



**Our Arts & Entertainment and Dining Sections are overflowing with things to do.**

**Check it out!**

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# The Mountain Times

Volume 40, Number 8

Central Vermont's Premier Weekly Newspaper

February 24-March 2, 2011

## MOUNTAIN JOURNAL

### Ski Tuning

"Tuning is critical," explains Jed Duke, Director of Product Development for Blizzard Skis as well as a former Race Room Director. "You lose control without a proper tune!"

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## GENERATION Y

### Oscar Predictions



Is it lame to watch the Oscars? Yes, absolutely, it is. Nevertheless, you can bet that on Sunday, February 27, I'll be watching.

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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!

**PAGES 20-27**

## LOCAL

### Letters to the Editor

We have 2 full pages of letters that have recently come in. See what people are saying.



**PAGES 24-25**

## SURVIVING THE TIMES

### Defending Social Security

Social Security is the most successful social program in American history. The poverty figure today is less than 10 percent. Social Security also provides dignified support for millions of widows, orphans and people with disabilities.

**PAGE 30**

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



## Cross Country

story and photo  
by Thomas Bartlett

Every now and again I break out the cross country skis and go out for a tour. I have my trusty Bonna skis with the three pin shoe system which holds me in tight and my favorite trekking poles that are used throughout the other three seasons for hiking. I put on my light warm gear and try to go out on a perfect day. Usually the perfect day for me on my cross country gear is bright bluebird skies and cold. February cold, where it feels good to go out into the woods and work to get through the fresh snow. My dog Sunny follows behind, walking in the trail I just broke. Every so often he will bound through the deep snow to chase some forest varmint or another and then trot

back in line where the walking is easier. The long, thin shape of the ski allows me to cruise just about anywhere I want to go. I can cover a lot more miles comfortably on my skis than I could walking in my snowshoes or boots. Wind and heavy dog breath are quiet sounds beneath the sound of my own deep breathing as I glide under the cold sun. I don't ski often because it is near impossible to pry the snowboard off of my feet mid winter, but a day of cruising in easy rhythm on a favorite pair of skis in February is a good old friend of mine I like to revisit.

Of course you may not own your own gear or want to break trail. I admit that I enjoy the smooth groomers of manicured trails where you can glide in perfect form. If this is the case, get yourself

*Cross Country, Page 3*

## 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 Hannaford 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.

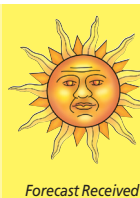
"Tasting the delicious entrées and fabulous cocktails in Killington is something I look forward to all year," said Lynne Tolley, proprietress of the world famous Miss Mary Bobo's Boarding House in Lynchburg, Tennessee. "Folks who snow ski must have extra talent in food and drink creations. I cannot wait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

Call your friends and make plans to be

*Tennessee, Page 2*

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## WEATHER

Wednesday	Sunny	HI 30°
Thursday	Sunny	37°
Friday	Snow/rain	41°
Saturday	Sunny	31°
Sunday	Snow	27°
Monday	Sunny	37°

Forecast Received  
February 22, 2011

# Tennessee

continued from page 1



in Killington to enjoy this 20th anniversary event!

– Lynne Tolley, Proprietress  
Miss Mary Bobo's Boarding House

Lynne Tolley, the proprietress of Miss Mary Bobo's Boarding House in Lynchburg, Tennessee, has roots going back further than anyone living there today can remember. Long before even her granddaddy (for whom the little corner of Lynchburg known as Tolley Town was named) was born, there was the Tolley and Eaton Distillery. In its day, the now long closed-down producer of Tennessee Whiskey was even bigger than the Jack Daniel Distillery, which has been in Lynchburg since 1866.

In a town as small as Lynchburg (population: 361), nearly everyone is related to each other in one way or another. Lynne's grandmother was the sister of Lem Mot-

low, the nephew of Jack Daniel who took over the distillery when his uncle died. (That's why, if you look at a bottle of Jack Daniel's, you'll note the words, "Lem Motlow, prop." on the label.) Thus, Lynne is actually the great-grandniece of Mr. Jack Daniel himself.

Just as Lynne Tolley comes by her Southern heritage honestly, she similarly has solid schooling in food and entertaining -- and she happens, as well, to be a woman to whom Southern hospitality and charm come naturally.

After attending school through the eighth grade in Moore County, one of the smallest in all of Tennessee, Lynne was sent to a boarding school for girls in Mississippi. She then attended the University of Georgia and graduated with a degree in nutrition.

Lynne returned home to Lynchburg,

where she served as the school nutritionist for ten counties in Southern Middle Tennessee. During this time, she dined frequently at Miss Mary Bobo's Boarding house.

Following the death of Miss Mary in 1983, the restaurant closed briefly. But, Lynne reopened the restaurant in 1984 and continues to serve the traditional "dinner" at 1 p.m. sharp every day but Sunday.

In her capacity as proprietress, Lynne Tolley does what any hostess would do in her own home. She plans the menus, choosing favorite recipes that were served by Mary Bobo again and again over the past several decades. She supervises the garden where fresh produce is grown for the meals, and oversees the kitchen and waitstaff. She handles the reservations and purchases the food.

But most of all, as a true Southern hostess, Lynne greets all the guests who come to dine at Miss Mary Bobo's each day. And she also serves as hostess for the dozen, sometimes reticent, strangers who sit at her table. Each table is headed by a Lynchburg lady. Making unfamiliar guests feel at home might be daunting for some. But with her natural vivacity and graciousness, Lynne does the job magnificently.

Lynne has relied on her true instinct for hospitality to develop a four-part strategy for charming guests into opening up and talking with one another. No matter how shy or reserved the group, which usually includes people from all over the country (and often foreign tourists) visiting Lynchburg and the Jack Daniel Distillery, as well, by the end of the meal they usually all feel like old friends.

## Still Spots Available For 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](http://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](mailto:jenminotti@hotmail.com).

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New for this year, Killington Sports Route 4 features the region's only Obermeyer Concept Store and fifteen specialty stores stocked with the latest from Auclair, Bonfire, Bula, Burton, Giro, Gordini, Helly Hansen, Oakley, O'Neill, Scott, Skullcandy, Smith Optics, Spyder, The North Face and Under Armour.

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## Killington This Week

by Kim Jackson

Major snowstorms leave a burning desire in many to ditch the trails and head into the woods. Within the boundaries of Killington Resort, there are a number of options for tree skiing, from the fun and easier trees of Squeeze Play to the steeps or tight lines of Anarchy, Julio or Centerpiece. Tree skiing scares the crap out of me. But ironically, I want my own budding little skier to hit the woods early in life. Had I learned how to ski trees properly and safely when I was a kid—read: no fear of anything—I'd be deep in the woods by now. Kids love to sneak in-between the trees on the sides of trails, so while they're excitement level is high and their fear factor low... parents: put your kids in a proper tree lesson!

Today and tomorrow (Feb. 24-25), Killington will offer a specialty Kids Steeps and Trees clinic, where kids ages

## Cross Country

*continued from page 1*

to a cross country ski resort. There are always the miles and miles of groomed trail to explore, but there is much more going on at the cross country ski resort than skiing. At The Mountain Top Inn and Resort in Chittenden, there is a sledding hill, and dog sled rides. Wednesday through Sunday, there are horse drawn sleigh rides. Even if it is snowing you can bundle up in warm clothes and blankets and dash through the snow. A sleigh ride and dinner package is offered as well to complete a perfect day. Call 802-483-2311 for sleigh ride schedules and more information. Guided snowmobile tours are available for all of the motor heads. But if you are looking for miles and miles of cross country trails, you got it. The Mountain Top Nordic Ski and Snowshoe Center offers 60 kilometers of trails with 40 of them groomed and a snowmaking system which covers a 1.5 kilometer loop trail. During dry seasons (not this one), there will be snow on The Mountain Top as long as it is cold. A ski school is within the walls of the Nordic center and there are experienced and knowledgeable instructors to make help you fine tune your form. As at any resort, rentals are available with the newest gear being featured. The Mountain Top has added a Nordic Quest to their winter list of fun. Ski around the resort and hunt for letters to fill in on a puzzle. It is a type of a treasure hunt on skis. Figure out the puzzle and find the treasure. They call it Turnips, Tracks and Trails. The ski-able land was once a turnip farm.

Mountain Meadows is another area resort specializing in cross country trails. Like The Mountain Top Inn, they are 100 percent open and covered in all of the snow we have been getting since Christmas. The trails are beautifully groomed and plenty of them. The trails cross Kent Pond and you are suddenly out in bright open spaces. A grand view of Pico is enjoyed from the pond while you ski across the buried ice. Kent Pond is also where you will find kite skiing instruction which is offered at the resort. Beginners are welcome to learn how to manage a kite while being pulled across the snow. The kite stands out against the blue sky and being propelled across the snow by the wind is almost silent and quite a treat. For more info call 802-775-0166. Snowshoeing is welcome on the trails and there are also snowshoe specific trails that take you through white countryside. Big news at Mountain Meadows this year is that three time Olympic team member Mike Gallagher has returned for another season and will be helping to teach classic skiing.

How about a little winter time golf? Okemo Valley Nordic Center, one mile from Okemo's Jackson Gore, offers their indoor golf training center. After a bit of skiing on their 22km of tracked and skate groomed cross country trails, you can wind down on their 700 square foot putting green. Mid winter in Vermont you can work on your golf game while you work on your cross country skiing form. There are swing stations and a computerized virtual golf simulator. Instructional programs are available with group or private lessons offered. For more information call 802-228-1396.

Cross country skiing is one of the more mellow and relaxing of the winter time sports, but it can be more than that if you want. Push your self hard and do some non stop miles of trail and take in the Green Mountains turned white. Get on the loop trails and do a few sprints to get your heart rate up and your muscles strong. Try your hand at any of the other activities being offered at these fine resorts and suddenly you will find that there is a lot more going on at the cross country ski resort than just skiing. The perfect day is out there this winter. If the snow continues to fall there will be more than just one. With thin, light skis strapped onto to your feet you can wait for one perfect day to come along or go out and make one for yourself.

7-18 will head out with experienced instructors to learn how to ski or ride some of Killington's best kept steep and tree secrets. The clinic includes a two-day lift ticket and four and a half hours of coaching on the steep trails and in the trees daily. Lunch is included and the clinic is geared for kids who are blue level skiers and riders or above. Helmets are required and goggles are recommended. The group meets in the Superstar Lunch Room at the Ramshead Lodge at 9 a.m. each day. For more details and to register, call 800-923-9444 or stop by the ski school desk at Ramshead.

Killington also will host today its weekly Killington Ski and Snowboard School's fun slalom race on Header from 1-2 p.m. 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.

Some of the best amateur freestyle skiers will descend upon Bear Mountain this weekend for the FIS NorAm Freestyle Cup, with moguls and dual moguls competition on the infamous Outer Limits, and halfpipe

competition in the Superpipe. Many of these skiers are searching for a berth on the World Cup circuit and have aspirations to become national team members and Olympic champions. While the competition is a closed event, the schedule for the weekend should provide for some exciting competition to watch and definitely worth it for spectators at Bear Mountain:

Friday, Feb. 25 – Halfpipe Competition at the Superpipe at Bear Mountain

10:45 a.m.-1:30 p.m. Halfpipe Qualifications (Men and Women) 2:30-3:30 p.m. Halfpipe Finals (Men and Women) 4:00 p.m. Halfpipe Awards at Bear Mountain Lodge

Saturday, Feb. 26 – Moguls Competition on Outer Limits

9:00-10:15 a.m. Women's Mogul Qualification 12:00-1:15 p.m. Men's Mogul Qualification 2:00-2:30 p.m. Women's Mogul Finals 2:30-3:00 p.m. Men's Mogul Finals 3:30 p.m. Mogul Awards at Bear Mountain Lodge

Sunday, Feb. 27 – Dual Mogul Competition on Outer Limits

*Killington This Week, Page 6*



# Robert Salmeri for Selectman

## Fiscal Responsibility

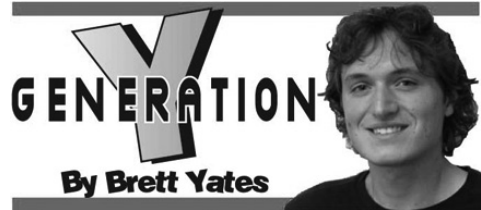
## Honesty

## Integrity

## Commitment

## Please vote, let your voice be heard!

**Paid for by Robert Salmeri**



## Oscar Predictions

Is it lame to watch the Oscars? Yes, absolutely, it is. The ceremony consists of four hours of grotesque pseudo-elegance, in which the purveyors of mainstream, middle-brow entertainment dress up and congratulate themselves for the lofty artistry that produced another year's worth of slop for America's multiplexes. Nevertheless, you can bet that on Sunday, February 27, I'll be watching as James Franco (truly the Leonardo da Vinci of our time) and Anne Hathaway hand out trophies to people in expensive clothing – it's a moral failing of mine.

So, OK – let's do predictions! For years, Roger Ebert has run a contest in which he publicly forecasts the winners, and then if you can outguess him, you win something like \$100,000. I thought I might run a similar contest, except of course that I don't have \$100,000, so instead I'll be giving away a DVD copy of "U-571," the Matthew McConaughey-starring submarine drama that won an Academy Award for

Best Sound Editing in 2001. All you have to do is send your predictions to [brett-yates@gmail.com](mailto:brett-yates@gmail.com) before 8 p.m. EST on 2/27; I'll tally up your correct picks and mine, and if you have more, then the film that Variety called "unpoetically functional" is yours to keep. Just to warn you, I'm going to shorten the category names in this column: no "Best Achievement in Music Written for Motion Pictures, Original Score" – I have a max word count to deal with here.

For Best Picture, I'm going with "The King's Speech" – a pretty good movie and also a British period piece, which is important to the Academy, which believes that British filmmaking, like "Shakespeare in Love" and "The English Patient," represents good taste. I was going to pick "The Social Network," which is a better, more important, and more interesting movie than "The King's Speech," but then I remembered that the Academy almost always makes the boringest choice imaginable (e.g., "Forrest Gump" over "Pulp Fiction").

For Best Director, I'm going with David Fincher. Fincher's main competition is Tom Hooper of "The King's Speech," but it's only Hooper's second feature film, whereas David Fincher has been recognized as an auteur for a decade and a half. Every Best Director trophy in the past decade has gone to a big-name veteran: Scorsese, Eastwood, etc.

Best Actor has to be Colin Firth, who possibly should have won last year for "A Single Man," is British, and gave a moving performance in "The King's Speech." My prediction for Best Actress is Natalie Portman, who will win because she is elegant and skinny and pregnant and socially conscious and was overwrought in "Black Swan" in a way that the Academy tends to find impressive. Annette Benning, on her fourth nomination, has a chance here, but my guess is that the Academy will find some way to give the Oscar to her next year to make up for snubbing her "The Kids Are All Right" performance this year.

Best Supporting Actor will be Christian Bale, a visibly serious, committed actor who transformed himself, quite stunningly, into a crack addict for "The Fighter" – it's the kind of performance that, because of its clear technical virtuosity and ambitiousness, really can't be beat. For Best Supporting Actress, I'm thinking Hailee Steinfeld (who should have been a Best Actress nominee) – the category has been kind to child stars like Anna Paquin and Tatum O'Neal.

I'm going with Lisa Cholodenko and Stuart Blumberg's "The Kids Are All Right" for Best Original Screenplay, a category that often favors films that are slightly too contemporary, offbeat, or intellectual for the Best Picture category. For Best Adapted Screenplay, Aaron Sorkin's "The Social Network" is the most obvious pick of the night, partly because it's really,

really good and partly because of Aaron Sorkin's unique level of celebrity among screenwriters.

The second most obvious pick of the night is "Toy Story 3," universally loved, for Best Animated Feature Film. I'm predicting "Black Swan" for Best Cinematography, since, for reasons unknown to me, critics seemed to think it really excelled in this area. In Best Editing, the voters will pick "The Social Network," an expression of the Academy's concealed knowledge that it's actually a better-made, more advanced film than "The King's Speech."

Here are my random predictions for the categories that don't matter and the ones that I don't know anything about: Best Art Direction – "Alice in Wonderland"; Best Costume Design – "The Tempest"; Best Sound Mixing – "Inception"; Best Sound Editing – "Inception"; Best Visual Effects – "Alice in Wonderland"; Best Makeup – "The Wolfman"; Best Original Song – "Country Strong"; Best Score – "The Social Network"; Best Short Film, Animated – "Day & Night"; Best Short Film, Live Action – "Na Wewe"; Best Documentary, Short Subjects – "Sun Come Up"; Best Documentary, Features – "GasLand"; Best Foreign-Language Film – "Biutiful."

Remember to send your picks to [brett-yates@gmail.com](mailto:brett-yates@gmail.com). It'll help your odds if you mail in a prediction for each category, but feel free not to if you're kind of lazy. Good luck!

### 2010/2011 UPCOMING GUIDE

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- Wobbly Barn
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- Working Landscapes Design Group
- World Cup Supply
- Z Corners Inn

## Ski Tuning: A Tuning Guide For a Performance Edge

"Tuning is critical," explains Jed Duke, Director of Product Development for Blizzard Skis as well as a former Race Room Director. "You lose control without a proper tune!"

"Whether you buy a beginner or expert ski it's good to have it function as it was intended," adds Tim Mullen, Marketing & Merchandising Director at Reliable Racing, a well-known supplier for equipment of all types to skiers, riders, as well as competitors. "You may know about tuning by trying another ski and seeing what really turns like a dream. We tune to make the ski perform as intended or better!"

For any skier or rider, a tuned ski can maximize your skills and enjoyment. Tuned edges maximize grip and ease turn entry. In addition, waxing allows a ski to glide more easily and turn with less effort.

"I'm amazed how many skiers buy \$1,000 skis and then don't keep them up to tune! It's like putting cheap tires on a Porsche."

"Dropping them off at the shop was a pain, expensive, and usually forgotten until too late," reflects long-time skier Dave Hibbert. In his case, with multiple skiers in the family, shop tuning was expensive. The Edgetune System, which he invented, uses a Dremel Drill to bring ceramic stone grinding technology to home tuners, clubs, and race programs.

"The results of a fresh, quality, tune are clearly evident. Tuned to factory standards, and with proper on-going maintenance, you can maximize your investment!" reflects former World Cup Tuner Mike DeSantis, presently the owner of Ski MD, an elite tuning shop in Framingham, MA.

So, you know tuning is critical. Still,

what should you know to effectively tune your skis? What can you do to maintain a well-tuned ski? The good news is that with a few home tuning tools skis can readily be maintained at a high performance standard. Welcome to our Tuning Clinic.

### A TUNING GUIDE

#### The Skier's Guide To Home Tuning

##### 1) Wipe your skis after use.

Elite skaters wipe edges regularly. Similarly, wiping your skis minimizes corrosion and helps remove harmful chemicals and pollutants which can damage the edge and base. Wipe the skis at the end of the day. Wipe your expensive skis.

##### 2) Inspect the bases.

Ski bases perform best when free of major gouges. Check your bases. Either fill or have the shop fill gouges.

##### 3) Keep side edges smooth and sharp.

To start, purchase a "file guide" and diamond stone. Tools can vary from a simple plastic or metal file holder to the Dremel attachment at Edgetune which uses stone grinding technology. Ask the shop for the side edge "setting" on your ski. Mike DeSantis suggests that most skiers use a 1 degree base bevel and a 3 degree side bevel.

"Don't mess with the base edge," suggests Duke. "You might use a fine stone to smooth burrs but do not use a coarse stone as you do not want to change that bevel." Base edges are filed and polished much less frequently and can typically be addressed by a shop annually. Know that overly filing base edges can change performance dramatically.

