

# Killington Mountain School 27th Annual Auction and Dinner

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PAGE 24

## The Mountain TIMES

Volume 40, Number 4

Central Vermont's Premier Weekly Newspaper

January 27-February 2, 2011

### SPORTS

## Dew Tour Photos & Results

Check out some great photos of this past weekend's Dew Tour and see if your favorite competitor placed in the top three.

PAGES 1-4

### GENERATION Y

## Bottom Chef

I'm not much of a chef. I don't know if I have a particular untalent for making food; it's just that, as with most everything else in the world, I never had much inclination to do it.

PAGE 5

### LOCAL SECTION

## Regional News

"The facts Ma'am. Just the facts."  
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PAGES 19-23

### BOOMERS

## Church Mouse

While visiting Killington, I had the good fortune to do one of my favorite things – attending Sunday morning services at the little white church. There is nothing more uplifting than a sermon by Bev Anderson.

PAGE 7

### WINE EXPERIMENTS

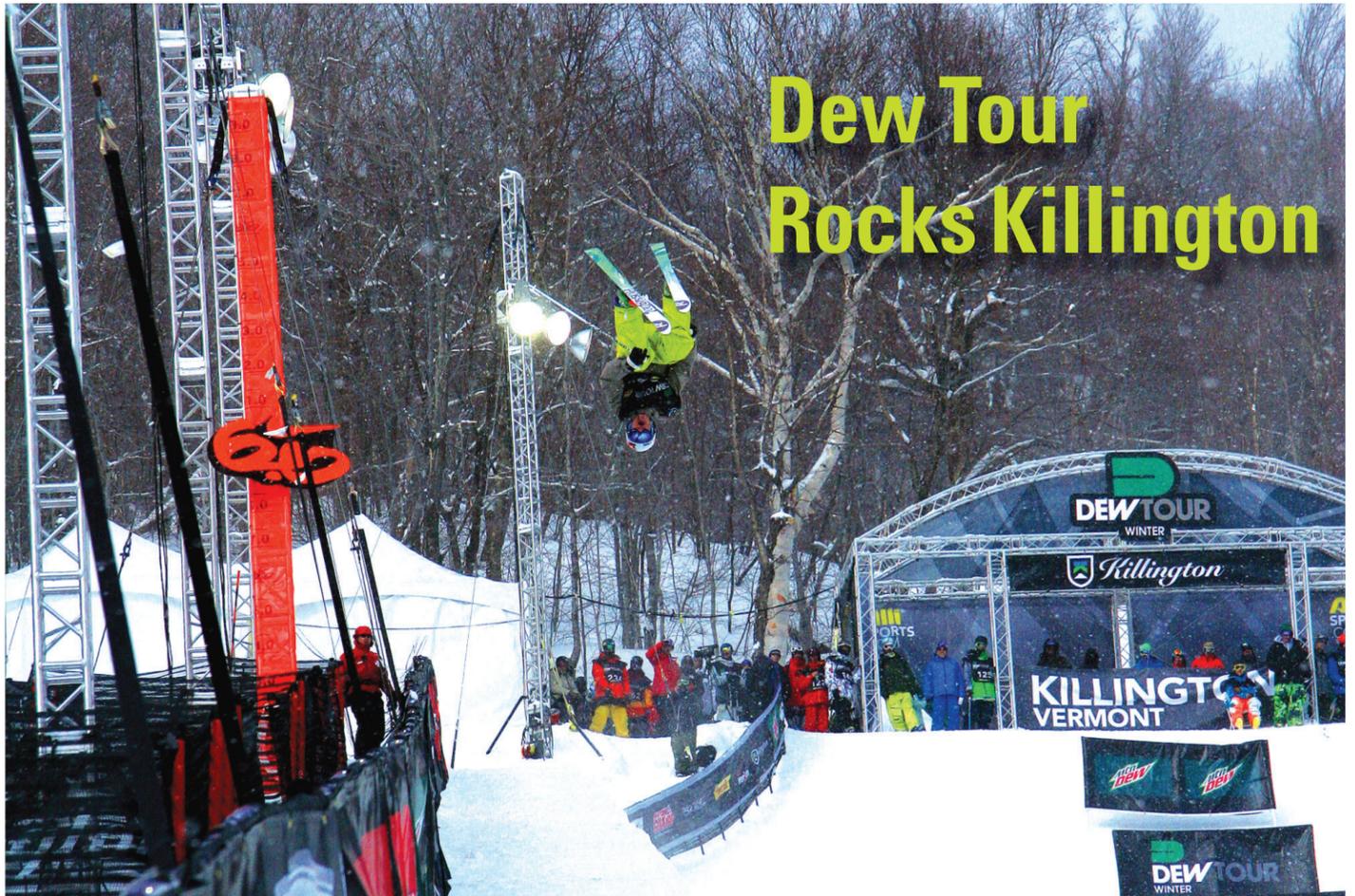
## Sirah, Syrah

One of the most confusing and misunderstood grapes is Petite Sirah, also called Durif in Australia. It sometimes is even spelled Petite Syrah



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## Dew Tour Rocks Killington

## The Killington Dew Tour 2011

story and photo by Thomas Bartlett

The half pipe was huge! It is not even called a half pipe because of its size. It is known as a Superpipe. I have never witnessed a large man-made construction of snow such as this one. In the Tour's third year of existence, they made the walls of their Superpipe four feet higher than last year. The walls of the pipe, which are simple vertical launch pads, are 22 feet straight up. When the pro and Olympic athletes leave the lip of the pipe, they fly another six, ten, twelve feet or more out of the pipe and into the frosty Killington air. Quite a sight I must tell you. As the skiers and riders fly up to stall out in the apex, they are spinning, grabbing, and performing well know tricks such as the whiskey flip and the switch alley-oop 720. On the way down back into the pipe they continue the trick and land back down on the curved wall with style....usually. I have seen these tricks over and over on the T.V. but to stand atop the half pipe and watch these guys float into the air over your head is quite awesome. The rest of the stats for the pipe go like this: overall length: 500 feet. Width: 150 feet. The angle of the pipe down slope is 18 degrees. The pipe was lit every day by 20 towers with three powerful lights strategically set up to turn night into day for the men's skier superpipe finals which took place on Saturday evening.

Although the pipe competition tends to be the highlight and draw the crowds, the whole Dew Tour was a spectacle and a half. For four days the Tour took over Bear Mountain. Clumped around the Bear Mountain base lodge were vendors of all types and the large well known sponsors of the tour. Festival Village is the name given to the area where the vendors set up. Walk through this maze of tents and structures resembling soccer balls which have been cut in half and secured to the snow, and it is like being in another world. There were pretty girls dressed in the latest jacket and boot combos giving away free stuff. There were freebies every where such as stickers, bandanas, shampoo, and beef jerky. And yes, there was Mountain Dew for just about everybody. Toyota, one of the Tour's biggest sponsors, had a free shuttle to and from Bear Mountain and the other five mountains of Killington. They also brought with them a silver-backed Yeti with a friendly humanoid face. It scared me a bit, but I am quite afraid of clowns. The Yeti wasn't selling Toyotas (I don't think) but he, or it, was posing for photos and passing out freebies. It was also in the crowd cheering like mad for all competitors. You couldn't miss him. He was the huge silver Yeti among humans. The Village was where the fun took place when the athletes were not competing.

On and on it went from practice day on Thursday to the freezing cold slope style

finals on Sunday. Slope style competition consisted of three features with rail slide or box slide options right out of the starting gates and then on to the extra large kickers. As the athletes progressed down the hill each kicker gets larger than the last. The booters began with a 60 footer, than a 70 footer, and finally the 75 foot jump that lands the skiers and riders down into the awaiting arms of a stunned crowd.

The Dew Tour was not just a group of professional skiers and riders. Everyone there was a pro. From the crews of NBC to the makers of the pipe and all of the slopestyle feature. It was big business. While I wandered about with my pass and my camera, I spoke with judges, vendors (not the Yeti), camera men and the guys checking passes into restricted areas. Everyone I came in contact with

*Dew Tour, Page 3*

"We were thrilled to play host to the second stop of the Winter Dew Tour, visitation to the event has exceeded our expectations and we hope to have a long relationship with the Winter Dew Tour at Killington Resort."

— Chris Nyberg, President and General Manager of Killington Resort

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Forecast Received  
January 25, 2011

### WEATHER

		HI
Wednesday	Snow	28°
Thursday	Snow	28°
Friday	Sunny	24°
Saturday	Snow	26°
Sunday	Sunny	27°
Monday	Sunny	21°

# We're **FLIPPED OVER** THE BEAST

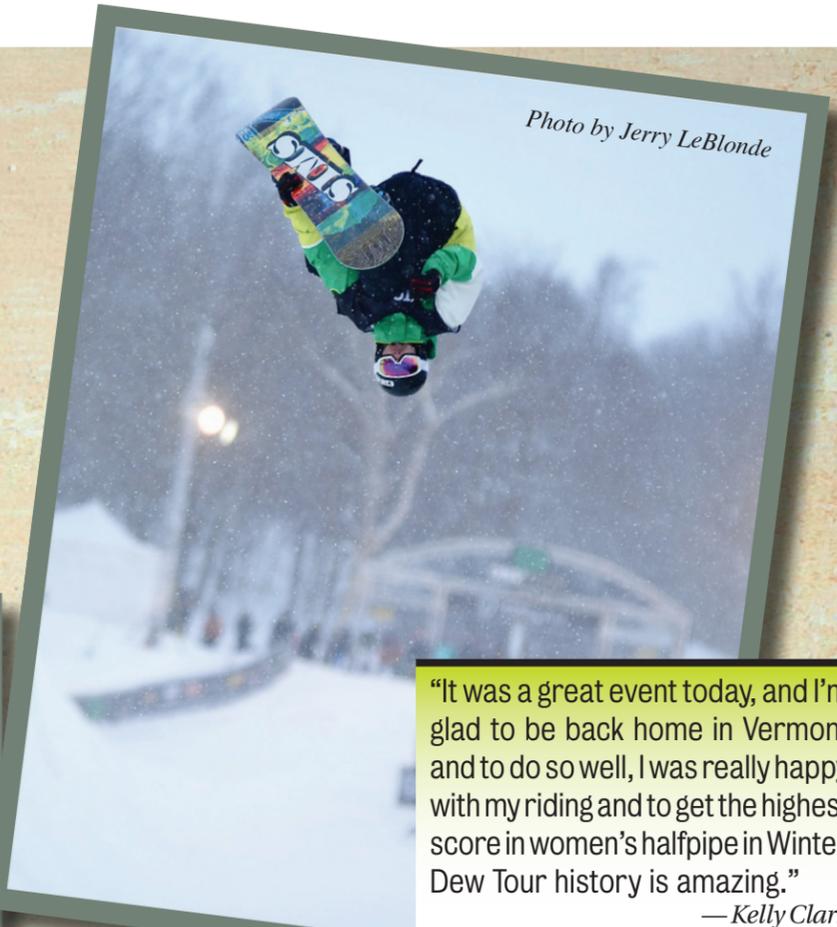


Photo by Jerry LeBlonde

"It was a great event today, and I'm glad to be back home in Vermont and to do so well, I was really happy with my riding and to get the highest score in women's halfpipe in Winter Dew Tour history is amazing."  
— Kelly Clark

Congratulations to Killington Resort for bringing the most successful single event EVER to Killington. Never before did so many talented athletes and observers come from so many places, for so many days, and create such an economic impact while having fun at the East's largest mountain resort community.

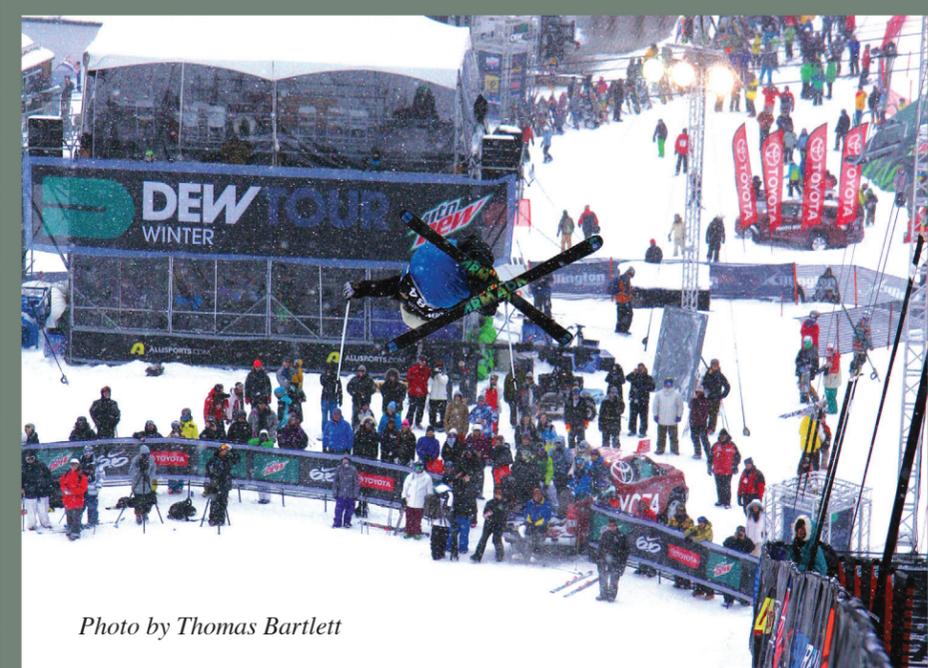


Photo by Thomas Bartlett

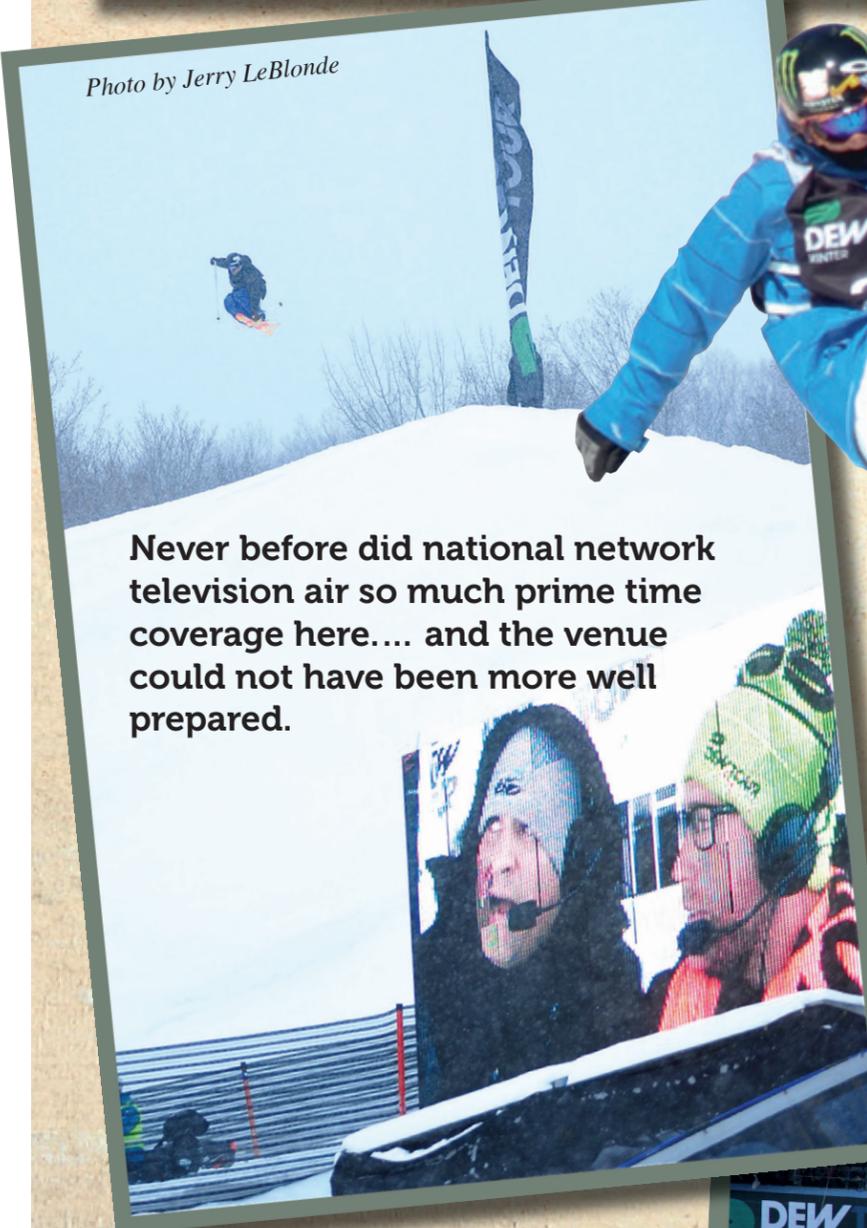


Photo by Jerry LeBlonde

Never before did national network television air so much prime time coverage here.... and the venue could not have been more well prepared.

Photo cutouts of snowboarders provided by Killington Resort

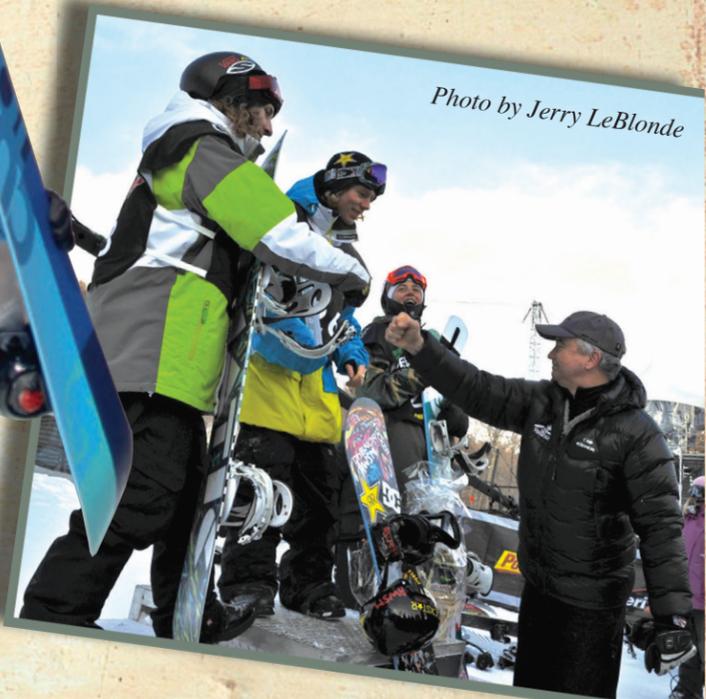


Photo by Jerry LeBlonde

Millions of viewers around the nation, and in international markets, heard the word "Killington" and saw the place that's "Killington." That's success!

We heard nothing but praise for the beauty of the terrain, the skill and creativity in the preparation of the pipe, the hill and the support facilities. It was awesome, and it showed that way in the media.



Photo by Jerry LeBlonde

"The course was money. The weather is amazing here in Killington, big jumps, sick rail features, all around dope course."

— Bobby Brown, Freeski Slopestyle Winner

Photo by Jerry LeBlonde



Photo by Thomas Bartlett

Thank you, as well, to Alli Sports for a fabulous presentation and wonderful working relationship with the resort, the community and the media.

## Dew Tour

continued from page 1

wore the face of a calm professional and seemed to be enjoying the show. How could they not, I wonder? The kids holding out pens for autographs were at the exits of every finals competition and were rewarded for their effort. The athletes were very accessible wandering about the village or at the evening parties up and down the access road. A good group of kids (most all of the athletes were under 25) doing what they do best, and graciously thanking their fans.

The Winter Dew Tour is a three stop event, and Killington was number 2. The third stop is in February at Snowbasin, Utah. At the end of the tour, the competitors with the most overall points will be crowned champion. This is the first year the Dew Tour has been to Killington, and Vermont showed them

what a January bluebird day can be like. Cold. Over the four days, Killington received about a foot or more of snow and had a couple of sunny days with zero or below temperatures. A good first year at Killington for the professional athletes to see what all of us know. It ain't easy ridin' on the east coast.

Killington is a huge resort with miles and miles of terrain. It was good to see a competition with big name competitors such as Mason Aguirre, Louie Vito, and others put on a world class performance at a world class resort. I look forward to experiencing this kind of event again here at my favorite ski area, and to witness just how big humans will make a halfpipe, and just how big competitors will go to win.

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# Dew Tour Results

## Men's Snowboard Superpipe - Finals

1. Louie Vito, Bellefontaine, Ohio, 93.00. 2. JJ Thomas, Breckenridge, Colo., 88.00. 3. Mason Aguirre, Duluth, Minn., 86.50. 4. Steve Fisher, Breckenridge, Colo., 83.50. 5. Spencer Shaw, Stratton, Vt., 83.00. 6. Matt Ladley, Steamboat Springs, Colo., 82.00. 7. Ben Watts, Bend, Ore., 75.25. 8. Trevor Jacob,

Mammoth Lakes, Calif., 71.50. 9. Zach Black, Breckenridge, Colo., 58.00. 10. Jack Mitrani, Mammoth Lakes, Calif., 55.50. 11. Brennen Swanson, Stillwater, Minn., 26.00. 12. Greg Bretz, Mammoth Lakes, Calif., DNS.

## Men's Snowboard Superpipe - Tour Rankings

1. Louie Vito, 200. 2. JJ Thomas, 174. 3. Matt Ladley, 166. 4. Mason

Aguirre, 166. 5. Steve Fisher, 152. 6. Trevor Jacob, 140. 7. Greg Bretz, 136. 8. Spencer Shaw, 123. 9. Luke Mitrani, 107. 10. Jake Mitrani, 99.

## Women's Snowboard Superpipe - Finals

1. Kelly Clark, West Dover, Vt., 95.75. 2. Gretchen Bleiler, Aspen, Colo., 92.25. 3. Queralt Castellet, Spain, 86.00. 4. Elena Hight, South Lake Tahoe, Calif., 81.50. 5. Soko Yamaoka, Japan, 80.25. 6. Kelly Marren, Hillsborough, Calif., 46.25.

## Women's Snowboard Superpipe - Tour Rankings

1. Queralt Castellet, 186. 2. Kelly Clark, 174. 3. Elena Hight, 174. 4. Soko Yamaoka, 156. 5. Kaitlyn Farrington, 144. 6. Ellery Hollingsworth, 136. 7. Kelly Marren, 132. 8. Gretchen Bleiler, 92. 9. Jamie Anderson, 86. 10. Sophie Rodriguez, 82.

