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The Mountain TIMES

Volume 40, Number 7

Central Vermont's Premier Weekly Newspaper

February 17-23, 2011

MOUNTAIN JOURNAL

Beginner's Circle

We really should not call a novice trail a Bunny Hill. It can sting. After-all, at one time every Olympic Medalist was a beginner. Truly, we all had to start sometime and somewhere.

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GENERATION Y

But Seriously

I've had a Facebook account for about three months now, but I haven't really taken to updating my status yet.



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LOCAL SECTION

Regional News

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

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BOOMERS

Teach Your Children Well

"And you, of tender years, can't know the fears that your elders grew by, And so please help them with your youth, they seek the truth before they can die." Graham Nash

PAGE 6

WINTER SPORTS

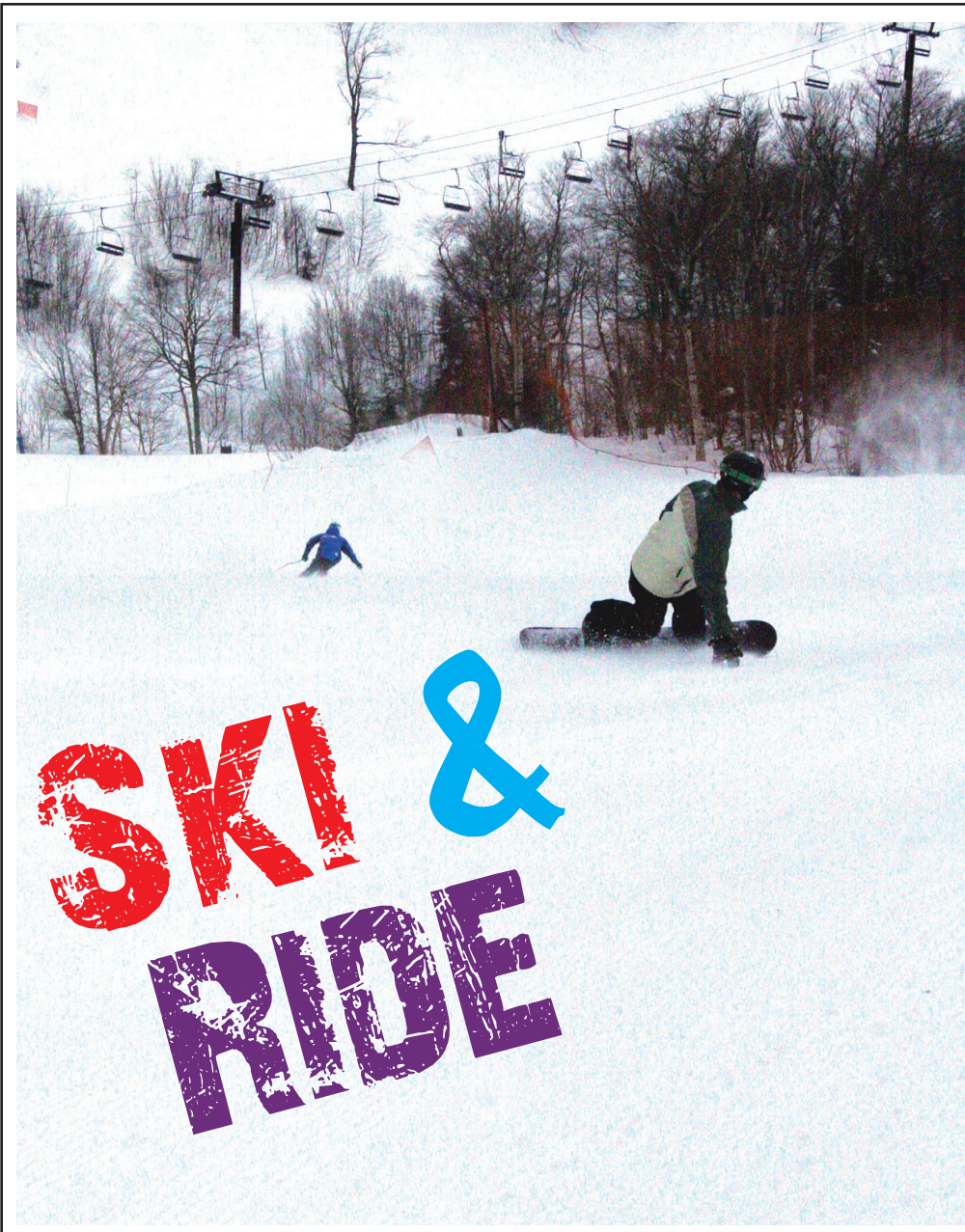
Think of Skiing Like an Artist

by Chip Dwyer

I have taught skiing for a long time and when discussing the many ways to ski, I like to break skiing down into the art of skidding or the art of carving.

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www.mountaintimes.info



We All Ride

story and photo by Thomas Bartlett

My buddy Charlie skis. On one recent powder day, he skated through our pack of riders, and I could hear him laughing at us over the sound of five snowboarders tightening up their bindings, in an effort to be the first one down upper Cascade in the deep snow. There was no malice behind his laughter, just the light hearted knowledge that he gets first tracks because all he had to do was step into his bindings and go, while we had to take the extra couple of seconds to secure our gear to our feet. We all want first tracks on a powder day. We are all equal in that way, skiers and snowboarders alike. We share the mountain and the fun without calling each other "knuckle dragger" or "two-planker" anymore. If these names are spoken, it is with a laugh and accepting smile. But it was not always this way.

There was a time in the not too distant past when snowboarders were not allowed on certain sections of ski mountains. Some mountains were not even allowing riders on their hill at all. There are still two ski areas in the U.S. that do not allow snowboarders. I will not name them - Everyone knows who they are. I remember loading onto a lift with three other skiers at Killington a bunch of years

Ride, Page 2

Killington This Week

by Kim Jackson

In true form, the Beast is offering up loads of activities and events—both for competitors and spectators—for the President's Holiday Weekend and into next week, including fun family-friendly activities at Ramshead Base Lodge. For families headed to Pico Mountain, Pico will operate seven days next week, including Tuesday and Wednesday, in celebration of the holiday.

One of the more family-fun highlights of the week is Dan Egan's Wild World of Winter Film Tour 2011 on Wednesday, Feb. 23. Extreme Skiing Pioneer Dan Egan will bring his latest Wild World of Winter Film to Killington just in time for the vacation week. The Wild World of Winter Film is an adventure filled eve-

ning with ski and snowboard footage from New England and around the world. The evening features some of the best "extreme" and "big mountain" athletes on the planet in an hour and half presentation. You'll hear the behind the scenes stories that have made up Egan's career as he explores the evolution of skiing, snowboarding and other extreme sports, and shares his insights on the past, present and future of these sports. Plus Dan shares his views on equipment and ways to stay fit for skiing.

The Wild World of Winter film has been touring upper state New York and throughout New England since last October. Dan Egan launched his television series Wild World of Winter in 1998, and today his show is syndicated nationally to over 70

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Photo provided by Killington Resort

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WEATHER		
Wednesday	Sunny	HI 35°
Thursday	Cloudy	46°
Friday	Showers	46°
Saturday	Cloudy	32°
Sunday	Sunny	23°
Monday	Sunny	27°

Forecast Received February 15, 2011

Ride

continued from page 1

ago and hearing one say, "oh great, a snowboarder." In reply I remained silent for the lift ride and let my snowboard bang onto the tops of his skis. I will be so bold to state that the anger between skiers and riders has faded away. I think the beginning of the end of the hate came when ski companies looked to the design of the snowboard to create a new ski design. Now it is everywhere. Almost all skis have the snowboard hourglass shape. There used to be skier bumper stickers which read: "if it were easy they would call it snowboarding."

Now because skiers and riders ride the same shape, skiing is now about as easy to learn as snowboarding. Which is to say you must take your lumps to learn either sport, but learning comes faster because the shape helps you turn easier.

The story goes that snowboarding began in 1965 when an engineer in Muskegon, Michigan named Sherman Poppen invented a toy for his daughter by fastening two skis together and fastening a rope to one end so she would have some

control as she stood on the board and glided down hill. Dubbed the "snurfer" (combining snow and surfer), Poppen licensed the idea to a manufacturer that sold a million snurfers over the next decade. There is also the story of Tom Sims, a skateboarder, who as an eighth grader in the 1960's crafted a snowboard in shop class out of a piece of wood with carpet glued onto it and aluminum sheeting attached to the bottom of it. Sims produced commercial snowboards in the 1970's. About the same time Dimitrije Milovich, a surfer, constructed a snowboard he called a "winterstick" inspired by the design and feel of a surfboard. And finally there was Jake Burton Carpenter. About the same time in the seventies, Burton was a snurfing enthusiast who showed up at a snurfing competition in Michigan with his own design that had bindings to secure his feet to the board. These are the stories of the creation of snowboarding. There is argument of who came first with the snowboard, but it does not matter to those of us who love riding. We are just

happy that it arrived at all. By the time the eighties rolled around, the snowboarding industry was going strong and attracting a new crowd to the ski resorts and revitalizing a slowly growing cold ski industry. With newly invigorated resort business came a new look into ski design, leading to fatter and more stable skis. So now we are all riding roughly the same equipment. Design ideas have been shared and we are all on better equipment than just ten years ago because of it.

On mountain, I ride with a few skiers. There are differences between us and how we go about our day, and the big one is getting into your bindings. Skiers drop their skis to the ground and step in and skate away. I drop my snowboard to the ground and step into the front binding and click it down, and then with practiced balance, I step into the back binding without sitting down. Then I begin to glide slowly while I gather momentum and pick up speed. It is only a few moments difference and my skier friends will wait for me. Usually. Then we are off. Making our way down our favorite runs. No matter what you are riding, turns are up to you. Weather you are on skis or a snowboard, you have the opportunity to interpret the terrain in your own style. Lots of turns or very few big ones. Mix it up anyway you like. On the way down the hill you see beginners taking their lumps and being in your way. Both skiers and riders are equally bad as they learn and you need to keep your eyes open and give them a lot of room.

Back down at the lift I try to sit to the outside of the chair because of how the snowboard hangs while riding the lift. Skiers ride with the skis going straight out in front and back. My snowboard kind of hangs left to right under the seat so sometimes it will knock inadvertently against who I ride next to. We all know this now and no one I ride the chair with cares. The equipment is tough, it can take it. One other complaint I used to hear and really don't anymore is snowboarders sitting all over the trail. As in "there were a bunch of knuckle draggers sittin' all over the top of Vipers Pit!"

When a rider takes a break it is often more comfortable to take a seat than balance on one edge at a time. A skier stands



comfortably on his skis and leans on the poles to take five. It is now such a common sight to see snow boarders sitting to the sides of a trail that they are part of the new scenery and often there are skiers standing among them. I have knee pads so when I take a break I can kneel down and be comfy. This keeps the seat of my pants as dry as possible.

In the end, I personally find myself riding with more snowboarders than skiers. I find that although we do all get along on the hill and share the trails, my pace tends to be a little slower during the day on my snowboard than with skiers. Skiers click into their bindings fast and are gone. Any flat traverses I face getting around the mountain I avoid because I dislike kicking with one foot when I run out of momentum, where as skiers skate with little effort. I don't like to work very hard while I am riding so I stick with the snowboarders.

The great ski film maker Warren Miller made a movie a few years back and tried to ease skiers and riders together in a friendly fashion by calling us all "snow riders." He was quite right and almost had the lingo correct because often I hear skiers refer to their day as riding just as we snowboarders do. Closer and closer we come together as everyone eventually figures out that it is about the fun and peace skiing and riding brings to all of us who share a love of riding in the mountains.

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Killington

continued from page 1

million homes. Over the last 12 years more than 100 episodes have been produced featuring locations across Europe, South America and North America. The show airs regularly on broadcast, cable and satellite networks, including CBS, NBC, ABC, ESPN, Fox Sports Net, and regional networks.

The viewing is at the Killington Grand Resort Hotel at 7:30pm. Tickets are \$12 for adults, \$8 for kids, and \$5 children 10 and under. For more information call 603-254-8000.

For those families celebrating the holiday weekend already, make sure you check out Killington Ski and Snowboard School's fun slalom race on Header from 1-2 p.m. today. Simply sign up at the top of the race course and try some turns through the gates. Then head to Ramshead at 3:30 p.m. for awards, video viewing and more.

The holiday weekend officially kicks off on Friday with the USSA Eastern Freestyle Killington Klassic A Level event, and while not open for competition to the

public, the event is excellent for spectators looking to watch some of the up and coming freestyle and freeride skiers in the East. They'll compete in moguls, slopestyle and aerials throughout the weekend. At press time, the trail location was still to be determined.

Saturday brings the third of four K-Town Showdown events to Killington, this one being a slopestyle competition in the Dream Maker Terrain park. The day begins with check-in at 9 a.m., followed by practice and the first event starts at 11 a.m. At each event, competitors win prizes and bragging rights. The more events participants compete in, the lower the entry fee as well. For those who participate in the first three events receive a free entry to the last one. The last event is March 26. For more in-

formation including registration fees and divisions, and to register, visit the events page at killington.com.

Family events continue during the vacation week with Killington's Candid Camera. Find the videographer on the mountain on Tuesday in order to be filmed in your ski or snowboard lesson. Then at 3:30 p.m. on the third floor of the Ramshead base lodge, enjoy free ice cream as you watch yourself on the big screen.

On Wednesday, a special free ice cream sundae party will be held at 3:30 p.m. as well on the third floor of Ramshead, complete with all the fixings. Skiers and riders can enter to win a free ride in one of Killington's snowcats with a groom as well. The groomer will pick up the winner at Ramshead at 4:45 p.m. for the ride.



(L-R) Nikki Riley, restaurant manager, Patrick Riley, executive chef, Sudha Bhakta, owner, Manjari Bhakta, owner/general manager, Ravi Bhakta, owner/corporate general manager.

Cortina Inn & Resort Re-opens

February 10th was the reopening of the Cortina Inn and Resort on Route 4 in Killington. Welcoming the business community, friends and associates were general manager Manjari Bhakta and co-owner, Sudha Bhakta. Hailing from the Boston area, the Bhakta family has thirty years of hotel management experience. General manager, Manjari Bhakta, a sixteen year veteran to the industry, welcomed visitors and the community to the newly refurbished inn. Executive Chef Patrick Riley offers a southern dining

experience that promises to bring "fire to the mountain." While liquor licenses are being completed, BYOB is welcome. The Cortina Inn conference space and fitness center are scheduled to be operational by spring. The management and staff of the Cortina Inn and Resort invite you to stop for breakfast on your way to the slopes. Tempting dinner entrees and bar fare are available starting at 5p.m. New renovations, familiar nooks and gathering spots welcome all to the Cortina Inn and Resort at 103 Route 4, Killington.

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Think of Skiing Like an Artist

by Chip Dwyer

I have taught skiing for a long time and when discussing the many ways to ski, I like to break skiing down into the art of skidding or the art of carving. I do not think of one being superior over the other but I have found most people do have strengths in one of these areas but rarely both. If the person has the need for speed, they tend to like carving and when someone has the need to control speed, they tend to like smearing or skidding their skis. Carving and skidding are very different from each other, but like the primary colors an artist uses to paint with, they can be mixed to produce different results. Think of carving as working with green paint (green for go) and skidding as working with yellow paint (caution zone). So if you do what the average skier does, you mix these skills together to leave yellowish-green tracks.

As we have all noticed, skis leave tracks in the snow and if you side-slip down the hill your tracks are very wide but if you carve down the hill your tracks are curved and pencil thin grooves in the snow. What kind of tracks do you leave?

A versatile skier can leave many mixtures of these colors, but let me now generalize about how to match these colors to your mood or the conditions. I have found that skiing moguls requires skills leaning towards the yellow zone and groomed terrain allows me to explore the green zone if I am in the mood for speed. Another generalization I have found is that if I skid my skis a lot, I need to find a way to leave my upper body facing down the hill more than when I carve. This has to do with the need to counter which I explain by asking you, what do you do when you are driving your car on snow covered roads and you feel the back end of the car start to slide? Well, if you are an experienced winter driver, you steer the front wheels towards the slide, and that is what I call a counter move. It gives you a chance to control the unwanted skid. Next time you are skiing, experiment with two different ways to skid. On a smooth gentle hill, start straight down the hill then pivot your skis into a skid and allow your shoulders to follow your ski tips. This is what I call staying square to your skis. Now do the same but touch your pole before the pivot and leave your shoulders pointing down the

hill as your skis turn across the hill. I added the pole touch because it is a necessary move towards the skill of leaving your shoulders pointing down the hill while your skis pivot into this controlled skid. I bet you felt more control doing the latter, and this is why you hear so many people advising skiers to leave their shoulders facing down hill while skiing.

Now back to the green zone (carving). What should you do with your shoulders? Well, I would say stay square to your skis for most of the turn except near the end, where you want to ski into a little counter. Skiing into counter is hard to explain but what I feel is my legs turning the skis up the hill while my shoulders do not follow. This gets me into a ready position for releasing the turn. If I give up both edges at this time the skis will naturally and gently travel into being the same way as my shoulders, and the ability to start another carved turn is enhanced. On the other hand, if I finished my turn with a large difference between my shoulder's direction and my ski's direction, at the time I released my edges the skis would suddenly try to point the direction of my shoulders and I would have no chance carving my next turn. Engineers would call this stored energy (torque). So when linking, skidded turns have lots of stored energy before you release the turn, and when carving, have a subtle amount.

Another generalization that I find works for these different zones is how wide to have your skis apart. I find a narrow stance works well while in the yellow zone and a wide stance is best for the green zone. A narrow stance naturally inhibits the ability to get your skis on high edge angles and encourages your weight to stay equal which are both good qualities for mogul and tree skiing. This explains why you see the best mogul skiers skiing with their feet close while the World Cup racers you see on TV have a much wider stance.

Hopefully this clears up some of the generalizations you hear in skiing. Remember skiing is about playing in the snow, so try to be versatile and learn how to paint different shades of yellow and green. If you do this, there will rarely be a snow condition you will not enjoy.

Chip Dwyer has been a Ski Instructor for over 30 years at Killington Resort

7th Annual TD Banknorth Winter Triathlon at Union Arena

The 7th Annual TD Banknorth Winter Triathlon at Union Arena will be held in Woodstock, VT on Saturday, February 26, 2011 featuring a 1 mile ice skate, 3 mile xc ski and 1 mile snowshoe. The event begins at 9:00 am. Race as an individual or as part of a two or three-person relay team in four divisions: Youth (17 & under), Open (ages 18-39), Masters (40+) and Relay.

No snow? The race will NOT be canceled. Bring sneakers just in case! To sign up, pick up a registration

form at the Union Arena or download a form from unionarena.org. The registration fee is \$40 for individuals and \$60 for relays. All participants will receive an IBEX knit hat. The field limited to 75 participants, so sign up now! Registration is also available on race day from 8:00 - 8:45 am.

Race Directors are Tod and Jen Minotti. All proceeds go to the Union Arena Community Center. Questions? Call 802-457-2500 or email jenminotti@hotmail.com.

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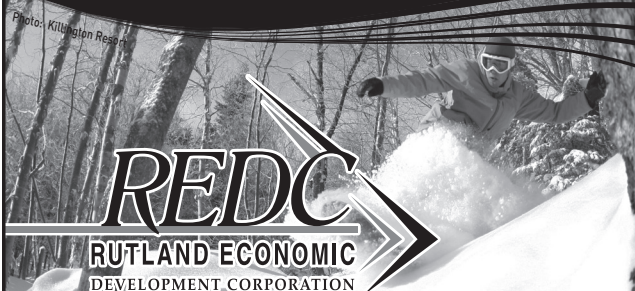
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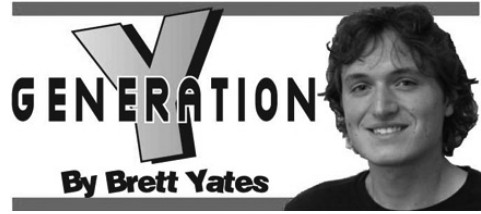
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But Seriously

I've had a Facebook account for about three months now, but I haven't really taken to updating my status yet. I'm going to be traveling in the spring and summer, and I think that I may begin to update my status then with observations about the places I visit, but I may forget, or maybe my girlfriend will blog about our destinations before I get around to writing anything about them, and then I won't be able to think of anything new to add.

I do, however, read my friends' statuses with interest, and one thing I've noticed is that several normal-seeming people in my acquaintance like to use their statuses to express opinions about serious issues, from religion to healthcare. "What's on your mind?" Zuckerberg asks, and these users respond with dyspeptic one-sentence polemics that end up interspersed among descriptions of toenail-clippings on my News Feed. One thing I've noticed about myself is that I will never, ever do this sort of thing, and right now I'm wondering why not.

The first reason that comes to mind is that maybe I don't have any opinions that can be communicated in fewer than (or "less than," as Facebook's ungrammatical error message would have it) 420 characters. This, of course, is not true; most of my opinions are simple. So another possible reason for my reticence is that I'm embarrassed to state my opinions, which is true sometimes.

Another reason, however, may be that, when it comes to most issues, I just don't have any opinions – which, of these three

reasons, is in my view the closest to being true. It's a problem that hinders me both as a Facebook user and as a columnist. And here's the issue that's nagging at me right now: everyone in the world, it seems, is desperate for a platform upon which to opine, to sound off, to vent (hence, Facebook's status updates, Twitter, blogs, message boards), and here I am with this perfect venue – my own newspaper column, where I get paid to write about pretty much anything I want, and I'm restricted not to 420 characters but to 1000 words – and I, of all people, don't have anything pressing to say. Sometimes I feel that, in my place, anybody else could have penned an impassioned screed about the protests in Egypt or the shooting in Tucson, but I didn't have anything to say about either.

Of course, I'm sort of aware of what my job is here at the newspaper, and it's not to be a grim editorialist, but I'm fairly certain that I could get away with doing a semi-political column every now and then if I wanted to. So, decades from now, when I've been replaced by a younger-generation writer, will I regret not using the freedom I had to say something of substance before a sizable readership?

Well, I may be taking a simplistic view at the moment of what constitutes "substance," but you know what I mean – there are righteous things that I could be saying, and I'm not saying them. It may be that I just don't have access to that righteousness: I do have some views, of course, but most of the time they seem so banal to me that I can't bring myself to believe in them intensely enough to want to express them. It's a real setback: every week, events happen in the world, and it would be convenient to be able to write about them, but somehow I can't – and once you rule out all the events in the world, it's not so easy to come up with something to write about.

In truth, a lot of young people probably would face the same difficulty if they were in my shoes. I have some opinionated friends, but I also have a lot who aren't opinionated, unless you count opinions about snack foods and video games. You, older reader, may think that we're too lazy to form thoughtful views on complex matters, and that may be the case with some of us, but I'm going to go ahead and state right now that it's not the case with me. The real world just isn't my passion.

I am, on the other hand, filled with passionate (and, yes, somewhat embarrassing) opinions about books and films. And it has occurred to me that maybe it's a waste for me to expend all my brain power on imaginary material, but I suppose we can't help what ignites us. In my view, fiction is more interesting, and the real world is kind of a dead end. If I feel obligated to adopt a viewpoint on some political matter, I do some reading, and then I form an opinion whose correct-

ness, eventually, seems undeniable to me, and then there's nothing for me to do except sit around and feel angry that the rest of the world doesn't see that I'm right. Art is different, in that, no matter how thoughtful or brilliant or well-read you are, you're never more than about 80% correct in anything you might say about a novel or a poem or whatever. The real world can be complicated, but it's never as complicated as art; moral rights and wrongs can never be as hazy as aesthetic rights and wrongs.

For this reason, I have a blog where I can write about books and movies as extensively as I'd like. Meanwhile, the subjects I like to write about here have some of the same fog of art about them – subjects that I can explore or make jokes about without making sense of them. This is what I want to do. Every time I resort to stating an opinion that doesn't seem at least partly wrong to me, it feels like a small failure. Facebook wouldn't understand.

Rutland Jewish Center Centennial Film Festival

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The Beginner's Circle

We really should not call a novice trail a Bunny Hill. It can sting. After-all, at one time every Olympic Medalist was a beginner. Truly, we all had to start sometime and somewhere, and novice terrain is the best place to begin. Still, what is the best way to start a friend or loved one? Interested? Stay tuned!

For new skiers, whether 6 or 60 it helps to start with a lesson. And it helps to have warm clothing. Since skiing is a winter sport a warm hat (or helmet!), gloves or mittens, a ski jacket, and warm ski pants can set the stage for learning. Start warm. Start with a good instructor, and the stage is set. Mostly.

Here's the good news. After mastering the basics most beginners can comfortably wander and explore a great variety of terrain. At Killington a novice can even ski from the summit! Multiple summits! Yet, here is another truth, most folks will not become an expert overnight. Like any sport, from golf to tennis, becoming an expert takes practice. Still, you can have a wonderful time quite quickly. At the same time, how can we start friends and family on the right foot? The right ski?

Pointer #1: Use Contemporary Rentals

Some people might have you believe that skis and boots have not changed a great deal over the years. But that's simply not true. Contemporary skis are not just shorter than skis of the 70's or 90's, but they also reflect improvements and even radical technological refinements in side-cut, overall shape, and construction designed to make modern skis turn much more easily. Truly, con-

temporary skis can radically enhance learning and development.

Boots have been refined too!

Don't borrow any boot. A boot needs to be sized to YOUR feet! In fact, boot fit is so important that most racers (and many coaches and pros) have their boots customized such that it's actually rare to find a top racer WITHOUT a custom foot bed, and without modifications to correct alignment. Now, while this is NOT likely to occur in a first-time beginner boot, it IS important to have a boot that is correctly sized. Ideally, this means "shell sizing". (The shop removes the liner and fits size in the bare shell).

Contemporary rentals help! So, if new to the sport, plan a session at either a local mountain shop near your home. And do ask about beginner packages! In this area Killington/Pico and Okemo offer nice learning packages combining rentals, a lesson, and lift tickets. Do your homework.

Equipment can make a dramatic improvement in the learning curve.

Pointer #2: Wear Warm Ski Clothing

Professionals often suggest that in business it's best to dress for success. It helps skiers too!

Ever since stretch pants were first introduced, skiers (and riders) have appreciated the value of warm, mountain, clothing. Today, stretch pants are actually a rarity. However, new materials have relegated thermals to the closet and new, polypropylene-type, baselayers, coupled with high-tec ski pants have made skiers and riders warmer and dryer than years past, the new materials "wick" moisture from the skin to outer garments.

Polypropylene base layers (i.e. thermals) and turtle necks (forget cotton), fleece "sweaters, and contemporary jackets keep skiers and riders far warmer than years past. Truthfully, these new fabrics do keep enthusiasts warmer and dryer and most modern shells and jackets are more windproof than days of old.

Whether borrowed or bought, dress for success. It can make a difference!

Pointer #3: Take a Lesson

No one would think of climbing a

mountain such as Everest without a certified mountain guide. However, many – too many – skiers and riders start by having a friend teach the basics. Okay. Sometimes it works. But sometimes it paves the way for trouble.

While ski school professionals can vary greatly in talent, enthusiasm, and skill, it is also true that the ski school staff at area mountain resorts receive training in order to maximize learning and development for new skiers and riders. Many have been trained at the mountain, and many more also receive training through the Professional Ski Instructor's of America.

No. PSIA isn't perfect. On the other hand, it has developed a curriculum which can facilitate learning. And local resorts have adapted the programs to fit their customers. Overall, it's a good way to learn.

Worried? Relax? Talk to the Ski School. Ask questions. Try to find an instructor who might fit your needs. Happy with the lesson? Smile! Unhappy with the lesson? Complain! Above all, consider a beginner package.

Pointer #4: Foster a Positive Attitude

Skiing is a highly demanding physical activity. You will likely be tired at the end of the day. You will use new muscles. Outside. So, try to keep a positive attitude. It's fun! The mountains are truly beautiful. With novice runs offering a unique meandering adventure, even novices can relatively quickly begin to enjoy the beauty of the region.