Use a diamond stone - a blue stone is nice medium grit - to eliminate the initial dings and marks on the side edge. Use a file guide to keep the stone "square, flat, and even" against the ski. Gently move the stone on the side edge until burrs are removed, and the edge smooth. We suggest that you use thick rubber bands to hold the ski brakes away while working.

Mark the edges with black magic marker. Work tip to tail.

"This makes sense," says Duke.

Gradually remove the magic marker! A small ski shop file can quickly restore sharpness. (Ski-specific files are tailored for the hardness of a ski edge.)

Following filing, use a diamond stone to polish.

##### 4) Wax.

Waxing protects the base and allows a ski to glide and turn more easily. Unfortunately, poor use of an iron if hot waxing CAN damage a ski. The solution? Consider "rub on" paste wax or consider the Wax Wizard which inventor Ray Yusi explains safely and quickly "melts" a wax into the base using friction. The skier simply rubs wax from a bar of wax onto the base and polishes the base with the Wax Wizard. The round tool allows greater pressure than a flat cloth or cork and the friction melts the wax into the base.

"This can really protect a ski," emphasizes DeSantis.

### Maintenance Notes

#### 1) Wipe your skis.

#### 2) Prepare side edges:

-Use a diamond stone to remove burrs.

-Use a file to sharpen the edge.

-Use the diamond stone to polish.

-The alternative: The Edge-Tune Stone Grind System.

Realize that files and stones wear out! They do not last forever! I use two diamonds a year and usually one file.

"DMT, Moonflex, and SWIX are major brands of diamonds," says Mullen. "They are all good."

#### 3) Wax.

"I would say that once that base edge is set do not file that base edge," emphasizes Duke. "The side edge you can file or stone daily as long as you keep the guide

to maintain that angle. If you touch that base use a green stone."

### Tuning Tools

Home tuning - maintaining a tuned edge and base - is not complicated. Nor overly time consuming. Still, it takes a few tools! For those interested in tuning and general maintenance the good news is that a variety of tools are available through both "mountain shops" or on-line distributors. In fact, with a few tools it is relatively simply to maintain a well-tuned ski.

For all tuners a "guide" will be necessary to maintain that factory set edge angle. These can vary from a basic plastic guide with a variable side edge setting to the SKS Racing Combo which includes small wheels to avoid filings from impacting the base. Elsewhere, several manufacturers, including FK/SKS Tools and Sun Valley Tools sell metal side edge guides. All vary slightly in accuracy but can serve as invaluable tools for tuning.

Not just racers enjoy a tuned ski. Any skier or rider can enjoy the benefits of a ski which turns easily, glides smoothly, and holds strongly on hardpack. And it need not require great time nor too many tools. My tools travel in a camera bag!

Stay tuned. From that 1st run to your last run.

Contributing Writer Tony Crespi has served as both a Ski School Supervisor and Development Team Coach. A frequent contributor to publications throughout snow country, his column is published throughout the season.

## Register Now For Snowshoe Marathon

The 5th Annual Pittsfield Snowshoe Marathon, the East's most challenging snowshoe event (a full marathon, 26.20 miles through 7,200 feet of elevation change), begins at 8 a.m. on March 5 at Amee Farm on Rt. 100 in Pittsfield, VT.

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

There are registration fees for all events. Early registrants get a price break. The weekend includes a post-race pasta feed, awards ceremony and video presentation.

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

For information please contact Race Director Andy Weinberg at [andy@peak.com](mailto:andy@peak.com).

## Okemo's Lights the Night Rail Jam

Okemo Mountain Resort will light up the night skies with a little help from the Ludlow Fire Department on Saturday, Feb. 26. Okemo's Light the Night Rail Jam invites skiers and snowboarders to throw down some tricks while Ludlow fire trucks throw some light on Okemo's Bull Run trail. The Killarney will ante up \$250 in prize money and host a party after the event.

The competition will be a jam format. Half of the proceeds from the \$20 entry fee will go to support the Ludlow Fire Dept. for their help in supplying the il-

lumination. The other half of the entry fee proceeds and the prize purse from The Killarney will go to the event winners. There will be no lift service for this event.

Registration for the Light the Night Rail Jam will take place in Okemo's Clock Tower Base Lodge starting at 4 p.m. The competition is slated to begin at 6 p.m. Spectators are welcome and The Sitting Bull will be open for refreshments. DJ Dan from Okemo's Parks Crew will be spinning the wheels of steel.

For more info about Okemo Mountain Resort, please call (802) 228-1600.




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## BOOMERS

## How Can You Mend a Broken Heart?



by Cindy Phillips

I am 56 years young. I am hoping to live another twenty years, and who knows, if time is really on my side, perhaps another thirty. But there are certainly no guarantees, and I find myself living more and more of my days as if they could be one of a precious few. It's not that I am being reckless, quite the contrary. I am simply rearranging my priorities and making sure to spend time with those I love.

In the past two years, I have lost several friends who were close to my age. Though a few of them had lost a battle with cancer, massive heart attacks claimed the majority. This week I got another one of those "sad news"

e-mails. Dennis was feeling poorly in the morning, but refused to let his wife call 911. He thought he felt better, started to get ready for work, collapsed and was gone before the paramedics arrived. It happened just that quickly, and now family and friends are mourning and saying "if only we had done things differently."

Let's face it, we Boomers put our bodies through the wringer when we were younger. We believed we were invincible and we took chances. We experimented, we partied, we threw caution to the wind. And now some of us are paying for it with aches, pains, illnesses and failing body parts. The good news is it's not too late to try to turn back the hands of time. The media is chock full of information about getting your heart healthy. The book stores have entire sections devoted to the subject.

First, the disclaimer. I am not a doctor and I have no medical training, though my mother always hoped I would marry a doctor. My information is being gleaned from Dr. Oz and the American Heart Association. If you really want to get serious about this, and I hope you do, you need to see your doctor.

Before we talk about the ways to fix the problem, it is important to first talk about knowing there is a problem. Here's a little tip to remember – your body has a way of letting you know when something is up. Listen to it, and if it is telling you something, don't ignore it and say, "It's nothing, it will go away." At our age, it very often is a sign that something needs to be checked and possibly fixed.

Heart attack symptoms can come on very slowly and may not be intense. Chest discomfort may come and go, but typically feels like pressure, fullness, squeezing or pain. The discomfort may also be felt in other parts of the body, such as one or both arms, the back, neck, jaw or stomach. Shortness of breath often accompanies the discomfort. You may also break into a cold sweat, or feel nauseous or light-headed. If you feel any or all of these symptoms, don't ignore them. It is so much smarter to be safe than sorry.

Most of us know the things we need to do to live a healthier life. It's not rocket science, it's not complicated.

Eat Right – only 10% of our diet should come from fat; 15-20% should be protein; 70-75% should be complex carbohydrates. Do you recall when the

first McDonald's appeared in your neighborhood? It was the birth of fast food and we Boomers literally ate it up. I can remember a couple of nights a week we would beg mom to take us there for dinner. So instead of her balanced meal of meat, potatoes and a vegetable, we consumed a burger, fries and a soda. Mom always gave us the choice of a soda or a milkshake, but not both. When we became teens, it was the place to go with friends. When our own kids came along, Happy Meals were the bonus plan. Now our arteries are paying for it. So I now have things in my daily diet like oatmeal, granola, legumes, fish and hummus. But I have to admit, sometimes I still just have to have that milkshake.

Exercise – when we were teens, we walked everywhere. I thought nothing of walking to the pizza place, or to the park, or to the school yard. If my friends were gathering there, I was going to get there. Today we will drive our car to the mailbox if we have a long driveway. We find every excuse we can to not get exercise. "I have no time, my bunions hurt, I'm too tired, I'll do it tomorrow." Guess what? There may not be a tomorrow if you don't exercise that heart muscle. Start off slow, but increase every day. You will be surprised how quickly your stamina builds. And by the way sex, at our age, is exercise too.

Smoking will kill you. There's simply no other way to say it.

Relieve Stress – staying calm and taking control of stress actually causes your arteries to relax and helps to reduce the buildup in them. We Boomers brought stress to new levels as workaholics and overachievers. We're older now, we can take the time to stop and smell the roses. Yoga, meditation, listening to soothing music – any one of them can do the trick. Spend some time with your grandkids. They make everything better.

To put it bluntly, God gave you one ticker and it's your responsibility to take care of it. None of us are going to live forever, but we can certainly try to live as long and as healthy as possible. Don't be the subject of that next "sad news" e-mail your friends receive. Mend that broken heart.

(This column is dedicated to Rich Rothstein and Dennis Mulcan, RIP, and to Bill Ward for encouraging me to write it.)

## Cross Country Ski Report

Report prepared 2/22/2011



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## Killington This Week

continued from page 2

9:45 a.m.-12:45 p.m. Dual Qualification (Men and Women) 1:30-3:00 p.m. Dual Finals (Men and Women) 3:15 p.m. Dual Awards at Bear Mountain Lodge

On Saturday, the famed Mountain Dew Vertical Challenge returns to Killington as well. Know for its fun, family-oriented recreational racing, the Vertical Challenge event encourages the whole family to have fun on the slopes while working toward earning some fun prizes and giveaways. This event is free to enter and registration will take place in the Snowshed Lodge at 8 a.m. The race starts at 11 a.m. and awards begin at 2 p.m. Games and activities will take place throughout the day as well.

Family events continue during the week with Killington's Kandid 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.

For more details about these and other upcoming Killington events, visit [www.killington.com](http://www.killington.com).

## WHAT'S HAPPENING LOCALLY?



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# KMS Student-Athletes Dominate Weekend Events

It was a whirlwind weekend of podium results across all disciplines and age groups for Killington Mountain School (KMS) student-athletes. The J3 team led the way, capturing the J3 Mid-Vermont Council (MVC) team banner at Killington for the sixth consecutive race of the season—a KMS record. Over the course of the MVC season, the team took 25 podiums (no fewer than three podium finishes in any race), 40 top-10 finishes, and 56 front-page (top-15) finishes. The entire girls' team and six from the boys' contingent have qualified to compete at the J3 State Championships this Friday at Okemo Mountain.

In addition, the KMS Freestyle team earned multiple podiums at the USSA Eastern Freestyle Killington Classic in single moguls, dual moguls, halfpipe, and slope-style events. Also last week, three student-athletes from the men's J2 team—Kyle Burcin of Basking Ridge, N.J., Cameron Price of Rutland, and Dan Martin of Belmont, Mass.—qualified from the Eastern Region for J2 National Junior Olympics at Sugarloaf in March. In women's racing, senior Allison Visconti of Ridgefield, Conn., won the second run en route to a third-place overall finish in Thursday's FIS National Junior Race slalom at Blackwater, New Hampshire.

KMS J3 girls went one-two in Killington's slalom race, with Bridgewater's Piper Jenne taking top honors followed by Carolyn Hofley, of Bow, N.H., in second. Heather Desino finished in 17th, with teammates Allison Smith in 20th and Mika Smith in 28th after a fourth-place first run. Alli Price of Rutland was named Mid-Vermont Champion after winning four of the six council races. For the boys, it was KMS J3 racer James Ferri, of West Simsbury, Conn., who was crowned Mid-Vermont Champion while teammate Wyatt Queirolo, of Farmington, Conn., finished in second overall. Individual results from the season's last regular slalom event included Ferri (1st), Queirolo (2nd), J4 Spencer Smith (4th), Johnny Schwartz (6th), Jake Grundy (8th), and Patrick Salisbury (28th).

"With the Mid-Vermont boys standings finalized Saturday at the Killington slalom, the long battle between James and Wyatt finally came to a close with James taking top honors in the closest race I've seen in the mid council in years," said KMS J3 Head Coach Greg Hadley. Schwartz finished eighth overall for the season and third



Tommy Shebell (11th), Grundy (17th), Salisbury (42nd), and Matt Moore (45th).

Killington Resort was a busy spot for KMS competition this weekend, with the Freestyle team competing and taking home hardware in all disciplines of the USSA Eastern Freestyle Killington Klassic. Dan Rosenblum, 16 and a sophomore at KMS, rallied from his sixth-place finish at the Gatorade Free Flow Tour national finals last week in Utah to take first in halfpipe competition on Friday and third in slopestyle. Teammate Cooper Babbitt just missed the podium in both events, landing in fourth each time.

Turning to moguls, on Saturday KMS/KWSC freestyler Hannah Soar took home the gold and was top-three overall for the two mogul competitions. Jeremy Gravel

'09 took home bronze for the men. In dual moguls on Sunday, Alta Curtis '09 won the event with teammate Megan Moores joining her on the podium in second. For the men, Tyler Wadhams took third.

To learn more about alpine, snowboard, freestyle, and freeride training and opportunities, call 802-422-KMS1.

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# JACK DANIEL'S

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## JACK WEEK 2011

### SCHEDULE OF EVENTS

Wednesday

Feb. 23rd

- ▶ Whiskey Dinner with Lynne Tolley at Simon Pearce in Quechee - 6PM

Thursday

Feb. 24th

- ▶ Jack Daniel's Winter Olympics at the Grist Mill - 4PM-8PM
- ▶ Bottle Engraving and Tasting at Woodstock Liquor - 4 to 7
- ▶ Black Jack Attack at the Pickle Barrel - 8 to midnite

Friday

Feb. 25th

- ▶ Bottle Engraving and Tasting at Cordially Yours - 2PM to 6PM
- ▶ Black Jack Attack at the Lookout Tavern - 4PM to 6PM
  - ▶ Apreés Ski Promo at Charity's - 5PM to 7PM
  - ▶ Jack Daniel's Trivia at Mogul's - 8PM to 10PM
  - ▶ Black Jack Attack at the Pickle Barrel 9PM to midnite

Saturday

Feb. 26th

- ▶ Bottle Engraving at GU Market, Rutland - 12PM to 3PM
- ▶ Bottle Engraving and Tasting at Hannaford's Rutland - 4PM to 7PM
- ▶ Bottle Signing with Lynne Tolley at Cordially Yours - 3:30PM to 5:30PM
- ▶ Après Ski Promo at Mogul's - 4PM to 6PM
- ▶ Après Ski Promo at Outback - 4PM to 6PM
- ▶ Après Ski Promo at Casey's Caboose - 5PM to 6PM
- ▶ Jack On The Run Promos at locations up and down the Access Road - 5:30PM to 7:30PM
- ▶ Jack Daniel's Promo at the Grist Mill - 7PM to 9PM
- ▶ Black Jack Attack at the Wobbly Barn - 9PM to midnite

Sunday

Feb. 27

- ▶ Jack Daniel's Brunch at Choices - 1PM to 3PM
- ▶ Après Ski Promo at Sushi Yoshi - 3PM to 4PM
- ▶ JD Drink Recipe Contest and Awards Ceremonies at the Outback - 8PM to midnite.





# Health & Fitness

## Mistakes That Many Cooks Make

Food Network Kitchens

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

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

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

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

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

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

## Quit Smoking

We look to our leaders as role models, though we have learned that they are fallible humans, just like ourselves, struggling with all the same issues that the rest of us have. Often we are disappointed because we expect them to do more than we can imagine ourselves capable of.

President Obama entered office as an occasional guilty smoker. Guilty because he wanted to quit and had tried numerous times - just like most people (the average is seven quit attempts).

This past week Michelle Obama said in an Associated Press interview that he had quit for almost a year. In 2009 he said "I constantly struggle with it... once you've gone down this path, then it's something you continually struggle with."

Our VKAT group (Vermont Kids Against Tobacco) group and 100 WUMS signed a letter to Obama last year urging and supporting him to quit. Most of us don't get such a clear message about the importance of quitting in our lives, but know how important it is.

The State of Vermont Department of Health wants to help you quit by providing free cessation services. Contact [Vtquitnetwork.org](http://Vtquitnetwork.org) or call 1-800-quit-now for free

quit services.

Know that your friends, neighbors and people you don't even know want to help you quit. OCP, your local community coalition, supports smoke free zones in our communities, lessening the impact of second hand smoke as well as providing fewer triggers for recovering smokers.

Become a role model yourself and contact the quit network.

## HEALTH CALENDAR

**Feb. 24** - Fair Haven. RAVNAH Blood Pressure & Foot Care clinic: Appletree Apts 9:30am. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

**Feb. 26** - 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. 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. 1** - Rutland. Getting Stronger exercise program, 9:30am, Bardwell House. Open to public. 786-5990. Designed for older adults.

**Mar. 1** - Brandon. RAVNAH Blood Pressure & Foot Care clinic: Forestdale Sr. Ctr, 1pm. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

**Mar. 2** - Rutland. RAVNAH comprehensive cardio/cholesterol health risk screening. \$30 complete. 8:30am, advance appt please, 775-0568. RAVNAH Office.

**Mar. 2** - Wallingford. RAVNAH Blood Pressure & Foot Care clinic: Wallingford House, 10:30am. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

**Mar. 2** - W. Rutland. Suffering with chronic condition? Healthy Living Workshops at NeighborWorks of W. VT. Free. Mar. 9, 16, 23, & 30 also, 1-3:30pm. 772-2400.

**Mar. 7** - Rutland. Girl Talk meetings at Rutland Free Clinic, sponsored by RRM'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, RRM. 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 RRM. 4 wk program begins 1st Mon. of each month. Mons. 4:30-5:30pm or Thurs. 9-10am. Register 747-3768. Free!

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

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

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

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

**Weds.** - Rutland. Man-to-Man Prostate Cancer Support Group meet 5:30pm, 4th Wed. of month @ RRM. 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 RRM 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.

**KILLINGTON YOGA**  
 NEW Class **Mix Level • Sat. 4:30pm at Base Camp Outfitters**  
 Anusara Inspired | Classes | Private Yoga Therapy  
 Mon 8:30am | Tues & Thurs 5:30pm | Fri 8:30am Pilates • Walk-ins welcome • 802-422-4500  
 Karen Dalury, RYT • 3744 River Road, Killington • [www.killingtonyoga.com](http://www.killingtonyoga.com)

**Pyramid** Holistic Wellness Center  
 120 Merchants Row, Rutland, VT  
 802-775-8080  
[www.pyramidvt.com](http://www.pyramidvt.com)  
[www.massageschoolvt.com](http://www.massageschoolvt.com)

<b>OXYGEN BAR</b> \$5/session	<b>YOGA</b> \$6/class	<b>FITNESS DROP-INS</b> \$5/session
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**MASSAGE THERAPY SCHOOL BEGINS JANUARY 29, 2011**

<b>MASSAGE</b> \$60/hour session	<b>SALT CAVE</b> \$10/hour	<b>FITNESS MEMBERSHIP</b> start at \$20
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# Art & Entertainment

## NIGHTCLUBS

### THURSDAY, FEBRUARY 24

Clear River Tavern	Eve-Open Mic
Grist Mill	HH-JD Winter Olympics
Santa Fe	Eve-Myk Sno
Outback	Eve-James Joel Rocks
Wobbly Barn	Eve-Sunlea
Saint's Pub @ Summit Lodge	Eve-Musician's Showcase w/Frank Chase

### FRIDAY, FEBRUARY 25

Outback	Eve-Joey Leone Trio & JD Weekend
Saint's Pub @ Summit Lodge	Eve-Frank Chase
Moguls	Eve-JD Trivia w/ Nick Stryker
Santa Fe	Eve-Myk Sno
Wobbly Barn	Eve-Gypsy Wisdom
Double D's	Eve-Karaoke with Tiffany Z
Grist Mill	Eve-Long Trail Party
McGrath's Irish Pub	Eve-Shananagans
Clear River Tavern	Eve-Clear River Band

### SATURDAY, FEBRUARY 26

Clear River Tavern	Eve-Duane Carleton
Moguls	Eve-JD Après Ski Party
Wobbly Barn	HH-Kyle Cummings
	Eve-Gypsy Wisdom

Outback HH/Eve-Black "Jack" Happy Hour & Team Canada Bash  
w/ Joey's Big Band

McGrath's Irish Pub	Eve-Shananagans
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 27

Saint's Pub @ Summit Lodge	HH-Frank Chase
Outback	Eve-20th Annual JD Drink Contest & Awards starring Joey Leone & Friends

McGrath's Irish Pub	HH-Extra Stout
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### MONDAY, FEBRUARY 28

Santa Fe	Eve-Joey Leone Jazz
Outback	Eve-Jimmy's Pizza "Buffett"

### TUESDAY, MARCH 1

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

## MUSIC

**Feb. 25 - Tunbridge.** Tannahill Weavers from Scotland perform at Tunbridge Town Hall, 8pm. Limited tickets, \$20 advance, \$25 door. 431-3433.