## Men's Snowboard Slopestyle - Finals

1. Torstein Horgmo, Norway, 95.25. 2. Eric Willett, Breckenridge, Colo., 92.50. 3. Mark McMorris, Canada, 90.50. 4. Tyler Flanagan, Mammoth Lakes, Calif., 82.50. 5. Brandon Reis, Peterborough, N.H., 68.00. 6. Jeremy Thompson, Elka Park, N.Y., 65.00. 7. Sondre Tiller, Norway, 58.25. 8. Sebastien Toutant, Canada, 56.75. 9. Sage Kotsenburg, Park City, Utah, 53.25. 10. Tim Humphreys, Basking Ridge, N.J., 52.00. 11. Chas Guldemond, Reno Tahoe, N.V. 12. Nick Julius, Sterling, Mass., DNS.

## Men's Snowboard Slopestyle - Tour Rankings

1. Torstein Horgmo, 200. 2. Mark McMorris, 178. 3. Tyler Flanagan, 164. 4. Eric Willett, 162. 5. Jeremy Thompson, 152. 6. Chas Buldemond, 140. 7. Sebastien Toutant, 128. 8. Brandon Reis, 119. 9. Sage Kotsenburg, 116. 10. Aleksander Ostreng, 107.

## Women's Snowboard Slopestyle - Finals

1. Jamie Anderson, South Lake Tahoe, Calif., 91.25. 2. Spencer O'Brien, Canada, 87.25. 3. Rebecca Torr, New Zealand, 74.75. 4. Megan Ginter, Stevens Pass, Wash., 71.25. 5. Madison Blackley, Park City, Utah, 54.25. 6. Nicki Slechta, Los Angeles, Calif., 21.50.

## Women's Snowboard Slopestyle - Tour Rankings

1. Jamie Anderson, 200. 2. Rebecca Torr, 164. 3. Megan Ginter, 140. 4. Jordie Karlinski, 140. 5. Nicki Slechta, 136. 6. Madison Blackley, 132. 7. Molly Wilson, 109. 8. Spencer O'Brien, 92. 9. Charlotte Van Gils, 92. 10. Cheryl Maas, 86.

## Freeski Superpipe - Finals

1. Kevin Rolland, France, 92.50. 2. Gus Kenworthy, Telluride, Colo., 87.75. 3. Simon Dumont, Bethel, Maine, 86.75. 4. Dan Marion, Windham, Maine, 83.00. 5. Thomas Krief, France, 77.75. 6. Matt Margetts, Canada, 75.00. 7. Banks Gilberti, Sun Valley, Idaho, 70.50. 8. David Wise, Reno, Nev., 68.00. 9. Taylor Seaton, Avon, Colo., 64.25. 10. Mike Riddle, Canada, 54.75. 11. Justin Dorey, Canada, 33.50. 12. Tucker Perkins, North Hampton, N.H., 13.75.

## Freeski Superpipe - Tour Rankings

1. Kevin Rolland, 186. 2. Simon Dumont, 186. 3. Thomas Krief, 160. 4. Justin Dorey, 146. 5. Dan Marion, 127. 6. Gus Kenworthy, 123. 7. Torin Yater-Wallace, 119. 8. Matt Margetts, 111. 9. Mike Riddle, 108. 10. David Wise, 105.

## Freeski Slopestyle - Finals

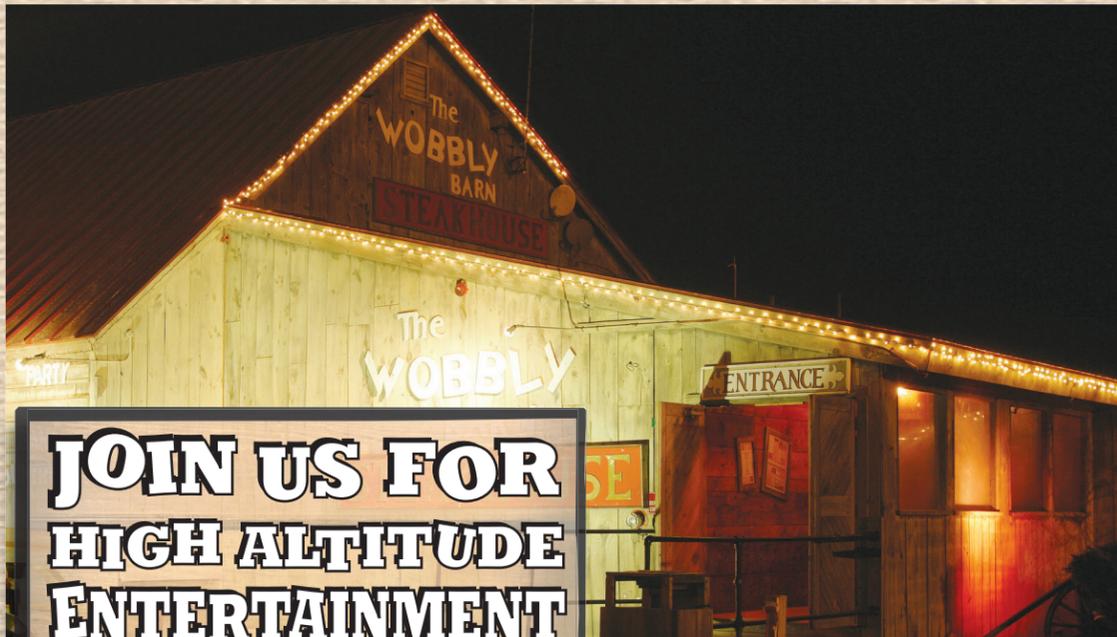
1. Bobby Brown, Breckenridge, Colo., 93.75. 2. Elias Ambuhl, Switzerland, 91.75. 3. Nick Goepper, Lawrenceburg, Ind., 88.25. 4. Alex Schlopy, Park City, Utah, 87.50. 5. JF Houle, Canada, 84.75. 6. Henrik Harlaut, Sweden, 80.50. 7. Russ Henshaw, Australia, 80.00. 8. McRae Williams, Park City, Utah, 76.50. 9. Aleksander Aurdal, Norway, 70.25. 10. Andreas Hätveit, Norway, 70.25. 11. Sammy Carlson, Tigard, Ore., 55.25. 12. Alexis Godbout, Canada, DNS.

## Freeski Slopestyle - Tour Rankings

1. Bobby Brown, 192. 2. Elias Ambuhl, 154. 3. Alexis Godbout, 150. 4. Russ Henshaw, 148. 5. JF Houle, 144. 6. Sammy Carlson, 140. 7. Andreas Hätveit, 128. 8. Alex Schlopy, 119. 9. Henrik Harlaut, 113. 10. McRae Williams, 95.

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By Brett Yates

## Bottom Chef

I'm not much of a chef. I don't know if I have a particular untalent for making food; it's just that, as with most everything else in the world, I never had much inclination to do it.

I can, of course, feed myself: I can open cans and operate microwaves. There was a time – a very backward, silly-bad time – when this would have been enough: I am a man, and until fairly recently, most men didn't need to know how to cook. Women did that. Well, times have changed, and rightly so. Now a man must be well-rounded, and eating ramen every night is not well-rounded.

Unless I'm eating out, I never eat anything cool: for me, it's beef-flavored Maruchan, Campbell's Chunky, and PB&J. I find myself chopping up raw celery late at night because I realize I haven't had a vegetable all day. This is not what I would prefer: I'd consume fascinating, exquisite things every day if I only I had either the money to have someone else create them for me or the willpower to create them myself.

I'm ready for some self-improvement. Also, my girlfriend sometimes gets upset that ramen is pretty much all we eat, so in learning to cook I have the additional motivation of making her happy. This year, I've tried out a few recipes – basic stuff from allrecipes.com, mostly, but challenging for me – and have learned that cooking is a lot like driving: it's really easy, until you mess up.

I mess up pretty frequently. It's surprising how easy it is to misread a simple set of instructions and how disappointing, in that I-guess-I'm-really-a-moron-after-all way, it is when this happens. I've also realized that, even when I don't mess up, it's almost impossible to stick to a recipe exactly, no matter how much I want to: even though the person responsible for the recipe is obviously more experienced in the kitchen than I am, I always decide at some point that, in certain matters, I know better.

The other thing I've learned is that cooking is really time-consuming. If you're a beginner, don't believe any of the fast-and-easy rhetoric of the Food Network. If I'm constantly, frantically sprinting, a simple meal takes me three to six hours to make, including grocery shopping. (Admittedly, it takes me an hour to chop an onion.) So far, I've made seven dishes, to varying degrees of success:

1. Jambalaya: This, my first effort, remains easily my best so far. By some miracle, everything was cooked just right: the rice, the vegetables, the sausage. The real trick, though, was to add roughly 50 times the amount of hot sauce that the recipe called for. I forgot to make a side-dish, however – a salad probably would have been great here.

2. Tilapia with some sort of creamy, Creole-seasoned sauce: This was pretty good, although the sauce was a little too heavy and insistent. I wasn't quite ready for any serious multitasking, but I managed to include some instant mashed potatoes (surprisingly adequate, if I do say so myself) and some nice asparagus of the steam-in-the-bag variety.

3. Crawfish chowder: My final New Orleans-inspired entrée and a total failure. The frozen crawfish I bought

had been sitting in some sort of Cajun rub, whose additional flavor messed up my already over-spiced, watery broth. The crawdads were a pain to shell and kind of expensive, which was sad because I ended up dumping this.

4. Curry pumpkin soup: Good, although the curry was a little overpowering – I jumbled the steps of the recipe and didn't quite cook it correctly. Still, the pumpkin flavor was strong, too, and pretty excellent. The uniform consistency got old after a while, but I was mostly pleased.

5. Mushroom risotto: I made this with the pumpkin soup, which was a bad choice because both foods were sort of soft and brownish. But independently, this was very good. I spent an absurd amount of time stirring in vegetable broth, watching it disappear, and stirring in more – my arms ached by the time it was ready, but it was worth it, because thick, creamy risotto is awesome.

6. Crab canapés: "Canapés" is what the recipe said, but really the term is sort of pretentious and incorrect – really, these were baked Pillsbury rolls with a kind of crab salad on top. The recipe called for imitation crab, but I went all out and used the real stuff – consequently, I should have left out the recipe's extra salt, but I didn't think of that. I realized midway through baking that the rolls were too thick, so I took them out of the oven, stripped off their bottoms, and put them back in – not bad, in the end.

7. Leek and cauliflower soup: This was supposed to be healthy, and after adjusting my gustatory expectations accordingly, I really liked it! The cauliflower overpowered the leeks, but I couldn't complain about the taste or texture.

That's it so far – the sum total of my cooking, spread out over something like seven months. I'd like to try some more exotic dishes, but whenever I see a slightly obscure ingredient, I end up avoiding the recipe containing it for fear that the supermarket won't have it. But I guess I'm not doing too badly, though of course I should cook more often – once a week, maybe.

Here's the thing, though: there are other things that are more important to me, and it's hard for me to sacrifice those things for cooking. Other couples eat better than my girlfriend and I do, but we probably read more than a lot of them do, ski more, attend more live theater, and watch more movies. Some areas will always be lacking, and I'd rather focus on the things I really care about than try to live up to some impossible ideal of "well-roundedness" – which probably is a concept embraced mostly by talentless, passionless people trying to cover up their own triviality.

Tomorrow night: ramen.

## Pico Goes Smoke Free

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

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

A Race Arena Fundraiser will be held on February 6, 10:30 a.m. – 3:30 p.m., with prizes for top racers and incentives for those interesting in quitting their tobacco habit. For a \$5 donation to the American Cancer Society, racers in the following categories will be allowed one run through the timed race arena: 5 and under, 6-12, 13-18, 19-64, and 65 years and over.

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

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

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

## Winter Fest 2011

Feeling like a homebody or a couch potato on Vermont's glorious Winter days? Come celebrate Winter at Winter Fest 2011 with sledding, snowshoeing and other exciting activities for the whole family. The fun starts at 11am on Saturday, February 5, 2011 at Giorgetti Park in Rutland.

Activities include sledding, snowshoeing, snow carving and snow shelter building. There will also be an obstacle course, a snow maze, a story walk and marshmallow toasting.

All participants will get a free skating pass plus there will be raffle prizes, free food and hot drinks for everyone. Just come to Giorgetti Park on Saturday, February 5th at the corner of Preville Avenue and Oak Street from 11am to 3pm. Winter Fest 2011 is free and open to the public. For more information, please call 802-773-1822.

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7:15 PM: Buffet Dinner  
7:45 PM: Dessert & Live Auction

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# Killington This Week

by Kim Jackson

Have you ever wondered how the likes of Louie Vito, Kelly Clark or Simon Dumont began their competitive careers? Vito and Clark just won superpipe at the Winter Dew Tour stop at Killington last weekend. Dumont took third and is tied for first place overall. But they had to start somewhere, right? Dan

Rosenblum knows this. The 16-year-old freeskier is a member of the Killington Mountain School Freestyle Team, and he just won the Gatorade Free Flow Tour event at Okemo last weekend, which earns him a spot and an all expenses-paid trip to the Free Flow Tour final in Snow Basin, Utah in February. With Killington as home turf, Rosenblum hopes

to repeat his results this weekend, as the Gatorade Free Flow Tour heads to Killington for the weekend.

As the Winter Dew Tour departs, the official amateur series of the Dew Tour arrives, and those 21 and under will duke it out for a trip to the finals. Winners from each event receive an all expense-paid trip to the Tour final. Overall winners at Finals earn a wildcard spot into the first Dew Tour stop the following season. Junior Jammers, ages 13 and under, will compete in a rail jam and halfpipe competitions. At the finals, one champion will be crowned in each of the six disciplines: Men's Snowboard Superpipe and Slopestyle; Women's Snowboard Superpipe and Slopestyle; and Freeski Superpipe and Slopestyle.

Encompassing the "Flow to Pro" theme that is the cornerstone of the Gatorade Free Flow Tour, the two overall snowboard superpipe and slopestyle champions and the overall freeski superpipe and slopestyle champions earn a spot to compete against the pros at the first stop of the 2011-12 Winter Dew Tour.

Saturday is the slopestyle event and Sunday are the halfpipe and junior jam events (men's snowboard slopestyle and both the men and women's freeski slopestyle are sold out). Registration is open to both skiers and riders. Competitor entry fee is \$20 for one day and \$30 for two days. Entry fee does NOT include lift tickets. Competitors will be required to have a season pass/lift ticket in order to compete - \$35 discounted lift tickets will be available for competitors to purchase.

For more details visit [www.killington.com](http://www.killington.com). The New LedgeWood Yurt at Killington

From the young and hip of the Free Flow Tour, Killington turns the tide to



Dan Rosenblum of KMS Freestyle Team

the refined, but still very hip, dining experience of the new LedgeWood Yurt, nestled in the woods just below the Northbrook Quad chairlift. And what is a yurt exactly? Well, it's a portable structure much like those used by nomadic tribes in Mongolia more than 2,000 years ago. The domed, tent-like structure sits on top of a portable wooden frame to create an efficient shelter that is environmentally friendly. Rustic in appearance, with twinkling lights to illuminate the path to the front door, the yurt is actually quite high tech.

And that's a good thing because Executive Chef Justin Blais has created an innovative menu featuring local ingredients and signature prime cuts

Killington This Week, Page 7



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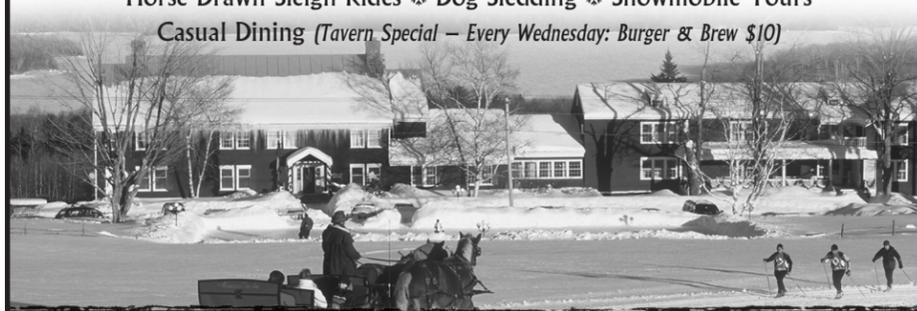
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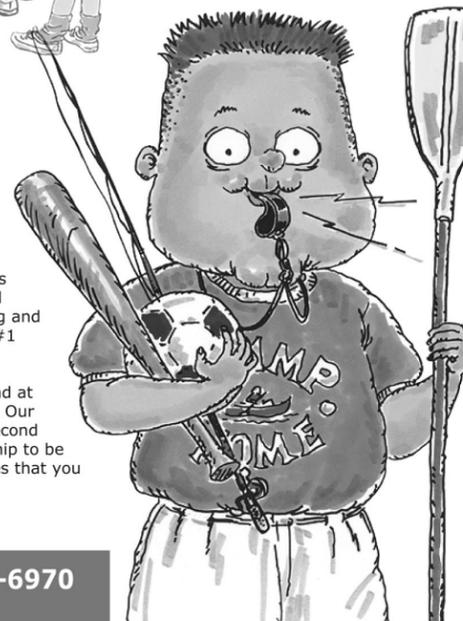
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Ava Mattsson

## Local J4 Racers Bring Home MVC Bean Pot Trophy

KILLINGTON, Vt. (Jan. 24, 2011)—Despite blustery cold temperatures, local J4 “Jones” racers from the Killington Winter Sports Club/Killington Mountain School’s alpine team turned out in force Sunday at Pico Mountain, bringing home the coveted Mid-Vermont Council team trophy, the Bean Pot, for the third time out of four races so far this season.

Ava Mattson, of Bridgewater, took silver for the girls, while Marina Rotella, of Rutland, took bronze. For the boys, Spencer Smith, a full-time Killington Mountain School athlete from Woodstock, won the giant slalom, Ian Clarke, of Pipersville, Penn., took second and local Will Coen, of Stockbridge, finished in sixth. Overall, KWSC/KMS athletes owned 14 of the top-30 spots for the day.

Smith is undefeated so far this season, having won every run except for during the one race when he “skipped up” to compete with J3’s.

“The team showed a strong performance with attacking runs from Spencer and Ian to pull away from the rest of the field,” said Mike Cahill, head J4/5 Coach for the KWSC/KMS program and KMS’ BOOST program. “Will put two solid, consistent runs down to get his result, possibly the best of his season.”

Mattsson had “safe” but fast runs, according to Cahill, to get to her second place finish after a massive crash at Okemo’s GS race last weekend. “She’s got a whole other level of speed when she’s going all out,” said Cahill. Rotella put a great second run down to win her best result of the season.

Final results from KWSC/KMS racers include:

**Girls**

- (2) Ava Mattsson, Bridgewater VT
- (3) Marina Rotella, Rutland, VT
- (7) Taylor Dobyms, Duxbury, MA
- (8) Raichle Johnson, Pittsfield, VT
- (2) Noa Schwartz, Brookline MA
- (22) Tory Dobyms, Duxbury, MA
- (27) Olivia Lawler, Andover, MA
- (29) Mikayla Stolar, Hampden, MA (finished 2nd for J5s)
- (31) Tess Queirolo, Farmington, CT (finished 3rd for J5s)
- (54) Barbara Carey, North Chittenden, VT

**Boys**

- (1) Spencer Smith, Woodstock, VT
- (2) Ian Clarke, Pipersville, PA
- (6) William Coen, Stockbridge, VT
- (9) Malcolm Mead, Morristown, NJ
- (11) Joseph Salisbury-Jennings, Mendon, VT
- (30) Andrew Desino, Greenwich, CT
- (61) Joe Bianchi, Killington, VT

## Killington This Week

*continued from page 6*

of meat for his guests to enjoy on Friday and Saturday nights. But it’s not just the meal that makes the journey to the LedgeWood Yurt memorable, it’s the whole experience.

Guests begin their evening at 5:30 p.m. with a complimentary warm apple cider with the choice of accompanying ginger brandy. At 5:50 p.m., guests then grab a snuggly, wool blanket and board a snow-cat-drawn sleigh for the approximately 20-minute journey under the stars to the yurt. From 6 – 9:30 p.m. guests are treated live saxophone music while indulging on Chef Blais’ incredible menu. Décor includes pewter plate ware and cutlery, candles and the warmth of the pot belly stove makes you feel like you’re almost in a medieval setting.

The 21 and older LedgeWood Yurt dining adventure is available on Fridays and Saturdays until March 26. The cost is \$99 per person on Saturday and peak periods and \$89 on Fridays, tax and gratuity are not included. For reservations and information, call 802-422-6998.

## BOOMERS

### Quiet as a Church Mouse

by Cindy Phillips



I enjoyed a ten-day holiday trip to Killington a couple of weeks back. Special thanks to all who went out of their way to tell me how much they enjoy the Boomer column each week. I hope you enjoy reading it as much as I enjoy writing it for you. And, as always, special thanks to Royal, Zip and the gang at the Mountain Times for giving me the opportunity.

While visiting, I had the good fortune to do one of my favorite things – attending Sunday morning services at the little white church. There is nothing more uplifting than a sermon by Bev Anderson. She always seems to find the perfect blend of spirituality, positive energy and solemnity.

I always find myself marveling at the building with its creaky wooden floors, tall windows, high ceiling and the simple, carved pews that I trust could tell a story or two if they could talk. After services, we head downstairs for coffee, cake and fellowship – which in Killington means catching up on the latest town happenings. The entire experience is casual, comfortable and friendly and I always feel I leave a better person than when I came.

It’s a bit different than the church experience I remember as a child. Actually, it’s a lot different and I still get a shudder down my spine when I think back to the days of attending Mass at St. Anne’s School where I was a plaid-uniform, knee-sock-and-penny-loafer-wearing student for Grades 1 through 8. It was a time of fear and trepidation, but by golly I know my multiplication tables like the back of my hand.

In addition to Sunday Mass, we had at least one weekly Mass plus more for special occasions and religious holidays. When I worked as a school teacher, it was always a joke that you would show a movie on days you didn’t have the strength to get through a lesson plan. I think for the nuns, they just scheduled a Mass.

We would process down to the basement, single file and in size order, with fingers on our lips if we had been too chatty. We sat in our pew, missal in hand, and waited for the priest to enter and begin the service that typi-

cally lasted an hour, longer for a High Mass that included incense-wielding benediction.

I recall an inordinate amount of kneeling. Everyone in the row was expected to lower the kneeler in unison so that not a sound was made when it touched the floor. If your kneeler hit the floor loudly, you had better hope you were not seated at the end of the pew, because you would have to take the smack to the back of the head for your entire row. If your nun had a long enough arm, the second person in might have gotten one as well. You would know it was coming as you could hear the swishing of her habit and the clanking of her over-sized wooden rosary beads rushing toward you. Your entire body would tense in anticipation of the punishment. Being seated in the middle of the pew did not mean you were in a safe zone. Attempting to suppress the post-smack, nervous giggle that spread from student to student like an aggressive infection was almost more torturous than the smack itself.

The offertory signaled the start of the longest stretch of kneeling. You would remain in this position until everyone had walked to the altar to receive communion. And God forbid you did not get up to receive communion as that signaled to everyone that you had “sinned since your last confession.”

