 7th and 10th grade students and parents to plan a basket raffle for March. Baskets and food donations are welcome. Staff contact is Mrs. Grenier.

Fair Haven Grade School Drama Group will travel to The Paramount in Rutland to see The Music Man on Thursday, January 20. Middle School students may take part in an incentive and team building day, also January 20; participants spend the morning at Rutland Bowlerama, and the afternoon at Castleton State College gym and pool. Drama auditions are Tuesday, January 25.

Poultney Rescue Squad plans a CPR recertification session at 7:00 p.m., Thursday, January 27. Squad members are encouraged to check their cards for an expiration date and sign up on the sheet on the training board if appropriate.

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Recycle that Prom Dress?

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.

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.

PEGTV Offers Annual Courcelle Scholarship

Rutland, VT - 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.

Beware of Fraudulent Phone Charges

By Joseph Szydlowski, Scripps Howard News Service

When JoAnn Rahlves checked her latest phone statement, she noticed her bill had doubled, jumping more than \$30 based on three charges -- two of which were for an online voice mail service she said she and her husband never ordered or used.

That sounds like "cramming," a growing problem in which companies fraudulently put charges on phone bills, said U.S. Federal Trade Commission staff attorney Sandhya Brown.

It's perfectly legal for a business to sell a product and add the price to a phone bill with the customer's permission. Aggregators, known as "clearinghouses," take care of the billing for those merchants, sending the information along to the local telephone company, which puts it on a customer's phone bill.

Crammers take advantage of this system by masquerading as legitimate companies and applying to process payments through a phone company or the clearinghouse, Brown said.

After the clearinghouse approves their application, crammers obtain personal information through telemarketing, websites or by identity theft and "cram" phony fees on phone bills via the clearinghouses, Brown said. They often get away with it as customers pay their bills without a second glance.

The Rahlves' bill listed two voice mail services from Nations 1st Communications.

"I called AT&T and asked, 'Who is it? I don't recognize the billing service. I never authorized anybody to give us voice mail,'" Dean Rahlves said.

Nations 1st is a company that, according to its attorney Andrew Lustigman, provides fax and voice mail services via online application. Lustigman said that Nations 1st does not engage in billing without the custom-

er's authorization and proof of identity. "The company does not just charge people," he said.

Nations 1st, he said, requires customers to accept the plan three times during the sign-up process, review its policies and provide personal information to prevent fraudulent accounts. Customers register via its website, which states that the voice mail price is "\$14.95 billed to your home phone."

ILD Teleservices, the clearinghouse that handles Nations 1st's billing, also requires its merchants to provide that personal information when putting through orders, which is then passed on to the phone company for verification, ILD Director of Marketing Ilona Olayan said. Her company takes a percentage of those charges, which varies by company.

Authorities look for certain characteristics when identifying crammers, said James Kohm, associate director of the FTC enforcement division.

"They have essentially a fig leaf," Kohm said about the bare-bones corporations that are set up. He said the companies offer "discounts nobody ever uses, Web services that are shoddy and nobody would ever want."

FTC's Brown said a cramming website will offer little detail about itself. "They have a listing service, yellow pages, meager amount of information placed in a place that's very hard to find," she said.

Most crammers only offer a service, not a tangible product, she said. This allows them to "throw something shoddily together as a backstop" if asked for proof the service they offer is valid.

It's imperative that consumers report these charges and companies to the FTC, which relies on complaint trends to identify crammers, she said.

"Consumers have to complain first before we know about it," Brown said.

Calling the clearinghouses about potentially fraudulent purchases is the key to stopping cramming, Olayan said, comparing it to credit cards watching for fraudulent activity.

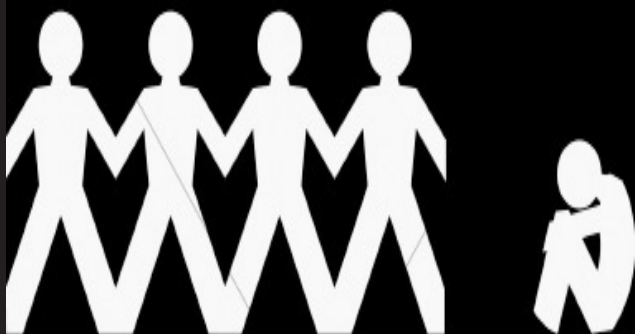
ILD has an "A" rating from the Better Business Bureau, which has logged 265 complaints in three years for the company. Of those, 39 weren't resolved, 36 of which the BBB closed because the clearinghouse responded with "a reasonable offer to resolve the issues, but the consumer did not accept the offer."