Still, expect the unexpected. Expect to get cold. Plan a hot cocoa break! Expect that like learning anything new you will fall. But that does not mean you will fail!

Try to keep your enthusiasm high. Try to keep an up-beat, positive attitude. Like pumping weights after a long break, try not to overdo that first day. Fortunately,

ly, many resorts have other diversions. Consider an afternoon off the mountain. Consider a massage. A swim. A walk. Even – a nap.

Pointer #5: Explore On And Off Mountain Adventures

A ski outing is about more than just skiing.

Learning to ski and ride is about enhancing friendships. It's about fresh, invigorating, mountain air. It's about exploring new restaurants, mountain shops, and it's even about warm evenings in a bed and breakfast, local hotel, or condo.

Skiing is about much more than just a day on the mountain. It can also involve learning a new lifestyle: A healthy lifestyle.

I suggest you turn off the cell phone. Take a break. Life can be about much more than classes, business deals, stock options, and work. Work should not be twenty-four – seven. Life is twenty-four – seven.

Skiing can remind us about balance. Both on our skis and in our lives. For what's it's worth, try to put aside your day to day worries on your outing. Let those responsibilities stay idle for a few days. Savor the full mountain experience. When I started skiing the skis were long – really long – and the boots cold. Lifts were slow. Really slow! And travel to and from the mountain was less than ideal. Fortunately, times have changed. Today, skis are shorter. Skis turn more easily. Snow conditions and lifts have improved the mountain experience dramatically. And new beginner packages can help virtually any skier much more readily enjoy the mountain experience. Today, the beginner's learning curve is much more rapid. In truth this is all good. Really good.

Consider a beginner package.
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BOOMERS

Teach Your Children Well

by Cindy Phillips



"And you, of tender years, can't know the fears that your elders grew by, And so please help them with your youth, they seek the truth before they can die." Graham Nash

Superbowl! We wait all year for it. Even if our team doesn't make it into the finals, we still watch. It's all about the hype, the commercials and the half-time show. And it always begins with a chosen superstar singing our national anthem. And this year, it was flubbed.

I am a season ticket holder for an ECHL hockey team. I also attend many minor league baseball games and I enjoy a few days at Saratoga each racing season. All these events also begin with the singing of the national anthem. And each time a lyric is flubbed, which is much more often than it should be, I cringe. It actually makes my heart hurt.

I can sing the Start-Spangled Banner in my sleep. I know the words by heart. Whenever I hear it played, I stop dead in my tracks. I clasp my hands behind my back, I stare at the flag, I sing along, and more often than not, my eyes well up before it concludes. I never forget the words, I can't forget the words. It doesn't mean I am any better a person than the singer who flubs them. I remember them because they were ingrained in me from the time I was old

enough to read them. I know those lyrics just like I know the words to the Pledge of Allegiance, the Lord's Prayer and God Bless America. I was taught well.

I am a Boomer who was born smack dab in the middle of the era. I was raised by parents and grandparents who lived through the Great Depression. They taught me to work hard for a dollar, to appreciate whatever I have, and to never leave food on a plate because somebody, somewhere, was starving.

My father, and all my uncles, served in World War II. They told me their stories and explained why I should thank God every day for my freedoms. Some of them couldn't tell me their stories, so tragic they didn't want to remember them. But my mother and aunts whispered them to me when I was old enough to understand.

Did we Boomers fail to pass the torch? Did we not take those same values and hammer them into the heads of our off-spring? Did they fall into the cracks somewhere along the way? Why do we have to be asked to remove our hats before the Star Spangled Banner is sung? Did we fail to teach our children well?

We are getting ready to celebrate President's Day on February 21. I can remember when we celebrated Washington's Birthday on February 22 and Lincoln's birthday on February 12. It was a big deal. Teachers would decorate an entire bulletin board commemorating these two men. There would be silhouettes of each President, along with pictures and stories of cherry trees, crossing the Delaware, the Emancipation Proclamation. We would memorize the Gettysburg Address. We would write essays

about the accomplishments of these two Presidents and we would reflect on the tasks before the sitting President. It was all about respect for our country and its leaders.

Today we celebrate President's Day on the third Monday of February. It's now a three-day weekend and, honestly, it's more about the retail sales. Ask your children, or your grandchildren, why we celebrate President's Day. You might be really surprised by the answer.

I know we cannot compare WWII to the Vietnam Conflict. It was a different time, a different battle, a different mindset. We were a generation whose motto became, "If you don't like it, burn it," whether it was a draft card, a bra, or our beloved American flag. We chose to question authority and to turn our back on our government if we didn't like what they said.

They say you know you are old when you start acting like your parents. I catch myself all the time, doing and saying the things my mother did, even though I swore I never would. But maybe it's not such a bad thing after all. She taught me to respect my elders, to keep a clean house, to love my children, and to always save for a rainy day. And she told me I lived in the greatest country in the world. I believed it then, and I believe it now.

It's never too late to teach our children, and to teach them well. I believe in teaching by example. When my children observe me during the Star Spangled Banner they will see me focus on the flag, they will feel my pride and they will hear me sing the lyrics. And by golly, those lyrics will be right every time.

Contact me at cphillipsauthor@yahoo.com

NATURE'S WAY
Sheep, Externalities, and the Price of Grain

by Chuck Wooster

We lost money on sheep this year at our farm. In the grand scheme of things, we're in good company: farmers in New Hampshire and Vermont have been losing money on sheep for going on 180 consecutive years, not counting the bonanza in the early 1860s when the U.S. Army bought a lot of wool at a decent price.

Why the loss? Because expenses exceeded revenues. Don't laugh. That's really all there is to it.

But here's the unexpected part: if you observed our farm all summer, and watched us writing weekly checks to the grain company to keep our chickens and pigs in good health and then noticed the sheep grazing alongside eating nothing but free grass, you'd assume it was the sheep who were subsidizing the pigs and chickens, not the other way around. But the pigs and chickens bring home the bacon, as it were. The sheep don't.

It's not because we're a small and, compared with the industrial giants, inefficient operation, because that's true for all aspects of our farm, including the profitable pieces. Nor is it because people don't like lamb. Just the opposite – because lamb is more of a niche product around here, it's harder to find and hence commands a premium price.

The reason is the economic concept of externalities: our pigs and chickens are subsidized by the economy, while our sheep are not. Externalities are costs associat-

ed with an activity that are not paid, at least not directly, by the person or company doing the activity.

Take your car, for example. It used to be that you could drive around and emit all sorts of pollutants out your tail pipe, like lead and carbon monoxide and heavy metals. These pollutants made people sick and degraded the environment. They created real costs, but not costs that you paid while doing the driving. They were external to the money you paid to buy the car and the gas to run it.

For the three pollutants listed above, we the people, acting through our government, decided that society shouldn't have to bear those external costs anymore, so we enacted legislation that removed lead from gas and required pollution-control equipment, like a catalytic converter, in every car. This increased the price of both gasoline and cars. The result is that these costs have now been internalized into the driving experience; you pay a little piece of them every time you drive. And our air and environment are much cleaner for it.

But there's one great externality that we as a society have yet to address, and that is the emission of carbon from using fossil fuels. This additional carbon is changing the climate and the biochemistry of life on earth. Some people are already paying some of the price in some places, be it Andean farmers drilling irrigation wells to replace diminishing snowmelt or Florida homeowners paying more for flood insurance. But mostly we're allowing it to remain an externality.

Economists give a wide range for the true cost of fixing the carbon externality, but it might require doubling or tripling the price we're paying for energy right now. In other words, internalizing carbon might mean electricity at 30 or more cents per kilowatt-hour and gasoline at more like eight or ten bucks a gallon.

If the price of fuel tripled, the price of grain would triple, too, since fuel for planting, weeding, harvesting, and transportation is the lion's share of what it costs to grow grain. The cost of our pork and chicken would also rise, therefore, though not quite so drastically, because our animals also eat lots of grass and vegetables and other stuff. But the cost of our lamb would remain mostly unchanged, since a dozen gallons of fuel is sufficient to cut and bale the hay that feeds our flock all winter. The production costs of lamb on pasture in Vermont and New Hampshire are already almost entirely internalized.

We'd win on the revenue side, too, since the floor price of meat – the roughly \$1.99/lb price of industrial ground beef at the supermarket – would also shoot up, making the gap between it and our lamb seem less daunting. Instead of costing four times more than cheap beef, our lamb might only cost 25 percent more. People would undoubtedly be eating less meat overall, but a greater share of it would be grass-fed lamb.

Keeping sheep is a tiny part of our farm's overall operation, so we're willing to lose a small amount of money until we figure out how to make revenues exceed expenses.

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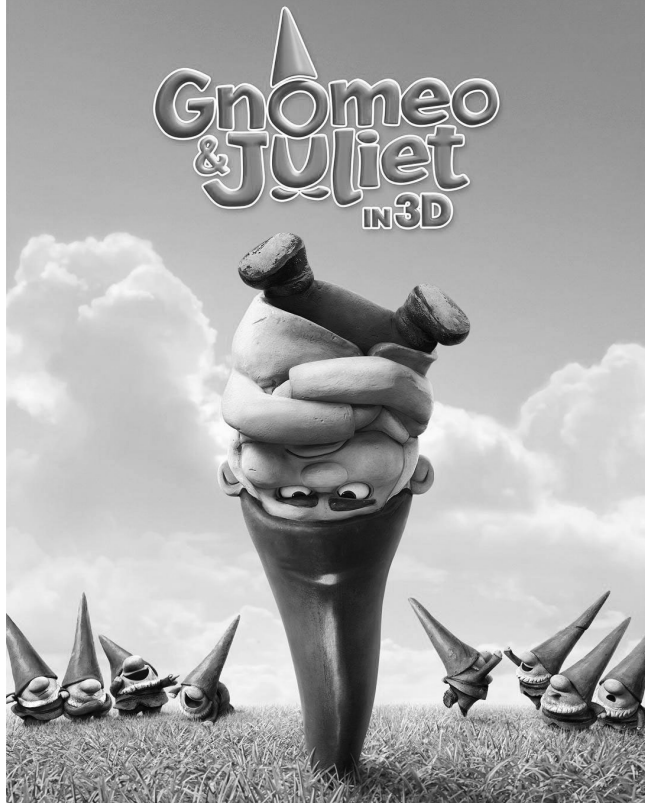
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JustForFun

Capsule reviews of films opening this week by The Associated Press

A LITTLE ADVENTURE GOES A LAWN WAY.



"Gnomeo & Juliet"

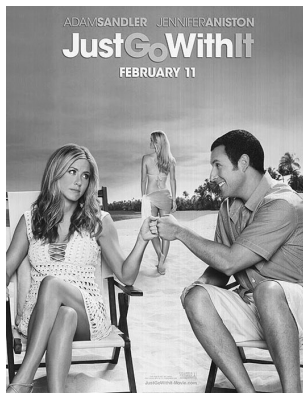
by Christy Lemire
AP Movie Critic

This animated riff on "Romeo and Juliet," with yard gnomes standing in for our star-crossed lovers, doesn't have a single original idea in its pointy, ceramic head. Spirited and brisk as this family film can be, its energy cannot disguise the fact that it's an awkward mash-up of Shakespeare puns, hackneyed pop culture references and familiar Elton John songs, with one of those everything-but-the-kitchen-sink scripts cobbled together by committee. The concept is clever enough - I mean, come on, who doesn't like yard gnomes? - but that's pretty much all this film from director Kelly Asbury ("Shrek 2") is. Like "Snakes on a Plane," the title is the gag, and it tells you all you need to know. And of course, "Gnomeo & Juliet" is in 3-D. While adding a third dimension can provide an inspired sense of perspective and makes some of the details pop in a tactile way - the chips in the gnomes' paint, the smudges of dirt on their faces - it is, as always, unnecessary. "Gnomeo & Juliet" does feature a strong voice cast, though, led by James McAvoy, Emily Blunt, Michael Caine and Maggie Smith, with cameos from the likes of Dolly Parton, Hulk Hogan and Ozzy Osbourne. Some of the one-liners and visual bits hit their targets, but for the most part, reheated gags and sequences that recall earlier, better animated films are the norm. Rated G. 84 minutes.

Two stars out of four.

"Just Go With It"

by David Germain,
AP Movie Writer

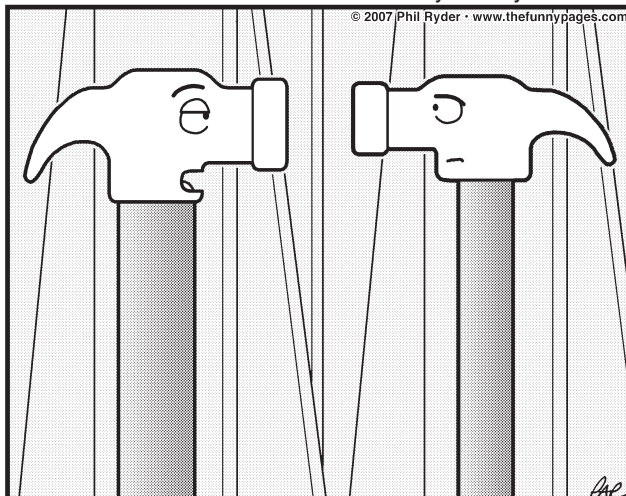


Adam Sandler and Jennifer Aniston's romantic comedy, idiotic even by their usually low big-screen standards, is stuffed with unpleasant narcissists saying and doing the dumbest, often cruelest things in hope of cheap laughs. They fail; there's barely a titter's worth of humor in this bloated mess that drones on for nearly two hours. Based on Walter Matthau, Ingrid Bergman and Goldie Hawn's 1969 comedy "Cactus Flower," the movie casts Sandler as a plastic surgeon and supposedly nice guy who has spent two decades pretending to be a mistreated husband so he can score with sympathetic women (yeah, real nice guy). When he finally falls for somebody (Sports Illustrated swimsuit goddess Brooklyn Decker), he enlists his assistant (Aniston) to pose as the wife he's divorcing. And the lamebrained lies build from there. Director Dennis Dugan, whose collaborations with Sandler include "Big Daddy" and "Grown Ups," lets scene after unfunny scene linger painfully. Nicole Kidman somehow got roped into a supporting role in this dreadful affair, but don't you make the same mistake. Just run from it. PG-13 for frequent crude and sexual content, partial nudity, brief drug references and language. 116 minutes.

One and a half stars out of four.

THE JOKE'S ON YOU

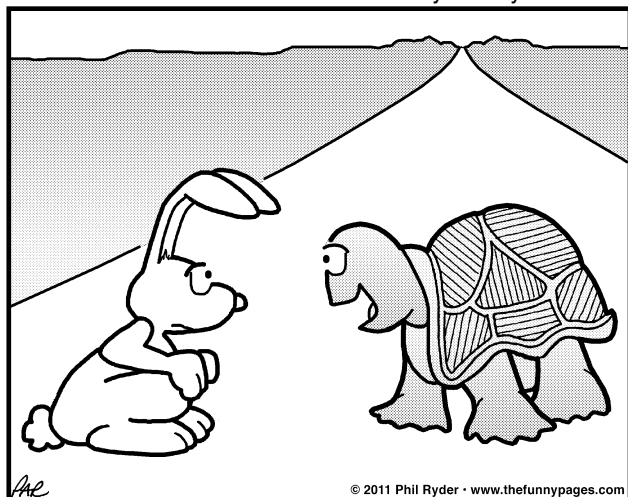
by Phil Ryder & YOU



"I had to claw my way to the top. Now I've got more pull than anyone in the union." - Phil Rogers • The Woodlands, TX

THE JOKE'S ON YOU

by Phil Ryder & YOU



"Energize me...!"

- Laurie Stahl • Killeen, TX

SUDOKU

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

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

This week's solution on page 37

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

ACROSS

- "Silent Night" adjective
- Clobber
- Six-Day War hero
- Grimace
- Assistant
- Accustom
- Ocean breeding area of bivalve mollusks
- Hotel employee
- Any plant used as a flavoring
- Flowering shrub
- "... ___ he drove out of sight"
- Easter flower
- Different
- Go at it
- Good, in the 'hood
- Clear, as a disk
- Character
- "A Nightmare on ___ Street"
- Buss
- ___ gestae
- Exotic jelly flavor
- Overthrow, e.g.
- "It's no ___!"
- Older person
- Residential districts near outskirts of city
- Ancient alphabetic character
- "___ moment"
- Capital of Iraq
- Near
- Newswoman Shriver
- Salutation of farewell
- Without sight
- Times to call, in classifieds
- Blowgun ammo
- Accumulate
- "Dear old" guy
- Tokyo, formerly

DOWN

- It comes easily to hand
- Boot
- Infernal
- Kind of lettuce
- "___ to Billie Joe"
- Organ part
- To lessen the importance
- Shrink
- Christmas season
- Length x width, for a rectangle
- After expenses
- Finish, with "up"
- Unpaid, overdue debts
- Like "The X-Files"
- Clearasil target
- Care for
- Pitcher, of a sort
- Finger, in a way
- Autocrats
- Bush
- Fertile soil
- "___ quam videri" (North Carolina's motto)
- Panhandles
- Almond
- Mischievous sprites
- Chaste women
- Wild North African sheep
- Chatter
- Biochemistry abbr.
- Live
- Barely beat
- Bee ___
- "Mi chiamano Mimi," e.g.
- Like The Citadel, now
- "Good grief!"
- "Comin' ___ the Rye"
- His "4" was retired
- "Dilbert" cartoonist Scott Adams has one (abbrev.)
- Egg cells

Killington Racers Keep MVC Banner For KMS/KWSC

– Feb. 14, 2011. The KMS J3 racers shared the love with an early Valentine's present this weekend, once again securing and retaining the J3 Mid-Vermont Council team banner for the fifth week in a row. Rutland's Alli Price continued to dominate the circuit with yet another top-of-the-podium finish at Okemo yesterday. James Ferri, of West Simsbury, CT, took top honors for the KMS boys.

The J3 Banner is awarded to the winning team each week, as teams vie for the J3 Mid-Vermont Council team title at the end of the year. Rankings from these council races also are used to select racers for the J3 States at the end of the season.

Carolyn Hofley, of Bow, N.H., landed in second just behind Price and Mikka Smith place fourth. Bridgewater's Piper Jenne took sixth, followed by Allison Smith (15th), KWSC/KMS athlete Kate Nelligan (17th), KWSC's Molly Peak (22nd), and Heather Desino (28th) who took 18th in her second run.

Wyatt Queirolo, of Farmington, CT, took silver right behind Ferri, and Johnny Schwartz placed fourth. KWSC/KMS athlete Brendon Byron finished 13th, followed by Jake Grundy (14th), Jack Tarricone (21st), KWSC's Alex Crompton (23rd), Matt Moore (40th), KWSC's Spencer Wood (45th) and Tommy Shebell

(46th) after taking 15th in his second run. Last Friday, a few J3 athletes completed in two Super G races at Stratton, where Queirolo took home two wins. Schwartz followed with 15th and ninth-place finishes. Grunded landed in 18th and 15th. Shebell took his training run but skipped his race runs with a tweaked back.

For the girls, Price again took top honors at Stratton with a second and third, followed by Smith (7th/10th), Jenne (16th/15th), and Allison Smith (20th/17th).

– Local J4 "Jones" racers from the KWSC/KMS's alpine team are on a roll, with the girls and boys both taking the top two spots in yesterday's race at Middlebury Snowbowl. The team took home the MVC Beanpot Trophy for the fifth time this season, with the lowest possible score to win.

Ava Mattson, of Bridgewater, took top honors for the girls this week, with Taylor Dobyms, of Duxbury, MA and a student-athlete in KMS' BOOST program, following on her heels in a close second. Marina Rotella, of Rutland, placed fourth. Mattson was the fastest on the hill on her second run—a career first for her. For the boys, Spencer Smith, a full-time KMS student-athlete from Woodstock, had another first-place finish with teammate and KMS BOOST student-athlete Ian Clarke, of Pipersville, PA, finishing second.



photo by Margaret Schlachter for KMS
KMS and KWSC athletes display the Beanpot after winning it for the fifth time this season. Front row (l-to-r): Drake Mead (2nd for J5s), Raichle Johnson, Marina Rotella (4th), Taylor Dobyms (2nd), Ava Mattsson (1st), Ian Clarke (2nd), Dan Schwartz (3rd for J5s), Spencer Smith (1st, behind Dan), and Will Cohen (7th). Back row, Noah Schwartz, Tory Dobyms, Colleen Byron (in rear), Olivia Lawler, Isabelle Jenne, Joe Salisbury-Jennings, Joe Bianchi, John Bianchi, and Malcom Mead.

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Cross Country Ski Report

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More Asteroids Could Have Made Life's Ingredients

A wider range of asteroids were capable of creating the kind of amino acids used by life on Earth, according to new NASA research.

Amino acids are used to build proteins, which are used by life to make structures like hair and nails, and to speed up or regulate chemical reactions. Amino acids come in two varieties that are mirror images of each other, like your hands. Life on Earth uses the left-handed kind exclusively. Since life based on right-handed amino acids would presumably work fine, scientists are trying to find out why Earth-based life favored left-handed amino acids.

In March 2009, researchers at NASA's Goddard Space Flight Center in Greenbelt, Md., reported the discovery of an excess of the left-handed form of the amino acid isovaline in samples of meteorites that came from carbon-rich asteroids. This suggests that perhaps left-handed life got its start in space, where conditions in asteroids favored the creation of left-handed amino acids. Meteorite impacts could have supplied this material, enriched in left-handed molecules, to Earth. The bias toward left-handedness would have been perpetuated as this material was incorporated into emerging life.

In the new research, the team reports

finding excess left-handed isovaline (L-isovaline) in a much wider variety of carbon-rich meteorites. "This tells us our initial discovery wasn't a fluke; that there really was something going on in the asteroids where these meteorites came from that favors the creation of left-handed amino acids," says Dr. Daniel Glavin of NASA Goddard. Glavin is lead author of a paper about this research published online in Meteoritics and Planetary Science January 17.

"This research builds on over a decade of work on excesses of left-handed isovaline in carbon-rich meteorites," said Dr. Jason Dworkin of NASA Goddard, a co-author on the paper.

"Initially, John Cronin and Sandra Pizzarello of Arizona State University showed a small but significant excess of L-isovaline in two CM2 meteorites. Last year we showed that L-isovaline excesses appear to track with the history of hot water on the asteroid from which the meteorites came. In this work we have studied some exceptionally rare meteorites which witnessed large amounts of water on the asteroid. We were gratified that the meteorites in this study corroborate our hypothesis," explained Dworkin.

L-isovaline excesses in these additional water-altered type 1 meteorites

Asteroids, Page 13



Sleigh Ride Week at Billings Farm & Museum

Billings Farm & Museum's Sleigh Ride Week is scheduled for February 19-27, from 10:00 a.m. to 3:30 p.m., will feature sleigh rides, sledding with jack jumper sleds, tours of the dairy farm and farmhouse, and interactive programs.

Climb aboard the Billings Farm sleigh for a ride through the frosty farm fields and take a turn with a jack jumper sled. On the weekends, in commemoration of President's Day, sample favorite cookies of the Presidents, including John Quincy Adam's Soft Molasses Cakes, Ronald Reagan's Vienna Chocolate Bars, Grover Cleveland's Snickerdoodles, and Grace Coolidge's Ice Box Cookies.

In the barns, discover Vermont dairying – past and present – and learn about the development of the Billings Farm, still

one of the best Jersey farms in America. The horse barn, calf nursery, milk room, cow barn, and sheep barn are stops along the self-guided tour. Up-close programs with the livestock will be offered.

The restored and furnished 1890 Farm House will be open for touring, featuring the farm office, family living quarters, creamery, and ice house.

Sleigh Ride Week admission includes sleigh rides and sledding, the farm, farm house, and activities, plus A Place in the Land, an Academy Award® nominee film.

The Billings Farm & Museum is owned and operated by The Woodstock Foundation, Inc., a charitable non-profit institution founded by Mary French and Laurance Spelman Rockefeller. For further information: 802-457-2355.

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Asteroids

continued from page 12

(i.e. CM1 and CR1) suggest that extra left-handed amino acids in water-altered meteorites are much more common than previously thought, according to Glavin. Now the question is what process creates extra left-handed amino acids. There are several options, and it will take more research to identify the specific reaction, according to the team.

However, "liquid water seems to be the key," notes Glavin. "We can tell how much these asteroids were altered by liquid water by analyzing the minerals their meteorites contain. The more these asteroids were altered, the greater the excess L-

isovaline we found. This indicates some process involving liquid water favors the creation of left-handed amino acids."

Another clue comes from the total amount of isovaline found in each meteorite. "In the meteorites with the largest left-handed excess, we find about 1,000 times less isovaline than in meteorites with a small or non-detectable left-handed excess. This tells us that to get the excess, you need to use up or destroy the amino acid, so the process is a double-edged sword," says Glavin.

Whatever it may be, the water-alteration process only amplifies a small exist-

ing left-handed excess, it does not create the bias, according to Glavin. Something in the pre-solar nebula (a vast cloud of gas and dust from which our solar system, and probably many others, were born) created a small initial bias toward L-isovaline and presumably many other left-handed amino acids as well.

One possibility is radiation. Space is filled with objects like massive stars, neutron stars, and black holes, just to name a few, that produce many kinds of radiation. It's possible that the radiation

encountered by our solar system in its youth made left-handed amino acids slightly more likely to be created, or right-handed amino acids a bit more likely to be destroyed, according to Glavin.

It's also possible that other young solar systems encountered different radiation that favored right-handed amino acids. If life emerged in one of these solar systems, perhaps the bias toward right-handed amino acids would be built in just as it may have been for left-handed amino acids here, according to Glavin.

NASA Discovers Asteroid Delivered Meteorites

An international team of scientists studying remnants of an asteroid that crashed into the Nubian Desert in October 2008 discovered it contained at least 10 different types of meteorites. Some of them contained chemicals that form the building blocks of life on Earth, and those chemicals were spread through all parts of the asteroid by collisions.

Chemists at Stanford University found that different meteorite types share the same distinct fingerprint of polycyclic aromatic hydrocarbons (PAHs). These complex organic molecules are distributed throughout the galaxy and form on Earth from incomplete combustion.

A research team from NASA's Goddard Space Flight Center in Greenbelt, Md., found amino acids in strongly heated fragments of the asteroid, where all such molecules should have been destroyed. Both PAHs and amino acids are considered building blocks of life.

Before landing on Earth, the 13-foot asteroid was detected by a telescope from the NASA-sponsored Catalina Sky Survey based at the University of Arizona in Tucson. Hours prior to its demise, astronomers and scientists around the world tracked

and scanned the asteroid. It was the first time a celestial object was observed prior to entering Earth's atmosphere.

NASA's Jet Propulsion Laboratory in Pasadena, Calif., created a search grid and impact target area. During four expeditions, approximately 150 students recovered nearly 600 meteorite fragments weighing a total of more than 23 pounds.

Subsequently, scientists determined most of the fragments are a rare type of meteorite called ureilites. Less than 10 of the nearly 1,000 known meteorites are ureilites. The recovery team made history when they found the first-ever freshly fallen mixed-composition, or polymict ureilite. The majority of the remaining fragments are similar to the more common types of meteorites called chondrites.

"Asteroids have just become a lot more interesting," Jenniskens said. "We were surprised to find that not all of the meteorites we recovered were the same."

Astronomers have known asteroids orbiting the sun frequently are broken and reassembled during collisions, but until now they thought little mixing occurred because asteroids, or impactors that broke them apart, are usually very small.



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Ghost Story

In January, a handsome white dog came to the Rutland County Humane Society (RCHS) shelter as a stray. With dismay we saw a very large tumor on his leg that was going to have to be considered and dealt with before he could be placed for adoption.