The offertory prayers back then were all in Latin, so it was difficult to stay focused when you had no idea what the priest was reciting. They actually whispered the most sacred passages, so the church was practically silent during this time which meant that the sound of every stomach gurgle, hiccup, snuffle and cough was amplified. And if Father Munoz was saying Mass, you were also serenaded with the whistling S. You know the whistling S, that noisy lisp that emanates whenever a person with the affliction says a word with the letter S in it. It mimics the sound of escaping steam but is much more high-pitched. Its effect on the eardrum is similar to nails on a chalkboard. After about the third time the “ssssssssssssssssssss” would permeate the silent chapel, the whole infectious laughter phenomenon would erupt again. To sum it up, you pretty much spent the entire Mass in a state of full-body tension. It was an unpleasant experience to say the least.

For anyone who has similar memories of childhood church experiences, do yourself a favor and visit the little white church some Sunday morning. You will feel welcome and relaxed and you might even laugh a little. And feel free to sit at the end of the pew.

# PEAK RACES

**5<sup>th</sup> Annual Pittsfield Snowshoe Marathon & Half Marathon**  
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Saturday 7:30a-9p, Sunday 7:30-6p

# Health & Fitness

## HEALTH CALENDAR

**Jan. 27** - Rutland. RAVNAH Blood Pressure & Foot Care clinic: Godnick Center 12:30pm. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

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

**Jan. 29** - Killington. Après ski yoga class, Kripalu, all levels welcome. Sats. 4:30pm. \$12 drop in, \$10 owner/member. Spa at the Woods. 422-3139.

**Feb. 2** - Rutland. RAVNAH comprehensive cardio/cholesterol screening including total lipid profile & blood glucose. RAVNAH Office, 8:30am. Advance appt please, 775-0568. \$30 complete.

**Feb. 2** - Wallingford. RAVNAH Blood Pressure & Foot Care clinic: Wallingford House 10:30am. Suggested donation \$2 blood pressure, \$5 foot care. 362-1200.

**Feb. 2 & 9** - W. Rutland. RRMCC Commit to Quit Smoking workshop, at NeighborWorks of West Rutland, 1-2PM, registrations appreciated, 747-3768.

**Feb. 3** - Rutland. RAVNAH Blood Pressure & Foot Care clinics: Parker House 10am; Bardwell House 12:30pm. Suggested donation \$2 blood pressure, \$5 foot care. 362-1200.

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

**Feb. 7 & 9** - Rutland. RAVNAH Bereavement Workshops at RAVNAH Office - Coping with the Loss of a Grandchild. Feb. 7, noon-1:30pm; Feb. 9, 6-7:30pm. Pre-registration required, 770-1514.

**Ongoing**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**Rutland** - RAVNAH and RRMCC offer classes for parents-to-be including Birth and Beyond, Birthshop. Register: 775-0568.

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

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

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

## Drumming Courses Offered, it's Fun!

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

Beginning classes in the West African tribal drum, the Djembe (pronounced jembay), will be on Tuesday evenings from 5:30 to 7:00pm, starting February 1st. The popularity of this instrument is due largely in part to the primal sound of this tribal drum.

Students can learn pow-wow drumming, chanting and circle dancing with classes in The Heart & Ritual of the Medicine Drum. Beginning classes will be held on Tuesdays from 7:00-8:30pm, starting February 1st.

Beginning Latin Conga classes will be held on Thursday evenings from 7:00-8:30pm, starting February 3. The

sensual syncopation of Latin rhythms will be taught on congas and other Latin hand percussion instruments.

All classes will be held at the Drum Journeys of Earth studio at the Dana Recreation Center in Rutland, Vermont. The 6-week courses that include use of a drum during class and most music materials are only \$75. Drum rentals for practice are also available. DJE offers a variety of ethnic drum and percussion in the Rutland area, including Cuban Conga, body and trash percussion, hand drumming and ritual hand drumming. For more information or to join the Beginning Djembe class, please call 802-235-2400, or email Gary at (mailto:drumjourneys@vermontel.net).

## Mistakes That Many Cooks Make

### Food Network Kitchens

**Q: Do healthy cooks make as many mistakes in the kitchen as those who cook up unhealthy fried foods and heavy meals?**

**A:** Cooking isn't rocket science, but there are mistakes many folks make that keep their foods from being as nutritious as they could be. Here is a sampling:

-- Buying turkey burgers in place of 93 percent lean beef without reading the fat content. If the turkey burgers contain the skin, then they are often higher in fat than a beef patty.

-- There is so little flavor in fat-free cheese that people end up grating up a mountain of the stuff just to generate the flavor they think they are getting. Use the real stuff; a little goes so far, and you know exactly what the ingredients are.

-- Sugar provides many roles in the baking process, and using a sugar substitute in place of the real stuff just changes the taste, texture and the way your baked goods will look. Use real sugar in recipes and reduce the amount that the recipe calls for by 1/4. Generally, the baked good will come out just fine.

-- Many cooks go bland when cooking healthy. They grill a chicken breast without seasoning, they forget to spice a stew or they make a low-fat sandwich without a bit of excitement. Here's a fix: fresh thyme and rosemary go a long way, get saucy with basil leaves, kick it up with chili pepper, give it an Indian twist with cumin and turmeric or shred some ginger. For a sandwich, go for it with a spicy mustard, horseradish or cranberry relish. Healthy meals do not have to be bland.

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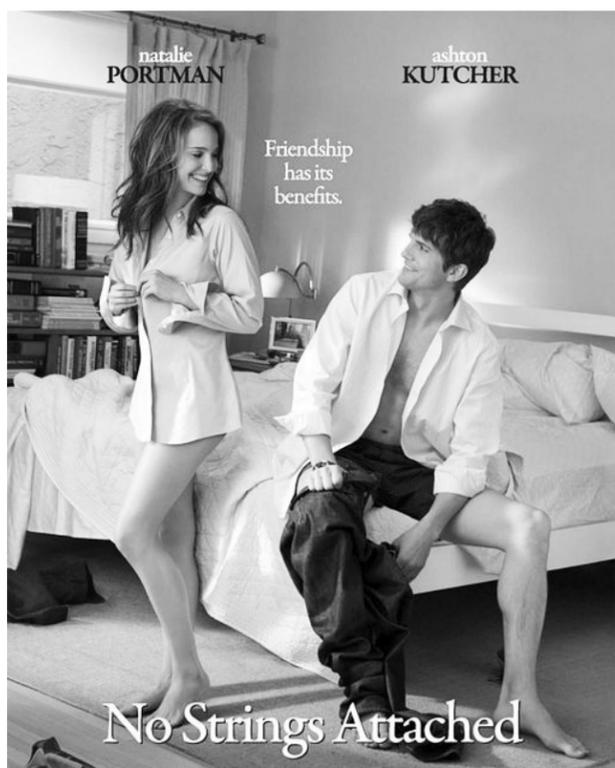
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# JustForFun

Capsule reviews of films opening this week by The Associated Press



## "No Strings Attached"

by Christie Lemire, AP Movie Critic

It begins with an intriguing premise: A guy and a girl agree to have sex wherever they want, whenever they want, without all those pesky emotions getting in the way. This is what the kids these days, with their rock 'n' roll music and their video games, refer to as being "friends with benefits." What's intriguing about it is that the girl in the equation, a young doctor played by Natalie Portman, is the one who suggests this arrangement, and the guy, an aspiring TV writer played by Ashton Kutcher, is the one who breaks the rules and falls in love. It's a reversal of traditional gender roles, and an indication that we might be in for something fresh, daring and different. Except, we're not. This romantic comedy from Ivan Reitman - the first film he's directed since the less-than-super "My Super Ex-Girlfriend" from 2006 - falls into all the usual traps. The fear of commitment that plagues Portman's character is enough of a contrivance without all the additional troubles that get piled on. Letting the tension evolve naturally from the insecurities of relatable, well-developed figures would have been preferable, but once Kutcher's character goes all soft and gooey, the movie does too. For a while, though, the very modern relationship writer Elizabeth Meriwether lays out for us has a snappy, spirited energy and an appealing, unexpected raunchy streak. Greta Gerwig, Mindy Kaling and Kevin Kline are among the well-chosen supporting cast. R for sexual content, language and some drug material. 102 minutes.

Two stars out of four.

## "The Way Back"

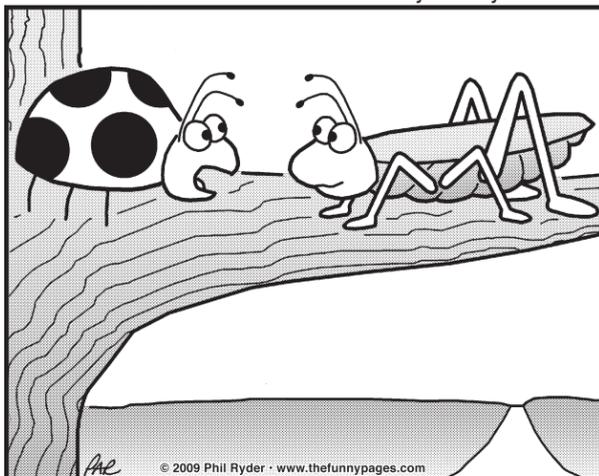
by Christie Lemire, AP Movie Critic

An exquisite example of style over substance, of vast visuals dwarfing the characters and nearly swallowing the story whole. Veteran Australian director Peter Weir has crafted an old-fashioned historical epic, inspired by the true story of prisoners who escaped a 1940 Soviet labor camp and trudged thousands of miles across unforgiving terrain to their freedom. Not all of them made it, which we might have guessed on our own, but Weir, working with co-writer Keith Clarke, informs us with a title card at the start that three men would walk out of the Himalayas at the end of this arduous journey. The result: Despite the seriousness of the subject matter, the film loses some of its tension because we pretty much know the outcome, leaving us only to wonder who will live and who will die, as if we're watching an episode of "Survivor: Siberian Gulag." And it is serious - or at least, it should be. Weir alternates between vivid, convincing images of the harsh surroundings - sweepingly shot on location in Bulgaria, Morocco and India - and detailed close-ups of the toll this trip has taken on the characters' faces, their bodies, and most especially their feet. But except for Ed Harris as a mysterious American, Jim Sturgess as an idealistic Polish officer and Colin Farrell as an over-the-top Russian thug, the remaining characters are essentially interchangeable. PG-13 for violent content, depiction of physical hardships, a nude image and brief strong language. 133 minutes.

Two stars out of four.

## THE JOKE'S ON YOU

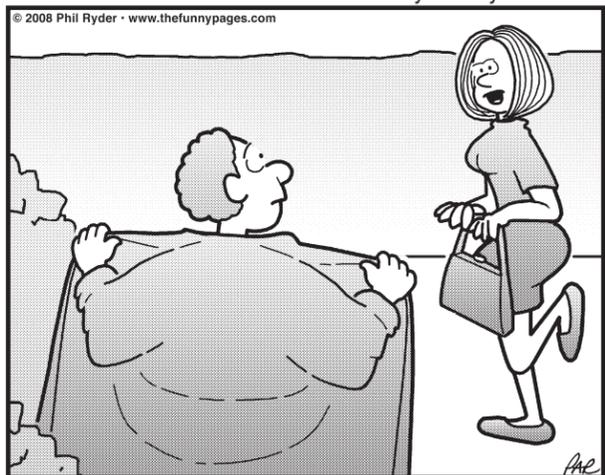
by Phil Ryder & YOU



"Uh, oh! I've been spotted!"  
- Bruce Hall • Jenks, OK

## THE JOKE'S ON YOU

by Phil Ryder & YOU



"Maybe you should tie a string on it, before you lose it!"

- Dee Chamberlain • Harlingen, TX

## SUDOKU

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

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 29

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

### ACROSS

1. \_\_\_ bear
6. Change states, in a way
10. Brother
14. Like some walls
15. Product of protein metabolism
16. "I had no \_\_\_!"
17. Not given to a common fund
20. The America's Cup trophy, e.g.
21. "Absolutely!"
22. Cook too long
23. "Desire Under the \_\_\_"
25. Part of BYO
26. Proper maintenance or repair
29. Luminescence from Victorian lamppost
33. "My man!"
34. "Yeah"
36. Bother
37. "One of \_\_\_" (Willa Cather novel)
39. Parlor
41. Have a sudden inspiration?
42. Monroe's successor
44. Fore-and-aft-rigged vessel
46. \_\_\_ bit
47. Stick-to-it-iveness
49. One's regular course or circuit
51. When repeated, like some shows
52. Intensifies, with "up"
53. Stables
56. "Dilbert" cartoonist Scott Adams has one: Abbr.
57. Early pulpit
61. Oversized publication for display
64. Biology lab supply
65. Flimsy, as an excuse
66. \_\_\_ Bowl
67. Bloody
68. Donnybrook
69. Have another go at

### DOWN

1. Durable wood
2. Acknowledge
3. Opening time, maybe
4. Dictate
5. "Much \_\_\_ About Nothing"
6. Muffles
7. Blows it
8. "Fantasy Island" prop
9. No-nos
10. Beveling the ends to form a joint
11. Aroma
12. Doofus
13. Send to the canvas
18. The young of an insect (pl.)
19. Throat dangler
24. Romanian coin
25. "Hurray!"
26. Depth charge target
27. Victorian, maybe
28. Holy text
29. Small ravine
30. Worn away
31. Bamboozled
32. Varieties
35. Dispatch
38. Children
40. Everyday
43. Bathroom item
45. Appear, with "up"
48. Reflexive third person singular
50. Functional
52. Monastery or convent
53. Heroin, slangily
54. Like some orders
55. Way, way off
56. "Oh, \_\_\_!"
58. Debatable
59. 1922 Physics Nobelist
60. "Comme ci, comme ca"
62. Toni Morrison's "\_\_\_ Baby"
63. Ring bearer, maybe

**Showings Jan. 27-Feb. 2, 2011**

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MOVIES	TIMES
The Fighter-R	4:20 9:40
The Green Hornet (3D) - PG-13	1:35 4:15 6:50 9:30
Little Fockers-PG-13	2:00 7:20
Tangled-PG	1:45 4:00
True Grit-R	1:40 4:05 6:40 9:20
Black Swan - R	1:45 4:10 7:15 9:45
The Dilemma - PG-13	6:45 9:25
The Kings Speech-R	1:55 4:25 7:00 9:40
The Mechanic-R	2:10 4:40 6:55 9:55
No Strings Attached-R	2:05 4:35 7:10 9:50
The Rite-PG-13	1:50 4:30 7:05 9:35

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# Art & Entertainment

## NIGHTCLUBS

### THURSDAY, JANUARY 27

Clear River Tavern Eve-Open Mic w/ Clear River Band  
 Santa Fe Eve-Myk Sno  
 Wobbly Barn Eve-Chelsey Lau & Sauce  
 Grist Mill HH-Guy & Wayne  
 Saint's Pub @ Summit Lodge Eve-Musician's  
 Showcase w/Frank Chase  
 Double D's Eve-Music & Dancing

### FRIDAY, JANUARY 28

Outback Eve-Table Ten & KTV Live  
 Grist Mill HH-Guy & Wayne  
 Eve-Long Trail Party w/Vibratones

Santa Fe Eve-Myk Sno  
 Double D's Eve-Karaoke with Tiffany Z  
 McGrath's Irish Pub Eve-Ceann  
 Clear River Tavern Eve-The Clear River Band  
 Saint's Pub @ Summit Lodge Eve-Frank Chase

### SATURDAY, JANUARY 29

Wobbly Barn HH-Kyle Cummings  
 Eve-Elton John & Neil Diamond Tribute Band  
 Saint's Pub @ Summit Lodge Eve-Frank Chase  
 Outback Eve-Joey Leone's Big Band & Horns  
 Grist Mill HH-Guy & Wayne  
 Eve-Vibratones

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

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

### SUNDAY, JANUARY 30

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

### MONDAY, JANUARY 31

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

### TUESDAY, FEBRUARY 1

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

### WEDNESDAY, FEBRUARY 2

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

## MUSIC

**Jan. 28** - Randolph. Dan Tyminski & Ronnie Bowman, bluegrass musicians, join forces at Chandler Music Hall. 7:30pm. 728-6464.

**Jan. 29** - Randolph. Open Mic Night at Chandler Upper Gallery, 7:30pm. All ages. Tickets at door. 522-6877.

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

**Feb. 5** - Rutland. Academy of St. Martin in the Fields Chamber Ensemble begins North America Tour at Paramount Theatre, 8pm. Oneshow only! Tickets 775-0903.

### Ongoing:

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

## SPORT/LEISURE

**Jan. 26, Feb. 2** - Killington. Bud Light Race Series is back at Killington Resort. Each Weds., on Highline. Party location following, TBD. Come watch racers race down the course.

**Jan. 27-31** - Woodstock. Public Skates at Union Arena: Jan. 27, 28, 31, 1:30-3pm. Jan. 29-30, 2:40-4:10pm. 457-2500.

**Jan. 29** - Sudbury. Killington Section GMC Outing: High Pond. Snowshoe & explore winter wildlife habitat. Moderate 4-5 mi. Meet Rutland's Main St Park 9am. 492-3573.

**Jan. 29-30** - Killington. Gatorade Free Flow Tour at Killington Resort. Top amateur athletes compete in snowboarding & freeskiing. Junior division also. Limited registration. 800-621-MTNS.

**Jan. 30** - Killington. USSA/VARA Vermont Cup-J1/J2. Needle's Eye, Killington Resort. Giant slalom. Not open to general public. 800-621-MTNS.

**Feb. 1** - Killington. High School Halfpipe Competition at Killington Resort. Come watch high school athletes battle it out in halfpipe! Not open to general public. 800-621-MTNS.

**Feb. 6** - Killington. Race Arena Fundraiser for Hope on the Slopes, 10:30-3:30, Pico Mountain. Prizes for those interested in quitting tobacco habit. \$5 donation. All ages. 770-4693.

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

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

### Ongoing:

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

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

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

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

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

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

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

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

## VARIETY

**Jan. 27 & 29** - Rutland. Chaffee Art Center classes, Life Drawing Thursdays, 5-8pm, all mediums & levels welcome. Jan. 29, Relief Sculpture, 10-12:30pm, age 7-14. Fees. 775-0356.

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

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

**Jan. 27** - N. Clarendon. Monthly Coupon Swap, Bailey Memorial Library, 7-8:30pm. Bring scissors, unexpired coupons, food shelf item. 773-6470.

**Jan. 27**-Rutland. Rutland County Master Gardeners produce "Garden to Kitchen" cook show on PEGTV. 7pm. Howe Center. Free, live audience. Public encouraged to attend.

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

**Jan. 28** - Rochester. Friday Night Free Movie at Rochester School & Public Library - "Secretariat." All welcome.

**Jan. 28** - Killington. Dance Night! Dance Club needs committee members for coordinating events. 6:30-10pm, Olivia's at Grey Bonnet Inn. Dinner available, \$5.50, RSVP 775-2537.

**Jan. 28** - Rochester. White River Valley Players host annual meeting, 7pm, Park House. Nostalgic review of 2010 season including production by VT Teen Theater & world premier of Ransom, original play by Ransom Towle.

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

**Jan. 28-29** - Mill River. Mill River UHS presents "10 Petits Soldats" poetry, music & video about war. 7:30pm performances. \$5 suggested donation. Proceeds Mill River Chair Campaign.

**Jan. 29** - Rutland. Chaffee Art Center class, Table Weaving, 10-3. Register 775-0356. Fee.

**Jan. 29** - Woodstock. Woodstock VT Film Festival Winter Series at Billings Farm & Museum, 3pm. This week: Legend of Pale Male. \$10/ film or 6/ \$50. 457-2355 for details & complete listing.

**Jan. 29** - Ludlow. FOLA bring big screen to Ludlow Auditorium - "Mamma Mia" shown, 6:30pm. Donation recommended.

**Jan. 29** - Rutland. Spark Your Winter Blues Dance & Silent Auction, 7-11pm, Holiday Inn. All adults welcome. Benefits Rutland Catholic Schools. Satin & Steel and On the Rocks perform. \$10/ person. 353-1498.

**Jan. 29-30** - Woodstock. Sleigh Ride Weekend at Billings Farm & Museum. 10am-3:30pm daily. Working dairy farm, 1890 farm house, sledding with jack jumper sleds, horse drawn sleigh rides. 457-2355.

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 Killington Access Road  
 10:00 am-5:00 pm daily

**All Members Show**  
 Paintings, mixed media, photographs, sculpture, prints, furniture  
 On exhibition through March 3.  
 Ann Wallen (422-3824) programs and workshops.

**Jan. 30** - Randolph. Artist talk with Weaver Bhakti Ziek. Free admission. 1pm, Chandler Gallery. 431-0204.

**Jan. 30** - Woodstock. Billings Farm & Museum showing of documentary Mother Nature's Child, 4pm. Free, open to public. All ages. 457-2355.

**Jan. 30** - Rutland. Be in a Laughter Fitness DVD, sponsored by Pink Ribbon Butterfly Project, 30 people wanted, teens & adults, dress fun and pink!, between 4-6pm. RSVP necessary, 282-4464.

**Jan. 31** - Brandon. Chamber of Commerce Workshop - Facebook & Twitter for Businesses 101. 6:30pm, Brandon Sr. Citizen Center. Free to members, \$10 non. 247-6401.

**Feb** - Ludlow. Classes at Fletcher Farm School: Feb. 5, make Timba Scarves. Feb. 5-6, Watercolor Painting for the beginner. Feb. 12, Kaledioscope Scarf making. Feb. 23, Vessels of Light and Garbage. 228-8770 for times, fees, details.

**Feb. 1** - Pittsford. Pittsford Business Community Group Meeting, Inn at Logan's Run. 5:30pm. Dinner provided. Discuss 250th Celebration, farmers market, Route 7 project; guest speaker Leanne Tingay; more.

**Feb. 1** - Rutland. Register Early! 13-week Master Gardener Course, Tuesdays 6:15-9PM, \$405. 656-9562.

**Feb. 1** - Killington. EDTC Meeting, 7pm. Town Offices Conference Room.

**Feb. 2** - W. Pawlet. Mettawee Mania Auditions, 6pm, Mettawee Community School. For Mettawee Mania 2011, A Talent Extravaganza. Schedule audition at 325-3687.

**Individuals & groups welcome.**

**Feb. 2** - Rutland. VT Rental Property Owners Assn monthly meeting at Godnick Adult Center, 7pm. Guest speaker Dayton Summers. 775-4351.

**Feb. 2** - Rutland. Vt Humanities Event: Poetry of the Earth: Reimagining Nature. 1st Wednesday Series. NH Poet Laureate/Dartmouth Prof. Cynthia Huntington attends. Rutland Free Library, 7pm. 773-1860.

