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Volume 40, Number 37 Central Vermont's Premier Weekly Newspaper September 15-21, 2011

RECOVERY

Vermont Recovery After Irene

Read about what is being done to re-build communities and helping our fellow Vermonters. Also find helpful information concerning FEMA and other agencies offering aid.

PAGES 13-18

GENERATION Y

A Moment of Silence

I discovered something about myself that I think would make me unpopular with a lot of people if I admitted it, which is precisely why I feel that I have to admit it to you.

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LOCAL

Fill the Cupboard Challenge

With record demand for local food assistance, Central Vermont Public Service announced a 22,000-item goal for the 2011 CVPS Fill the Cupboard Challenge.

PAGE 22

LOCAL

Regional News

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

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Vermont Recovers.... Major Progress Made

by Royal Barnard, publisher
Photos by Jerry LeBlond

As I sit at home this evening, displaced from our normal but flooded newspaper office in Killington, I pity those who are not here to appreciate the beauty of our state and the people who live and work here.

"Yes," portions of our Green Mountain State have been ravaged by Hurricane Irene, but we are more alive than ever. "No," I am not encouraging you to rush up to check on your condo at the resort. We still have work to do, and if we stay out of the way of heavy

equipment the major roads are planned to open within a week.

My message is that most of the state is in "open for business" and that you should not imagine that Vermont is sitting here waiting for help.... or that you won't be able to come to enjoy the foliage or winter mountain activities. We'll be OK and so will you.

In fact, leaves turn color in many states around us. The scene may be similar and you may imagine that you're seeing what Vermont may be. But, in truth, the



essence of Vermont is not leaves, trees, mountains or snow.... it's a much larger and more powerful place of strength,

Vt Recovers on page 2



Woodchip Pkwy, Volunteers Guinness, Chris Kirbach, Mike Barone, Debbie Poplawski

Personal Recovery: Self-Care in Vermont's "New Normal"

by Sheryl Rapée-Adams

Hurricane Irene came and went last month. For many Vermonters, the recovery continues, and will for some time. If you are among them, what goes through your mind when someone asks, "How are you?"

As Vermonters and countless others help with the recovery, it is important to check in on one's personal recovery. Flood-affected residents, volunteers, and relief workers may be living with greatly increased stress levels, disturbing their resilience to the normal pressures of life. Applying self-care helps the individual and everyone they encounter.

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WEATHER



Wednesday Cloudy 71°
Thursday Showers 60°
Friday Sunny 58°
Saturday Sunny 63°
Sunday Sunny 68°
Monday Sunny 69°

Forecast Received September 13, 2011

VT Recovers

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As I sit at home this evening, displaced from our normal but flooded newspaper office in Killington I pity those who are not here to appreciate the beauty of our state and the people who live and work here.

“Yes” portions of our Green Mountain State have been ravaged by Hurricane Irene, but we are more alive than ever. “No” I am not encouraging you to rush up to check on your condo at the resort. We have work to do and we have a week or so remaining before we can accept general traffic through critical work zones.

I would emphasize that most of the state is “open for business” and that you should not imagine that Vermont



is sitting here waiting for help.... or that you won't be able to come to enjoy the foliage or winter mountain activities. We'll be OK and so will you.

By comparison, leaves turn color and ski trails exist in many states around us. The scene may be similar and you may imagine that you're seeing what Vermont may be. But, in truth, the essence of Vermont is not leaves, trees, mountains or snow.... it's a much larger and more powerful place of strength, unity and belonging.

At this moment there is some grief and hardship, but it is dwarfed by love, generosity caring, sharing and hard work.

I recall as a child my parents “dragging” me off to funerals. There were no toys at the funeral home (which by the way was owned by my Grandfather) and I didn't like the experience. Later in life I began to understand that a funeral was not about death, it was about survival and rebuilding. I learned that there was wonderful power in people coming together in times of need. “No” this is not the best way to arrive at these conclusions, but it's part of life, and to miss out on the opportunity to help your neighbors is great loss.



There is no funeral in Vermont today, rather there is a massive sharing of energy, supplies, resources, and human understanding... and it is bubbling from the ground beneath us. Water can't stop this. Nothing on the planet is more powerful. Nowhere on the planet is this human experience more pure than exists every day in Vermont.

FEMA may not be the most efficient organization in America, but somehow my stranded co-worker, Erica, found a package of supplies at her door in Rochester. She had no idea how it got there, but the box included food, diapers, baby wipes, peanut butter and jelly... and someone had put in a stuffed Mickey Mouse toy for their daughter Fiona.

We have a tendency to doubt the “big companies” in our neighborhood. Here in Rutland County we're served by Central Vermont Public Service as our electricity provider. We bitch when they ask for a rate increase, but in fact, our rates are quite competitive for a rural state with enormously difficult terrain in which to maintain power lines to isolated places. CVPS has been an absolute leader here, not only reconstructing power, but building roads, leading fundraising and generally offering comfort to their clients.

At one time in my life I was less than happy with my “power company.” Not any more. They don't sell power, they sell service... and they're damned good at it.

Americans also have an inherent distrust of government. We think it's mostly wasteful and expensive. While this may be true in some places, it's my observation that our local government has shown it's value and efficiency.

Vt Recovers on page 5



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A Moment of Silence

Like many Americans, I spent September 11, 2011, watching football – which seemed to me not an especially noble way to occupy myself on the tenth anniversary of our nation’s greatest tragedy, but then again, for most of us, life, unfortunately, isn’t about being noble; for most of us, it’s about stuff like watching football. Anyway, while watching, I discovered something about myself that I think would make me unpopular with a lot of people if I admitted it, which is precisely why I feel that I have to admit it to you.

Here it is: I’m really, really uncomfortable with most 9/11 tributes. As you probably recall, the National Football League ran spots featuring Robert De Niro (who gravely intoned, “The NFL remembers”), played “Taps,” and unfurled giant flags. Uniforms bore stitched-on ribbons; Rex Ryan wore an FDNY hat. You could hear “USA, USA” chants from the crowd. And I know people enjoyed this, but hear me out.

For ages, professional athletics organizations – especially the NFL and the MLB – have self-servingly promoted a link between sports and country. The idea is that, since football and baseball are American games, played (much of the time) by American athletes, watching them is an act of patriotism, like eating apple pie or pledging allegiance to the flag. A Bengals-Browns matchup isn’t a meaningless helmet-bashing contest between millionaires: it’s a celebration of the USA, of all of us. With its culture of patriotism, the NFL naturally had to plan something special for the tenth anniversary of the attack on the World Trade Center, right?

What I believe is that the most respectful thing the NFL could have done would have been not to mention 9/11 at all. No memorials, no songs, no shots of firefighters or of the New York skyline. If they’d wanted to pay tribute, they could have done so by recognizing that football games – no matter how thickly shrouded in red, white, and blue – are silly, insignificant things and have no business involving themselves with tragedies. We don’t build Holocaust memorials inside amusement parks; we don’t hold circuses on top of graveyards.

There was a lot of talk on Sunday about remembrance,

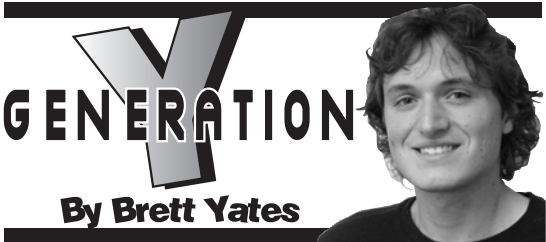
but the truth about football is that it’s not about remembering; it’s about forgetting. We watch football precisely in order to forget about stuff like 9/11. The NFL designs tributes in order to assuage our consciences about this: if we spend ten seconds in silent commemoration of the dead, then maybe we won’t feel so bad about spending the rest of the afternoon drinking beer and going crazy over famous, living people throwing a ball around. We’re not doing this for the victims of the tragedy – we’re doing it for ourselves.

Grieving is hard, but ceremonies are easy; one of the uses of the latter, I think, is to absolve us from doing the former in a thoughtful, difficult manner. If you want to spend 9/11’s anniversaries thinking about those whom we lost, that certainly is commendable. If, on the other hand, you want to spend your 9/11s watching football, well, then, let’s at least admit what we’re doing. Let’s not have our fun and say we’re actually mourning. The ceremonies don’t really count.

One of the terrible parts about disasters in which a lot of people are killed is that they leave the rest of us behind, alive, and we’re not better human beings afterward or more profound. The majority of us remain trivial people who go about doing trivial things and, for the most part, not thinking about all the horrible, serious things in the world. To my mind, it’s more honorable for us to accept this and try to forgive ourselves – because, after all, we’re human, just like the deceased once were, and if they were in our spot, they’d probably be living the same way we are – than to try bolster our egos by injecting our trivialities with faux-solemnity.

So, with that in mind, let’s talk about Facebook. On Sunday, my Facebook feed brimmed with somber tributes, nearly all of which contained the phrase “Never forget.” One thing I noticed about these posts, though, is that none of them contained any real memories or talked about any people; they merely paid brief lip-service to the act of remembrance. The mourners had dropped off their flowers and quickly departed, their duty publicly fulfilled.

I confess that I actually got angry enough about this that I was tempted to write snarky replies to my friends’ statuses: yes, snark, on the tenth anniversary of 9/11



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– I actually wanted to make fun of these memorialists, contradict them, correct their grammar. I wanted desperately to admit my triviality and thereby force others, somehow, to admit their own. As some of my less thoughtful friends began to switch their profile pictures to photos of the Twin Towers and the American flag, I was, perhaps somewhat crazily, on the verge of accusing them of actually enjoying 9/11 – they liked feeling as though they were a part of an important historical event. And probably this was a little bit true for some of them – everyone wants to be a part of history – but it’s such a hurtful accusation that it really shouldn’t be hurled around. 9/11 is a complicated, confusing subject, and people’s feelings are complicated and confused; people aren’t monsters.

There is a place, I know, for group mourning, for coming together and sharing sorrow. Maybe Facebook, with its 500-character-maximum status updates, isn’t that place. But if we feel like saying something, let’s forgo another self-flattering “We’ll never forget.” Here’s my suggestion: “We spend most of our time trying to forget, but sometimes we still remember.”

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How Could a Fish Survive That?

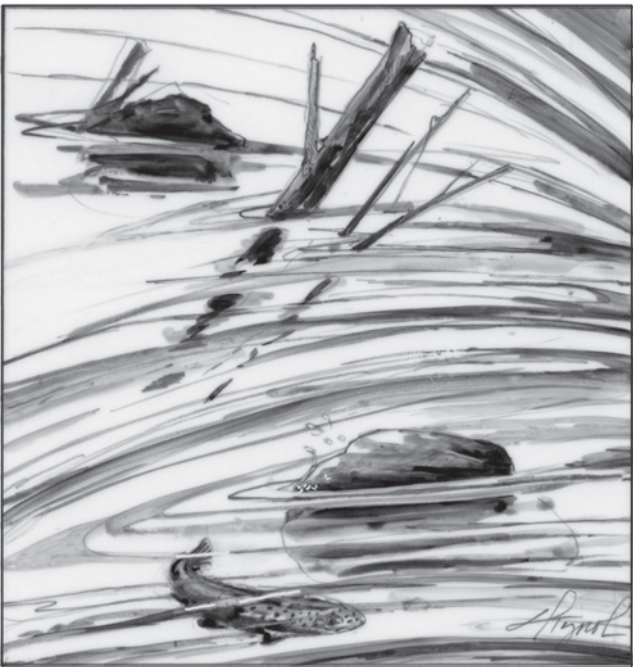
There were times, during Tropical Storm Irene, when the rivers in Vermont and New Hampshire seemed to be made out of something other than water. Whatever it was was viscous and liquid, sure, but that roiling, furious, chocolate-colored mass was unlike anything many of us had ever seen before. When we talk of river water we usually use words like “sing;” river stewards have been known to take things to worshipful extremes and use words like amniotic. But this. This fecal, angry substance carrying cars and horizontal trees was something else entirely.

Watching the raw power of the river water in the aftermath of Irene, it was impossible not to think of the animals that live there. How, on earth, could a trout survive? If each foot of rising water produces 500 pounds of lateral force, then wouldn't every single living thing be swept away in such a torrent?

Talk to a fisheries biologist and you'll learn that the answer is “no, but.” The no part can be chalked up to physics, among other factors. A trout's streamlined shape minimizes resistance, and its slimy epidermis cuts down on water friction. They hug the bottom of the stream during a flood, where things are slower and less turbulent than higher in the water column. They hide behind rocks and snags and in pockets inside stream banks where the natural structure decreases the velocity of the water, much as humans might use a building as a windbreak. And when all else fails, they get out of dodge and seek slower water outside the stream channel, a move that can lead to stranding if the water level drops too quickly.

The ‘but’ part of the answer reflects the fact that some fish don't make it. Biologist Rich Kirn, with the Vermont Fish and Wildlife Department, says that with a normal-sized flood he'd expect to see some decline in fish stocks, but Irene was above and beyond normal. Vermont has monitored fish populations at stations throughout the state for the past few decades. Kirn says that biologists have already noticed some decline in salmonid populations due to the spring flooding in northern and central areas of the state, and expect to see more in the wake of Irene. Fortunately, Irene's flash flooding was late enough in the year that the hatchlings stood a fighting chance. Late spring floods in May and June can be especially hard on trout populations, as the just-hatched fry are especially vulnerable.

When the animal life in a river will recover depends



on how much damage occurred. In areas where the riparian vegetation was wiped out and the river channel inundated with sediment, or conversely, scoured raw, it might take years, if not decades. New Hampshire fisheries biologist Jason Carrier points to the Nash Stream in northern New Hampshire – where years of poor river management, coupled with a dam break and subsequent flood in 1969 left the river in a moonscape condition – as an example of a catastrophic flood we're still recovering from. New Hampshire Fish and Game, Trout Unlimited, The U.S. Forest Service, and dozens of local

environmental and civic groups have chipped in tens of thousands of dollars towards streambed restoration efforts on Nash Stream; trout habitat is being improved by putting logs, root balls, and large boulders back into the sterile channel.

There's a paradox and a silver lining in that last line. Both Kirn and Carrier point out that in areas that weren't catastrophically damaged, the floods associated with Irene could help trout populations in the long run. Floodwaters can scour stream bottoms and enhance spawning areas, as cleaner gravel equates to higher hatch rates. And as the downed trees and debris become incorporated into the stream channel, the surviving trout will flock to the new structures. While it's disheartening to consider the short-term mortality, a flood of this magnitude is a great example of nature's penchant for regeneration through violence. Like a forest fire wiping the slate clean and allowing a pitch pine forest to start all over again, so does a flood rejuvenate a river.

Kirn says that whatever the horror of Irene, the fish and freshwater invertebrates will bounce back. “New England's a rough place to live for any fish,” said Kirn. “You've got anchor ice and ice jams to contend with in winter; floods every spring; heat and low flow in the summer. But the fish have adapted to it. They take a hit and come back.”

Dave Mance III is the editor of Northern Woodlands. The illustration for this column was drawn by Adelaide Tyrol. The Outside Story is assigned and edited by Northern Woodlands magazine and sponsored by the Wellborn Ecology Fund of New Hampshire Charitable Foundation: wellborn@nhcf.org

Vermont is Open For Business

MONTPELIER, Vt. – Adding another dimension to its inspirational response to Irene, the State of Vermont today announced a multi-disciplinary task force charged with restoring tourism, and the vital economic activity it generates, during the state's celebrated fall foliage season.

Composed of representatives from the Vermont Chamber of Commerce, Vermont Ski Areas Association, Vermont Agency of Transportation, Vermont Department of Forest Parks and Recreation, Vermont-based communications firms HMC2 and Hen House Media and state tourism officials, the task force will use a comprehensive communications campaign to highlight the accessibility of Vermont and that most areas of Vermont are ready to provide the inspirational foliage experience the state is known for.

“While Vermont continues to work diligently to revitalize areas impacted, Governor Shumlin and Lt.

Governor Scott have tasked us with doing everything we can to communicate that, with a few exceptions, our communities—and their inns, bed and breakfasts, attractions, restaurants and resorts—are open for business and that, without exception, our foliage season is going to be spectacular,” said Steve Cook, deputy commissioner of tourism.

“With the interstates and 85 percent of the state's roads fully open, visitors can have the authentic Vermont foliage experience that our state is so very proud to provide,” Cook added.

“We want people to know that Vermont is open for business, we are ready to welcome visitors for our spectacular fall foliage, and there are a ton of memorable things to do and see here in the Green Mountain State,” added Vicky Tebbetts, vice president of the Vermont Chamber of Commerce.

“Vermont is moving forward—that's the Vermont way and it's an impressive sight to behold,” said Parker Riehle, president of Ski Vermont. “One very important way to help with this effort is to keep or make travel plans to visit Vermont. We'll be here to greet everyone with a warm smile when they arrive.”

The task force expects to launch the first element of its effort Friday and sustain the campaign through foliage season. For example, in addition to traditional media, and given the significant role that social media and user-generated content have played in the response to Irene, this task force will make extensive and innovative use of grassroots social media outlets that will allow Vermonters and visitors alike to actively participate in the campaign. Information on the Foliage Force and ways to support this effort can be found at www.vermontpartners.org.

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New Normal

continued from page 1

Chin-up in Mendon
For many, thriving in recovery means helping others. “I’ve talked to lots of folks whose lives have been disrupted, a little or a lot,” reported Anne Lezak, a volunteer at the Mendon Town Office. “What most impressed me is the many people who say, ‘We were lucky; it could have been much worse.’”

This attitude reigns on the Woodchip Parkway. The ½-mile path through the woods on private property has become a major byway allowing travel between “The Island” (portions of Mendon and Killington cut off by damaged roads) and points west, such as Rutland, where many work, attend school, and use other services.

Last Sunday, a smiling, relaxed-looking man hopped onto a Woodchip Parkway shuttle, one of several golf carts donated by Green Mountain National Golf Course, and driven by volunteers whose rotating shifts provide constant coverage of the Woodchip Parkway. “My commute now takes two hours each way,” he shrugged, still smiling. “It’s fine.” He waved as the shuttle rolled into the woods.

Mendon resident Mike Barone, who lives on “the mainland” and is one of several people volunteering daily at the Woodchip Parkway, noted, “We could have called this ‘The Huggy Trail,’ because so many people stop to hug, shake hands, and greet each other before heading off toward the other side.”

Help Yourself

Helping others is the way things work in post-Irene Vermont. “It’s the Vermont way,” as the saying goes, and Vermonters rightly proclaim, “I am Vermont strong.” Still, people need to help themselves. As much as things could have been worse, things may be very stressful now.

“In order to take care of others, we also need to take care of ourselves,” affirmed Stephanie A. Jones, RYT, a Rutland yoga teacher. “Yoga is a wonderful option for self-care to strengthen the body and calm the mind, and to be around others taking care of themselves. I’ve been reminding people that ‘the lotus grows out of the mud.’”

“People feeling anxious or angry would benefit from some form of aerobic exercise to burn up the stress hormones and relieve muscle tension, and relaxation like yoga or abdominal breathing,” recommended Wendy Leffel, MD, Life, Health, & Wellness Coach at Essential Wellness in Middletown Springs.

“It will take people a long time to adjust to this ‘new normal,’ and they should have realistic expectations,” advised Rutland family therapist Patricia Brown, LMFT, who has several patients in flood-recovery mode. “Ask for help, and don’t refuse help. That makes a huge difference in managing something this overwhelming. Talk to each other, talk to your family members and neighbors. Talk about what you need and about your experience. Don’t try to hold it in.”

Dr. Leffel cautioned, “Avoid overusing alcohol or falling into other addictions in an attempt to cover up stress. Instead, get out the feelings somehow: talk to others,

journal or blog. Reading Pema Chödrön’s book *When Things Fall Apart* is a good suggestion for people with a spiritual interest.”

Self-care for a care-giver
Killington massage therapist Michelle Sicard-Durney evacuated her home off Route 100 with her husband John and their two young children, and lodged with friends. As friends helped them dig trenches to divert water around their empty home, the Sicard-Durneys also pitched in to help others in even greater need get food, water, medication, and other supplies.

As a massage therapist, Sicard-Durney knew how much her neighbors in recovery mode would benefit from a relaxing massage. “I felt like there was so much more I could be doing to help people, but I felt like I really needed to focus on my family and my children and being available to them,” she said.

At one point after the family was able to move back into their own home, Sicard-Durney needed to unplug. That day, self-care meant she turned off the TV, stopped looking at images of the flood, and even avoided hearing people talk about it. She said, “I think it’s important to realize when you’ve had enough and need to take a break. You can’t be helpful to anybody else without recognizing when you’ve reached your limit.”

Now that things are normalizing, Sicard-Durney, a Certified Massage Therapist with Mountain Muse Massage Therapy, has been donating gift certificates and offering “flood discounts” for therapeutic massage treatments.

Mutual care includes fun, too. Sicard-Durney and friends spontaneously planned a Killington Island Party at Kent Pond for anyone who could get there. They grilled food that was due to spoil and shared stories. A Long Trail beer representative somehow made it from the Long Trail Brewery to Kent Pond, which took two hours, and brought beer and water for



Christy & Owen Murphy with Jayda

the parties. The party was an opportunity for sharing and mutual reassurance.

Brown, the family therapist, reassured: “People will experience grief, and in their support and care for one another, they’ll experience hope.”

Sheryl Rapée-Adams, M.A., M.S., is a massage therapist, reflexologist, and community organizer in Rutland.

PS: Woodchip Parkway Donors
Many Thanks to: A1 Sewer & Drain Service; Celebration Rentals; Central Vermont Motorcycles; Garden Times; Green Mountain National Golf Course; Inn at Long Trail Volunteer Shuttle; John Deere; The BUS; Vaillancourt’s Tree Service; Special Thanks and Gratitude to:; All property owners on Helvi Hill Road, Sherwood Drive, Journey’s End Road; And all the Community Volunteers

VT Recovers

continued from page 2

In the case of State government they are, of course, putting the PR message on the relief package, but they’re doing their job. I believe The State of Vermont is well better than most government bureaucracies. “Nope”... they’re not perfect, but show me one that is and I’ll gladly write the story.

As of this date.... September 8, 2010... I was supposed to be “retired.” Our family newspaper was scheduled to be sold to our friends at the Addison Independent... another Vermont family enterprise. The sale was to conclude on August 31, however, “Irene” hit a few days before and the “landscape” of Killington and our “deal” changed. We will, however, complete the transition by October if Mother Nature” leaves us alone for a bit.

I can’t complete this essay without picking out a few of the many people around us who have shined their lights of energy:

The Mountain Times staff members - Erica, Stacy, Renae, Lindsey, Charlie, my wife Zip, my daughter Haley and husband Mike. Our regular freelance writers Debbie, Johnnie, Brett, Cindy, Lani, Ralph, Greg, Thomas....

We have also discovered another resource in the many volunteer contributors who have sent us photos and first hand accounts of the storm and of recovery efforts. This has been “Facebook” on steroids. You can’t imagine the power. There are too many names to mention, but you know who you are. Thank you.

We have taken much needed energy and enthusiasm from hundreds of messages from around the country of encouragement for the live info being posted on our website daily. Six months ago I wasn’t sure if it was worth the major investment we made to be leaders in digital reporting.... now I know why we needed to do it. We are absolutely blessed that we did it in time. Thanks to NimblePros of Hudson, OH for their friendship and expertise.