**Feb. 26 - Rochester.** Melou performs at Sandy's Books & Bakery, 8-11pm. Under 12 free, \$10 advance, \$15 door. 558-6155.

**Feb. 27 - Randolph.** Wendy MacIsaac & Andrea Beaton, fiddlers, present Cape Breton tunes. 7:30pm, Chandler Upper Gallery. \$17 advance, \$20 door. 728-6464.

**Mar. 3 - Proctor.** Caitlin Canty & Darlingside perform at 7:00 p.m. Union Church of Proctor. Doors open at 6:30.

**Mar. 6 - Rutland.** VSO presents Voyages at Paramount Theatre, 4pm. Bella Hristova debuts in VSO - violin concerto. 775-0903 for tickets.

### Ongoing:

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

## SPORT/LEISURE

**Feb. 23, Mar. 2 - Killington.** Bud Light Race Series is back at Killington Resort. Each Weds., on Highline. Party location following, TBD. Come watch racers race down the course.

**Feb. 24-25 - Killington.** Kids Steeps & Trees clinic at Killington Resort. Age 7-18. Lift ticket, lunch included. Helmets required. Meet Superstar Lunch Rm at Ramshead 9am each day. 800-923-9444 or Ramshead desk to register.

**Feb. 25-27 - Killington.** FIS Noram Freestyle Cup at Killington Resort. Freeskiers from all around the world compete in moguls, dual moguls, halfpipe. Outer Limits & Superpipe at Bear Mtn. killington.com for complete schedule. 800-621-MTNS.

**Feb. 26 - Killington.** Mountain Dew Vertical Challenge at Killington Resort. Ski/snowboard fun for the whole family. Snowshed, register at lodge 8am, race starts 11am. Free to enter! 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.

**Feb. 26 - Mendon.** Killington Section GMC Outing: Tamarack Notch to Brewers Corners. Moderate, snowshoe, 4 mi. Meet 10am at Rutland's Main St. Park. 773-2185.

**Feb. 26 - Brandon.** Discovering Hawk Hill - Walks & Talks Series. This week, Tracks & Wildlife on the Hill. 10am. Meet OVHS parking lot. 446-7030. No dogs.

**Feb. 26 - Pittsford.** 9th Annual Winter XC Skiing, Snowshoeing, Sledding Event at Recreation Area. Free hot dogs, hot cocoa, brownies. 1pm. Bring own equipment. 483-6500 x17.

**Feb. 26 - Ludlow.** Light the Night Rail Jam at Okemo Mtn. Jam format, skier & riders throw down tricks while Ludlow FD lights up trail. \$20 entry fee, 4pm registration at Clock Tower BL. 6pm jam. 228-1600.

**Mar. - Rutland.** U19 Rugby practice begins at Rutland Rec & Parks Dept. Early March thru June. \$112 resident, \$123 non. 773-1822.

**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 Suns. - 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-Th, 10-12:45 & Fri, 11-12:45pm & 7:15-9:15pm public skate. Weekend family skating Sat. & Sun, 1:45-3:45pm. Complete schedule, 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. 26-27, Oil Pastels. Feb. 27, Zen Drawing. Feb. 28, Needle Felting Character. Mar. 4-6, Silk Dying & Nuno Felting. 228-8770 for times, fees, details.

**Feb. 23 - 27 - Killington & Surrounding.** Jack Daniel's Taste of Tennessee Week! See ad for complete schedule of events at local bars/restaurants/liquor outlets. Bottle engravings, trivia, Black Jack Attack, drink contests, whisky dinner, promos, more.

**Feb. 24 - Rutland.** Southwest Freedom Riders monthly meeting at Seward's Restaurant, 7pm. New members/guest welcome.

**Feb. 24 - N. Clarendon.** Free monthly coupon swap at Bailey Memorial Library. 8:30pm. Learn to save \$ on groceries. Bring scissors, unexpired coupons, non-perishable food item.

**Feb. 24-26 - 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. Upcoming in Mar. rug hooking, drawing, more. 775-0356.

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

**Feb. 25 - Rutland.** Open House for Governor's Career Readiness Certificate, 1pm, CCV Rutland. 786-8808.

**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.

**Feb. 25 - Rutland.** CSJ hosts 5th annual Gala Event, Holiday Inn. 6pm cocktail hour, 7pm dinner. Music by Enerjazz, silent auction. Raise money for STEPS program. \$100 each. 776-5264.

**Feb. 25 - Rutland.** "Whodunit" Dinner Show to benefit CKS, 6:30pm, Palms Restaurant. Murder mystery & dinner, \$50. Cash bar. 773-0500 for tickets.

**Feb. 25-26 - Rutland.** Brandon Town Players present staged reading of Lux Radio Theater's presentation of The Thin Man. Buffet dinner option. \$30. 6:30pm dinner, 7:45pm show. RSVP 247-5420.

**Feb. 25-27 - Brandon.** Art in the Snow at Brandon Music - wine, art, live music. Feb. 26, 11-5, Artesano winery in Music Café. 4-6pm, Jay & Linda Banta, contemporary/folk singing. Free, open to all. Donations accepted. Paintings by Mike Mayone in lobby. 465-4071.

**Feb. 26 - Poultney.** Poultney Chamber of Commerce Spotlight on Business, 10am-4pm, St. Raphael's Hall. Celebrating 250th Birthday. Exhibitors, prizes, lunch, more.

**Feb. 26 - Granville, NY.** St. David's Day at Slate Valley Museum, 10am-4pm. 518-672-1417. In celebration of the immigrant Welsh community of the Slate Valley.

**Feb. 26 - Randolph.** Opening Reception of The Hale Street Gang exhibit, 2-4pm, Chandler Gallery. Exhibit thru Mar. 27. Free admission. 431-0204.

**Feb. 26 - Ludlow.** 9th annual Okemo Comedy Night featuring Bob Marley, Great Rm of Clock Tower Base Lodge. Doors 7pm, show 8pm. \$25 advance, \$28 door. Age 21+. 228-8877.

**Feb. 26 - Ludlow.** Vt Author Karen D. Lorentz signs her latest ski books, 3-5pm, Book Nook.

**Feb. 26-27 - Brandon.** Art in the Snow & Wine Festival. Venues throughout town. Classes, demos, The Wine Trail, open houses, music. Stay tuned for details or call 247-6401.

**4th Season RUTLAND WINTER FARMER'S MARKET**  
in the old Strand Theatre thru the Rutland Food Co-op,  
77 Wales St., Off lower Washington St.

**EVERY SATURDAY 10AM-2PM**

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

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SUNRISE MOUNTAIN VILLAGE

**Back Country Snowshoe Treks & Rentals**

Guided day and evening tours (802)  
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**Exceptional Fine Art Gallery**  
Upstairs at BASE CAMP & CABIN FEVER GIFTS

*Traditional and contemporary*

Killington *Arts* Guild **Beauty for The Beast**

At **CABIN & FEVER**  
RT 4 across from Killington Access Road  
10:00 am-5:00 pm daily

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

**Feb. 26-27** - Rutland. Big Flicks at the Paramount presents: Feb. 26, Willy Wonka and the Chocolate Factory, 3pm & 7pm. Feb. 27, Mamma Mia, 1pm & 4pm. \$6, 12 & under \$4. 775-0903.

**Feb. 27** - Mt. Holly. Mt. Holly Volunteer Rescue Squad BINGO at Mt. Holly Elem School. Doors 12 noon, games 1pm. \$20/20 games. Cash prizes. Refreshments for sale. 259-2810.

**Feb. 27** - Fair Haven. Southwest Freedom Riders Operation Phone Home, a fund raiser to buy phone cards for our troops, noon-5pm, Fairwood Lanes. 1-888-299-SWFR for more info.

**Feb. 28** - Ludlow. Town Meeting, 7pm, Auditorium of Town Hall. Australian ballot for Town Officers & U 39 School Budget Mar. 1, 10am-7pm.

**Feb. 28** - Poultney. Master Storytellers Tim Jennings & Leanne Ponder come to GMC, Gorge of Withey Hall. 7:30pm. Free, open to public. Refreshments. Mature audiences.

**Mar. 1** - Town Meeting Day!!!

**Mar. 1** - Killington. Killington Teen Center hosts 3rd annual silent auction at Town Meeting. Donate by Feb. 27, call 422-3241.

**Mar. 1** - Poultney. GMC celebrates 50 yrs of Peace Corps, 6:30-8:30pm, Two Editors Inn. Refreshments, informational talks.

**Mar. 2** - Rutland. Vt Humanities Event: 100 Years since Triangle: The Fire That Seared a Nation's Conscience - talk by Dartmouth professor Annelise Orleck. 7pm, Rutland Free Library. 773-1860.

**Mar. 2** - Rutland. Vt Rental Property Owners Assn monthly meeting at Godnick Center, 7pm. Public welcome. Guest speaker Neal Curtis, Efficiency Vt. 775-4351.

**Mar. 3** - Rutland. Home Builders & Remodelers Association of Southern Vermont hosts Lead Paint Certification Class (RRP), 8am-4:30pm, at FW Webb. HBRA-SV Members \$175; Non-members \$225. Payment/registration due Feb. 25. 773-0672.

**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. Mar. 2 - Howard Shaffer, American Nuclear Society, VT Pilot Project. 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.

## COMMUNITY

**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. 24** - Woodstock. Hand in Hand community meal, Thurs., 5-7pm. This Week: Dia de la Bandera Day (Flag Day, Mexico), Hand in Hand - 6 yrs. Social Hall, N. Unitarian Chapel Society. All welcome, donations accepted. 457-9272.

**Feb. 25-26** - Rochester. Women's Alliance Thrift Shop open - Fri, 4:30-6:30pm; Sat, 9am-noon. At Federated Church of Rochester.

**Feb. 26**-Ludlow. Old Fashioned Washington's Birthday Supper, 5-7pm, United Church of Ludlow.

**Feb. 26** - Castleton. Roast Turkey Church Super at Castleton Federated Church. 5-6:30pm. Turkey & all the fixings. \$9 adults, \$5 age 12 & under. 265-8686.

**Mar. 3** - Hubbardton. Hubbardton Senior Connection lunch 1st & 3rd Thurs. of month, noon at Hubbardton Town Hall. All welcome. \$3.25/ srs. \$4.25 all else. RSVP 273-2953.

### 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. 100N. Communion Service 1st Sun. each month. Bible Study Weds. Eves 7pm. Rev. Dr. Howard Gunter, Pastor. 746-8698.

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

**Rutland** - Unitarian Universalist Church, 117 West Street, Rutland, VT. 802-775-0850. Sunday Services Begin at 10:30 a.m. Rev. Erica Baron.

**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 Dolers Mass Times: Saturday 4:30pm. Sunday 9am.

## 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, 10-3:30.

**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, 11 am-6pm & Sat., 10am-2pm & during Paramount Theatre performances. 775-0903.

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

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

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

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

**Killington Arts Guild Fine Art Gallery** - at Cabin Fever, Rt. 4. Open business days 9-6:30pm. Winter show, Beauty for the Beast, thru March. All Members Show - March On - Opening reception Mar. 4, 3-6pm, thru May. 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.

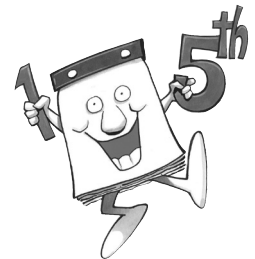
**Woodstock History Center** - 26 Elm St, Woodstock. Fri-Sun 12-4pm. Other days by appointment. Art, furniture, clothing, musical instruments, more. 457-1822 for info.

## COMING UP

**Mar. 16** - Rutland. New Orleans rockers The Radiators present farewell tour, The Last Round Up, 8pm, Paramount Theatre. Tickets at 775-0903.

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

**Mar. 25-27** - Killington/Rutland. Snowdown Winter Music & Sports Festival hosted by moe. Killington Resort & Spartan Arena. moe., Keller Williams, Lotus, Twiddle, many more bands perform throughout weekend. Festival & lift ticket deals. 863-5966.



## CALENDAR SPACE IS FREE

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Mail:

The Mountain Times

P.O. Box 183, Killington, VT, 05751.

Email: [editor@mountaintimes.info](mailto:editor@mountaintimes.info)

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

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Sat. Feb. 26 • 11-5pm visit with Artesano winery in our Music Café.

Sat. Feb. 26 • 4-6pm enjoy contemporary/folk singing, Jay and Linda Banta.

Free and open to the public, donations gladly accepted.

All weekend, paintings by Mike Mayone on display in our lobby.

62 Country Club Road, Brandon • [www.brandon-music.net](http://www.brandon-music.net) • 802-465-4071  
Store & Gallery 10am-6pm, Tea Room 12-5pm daily (closed Tuesdays)

## Violinist Bella Hristova Performs in Rutland

Vermont Symphony Orchestra Music Director Jaime Laredo has brought several outstanding young soloists to Vermont this season. In early March he introduces his protégé, violinist Bella Hristova, who will perform the beautiful Dvořák Violin Concerto. This exciting program includes Corigliano's Voyage and Mendelssohn's enduringly popular Symphony No. 3, "Scotch." The concert, the third in the VSO's Sunday Matinee Series, will be held on Sunday, March 6 at 4 p.m. at the Paramount Theatre.



Award-winning violinist Bella Hristova was born in Pleven, Bulgaria, in 1985, and began violin studies at the age of six. At age twelve, she participated in master classes with Ruggiero Ricci at the Mozarteum in Salzburg. Since the age of thirteen, she has lived in the United States. In 2003, she entered the Curtis Institute in Philadelphia, where she studied chamber music with Steven Tenenbom. Hristova is currently pursuing an Artist Diploma with Jaime Laredo at Indiana University. She plays a 1655 Nicolò Amati violin, once owned by the violinist Louis Krasner.

A pre-concert discussion, "Musically Speaking," moderated by Rutland Herald and Barre Times-Argus Art Critic Jim Lowe will be held at 3 p.m., free for members of the audience. The discussion will feature Bella Hristova and Jaime Laredo, providing entertaining insight into the music, composers and musicians themselves.

Again this year, the VSO will collect food items at its concert in Rutland as part of the national "Orchestras Feeding America" project. Audience members and the public may bring a non-perishable food item to the Paramount Theatre lobby on March 6. All food collected will be donated directly to the Vermont Foodbank. Suggested food items include boxed dry goods, canned goods and soups, cereal, pasta, rice, and peanut butter...please, no glass, perishables or clothing.

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

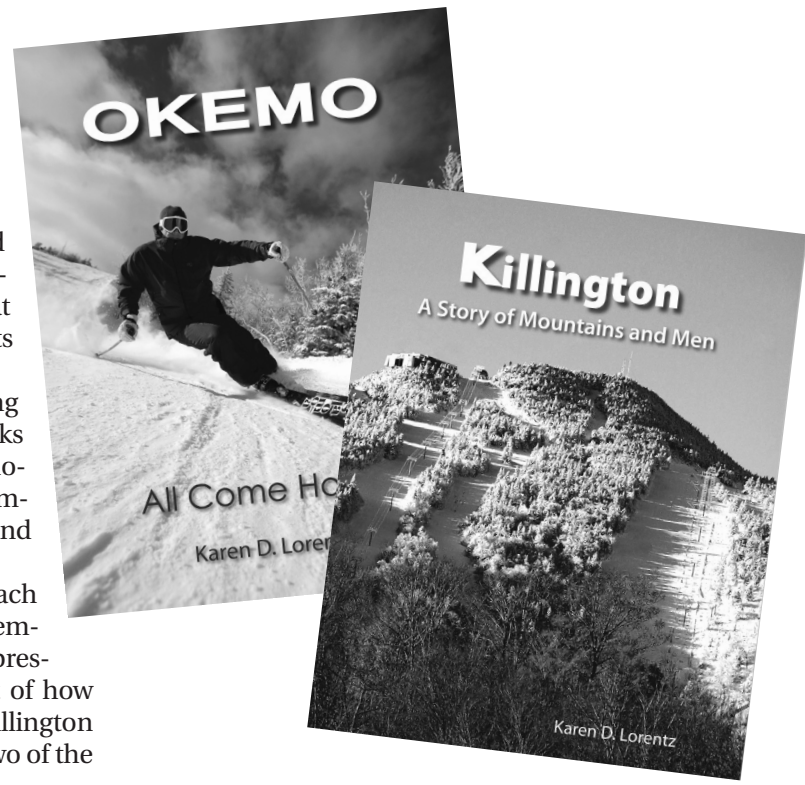
## Ski Books Signing

Award-winning Vermont author Karen D. Lorentz will be at the Book Nook in Ludlow on Saturday, February 26 from 3 to 5 p.m. to sign copies of her latest ski books.

The recently published "Okemo, All Come Home and Killington, A Story of Mountains and Men" (2009 50th anniversary edition) are expanded and updated, second-edition hardcovers that trace the stories of the respective mountain resorts from inception to present day.

Destined to become collectors' items along with the now out-of-print first editions, the books each feature 364 pages with 40 pages of color photography and more than 200 black-and-white images covering the history, pioneers, workers, and visitors to each area.

Lorentz interviewed over 200 persons for each book, including the resort's founders, board members, general managers, and workers as well as present-day management for a firsthand account of how their the amazing accomplishments made Killington and Okemo the East's top two ski resorts and two of the top 15 ski resorts in the country!



## Vermont Humanities Council Presents First Wednesdays Lecture

Dartmouth Professor Annelise Orleck will discuss the tragic Triangle fire that occurred nearly a century ago in a talk at Rutland Free Library on March 2. Her talk, "100 Years since Triangle: The Fire that Seared a Nation's Conscience," is part of the Vermont Humanities Council's First Wednesdays lecture series and takes place at 7:00 p.m.

On March 25, 1911 a fire at the Triangle Shirtwaist Factory in Greenwich Village killed 146 young workers, most of them young immigrant Jewish and Italian women. With exits locked, women leapt to their deaths while thousands watched. Half a million New Yorkers lined the funeral route and politicians vowed to change workplace safety laws. Orleck will talk about these events and their historical significance.

A Professor of History at Dartmouth, Annelise Orleck is author of *Common Sense* and *A Little Fire: Women and Working Class Politics in the United States* and *Storming Caesars Palace: How Black Mothers Fought Their Own War on Poverty*. She is co-editor of *The Politics of Motherhood: Activist Voices from Left to Right*.

The Vermont Humanities Council's First Wednesdays series is held on the first Wednesday of every month from October through May, featuring speakers of national and regional renown. Talks in Rutland are held at Rutland Free Library. The program is free, accessible to people with disabilities and open to the public.

For more information, contact Rutland Free Library at 802-773-1860, or contact the Vermont Humanities Council at 802-262-2626.

## Art & Wine in the Snow

Brandon's Arts and Wine Festival is February 26 & 27. 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.

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.

## Master Storytellers at GMC

Performers Tim Jennings and Leanne Ponder will bring their unique blend of music and storytelling to Green Mountain College on Monday, February 28th at 7:30 p.m. in the Gorge of Withey Hall.