Online, many people complain about ILD at sites such as consumeraffairs.com, which has 190 pages of people around the United States complaining about ILD charges landing on their bills for services they never ordered. However, she said that ILD places Google ads on the complaints page to help customers find the fraud reporting part of ILD's website.

The Rahlves said the ILD's service representative "cordially" handled the charges and credited their account.

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Home & Garden

Choice Perennials For 2011

by Dr. Leonard Perry, UVM Extension Professor

Each year, members of the Perennial Plant Association - the industry group representing growers and professional garden designers nationwide - vote on their top perennials. From the final group of new cultivars (cultivated varieties), or those deserving wider use, the perennial plant of the year is chosen. The elite group of perennials voted by professionals is a good place to start when choosing those from the thousands available for your own garden. This year the list includes a couple for sunny sites, and a couple for shady sites.

There were two perennials named last year, and voted again this year, to the top list. 'Northwind' is an ornamental switchgrass (*Panicum virgatum*) with bluish-green foliage, compared to the green of the species or reddish of some cultivars. It is also one of the most upright of the switchgrasses, many tending to flop over with age later in the season. The 4 to 5-foot clumps are topped, late in the season, with one to 2-foot flowery plumes called "panicles" of small yellowish flowers.

As with all switchgrasses, it prefers full sun and a moist and fertile soil. It will tolerate sandy or clay soils, and drought once established. It is hardy to much of the north (USDA zone 4 or -20 to -30 degrees F average low in winter). This perennial looks good in masses, in the middle to back of borders, on slopes, and combined with many other perennials.

Another repeat from last year is 'Caramel,' one of the many new coralbells (*Heuchera*), grown mainly for its apricot leaves in light and dark shades. It does flower in warm areas with light pink small flowers on spikes above the foliage in early summer. This is one of the selections of the hairy coralbells (*H. villosa*), a southeastern U.S. native, although it originated as a chance seedling in France. Under good conditions and warm climates it can reach 15 inches high and a bit wider.

'Caramel' is listed as hardy to USDA zone 4, with trials underway at the University of Vermont on the hardiness of this and other coralbells. It does best in full sun in the north if kept watered, part shade in the south. The best soil for it is a rich, moist loam but well-drained. Try 'Caramel'

in masses in borders, under shrubs such as roses, along edges of beds and paths, and in containers. Contrast the leaf color with that of darker blackish coralbells, or contrast the leaf texture with ornamental grasses.

'Hot Lips' is a cultivar of our native turtlehead (*Che-lone lyonii*), a long-blooming perennial with rosy-pink flowers that resemble a turtle's head (with its mouth open). Flowers in mid to late summer are on reddish stems, between 2 to 3 feet high, in spikes toward the tips. Both the stem color and the dark green leaves make this cultivar different from the species. It is attractive paired with golden-leaved sedges (*Carex*), astilbe, or ligularia.

This plant is hardy to at least USDA zone 4, and prefers full sun (over 6 hours a day) to part shade (4 to 6 hours of direct sun). Unlike many perennials it thrives in moist soils, but tolerates average ones, so would be a good candidate for a rain garden. It also tolerates somewhat alkaline soils better than many perennials. Turtlehead is a long-lived and low maintenance perennial. It can be propagated by division in spring, or rooting stem cuttings in water in early summer.

'Jack Frost' Siberian bugloss (*Brunnera macrophylla*) also may be called heart-leaf brunnera from the shape of its leaves, up to 6 inches wide. This spring-bloomer has small blue flowers resembling forget-me-nots. They're attractive against the silvery leaves with green veins, a color that shows up well in part to full shade. Except for very dry soils, it will tolerate most. Growing 12 to 15 inches high and wide, it is hardy to USDA zone 3, long-lived, and requires little care.