One of the difficult parts of running an animal shelter is having a stray pet come in that is sick or injured. There are many questions that arise and decisions to be made. Is it safe and humane for the animal to wait for treatment until the legal week-long holding period is over, will the owners come forward and why didn't they seek veterinary care before the problem reached this point?

During the hold period for this dog, we found out what a lovely personality he had and named him Ghost for his white coat. The veterinarian who saw him estimated his age to be about 5 years and believes he's a Siberian Husky mix.

After consulting with a veterinarian, the decision was made to remove the tumor. We hoped it would prove to be benign but the surgeon decided that what he saw warranted a biopsy. We were sorry to learn that Ghost has a slow-growth low-grade cancer. More localized tumors will come back and this kind of cancer will not

respond well to chemotherapy so Ghost doesn't have a lot of treatment options. His lifespan may be shorter than most Huskies.

Despite all that, Ghost is a great dog who has quality time left to him. We know there is someone out there who has the financial resources and courage to take on a dog that they know will need extra care. There was never a question about placing him for adoption but he must be placed in a home that is willing to make that commitment. He continues to recover from his surgery and show his patience and friendliness. Ghost also talks to us in the way that many of his breed do.

February is the month that we celebrate love and hearts. We hope that someone with a big heart will fall in love with Ghost.

Founded in 1959, for over 50 years the Rutland County Humane Society has been dedicated to advocating for and working towards a responsible and humane community. RCHS provides shelter and adoption opportunities for pets who are homeless and promotes animal welfare through community programs that benefit both animals and people.



RCHS is a private, non-profit organization serving the communities of Rutland County, VT. RCHS receives no financial support from any national or local humane organization. Programs are supported solely by donations, memberships and fund raising events.

For more information about RCHS or Ghost please call 802.483.9171 or visit www.rchsvt.org

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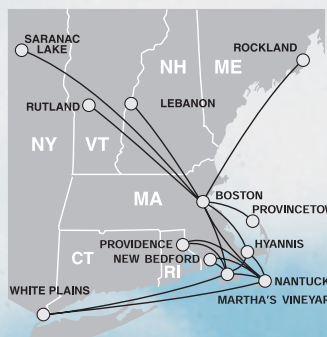
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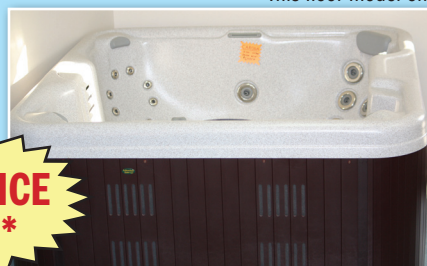


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Rutland Report

by Lani Duke

Four one-act plays written and presented by American Beauty screenwriter Alan Ball demonstrate the games our society plays in The Paramount's Brick Box Theatre, Wednesday through Sunday, February 16-20. Evening performances Wednesday-Saturday are 7:30-10:30 p.m.; Sunday is 2:00-5:00 p.m. Call the Box Office, 773-0903, for tickets (seating is limited).

Friday, February 18, Chaffee Art Center opens the exhibit Made in Vermont: The Art of the VT Undergrads, featuring work by students at local colleges including Bennington College, Castleton State College, Community Colleges of Vermont, and Green Mountain College. Call 775-0356 for specifics.

Saturday, the Rutland Bowlerama hosts a Texas Hold'em tournament to benefit the Rutland County Humane Society. Registration and satellites begin at 11:30 a.m., main tournament at 1:00 p.m. Call 483-9171 to find out more.

Boston comedians laugh their way to the BrewHaHa! on the Paramount stage Saturday evening. Long Trail Brewing Company includes four samples of Vermont-made brew. (Restricted to age 21+). Call 775-0903 for tickets.

Hike, walk, or cross-country ski an easy eight miles on the Delaware & Hudson rail trail from West Pawlet to Granville, NY. Meet up with the Green Mountain Club at 10:00 a.m. east of the fire station in Rutland Main Street Park. Call 293-2510 for details.

Engage in self-discovery through workshops on "Finding Inspiration...Being Called to Who You Are" at 10:00 a.m. and "Introduction to the law of Attraction" at 11:00 on Saturday at Pyramid Holistic Wellness Center, 120 Merchants Row. Call to confirm your attendance at 775-8080.

West Rutland alumni play basketball against each other from 5:00 to 7:00 p.m. Saturday. Organizers Diahn Johnson and Lisa Harvey plan to make this an annual event. Call 438-2086 for more info.

Reiki practitioners are invited to share table time and skills Sunday, February 20 at Pyramid Holistic Wellness Center. Call 775-8080 for more info.

Katie Reimer performs piano sonatas by Beethoven and Schumann plus modern composer Mohammed Fairouz at 2:00 p.m., Sunday, Trinity Church, Rutland.

Consulting wildlife biologist Jim Morey is guest speaker at the Rutland County Master Gardeners' meeting at 7:00 p.m., Monday, February 21. His topic is attracting birds, bees, and butterflies with plantings. The meeting is open to the public.

Visit your state legislators at work by taking part in a 7:00 a.m. to 5:00 p.m. bus trip to the State House on Tuesday, February 22. Sponsored by OMYA, the trip is organized by the Rutland Region Chamber of Commerce and Rutland Economic Development Corp. Call 773-2747 to sign up.

A free Worksite Wellness Forum from 8:30 a.m. to noon Tuesday at Franklin Conference Center is sponsored by Rutland County Community Advisory of Board of Blue Cross Blue Shield of Vermont. Contact for the

event is Megan Peek at 764-4858.

RSVP/Godnick Center Operation Dolls and More plans to meet at 10:00 a.m. Tuesday at the Dana Recreation Center. The group welcomes anyone interested in volunteering in this effort—more than 10,000 new and restored dolls and toys are re-distributed to needy families.

Wales Street boasts a new eatery, Roots the Restaurant. It specializes in locally grown and produced food, including beef, chicken, cabbage, bread, potatoes and emu. In the future, look for local venison and other epicurean adventure, including fish tacos. More new items will appear, depending on what its farmer/suppliers provide.

Local engineer Blair Enman is at the forefront of a movement to get the legislature to reconsider an environmental ticketing rule that would impose fines on as many as 500 potential permitting oversights. Drawn up by the Agency of Natural Resources, fines range from \$250 a day for small violations to \$3,000 a day for those that are more significant. Many property owners and businesses hold permits that were issued years ago, while new requirements may affect them and their daily operations without their knowledge.

Rutland City continues to evaluate its bridges and culverts. A state program has listed Dorr Drive, Ripley and Forest Street bridges as highest priority. Sounds familiar, wouldn't you say? You might even have thought they qualified as "shovel ready projects."

Be that as it may, the city has also targeted the West Street Bridge, saying its deck is beyond repair. At high risk to fail within five years are the Church Street bridge over Tenney Brook and the Grove Street bridge over East Creek. Also in the needy category the Lincoln Avenue bridge over Tenney Brook and Park Street over Mussey Brook, while three more may fail in 10 to 15 years.

Rutland already has a children's museum, organizers are saying. The idea is taking shape, although it still lacks a location, funds, and exhibits. Proponents plan to build exhibits this spring for display at Friday Night Live. The Rutland Downtown Partnership will host a brainstorming session at 5:00 p.m. Thursday February 17; the group will meet at 5:00 p.m. Monday, February 28, at the Community College of Vermont to finalize its mission statement.

How about taking the bus to the Boston Flower Show, shopping, and the St. Paddy's Day celebration March 17? If you go with the General Federation of Women's Club, part of your ticket price goes into scholarships for women who are trying to continue their education toward a career but have lost spousal support. Contact person is Beverly Pallmerine, (802) 295-3208.

The Godnick Adult Center is hosting a series of round table discussions that assess public awareness of existing Vermont Department of Disabilities, Aging & Independent Living (DAIL) programs and services. Sign up if you fit one of the following groups: elders age 70 or older, family caregiver to an elder, people with a disability, or

family caregiver to a person with a disability. Interested, call 489-1937 – you must be registered to attend.

The Rutland aldermen's Public Safety Committee is examining a recent report from the American Association of Retired Persons (AARP) on making intersections more pedestrian-friendly. The report looks specifically at the intersection of Merchants Row and Strongs Avenue, Woodstock Avenue and Deer Street, and Route 7's intersections with West Street, Allen Street, and Killington Avenue.

The study also said that Deer Street needs a sidewalk so that pedestrians heading for the Godnick Center don't have to walk in the street and Woodstock Avenue needs a pedestrian island because the pavement is so wide there.

The Downtown Rutland Partnership will offer micro grants for business improvements and also for marketing this year. Applications are due March 14. Last year, Partnership micro grants contributed to bar renovation at Tapas, display cases at Limoges Antiques Shop, roof replacement at The Sandwich Shop, façade improvement at The Emporium Tobacco Shop and new display window lighting at Tattersall's. Also eligible are computer system and software improvements.

The Paramount Theatre, Dismas House, Young at Heart Senior Center, the Rutland Area Farm and Food Link and Rutland Free Library each received \$7,000 recently from the Vermont Community Foundation. Other organizations across the state also received funds from the VCF.

Merchants Hall, the newly renovated building at 40-42 Merchants Row, presents the two-person play Love Letters on Saturday and Sunday, February 19 and 20. Virginia and Tom Smith star.

In March, the venue will audition for 20 teens, age 13-18, to study, acting, dance, and voice. They will travel to New York City and Boston to audition and to learn about pro theater. Merchants Hall also plans musical performances on the second Friday each month, congruent with downtown Rutland's monthly Art Hops.

Avoid going to your car and finding it "booted" for overdue parking tickets. Take advantage of the amnesty program in Rutland; if your tickets were incurred between January 1, 2005, and December 31, 2008, you are eligible. Pay by April 30, and you pay half the amount owed.

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 Wobbly Barn Eve-Rick Redington
 Saint's Pub @ Summit Lodge Eve-Musician's Showcase w/Frank Chase

FRIDAY, FEBRUARY 18

Outback Eve-Joey Leone Trio & Bud Light
 Saint's Pub @ Summit Lodge Eve-Frank Chase
 Santa Fe Eve-Myk Sno
 Wobbly Barn Eve-Real Goods
 Double D's Eve-Karaoke with Tiffany Z
 McGrath's Irish Pub Eve-Donol O'Shaughnessy
 Clear River Tavern Eve-Kind Buds

SATURDAY, FEBRUARY 19

Clear River Tavern Eve-Duane Carleton
 Red Clover Inn Eve-Chad Hollister
 Wobbly Barn HH-Bobby Darling Show
 Eve-Benderz
 Outback Eve-Joey Leone Trio & Bud Light
 McGrath's Irish Pub Eve-Donol O'Shaughnessy
 Double D's HH-James Mee
 Saint's Pub @ Summit Lodge Eve-Frank Chase
 Santa Fe Eve-Myk Sno & K-Town's Finest

SUNDAY, FEBRUARY 20

Wobbly Barn Eve-Benderz
 Saint's Pub @ Summit Lodge HH-Frank Chase
 Outback Eve-Joey Leone's Blue Night
 McGrath's Irish Pub HH-Extra Stout

MONDAY, FEBRUARY 21

Santa Fe Eve-Joey Leone Jazz
 Outback Eve-Landshark Specials

TUESDAY, FEBRUARY 22

Ramunto's B'Water Eve-Open Mic
 Outback Eve-Magic Hat Karaoke

WEDNESDAY, FEBRUARY 23

Clear River Tavern Eve-PBR Pool League
 Outback Eve-Joey Leone Acoustic

MUSIC

Feb. 18 - Woodstock. Contradance & Dinner at Little Theater. Music by Old Sam Peabody, calling by Delia Clark, 5:30-7:30pm. Vegetarian diner 6pm. 7:30pm potluck dessert. 8pm evening contra. \$8 adults, under 18 free. 785-4039.

Feb. 18 - Rochester. Cabin Fever Music Series: poetry reading by Danny Dover, then music from Sarah Munro & Mark LeGrand. Feb. 19, poetry reading by Bernard Horn then Rick Redington and the Luv. Sandy's Books and Bakery, 7pm, free & open to public.

Feb. 20 - Rutland. Katie Reimer performs piano sonatas by Beethoven and Schumann plus modern composer Mohammed Fairouz, 2pm, Trinity Church.

Feb. 22 - Woodstock. Freelance Family Singers begin practice, Tuesday rehearsals at Little Theater, 7-9pm. All ages, no auditions. \$15 fee.

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Feb. 19 - W. Pawlet. Killington Section GMC Outing: Rail Trail. XC Ski or walk to D&H Railroad from W. Pawlet to Granville. Easy, 8 mi. Meet 10am at W. Pawlet Post Office. 293-2510.

Feb. 19 - Killington. 3rd of 4 K-Town Showdown events at Killington Resort. Slopestyle competition in Dream Maker Terrain park. Check-in 9am, practice & 1st event 11am. Win prizes & bragging rights. Info & registration, 800-621-MTNS.

Feb. 19 - W. Rutland. Rutland Co Audubon Event, Marsh Monitoring Walk. Monthly bird monitoring exercise, tally species. Meet W. Rutland Price Chopper parking lot 8pm. 775-3461.

Feb. 21 - Rutland. Adult rock climbing at Rutland Rec Dept. Intro classes begin. 773-1822.

Feb. 22 - Killington. Killington's Kandid Camera. Find the videographer on mountain to be filmed in your ski or snowboard lesson. At 3:30pm, 3rd floor of Ramshead BL, enjoy free ice cream & watch yourself on the big screen. Feb. 23, 3:30pm ice cream social - enter to win a 4:45pm groom ride on Killington Snowcat. 800-621-MTNS.

Feb. 26 - Woodstock. 7th Annual TD Banknorth Winter Triathlon starts 9am at Union Arena. 1 mile ice skate, 3 mile xc ski, 1 mile snowshoe. \$40 Individual or \$60 relay - youth, open, masters age categories. 75 participants. Registration 8-8:45am. 457-2500.

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

Mar. 7 - Rutland. Hunter Education Course at Rutland Elks Club. Thru Apr. 18, 5:30-8pm. Register by Feb. 25, limited enrollment. Visit Rutland Rec & Parks Dept to register. 773-1822.

Now - Rutland. Rutland Rec Dept Indoor Season at Giorgetti Arena - register for youth soccer, field hockey, lacrosse, flag football, adult field hockey, soccer women's 30+, coed drop in leagues. 773-1822.

Ongoing:

Killington-Killington Resort's Learn to Ski & Burton Learn To Ride programs for age 18+. Lessons at Snowshed Lodge 9:15am-12:30pm. Fris. & Sats. and peak days. Maximize your individual learning potential! 800-621-MTNS for details.

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.

Woodstock-Public Skates at Union Arena: Mon. - Fri. 1:30-3pm. Sat. & Sun. 2:40-4:10pm. \$6 adults, \$5 age 14 & under. Skate rentals \$6, sharpening \$6. 457-2500.

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.

Ludlow-Okemo Valley Nordic Center is open with 22K of well groomed conditions. Rentals avail. Open 7 days. 228-1396, call for conditions.

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.

Manchester - Riley Rink at Hunter Park schedule: M-F, 10-12:45, lunch skate. Tu-Fr, 1-2:45, Skate Program, then Stick & Puck. Fri, middle school skate 7:15-9:15pm. Weekend family skating Sat. & Sun, 1:45-3:45pm. More, rileyrink.com

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

Feb - Ludlow. Classes at Fletcher Farm School: Feb. 19-20, Mini Punchneedle Purse/Cell Phone Bag or Lapidary Arts, Rock Weekend.

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OKEMO EVENTS

Mon, Feb. 21: Torchlight Parade, Fireworks Display & Guided Snowshoe Tour—Spectacular pyrotechnics show starts at 7:30 pm at the Okemo Clock Tower base area, following an amazing torchlight parade of skiers and riders traversing down the mountain. Okemo is offering FREE guided snowshoe tours for Okemo's gala fireworks displays. Meet inside the Okemo Express Rental Shop at 6 pm to be fitted for snowshoes (or bring your own). Reservations not required. Snowshoe rental is only \$15. Tours depart the Okemo base area beside South Ridge Quad A at 7 pm and head up on the Bull Run rail to watch the fireworks!

Mon, Feb. 21: Kids' Light Parade—Children get their own Light Parade off of the F-10 Carpet! Lights will be provided to each child for the Parade. This event is open to children ages 4 to 14 (must be a level 4 or above). Meet in Clock Tower Base Area Snow Stars at 6:30pm. Skiing from 7:00 to 7:30 with Pick up at the Base of the F-10 Carpet.

Wed, Feb. 23: A Family Presentation featuring the Vermont Institute of Natural Science—Come enjoy an assortment of live animals at an informative and entertaining evening event for families. Raptor Encounter is a first-hand encounter with live falcons, hawks, and owls focusing on the natural history, ecology, and adaptations of these efficient predators. Touchable artifacts and hands-on materials round out this special experience. Free and open to the public! 7:00 pm in the Roundhouse at Jackson Gore.

* For a complete events listing: OKEMO.COM



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 Bowlies, Jason Jansen



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Feb. 23, Vessels of Light and Garbage. Feb. 26-27, Oil Pastels. Feb. 27, Needle Felting Characters. 228-8770 for times, fees, details.

Feb. 17-18 - Rutland. Chaffee Art Center classes, Life Drawing Thursdays, 5-8pm, all mediums & levels welcome. Writing as an Art Form Fridays, 11-1pm, donations welcome. Sat. a.m. classes for ages 7-14, 10-12:30 - no class this week. Upcoming in Mar. rug hooking, drawing, more. 775-0356.

Thru Feb. 19 - Quechee. Winter Break Week at VINS. Special programs daily including Signs in the Snow, Raptors Up Close, Owl Festival & Owl Prowl. 359-5000 x223 for info & to register.

Feb. 16-17 - Woodstock. February Vacation Week Programs: Feb. 16-17, Winter Warmth, 9-1:30pm, age 6-8. Billings Farm & Museum. 457-2355 for fees/details.

Feb. 16-20 - Rutland. VT Actors' Rep Theatre presents 4 comedies, Presenting Alan Ball!!! 7:30pm performances except Feb. 20, 2pm. Paramount's Brickbox Theatre. 775-0903. \$15 general admission.

Feb. 17 - Killington. Sherburne Womens Club Selectman's Candidates Forum 7pm, Killington Town Hall. Doors 6:30pm. Candidates call prior 422-5402.

Feb. 17-18 - W. Rutland. Marble Valley Players Comedy Extravaganza II Auditions, 6:30-9pm, W. Rutland Town Hall. 779-2722.

Feb. 18 - Rutland. Start Your Own Small Business workshop at REDC, 9am-noon. \$40 registration includes workbook & online workshops. 773-9147.

Feb. 18 - Rutland. Chaffee Art Center opening of Made in Vermont: The Art of VT Undergrads. Any full time VT college student welcome to submit, any media. Live music by Twiddle. 775-0356.

Feb. 18 - Quechee. VINS Snowshoe Wine & Dine, 6-9pm. Snowshoe trails at Marshland Farm to dinner at Quechee Inn. RSVP by Feb. 15, 359-5000 x223. \$32 members, \$40 non.

Feb. 18 - Rochester. Rochester School and Public Library show "Chaplin" at their Friday Night Free Movie in the school auditorium. All welcome.

Feb. 19 - W. Rutland. Learn to Sew at W. Rutland Public Library, 10:30-noon. All ages, free class. Make strawberry pincushion. 438-2964.

Feb. 19 - Stockbridge. Sable View Natural Horsemanship "Potluck Chat" noon-3pm, meetinghouse on Stockbridge Common. Lucinda Newman, Certified Equine Guided Educator of Horses & Pathfinders, presents Leadership as Horsemanship. Pre-registration is required. 558-3747.

Feb. 19 - Rutland. RCHS Holds Texas Hold'em Benefit Tournament at Bowlerama. Registration & \$7 satellites start 11:30am, \$35 tourney starts 1pm. 483-9171.

Feb. 19 - Rutland. Rutland Jewish Center Centennial Film Festival - Israel Beyond the Headline. 3 films. This week, 7pm, "It's About Time." \$7, wine bar extra. Mar. 12 & Apr. 9 also. Tuttle Hall, CSJ. 773-3455.

Feb. 19 - Rutland. Boston comedians perform at BrewHaHa! on the Paramount stage, 8pm. \$25, 21+ only. Long Trail Brewing Company includes four samples of Vermont-made brew. 775-0903 for tickets.

Feb. 19-27 - Woodstock. Sleigh Ride Week at Billings Farm & Museum. 10:30-3:30 daily. Sleigh rides, sledding with jack jumper sleds, dairy farm & farmhouse tours, interactive programs, more. 457-2355.

Feb. 21 - Rutland. Hands on Minds On Children's Art Studio, ages 24 mos. - 2nd grade. Next session starts. 773-1822.

Feb. 21 - Rutland. Rutland County Master Gardeners host educational program 7pm, Godnick Center. Consulting Wildlife Biologist, M. James Morey talks on designing your garden to attract birds, bees and butterflies. Free, open to public.

Feb. 21 - Killington. Select Board meeting, 7:30pm, Town Offices.

Feb. 22 - Montpelier. RRCC/REDC Legislative Bus Trip to State House. 7am coffee/donuts at RRCC, bus departs 7:30am. \$15. RSVP 773-2747.

Feb. 22 - Castleton. 7th graders gather at Castleton State College for "Your Journey Starts Here." Keynote speaker Darren Perron, WCAX TV co-anchor. Encouraging middle schoolers to plan for higher ed. 12:45pm. 770-1275.

Feb. 22 - Castleton. Fireside Crafts at Castleton Library, 6:30pm. Bring your craft, new or ongoing project, enjoy tea and snacks by the fire. 468-5125.

Feb. 23 - Pittsford. Pittsford Senior Luncheon at VT Police Academy, 1pm. Chef Bob prepares Baked chicken & more. Guest speaker: Council on Aging AmeriCorps Volunteers. RSVP by Feb. 14, 483-6500 x17. Age 60+, \$4.50. Under age 60, \$6.

Feb. 23 - Rutland. BROCC - Community Action in Southwestern Vt & Vt Women's Business Center Invites you to series of CSI Networking Events designed to take the mystery out of self-employment! #2 - The Evidence. 1-3pm, BROCC. Free, open to public.

Feb. 23 - Killington. Informational Meeting at Sherburne Elem School - Considering a Name Change! Come input. 6:30pm. 422-3366.

Feb. 23 - Killington. Dan Egan's Wild World of Winter Film Tour at Killington Grand Resort Hotel, 7:30pm. \$12 adults, \$8 kids, age 10 & under \$5. 603-254-8000.

Feb. 25 - Rutland. Open House & Rutland Youth of the Year Celebration at Boys & Girls Club of Rutland. 5-6:30pm. Competition for 2 teen named local youth of the year & receive scholarship. 747-4944.

Mar. 17 - Boston. GFWCVT trip to Boston Flower Show fundraiser for scholarships aiding women who have lost spousal support & plan to pursue education career. \$76 round trip, starts Rutland 6am. 287-9744 for firm rsvp by Mar. 1. Apply for scholarship by mid-March.

Mar. - Randolph. Mar 6, Hello, Dolly auditions, youth age 7-18. Mud Season Variety Show, auditions Mar. 10-11. Mar. 30, Next Generation auditions, age 18 & under seriously studying classical music. Chandler Music Hall. 431-0204.

Ongoing

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

Rutland-Rutland Rec Dept Indoor Season at Giorgetti Arena - register for youth soccer, field hockey, lacrosse, flag football, adult field hockey, soccer women's 30+, coed drop in leagues. Rutlandrec.com

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.

Plymouth - Sleigh Rides at Hawk Resort. Rides through VT countryside in old-fashioned sleigh pulled by Belgian draft horses. 7 days during holiday periods, weekend thru winter. XC Skiing & ice skating also. Reservations needed, 672-3811.

Woodstock - Woodstock Farmer's Market held in social hall of the Woodstock Unitarian Church, 10am-1pm, 4th Saturday of the month through April. 457-3889.

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

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

Weds. - Killington. Killington Rotary Club meets at Summit Lodge 6-8pm for full dinner, guest speaker and/or discussion. Feb. 23, Jim Davis, Make-a-Wish Foundation. Seeking new members!

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.

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, Poutlney. 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. 422-3824.

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

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

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.

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.

MUSEUMS & EXHIBITS

Art & Antiques on Center - 17 Center St, Downtown Rutland. Hours: M-Sat, 10-5. Open ArtHop Fridays (2nd of month) til 8pm. 786-1530.

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. Feb. Sleigh Ride Weekends, 10:30-3:30.

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During the week of February 7th students enjoyed winter carnival activities such as skating, sledding, and the annual variety show. See Proctor Place for more details

Winter Carnival Fun in Proctor

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Art & Wine in the Snow

Brandon's Arts and Wine Festival is coming up February 26 & 27. Brandon is a classic Vermont village with over 240 houses on the National Historic Register, is host to a vibrant art community whose high regard has gained the town the reputation as "the art and soul of Vermont." Every winter, her many artists open their studio doors and hundreds of visitors flock to witness the creative process in action. But the definition of creative arts encompasses more than the graphic arts -- Brandon has much more to offer and this year's event takes Art in the Snow to a much higher level! The festival will take place at venues throughout the town.

Paint, Make Pizza, Join the Wine Trail... It's a town-wide celebration waiting for you. Not only open studios but classes and demonstrations in the visual arts and the culinary arts as well. Take a painting class with famed folk artist Warren Kimble or a pizza-making lesson with chef Robert of the much celebrated restaurant, Café Provence. Other workshops include earring making, cooking a "localvore" meal, and children's painting. There will be many open studios throughout town and Brandon's delightful shops and restaurants are presenting a myriad of specials and offerings.

The most exciting new addition to this year's Art in the Snow is The Wine Trail, brought to Brandon by the Vermont Grape and Wine Council, where five wineries are presenting a host of tastings to delight the oenophile. There will be a Saturday afternoon open house reception at the brand-new Warren Kimble Gallery and a cabin-fever dance at the Brandon Inn in the evening featuring the local band, The Avant-Garde Dogs. For those wishing to make a weekend of it, cozy rooms in romantic Vermont country inns and charming B&Bs beckon.

This is just a small sample of all the exciting possibilities waiting to beguile young and old. Art in the Snow is a not-to-be-missed opportunity, a chance to share in all that makes Brandon such a special town. Art in the Snow is a partnership event between the Brandon Artists Guild and the Brandon Area Chamber of Commerce. For more information, please call 802-247-6401.



It's now even more spectacular!



ART IN THE SNOW

Brandon's Arts & Wine Festival

February 26 & 27

It's a town-wide celebration waiting for you-

- Classes and demonstrations in the visual and culinary arts
- Open studios, music and workshops... even for the kids
- The Vermont Grape and Wine Council presents tastings to delight the oenophile

... and much, much more!

For full details, go to:
www.artinthesnow.com



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																
Charity's																
Choices Rest. & Rotisserie																
Clear River Tavern																
Countryman's Pleasure																
Double D's Bar & Grill																
Hemingway's																
Heli's at Mountainview Lodge																
Killington Market & Deli																
Lakehouse Pub & Grille																
Ledgewood Yurt at Killington																
Liquid Art																
Lookout Tavern																
Mangowood at The Lincoln Inn																
McGrath's Irish Pub																
Moguls Sports Pub																
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On The Rocs Lounge																
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The Palms																
Pasta Pot																
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Ramunto's																
Red Clover Inn																
Roots, The Restaurant																
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																
Woodstock Farmers Market																
Z Corners Inn																



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Upcoming Events
February 26 Fireworks Show
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ON THE ROCS LOUNGE 422-7627

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ROOTS, THE RESTAURANT 747-7414

51 Wales St., Rutland
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Jack Daniel's Taste of Tennessee Week

The annual Jack Daniel's Taste of Tennessee week is making its 20th appearance in Killington. This year The Taste of Tennessee Ski Week is being held February 24 through February 27. This is the week local chefs and bartenders celebrate Jack Daniel's with a little taste of Lynchburg in many of the fine food and drink served throughout town. Aside for the great food and drink, we feature lots of fun events with a Tennessee twist.