We are grateful for the support of our clients, many of whom have worse challenges than ours, and nobody is com-

plaining.... most are working together, despite competitive goals. Local restaurants and markets, for example, are organizing supply caravans with no concern whose goods are on whose truck.... and no problem putting the goods on someone else’s shelves or in their refrigerator or freezer.

There are many heros in this scene... the closest to us is Robert Peterson of Peterson Enterprises, who has been in charge of our regular office maintenance. Robert was the only person in Killington with access to the building after the storm and he took charge in removing debris, cleaning, sanitizing, fixing, coordinating with other contractors, delivering newspapers to isolated areas... and more. We would have been in MUCH worse shape without Robert and his crew.

As the sun sets here this evening, I’m looking at a placid scene overlooking the wonderful City of Rutland. Above me in the hills of Killington my friends and clients are mostly open and ready for business, albeit the temporary lack of normal road access. This will change soon as the full power of local contractors, the National Guard and government agencies finish up road repairs. Reconstruction of Route 4 is on the top of their list of priorities. If there is no more tropical storm weather we will be fully accessible shortly.

Finally, I thank our friends and partners at Killington Resort. “Yes,” Killington is our biggest client and partner. “No,” I’m not saying this to make them happy, or hope that they’ll continue to run their ads. A true partnership isn’t about money. It’s about driving on the same road, with the same destination and caring about your passenger. Thank you Chris and staff.

If you read this report from afar have no fear that Vermont welcomes you now, and that with each passing day more of our wonderful state is awakening from the crash that landed on our heads. If you see some rubble in a ditch, or a patch in the road be reminded that it is no scar to our heart.

Welcome back to Vermont

More Flavor!

Champlain Harbor Marina adds some flavor to the season with a new Chef at the Sea Harbor Tavern and an all-new Oktoberfest German menu for the Fall. Chef Mike Decsi has been a professional chef for 35 years and studied German cuisine under Master Black Forest Chef Helmut Goetz for 3 years at the Edelweiss Restaurant in West Hartford CT.



photo by Renae Rhodes

Rutland Free Library Celebration

Mark your calendar to help celebrate the 125th Birthday for Rutland Free Library by attending a party on Sunday, October 2nd from 2 pm to 4 pm at 10 Court Street in Rutland. What was the library like in 1886? What does the future hold?

Come celebrate with family and friends! There will be cake, live music, memorabilia, a historic timeline, kids’ activities, balloons, storytelling, a group picture and more. It’s free and open to all! Call (802) 773-1860 for more details.

We will be distributing free t-shirts at the party. The front will have a picture of

the library and the back will have a listing of all the sponsors. We are asking for a one-time gift of \$125 in recognition of 125 years of service to Rutland and the surrounding communities. Your gift is tax deductible. Checks may be made out to Rutland Free Library and sent to 10 Court St, Rutland, VT 05701 – Attn: 125th Birthday Party.

In order to have your name on the t-shirt please make sure we receive your check no later than Wednesday, September 21st. Thanks so much for supporting the Rutland Free Library!

Getting There Takes Ingenuity

Notes from the field courtesy of CVPS

When entire towns and dozens of neighborhoods became isolated, employees looked for new ways to get in to see the damage so recovery plans could be made.

CVPS routinely uses helicopters to assess high-voltage transmission lines following storms, but employees used whatever they had to get past washouts and bridges to survey smaller lines and road damage.

Chief Engineer Greg White hiked five miles to get into Rochester so he could evaluate the damage to a key substation long before roads reopened, while Royalton Operations Supervisor Ben Bemis rode his off-road motorcycle to look at damage. A

fixed-wing plane was used to take a look at road damage in some areas, while other employees set out on bicycles to do assessment where no other vehicles could go.

Forestry Manager Duane Dickinson and meter readers Tim Madore and Charlie Daigneault rode mountain bikes into the backside of Wardsboro, West Jamaica and East Dover after all usual access routes were washed out.

“We had to actually ford the rivers,” Dickinson said. “We carried the bikes over our shoulders and got back in wherever we could. The local folks were really helpful, pointing out alternate access routes like ATV trails.”

Still, there remain places that are simply inaccessible due to extreme washouts, landslides and debris.

Chandler Events

Watercolor Exhibit

The Vermont Watercolor Society is pleased to announce its 2011 fall juried exhibit at Chandler Gallery in Randolph, Vermont. The show, “WET: Washes, Energy and Technique”, will run from September 30 to November 12.

An opening reception will take place on Sunday, October 2 from 3 - 5 pm. The public is invited. Admission is free and refreshments will be served.

The VWS will offer a powerpoint presentation and painting demonstration on Saturday, October 29 starting at 10 a.m. til noon, with the opportunity for participants to do some hands-on experimentation.

This exhibit is the second 2011 juried show for the watercolor society, and the first VWS show to be held at Chandler. Ninety-seven works were submitted for the jury process and forty-nine paintings were accepted by a group of judges from the Chandler Gallery committee. Membership in the VWS is spread throughout the state, and the society looks forward to this exhibit in central Vermont, allow-

ing its nearly three hundred members an opportunity to meet, to view the work of fellow painters and share their works with the extended community.

The Vermont Watercolor Society is a non-profit organization started in 1995 to promote the awareness and appreciation of the art of watercolor painting to its membership of all levels of ability. It offers community opportunities and venues for participation, education, fellowship, and exhibitions. The society has grown from nine dedicated members to nearly three hundred strong in fifteen years. All watercolorists, from novice to professional, are invited to join at any time as associate members. Signature member status can be earned by being accepted into three juried shows within a five year period. The society offers workshops, paint-outs, “hub” activities and two membership meetings per year.

Chandler Gallery is located at 73 Main Street in Randolph and is open on Thursday from 4 to 6 pm, Saturday and Sunday, 1 to 3 pm, and by appointment by calling 802-431-0204. www.chandler-arts.org



Hi Mountain Times, LETTER TO EDITOR

I just got back from CT where I DJ'd a wedding that had to be moved from Mountain Meadows. The people couldn't thank me enough for coming down. Besides that everyone that knew I was from VT came up to me offering their support.

This is such a great community that people here and afar love. That is why I'm so proud to live here and help out. Instantly I was helping to deliver water, gas and supplies to stranded friends in Pittsfield. The Pittsfield community really banded together in that time of need.

That is a special town.

I was hiking to Journeys End as that is the only way I can get to K-town. Tonight I'm volunteering at the trail from 7pm-12am to help people at the trail. Mendon is doing a tremendous job in helping people. From the police to the construction workers to the volunteers, it's all amazing. People can go to Mendon Town Hall to sign up. So many people want to volunteer but all don't know how.

Your last few editions were classy and amazing.

Thanks, DJ Dave

Videographers Needed For Area Sports

PEGTV, Rutland County's community access television station, is seeking volunteer producers to videotape any local athletic events. Why not volunteer to sportscast your child's soccer, football or field hockey game? Any age level is acceptable.

We will train you and provide you with state-of-the-art equipment. And it's all FREE! Plus, you will be providing the community with a valuable asset.

There's no experience necessary. Call the station at (802) 747-0151 for more details.

Guide to FEMA ASSISTANCE

Note: Joelle Jarvis will be at the Killington Town Office starting on Thursday from 1-4 pm to offer assistance to individuals and businesses with claim inquiries.

1. You MUST register! Everyone who might need any type of assistance at all must register. Business owners you must register EACH BUSINESS individually.

www.disasterassistance.gov, 1-800-621-FEMA (3362) or for hearing/speech impaired only TTY: 1-800-462-7585

2. When registering or communicating with FEMA ensure you have the following information:

Social security number (s) for you and your family members

Current and pre-disaster addresses

Phone number

Type of insurance coverage you have

Total household income

Routing and account number for deposits to your bank account

3. If you have homeowners insurance - you MUST make a claim even if you know it won't be covered. Make sure you keep a copy of the claim keep the denial letter from the insurance agency. You MUST submit those with your FEMA claim. Car insurance is not subject to flood exclusions - if your car was damaged and you have insurance submit your claim right away.

4. Document EVERYTHING! Keep every receipt, document every volunteer hour, keep track of every repair you made, every expense you incurred.

5. When making a claim, you are going to need various forms of documentation,

you can start getting things together now in preparation for the future:

Proof of ownership of your home or proof of tenancy

Car registration and proof of insurance
Birth certificates for all household members

http://www.usa.gov/Citizen/Topics/Family_Issues/Vital_Docs.shtml for lost documents

Insurance documentation - Chroni- cing of all damage - including before and after pictures

6. Business owners document loss of goods, loss of revenue, work being done, repairs to property and/or infrastructure needed and completed etc.

7. Business owners - file an application for an SBA loan for each business you own, you are not obligated to accept the loan, however, not applying may pre- clude you from receiving additional assistance. <https://disasterloan.sba.gov/ela/> or call 1-800-659-2955

We will let you know when there is more information on the DRC. They will also be setting up a time for Red Cross consultation and case management, which will provide information on resources, assistance and programs through all types of organizations. They will meet with individuals and families privately on designated days. At some point you may receive an SBA loan application - you MUST apply for this loan to qualify for any additional help - even though you aren't a business.

FEMA Recovery Center in Killington

BURLINGTON, Vt. – The towns of Dover and Killington have been added to the list of disaster recovery center locations open to help Vermonters affected by Tropical Storm Irene.

The recovery centers are staffed with disaster recovery specialists from various federal, state and local agencies and organizations who can answer questions about disaster assistance programs.

The Federal Emergency Management Agency's individual assistance program covers expenses for temporary housing, home repairs, replacement of damaged personal property and other disaster-related needs, such as medical, dental or transportation costs not covered by insurance or other programs.

Homeowners and renters may also be eligible for disaster loans from the U.S. Small Business Administration. Some applicants may receive an SBA loan application after registering with FEMA.

No one is obligated to take out a loan. But if they don't complete the application, they will not be considered for other federal grants.

Anyone who has a question about disaster loans may visit a disaster recovery center to speak with an SBA representative. Staff specialists are also available at the centers to answer other disaster assistance questions. Specialists at the recovery centers can refer applicants to voluntary agencies and provide information to reduce damage in possible future disasters.

Applicants who would like to speak to disaster specialists face-to-face can visit the new center located at: U.S. Post Office (Upstairs) 2046 Route 4 Killington, VT 05751. The center operates from 8 a.m. to 6 p.m. seven days a week until further notice.

Disaster officials encourage those affected by the storms to register with FEMA before visiting a disaster recovery center by calling 800-621-FEMA (3362), online at www.DisasterAssistance.gov or via a web-enabled mobile device at m.fema.gov. Multilingual registration assistance is available. Those with a speech disability or hearing loss who use a TTY can call 800-462-7585 directly; or 800-621-3362 if using 711 or Video Relay Service.



2011 Fall Home Improvement At Its Best

Our Special Supplement to be published September 22, 2011

You have the materials or services to help the homeowner, renter and gardener prepare for winter.

Inside or outside, don't miss the opportunity to reach over 30,000 readers, all across Central Vermont, who will be actively reading our Fall Home Improvement Section!

Deadline for the September 22nd Special Issue is Friday, September 16, 2011

**Call your sales rep:
(802) 422-2399
(800) 564-6970**

The Mountain TIMES

GolfNews

Ball Position – How Important is it?

by Bruce Munch

USGTF Golf Teaching Professional

One of the key fundamentals in the setup for a golf shot is the ball position. Just how important is it? Although it is not as important as a good grip, with a proper understanding of ball position, we can create shots we were previously unable to execute.

In the old days of golf instruction, it was taught that the ball position varied with every club. The higher the number, the more back in the stance the ball was played, with the 7 iron being the only club played in the center of the stance and with the lower numbers, the ball was moved incrementally forward in the stance.

Naturally, the woods were played forward, with the driver, the most forward, played off the instep of the forward foot. This could have been because older clubs had a different loft difference from club to club versus today's clubs, so to maintain a consistent yardage gap between clubs, the ball position had to change.

This is not so today. Modern Irons will typically have a 4 degree difference from club to club. Assuming you have a good lie, all irons, except the 4 and 3 should be played slightly forward of center. If you address the ball with the club head in the center of your stance, you will achieve this slightly forward ball position.

Let's start with ball position for putting. I like to see my students play the ball forward in their stance. With the ball forward, it is much easier to see the line to the hole. If you play the ball forward and set up with your hands over the ball and the club head in the center of your stance, you will be assured of having your hands forward at address and hopefully at impact - always a good thing. For the chip shot, on the other hand, the ball should

be played back in the stance. This helps us to hit down on the ball to pop it into the air. Players who try to scoop the ball onto the green, rather than hitting down and allowing the club to do the work, will find little success.

Have you ever heard that you should hit down on your irons, but sweep the woods? Well, this does not require a different swing, only a change in ball position. When properly set up, with the hands holding the club forward of center, the trailing shoulder should be lower than the leading shoulder since the trailing hand is below the leading hand. When we change to a wood, which is played more forward than the iron, the hands will also be more forward to maintain the straight line from lead shoulder, to lead hand to club head, therefore the trailing shoulder will be more down than it would in the setup for an iron shot. The lower the trailing shoulder, the flatter the swing path, so the setup allows for a more sweeping swing with the woods than the irons.

Sand shots, although played with an open stance and club face, should still be played in the middle of the stance since we are trying to pass the club under the ball and the center of the stance is the best place to accomplish this.

So, now that we know what we usually do with ball position, let's look at why we might vary it. The two most basic reasons we will deviate from normal ball position have to do with ball flight and lie.

A bad lie, in the rough, will require a ball position back of center to enable a steeper angle of attack. Just as we move the ball forward to create a more sweeping swing with the woods, we move the ball back in our stance to reduce the loft of the club and create a steep angle of attack. This is important because out of deep grass, we

have little chance of sweeping through it.

Now, once you have a repeatable swing, you can vary ball position to change the flight of your ball. A ball played slightly back in the stance will travel lower and farther than a ball played slightly more forward. By varying ball position, you can vary the ball flight, so if you are in between clubs, change the ball position, rather than the club or your swing.

So now, instead of 14 clubs, by changing ball position, (and I mean by one ball width) you now have 28 clubs. Try it at the range, you might like it. Keep in mind, if you move the ball too far forward, you will tend to slice it, if you play it too far back you will tend to chunk it. Remember what Harvey Penick said: "If the doctor tell you to take an aspirin, don't take the whole bottle."

Good luck with your game.

News From Green Mountain National G.C.

by Spider McGonagle

Congratulations and good luck to Green Mountain National's Peter Metzler who made it into the Bracket of 64 at the U.S. Senior Amateur Championship at Kinloch Golf Club in Virginia. Peter shot 6 over in the two stroke play rounds and finished as the 54th seed. The Championship now moves to match-play and Peter will face the 11th seed, James Pearson of North Carolina, in his first match. Peter was the only player from Vermont to qualify for this year's Championship.

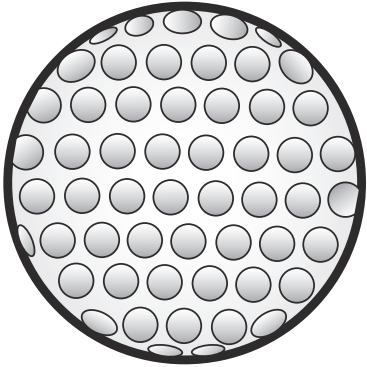
The road crews in and around Killington have been working around the clock to help get everyone here to GMNGC and it looks like the road to Rutland should be open this weekend! A special thanks to everyone who has been working so hard to connect the "Islands" and we hope to see all of our friends from the west back on the first tee very soon.

We are both very happy and sad to announce that the leaves have just begun to take on their fall color here at GMNGC and while the summer may be over we are looking forward to a bright and beautiful fall. Autumn is the best time to play the course and Mother Nature always puts on quite a show!

This Thursday, September 22nd is our 15th Annual Twilight League Ugly Shirt Night and Jason and Kim Evans from the Clear River Tavern will be on-hand to host and judge the "best of the worst!"

We have very busy and exciting fall planned and tons of great events coming up. Autumn is the best time of year to play Green Mountain National and we have already seen a stray red and yellow fluttering down. We are diligently updating our on-line calendar with any changes or additions so please visit us at www.gmngc.com for more details and contact information.

Our complete Events Calendar can be found online and we can't wait to see you back here on the first tee. If you have any questions, please give us a call at 422-GOLF.



Rutland Country Club Organizing Hurricane Fundraiser

Rutland Country Club Head Professional, Greg Nelson, is organizing a fund raising tournament on September 17th to benefit the people in the area hit hard by Hurricane Irene. The plan is to do a 1:00 shotgun with a Bar B Q following golf and we have a number of items that we plan to auction off following golf. We are looking for teams to play and you don't have to be member to play, all are welcome. If you can't play you are welcome to show up after golf for the Bar B Q and auction/raffle.

The golf event will be a 5 person scramble, cost is \$500 per team. If you want to play but cant organize a team let me know and we can help in the Pro Shop. If you just want to make a donation please feel free to contact me. We will be donating the proceeds in the form of gift certificates to Rebuilding Rutland so they can get the necessary supplies for the families and people they are helping, not just in Rutland but the outlying areas as well.

If you are interested in playing please email me at - rccprogn@pga.com - with the player information of who is playing and we will collect the entry fee the day of the event. Team entry must be in the form of a check, preferred, or cash; no member charges.

Items donated for auction include:

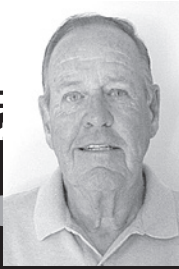
Ping G15 irons: Nike Driver: (2) Nike Golf Bags: (6) Dozen Nike Golf Balls: Cleveland Launcher Driver: Sun Mountain Rain Flex Rain Suit: Foot Joy Rain Jacket: Greens Fees For 4: Burlington Country Club: Vermont National Golf Club: Country Club of Vermont: Green Mountain National: Quechee Club: Basin Harbor Club: Ralph Myhre:

For more information call Rutland Country Club at 802-773-3254



By Alan Jeffery

USGTF Certified Golf Professional
Green Mountain National Golf Course



QUESTION: Erica and Royal are playing in a tournament. On the 11th hole, Royal strokes his second shot into the front bunker. As he approaches the hole, he inadvertently kicks a pine cone into the bunker which lands close to his ball but does not impede his swing or stance. He picks up the pine cone and ejects it from the bunker. Erica says he should be penalized for removing the pine cone because it is a loose impediment and a loose impediment may not be removed from a hazard if the loose impediment and ball lie in the same hazard. Is she correct?

ANSWER: Even though the pine cone went into the hazard after the ball was stroked into it, Erica is absolutely correct. If the ball was not in the hazard, the pine cone could be removed without penalty. The penalty is two strokes in stroke play and loss of hole in match play. See USGA Decisions On The Rules Of Golf, 2010-2011, 13-4/14.

Golf clinics continue on Saturday mornings, 10:30-12:00 and Tuesday evenings, 5:30-6:30. Private lessons can also be arranged by calling me at GMNGC, 422-GOLF. Remember, the swing's the thing and continuous improvement is what it's all about.



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different by design Our heathland track is designed to reward your game and replenish your spirit. Our rates are designed to work with your schedule and your budget.

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Art&Entertainment

Thursday, September 15

Seniors Walking Group in Killington. 9:00 AM EVEN AFTER IRENE: Over the Road Seniors walk at their own pace with a group of their peers. Meet at Sherburne Library on River Road. Walk towards Town Office and beyond - or as far as you wish. Return to picnic shelter at our Recreation Center for rest and conversation. No time limit, no set pace, no required distance to cover, but please, do bring water for hydration. Any questions contact Ron Willis at 422-3843.

Bone Builders Class, 10:00 AM Tues. & Thurs. Bone Builders free exercise classes. 10-11am, Mendon Methodist Church, 773-2694. Bridgewater Mill, 2nd floor, 3-4pm, 672-3384.

Tales of the Notch, 10:00 AM Join site administrator Bill Jenney for a special guided tour of Calvin Coolidge’s Plymouth Notch. This leisurely walk through the village and surrounding fields will offer unique insights into the man who became our nation’s 30th President. Held weekly through October 14. 10am or 3pm - call for details, 672-3773.

Bingo, 10:15 AM Modern Woodmen of America holds Bingo, including special game to benefit a local charity or good cause. Thurs. 10:15a.m. Sunday Bingo starts at noon. Wells.

Marble Valley Bridge Club, 1:00 PM ACBL Sanctioned Bridge Games 1:00pm Monday and 6:45 Thursday at Godnick Senior Center. guaranteed partner. 287-5756.

Rochester Singing Group, A cappella singing group meets Thurs., 5-6pm, Federated Church of Rochester. Practices spiritual music to sing to ill folk. Come & sing! 767-3012.

Brandon Town Player Auditions, 6:30 PM Auditions for the upcoming murder mystery comedy dinner theater “Honeymoon from Hell”, September 15th, 16th and 17th at 6:30 pm at the Brandon Congregational Church in Brandon. Performance dates are November 4th and 5th at the South Station Restaurant. There are numerous parts for actors/actresses 15 years and up. For more information call Kathy Mathis at 247-6720 or e-mail at katmathis@gmail.com.

Poultney Farmers Market on Main St., 9am-2pm.

Bikers for Jesus, 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.

Friday, September 16

Weekly Bone Builders Exercise, 9:00 AM at Sherburne Library. Til 10am. Weekly, M & F. Info, 422-3824.

Foodways Fridays at Billings Farm, Woodstock. Discover how Billings Farm & Museum uses seasonal produce from its heirloom garden in historic recipes every Friday thru October 14, from 10:00 a.m. - 5:00 p.m.

Arthritis Help, 10:30 AM 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.

Sherburne Pre-School StoryTime, 1:30 PM Killington - Sherburne Memorial Library Event: Fris-Preschool StoryTime, 1:30pm. 422-3824.

Market Fair Rutland Town/Killington, 4:00 PM MARKET FAIR combines a new Farmer’s Market and fresh local produce with an age old tradition of “Market Fair”, featuring a variety of crafts, culture, food, energy healing, music, yoga and other surprises, all in an open air setting. MARKET FAIR is located on Route 4 in The Home Depot/Big Lots Plaza, east of Route 7 with lots of free parking and easy access for Rutland, Mendon, Chittenden and Killington residents.

Lake House Entertainment, 6:00 PM Aaron Audet performs.

Adult Women’s Basketball, 6:00 PM Pittsford. Open Gym. Friday nights, 6-8PM. Police Academy, Furnace Road. More info: Tara 417-7331.

AA Meetings, 7:00 PM Rutland - Al Anon: Call Pete: 773-9548 or Marcia: 775-7479 for meeting info. Beginner meeting Fris, 7pm, The Evergreen Ctr. You may also call Rutland - AA Hotline, Rutland area: 802-775-0402, 24 hours.

Brandon Farmers Market in Central Park, 9am-2pm.

Pittsfield Farmers Market on the Village Green, Fridays, 3-6pm.

Fair Haven Farmers Market, 3-6pm, FH Park, rain or shine.

Ludlow Farmers Market open, Okemo Mtn School front lawn, 4-7pm.

Rutland Town/Killington. Home Depot Plaza, 4-8pm.

Saturday, September 17

Women’s Mountain Bike Clinic, 8:30 AM We will

be meeting in the upper parking lot at Giorgetti. Designed for beginner to advanced beginner riders. Led by Shelley Lutz. Must have a mountain bike & helmet. \$8/ residents; \$10/non-residents. Max of 15. Register at www.rutlandrec.com or visit Godnick Adult Center (1 Deer St. Rutland).