This cultivar of bugloss was found in a nursery in Michigan as a mutation of 'Langtrees.' Try combining it with heartleaf bergenia (*Bergenia*), Japanese painted fern, lungworts, bleeding heart, astilbe, white variegated sedges (*Carex*) or hostas, or dark-leaved coralbells.

Recent Perennial Plant of the Year winners that you might consider too include the threadleaf bluestar (*Amsonia hubrichtii*), golden Hakone grass and hellebores (both generally hardy to zone 5), 'Rozanne' perennial geranium, 'Walker's Low' catmint, 'Becky' shasta daisy, 'David' garden phlox, and Japanese painted fern.



Living Room on a Budget

by Home and Garden Television

Having a vibrant living room is a must, but it doesn't have to break your wallet. Consider these tips, and let the magic happen.

Collect one nice piece from everywhere you go to add meaning to your decor. "Decorating with things that have meaning or stories behind them," says Jen Jordan, "brings individuality to any space." Look with different eyes at heirlooms you've inherited -- old books, dishware, stitchery, clothing, even your grandfather's pipe -- to see how they might be displayed.

Details define the look of your room, but such nuances need not be a part of every piece. A great compromise is to purchase more expensive or larger items in a simpler style, and then invest in design-specific accent pieces to upgrade the look.

Good rugs are costly. Search garage sales and Internet auctions for better buys. Even with fading and wear and tear, used rugs can be cleaned and blemishes camouflaged, depending on how you place the furniture.

Add details to an inexpensive light fixture to give it a designer look. Coat it in a bold paint color, add fringe and beads, or change the crystals. Introduce pattern and texture by stenciling and/or upholstering the existing shades, or purchase new shades for a low-cost update.

If you can't travel to foreign destinations yourself, take advantage of shops that sell affordable handmade crafts and other decorative imports, including masks, dolls, statues and unusual artwork.

Journals Can Add Another Dimension to Gardening

by Dean Fosdick, For The Associated Press

Gardeners seeking a different kind of growing experience with the start of the new year might try keeping a journal. It's a great way to get a better picture of what's happening in your yard.

"To effectively journal is to learn the art of observation," said Elizabeth Haegele, a horticulturist who teaches nature journaling at The Scott Arboretum of Swarthmore College, in Swarthmore, Pa. "It's a tool for learning patience and using time. You come away with impressions you wouldn't necessarily get if you took up a camera."

Journals can be as varied as the landscape. Some hold personal observations. Others detail plants and insects. Many resemble a ship's log, noting such things as the dates of the last killing frost or the seasonal return of a favorite bird species.

"You don't have to live on a farm or a cabin in the woods. You can find nature wherever you are," Haegele said. "Write about an eclipse. Colorful butterflies. There are plenty of things you can see just by looking out your window."

Journal styles vary, but often include:

- The four-part Grinnell system. That includes observations made while in the field, more detailed accounts written later, an index of found species and then a combination of all that material, including plant and wildlife samples. "That makes for a complex, complicated journal," Haegele said. "It's work but it's great fun. If you're trying to learn plants, that's a good way to go about it."

- Phenology, or studying the life cycles of plants and

animals. "Some people simply use a calendar to describe what's going on around them," Haegele said. "It could be an entry about when the creek freezes or the flowers bloom. It can show how things might be evolving. It plays an important part in the total picture."

- Specific locations. "When I was a kid, I blocked off a 3-foot-by-3-foot section and observed it over time," she said. "It taught me things about soil, leaf composition and birds in the area. It provided a full natural history picture of my neighborhood."

- Chronology. "Include something about your day, your month. Add personal accounts and anecdotes. Mix words with pictures. Make it a scrapbook for jogging your memory," Haegele said.

The journal itself can

range from an inexpensive D-ring binder to a notepad, sketchbook or clothbound book. Add pages with pockets for storing seed packets, garden plans, sales receipts or dried flowers.

Also, you can go on the computer to find Web-based organizers or gardening software. One is PlantJotter.com, which includes a database of more than 2,200 plants, a maintenance calendar, file space for integrating reference material and photos, and links to other garden resources.

"I was a gardener looking for a way to leverage the available technology for keeping organized records online," said PlantJotter founder Barb Hegman, from Minneapolis.

"I did a survey of 2,000 Minnesota master gardeners and their journaling habits, and that told me they were looking for the same thing."