The Grist Mill will once again host the Jack Daniel's Winter Games on Grist Mill Pond. Fun, games, bragging rights and prizes will abound. Back again this year will be the keg toss, turkey bowling and a spirited game of broom hockey, to name a few. Be sure to join the festivities from 4pm to 8pm.

Making its premier appearance this year is the Jack Daniel's Engraving Bus. Woodstock Liquor Store, Cordially Yours in Killington and The GU Supermarket and Hanaford Supermarket in Rutland will host the bus. Be sure to see next weeks schedule in the Mountain Times for times and places. Also new this year is the Jack Daniel's painted statue competition. Participating restaurants and clubs will ply their creative juices to capture the winning entry.

The culmination of the week is the Jack Daniel's Recipe Contest, in which chefs from approximately 30

restaurants prepare an entrée made with Jack Daniel's Tennessee Whiskey. Lynne Tolley, the great grand niece of Mr. Jack himself, will again be the official judge of the recipe competition. Lynne will definitely have her work cut out for her as chefs from the pizza pubs to the white-tablecloth establishments serve up their own signature Jack Daniel's dishes. There is also a spirited drink competition. All local bartenders create concoctions using Mr. Jack's famous whiskey. As usual, this year's drink competition will be judged by Lynne and representatives from Brown Forman.

"Tasting the delicious entrées and fabulous cocktails in Killington is something I look forward to all year," said Lynne Tolley, proprietress of the world famous Miss Mary Bobo's Boarding House in Lynchburg, Tennessee. "Folks who snow ski must have extra talent in food and drink creations. I cannot wait to see what they have come up with this year."

Call your friends and make plans to be in Killington to enjoy this 20th anniversary event!

Freelance Family Singers Begin Practice

On Tuesday February 22nd, the Freelance Family Singers of Woodstock, Vermont will begin practicing for their May 7th and 8th Woodstock concerts. The weekly Tuesday rehearsals are held at Woodstock's Little Theater (Route 4 just west of the Green) from 7:00 to 9:00 p.m. All ages may participate and there are no auditions. There is a small participation fee (\$15.00) with scholarships available. Directed by Ellen Satterthwaite, Freelance performs a wide variety of music and is sponsored by the Woodstock Recreation Center.

The Red Clover Inn
Restaurant & Tavern

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

Live Music with Chad Hollister
Back by popular demand! Chad will be playing live acoustic music in our cozy fireside tavern on **Saturday, February 19th from 8 to 11pm.**

Wines of the World Dinner
Our next dinner is on **March 4th** and will be a five course dinner with food and wine from California. Make your reservations for March early as these events sell out quickly! \$75 per person (plus tax & gratuity).

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Brandon Town Players Celebrate the 30's

The Brandon Town Players will be offering a buffet dinner and staged reading of The Lux Radio Theater's presentation of "The Thin Man" at the South Station Restaurant in Rutland on Friday and Saturday, February 25th & 26th. Enjoy a buffet dinner complete with salad, entrees, potatoes, vegetables, rolls and coffee plus a Viennese style dessert plate for each table. After dinner, step back in time. Watch and listen as we recreate how people spent their evenings back in the early 1930's with

you as the studio audience through everyone's favorite entertainment vehicle, the radio. Cost for the entire evening is \$30 per person. Payment must be made in advance and reservations are required. Reservations can be made by calling Dennis at 802-247-5420. There will be a cash bar before the meal, dinner will be served at 6:30 with the show starting at 7:45 followed by dessert to complete the evening. Hope to see you all there for a very different kind of entertainment and a great night out!

Walks & Talks Series at Hawk Hill

Save the dates for Saturday morning walks at Hawk Hill—the ridge behind Otter Valley High School in Brandon—this winter and spring. The Hawk Hill Committee, who maintains the property, and the Staying Connected Initiative, a group with the goal of spreading awareness about a local wildlife corridor, are co-sponsoring this free series. Except for a bird walk, which begins at 8:00am, most of these Saturday walks begin at 10:00am and last approximately 2 hours. Families are welcome. For all walks, please meet at the southwest end of the Otter Valley High School parking lot. Please call 446-7030 for more info.

Tracks And Wildlife On The Hill - February 26th
Did you know that Hawk Hill - and much of Rutland County - is part of a wildlife corridor connecting the Green Mountains and the Adirondacks? Join a few veteran Moosalamoo Center students and Monica Erhart, of the Staying Connected Initiative, to discover some of the wildlife of Hawk Hill. No dogs, please.
Stay tuned for future walks including: Clues Of The Forest - March 26th, Hawk Hill History - April 16th, Rocks, Cliffs, and Glaciers - April 30th, Wings On Hawk Hill - May 21st.

Express Yourself, Vermont Undergrads

RUTLAND, Vermont - January 19, 2011 - The Chaffee Art Center will honor the works of younger Vermont artists with the February 18 opening of an exhibit titled Made in Vermont: The Art of VT Undergrads. Any full-time student enrolled in any college or university in Vermont is encouraged to submit works, in any media. Students do not need to be enrolled in an art program to participate.

Vermont undergraduates are encouraged to check out the guidelines and application at The Chaffee's website: www.chaffeeartcenter.org/Entry_Form.pdf and submit 1 or 2 pieces of work. Application deadline is Tuesday, Feb. 1 and must include a \$5.00 entry fee. Delivery of artwork to The Chaffee can be no later than Sun., Feb. 13, from 12:00-4:00. Other information, dates and deadlines can be found at the above website. Artists may choose to put their pieces up for sale.



In this exhibit, The Chaffee hopes to explore what our young artists are thinking about, how they use art to express themselves and to offer budding artists the experience of being involved in a professional art exhibition. The opening reception for this show will

include a live acoustic performance by the VT jam-band, Twiddle, who met while involved with Castleton State College. Vermont undergrads! Show us how you express yourself!
For more information about this upcoming exhibit or The Chaffee Art Center, contact Jessica Kaminski, Gallery Coordinator, at 775-0356 or Jessica@chaffee-artcenter.org.

Cape Breton Fiddling at Chandler

Wendy MacIsaac and Andrea Beaton, two of Cape Breton's brightest fiddling stars, bring their considerable talents to Chandler's Upper Gallery in Randolph, Vermont on Sunday February 27 at 7 PM. Please note the new performance date!

At 4 PM that afternoon, the public is also invited to a ceilidh featuring Beth Telford's fiddle students who will have just completed fiddle camp with MacIsaac and Beaton. A potluck at 5:30 PM follows and the performance with Wendy and Andrea closes the evening. Interested audience members may take part in all or a portion of these events.

There is no charge for the 4 PM ceilidh with Beth Telford's fiddling students. Audience members are encouraged to bring a potluck dish to share for dinner at 5:30. A cash bar will be available. General admission tickets are \$17 in advance and \$20 at the door, and can be ordered by calling the Chandler Box Office at 802-728-6464. Seating is limited and reservations are encouraged.
Chandler's Upper Gallery is wheelchair accessible.

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Blue Man Group at Montshire Museum

Blue Man Group - Making Waves, 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®, opened at the Montshire Museum of Science 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.

Onstage, the Blue Man is one part inquisitive child, one part trickster, and one part superhero on a journey of discovery. Throughout Blue Man Group - Making Waves families are

encouraged to learn, play and explore with the same curiosity as these renowned performing artists.

At the Slide-u-lum, Build-u-lum, Sand Drum and Theramin children will have an opportunity to see, feel and create sound. At the PVC Station visitors of all ages will have a chance to play the unique Blue Man Group instruments, while learning how sound works and the whole experience culminates in the JBL®-equipped Surround Sound Theater where engineering genius combines with a short musical piece by Blue Man Group to illustrate the elements of sound.

The exhibit will be at the Montshire through Sunday, May 8, 2011. For information, contact the Montshire at 802-649-2200.

Wine 2011: Good Prices and Choices

by Michelle Locke, AP

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



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

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

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

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

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

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

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

Some consumers are going to be looking to imports for values, exploring

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

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

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

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

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

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

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

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

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

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

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From high school musician to military contest winner, Myk established his professional musical career in Germany and is now a World Artist. A perfectionist in any of his solo, duo or band performances with showmanship seen on the big stage, Myk has shared the stage with names like James Brown, Stevie Wonder, Usher, Mariah Carey and many more.

Myk's talent has taken him all over the world (Europe, Africa, Abu Dahbi, and Russia). He has come full circle originating from the U.S. and now performing back in the U.S. in venues in Boston, NYC and right here in Killington. Performing at The Santa Fe Steakhouse Thursdays thru Sundays, Myk takes cover songs and songs he has written and interprets them in his heart, which comes through in his voice and fingers. He takes many classic tunes and gives them his own take, so you will recognize the song and be delighted with his unique interpretation.

Myk Sno' is a name on Billboards as a guest artist with R&B groups all over the World. The most successful current band Myk performs with is "Genuine Men," an R & B tribute and party band. His latest project is his new group "Acoustik Soul" with which he has released their first album titled "Take a Moment." The release of the second Album is in progress and should be completed this year. He performs with



K-Town's Finest here in Killington every Saturday. On stage with Myk is Jeff Poremski, Chris Johnson, Jordan Snow and Ross Edmunds. K-Town's Finest is the hidden gem of Killington. Performing in a cozy lounge, yet giving you a show and sound to get you dancing and grooving, you will be asking yourself, why haven't I come here sooner?

Myk Sno' - His soul is music (R & B, Rock, Pop and even Country), his life is singing, playing and writing music, his love is seeing all the smiles on the faces of the audiences of one or of thousands that he has the privilege to entertain. We highly recommend you get up to The Santa Fe Steakhouse and become one of those smiles!



Liquid Art Coffeehouse and Gallery is Awesome!

photo & editorial by Debbie Burke

For certain this espresso bar and art gallery is just what was needed in this town. This is the spot for those looking for a peaceful and quiet place to enjoy friendly conversation with a fine cup of coffee, lattes, cappuccinos, chai tea, signature and specialty drinks, house infusions, light lunches and homemade baked goods made with the freshest ingredients surrounded by sensational artwork and a beautiful salt water aquarium. Owner Beth Weinberg has put a great concept into motion, filling the blue post and beam building with murals, prints, oil paintings, watercolors, jewelry and photographs created by local artists such as Maury Harrington, Christine Holzschuh, Paul Holmes, Trish McDonough,

and Garren Poirier. All of this artwork is for sale. There is also a full wall of historic photos taken of the Killington area in the early days by Bob Perry, which are on display only. All artwork is placed throughout the first floor with attention to detail and creative presentation.

Liquid Art Coffeehouse and Gallery offers free WIFI, and there is warm and comfortable space to hold private gatherings and meetings. Future plans include artist receptions. Hours are 7am to 7pm Monday through Thursdays, 7am to 8pm on Fridays, 6:30am to 8pm on Saturdays and 6:30am to 7pm on Sundays. Liquid Art Coffeehouse and Gallery is located 2 miles up the Killington Road at 37 Millerbrook Road. Their phone number is 422-2787. Do make plans to take in this warm and wonderful new business in Killington.

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Rhone Wines

Only the most serious wine lovers would appreciate the Rhone Valley in southern France until the 1980s, when it was discovered mostly through articles and the rising popularity of a young wine critic named Robert Parker. The valley is long and wide and divided into several different regions, both geographically and climatically. Here are the more important areas of the Rhone from north to south.

Cote Rotie - This northern most region is made from Syrah with the occasional touch of Viognier for elegance. There are 2 parts of the Cote Rotie, the Cotes Blonde and Brune. It is said that they are named after 2 daughters, and that the slopes retain the characteristics of these daughters. All poetry aside, it is common for the two slopes to be blended together as Blonde et Brune.

Condrieu - Home of Viognier. The white wines from this area on the next hill down river from Cote Rotie can at their best be full of perfume and tart complexity. At their worst they are oxidized and lacking any flavor or charm, but selling for outrageous prices.

St-Joseph - Syrah with a touch of the white grape Marsanne on occasion, this wine is often as good (or bad) as its cousin Crozes-Hermitage. Oddly this wine is made from a group of noncontiguous vineyards running for miles down the valley.

Hermitage - In the running with Cote Rotie as the best red wines of the Rhone.

The Syrah grape as usual may have a small amount of white wine added to it. Rich and flavorful this is usually as great as Syrah can be. Prices are often better than Cote Rotie, but it is wise to look for an older vintage when you can. The Whites can also be exceptional and again are made from Marsanne and with luck a percentage of Roussanne as well.

Crozes-Hermitage - A huge area on the hills that surround Hermitage. Referred to as the poor man's Hermitage, this is a disfavor, to Hermitage. The wines of Crozes, and the similar wines of St-Joseph are often light, almost Beaujolais-like in style. When made with more traditional methods the Syrah of the region can be elegant and flavorful, while still enjoyable young.

Cornas - Richer and almost always better than Crozes or St-Joseph, this is the wine to look for if you want Syrah without the cost of Hermitage or Cote Rotie. Given proper time to age, this wine can yield remarkable results.

Chateauneuf du Pape - One of the most famous wine names in France. Due in large part because of the wine labeling revolution that started here and later became the basis of the Appellation Controlee system. C.d.P. still leads in the labeling front, allowing only Estate Grown wines to bear the glass embossed seal of the town on their bottles. High in alcohol, often earthy, sometimes pungent.

Vacqueyras received its own appellation - A.O.C. Vacqueyras only in 1995. Often very similar to the wines of Chateauneuf du Pape, but with much less of a price tag. The red and rosé wines are made from Grenache Noir, Syrah, Cinsaut and Mourvèdre grapes, white wines can be found made from Clairette, Grenache Blanc, Roussanne and Bourboulenc.

Tavel/Lirac - The great Grenache based Rose wines that so few other Roses have

ever matched. Not as expensive as the famous neighbors, but increasing through greater popularity. Best enjoyed as young as possible.

Gigondas - Grenache with a minimum of 15% Syrah and/or Mouvèdre as well as a little of the 11 other allowed Cotes du Rhone varieties. Considered a 'Super Cotes du Rhone' it was the first of the Cotes du Rhone Villages to be elevated to AC status. Some good to very good, but never great red wines can be found from this village.

Cotes du Rhone / Cotes du Rhone-

Villages - Blended wines, of 14 grape varieties allowed, Grenache being chief among them, and blended differently from village to village. Of varying quality, they are best when made by the traditional barrel fermented techniques and not the newer carbonic maceration technique (which is how Beaujolais is made, and why everything made this way tastes like Beaujolais).

Recent vintages have been great and Cotes du Rhone wines are a great inexpensive choice of wines that drink well and go with a variety of foods.



Killington Artist to Exhibit in Weston

Local artist Maurie Harrington and the local folk group "Potluck" will take part in the 11th Annual "Vermont and Beyond" fine art exhibition.

The exhibit is a group show featuring seven artists - Diane Bell, Robert Sydorowich, Ann Cross, Marijke Westberg, Doris Ingram and Robert O'Brien. Displayed will be watercolors, oils, pastels, pen and ink, originals and prints, cards, books, etc.

This year it will held at the Weston Rod and Gun Club, Route 100, 1.2 miles north of the village on Saturday, Feb. 19th, from 11:00 am - 5:00 pm and Sunday Feb. 20th,

from 11:00 am -5:00 pm.

Refreshments will be served and "Potluck Folk Singers" will entertain their guests. Jack Harrington and Burinie and Donna Martin provide the vocal harmonies accompanied by Harrington's guitar and Martin's mandolin. Allen Bounds adds his banjo sounds along with the bass sounds from Bob Smith.

Whether you're coming off the mountain or need some relief from "cabin fever" come to Weston to enjoy the fine art work, get to meet the artists and sing along with the musicians. The exhibit is free and open to the public.

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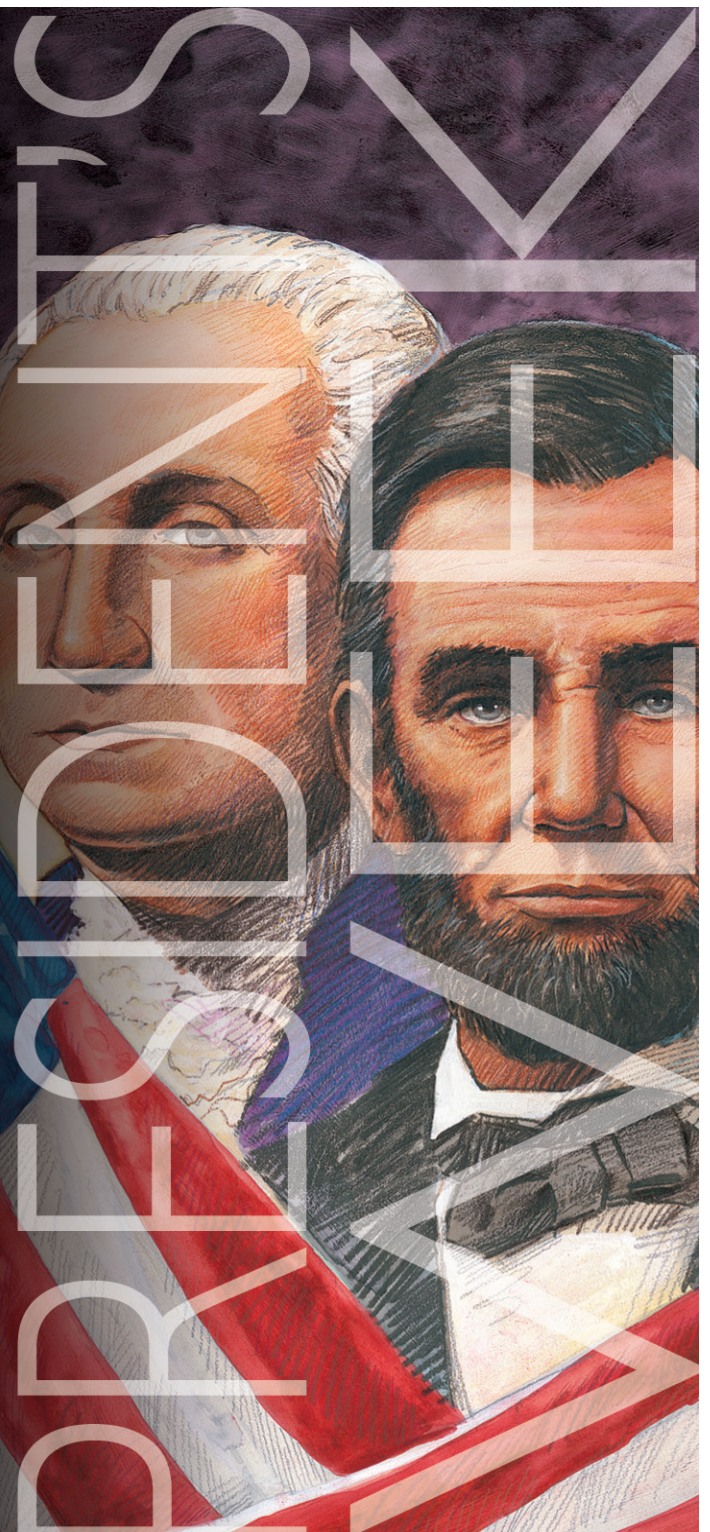


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Sushi Yoshi Chinese Gourmet Expands Their Dining Venue



photos & editorial by Debbie Burke

Good news! Due to the growth of their restaurant business, this past summer the owners of Sushi Yoshi/Chinese Gourmet have added 1,200 square feet of space on to their building on the Killington Road to accommodate 4 more hibachi tables and 4 more Tatame tables for the dining pleasure of their guests. Sushi Yoshi/Chinese Gourmet has been in business since 2001, and this is their second major renovation. The owners of the Sushi Yoshi/Chinese Gourmet realized that many of their loyal customers were unable to get seated on weekends and holiday periods and they want to accommodate everyone who wants to experience the superb dining at their very popular restaurant. Sushi

Yoshi/Chinese Gourmet manager Nate Freund advised that they are one of the few restaurants in Killington that will take dinner reservations, an important feature which especially helps families and large groups to know that they will be able to get a table and be served at a specific time that is best to meet their particular dining needs.

Nate said that the growth and success of Sushi Yoshi/Chinese Gourmet is largely due to the support of locals - from lift operators to upper management, and they are very grateful of the loyalty to their restaurant by their customers from Killington and the surrounding communities.

Contact Sushi Yoshi/Chinese Gourmet at 802-422-4241.

Comedy Night Comes To Okemo

Returning this winter, on Saturday, Feb. 26, Vermont Properties and Development Inc. and Okemo Mountain Resort present a Comedy Night with Bob Marley, to benefit the Okemo Community Challenge.

Bob Marley began performing stand up comedy in his hometown of Portland, Maine. He moved to Boston early in his career, gaining experience in a city known for spawning comedy all-stars. He now has a weekly radio call-in segment called The World According to Bob. Winner of last year's XM/Sirius Superbowl of Comedy, Marley continues to find new fans around the country. Making his first television appearance on Comedy Central, he is now one of the few comics to do the complete late-night circuit and has appeared on 100 television shows. Movie fans will recognize Marley as Detective Greenly in the movie Boondock Saints.

Doors open at 7 for the 8 p.m. show. No one under age 21 will be admitted. Tickets may be purchased in advance for \$25

at Vermont Properties, Okemo Mountain Resort's administration office, People's United Bank, and the Wine and Cheese Depot. If available, tickets will be sold at the door for \$28 on the night of the show.

Proceeds from ticket sales will benefit the Okemo Community Challenge. Since its founding by Okemo's Diane Mueller, the Okemo Community Challenge has raised more than \$1 million to benefit charitable and educational endeavors within the local school system. Local schools have been selected as recipients for the Community Challenge because they are central to members of Okemo's workforce and the community. Through the fundraising efforts of the Community Challenge Grant, students, parents and area residents are able to come together to raise money and gain a greater understanding of the importance of education and commitment to community spirit.

For more information, please call Vermont Properties at 802-228-8877.



Rick Redington Spreads the Luv

Rick Redington & The Luv are guaranteed to be shaking the beams and rafters of The Wobbly Barn in Killington on Thursday, February 17 at 9:30p.m.

R.R. and The Luv are returning to The Wobbly Stage for another of just a couple shows booked in Killington this year.

Please come join the band and help "Spread The Luv!"

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The Mountain Times

Volume 40, Number 7

Central Vermont's Premier Weekly Newspaper

February 17-23, 2011

More on Killington Politics News and Commentary

by Royal Barnard, Publisher

A couple of weeks ago I ran my story of "Town of Thin Ice" referring to the current politics of Options Tax usage, municipal golf course problems, and the prevailing bad.... and sometimes uncivil... mood among taxpayers in Killington.

In response to my story I had some rightful criticism, along with some mis-statements of my intentions.... that part may perhaps have been brought about by my own inability to express myself properly.

This week I'd like to relate some history and some reality, and let that be the guide to my dissertation.

As a student, I never liked history.... figuring that the past was of no real use, and that we should just figure things out based on "today".... and I still believe in that idea.... except that there's always a need to distinguish between past "history" as something that's "over with" and current "history" as being a part of the "kettle of fish" that we may currently be sitting in.

So it is with the golf course, options tax, EDTC budget and policy issues. None of this is "over with," and the short term history of how we got to where we are is quite relevant. So I dug back into our files and did some research.

First.... I am not in favor of closing the municipal golf course. Nor do I believe that it can be sold for a profit and be done with it; nor that it can be leased successfully to a management company. From what I know, all of that has been at least thought about and is not likely to turn out well in the current economic climate.

Second... When the golf course was bonded by majority agreement of the voters of the Town of Killington, in the mid 1990's, there was a well stated and inherent risk that the course could suffer losses in operations and/or cash flow that would require the taxpayers to take monies from the general fund to have the course survive..... We're there.

As I look back at the beginning of the municipal golf course, history shows that the thinking was not specifically to have it be a town profit center; nor was it meant to lose money.... but it could.... and that risk was part of the discussion around the

bond issue, although the bulk of voters said "aye" to the measure.

After a rough start in the first year, the time came when things went well for a few seasons and a financial reserve built up. For a variety of reasons business went bad and the course only "took care of itself" (i.e. avoided taking from the town's general fund) by debt restructure... which is not a solution to unprofitability, but does reduce cash flow losses by putting debt off into the future. We are still in that jam.

Finally, I would suggest that the only rational approach to the options tax/golf course/EDTC issue is to adopt measures to extend the operational life of the golf course into some foreseeable point in the future where it can take care of itself. But.... this should not be done by randomly throwing money at the problem.

Any solution, at this point, must necessarily include debt restructure, budget tightening, fresh marketing initiatives and the frightening, but unavoidable reality that the taxpayers owe the money from any golf deficit, and that we can't avoid paying it back. If the course continues to have major cash flow losses, it WILL cost you money.

However, since the golf course was built on the basis of being an "enterprise" and not a "monument" there would be nothing wrong with asking the "enterprise" to pay back any current subsidies from anticipated future revenues.... that is, when the world gets better, they have to pay us back.

We will, however, be really stupid if we cover the current deficit and don't have a comprehensive plan for a long term solution. From my perspective, that's what we should be looking for.... not a lot of useless discussion about "if, or what, or why" we're stuck with it..... deal with it... but also not blindly throwing money at the problem and expecting miracles..... it's not going to happen.

If anything, we should demand that the elected officials, and the paid administrators find, and agree on a common course of action. If there is "an answer" to be had it will be found by cooperation, the acceptance of reality..... and strong leadership.

MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

The Killington Select Board invites applications for the following appointed positions: Economic Development & Tourism Commission; Energy Coordinator; Planning Commission; Recreation Commission; Rutland County Solid Waste District Representative; Zoning Board of Adjustment. Please submit letters of interest to: Killington Select Board, P.O. Box 429, Killington, Vermont 05751 or e-mail: kathleen@town.killington.vt.us Letters of interest due by March 3, 2011.

A very important item to take care of this time of year is to have your chimney flue cleaned and examined by a licensed and insured chimney sweep company. There are several listed each week in the classified and services section of The Mountain Times. Please take the time to find a reputable chimney sweep and schedule an appointment to get your chimney cleaned whether or not you have a woodstove or pellet stove for heating your residence. It is also very important that the vent for your heating system is uncovered of snow and that you have current carbon monoxide detectors and smoke detectors placed near your heating system and another near your bedrooms. Do you know if there are any dry hydrants located near your home or neighborhood? If you clear the snow away from these dry hydrants they will be easily accessible if needed in an emergency.

The Killington Fire and Rescue is in need of more volunteers. Training and equipment is provided. Please come to our Tuesday evening drill which starts at 7pm at the firehouse on the Killington Road.

Do you have your Killington-Pico Rotary Club Ice-Out Contest ticket yet? Guess the month, day, time that the 72 pound cement block sinks through the ice on the Grist Mill Pond and win the 50-50 raffle! Half the entry fees go to the winner, the other half goes to the charities that the Killington-Pico Rotary Club supports- such as the purchase of polio vaccine, sand filters for clean drinking water in third world countries, international student exchange, local projects for our community such as the Little League dugouts, the school and recreation proj-

ects, and more. Please visit the club's website at www.KillingtonPicoRotary.org and print out your ticket and send it in with the chances being only \$1 each. Or, visit the many ticket kiosks that the club members have built and placed around the Town of Killington.