**Feb. 4** - Mendon. Wines of the World Dinner, 6:30pm, Red Clover Inn. 5 course dinner featuring wines & food from around the world. \$75. 1st Fridays of month. 775-2290.

**Feb. 5** - Killington. Killington Mountain School 27th Annual Auction & Dinner at Killington Grand Resort Hotel, 6pm cocktails & silent auction; 7:30pm dinner & live auction. RSVP by Jan. 30 at 422-5671.

**Ongoing**

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

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

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

**Mons.** - Pittsfield. Pittsfield Historical Society meeting, Town Hall 3rd Monday of the month, 7pm.

**Tues.** - Rutland. 1st & 3rd Tues. of month, Rutland Area Toastmasters Club meets 6:30-8pm, Dana Rec Ctr. Open to all. International organization which fosters public speaking & leadership skills through local clubs.

**Weds.** - Killington. Killington Rotary Club meets at Peppino's, 6-8pm for full dinner, guest speaker and/or discussion. Seeking new members! Jan. 26, exchange students are dinner guest.

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

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

# MUSEUMS & EXHIBITS

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

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

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

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

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

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

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

**Killington Arts Guild Fine Art Gallery**-at Cabin Fever, Rt. 4. Open business days 9-6:30pm. Winter show, Beauty for the Beast, thru March, featuring Linda Durkee's Angel of the Mountains & others. 422-3824.

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

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

**Montshire Museum of Science**-Norwich. Open 7 days year round, 10am-5pm. 649-2200. Blue Man Group-Making Waves exhibit opens Jan. 29, thru May 8.

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

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

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

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

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

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

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

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

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

# COMING UP

**Feb. 11/14** - Rutland. Emmy Award winner Ed Asner stars in solo performance, 8pm, Paramount Theatre. Feb. 14, The Legendary Drifters perform. 775-0903 for tickets, info.

**Mar. 19** - Killington. Burton Stash Gathering, Stash Park at Bear Mtn, Killington Resort. Best free riders in the East & beyond gather to ride natural elements. Prizes for best lines, tricks on rock jibs, log rides, rainbow trees, giant Shreddies, jibbable buildings. 800-621-MTNS.

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

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

## Paramount Theatre Film Screening

The Paramount Theatre is teaming up with The Mentor Connector and screening the Academy Award winning film *The Blind Side* on Tuesday, February 1, 2011 at 7pm. The public is invited to attend this special event free of charge.

*The Blind Side* is a powerful story of how a woman's refusing to ignore a needy young man in her community changed the course of his life dramatically. Based on the true story of Michael Oher, this is an unforgettable movie that the whole family can enjoy and learn from.

This free community screening of this award-winning film goes hand-in-hand with the mission of The Mentor Connector - "If you can share one hour per week, then you can change the life of a young person in your community!"

Information on mentoring, as well as staff from The Mentor Connector will be on-hand at The Paramount on the evening of the screening to answer questions about how potential mentors can register with the mentoring agency.

Tickets will be available on a first come, first served basis on the evening of the event.

The Paramount Theatre, a registered 501(c)3, is located at 30 Center Street in historic downtown Rutland, Vermont.

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Info-Greg - 683-5791, Pat 558-2137 - web vtfarmersmarket.org



## UNIONARENA COMMUNITYCENTER

### Public Skate

**Thurs., Jan 27 ..... 1:30-3:00pm**  
**Fri., Jan 28 ..... 1:30-3:00pm**  
**Sat., Jan 29 ..... 2:40-4:10pm**  
**Sun., Jan 30 ..... 2:40-4:10pm**  
**Mon., Jan 31 ..... 1:30-3:00pm**  
**Tues., Feb 1 ..... 1:30-3:00pm**  
**Wed., Feb 2 ..... 1:30-3:00pm**

**Union Arena Community Center**  
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www.unionarena.org

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# DiningGuide

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**FRIDAY**

**Table Ten & KTV Live**

**SATURDAY**

**Joey Leone's Big Band & Horns**

**SUNDAY**

**Joey Leone's Blues Band**

**MONDAY**

**Jimmy's Pizza "Buffett" with Landshark**

Register to win Jimmy Buffett Tickets

**TUESDAY**

**Magic Hat Karaoke**

**WEDNESDAY**

**Joey Solo**



**BAJA BURRITO CO. 422-4442**  
Killington Road, Killington  
In the Chalet Killington. Featuring a wide variety of Mexican-inspired and American dishes. Children's menu, fireplace lounge, game room, muchas margaritas! 6 beers on tap. Half-priced burritos and appetizers 3-6PM daily. MC, VISA, DC.

**BIRCH RIDGE INN 422-4293**  
Serving a totally delicious combination of American and Continental cuisines. Choose to dine from our tastefully affordable menu in the dining room, or break bread with friends in the Great Room Lounge. We have an extensive selection of martinis and a fine wine list. Homemade desserts. Reservations available for the dining room. "...where memorable experiences begin..." www.birchridge.com AMEX, MC, VISA, DISC.

**BRIDGEWATER CORNER STORE 672-6241**  
5680 Route 4, Bridgewater  
Olson's BW Corners Country Store provides you with the freshest meats, cheeses & dressings from Boar's Head brand-also available to purchase for sandwiches made at home. Check out our Early Bird Special - bacon, ham or sausage, egg & cheese on an English muffin or roll \$2.75. VISA, MC, AMEX

**BUENO'S KITCHEN 772-7346**  
Southfork Plaza, Rutland  
Good eats at a great price. Specializing in comfort foods - dine in or take out - like Chili, Soups, Burritos, Pot Roast with Potatoes and Gravy, Shepherd's Pie, Chicken Salad Wraps, Veggies and Vegetarian entrees; daily specials. All home-made using no excess salt, sugar; and no MSG ever. Good ingredients make good eats. Get a full meal for under \$10. Major Credit Cards.

**CASA BELLA INN & RESTAURANT 746-8943**  
Route 100, in the village of Pittsfield, VT  
Serving authentic Northern Italian cuisine, complemented by a fine selection of wines. Delicious homemade desserts and daily specials. AMEX, VISA, MC

**CHARITY'S TAVERN 422-3800**  
Killington Rd., Killington  
Everybody loves Charity's. A family owned Killington tradition since 1971. Serving our famous French onion soup, and burgers, salads, soups, pasta, sandwiches and more. Après ski headquarters 2-6pm. Children's Menu. Tavern Menu "All trails lead to Charity's." VISA, MC, AMEX.

**CHOICES RESTAURANT & ROTISSERIE 422-4030**  
Glazebrook Center, Killington Rd., Killington  
Chef Claude and his staff offer exceptional food, service and views in a bistro setting. The Rotisserie offers chicken, lamb and pork, and the menu features sandwiches, homemade pastas and the finest in steaks, fish and seafood. VISA, MC, AMEX.

**CLEAR RIVER TAVERN 746-8999**  
Route 100 North, Pittsfield  
Chef owned restaurant featuring lite fare and family dining just 6 miles from Killington. Join us in our tavern and play pool, other tavern game MC, VISA

**COUNTRYMAN'S PLEASURE 802-773-7141**  
off Rte. 4, on Townline Rd. Mendon  
Countryman's Pleasure is one of the region's most reliably excellent dining houses. The Entinger Family is led by Munich, Germany's Simon Knoll Culinary School graduate, Chef Hans Entinger. Renowned for Austrian, German and American creations that are beautifully balanced on the palate, and delightful in appearance on your plate. Cozy and casual atmosphere, and the service friendly and efficient. Reservations recommended,. Major Credit Cards accepted. HHHMobil. AAA.

**DOUBLE D'S BAR & GRILL 422-3344**  
133 East Mountain Road, Killington  
Located at the top of the Access Road, inside the Mountain Green Resort. Serving burgers, soups, salads, sandwiches, pasta, full pizza and sub menu. Children's menu available. Music and dancing nightly. Open 3pm to 2am. Delivery until 2am. VISA, MC

**GRIST MILL RESTAURANT 422-3970**  
Killington Rd., Killington  
Offering spectacular views, casual atmosphere and world-class entertainment. Our dining room features classic American cuisine with a flair. Our lounge offers the options of casual dining and pub fare. Enjoy our dining with views. Major CC.

**HELI'S RESTAURANT 773-4311**  
at the Mendon Mountainview Lodge  
78 US Route 4, Mendon  
Offering an artful selection of American and European cuisine combined with a casual atmosphere. Dine by our wood burning stone fireplace and enjoy spectacular views of Pico. Reservations appreciated. MC, VISA, AMEX, DISC

**HEMINGWAY'S 422-3886**  
Route 4, Killington  
With nearly 30 years using fresh Vermont products, Hemingway's offers the area unparalleled wholesome, scrumptious cuisine. In a beautifully romantic 1860 house you'll find where food & wine meet their match. Titillate your senses with the best of local flavors. Vegetarian too! Reservations. MC, VISA, AMEX

**KILLINGTON MARKET & DELI 422-7594**  
2023 Killington Road, Killington  
Our deli offers fresh meats and cheese for a variety of sandwiches, served on locally baked bread. Daily lunch hot specials, fresh salads, homemade soups and in-house baked goodies. Dinner take-out entrees. Extensive selection of wine, beer/microbrews. Vermont specialty food products, maple syrup. Open 7 days a week. The only full service grocery store on the mountain.

**LAKE HOUSE PUB & GRILLE 273-3000**  
3569 Route 30 North, Bomoseen  
Chef owners, Brad Burns and Fred Field invite you to the Lake House Pub & Grille. Live Sunday jazz brunch entertainment, special children's meals, full bar and an extensive wine list. Lake views on beautiful Lake Bomoseen. Also private parties, rehearsal dinners, showers and weddings. AMEX, VISA, MC, DISC

**LOOKOUT TAVERN 422-LOOK (5665)**  
Killington Road, Killington  
We feature creative & classic soups, salads, burgers, sandwiches and entrees in a casual dining room with incredible views of Killington. We offer Chicken Wings Daily from 3-6 pm for Killington's finest Happy Hour! Takout and Delivery. FREE Shuttle. Kids Menu Available! MC, VISA, AMEX

**MANGOWOOD RESTAURANT & BAR 457-3312**  
at The Lincoln Inn at The Covered Bridge  
530 Woodstock Road, Route 4, Woodstock  
Just fifteen minutes from Killington! Our Chefs blend American food you know and love with the finest Asian herbs and spices. Looking for the best Martini on Rte 4? Our three fireplaces make us a favorite stop for fireside cocktails, appetizers and casual fine dining. AMEX, MC, VISA

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

Killington's Premier Steakhouse

## SANTA FE STEAKHOUSE

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

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

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

Monday Night  
**JAZZ WITH JOEY LEONE**

Saturday  
with  
**Myk Snow**  
& K-Towns Finest

Thursday & Friday Night  
**Myk Sno**

(802) 422-2124

www.killingtonsbest.com • Open Nightly

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

## The Red Clover Inn Restaurant & Tavern



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

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

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

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

# DiningGuide

## MOGULS SPORTS PUB

422-4777

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

## MOUNTAIN TOP INN & RESORT

483-2311

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

## OLIVIA'S

775-2537

at the Grey Bonnet Inn

Rt. 100N, Killington

Romantic dining featuring fine American cuisine with fresh seafood, steak and pasta dishes, homemade soups and desserts with nightly specials. Reservations appreciated for dinner. AMEX, MC, VISA, DISC.

## ON THE ROCS LOUNGE

422-7627

2384 Killington Rd., Killington

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

## OUTBACK PIZZA

422-9885

Top of the Killington Rd. at Outback

Killington's best pizza is baked in a 900 degree wood-fire brick oven. We feature the best live music in Killington. Voted Killington's best place to dance. AMEX, MC, VISA

## OVATIONS RESTAURANT

422-6111

at The Killington Grand Hotel, Killington

Dine in the most spectacular mountain setting in the region. Tantalizing dishes prepared by our award winning chef. Bistro menu available. Vegetarian selections. Specialty requests graciously prepared. Extensive breakfast and dinner menus.

## THE PALMS

773-2367

36 Strongs Ave., Rutland

Award member of World Famous Restaurants International. Chef owned and family operated for over 65 years. Highly recommended and complimented for its originality. Yankee Travel Magazine Editor's Choice 2000. Specializing in such gourmets as Baked Lasagna, Veal a la Palms and Steak Delmonico. Also, fresh seafood, chicken and chops. MC, VISA, AMEX.

## PASTA POT

422-3004

Route 4 East, Killington

A classic Italian Pasta house. Italian food and wines at their best. Pastas, pizza, subs, Italian entrees are all homemade. Chef owned. MC, VISA

## THE PHAT ITALIAN MARKET & DELI

422-3636

2384 Killington Rd., Killington

Authentic Italian cuisine with attitude. Premium Boarshead meats. NY bread and bagels. Check out our coldest, inexpensive beer cave. Don't forget to stop in our wine room. Come on in or call for delivery! Bada Bing. MC, VISA, AMEX, DISC

## RAMUNTO'S BRICK & BREW PIZZA

672-1120

Route 4, Bridgewater

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

## RED CLOVER INN

775-2290

Woodward Rd., Mendon

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

## SAINTS PUB AT THE SUMMIT LODGE

422-3535

200 Summit Path, Killington Road

Best kept secret on the mountain. Cozy atmosphere, chef Jeremy's pub fare menu, local brews on top and wine selection, live entertainment Fri-Sun with Frank Chase. Open nightly, serving 5-9 except Tuesday. AMEX, MC, VISA.

## SALTWATER COWBOY/SEAFOOD REST.

773-6060

209 W. Main St., Rutland

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

## SANTA FE STEAKHOUSE

422-2124

at The Mountain Inn

Killington Road, Killington

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

## SEWARD FAMILY RESTAURANT

773-2738

224 N. Main St. (Rt. 7), Rutland

VT home-cooking at affordable prices. Breakfast, Lunch & Dinner, daily specials. Steaks, chicken, seafood, wonderful burgers, sandwiches, even "Heart Healthy" menu items, salad bar, and children's menu. Our own ice cream- 39 flavors! Large parties welcome. Our dairy-gift store has Vt. foods & lots of gifts. MC, VISA, DISC.

## SUGAR AND SPICE RESTAURANT

773-7832

Route 4, Mendon

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

## SUSHI YOSHI/CHINESE GOURMET

422-4241

1807 Killington Rd., Killington

Sushi Yoshi offers the best in Chinese and Japanese cuisine with Hibachi Tables, a Sushi Bar, and 6 Tatame rooms. Featuring an extensive Wine and Sake list including Mai Thais and Scorpion Bowls. There is a Kids Game room and pool table. Takeout and Delivery. All major credit cards accepted.

## THE VERMONT INN

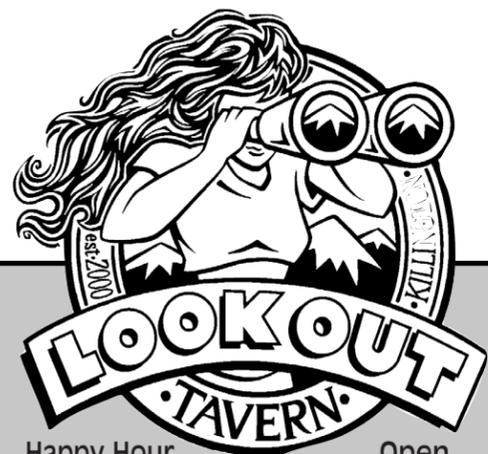
775-0708

Route 4, Killington

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

## WOBBLY BARN STEAKHOUSE

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



Happy Hour  
3:00-6:00

Open  
Daily

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

**LUNCH DAILY | NFL IN HD**

**FRIDAY FOOD TIL MIDNIGHT**

**BEST WINGS**

**HAPPY HOUR 3-6PM**

**KIDS MENU  
AVAILABLE**

**TAKE OUT  
& DELIVERY**

**FREE SHUTTLE**

**422-5665**

**422-LOOK**

Head to the Peaks

**DOUBLE D'S**  
Located in the Mountain Green Resort

**WE DELIVER**  
TO SUNRISE VILLAGE AREA

**PIZZA  
AND  
SUBS**

**802-422-3344**

**Open Daily  
3pm-2am**

133 East Mountain Road  
Killington, VT 05701

# Dining at a glance

	STYLES OF CUISINE							MEALS SERVED					COST			
	ITALIAN	FRENCH	AMERICAN	CONTINENTAL	MEXICAN	ASIAN	PUB FAIRE	BREAKFAST	LUNCH	DINNER	BRUNCH	LATE NIGHT	TAKE OUT	INEXPENSIVE	MODERATE	DELUXE
Baja Burrito Company			.		.				.		.	.	.	.	.	.
Birch Ridge Inn	.	.	.			.			.					.	.	.
Bridgewater Corners Store			.					.	.	.		.		.		
Bueno's Kitchen			.						.	.		.		.		
Casa Bella Inn & Rest.	.	.							.		.	.		.		
Charity's	.	.	.	.	.	.		.	.	.	.	.	.	.	.	.
Choices Rest. & Rotisserie	.		.	.	.	.	.			.	.	.	.	.	.	.
Clear River Tavern	.	.	.	.	.	.		.	.		.	.	.	.	.	.
Countryman's Pleasure			.	.					.		.	.		.		
Double D's Bar & Grill	.	.						.	.	.	.	.		.		
Grist Mill			.	.			.			.		.		.		
Hemingway's	.	.	.	.	.	.			.		.	.		.		.
Heli's at Mountainview Lodge	.	.	.			.			.		.	.		.	.	.
Killington Market & Deli	.	.	.		.			.	.	.	.	.	.	.	.	.
Lakehouse Pub & Grille	.	.	.	.	.	.		.	.	.	.	.	.	.	.	.
Lookout Tavern	.	.	.	.	.	.		.	.		.	.	.	.	.	.
Mangowood at The Lincoln Inn		.	.			.			.		.	.		.		
McGrath's Irish Pub			.	.			.	.	.	.	.	.	.	.	.	.
Moguls Sports Pub	.		.					.	.	.	.	.	.	.	.	.
Mountain Top Inn & Resort			.				.	.	.	.	.	.	.	.	.	.
Olivia's at The Grey Bonnet Inn			.	.			.	.	.	.	.	.	.	.	.	.
On The Rocs Lounge			.						.		.	.		.		.
Outback Pizza	.						.			.	.	.	.	.	.	.
Ovations			.	.				.	.	.	.	.		.		.
The Palms	.	.							.		.	.	.	.	.	.
Pasta Pot	.	.					.			.	.	.	.	.	.	.
Phat Italian Market & Deli	.	.						.	.	.	.	.	.	.	.	.
Ramunto's	.	.					.	.	.	.	.	.	.	.	.	.
Red Clover Inn	.	.	.	.	.	.			.		.	.		.	.	.
Saints Pub at the Summit Lodge			.				.		.		.	.		.		
Saltwater Cowboy/Seafood Rest.			.						.	.	.	.	.	.	.	.
Santa Fe Steakhouse	.	.	.				.			.	.	.	.	.	.	.
Seward Family Restaurant	.	.						.	.	.	.	.		.		
Sugar & Spice			.					.	.	.	.	.	.	.	.	.
Sushi Yoshi /Chinese Gourmet						.		.	.	.	.	.	.	.	.	.
Vermont Inn	.	.							.		.	.		.		
Wobbly Barn Steakhouse		.	.							.	.	.		.		

## SUSHI YOSHI

JAPANESE CHINESE HIBACHI LUNCH SERVED DAILY

CUSTOM SUSHI PLATTERS  
LARGE PARTIES WELCOME

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

RESERVATIONS,  
TAKE OUT  
& DELIVERY



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## Good Eats!



### Bueno's Kitchen

Specializing in healthy and delicious comfort foods:

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

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

## Mangowood RESTAURANT

Contemporary American Cuisine

The Upper Valley favorite where East meets West

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

Located at The Lincoln Inn at the Covered Bridge 530 Woodstock Road Woodstock, VT 05091  
802-457-3312  
[www.mangowood.com](http://www.mangowood.com)

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

Visit [mangowood.com](http://mangowood.com) and [lincolnn.com](http://lincolnn.com)  
Evening Menus, Online Reservations, Lodging Packages

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

## New Montshire Museum of Science Exhibit

Blue Man Group - MakingWaves, the national touring exhibit supported by Harman/Becker Automotive Systems and created by the Boston Children's Museum and Blue Man Group and powered by JBL®, will open at the Montshire Museum of Science in Norwich, Vermont on Saturday, January 29, 2011. The 1,500 square foot exhibit — designed to bring together science and art — will take the whole family through a multi sensory exploration of sound that provides an opportunity to play together while discovering the fun of music.

"We are thrilled to have such a unique and interactive exhibition here at the Montshire," says Museum Director David Goudy. "Our goal is to provide visitors with fun and meaningful experiences. The Blue Man Group - MakingWaves exhibition does this exceptionally well."

## How Hollywood Saw the Civil War

The Slate Valley Museum in Granville, New York, in celebration for their upcoming exhibit "Rivals in Slate, Brothers in War" is offering a series of films that show different ideas about the American Civil War and its connections to the Slate Valley. Enjoy Hollywood portrayals of the Civil War and learn the history behind the film, the accuracy (or inaccuracy) and the prejudices of the era each film was created. The films are \$5.00 per person and begin at 1pm. A schedule is as follows:

"The Birth of A Nation" - Feb. 13. The controversial film that revolutionized the film industry but helped increase the power and opinions towards the KKK.

"Gone with the Wind" - Feb. 20. The romantic classic that presented an idealized image of the South during

and after the Civil War.

"The Raid" - Mar. 6. Loosely based on Vermont's St. Alban's Raid, the Civil War's northern most battle.

"Glory" - Mar. 20. The modern classic that explores race within the Union Army through the experiences of the famous 54th Massachusetts Volunteer Infantry (which included residents of the Slate Valley).

The film series will include brief introductions to each film helping place it historically as well as giving background to the ideas presented and the impact each film had. In keeping with the Hollywood theme, home-made soft pretzels, soda, and popcorn will be available for sale.

For more information, call the museum at 518-642-1417. Tell them you saw it in The Mountain Times.

The company applies its unique creative process to a wide variety of projects, including their live productions located in 7 cities worldwide, the recording of three albums; the Grammy nominated Audio, The Complex, which became the musical basis for The Complex Rock Tour, and Live At The Venetian® - Las Vegas, available exclusively on iTunes®. This fall, Blue Man Group will be hitting the road again in their How To Be A MegaStar Tour 2.0.

Blue Man Group has also ventured into film and TV scoring (most recently the animated feature Robots), commercial campaigns (such as Intel), and television programs (like the recurring storyline in "Arrested Development"). As the company grows, it remains true to its vision of providing exciting experiences in a variety of media, which appeal to a broad range of age groups and cultural backgrounds.

The exhibit will be at the Montshire Museum through Sunday, May 8, 2011. For info call Montshire Museum of Science 802-649-2200.