In a powerful blend of technique and soul, this Vermont couple presents traditional world folktales as duo narrative performance, interwoven with traditional Celtic music on harp and concertina. Popular in schools,

colleges, and resorts around New England, Tim and Leanne have been featured on Vermont public television and at major festivals across North America, including the National Storytelling Festival in Jonesborough, Tenn. Their storytelling recordings have won Parents' Choice and American Library Association and Children's Music Web awards. By combining their voices, sensibilities, and creative talents, the duo has developed a form of entertainment that is truly magical, with a unique ability to transcend boundaries.

The show is free, open to the public, and recommended for mature audiences. Refreshments will be served.

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Sunday .....	2:40-4:10pm

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	\$6.00

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# JustForFun

Capsule reviews of films opening this week by The Associated Press

## Neeson Kicks Even More Butt in 'Unknown'

by Christy Lemire • AP Movie Critic

A couple of years ago, Liam Neeson starred as a former CIA agent in "Taken," searching for his kidnapped daughter and kicking as much butt as necessary to find her.

Now, he's continuing this fascinating late-career path, remaining in action-star mode as he creeps ever closer to 60, in "Unknown." It's a chilly little thriller about amnesia, mistrust and lost identity, with the kinds of chases and explosions you've seen countless times before. Interchangeable Euro baddies lurk in the shadows, seemingly omniscient and omnipresent, waiting to strike. Nothing and no one is what it seems, which makes the unpredictability somewhat more predictable.

Still, Neeson's always-intelligent screen presence, his nuance and gravitas, help elevate "Unknown" beyond its preposterous elements. And he gets great help from a classy supporting cast, including Frank Langella, Bruno Ganz and Sebastian Koch.

And, to be fair, the film from Spanish director Jaume Collet-Serra has its suspenseful moments, including the startling, precisely staged car accident that sends Neeson's character on his dangerous journey. Collet-Serra's last film was "Orphan," about a creepy 9-year-old girl who wreaks havoc on her unsuspecting adoptive family. "Unknown," which Oliver Butcher and Stephen Cornwell wrote based on a novel by Didier van Cauwelaert, doesn't have anything even remotely resembling the gnarly, jaw-dropping twist of that earlier film, but it's got some surprises here and there, and it ought to keep you guessing for a while.

Neeson's character, botanist Dr. Martin Harris, has plenty of his own guessing to do. He's traveled to Berlin for a scientific conference with his beautiful wife, Elizabeth (January Jones), but soon after they arrive at their luxurious hotel, he realizes he's left his briefcase \_ with their passports \_ at the airport. When he hops in a cab and dashes back to retrieve it, a chain-reaction crash sends the car skidding through the streets and off a bridge into a river. The driver (Diane Kruger, vaguely de-glammed) pulls him from the vehicle, saves his life, then runs off. Martin, meanwhile, is taken to a hospital, where he lies in a coma for four days.

When he awakens, he has only vague memories of who he is; against a doctor's orders, he hurries back to the hotel to find Elizabeth. Not only does she look him in the eye and insist she has no idea who he is, but she's there with an entirely different man (Aidan Quinn) who says he's Dr. Martin Harris \_ and he has the passport to prove it. (Then again, Jones has the kind of icy, blonde good looks that Hitchcock often favored, so you know there's more to her than meets the eye.)

From here, Martin goes on a quest to piece together what happened. He seeks out the cab driver, whom he learns is an illegal immigrant named Gina, hoping she



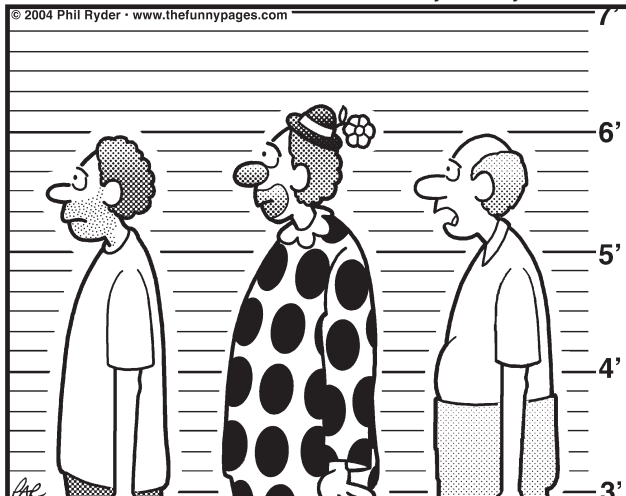
can provide some clues as to who he is and where he was going. Ganz, the veteran star of such films as "Nosferatu the Vampyre" and "Wings of Desire," is deeply eerie as a former Stasi agent Martin hires to help him investigate his identity. He adds a feeling of menace even though he's a good guy, and his confrontation with Langella, as a colleague of Martin's who's come to Berlin supposedly to help, crackles with tension.

As Martin and Gina evade one attack after another from the mysterious people who are out to get them, he discovers all kinds of useful skills he never knew he had. And as "Unknown" reveals itself, you may discover that it reminds you of another, superior movie \_ one that we will not name here for fear of giving away the twist. But Collet-Serra makes the story move with enough style and energy that you also may not care.

"Unknown," a Warner Bros. Pictures release, is rated PG-13 for some intense sequences of violence and action, and brief sexual content. Running time: 106 minutes. Two and a half stars out of four.

### THE JOKE'S ON YOU

by Phil Ryder & YOU

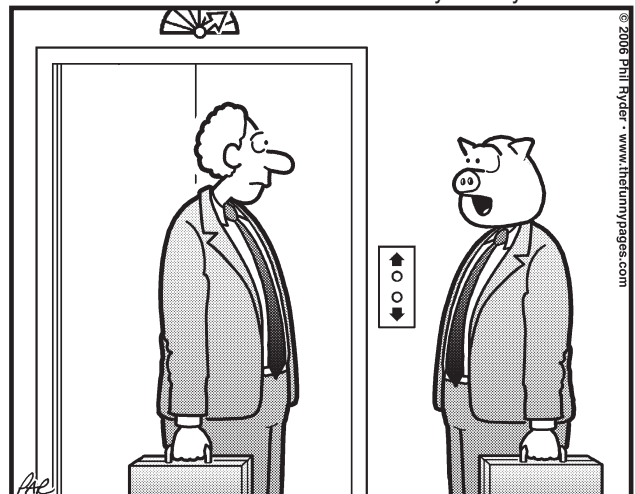


"Just act natural, and maybe they won't notice."

- Coyote Killer - Mojave, Ca

### THE JOKE'S ON YOU

by Phil Ryder & YOU



"Would you hold my briefcase? If I don't go to the men's room, I'm afraid of what I might do all the way home!"

- T. McConnell • Averagetown, USA

## SUDOKU

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

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 30

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
39				40			41		42			
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		47		48		49		50			51	
52	53				54					55		
56					57			58			59	60
62				63			64	65				
66				67					68			
69					70					71		

#### ACROSS

- Technical name for the back (pl.)
- A secret scheme or plot
- Adage
- Roswell crash victim, supposedly
- Invitation heading
- Amateur video subject, maybe
- Impulse to steal
- Bathtub liquid?
- Put (away)
- Designate
- Slow-moving, tree-dwelling mammal (pl.)
- Holes in the head
- Affairs
- Sundae topper, perhaps
- Any thing
- Open, as a bottle
- Cut, maybe
- Alliance acronym
- Overindulgence in food
- Taking the form of a chevron
- Boris Godunov, for one
- "Beat it!"
- Hung around
- "Yes, \_\_\_"
- Bluenose
- Dash lengths
- Circuit
- Hitchcock classic
- Country whose capital is Kishinev
- Overseas
- Hawaiian dish
- Seedless citrus fruit with depression at apex
- Ashes holder
- Mournful poem
- In base 8
- Chair part
- Conductor Koussevitzky
- A form that coils or spirals

#### DOWN

- Trousers
- \_\_\_ podrida
- Cambodian currency
- School month (abbrev., pl.)
- Pronghorn
- Cirque
- "Bingo!"
- Elaine \_\_\_ ("Seinfeld" role)
- "Mi chiamano Mimi," e.g.
- Absorbed, in a way
- Tree whose sap is made into syrup
- All excited
- Student who studies obsessively (pl.)
- Aroma
- Frenzied woman
- Choppers, so to speak
- Coal carrier
- A cloud of fine, dry particles
- \_\_\_ probandi
- Climbing hurriedly
- "\_\_\_ alive!"
- Yellow
- Key material
- About
- "What are the \_\_\_?"
- An end to sex?
- Highly cultured or intellectual
- Harvest goddess
- Is repentant
- A U. N. agency concerned with flight (acronym)
- Small, sealed glass vial
- Bond player
- Machine used to cover a road with asphalt
- Spinachlike plant
- Caesar's farewell
- "I'm \_\_\_ you!"
- Biology lab supply
- Farmer's place, in song
- \_\_\_ roll
- Alkaline liquid

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### BRIDGEWATER CORNER STORE 672-6241

5680 Route 4, Bridgewater  
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### CLEAR RIVER TAVERN 746-8999

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**HELI'S RESTAURANT 773-4311**

### HEMINGWAY'S 422-3886

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

### KILLINGTON MARKET & DELI 422-7594

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

### LIQUID ART 422-2787

37 Millerbrook Rd., Killington, VT  
Liquid Art is a great place to meet friends for coffee or for a glass of wine. Great light fare served morning and afternoon. Specialty cocktails, select California wines, and micro-brews available. Multiple local artists' work displayed and for sale.

### LOOKOUT TAVERN 422-LOOK (5665)

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

### MANGOWOOD RESTAURANT & BAR 457-3312

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

### McGRATH'S IRISH PUB 775-7181

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

### MOGULS SPORTS PUB 422-4777

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



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# Dining Guide

**MOUNTAIN TOP INN & RESORT** 483-2311  
Mountain Top Rd., Chittenden

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

**ON THE ROCS LOUNGE** 422-7627

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

**OUTBACK PIZZA** 422-9885

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

**OVATIONS RESTAURANT** 422-6111

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

**THE PALMS** 773-2367

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

**PASTA POT** 422-3004

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

**THE PHAT ITALIAN MARKET & DELI** 422-3636

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

**RAMUNTO'S BRICK & BREW PIZZA** 672-1120

Route 4, Bridgewater  
Real New York pizza, salads, sandwiches, featuring chicken ranch pizza and garlic knots. 20 draft beers, outdoor deck dining, 3 flat screen TVs. MC, Visa, AMEX, DISC

**RED CLOVER INN** 775-2290

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

**SAINTS PUB AT THE SUMMIT LODGE** 422-3535

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

**SALTWATER COWBOY/SEAFOOD REST.** 773-6060

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

**SANTA FE STEAKHOUSE** 422-2124

at The Mountain Inn  
Killington Road, Killington  
Named by New Yorker Magazine as "Killington's #1 Steakhouse." Serving the finest steaks, seafood, chicken and pasta. Santa Fe offers classic upbeat dining. Dine above the rest. "Upstairs" at Santa Fe. Reservations. Entertainment. VISA, MC, AMEX  
**SEWARD FAMILY RESTAURANT** 773-2738  
224 N. Main St. (Rt. 7), Rutland  
VT home-cooking at affordable prices. Breakfast, Lunch & Dinner, daily specials. Steaks, chicken, seafood, wonderful burgers, sandwiches, even "Heart Healthy" menu items, salad bar, and children's menu. Our own ice cream- 39 flavors! Large parties welcome. Our dairy-gift store has Vt. foods & lots of gifts. MC, VISA, DISC.

**SUGAR AND SPICE RESTAURANT** 773-7832

Route 4, Mendon  
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**SUSHI YOSHI/CHINESE GOURMET**

**HIBACHI STEAKHOUSE** 422-4241

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

**THE VERMONT INN** 775-0708

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

**Z CORNERS INN** 396-0036

52 Upper Road, Bridgewater Corners  
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Daily

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*Dining  
at a glance*

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

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Prime Rib Dinner • Fri. & Sat. from 4:30pm  
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**THE SAINT'S PUB**

At Summit Lodge • Dinner Daily 5PM

**THURSDAY:** Musicians Showcase  
Local musicians jam with  
Frank Chase 8pm-midnight

**FRIDAY:** Frank Chase 8PM-midnight  
Jager Night

**SATURDAY:** Frank Chase  
8pm-midnight

**SUNDAY:** Frank Chase on Piano &  
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## Manipulations Exhibit in Brandon

The Brandon Artists' Guild presents "Manipulations" by photographer Lowell Snowdon Klock from March 4 to April 30. The show presents a number of the small one-of-a-kind images produced by Polaroid manipulation, an alternative photographic process.

Come to the opening reception March 4 from 5-7pm to meet the artist and learn about this unique photographic technique. The artist creates photographs with the SX70 camera and film, then manipulates its slow-setting emulsion. The joys in this form of art are the unique and varied results that can be achieved photographing the ordinary and often mundane. By using various small, narrow tools to shift the emulsion around before it sets, interesting designs and impressionistic scenes result. This technique blurs the lines of traditional photography. Delineation is diffused and often expresses more of a feeling rather than structured composition.

## Art in the Snow at Brandon Music

Art in the Snow at Brandon Music equals wine, art, and live music! Join us at our location at 62 Country Club Road for our events.

Saturday, Feb. 26 from 11-5 PM: Brandon Music is one of five locations for area wineries display and sample their unique wines. The Artesano winery, which produces mead wines using Vermont honey and fruit, will be in our Music Café from 11-5.

From 4-6 PM, enjoy the contemporary/folk singing of Jay and Linda Banta. They choose music from a vast array of musicians including John Denver, Tom Paxton, Peter, Paul and Mary, and Gillian Welch. They tend to select songs that speak to all people, and focus

on singing songs that will speak to the good of all humanity. This event is free and open to the public, but donations gladly accepted.

All weekend, paintings by Mike Mayone will be on display in our lobby, 10-6 daily. Mike is a self-taught artist who enjoys making a career of what comes naturally; the care and passion he puts into creating his acrylic and oil paintings are echoed in their high realism and fine detail. Landscapes of the northeast are those he most prefers to capture.

Warren Kimble contemporary art is also showing in our Gallery and in the Music Café.

For more information, contact Brandon Music at 802-465-4071.

## Woodstock Film Festival



Billings Farm & Museum will host the Woodstock Vermont Film Festival Winter Series on select Saturday afternoons through April. In partnership with the Environmental Film Festival in the Nation's Capital six films and documentaries have been selected for the "big screen" in the museum's newly renovated theater, with its state-of-the-art HD digital cinema and Dolby surround-sound technology. All films are open to the public and accessible to people with disabilities. Tickets may be

purchased in advance or at the door, seating permitting, for \$10/film. Billings Farm members receive a discount.

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

A desperate single mother living in upstate New York resorts to smuggling illegal immigrants into the U.S. as a means of making ends meet, in this emotionally wrenching drama, winner of the Grand Jury Prize for Best Dramatic Feature at the 2008 Sundance Film Festival. For a complete list of screenings and ticket information: [www.billingsfarm.org/filmfest](http://www.billingsfarm.org/filmfest) or call 802-457-2355.

Join Us! **MARGARITA MONDAYS**

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Fireplace Lounge and Dining • Children's Menu • Muchas Margaritas

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 Daily 3-6pm • 6 Beers on Tap

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Great Family Atmosphere with a Large Selection of Entrées  
 Chicken Fried Lobster & Angus Beef Tenderloin  
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Listen to musician **Chuck Kelsey**  
**Saturday, February 26**  
 while you enjoy the ambience of our excellent après ski facilities and magnificent fireplace.  
**Reservations & Walk-Ins Welcomed!!!**

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**Rendezvous Bar Menu**  
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Open for dinner Thursday to Monday 5:30 to 9pm

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

**Wines of the World Dinner**  
 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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Free Wi-Fi  
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Hours: Mon-Thurs 7am-7pm, Fri 7am-8pm, Sat 6:30am-8pm, Sun 6:30am-7pm

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\*Great light breakfast and lunch\*  
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www.mangowood.com

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Evenings from 6-9 pm  
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The Classic Vermont Experience with a twist...  
**ONE DESTINATION**



## Let the Saltwater Cowboy Reel You In!

The Saltwater Cowboy, or known to many locals as "The Cowboy," brings a little piece of coastal living to the mountains of Vermont. Seafood is brought in daily, fresh from the Boston Fish Pier. Locally owned and operated, the Saltwater Cowboy has been in business for 4 1/2 years and is continuing to grow. It has been voted the "Best of the Best" two years in a row. Customer favorites include its fabulous fried clams, clam chowder and fresh made lobster rolls. Meals are made to order and can either be enjoyed in the "clam shack" atmosphere of their dining room or taken to go. They also offer up all their seafood for customers to take home and prepare themselves, from fresh salmon, haddock and wild shrimp to live lobsters. Whatever your seafood appetite desires, chances are "The Cowboy" can reel it in for you.

Pictured (L to R) Mark Reardon, Amanda Bova, and Jennifer Sigurdson.

## Rutland Youth Theatre Presents The Wizard of Oz

On March 5th and 6th, Rutland Youth Theatre will present The Wizard of Oz, an adaptation by Anne Coulter Martens. The play is based on the book with added song and dance! The production will take place in the theatre at Rutland Intermediate School, located on Library Avenue in Rutland. General admission is \$5 for children/seniors and \$8 for adults.

Under the direction of Saskia Hagen Groom, a cast of 36

local area actors will take you to the amazing Land of Oz.

Showings will be on March 5th at 2pm and 7pm and on March 6th at 2pm. For more information contact the Rutland Recreation and Parks Department at 802-773-1822

Rutland Youth Theatre is part of the Rutland Recreation and Parks Department and is a non-for-profit municipal organization.

## VINS Presents Endangered Canyons of Utah

The Vermont Institute of Natural Science (VINS) is proud to welcome professional photographer Harvy Halpern to present his 30-year photo journal of the Utah landscape in Endangered Canyons of Utah. On

the Colorado Plateau lie some of the most spectacular, remote and unique lands on the planet, though they are increasingly threatened as people intensify their use of the region's delicate and precious resources.

On Saturday, March 5th from 1:00 to 2:00 p.m. in the VINS Nature Center classroom, Halpern will present a slide show which is the culmination of 30 years of exploring and photographing the remote corners of Canyon Country and details the spectacular landscapes at risk in Utah. The show includes all five National Parks in Utah, though it concentrates on those lands outside the parks that are administered by the Bureau of Land Management (BLM).

This presentation is free to the public, though admission is required for those visitors to the Nature Center who wish to view the exhibits and raptor enclosures. For more information about this and other programs at VINS, please call 802-359-5000 ext. 223.



## The Palms

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structure. In other words: the hotter, the better. When you consider that very good wines come from Chianti in the north of Tuscany, and deeper, richer wines come from the more southern town of Montalcino, you can understand the potential of vines grown in Scansano - the deep, deep south of Tuscany. And the potential is beginning to be realized in the area, as some of the top Chianti and "Super Tuscan" producers are buying up vineyards with hopes to bottle the next great cult wines.

A great Morellino may show lots of ripe plum and grape aromas, jammy fruit flavors, fine tannins and a fresh, mineral finish. It could be a "Super Tuscan" blend of Sangiovese Grosso and Cabernet Sauvignon from the vineyards in the sweet hills of Castiglione della Pescaia, Scansano and Magliano. Or it can be mostly Sangiovese Grosso with delicious fruit aromas followed by ripe black cherry and berry flavors with maybe a hint of oak.

Since Morellino di Scansano is Tuscany's best-kept secret, it may be difficult to find in places other than good wine stores. The good thing is that if you do find a Morellino, it's bound to be of good quality. It might have seen time in French oak to produce a lush, full wine with a hint of tobacco. Or no oak and rather stainless tanks have been used to show the wine's lovely, fresh, bright, vibrant fruit. If you never tasted one, a Morellino di Scansano is well worth to seek out.