Farmers Market, 9:00 AM Rochester. On the Village Green, 9-1pm.

Downtown Rutland Farmers Market, Sats. 9am-2pm, in Depot Park.

Sunday, September 18

Bingo, 10:15 AM Modern Woodmen of America holds Bingo, including special game to benefit a local charity or good cause. Thurs. 10:15a.m. Sunday Bingo starts at noon. Wells.

Shrewsbury 250th Anniversary - 1:00 PM The Shrewsbury Historical Society Museum located on Route 103 in Cuttingsville is celebrating the Town of Shrewsbury’s 250th Anniversary. Museum hours are Sundays from 1 to 3 pm, until the end of October. Free admission, handicapped accessible, with parking. Info: contact Ruth Winkler, (802) 492-3324.

Vt Dining Train - Autumn Special: Reserve Online & 4th Guest is Free! Sundays September 18, 25; October 2, 9, 16. Vermont Dining Train departs Rutland at 4:45pm every Sunday thru October 16. Fare \$59-\$79. VermontDiningTrain.com (800) 292-7245.

Monday, September 19

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

Bone Builders Program, 9:00 AM Mon. & Thurs. -

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

Weekly Bone Builders Exercise 9:00 AM at Sherburne Library. Til 10am. Weekly, M & F. Info, 422-3824.

Arthritis Help - 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.

Marble Valley Bridge Club, 1:00 PM ACBL Sanctioned Bridge Games 1:00pm Monday and 6:45 Thursday at Godnick Senior Center. guaranteed partner. 287-5756.

Parkinson’s Exercise Group, 2:30 PM Rutland. Low impact exercise group for those with Parkinson’s Disease, 2:30pm Mondays, Godnick Adult Center. Free. RSVP sponsors.

Fair Haven Scrabble for Students 3:00 PM After school at the Grade school. Students who want to participate must have written permission and be picked up promptly at 4:20 p.m.

Bridgewater School Board Meeting, 6:00 PM at Bridgewater Village School

Zumba in Bridgewater, 6:30 PM Bridgewater. Zumba at Bridgewater Grange, \$4. 6:30pm.

Curbstone Chorus Practices, 7:00 PM, Rutland High School. Open invitation for any men interested in singing - join them!

Pittsfield Historical Society Meeting, Town Hall 3rd Monday of the month, 7pm.

Winter Gardening. Rutland County Master Gardeners sponsor a presentation of winter gardening. Guest speaker is Judith Irven, landscape architect. The 7:00 P.M. presentation will take place at Rutland High School Lecture Hall. Everyone is invited to attend.

Tuesday, September 20

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

Bone Builders Class, 10:00 AM Tues. & Thurs. Bone Builders free exercise classes. 10-11am, Mendon Methodist Church, 773-2694. Bridgewater Mill, 2nd floor, 3-4pm, 672-3384.

Killington Arts Guild Workshop 10:00 AM Killington - Sherburne Memorial Library: Killington Arts Guild acrylics workshop meets every Tues., 10am-noon, free.

Killington Library Movie Matinee, 2:00 PM at Sherburne Library. Bring popcorn.

Downtown Rutland Farmers Market, Tues. 3-6pm, in Depot Park.

Reading School Board Meeting, 4:30 PM.

Ramunto’s Entertainment - 7:00 PM Tuesday Nights Open Mic in Bridgewater.

Rutland Chess Club, 7:00 PM Rutland. Chess Club, Godnick Adult Center, 1 Deer St. Open to public, free, all ages. Beginners welcome. 773-1853.

Wednesday, September 21

Kripalu Yoga, 8:45 AM in Mendon. Louise Harrison@live.com or call Louise 747-8444. Weds., ongoing class. Private & small group classes by appt.

Arthritis Help, 10:30 AM 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.

Mother Goose Story Time 10:30 AM Killington - Sherburne Memorial Library Weekly Event. 422-3824.

Wagon Ride Wednesdays at Billings Farm & Museum, Woodstock. Thru September 28. 11:00 a.m. - 2:00 p.m. included in the admission.

Wednesday Afternoons with Farmer Fred, 1:00 PM Plymouth Notch, at President Calvin Coolidge State Historic Site. 1-5pm. Demos of historic farming activities. Weekly program. 672-3773.

Tea for the Soul, 2:00 PM Rutland. Tea for the Soul support group for those with chronic illness or life-threatening illness. 1st & 3rd Wed., 2-2:30pm. CVPS/Leahy Ctr at RRM. 747-1693.

Woodstock Farmers Market, on the Green, 3-6pm.

Killington Rotary Club Meeting, 6:00 PM Killington. Killington Rotary Club meets at Summit Lodge 6-8pm for full dinner, guest speaker and/or discussion. Seeking new members.

Bingo in Bridgewater, 6:30 PM Bingo at Bridgewater Grange Hall

Volunteers needed to help brush/clean Catamount Association ski trail in Coolidge State

**NEW ENGLAND
MAPLE MUSEUM**

North of Rutland, 4578 Rt. 7 in Pittsford

A Journey through Vermont’s Famous Maple Sugaring Industry

Vermont Products & Gifts

(802) 483-9414 • Open Daily 8:30a.m. - 5:30 p.m. • www.maplemuseum.com



53rd Annual



**WESTON ANTIQUES
SHOW**

“One of the best small shows in New England.”
—The New York Times

Friday, Sept. 30 & Saturday, Oct. 1 10 am – 5 pm

General Admission \$8

Gala Preview – Thursday, Sept. 29 5 pm – 7 pm, \$50

Weston Playhouse Rte. 100, Weston, VT
www.WestonAntiquesShow.org • 802-824-5307

Billings Farm & Museum

Gateway to Vermont’s Rural Heritage

25th Annual

Quilt Exhibition

July 30 - September 25, 2011

10:00 a.m. - 5:00 p.m.

*Over 50 juried quilts made by
our talented Windsor County quilters*

~ ~ ~

Quilt Making Demonstrations • Hands-on Activities

EXHIBIT: Looking Back on 25 Years of Windsor County Quilting

Rte. 12 • Woodstock, VT

802-457-2355 • www.billingsfarm.org

Tinmouth Contra Dance

Mary Wesley will call an exuberant contra dance with the Cold River Band of Marcos Levy and Mary Barron providing the live music at the Tinmouth Community Center on Friday, September 23 at 8 pm. This dance is not to be missed!

What is a Contra Dance? A contra dance uses square dance moves, but is done in long lines to live music. All dances are taught and you do not need a partner. Beginners are always welcome. Dances become more challenging as the night progresses, so early arrival is recommended for beginning dancers.

The dance takes place in the Tinmouth Community Center, Rte 140 in the center of Tinmouth, Vermont, 5 miles west of Wallingford. Dancing takes place every fourth Friday of the month. Please bring clean, non-marring shoes. Admission is \$9, \$7 for teens and \$3 for children 5-12, under 5 free. Refreshments will be available. Call 235-2718 for info or directions.

Mark your calendars for our 2011 fall season: October 28, November 25, December 23.



Polish Style Paper Cuttings

Traditional Craft Saturdays at Billings Farm & Museum

WOODSTOCK, VERMONT... Billings Farm & Museum will feature Traditional Craft Saturdays each Saturday in September from 10:00 a.m. – 5:00 p.m. Visitors are invited to explore a series of Vermont crafts – their history, process, and uses – through informal learning and discovery. A different craft will be featured each week.

Saturday, September 17 – Sheep Shear Cuttings – Paper Cuttings in the Polish Style with Carolyn Guest from St. Johnsbury, VT. Carolyn will demonstrate this art form dating from at least the 1800s when farmers' wives used cutting tools and materials at hand to make decorations for their cottages. Carolyn incorporates her own Vermont heritage with traditional Polish folk motifs into her cuttings that will be on display. Visitors may experiment making their own cuttings.

Saturday, September 24 – Cooperage with David Salvetti from Fulton, NY. David will demonstrate the steps and techniques involved in making barrels & buckets. He will display coopering tools and demonstrate various techniques.

On Traditional Craft Saturdays, the operating dairy farm, farm life exhibits, restored and furnished farmhouse, plus programs and activities are included in the entrance fee. For information: 802/457-2355 or www.billingsfarm.org.

Forest. Sunday, Oct. 26. Interested, contact hcoolidge@hotmail.com or jdblum@hotmail.com.

Museums, Exhibits, & More

Quilt Raffle to benefit CKS 125th Celebration. Queen size quilt designed & created by Susan Ianni. Machine quilting donated by Janet Block. Each of 20 quilt panels represent a Bible verse. Drawing Sep. 16, 2011 at CKS Grandparents Day Prayer Service. \$5/ ticket; 3/\$12. 773-0500.

CALL FOR CRAFTERS & VENDORS: Now accepting applications for 7th annual Harvest Fair for October 1st from 10 to 4 on US Rte 7 in Pittsford Village. Hand-Made or Home-Grown is our theme. Early application discount. Call 802-483-0074.

Art & Antiques on Center - 17 Center St, Downtown Rutland. Mon-Sat, 10-5. 786-1530.

BigTownGallery-99North Main St., Rochester. 767-9670. Fine arts exhibitions, one of a kind knitwear ensembles from the studio gallery, and an outdoors amphitheater. New Exhibit "GEOMANCER: Painting and Textiles" thru Sep. 25.

Billings Farm & Museum - Woodstock. Rt 12N & River Rd. 457-2355. A first-class working farm, operating with a museum of Vermont's rural heritage, dating back to 1871. 25th Annual Quilt Exhibition thru Sept. 25.

Brandon Artists Guild - Brandon. Open daily 10am-5pm.

Brandon Museum - Brandon. At Stephen A. Douglas Birthplace open for the season. Daily, 11am-4pm, free, open to public. Also houses Brandon Welcome Center & municipal restrooms, open 8am-6pm all year round.

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. SculptFest2011 "Forces of Nature" - exhibit thru Oct. 16.

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. 431-0204. Artist Karen Petersen's "The Gift: A Retrospective of Sculpture and Painting" thru Sep. 20.

Killington Arts Guild Fine Art Gallery - at Cabin Fever, Rt. 4. Open business days

9-6:30pm. New Show! 422-3824.

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

Montshire Museum of Science - Norwich. Open 7 days year round, 10am-5pm. 649-2200.

New England Maple Museum - 4578 Rte 7, Pittsford. Open daily 8:30am-5:30pm. Maple Candy Making 10-2, free, Wednesdays thru Oct. 12. 483-9414 for info. Sep 16 thru Oct 31- Halloween & Fall Celebration. Decorations demonstrate VT tradition of scaring off "evil" spirits during this wonderful time of year.

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.

Pittsford Historical Society - Pittsford. Thru July 4, Tues. 9-4. July 5-Oct. 11, Tues. 9-4, Suns. 1-4. Oct. 12-Nov. 16, Tues. 9-4.

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.

Tyson Library - Now Open. Rt 100N on Library Rd. across from Tyson store. 1st & 2nd Mondays, 6-7pm; Tues. thru Sat., 10am-noon.

VINS Nature Center - Rt 4 (Next to the Quechee Gorge) Quechee. Daily activities, programs, exhibits, Nature Store. Open 10-5:30 daily. 359-5000 for info.

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

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

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.

Meetings

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

Tues. - Brandon. Lions meet at Brandon Senior

Center, 7pm. 1st & 3rd Tues. of the month.

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.

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

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

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

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

Friday - 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.

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.

Worship Services

The Woodstock Area Jewish Community, Congregation Shir Shalom, a Reform Temple, will celebrate the High Holy Days beginning with a Selichot service and dessert on Saturday, September 24, at 7:30 pm. The Rosh Hashanah evening service and potluck dinner will be on Wednesday, September 28 at 6 pm, continuing on Thursday, September 29 at 10 am, followed by Tashlikh on the Ottauquechee River. Child care provided. Yom Kippur service (Kol Nidre) begins on Friday, October 7 at 7:30 pm and continues on Saturday, October 8, with 4 pm study with Rabbi Dov Taylor, followed by Ne'ilah, concluding service, at 5 pm and a pot luck break of the Fast. Please note: There are no tickets necessary for attendance; everyone is welcome. For more information call President Leone Bushkin at 802-484-1235; email avonlea@bushkin.com.

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

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

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

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

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

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

Rutland - Unitarian Universalist Church, 117 West Street, Rutland, VT. 802-775-0850. Rev. Erica Baron. Summer services 9:30am, thru Aug. 28. No summer child care or Religious Education.

Rutland - Sunday Service, children & adult religious instruction 9:30am. Sat., 5:30pm worship. Good Shepherd Lutheran Church. 773-9659.

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

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

Rutland - All Saints' Anglican Church welcomes new members. Services at Messiah Lutheran Church Suns., 10am & Thurs. 8:55am & most holy days.

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

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

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



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Four Course Dinner • Scenic Viewing
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Fare: Table Seating \$79 per guest
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Reserve Online & 4th Guest is FREE!
Depart Rutland train station- 25 Evelyn St, at 4:45pm
Browse or enjoy music at
Timeless Art Gallery and Gifts in Fort Edward, NY
Return via Amtrak: Arrive Rutland at 9:05pm

Information & Reservations:
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Autumn Special

DiningGuide

KILLINGTON MARKET & DELI 422-7594

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

LAKE HOUSE PUB & GRILLE 273-3000

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

McGRATH’S IRISH PUB 775-7181

at the Inn at Long Trail
Rt. 4, at the top of the Sherburne Pass, Killington
McGrath’s Irish Pub at The Inn at Long Trail invites you to try our famous Guinness stew. Serving breakfast and pub menu daily. Live Irish music weekends! MC, VISA, AMEX.

MOUNTAIN TOP INN & RESORT 483-2311

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

RED CLOVER INN 775-2290

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

Dining at a glance

Dining at a glance	STYLES OF CUISINE							MEALS SERVED					COST			
	ITALIAN	FRENCH	AMERICAN	CONTINENTAL	MEXICAN	ASIAN	PUB FAIRE	BREAKFAST	LUNCH	DINNER	BRUNCH	LATE NIGHT	TAKE OUT	INEXPENSIVE	MODERATE	DELUXE
Killington Market		
Lakehouse Pub & Grille
McGrath's Irish Pub			
Mountain Top Inn & Resort		
Red Clover Inn
German Oktoberfest Menu																
Sea Harbor Tavern/Grille								
Seward Family Restaurant		
Sugar & Spice				
Vermont Apple Pies				

SEA HARBOR TAVERN & GRILLE 518-499-9700

At The Champlain Harbor Marina
7 N. Main Street, Whitehall, NY
Chef Mike Decsi invites you to try his authentic German cuisine. Now offering Oktoberfest men, Sept. 1st thru Oct. 30th, Wed.-Sun 4-9pm. Pub style menu also available. Serving lunch and dinner.

SEWARD FAMILY RESTAURANT 773-2738

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

SUGAR AND SPICE RESTAURANT 773-7832

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

VERMONT APPLE PIES 554-0040

Depot St., Proctorsville, VT
A Variety of Belgian Waffles & Buttermilk Pancakes, Homemade French Toast & Cinnamon Sticky Buns, Omelets & Home-fries Biscuits & Gravy, Cornbread, Theo’s Chicken & Waffles, Real VT Maple Syrup & Butter, Homemade Bread, Soup, & Salads, BLT Clubs & Sandwiches. A Variety of Homemade Muffins. MC VISA

Wine Barrels

Wine barrels are generally made of oak and have long been used as containers for aging wine. There are a variety of “oaky” flavors derived from the aging process in wood casks. Oak flavor can be overdone and overpower a good wine or it can add a nice, more subtle and elegant flavor. With the exception of wines from Germany, just about all wines lend themselves well to oak.

Depending upon the type of oak used, and the type of wine that is being oaked, a wide variety of complexity and flavors can be achieved. In general, the scents of oak are non-fruit aromatics in nature. Oak can add flavors ranging from vanilla and coconut, to aromatic spices like cinnamon, nutmeg, and cloves. It can even add an earthy tone to wine.

Through the years French oak was considered the best to use in making wine barrels. French oak typically comes from one or more primary forests: Allier, Limousin, Nevers, Troncais and Vosges. The wood from each

of these forests has slightly different characteristics. Tightly grained wood tends to impart its flavors more slowly than would loosely grained. Winemakers can select wood from different forests and have barrels made to order to influence how their wine ages.

Experiments using American oak or oaks from other countries were initially disappointing, because the oak imparted too much flavor to the wine. It was assumed the difficulty was with the oak. However the problem turned out to be in the preparation of the wood and the way the barrels were constructed.

The major difference in preparing the oak was that French coopers age the wood for at least two years whereas American coopers used a kiln-dry method to prepare the wood. Another difference was that French coopers split the wood, whereas Americans sawed the staves.

Once the French barrel building techniques were applied to oak from other countries, the results improved substantially. It is now common to find American oak and that of several other countries such as Hungary and

the former Yugoslavia used in the construction of wine barrels. Those made from American oak typically cost less than half the price of French oak barrels with achieving similar results.

Winemakers can order barrels with the wood on the inside of the barrel lightly charred with fire or “toasted” in varying degrees from lightly to medium, or heavily toasted. The amount or depth of charring again influences the taste of the wine. The decision on charring is determined by the grape variety and the style of wine desired. Barrels can also be ordered in different shapes and sizes or even made from different woods such as Redwood.

New barrels impart more flavors than do previously used barrels. By the time they have been used for about five years, they impart virtually no more flavor to wine. Winemakers must so decide the ratio of new to older barrels to use each year.

Barrels are expensive and several techniques have been devised in an attempt to save money. One is to shave the inside of used barrels and insert new thin inner staves that have been toasted. Another is to place bags containing oak shavings into tanks of wine. However these cost-cutting measures do not achieve the same results as traditional barrel aging, and are generally looked down upon by winemakers.

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The Red Clover Inn Restaurant & Tavern

Open for dinner Thursday to Monday 5:30 to 9:00pm

We are planning to re-open this Friday, Septemeber 16th. Please give us a call to check on road conditions & accessibility.

Wines of the World Dinner Friday, October 7th at 6:30 p.m. Chef Dennis will be preparing a delicious five course wine dinner featuring wine pairings from Bordeaux, France.

\$75 per person (plus tax & gratuity) Please call for reservations.

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

The Paramount Benefit Concert Series

In response to the damages inflicted on the state of Vermont in the aftermath of Hurricane Irene, The Paramount Theatre, in a partnership with I Am Vermont Strong, (a campaign developed to raise funds, awareness and spirits as a result of Hurricane Irene) is announcing that a portion of the proceeds of the 3 scheduled September concerts at The Paramount Theatre are now going to directly benefit victims of the recent devastation (\$5/ticket purchased after 9/8/11). The three concerts, featuring Blues Traveler (9/23), George Thorogood and The Destroyers (9/24) and Keb Mo (9/27), are now all a part of the I Am Vermont Strong Benefit Concert Series.

A young Vermont couple, Lyz Tomsuden and Eric Mallette, two native Vermonters now residing in Rutland, created the I Am Vermont Strong image with the simple intention of manufacturing good energies out of a bad situation. Monies donated from The Paramount Theatre to I Am Vermont Strong will be distributed to Vermont disaster relief organizations.

Eric went to work, building an online e-commerce site and the duo is hoping to generate as little overhead as possible, affording Vermont Strong the opportunity to write the largest check possible to disaster relief. To date, more than 3500 t-shirts have been sold at www.IAmVermontStrong.com.

Blues Traveler – 9/23 (\$39.50 - \$49.50 plus tax): Still going strong, the boys are back to their roots, jamming with that “live spontaneity” you can only experience at a live show - and audiences love it!

George Thorogood and The Destroyers – 9/24 (\$49.50 - \$59.50 plus tax): Described as “the world’s greatest bar band,” the group has sold more than 15 million albums worldwide and has had tremendous success with Thorogood’s original compositions.

Keb’ Mo’ – 9/27 (\$34.50 – \$54.50 plus tax): A native of South Los Angeles, singer-songwriter and guitarist Keb’ Mo’s music is a living link to, and a very modern update of the Delta Blues.

Tickets are available now by phoning The Paramount Theatre Box Office at 802 775-0903. Tickets and more information may also be found online at www.ParamountLive.org or at The Paramount Theatre Box Office at 30 Center Street.

New Exhibit in Rochester

BigTown Gallery in Rochester, VT announces the opening of our latest exhibition, “GEOMANCER: Painting and Textiles,” a two-artist show pairing the abstract paintings of Bennington native, Pat Adams, with the similarly abstract weavings of Bhakti Ziek, also a Vermont resident, who lives in Randolph. The show runs through Sept. 25th.

Spending time among the mixed-media paintings of Pat Adams (of oil paint, grit, shell, paper, foil) and the recent textiles of master weaver Bhakti Ziek (hand-painted silk threads, wool, cotton, textured yarns, digitally manipulated photography), one witnesses the similarity of abstract shaping and the layering of language, color, and texture.

Their large and small worlds are intricately detailed and concretely physical, defining metaphysical and emotional landscapes of powerful clarity and accomplishment. Look for it in the frission created by the proximity of the painted elemental shapes invoked by Adams, or those seeming to appear on Ziek’s complex woven surfaces. They each hold firm to their deftly claimed and formed spaces, yet indicate as well the larger design and movement at work.

Gallery Hours: Wednesday – Saturday, 10 - 5; Sunday, 11 – 5; Monday & Tuesday by appointment. Find the gallery at 99 North Main Street in Rochester, VT. Call them at 802-767-9670.

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Sit Back, Relax and Enjoy!
Serving 8 am - 2 pm

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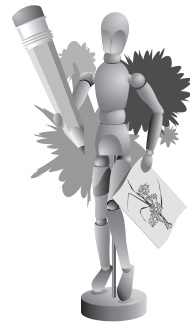


Rutland Youth Street Exhibit

The Vermont Coalition of Runaway and Homeless Youth Programs (VCRHYP) present the HIGHLOW Project Street Exhibit. The Street Exhibit will be on display in Rutland, Burlington, and Montpelier during the months of September, and October.

The project portrays the experiences of at-risk youth in VT through large-scale photographs to be pasted up on building exteriors – along with an audio component accessible through a toll-free call system. Youth from the Rutland County Parent Child Center – Learning Together Program and the Rutland Boys & Girls Club are serving as the curators of the exhibit – selecting locations, determining which images to place at each location, helping to install the artwork as well.

For more info, please call the Rutland County Parent Child Center, (802) 775-9711.



Final Sunday Program at Hubbardton

HUBBARDTON, Vt. — September 18 is the final Third Sunday program at the Hubbardton Battlefield State Historic Site for 2011.

A Hubbardton resident of 1777 comes back to life to talk about the Revolutionary War battle of Hubbardton and what it was like to live in the path of war. Site interpreter Carl Fuller, dressed in period attire, offers the program at 1 p.m. rain or shine. He’ll tell battlefield tales, talk about how the residents sought safety, how they came back to the area after the war to continue work on their farms, and what it was like to live in the new Republic of Vermont.

The Hubbardton Battlefield is the site of the only Revolutionary Battle fought on Vermont soil. The successful American rear guard action here on July 7, 1777, saved the American northern army from the British, and eventually led to the successful American battle on August 16 to save the supplies located at Bennington and the battles of Saratoga in October.