## Billings Farm Hosts Mother Nature's Child

The new documentary Mother Nature's Child will be shown at the Billings Farm & Museum on Sunday, January 30 at 4:00 p.m. This one-hour film is free, open to the public, and suitable for all ages. Based on the book "Last Child in the Woods" by Richard Louv, the film was produced by Camilla Rockwell of Burlington, VT, and Wendy Conquest of Hanover, NH, and features case studies of programs that connect children of all ages with nature. One of the stars is local teacher Rob Hanson of the Pomfret School.

## The Legend of Pale Male Film

Woodstock, VT - Billings Farm & Museum, gateway to Vermont's Rural Heritage, will host the Woodstock Vermont Film Festival Winter Series beginning on Saturday, January 29 at 3:00 p.m., with the film Legend of Pale Male. All films are open to the public and accessible to people with disabilities.

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

The Woodstock Vermont Film Festival Winter Series is offered in partnership with the Environmental Film Festival in the Nation's Capital, the oldest and largest showcase for environmental films in the United States. Six films and documentaries have been selected for the "big screen" in

the museum's newly renovated theater, with its state-of-the-art HD digital cinema and Dolby/ surround-sound technology. Tickets may be purchased in advance or at the door, seating permitting: six-film packages: \$50 or \$10/film. Billings Farm members receive a discount. For a complete list of screenings and ticket information: www.billingsfarm.org/filmfest or 802-457-2355. Tell them you saw it in The Mountain Times.

Serving Dinner Tuesday thru Saturday from 6:00 PM  
At the Covered Carriageway 37 Butler Road, Killington  
802.422.4293 - 800.435.8566  
www.birchridge.com  
Home of the "Snow Stake" on killingtonblog.com

RESTAURANT & ICE CREAM  
**the Seward Family**  
224 No. Main St. (Rt. 7N), Rutland  
(802) 773-2738

Vermont Gift Shop Breakfast • Lunch • Dinner Specials Daily

Celebrating our 62nd year!  
**LARGEST SELECTION OF ICE CREAM TREATS!**  
GIFT CERTIFICATES AVAILABLE!

Prime Rib Dinner • Fri. & Sat. from 4:30pm  
Open Daily 6:30 a.m.

### LASAGNA MADNESS

**Hunter's • Seafood • Meat • Cheese  
Lobster • Chicken • Vegetable**

Chicken • Pastas

Shrimp Scampi • Veal Specialties • Fish

**PASTA POT**  
RESTAURANT & LOUNGE

**Our Special**

**MUSSELS MARINARA**

TO-GO • LARGE PARTIES WELCOME  
RTE 4 KILLINGTON • 422-3004 • OPEN NIGHTLY 5PM

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VERMONT

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Breakfast all day,  
lunch after 11am

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breakfast around! After breakfast check  
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gift, and maple syrup needs.  
We look forward to your visit!

**Sugar & Spice  
Restaurant & Gift Shop  
Rt. 4 Mendon, VT  
802-773-7832**

www.vtsugarandspice.com

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

**OVATIONS RESTAURANT**

Rendezvous Bar

**Ovations Restaurant**  
Served 5:30 p.m. - 9:30 p.m.

Come try Chef Greg Lang's featured entrees and daily specials!

**FEATURED ENTRÉES**

**Chicken Fried Lobster & Angus Beef Tenderloin**  
Pan fried lobster tail and grilled beef filet served with roasted garlic and goat cheese potatoes, caramelized pear and parsnips in a Pinot Noir black pepper demi-glace.

**Cumin Crusted Center Cut Pork Medallions**  
Served with roasted leeks, lemon sage butter sauce and cilantro water

**Wild Atlantic Salmon**  
Grilled with dill pollen and roasted shallot compound butter served with braised root vegetable and butter beans.

**Chanterelle Crusted Misty Knoll Farms Chicken Breast**  
Served with tarragon scented risotto, asparagus and watercress salad finished with shaved farmstead cheese and extra virgin Tuscan basil oil.

**Seafood Stuffed Sole**  
Classic seafood stuffing, baked with lemon and chardonnay finished with Mornay sauce.

**Southern BBQ Lacquered Duck**  
Succulent duck served medium rare with foie gras spoon bread and a salad of duck confit.

**Jumbo Sea Scallops**  
Sea scallops wrapped in applewood bacon served with lobster ravioli and a sweet corn and cauliflower ragout.

**Autumn Harvest Vegetable Risotto**  
Roasted butternut squash and root vegetables simmered with Arborio rice served with peppercress and pear salad finished with porcini oil.

**Beef Tenderloin**  
8 oz. center cut finished with tarragon demi-glace.

**New York Strip**  
10 oz. center cut.

**Rib Chop**  
14 oz. center cut served with sautéed mushrooms and onions.

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## Academy of St. Martin in the Fields Chamber Ensemble

The Paramount Theatre announced today that the "Academy of St. Martin in the Fields Chamber Ensemble" begins their 2011 North American Tour at the Paramount Theatre in a single evening concert on Saturday, February 5, 2011 at 8:00 PM.

Bruce Bouchard, Executive Director, commented, "The Academy of St. Martin in the Fields, arguably one of the world's foremost classical music entities, is an internationally revered brand; a tremendous coup for the Paramount and the entire community." He continued, "This presentation, under the banner of 'Passages at the Paramount' allows us to lift the bar of the classical series with a unique and internationally celebrated ensemble."

The evening's program is as follows:

-String Sextet in B-flat major, Op. 18 - Johannes Brahms. 1833-1897. Allegro ma non troppo; Andante ma moderato (Variations); Scherzo. (Allegro molto); Rondo. (Poco allegretto e grazioso).

-Prelude and Scherzo, Op. 11 - Dmitri Shostakovich. 1906-1975. Adagio; Allegro molto.

\*\*\*\*\*INTERMISSION\*\*\*\*\*

-Octet for Strings in E-flat major, Op. 20 - Felix Mendelssohn. 1809-1847. Allegro moderato, ma con fuoco; Andante; Scherzo (Allegro leggierissimo); Presto.

The Academy of St. Martin in the Fields was formed

in 1959 by a group of eleven enthusiastic musicians with the aim of performing in public without a conductor. Their first three recordings led to a succession of long-term contracts, and the Academy quickly took their place among the most recorded ensembles in history.

As the repertoire expanded from Baroque to Mozart, Bartok and Beethoven, so it became necessary for the principal violin, Neville Marriner, to conduct the larger orchestra.

The Academy of St. Martin in the Fields Chamber Ensemble was created in 1967 to perform the larger chamber works—from quintets to octets—with players who customarily work together, instead of the usual string quartet with additional guests. Drawn from the principal players of the orchestra, the Chamber Ensemble tours as a string octet, string sextet, and in other configurations including winds. Its touring commitments are extensive, with annual visits to France, Germany, and Spain, and frequent tours to North and South America, Australia, New Zealand, and Taiwan. Contracts with Philips Classics, Hyperion, and Chandos have led to the release of over thirty CDs by the Chamber Ensemble.

The Ensemble's spring, 2011 North American tour brings them to 11 cities, including (among others) Rutland, VT, Troy, NY, Raleigh, NC, Houston, TX, Portland, OR, La Jolla, CA, and Tucson, AZ.

Tickets are \$26.50 - \$32.50 and are available by phoning The Paramount Theatre Box Office at 802 775-0903. Tickets may also be purchased online at [www.paramountlive.org](http://www.paramountlive.org) or at The Paramount Theatre Box Office at 30 Center Street.

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## Tyminski Returns "Home" to Chandler

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

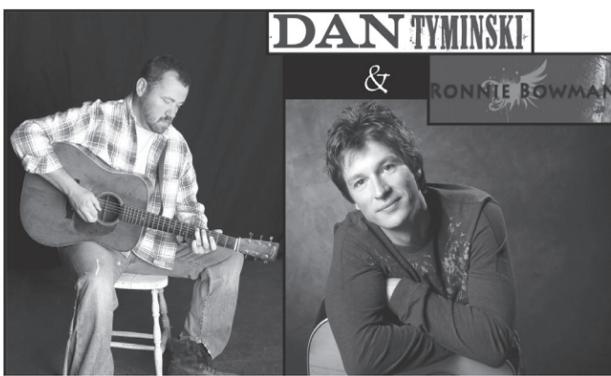
Both are acclaimed bluegrass musicians and vocalists in their own right. Collectively they have been awarded the International Bluegrass Music Association's (IBMA) Male Vocalist of the Year seven times. Tyminski and Bowman have long been recognized for how well their voices blend and complement each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

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

Dan actively tours with both Union Station and his own Dan Tyminski Band, and has also appeared as part of Vince Gill's band and has toured with Jerry Douglas and with jazz great Charlie Haden. In 2004, Dan was invited by Eric Clapton to participate in

Clapton's Crossroads Guitar Festival, and then again as a part of Union Station in 2007. He has been featured in Rolling Stone and Country Weekly, and has performed on The Late Show with David Letterman, The Tonight Show, Late Night with Conan O'Brien, the Grammy Awards, Good Morning America, the CMA Awards, the ACM Awards, and even Sesame Street. He is also a highly regarded session musician and vocalist, having contributed to projects for Leann Rimes, Brad Paisley, Joan Osborne, Reba McEntire, Dolly Parton, and Alan Jackson.

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



## Open Mic Night at Chandler

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

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

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

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

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

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

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**Wine Experiments**  
By Gerd Hirschmann  
Representative of the VT Wine Merchants Co.



ah grape. The new grape was developed in France by Dr. Durif in the late 1800s by crossing Syrah with Peloursin.

A grape cross happens when the flower of the "mother" vine (Peloursin in this case) is brushed with pollen from the "father" vine (Syrah). The new grape was important at the time primarily because it showed higher resistance to downy mildew, a fungal disease that had been causing widespread damage to European vineyards at the time.

However today's Petite Sirah grape is quite susceptible to rot as it grows in very tight bunches. In growing regions without much rainfall (like California) that

is not a problem, but in areas with rain during the growing season, it practically disqualifies the grape.

Around 1870 the Syrah grape was brought from the Rhone Valley to California where it was often called Petite Syrah. Over time Petite Syrah became a catch-all term for almost any old red grapevine that was not otherwise identifiable. Only since DNA testing was available for proper grape identification has the mystery of Petite Sirah been solved.

According to modern research nine vines out of ten of what we call Petite Sirah are Durif; the tenth is another varietal not even necessarily from the Rhone Valley. When looked at side by side in the vineyard, it's very difficult to tell Petite Sirah, Syrah or Peloursin apart, only DNA testing will distinguish them. The problem is that old-vine Petite Sirah vineyards often contain a dozen or more oddball vines, a consequence of the once popular practice of making field-blend wines. In other words different variety grapevines were planted together in the same field, harvested together and thus blended for the wine.

In addition to Durif and Peloursin, one can stumble across such varieties as Beclan, Carignane, Mourvedre, Grenache, Mondeuse or Alicante, among others. Some or all of these grapes could be used to make a wine called Petite Sirah. Under the right conditions it will produce a

strong and bold red wine, perfect to go with steak or other red meats.

People who love big red wines often have a passion for Petite Sirah, a wine with such incongruous name, since this varietal certainly is neither petite nor quite syrah. Petite Sirah produces dark, inky colored wines that are relatively acidic, with firm texture and mouth feel. The aroma has herbal and black pepper overtones, and typically offers flavors of blue fruit, black fruit, plums, and especially blueberries.

Compared to Syrah, the wine is noticeably more dark and purplish in color, and typically rounder and fuller in the mouth, and offers a brightness that Syrah lacks. The wines are very tannic, with aging ability that can exceed 20 years in the bottle. Petite Sirah can sometimes be rather "short," that is, the flavor does not linger in the mouth, hence the benefit of blending with another grape, which may lack mid-palate depth, but add length and elegance.

While the name might be confusing, Petite Sirah's fans cheerfully overlook such technicalities and revel in the wine's honest, teeth-staining fruit and robust tannins. There is, in fact, an enduring enthusiasm for this wine that borders on fanaticism. It certainly is one of the best selling grape varieties out there that few people really understand.

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# Local News

## MOUNTAIN MUSINGS What's Happening In & Around Killington

By Debbie Burke

At the December 13 meeting of the Town of Killington Parks and Recreation Commission, Mike Sutcliffe presented the Recreation Department Report. He noted that regarding basketball, since only 3 girls signed up, the girls will be given the option to join the 5/6 boys team being coached by Jim Haff and Butch Findeisen. Jill Byarm plans to coach the 3rd and 4th grade coed team. Provided there was interest, an instructional only session was to start in January for 1st and 2nd graders.

A Crazy Hat Dance was held at the Sherburne Elementary School with Jessica Cloutier coordinating the chaperones and food.

An Open Gym for volleyball is held every Tuesday. Every Thursday there will be an Open Gym for soccer. Participants must be age 18 or older to participate. The cost is \$2 per night.

There will be Snowshoe Dinners held every Wednesday from now until February 9, which entails a snowshoe hike followed by a dinner for up to 12 people. Pre-registration is required and snowshoes are provided. The cost is \$40 for a family of 4, \$20 for a single, and \$5 for ages 12 and under. The hikes start at the Sunrise Lodge.

Cross Country Skiing for children at the Mountain Meadows Cross Country and Snowshoe Center will be held every Monday from 3:30pm to 5:30pm excluding holidays through the end of February.

Under Old Business, the 2011 budget was discussed. The version of the 2011 budget presented to the Selectmen at their 12/6/2010 meeting was reviewed. Steve Nisimblatt will work with Mike Sutcliffe and the credit company to determine if the credit card processing fees can be reduced.

Regarding the Hiking Trail Map, the Commissioners reviewed the map as presented. The plan is to have a version ready for printing in the next couple of months.

Under New Business, the Hiking Trail Meeting with Seth Webb of the EDT and Mike Sutcliffe and a U.S. Forestry representative took place to discuss the possibility of creating about a 4 mile look trail along River Road. About 80% of the trail is

on Town land and the rest is on U.S. State Forest land.

A discussion on the summer program fees was held. Mike Sutcliffe presented summer program fee comparisons with neighboring towns. Adventure Camp fees are comparable. Increasing fees just for out of state residents does not help promote Killington. Commissioner Davin moved to increase the weekly fee for Camp Loads of Fun to \$95 for residents and \$110 for non-residents. Commissioner Godfrey seconded the motion and the motion was passed unanimously.

The Volunteer of the Year award was discussed next. Commissioner Godfrey moved to go into executive session to discuss the award, with Commissioner Davin seconding the motion and all in favor.

The Killington Pico Rotary Club is holding an Ice-Out competition as an important fundraiser for charity. The Ice-Out hut with 72 pound cement block will be placed on the Grist Mill Pond. The object of the contest is for the ticket purchaser to guess the month, day, hour, minute and second that the ice will "go out" on the pond, and the cement block falls through the ice. A timing device will determine the exact moment of ice-out. To enter the ice-out contest entries are \$1 each. Mail in tickets may be obtained by visiting KillingtonPicoRotary.org and clicking on the Ice-Out contest link and print your own tickets.

The Woodstock Winter Farmer's Market takes place on each 4th Saturday of the month in the social hall of the Unitarian Universalist Church in Woodstock from 10am to 1pm. Support your local farmers and crafters who will be offering produce, homemade tamales, enchiladas, burritos, eggs, breads, jams, jellies, sauces, spices, quiches, pies, cakes, pastries, jewelry, dog biscuits, breads, soaps, books, alpaca and angora fiber, cards and prints. If you are interested in being a vendor, call Anne Dean at 457-3889 or Elaine Backus at 763-2476.

AA Fellowship Mondays are held at 7pm at the Woodstock Unitarian Universalist Church. AA Beginners Group meetings are held on Fridays at 7pm at

Mountain Musings, Page 22

## Killington Select Board Meeting Highlights -1/24/11

by Kathleen Ramsay

**Budgets Approved for Town Meeting:** The Board approved the 2011 General Fund and Golf budgets for the Warning for Town Meeting. The Economic Development & Tourism Department request will be included in the General Fund budget request.

**Warning Approved for Town Meeting.** In addition to the election of officials from the floor and the customary articles, the Warning includes a petitioned article and an Australian ballot question on restructuring the golf debt. The article petitioned by more than 5% of the registered voters is: "Shall the Town authorize the Select Board to spend revenues from the local option tax for any lawful municipal purpose which the Select Board deems appropriate? Such uses of the local option tax revenues may include, but need not be limited to, the economic development purposes which were originally authorized by the voters on March 4, 2008."

**Transportation Enhancement Grant Awards Confirmed:** The Town received written confirmation that it has been

awarded two transportation enhancement grants, one for the extension of the Killington Road walkway from Schoolhouse Road to West Hill Road and the other for a scoping study of gateway beautification along the Route 4 corridor. The study will include an analysis of pedestrian and bicycle improvements along the corridor. The walkway grant is for \$255,120 and the gateway study grant is for \$30,000, with a 20% local match required for both projects.

**Citizens' Input:** Bob Montgomery posed a series of questions about the municipal budget and property taxes on behalf of the Killington/Pico Owners Association Members. Jay Hickory announced that he plans to run for the Select Board at the Town Meeting in March, and thanked Mike Miller for his service on the Board. Killington Resort President and General Manager Chris Nyberg addressed the Board regarding the use of the Local Option Tax to fund golf debt restructuring and/or payments, urging the board to look at operating alternatives

Select Notes, Page 20

## Stafford Students Attain Hazardous Materials Certification

Ten students in the Forestry and Natural Resources and Public Safety Services Programs at Stafford Technical Center recently became certified at the Awareness Level in the area of Hazardous Materials. Chief Robert Schlacter of the Rutland City Fire Department was the instructor through the Vermont Fire Academy for this course. Emergency services professionals, the first responders, are extremely at risk to be involved in a hazardous materials incident in a truck crash, a train derailment, or a spill or explosion in an industrial facility, as are the arborists and tree surgeons who also respond to these emergencies or to the cleanup.

There are tens of thousands of potentially hazardous materials that first responders may encounter. Some may be flammable, some may be corrosive, and give burns, like acids, some may be radioactive, some may be biological agents that are infectious, some may

be explosive, and then there are some that are classified as dangerous, which may have more than one risk associated with it.

The students who demonstrated their mastery of this course, and who received national certification in this area were: Peter Davidson of Rutland High School, Nicole Bogucki and Kim Rupe of Poultney High School, Ashley Smith of Otter Valley Union High School, Emily Johnson of West Rutland High School, Neal Hier of Fair Haven Union High School, and Amber Hannan, Aaron Bosch, and Alan Greenier of Mill River Union High School. Nicole Bogucki and Emily Johnson scored 100% on this difficult examination.

Nicole Bogucki is a member of the Poultney Volunteer Fire Department and Alan Greenier is on the Tinmouth Volunteer Fire Department. Neal Hier and Peter Davidson are members of Mark Raishart Forestry and Natural Resources Program.

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## Vermont First Tee® Initiative Adds Seven New Schools



(Rutland, Vermont) The Vermont First Tee National School Program and the state-wide golf collaborative partner associations announce the addition of seven new elementary schools participating in the spring of 2011. The new schools join the 60 schools and one university (Norwich) presently using the National School Program.

2011 new schools: Blue Mountain Union School (Wells River), Fairfield Center School, Fisher Elementary School (Arlington), Grand Isle School, Molly Stark School (Bennington), Swanton Central School, and Thatcher Brook Primary School (Waterbury).

The First Tee National School Program curriculum is based on national physical education standards ([www.aahperd.com](http://www.aahperd.com)) and uses equipment designed to be developmentally appropriate, safe and fun for children and beginners. The Program is structured for Kindergarten through 5th grade to present a quality, school golf curriculum that develops competency, understanding and progression through movement and physical skills. Through the program, children as young as five are exposed to the motor patterns associated with golf, along with the inherent values of the game. The Vermont golf collaborative partner associations, corporate sponsors, and individual donors fund up to 75% of the one-time cost of (\$2,090) to the schools.

For information on a First Tee® program in your community call the Vermont Golf Association at 802-773-7180.

## Select Notes

*continued from page 19*

for the golf course, review labor costs and the staffing model for the course and to keep in mind that in March 2008 the Select Board promised to use the local option tax only to fund the Economic Development & Tourism Department.

Next Select Board Meeting Date - Monday, February 7, 2011

Next Economic Development & Tourism Commission Meeting - Tuesday, February 1, 2011

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

## Mountain Musings

*continued from page 19*

the Our Lady of the Snows Church. AA Discussion Group Meetings are held at the St. James Church on Tuesdays at noon.

The Union Arena Skating Club in Woodstock is offering skating lessons for all ages and abilities at the Union Arena Community Center. Please call Sarah Dwyer at 802-369-0019 for information. Although lessons have begun at the Union Arena fees will be pro-rated. All lessons are offered by professional coaches.

## Mendon/Chittenden/Pittsford/Brandon Notes

by Debbie Burke

The first meeting of the year of the Pittsford Business Community Group will be on Tuesday, February 1 at the Inn at Logan's Run at 5:30pm. Dinner will be provided. The meeting starts by 6pm. This group will be meeting on the 1st Tuesday of every other month. The Pittsford Business Community Group meeting agenda for February 1 is the following: "Old Home Week." As this year marks the 250th celebration of the charter of the Town of Pittsford, there should be a great celebration and with that we should work together with the other groups in Town to make this happen. What can we do to make this a success for local business owners? When should we have it? What all should occur? Three dates are in mind. Local business issues needing our assistance - helping our neighbors is what we are here for. The Route 7 Project: there have been some changes to the schedule and other important developments. We all need to work on this and help protect our business.

This is a multi year project that we should be working on now. Guest speaker from the State of Vermont, Leanne Tingay will speak regarding the Vermont Downtown Program. This will be an awesome workshop and it's free to attend. Bring your thoughts, leave with new ideas. Farmers Market in Pittsford: is there a need? We have 2 possible options on where we can offer this in town. Would we need permits or anything? Parks and Rec Department - new indoor rec center. We should work with them on this project and help them get this built for our children and the potential income this building can bring for the P & R Dept. Maple Open House is March 19 and 20, 2011. New business in town, more to come on them. Marketing and organization of the group: we need to get organized for the upcoming events of 2011. Please feel free to bring your thoughts and ideas to the meeting as well. Everyone is welcome to attend. We need you to make our Pittsford community and businesses stronger!

## Killington Arts Guild



by Betty Little

Last year, the Killington Arts Guild held art shows, receptions and exhibits at the Upstairs Gallery, displaying an array of creativity and talent. KAG offered monthly meetings at the Sherburne Memorial Library with programs from wildflowers (Roy Pilcher) to travels in France (Jill Dye and Duane Finger) to how to find Joy (Cynthia Payton). KAG also conducted workshops on writing (Yvonne Dailey) and weekly painting sessions at the Library. During January, the Board of Directors met to adopt new by-laws under the direction of Sally Curtis, interim Co-President. On March 27th, KAG will hold an Annual Meeting under these by-laws and there will be a Changing of the Guard. Many current Board members will be retiring, including some who have served since KAG was incorporated in April 1999. New leadership will bring new talents and energy to plan and work for the future.