## Morellino di Scansano

Maremma is one of the wildest and most beautiful regions of Tuscany. It's a region with valleys covered in olive trees and Mediterranean evergreens, where horses and wild boar roam. Scansano is a village on top of a mountain ridge in the heart of Maremma in the southernmost part of Tuscany - way, way south of Chianti, south of Montalcino, and about 20 miles east of the Tyrrhenian Sea. Its hot weather, valley views, and proximity to the coast and beaches make it more famous to tourists as a vacation spot than wine country. However, those same factors make it an ideal place for vineyards; and serious wines are coming out of this popular summer getaway. The images, flavors and colors of the area can all be found in its wine.

Morellino di Scansano is made in the hilly neighborhoods of the village. The grapes are grown in the strip of hills between the rivers Ombrone and Albegna in the province of Grosseto. Morrellino is a local strain of (or simply a local name for) the Sangiovese grape, yet some claim it to be a clone or hybrid of the famous Italian grape.

The permitted grape varieties for Morellino di Scansano are principally Sangiovese at a minimum of 85% in the blend to have DOC status, which was granted in 1978. The remaining 0-15% are made up of varieties, which are officially recommended or authorized to be grown in the province of Grosseto, such as Ciliegolo, Alicante, or Colorino.

Long, hot growing seasons such as those in Scansano allow grapes to fully ripen with high sugar levels and in turn produce wines rich in fruit and solid in

## Stitchy Women Yarn Shop Gala Open House

by Janice B. Edwards

Stitchy Women yarn shop in Poultney, Vermont is celebrating its 4th anniversary in March. A Gala Open House will be held at the shop on Saturday, March 5th between the hours of 10:00 a.m. and 4:00 p.m. and Mary Lee Harris, owner of Stitchy Women, extends invitation to all to come in. Mary Lee said that on March 5th there will be many anniversary specials, drawings and giveaways as well as celebration refreshments throughout the day.

Stitchy Women carries a large inventory of yarns, patterns and needles for all levels of fiber artists, from beginners to experts. Inventory items include Cherry Tree Hill and Green Mountain Spinnery yarns which are from Vermont as well as a large selection of Cascade, Reynolds, Classic Elite, Plymouth, Kertznor, Westminster, Woodstock Yarns and many more. Additionally, it also carries Alpaca Sock Yarn from Classic Elite, as well as Cherry Tree Hill, Plymouth, Kramer, Regina, Trekking and Tofutsies sock yarn. Mary Lee said that felting is very popular, whether for pocketbooks, animals or mittens and to enable one to create those

items and many more, Stitchy Women carries Cascade, Lopi, Kertznor, Cherry Tree Hill and Green Mountain Spinnery yarns, to name a few. A recent addition to the collection is a selection of Ecological Wool from Cascade which has 478 yards in a skein which Mary Lee said has been a big hit for felting and also for sweaters and afghans. Stitchy Women also carries an Ecological alpaca/merino blend which is an addition to the Cascade line.

In addition to the products available in Stitchy Women's inventory, they also have instruction classes throughout the year and private and group lessons. The schedule is very flexible and designed to meet your needs, said Harris.

Schedule a visit to Stitchy Women any Wednesday through Saturday at its 144 Main Street, Poultney location. The store hours do vary slightly on those days, so give Mary Lee a ring at (802)-287-4114 to inquire about the hours or your creative fiber product needs.

Saturday, March 5th - between 10:00 a.m. to 4:00 p.m. - Stitchy Women, 144 Main Street, Poultney, Vermont is the place to be. We hope to see you there!

## Music Benefit Concert

All Praise to Music, a benefit concert performed by three collegiate vocal ensembles will be held at 7:30 p.m. on Friday, March 4 at the Grace Congregational Church in Rutland. The concert will raise money for Rutland's CROP Walk For Hunger.

Performance ensembles include: The Castleton State College Chamber Singers directed by Dr. Sherrill Blodget, University of Massachusetts Chamber Choir

directed by Dr. Tony Thornton, and the Saint Michael's College Chorale directed by Dr. Nathaniel G. Lew.

CROP Walk For Hunger raises money for those affected by poverty, hunger, and natural disaster. The funds raised will go to the Community Cupboard, other local agencies, and a portion will address hunger relief around the world. A donation of \$10 is suggested for this charity performance.

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## What's Happening at the Library? Sherburne Memorial Library - March 2011

### A Word From the Director

The American Library Association (ALA) just released its annual "State of America's Libraries Report," which contains the latest trends about the public's use and support of America's libraries.

The report is entitled, 'Recession drives more Americans to libraries in search of employment resources; but funding lags demand.' It found that Americans are turning to their libraries in ever larger numbers for access to resources for employment, continuing education and government services.

Since the recession took hold in December 2007, the local library, a traditional source of free access to books, magazines, CDs and DVDs, has become a lifeline, offering technology training and workshops on topics that ranged from résumé-writing to job-interview skills, the report says. Some of the key findings:

- An increasing number of Americans feel the public library improves the quality of life in their community

- As early in the recession as January 2009, more than 25 million Americans reported using their public library more than 20 times in the past year, an increase of 23 percent from 2006—a trend that continued through the rest of the year.

- A vast majority of public libraries help patrons complete online job applications (67 percent); provide access to job databases and other online resources (88 percent) and civil service exam materials (75 percent); and offer software or other resources (69 percent) to help patrons create resumes

and other employment materials.

- Internet use at public libraries has seen double-digit growth since 2007 in the on-line services they make available to their patrons. More than 71 percent of public libraries provide their community's only free public access to computers and the Internet and more than 82 percent offer wireless access, an increase from about 54 percent in 2007.

- New reductions were seen in 41 state library budgets during fiscal 2010. VT Libraries receive NO state funding.

- The number of libraries while 73 percent offered audio content, 62 percent virtual reference, 55 percent e-books, and 51 percent video content.

### Regularly Scheduled Events:

Tuesday Matinee: The Social Network – Tuesday, March 8 at 2PM!! Bring your popcorn!

### Programs For Kids:

Mother Goose Story Time: Wednesdays at 10:30AM. Ages 4 and under.

March 2 - Dr. Seuss Birthday

March 9 - Lions

March 16 - The Color Green

March 23 - MUD

March 30 - Lambs

PRE-K Storytime: Fridays at 1:30 pm

March 4 - Let's Get Seussical

March 11 - Rainbows

March 18 - Lions & Lambs

March 25 - MUD

March 16 - After School Special 3:30 - 4:45, "For The Birds," reservations requested.

The library is located at 2998 River Road, Killington, VT 05751. Hours are Mon & Fri: 10-5:30; Tues & Thurs: 1-5:30; Wed: 10-8; Sat: 9-1.

## A Message to Killington Voters Commentary

by Royal Barnard, Publisher

In a few days you will be presented with a slate of four candidates for Selectboard. One of them will be filling the shoes of long time Killington resident and businessman, Mike Miller, who I have observed as a honorable, caring and stabilizing voice in town government.

Looking at the issues of the day, and the mood of the voters it's apparent that you're in for a noisy session at Town Meeting.

You will be asked to cast your vote for Mike Miller's replacement. You will be asked to cast your vote for a measure to redirect the use of options tax funds. Both issues are intertwined by the financial woes of the municipal golf course; and the future of the EDTC.

My advice is to listen before you vote. My advice is to figure out who you're listening to; and to imagine why they may say what they do. Ask yourself, "what's in it for them" that makes them say what they do.

Ask yourself "who's the honest, hard worker in all this that cares about you and will represent your best interest.... not necessarily their best interest."

The form of government in the Town of Killington is that of Town Manager/Selectboard/Commissions. Typically, in

this form of governance volunteer "commissioners" within departments assist paid managers to set policy. They typically do not micromanage daily affairs. Each department is then responsible to the Selectboard who oversees budgets and approves those policies.

Finally, the Town Manager executes all this policy and oversees budgets and daily activities.

At the moment, everybody in town seems to distrust the system and want their hand in even the smallest matters. There is a need for leadership. There is a need for silence. There is a need for the opportunity for government to get itself back together and regain the confidence of the voters.

Listen carefully to your candidates. Who has the strength, courage, wisdom, energy, dedication, and the will of the people in mind above themselves? As a taxpayer, but not a voter in Killington I leave that decision to you, without my opinion attached.

Please listen to the candidates and use your brain to digest whether ideas are good or bad. Then listen with your heart and vote accordingly.

In the final analysis, my observation is that the most important issue is leadership.



## Sherburne Women's Club holds "Meet the Candidates Night"

by Debbie Burke

On Thursday, February 17, 2011 members of the Sherburne Women's Club held a Meet the Candidates for Selectman night at the Killington Town Hall from 6:30pm to 9pm. Each candidate, Bernie Rome, Jay Hickory, Patty McGrath and Robert "Sal" Salmeri, was asked to answer five questions by moderator Jennifer Iannantuoni and given a specific amount of time to respond. None of the candidates knew what the questions were going to be until they were asked. Many of the questions and subsequent answers were

about the Economic Development and Tourism Commission, the Local Option tax revenue and use, the golf course debt, the Town budget, municipal taxes and the article 7 to be discussed and voted upon at Town Meeting. The candidates were asked to give a brief biography of themselves, an opening statement, and a closing statement. The Town Hall meeting room was filled to capacity, with barely any standing room available.

In the photo are, left to right, Bernie Rome, Sal Salmeri, Patty McGrath, and Jay Hickory.

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## Spotlight on Poultney

There's nothing more exciting than discovering - and re-discovering - your own community. Think about it. How many times have you thought "I didn't know we had that in town!" or "Wonder when they moved into the area? I don't remember seeing that before!"

Here's your chance to get acquainted with a few of the businesses and organizations you never dreamed were here. In honor of the 250th Birthday of the Town of Poultney, the Poultney Area Chamber of Commerce is hosting their First Annual "Spotlight on Business" on February 26th at St Raphael's Hall in Poultney, starting at 10 AM.

The spotlight is on Poultney and the Lakes Region: its businesses, organizations, activities, and events.

Most businesses in the Lakes Region are small and personal; you're often talking directly to the owners, who take great pride making sure you're satisfied. Small means you find things the big stores don't have. You can often get customized work at a reasonable price. And you talk and work directly with the person responsible for doing the job.

Businesses and business people are the life-blood of the community: they provide employment, help keep residential taxes down, and donate to local organizations. They often initiate new events, offer a place to meet and socialize, and bring in new business, like Poultney's new Natural Food Coop and Source Physical Therapy.

Think about it. How many businesses have you contacted today? Did you pick up a snack, or a meal? Get groceries or a prescription? Buy a gift of some sort? Or supplies for your favorite hobby? Pay your insurance in person? Signed your son or daughter up for extra lessons? Call to have your driveway or roof shoveled? Need a repair? It was a business you had contact with, wasn't it?

And where would we be without volunteers? There are literally hundreds of volunteer organizations in western Rutland County and eastern Washington County. One year we counted over 60 just in Poultney, a town of around 4,400 residents.

Here's just a sample: The Horace Greeley Foundation, Poultney Summer Theatre Company, Poultney Snow Devils, and Downtown Revitalization Committee as well as the Rotary, Lions, Eagles, and other service clubs. We have two

colleges, Green Mountain and Castleton State. Also, Library and Historical Societies, Church groups, Fire Departments and Rescue Squads. There are the American Legion and Veterans groups, Garden Clubs, and Town Bands. We even have ballroom dance and line dancing groups. Whatever your interest, there's a local organization eager to share it with you.

These businesses and organizations are what make Poultney and the Lakes Region so special. And in Poultney's 250th Birthday year, they're being spotlighted at the Poultney Area Chamber of Commerce "Spotlight on Business" on February 26th.

For this very first gathering, we'll have a special guest: Horace Greeley, who celebrates his 200th birthday this year. Greeley moved to Poultney as a youth in 1826, and worked at the Northern Spectator newspaper for several years. He honed his typesetting and printing skills there, and his speaking skills at the Lyceum, a debating society in what is now East Poultney.

Greeley then went on to New York City where he started the New York Tribune newspaper, and the New Yorker Magazine. His editorials resounded across the nation before and during the Civil War, and he is credited with convincing President Abraham Lincoln to sign the Emancipation Proclamation much earlier than Lincoln had originally intended. Greeley even served in Congress, and ran for President in 1872.

Perhaps next year it will be another of Poultney's famous sons: George Jones, who co-founded the New York Times, and is credited with laying the ground work for journalistic integrity.

So visit "Spotlight on Business" at St. Raphael's Hall in Poultney from 10 AM to 4 PM. Many of the exhibitors are giving away prizes, ranging from a television to small tokens of appreciation. The St Raphael's Women's Club will offer a soup and sandwich lunch.

Come meet your friends, learn what's new, and spotlight those who make your town what it is: the businesses and organizations who keep that economic engine chugging along, and who make sure everyone has a chance to be an important part of the community.

And keep watching these pages. Poultney is pulling out all the stops for its 250th Birthday this year. Next stop: Maplefest on March 19th!

## MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

The Killington Fire and Rescue volunteers responded to 57 E-911 calls that were dispatched out just during the month of January, 2011. These E-911 calls were to fires, motor vehicle accidents, medical emergencies (trauma and sickness), smoke alarms and carbon monoxide alarms. This number exceeds the number of fire and rescue calls that most volunteer fire departments in Vermont respond to in a whole year! The Killington Fire and Rescue is looking for more volunteers - please come to any Tuesday night drill at 7pm-9pm. Training and equipment are provided.

At the February 1, 2011 meeting of the Town of Killington Economic Development and Tourism Commission among the items of interest were: Lucretia Wonsor advised that at the Rutland County Clerks and Treasurers meeting at PEG-TV yesterday, Director Tom Hurcomb made a comment regarding the DEW Tour. He attended the DEW Tour to watch a family member who was competing in the event and having gone to several of these types of events in other places, when there is public transportation, it is spotty at best but the transportation system set up for this event at Killington ran very smoothly and like clock work. He also noted that everyone he came in contact with was very helpful and courteous and the event as a whole was very well done.

In an update by the Killington Chamber of Commerce, Jillian Bourgholtzer reported that at its Board meeting on this day among the things discussed was improving communication between the Chamber, Town, its membership and the community in general by making minutes of meetings available. The hope is that getting more information out about what the Chamber is doing may attract people to attend meetings, volunteer for or participate in its events and maybe consider joining the Chamber.

The Killington for Kids brochure is done. This brochure highlights the many things to do with kids in the Killington region during each of the four seasons and showcases Killington as a destination for families. Jane Tanner complimented the

Chamber on the job they did putting this brochure together.

The Chamber did a DEW Tour survey and received some very positive responses which the Chamber will be sharing with its membership, the Resort and Allied for use in planning the event for next year.

The Chamber is in the early stages of planning the Killington Wine Festival. They are looking at the Wacky Winter Games and how it can be made into a more family friendly event. Some ideas that were discussed were having a bonfire, more food, music, etc.

Looking at the website analytics, it was noted that traffic to the site for December-January is up 80% over the same period last year. The analytics show that people that view the Chamber site are going deeper into it. The page views have increased significantly, so people are staying longer.

In a recap of the DEW Tour, Chris Danforth, Marketing Manager at Killington Resort, gave a power point presentation. This was a community event supported by the EDT and the Killington Chamber. All the businesses really chipped in to make this a homerun event for Killington. Central Reservations and local properties saw a 58% increase over last year for that weekend. Chris read a letter the Resort received from Allied Sports thanking the community- "The Winter DEW Tour would like to thank Killington Resort and the greater Killington community for being gracious hosts of our event this January. We hope that you share the same sentiment when we say that the Winter DEW Tour at Killington was a resounding success. The tremendous support received from the Resort and the local community was a critical part of this success. We could not have done it without you. We were thrilled to show your great mountain and community to millions of people both in the United States and around the world. The Winter DEW Tour team understands the commitment, time and energy that go into hosting events of this scale and we appreciate your passion. On behalf of our partners, athletes and guests, thank you Killington. Sincerely, Winter DEW Tour Team."

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# CSJ Hosts Gala Event

The College of St. Joseph in Rutland, VT, will hold its Fifth Annual Gala event on Friday, February 25, 2011. The Gala is an annual event that raises money for the CSJ Student Scholarship program and its pioneer STEPS Program (Students Taking an Effective Path to Success), which helps youth in foster care transition to life as independent adults through higher education. The evening begins at 6 p.m. with a cocktail hour, followed by dinner at 7 p.m. Music is provided by local big band Enerjazz, and also features a silent auction.

The "Commitment to Excellence" Award will be presented by college president Frank G. Miglorie at the 5th Annual CSJ Gala to Tom O'Brien of O'Brien, Shortle, Reynolds, & Sabotka, CPA. O'Brien, of Rutland, is co-founder of his own business, has served as an Assistant Professor of Business at the college since 1975, and is active in the Rutland community, having served on several boards, including RRMCC and the Rutland Free Library.

O'Brien is also a past recipient of the college's "Pour le Merite" Award (2001), an award bestowed by the college on individuals who demonstrate extraordinary service to the community. O'Brien was chosen to receive the "Commitment to Excellence" because he demonstrates excellence in his profession, continues to work to make the community a better place, and maintains the highest standards of personal and professional ethics.

Tickets for the event are \$100 per person and may be reserved by contacting the CSJ Development office at (802) 776-5264.

## Drive Up & Be Poked!

VVSA Humane Society and Kedron Veterinary Clinic offers a drive up Rabies Clinic on Saturday, March 19 from 12:30 - 2:00 at the Bridgewater Marketplace on Rte. 4. Registration for vaccines will be inside the marketplace at the post office entrance. Animals will then be vaccinated in cars. Remember to bring last receipt for 3 year extension of vaccine record. Shots: \$8.00 each. For more info, 672-530.

# 100 NORTH

NEWS FROM THE PITTSFIELD/STOCKBRIDGE VICINITY AND THE HINTERLANDS BEYOND



by Johnnie Goldfish

Big ideas almost never seem like big ideas, at first. So, be on the lookout for little ideas that seem kind of ho-hum, ain't no thang, let me floss first, kind of ideas. Okay, nobody cares but your dentist if you floss.

The Women's Alliance Thrift Shop at the Federated Church of Rochester will be open on Friday, February 25 from 4:30 to 6:30 pm and Saturday, February 26 from 9 am to 12 noon.

The next meeting of the Rochester Historical Society will be Wednesday, March 9 at 7 pm at the town office. New members are always welcome.

Riddle: What is the maximum number of spaces that can be created by the overlapping of 4 equal sized circles? Riddle answer below.

Family Matters Report: Have your kids in the kitchen with you as you teach them safety and cleanliness. Two year olds can wash vegetables, carry unbreakable items to the table; three year olds can pour liquids, mix batter, knead dough and serve foods; four and five year olds can peel some fruits or vegetables like bananas and onions, measure dry ingredients, set the table and load the dishwasher.

The Federated Church of Rochester is once again preparing to send Hygiene Kits to the ChurchWorld Service on March 27, 2011. If you would like to help in this project which benefits so many people throughout the world the following is a list of the items that are needed to make a kit: one 16" x 18" hand towel (please no finger or bath towels), one washcloth, one wide tooth comb, one nail clipper (no metal files or emery boards), one bar of bath size soap in wrapper, one tooth brush in packaging, and six Band-Aids. Please do not add toothpaste. Please seal all items in a one gallon zipper closure plastic bag. Plastic bags are available in the narthex (an entrance on a Christian Church usually on the west end) where you can also drop your kits.

The 4 Year Old Love Report: or What does love mean to a 4-8 year old: Love is when a girl puts on perfume and a boy puts on shaving cologne and they go out and smell each other. - Karl, age 5.

It's time to cure cabin fever, just go to your local library and see what they have on their shelves during February, I Love to Read month. Pittsfield's Roger Clark Memorial Library is open Tuesdays from 3-5 pm and Thursdays from 5-7 pm and Saturdays from 9-11 am. Gaysville's Belcher Memorial Library is open Tuesdays and Thursdays from 4-6 pm and Wednesdays from 3-6 pm and Saturdays from 9 am to 12 noon. The Rochester Public Library is open Tuesdays and Thursdays from 12:30-7 pm and Saturdays from 9 am to 1 pm. The Sherburne Memorial Library (If you're new in town, Killington used to be called Sherburne) is open Monday and Fridays from 10 am to 5:30 pm, Tuesdays and Thursdays from 1-5:30 pm, Wednesdays from 10 am to 8 pm and Saturdays from 9 am to 1 pm.