On Friday, February 18, and every third Friday of the month, a Contradance and Dinner will be held in Woodstock at the Little Theater. Music will be by Old Sam Peabody, calling by Delia Clark from 5:30pm to 7:30pm. A vegetarian dinner will precede the dance at 6pm. At 7:30pm there will be a potluck dessert. From 8pm to 10:30pm there will be an evening Contradance. The suggested door donation is \$8 for adults, under age 18 is free. For more information call Steve at 802-785-4039 or email at hoffmanathome@gmail.com

The 7th Annual TD Banknorth Winter Triathlon will be held on Saturday, February 26 starting at 9am at the Union Arena, Woodstock. The events consist of a 1 mile ice skate, 3 mile cross country ski, and 1 mile snowshoe. You may race as an individual or as part of a two or three person relay team in four divisions: Youth (ages 17 and under), Open (ages 18 to 39), Masters (ages 40+), and Relay. To sign up pick up a registration form from unionarena.org. The cost of entry is \$40 for individuals and \$60 for relays. All participants will receive an IBEX knit hat. The field is limited to 75 participants. Registration is also available on race day from 8am to 8:45am. Race directors are Tod and Jen Minotti. All proceeds go to the Union Arena Community Center. For questions call 802-457-2500 or email jenminotti@hotmail.com

The Woodstock Farmer's Market will be held in the social hall of the Woodstock Unitarian Church between 10am and 1pm each fourth Saturday of the month through April. Please come and support your local farmers and crafters who will be offering produce, take out and eat in foods, eggs, breads, jams and jellies, sauces, spices, quiches, pies, pastries, jewelry, beads, books, angora fiber, cards and prints. If you are interested in being a vendor, please call Anne Dean at 457-3889.

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Clear a Path to Your Electric Meter

RUTLAND, Vt. - Central Vermont Public Service is asking customers to help keep meter readers safe, and clear a path to electric meters.

"There's a lot of snow out there right now, and our meter readers are doing everything they can to trudge through it and read meters," said CVPS spokesman Steve Costello. "However, if a meter reader is unable to get to a meter due to safety hazards or inaccessibility, the meter cannot be read and usage will be estimated. That normally happens rarely, and we'd like to minimize estimated reads. Also, quick access to the meter may be critical in an emergency, such as a fire."

CVPS asks that customers maintain a clear pathway to electric meters, but never use a sharp tool, such as a shovel, near the actual meter.

"A meter that is clear of dangers helps us serve customers better and more efficiently," Costello said. "It ensures more accurate billing, and the safety of CVPS meter readers and our customers."

2011 SWC Selectman's Forum February 17th

The Sherburne Womens Club (SWC) will again be presenting a Candidates Forum prior to the 2011 Selectboard election on Thursday, February 17th, 2011 at 7pm.

The Forum will take place at the Killington Town Hall (lower level) on River Road. Doors will open at 6:30 p.m. and the Forum will begin promptly at 7 p.m.

The format will, again, consist of several questions posed to each of the can-

didates, which will not be known by any of them in advance. They will have a fixed amount of time to answer. Depending on available time, there may be questions from the floor.

Candidates are asked to either email or call Jennifer Iannantuoni (jenniferianantuoni@yahoo.com or 422-5402) or Kim Harris Evans (kim.j.evans@hotmail.com or 236-2123) prior to the event so that we can plan appropriate seating, etc.

Rutland NRCD Notice of Availability of Petitions

To all owners of one or more acres of land lying within the boundaries of the Rutland Natural Resources Conservation District notice is hereby given that on the 15th of February 2011 petitions for the position of Supervisor for this District will be available. An election will be held on March 15, 2011 for one Supervisor. Petitions must be completed and returned to the local District office by close of business on February 28, 2011.

Only persons, firms, and corporations who hold title in fee to one or more acres of land and residing within the towns of Sudbury, Brandon, Pittsford, Chittenden, Rutland City, Rutland Town, Mendon, Ira, Clarendon, Shrewsbury, Tinmouth, Wallingford, West Rutland, Mt. Holly, Danby and Mt. Tabor are eligible to sign a petition or vote.

Conservation Districts are local subdivisions of state government established under the Soil Conservation Act of Vermont. They work through voluntary cooperation with landowners in applying conservation practices to the land. They offer technical and financial assistance through the USDA Natural Resources Conservation Service. Other areas of interest include Act 250 reviews, county soil survey, agriculture non-point source pollution control, watershed planning, surface and groundwater quality, and conservation education both in schools (K-12) and to the general public.

An eligible voter may pick up a petition at the Rutland NRCD office at 170 South Main St., Ste. 4, Rutland, VT from 9:00am and 4:00pm. Phone 802-775-8034 ext. 17.

Get in on the Action! Poultney Celebrating 250 Years

On Saturday, February 26th the Poultney Area Chamber of Commerce, will be hosting "A Spotlight on Poultney and the Lakes Region, Now and Then" and also featuring Horace Greeley celebrating 200 years at St Raphael's Hall on East Main Street - Poultney. Doors will open at 10:00 am and end at 4:00 pm.

There are 50 spaces available and are on a first come first serve basis. We are opening it up to all Chamber Members

first. Deadline for Chamber Members is February 9 and at that point, we will then open it up to the community and other surrounding towns. The spaces are 10' and are \$25 each. You will need to bring your own tables and chairs.

If you are interested in participating in this wonderful event spotlighting Poultney and the Area, please contact MaryLee Harris of Stitchy Women, 287-4114 or stitchywomen@myfairpoint.net.

Sherburne Elementary May Change it's Name

As the Town of Killington celebrates its 250th birthday, the Sherburne Elementary School Board is considering a name change to incorporate the name of our town into the name of our elementary school. The School Board believes that there are many practical reasons to change the name of the school and we would welcome the opportunity to share our ideas and to hear the community's input on this issue. There will be an in-

formational meeting at the school on Wednesday, February 23rd at 6:30pm to discuss the school budget and the possible renaming of Sherburne Elementary School. If you have any questions regarding this meeting or if you are unable to join us but are interested in the issue, kindly call Sherburne Elementary School (422-3366). We look forward to seeing and hearing from all interested community members.

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WARNING ANNUAL MEETING OF WOODSTOCK UNION HIGH SCHOOL DISTRICT NO. 4

The legal voters of the Woodstock Union High School District No. 4 are hereby warned and notified to meet at the Woodstock Union High School Teagle Library located at Woodstock, Vermont in said District on Wednesday, the 9th day of March 2011 at 7:00 in the evening, Eastern Standard time, to act on the following articles. Australian ballot voting will take place on March 1, 2011 at the polling places and times listed below:

Barnard	Barnard Town Hall	10:00 AM - 7:00 PM
Bridgewater	Bridgewater Town Clerk's Office	8:00 AM - 7:00 PM
Pomfret	Pomfret Town Hall	9:00 AM - 7:00 PM
Reading	Reading Town Hall	10:00 AM - 7:00 PM
Killington	Sherburne Elementary School	8:30 AM - 7:00 PM
Woodstock	Woodstock Town Hall	7:00 AM - 7:00 PM

ARTICLE 1: To elect a Moderator, Clerk, Treasurer, and Auditor, with all such District officers being elected for one year terms, with the exception of the Auditor who shall be elected for a three year term.

ARTICLE 2: To hear the reports of the District, including the reports of the Board of Directors, the Treasurer, the Auditors, and the Superintendent, and to take action with reference thereof.

ARTICLE 3: To determine what sum of money the district will vote to pay its District Officers as compensation.

ARTICLE 4: Shall the voters of the Woodstock Union High School District appropriate \$11,059,773 (Eleven Million Fifty-Nine Thousand Seven Hundred Seventy-Three Dollars) as the amount necessary for the support of its school for the year beginning July 1, 2011? (Australian Ballot)

ARTICLE 5: To determine whether or not the district will authorize the Board of Directors to borrow money, if necessary, for payment of current expenses of the District pending receipt of payments from its member towns.

ARTICLE 6: To transact any other business that may legally come before the meeting.

FURTHER NOTICE - INFORMATIONAL HEARING

The legal voters and residents of the Woodstock Union High School District No. 4 are further warned that a public informational hearing will be held at Woodstock Union High School Teagle Library on February 21, 2011 at 7:30 o'clock in the evening (p.m.) for the purpose of explaining Articles 4 and 5.

The legal voters of the Woodstock Union High School District No. 4 are further notified that voter qualification registration and absentee voting relative to Article 4 shall be as provided in Chapters 43, 51, and 55 of Title 17, Vermont Statutes Annotated.

Dated at Woodstock in the County of Windsor and State of Vermont on this 26th day of January, 2011.

DWIGHT DOTON
Woodstock Union High School District No. 4 Board Chairperson



Cadillac 2011 CTS AWD Sport Sedan

LEASE FOR
\$459 FOR **39**
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Leasing available through Ally Financial to credit qualified buyers. MSRP of 2011 Cadillac CTS AWD Sport Sedan \$47,250. Monthly lease payment of \$459 for 39 months, 10,000 miles per year with \$2,000 down plus tax, title and registration fees for a total of \$3,784 due at signing. Security deposit waived. All rebates have been applied including \$3,400 manufacturer's cap cost reduction and \$1,000 owner loyalty. Offer good through 2/28/2011.

Cadillac 2011 CTS AWD Coupe

LEASE FOR
\$439 FOR **39**
PER MONTH MONTHS

STK#1871560

Leasing available through Ally Financial to credit qualified buyers. MSRP of 2011 Cadillac CTS AWD Coupe \$46,030. Monthly lease payment of \$439 for 39 months, 10,000 miles per year with \$2,000 down plus tax, title and registration fees for a total of \$3,763 due at signing. Security deposit waived. All rebates have been applied including \$2,000 manufacturer's cap cost reduction and \$1,000 owner loyalty. Offer good through 2/28/2011.



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NEWS FROM THE PITTSFIELD/STOCKBRIDGE VICINITY AND THE HINTERLANDS BEYOND



by Johnnie Goldfish

It's only after umpteen lifetimes, a dramatic ascension into peak vibrational levels of light and awareness, and only after "the way" has been meticulously prepared and tests have been passed, that a soul can even hope for the kind of life that you are now living. Hot dog, take this show wherever your heart desires.

The Rochester School and Public Library will show Chaplin at their Friday Night Free Movie on February 18 in the school auditorium. All are welcome.

The Pittsfield Federated Church and the Ladies of the Church are cooking up a Homemade Hot Soup and Salad Night on Friday, February 18 at 6 pm in the Pittsfield Town Hall facilities. Rumor has it that the pastor will also provide a "not to hot" large pot of chili. There will also be beverages, homemade bread and crackers. All proceeds will go to the handicap access renovation project.

Riddle: Forwards I am heavy, backwards I am not. What am I? Answer below.

The Gaysville Community Church invites you to a Baked Bean and ham Supper to be held on Saturday, February 19 at the Stockbridge Central School located on Route 107 near the Stony Brook bridge construction. The serving times will be 5, 6, and 7 pm. Adults can eat up a storm for just \$8, children 12 and under are \$3.50 and takeout is available. This supper benefits the church Steeple Fund. For more information call Maryellen at 234-9281 or Marge at 234-5774.

The 4 Year Old Love Report: or What does love mean to a 4-8 year old: When someone loves you, the way they say your name is different. You just know that your name is safe in their mouth. -- Billy, age 4.

February is American Heart Health Month. With that in mind check your blood pressure, if your BP is high see your doctor and avoid stroke, check your cholesterol, we all need it but just a smidge, limit alcohol intake and eat less.

Rochester High School's George E. Lamb Chapter of the National Honor Society inducted eight new members recently. Some qualifications that make a student eligible for the Honor Society are the qualities of scholarship, volunteer service to the community, leadership and character. The eight new members who were

inducted are Josh McKinley, Madison Fuller, Cassidy Johnson, Gavin Curtis, Anna Labejsza, Kaitlyn Veilleux, Danielle Mishkit, and Rhianna Graham-Frock. Each new member was introduced by a current member who spoke to why each student was chosen. Chapter advisors are Terry Paquette and Tammie Beattie. Got honor!

On Friday, February 18 the Rochester School will hold an event called Family Night First to begin at 4:45 pm with a dance performance by the girls from the after school program who have been learning ballet with Jane MacKeil and will be followed by community interviews. This is an extension of the 21st Century Community Learning Center after school program and the current enrichment class taught by Kerry Gilbert. The students are doing a project about the people in the community.

This event is an opportunity to bring children and families together in a learning and social environment. The hope is that the children will discover new things about the person they are in the process of interviewing that they find interesting or exciting said Director Siobhan Neale. For more information you can contact Siobhan at 767-4632, ext. 3140.

The Family Matters Report: February has been designated I Love to Read Month so plop the kids down on the couch and read them a tale, all of your local libraries are brimming with exciting titles.

The Pittsfield Library has announced that long time super volunteer and super trustee Susie Martin will be retiring from the library board. The library and staff has high hopes that Susie will continue to be a regular patron. They expect that they will need a lot of extra help to fill her shoes, so please step up to the plate and give a few hours to the community and the kids.

Riddle Solution: Ton (read it backwards). Arrrrgh. Thought for the Week: "The only reason your mind won't stop its endless chattering, is because you won't stop listening to it." – Guy Finley, (American self-help writer, philosopher and spiritual teacher).

We like your chatter; we'll listen to your news and print it at PO Box 1, Stockbridge, VT 05772.

Comedy Extravaganza II Auditions

The Marble Valley players will hold open auditions for their spring Comedy Extravaganza II on Thursday, Feb 17 and Friday, Feb 18 from 6:30-9:00 PM at the West Rutland Town Hall. Gary Thompson, Robert Higgins, and Nancy Manney will each direct a one-act comedy to be presented at the Town Hall Theater just in time for April Fool's Day from April 1-3. One acts are a wonderful opportunity for someone with an interest in theater to "get their feet wet" without dealing with a huge part or time commitment. For more information call Gary at 779-2722 or just show up for auditions! No special preparation is necessary.



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WARNING FOR TOWN MEETING TUESDAY, MARCH 1, 2011

The legal voters of the Town of Killington, in the County of Rutland, the State of Vermont are hereby warned and notified to meet at the Sherburne Elementary School in Killington on Tuesday, March 1, 2011 at 10:00 A.M. to act on Articles 1 through 10; and on Tuesday, March 1, 2011 from 8:30 A.M. through 7:00 P.M. at the Sherburne Elementary School in Killington to vote by Australian ballot on Article 11.

With respect to Article 11, the legal voters of the Town of Killington are further notified that an informational meeting will be held on Monday, February 21, 2011 at 7:00 p.m. at the Town Offices for the purpose of reviewing the proposal for restructuring the golf debt. [For voting by Australian Ballot on Tuesday, March 1, 2011, polls open from 8:30 A.M. to 7:00 P.M.]

ARTICLE 11.
Shall the Town of Killington refund and restructure outstanding indebtedness issued to construct, develop, improve and operate the Green Mountain National Golf Course through the issuance of refunding obligations in an amount not to exceed \$4,500,000 (Four Million Five Hundred Thousand Dollars), payable over a term of no more than twenty (20) years?

The legal voters of the Town of Killington are further notified that voter qualification, registration and absentee voting shall be as provided in Chapters 43 and 51 of Title 17, Vermont Statutes Annotated.

Michael E. Miller J. Christopher Bianchi Jim Haff
BOARD OF SELECTMEN
January 28, 2011

The full Warning is posted in various locations in the Town of Killington and on the Town's website, www.killingtontown.com.

Salmeri for Select Board

After long and difficult thought I am announcing my candidacy for select board in the town of Killington. It was a hard decision to make. Its time I put my money where my mouth is, so to speak. I feel this election is a very important one, one that will decide the future of Killington. One of the things that I have learned from my years as an eagle scout, and then as a Marine, is commitment. Commitment to family, your work and your community. I will work tirelessly and make the hard decisions that I feel need to be made. What can I do for my community, not what can my community do for me. And with that in mind I believe the select board needs to take a more business-like approach to running this town. I have run successful businesses all my life, in good times and bad times. I have had my current business in Killington for 16 years. I have spoken to many of you about many issues. Sometimes we agree sometimes we do not. However, I always listen and respect your thoughts. I feel my experience will be a benefit and help guide me in my quest to fix the problems in this town. We need to do an honest straight-forward evaluation of our problems. Explore all options. Form a plan to fix the problem once and for all!!! Then execute that plan. Do this with facts and not emotion. But remembering everyone best interest in the community. I ask for you to consider me on March 1. And vote for progress. So the town of Killington can move forward.

Respectfully,
Robert (Sal) Salmeri

COMMUNITY CALENDAR

Thru Apr. 9 - Killington. Sherburne Women's Club selling raffle tickets for annual fundraiser. Raffle drawing party Apr. 9 @ On the Rocs. 6:30pm, free admission, cash bar. \$10 tickets. 422-5402 or 779-4487 to purchase.

Feb. 17 - Woodstock. Hand in Hand community meal, Thurs., 5-7pm. This Week: Random Acts of Kindness Day, Hand in Hand - 6 yrs. Social Hall, N. Unitarian Chapel Society. All welcome, donations accepted. 457-9272.

Feb. 18 - Pittsfield. Pittsfield Federated Church and Ladies of the Church Homemade Hot Soup and Salad Night, 6pm, at Town Hall facilities. Proceeds the handicap access renovation project.

Feb. 19 - Benson. 2nd annual Benson Chowder Cook-Off at Benson Community Hall. Benefit for Benson Community Scholarship Fund. Doors open to public 1pm. 537-2063.

Feb. 19 - Stockbridge. Gaysville Community Church Baked Bean & Ham Supper at SCS for church Steeple Fund. Serving times at 5, 6, 7pm. Adults \$8, children 12 & under \$3.50. Takeouts. 234-9281 for info.

Feb. 23 - Rutland. Rutland Branch of Church of Jesus Christ of Latter-day Saints presents Preventing Youth Suicide: What Every Adult Should Know. 7-8:30pm, Rutland Chapel. For info, 775-6301.

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.



Town of Killington Annual Appointments

The Killington Select Board invites applications for the following appointed positions:

- Economic Development & Tourism Commission
- Energy Coordinator
- Planning Commission
- Recreation Commission
- Rutland County Solid Waste District Representative
- Zoning Board of Adjustment

Please submit letters of interest to:
Killington Select Board
P.O. Box 429

Killington, Vermont 05751

e-mail: kathleen@town.killington.vt.us

Letters of interest due by March 3, 2011.

To find out more about these appointed positions, please contact
Town Manager Kathleen Ramsay at 802-422-3241.

Remembering Doreen Croke

by Paul Croke



Doreen always loved Vermont, beginning when she a young elementary school kid, with long train trips from Boston to Barre where she would spend summers with her favorite aunt, Gwen.

When we had our ski place in New Hampshire in the 70s, she was always trying to convince that we should buy a ski place in

Vermont. I was finally convinced when we learned that, in those days, the ski season lasted 4-6 weeks longer at Killington vs. the White Mountains, so we up and bought a condo at Hemlock Ridge in 1978. For the first 10 years or so, at Killington we were weekend skiers; we joined the Killington Ski Club right away - joining the Saturday morning "Skillfuls" group - and soon thereafter, became members of the first cohort of Ski Ambassadors.

In 1994, Doreen decided to take a sabbatical from her job as school nurse in Scituate, MA high school. She got in plenty of midweek skiing and nightlife at Killington. She didn't miss many happy hours, especially if skis were being raffled off. She was there cheering Scott Giguere when he skied off the roof of Charity's as part of an advertising commercial for his business. Doreen's experiences were chronicled in a Snow Country Magazine article, "An Elder Ski Bum," in December 1995.

In 1999, Doreen retired from her nursing position and moved to Killington full time for the winters. When asked by someone, where in Florida does she go during the winter, she would emphatically respond, "We go north in the winter, not south!"

In 2005, she was diagnosed with Alzheimer's disease, yet that did not hold her back from skiing. In 2007 she notched 100 days of skiing; in 2008 (three years after the diagnosis), she enjoyed 50 days of skiing. It was in the fall of 2009 that her neurologist "ordered" her off the mountain with a formal written prescription: "Doreen, you can no longer ski!"

Doreen passed away on January 15, 2011. A few days later, hundreds of her friends, relatives and ski buddies come out in a snow storm (how appropriate!) to attend her wake and funeral Mass.

SKIERS REQUIEM

Come, fellows, just buckle my boards on,
My ski poles stand by my side;
I'm off for the Lord's own snow fields,
I'm off for the Last Long Ride.
You can lie in your musty old graveyards
Enjoying your "Eternal Rest,"
While I ski a trail down some heavenly vale,
Till the last sun sets in the west.

Mendon/Chittenden/Pittsford/Brandon Notes

by Debbie Burke

Brandon's Winter Arts and Wine Festival, Art in the Snow, takes place on the weekend of February 26 and 27, 2011. The Town of Brandon is "The Art and Soul of Vermont!" It's all awaiting you: Open studios, classes, and demonstrations in a variety of visual arts media, artist talks, colorful galleries, wine tasting parties, evening music, fine gourmet cuisine or casual dining, antiques, books and special gifts. There are cozy rooms in romantic Vermont country inns and charming B&B's. At the end of the weekend, The Boys and Girls Club of Brandon will host their second annual fundraiser, the Taste of Vermont, an afternoon of tasting the finest of Vermont cheese makers, farms, vintners and chefs! The Taste of Vermont will begin at 4 pm on Sunday, February 27 at the Lilac Inn with hors d'ouvres. Event-goers will then be taken by a charming horse-drawn carriage ride to the

Brandon Inn and main dishes. The Taste of Vermont includes a silent and live auction of great prizes! For more information, please contact the Boys & Girls Club (afternoons) at 802-465-4131. Art in the Snow is sponsored by the Brandon Artists Guild and the Brandon Area Chamber of Commerce. For more information, contact the Chamber at 802-247-6401.

The Mountain Top Inn and Resort in Chittenden, Vermont currently has 60km of cross country and snowshoe trails open with outstanding conditions. The Mountain Top Inn is a short 11 miles from Killington and has for rent cross country skis, ice skates and snowshoes. The inn also has dog sled rides and ice skating. Special horse drawn sleigh rides and dinner at the inn are now being featured. Call the Mountain Top Inn and Resort today to make your reservations 1-802-483-2311.

Lakes Region News

by Lani Duke

The Poultney Area Chamber of Commerce hosts a Spotlight on Poultney and the Lakes Region, Now and Then from 10:00 a.m. to 4:00 p.m., Saturday, February 26, in St. Raphael's Hall, East Main Street, Poultney. Special guest for the day is Horace Greeley, celebrating his 200th birthday.

Castleton Community Center celebrates National Heart Month with an All Hearts Card Game Day on Friday, February 18. The fun starts at noon with the heart-healthy homemade chicken soup and garden salad for lunch, followed by the card game Hearts from 12:30 to 2:00 p.m. Call in your lunch reservation by 10:00 a.m. Thursday.

How does your chowder rank? Enter it in the second annual Benson Chowder Cook-Off on Saturday, February 19 at the Benson Community Hall. The benefit for the Benson Community Scholarship Fund runs all day, with doors opening to the public at 1:00 p.m. Call Gina Cull, 537-2063, for details.

The American Powerlifting Alliance Fair Haven Fitness 2011 Winter Classic, bench, squat, and dead lift competition begins at 11:00 a.m. Saturday, February 19, at Fair Haven Fitness. The gym's owner Jamie Matta ranks #1 in the country in bench press for the 198 weight class and has set four world records with a bench press of 605 pounds and a world record of 1740 pounds in combined bench, squat, and dead lift. He was also recently recognized for his dedication to the sport by the Titan Support Systems, Inc. and LiftingLarge.com sponsorship program. You're welcome to watch - you might even see a new world record being set.

Try your hand at rug braiding. This simple down-home traditional craft uses readily available materials

and minimal tools, and is easily portable. Learn from Marilyn Hanson on Tuesday, February 22, from 1:00 to 3:00 p.m. Pre-register (required) by calling 468-3093.

The CCC is looking for bridge players to play Mondays from 1:00 to 4:00 p.m. Call Marion Cleary, 273-2140, or the Center, 468-3093, to indicate your interest.

Castleton Fire Department members are the guest chefs for the February pot luck supper at the Castleton Community Center, preparing a savory roast turkey main dish. The post-dinner program focuses on home safety. Call 468-3093 to make your reservation.

The Poultney American Legion Ladies Auxiliary holds a benefit poker tournament on Sunday, February 27, at the Poultney Legion, 689 Granville St. Satellites start at 11:00 a.m., main at 1:00 p.m., with side games before and after the tournament.

Art by Castleton prof Tom McGlynn is on exhibit at Maison Kasini Gallery in Montréal through March 5. In a show entitled Hello from Vermont.

Seventh graders from across the Rutland region gather at Castleton State College on Tuesday, February 22, for "Your Journey Starts Here." Keynote speaker is Darren Perron, WCAX TV co-anchor, as part of a collaborative effort among the Rutland Region Workforce Investment Board, Vermont Student Assistance Corporation, Castleton State College and nine Rutland County middle schools. For more info, call Peg Bolgioni, Stafford Technical Center outreach coordinator, 770-1275.

Castleton State College student actor Morgan Bernhard reached the final round of 16 at the regional Kennedy Center American College Theatre Festival held at Fitchburg State University in Massachusetts. He was also recognized as best in Classical Acting and his acting partner Ryan Bailey was recognized as best partner. Fellow Castleton actor Julianne O'Connor reached the semifinal round of 36 at the festival, while Julie Banach represented Castleton as a Musical Theatre Initiative soloist. In addition, three theatre technicians reached the finals in their respective areas: Louis Riquelme in Scene Design for Jesus Christ Superstar, Lauren Wright in Stage Management for Jesus Christ Superstar, and Angela Champine in Sound Design for Picnic.

First Year Seminar students at Castleton applied their newly learned research methods at the Helen W. Buckner Memorial Preserve in West Haven, performing Service Learning. The sociology project gathered and studied trash that litterers dump at the preserve. Many of the young people did not expect to find diapers, garbage, construction debris, and party remains in Vermont; one conclusion is that dumping comes from local residents who can't afford commercial trash removal.

Peter Hathaway of Pawlet recently became Fair Haven's new town manager. He begins work in March.

Poultney High senior Jenise Lemon has become a National Achievement Award finalist. Fellow senior Kelsi Brown has received a \$1,000 Comcast Leaders and Achievers scholarship to help with college costs and expenses.

Poultney students have also shown success at Stafford Technical Center. Senior Brian Crandal was recognized as "Student of the Marking Period;" he majors in power mechanics and welding. Junior Chris Loomis won "Student of the Marking Period" at Stafford Technical Center for his work in auto refinishing.

Fair Haven Grade School students recently celebrated their 100th day of school in the current academic year. Primary students wore 100th day hats and badges, sang songs about the 100th day, and brought in 100 items to count, weigh, or measure. Some observed how far 100 steps would take them through the school's hallways.



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Letter to the Editor

Though I am spending much of my time out of state with a new grandson, I remain a Killington resident. I read the minutes of each Select Board meeting as well as watch each meeting on PEG TV. I care deeply for the Town of Killington and share the excitement of the wonderful things that have been happening with the resort, the businesses and the EDT.

It is for these reasons that I was thrilled to see Patty McGrath throw her hat in the ring as a new candidate for the Select Board. I have always been impressed with Patty's ability to see a situation from many sides and to make comments and suggestions that tried to accom-

modate every interested party. Patty and her husband, Murray, have run a successful family business in town for many years. Their patrons, as well as fellow business owners and residents, think highly of them. Patty has volunteered her time to the Town of Killington for many years, mostly with the Recreation Department.

In a time when our town is poised to accomplish great things, I believe that Patty McGrath will bring a sense of fair play and clear-headed approaches to many decisions. I urge you to consider what she can bring to the table when you are ready to cast your vote.

Sincerely, Cindy Phillips



ARIES: March 21 – April 20: Just because you have integrity, don't assume that everyone else does. Half of your problems would be gone if you stopped giving people so much space to take advantage of you. I realize this seems to contradict anything that's been said about your independent spirit – but that's just the point. It's your independent spirit that contributes everything to the perception that you are both naïve and not paying close enough attention. For now you would be wise to check people out thoroughly and investigate their connections before you decide to trust them with your life.