Please call (802) 273-2282 for details and for road conditions. The site is located in Hubbardton on Monument Hill Road, seven miles north of US Route 4 from Castleton or six miles east of VT Route 30 in Hubbardton. Regular hours are 9:30 to 5:00 p.m., Thursday through Sunday and Monday holidays, through October 10.



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www.rutlandcoop.com

Downtown Farmers Market is indoors at the
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www.vtsugarandspice.com



2011 Apple Pie Contest

As the replacement of the wooden fence posts progresses with the installation of the Marble posts, the Fair Haven Historical Society is completing the Marble Fence Project with two fund raisers in September.

The society is once again calling all pie bakers to enter the Apple Pie contest. For the third year, the Fair Haven Historical Society will sponsor the Apple Pie contest to be held during the Apple Festival in the Fair Haven Park on September 17th (rain date September 24).

We are asking local restaurants to donate a pie or apple dessert for the fundraiser. We ask the professionals to have their pies at the booth by 10:00 A.M. and to give us advertising material that we can have available for the people who purchase their donations. The professional pies will go on sale at 11:00 A.M.

Any amateur can enter a pie for the judging. This is an opportunity to display your baking skills. The judging will take place at noon. Judging is based on appearance, taste and texture. Ribbons for first, second and third place winners will be awarded.

Rules for entry: Pies must be at the booth by 11:00 AM. Pies must be in disposable pans or pans that do not have to be returned. Pies must have clear plastic wrap on them (for sanitary reason and to keep away bees). Pies must be at least 8” in diameter

Entry forms will be at the Historical Society booth. All pies become the property of the society and will be sold after the judging.

We will also have a children’s category which will be judged by children. The entry must be in a disposable pan and have plastic wrap.

For more information call Lorraine at 265-3545 or 265-3843.

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Six Steps to Free You From Stress

by Victoria Loveland-Coen

The morning begins, innocently enough, perhaps the sun is shinning. You may not be as rested as you'd like, but, with a little coffee, you'll make it through the day just fine. And then it starts. Your older child refuses to get out of bed. The coffee maker overflows onto the floor. Your husband had to leave for work early, leaving you to handle the baby and make the lunches and get the kids off to school. Just then, the baby starts screaming. She's broken out in an unexplained rash. You'll have to call in sick for the third time this month. To add insult to injury, on the way to the doctor's office, there's an unbelievable traffic jam.

Stress is a silent killer that spoils your day and can ruin your life if you don't find ways to get rid of it. Here are some simple ideas that may help lighten you up.... right now... when you need it.

1. Breathe deeply to the count of ten. Yes, your mother, father or teacher may have told you, years ago, to count to ten before you speak. They were partially right. But you don't want to just count to ten fuming with the anger and frustration that caused the reaction in the first place. The key is to take slow, deep breaths. Breathe into your belly, allowing it to expand as it fills up with air for the first 5 counts, then breathe all the air out completely from count 5 to 10. Repeat in

your mind the word, Peace, or any other word that evokes a calm feeling within you. Repeat as needed.

2. Have a dose of humor. The other day, I was so mad at my daughter I just wanted to strangle her. Of course, that wasn't going to happen, so I got directly in her face and crossed my eyes and made a silly face. She erupted with laughter, and in a moment, so did I. The tension broke and suddenly the issue didn't seem so important anymore. Thank God for humor. It's our natural built-in release valve.

3. You got to move it, move it. Whatever physical activity makes you happy, do it. It may be dancing like a happy idiot to rock music in front of the mirror in your bathroom (this might have the double effect of making you laugh at yourself!) It may be taking a ballroom dancing class. It may be tennis. It may be running until you're a big ball of sweat. Whatever it is, you must make time for it at least four times a week.

4. Pet your dog, cat or fish (just kidding about the fish, although staring at an aquarium works too.) Giving your pet love and attention is proven to lower blood pressure and reduce stress hormones. This might come under the category of "tending" with the added benefit of a pet's unconditional love. Why do you think they bring therapy dogs into the hospital for patients to pet? Because it

reduces stress, which help one heal faster. So, take a break in your busy day and pet your dog or cat.

5. Resist not. I believe the cause of much of our stress lies in our perception of events. In this department women might be at more of a disadvantage than men. Let's face it, we're just more sensitive than guys. We tend to take things more personally. And we tend to wish that, whatever the source of our stress, it would just go away. When we resist what is, we are increasing our stress response to it.

It's better if we can face the experience head-on, breathe through it and say to ourselves in effect, "Okay, this is not as I'd like it to be right now, but it has no control over me. I refuse to let it effect my well being. I refuse to make myself miserable over it. It will not kill me. It's temporary. Moreover, I am determined to find something good about it!" You never know what untold good a situation will bring you unless you look for it. Which brings up my final point...

6. Gratitude. Either at the beginning of the day, or the end while you are getting ready for bed, make a mental list (or even better, write it down) of at least 10 things for which you are grateful. It can be as little as the tree in your yard that gives blessed shade on a hot day, or the food in your pantry, or the flower that just bloomed in your yard. It could be as big as that fact that your children are safe and in their beds, or that you have a job, or that

you have your health. We often take for these things for granted. It doesn't have to be an act of thanking God, in particular, if you are not religious. You can simply express gratitude to the universe around you. Just the act of expressing gratitude is one of the best ways I know to release tension, flood your body with well being and put you in the flow of more things to be grateful about.



Free Men's Health Seminar

When it comes to issues that are below the belt, it's tempting to put off taking action and waiting to see what happens. But, experience tells us that failing to fix small problems can often lead to more serious problems. So don't ignore it. Fix it.

When medication isn't getting the job done, exploring your options is an easy way to begin taking action. Take just 90 minutes to get some great information on enlarged prostate and erectile dysfunction issues that can lead to a truly positive change in your everyday life.

Come to a FREE Men's Health Seminar presented by Ernest Bove, MD. He will tell you about the range of options designed to improve your quality of life, from new medications to the latest surgical options. The seminar is presented on Wednesday, September 14th from 6-7:30pm at Rutland Regional Medical Center at 160 Allen Street in Rutland. Park in the lower lot and enter in the door by the sign that says "CVPS/Leahy Community Health Education Center."

Space is limited, so please call to register at 802-772-2400.

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VermontRecovers

Angels with Dirty Faces

Story by Greg Crawford

Photos by Greg and Jacki Crawford

Well, maybe their faces are clean, but the men and women of the Maine National Guard's 133rd Engineer Battalion, headquartered in Gardiner, Maine, and commanded by Lt. Colonel Normand Michaud, sure got their boots muddy! And despite modest denials, they are, indeed, angels, at least to the grateful citizens of Stockbridge.

Following the historic flooding caused by the torrential rains of tropical storm Irene, the call went out to National Guard units in areas not quite so devastated by the storm, and they answered that call with incredible speed. Given the complexity of the logistics involved, and that the behemoth trucks essential to their work do not exactly zip over the road, especially when they have to negotiate flood-ravaged terrain, the fact that they managed to get here just a few days after the flooding occurred is nothing short of amazing. The 38-vehicle caravan took 16 hours to make the trip from Belfast, Maine, about 40 miles east of Augusta, where much of the equipment was stored.

Something like a quarter of a mile of Vermont Route 107 between Bethel and Stockbridge was washed downstream. In some places, the road hugged the near-vertical mountainsides with the river right next to it. Following Sunday's deluge, the river was rushing by at the foot of the mountain as if the road had never been there at all.

But then the 133rd showed up, and things changes in a hurry. Their first task upon ar-

rival was to erect the tents that would house the fifty-plus Guard members assigned to the Route 107 site and others around Stockbridge. It was fortunate that there was level ground beside Lambert's Power Tools, directly adjacent to the damaged highway. Before they could position the excavators, they had to build a dike to keep the muddy waters of the not-so-White River out of the area where their equipment would have to be situated. There's very fine, muddy silt everywhere, and though they had a couple of fair weather, the recent rains turned that silt into a thick soup that would have brought mere mortals to a standstill. But this is the 133rd Engineer Battalion. By Wednesday morning, they had already managed to restore a single, very rough lane where there had only been submerged rubble. This was wet, dirty and dangerous work, but according to Frank Lambert's daughter, one of the Guardswomen attached to this unit commented that she'd rather be here in Vermont's mud and rain than in Afghanistan. Small wonder. The 133rd has lost members to IEDs in previous deployments to that war-torn country.

That single lane of 107 is still barely navigable, even by 4-wheel drive vehicles, so it is not open to traffic as yet. But it is there. For that alone, 2nd Lieutenant Rand and the men and women of the 133rd Engineer Battalion have earned the undying gratitude of the residents of Stockbridge and the neighboring towns that depend on that highway.

Angels continued on page 15



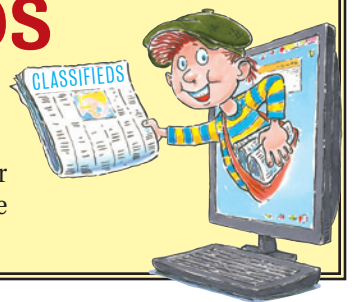
Maine National Guard's 133rd Engineer Battalion at work restoring Route 107.

NEIGHBOR TO NEIGHBOR – FREE CLASSIFIED ADS

The Mountain Times is now offering **FREE** non-commercial classified ads to any persons in locally effected areas from Hurricane Irene.

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paper. Current offer good through September. 802-775-0085 or 775-0731 or email zip@mountaintimes.info. Please note that phones will ring at our home in Rutland not at our Killington Office, which is still closed for repairs.



Killington Resort Online Auction for Vermont Farm Disaster Relief Fund

KILLINGTON, Vt. (September 12, 2011) – Vermont's Killington Resort has created an online auction, "From the Ground Up," to assist Vermont farms that sustained damage from tropical storm Irene. All proceeds from the auction will go directly to Vermont Farm Disaster Relief Fund so local farmers can begin to rebuild.

Starting September 12, 2011, From the Ground Up will open online for bidding on items such as an Unlimited 2011-12 Killington Season Pass, first Gondola Ride of the 2011-12 season, two VIP Passes to any one of the 2011-12 Dew Tour stops in, including 2 one-day lift tickets to the host resort, one week of Woodward Camp at Cooper Mountain, Red Sox tickets for four at the Budweiser Roof Deck Table, a Burton Nug snowboard signed by Jake Burton and much more.

"Fortunately, Killington Resort received minimal damage from tropical storm Irene, however, many of our local farmers lost everything," stated Chris Nyberg, president and general manager of Killington Resort, "From the Ground Up online auction will help Vermont farmers replace infrastructure as well as help cover losses sustained from the storm."

Killington Resort is thankful for the generous auction items provided by local businesses and Resort sponsors, and we look forward to donating all the proceeds to our local farmers. From the Ground Up auction begins on September 12, 2011 at 8:00 p.m. and bidding will conclude on September 25, 2011 at 8:00 p.m.

Let the bidding begin!

www.biddingforgood.com/auction/AuctionHome.action?vhost=FromtheGroundUp

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Free Food Help

September 9, 2011—Vermonters are facing a difficult time as we rebuild from the historic flooding brought by Tropical Storm Irene. If you have lost your home or your job or your working hours have been cut, or even if your budget is being stretched by repair costs, there is help available. 3SquaresVT is a federal program that can give your family extra money to buy food, and help you replace food lost in the flood. Even if you were not eligible in the past, you may be eligible now. It's worth it to find out, so apply today. Go to www.vermontfoodhelp.com for eligibility information and an application or call 1-800-479-6151. Remember, if you get 3SquaresVT, your children are automatically eligible for free school meals, too. Just show the school your 3SquaresVT approval letter to sign up.

If you or someone you know already receives 3SquaresVT and lost food during the storm due to flooding or power outages, you can request replacement benefits. You must report the loss no later than Saturday, September 17th, so don't delay! Call 1-800-479-6151 now or go to your local district DCF office to report the loss and request replacement benefits. It's a simple, easy process, especially if you live in one of the nine FEMA designated disaster counties.

Get the help you need now, and tell friends and family they might be able to get help, too. To request replacement benefits or newly apply for 3SquaresVT call 1-800-479-6151 or visit www.vermontfoodhelp.com for more information and an application.

We're All in This Together

by Sen. Bernie Sanders

The state of Vermont has been hit with one of the worst natural disasters in our history. Lives have been lost. Vermonters throughout the state have seen their homes, businesses and farms suffer terrible damage. Hundreds of roads, bridges and schools have been damaged or destroyed. Our state office complex in Waterbury, which housed 1,600 workers, is unusable. We're looking at a cost of hundreds of millions of dollars to rebuild.

As I visited communities affected by the flooding, I was deeply moved by the compassion and good will that Vermonters are extending to their neighbors in need. Let me thank everyone who has lent a hand to help their friends and neighbors stricken by this disaster. I especially would like to commend and thank our emergency responders, the Vermont National Guard, and our local officials for the remarkable job they are doing to assist communities and individuals in getting back on their feet. The people rebuilding our roads have been amazing. We also want to pay special tribute to Michael Garofano, a long-time employee of the Rutland City Department of Public Works who, along with his son Mike, lost their lives as they worked to protect their fellow citizens.

While the men and women at the local level, in both the public and private

sector, are making an extraordinary effort, the federal government also has an important role to play in disaster relief and recovery. The simple truth is that we are one nation. That's why we are called the UNITED States of America. When disaster strikes, we stick together and help our communities address the crises they face. When our fellow citizens in Louisiana suffered the devastation of Hurricane Katrina, people in Vermont were there for them. When the citizens of Joplin, Mo., were hit by a deadly tornado, people on the West Coast were there for them. When terrorists attacked on 9/11, we were all there for New York City.

And that is why Sen. Leahy, Rep. Welch and I are working with Gov. Shumlin to do everything we can to ensure that Vermont receives the resources from the federal government that we will need to rebuild our communities as quickly and successfully as possible. Disaster relief, funded on an emergency basis, is what Congress has done for decades and what we need to do now.

Unfortunately, some in Congress have threatened to block urgently-needed emergency assistance unless the cost of that help is offset by cuts in other needed programs. They want to use Hurricane Irene as another excuse for a budget fight. Yes, we must continue to address our deficit problem, but not on the backs of com-

munities in Vermont and other states that have been devastated by Hurricane Irene. For those states and communities, we must get them the emergency help they need as soon as possible.

Amazingly, this talk about budget offsets for disaster relief comes from some of the same people who repeatedly and conveniently ignore their own actions when it suits them. Congress provided \$800 billion to bail out the largest Wall Street banks. No offsets. Congress extended tax breaks and loopholes for the wealthiest people in this country and for the largest corporations. No offsets. The United States spends \$160 billion a year on the wars in Iraq and Afghanistan, including billions to rebuild those countries. You guessed it. No offsets.

We became a great nation, we are a great nation, because we support one another. In fact, that's what being a nation is all about. When our country calls, men and women from every state in the union come together and are prepared to risk their lives in combat. When Americans are injured or have a heart attack, teams of doctors and nurses work to save their lives and make them well. When we have children, we entrust them to local schools, where teachers, administrators and other personnel help them successfully mature into adults. It has always been, and should continue to be, the same with natural disasters.

Today, our hearts go out to those Vermonters who have lost their homes and their businesses. I have met with a number of them. They are hurting. As Vermonters, our communities will come together to support those in need. We should have every reason to expect that our national community, the United States of America, will be there as well.

Catamount Trail Volunteers Needed

Volunteers needed to help brush/clean Catamount Association ski trail in Coolidge State Forest. Sunday, Oct. 23. Interested, contact hcoolidge@hotmail.com or jdblum@hotmail.com.

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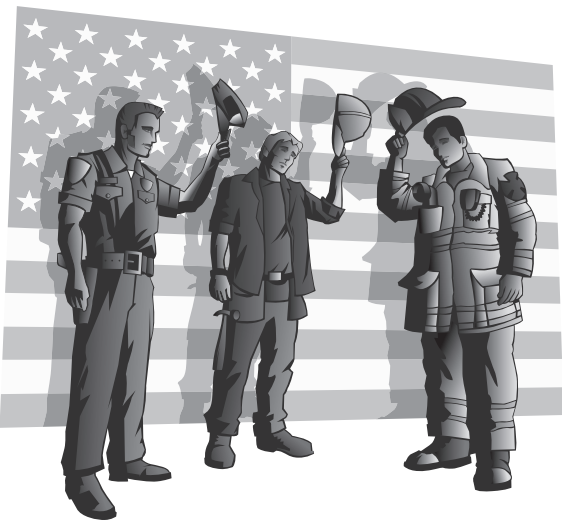
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The Last Stand at “Fort Command”

by Ned Dyer

422-FIRE..now there’s a number that would get your attention. If you dialed that number from the time Irene left town up until Sunday September 11th, you would have been connected to the Killington Command Center (aka Emergency Response Center) which was set-up on the second floor of the Killington Volunteer Fire House on the Killington Road, but for this little tale we have exercised a little poetic license and are calling the center “Fort Command.”

For the first week after the “BigWater” and like most people in Vermont, I was dealing with my own issues. After I saw daylight I felt a need to try and help in some way. At 10:00 a.m. on Monday, or it could have been Sunday or maybe even Tuesday, I climbed the fire house stairs, turned right into “Fort Command” and stopped dead in my tracks. There were eight or ten tables with 4 to 6 chairs around them with Killington volunteers using their personal cell phones, their own laptops, telephones, maps, lists, water bottles, containers of cold coffee and half eaten sweet rolls.

In the midst of all this there was Barry L., the “maker of badges.” (I know, I saw “Blazing Saddles” too, so don’t even say it! Badges are necessary in emergency situations like this.) What seemed like an eternity, I stared open-mouthed trying to get a handle on what was happening. At that point Steve D. welcomed me and handed me an instruction sheet, which I never did get to read because Jill D. showed me a list of volunteers and asked if I wouldn’t call them to get there availability and contact information—game on!

I bounced from table to table using my cell and whatever phone was free, all the while watching Jeanne K. and Pat L. uploading data into the data base, Hannah A. and Hal and Cindy B. compiling volunteer and contractors lists, Betsy B. and Steve D. in a huddle, Denise C., Kate, Kathy J. oand Pat F fielding medical issues, Patti McG. opening up the walking path to access Rutland, Judy E. and Dottie D (who are the fastest phone pickers east of the Pecos), Steve Finer was at his desk as the gate keeper, Seth and Suzie D. were everywhere, and the veterans told me it was like that 24-7 the week before.

At one point Fort Command got pretty chaotic what with official business and concerned citizens dropping by hoping to get some information or any one of a number of valid reasons, so Steve D. asked if I wouldn’t watch the door and maybe redirect some of the foot traffic. In my zeal I actually asked Kathleen Ramsey the Town Manager, the nature of her business. It’s been nearly a week and I still blush at the thought of it.

For me it’s been a week of awe and admiration watching a platoon of locals step up and help direct food and water deliveries where they are most needed, to get prescriptions to patients in need, home inspections, setting up comfort stations, advising on transportation routes, setting up a clinic for pets and generally giving aid and comfort to an ailing community. But yet, thru all of this, we couldn’t get the needed mayonnaise airlifted to the Comfort Station for the tuna fish.

So now it’s Sunday, our last stand at “Fort Command”. Judy Findeisen is off doing inspections, Denise Corriell has delivered the last of the prescriptions that were delivered on Friday from the Pharmacies in Rutland, Steve Duchan is heading off to Quebec to guide a bicycle tour, a new hot line has been set up at the Town Office, Judy Evans, Marilyn and their team are still manning the Comfort Station at the Butternut and so here we are, Dottie and Pete DaCota and myself, the Llast of the “Fort Command” Volunteers staring at the silenced phones experiencing the first symptoms of withdrawal from telephonitis, and they tell us we can’t have a kegger.....bummer dudes!!!

Angels

continued from page 13

By the way, if anyone, Stockbridge resident or not, should encounter a Guard member from the 133rd, or any other National Guard unit here to help, tell them, thank you. SPC Allison Pelletier of the 133rd’s Public Affairs Office tells me that a much-appreciated expression of gratitude would be coffee and food. The MREs they’re living on are better than they used to be... but they’re still MREs. Some Dunkin’ Donuts would go over pretty big, too, I’ll bet. Hint, hint.

There are plenty of angels right here in Stockbridge, too. So many, in fact, that you can’t swing a cat without smacking a Good Samaritan. My cat hates it when I do that.

Willis and Harry Whitaker, Mark Pelletier, Dave Brown, Peter Steibris, and God-only-knows how many others put in unbelievable hours making roads passable for emergency vehicles. They also reinforced the damaged abutment of Gaysville’s 1929-vintage iron bridge.

Sid Hotchkiss and the McCullough brothers from Bethel have been working on the monster hole in River Road with bulldozers and an excavator.

Barbara Vellturo, Stephen Farrington, Cheryl Rivers, and others have slaved away over hot computers ferreting out information about the status of roads and bridges in surrounding towns and getting that information to Stockbridge residents by e-mail and postings to a Google Group called Stockbridge Open Forum. Paul Buckley has scouted all those roads daily to confirm the accuracy of the information.

Mark Doughty has coordinated meetings all over town to keep people up to date and convey residents’ concerns to town officials.

Janet Whitaker has maintained a steady flow of infor-

The Mountain Times • September 15-21, 2011 • 15
mation from a multitude of sources to keep the group forum’s information current.

Jenny Harris has made innumerable runs to area pharmacies for prescriptions so residents in need don’t run out of essential medications, and Mary Ellen Dorman, who knows everyone in town, has seen to it that they were all delivered to the right people.

Josh and Michelle Merrill, two former Gaysville residents now living in Rutland, are the people who, with the help of the Chittenden Fire Department and the Stockbridge Fire Department, got the ball rolling for the food shelves at the Stockbridge Elementary School and on the Stockbridge Common. Fifteen volunteers give of their time to organize and dispense all the items that fill the school’s multi-purpose room.

Every day, there are people going out of their way to help someone. They neither expect, nor ask for, recognition; they just do what they know is right and move on. Makes it hard to catch ‘em in the act.

Several people whose homes were damaged or destroyed, and those who simply can’t get to their homes, have been taken in by generous and thoughtful neighbors. Furniture and appliances have been donated, or at least promised, to people in the process of rebuilding. Special efforts have been made to care for elderly, ill, or disabled residents, including helicopter and ambulance evacuations.

Were it possible to recount them all, the incidents of selfless generosity and assistance given to those less fortunate would fill this paper and two or three issues to come. Only a few have been mentioned here by name, but many more deserve recognition. However, I feel quite certain they are all content with the knowledge that they did some good.

There is a website where people can make donations to the Stockbridge Disaster Relief Fund. It is: www.stockbridgevtdisasterrelief.com

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Recovery in Rutland

Story and photo by Rick Wyman

Volunteerism is a great inspiration to the hearts of Americans everywhere. Disasters bring us together in so many ways, and make unlikely companions in our efforts to do good for those we've not met nor would have come in contact with under average daily circumstances. The Red Cross and Salvation Army are names we hear whenever we associate the words disaster and relief. The people affected by the flood in Rutland, Vt. have been truly blessed by the name organizations, and another team of volunteers not usually associated with disasters, the students of Castleton State College. Over 300 students and staff members were on hand on Friday September 9, 2011. David Wolk, President of Castleton State College, was among them and proud to be. He said "It was a great day."

Everyone pitched in on the streets near the northwest section of the city and cleaned out over 100 homes that were on the list. Casella Waste Management came in with large dumpsters and helped coordinate the loading process with the volunteers and drove the filled giant containers away to be processed.