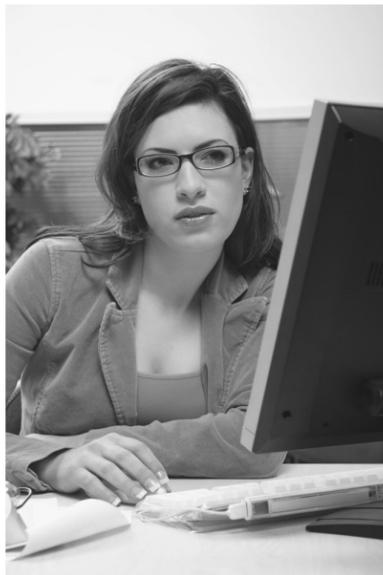
Wanda Gropler is retiring from the Board. Walter and Wanda Groper were early members of KAG. He was the artist, a Killington ski area photographer. They traveled to Africa, and other locations, so he could take pictures. Both were skiers. Wanda came from Wallingford and was an award-winning Avon

sales person. The Groplers moved from Connecticut to Walter's ski house in Killington and built a retirement home in Weathersfield, Vt. After Walter's death, Wanda commuted from Weathersfield to be active in KAG, joined the Board of Directors and served on the nominating committee. When KAG published "A Gathering of Poets: a Vermont Anthology," she used her selling skills to place books in stores all over the Woodstock-Chester-Rutland Area. It is art supporters like Wanda that have helped to make the Guild successful. In leaving, Wanda says "If you need me--just let me know."

In the Rutland Regional Medical Center on a 2nd floor wall is a poster of hands over a heart. Written under the picture is "Harmony, Teamwork." Beside it is "In Union is Strength, Integrity, Knowledge and Trust." The image speaks of the power of a group working together for the common good.

The Killington Arts Guild Winter Show, Beauty for the Beast will continue through March in the Upstairs Gallery at Cabin Fever Gifts on Route 4, opposite the Killington Access Road. Open business days. Call 802-422-3824 for KAG information.

## Free Computer Skills Workshops



Ludlow was one of the first towns selected to participate in the e-Vermont Community Broadband Project, which helps rural communities bridge the "digital divide" by offering assistance to individuals, businesses, governments, organizations, schools and community groups interested in improving their use of online resources.

e-Vermont is a partnership of eleven organizations, each of which brings a particular expertise to the project. One of these partners, The Vermont State Colleges, is offering free workshops to

Ludlow residents this winter, at Fletcher Memorial Library. These workshops are designed to help beginners become comfortable with computers and the online world.

The schedule is as follows:

February 3: Basic Computer Skills. Get the skills you need to feel comfortable using a personal computer.

February 10: Social Media for Beginners. Introduction to the most popular social media resources, including Facebook, Twitter and blogs.

March 3: Web-based Communications tools. Learn tools for connecting with others, from e-mail to Skype to virtual meeting tools like DimDim.

March 31: Evaluating Information on the Web. There's a lot of information online, but how do you know what to trust? This workshop will show you how to be smart in finding information online.

All workshops take place at Fletcher Memorial Library. The workshops run from 5:30-7:00 pm, and are free. For workshops requiring participants to use a computer, computers will be provided. Participants who do have their own laptops are encouraged to bring them. Please use the rear entrance to the library.

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by Johnnie Goldfish

I love this job, you know, writing every day. Do you know how I got it? No, besides being lord, god, king of the snakes and getting whatever I want. Yes! I just started doing it. And that's all anything takes. Of course it'll feel funny at first, might even look funny, but how badly do you want what you want?

The Rochester School and Public Library will show Secretariat at their Friday Night Free Movie on January 28 in the school auditorium. All are welcome.

The Federated Church of Rochester will hold its Annual Meeting, The Lord's Business, on Thursday, January 27 beginning with a Potluck Dinner at 6 pm followed by the meeting at 7:15 pm. Copies of the proposed annual budget will be available and if you have questions beforehand you can call the church office at 767-3012.

The Family Matters Report: have your children snack like a superhero by powering up with fruits and vegetables and have them make their own colorful place-mats for the dinner table.

The United States Postal Service would like to remind local residents to regularly upkeep their residential mailboxes as part of any snow and ice removal routine. Please keep a reflector and a house number on your mailbox to improve visibility by your letter carrier, snowplows and emergency vehicles.

Also some exciting news from the Post Office, in this coming year their will be many new types of Forever stamps including President Ronald Reagan, a Celebrate Stamp, Lunar New Year and Jazz Appreciation. Coils of Forever stamps are now available and Forever pre-stamped envelopes will be coming available soon.

A savvy reader writes from the north of Vermont in Kingdom County. He says it has been snowing heavily for three days now. His wife has done nothing but stare through the window. He relates, if it doesn't stop soon he'll have to let her in.

The Vermont Fish and Wildlife Department has adopted a Bald Eagle recovery plan to guide restoration and management efforts in future years. Bald Eagles are native to Vermont but were absent as a breeding species for almost seventy years. In 2008 the first pair of eagles successfully raised a young eaglet in the wild in Concord, Vermont. Vermont's eagle recovery plan lays out management actions aimed at monitoring and protecting nesting sites to help eagles produce young on a consistent basis. The most important goal is to remove the bald eagle from Vermont's endangered species list, said Fish and Wildlife Commissioner Wayne Laroche.

## Volunteers Needed For Daffodil Days

For more than 35 years, the American Cancer Society has been sharing hope for a world free from cancer with Daffodil Days®, a beloved program to welcome spring and help raise funds and awareness to fight cancer and to create a world with more birthdays. Volunteers are needed now to assist with 2011 event planning.

Daffodil Days® involves offering daffodils to donors every spring in appreciation for their contributions. It is about more than just giving beautiful flowers; it is an opportunity to share hope for a world where cancer never steals another year from anyone's life.

The American Cancer Society is currently seeking Daffodil Days® volunteers and a Rutland County coordinator to share the hope for a cancer

free future. The county coordinator will be responsible for promoting the program to local businesses, schools, and organizations and overseeing orders and deliveries. Individuals interested in serving as county coordinator should have an interest in working with community leaders and the public, knowledge of their community, and good organizational skills. Volunteers are needed to assist in event planning and coordinating orders, as well as packing and delivering daffodils in March 2011.

To help make a difference in the fight against cancer by volunteering with the Daffodil Days® program, contact Erin Martin, American Cancer Society staff partner at 802-770-4693 or visit cancer.org/daffodils.

Some winter walking tips for an accident free winter: Wear proper footwear with good treads and rubber soles, use handrails going up and down stairs, walk with short steps, toes pointing out, shuffling your feet, watch out for painted surfaces such as porches and stairs and wear high traction footwear attachments such as Yak Trax or Ka-toolah mini-crampons which can be found at most ski and sporting shops.

The Peace Report: If we could read the secret history of our enemies, we should find in each man's life sorrow and suffering enough to disarm any hostility. – Unknown.

The Route 100 Snow Travelers hold their monthly meetings on the first Wednesday of every month at 7 pm at the US Forest Service Office on Route 100 North in Rochester, by Johnnie Goldfish. In cooperation with the US Forest Service and generous land owners, the group maintains and grooms over 70 miles of trails adjacent to Route 100.

The Stockbridge Central School students and staff would like to send a Giant Thank You to the PTO for purchasing ten brand new sleds. The students are eagerly watching the snow falls with hopes to hit the soft covering on the hard packed hills for the super fast sledding. The Parent Teachers Organization making community happen... Thumbs up and the judges show all tens.

The White River Valley Players (WRVP) will host their annual meeting on Friday, January 28 at 7 pm at the Park House on Main Street in Rochester. The evening will feature a nostalgic review of events from the 2010 season, including the inaugural production by the Vermont Teen Theater, a teen-led group mentored by the WRVP; and the world premier of Ransom, an original play with music, inspired by the Civil War letters written from the battlefields, by Ransom Towle, a young man from West Rochester.

There will also be news of upcoming events for 2011, including the announcement of the spring show. In addition there will be awards, the popular annual dessert buffet, and door prizes, including tickets to WRVP events. The public is invited and welcome to attend.

Thought for the Week: "Dwelling on any unhappy moment in life is like channel surfing through a thousand possible TV shows, selecting the one that troubles you most, and then blaming your TV set for the pain you're feeling." – Guy Finley, (Self-realization author).

Why dwell on your blues when you can dwell on the news, send your good news to johnniegoldfish@yahoo.com.

## Humane Society News

Our Winter 2011 Four Paws Flyer is now available for your reading enjoyment! Read about Lily's Lovelies, preparing your dog for an eye check up, Lesli's Leash Lines, Wiggles and Wags, upcoming events and more!

You can help keep the animals warm this winter (and maybe win a cash prize for yourself!) in our Winter Fuel Raffle which is underway right now! Simply download the form from our website and send in your donation. The winners will be drawn on March 18.

The 2nd annual Furry Friends Photo Contest kicked off on January 17 and we've already got some great photos entered. The winning photo will be on the cover of the RCHS 2012 wall calendar. Second, third and fourth place photos will be included in the calendar as well. The contest ends on February 28 so there's lots of time to add a photo, vote and make your pet a star!

We're looking for a volunteer to take our broken down boxes and other recycling to the Gleason Road Transfer Station in Rutland once a month. Use of your own car is required. If you are interested please contact Beth Shapcott, RCHS Volunteer Coordinator, at 483.9171 ext. 208 or e-mail her at beth@rchsvt.org.

Visit our website at www.rchsvt.org for additional info on these happenings.

## Clear the Way For Letter Carriers

Winter comes earlier to northern New England than it does in many parts of the country. By December, snow and ice are often seen on roads and sidewalks, and as temperatures drop, melting snow turns into ice.

The Postal Service asks for your help this winter in order to give you the best possible service.

To allow safe, efficient mail delivery to your mailbox after winter storms, the Postal Service asks that you:

- Clear snow and ice from steps and walkways
- Remove dangerous icicles from overhangs on the approach to your mailbox
- Shovel enough snow from curbside mailboxes

so that carriers can deliver or collect mail without having to leave their vehicles. The approach to curbside mailboxes needs to be clear of snow, ice, and obstructions like recycling containers and trash bins so that carriers can safely approach and depart from those boxes without having to back up their vehicles.

Also, as the sun sets earlier with each passing day, many letter carriers on the street and in vehicles deliver mail at or after dusk. These carriers make frequent stops

at curbside mailboxes. Rural letter carriers' often use personal vehicles to deliver mail, and while their cars often have roof signs, identifying them as mail delivery vehicles, some commuters do not automatically recognize them. Please be aware of these carriers delivering mail on rural roads and others on foot in urban neighborhoods after the sun has set.

Letter carriers in Maine, New Hampshire and Vermont drive over 52,000 square miles to bring service to their customers, and they pride themselves on driving safely. They are taught to slow down when driving in the winter and to reduce speeds as road conditions worsen. To further reduce the risk of vehicle collisions, the Postal Service urges fellow motorists in all three states to do the same.

Recognizing these hazards posed by winter weather helps your letter carrier, friends and family members remain safe when they come to visit.

The Postal Service appreciates your cooperation in helping to keep the state's letter carriers — and all Northern New England residents — safe from harm this winter by observing these basic safety tips.



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## COMMUNITY CALENDAR

Jan. 27 - Woodstock. Hand in Hand community meal, Thurs., 5-7pm. Theme: National Chocolate Cake Day. Social Hall, N. Unitarian Chapel Society. All welcome, donations accepted. 457-9272.

Jan. 27 - Rochester. Federated Church Annual Meeting, The Lord's Business. 6pm potluck dinner, 7:15pm meeting. 767-3012.

Feb. 1 - Killington. Brown Bag Discussion Group at Sherburne United Church of Christ. 1st meeting - St. Brigid of Ireland. Bring lunch & info - show & tell. All welcome.

Feb. 11 - Killington. Chocolate Festival at Sherburne United Church of Christ - evening of everything chocolate! Bring your favorite chocolate dessert & Valentine to be randomly exchanged. 6pm. 422-3484.

### Ongoing

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Rutland - Unitarian Universalist Church of Rutland, 117 West St. Sunday Services 10:30am. Rev. Erica Baron. 775-0850.

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

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

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

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

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

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

## Rutland Report

by Lani Duke

Meet up with Rick and Jackie Dutil at 6:30 p.m., Thursday, January 27, at Denny's Restaurant if you might be interested in becoming a charter member of a new Rutland Lions Club. First organized in 1917, Lions Clubs International has a roster of 1.35 million with much of its humanitarian mission targeting preventing blindness and providing eyeglasses to people in need. Call 247-3490 for more info.

Mill River Union High students present a collection of poems, plays, and songs about war at 7:30 p.m., Friday, January 28.

Snowshoe in winter wildlife habitat at High Pond in Sudbury with the Green Mountain Club on Saturday, January 29. Meet up with a group at 9:00 am. in the north end of Rutland's Main Street Park. Call Barry Griffith, 773-7638, for more info.

Folk duo John Kirk and Trish Miller join Grace Congregational's festival choir, soloists, and instrumentalists in a concert that features fiddle tunes, choral pieces, folk trios and music from early America, at 6:30 p.m. Saturday at the church. A contradance follows at 8:00 p.m. Call 775-4301 for more info.

Enjoy the music of Satin & Steel and On the Rocks Saturday evening, 7:00 to 11:00 p.m. at the Holiday Inn Rutland. Bid on silent auction items too. Call 353-1498 or 775-0151 for specifics.

Do you dream of ham radio, helping to provide emergency communications and meeting people from around the world? Check out the ham radio entry level course being offered by Green Mountain Wireless Society from 6:30 to 8:30 p.m., Monday, March 7, at St. Alphonsus Parish Center on Route 7. The course is free; you pay for text and exam. Call 775-3033 for details.

Check out the educational advantages your child or grandchild may receive by attending Christ the King at an open house at 10:30 a.m. Sunday, January 30 at the school, 60 S. Main St. Students benefit from small classes, sports and arts programming, new science and technology upgrades, and a family-type atmosphere. Call 773-0500 for more info.

Rutland Rec and Parks is already taking registrations for a Hunter Education Course that begins Monday, March 7, and runs through Monday, April 18, 5:30 to 8:00 p.m., at Rutland Elks Club. It is a combination Hunter

and Bow Safety course - register by Friday, February 25.

Local DJ and entertainment maestro Kris Kul may help you meet the person of your dreams in a series of four-minute rounds of speed dating beginning at 8:00 p.m., Thursday, January 27, at The Paramount in downtown Rutland. The event is a first for Rutland, with limited participation and reserved for those age 25 and above. Cocktail hour begins at 7:15.

Saturday, February 5 is your opportunity to hear a group you ordinarily hear via the air waves. Appearing as part of the Passages at the Paramount series at 8:00 p.m., Saturday, February 5, the Academy of St. Martin in the Fields Chamber Ensemble annually visits France, Germany, and Spain, while also touring North and South America, Australia, New Zealand, and Taiwan. Thanks to series sponsors The Anton Family Foundation and Ellen and James Marcus, and to event sponsors RMG Stone Products, Inc. and Carol and Jay Kenlan.

Look at how contemporary culture has changed in its understanding of nature and spirit as evidenced by the language of Mary Oliver, Jane Kenyon, and Mark Doty. New Hampshire Poet Laureate and Dartmouth professor Cynthia Huntington leads the discussion as part of the First Wednesdays series of the Vermont Humanities Council, held February 2 at 7:00 p.m. in Rutland Free Library.

As Rutland Free Library works on planning its future, consultant Bill Wilson is working with the library's board of trustees as they discuss the changing function of libraries in today's world. Libraries have become places where people go to use computers for their personal e-mail, and a place to interact with others especially in studying or furthering a common interest. They may provide a "third place," not work and not home but a place to belong either in a group or alone. They are places to learn and discover. More discussions are in the future.

Rutland voters will have the opportunity to vote for or against an expansion of Giorgetti Park facilities again. This ballot proposal is for a \$3,944,836 bond to add a steel-framed fabric addition that would replace the Dana Center as a hub for Rec Department activities.

Phil Alderman recently purchased Smith Buick GMC from Shirley and Joseph Barnhart and plans to hire all 28 Smith Buick employees; he also contracted for a new KIA dealership in Rutland. Alderman already owns local Chevrolet and Toyota dealerships.

Friday, February 18, the Chaffee Art Center will open an exhibit of work by younger Vermont artists. Any full-time college or university student studying in Vermont may submit work, in any media, whether they are in an art program or not. The application deadline is Tuesday, February 1, and deliver the work no later than Sunday, February 13. Vermont jam-band Twiddle will play at the opening reception. Call Jessica Kaminski, gallery coordinator, at 775-0356, for details.

Diamond Run Mall is still not picking up its share of the load as far as the City is concerned. Although it recently began paying its water bill, it still has not paid impact fees and is now a year in arrears.

Good-bye, James McNeil, Sr., co-founder of McNeil & Reedy, downtown Rutland landmark store. He served in the army in World War II and served his community as an alderman for 13 years. His descendants continue to work in and serve their community and state.

Kindergarten students from northwest School recently took part in a Tool Tour at Stafford Technical Center, visiting Culinary Arts, Construction Technology, Computer Technology, Music, Automotive Technology, and Electrical/Plumbing classes and took part in special activities there.

Rutland Rec Department's spring brochure should be out now. Sign up to help break out of the winter blues.

Bruce Bodemer, executive director at The Meadows assisted-living facility since its opening and also executive director at The Gables, is retiring this year. However, he plans to come back to The Meadows once a week as a consultant.

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# Proctor Place

by Stacy Bates



The Proctor varsity Lady Phantoms were victorious of MSJ on Friday night 36-25. The Lady Phantoms played a great first half lead by its point guard Carissa Elrick directing the offense. The Phantoms were paced in scoring by Mikayla Tanner's 12 points, Megan Carter's 8 points and 10 rebounds, and Mikayla McCormack chipped in 6 points along with doing great on the ball defense. The Lady Phantoms have a full week coming up that includes three road games against West Rutland, Arlington and Twin Valley.

Tim Clain has provided us with information on Indoor Soccer Registration. A second registration will take place at the firehouse on Saturday, January 29th from 9:00-10:30 a.m. This year's indoor league will run from Saturday, March 19 through Sunday, April 30. Each team will play 8 games. The registration fee will be \$25 for a family's first child. If there are two or more student athletes participating, the maximum family fee will be \$35. The fee will include: Registration into the league, Proctor Futbol Club game shirt (if needed) and 4-5 weeks of conditioning with Josh Moore (Saturdays). Just a reminder, in the past families have asked if the fee would be reduced if their child did not participate in the conditioning program. This would create a lot of extra work. The program is inclusive of everything above. We want to encourage the student athletes to participate in the conditioning program. Tim can be reached at 459-2963. Thanks, Tim, for all the work you put into this program.

The Proctor School Board meeting minutes for December 28 were just release for publication. Here are

some highlights: PHS principal, June Sargent, started off. She announced that Adrian Burnham has been awarded the distinction of "Upward Bound Student of the Month" for December. Congratulations to her. She also announced that coaches from the MVL voted to award the Proctor Boys' Varsity Soccer team the sportsmanship award. Sargent passed out the results of the student inventory given to Grades 9-11. Students expressed particular interest in taking psychology, forensics, graphic design/cartooning, fitness and nutrition, web design, anatomy and physiology, and sociology. These courses along with other proposals are being considered for next year and over the next couple of years. Superintendent Wendy Savery made some budget recommendations and announcements. The general transfer to the education fund for FY2012 will be reduced by \$23.2 million. The \$19 million federal jobs money should go to districts as a one-time bridge to help buy time in making budget adjustments. (Wendy noted that we should have some flexibility of how and when we used the fund.) She also recommended when finalizing our budget, it is suggested that we estimate the homestead tax rate using a base homestead tax rate of 0.87 and a base education amount of \$8,544. During the chair comments, Lloyd Hughes said that the board needs to emphasize that people need to put in a building or grounds use request. June said that this was essential as people are served on a first come, first served basis as well as taking into account priority requests from Proctor adults and for Proctor students.



**ARIES:** March 21 - April 2 - The impulse factor is huge right now. If you aren't in touch with the fact that you're up for anything you're driving yourself nuts trying to figure out why nothing seems to get you going anymore. It would be easier if you could just acknowledge the need to break loose and get out of your cage for a while. Whenever things start looking like you've seen it all before it's a sign that you need a change of scenery. Anything that gives you an opportunity to consider what you could be doing if you weren't doing this will help you rearrange your outlook on the future.

**TAURUS:** April 21 - May 2 - No one can argue with the fact that you've been through the mill. As much as you've kept a stiff upper lip, part of you is still too vulnerable for words. While I admire the desire to take the high road, don't mistake that for living in denial. No one is invincible in the face of the kind of stuff you've had to process. You can continue to be strong but be sure to take care of the wounds you've incurred in the last few years. You're just about ready to move upward and onward and it would be a shame if you allowed old hurts to cloud your visions of the future.

**GEMINI:** May 21 - June 2 - Before you get too involved trying to make everything work out perfectly, try to understand that none of this is up to you. Too much micro-management, or the idea that you're going to 'make it happen' contradicts one of life's fundamental axioms. To bring too much pressure or expectation to bear on anything only creates resistance. While I admire your desire to pull your life together, this doesn't mean that you have to turn yourself into a well oiled machine. At this point you'd do better to stop pushing the river and trust that your plans will unfold in their own good time.

**CANCER:** June 21 - July 2 - You can only follow your heart. In this situation, what doesn't make sense has to do with the fact that your mind is tripping all over itself trying to figure out what's going on. Life doesn't have to make sense. You know more about how you feel and what seems to be at issue has something to do with reciprocity. You keep giving all you've got to a person who can't see it, or you want more than what you're getting. Whatever it is, between the bottomless pit and getting blood out of a stone, you will probably keep doing whatever you can to make others sit up and take notice.

**LEO:** July 21 - August 2 - Too much of the past has come to bear on the present and your pride can't take any more reminders of what didn't go right. For the longest time you've felt a need to start all over again. With not enough support and too many debts, you haven't been able to budge until now. As much as it pains you to have to do this, you not only see that it's what's best for everyone, you're totally clear that you've got nothing to lose. When it comes time to change trust that you will have plenty of support and that others will benefit as much from your decision as you do.

**VIRGO:** August 21 - September 2 - Don't put too much stock in people who aren't really there for you. At a point when your main lesson is about learning to value yourself, the last thing you need is to get involved with people who are too narcissistic to see anything but their own reflection. Before you lose yourself to things that are a flash in the pan, get real about what's really going on in your relationships. The truth is, you're a lot better off when you hang with people who have their feet on the ground, and who are there because they love all of who you are. Step back and try to see this for what it is.