TAURUS: April 21 – May 20: You run between pushing too hard and not pushing hard enough. It's difficult to know how much pressure to apply in situations where everything is as unclear as yours appears to be. Before you let anyone tell you how to balance your life, realize that they don't have to live in it. You know as well as I do that you are burnt out when it comes to things that used to get you going. This is complicated by the fact that you aren't sure enough about who you are now to know how much of the past needs to be kept alive, or how much of your spirit has anything left to give to it.

GEMINI: May 21 – June 20: It seems stupid to close off every entrance to your soul and turn around and wonder why the ones who are supposed to be there for you aren't clairvoyant enough to dish up a solution to your problems. You can't expect people to haul out their crystal ball every time they want to know what's going on with you. It would help matters so much if you could be more direct. This could also apply to situations and issues that you just aren't in the mood to confront. Maybe it's time to look at the ways in which you use all kinds of clever ploys to avoid dealing with yourself.

CANCER: June 21 – July 20: You're in one of those situations where everything hinges on how it turns out; at least as far as you are concerned. Something in you wants this more than anything. At the same time, you are well aware that you could easily lose this if you don't play your cards right. When we feel like we can't live without something we push it away. It's time to consider that axiom in light of what you're feeling and know that you have to let this go, not just figuratively but in the real sense of the word. A little distance or something to keep you busy will help you wait things out.

LEO: July 21 – August 20: It didn't pay to hang around and blame everyone else for your troubles. You are now willing to admit that it was a great way to excuse yourself from having to be accountable for any of it. Thank God you've turned a corner. If you're feeling a little lighter and clearer it's because you finally decided to get real. Isn't it amazing how the truth heals? If it's hard to know exactly where you need or want to go from here, at least you're clear that you can't stay put. Use your energy to create a foundation for whatever the future holds and prepare inwardly for a move.

VIRGO: August 21 – September 20: You bring too much to bear to everything; big stuff, small stuff? It doesn't matter. You are always giving yourself a hard time or driving a tack with a sledge hammer. Right now, you won't get anywhere by cracking the whip. This approach may have worked in the past, but it ain't working for you anymore. You need to remember that even between a rock and a hard place there's always the potential for a miracle to hotwire itself into the difficulty. Don't sit around cursing your luck. Luck is the product of faith. A little more faith is what's needed here.

LIBRA: September 21 – October 20: You hover between being totally cool with everything and freaking out about the fact that you've never had to deal with anything like this before. You can take comfort in the fact that it doesn't matter how crazy things look; the only thing that matters is how you handle it. Doing the right thing is about to involve realizing that you have to take a completely different approach. The old tendency to need to stay on top of things and to make sure that others are behaving as they should needs to be replaced with a light hand, an open heart, and a willingness to let them be.

SCORPIO: October 21 – November 20: Too many things have opened up for you to be anything but in awe of how life works. Whatever it was that prevented you from trusting life and people in the past, has suddenly become a non-issue. If this has something to do with love, it seems as if unconditionality and the idea of conscious equality has really turned things around. In other areas of your life you are beginning to see that your efforts to simplify and live from a more authentic place have made it possible to mix your work situation and your sense of purpose into a blend that makes you feel whole.

SAGITTARIUS: November 21 – December 20: You get what you give. Don't ever think that this isn't so. At the moment issues of give and take are huge for you. If circumstances have conspired to keep you giving what appears to be more than your share, before you accuse anyone of holding back or expecting too much, look at whatever you're taking for granted. Others are putting out way more than you've ever given them credit for. Don't ruin what could be totally amazing and wonderful if you would just find a way to open your heart fully and completely to the ones who love you enough to give it all.

CAPRICORN: December 21 – January 20: For more than one reason you are out of your element. If this feels uncomfortable, try to figure out why you are unhappy or just totally out of the loop in this situation. For many of you it could just be a matter of acclimating yourself to a new rhythm. For others this is about being overwhelmed by your inability to make your life bear some reflection of whatever it is that you want out of it. Look at the difference between whatever's going on and what you thought it would give you and consider rearranging either the scenery, or your principles.

AQUARIUS: January 21 – February 20: You could stay or go. It's OK with you either way. On some level this is how you see it; but I am not sure if you really believe it - because another part of you is absolutely sure that you need to either get out or recognize that some big changes are in order. The tendency to get over involved with people who need more help than you can give them, or who have figured out how to manipulate you in ways that force you to acquiesce to their dependence on you, is the main issue right now. Don't let your soft spot blind you to the fact that this doesn't work for you at all.

PISCES: February 21 – March 20: How could you possibly feel totally free and clear? The last few years have been so full of radical change, it's a wonder you're still in one piece. Trying to act like you're over things, making it seem as if you've got it all under control, or any attempt to play it cool won't erase the fact that nothing is the same. You keep sticking around not necessarily by choice – and what you don't realize is that you will not be able to see anything clearly until you shift your point of perception. For a change of tune and a new vision, a move is definitely in order for many of you.

Letter to Editor

Recently, there has been much discussion of Mr. Rome's proposal to change the nature of the options tax funds by putting those funds under the direct control of the Select Board. This would allow them to spend these funds as they see fit, and as Mr. Rome suggests, to possibly use them to offset the Green Mountain National Golf Course debt.

I disagree with this proposal for a very valid reason - these options tax funds were voted into existence for a specific purpose, which was and remains, the economic promotion of our town through the EDT. Now is not the time to stray from this course. Despite what it's detractors may say, the EDT has produced positive results in a short period of time. It's successes are apparent in the resurrection of the Killington Stage Race, The Holiday Festival, the Hayfest, the highways and byways designations, and grants for extending the sidewalks and beautification of our entry ways into the town. And these are just a few of its successes. The projects that are currently in the planning stages

are numerous and will bear fruit in our not too distant future. Any of these on their own might be considered minor, but together they create a force of economic movement that will pay dividends for years to come. I believe, in time, the effect of the EDT will multiply; our town's revenues will continue to rise, and as a consequence, the amount of funds the options tax creates will increase. At that time we will need to consider what other uses those excess funds could be used for in order to benefit us all. But, to divert the needed funds for the EDT now is premature as it has not reached its full potential. If we lose sight of our purpose now, it will cost us more in the long run.

The GMN debt is the town's responsibility, and presently, our manager Kathleen Ramsey is working on resolving this issue in a way that would have the least amount of impact on all of us. Both short and long term consequences must be considered when deciding upon the final course of action.

Patty McGrath



Killington-Pico Rotary News

by Janina Curtis

Each Wednesday the Killington Pico Rotary Club meets at the Summit Lodge from 6PM – 8PM for a full dinner, friendship, and a guest speaker. If you are interested in learning more about Rotary International, call 422-5499 to make a reservation to attend a dinner meeting. Upcoming speakers are:

Feb 23 - Jim Davis, Make-A-Wish Foundation

March 2 - Howard Shaffer, American Nuclear Society – Vermont Pilot Project

On February 9 our guest speaker was Meredith Angwin, a physical chemist and Energy Education Project Director at the Ethan Allen Institute. The Ethan Allen Institute is Vermont's independent, non-partisan, free market oriented think tank. Its mission statement is: "The Energy Education Project helps people in Vermont understand their energy options in terms of cost, reliability, environmental impact and government support." Ms. Angwin also writes a blog entitled "Yes Vermont Yankee." In this blog she presents a variety of issues relating to Vermont Yankee including assessment of human health risk, economic impacts via jobs and energy costs, and government transparency. The blog includes an account of a nuclear power plant employee who was not allowed to enter the plant 30 days after receiving radioactive iodine to treat a medical condition, yet under medical NRC regulations was allowed to move freely while radioactive. One of the topics discussed was the "banana equivalent dose," which is a concept used to compare exposures to radiation generated by a common banana to other sources of radiation. Google "banana equivalent dose" and you will be surprised at what you will learn! The Ethan Allen Institute encourages Vermont residents to review the issues surrounding Vermont Yankee, put them into perspective, and communicate their wishes to the legislature.

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. Ice-Out tickets can be purchased at area establishments including: Long Trail Brewery, Clear River Tavern, Sun-Up Bakery, The Grist Mill, Peak Performance Ski Shop, Domenic's Pizza, Peppino's, Killington Deli, First Stop Ski & Board Shop, Mogul's, Sushi Yoshi, and Summit Lodge.

In order to increase the value of the prize, sponsorships are being offered to area businesses. Current sponsors are: Gold level: Casella; Silver level: Mountain Times; Bronze level: Inn at Long Trail, Greenbriar, Curtis Insurance Agency, Curtis Educational Group, Qual-

ity Contract Cleaners, Inc., Root's Ski and Board Shop. Other: LaValley Building Supply of Rutland and Ludlow.

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.

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WARNING FOR SCHOOL DISTRICT MEETING TUESDAY, MARCH 1, 2011

The legal voters of the Sherburne School District are hereby notified and warned to meet at the Sherburne Elementary School on Tuesday, March 1, 2011 at 9:00 o'clock in the forenoon to transact the following business:

ARTICLE 1: To elect a moderator.

ARTICLE 2: To act on the reports submitted.

ARTICLE 3: To elect one School Director to the Sherburne Elementary School Board for a term of three years, who shall be elected by ballot.

ARTICLE 4: To elect one School Director to the Woodstock Union High School Board for a term of three years, who shall be elected by ballot.

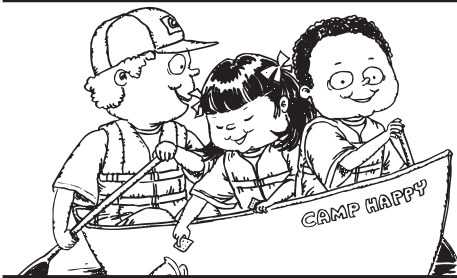
ARTICLE 5: Shall the voters of the Sherburne School District appropriate \$1,454,810) (One Million Four Hundred Fifty-Four Thousand Eight Hundred Ten Dollars) as the amount necessary for the support of its school for the year beginning July 1, 2011?

ARTICLE 6: To do any other business which may legally come before the meeting.

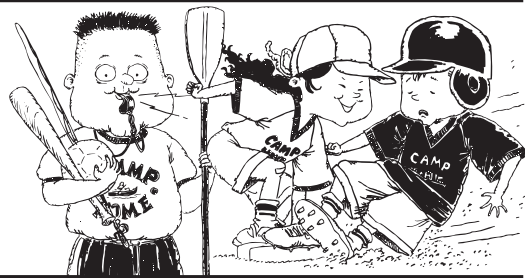
Dated this 26th day of January, 2011
BOARD OF SCHOOL DIRECTORS
Jennifer Iannantuoni, Chair

Mother of the Skye

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



CampGuide



VINS 2011 Nature Camps

The Vermont Institute of Natural Science (VINS) is getting an early jump on summer by rolling out brand new nature camp offerings for 2011. Camps are available at seven locations in Vermont and New Hampshire for children in pre-kindergarten through 8th grade.

In partnership with Purple Crayon Productions in Woodstock, VT, VINS will offer 4-6 year olds, also known as "Peeps," three-hour morning camp sessions. Two, week-long camps, entitled Anybody Home and Circles of Life, will provide pre-kindergarteners with the opportunity to explore nature through crafts, games and outdoor investigations.

"Fledgling" campers in grades 1 through 3 can choose from a variety of camp themes at locations throughout VT and NH. From science sleuthing in Natural History Mysteries, to aquatic escapades at the Upper Valley Aquatic Center in Water, Water Everywhere!, Fledglings will experience an amazing week of nature discovery.

Kids entering grades 4 through 6, dubbed "Falcons," will continue to enjoy favorite camp offerings like Radical Raptors, where campers will experience

a week of behind-the-scenes raptor investigations at the VINS Nature Center in Quechee.

VINS is also offering an "Owls" mixed ages camp at Storrs Pond Recreation Area for kids entering grades 1 through 6. Perfect for siblings and friends who would otherwise find themselves separated by grade, campers will develop confidence, coordination and self-expression, while gaining knowledge and inspiration from the woods and wetlands of New Hampshire during a week of Theatre in the Wild.

Brand new in 2011, VINS is offering a week-long sleepover camp for "Eagles" in grades 7 and 8. During the Green Mountain Explorers camp, Eagles will enjoy mountain climbing, canoeing, bird watching and camping.

VINS believes all children should have the opportunity to experience VINS Nature Camp. We therefore work with local businesses, foundations, and individuals to provide camp scholarships, "camperships," to families in need of support. If you wish to apply for a campership, or would like to donate to this important program, please call 802-359-5000 x221 or e-mail camps@vinsweb.org.



Hey Campers! Come Check out Night Eagle Wilderness Adventures

Located in the heart of Vermont's Green Mountains, Night Eagle Wilderness Adventures is a primitive summer camp designed to build a boy's self-confidence and foster a better understanding of native peoples and their relationship with the earth. Boys live in Lakota tipis and share in the cooking which is done over an open fire. Days and evenings are filled with quite crafts, active games, meaningful discussions, homemade music, storytelling, and a hundred other activities.

Activities tend to spring from the environment and teach boys to rely on their own ingenuity. Soon after their arrival, campers are busy carving bows and arrows, paddling canoes, creating birch bark baskets, throwing darts with an at-

latl, making moccasins and rattles, mastering the art of tracking and camouflage, identifying wild edibles, and learning to build fires with flint and steel and bow drills.

Through mutual responsibility, community living and group decision making, campers learn to live in harmony with themselves, others and nature, as they work and play together in a spirit of cooperation rather than competition.

For 40 boys, ages 10-14. Two, three and six week sessions available.

Accredited by the American Camp Association.

We invite you to visit www.nighteaglewilderness.com or call us for a full brochure, (802) 773-7866.

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Here's the Line Up, It's time to Sign Up! Programs are back! June 15th to July 31, 2011

First Time Hockey

Starts June 27
Mondays & Wednesdays 6-7pm (ages K-5th grade). For all beginning hockey players with a cool new format. This fun-packed 1-hour session will meet twice a week and split skills between street-hickey outdoors and ice hockey indoors. 5 weeks on Mondays and Wednesdays from 6-7pm. Come join Coach Grabarz to see what all the excitement is about!



New England Hockey Academy for High School Girls

June 24-26
Highly specialized and more Competitive than ever, designed for serious players planning to play college hockey. Coaches from Middlebury, Trinity and Wesleyan Colleges.

Rick Heinz Goalie Summer School

June 27-July 1
A unique experience where professional goalies teach other goalies. Ages 6 & up.

RRHP Hockey Academy

July 4-8
Back by popular demand! Resident Hockey Guru, Dave Fitzgerald will improve your game and your skating skills. You'll have a blast!! 2 sections: Intermediate, ages 1-11/ Advanced, ages 12-15

Camp Freeze

July 4-8
The coolest Kids Camp in Southern Vermont. Choose Hockey or Figure Skating. Snowmen in July! Get your picture taken on our Zamboni! All Fun! Aes 5-11

Dave Randall's North American Hockey Systems

July 16-22
Scientific, educational based skating, stick/puck & passing skills training. We save you the trip to Toronto!! Ages 7-15

New England Hockey Academy for High School, Midget and Junior Boys

July 29-31
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BOYS & GIRLS CLUB
OF RUTLAND COUNTY



Upcoming Classes at Chaffee

The Chaffee Art Center has created an ambitious 2011 class schedule. Classes will be offered for adults and children. Adult classes feature drawing, pastel, watercolor, rug hooking, and painting, with more to come. For children the Chaffee Studio School will be offering a series of Saturday morning classes for ages 7-14, younger students are permitted by request. The Saturday series is from 10-12:30 and is \$10 per student.

Coming up in March will be Uncomplicated Drawing Techniques with instructor Chester Kasnowski. This class will take place Saturday and Sunday March 5, 6 from 9-4 pm. Chester will be teaching basic drawing techniques in preparation for watercolor, painting or pastel. Continuous line, point direction, and neighbor shapes relationships will be considered. This class is offered at \$125 for members and \$140 for non-members.

Also in March is a class on Rug Hooking with Susan Mackey. Rug Hooking will take place on Saturdays March 12, and 26 from 9-11:30 am. \$90 for members and \$100 for non-members. Class cost includes a \$40 materials fee, which includes a hook, backing fabric for hooking, written instructions, cut wool, and a past issue of Rug Hooking Magazine.

For more information on current or upcoming classes, or to sign up visit www.chaffeeartcenter.org or call 802-775-0356.



Rutland Recreation & Parks Department News

Hands on Minds on Children's Art Studio - Jen Hogan will be offering her next session starting February 21, 2011. Classes are available for ages 24 months to 2nd grade! With a variety of art lessons and times don't miss your chance to join in on the fun!

U19 Rugby - Join one of the fastest growing youth sports in the nation and see what the excitement is all about. We teach all our players proper playing technique, laws (rules) of the game and proper conditioning to ensure they will enjoy the sport. Open to all high school age students in the area regardless of school affiliation. Practice will begin early March and run until June. Fee to participate is \$112 resident, \$123 non-resident this includes: USA Rugby Membership, transportation to and from games, and a player clinic. (Need based scholarships available contact Cindi Wight at 773-1822.)

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for those who have never had the opportunity to climb and the level one class is for those that have some experience but would like to improve. Add something new to your workout or get off the couch and get moving in a fun way! Fear of heights? Climb across the wall (bouldering) and only go up when you are ready. Classes begin February 21st.

Indoor Season at Giorgetti Arena - Rutland Recreation and Parks Department's indoor season will take place at Giorgetti Arena on the NEW turf! We are currently taking registrations for youth soccer, field hockey, lacrosse and flag football. We are also accepting rosters for our adult field hockey and soccer women's 30+ leagues. There will be a coed drop-in league for women 18+ and men 35+ Thursday evenings starting at 8:00PM. Fee to participate is \$10 per session.

Visit www.rutlandrec.com or call 802-773-1822 for more information or to register for any of these events!

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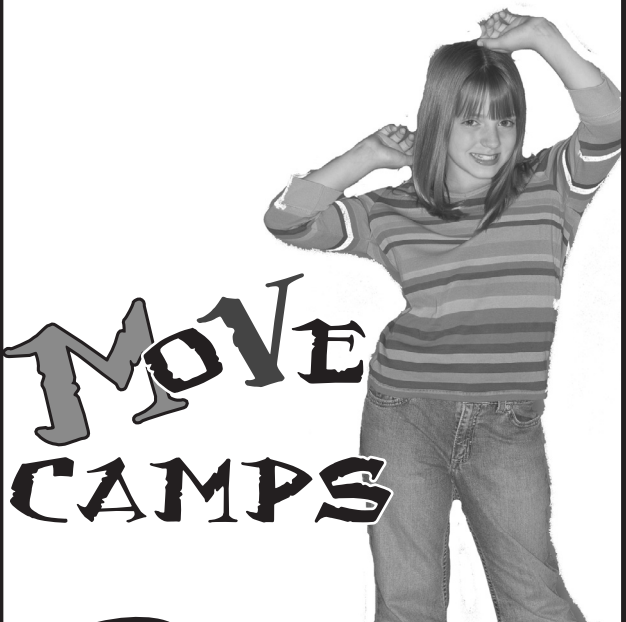
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KoSA Percussion Workshop, Camp and Festival

The KoSA International Percussion Workshop Camp and Festival will take place at the picturesque campus of Castleton State College, nestled in the Mountains of Vermont near the world-famous resort destination of Killington from July 26-31, 2011.

The KoSA Workshop is a hands-on intensive percussion camp unlike any other—a total percussion experience. The course of study includes an incredibly diverse range of styles and techniques. From drumset (rock, jazz, Latin, funk) and complete Drumline to Brazilian, Arabic and Frame drumming. Latin & Afro-Cuban rhythms, South East Indian drumming, classical Percussion marimba, jazz vibraphone, timpani, snare drum, percussion ensemble, Steel drum ensemble,

Marching percussion and special percussion for band director sessions are offered, as well as classes in video conferences and music technology for all levels. There will be daily ensembles and jam sessions.

Past faculty have included: Memo Acevedo, John Beck, Horacio Hernandez, Marcus Santos, Chester Thompson, Ignacio Berroa, Bobby Sanabria, Jonathan Mover, Dom Famularo, John Beck, Kenwood Dennard, Trichy Sankaran, Mario DeCiutiis, Arnie Lang, Cyro Baptista, Jim Royal, Glen Velez, Nancy Zeltsman, Gordon Gottlieb, Emil Richards, Marco Lienhard, Allan Molnar, Aldo Mazza, Steve Smith, Michael Wimberly & African Drum & Dance Ensemble, and the KoSA rhythm section: Piano, Bass, Guitar and more!

Price includes room, 3 meals per day, full tuition, hands-on classes, ensembles, and evening concerts. Shorter Day packages are also available.

For more information or to register, contact Aldo Mazza, Director, at 1-800-541-8401 or 514-482-5554.



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We offer a comprehensive approach to the development of each individual performer. Although participants choose specific areas of emphasis, the curriculum is designed so that everyone is exposed to all areas of instruction.

In addition, the public is encouraged to join us for memorable nightly concerts on the stage of the John and Susan Casella Theatre at Castleton's Fine Arts Center.

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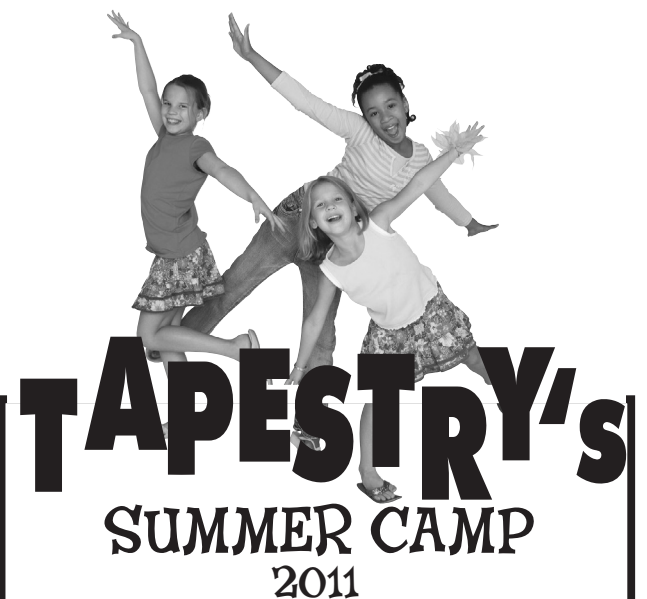
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Can A Low Credit Score Sink Your Mortgage?

by Michele Lerner • bankrate.com

Since 2007, when Freddie Mac and Fannie Mae introduced "risk-based pricing," consumer credit scores have played an increasingly pivotal role in the mortgage application process.

"Fannie Mae and Freddie Mac looked at credit scores and loan performance and realized that borrowers with lower credit scores are far more likely to default on their loan than borrowers with higher scores," says Douglas Benner, a senior loan officer with Embrace Home Loans in Rockville, Md.

As a result, credit score requirements are now stricter. Consumers need high scores to qualify for the lowest mortgage rates, says Gibran Nicholas, chairman of The CMPS Institute, an organization in Ann Arbor, Mich., that trains and certifies mortgage bankers and brokers.

"Consumers with a score as low as 620 can sometimes qualify for conventional financing, but they will pay a higher interest rate and points," Nicholas says.

The Fair Isaac Corp., or FICO, generates the most widely used credit scores, which are based on credit reports from three credit reporting agencies: TransUnion, Equifax and Experian.

"FICO scores rank-order consumers by how likely they are to pay their credit obligations as agreed," says public affairs officer Craig Watts.

A credit score of 740 is the threshold for qualifying for the best interest rates from conventional mortgage lenders, Nicholas says. "Typically, risk-based pricing tiers shift about every 20 points. So if your score is 680, you may need to pay 1.5 points at the closing or a higher interest rate.

"If your score is 640, you will need to pay 3 points at the closing. On a \$400,000 loan, that means you could need \$6,000 or \$12,000 extra."

Consumers can choose to pay points or a higher interest rate.

Benner says borrowers with a score in the mid-600s will likely pay 0.75 percent higher interest than the lowest current rates.

Conventional loan borrowers who make a down payment of less than 20 percent also need to meet private mortgage insurance guidelines in addition to qualifying with the lender.

Here again, credit scores make a big difference in a borrower's ability to secure a mortgage.

"Most PMI companies will not approve a loan for anyone with a credit score below 680," Benner says. "In addition, the amount of the loan they will insure changes based on the credit score. On some properties, such as a

cash-out refinance or a second home, the PMI companies insist on a credit score of 720 or higher."

Nicholas says that in a declining market where home prices are still dropping, such as Michigan, PMI companies can require a credit score of 720 or higher.

Benner says borrowers with credit challenges should apply for FHA-insured loans.

"While FHA has not yet set a minimum credit score, most lenders will only qualify borrowers with a score above 620 and some have even set the minimum for FHA loans at 660," Benner says. "My company is one of the few that goes down to 540, but this depends on the consumer meeting other guidelines such as a reasonable debt-to-income ratio and savings."

The FHA has proposed limiting loan approvals to borrowers with credit scores of 500 and above and to require a 10 percent down payment from borrowers with credit scores between 500 and 579.

Another proposal would require borrowers with a credit score below 620 to have cash reserves of at least one month's mortgage payment available following the closing. Nicholas anticipates these changes to be in place in early 2011.

Borrowers who are turned down for an FHA loan through their automated system can request manual underwriting so that a live person reviews their loan application, Nicholas says.

"Be prepared with a letter of explanation for your low credit score, such as a one-time event or illness rather than a pattern of not paying your bills," Nicholas says. If one lender won't do manual underwriting, another might.

Other compensating factors that can help a borrower overcome a low credit score include a low debt-to-income ratio, stable employment and substantial savings.

Benner says that FHA loans are available to all borrowers regardless of income or whether they are first-time homebuyers, as long as the home price meets area loan limits.

Another way to qualify for a mortgage when you have poor credit is to make a larger down payment.

Mortgage products took a sharp leap upward this week, with the 15- and 30-year home loans rising significantly amid signs that the U.S. economic recovery may also be gathering strength.

The 30-year fixed rate mortgage shot up 13 basis points, to 4.71 percent, its highest level since last summer. A basis point is one-hundredth of 1 percent.

Old Motorized Equipment Wanted

Stafford Technical Center's Power Mechanics/Welding Program is thinking green. They are asking for donations of recycled lawnmowers, garden tractors, compact equipment, all terrain vehicles, and motorcycles for their student projects. The students work on the equipment throughout the school year and are able to sell some of the pieces to earn money for their program. If you would like to make an equipment donation to Stafford's Power Mechanics/Welding Program contact instructor Kevin Corkins at 802-770-1058.

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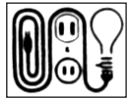
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2	8	3	4	1	5	6	7	9
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4	5	2	9	3	1	7	6	8
9	6	8	7	5	4	1	2	3

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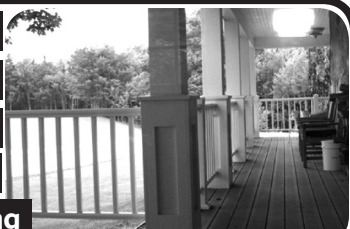
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View From Ludlow

by Ralph Pace

In keeping with its efforts to involved school children in its programming, LPC-TV is presenting a video called "Kids By Kids". The program was developed entirely by students at the Ludlow Elementary School with LPC-TV simply supplying the technical equipment to video tape the program. The program may be viewed on cable channels 8 and 20. LPC-TV services Ludlow, Cavendish, Plymouth, and Mt Holly.

FOLA (Friends of Ludlow Auditorium) is preparing for its first 2011 production at Ludlow town Hall's Auditorium on March 26. At that time it will host the Rutland Curbstone Chorus, a men's barbershop harmony a cappella group. According to information from Dick Nordmeyer, the Chorus' leader, the program will feature a lively variety of songs that should charm and please every musical palate.

In the interim, FOLA members are gathering in the auditorium's balcony to learn how to operate the new movie equipment it recently acquired. It's rumored that FOLA has already selected the first group of movies to be offered at the auditorium. Now all they have to do is figure out how to use the "high tech" gear that will display the movies!