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258 Lincoln Avenue
Rutland City, VT
 Two story Cape Cod style home with 2 BR & 1.5 BA. Level 0.29± acre city lot. Municipal water & sewer.
Info: THCAuction.com
THOMAS HIRCHAK CO
800-634-7653

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Check Out New & Used Inventory at www.turcosyamaha.com

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- High Gasoline Volume Due to **PRICE CHOPPER** Fuel AdvantEdge Program
- Large Garage Bays With Store
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Call Peter Klochaney

800-882-4511 EXT 205

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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
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SALE

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SALE

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Pittsford VT, 2128 Route 7

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 10AM TO 5PM, CLOSED MON

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 BOOKCASES, BENCHES,
 WHATEVER

37± 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 37± 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.

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THOMAS HIRCHAK COMPANY • 800-634-7653

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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 the vermontstudio@gmail.com.

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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, or call us at 877-455-5552

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- 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

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

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Passat 4dr, 5 speed, mint condition, brand new tires, shocks and brakes. \$6500 or BO. Call 802-236-5024. TFN

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

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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

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 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

KITCHEN HELP. Apply in person after 3pm daily, Pasta Pot, Route 4, Killington. 51/03

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@long-trail.com. 02/03

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

DISH WASHER NEEDED at The Vermont Inn. PT with evening and weekends. Pay starting at \$8.50 per hour. Call for appointment 775-0708. 52/TFN

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

PART TIME SERV-ER. Monday and Friday, breakfast shift. Call for info: 802-422-3816 or Stop by Blanche and Bills Rt. 4 E, West Bridgewater. 51/03

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.

The Mountain Times



The Mountain Times is an independently owned weekly newspaper serving residents of, and visitors to, the Mid Vermont Region. Editorial and sales offices are located on Route 4, between Killington Road and the Killington Skyeship, Killington, VT

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The Mountain Times • P.O. Box 183
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Sudoku Solution

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

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12	E	V	E	R	13	R	A	G	E	14	P	E	C	A	N						
15	R	E	N	O	16	V	A	T	O	R	17	I	N	E	P	T					
18	E	N	D	G	A	M	E	19	T	H	E	I	R	S							
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35	N	O	T			36	S	L	E	E	P			38	I	R	A				
39	A	R	C	40	U	41	S		42	T	E	A	S	43	E		44	S	T	Y	
45	T	E	H	R	A	46	N		47	K	N	A	V	48	I	S	H				
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58	O	M	A	N	I			59	H	60	O	N	E	Y	L	I	K	E			
61	C	I	R	C	E			62	O	D	O	R			63	I	L	E	X		
64	T	R	E	Y	S			65	S	E	W				66	C	O	D			

Paws & Claws

RCHS Winter Fuel Raffle

Help Keep the Animals Warm. Nothing feels more welcoming than coming in to a warm house after being out in the cold. Imagine how a stray animal feels when they come into the shelter at the Rutland County Humane Society (RCHS) after being cold, lost and hungry, sometimes for days or weeks. You can help provide that welcomed warmth by participating in the RCHS Winter Fuel Raffle. To learn more about how you can help the animals and win cash prizes, please visit our website at www.rchsvt.org or call RCHS at 483.9171. Hours of Operation: Wednesday – Saturday: 12-5, Sunday - Tuesday: Closed

Springfield Humane Society News



Logan would love a new home where he can play in the snow with his people. This 2-3 year old male came as a stray and we are still debating his ancestry. He is very handsome, has the color of a yellow lab, the coat of a Dane, and the ears of a mule! Logan is very playful, well mannered and seems to get along with cats and other dogs. He loves to go for long walks and sit with an adoring human. If you have room in your home and heart call the Shelter at 885-3997 or stop by Wed-Sat noon-4:30. And if you are thinking feline we have dozens and dozens to choose from in all colors and purrrrr-sonalities.

Now is the time to have cats spayed or neutered as the breeding season will soon begin with the days starting to grow longer. Spread the word of our low cost clinics – help bring an end to pet overpopulation. Our next low cost S/N Clinics for cats will be February 22 in Springfield and March 15 in Chester. Clinics fill fast so reserve your space now by calling 885-2174.