**LIBRA:** September 21 - October 2 - If you try to think too far ahead you'll wind up complicating your situation. More than anything, it is important for you to take one thing at a time. The reason for this lies in the fact that other people and their way of doing things, along with an underlying need on your part to learn how to stop pushing the river, are combining to get you to stay in the moment. With so many inner and outer issues still unclear, there's no way you can expect to outline the future. And underneath all of this what's happening right now is showing you that not having a plan is the best plan of all.

**SCORPIO:** October 21 - November 2 - It looks to me like you've been thrown into a situation where you feel judged. Don't worry too much about what kind of impression you're creating. Nothing about you suggests that you're out of line. What you may be picking up on is the fact that whoever you want to impress has reservations about who you are and what you're doing here. Their attitude is based on their own unique form of prejudice. Don't hold it against them and don't try to figure out who they want you to be. Just keep being yourself and let them see that you're here for the right reasons.

**SAGITTARIUS:** November 21 - December 2 - You need to stop worrying and have more faith that things will work out. Don't waste your time second-guessing your decisions. Your intuition keeps telling you to move forward and the voice in your head keeps arguing the point. You have made steps toward whatever you think you need to do next but you need to know that this is a transition period; nothing will stabilize for a few months. What you need to do in the meantime is learn how to relax and use this stretch of uncertainty to return to yourself and get grounded in things that give meaning to your life.

**CAPRICORN:** December 21 - January 2 - Have you ever wondered why things always seem to be more complicated with you? Is it because you wind up taking care of everything and everyone? Who made it your job to parent the universe? And who's taking care of you? Half of your issues would go poof if you could just step back and let someone else handle it. In your current situation your web of obligations has you looking like a visiting nurse, running back and forth from one crisis to another. I know you can handle it; what I wonder is, what would you be doing if you weren't doing this?

**AQUARIUS:** January 21 - February 2 - If things seem a little easier to handle it's because you decided to go with the flow. Up until now most of your troubles came from needing everything to be a certain way. After more than one confrontation with people or forces that have other things in mind, you've realized that you'll make better progress if you're less invested in which way things go. This may feel like a bit of a cop out, but wait and see; because the most effective way to deal with any opposing force is to offer no resistance. Think about that and notice how everything comes to you when you let it go.

**PISCES:** February 21 - March 2 - If you thought you were over things, it'll take a little longer. In your mind you may have settled up, but the heart moves slower than the mind, and your heart's still releasing whatever it is that's left of the past. For anyone else this would be easy. It's a blessing and a curse to be so sensitive, my friend. If it helps you might want to realize that you are not your feelings and nothing is good or bad unless we make it so. A dose of objectivity will clear the fog enough for you to see that it's OK to be vulnerable and it's perfectly normal to have a hard time turning your life around.

## Women's Clubs' Scholarship Fundraiser



A trip to Boston on March 17 will take travelers to the Boston Flower Show, to go shopping, or to get a look at the St. Patrick's Day celebration. This trip raises funds for scholarships aiding women who have lost spousal support and have plans for education to pursue a career. Sponsored by the General Federation of Women's Clubs of Vermont, three scholarships are traditionally offered each year. Recipients often choose to enter the nursing profession. Applications for these funds are open to all Vermont women and not limited to Federation members. Interested women are encouraged to inquire at the addresses below. Applications are due in mid-March and announcements of awards are made at the GFWCVT annual meeting in late April.

The low cost round trip including Flower Show ticket is \$76.

It starts in Rutland at 6 a.m. with pick-up stops in Ludlow, Springfield and Bellows Falls. Riders not wishing to go to the Flower Show pay \$51. Meals are not included. Lunch will be available in the Faneuil Hall area where there are many varied and even ethnic options. Dinner will be at a selected restaurant on the trip home.

For detailed information e-mail GFWCVT@comcast.net or call 1-802-287-9744. Firm reservations must be made by March 1.

## Students Become Certified Internet Safety Mentors

The first year students in the Stafford Technical Center Public Safety Services Class just became nationally certified as trainers in the area of internet safety. The training was provided by Paul Faenza, a retired NYPD Sgt. who is a master trainer through I-SAFE and is presently employed by the Black River Area Coalition. I-SAFE is the largest and most well-known source for internet safety materials and training.

The "train the trainer" course that the students took had four main components; the students can offer any or all of the components in any trainings that they do in the future. The first element was cyberbullying, which is using a computer to harass someone else. The second component of the class deals with illegal downloading and file sharing. The third area of concern is viruses, and other things that can damage or destroy computers. Lastly, hacking, identity theft and internet scams are all too common.

The students who are now certified to provide this training to others are: Emily Johnson from West Rutland High School, Amber Hannan, Korey Russell, and Aaron Bosch from Mill River Union High School, Emily Fredette from Fair Haven Union High School, Ashley Smith from Otter Valley Union High School, and Virginia Vaughn and Nicole Bogucki from Poulton High School. The students are now available to do presentations to school groups, Boy Scouts or Girl Scouts, church youth groups and other groups that would benefit from this program.

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## View From Ludlow

by Ralph Pace

It has taken a year and a half, but FOLA (Friends of Ludlow Auditorium) has reached one of its principal milestones: a fully-operational motion picture and graphics system has been installed in the Ludlow Auditorium. Thanks to donations from its members and supporters, along with the tremendous technical expertise of David Giancola of Rutland's Edgewood Studios, all of the equipment was installed this past week and tested on the new, large screen purchased by the Town.

The installation, while still requiring some tweaking – and considerable user training, linked into the audio system of the venue and successfully displayed the opening scenes from “Raiders of the Lost Ark” – as well as several digitally-restored Looney Tunes cartoons. While the only audience consisted of David Giancola and yours truly, it was sufficient to demonstrate that large screen motion pictures were at last in Ludlow's, and the surrounding areas, immediate future.

According to a FOLA spokesperson, the first movie to be shown in the Ludlow Auditorium will probably be “Mamma Mia,” the musical based on songs made famous by Abba. The tentative date for the showing is either Saturday, January 29 or February 5 at 7 pm, depending on operator availability.

Plans for the Ludlow Winter Carnival are well-afoot. Scheduled to take place Thursday, Feb. 10 through Sunday, Feb. 13, the carnival will feature Ice Bocce, Ski & Snowboard Fashion Show, scavenger hunt, Snowmobile Poker Run, cross country ski & snowshoe fun race, Fireworks, Parade and post Fireworks bonfire, just to name a few. Some local restaurants will offer carnival related specials as well. The full schedule – and other updates – is available at the Okemo Valley Chamber of Commerce web site, www.yourplaceinvermont.com.

LPC-TV, the public access cable channel covering Ludlow, Plymouth, Mt Holly, and Cavendish on channels 8 and 10, has received a \$20,000 cultural facilities grant from Vermont Art Councils. The award is to be used to assist LPC in building its new studio facilities in the “old tank barn” now part of the Ludlow Community Center. This will be a helpful addition to the on-going fund raising efforts of the community television station.

At the same time, LPC announced that it was participating in the “Okemo Valley Historical Media Project.” The project is an effort to collect and record the oral history of area individuals, their remembrances of past events, people, and community attitudes that may be passed on to future generations. Participating in this project with LPC are the Coolidge Historical Site, the Vermont Finnish-American Society, and local libraries and historic societies.

Black River Academy Museum (BRAM) announced its winter and spring activities. Highlighting the period prior to the formal museum opening in June will be three functions. On Feb. 12, BRAM will feature a cabaret show, “Just Desserts and a Singing Performance” at 7:00PM. This will be followed by a 5 K “Walk for Local History” on April 30. The preseason will conclude with a BRAM-sponsored school play, “Our Town” as part of the celebration of Ludlow's 250th anniversary. BRAM will open its regular season on June 4.

In addition to these features, BRAM is continuing its editorial program called “If this House Could Talk.” The program features area homes with comments by former residents of the homes about what life in Ludlow and the vicinity was like back in the 1950's and 60's. As part of this project, the museum is trying to locate the popcorn machine that Dan Dan the Popcorn Man used in the 50's and 60's in Ludlow. If anyone has information on its location, the museum would love to hear about it at 802-228-5050.

Meanwhile, over in Proctorsville, a group led by Jamie Ward will be presenting a Shakespeare Weekend on March 19-20. The project will take place at the Gethsemane Episcopal Church and is being sponsored by the Cavendish Community Fund. For more information or to sign up call Mary McCallum at 226-7497 or email marmac@tds.net.

As noted last week, Friday night, January 28 at 7 pm, will see the start of a new season for the Black and White Film Series in Proctorsville at the Cavendish Town Elementary School. The first feature will be the hilarious “Arsenic and Old Lace” starring Cary Grant and Raymond Massey.

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

## KMS 27th Annual Auction and Dinner

Again this year, the 27th Annual Auction and Dinner continues to support the Killington Mountain School Scholarship Fund, which helps to provide financial assistance to student-athletes who deserve the opportunity to attend the ski academy but wouldn't be able to with out the money raised from the auction and the Scholarship Fund. Killington Mountain School (KMS) is a fully approved Vermont independent school whose mission is to inspire students to pursue excellence in academics and athletics in a culture that promotes integrity, leadership, responsibility, and respect. Student-athletes train in alpine, snowboard, freestyle, and freeride disciplines. As the school's largest fundraising event of the year, monies raised from this annual event support the school's Scholarship Fund that provides critical support for athletic and academic programming at KMS.

The auction portion of the event already is in progress with an online auction at [www.biddingforgood.com/auction/AuctionHome.action?auctionId=79318093](http://www.biddingforgood.com/auction/AuctionHome.action?auctionId=79318093). Parents, alumni, local businesses, partners, and other friends of KMS are extremely generous each year in providing exciting items for the auction. This year's items include: gift certificates to a variety of local restaurants, skis and other gear donated by local shops, a day of kite skiing on Kent Pond, lift tickets to Killington, greens fees at a variety of golf courses, plus a multitude of other items. Top online auction bids will be becoming the starting point for the silent auction bids during the cocktail portion of the evening.

Live auction items available during the dinner portion of the evening include a 2011-2012 Killington Season Pass, a night of grooming with Killington President and General Manager Chris Nyberg, a seven-night stay in Florida, a three-night stay at Mt. Tremblant, Celtics, Patriots, Red Sox and Bruins tickets, sailing on Long Island Sound, and more.

The event begins at the Killington Grand Resort and Hotel at 6 p.m. with cocktails and a silent auction on Saturday, Feb. 5. Dinner and a live auction begin at 7:30 p.m. Tickets for dinner reservations must be made by this Sunday, Jan. 30. Reservations can be made online at [www.killingtonmountainschool.org/auction](http://www.killingtonmountainschool.org/auction). For more information, contact Kim Robertson at 802-422-5671.

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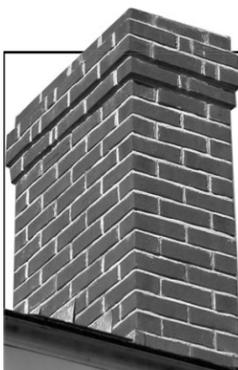
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# Killington-Pico Rotary News

by Janina Curtis

The Killington-Pico Rotary Club winter fundraising project is an Ice-Out Contest on the Grist Mill Pond. The object of the contest is for the ticket purchaser to guess the month, day, hour, minute and second that the ice will 'go out' on the pond. The moment of Ice-Out is determined when a 72-pound concrete block, housed in the "Ice-Out Hut," drops through the ice. A timing device will determine the exact moment of Ice-Out. The Hut, with the cement block, will be placed on The Grist Mill Pond when the ice is deemed safe. Ice-Out tickets can be purchased at area establishments including:

Domenic's Pizza, The Grand Hotel, Peak Performance Ski Shop, Lookout Tavern, The Grist Mill, Sun-Up Bakery, Sushi Yoshi, The Garlic, Killington Deli, Mogul's, Wobbly Barn.

This is a 50/50 event meaning that 50% of the proceeds (up to \$20,000, as limited by state law) will be the winning prize and the remainder will go toward the club's charities. Ice-Out tickets are \$1.00 per entry and can be printed from your computer at [www.Killington-PicoRotary.org](http://www.Killington-PicoRotary.org).

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

February 2 - Bob Montgomery - Classification Talk  
February 16 - Jim Finger, Rutland Regional Ambulance Service

## Lakes Region News

by Lani Duke

The Episcopal Ministry Center in Poultney invites all to a community breakfast from 8:00 to 10:00 a.m., Saturday, January 29 (and subsequent last Saturdays of the month). Breakfast includes farm-fresh scrambled eggs, sausage, homemade biscuits and preserves, juice, coffee, tea, and hot chocolate in a family-style atmosphere.

Benson Fish and Game Club and Benson Youth League hold the "Lake Champlain Down Home Derby" Saturday and Sunday, February 5th and 6th. Get tickets for both the adult derby and the Saturday Lake Champlain Kids Down Home Derby for age 14 and under, at bait shops, local businesses and derby headquarters. There are more than \$2700 in prizes; each fish category has a trophy for first place winners.

Do you make a chowder to die for? Test yours against those made by your neighbors at the second annual Benson Chowder Cook-Off, Saturday, February 19, at Benson Community Hall, 8:00 a.m. to 3:00 p.m. First prize garners \$100; the contest raises money for the community scholarship fund. Call 537-263 for more info.

Get together with your neighbors at the 8th Annual West Pawlet Volunteer Fire Department Woodchuck Festival and Fireman's Games, Saturday, February 12, from 9:00 a.m. to 3:00 p.m. at Mettawee Community School on Rt. 133. Attractions include a food court, live music, childrens' games and face painting, Mr. W.P. Woodchuck, Ladies Auxiliary Silent Auction and local artist Roy Egg.

Green Mountain College has entered a collaboration with Hubbard Brook Research Foundation (HBRF) of Hanover, NH, on the "Poultney Woodshed Project" which will bring woodchips from nearby privately owned forestlands to fuel the school's new biomass facility. Inaugurated April 22, 2010, the co-generation facility produces 85 percent of the College's heat needs and 20 percent of its electricity.

Fifth grade students at Fair Haven recently wrote songs about what they have been studying in social studies: teams wrote lyrics, some setting their lyrics to popular tunes, others writing their own. Their topics centered around the Revolutionary War and the writing

of the Declaration of Independence.

Rope jumping team the Vernon Tornadoes recently visited Fair Haven Grade School, demonstrating routines and teaching the FHGS students the hand movements to "Hand Jive."

Fair Haven middle school students have been engaged in a variety of activities as they study civil rights. Among the people they've studied is Bob Moses, who spent the 1960s registering black people to vote and is now encouraging all teens to study algebra as their portal to higher education.

The Elks organization recently chose essays by Angel Beebe and Tiana Sanchez as finalists in an Americanism contest. Great work, Fair Haven students!

School closes at Fair Haven at noon on Friday, January 28, with buses running after the students receive their lunches.

Bernie Sanders recently visited social studies classes at Poultney High School, discussing issues with the students. They talked about the role of government, health care, cost of college, education, energy, and the state of the economy with the students, branching into the shrinking middle class, outsourcing, manufacturing things we use in China, and how much the rich are taxed.

Poultney High varsity basketball coach David Capman formally retired after 32 years of service. He will continue to coach football, however.

Poultney High junior Molly Mead has her photography on display in the school library. It will remain in place through Friday, March 4, and viewable from 2:45 to 6:30 p.m.

Castleton State College has established an honors band and chorus, with members nominated by school music teachers, and the college selecting the participants from the teachers' suggestions. Poultney High students in the band include Shannon Gadway, Alexis Hill, Connor Hill, Eleanor Dailey, Emma Dailey, Emma Baker, and Sadie Brown; chorus students are Destinee Gray and Daniel Warnecke. The students will work on their pieces at Castleton on Friday, January 28, with all the other musicians, before presenting a concert at 8:00 p.m. that evening.

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# \$urviving The Times®

## Vermont Revenues Up Slightly

by Dave Gram, AP

MONTPELIER, VT (AP) - Vermont took in about \$20 million more in revenues than expected in the second half of 2010, and the state's economic forecasters are telling Gov. Peter Shumlin's administration and lawmakers that revenues for the fiscal year could exceed earlier expectations by about \$27 million.

Still, the change makes a small dent in a budget gap of \$150 million - out of a general fund outlay of roughly \$1.2 billion - projected for next year.

And, economists Tom Kavet and Jeff Carr said Friday much the extra money that's been coming to state coffers in recent months has been in different types of one-time collections that can't be counted on to happen again.

Even with the one-time boosts, the state's general fund in the past six months collected only about 0.5 percent more than Carr and Kavet predicted in their last forecast in July.

Kavet and Carr offered just a bit of hope for economic help that might bring improvement in the state's fiscal fortunes. They pointed to a national economy that appeared to have been moving slowly along a path to recovery during the last six months, though they said a spike in energy prices late in the year and possible resulting inflation could cause a setback.

Kavet was cautious about the chance for continued economic improvement, saying "Conditions for the first time in a long time are beginning to look like there's a bit of hope for this to be self-sustaining."

The cautiously positive forecast prompted the men to improve their revenue forecast for fiscal 2012 by about \$10 million.

Carr and Kavet, consulting economists to the state, join in offering a consensus revenue forecast every six months, but each offers his own report showing how conclusions were reached. Both agreed that several features of the recent recession - unemployment and the decline in housing prices chief among them - had not hit Vermont as hard as other parts of the country.

Vermont had the fifth-lowest unemployment in the nation in November - 5.7 percent - versus 14.3 percent for Nevada, the state hit hardest with joblessness. Housing prices declined in Vermont by 2.4 percent from the third quarter of 2007 to the third quarter of 2010. In Nevada it was 41.6 percent.

## Clean out the Medicine Cabinet



The American Pharmacists Association (APhA) encourages the public to make an annual medicine cabinet cleanout. Pharmacists recommend patients to properly dispose of all the unused and expired medications that accumulated over the previous year.

Because each season brings a host of new illnesses and conditions, it's easy for medicine cabinets to become cluttered with unused or expired prescriptions, over-the-counter medications, vitamins and herbals that can potentially be harmful to one's health. Hanging onto old, expired or unused medications can increase the chances of taking the wrong one. Old, expired medications can lose their potency thus reducing or providing no value to the condition being treated and unused medications have the potential to be abused and misused.

A medicine cabinet cleanout is one of the best moves a person can make for their personal and family's health. To help protect yourselves and the environment, it just takes a few simple steps to properly store and dispose of medications. And if you have any questions about your medications' expiration date or potency, talk with your pharmacist."

Tips for Storing and Cleaning Out Your Medicine Cabinet or Other Medication Storage Areas:

- Medications should be stored in a secured area that

has low humidity, a stable temperature and adequate lighting.

- Check the date on everything in your medicine cabinet and dispose of anything that has passed the expiration date.

- Properly dispose of anything you have not used in the past 12 months.

- Properly dispose of any prescription medications you no longer need. Do not share prescription medications with others.

- Properly dispose of medicines no longer in their original container or that can no longer be identified.

- Properly dispose of medicines that have changed color, odor or taste.

- Do not flush unused or expired medications and do not pour them down a sink or drain.\* They should be disposed of properly in the household trash or through your community's medication disposal program, when available. Follow these easy steps before disposing in the trash:

- Pour medication into a sealable plastic bag. If medication is a solid (pill, liquid capsule, etc.), add water to dissolve it.

- Add kitty litter, sawdust, coffee grounds (or any material that mixes with the medication and makes it less appealing for pets and children to eat) to the plastic bag.

- Seal the plastic bag and put it in the trash.

- Remove and destroy ALL identifying personal information (prescription label) from all medication containers before recycling them or throwing them away.

- Visit [www.smarxtdisposal.net](http://www.smarxtdisposal.net) for more information and for a list of medications that should be flushed.

## Stay Out Of The Doldrums In Job Search

by Marvin Walberg • Scripps Howard News Service

The average time it takes to rebound from unemployment varies. In general, though, most people are unable to secure a good job as quickly as they'd like. In today's competitive job market, it's not unusual for job seekers to spend several weeks, months or even a year or more looking for work.

During that time, it's common for job seekers to experience bouts of stress, exhaustion and frustration, say Diane Crompton and Ellen Sautter, career management consultants in Atlanta. Both have coached professionals at all levels, from a wide range of backgrounds and with varying career objectives.

In "Find a Job Through Social Networking" (JistWorks,

2010), Crompton and Sautter offer a wealth of advice on how to maintain energy and enthusiasm and stay out of the doldrums during the career transition process. Here are 10 of their tips:

- Take a break from your search periodically to re-energize.

- Plan some fun events that will make you feel good and build your energy and enthusiasm.

- Don't replay the negatives.

- Plan an activity at the end of your day that will serve as an incentive to maintain your focus and productivity.

- Realize that it's normal to go through a period of mourning for the loss of your job and allow yourself time for this. To move forward through this process, focus on next steps.

- Educate and enrich yourself: Read blogs, articles and books.

- Use your computer to get useful information and connect with others, but use it wisely. Too much computer time can be counterproductive and isolating.

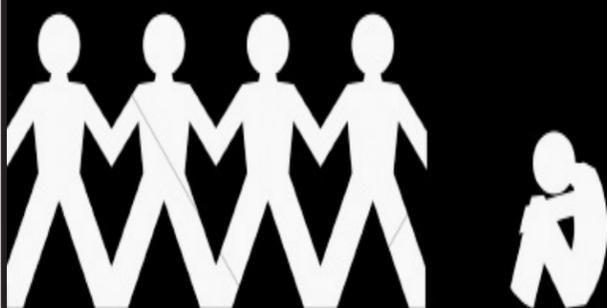
- Run each morning or pick another form of exercise you will stick with. Getting regular exercise releases endorphins and helps you get through the challenges of the job search.

- Stay away from or limit your time with negative people. They can zap your energy and make it harder for you to stay positive.

- Be OK with asking others for help. Job searching is humbling, even for the most qualified professionals. Allowing others to assist you could make a big difference in your emotional support.

As I repeatedly say: Do what others fail to do.

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# Home & Garden

## Ask the Home Team

**Q:** Is it possible to prevent frozen pipes in a mobile home without using heat tape? I'd rather do some work on my home next spring than to keep paying for the electricity for heat tape. Thanks for your help.

**A:** I'm glad to help. I have to start by saying that some mobile-home park owners in Vermont require heat tape on homes' incoming town water pipes. So, you might not have the option to make this change. But if your home isn't in such a park, you can get good results with a thorough job of insulating the pipes and enclosing them (insulation and all) in an air-tight box that extends from a few inches below ground all the way to the inside of the home. The underbelly of the mobile home should

be insulated and air-sealed and the skirting around the mobile home slab should be insulated.