I had the opportunity to meet some of the people who were thankful for the efforts of the recovery of the area. The residents were smiling and praising the volunteers and professional organizations that were there for them. I talked with Elliot Avery, who said he was there to watch the water rushing down the street. He said it was the most unbelievable thing he'd ever seen. He watched as the street filled, hitting a level of 3 feet plus where he was standing. A child was trying to cross the street and he rushed to grab her before she was swept too far out of reach. He said the water hit his 6 foot 5 frame and knocked him over 3 feet sideways before successfully crossing to the other side. A woman named Becky said she heard the Police Loud Speaker saying "Evacuate now!" In two minutes, she and her husband were in water above their knees.

Now after the water has retreated, things feel hopeful and gaining on normal. Hundreds of students in green shirts were marching around the properties with shovels and plastic bags to recover trash and move it out of sight and out of mind. Nothing lightens a heavy heart like a pair of helping hands. Tons of debris was loaded into dumpsters and moved out via Casella Waste Management. The army of green and white shirts was no less than a shining miracle to the worn tired faces that have been waiting for brighter days.

Rutland City Police Officer Kevin Geno was on site to say that he thought the young people there were a God Send. He was 2nd in charge in emergency management, and there to keep the volunteers in the area safe. He summed up the day as being a, "Total Success." I met Joy Memmer, of the Red Cross, who came all the way from Hilo Hawaii after hearing about the disaster. She was helping the Community Partner Services make connections happen in Vermont. She had a big smile on her face and said she was glad to go where help was needed.

Bill Thompson from the Burlington Salvation Army was working to keep the Canteen serving meals and beverages to the residents whose homes were affected. People were lined up near the serving window of the mobile canteen, discussing the genuine relief they were feeling because of the volunteers that were energizing their neighborhood.



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Notes from the field courtesy of CVPS

When Hurricane Irene unleashed a torrent of water into creeks, streams and rivers across central and southern Vermont, it also spurred the largest recovery effort in the history of Central Vermont Public Service (CVPS.) But the recovery effort actually began days earlier.

Long before Hurricane Irene dumped up to 9 inches of rain across CVPS's service territory, Central Scheduling Manager, Scott Massie, and his team were making calls for help. With private forecasts raising the possibility of historic devastation, CVPS was on edge and preparing for the worst. But virtually every utility on the East Coast was gearing up for the storm, and outside contractors were in short supply.

Massie reached far to the west – to Missouri, Texas and Illinois, and north to Ontario – contacting utilities and contractors that might be available to come east. Before the storm struck, he lined up hundreds of outside contractors and

mutual aid workers, a feat that paid dividends as CVPS recovered from the worst flooding to hit Vermont since 1927.

CVPS spokesman Steve Costello jokingly introduced Massie to one reporter on Monday as the “most important man in Vermont.” But Massie, a former lineman who now heads CVPS's field schedulers, pooh-poohed the introduction, saying he was just one cog in the wheels. “Getting the resources and managing them is important, but it's the people in the field who are the real heroes,” Massie said.

While orchestrating CVPS's overall storm response, Massie lent a hand to the entire region, leading daily calls of the New England Mutual Assistance Group (NEMAG,) the utility organization that orchestrates the sharing of crews during major storm recovery efforts. As of 9 a.m. Friday, NEMAG members in other states were still looking for 700 line crews to help restore service to more than 300,000 customers without service.

Help From the Humane Society

For those affected by the recent damage from Hurricane Irene, Lucy Mackenzie Humane Society is ready to assist and make sure the basic needs of your animals can be met.

“We are a resource for not only your small domestic animals, but for large animals as well in a time of need,” said Jeanne Matos, President of the Board of Trustees at Lucy Mackenzie. This past week, the staff at the shelter provided food and housing for cats and dogs whose owners lost their homes.

If you or anyone you know has animals in need, please call 802-484-5829

or email info@lucymac.org for immediate help. Lucy Mackenzie will be hosting an Open House on September 24th from 12-4 pm, and at that time will be accepting donations of dog food, cat food, cat litter, and other pet supplies for those in the community who need it most.

Our state-of-the-art shelter is located ¼ mile from the intersection of Routes 106 and 44 at 4832 Route 44 in West Windsor (Brownsville), Vermont, and can be reached at www.lucymac.org, by e-mail at info@lucymac.org, or by phone at 802-484-5824 (LUCY)

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Financing Available For Hurricane-Damaged Businesses and Farms

MONTPELIER – Gov. Peter Shumlin, Agriculture Secretary Chuck Ross, Secretary Lawrence Miller from the Agency of Commerce and Community Development, and VEDA CEO Jo Bradley announced today that Vermont Economic Development Authority (VEDA) has allocated up to \$10 million in special low-interest financing for Vermont businesses and farms who suffered direct physical damage as a result of Hurricane Irene.

The Hurricane Irene Assistance Loan Program funds are available immediately, the Governor said.

“This is important support for farmers and business owners across the state who found themselves in the path of the storm,” Gov. Shumlin said. “I hope those in

need will take advantage of this program.” “Many of Vermont’s businesses and farms suffered significant damage as a result of the terrible flooding caused by the hurricane,” said Bradley. “We want to do everything we can to help those affected rebound as quickly as possible from these devastating losses.”

The funds will be available to help commercial businesses and farms that suffered direct physical damage as a result of the hurricane. Affected not-for-profit organizations are also eligible for the special low-interest financing.

Eligible financing purposes include, but are not limited to, damages to and/or losses of inventory, equipment, business premises, feed, crops and livestock. The

maximum loan amount under the program is \$100,000; the interest rate will be 1 percent for the first two years of the loan, with no payments required during the first year. At the beginning of the third year, the rate will adjust for commercial businesses to the VEDA Small Business Loan Program variable index, and for farm loans, to the Vermont Agriculture Credit Corporation prime rate index.

Applications for financing may be obtained by calling VEDA at 802-828-5627. Applications may also be downloaded and/or completed on-line at www.veda.org. Applications will be reviewed and loans approved on a first-come, first-served basis until all available funds are exhausted. For more information, please contact VEDA at 802-828-5627, visit www.veda.org, or email info@veda.org.



Operation Feed the Guards

Recently “The Ira Go Getters” a local organized group in Ira, VT. and Ponderosa Steak House donated large amounts of home baked goodies for Operation Feed the Guards which has been organized by Hurley Cavacas. There are approximately 350+ National Guard from out of state in the Rutland area restoring destroyed roads caused by Hurricane Irene. Many volunteers are needed to help serve meals

to the Guards and donations of baked goods is appreciated. Drop baked goods off at the armory on Post Rd. in Rutland and to volunteer to serve breakfast or supper call 770-9435. The Guards will be here at least another month, please do what you can to help and show our appreciation for them leaving their homes and families to help us recover here in VT. Ira Go Getters

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LocalNews

Rutland Water Supply Restoration

by Thomas Bartlett

It was not too long ago when we were all floating down stream in a tube riding a calm relaxing current downstream. Summer was beautiful and a ride on route 4 or route 100 brought you to some of your favorite places to fish or to sit beside a cool waterfall. Not so long ago we had different thoughts about the bubbling streams beside our homes. The sound of the water lulling you to sleep in the night.

Now we all know a little more about the Appalachians... the oldest mountains in the world. It has taken lots of years to carve down through the rock and detritus that had been left behind as the glaciers receded. On August 28, 2011 we have all seen a one day speed up of the process.

River beds are deeper and have changed coarse. Some river beds, like the one that cradles Mendon stream along route 4 West have made a new bed for themselves. Quite possibly not new to the water at all. That river bed has maybe already spent a couple of generations there already, and Irene, like any good mother (Nature) returned one of her favorites to a familiar location.

Property lines have permanently changed until the next 100 year event and plenty of homes and farms will never be the same. There was water everywhere and few happy about it. Now there are more water challenges after Irene has departed. Drinkable water, in some instances, has become more valuable than dry socks. Indeed. For some Vermonters,

water is on an emergency, red alert.

Conserve is the word in the City of Rutland. If you are on the city water, it is in your best interests to take it easy on your consumption until the emergency has passed. Its like this: one of Rutland's main sources of water comes from Mendon brook. The inlet that takes the water from Mendon Brook to the reservoir in Rutland Town, took a lot of damage from Irene. Not only was the inlet badly damaged, but the twenty inch pipe that transfers the water has been stuffed with such things as rocks, mud, and trees. Anything that came down the river at high speeds, helped in the damage.

Evan Pilachowski is Rutland City's Engineer for the Department of public works. He explained that presently the city is using their emergency back up pump. They are pumping water out of East Creek and they are loosing ground everyday. They are not able to keep up with the demands for water supply. If the back up pump experiences any problems and ceases to function, there will still be water for use for a couple of weeks.

Mr. Pilachowski went on to say that if it comes to that, we will all be expected to take care and use water even more wisely than we are now. If you are not doing it already, the city's engineer suggests that taking a break from washing your car and watering your lawn right now is a simple way to help conserve water. He even suggested flushing your toilet less.



Photo by Thomas Bartlett

Presently, Casella Construction is working 24/7 on the Mendon Brook inlet. There is much work to be done to repair the inlet and the pipe leading to the reservoir. Who knows what may be stuck in the pipe? And where it is? Problems upon problems.

On a lighter note, Mr. Pilachowski was pleased to pass along the information that the alpine pipeline which flows down from Pico has been temporarily repaired. The pipe line had also taken a lot of damage from Irene and had broken open and was flowing down river with everything else. The repair is on a temporary basis because they will wait until Route 4 has been permanently repaired. At that point, they can do the final fix it job on the alpine pipeline. It occurs to me that temporary and permanent seem to be slippery ideas when it

comes to rivers and bodies of water.

Rutland City's engineer at the Public Works spoke confidently, but understandably I could not get an exact date of when the repair to the water supply would be finished. Its not that it is an impossible task to make the fix, it is that they are working every day and taking care of the daily problems that present themselves.

I tried anyway and asked if we would have the water supply back on line by the time it snowed. He knew better than to answer yes, because everyone knows how the weather works around here. It could snow at any time. He did state confidently that "...it will be back on line by winter." In the mean time it is of great value to yourself, your neighbors and your hard working Rutland DPW to conserve wisely.

MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

A tremendous amount of progress has already been made to repair and open the roads to Killington. For up to date information on Vermont's roads please look up the website www.511vt.com which is the State of Vermont's official road conditions site.

We fully expect that the upcoming Killington Brewfest will take place as scheduled. This traditional brewfest is a celebration of this area's finest locally brewed beers and features sampling of beers, a tasting dinners, live music and a whole weekend of great fun and festivities. On Friday, September 30 there is a Vermont Brewmaster's dinner at the Summit Lodge, and a terrific kickoff party. Don't miss it!

At the August 10 meeting of the Town of Killington Planning Commission among the correspondence was the Act 250 Permit to construct the new Killington Peak Lodge.

In the Planner's Report, Dick Horner advised that Mike Moriarty, Mountain Green Resort's General Manager, sent an email withdrawing their PUD permit application without prejudice.

Regarding the Killington Resort/Highridge/Ridgetop appeal, there was to be a conference call with the attorneys on August 15. Town Attorney, Kevin Brown, was to participate in that conference call. A mediation date was being set for September 2. Dick Horner will attend the mediation and in the event an issue arises he will contact the Town Attorney via phone. Art Malatzky expressed concern that according to the July 13 Planning Commission minutes that stated that the Town was merely going to monitor the appeal. He noted that all three questions raised in

the appeal apply directly to the Town. Dick Horner advised Mr. Malatzky that the Town will be doing more than just monitoring. The conference call will give the Town Attorney a good idea of the direction that the mediation is going in and then Dick plans to attend the mediation. Dick also noted that the Town is only listed as a party in the appeal and not as an appellant.

Next on the agenda, the owner of the Highline Lodge has torn down the old dormitory. The owners have submitted an application to build a bath house and swimming pool to service the RV and camping sites on the property. They asked that Dick Horner approve this administratively. Commissioner Lee moved to authorize Dick Horner to approve this application administratively. Commissioner Linnemayr seconded the motion and a discussion followed. The Commission imposed two conditions: 1. keep existing vegetation and 2. the pool must be fenced in. The vote on the motion as conditioned was unanimously approved.

The Zoning Revisions Committee has reached a point where it has addressed all the substantial changes which it was assigned to do. The Committee was to meet one more time on August 31 to put together all the loose ends. The Town has hired someone who is competent in computers and legal documents to come in and make all the technical and formatting changes. Dick Horner is confident that there will be a good document to pass on to the Planning Commission by September 7 for discussion and then warn a Public Hearing prior to passing it on to the Board of Selectmen.

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NEWS FROM THE PITTSFIELD/STOCKBRIDGE VICINITY AND THE HINTERLANDS BEYOND

by Johnnie Goldfish

Irene, You Bitch

by Johnnie Goldfish

Remember when, as a child, just the sight of a swing set, or a pony, or a hula-hoop, would get your heart racing and your imagination somersaulting? And without even thinking in words you felt that surely the world revolved around you, that you were the most blessed creature ever to live, and that having fun was all that really mattered? Well, it is a wonder how you knew so much, at such a tender age. Yo, for sure, a little harder this week, but Remember!

President Obama has approved federal disaster assistance for Vermont, which makes help available for Vermonters affected by flooding from Tropical Storm Irene, this would include Vermont businesses. Even if you have insurance, you should file your claim right away in case some of the damage is uninsured. You can access this assistance through FEMA at 1-800-621-3362, or www.disasterassistance.gov.

If you are experiencing problems with your insurance company, please contact BISHCA at 802-828-3301 or at www.bishca.state.vt.us.

For volunteer resources, clean up information, and to connect with state agencies call 2-1-1.

The Vermont Agency of Commerce and Community Development (ACCD) would like to hear from impacted businesses and properties (both for and non-profit businesses, including multi-family housing providers and services). This information will help Vermont receive federal assistance for recovery. Please call 802-828-3211.

The Hurricane Irene, You Bitch report: We got off our ass and starting doing things. Nobody said you could

do it, you just knew it had to be done and you did it and are still doing and you did before the rain and will do whatever needs to be done in the future. Vermonters are a Beacon for America!

People are weighing in on Irene, You Bitch; some teachers were concerned about students getting this message. The truth is, this is humor by Traci who lost her home in Pittsfield and while her home and possessions were drowning, she ambled up the muddy road and helped save her neighbors home. Then all week Traci worked tirelessly in the community to move Pittsfield's recovery efforts forward. Humor is a great way to deal with anger and suffering, Traci's smile lights up the whole valley.

There are Irene, You Bitch t-shirts out there and it is all about being proactive for a fundraiser for Traci's pile of rubble that was her home. Buy a shirt, your kid will wear it, well maybe not such a good idea at school unless you want to play Meet the Principal. A bitch is a female dog and this storm was a hound from hell.

A Rochester community committee of friends and neighbors have established two funds what will enable you to help in this time of our great need. These two funds are jointly coordinated so that a gift to either will be carefully and efficiently allocated so as to relieve some of the economic suffering That Hurricane Irene has inflicted on our valley. The infrastructure damage to this valley is extreme and this will be a continuing struggle to get back on our feet.

A gift to either or both funds is tax deductible. Accordingly, you will receive a receipt acknowledging your gift, and certifying it for tax purposes. Please donate to one of the following funds: Relief For Rochester Vermont, c/o

Town of Rochester, PO Box 238, Rochester, VT< 05767. Checks should read, Relief for Rochester, VT. The 2nd fund is Rebuild Rochester Vermont Foundation, Inc., 122 South Main St., Rochester, VT, 05767. Checks should read, Rebuild Rochester VT Foundation.

Pittsfield's 427 residents all survived any loss of family, however the roads and homes were crushed and swept away by massive flash floods. The Pittsfield Relief Fund can be aided by making your checks to: Pittsfield Federated Church, Hurricane Relief Fund, PO Box 623, Pittsfield, VT 05762 or you can donate through PayPal.

Check out the various towns' websites for more information.

For information on Stockbridge, VT, you can call Cathy at 746-8400, go to their webpage at www.stockbridgevtdisasterrelief.com. In addition there is a food shelf open at the Stockbridge Central School from 4 to 7 pm. Contact Melissa Levy at 234-5032 with any questions, The food shelf is open to all residents.

Thought for the Week: "Vermont is a state I love... I love Vermont because of her hills and valleys, her scenery and invigorating climate, but most of all; I love her because of her indomitable people. They are a race of pioneers who almost impoverished themselves for love of others. If ever the spirit of liberty should vanish from the rest of the Union, it could be restored by the generous share held by the people in this brave little State of Vermont." – President Calvin Coolidge, (Speaking after the floods of 1927, couldn't have been said better for right now).

Send you event news to johnniegoldfish@yahoo.com, we need a party.

CVPS Proposes Renewable Energy Grants, Studies

With an eye toward traditional renewable projects as well as cutting-edge studies, Central Vermont Public Service has proposed funding a variety of projects to further clean energy development in Vermont.

"From improvements to existing projects to forward-thinking projects with great potential, we hope to improve and expand Vermont's renewable energy options," CVPS spokesman Steve Costello said. "In proposing funding for these projects, we hope to make new strides in energy production."

The CVPS proposals, filed with the Vermont Public

Service Board, include funding for nine renewable and carbon-reduction projects and studies for a total award of about \$340,000. In a letter to the PSB, CVPS noted the proposals would be funded from an insurance rebate related to the company's former ownership in Vermont Yankee.

CVPS proposed a \$30,000 grant to the University of Vermont to fund a study that could improve energy production of manure-based methane, the energy source for CVPS Cow Power™. The study would analyze microbes that produce methane in an effort to improve the cost-effectiveness of farm methane energy systems.

CVPS proposed a \$15,000 grant to help fund the Vermont Deep Geothermal Energy Study, a state effort to examine the potential of deep geothermal energy. This grant would fund field data acquisition, including a survey of water well temperature data and rock properties, which are cost-effective methods to begin the search for geothermal resources. A separate \$25,000 grant would support Vermont Technical College's plans to install a ground-source heat pump space heating and cooling system on the Randolph Center campus.

Other proposals include:

\$50,000 for two solar hybrid-electric vehicle charging stations;

\$30,000 to fund continued research on the use of lake weeds as an energy source in biodigesters;

\$43,000 to improve the CVPS Renewable Energy Education Center on Route 7 in Rutland Town. The funds would be used to add web-based and on-site monitoring equipment that would allow viewers to see energy production of the solar and hydro facilities in real time, as well as wind speed from a test tower at the site. Drainage and walking path improvements would also be made;

\$15,000 for a Green Mountain College summer learning project to evaluate energy and environmental innovation as it pertains to customer engagement;

\$15,000 for the production of a GMC white paper on hyper-efficient electric devices, including plug-in vehicles; and a \$15,000 grant to the Vermont Environmental Consortium to study the feasibility of a significant new solar project at the Elizabeth Copper Mine in Strafford.

"Vermonters already enjoy one of the cleanest power supplies in the nation, with rates that are among the lowest in the Northeast," Costello said. "Through these studies and projects, we intend to support continued development of new renewable energy while providing seed funds to investigate promising new technologies."



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Letters to the Editor

Dear Royal,

I wanted to let you know that The Mountain Times's coverage and online updates in the wake of Irene have been outstanding. Really excellent work keeping everyone locally and beyond informed. I read the online Times each Thursday and never miss the hard-copy when I'm in the area.

Best wishes to you and your team.
Jeff Carlson
Boston, MA

The Mountain Times
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Lovefest in Vermont

Your article on Vermont Weddings rang true for us on July 3, 2011 when our daughter, Sandi Intraub and her partner, Stephanie Rotsky, were married at the Mountain Top Inn in Chittenden. The place is one of our favorites and was especially blissful that weekend. The lakeside bonfire and pasta dinner on Friday was a perfect start to the weekend. Saturday, our guests enjoyed a Shabbat service in the tent and then had the afternoon free to take part in all the Inn’s activities. A leisure day of horseback riding, hiking, swimming, kayaking concluded with a barbecue, complete with s’mores and strawberry shortcake and of course, dancing under the stars. The Sunday wedding and reception was magical! The food was delicious (almost all local) and the staff, led by the Inn’s wedding coordinator, Leah Boyer, were there for us at every turn. In

keeping with our wish to make this a truly Vermont wedding, we asked our friends and neighbors to help make everything come together. They all outdid themselves. The guys’ suits were rented from McNeil and Reedy in Rutland. The flower arrangements were designed by Trish from Pittsfield Gardens and were not only beautiful but local and fitting for a country wedding. Our unbelievable photographer was Karen Pike from Burlington. Andrew Wilson, a gifted videographer, from WestView Digital in Pittsford recorded our guests in motion. Brenda, from First Impressions in Woodstock made our beautiful brides even more so with her carefully applied makeup. All this made a wonderful loving and moving event into the most beautiful wedding imaginable! It was truly a lovefest in Vermont!

Mendon/Chittenden/ Pittsford/Brandon Notes

by Debbie Burke

Keeping in mind that tropical storm Irene has made information on the events in our local communities very “fluid” Central Vermont is definitely open for business and the leaves are going to turn really beautiful this year with all the water we have received this summer, so definitely plan on some great and exciting activities here in the very near future. Most of our roads have been repaired but there may be some well marked detours that will get you where you want to go. The Mountain Times website has up to date information on roads and events so be sure and make that website as one of your favorites as you make your plans to visit our area.

There will be a Church Smorgasboard Supper on Sat,

October 8, 5pm – 7pm at the Congregational Church Fellowship Hall on Route 7 Main St, Brandon. Price for adults \$12; youth 5-12; \$6 under 5 free. Baked Turkey-Ham--Mea tballs--Vt. maple bake beans,-- scallop potatoes,-- mac/cheese,-- different pa stas/lasagna, --variety of salads/slaws,-- Vermont squash/veggies, -- rolls/fruit breads,-- condiments,--- hot/cold drinks, ---baked Vt. apples/ice cream. Don't miss it!

There will be a Dinner With Friends to benefit Rutland County United Way on Wednesday, October 5 at the Café Provence in Brandon that is sponsored by Omya and Cafe Provence. Cocktails will be at 5:30pm and dinner at 6:30pm. There will also be 50/50 Raffle. Don't miss it!

Brandon's HarvestFest will take place on Saturday,

October 1, 10am – 2pm in

Brandon's Central Park. Come make Harvest People (aka stick figures, scarecrows, Leaf People...) with the experts. You can even take one home! There will be hay rides, music, pumpkins, food, and more. This events starts at 10:00 am in Central Park. There will be a rain location if needed. This event is sponsored by Brandon Area Chamber of Commerce.

The Annual Brandon Veterans Day ceremony will take place at the American Legion Post 55 on November 11. Please join us as we remember our Veterans from 11 am to 11:30 am at the Brandon Soldier Monument in downtown Brandon which is at the junction of Route 7 and Park St.

Furniture Needed for BRGNS Fall Rummage Sale!

Black River Good Neighbor Services will be holding a huge Rummage Sale at Fletcher Farm this September 23 – 25, 2011 and is looking for donations of furniture and other house hold items.

Peter LaBelle, President of BRGNS's Board of Directors said that “thanks to the generosity of Ludlow home owner Frank Dwyer's donation of warehouse space BRGNS has the ability to store furniture in advance of its rummage sale. All furniture in good condition will be accepted.”