The Peace Report: It is incumbent on every generation to its own debt as it goes. A principle which if acted on would save one-half the wars of the world. - Thomas Jefferson.

Riddle Solution: 13. If you visualize two circles intersecting and overlapping, you can see that you have three spaces. When another circle is laid over those, you have 7 spaces and then laying a 4th circle over the three this intersects all spaces except the central one for 13. Okay you can visualize it better with a pencil and paper.

Thought for the Week: "Men occasionally stumble over the truth, but most pick themselves up and hurry off as if nothing happened." - Winston Churchill, (British politician and statesman, officer in British army, writer and artist).

Something always happens in the Mountain Times, send your good news to johnniegoldfish@yahoo.com.

## Vermont Liquor Outlets

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<p><b>EAGLE RARE SINGLE BARREL BOURBON</b></p> <p>750 ML</p> <p><b>SALE PRICE \$18.20</b> SAVE \$6.70</p>	<p><b>HENDRICK'S GIN</b></p> <p>750 ML</p> <p><b>SALE PRICE \$27.90</b> SAVE \$6.00</p>	<p><b>STOLICHNAYA VODKA</b></p> <p>1.75 L</p> <p><b>SALE PRICE \$35.90</b> SAVE \$6.00</p>	<p><b>PINNACLE WHIPPED VODKA</b></p> <p>750 ML</p> <p><b>SALE PRICE \$6.90</b> SAVE \$6.00</p>	<p><b>MT. GAY ECLIPSE RUM</b></p> <p>1.75 L</p> <p><b>SALE PRICE \$26.90</b> SAVE \$6.00</p>	
<p><b>MR. BOSTON APRICOT BRANDY</b></p> <p>1.75 L</p> <p><b>SALE PRICE \$16.50</b> SAVE \$2.70</p>	<p><b>JAGERMEISTER</b></p> <p>1.75 L</p> <p><b>SALE PRICE \$36.90</b> SAVE \$6.00</p>	<p><b>KAMORA COFFEE LIQUEUR</b></p> <p>750 ML</p> <p><b>SALE PRICE \$9.90</b> SAVE \$3.00</p>	<p><b>RYAN'S CREAM</b></p> <p>1.75 L</p> <p><b>SALE PRICE \$12.50</b> SAVE \$6.00</p>	<p><b>ALLEN'S PEACH SCHNAPPS</b></p> <p>1 L</p> <p><b>SALE PRICE \$6.80</b> SAVE \$3.00</p>	

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# Mendon/Chittenden/ Pittsford/Brandon Notes

by Debbie Burke

News from the Barstow Memorial School: this is the first year that the school has used the Olweus Bullying Prevention Program, and the staff wants to encourage all students, staff and parents to keep up the good work to stop bullying at Barstow. Please remember our steps for making this happen: 1. We will not bully others. 2. We will try to help students who are being bullied. 3. We will include students who are left out. 4. We will not use hate language. 5. When we know a student is being bullied, we will tell an adult at school and an adult at home. Thanks so much to all who try to be someone's hero every day.

Child Find notice: the Rutland Northeast Supervisory Union is conducting a Child Find to locate all children birth to five years old, for the purpose of having accurate information to plan for future enrollments. If you know of a child age birth to five years old, please contact the Early Childhood Program at 483-2062.

Meet Mr. Shapiro: this is my tenth year as a professional educator. My teaching background includes both school and clinic work with a range of age groups. The emphasis of my professional learning has been in literacy. I've worked as a Reading Recovery teacher, grade level special educator, educational diagnostician and evaluator, and as a tutor in clinics. I'm new to Rutland County and am settling into my new position here at Barstow and my new home in Shrewsbury where I live on 220 acres of conserved land, raise food, and cut fire-

wood. I look forward to being an integral member of the staff offering my time to committees, curriculum work, professional learning communities, and collaboration.

Meet Mrs. Redman: I am the new kindergarten teacher at Barstow. Originally from Vermont, I grew up about ten miles away from Barstow in the small town of Florence. After graduating from Otter Valley, I went on to Skidmore College where I earned a degree in French. The five years following Skidmore were spent on the island of Key West where I taught at the Montessori Elementary Charter School while working on a Master's Degree in Montessori Education. In 2006, in an effort to get a little closer to my family, I moved to Brooklyn, New York. During the four years that I lived in Brooklyn I taught kindergarten, first, second and third grades in P.S. 307. My most recent move has brought me right back to where it all began, rural Vermont. I am thrilled to be living in Vermont and to be, once again, a member of this special community. I am especially excited to be a part of Barstow's generous and loving school family. Thanks for such a warm welcome and for all of your support.

Thanks to all who came to participate in the 1st Barstow PTO Cookie Swap at Mountain Top Inn. Thanks also to those who helped with "movie night" at Barstow: Bonnie Carmel, Robin Crossman, Andy Elms, Mike Kinsler, Danielle Laird, Daniel Pol, Olivia Pol, Ralph Quintana, Beth Smith and Dave Smith.

## Silent Auction

The Killington Teen Center is hosting its third annual silent auction at Town Meeting, March 1, 2011. Many area businesses and friends of the Teen Center have donated various items for this important fundraiser. Once again, the Teen Center will be giving 1/2 of its profit to the Town of Killington to help maintain their building. To donate, you may call Mona at 422-3241 or Asia and Autumn at 422-2368. We will need all donations by February 27th. You can drop them off at the Town Office or call and we can arrange to pick them up. Please help support the Teen Center and we thank you in advance.

## LPCTV Awarded Cultural Facilities Grant

LPCTV has been awarded a \$20,000 Cultural Facilities Grant from the VT Arts Council for the construction of its new media studio and performance space in the former Ludlow Armory "tank barn." LPCTV's new facility is slated for construction later this year.

The Cultural Facilities grant is administered by the Vermont Arts Council. The funds are made possible through a state appropriation, dependent upon the support of the Vermont legislature. "Arts in Vermont bring a tremendous amount of money, to say nothing of the people in our state who participate in them and find enjoyment in them," said Senator Nitka, in response to her support of LPCTV and the annual grant program.

For information on LPCTV's building project, contact Patrick Cody by calling 228-8808.



## Killington-Pico Rotary News

by Janina Curtis

The entry deadline for the Ice-Out Contest on the Grist Mill Pond has been extended to March 13, 2011. 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 record 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.

This is a 50/50 event meaning that 50% of the proceeds 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.KillingtonPicoRotary.org](http://www.KillingtonPicoRotary.org).

In order to increase the value of the prize, sponsorships are being offered to area businesses. Current sponsors are: Gold level: People's United Bank, Casella Waste Systems. Silver level: Mountain Times. Bronze level: The Inn at Long Trail, Greenbriar Inn and Gift Shop, Curtis Insurance Agency, Curtis Educational Group, Quality Contract Cleaners, Inc., Root's Ski and Board Shop. Other: LaValley Building Supply of Rutland and Ludlow.

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:

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

Mar 23 - Video entitled "Gray Eagles" narrated by Peter Coyote...about the WWII Mustang airplane

## RCHS News

RCHS is partnering with Vermont Companion Animal Neutering (VT-CAN) to get Rutland County cats spayed and neutered. VT-CAN, a low cost spay/neuter clinic in Middlesex, VT, is a long drive from Rutland County. To help out, RCHS and VT-CAN are working together to make it easier for cat owners. By dropping your cat at RCHS, volunteers will transport your cat to VT-CAN where he or she will be spayed or neutered and given a rabies shot, and returned to RCHS later that day. The next available dates are March 9, April 13, May 11 and June 22. Prior registration is required and VT-CAN fees for services apply. To register please call RCHS at 483-6700.

Our annual "Spring for the Animals" Auction is right around the corner! Mark your calendar for Thursday, April 7 at the Rutland Country Club for the live event (the online portion of the auction starts on March 21). Keep your eyes open for more details about this annual

fundraiser for RCHS.

The end is near for our Furry Friends Photo Contest. Now's the time to check out the photos and vote for your favorite! Photos can be added until Monday, February 28 at 3:59 pm Eastern time and the last vote will be counted on February 28 at 9:59 pm Eastern time. Visit [www.rchsvt.org](http://www.rchsvt.org) and link to the contest to view the photos, add your own or vote for your favorite. We hope to see your favorite photo in the RCHS 2012 Wall Calendar!

The animals at the shelter need bedding so if you have any old blankets, comforters, or towels you no longer need and can donate them to the animals they'd really appreciate it. We like our animals to be comfy and cozy while they're with us! If the shelter isn't open when you stop by please leave them in the donation bins outside the front door.

Stop by the shelter and say hi! We look forward to seeing you.

## Washington Birthday Supper in Ludlow February 26

The United Church of Ludlow will be holding an Old Fashion Washington's Birthday Supper on Saturday, February 26, 5:00pm - 7:00pm. Supper will be located at the United Church of Ludlow on 48 Pleasant Street in Ludlow, Vermont. Menu will include homestyle chicken and vegetables in gravy served over homemade biscuits; copper carrots; cranberry sauce; assorted homemade pies and beverages. Adults, \$10; children (6-11 years old), \$6; kids under 6, free.

### KILLINGTON DOG OWNERS



**The Time is Approaching to License all dogs by April 1.**

Licensing also available at Town Meeting, March 1st

*Proof of current rabies vaccination required.*

Licenses available at the  
Town Clerk's Office on River Road, Killington  
Monday thru Friday • 9am - 3pm • Questions? 802-422-3243

## 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.]

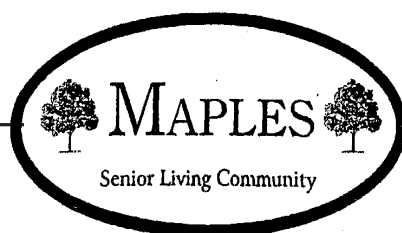
### ARTICLE 11.

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](http://www.killingtontown.com).



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## Dear Editor,

I really appreciate the group of the ARC people as they are an enjoyable group who have wonderful goals that they put together yearly. The ARC needs to be recognized by the Legislature to make them reach their goals with pride. I respect the ARC very highly.

Jean McDuff,  
ARC Member

## The Problem

We have a problem with our golf course. Everyone in Killington has a part to play at Town Meeting Day on March 1, 2011. We all know what is going on in Washington and Montpelier as well as our beautiful Green Mountain Golf Course. Unfortunately, all of the above are broke. My opinion regarding the golf course debt is nothing new. Borrowing to pay for losses every year for the past five or so years has given our Selectmen the difficult situation of having to borrow more money in anticipation of future losses which will cost taxpayers probably \$10 to \$12 million to pay off in future years. As inflation rears its ugly head so will the interest costs to borrow such a vast amount of money. Finding our way out of this mess has two directions. Either we raise taxes on the property tax or we decide to fund our way out by using the Option Tax (1% on everything we buy and use which is cable, oil, electricity including booze, lodging, and food) The option tax, after paying the State, will bring in about \$700,000 for 2011. We pay the State about 32% to collect this money.

The first vote will decide the direction of the voters and the final results. I support Bernie Rome because he has a long record in business and has a strong sense of community. He asks questions and understands the answers. He has personally written the petition to re-direct some of the Option money to support the golf course and this makes sense. Putting the burden on locals and out-of-state property owners is not the way to sell more real estate and the seriousness and reality of the golf course debt is large. Let us not look at what is best for us. Few of us can understand the town budget, but we still have the opportunity to change the direction if we elect the person who wants to fix the situation. Rome can do the job.

Once we voters have elected a new Selectman we will turn to Article 7 which gives the Selectboard more flexibility and should vote "yes."

Article 9 should be voted "no" as we review a bloated town budget. We voters need to tell our town government that more spending is not the answer.

The Killington town meeting should not burden itself with personalities or innuendoes. We need to examine with transparency our local government to see if we can change how salaries, wages, benefits and other matters can get resolved. The future will get better if we agree to discuss matters fully and if we get answers to our questions on where our monies get spent. Changes to the Option 1% tax and its direction does not have to be permanent if we believe the resort will grow to bring in more dollars. I favor Economic Development efforts but the sooner the Golf course borrowings can get paid down the better!

Submitted by:  
Edwin J. Fowler  
Citizen and financial advisor  
Killington, VT  
422-4240

Don't forget to  
**VOTE**  
March 1, 2011

## To the Citizens and Second Home Owners of the Town of Killington:

I have decided to run for the Town of Killington Selectboard. I grew up in Bridgewater and I have lived in Killington for the past 26 years. My wife and I own a house on the River Road and have three children that have attended Sherburne Elementary School. I have owned my own small business and have run it successfully for the last eight years. I was a volunteer fire fighter for Killington and still do volunteer work for Killington Fire and Rescue on occasion. I have been very active in the Killington Teen Center, and have volunteered to tape the Selectboard meetings since they began airing on PEG TV. I am also on the Zoning Board of Adjustment. I have attended almost every Selectboard meeting for the last three years.

I sense that the Town is at a crossroads, with the respect to the EDT budget and the GMNGC debt. I will strive to calm down the heated debate about these is-

ues, bring all of the parties to the table and have some serious but composed discussions on how to solve the problem. There seems to be an extreme on each end and no one seems to be willing to compromise. Although this is a serious issue, let's not lose sight of the fact that there is a whole town and many departments that need leadership and direction.

If we do not pull together to solve the issues as a town, we will be further divided and that would be devastating.

In closing, I believe it is everyone's duty and privilege to serve their community, and I think my time is now to help this Town during its current difficulties.

I would appreciate your support on Town Meeting day, and if you have any questions, please call me at 802-422-2368.

Respectfully,  
Jay K. Hickory

## Dear Proctor Residents,

I am writing this letter because I feel the need to explain my views on several issues the Proctor Selectboard is facing. I do so because many of my views differ from the other men on the board. It is ok to have differing opinions but it is also important for others to respect my views as well.

Another big issue is that I feel we employ too many people on our town/water crew. I believe that from past experience our road, water and wastewater department crews should share responsibilities and total 4-5 people. This size crew is enough to do regular maintenance or roads/water and wastewater duties. Do I believe that we have a good crew, yes. Do I believe that they should do large scale road/water or wastewater jobs, no. I do feel that in this economic environment the best direction for our town financially is to reduce our town crew to a total of 4-5 people.

I believe any large jobs like the North Street project completed this summer should go out to bid by independent contractors. There are many distinct advantages in undertaking these types of projects with reliable, qualified and recommended contractors. Some of the advantages in utilizing contract labor to name a few, are as follows;

- Experience in the type of project and work to be performed.
- Knowledge to complete a project on time and an expeditious manner.
- Supervision is provided that is both knowledge and

demanding of Safety and OSHA compliance.

- Proper equipment to complete the project and take responsibility for providing and with qualified operators.

- Experiencing in scheduling and meeting deadlines.
- Participation in the bidding process.
- Provide references from previous projects and recommendations.

- Posses the required insurance both for the projects and recommendations.

- Provide warranties for workmanship and performance of the project, as per the design documents.

- Provide familiarity with construction design documents, specifications and involvement with an Engineer or Engineering Representative.

- Provide record keeping for As-Built drawings and valuable project documentation for the Town at a later date.

- Taking advantage of normal construction time and not involving the Town with overtime and or lost time.

I truly believe that there should be truth and transparency in politics. I believe the selectboard should listen and respect the people who they represent. Remember, it is your right to speak and the duty of your elected officials is to listen.

Sincere appreciation for your support,  
Sue Feenick, Proctor Selectboard

## Dear Editor,

During the last two years our nation has been divided and polarized which has neither allowed for compromise or solved our problems. This national attitude has become the format for local politics to win at any cost. The beauty of our unique form of democratic government allows the individual voter the power to voice opinions, privately place our vote and carry out the majorities will safely and cooperatively. For the last 2 weeks we have watched thousands of Egyptians put their lives on the line for the freedom to participate in a process like our Town of Killington Meeting Day.

This last year our select board meetings and town government process has been riddled with constant negativism instead of using our skills of positive discussion, cooperation and research to develop solutions for progressive financial management, increased business or long term goals with good development for the total Town of Killington. We have the ability to work toward "win-win solutions" instead of "I win - you lose."

We have seen progress made in our town in several areas this year through the loyal hard work of Town management and employees, businesses, commissions, and dedicated volunteers. In the past 2 years we have seen several new businesses invest in this community while

most townships have lost businesses. Our tourism has increased, jobs have been maintained, state grants have been awarded, 9 towns in central VT are coordinating with us for tourism development and national TV featured Killington's events. This process started with the VCRD 3 years ago when almost 400 people voted not to give up, but to create a future with vision, appropriate planning, quality of life and a prosperous community for future generations. This was our goal, our promise to each other as we stood in line, side by side to cast our votes.

I hope this Meeting Day we will all remember as we cast our private ballots for the select board position that calm understanding, commitment, respect for procedure, respect for the voter, experience and the ability to listen are attributes that will be needed to forge our future. The Town of Killington has a promising future because of its assets, its location and most of all its close community ties.

So, please vote! Vote for your children, vote for your neighbor, for our fire & highway departments, our school, the fun times and the times when we rally to help each other. Vote for unity.

Jane Tanner





## To the Editor:

The importance of our upcoming Select Board election may well be the pivotal influence in determining the immediate and distant future of Killington. I strongly supported the 1% option tax, with the understanding that, unlike what transpired with Act 60, the tax would be used solely for the purpose of funding recreation and tourism to benefit the Killington community. I still feel that way, but am open to the idea that at a later date it might be in our best interests to diversify somewhat. I do not believe this is the time to do that, as the momentum the EDT has been building has reaped positive results and should not be undercut at this time.

As many of you know, I'm able to be here to write this letter, as well as having had the privilege of being able to raise my son, due to the incredible Gift-of-Life that I received from an individual in our town, coupled with so much other individual and community support. What an incredible blessing that I chose to live in such a community. I refer to this only so that you may understand how truly I believe in the uniqueness and importance of what makes Killington so special.

As a senior in Killington, I too, worry about taxes, heating bills, health care costs, gas prices, and a myriad of everyday concerns that we all face. I accept that my taxes here, like in every city in this country, will see increases. Nothing can change that, but hopefully ours will be minimal. My son's goal is to be able to return to Killington to work and raise a family here. I want to help

ensure that the future of Killington will provide him the opportunity to do just that.

Although I am friends with and have respect for the candidates running for the Select Board seat, I believe that supporting Patty McGrath is the wisest decision I can make for our community's future. I am not a close friend of Patty's, nor do we socialize more frequently other than attending some of the same functions. But I believe her background of 27 successful years in the local workforce and tourism industry, her eight years on the Recreation Board (three of those as Chairperson), and what I have seen to be her unqualified sense of involvement in many areas relating to the best interests of Killington, will give all of us residents the quality of representation that is needed to insure a positive future. Patty can and will speak for herself, but I have seen the characteristics in her to be valued; her logic, her willingness to listen to all viewpoints, her positive approach to situations, her understanding of the needs of all residents, her personal integrity, and her ability to get to the heart of a matter with courtesy and respect towards all. I do not believe Patty has a 'personal agenda' in her desire to serve on the Select Board. I believe her 'agenda' is solely what she can accomplish for the betterment of our community. And Patty has what I consider extremely important and so lacking in many individuals ...common sense.

Sincerely, Marcia Stoller

## Letter to the Editor

Town Meetings, Voters and School Choice

There are bills in the Vermont Senate and Vermont House of Representatives which will drastically alter school choice in Vermont.