Okemo Mountain Resort will be the scene of the 9th annual Comedy Night on February 26. Sponsored by Vermont Properties and Development, Inc., the event will showcase the talents of Bob Marley. Ticket information is available by calling 802-228-8877 or picking up tickets at VT Properties, Jackson Gore, United Peoples Bank, or the Wine and Cheese Depot in Ludlow. Proceeds from the event will benefit the Okemo Community Challenge grant funds used to underwrite many area activities.

On the same night, February 26, a good ole fashioned chicken dinner will be featured at the United Church of Ludlow. The menu will consist of home-style chicken and vegetables in gravy over homemade buns, copper carrots, cranberry sauce, homemade pies, and beverages. Servings are from 5 to 7 PM. For information, call 802-228-4211.

The Black River Academy Museum (BRAM) is in search of photos and information about "Dan the Popcorn Man" who used to supply well-buttered popcorn to Ludlow folks back in the 1950-60's era. Based on some information supplied to BRAM, the actual popcorn vending machine Dan used, may still exist

somewhere in the Ludlow/Black River area. If anyone has photos of Dan or information about his popcorn vending equipment, Georgia Brehm, BRAM's Director, would love to hear from you. You can reach Georgia at 802-228-5050 or director@bramvt.org. Incidentally, Dan's last name was Waite. And, to really age the popcorn, it was apparently priced at 5 cents and 10 cents a bag. (My how times – and prices, have changed.)

Ludlow is gearing up to celebrate its 250th anniversary since the Royal Governor of New Hampshire issued its charter. Frank Heald, Ludlow's Town Manager, is anxious to form a committee of local citizens interested in spearheading the work to celebrate this historic occasion. Anyone interested in helping is asked to contact Frank at the Ludlow Municipal Offices at 802-228-2841 or village@ludlow.vt.us.

Anyone interested in seeing an old-time, classic comedy movie should go the Cavendish Town Elementary School in Proctorsville on Friday, February 18 at 7 PM. The Black and White Film Festival is presenting "You Can't Take It With You" starring Jimmy Stewart. It's free – but donations to help underwrite costs are appreciated.

Also over in Cavendish, a hue and cry has gone out for 'a few good men'. According to workshop planners, the March weekend workshop called Playing With Shakespeare is in need of a few good men (or boys!). Jamie Ward, New York actor, teacher and lover of Shakespeare is returning to Proctorsville to lead participants through a fun weekend. His freewheeling style of teaching has made him popular with school and community groups that learn to appreciate the richness of Shakespeare's language through theater games, music and improvisation. The weekend is made possible by a generous grant from the Cavendish Community Fund.

This past weekend saw two major events in Ludlow: the Winter Carnival and BRAM's Valentine musical and dessert treat. If you will be driving through Ludlow this week, you should still be able to view some of the great snow sculptures that competed in the Winter Carnival. But, alas, you will be unable to hear the melodious songs of romance provided by four couples at BRAM's Valentines celebration. Try not to miss it next year.

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

Dear Editor,

The director of the Castleton Spartan Arena, Scott Dikeman, discussed the college's plan to expand their multi-purpose recreational facility in a recent PEG-TV interview. This expansion will provide membership opportunities in the next few months to the new fitness center at the arena and if I heard him correctly, would include the phys ed facilities on campus. Curiously, our City leadership has placed a \$4 million bond on the City ballot to develop a recreation center at Giorgetti Park

that will compete on many levels with Castleton's initiative.

Shouldn't Rutland City be seeking to collaborate, not compete, with the college in light of Castleton's plan to expand recreational opportunities to regional residents through their program facilities and outreach? Why is the City proposing to be in contention with a facility that is well managed, well-funded and has supported community needs?

Rutland City should be prioritizing its effort and finances to fix our century-old pipes in the ground, roads, bridges and sidewalks that need repair. Based on Castleton's plans, combined with current recreation programs provided by the City and others there is little reason to expand our recreation facility while our pipes are clogged or collapsing.

A NO vote on the Giorgetti proposal isn't an anti-recreation or anti-community stance. It is a common sense approach to tell our Mayor and Board of Aldermen to fix the important things first and see how the Castleton proposal works out before we duplicated our efforts.

It may well be that Spartan Arena, through Castleton's private investment and vision towards community partnerships and participation, will conceptualize the full essence of a Regional Recreational Center.

Nicole Breton
Rutland



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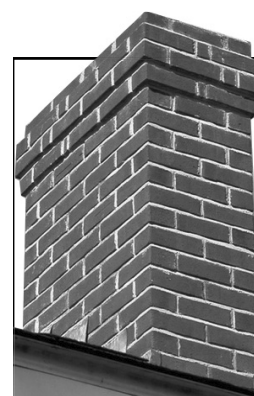
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Proctor Place

by Stacy Bates

The Proctor Lady Phantoms had a busy week. On Monday they traveled to Chester to play a strong Green Mountain squad. The Ladies gave a great effort but lost 52-38. Mikayla Tanner paced the Lady Phantoms with 14 points and Carissa Elrick chipped in 11. On Thursday the Lady Phantoms lost a heart-breaker at home in overtime to a good Poultney Blue Devil team 54-43. The Lady Phantoms played with great heart and energy but could not pull out the win. Carissa Elrick had an outstanding game running the team and scoring 15 points including three 3 point shots. Mikayla Tanner continued her solid play with 10 points. Mikayla McCormack chipped in 7 along with great defense and Erin Keefe scored 6 points and had 8 rebounds off the bench. On Saturday the Lady Phantoms got back in the win column with an easy 59-25 win in Ludlow over Black River. Mikayla Tanner had a double-double with 14 points and 11 rebounds. Carissa Elrick and Nicole Valach each scored 11 points. Megan Carter had a great game on the boards with 11 rebounds and 6 points.

A star is born! The annual Proctor variety show and pot luck dinner took place during winter carnival week on Wednesday, February 9 and what a show it was. Starting at 5:30 community members were encouraged to bring an entrée, dessert or other so everyone could enjoy a good meal and mingle before the show.

Each year students and residents get to showcase their talents on stage in front of a packed gym whether it be singing, dancing or instrumental. This year was another stellar year and we were not disappointed. A new act to the show and the show opener was the Sunshine Nursery School of Proctor. Their students sang Sheryl Crow's version of The Beatles hit "Here Comes The Sun." Not only did they sing but they had choreography as well and they were all super cute and did a wonderful job. Seasonal vets to the variety show stage Maxine Tilden and Isabelle Valerio did a dance number to a Ke\$ha song. Other dancers included Kristen Guyette & Kristi Denko doing a routine to "Freak the Freak Out." Other groups on the night included a collaboration from Olivia Valerio, Maddison French, Leah LoCascio, Miranda Blake, Courtney Currier and Brittany Gates singing

"Just The Way You Are" by Bruno Mars; Kelsey LeBlanc accompanied by Aaron Audet singing a Sara Bareilles song, and a band made up of Noelle Jepson (lead), Marshall James, Keith Piontek and Matt Scarzello singing a country song. The PES Glee club also did a performance of "Pata Pata" with the help of PES music teacher Denise Andriscin. More pairs and groups came up later in the show. Isabelle Valerio teamed up with her electric guitar playing father, Matt, and belted out "Long Way To The Top" by AC/DC. Teresa Isabelle (lead), Marshall James, Chris Miles and Jaron Mullan did a country song. The final acts of the night were two groups. The first was made up of Chris Thomas, Aaron Audet, Matt Scarzello and Silas Salatino doing "A New Life" by Chris Thomas. The finale was a band made up of Matt Scarzello, Jaron Mullan, Chris Thomas, Silas Salatino, Kelsey LeBlanc and Alyssa Valerio doing the up-tempo song "A Little Less Conversation" by Elvis.

There were many solo performances throughout the night including singers Emerson Pomeroy, Alyssa Zsido, Mackenzi Adams Brown, Hannah King, and Keirsten Williams. Chloe Johnson did a great job with the fun hit by Sugarland called "Stuck Like Glue" and got the crowd going. Morgan Howard sang a dark ballad called "Jar of Hearts" that captivated everyone's attention. Allison Almond, also a veteran to the variety show stage, did a great job with "Grenade" by Bruno Mars and showed everyone how comfortable and passionate she is about being on stage. After her performance she was received by hugs and cheers from all her friends. Alyssa Valerio displayed her piano skills as she played the keyboards and sang a Lady Ga Ga song. The final solo performance of the night was "Foxy Lady" sung by Silas Salatino who also showed everyone how talented he is on the electric guitar. He wasn't the only one displaying his guitar skills that night. Marvin Atwood did an electric guitar medley again this year showing us just how far his skills have improved from the year before. He included popular guitar riffs from "Crazy Train," "Enter Sandman" and "Smells Like Teen Spirit."

Congratulations to everyone who participated in the show, you all did a fabulous job.

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Killington Arts Guild

by Betty Little

In the Spring, nicely dressed ladies used to buy Easter bonnets to celebrate the new season. For the Killington Arts Guild Spring Show we are encouraging arts to think about how they frame their pictures. A frame that enhances the picture, completes the statement, and attracts the eye will make all the difference in how the show looks. Many of us have found frames in the dollar store, the second hand store or a garage sale. Give it a try. Artists planning to bring new work for the Spring show should call Alice Sciore at 422-3642 to arrange to leave their work, and for more information. All art should be accompanied by a 3x5 card with the artists name, address, phone number, e-mail, and the name of the piece, media and price. Each artist should obtain a registration form by emailing mikeyoung@vermontel.net or calling 802-422-3824, fill it out and return it to PO Box 784, Killington, VT. 05751.

Mary Fran Lloyd says that Art and Antiques on Center in Rutland is featuring jewelry: silver and mixed metal, hand blown glass; poly resin, found objects and cut glass. The show runs from now through March 9th.

David Huddle, award winning and prolific writer, in his review of "Octavia Boulevard," says, "Yvonne Daley is the only American who could draw such an illuminating portrait of San Francisco in the Awful Age of Bush. She is the sharp-eyed and patient listener who caught the soul

of this remarkable city and its most resilient citizens." Howard Frank Mosher Northeast Kingdom writer, says, "Octavia Boulevard, for my money, ranks up there with—Angeles Ashes and Eat, Pray and Love." Over the years at KAG's June Memoirs writing workshops, Yvonne has shared her struggles writing about San Francisco and the people she met. Octavia Boulevard had its first reading on February 13 in California where Yvonne is a professor of writing at San Francisco State University. Mary T. Holland of Killington joined her to celebrate.

Suggestions for KAG programs or workshops? Please send information about the presenters and how they can be reached. Workshops are open to the general public and usually presented for a modest fee which includes remuneration for the presenter. While KAG members encourage giving workshops, presenters need to be members. Send your suggestions to KAG, PO Box 156, Killington, VT, 05751.

For information about KAG call 802-422-3824.

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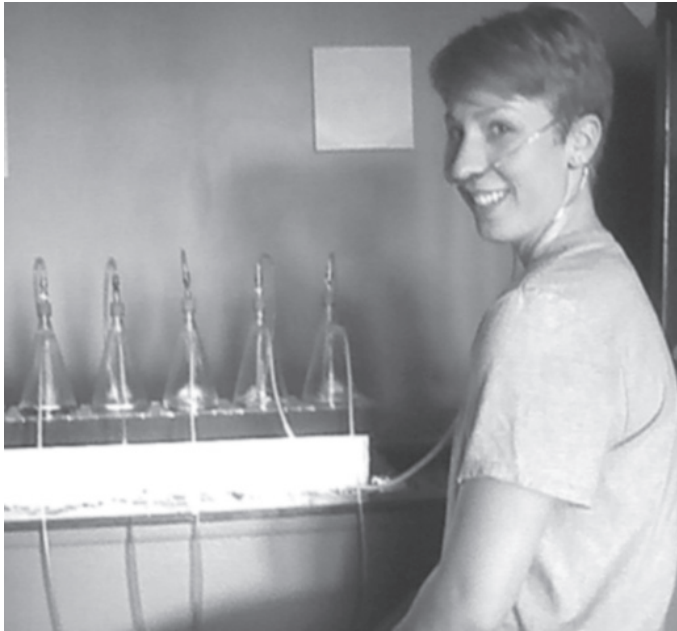
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Health & Fitness

Pyramid's Oxygen Bar

The Pyramid Holistic Wellness Center and Pyramid Fitness Center in Rutland, Vermont is pleased to announce that it has opened the state's first public oxygen bar. Adding to its selection of offerings, including North America's first public Himalayan salt cave, massage therapy and Vermont's only distance massage therapy training program, the only halotherapy room in the US, \$6 Yoga and dance classes, counseling, hypnotherapy, Reiki, ionic foot baths, far infrared sauna sessions, personal fitness training, nutritional consults, and more, the Oxygen Bar adds another option for Vermonters who want to take charge of their wellness through holistic methods.

Although quite popular in other parts of the country, most Vermonters have not experienced an oxygen bar. The premise is simple--although humans can go three weeks without food and three days without water, humans cannot go three minutes without oxygen. As pollution and other environmental issues reduce the oxygen content and quality in the air, many wellness experts suggest that treatments that increase oxygen flow can enhance well-being on many levels.



The Oxygen Bar at the Pyramid offers a direct infusion of oxygen via personal, sanitary nose cannules. The oxygen is also mixed with your choice of one of eight aromatherapy oils. The oils are organic and include the scents of lavender, almond, cherry, cinnamon, eucalyptus, wintergreen, lemongrass, and spearmint.

The Oxygen Bar is open during regular Pyramid Fitness hours: Monday through Friday, 6 AM to 8 PM, and weekends from 8 AM to 3 PM. The price for a session is just \$5 for non-members, \$2 for Pyramid Fitness members, and there are packages available starting at \$20/month for unlimited daily use of the Oxygen Bar. Participants must have their own nose cannule, available at Pyramid Fitness for \$1.

Pyramid Fitness is located at 79 Merchants Row in Rutland. For more information, please call 802-775-8080.

Longer Sitting Time Linked to Health Risks

by Lee Bowman
Scripps Howard News Service

Medical research seems to intersect with common sense a lot.

Just this week, scientists have reaffirmed that it's a bad idea to smoke around your kids and dangerous for kids to get 20 percent of their daily calories from sugar, but that it's a good idea for couch potatoes of any age to get up and move around every so often.

But don't think that researchers are simply telling us things we should already know. Checking into the details can eventually help guide us to wiser health practices.

Start with the study published by an Australian online Jan. 12 in the European Heart Journal -- although the data come from surveys of more than 4,700 Americans over the age of 20. Specifically, they all wore a motion detector on the hip for seven days to see how long they sat and how much they took a break from sitting.

The least amount of sedentary time for any subject was 1.8 hours a day; the most was 21.2 hours a day. The least number of times anyone got up per day was 14; the most was an average of 179 times a day (you can almost hear the couch springs groan).

What was telling, though, was the results of lab tests that went along with the monitoring. People who spent the most time sitting were most likely to have higher levels of blood fats, lower levels of "good" cholesterol and higher levels of a blood protein that signals artery inflammation. That held true even among people who spent some time each day exercising, but didn't move much otherwise.

Those who did a lot of sitting, but also took a lot of breaks, had smaller waists and reduced amounts of inflammation.

Dr. Genevieve Healy, a researcher at the University of Queensland, Australia, said most of us typically sit for at least half the day, working, going to school and commuting and then in front of one or more screens at home. "But our research shows that even small changes, as little as standing up for one minute, might help to lower this risk."

The smoking study, appearing in the American Heart Association journal *Circulation*, found a direct link to higher blood pressure and parental smoking in children of kindergarten age (5.7 years on average).

German researchers followed more than 4,200 children, and found that those with at least one smoking parent were 21 percent more likely to have an upper-level reading for beating-heart (systolic) blood pressure than those with non-smoking parents.

The risk persisted even when other blood-pressure factors like obesity or prematurity were taken into account. And smoking by mothers generally had more impact than was the case with dads, since young children are more likely to be home with them, the researchers said.

Then there's the sugar. Another survey, this time of 2,157 teens ages 12 to 18, found that their average daily consumption of sugar or other sweetener amounts to more than 28 teaspoons, or 476 calories a day.

The teens consuming the highest levels of sweeteners had lower levels of good cholesterol and higher levels of the bad fats compared to those who ate and drank the least sweeteners, researchers at Emory University report in the same issue of *Circulation*. The difference came to about 9 percent. And overweight and obese teens at the highest level of sweetener consumption also showed increased signs of insulin resistance, a sign of diabetes risk.

"Adolescents are eating 20 percent of their daily calories in sugars that provide few if any other nutrients," said Jane Welsh, a postdoctoral fellow who led the study. "Sweet things have lost their status as treats."

Welsh said that earlier studies show the biggest contributors of added sugars in teen diets are sweetened drinks like soda, fruit drinks, coffees and teas.

She said parents and teens need to pay more attention to the sweetener content on labels -- and consider drinking more water.

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Lowering Your Sodium Intake

by Dianne Lamb,
UVM Extension Nutrition and Food Specialist

Poor diet and physical inactivity are the most important factors contributing to an epidemic of overweight and obesity in men, women and children in the United States according to the 2010 Dietary Guidelines for Americans, released Jan. 31. While that's not news to most of us, many people don't follow the recommendations outlined in the guide, which is updated every five years by the U.S. Department of Agriculture and the Department of Health and Human Services.

These guidelines for good eating pertain to every American age two and older, including anyone at increased risk of chronic disease. In general, we all need to eat less by paying attention to portion

sizes. And we need to move more. The seventh edition of the Dietary Guidelines also recommends switching to fat-free or low-fat (one percent) milk and drinking water instead of sugary drinks. Other recommendations include filling half your plate with vegetables and fruits and reading the Nutrition Facts labels on products to reduce the sodium in your diet.

I would like to discuss the sodium issue in greater detail. When the last Dietary Guidelines (2005) were released, the recommendation for sodium was for healthy Americans to consume no more than 2,300 milligrams (mg) of sodium a day. That recommendation was equivalent to about one teaspoon of table salt (sodium chloride) per day from all food sources, including beverages.

The 2010 Dietary Guidelines recommend daily sodium intake to be less than 2,300 mg. The recommended intake is 1,500 mg per day for people 51 years old and older, African-Americans and anyone, regardless of age, with hypertension (high blood pressure), diabetes or chronic kidney disease. Just think about it. Roughly half the U.S. population should be at the 1,500 mg level for sodium.

Why all the buzz?

Approximately 74.5 million Americans or 34 percent of the adult population has hypertension, which is a major risk factor for heart disease, stroke, congestive heart

failure and kidney disease. Such dietary factors as excess sodium intake, insufficient potassium intake, overweight and obesity and excessive alcohol consumption can lead to increased blood pressure. In addition, 36 percent of American adults are pre-hypertensive meaning that their blood pressure is higher than normal but not yet in the hypertension range.

Sodium is an essential nutrient, but it is needed in relatively small quantities. The sodium that most Americans consume is primarily in the form of sodium chloride (table salt) that is added to processed foods. Sodium is used as an ingredient in many foods and serves a number of functions including for curing meats, as a flavor enhancer, moisture retainer and in baking. Not only are foods high in sodium suspect, but so are foods that contain smaller amounts of sodium per serving but are eaten in greater quantities throughout the day, such as bread.

The 2010 U.S. Dietary Guidelines offer these suggestions to reduce consumption of sodium:

- Read the Nutrition Facts label for information on sodium content of foods, and purchase foods that are low in sodium.
- Consume more fresh foods and fewer processed foods that are high in sodium.
- Prepare more foods at home where you have control over the amount of sodium that is added to your food.
- Use seasonings containing little or no salt when cooking and eating.
- When dining out, ask if your food can be prepared with less sodium.

On average, the natural sodium content of food accounts for only 10 percent of total sodium intake in a day. The salt that is used at the table and in cooking at home accounts for another five to 10 percent of daily sodium intake. Between 75 to 85 percent of daily sodium intake comes from salt that is added to food by manufacturers.

If you have high blood pressure, you can help lower it by following the DASH eating plan. DASH stands for Dietary Approaches to Stop Hypertension and emphasizes eating fruits, vegetables, whole grains and low-fat dairy products. DASH is rich in magnesium, potassium, calcium, protein and fiber. This diet plan is low in cholesterol and saturated and total fat and limits consumption of meat, sweets and beverages containing sugar.



Finding In-Home Care

If you are a caregiver, you are not alone. A recent study by the National Alliance for Caregiving and AARP found that 44.4 million Americans age 18 or older are providing unpaid care to an adult, usually a family member. A caregiver may be a spouse giving around the clock care, or a daughter, son or neighbor who stops in regularly.

Sometimes those family caregivers need a boost themselves. Hiring private part-time caregivers can improve the quality of life for everyone involved. The Senior HelpLine can provide a list of county wide home-care agencies and information about the on-line Vermont Direct Care Registry of private caregivers. www.rewardingwork.org/vt. Contact the Senior HelpLine for an access code for a free subscription to the registry and for information about programs and services related to in-home caregiving; 802-786-5991 or 1-800-642-5119. This is a free service of the Southwestern Vermont Council on Aging, serving Rutland and Bennington counties since 1974. www.svcoa.org, seniorhelpline@svcoa.org

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HEALTH CALENDAR

- Feb. 18 - Castleton. Castleton Community Center celebrates National Heart Month with All Hearts Card Game Day. Noon lunch, 12:30pm game. RSVP 468-3093.
- Feb. 19 - Rutland. Self-discovery workshops "Finding Inspiration ... Being Called to Who You Are" 10am & "Introduction to the law of Attraction" 11am, Pyramid Holistic Wellness Center. RSVP 775-8080.
- Feb 19 - Rutland. American Red Cross Blood Drive at Diamond Run Mall, 11am-4pm. Feb. 22, Holiday Inn, noon-6pm. Help a patient in need - donate during challenging Winter season.
- Feb. 19 - 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. 22 - Rutland. Free Worksite Wellness Forum, 8:30am-noon, Franklin Conference Center. Sponsored by Rutland County Community Advisory of Board of BC/BS of Vermont. 764-4858.
- Feb. 23 - Rutland. RAVNAH Blood Pressure & Foot Care clinic: Godnick Center 12:30pm. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.
- Feb. 23 - W. Rutland. Suffering with chronic condition? Healthy Living Workshops at NeighborWorks of W. VT. Free. See if they can work for you. Mar. 2, 9, 16, 23, & 30 also, 1-3:30pm. 772-2400.
- Feb. 23 - Rutland. Rutland County Prostate Cancer Support Group Meeting, 5:30pm, RRMV CVPS Conference Rm. Guest speaker reviews hormone therapy. Info, 483-6220.
- Feb. 23 - Rutland. Rutland Branch of Church of Jesus Christ of Latter-day Saints presents Preventing Youth Suicide: What Every Adult Should Know. 7-8:30pm, Rutland Chapel. For info, 775-6301.
- Feb. 27 - Wallingford. Thrive Center's Winter Sampler Workshop with Darci Whitehorne, PT, RYC, at Wallingford Elem School, noon-2pm. 446-2499. Mar. 13 also.
- Feb. 28 - Rutland. RAVNAH Bereavement Workshops at RAVNAH Office - A Child's Grief. Feb. 28, noon-1:30pm; Mar. 2, 6-7:30pm. Pre-registration required, 770-1514.
- Mar. 7 - Rutland. Girl Talk meetings at Rutland Free Clinic, sponsored by RRMV's Breast Care Program & Susan G Komen For The Cure. Learn about breast health. 6-7pm. Attendees receive \$20 Wal-Mart Gift Card. Limited space, rsvp 775-1360.
- Ongoing
- Mons. - Rutland. Look Good...Feel Better program. Free. Female cancer patients learn beauty techniques; 1pm, 1st Mon. of month, RRMV. 1-800-ACS-2345.
- Mons. - Rutland. Low impact exercise group for those with Parkinson's Disease, 2:30pm Mondays, Godnick Adult Center. Free. RSVP sponsors.
- Mons. - Bridgewater. Zumba at Bridgewater Grange, \$4. 6:30pm.
- Mon. Wed. Fri. - Rochester. Free aerobics at Rochester Church.
- Mon. Wed. Fri. - Rutland. 10:30-11:30am - Arthritis Pool Class. You don't need to have arthritis to benefit from this comprehensive fun exercise program. Locker room & towels included. \$40/10 classes. Holiday Inn Pool, 775-1911.
- Mon. & Thurs. - Rochester. Bone Builders exercise program meets 9am, Park House. Lightweight resistance training to help slow down or reverse osteoporosis. 767-3416.
- Mons. & Thurs. - Rutland. Commit to Quit program at RRMV. 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 @ RRMV. 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 RRMV 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.

Home & Garden

Ask the Home Team

Q. I know people planning to use portable electric heaters this winter to ward off some of the high cost of heating. Does that really lower the cost of heating a house?

A. I can see why people would think that this would be an energy-saving solution to today's fuel prices. But in Vermont, electricity is still one of the most expensive ways to heat. A portable electric space heater can increase your heating costs unless you intend to turn your central heating system down and use a portable heater in only the room you occupy. The cost of the electric heat is likely to outweigh the energy savings from reducing your use of your central heating system unless you turn down the house thermostat substantially.

Unfortunately, this can lead to problems. The colder a house gets, the more you put it at risk of problems like frozen pipes, cracked plaster or drywall, and wetness on the inside of the home and the outside. As notable is the potential problem of condensation forming on cool surfaces. Without enough heat to dry them out, these surfaces can become ideal spots for mold and wood rot. This may happen where you can see it or where you can't -- within the walls, floors or attic.

A better approach is to make your central heating system work as efficiently as possible. Be sure your furnace filter is clean. Seal and insulate heating ducts, and have your furnace or boiler professionally inspected, cleaned and tuned as often as the manufacturer recommends. Vacuum or dust heating vents or baseboards and move furniture away from them so heat can circulate.

Then, make sure that your house is sealed from air leaks and has enough insulation. The most thorough approach, and the one with the highest energy savings, is to have a trained contractor do the work. Efficiency Vermont offers up to \$2,500 for energy-saving home improvements that have been completed by a Home Performance with ENERGY STAR® contractor. These pros also can do a whole-house evaluation to determine steps you can take to lower your heating costs.



Paint Brings Beautiful Rooms to Life

by Mary Carol Garrity, Scripps Howard News Service

When I pick a paint color for a space, I first envision the finished look and feel I want for the room. Then I develop a comprehensive decorating plan that incorporates all the elements in the room -- paint color, furnishings, artwork, accents, lighting, window treatments and floor coverings -- to bring that vision to life. Here are a few of my favorite wall colors right now and some suggestion on how you could interpret -- and reinterpret -- them in your own home, just as we have at Nell Hill's.

Gray is THE hot color of the season, and we are in love with it at Nell Hill's. Right now, all the decorating magazines and books are filled with great ideas on how to weave gray into your interior decorating. And no wonder: Gray has become the hot new neutral because it looks amazing with so many different colors.

When I recently added new paint colors to my popular line of interior paints, Mary Carol Artisan Paints, one of my goals was to find the perfect shade of gray that would go with everything. I think I hit the mark with Abby Steps, a sophisticated charcoal gray that looks amazing with just about every color palette and decorating style out there.

Why not experiment with gray this year, painting one room this soft but powerful color? For a hip, contemporary look, accent the room with bright yellow, coral or turquoise furnishings and accents -- all hugely popular colors this season. Introduce pillows with lively prints, like the ikats that are all the rage right now. Or, for a clean and sophisticated look, opt for cool white transitional furnishings and accents, then cover the walls with a montage of black-and-white modern art, finished in big creamy white mats and black frames, or a grid of black-and-white photographs.

If you're a romantic, like I am, warm up your gray room with soft and breezy colors like cream, camel, pale yellow, light gray, pinks and light blues.