To make arrangements for dropping off, or having donated furniture picked up, please call Audrey Bridge at the BRGNS Thrift Shop at 802-228-3663 between the hours of 10am and 4pm, Monday through Saturday. Furniture will be picked up by volunteers at an arranged mutually convenient time.

All proceeds from this sale will go to benefit the needy in the area. “The current economic crisis has created a greater demand then ever. A lot of our neighbors are going to need help this winter, so we are asking for everyone in the area who can help to please do so” said Audrey Bridge.

Black River Good Neighbor Services is a 501(c) (3) organization that serves the areas of Ludlow, Belmont, Cavendish, Mt. Holly, Proctorsville, and Plymouth. Donations are tax deductible.

More information regarding the Rummage Sale and requests for other types of donations will be forthcoming, so please be sure to look for future details in this paper.

The Thrift Shop and Food Shelf are located at 37B Main Street Ludlow.

Many Cats and Kittens for Adoption

It's kitten season at the Rutland County Humane Society (RCHS) and we currently have over 30 young felines available for adoption! We've got long-haired kittens, short-haired kittens, boy-kittens, girl-kittens and all types of colors to choose from. All of our kittens are spayed or neutered and in need of lifelong homes. Kittens are wonderfully entertaining and full of spirit and will keep you company through the years ahead!


There are also many adult cats available for adoption - at last count there were 61 adult cats who are looking for loving homes. These year-old or older felines are already house trained and are still quite playful and full of life. They'll add companionship and love to any household! Please consider adopting an adult cat this Summer - you'll be happy you did!

Please contact RCHS at 483-6700 or visit www.rchsvt.org to learn more about which kittens and adult cats are available for adoption.



*Our thoughts and prayers
go out to everyone who
has been affected by
Hurricane Irene*

*And a special thanks to
EVERYONE helping in any way*

*- The Miglorie Family
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CVPS Kicks Off Fill the Cupboard Challenge

With record demand for local food assistance, Central Vermont Public Service announced a 22,000-item goal for the 2011 CVPS Fill the Cupboard Challenge. That is the highest goal ever for the annual food drive, which benefits the Rutland Community Cupboard.

“Sadly, the Community Cupboard continues to see record numbers of people in need of assistance, many for the first time,” CVPS spokesman Steve Costello said. “Even though the recession is over, many of our friends and neighbors need help. We hope the Fill the Cupboard Challenge will once again provide significant relief.”

Businesses, clubs, schools, sports teams, churches and other organizations are encouraged to register for the challenge, then collect food donations between Sept. 6 and 23 and deliver them to the Rutland Community Cupboard. CVPS will donate 25 cents to the Community Cupboard for every item collected, up to a total of \$5,000. The company will also donate \$500 in the name of the group that collects the most food.

Participants should pre-register for the challenge by calling Chris Adams at 747-5424.

In 2010, the Rutland Community Cupboard distributed

more than 221,000 items to local residents, serving more than 1,700 families – more than 700 of them seeking assistance at the Cupboard for the first time. In 2011, more than 500 new families have sought assistance for the first time.

Participants in the CVPS Fill the Cupboard Challenge can solicit food donations from employees, customers, vendors or others, and are encouraged to conduct their own food drives as part of the Fill the Cupboard Challenge.

“Given the growing demand, we want to especially encourage folks who have not participated in the past to join us this year,” Costello said. “This is a great way to build camaraderie among teams and co-workers while doing something for your community as well.”

Participants may deliver food to the Community Cupboard as often as they like, and should identify their organization as a participant in the Challenge when dropping off food items. Deliveries can be made to the Community Cupboard Monday, Wednesday or Friday between 11 a.m. and 3 p.m. and Tuesday and Thursday between 4 and 6 p.m. through Sept. 23.

Anyone with questions about the Fill the Cupboard Challenge may call Adams at 747-5424.

6th Annual IDIC 15 Road Race Cancelled

Devastating effects from Tropical Storm Irene force the organizers of the 6th Annual IDIC 15 Road Race to cancel this year's event.

Killington, VT, September 7, 2011: The 6th Annual IDIC 15 Road race scheduled for Sunday, September 18th has been cancelled due to the devastation that occurred from Tropical Storm Irene. The organizers are offering a refund to anyone that had already registered. To

receive this refund you must email Race Director, Sarah Rasmussen at serasmussen@comcast.net, no later than Friday, September 16, 2011. At this time if she has not heard from you all monies collected will be donated to the Dup15q Alliance (the organization that the race raises money for each year – www.idic15.org).

The race director is planning on holding the road race next year on Sunday, September 16, 2012.

Sign Up Now for Poultney Town Wide Vendor Space

by Janice B. Edwards

Main Street vendor spaces along Poultney's historic Main Street during the 2011 Annual Town Wide Yard Sale event are currently available for rent. They are available on a first-come, first serve basis.

The yard sale event date is Saturday, October 8th. It is from 9 a.m. through 4 p.m. - rain or shine! The vendor space rental prices are \$20.00 payable to Poultney Area Chamber of Commerce.

To select and purchase a vendor space, call Mary Lee Harris, (802)-287-4114 at Stitchy Women or stop by the shop at 144 Main Street Wednesday thru Saturday 10:00 a.m. to 4:00 p.m.

Don't dally and call Mary Lee at Stitchy Women soon to purchase your vendor space. Call (802) 287-4114.

For more information about Poultney Area Chamber of Commerce, one may reach the Chamber by telephone at (802) 287-2010.

Poultney Area Chamber of Commerce, Inc. is a non-profit organization of businesses whose mission is to work together to strengthen Poultney's economic community. Their email address is: poultneyvt@yahoo.com

Saturday, October 8th – Poultney, Vermont – the place to be!

Killington Active Seniors

The Killington Active Seniors meet for lunch every Wednesday at noon, hosted by the Green Mountain National Golf Course at the Clubhouse for the remarkable price of \$5, tax and tip included. This bargain is graciously funded by member contributions, the Killington Pico Rotary, the Sherburne Women's Club, and the Southwestern Vermont Council on Aging. So if you are 60 or older, come join us for friendship, and a good meal at a great price.

If you missed last Wednesday's lunch, you missed a very gracious gift from the Green Mountain National Golf Course. Their free lunch was served by Bobby Peterson and several assistants. Our hats are off for Roger Stevens, who instigated it, Dave Soucy for allowing it, Bobby, and staff for serving it.

Upcoming Events:

Sept 9th, Friday, noon. Killington Active Senior's 3rd summer picnic. Cancelled.

Sept 14. Wednesday. Chittenden Seniors will join a group from the Young at Heart of Poultney for a trip to West Point in N.Y. Cancelled..

Sept. 18, Sunday. 4PM. Irene good Bye Cabaret Benefit at Woodstock Town Hall Theater, free admission.

Sept 21st Wednesday. Mendon seniors have invited us to join them in a trip to the American Precision Museum in Windsor, Cancelled.

Each Thursday, even after Irene. Over the Road Seniors walk at their own pace with a group of their peers. Meet at Sherburne Library on River Road, 9AM, Thursday mornings. Walk towards Town Office and beyond - or as far as you wish. Return to picnic shelter at our Recreation Center for rest and conversation. No time limit, no set pace, no required distance to cover, but please, do bring water for hydration. Any questions contact Ron Willis at 422-3843.

The Rutland Regional Medical Center welcomes those interested in Healthier Living with Chronic Conditions. If interested, call 772-2400 for a program schedule.



by Betty Little

Near Baltimore there was a family wedding in a field on the edge of the Chesapeake Bay. Hurricane Irene had passed. Guests from all over the nation had arrived safely. The sun was setting as vows were said; the dancing began with the married couple, to “I Love Your Love The Most,” then the father and the bride to “I Loved Her First.” A picnic was served. Children raced in the grass along the shore. It was creditable to all there that Irene had struck mountains and villages far from the ocean in Vermont. But the grandma Betty told them all that had happened and then she went home to Rutland.

David Bahnson aerial photopher said, “From the air it seemed as though every river had been taxed beyond its normal capacity.” (<http://www.wingsovermont.com/>)

Dorothy Webber, Rutland said after the storm, helicopters flew back and forth overhead with supplies for thirteen isolated towns in Vermont. In Killington, Jill Dye worked with Emergency Response, assigning volunteers. Ann Wallen's car was smashed by a falling tree. Route 4 split apart just above her house, and the stream behind it over flowed, but she remained safe inside.

George Lyons was one of the first to report that Betty's Ski House was dry. Mary T. Holland and Walt Findeisen continue to report. Helicopters brought emergency supplies to Pico. George helped the troops unload them. Bev Anderson held Sunday services at the Sherburne Church. Ann Wallen opened the Library for exercising during the week. Connie opened it on Saturdays for readers and computer users. Mary T. Holland was in and out of town hall but mostly at home trying to keep the water out. She looked forward to getting off the mountain to go to Rutland's farmers market.

The Killington development office (EDT) and live Mountain Times website was keeping the world informed about Killington—bad and good and getting FEMA involved. Mike Young was sending e-mails to KAG members and organizing senior lunches at the golf house. Pat Zack, former KAG Board Member, returned from two weeks with her daughter in Ireland where she kissed the Blarney Stone. Yvonne Daley is writing a book on Vermont's response to “Irene.” and talking her way through barriers to be “on the spot.”

Congratulations to Royal, Zip and company for keeping the Mountain Times going from Rutland. Betty writes from Baltimore, now Rutland, soon Pawleys Island, SC. Send news: vtkag@aol.com/ For KAG infor: sdck@vermontel.net.

Killington Arts Guild Begins Activities In Killington

Pot Luck Supper and Music Salon with Melissa Marvel and others on Thursday Sept. 22 at the Killington Dream Lodge off the Killington access road. Begins at 5:30pm with supper. Hosted by Jill Dye and Duane Finger. Sponsored by the Killington Arts Guild. RSVP at 422-3616. Please bring a dish. Everyone is invited.

At the Killington Arts Guild Gallery above Cabin Fever Gifts on Route 4 across from the Killington Access Road. Jill Dye will teach a Chinese Brush Painting workshop on Saturday Sept. 24 10 am-4 pm: \$75 for members; \$85 for non-members. Contact sdck@vermontel.net or 802-422-3852. Registration Forms available on www.killingtonartsguild.org. Supply list after registration.

Maple Leaf Quilters Meeting

Program: Hexagons Gone Wild! with Catherine St. John of CSJ Designs

September 20 and doors open 6:30 p.m. Meeting starts 7 p.m. September meeting location changed to Christ the King Hall, Downstairs, with Parking Killington Ave & Engrem St.

Catherine St. John will share a sampling of the striking quilts in her collection, along with her knowledge of successful fabric and color selection. The inventor of the Hexagons Gone Wild! template, Catherine will also demonstrate how she uses this tool to avoid the dreaded “Y” seam, which is often daunting in patterns such as tumbling blocks.

A quilter, educator and artist, her quilts have been in juried quilt shows and she has been featured in popular quilting magazines.

For more about Catherine St. John, visit www.cs-jquilts.com

Don't forget your mug, block of the month, fat quarter, show n tell!



Mark Greenberg demonstrates “homemade music” from Vermont’s past, and how societal and technological changes have affected local music traditions in the presentation Kitchen Tunks and Parlor Songs at the Godnick Adult Center, 1 Deer St., Rutland, on Friday, September 16, at 1:30 p.m. This program is part of the ongoing presentations from the Osher Lifelong Learning Institute of Rutland. Call 446-2041 or 492-2300 for details.

Also Friday afternoon: Market Fair at Home Depot/Big Lots Plaza from 4:00 to 8:00 p.m. On Sunday, the Southwest Freedom Riders [(888) 299-SWFR (7937)] make a Border Run and the Vermont Dining Train [(800) 292-7245] offers the luxury of a four-course dinner on the rails.

The Rutland Natural Resources' Conservation District sponsors a workshop on building your own rainbarrel and using the water it collects and stores at 6:00 p.m. Wednesday, September 28, in the Garden Time Rutland store, 1094 US Rt. 6 North. Register by September 20 by calling Nanci at 775-8034 ext. 17.

Castleton State College students have been helping Vermont clean up in the aftermath of tropical storm Irene. A number of buses and college vans were to bring several hundred students plus faculty and staff into Rutland; they would receive maps, gloves, and masks with which to carry out their clean-up assignments.

Even the Vermont State Fairgrounds trimmed its water use to minimize its impact on the city’s water supply. Livestock show judges were cautioned to be less fussy on critter grooming.

Although the city reservoir is expected to be connected to Mendon Brook soon, water supplies will be limited for some time. Construction alongside the brook will muddy the waters, making them temporarily unusable for intake to the city’s water supply. This heavy early autumn rain appears to have not harmed the 2011 apple crop significantly. Strong wind and heavy rain knocked down fewer than one percent of the state’s apple trees, state officials said recently. But this year’s crop is relatively light, diminished somewhat by heavy rain in the spring and even more by recent hail storms.

Congratulations to Roots the Restaurant for receiving a superb review in Baltimore-based website Little Stirrings. Supporting Rutland’s recovery, Ana’s Empanadas recently gave lunch to Restoring Rutland volunteers.

Calvary Bible Church is hosting a Samaritan’s Purse Disaster Relief Team. (Other teams are currently at work post-Irene in New Jersey and North Carolina.) Call 345-5705 to get help for cleaning up flooded homes.

To offset the idea that Vermont is too damaged by the storm for visitors to enjoy the autumn leaves, local and regional promotions are publicly touting the slogan “Vermont is open for business.”

To help you get EPA forms and fill them out appropriately, an emergency response paperwork team has been set up outside the emergency entrance to Rutland Regional Medical Center. It’s open seven days a week as long as it’s needed.

The EPA is also collecting hazardous waste, damaged white goods and all kinds of electronic equipment without charge at the Rutland Town Transfer Station on Post Road Extension.

Health authorities recommend avoiding driving down streets that were recently flooded. Your tires not only kick flood-borne silt into the air, but the soil may be contaminated with sewage. If you’re working in an area full of dust, wear protective eyewear and be prepared to rinse your eyes out with saline solution;; also wear an N95 filter face mask to protect your lungs.

Both Giorgetti Park and the Meadow Street park suffered damage during Rutland’s latest weather mishap. Infields at both locations received heavy damage and it’s likely that the surface material under the play area may need to be replaced.

Rutland Regional Medical Center recently added Erin Hall, MD, to its staff of psychiatric physicians.

West Rutland youth soccer programs are temporarily relocated to Northeast Primary School, behind Pizza Hut, off Woodstock Avenue in Rutland. Much easier to play if the ball’s not floating.

Lakes Region News

by Lani Duke

A big cheer and sincere thank you is in order for all who volunteered their time and energy to fight flood waters. Pawlet Village was among those organizing volunteer work crews to help clean up. It also added a disaster relief component to its annual Pawlet Scholarship Fund art show and sale.

Flower Brook rose mightily as a result of tropical storm Irene, leaving behind some 3 inches of mud at Mach’s General Store in Pawlet. Water poured over guard rails on Route 133.

Middle schoolers from Fair Haven Grade School were scheduled to go rafting on Friday, September 9. Wonder if they’ll feel as though they’ve seen enough water lately. The students in grades 6 through 8 bring a bag lunch for the day.

Follow the route that colonials took evacuating up Pittsford Ridge after the Battle of Hubbardton on July 7, 1777, as site interpreter Carl Fuller describes the events of the day. Wear sturdy shoes and bring water for the Saturday, September 10, program, part of Vermont Archaeology Month, running from 2:00 to 5:00 p.m. Call 273-2282 for details.

Hubbardton Battlefield State Historic Site opens without charge Sunday, September 11, for a day of remembrance.

Fair Haven Grade School offers Scrabble after school on Mondays at 3:00 p.m. Students who want to participate must have written permission and be picked up promptly at 4:20 p.m.

Meet Your Neighbor Night

On Thursday, September 22nd, at 6.30pm, the Sherburne Women’s Club will host this year’s kick off event in Killington. Meet Your Neighbor Night is a great opportunity to meet new people and to catch up with old friends after a busy summer. If you know someone who is new to the community, please invite them to along with you. If you are not a member of the Club and would like to join us, or if you have any questions regarding the evening, please contact Deanne Fitzpatrick at 802-353-3390 or email dpgonduty@aol.com



ARIES: March 21 – April 20: If you could see yourself you would know enough to be more careful of the way you treat people. Don't make the mistake of taking advantage of their kindness, generosity, understanding, space: whatever it is. Because others are either fed up, or they are waking up and in the course of getting real they realize that a big chunk of this isn't working for them anymore. You can ignore this or you can come to terms with whatever the problem is. Those of you who have a glimmer of a clue have probably already figured out that you can't keep pushing the envelope any longer.

TAURUS: April 21 – May 20: To have foreseen this would have made it easier. What to do next isn't ready to happen. Hold your horses and call up more patience. This experience has raised enough of life's more important questions for you to see that it's pointless to do anything that doesn't serve the greater good. If you thought it was time to forge ahead according to plan, the things that have intervened in the meantime are very clear signs that it may be best to put everything off. Look at it this way; you're being given a great opportunity to get a clearer beam on where to direct your energy.

GEMINI: May 21 – June 20: You've just about had it with people who can't take you at your word. High maintenance, paranoid types are needing too much explanation; either that or their feathers are ruffled by whatever's going on in their imagination. It's such a hassle to have to tip toe around everyone's issues you wish you could straighten them out. On other fronts, the usual round of affairs is about to include a surprise visitor, or an unexpected blast from the past. Whatever this is about it could be just what you need to refresh your interest in cultivating worthwhile relationships.

CANCER: June 21 – July 20: The conservative approach isn't always your best bet. You're in a situation that is calling you to redefine your sense of what leads to security. At this point, the things that used to make you feel safe aren't doing the trick. It's as if you're being asked to tear down the past and any sense of home and safety and rebuild all of that from a more conscious place. It might be time to consider moving, only because different surroundings offer a measure of objectivity that is hard to maintain in familiar circumstances. How much would it take to plant yourself elsewhere?

LEO: July 21 – August 20: You would do better to focus on the things that are working for you. Too much dwelling on the past, and too much energy focused on all the scores that you think need to be settled, keeps you from experiencing what's going on now. You can't change any of what's over and done. Any need to set things right denies the fact that everything is in divine order. You may have questions about how things went down but the biggest barrier to true perception is offered by the part of the mind that thinks it is right. Think about that and get clear about what you're shooting for.

VIRGO: August 21 – September 20: You're dealing with someone who is too messed up to respond to your efforts to help them. In a weird kind of way you've become so addicted to the art of codependence you can't tell one from the other. In a perfect world you would be able to see that it's pointless to keep showering support on anyone who shows no sign of helping themselves. If you like all this drama, that's one thing – but there is a huge part of you that is over it – and what you're looking at now is what will it take to do this, and who will you be once you make the decision to cut the cord.

LIBRA: September 21 – October 20: You have gotten better at combining business with pleasure. On other levels it looks like your bigger difficulties have been whittled down with patience and time. There is even a hint that something no one thought could get worse, actually got better. You're not quite sure what's going on right now and because of that you're approaching everything with caution. For anyone else this might not work as an M.O.; but for you, time to slow down and reconfigure your psyche will go a long way to heal and repair some of the stresses that you've born in the last year.

SCORPIO: October 21 – November 20: There's a fine line between the truth and what people are ready to hear. I don't know about this one. As you know, eventually everything comes out in the wash – and sometimes it's best to wait till you get a big enough load before you attempt to clean things up. Not everyone has the capacity to see the light until it's all right there in front of them. It also helps to remember that discretion is the better part of valor. Before you do anything that isn't in your best interests have the wisdom and foresight to see that others need time to wrap their mind around certain things.

SAGITTARIUS: November 21 – December 20: You knew what you were getting into when you signed up for this. It's kind of funny that you're acting like you didn't choose it. And whether you're OK with things or not, you have to admit, life is interesting. Don't worry too much about how others are going to pull themselves together. It's not your job and the best you can do for anyone is to stay grounded and take care of your own little piece of the cosmic puzzle. Keep it up. Holding steady for others who are too wound up, messed up, or stressed out to stay on course will continue to suck up a lot of your time.

CAPRICORN: December 21 - January 20: You've lifted so much weight off your back. It's amazing that you been able to release yourself from the need to keep it all going. In a few weeks you'll be feeling even lighter and freer than you do now. For those of you that haven't been able to drop the need to be a pillar of strength and responsibility, you might want to consider the example of your more free spirited friends. While I realize that somebody has to maintain certain standards, it's always good to check in long enough to see if what you're holding in place has any relevance to the way we live now.

AQUARIUS: January 21 – February 20: This would be more fun if you had enough space to bring yourself to it. You've either gotten stuck in a rut or you're trying to do the same thing and are deluded into thinking you're going to get a different result this time. Snapping out of it may require you break the mold; you could even start putting your foot down just to remind everyone that you're here too. I'm not exactly sure what needs to happen but one thing is hard to miss. You've gotten so used to whatever is expected of you something vital and much more enlivening has gotten lost in the process.

PISCES: February 21 – March 20: You've got a whole new attitude. For whatever reason, you've decided to let it all slide, give it up to God, and/or, go with the flow. Not that you weren't already good at this: somehow or other the art of living in the moment has become real for you. If others are disturbed by the way nothing seems to rattle you, chalk it up to their fiery nature and let them deal with themselves. You've made enough compromises and you've listened to their story with the patience of Job. It's time for whoever this is to wake up and realize that their issues and problems belong to them.

Mother of the Skye

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

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View From Ludlow

by Ralph Pace

Ludlow Celebrates 250th Birthday

This is a big weekend in Ludlow. It was exactly 250 years ago that Benning Wentworth, the Royal Governor of New Hampshire, approved the charter that created the Town of Ludlow. The precise date was September 16, 1761.

In keeping with the historic significance of this semi-quincentennial celebration, the Ludlow 250 Committee has organized a two day program to honor and celebrate this momentous occasion. Starting on Friday, September 16 at 6 PM at the Gazebo in Veterans Memorial Park, George Thomson, honorary emcee for the events, will introduce a large number of honored guests who will describe some of the historical events in Ludlow's history. There will even be a very large birthday card, assembled by the folks at Okemo, in which everyone can sign their names and thoughts. To ensure that the mode is festive and merry, music will be provide both before and following the formal activities of that evening by the "Sugar River Band". In the event of rain, the festivities will be held in the town hall auditorium.

On the following day, Saturday, September 17 at 11 AM, there will be a parade down Main Street to the Gazebo. The parade will feature the Black River High School Band, the Ludlow Police and Fire Departments, a special section for area youngsters who have decorated their bikes for the occasion, cyclist (on those huge one wheel jobs), floats from various area organizations, and, as a special treat, the Set Warner Mt. Independence Fife & Drum Corp.

Following the parade, Ludlow will experience a birthday cake the size of which has probably never been seen before. Irene Maston of the Andrie Rose Inn, winner of many national cake-making awards, will prepare a three tiered cake, topped, we understand, with a replica of the gazebo that will be large enough to feed over three hundred people. While eating the cake, the Seth Warner fife & drum corp will entertain.

At 1 PM, courtesy of the Vermont Humanities Council, Linda Radtke will provide a concert on "Vermont History through Song".

All of the Ludlow 250 activities will end with the annual Ludlow area Rotary Club's Duck Race at 2 PM.

On both evenings, at 6 and 8 PM, the annual Josh Cole Memorial Soccer Tournament will take place at Dorsey Park.