We're here for you and your pets 24 hours a day, 365 days a year

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Rutland Town, VT 05701
802-773-7642
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& Sat. 10-5

PET PERSONALS

TICKLES - 6 year old. Spayed Female. Beagle. I am a chubby love bug! Many Beagles are more interested in sniffing and scenting than people but I am wiser than most. . .I know the value of a good cuddle!

ELF - 5 year old. Neutered Male. Domestic Medium Hair Buff & White. I'm a laid back fella who likes to be petted. I'm a little set in my ways but lots of cats are, right? I get along well with other cats and I'm super handsome.

BABY - 2 year old. Spayed Female. Domestic Short Hair Calico. I'm a real beauty who is friendly and outgoing! I'm a snuggler who will help keep you warm and cozy this winter.

LUNKER - 5 year old. Neutered Male. Pit Bull/Boxer mix. I am a big lug of a guy with a huge capacity for love and games of fetch! I love a good tennis ball and hanging with my people. I ride well in the car and have lovely leash manners.

KITTY - 10 year old. Spayed Female. Domestic Medium Hair White. I'm a sweet, older lady who was brought to RCHS because my owner had health issues and couldn't care for me any longer.

BABY GIRL - 6 year old. Female. Quaker Parakeet. I'm very sweet and I know lots of tricks. I'm very social and enjoy sitting on your finger and riding around on your shoulder.



BELLA - 2 year old. Spayed Female. Domestic Medium Hair Gray, Tan & White. I've been called a loving, caring feline and I'd have to agree! I've lived with dogs before and we got along fine.



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!



ALLISTER - 7 year old. Neutered Male. Domestic Short Hair Brown Tiger. I'm a very sweet (actually very sweet!) guy who can be independent at times. I like to be held and petted but only for a short time.



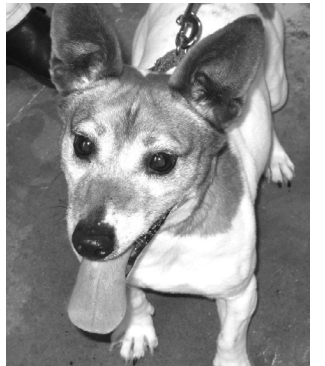
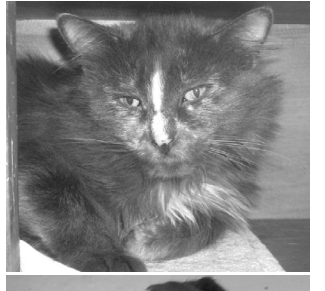
EPSON - 10 year old. Neutered Male. Domestic Short Hair Brown Tabby. I'm a super handsome dude who came to RCHS as a stray. I'm lucky to be in a nice warm place with great people taking care of me.



GILBERT - 6 year old. Neutered Male. Jack Russell Terrier. I am a Jack Russell. . .need I say more? The Jack breed is active, independent and has a high prey drive. On the bright side, the breed is also funny, smart and my antics will make you smile!



MISTLETOE - 3 year old. Spayed Female. Domestic Short Hair Tortoiseshell. I'm a real sweetheart who will happily greet you at RCHS. I'm on the small and petite size and will happily curl up on your lap and snuggle in and keep you warm.



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

Annual Tree Sale

Trees Beautify Our Surroundings and Help Save Energy. For these reasons and others the Rutland Natural Resources Conservation District (a non-profit organization) is offering a spring planting program. All stock is bare root and is being offered at a reasonable cost. It is best to plant bare-root trees immediately, in order to keep the fragile roots from drying out. The District has been offering this program for over 10 years and has sold over 20,000 plants.

Some of what is available are: balsam fir, fraser fir, blue spruce, white spruce, and white pine, red oak, red maple, sugar maple and birch, elderberry, cranberry, lilac, nannyberry, hazelnut, forsythia and dogwood, apple, and pear trees.

Strawberry, blueberry, raspberry, asparagus plants, and daylily's are also available.

Orders will be taken until April 15, 2011, or until supplies last, so order early! This sale helps to generate funds to support the District's many programs.

For further information, or an order form, please contact Nanci McGuire at the Rutland District office 802-775-8034 ext. 17. Tell her you saw it in The Mountain Times.