If you still need to use heat tape to overcome frozen-pipe problems or if you're required to use heat tape, my advice is slightly different. I still recommend the air-tight box, but don't put insulation over heat tape - that's a fire hazard. Insulate the outside of the air-tight box instead of the pipe itself. Another simple money-saving trick that some people forget: Turn off the heat tape during the warmer months. Good luck with the effort!

*Have a question about saving energy? Call, toll-free, 888-921-5990 to speak with a customer service representative.*

**- Bob for The Home Team**

## De-Clutter in Winter

courtesy of Home and Garden Television

A continuing compendium of tips and tricks from Home & Garden Television:

Winter is the perfect time to de-clutter and clean interior spaces, organize and pack away unused items and make plans for your spring garden and outdoor rooms.

Are the faucets in the kitchen and bathrooms closing securely? Replace washers as needed or call a plumber for bigger jobs. Small leaks can cause big trouble, and waste precious water.

Sort strategically, creating folders tied to the key categories of information that you or your accountant will need, such as mortgage interest, real-estate taxes, health-care costs including medical travel, charitable donations and work expenses not reimbursed by your employer. Much of the rest is just clutter and needs shredding.

Put 10 seeds from each leftover packet in a damp paper towel within a plastic bag to see how many seeds germinate. If fewer than seven of 10 do, sow more thickly at planting time or discard if below about five of 10.

Give your kitchen an extra-thorough cleanup. Working from the top down, wash walls with a grease-cutting

solution. Then use dish soap and water on windows. Finally, mop the floor, clean appliances, wipe counters and cabinets and scour the sink.

Store bins of untreated kitty litter or traction grit (coarser than sand) at key points along paths, and in the car. Both products are safer than de-icing salt, which can damage flowerbeds and the lawn.

Do a quick sweep of your house, making a list of any broken electrical plates, locks that need lubrication and sinks or tubs that need caulk. Buy everything you need at the home-improvement store and get all of these little jobs done in one concerted campaign.

Did you store leftover soup from a dinner party or berries you picked during the harvest season? Don't forget these goodies. Take a quick inventory of freezer contents and post the list on the freezer door. Then enjoy the unexpected treats.

Flip, spin and vacuum. Your mattress will last longer and you'll sleep better, too.

Check the base of trunks and the entire tree for rodent and storm damage, respectively. Pay attention throughout the winter and remove any hanging, dead or otherwise damaged branches.

## Mixing Patterns is Easier Than You Think

by Michele Keith, For The Associated Press

One of the best ways to express your personality and add flair to your home is to incorporate a mix of patterns into the decor. Whether you like florals, stripes, geometrics, animal prints, paisleys or textures - they too are patterns - a variety of them can make any room visually more interesting and comfortable to be in.

Choosing and mixing patterns, however, can be intimidating.

Perhaps the most important thing is not to be afraid to try, agree three designers asked for tips on choosing and combining patterns. Anything can be fixed, they say.

"One of the secrets to successful pattern mixing," says New York designer John Chadwick, "is continuity in the color palette. Having one shade in common and others that are similar is what ties them together."

A dining room he recently designed for a client has a large, meandering flower pattern on the walls and plaid curtains at the floor-to-ceiling windows. While completely different from each other, they work together because leafy green and red dominate both.

Chadwick completed the scheme with chair upholstery and a rug in a dusty gold that references the walls and curtains. Woven with a raised check effect, it adds texture, as well.

Designer Cindy Raby of Oklahoma City favors deep, richly colored patterns for dark rooms: "They add drama, warmth and comfort."

But she also likes the way light colors and textures give rooms a crisp, airy feeling.

"Dark or light can be right," she says.

Also important when using patterns is "grounding" them with large swaths of solid color, says Chadwick - "perhaps a rug, wall or sofa, so the eye has something to focus on."

Los Angeles-based designer Joe Nye tends toward sisal and seagrass floor coverings. "They unify things, and having a casual quality produce a pleasing juxtaposition with a lot of upholstered furniture," he says.

Sometimes he repeats patterns in two adjacent rooms for "a nice bit of harmony." And it's key, he says, to "dis-

tribute patterns evenly throughout a room so it doesn't appear lopsided."

Magazines are filled with ideas for composing decorative schemes, as is nature. Another path, says Nye, is to study the vignettes at retailers like Crate & Barrel and Pottery Barn and see how they do it.

He advises starting small with patterns - lamps, pillows and bibelots are good choices.

"Once your eye becomes accustomed to these," he says, "you can continue layering."

Artwork is another form of pattern. Not to worry if you've inherited a houseful of traditional furniture and you collect abstracts, Nye says. "Putting them together is contradictory in a good way, and can look terrific," he says.

There's a lot of art in Nye's home, including the bathroom. Here he hung a large painting, striped the walls and added a small, decorative table, all of which share similar colors offset by white.

"You can turn even the most ordinary box of a room into a showpiece with color and pattern," says Raby.

But she has found that people often are afraid to experiment. To ease them into the process, she advises a visit to a good fabric store.

"Choose a variety of colors and patterns that you like best. It doesn't matter why," she says, "just so they appeal to you."

"Try to think out of the box. A touch of animal print, for example, can add excitement to a room," she says.

Then "take the swatches home, lay them on a table, mix them around, and eliminate until you have your favorites, usually three to five patterns in compatible shades," Raby says. Like Nye and Chadwick, she thinks odd numbers produce more interesting results than even ones do.

And finally? "Choose one with a large scale - that is, the biggest pattern; a second that's medium-sized; and a third, the smallest. If they're all the same size the room will look too busy and overwhelming," Raby says. One technique she likes is to use the largest-scale pattern for the sofa, the medium-size one for a chair, and the smallest for drapery panels and throw pillows.

## New Annual Flowers For 2011

by Dr. Leonard Perry, UVM Extension Professor

Each year the best of the new flowers, blooming the first year from seed, are chosen as winners by the All-America Selections program. There are four winning flowers for 2011 including a blanket flower, an ornamental kale, a scarlet sage, and a viola.

'Arizona Apricot' is a gaillardia or blanket flower with a new color for its typical daisy flowers. The 3-inch wide flowers are a rich apricot with yellow edges. There are many flowers through much of the season on compact plants only about a foot high. Since it is short, it is best used in containers, at the fronts of beds, or in mass.

Although this is a perennial, this gaillardia blooms from seeds the first year so acts like an annual and can be judged in this program. Removing old flowers may encourage more blooms. This plant requires little maintenance, and once established tolerates drought. It begins bloom about 12 weeks from sowing seeds. Like the other winning flowers, this one prefers full sun.

'Glamour Red' is an ornamental kale with frilly or fringed leaves. Heads, about a foot wide when mature, are bright purple in the center surrounded by green and then dark purple leaves on the outside. Leaves are not waxy so are more shiny than many kales. They begin coloring when night temperatures fall below 55 degrees (F) for two weeks, and plants are at least 3 month from sowing. It is a "cool season" award winner, good for growing in the north where it is frost tolerant into November. Also it is the first kale, either edible or ornamental, to win in the 78 years of the All-America Selections program.

'Summer Jewel Red' is a scarlet sage type of salvia with many flowers beginning early and continuing through the season. The half-inch flowers are on spikes 18 to 20 inches tall, on compact plants about 16 inches wide at most. The bright red flowers are not only colorful but attractive to hummingbirds, and hold up well in rain and wind. It begins bloom about two weeks earlier than similar salvia, about 50 days from sowing. Use it to add color to mixed containers and borders, or in mass plantings for a knock-out effect.

'Shangri-La Marina' is a viola - similar to a pansy only with smaller flowers. Flowers on this new selection are just over an inch wide, and as with other violas bloom early in the season. This one blooms even earlier than most, only 70 days from sowing, and continues through much of the season. The light blue flowers have a dark blue center ("face") surrounded by a white border. Although a biennial (living for two years), this viola blooms the first year and if it survives over winter will rebloom the second spring as well. Space the 6-inch high compact plants about 8 to 12 inches apart along the fronts of beds, or use in pots on porches and patios.




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

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

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**HOUSEKEEPERS NEEDED.** Call 422-3535 to set up interview. Must be experienced & reliable.TFN

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

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

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

# The Mountain Times



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

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

1	P	A	N	D	A	6	M	E	L	T	10	M	O	N	K				
14	I	V	I	E	D	15	U	R	E	A	16	I	D	E	A				
17	N	O	N	C	O	18	N	T	R	I	B	19	U	T	O	R	Y		
20	E	W	E	R	21	Y	E	S	22	O	V	E	R	D	O				
23	E	L	M	S	24				25	Y	O	U	R						
26	U	27	P	K	E	E	P	29	G	A	S	L	I	30	31	32	T		
33	B	R	O	34	U	H	35	H	36	A	N	N	O	Y					
37	O	U	R	38	S	39	S	A	L	O	N	40	G	A	S	P			
42	A	D	A	M	43	S	44	S	L	O	O	45	P	46	W	E	E		
47	T	E	N	A	C	48	I	T	49	R	O	50	U	N	D	S			
51	L	A	T	E	52	A	M	P	S										
53	S	54	T	A	L	L	S	56	M	B	A	57	A	58	M	59	60	B	O
61	C	O	F	F	E	E	62	T	A	B	L	63	E	B	O	O	K		
64	A	G	A	R	65	L	A	M	E	66	A	L	O	H	A				
67	G	O	R	Y	68	F	R	A	Y	69	R	E	T	R	Y				

# Paws & Claws

## Furry Friends Photo Contest

Now's the time to make your favorite pet a star! The Rutland County Humane Society (RCHS) is holding its second annual online pet photo contest, "Furry Friends Photo Contest!" The contest runs from January 17 until February 28 and the winning photo will be on the cover of the RCHS 2012 wall calendar! The second place winner will be the featured photograph for a month in the calendar and third and fourth place winners will share a month in the calendar. There is no photo entry but each vote is \$1. Visit the RCHS website at [www.rchsvt.org](http://www.rchsvt.org) to learn more, enter your photo or vote for your favorite animal! All funds raised from the photo contest will help RCHS care for the 1400 animals that come through its doors each year. If you have any questions please contact the RCHS business office at 483-9171.



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



**GUMBY** - Adult. Neutered Male. American Rabbit. I came to the shelter as a stray on December 10 after being left on the door step, can you believe that? I am a very sweet guy.



**FOXY** - 4 year old. Neutered Male. Domestic Long Hair Brown Tabby. I came to the shelter as a stray on Jan. 5. It would be best for me to go to a quiet home with no children or other pets - I would love to be the Only Child.



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



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



**KRINGLE** - 4 year old. Spayed Female. Domestic Short Hair Black. I am a vocal little girl with lots of stories to tell you! I am declawed in the front so I must stay inside only.



**BROWNIE** - 3 year old. Spayed Female. Domestic Short Hair Brown Tiger. I'm sweet just like my name! I'm a pretty gal with a hint of orange in my coloring which makes me beautiful!



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



**GRIZZLY** - 9 year old. Neutered Male. Domestic Long Hair Black. Oh my goodness who gave me the name Grizzly? I may look rough and tough but what a push over I am! I love to take cat naps where I can curl up and be warm.



**KITTY** - 10 year old. Spayed Female. Domestic Medium Hair White. I'm a sweet, older lady. A quiet home without a lot of activity might be best for me. I might need some extra time to settle in to my new home and feel comfortable.



**BELLA** - 2 year old. Spayed Female. Domestic Medium Hair Gray, Tan & White. I've been called a loving, caring feline and I'd have to agree! I've lived with dogs before and we got along fine so if you have a dog at home I should fit right in.



**BASIL** - 3 year old. Neutered Male. Lop Eared Rabbit. My fur was a mess and someone tried to cut out the matts and ouch - they got a little too close. I can tell you that I am a sweet guy and when my fur grows out I will be a handsome bunny!



## Springfield Humane Society News



Susan is a really sweet calico/torti with huge eyes and a very loving nature. She is used to other cats and was surrendered by an owner who simply could not provide proper care for her any longer. She is about a year and a half old and such a quiet girl she is often overlooked by visitors. If you have room in your home and heart call the Shelter at 885-3997 or stop by Wed-Sat noon-4:30.

Now is the time to have cats spayed or neutered as the breeding season will soon begin with the days starting to grow longer. . Our next Clinic for cats will be March 15 in Chester. Clinics fill fast so reserve your space now by calling 885-2174.

We need canned cat food, small treats for dogs, creamy peanut butter, postage stamps, and pet safe ice melt. With an increase in cats arriving in need of "extra medical care" our Princess Fund for this purpose is growing depleted. Any donation marked Princess Fund will help pay medical costs above and beyond what we normally can do. Thanks to everyone who generously supply our needs requests!

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

## Lucy Mackenzie Pet Feature

Hi! My name is Sasha, I am a 5 years old Hound X. I get along with most dogs and children. I love to run, play and go for long walks. If you are interested in me or any of my friends please come visit me at the Lucy Mackenzie Humane Society. The shelter is open to the public 12 to 4 Tues - Sat. For more information about all the adoptable pets at Lucy Mac please call the shelter at 802-484-5829. We are located at 4832 RT 44 in West Windsor, VT. [www.lucy-mac.org](http://www.lucy-mac.org)



# RealEstate

## Pending Home Sales Continue Recovery

Courtesy National Association of Realtors®

Pending home sales rose again in November, with the broad trend over the past five months indicating a gradual recovery into 2011, according to the National Association of REALTORS®.

The Pending Home Sales Index,\* a forward-looking indicator, rose 3.5 percent to 92.2 based on contracts signed in November from a downwardly revised 89.1 in October. The index is 5.0 percent below a reading of 97.0 in November 2009. The data reflects contracts and not closings, which normally occur with a lag time of one or two months.

Lawrence Yun, NAR chief economist, said historically high housing affordability is boosting sales activity. "In addition to exceptional affordability conditions, steady improvements in the economy are helping bring buyers into the market," he said. "But further gains are needed to reach normal levels of sales activity."

The PHSI in the Northeast increased 1.8 percent to 72.6 in November but is 6.2 percent below November 2009. In the Midwest the index declined 4.2 percent in November to 78.3 and is 7.7 percent below a year ago. Pending home sales in the South slipped 1.8 percent to an index of 91.4 and are 7.2 percent below November 2009. In the West the index jumped 18.2 percent to 123.3 and is 0.4 percent above a year ago.

"If we add 2 million jobs as expected in 2011, and mortgage rates rise only moderately, we should see existing-home sales rise to a higher, sustainable volume," Yun said. "Credit remains tight, but if lenders return to more normal, safe underwriting standards for creditworthy buyers, there would be a bigger boost to the housing market and spillover benefits for the broader economy."

The 30-year fixed-rate mortgage is forecast to rise gradually to 5.3 percent around the end of 2011; at the same time,

unemployment should drop to 9.2 percent.

For perspective, Yun said that the U.S. has added 27 million people over the past 10 years. "However, the number of jobs is roughly the same as it was in 2000 when existing-home sales totaled 5.2 million, which appears to be a sustainable figure given the current level of employment," he explained.

"All the indicator trends are pointing to a gradual housing recovery," Yun said. "Home price prospects will vary depending largely upon local job market conditions. The national median home price, however, is expected to remain stable even with a continuing flow of distressed properties coming onto the market, as long as there is a steady demand of financially healthy home buyers."

Existing-home sales are projected to rise about 8 percent to 5.2 million in 2011 from 4.8 million in 2010, with an additional gain of 4 percent in 2012. The

median existing-home price could rise 0.6 percent to \$173,700 in 2011 from \$172,700 in 2010, which was essentially unchanged from 2009.

"As we gradually work off the excess housing inventory, supply levels will eventually come more in-line with historic averages, and could allow home prices to rise modestly in the range of 2 to 3 percent in 2012," Yun said.

New-home sales are estimated to rise 24 percent to 392,000 in 2011, but would remain well below historic averages, while housing starts are forecast to rise 21 percent to 716,000.

Yun sees Gross Domestic Product growing 2.5 percent in 2011, and the Consumer Price Index rising 2.3 percent.

The National Association of REALTORS®, "The Voice for Real Estate," is America's largest trade association, representing 1.1 million members involved in all aspects of the residential and commercial real estate industries.

## Indecisive Decorator Affliction

by Kim Cook, AP

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

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

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

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

1. Look at yourself.

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

2. Test-drive it.

Debra Kling, a color consultant in Larchmont, N.Y., recommends testing a large paint swath on all four walls.

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

"I also advise approaching color holistically - one room should work with the next in some way," says Kling. "You can accomplish this by using related hues, or colors of similar value."

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

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

3. Size it up.

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

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

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

4. Get a second opinion.

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

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

5. Show your personality, and relax.

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

However you arrive at your decorating decisions, trust your instincts, advises Mark Tyrrell, therapist and

co-founder of the Oban, Scotland-based self-help program Uncommon Knowledge. He urges people to use their imaginations. "Really sit down and envisage living with the decision. How does that feel?"

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

She mentions a blond wood dining ta-

ble purchased years ago that she'd never been able to find matching chairs for.

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

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

## Louise Harrison

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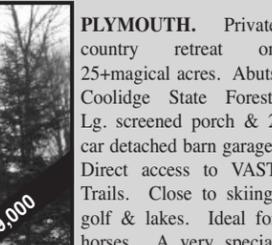
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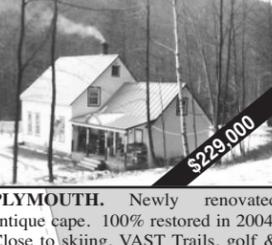
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2.8A+/- of country vistas & mtn  
views. A horse lover's paradise.  
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**Slopeside In GRAND STYLE**  
Studio Units Starting at \$14,000

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THESE ARE JUST A FEW OF OUR LISTINGS...



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



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

OUR CLIENTS ARE #1



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



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

Judy Storch, Principal Broker Selling Killington Since 1968



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POST & BEAM	LOG-SIDED HOME	PASSIVE SOLAR GAIN	SOUTHERN EXPOSURE
 • 3Br 2.5Ba - 3 stall Barn+loft • Killington 22Ac, stone fireplace • Post & Beam <b>\$550,000</b>	 • Fabulous 1-lvl -3BR/2BA • Master BR/BA-south exp • Gas radiant heat <b>\$279,000</b>	 • Killington 2BR/2BA + Den • Open floor plan, new appliances • Economical utilities <b>\$240,000</b>	 • 3BR/3BA -Gas heat - 1 Ac • Master BR/BA with whirlpool • Flat access <b>\$349,000</b>
SNOWMOBILE ACCESS	LOG HOME - 4-CAR GARAGE	POST & BEAM	FOR SALE OR LEASE
 • A-Frame w/large deck • 3BR/1BA, woodstove • Riverfront Deck <b>\$95,000</b>	 • Next to golf course - Gas & Elec • hot tub - oversized deck • 1700 sq. ft. <b>\$395,000</b>	 • 4BR/3.5BA, 4.7 Ac, landscaped • Open floor plan, pond • Mom in-law apt. <b>\$449,000</b>	 • Commercial, Retail, Office • 2 floors plus loft, 5324 sq ft • Septic w/Sewer available <b>\$299K</b>

New Luxury Town Homes	(P)-Pool CONDOMINIUMS			(T)-Tennis Court
	Ski In & Out	Studio-1BR	2BR	3-4BR
 • 3BR / 3BA - 2200 sq ft • Townhouse style • Oversized Garage Starting at <b>\$369,900</b>	The Lodges (P)(T)			\$449K
	Pico-Condos (P)	\$129K		
	Sunrise Condos (P)(T)		\$175-\$295K	\$369K
	Sunrise Townhouse (P)(T)			\$399K
	Topridge Townhouse (P)(T)			\$699K
	Ski In / Shuttle Out			
	Edgemont (P)	\$85K	\$185K	\$183K
	Fall Line (P)	\$125K		
	Highridge (P)(T)	\$130-\$148K		
	Trail Creek w/loft (P)	\$190-\$223K	\$295K	
	Whiffletree (P)(T)		\$114K	\$169-\$179K
	Shuttle			
	Mtn Green (Bldg 1 & 2) (P)	\$49-\$70K	\$99K	
	Mtn Green (Bldg 3) (P)	\$50-\$85K	\$99-\$109K	
	Pinnacle (P)(T)	\$107-\$111K		\$205-\$230K \$370-\$400K
	The Heights (NEW) w/oversized garage (P)(T)			
	The Woods - Townhouse (P)(T)		\$179K	
	The Woods - Village Center (P)(T)		\$149K	
	Close Drive to Slopes			
	Glazebok Townhouse (P)(T)		\$219K	
	Colony Club Townhouses (P)(T)			\$270K
	Fox Hollow (P)(T)		\$149K	
	Killington Gateway (P)(T)		\$109-\$159K	\$150K
	Moon Ridge T/House			\$219K
	Northside		\$179K	
	Valley Park		\$115K	
	Silver Birch		\$125K	

MAGNIFICENT GREAT ROOM	OUTDOOR HOT TUB	SNOWMOBILE TRAIL ACCESS	GRIST MILL AREA
 • 2BR+den+sleeping loft, laundry rm • Oversized 2 car heated garage • Hike & VAST trails nearby <b>\$249,900</b>	 • 4BR/3BA renovated home • Views, stone fireplace • Finished basement with rec rm <b>\$299,000</b>	 • 3BR/3BA -Garage-Mtn Views • Stone F/place - South Exposure • 20x15 Master Suite - <b>\$469K</b>	 • 4BR/3.5 BA - Outdoor hot tub • New roof, 2 kitchens • Large deck <b>\$399K</b>
NEXT TO GOLF COURSE	SKI BRIDGE AREA	ECONOMICAL "CREAM PUFF"	NEAR VAST TRAILS
 • 4BR/2BA -large Master • Spacious & Light Kitchen • Paved Driveway <b>\$449K</b>	 • 4BR/2BA - outdoor hot tub • Stone fireplace, metal roof • Close to ski bridge <b>\$285,000</b>	 • 4BR/3BA + 3.5 car garage • Solar design, loft/den, Paved driveway • Midway Rutland/Killington - <b>\$465K</b>	 • 2BR - 1.5 BA - Oil Heat • Bridgewater - Annex Bldg. • Open Floor Plan - <b>\$169K</b>
GREAT TRAIL VIEW!	DUPLEX OR LARGE HOME	LOG HOME	EXQUISITE RETREAT!
 • 3BR,4BA+den+Mudrm, 3Ac • large kitchen, indoor whirlpool • 2 master suites w/places <b>\$449K</b>	 INCOME PRODUCER • 3BR/2BA per side, turn-key • Upgraded - wd burning l/places • Open floor plan <b>\$339K</b>	 • 2-3 Bedroom, 1 bath • 4 mi. to Killington Rd • Wood floors <b>\$278K</b>	 • 3BR/2.5BA w/guest suite • 2 Stone fireplaces,loft, wine cellar • Overszd 2-car heated garage <b>\$689K</b>