All of the above is a not-so-gentle reminder to TS Irene that Ludlow is tough enough to endure its deluge and still find time to remember and honor its history and heritage.

As for the recovery efforts from the punishment bestowed by Irene, the Ludlow area is demonstrat-

ing its will to recover and return to business as usual.

The major businesses in the Shaw mall have reopened. Shaws, itself, is now operating out of a 3000 square foot tent. Peoples United Bank has installed a fully operational trailer facility to continue serving the bank needs of Ludlow, and Rite Aid had reopened its prescription services. Elsewhere, downtown Ludlow is seeing a gradual return to business as those stores impacted by Irene's waters clear away the mud and debris.

The major roads in Ludlow plus those servicing Mt Holly, Plymouth, and Cavendish from Ludlow have been reopened. Plymouth is still returning some of its key roads to use. Cavendish's Rte 131 to Weathersfield is still closed due to the horrendous gap in the road from the flood. Other roads that suffered damage are being repaired as resources and manpower permit.

To help with this, Black River Good Neighbors has raised a sizable amount of recovery funds through donations from all across the country. Okemo has conducted a concert that raised \$10,000 for this fund, Rite Aid has donated a large supply of cleaning materials, and some monies have come from an unexpected source: lemonade stands in Colorado and North Carolina.

All in all, people in the area are coming to grips with the results of Irene and are showing resiliency in overcoming the problems created by the flooding.

In other news, the Ludlow Democratic Party will hold its caucus to elect officers and determine strategies in the coming year on Tuesday, September 20 at 7 PM in Ludlow town Hall.

Even though it's not scheduled until November 4, the Hart Players have been rehearsing their comedy skits written by Stan and Jane Hart. This past Sunday the cast gathered at the auditorium in Ludlow to run through their first takes on the skits. Called "Old Enough to Know Better", the skits will be presented by FOLA (Friends of Ludlow Auditorium).

FOLA is also preparing for its October 20 healthcare forum which will be moderated by Stewart Ledbetter, senior political commentator for WPTZ/WNNE. The forum will feature a panel of statewide representatives who reflect the differing views of the recent legislation passed in Montpelier. The forum is free and open to the public. For information, call 228-7239.

Black River Good Neighbors is preparing for its fall rummage sale at Fletcher Farm. The sale will take place from Friday, September 23 through Sunday, September 25.

(If you have any information that you would like to see in this column, simply email the information to ralphpace@tds.net.)

CVPS Asks Customers to Call if They Can Safely Receive Electrical Service

As road workers open up access to the most remote and damaged areas and home repairs are made in the wake of Hurricane Irene, Central Vermont Public Service is asking customers who can now take service to contact the company.

"As we said, we have restored power to all customers that we could access and that could safely take electrical service, but as state inspectors and licensed electricians sign off on re-energizing additional homes and businesses, or as they become accessible, we are asking customers to call CVPS at 1-800-649-2877 so we can reconnect service," spokeswoman Christine Rivers said.

Any electrical apparatus, such as electrical panels and breakers, must be replaced if they were submerged in flooding. An electrician cannot approve such equipment for reconnect by simply inspecting it, it must be replaced.

CVPS is waiving all fees for temporary service connections required due to the storm. The fee is normally \$80. Some customers in the most remote areas remain inaccessible due to road washouts, but road crews are improving access for utility vehicles daily.

Due to repairs made in areas where road access is still challenging, CVPS also reminds customers that there may be some delay in outage restoration going forward in those areas, until road access is permanently improved.

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Proctor Place

by Stacy Bates

Here is the Proctor Flood Response information: If you would like to volunteer to help clean up call Andrea Varney 459-3546 or email dhvalv@comcast.net. Up to date needs also posted on <http://vtresponseforum.blogspot.com/>. Starting this week there is a food and cleaning supply drive at the Proctor Elementary school. Please drop off your donations there or send them in with your kids. For more information call Shannon Maass at 459-3585. The Proctor high school is also having a food drive that benefits Pittsfield and Proctor / Pittsford Food Shelves. If you would like more info contact Claire Molner 459-3353. Monetary donations can be sent to Proctor Community Concerns Council, C/O Muriel Sedegren, 5 Church St, Proctor, VT 05765.

Calling all vendors! The 9th annual fall festival is now accepting applications for vendors for arts, crafts, baked goods, specialty foods, commercial merchandise, food service vendors and fun-raising activities. Booth space is just \$20 for a 12 ft. x 12ft. and is available on first come first serve basis. Electricity is available for an extra \$15. Vendor hours are from 9:00am-4:00pm. Set-up begins at 7:30am. Vendors must provide your own furniture, chairs, tents, etc. Call Celia Lisananti at 459-2958 now to book your space.

This year's Proctor fall festival is taking place on Saturday, September 24 and this year's baking contest has a birthday cake theme. Amateur bakers of all ages are invited to celebrate Rutland County's 250th birthday with their favorite birthday cake recipe made with King Arthur Flour. There will be a junior baker category which is ages up to 14 years old and an amateur adult baker category. So pull out your favorite recipe and get ready for the festival. Call Laurie Mecier at 459-2142 or Cheryl Scarzello at 459-3531 for further details.

The Proctor Selectboard meeting minutes for August

22, 2011 were just posted for viewing. Here are some highlights. Randy Dapron and Pierre Lachausse from Casella Waste Management were present. Dapron provided a handout with respect to the new trash bags. He informed the Selectboard that most of the totes have been delivered to Casella, he is working on a letter to send out to residents, prior to the totes being delivered. Susan Feenick made the motion to have Lloyd Hughes order the bags, permits and stickers needed to start the new trash

program. The motion was approved. For residents that would prefer the small totes a sign-up list will be available at the Town Offices. A letter will be sent to commercial users informing them that curb side service will no longer be available to them.

The Highway Report was next by road commissioner Don Des Pierre. 1) Florence Road Stone Wall: Project is complete, wall has been repaired. 2). Catch Basins: Two catch basins on Grove Street have been raised and re-

paved. 3). 65 Olympus Road: Responded to complaint about a wash out, repaired and paved area. 4). Cain Street: Worked with the Wastewater Department. 5). Hazard Trees: The Selectboard instructed the Road Foreman to contact Raymond Beyette, Tree Warden about the list of hazardous trees. 6). Crosswalks: The Selectboard would like to see the zigzag pattern between the two bars. They suggested the Road Foreman place the line painter in the FY13 budget.

During additional items discussed the job description for the interim administrative assistant was one of them. Vincent Gatti made the motion at 8:50 p.m. to enter executive session to discuss personnel. The motion was approved. After the session Dick Norris made the motion to hire Stanley Wilbur as the interim administrative assistant. The motion was seconded by Vincent Gatti and unanimously approved. Lloyd Hughes will contact Mr. Wilbur.



Caption: 48 volunteers, some from as far away as Saratoga Springs helped victims of the flood in Proctor recently.

Marble Heritage Celebration is September 24

Thousands of men worked for the Vermont Marble Company during the company's storied past. Now, many of those men are to be honored on Proctor's Cultural Heritage Wall, in a celebration on Saturday, September 24 at the Vermont Marble Museum in Proctor.

For the third time in two years, Dimensions of Marble, the non-profit organization sponsoring the Cultural Heritage Walls, will unveil a number of names carved into the Wall's marble surface in Proctor. This project has proven to be an enduring and popular way for local families to commemorate their family members who added so much to the region's ethnic make-up and prosperous economy during the boom years of the Vermont Marble Company. A separate ceremony for the new, West Rutland Cultural Heritage Wall will be held later this year at the

Carving Studio.

The Marble Heritage Celebration on September 24 will also feature the premier viewing of "The Vermont Marble Trail – Yesterday and Today". This documentary film, produced by Emmy-award winning Vermont filmmaker Caro Thompson, traces the rise of the Vermont Marble Company through interviews of local people who worked for the company during their lifetimes. Dimensions of Marble is proud to present this film to the Rutland region as a tribute to the extraordinary history of the Vermont marble industry.

The public is invited to share in this celebration of our region's culture at 2 pm on Saturday, September 24 at the Vermont Marble Museum in Proctor. For more information and directions to the event, call the Museum at 459-2220.

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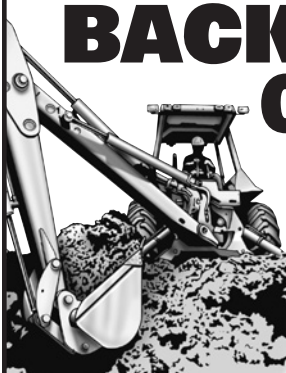
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SUDOKU

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

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

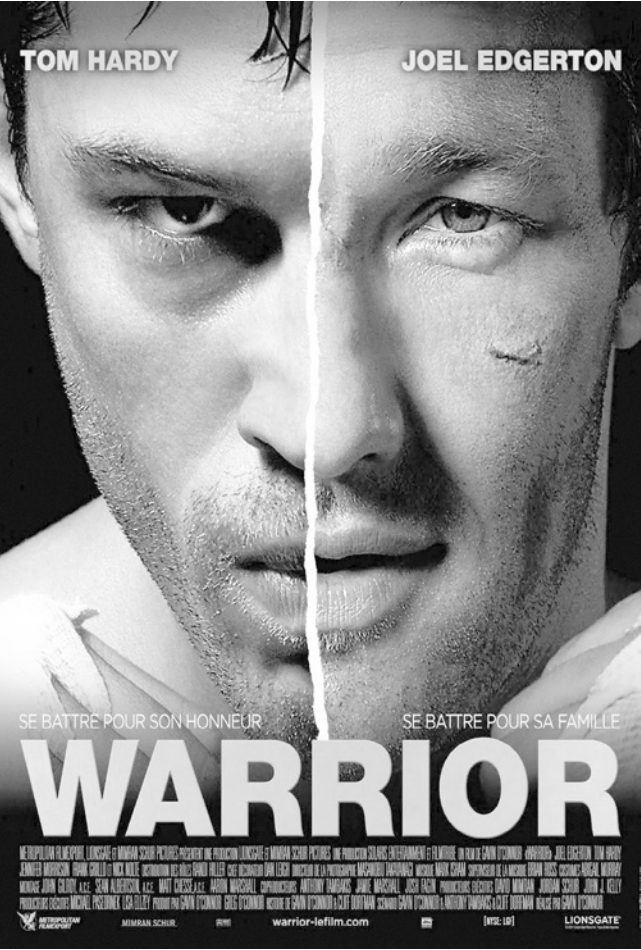
This week’s solution on page 28

1	2	3	4		5	6	7	8		9	10	11
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53	54				55	56		57		58	59	60
61			62			63						
64			65					66				
67				68					69			

- ACROSS**
- 1. Decorated, as a cake
 - 5. “Hamlet” has five
 - 9. Barbie’s beau
 - 12. “Belling the Cat” author
 - 14. Pumps and clogs
 - 16. Clod chopper
 - 17. Magnolia state
 - 19. Biochemistry abbr.
 - 20. Chlorox, e.g.
 - 21. Suspicion
 - 23. Greek earth goddess: Var.
 - 25. Frosts, as a cake
 - 26. Person directed to another for professional services
 - 30. Second-year students, for short
 - 32. Bauxite, e.g.
 - 33. Gumbo vegetables
 - 35. Coffee order
 - 37. Arp’s art
 - 39. Clock standard: Abbr.
 - 40. Become friendlier
 - 41. Commemorative marker
 - 43. Nuclear energy weapon
 - 46. Tokyo, formerly
 - 47. Indic language of Orissa
 - 49. Ocean’s surface used in reckoning land elevation (2 wd)
 - 51. Biblical shepherd
 - 52. Next month (abbrev.)
 - 53. Deceptive maneuver
 - 57. Breath sweetening lozenge
 - 61. “Fantasy Island” prop
 - 62. Sinful
 - 64. “Much ____ About Nothing”
 - 65. Apprehensive
 - 66. Taste, e.g.
 - 67. “My boy”

- 68. Abstruse
 - 69. Act
- DOWN**
- 1. Foot
 - 2. Cover with plaster
 - 3. “____ quam videri” (North Carolina’s motto)
 - 4. Measured portion of medicine
 - 5. Balaam’s mount
 - 6. Reprimanded
 - 7. Pith helmet
 - 8. Blood poisoning
 - 9. Former Soviet premier
 - 10. A long, long time
 - 11. “Cool!”
 - 13. Rogue
 - 15. Humorous TV drama
 - 18. Dodge
 - 22. Move, as a plant
 - 24. Pirate’s dismay
 - 26. Engine parts
 - 27. A Muse
 - 28. Union of several states
 - 29. Kind of wool
 - 31. Screen from light
 - 34. Veranda
 - 36. Missing from the Marines, say
 - 38. Accused’s need
 - 42. Hottie
 - 44. Third month
 - 45. Swells
 - 48. Set in a straight row
 - 50. Go over
 - 53. “Ah, me!”
 - 54. Change
 - 55. Algonquian Indian
 - 56. Cork’s country
 - 58. Better
 - 59. Yorkshire river
 - 60. Brought into play
 - 63. Cheat

Capsule reviews of films opening this week by The Associated Press



“Warrior”

by Jake Coyle, AP Entertainment Writer

In director Gavin O’Connor’s hands, the octagon of mixed martial arts is a cage of boiling family emotion. Though this might seem an inconsequential fight movie complete with tough guys and tattoos, it turns genre fare into a surprisingly moving father-and-sons melodrama. Brothers Tommy (Tom Hardy) and Brendan Conlon (Joel Edgerton) have long been estranged from each other and their father, Paddy (Nick Nolte), an aging reformed drunk whose abuse drove his family apart. Through circumstance, both Tommy (an aimless, angst-filled former Marine) and Brendan (a suburban father whose house is being foreclosed on) find their only recourse is mixed martial arts. They both end up underdogs in a lucrative, ESPN-televised tournament, where their long-simmering family drama will finally come out. Similar to O’Connor’s last film, “Pride and Glory,” the director gives epic, self-serious treatment to a plot built on clichés. Both films, though, take familiar tropes and imbue them with family tragedy. Hardy and Edgerton supply ample physicality and darkness, while Nolte adds at least one weight class to the film’s heft. By the time “Warrior” builds to its championship finale, the sadness of the Conlon brothers is riveting. PG-13 for sequences of intense mixed martial arts fighting, some language and thematic material. 139 minutes.

Two and half stars out of four.

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MOVIES	TIMES
Contagion-PG-13	1:50 4:15 7:05 9:35
The Debt-R	1:35 4:10 6:45 9:15
Drive-R	2:10 4:40 7:15 9:40
The Help-PG-13	1:30 4:30 7:30
I Don't Know How She Does It-PG-13	2:00 4:20 7:10 9:25
Lion King-G (3D)	1:45 4:00 6:50 9:00
Our Idiot Brother-R	7:20 9:45
Sarahs Key-PG-13	1:55 4:25 6:55 9:20
The Smurfs-PG	1:40 4:05
Straw Dogs-R	2:05 4:35 7:00 9:30

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“Contagion”

by Christy Lemire, AP Movie Critic

The calm is what’s so startling here, the cool precision with which Steven Soderbergh depicts a deadly virus that spreads throughout the world, quickly claiming millions of victims. There’s no great panic in his tone, no hysteria. Characters become increasingly confused and frustrated, they struggle to survive and then die in a matter-of-fact way. Even the eventual instances of looting and rioting that crop up feel like blips of intensity, understandable reactions to an incomprehensible situation. Working from a script by Scott Z. Burns, who also wrote his 2009 comedy “The Informant!,” Soderbergh takes us from suburban living rooms to labs at the Centers for Disease Control to remote Asian villages with equally clear-eyed realism. The attention to detail - and to the infinite ways germs can spread that we probably don’t want to think about - provide the sensation that this sort of outbreak really could happen right now. Matt Damon, Gwyneth Paltrow, Kate Winslet, Laurence Fishburne and Marion Cotillard are among the stellar ensemble cast, but Jennifer Ehle nearly steals the whole movie from them as a CDC doctor racing to find a cure. PG-13 for disturbing content and some language. 103 minutes.

Three stars out of four.

THE JOKE’S ON YOU

by Phil Ryder & YOU

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"I think us bears should join a union. I mean, we get squeezed, thrown, dressed up, and drooled on. I want benefits!!"

- Celia Paresse • Bethpage, NY

Home&Garden

Safe Septic System and Drinking Water Assistance

Montpelier – The Agency of Natural Resources issued guidance to homeowners about the need to take action if they have reason to believe their septic system has failed.

“Vermont homeowners and businesses served by onsite wastewater disposal systems who see wastewater on the ground must take action,” said Agency of Natural Resources Secretary Deb Markowitz. “Improperly treated wastewater is a risk to human health, both through direct exposure and by entering and contaminating water supplies.”

“Many wastewater systems will properly function once the water recedes, while other systems will require repair or replacement,” said Ernie Christianson, program manager for the Wastewater Management Division of the Department of Environmental Conservation. “Call our regional offices for help.”

The Wastewater Management Division has five regional offices that can provide assistance and answer questions about wastewater systems, water supplies and the permitting process. The new guidelines advise anyone who has an onsite sewage system to take the following actions if they find wastewater above ground:

1. Contact your town health officer. Your town office can provide you with the appropriate name and phone number.

2. Anyone who has a wastewater system that continues to have surfacing of household waste after the water recedes should take steps to prevent people and animals from entering the contaminated area.
3. As much as possible, take steps to prevent surfacing wastewater from flowing toward wells or off your property.
4. If you have a pump station as part of your household system, do not immediately pump the wastewater from the septic tank until it is known that the water table has dropped to an acceptable depth. An elevated groundwater table may cause an empty tank to collapse or shift in the ground.
5. Hydrated lime (also known as calcium hydroxide) may be applied to help disinfect the area. Lime is caustic so you must follow the instructions, wear rubber boots, gloves, goggles, and other protective clothing, and prevent people and animals from exposure.
6. Contact your ANR regional office and staff will assist you through the process of replacing the failed wastewater system and will provide information on how to obtain a permit if one is needed. Contact information can be found at <http://www.anr.state.vt.us/dec/ww/staff.htm#regional>
- Safe Drinking Water After the Flood
- Private drinking wells that were subject to flooding

should be tested for bacterial contamination. Contact your Health Department district office or town health officer for a free test kit and disinfection instructions. Until a test confirms that your water is safe, boil water for one minute before use in drinking, cooking, making juice or ice, washing fruits and vegetables and brushing teeth. This also applies to water that is dispensed by a refrigerator system. Shower with caution. Avoid getting water in eyes, mouth and wounds. Do not allow children to swallow bath water if on a boil-water notice.

Residents who get their drinking water from a public system should look for boil water or other instructions put out by their own system.

If there is a smell of petroleum or fuel, do not use water at all for cooking, bathing or washing. Use bottled water or water from a known safe source. Call the Health Department’s drinking water program at 1-800-439-8550 for consultation and testing information.

For more information about drinking water safety and health concerns after a flood, go to the Health Department’s website at <http://healthvermont.gov/enviro/water/flood.aspx>

For more information about flood clean up and mitigation and to download a copy of the new guidelines, visit the flood page on the ANR website at <http://www.anr.state.vt.us/site/html/flood.htm>

How Floods Affect Local Food Safety

MONTPELIER – The Vermont Agency of Agriculture and Department of Health want consumers to know that many of Vermont’s fruit and vegetable farms were untouched by flood waters from Tropical Storm Irene, and Vermonters should still support their local farms and farmers’ markets.



Farms that were inundated with flood waters from rivers and streams have been informed of the Food and Drug Administration (FDA) guidance that crops in which the edible portion has come in contact with flood waters are considered to be adulterated. These crops are not to be offered for sale or consumed. Vermont farmers are aware that if these adulterated products reach the marketplace they could be subject to regulatory action from the FDA or the State of Vermont.

“We are confident in our farmer’s ability to make informed decisions that will not threaten their business or the health of their community,” said Agriculture Secretary Chuck Ross. “If you have questions about any food you buy locally, talk with the farmer or the market. This is another advantage of doing business with local farmers.”

“Buying and eating fresh local fruit and vegetables that weren’t touched by flooding is a healthy action that I encourage Vermonters to take now more than ever,” said Health Commissioner Harry Chen, MD.

There are many ways to support Vermont farmers:

- Shop at your local farmers’ market and farm stand.
- Continue to support your CSA farm during this time of need.
- Donate to the Vermont Community Foundation and Agency of Agriculture’s Farm Disaster Relief Fund <<http://www.vermontcf.org/give-now/>> at www.vermontcf.org.

“If you have questions about any food you buy locally, talk with the farmer or the market. This is another advantage of doing business with local farmers.”

• Donate an item or experience to Northeast Organic Farming Association of Vermont’s (NOFA-VT) online auction <<https://www.biddingforgood.com/auction/AuctionHome.action?auctionId=138963216>> to benefit the Farmer Emergency Fund, and participate in the auction starting October 1st at www.nofavt.org.

• If you know a farmer who has been impacted, volunteer to help muck out their barn, pull up downed fence, or even make dinner. If you don’t know any farmers personally but would like to volunteer, call 1-800-VERMONT.

The Vermont Agency of Agriculture and the Health Department will continue to work with the FDA, UVM Extension and other partners to ensure the safety of the Vermont food supply and offer technical assistance to our farmers through this difficult time.

Disposing of Flood Damaged Waste

Residents that have been impacted by flooding caused by hurricane Irene need to separate their household hazardous waste (HHW). Improper disposal of HHW can pose a threat to human health and/or the environment. Leftover household products that contain corrosive, toxic, ignitable, or reactive ingredients are considered to be HHW.

Some HHW that cannot be disposed of in normal waste containers:

- Products, such as paints, cleaners, oils, batteries, and pesticides that contain potentially hazardous ingredients.
- Car batteries & Rechargeable Batteries
- Hazardous Waste
- Mercury products – fluorescent bulbs, thermo-

stats, thermometers

- Oil, Brake Cleaner, other toxic car products
- Oil Based Pain, Stain, Varnish, Paint Thinner/Stripper
- Propane cylinders, other gas cylinders
- Tires

Local transfer stations near you are working in coordination with EPA to collect HHW. Look below to find the location nearest to you.

*Electronic waste should be brought to an approved facility, please visit Vermont’s E-Cycle locations on the Agency for Natural Resources (VT ANR) website for details <http://www.anr.state.vt.us/ewaste/facilitylist.aspx>

For further questions or information on this information, contact Kelsey O’Neil: 857-998-0226

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by Larry Reilly

Access to remote areas with severe damage was our

At the same time, CVPS employees demonstrated the resilience and tenacity that has earned the company three national Edison Electric Institute Emergency Recovery Awards – the smallest company to win the accolade even once. Employees used four-wheelers, mountain bikes and an off-road motorcycle to assess the damage in areas where other vehicles could not yet pass. Others staked and built entirely new lines in areas where large sections of roadway, and the roadside utility systems, had been washed away by floodwaters.

Larry Reilly is president and CEO of Central Vermont Public Service.

Con artists often aim to find out personal information, including Social Security and bank account numbers that can then be used for identity theft. When those affected by the storm first register for assistance, they need to provide a Social Security number as well as a bank account number, if they request direct deposit of

If you think you have been victimized by fraud or suspect fraudulent activity, please report it to the Vermont Attorney General's office; telephone 802-656-3183. FEMA also maintains a disaster fraud hotline at 866-720-5721 for use by anyone wishing to report suspected incidents of fraud.