Louise Harrison Real Estate

Weekend and Seasonal Rentals Available



<p>Pico C304 1BR / 1BA \$99,000</p> <p>Pico F102 2BR / 2BA \$127,000</p> <p>Pico C303 2BR / 2BA \$149,000</p> <p>Pico I104 3 BR / 2BA \$224,900</p>		<h3>LAND</h3> <p>Shrewsbury - 62 acres with solar powered log cabin.</p> <p>Rutland Town/Mendon - 44 acres with terrific subdivision potential. Other contiguous parcels available.</p> <p>Mendon - 3 commercial/residential parcels priced from \$125,000</p> <p>Pittsfield - 2 acres on Hawk Mountain, not part of Association, near Green Mtn Nat'l Forest \$36,000</p> <p>Stockbridge - cleared 2.6 acre building site with septic design, views. \$45,000</p>
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TOLL FREE: 877-289-7100

254 South Main Street
Rutland, VT 05701

 <p>FOR THE SAVVY INVESTOR 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. \$550,000. Call Mike Kalil ext. 39</p>	 <p>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. Call Hannah Abrams ext. 35</p>	 <p>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 Killington, \$69,900. Call Mike Kalil, Ext. 39</p>
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802.773.8800
Toll Free: 888.599.8800

Dennis Volante
Gail Flynn

 <p>4 Bedroom, 3 bath contemporary home. Fieldstone fireplace, Deck, hot tub and view just REDUCED to \$199,950. Do not miss this one!</p>	 <p>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.</p>
 <p>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.</p>	 <p>One acre lot with existing 2 bay garage that had operated as MERRILL'S GARAGE only \$209,000.</p>

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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 for additional details. **\$278,000**




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802-345-8530, kyle@SkiCountryRealEstate.com

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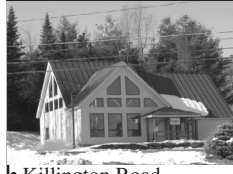
<h3>POST & BEAM</h3>  <ul style="list-style-type: none"> • 3Br 2.5Ba - 3 stall Barn+loft • Killington 22Ac, stone fireplc • Post & Beam \$550,000 	<h3>LOG-SIDED HOME</h3>  <ul style="list-style-type: none"> • Fabulous 1-lvl -3BR/2BA • Master BR/BA-south exp • Gas radiant heat \$279,000 	<h3>PASSIVE SOLAR GAIN</h3>  <ul style="list-style-type: none"> • Killington 2BR/2BA + Den • Open floor plan, new appliances • Economical utilities \$240,000 	<h3>SOUTHERN EXPOSURE</h3>  <ul style="list-style-type: none"> • 3BR/3BA - Gas heat - 1 Ac • Master BR/BA with whirlpool • Flat access \$349,000
<h3>SNOWMOBILE ACCESS</h3>  <ul style="list-style-type: none"> • A-Frame w/large deck • 3BR/1BA, woodstove • Riverfront Deck \$95,000 	<h3>LOG HOME - 4-CAR GARAGE</h3>  <ul style="list-style-type: none"> • Next to golf course - Gas & Elec • hot tub - oversized deck • 1700 sq. ft. \$395,000 	<h3>POST & BEAM</h3>  <ul style="list-style-type: none"> • 4BR/3.5BA, 4.7 Ac, landscaped • Open floor plan, pond • Mom-in-law apt. \$449,000 	<h3>FOR SALE OR LEASE</h3>  <ul style="list-style-type: none"> • Commercial, Retail, Office • 2 floors plus loft, 5324 sq ft • Septic w/Sewer available \$299K

New Luxury Town Homes






- 3BR / 3BA - 2200 sq ft
- Townhouse style
- Oversized Garage
- Starting at **\$369,900**

COMMERCIAL SPACE FOR SALE



- Killington Road
- 2700 s.f. - Post & Beam
- Large Open Area + Loft
- Easy to renovate
- Convenient to sidewalks, Shuttle-restaurants-ski shops & convenience store
- Motivated Seller - **\$425,000**