You simply cannot be in a bad mood in a room that is painted a happy shade of coral. To me, this radiant color screams, "This is a whole new year -- look out, world!" At least that's how I felt when I watched the painters cover one of our galleries at Nell Hill's Briarcliff in Peony, one of the brand-new colors in my line of paints.

Before we even popped open a can of this perky paint at the stores, Becky, a member of our visual team, had already painted her bedroom in Peony. She finished off the room with animal prints, chocolate browns and crisp whites, and the overall look knocked my socks off. I would never have thought to pair this contemporary color with animal prints and such, but it shows how even bold colors can be used in a million ways -- all you need is your own imagination and style to bring them to life.

Our gallery at Nell Hill's Briarcliff is yet another take on coral. During the winter months, we went with a French-market style, filling the room with furnishings that featured black-and-cream fabrics, like ticking, and fun flower sack pillows. For spring, we have redone the gallery in a vintage cottage style, using lots of faded floral fabrics. If you like things crisp and contemporary, fill a Peony room with furnishing covered in geometric

patterns and pick lots of black-and-white art, like line drawings of nudes or portraits.

When I opened the first can of Twilight, the rich, luxurious navy color in my paints line, and started painting the walls of my formal dining room, my heart skipped a beat. I had no idea this color could be so powerful, so beautiful and so memorable. Now, I'm hooked on this timeless favorite. Even though I love to change my wall colors, I will never again paint my dining room anything but Twilight because I've finally reached color nirvana.

If you've never worked with a dark paint color before, you're in for a treat. I love to use dark colors in big lofty rooms because they make the space feel cozier and warmer. This winter, we painted a large gallery at Nell Hill's Briarcliff in Twilight, then made it even warmer by creating an English-equestrian-club feel, using upholstered furnishings that featured tartan plaids, which I'm completely crazy about right now.

This spring, we're featuring Twilight in an entirely different setting. We used it in a smaller gallery to show how fabulous dark colors look in little spaces, disproving the old adage that you can't paint small rooms dark colors. The rich walls make the room feel like a cozy cocoon and set a great backdrop for the bright and breezy furnishings and accents we selected. We were going for a relaxed, romantic French feel in our Twilight room, so we covered our upholstered furnishings in cream-and-light-blue linens, adding in pattern and texture though a mix of custom pillows. Then, we brought in wooden furniture with a Parisian influence that was painted pale gray. To keep the room from being too "matchy" and predictable, we introduced a very hip cabinet that was finished in a high-gloss lacquer with a painted dove-gray interior.

Green is still wildly popular, and I don't think there's a bad shade out there right now. While I love them all, I am particularly smitten with the wonderful, rich dark green we're just now seeing in the fashion magazines. (Usually, home-interior trends follow fashion trends, so what you see on today's models, you'll likely see in tomorrow's showhomes.) It's the same color I just added to my line of paints -- Shuttered Window. Like Abby Steps, this strong color almost acts like a neutral because you can take it in so many different directions.

You don't have to paint your room a bold or dark color to make it dramatic. In my opinion, white is one of the most powerful colors you can use as a base when you want a head-turning look. That's why I added Farm House White to my line. I have to confess: It's my new favorite. I felt like a kid, crackling with excitement, as I watched the painters cover the walls with it.

You can create a powerful room using nothing but white -- you see it in the decorating magazines all the time. But right now I'm craving color, so I'm using the snowy-white canvas of my Farm House White walls to showcase fabrics, accents and artwork in today's hottest colors, like coral and turquoise. I'm filling the gallery with upholstered furnishing covered in warm neutrals, then adding accent pillows loaded with color and pattern. One walk through this bright and cheery room, and I almost forget it's still winter outside.

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PET PERSONALS

ZOEY - 11 year old. Spayed Female. Plott Hound. I'm an older lady who knows how to Sit and Speak. I'm a vocal gal who loves treats! I love curling up on my blanket and taking well deserved naps.



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



GHOST - 5 year old. Neutered Male. Siberian Husky mix. I'm a handsome tail waggin' fellow who enjoys being with people. I know a few tricks including Sit, Down and Shake and would happily learn a few more.



RUDOLPH - 5 year old. Neutered Male. Domestic Short Hair Gray Tabby. I am a big boy with a lot of loving to give to my new family, however, I need to be the only pet in the house! In my other home I was a bit on the bossy side.



MARMADUKE - 3 year old. Neutered Male. Shar Pei mix. Underneath my big goofy looks I am a secret love bug! I have nice leash manners and I know how to sit... I also enjoy a game of ball with you.



MOOSE - 5 year old. Spayed Female. Domestic Long Hair Calico. As you can see I can be very shy and I find that a cardboard box is my safe haven! I have remarkable colors and beautiful long hair.



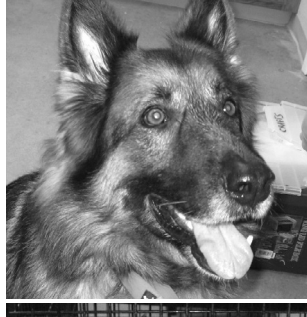
HANNAH - 4 year old. Spayed Female. Blue Tick Hound mix. I'm a friendly but shy and submissive gal who needs to build her confidence. Timid would be a good word to describe me but I'm also curious and gentle.



HOOSIER - 7 year old. Neutered Male. Domestic Short Hair Orange Tiger. I am a kitty who has gone through a few stressful situations but I am handling them just fine. I have had surgery on my ear and the vet says I should be just fine.



SHADOW 5 year old. Neutered Male. Belgian Tervuren. If you've got a tennis ball, I'll be your best friend! A great game of catch will certainly keep me happy. I'm a playful guy who knows Sit, Down and Shake!



BOB CAT - 2 year old. Neutered Male. Domestic Short Hair Brown Tiger. Look at this face! I have a personality of my own and I'm very loving, playful and affectionate. I have lived with children, cats, and dogs in my other home.



DRE - 4 year old. Neutered Male. American Staffordshire Terrier mix. I'm a handsome fella who is playful and fun. I know Sit and Down and would like to learn more tricks! I enjoy being with people and I have a lot to say.



GILBERT - 6 year old. Neutered Male. Jack Russell Terrier. I am a Jack Russell. . . need I say more? The Jack breed is active, independent, funny and smart!



Humane Society News

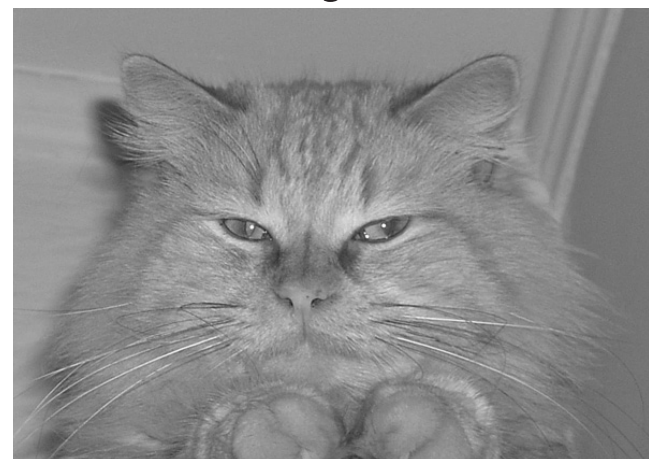
RCHS will be holding a benefit Texas Hold'em tournament on Saturday, February 19 at Bowlerama on South Main Street in Rutland. Registration and \$7 Satellites start at 11:30 am, main \$35 Tournament starts at 1 pm. Side games will be running before and after the tournament. Help raise needed funds for the homeless animals in Rutland County!

Our Furry Friends Photo Contest continues! We currently have 37 adorable photos in the running. Visit www.rchsvt.org and link to the contest to view the photos, add your own or vote for your favorite!

February is Adopt-A-Shelter-Rabbit month and Gumby would love to meet you and hop into your heart! He also loves his veggies so if you have some extras that you'd like to drop at the shelter he'd be really happy!

Are you able to transport animals from RCHS to their veterinarian appointments for us? We need volunteers to transport dogs, cats and small animals to and from their spay/neuter appointments. Use of your own car is required. You would need to be at the shelter at 8 AM to bring animals to their appointments or be available in the afternoons to bring them back. If you're interested, please contact Beth Shapcott, RCHS Volunteer Coordinator, at 483.9171 ext. 208 or beth@rchsvt.org.

Springfield Humane Society News



Walter is a 2 year old stray who came to us in pretty tough shape but is now handsome, happy and ready to go to some lucky person. He gets along with other cats, loves to have his long coat brushed and thinks a lap is made just for him. If you have room in your home and heart for Walter or one of the many other great critters call the Shelter at 885-3997 or stop by Wed-Sat noon-4:30.

Thanks to everyone who generously supply our needs requests!




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Lucy Mackenzie Pet Feature

Hi! My name is Sidney. I am a young neutered male kitty available for adoption at Lucy Mac. I am incredibly loving and lovely and would LOVE to meet you. In my short time here at the shelter, I have met several other equally lovely cats and dogs and we are all searching for new homes. If you would like to assist us in our search, please come on in and meet us!

The shelter is open to the public 12 to 4 Tues - Sat. For more information about any of us animals at Lucy Mac, how to adopt or volunteer, please call us at 802-484-5829. We're located at 4832 RT 44 in W. Windsor, VT. www.lucymac.org



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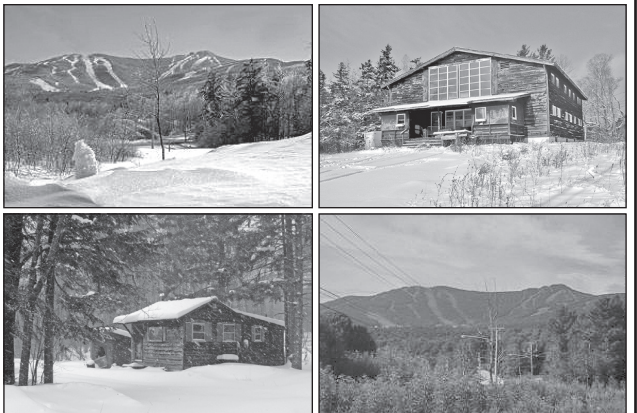
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RealEstate

The Power is Out: Is My Food Safe to Eat?

by Dianne Lamb, UVM Extension Nutrition and Food Specialist

It's that time of year when the weather can raise havoc with daily living because of ice, snow, wind or just plain cold temperatures. We often forget how much of our daily life is dependent on electricity. When the lights go out due to a power outage, life grinds to a halt, and we feel trapped.

Power outages can occur at any time of the year for any number of reasons. Are you prepared? Do you know how to keep food safe when the power is out?

Let's start at the beginning. To ensure that foods are kept at a safe temperature, refrigerators need to be set at 40 degrees F and freezers at 0 degrees F. The best way to check is to keep appliance thermometers in the refrigerator and freezer at all times. These thermometers indicate the temperature even when the power is out, and no matter how long it has been out.

When you lose power, the first step is to try to keep refrigerator and freezer doors closed as much as possible to maintain cold temperatures. If not opened, the refrigerator will keep food cold for about four hours. A full freezer will maintain its temperature for approximately 48 hours (or half that time if half full), providing you don't open the door.

If the power will be out for an extended period of time, add ice, if available, to keep the temperature of your refrigerator as cold as possible. Plan ahead for possible emergencies by knowing in advance which stores in your area carry block ice.

What else can you do ahead of time to store your food safely in an emergency?

If the power will be out for more than four hours, you can use coolers with frozen gel packs to store food. Or if your freezer is not full, you can group items close together as this will help the food stay cold longer.

Can food from the refrigerator or freezer be stored outside in the snow?

The answer is "no." It is actually not a good idea because even when it is very cold outside, the sun may thaw frozen food. Food-borne bacteria can grow in refrigerated food that becomes too warm. Another big concern is that perishable foods stored outside may be exposed to unsanitary conditions or come in contact with animals that can harbor

items, soft cheeses, milk and leftovers, that has been above 40 degrees F for two hours or more. Some foods, including processed cheeses, butter and fresh fruit, will still be safe to eat.

Be prepared for an emergency by stocking items that don't require refrigeration and can be eaten cold or heated on an outdoor grill. Always follow safe operating procedures when using the grill.

When you plan your emergency food supply, include shelf-stable food products--boxed or canned milk, water and canned goods, for example. Make sure you have ready-to-use formula for babies, and don't forget your pets. They will need food and water, too, in an emergency. Since you don't want these products to expire before you need them, use and replenish them periodically.

You'll also want to have a hand-held can opener available for emergency use. If you only have an electric can opener, you won't be able to use it if you lose power.

You never know when an emergency will occur, so be prepared. The U.S. Department of Agriculture's Food Safety and Inspection Service web site has information on what to do in a power outage and charts outlining when to save and when to discard food. Since you may not be able to use your computer or call for information during a power outage, take time now to print out the factsheet at http://www.fsis.usda.gov/Fact_Sheets/keeping_food_Safe_during_an_emergency/index.asp. Keep a copy handy.

Knowing how to tell if food is safe and how to keep it safe will help minimize food loss and the potential risk of food-borne illness, not only in emergency situations but every day of the year. Remember, when it comes to food safety, the rule of thumb is "when in doubt, throw it out!"

any items that have come in contact with raw meat juices. The same applies even when it is not a power outage but a malfunctioning freezer or someone failed to close the freezer door tightly and food has begun to thaw before the open door is discovered.

Refrigerated food should be safe as long as the power is out for no more than four hours. Keep the door closed as much as possible. Discard any perishable food, such as meat, poultry, fish, eggs, deli



bacteria or disease.

So what should you do?

You can take advantage of the chilly temperatures by making ice. Fill empty milk cartons, buckets or cans with water and place outside to freeze. Then add your homemade ice to your refrigerator, freezer or coolers to keep food cold.

Another important thing to keep in mind is that you should never taste food to determine if it is safe to eat. This can make you ill. Instead, check the temperature in your freezer when the power is re-

stored. If it reads 40 degrees F or below, or if the food still contains ice crystals, you can refreeze the food. If you don't have a thermometer in the freezer, inspect each package of food carefully. Remember, you can't rely on appearance or odor.

Partial thawing and refreezing may reduce the quality of the food, but it will be safe to eat. However, always discard

the Hughes Group

Premiere Properties

210 South Main Street, Rutland

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Lhughes995@aol.com

Not Your Average Property

Within a few minutes drive of Killington/Pico ski areas is where you will find this Mendon hilltop setting ranch. The home sets privately on 10.8 acres & is engulfed w/beautiful mtn & Vermont woods views. The property could be broken into other homes sites if someone was looking for a family compound or exquisite building sites. The property offers multiple septic and water sources, an attached 2car garage along with a 1 car detached garage. Located in a Blue Ribbon School District. Now you see why this is not your average property. Call The Hughes Group ext. 12 for details.

Recreational Activity Galore

Close to numerous recreational activities: downhill skiing, cross-country skiing, snowmobiling, biking, hiking, walking, and so much more. This gorgeous 6 bedroom, 4 bath Contemporary Ranch would make an ideal ski house or family complex. Open floor plan flows effortlessly from one room to another. Woodburning fireplace and formal wet bar, act as ideal focal points for gathering family & friends. Expansive decking takes in the gorgeous mountain views. Mature landscaping and a private 2.2 acre lot. Do not delay. This is truly a one-of-a-kind property. Call The Hughes Group ext. 22.

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Please contact John Rao III for more information

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Mtn View Townhouse

Pretty Rare Opportunity, a Mtn View 2B2b END unit w/OvrSz Gar. Private back yard space! Well maintained, fully equipped all in great condition. Nice complex, near city, yet away. Call Denise Byers 236-8216 or x16. \$137,900

Okemo Area

Here is a great spot, situated on just under 3 acres minutes to Okemo. Super 30x30 Barn w/loft. Nov 2007 Redman 3B2b. Woodstove & fully equipped. \$185,000

5 Bedroom 3 1/2 bath furnished. Great location, minutes to ski and to Rutland City amenities. Don't miss this amazing house, great views, place to entertain or relax! \$289,000. Call Jeff Chabot (802) 282-2308.

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KYLE KERSHNER'S REAL ESTATE SHOWCASE



Custom built contemporary in private setting just off Killington Road. This well-built and architecturally compelling home features two master suites, a great room with vaulted ceilings, elegant stone fireplace, walls of windows, walkout basement, energy efficient systems and beautiful finishes throughout. Be sure to check out the custom windows online!

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



Kyle Kershner, VT Realtor of the Year
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 802-345-8530, kyle@SkiCountryRealEstate.com

Killington's Professional Building



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335 Killington Road, Killington, VT 05751
 (1st office building on the left, going up the Killington Rd)



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The second floor has a full apartment with 3 bedrooms and large bath. Currently used as an office and storage area for the restaurant.

Licensed Seats: 75, Lot size is 4.5 acres with 450' frontage on Route 4 and plenty of parking, zoned Hamlet District allows for other uses.

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



PLYMOUTH. Spectacular views from every window. 12.9A+/-, 3Br/3Ba. 2 car gar. Wonderful floor plan includes awesome theater, 6 person hot tub & southern exposure. NRI of \$27,000.



PLYMOUTH. SELLER MOTIVATED. Newly renovated. 3Br/3Ba. Close to skiing, golf & lakes. NRI 13K from '05-'09 plus owner use. Great homeowner amenities.



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



PLYMOUTH. Beautifully maintained 3Br/2Ba home abutting Calvin Coolidge State Forest. Close to skiing, golf & lakes. Pond on property. CALL TO SEE IT THEN MAKE AN OFFER. SELLER MOTIVATED.

MOUNTAIN CONDOS	Whiffletree	\$170,000	3BR,2BA
	Whiffletree	\$128,000	3BR,2BA
	Pico Village	\$175,000	2BR,2BA
	Ledges at Hawk	\$195,000	3BR,2BA
	Trail Creek	\$295,000	2BR,2BA
	Moon Ridge	\$90,000	1BR/1BA

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FEATURED PROPERTY

Great location!! 3 bedroom 2 bath left side of duplex, nice yard, new roof, carpeting and paint throughout. No monthly fees. Conveniently located near restaurants and shops. Shuttle to and from the lifts. A perfect place for the first time home buyer or a vacation home. Priced to sell quickly \$129,000. Contact Claire today!

Claire Bousquet, Broker

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This 3-bdrm 3-bath, 2 level home has recently had major updates with new paint, new kitchen appliances, furniture etc. It has a garage and a family room, a bedroom and bath on the first level. The upper level has the living, kitchen with dining area, and 2 bedrooms and 2 baths. It's located near a golf course and to Killington. A nice deal! MLS # 2775961, priced at \$269,000



BRIGHT AND AIRY, well maintained, nicely appointed Mountain Green 1 bedroom, 1 bath, top floor end unit, with open floor plan, living room/dining room vaulted ceiling, wood burning brick fireplace, and balcony. Wonderful long range mountain views! Great rental income potential. Building has elevator. Fully furnished and equipped. Extensive health club facilities on site. Next to the golf course. DON'T MISS THIS ONE!! MLS # 4038427, priced at \$59,900



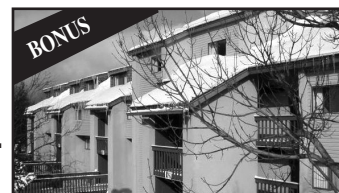
Spacious top floor, two level, 3 bedroom, 2 bath Whiffletree Condominium with cathedral ceiling, gas fireplace, and outside balcony. Ski back to the Whiffletree Condominiums, and a free shuttle to the lifts. Conveniently located in the Killington Resort Ski Village with views, seasonal outdoor pool and tennis court. Close proximity to the Killington Golf Course. MLS # 4040854 priced at \$135,000



Price reduction! Recently renovated this fantastic, 3 bedroom, 4 bath multi-story townhouse with great mountain views. Very contemporary design. Wood burning fireplace, fully equipped kitchen, covered deck, dining room and a master suite. Easy access to both Killington and Pico ski areas. MLS # 2797217 priced at \$385,000

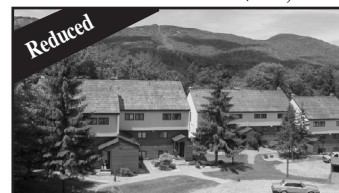
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EDGEMONT CONDOMINIUM Enjoy lovely year-round views, from this nicely appointed & furnished 2-level, 3-BR condo w/wood-burning FP. Ski home, winter shuttle bus. REDUCED TO.....\$175,000 \$165,000



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



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

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KILLINGTON - 3 level efficient ski house, fully furnished turn key in convenient location. Landscaped, wooded with brook running through property, 2 decks, 3 BR, 3BA. **\$299,000**



KILLINGTON - Well maintained 3 bedroom, 2.5 bath Chalet with new deck, propane stove in LR, and storage shed. Easy access, close to restaurants, shuttle bus and skiing. **\$249,000**



NEW LISTING Pico Alpine Drive, 4 BR 2 BA classic chalet with 2.5 car garage. Walk to trail. **\$225,000**

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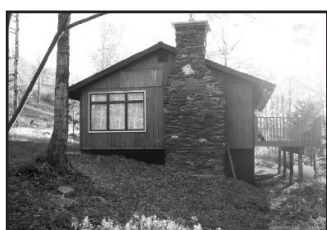
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UNBELIEVABLE DEAL.....CAN'T BEAT THE PRICE FOR 4 BEDROOMS PLUS A LARGE LOFT AREA AND 2 BATHS. OPEN LIVINGROOM (WITH FIREVIEW WOODSTOVE) kitchen, dining area and game room on the main level. Perfect family home with snowmobile trail access and skiing. New owners of Bear Creek Ski area.....get in on the ground floor of the new concept for the mountain.. **\$129,900**



MOUNTAIN CHALET BETWEEN KILLINGTON AND OKEMO..Cozy up to the gas fieldstone fireplace in the sunken living room or relax on the deck as you gaze at the mountain views. 3 bedrooms 2 baths with major renovations this past year. Your family will love this mountain retreat especially if you snowmobile or ski. New owners of Bear Creek. **\$279,900**



DROP DEAD GORGEOUS owner designed ski/vacation getaway nestled on the trail at Bear Creek Ski area soon to be opened, that has new owners. 4 bedrooms 3 baths. state of the art mechanicals ranging from generator backup, low heat security intrusion security on demand oil-fired boiler and in law apartment. Hard pine floors with radiant heat on first floor, full hip-style cathedral ceilings with exposed structural beams, river rock fireplace, wraparound covered porch to take advantage of the breathtaking views. High efficiency home to combat the diversity of Vermont's climate. **\$1,395,000**

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(P)-Pool	CONDOMINIUMS			(T)-Tennis Court
	Studio-1BR	2BR	3-4BR	
Ski In & Out				
The Lodges (P)(T)			\$449K	
Pico-Condos (P)	\$129K			
Sunrise Condos (P)(T)		\$175-\$295K	\$369K	
Sunrise Townhouse (P)(T)			\$269-\$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	\$109K		
Pinnacle (P)(T)	\$107-\$111K		\$205-\$230K	
The Heights (NEW) w/oversized garage			\$370-\$400K	
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 (P)	\$179K			
Valley Park (P)	\$115K			
Silver Birch (P)	\$125K			

MAGNIFICENT GREAT ROOM • 2BR+den+sleeping loft, laundry rm • Oversized 2 car heated garage • Hike & VAST trails nearby \$249,900	OUTDOOR HOT TUB • 4BR/3BA renovated home • Views, stone fireplace • Finished basmt with rec rm \$299,000	SNOWMOBILE TRAIL ACCESS • 3BR/3BA-Garage-Mtn Views • Stone F/place- South Exposure • 20x15 Master Suite - \$469K	GRIST MILL AREA • 4BR/3.5 BA -Outdoor hot tub • New roof, 2 kitchens • Large deck \$399K
NEXT TO GOLF COURSE • 4BR/2BA -large Master • Spacious & Light Kitchen • Paved Driveway \$359,000	SKI BRIDGE AREA • 4BR/2BA - outdoor hot tub • Stone fireplace, metal roof • Close to ski bridge \$285,000	ECONOMICAL "CREAM PUFF" • 4BR/3BA + 3.5 car garage • Solar design, loft/den, Paved driveway • Midway Rutland/Killington - \$465K	NEAR VAST TRAILS • 2BR - 1.5 BA - Oil Heat • Bridgewater- Annex Bldg. • Open Floor Plan - \$169K
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 4 Bedroom, 3 bath contemporary home. Fieldstone fireplace, Deck, hot tub and view just REDUCED to \$199,950 . Do not miss this one!	 Completely renovated 3 Bedroom, 2 bath farm house minutes to skiing. New slate floors, new carpet, all new energy efficient windows, all new doors and woodwork. Turn Key \$129,900 .
 END OF road privacy, backs up to National Forest. 4 bedroom, 2.5 baths, contemporary on Liberty Hill. Mountain and sunset views, pond access, stone walls, covered deck. Natural wood interior finishes, air conditioners. Vermont Casing woodstove in LR, gas stove in family room and electric back-up. Owner says sell at \$199,000 . 1967 Route 4 • P.O. Box 833 • Killington, Vermont 05751 • FAX 802.773.8805 • Toll Free US: 888.599.8800 • UK: 0.800.917.8519	 One acre lot with existing 2 bay garage that had operated as MERRILL'S GARAGE only \$209,000 .

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3. KILLINGTON AREA RESTAURANT: 100+ seats, large lounge, For Sale or Lease: \$4/sf \$375,000
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Property	Description	List Price	Last Comparable Sale	Peak Sale \$ (since 2006)
Mt. Green 2D7	1BR/1BA with pool, fitness, shuttle	\$54,900	\$60,000 5/2010	\$90,000
Mt. Green 3A15	1BR/1BA in Bldg 3, pool, restaurant, shuttle	\$59,900	\$67,000 11/2010	\$105,000
Whiffletree C1	1BR/1BA gas fireplace, ski home shuttle out	\$79,900	\$87,300 12/2009	\$110,500
Pinnacle E4	1BR/1BA low association fees, shuttle to/from	\$89,000	\$89,500 12/2010	\$150,000
Pico D405	1BR/1BA with great ski in/ski out access, wood fire	\$95,000	\$104,000 6/2010	\$149,000
Trailside A3	1BR/1BA ski on ski off, porch, decks, SHORT SALE	\$109,900	\$152,900 10/2004	--
Fall Line G5	1BR/1BA with ski trail views, ski home, shuttle out	\$119,000	\$149,000 8/2009	\$177,500
Woods V41	2BR/2BA wood fire, Spa, private shuttle	\$119,000	\$133,000 10/2010	\$175,000
Woods A7	2BR/2.5BA townhome on pond, Spa, shuttle	\$150,000	\$162,500 10/2009	\$235,000
Highridge E16	1BR/2BA with loft, wood fire, pool, hot tub, shuttle	\$157,000	\$158,000 4/2010	\$230,000
Highridge E8	2BR/2BA wood fire, pool, hot tub, shuttle	\$164,000	\$165,000 8/2010	\$305,000
Trail Creek 40	1BR/1BA plus loft, indoor pool, hot tub, walk to lift	\$189,000	\$191,000 10/2006	\$193,000
Woods V22	2BR/2BA with loft, wood fire, Spa, private shuttle	\$165,000	\$220,000 6/2008	\$220,000
Glazebrook G3	2BR/1.5BA townhome with full unfinished basement	\$169,000	\$205,000 12/2007	\$265,000
Pico G303	3BR/2BA with loft on ski in/ski out trail at Pico	\$225,000	\$297,000 10/2006	\$297,000
Trail Creek 10	3BR/2.5BA end unit townhome, 1 st available in years	\$250,000	\$335,000 8/2004	--
Highridge C11	2BR/3BA with loft, wood fire, pool, outdoor hot tub,	\$275,000	\$285,000 6/2009	\$285,000
Woods B9	3BR/3BA with loft, wood fire, Spa, private shuttle	\$278,000	\$285,000 12/2009	\$312,000

Vistas ski in/ski out building lots permitted for up to 4-bedroom homes. Prices slashed by 50%!

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