The Mountain Times

VPA
Vermont Press Association

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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Paws & Claws

Springfield Pet Feature



Irene blew in and out leaving so much devastation behind. Fortunately SHS did not sustain any damage so all our residents are high, dry and well. To all affected by Irene – our hearts and positive thoughts go out to you. May you recover quickly.

Life still goes on and we still have to find loving homes for our many residents. This week we feature Carrey the 18 month-ish old Maine Coon mix found by a roadside. This regal looking guy was badly matted and had a small hernia corrected when he was neutered. Now he is fit, happy and ready to grace some lucky person(s) home!

Enrich YOUR life beyond imagination – adopt a companion animal. We have a HUGE supply of felines of all descriptions as well as one of the sweetest Bulldog mixes, a darling lab mix, Shepherds, Chihuahua mixes and more. Call the Shelter at 885-3997 or stop by Wed-Sat noon-4:30. Best friends meet at 401 Skitchewaugh Trail!

Our next low cost S/N clinic for cats is Oct 11 in Charlestown & Nov 22 in Chester. End suffering due to overpopulation. Spay/Neuter your cats!

Don't forget our garage sales Friday mornings 8-12 (weather permitting) at the North Springfield Storage Units. The sales will come to a close September 30. Thank you to all who have donated items for us to sell and to Art Taft for donating the storage unit!

The Shelter needs canned dog food, paper towels, and postage stamps. And don't forget those used ink cartridges – we get \$2 for each. Many thanks to all who help this way!

Lucy Mackenzie Pet Feature



Hi! My name is Cammy. I'm a 2 year old spayed female cat and was brought to Lucy Mackenzie as a stray. I would make a great companion for an individual or family looking for a loving, playful "lap" cat. I love humans and would very much like to be an only cat please. If you would like to meet me or any of the other animals at Lucy Mac, please stop in! We're located at 4832 Route 44 in West Windsor, VT and open to the public Tuesday through Saturday, 12 - 4 PM. You can reach us at 802-484-LUCY(5829) or visit us at www.lucymac.org. We hope to see you soon!

PET PERSONALS

MARTY - 5 year old. Neutered Male. German Shepherd mix. I'm a slow moving fella who enjoys being with people. I like to thump my tail softly when I'm happy. I'm an overweight guy who is looking for a home where I can be on a diet and get lots of exercise!

CALI - 1 year old. Spayed Female. Domestic Short Hair Tortoiseshell. I arrived at the shelter with 2 of my friends. Our owner could no longer take care of us. Three cats can add up with expenses, but we are easy as pie.

LULU - 3 year old. Spayed Female. Boxer mix. I'm all wiggles and I can catch a ball like nobody's business! Like all Boxers, I enjoy the company of my people and am always ready for adventure!

OZZIE - 6 month old. Neutered Male. Chihuahua/Rat Terrier mix. I'm a young, active fella who loves to run and play! I enjoy being with people and getting petted and lots of attention. I'm a wiggly boy who has a lot of energy.

SIANNA - 1 year old. Spayed Female. Domestic Short Hair Cream/Chocolate. My goodness, look at my beautiful colors and markings. You don't often see that, do you? I am a friendly, but quiet young lady who arrived at the shelter after my owner brought me in, with my friends Cookie and Cali.

DIXIE DOODLE - 2 year old. Spayed Female. Labrador Retriever mix. I'm an adorable gal who enjoys being with people. I know Sit and Drop and I'm pretty smart so I think I could learn more tricks if you have the time to teach me.



ROJO - 9 year old. Neutered Male. Siberian Husky. I'm a super handsome red Husky with glorious blue eyes! I'm a tail waggin' guy who enjoys being with people. And unlike many Huskies, I love to play with toys!

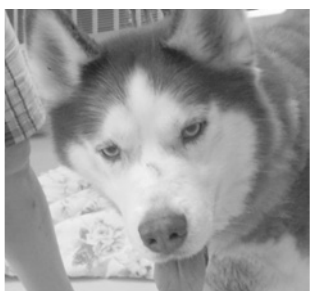
CREAMSICLE - 2 year old. Neutered Male. Domestic Short Hair Orange and White. Wow am I a lucky guy. I was brought and left in my carrier at the door but thankfully they brought me to the right place. I am confident and extremely handsome.

COOKIE DOUGH - 1 year old. Spayed Female. Guinea Pig. I came to the shelter on August 17 after my family decided that they just didn't have the time to give me or my sister, Porkie. We are great companions and would love to stay together.

OLLIE - 3 year old. Neutered Male. Terrier mix. I'm an adorable, fluffy guy who already knows how to Sit! I take a little while to warm up to new people but once I get to know you I'll be your best friend.

HOLLY - 10 year old. Spayed Female. Chihuahua. I'm an adorable gal who loves to give kisses and hang out on your lap. I'm an older lady who is looking for a quiet home where I can be the queen bee and get spoiled and pampered.

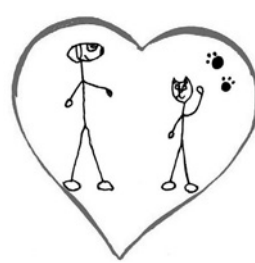
COOKIE - 2 year old. Spayed Female. Domestic Short Hair Chocolate/Cream. I am a gorgeous girl who stands right out in the crowd. Look at my beautiful markings. I arrived at the shelter with my friends Cali and Sianna. We are all gorgeous girls.



All of these pets are available for adoption at
Rutland County Humane Society
765 Stevens Road, Pittsford, VT • (802) 483-6700
Wed.-Sun. from 12 - 5 pm and closed on Mon. & Tue. • www.rchsvt.org

Vermont Spay Neuter Incentive Program

Applications for VT residents to receive VSNIP vouchers with which to have cats and dogs neutered at a reduced rate can be found at participating vet offices, town clerks, social service agencies, or by sending a #10 self-addressed 44¢ stamped envelope to:



VSNIP, PO Box 95, Bridgewater, VT 05034.
Or, download and print forms from the VT Agency of Agriculture website:
www.vermontagriculture.com.
(Go to forms/applications, scroll to VSNIP, and print the 3 highlighted forms.)
For assistance, call 1-877-867-1424



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The Classifieds

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

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

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

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

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

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

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

PEAK PROPERTY REAL ESTATE, 505 Killington Rd., Killington. VTproperties.net. 802-775-1700, 802-353-1604. Marni@peakpropertyrealestate.com. Specializing in homes/condos/land/commercial/investments/winter rentals. Representing sellers & buyers all over Central Vt. TFN

LONG TERM RENTALS

SMALL 2 BEDROOM, 1 full bathroom, furnished house in Poultney. Available now through end of May 2012. \$675 monthly includes heat. Perfect for someone needing to commute to Rutland area for the winter. North End of Lake St. Catherine location. Call Mary Jo at 802-287-5836. 37/38

KILLINGTON Year Round Rental 1 bdrm, good location, very low utils, 781-749-5873, or 802-422-4157 or toughfl@aol.com 35/38

SKIHOUSE for rent, great location, duplex, 3 br, 1.5 bath. \$950/mo + utils + deposit. 802-683-6302. 31/TFN

SEASONAL RENTALS/SHARES

KILLINGTON RENTAL (Fall) Excellent location, 4 bd rms, 2.5 bath, fully-furnished, hot-tub, washer/dryer, internet. \$350/wk or \$1000/mo.(negotiable) 978-263-1009 or eileenjones34@gmail.com 37

SMALL ROOM in quiet home in Mendon with pets. No Smokers. No Fragrance. References required. 6 months for \$3000 plus \$100 plowing and \$250 Sec dep. Will do month to month but 2 mos rent ahead required. Garage space available for one vehicle-\$50 P/M. 802-747-9944/ Twowindbags@aol.com.37/TFN

4 BDRM, 2 BATH, fireplace, outside hot tub, 1 mile to Skyship, available full season or alternating weeks. \$10,000/ season + utilities. Jack, 212-242-2878, gotbittersweet@yahoo.com

SKI HOUSE for rent, great location, duplex, 3 br, 1.5 bath, sleeps 8. \$7900 + utils + deposit. 802-683-6302. 31/TFN

HOMES available by the week-end, week or month, in Killington & Chittenden. Sleeping 2 to 24. Call Louise Harrison Real Estate 802-775-9999 or visit www.louiseharrison.com. TF

BUSINESS OPPORTUNITIES

2 STORES at Killington Mall on Access Rd. for rent. Store 1: 2600+ sq ft (old t-shirt shop). Store 2: 4300+ sq ft (old ski shop). Both locations are 2 floors. Call owner Ron Viccari for details @ 800-694-2250 or cell 914-217-4390. 34/41

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

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TAG SALE 5161 Rte 4 MENDON, next to Mendon Square Cottage, just after Old Turnpike Rd. coming from rutland or killington/pico motor inn. TFN

FOR SALE

TIRES: 4 Great condition. 215/55R16 M+S. Cooper Touring CS 4. Treadware 560, Traction A, Temp A. Asking \$180. 802-422-3642. 35/TFN

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

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HUNDREDS of loving, adoptable animals killed in VT yearly due to over-breeding. 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

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Call Peter Klochaney

800-882-4511 EXT 205

WANTED

NEEDED: FOSTER homes/ permanent homes for kittens. 802-779-6022. 28/TFN

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

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EMPLOYMENT

SALES ASSOCIATE, better ladies clothing, Tuesdays 9-6:30p.m. and every other week-end. Apply in person at Ginger Tree, 45 N. Main St., Rutland, VT. 35/37

FIVE ELEMENTS Salon and Day Spa is looking for a part-time receptionist (15-20 hrs). Individual must be friendly, organized, and be able to multi-task. Please send resume to fiveelements1@myfairpoint.net 37/38

CHOICES RESTAURANT - Waitperson needed to fill a part time position, becoming full time this foliage season and winter. Wine service knowledge required. Email applications at claudeschoices@yahoo.com or call 422-4030, Wed- Sun. from 1:00-6:00. 31/TFN

WAITRESS Needed On the Rocs Lounge. Must have transportation. Email resume to ontherocslounge@aol.com or apply in person. 802-422-ROCS.31/TFN

HELP WANTED. Kitchen help, line cook, dish washer, part-time bartender, wait staff. Apply in person Tuesday thru Thursday Moguls sports pub, 2630 Killington Rd. Must have drivers license and references. 28/TFN

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

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Be part of your community! On-the-job assistance is sought for one individual with developmental disabilities on a part-time basis; though employment with the CAP program could be full-time, if so desired. Play a vital role as an employee, supporting others to maintain their employment through teamwork, positive approach and dignity. A reliable vehicle is a must, and ability to provide personal care is required. Join our person-centered team as an **EMPLOYMENT CONSULTANT**. Entry level position at CAP with great pay, extensive training and opportunity for growth!

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Killington Elementary School Part Time - Individual Aide

We are seeking a kind and nurturing individual to work with a high energy, preschool student with special needs, from 7:50- 11:35 am Tuesdays through Fridays for the 2011-2012 school year. This is an anticipated opening. Position will be open until filled. Please send a letter of interest, a resume, and three letters of reference to:

Loren Pepe, Principal
Killington Elementary School
686 Schoolhouse Road
Killington, VT 05751
E.O.E



THE MOUNTAIN TOP INN & RESORT

The Mountain Top Inn & Resort in Chittenden has the following positions available:

- Servers – Breakfast, Lunch & Dinner
- Overnight Manager – Part Time

Candidates must be able to work flexible hours including weekends and evenings, initiate contact with guests, anticipate guest's needs, communicate clearly, and have a professional appearance. Reliable transportation a must. We are looking for the best "hospitality minded" employees. Apply in person at The Mountain Top Inn & Resort, 195 Mountain Top Road, Chittenden, VT 05737. If you are unable to get here due to the flood call us at 802.483.2311 or email your resume to stay@mountaintopin.com with the position you are applying for in the **Subject** line.

RealEstate

SBA Disaster Loans

VERMONT Declaration #12784 & #12785
Application Filing Deadlines:
Physical Damage: October 31, 2011
Economic Injury: June 1, 2012

Whether you rent or own your own home, own your own business, or own a small agricultural cooperative located in a declared disaster area, and are the victim of a disaster, you may be eligible for financial assistance from the U. S. Small Business Administration (SBA).

What Types of Disaster Loans are Available?

- Home Disaster Loans – Loans to homeowners or renters to repair or replace disaster-damaged real estate or personal property owned by the victim. Renters are eligible for their personal property losses, including automobiles.

- Business Physical Disaster Loans – Loans to businesses to repair or replace disaster-damaged property owned by the business, including real estate, inventories, supplies, machinery and equipment. Businesses of any size are eligible. Private, non-profit organizations such as charities, churches, private universities, etc., are also eligible.

- Economic Injury Disaster Loans (EIDLs) – Working capital loans to help small businesses, small agricultural cooperatives, small businesses engaged in aquaculture, and most private, non-profit organizations of all sizes meet their ordinary and necessary financial obligations that cannot be met as a direct result of the disaster. These loans are intended to assist through the disaster recovery period.

- EIDL assistance is available only to entities and their owners who cannot provide for their own recovery from non-government sources, as determined by the U.S. Small Business Administration (SBA).

What are the Loan Amount Limits?

- Home Loans – SBA regulations limit home loans to \$200,000 for the repair or

replacement of real estate and \$40,000 to repair or replace personal property.

- Business Loans – The law limits business loans to \$2,000,000 for the repair or replacement of real estate, inventories, machinery, equipment and all other physical losses.

- Economic Injury Disaster Loans (EIDL) – The law limits EIDL(s) to \$2,000,000 for alleviating economic injury caused by the disaster.

- Business Loan Ceiling – The \$2,000,000 statutory limit for business loans applies to the combination of physical, economic injury, mitigation and refinancing, and applies to all disaster loans to a business and its affiliates for each disaster.

What Restrictions are there on Loan Eligibility?

- Uninsured Losses – Only uninsured or otherwise uncompensated disaster losses are eligible.

- Ineligible Property – Secondary homes, personal pleasure boats, airplanes, recreational vehicles and similar property are not eligible, unless used for business purposes. Property such as antiques and collections are eligible only to the extent of their functional value. Amounts for landscaping, swimming pools, etc., are limited.

- Noncompliance – Applicants who have not complied with the terms of previous SBA loans are not eligible. This includes borrowers who did not maintain flood and/or hazard insurance on previous SBA or Federally insured loans.

For more information, contact SBA's Disaster Assistance Customer Service Center by calling (800) 659-2955, emailing disastercustomerservice@sba.gov, or visiting SBA's Web site at www.sba.gov. Deaf and hard-of-hearing individuals may call (800) 877-8339. Applicants may also apply online using the Electronic Loan Application (ELA) via SBA's secure Web site at <https://disasterloan.sba.gov/ela>



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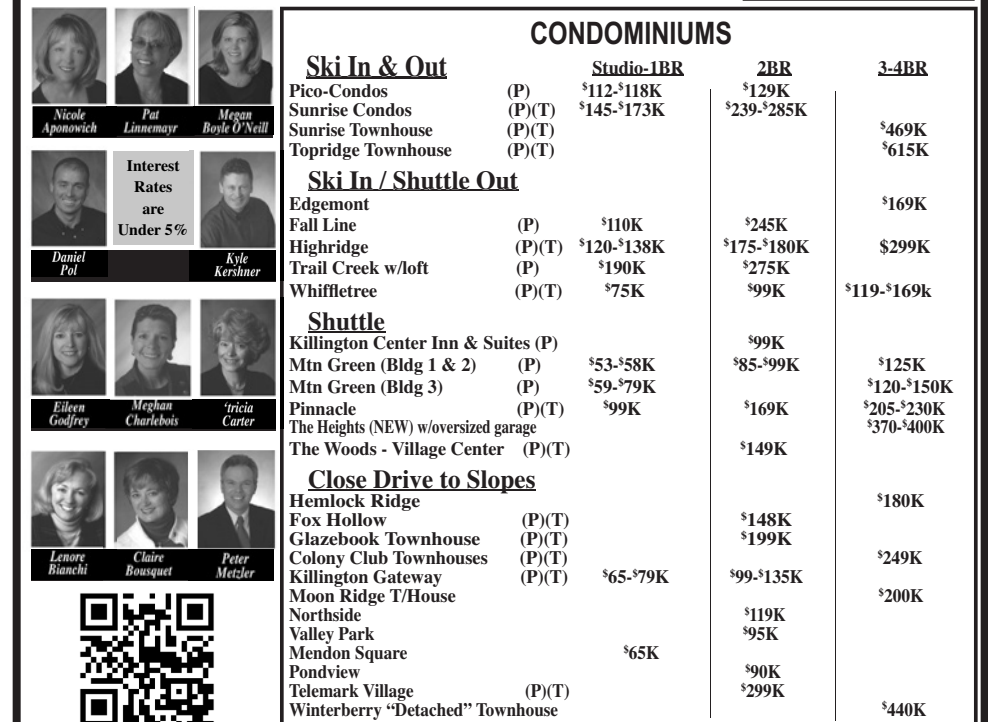
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Ski In & Out

	Studio-1BR	2BR	3-4BR
Pico-Condos (P)	\$112-\$118K	\$129K	
Sunrise Condos (P)(T)	\$145-\$173K	\$239-\$285K	
Sunrise Townhouse (P)(T)			\$469K
Topridge Townhouse (P)(T)			\$615K

Ski In / Shuttle Out

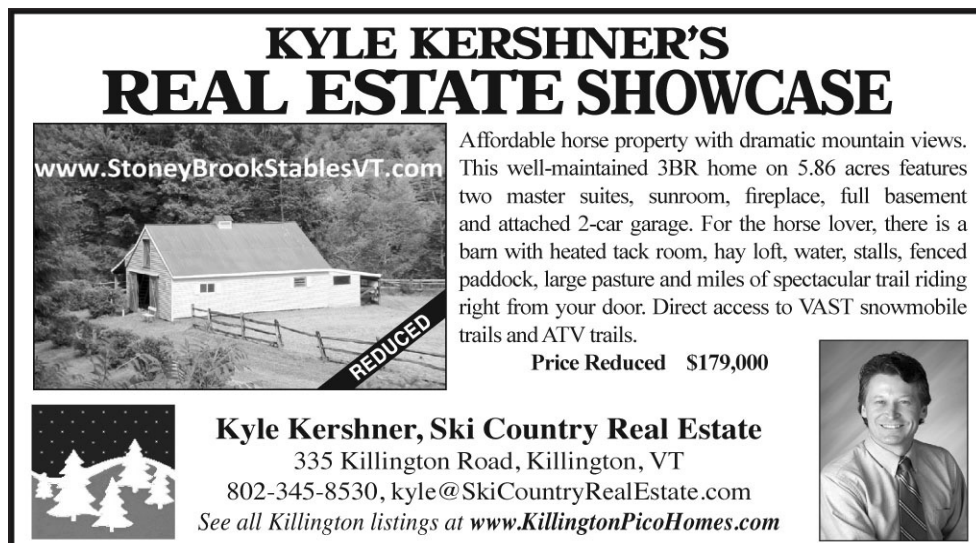
Edgemont (P)	\$110K	\$245K	\$169K
Fall Line (P)(T)	\$120-\$138K	\$175-\$180K	\$299K
Highridge (P)	\$190K	\$275K	
Trail Creek w/loft (P)(T)	\$75K	\$99K	\$119-\$169K
Whiffletree (P)(T)			

Shuttle

Killington Center Inn & Suites (P)		\$99K	
Mtn Green (Bldg 1 & 2) (P)	\$53-\$58K	\$85-\$99K	\$125K
Mtn Green (Bldg 3) (P)	\$59-\$79K		\$120-\$150K
Pinnacle (P)(T)	\$99K	\$169K	\$205-\$230K
The Heights (NEW) w/oversized garage (P)(T)		\$149K	\$370-\$400K
The Woods - Village Center (P)(T)			

Close Drive to Slopes

Hemlock Ridge (P)(T)		\$148K	\$180K
Fox Hollow (P)(T)		\$199K	
Glazebok Townhouse (P)(T)			\$249K
Colony Club Townhouses (P)(T)	\$65-\$79K	\$99-\$135K	\$200K
Killington Gateway (P)(T)			
Moon Ridge T/House (P)(T)		\$119K	
Northside (P)(T)		\$95K	
Valley Park (P)(T)	\$65K		
Mendon Square (P)(T)		\$90K	
Pondview (P)(T)		\$299K	
Telemark Village (P)(T)			\$440K
Winterberry "Detached" Townhouse (P)(T)			



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www.StoneyBrookStablesVT.com

Affordable horse property with dramatic mountain views. This well-maintained 3BR home on 5.86 acres features two master suites, sunroom, fireplace, full basement and attached 2-car garage. For the horse lover, there is a barn with heated tack room, hay loft, water, stalls, fenced paddock, large pasture and miles of spectacular trail riding right from your door. Direct access to VAST snowmobile trails and ATV trails.

Price Reduced \$179,000

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EDGE MONT 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.....\$198,000 \$160,000

IMMACULATE KILLINGTON HOME 3 BRs, 2 BAs, gourmet kitchen, LR w/large stone FP, private deck, nicely landscaped. Great location, level access.
EXCLUSIVE.....\$325,000

PITTSFIELD CAMP This very accessible 2-BR home borders a brook & is close to VAST snowmobile trails. LR w/vaulted ceilings, new carpet & a VT castings woodstove.
EXCLUSIVE.....\$110,000

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

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CHARMING CAMP!

 • 2BR+loft-1BA- 1 1/2 Ac • Winterized, yr-rd use • Expansion Potential \$129K	 • Indoor hot tub room • Den with Bath – Mtn Views • Stone Fireplace \$390,000	 • 4BR/3BA+LOFT, Rec Rm • Privacy-Deck-Master Suite • Cathedral- Efficient- \$278K	 • 2BR/2BA -Cozy vacation home • Large Deck-Landscaped-Shed • Bonus Rm-wait for it: Garage \$197K
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POST & BEAM

 • 4BR/3.5BA, 4.7 Ac, landscaped • Open floor plan, pond • Mom in-law apt. \$449,000	 • 5BR, 4BA Furnished, A/C • 9ft ceilings, outdoor hot tub • 2-car o/sized garage \$659,900	 • 4BR/2BA -large Master • Spacious & Light Kitchen • Paved Driveway \$359,000	 • 4BR/3BA + 3.5 car garage • Solar design,loft/den, Paved driveway • Midway Rutland/Killington - \$450K
--	---	--	--

POST & BEAM

 • 3Br 2.5Ba - 3 stall Barn+loft • Killington 22Ac, stone fireplace • Post & Beam \$499,000	 • 3BR / 3BA - 2200 sq ft • Townhome, Oversized Garage Starting at \$369,900	 • 2-3 Bedroom, 1 bath • 4 mi. to Killington Rd • Wood floors \$259K	 • 3BR/2.5BA w/guest suite • 2 Stone fireplaces,loft, wine cellar • Overszd 2-car heated garage \$689K
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2BEDROOM/2 BATH SUITES

BETWEEN KILLINGTON & RUTLAND

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75+ Craft Brews & Live Music**

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Friday, September 30, 7 p.m. Snowshed Long Trail Pub

New! Brewfest Kick Off Party \$15*

**Friday, September 30, 9 p.m.-1 a.m. Wobbly Barn
Live Music from the Pete Kilpatrick Band**

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