	(P)-Pool CONDOMINIUMS			(T)-Tennis Court
	Studio-1BR	2BR	3-4BR	
Ski In & Out				
The Lodges	(P)(T) \$129K		\$449K	
Pico-Condos	(P)	\$150-\$295K	\$368K	
Sunrise Condos	(P)(T)		\$399K	
Sunrise Townhouse	(P)(T)		\$699K	
Topridge Townhouse	(P)(T)			
Ski In / Shuttle Out				
Edgemont	\$85K	\$185K	\$183K	
Fall Line	(P) \$125K			
Highridge	(P)(T) \$139-\$148K			
Trail Creek w/loft	(P) \$190-\$223K	\$295K		
Whiffletree	(P)(T)	\$114K	\$169-\$179K	
Shuttle				
Mtn Green (Bldg 1 & 2)	(P) \$49-\$70K	\$70-\$99K		
Mtn Green (Bldg 3)	(P) \$50-\$85K	\$99-\$109K		
Pinnacle	(P)(T) \$107-\$111K		\$205-\$230K	\$370-\$390K
The Heights (NEW) w/oversized garage				
The Woods - Townhouse	(P)(T)	\$179K		
Close Drive to Slopes				
Birchwood		\$100K		
Glazebok Townhouse	(P)(T)	\$219K		
Colony Club Townhouses	(P)(T)		\$270K	
Fox Hollow	(P)(T)	\$149K		
Killington Gateway	(P)(T)	\$109-\$159K	\$150K	
Moon Ridge T/House			\$219K	
Northside		\$179K		
Pondview & Valley Park		\$115K		
Silver Birch		\$125K		

<h3>MAGNIFICENT GREAT ROOM</h3>  <ul style="list-style-type: none"> • 2BR+den+sleeping loft, laundry rm • Oversized 2 car heated garage • Hike & VAST trails nearby \$249,900 	<h3>OUTDOOR HOT TUB</h3>  <p>www.396AnthonyWay.com</p> <ul style="list-style-type: none"> • 4BR/3BA renovated home • Views, stone fireplace • Finished basmt with rec rm \$299,000 	<h3>SNOWMOBILE TRAIL ACCESS</h3>  <ul style="list-style-type: none"> • 3BR/3BA - Garage-Mtn Views • Stone F/place - South Exposure • 20x15 Master Suite - \$469K 	<h3>GRIST MILL AREA</h3>  <ul style="list-style-type: none"> • 4BR/3.5 BA - Outdoor hot tub • New roof, 2 kitchens • Large deck \$399K
<h3>NEXT TO GOLF COURSE</h3>  <ul style="list-style-type: none"> • 4BR/2BA -large Master • Spacious & Light Kitchen • Paved Driveway \$359,000 	<h3>SKI BRIDGE AREA</h3>  <ul style="list-style-type: none"> • 4BR/2BA - outdoor hot tub • Stone fireplace, metal roof • Close to ski bridge \$285,000 	<h3>ECONOMICAL "CREAM PUFF"</h3>  <ul style="list-style-type: none"> • 4BR/3BA + 3.5 car garage • Solar design, loft/den, Paved driveway • Midway Rutland/Killington - \$465K 	<h3>NEAR VAST TRAILS</h3>  <ul style="list-style-type: none"> • 2BR - 1.5 BA - Oil Heat • Bridgewater- Annex Bldg. • Open Floor Plan - \$169K
<h3>GREAT TRAIL VIEW!</h3>  <ul style="list-style-type: none"> • 3BR, 4BA+den+Mudrm, 3Ac • large kitchen, indoor whirlpool • 2 master suites w/places \$449K 	<h3>DUPLEX OR LARGE HOME</h3>  <p>INCOME PRODUCER</p> <ul style="list-style-type: none"> • 3BR/2BA per side, turn-key • Upgraded - wd burning f/places • Open Floor plan \$339K 	<h3>LOG HOME</h3>  <ul style="list-style-type: none"> • 2-3 Bedroom, 1 bath • 4 mi. to Killington Rd • Wood floors \$278K 	<h3>EXQUISITE RETREAT!</h3>  <ul style="list-style-type: none"> • 3BR/2.5BA w/guest suite • 2 Stone fireplaces,loft, wine cellar • Overszd 2-car heated garage. \$689K