Senate Bill S.44, <http://www.leg.state.vt.us/docs/2012/bills/Intro/S-044.pdf>, would force Vermont's independent schools "to comply with requirements relating to school quality, the provision of special education, and other issues imposed on public schools" in order to be "approved" for tuitioning. It further would impose "any other federal requirement relating to public schools."

House Bill H. 170, <http://www.leg.state.vt.us/docs/2012/bills/Intro/H-170.pdf>, parallels S.44; in addition, it would disallow tuitioning out of state schools.

House Bill H. 133, <http://www.leg.state.vt.us/docs/2012/bills/Intro/H-133.pdf>, proposes to expand school choice, consolidate school districts, change the funding system from a state-wide property tax to a district tax with rolling appraisals rather than common level of appraisal and replace elected school boards with School Advisory Councils (appointed or elected?)

Voters are urged to review these bills and attend their town meeting. Your State Representative will be at your town meeting. Pose questions, voice your concerns and relate your opinions. Ask your representative how he will vote on these bills. Call your county senators and have a conversation.

Use your authority and your voice at your town meeting. We are all going to live with the results of these bills if they are passed. Be sure the bills give you, the voter, what you believe is the best educational choice for Vermont students and their parents.

## Letter To Editor:

It was interesting & invigorating to have been a part of the Sherburne Women's Club Forum the other night. I would like to clarify my positions and shed some light to a few misconceptions. I don't support article 7 in that I believe it puts the cart before the horse. As I have stated before, we really need to look at how our funding mechanism for the options tax will serve us now and in the future. I am strongly in support of our EDT because it is a highly effective vehicle for improving our economic future. It has shown results. There is a need for a framework, to assure the EDT's proper funding, before we change the nature of how those funds are directed.

On March 1st, we get to vote on Article 7. It is possible that the Article 7 will pass. At that time it will be important to vote for a select person who considers all the needs of the community, so that we may have a balanced and effective plan. If we must use these monies towards golf course debt, it must be for the right reasons and under the right terms. If elected selectperson, it would be my job not to act on my own feelings, but rather, to act on the needs and the best interest of the whole community.

One thing I find that complicates this issue: when Killington Golf Course collects 1% on its sales, that money will be used to pay down GMN's (in a way a competitor's) mortgage. Though I don't believe any event or promotion of the EDT's serves every business equally, (I doubt that would be possible) the funds always go to bringing more people to our town, never directly paying down any one business's debts.

In going to the selectmen's meetings I was impressed with the ways the town is already addressing the situation. Through the budgeting process, the EDT is taking on a major portion of the GMN marketing budget, \$50,000 worth. This is why the golf course marketing budget of \$10,000 seems low. It is really not, because our town officials had the forethought to put the marketing burden on the EDT, thus freeing up golf course revenues to be put towards the debt. In addition, EDT marketing will be geared toward stay and play packages that include the Killington resort as well. This plays to the EDT directive of promoting for multiple businesses, vs. individual ones, plus being able to play 2 different courses in the same town will generate more golfer interest.

We have to deal with the debt load of our golf course.

At this point, nothing is off the table, including option tax funds. There are two distinct but interrelated parts to this issue.

First: what refinance plan do we wish to use. Kathleen Ramsey has presented us with 5 plans, from total refinance over a 20 year term on one end, to paying down the total 2.4M debt this year on the other end. She also presented three other plans that fall somewhere between. Each plan has positive and negative points, long term vs. short term that must be considered.

Second: where will the monies (or offset monies) come from to support any of these plans: Property tax, Options tax, Budget changes, Increased golf revenue, CLA decrease in education tax.

Some thoughts to consider:

1. No financial plan at this point is guaranteed (except the paying the whole debt this year), we first must find an institution to work with us.

2. This is a 2nd mortgage on the golf course, the VT Bond Band holds the primary debt. I suspect a bank would prefer an income source guaranteed from property tax rather than options tax because the grand list is a more stable funding source. The options tax can always be eliminated by the voters. (This doesn't mean we can't use these funds, simply saying we have this source doesn't necessarily make us more attractive to the bank.)

3. I am concerned that those people who wish to vote down our town budget don't realize that showing such lack of faith in our town government could adversely affect our ability to refinance. Our budget is not loaded with fat, we have been tightening this budget since 2000 while trying to maintain town services.

4. I hear people complaining that there is not enough transparency in our town government. Rumors are abundant and incredibly misleading. The information has been readily available and posted, it's just that we don't like what we are seeing.

I have participated in, or been directly responsible for over 8 financing/refinancing plans in my life (2 house loans and over 6 business loans), all of which have been successful. After looking at the numbers presented, I am confident Kathleen can steer us to a solution that would be least harmful and most beneficial to our town as a whole.

-Patty McGrath

**We want to know what you think!**

Send us your Letters to the Editor

....deadline is Friday for the following week's paper.

## Dear Editor:

ARC Rutland Area members and friends would like to let everyone know that we continue to provide other programs along with the dances you often see in the paper. The following programs help people with developmental disabilities and their families live their lives to the fullest: an Advocacy Group, an Aktion Club, Transportation, Legislative Information, Parent Potluck Gatherings, and the Representative Payee program. Our mission is to advocate for people with developmental disabilities, to be regarded as valued citizens; including opportunities for personal growth and full community participation.

ARC would like to ask voters to vote "YES" March 1st on the ARC funding article. In 2009, most of the service agencies were voted in and the cost for all of them was approximately \$35 a year per \$120,000 household. That is, for around \$35 a year per house, many organizations were funded. In 2010, most of those organizations were left struggling to stay afloat, as we were voted down. For less than \$35 year, our smaller share of the full amount, ARC can provide valuable services to people with developmental disabilities. It's a small price for such good benefits.

Adults living with developmental disabilities are able to learn about reaching goals, contributing to meetings, giving to others, and speaking in public when they attend the Self Advocacy group monthly. Our Aktion Club, co-sponsored by Kiwanis Club of Rutland County, takes the idea of giving even further, in this group the club members collect food for the Paramount Food Drive, visit Mountain View residents, get signatures on petitions for ARC, hold a United Way drive, and the list grows yearly. The Parent Gatherings have been a place to grow some relationships and gather information necessary to deal with life's issues, as well as give and get feedback to/from other organizations. The Representative Payee program helps about 45 people with their Social Security benefits and bills, keeping them safe and stable in their choice of living arrangement.

Yes, we at ARC love to dance and party, but that is just to offset all the hard work we do when we're not socializing and growing healthy relationships. Even the dances are essentially working towards a healthy goal!

"You have helped me to learn to speak up for myself and ARC gives me the chance to see people I wouldn't get to see if not for ARC" ~ Amanda

Sincerely,  
ARC Members

## Letter to Editor

I was disappointed with the Killington's Selectmen informational meeting on Feb. 21, 2011. What was supposed to be a meeting on the restructuring of the Green Mountain National Municipal Golf Course debt was very one sided. "The Raising of Taxes!!!"

### Options:

1. The voters vote "yes" on Article 7, which gives the select board the option of using some of EDTs monies or funds to help offset the golf course debt. (The select board called this robbing the EDT.) But robbing the tax payer is ok? The voters want options.

2. The voters vote "no" on Article 9 - No on the 2011 budget. We need budget cuts and fiscal responsibility before raising taxes.

3. The voters vote "yes" on Article 11, which gives the select board the permission to acquire the needed financing for the golf course, not to exceed 4.5 million dollars and not to exceed 20 years.

These 3 votes can mean the difference between an increase in taxes or not. Other ways could also be considered, like merging the EDT and Rec Dept. These departments would work well together, giving the EDT some more man power without increasing their payroll. This allows the Rec Department's general fund budget to swing over to the golf course debt, over \$130,000, and with some budget cuts in other departments we might not need an increase in taxes. These are a couple of ideas, and none are about robbing the tax payers.

This is a Town owned and operated municipal golf course, and the EDT is a Town Department. The rest is common sense. Share the money, not fight over it.

Please vote. Let your voice be heard, one way or the other.

-Robert Salmeri

## Dear Editor,

"The hare has started; the enterprise has begun.

I see you stand like greyhounds in the slips,

Straining upon the start.

The game's afoot!"

Shakespeare Henry V., iii. 1.

The game's afoot to change the name of the Elementary School. Those in favor of this move may have good intentions in spirit, may be straining to move forward, but perhaps have lost sight of the historic significance of the name Sherburne.

Originally named Killington under the New Hampshire grants, the town name was changed in 1800 (15 years after the first settlers arrived) to honor Colonel Benjamin Sherburne. Col. Sherburne lived in Newport, RI, where proprietors Ezra Stiles and Benjamin Ellery also lived. He also was a member of the Continental Army and the 9th grantee of Killington. There are no records detailing the reasons for honoring him with the name change, but one can surmise the governing powers knew him and liked his demeanor.

Nearly 200 years later, the town's people decided to revert to the original name of Killington for 2 reasons. First, there had been confusion for visitors over the names of the towns of Sherburne and Shelburne. Secondly, some travel guides (most notably Mobil and AAA) had announced they would begin listing properties according to mailing addresses. Many in the region believed properties in Sherburne would be overlooked if the description of their businesses were not listed with the Killington Resort. The name change was a good business decision.

Traditionally, the name of a school and/or library begins with the town's name as an identification factor. However, it would not be advantageous to change the name of either structure in our town. Dear readers, I know you understand branding. Sherburne Elementary School or SES has been branded as the lighthouse in our district since its inception. SES offered Kindergarten and EEE programs well before the state mandated them. SES was a model Kindergarten for other school district to replicate, was the first to use portfolio assessments, and was the first to incorporate many other programs that since have become the standards in education. The staff of SES is so well educated and forward thinking that educators from all over seek them out for advice and the understanding of their educational successes. The Sherburne Elementary School brand has been established for decades. If the name is changed to Killington Elementary School the brand of excellence in education and our shining light would be lost.

Please keep our history strong and our reputation in education by leaving Sherburne Elementary School as the name of our education building.

Thanks,

E. J. Willis, North Sherburne



The Southwest Freedom Riders hold its monthly meeting on Thursday, February 24, at Seward's Family Restaurant & Ice Cream, 224 N. Main, at 7:00 p.m. You're welcome to join them, either as new member or guest.

The Boys & Girls Club of Rutland County holds an open house and Youth of the Year celebration from 5:00 to 6:30 p.m., Friday, February 25. Everyone is welcome; call 747-4944 for more info.

The College of St. Joseph presents its Commitment to Excellence award to Tom O'Brien at the school's annual gala on Friday, themed "Celebrating Excellence." Proceeds support the CSJ Annual Fund for Student Scholarships. Cocktails are at 6:00 p.m. with dinner at 7:00 p.m. Reserve tickets by calling 776-5264.

Or take in the Whodunit dinner show Friday evening, beginning at 6:30 p.m. Hosted by The Palms Restaurant in Rutland, it benefits Christ the King school. Get your tickets at Christ the King school office, 773-0500, or by calling Chris Babb, 775-3436, or Lisa Enners, 438-0074.

Return to the golden days before TV with the dinner theatre/Lux Radio Theater presentation of "The Thin Man" by the Brandon Town Players both Friday and Saturday. Sponsor and host for the buffet and show is South Station Restaurant. Cocktails begin at 6:30; show at 7:45. Call Dennis, 247-5420, for reservations.

The charm and gentleness of Gene Wilder dominate the screen in the fanciful Willy Wonka and The Chocolate Factory, showing as part of Big Flicks at The Paramount Theatre, at 3:00 and again at 7:00 Saturday. Call 775-0903 for tickets.

Learn to make no-fail pastry dough and four dessert tarts in a Saturday class at The Inn on Park Street, 69 Park St. Enjoy the fruit of your labor and take the recipes with you. Enrollment caps at seven. Call 247-3843 for specifics.

A drum concert follows a drumming workshop at Pyramid Holistic Wellness Center Sunday, February 27, at 2:00 p.m. You need not bring your own drum. All ages and abilities are welcome. Call 775-8080 for more info.

Dream of the pleasant warmth and cheery music of a Greek island wedding while you watch Mamma Mia in the Big Flicks at the Paramount Theatre series. Showings are Sunday, February 27 at 1:00 and 4:00 p.m. Call the Box Office at 775-0903.

Women's employment conditions have certainly changed in the last 100 years, points out Dartmouth prof Annelise Orleck on Wednesday, March 2 at the Rutland Free Library. Her talk on "100 Years since Triangle: The

Fire That Seared a Nation's Conscience" is a Vermont Humanities Council even, part of the First Wednesdays series. It begins at 7:00 p.m. Call 773-1870 for details.

Caitlin Canty and Darlingside perform at 7:00 p.m. Thursday, March 3, at the Union Church of Proctor, 5 Church St. Doors open at 6:30.

March classes at the Chaffee Studio School at the Chaffee Art Center in Rutland include Saturday morning sessions for children age 7 through 14 from 10:00 a.m. to 12:30 p.m., and drawing and rug hooking for adults. Chester Kasnowski offers Uncomplicated Drawing Techniques on Saturday and Sunday, March 5 and 6. Susan Mackey plans to teach Rug Hooking on Saturdays March 12 and 26. For more information, call 775-0356.

New farmers are invited to an upcoming new farmer mixer, planned from 7:00 to 9:00 p.m., Monday, March 7. Get in touch with the folks at the Rutland Area Farm & Food Link to donate your locally grown farm goods for appetizers.

It seems as though the most pressing issue in the upcoming election is that of funding for a city recreation center. Some believe that the city's need to replace water pipes supersedes what they perceive as a nice luxury. Maybe another year, they say. Proponents of an enhanced recreation facility view recreation opportunity as a driver for economic development. At question too is whether expanding the center as proposed will compete unfairly with the new fitness center at Spartan Arena.

The College of St. Joseph recently announced that former Governor Jim Douglas is to be commencement speaker this spring. Commencement is at 1:00 p.m., Sunday, May 8 in the college's athletic center.

The Castleton women's hockey team recently raised \$7,031 for the Rutland Regional Foley Cancer Center. They call their annual fund raising Pink the Rink, and display pink skate laces, pink stickers on their helmets, pink tape on their sticks, and pink jerseys. The jerseys are auctioned off during the event.

North Main Street now sports a new lunch spot. Bueno's, in Southfork Plaza, north of Godnick's, offers a varied menu that may include Texas-style chili and burritos, pot roast and shepherd's pie, or pulled pork sandwiches and baked beans. The address is 269 N. Main St., open Monday through Saturday.

Central Vermont Public Service Corp. has named Larry Reilly, former National Grid USA executive VP, to succeed Robert Young as its CEO and president. CVPS is the largest electric utility in the state.

## Open For Business

by James B. Stewart, EDP  
Executive Director of REDC

For most people visiting this region, the scenic beauty and recreational opportunities are the primary focus, and therefore what they most recognize of Vermont. We do have spectacular mountains, lush green valleys, and pristine lakes. What is often overlooked is the vibrant economy and leading technologies which are also home in Vermont.

Ben & Jerry's of Waterbury Vermont has become the iconic symbol of Vermont industry. While this was a widely successful enterprise which grew to world-wide recognition as a brand, it is only one example of the many successful businesses located in our State. The Rutland region has historically been a center for manufacturing in the Northeast. First it was timber and marble (this region continues to have some of the highest quality white marble in the world), but there has been a constant evolution of industries which has provided the region with a diversity that is unique and provides many new opportunities.

GE Aircraft operates two facilities in Rutland, employing close to a thousand people in the manufacturing of the world's most efficient jet engine. They also impact hundreds of other jobs regionally with sub-contractors and vendors providing their operations services. Hubbardton Forge, manufacturer of high quality wrought iron lamps, chandeliers and wall sconces operates a facility in the college town of Castleton. Westminster Crackers (those little packets you get with your soup in the restaurant) are manufactured right in the City of Rutland in a redeveloped manufacturing center that had formerly been home to the Howe Scale plant. Woodworking and cabinet manufacturing operations continue to play a prominent role in our economy. The region is quickly moving in to the "green" economy with solar, wind,

geothermal, and bio-fuel operations in development or in business today.

Vermont leads the nation in people employed in high technology industries per capita. Our educational system continues to rank in the top quartile, with a well above average educational level of the residents. Matched with a historically strong "Yankee" work ethic, the region boasts one of the most productive workforces in the world. This is not just a boast, but a quantifiable advantage that has been demonstrated by many of the operations locally that are part of corporations with sites across the country. When comparisons are made, the quality of their Vermont employees proves to be their most valuable contributor to their bottom line.

The reality for those of us who live in Vermont is we have the best of both worlds. While weekends are filled with skiing, snowmobiling and all of the other winter activities available in Vermont, or summer days enjoying the lakes, mountains and villages, the weekdays are filled with meaningful employment. But you still are constantly reminded of the beauty of your surroundings. I joke with friends that their commute is sometimes hours spent in rush hour, while I get the serenity of one of the most scenic vistas in North America. So the next time you are traveling the highway to get here for the latest snowfall, battling traffic and weather, remember that you could be here already. This truly is a wonderful place to work and live.

So if you are interested in living the dream, and have a company you want to move to Vermont, or have an idea you want to bring to reality, contact the Rutland Economic Development Corporation at (802) 773-9147. Vermont is open for work and play, and we would welcome you to join us in making Vermont your home. There is something special about living in a place that others only dream about.

# Lakes Region News

by Lani Duke

Southwest Freedom Riders and Fairwood Lanes present Operation Phone Home, a fund raiser to buy phone cards for our troops from noon to 5:00 p.m., Sunday, February 27, at Fairwood Lanes. Call 1-888-299-SWFR for more info.

Dreaming of warm weather? Get ready – it is coming. So are the Castleton Concerts on the Green, with another summer of fine music, sitting on the grass or lawn chairs, and enjoying the pleasant company of your neighbors and friends.

The Blue Cat Bistro of Castleton recently became a Partner Member of the Vermont Fresh Network. The organization helps chefs connect with farmers and food producers in their vicinity, assuring that you, the consumer (sorry for the pun – not much), get to enjoy the freshest possible meals while enhancing the local economy.

Middletown Springs plans its annual maple festival for Sunday, March 13. Fred Bradley will demo early maple sugarmaking in a cast iron kettle over an open fire. Sugarmaker Bill Clark will speak on how sugaring techniques have developed, using materials from the Historical Society collection. Get your maple deserts, new 2011 syrup, and maple cotton candy. Call 235-2376 for more information.

Castleton State College will host the College Pathways program, a day of college planning workshops for high school sophomores and juniors and their parents on Saturday, April 2. Each student and parent can choose up to four workshop topics from a menu of a dozen; they include applying to college, college application essay writing, paying for college, scholarship search, two-year college options, and more. Register through the Vermont Student Assistance Corporation.

Kelley Beckwith, director of Castleton State College's Academic Support Center, recently received an award for her support of the Vermont Army National Guard. It recognized her support for Castleton employees who have deployed family members.

Residents of Poultney and members of the Green Mountain College community recently gathered to talk about their relationship and make plans for future collaboration. Previously, they have worked together to start a movie theatre, support the opening of a food co-op, and developed partnerships among local schools and college programs.

Castleton's women's hockey team recently raised \$7,031 for the Rutland Foley Cancer Center. The sec-

ond annual Pink the Rink event featured team members who wore pink skate laces, stickers on helmets, pink tape on their sticks and new pink jerseys which were then auctioned.

Castleton State College's technical service crew recently held a two-evening event that drew attention to student and instructor talent. Held in the Casella Theater, Total Backstage Access consisted of an Open Mic Night, followed by a concert the following evening.

In November, the New England Association of Schools and Colleges evaluates Castleton State College for re-accreditation. Beforehand, the college is to write a self-study report, looking at 11 areas: mission and purpose, planning and evaluation, organization and governance, academic programs, faculty, students, library and other information resources, physical and technological resources, financial aid, public disclosure and integrity.