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Property	Description	List Price	Last Comparable Sale		Peak Sale \$ (since 2006)
Mt. Green 3A15	1BR/1BA with pool, fitness, shuttle	\$63,900	\$67,000	11/2010	\$105,000
Whiffletree C1	1BR/1BA gas fireplace, ski home shuttle out	\$79,900	\$87,300	12/2009	\$110,500
Pinnacle E4	1BR/1BA low association fees, shuttle to/from	\$89,000	\$89,500	12/2010	\$150,000
Pico D206	1BR/1BA with great ski in/ski out access, wood fire	\$90,000	\$104,000	6/2010	\$149,000
Trailside A3	1BR/1BA ski on ski off, porch, deck, private hot tub	\$109,900	\$152,900	10/2004	\$152,900
Fall Line B5	1BR/1BA with ski trail views, ski home, shuttle out	\$119,900	\$149,000	8/2009	\$177,500
Woods V41	2BR/2BA wood fire, Spa, private shuttle	\$129,000	\$133,000	10/2010	\$175,000
Woods A7	2BR/2.5BA townhome on pond, Spa, shuttle	\$150,000	\$162,500	10/2009	\$235,000
Highridge E16	1BR/2BA with loft, wood fire, pool, hot tub, shuttle	\$157,000	\$158,000	4/2010	\$230,000
Highridge E8	2BR/2BA wood fire, pool, hot tub, shuttle	\$164,000	\$165,000	8/2010	\$305,000
Woods V22	2BR/2BA with loft, wood fire, Spa, private shuttle	\$165,000	\$220,000	6/2008	\$220,000
Pico G303	3BR/2BA with loft on ski in/ski out trail at Pico	\$225,000	\$297,000	10/2006	\$297,000
Highridge C11	2BR/3BA with loft, wood fire, pool, outdoor hot tub,	\$275,000	\$285,000	6/2009	\$285,000
Woods B9	3BR/3BA with loft, wood fire, Spa, private shuttle	\$278,000	\$285,000	12/2009	\$312,000

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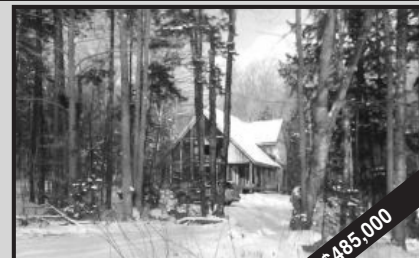


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PLYMOUTH. 12 A+/- Radiant heat. Loads of glass and light. Private Minutes to skiing, golf, lakes & restaurants. Call for complete fact sheet. TRULY A MUST SEE PROPERTY.



KILLINGTON. One owner private retreat on 2.5A+/- Close to all area attractions. Sweet mtn views. Great permanent or vacation family home.



PLYMOUTH. Custom Built on 10 private acres. Close to skiing, golf & lakes. Lots of light & glass. Central air. Screened porch. 2 car det. gar. Wrap around deck. A MUST SEE.



KILLINGTON. Nice house in great neighborhood w/easy access to ski area, restaurants & nightclubs. Pond on site. Deck expanded in '99.



BRIDGEWATER. Perfect starter or vacation home. Shed for extra storage. 1.6 miles to Killington Skyship. Large deck.

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

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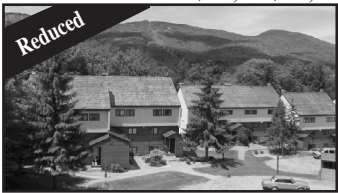
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GORGEOUS KILLINGTON CONTEMPORARY If you like to entertain, this home is for you! Huge great room w/vaulted ceilings, wet bar, gas FP, large sun room w/sauna & deck w/Hot Tub. Quality throughout. 5 BRs.3 BAs. 3-Car heated garage. Gorgeous Master BR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



CHARMING KILLINGTON FARMHOUSE 4 BRs, 3 BAs, New roof, windows & electric service. Midway between Killington Base Lodge & Skyship. Fully furnished & equipped. EXCLUSIVE.....\$139,000



EDGEMONT CONDOMINIUM Enjoy lovely year-round views, from this nicely appointed & furnished 2-level, 3-BR condo w/wood-burning FP. Ski home, winter shuttle bus. REDUCED TO.....\$175,000 \$165,000



LARGE 5-BR 3-BATH PITTSFIELD home with full, walk-out basement & a 2nd FP. Living room w/stone FP & beamed ceiling, oil heat. Fully furnished. Close to VAST trails. EXCLUSIVE.....\$225,000 \$200,000

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