Castleton's select board plans to assist the Lake Bomoseen Association in applying for grant funds to control aquatic nuisance species. The grant would provide for funds to hire up to four individuals who would help monitor boats going in and out of the lake during the summer and pass out literature on how nuisance species get transported from one body of water to another.

Beaver Wood Energy, a company planning to build a biomass-fueled electric generation plant in Fair Haven and another in Pownal, has proposed building two identical plants, each costing about \$250 million to build. Pellet manufacture uses waste heat captured from the biomass-fueled plant. However, development is on hold because of permit jurisdiction issues.

Community Kids Preschool Center is expanding to the former site of Carvey's Family Restaurant in Fair Haven. Part of the building will become the site of a new alternative school "Roots & Wings" for children in kindergarten through 8th grade, to be an alternative to public school, with an emphasis on gardening and nature. Currently, the school is raising money for fire pull stations. To volunteer or help with fund raising, call 265-9733.

Seniors in the Hubbardton area now have the opportunity to enjoy a noon lunch twice a month with their neighbors, catered and served at the Hubbardton Town Hall, the first and third Thursday of each month. Everyone is welcome to join in for both the meal and socializing and/or entertainment afterwards. Call Trudy Booth, 273-2953, for reservations.



**ARIES: March 21 – April 20:** There's not much you can do about other people and their issues. If someone seems to need a little more than you have to give, they will keep expecting you to come through until they understand that their life is their business. If you really care about them, don't keep trying to reform them and stop pretending that you have no investment in what they choose to do with themselves. Time and experience will teach them what they need to know. Stay true to yourself, and love them for who they are until they figure out what it will take to make their life work.

**TAURUS: April 21 – May 20:** You'd feel better about this if it wasn't so obvious that it's a different version of the same old thing. For many of you, this is more about you being totally disconnected from whatever you're engaged in. Either way, you've got to decide whether or not you want to continue. It looks like you'd be better off giving your spirit time to figure out what's going on. Many of you are on the cusp of a breakthrough that will prevent the same old thing from doing you in. Others will keep sleep walking through your experience until you wake up to the fact that it's time for a change.

**GEMINI: May 21 – June 20:** You don't know if you're coming or going. For someone who thrives on certainty not knowing where you stand can be hard. What you may not realize is that life is calling you to reinvent yourself. Yes, it's time to take the best of what you've done so far and kick it up a notch; because you're restless and the 'what's next?' switch got turned on a few months ago. Don't try to keep anything the way it is. If this thought freaks you out, trust me; you can't avoid the fact that you've got to come up with a new plan before the old one completely dies out.

**CANCER: June 21 – July 20:** You're in a much better groove. All kinds of distractions have you flying around from one thing to another. As you make the rounds don't forget to digest each experience. If all of this feels random it's really here to teach you something. And right now what you need to learn is that it's always safe to take the less traveled route. Making your way through a kaleidoscope of changes here you stand gazing through the looking glass at an array of possibilities that weren't there a year ago. Congratulations and best of luck getting on with your whole new life.

**LEO: July 21 – August 20:** Knowing what you're doing only comes from experience. If you've seen this before it should be easy for you. If it's a whole new thing you're probably wondering where your confidence went. Fortunately you are gifted with a clear eye and a great bullshit detector, so those of you who are going through this for the first time will know exactly what to do when the time comes. Don't give yourself over to too much planning or get into over preparing for things that will come off a lot better if you just do what comes naturally and let God cover the rest.

**VIRGO: August 21 – September 20:** You're finding out a lot about who your real friends are; it happens to the best of us. And it's always a lesson in what happens when we outgrow our connections. Whoever isn't there for you doesn't know how to get over themselves. Don't waste your energy trying to do it for them. All it comes down to is, you've either outgrown this situation or it's just plain over. If you keep sticking around trying to fit in to it, you'll make yourself sick. The last thing you need is more drama. Cut the cord to whatever's making the act of breaking away any harder than it has to be.

**LIBRA: September 21 – October 20:** You aren't sure you need this but you seem to want it more than anything. That alone should tell you something. I'd tell you to walk away from this right now but you won't listen. Sometimes our best lessons put us through the mill. The worst case scenario is that you'll wind up disillusioned and/or trapped in an experience that bores you to death. Your life would be easier if you knew how to read people a little better. What looks like exactly what you've always wanted has come to teach you that compulsive attractions inevitably wind up driving you nuts.

**SCORPIO: October 21 – November 20:** You've got to keep going at a time when your energy level is down. There isn't much time or space for the emotional component either. When life gets like this it leads to exhaustion and it makes it real hard to stay in the 'Joy Zone'. Instead of pushing steadily along, try turning off the switch that keeps you going at intervals every day and use that time to do absolutely nothing. Life has to balance or it just doesn't work. Too much "Yang" breaks you down. If you want to get through the next few months let everything you do be touched with equal parts of "Yin".

**SAGITTARIUS: November 21 – December 20:** In the process of reinventing yourself you've found out that upheaval goes with the territory. When you decided to drop all the BS, what made you think there wouldn't be an earthquake or two? Don't get freaked out over things that have come about as a natural response to whatever your Karma consists of at this point. Once you stop driving yourself nuts you'll calm down enough to see that at times like this, it's your inner resources that pull you through. And part of the lesson has to do with you figuring out that absolutely everything comes from within.

**CAPRICORN: December 21 – January 20:** You'd be OK with this if it wasn't such a pain in the neck. Getting around the details would be easier if you had a little help. Because what seemed like a small thing has become a big thing and you can't do it alone. Get real about what needs to happen and prepare yourself for an increased demand for whatever it is you're putting out. More training might be in order. You could also be called to teach. Think about everything else you have to do and understand that what's going on right now is paving the way for the better part of your life to start taking off like a rocket.

**AQUARIUS: January 21 – February 20:** You haven't figured out how to get this to work and you're considering dropping out of it completely. Far be it from you to ever give up but the signs suggest that the magic carpet ride is just about over. Investing too much in anything needs to be balanced with enough intuition and common sense for you to know when it's time to bail out. You aren't inclined to risk. At the same time, any attempt to preserve things for posterity needs to be weighed against the reality of any kind of future growing out of the circumstances that you find yourself in now.

**PISCES: February 21 – March 20:** How far this will go is hard to say. You aren't so sure where you stand with things so forget about where they're going; focus your attention on what's here right now. Whatever this is about, if your attention is on the outcome you'll miss the point. There are things that haven't been factored in so you can expect the next phase of the process to be full of surprises. Throw your fixed ideas out the window. The more you are able to adjust your expectations the more you will see that every time you stretch your limits the better you feel and the better things go.

## Supervisors For The RNRCD Open For Petition

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 NRC office at 170 South Main St., Ste. 4, Rutland, VT from 9:00am and 4:00pm. Phone 802-775-8034 ext. 17.

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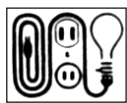
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## Mother of the Skye

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](mailto:cal.garrison@gmail.com)

# SERVICE DIRECTORY



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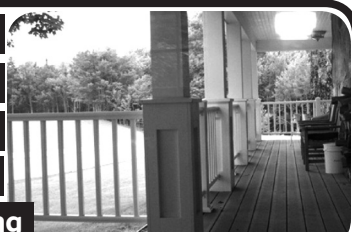
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## View From Ludlow

by Ralph Pace

Saturday, February 26 will be a busy day in Ludlow. Okemo Mountain Resort will be the sight of the 9th annual Comedy Night in the Great Room of the Clock Tower Base Lodge. Headlining the event will be Bob Marley. Celebrating 15 years as a stand-up comic, Bob Marley is one of the hottest and most sought-after comedians in the country. He has been featured in his own special on Comedy Central, and is one of the few comics to do the complete late-night TV circuit: "The Late Show" with David Letterman, "The Tonight Show" with Jay Leno, "Late Night" with Conan O'Brien and "The Late Late Show" with Craig Ferguson and Craig Kilborn. The proceeds from the event, sponsored by Vermont Properties and Development, Inc., will go to the Okemo Challenge Grant Fund which has underwritten many community activities and events in the Ludlow area. Tickets are available at the door and from VT Properties and Development, People's United Bank, the Wine and Cheese Depot, and at the Jackson Gore facility of Okemo.

The same evening, the United Church of Ludlow, located at the corner of Pleasant and Elm Streets in Ludlow, will be offering an Old Fashion Washington's Birthday Supper between 5:00pm - 7:00pm. The menu will include homestyle chicken and vegetables in gravy served over homemade biscuits; copper carrots; cranberry sauce; assorted homemade pies and beverages.

With careful planning it looks like you can plan on an excellent dinner followed by a great evening of comic entertainment.

Incidentally, for those in Ludlow and surrounding towns used to having town meeting on the first Monday of March, this year will be different. Town Meeting will be held on February 28 at 7 PM in the Auditorium of Town Hall followed by the Australian ballot voting for Town Officers and the U 39 School Budget on Tuesday, March 1 between 10 AM and 7 PM.

For those interested in viewing the past years accomplishments in Ludlow, the Town intends to present a pictorial view of highlights of 2010 using the newly-installed projection equipment provided by FOLA (Friends of Ludlow Auditorium).

Black River Good Neighbor Services (BRGN) has announced that it will celebrate the formal opening of its new facilities, located next to the Ludlow Community Center, in the very-much renovated "tank barn." According to Peter LaBelle, BRGN President, the festi-

ties will start at 11 AM on Saturday, March 12, followed by the official ribbon cutting ceremonies at Noon. Tours will be provided to check out the many improvements BRGN has instituted in its new quarters to services its clients. Peter also noted that refreshments would be served during the event. For additional information, call BRGN Director Audrey Bridges at 802-228-3663.

To quote Peter about the impact of the new location: "As you know, our organization assists Ludlow, Cavendish, Plymouth and Mount Holly residents who are in need, and we have provided hundreds of thousands of dollars' worth of food and clothing to hundreds of people over the past twenty-plus years. We did it from an old, poorly situated building and we spent many years looking for a new home. Well, we have found that new home and we hope that you can spare a few minutes to help us say 'Hooray!'"

The folks at FOLA (Friends of Ludlow Auditorium) have been busy on several fronts this past week. First they managed to iron out some of the problems encountered in preparing the auditorium for movies. With the help of David Giancola of Edgewood Studios in Rutland, they now have all the equipment ready to show movies to the people in the Ludlow area. They even have managed to establish a ranking of movies to be shown.

FOLA has also developed two new programs for Ludlow audiences. On March 26, they will feature the voices of the all-male choral group, the Curbstone Chorus, who will present a wide variety of popular songs. On April 16, FOLA will present Skip Gorman and Connie Dover, two accomplished country western singers with a Celtic overtone.

On Friday, February 25, the Black and White Film Festival of Cavendish will feature the film "All about Eve" at the Cavendish Town Elementary School at 7 PM. This film, to some, represented the height of Bette Davis' film career.

Cavendish is also planning its annual Mardi Gras Festival. This year the festivities will commence at 7:00 PM on Saturday, March 5th at Crow's Bakery and Opera House Café on Depot Street in Proctorsville. There will be a Cajun style buffet and a wine bar, and dancing to the great tunes of Yankee Chank with Cavendish's very own Bob Naess. Of course it wouldn't be Mardi Gras without masks, so there will be prizes for the best and most creative masks.

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

## Killington Arts Guild



by Betty Little

Killington Arts Guild Spring Show, "March On," All Members Show 'til May 4, opens with a reception on March 4, 3-6 PM at the Upstairs Gallery at Cabin Fever Gifts opposite the Killington Access Road. The public is invited.

KAG artists are busy. Linda Durkee, as part of Brandon's Winter Art & Wine Festival is holding Open Studio at the Granery, 29 Union St., Brandon, VT. Feb. 26-27, Sat. 10-5, Sun 11-4. Free and open to the public. On Monday February 27 from 3-4 PM in the Commons at the Gables Betty Little's Memoirs Group will give a program. Jane Tanner (Killington), Dr. Art Wolk, Yvonne Feaster and Kitty Huff (Rutland Town) will read. KAG Members are. Donna Martin is organizing the First Friday Open Mic Night at the Church of the Wildwood, Holden Rd. in Chittenden for March 4th, 7 PM. Musicians, poets and storytellers of all ages share their talents. Fantastic desserts and coffee available. A portion of the free-will donation will benefit "Nothing but Nets," an international project to prevent mosquitoes from infecting people

with malaria/HIV. Call (802) 483-2234 for a ten-minute spot. Everyone is invited.

In March, Maurie Harrington, a founder of the Killington Arts Guild and an active member is leaving the Board of Directors. She has served on the program committee, given KAG programs, been a featured artist and help hang shows at the KAG Upstairs Gallery, painted murals in many locations in Killington. She has worked on a number of regional projects with KAG members - decorating Llamas in Ludlow, Sheep in Killington and Trains in Rutland and two Vermont Arts Council projects-decorating artists' palettes and puzzle pieces. In these she encouraged others and did painting and planning. Maurie is a traveling artist and goes to France and other locations, most recently Hawaii. Just had an art show with others in Weston, has a studio in Killington, taught at Chaffee and participated in their membership shows. She and her husband Jack live in Killington where she has a studio and teaches. In the summer, the Harrington's live in North Hero where she has become an active in the arts.

KAG members who wish to display at the Killington Town meeting, March 1 in the Sherburne School contact Alice Sciore 422-3642.

For more information on KAG and for membership call 802-422-3824.



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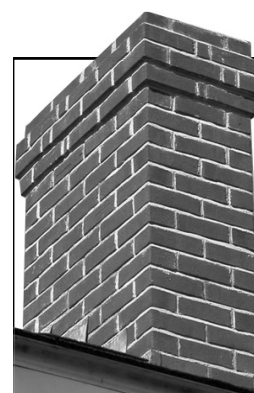
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# Proctor Place

by Stacy Bates

Don't miss Caitlin Canty and Darlingside performing at the Union Church next month. Singer/songwriter Caitlin Canty will be performing in her hometown of Proctor in a benefit concert with Darlingside, the string-rock quintet from Northampton MA. The concert, on Thursday March 3, 2011 at 7:00pm, will be raising funds to re-shingle and insulate the Union Church Parish House, a dynamic building in Proctor used for many church and community functions. For over 100 years the Union Church Parish House has served the church and the Proctor community, hosting church events, celebrations, meetings, concerts, Cub Scouts, a wonderful Holiday Bazaar, and countless other events. The Parish House currently houses the Children's Center Daycare (the only state licensed day care in Proctor) and the Sunshine Nursery School. Age has caught up with the cedar shingles and, coupled with the lack of insulation in the walls, it is becoming increasingly difficult to keep the doors open while dealing with rising energy consumption and costs. The siding/insulation project is scheduled to begin this spring. The church is still short of full funding for the project and is grateful to Caitlin and Darlingside for their help to raise the needed funds.

Caitlin Canty is now based in New York City. Caitlin spent her early years working on the production side of live music and singing backup for more established artists while quietly cultivating her own music. After finally escaping the cubicle, Caitlin swung around to the other side of the microphone and now performs regularly in coffeehouses, rowdy bars, restored theaters, music halls and festivals. Her fans compare her soothing, intimate voice and soulful songs to the likes of Patty Griffin, Jack Johnson, and Norah Jones.

This promises to be a special night of music that shouldn't be missed. If you caught their collaborative concert last June in Proctor, you know you will be there on March 3rd and you'll be bringing your friends!

Doors open at 6:30pm with the concert beginning at 7:00pm in the Union Church Sanctuary. Suggested donation is \$15 for adults and \$5 for children/students. Union Church is fully accessible from the lower parking lot.

The February 7, 2011 Proctor Selectboard meeting minutes were posted recently for viewing on their website. Here are some highlights.

Good News included information that the Fire Department is applying for a \$3,295 grant to pay for 50% of the costs for new rapid intervention team rescue packs. Also the state has completed environmental re-

view of Contract 1: East Side Water Distribution System Improvements and is preparing the loan amendment documents for funding the construction of this project.

Invited guests included Bruce Baccei and Lisa Miser from the Parks & Rec Committee. They provided the Selectboard with a summary of the issues they have been working on to prepare for the removal and replacement of the first dock at Olympus Pool. Specifically, they described the work Kevin Smith, P.E. has provided at no cost to the Town and the work he had intended to do until the actions of a member of the Selectboard forced him to rescind his offer to do pro bono work for the Town. Miser and Baccei requested guidance from the Selectboard on how to proceed with getting the dock removed and the pilings inspected so the dock can be replaced in time for the summer season. The Selectboard discussed various options for proceeding. Bill Dritschilo made the motion to waive the Purchasing Policy requirements for obtaining quotes and contract with Kevin Smith to provide engineering services during the dock removal for piling assessment. The motion was seconded by Lloyd Hughes and approved by a majority. Smith will be contacted to see if he is willing to provide the services and if so, he will be asked to provide a cost estimate in advance.

During additional items Bill Dritschilo made the motion to waive the Purchasing Policy requirements for bidding these services and continue contract negotiations with Casella Waste Management for the provision of curbside collection services for trash and recycling. The motion was seconded by Lloyd Hughes and approved by a majority. Bill Dritschilo made the motion at 8:45 p.m. to enter executive session to discuss contract negotiations. The motion was seconded by Lloyd Hughes and approved by a majority. Bill Dritschilo made the motion at 9:10 p.m. to resume the public meeting. The motion was seconded by Lloyd Hughes and approved by a majority. No additional action was taken. Bill Dritschilo then also made the motion to task the Road Commissioner with being responsible for performing maintenance at the pool and skating rink buildings. The motion was seconded by Susan Feenick and approved by a majority. Lloyd Hughes made the motion to approve the revisions to the Purchasing Policy as written. The motion was seconded by Bill Dritschilo and approved by a majority. The Selectboard directed Steffanie Bourque to arrange for John Carroll to begin preparing cost estimates for the electrical work described in the original request for proposals.

## Rotary Club Awards Scholarships

Over the last 25 years the Rutland South Rotary (RSR) Club has awarded scholarships to students pursuing postsecondary education or training. This year RSR once again will be awarding five \$1,500 and five \$1,000 scholarships. Graduating seniors from Rutland High School, Mount Saint Joseph Academy, Mill River Union High School, Proctor High School, and Stafford Technical Center are eligible to apply.

Rutland South Rotary Club is a business and professional organization that was chartered in 1975. It is part of Rotary International with a worldwide membership of 1.2 million men and women belonging to 28,000 Rotary Clubs.

The deadline for applications is Friday, March 25,

2010. Student Interviews will be scheduled the week of March 28th and April 4th and the winners will be notified before April 23rd. The awardees will be recognized at a breakfast ceremony on Thursday, April 28th at the Rutland Country Club. Applications are available through the high school guidance offices or by calling Peg Bolgioni, Scholarship Chair at (802) 773-4118.

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## Defending Social Security

by Senator Bernie Sanders

Social Security is the most successful social program in American history. More than half of our elderly population lived in poverty before 1940, when Ida May Fuller of Ludlow, Vt., received the first Social Security check. Because of Social Security, the poverty figure today is less than 10 percent. Social Security also provides dignified support for millions of widows, orphans and people with disabilities. One in four veterans receives Social Security benefits in addition to help they receive from the VA.

Since Social Security was established 75 years ago, every nickel owed to every eligible American has been paid in good times and bad. While corporations destroyed the retirement dreams of older workers by eliminating defined-benefit pension plans, Social Security was there paying full benefits. When Wall Street greed and recklessness caused millions of working people to lose billions in retirement savings, Social Security was there paying out full benefits.

Despite its success, Social Security now faces unprecedented attacks from Wall Street, the Republican Party and a few Democrats. If the American people are not prepared to fight back, the dismantling of Social Security could begin in the very near future.

Just about every day, in one form or another, we hear from our conservative friends that Social Security is in "crisis," that Social Security is going "bankrupt" and that the Social Security Trust Fund contains nothing more than a pile of worthless IOUs. As a result of this barrage of misinformation, many young Americans have been convinced that when they reach retirement age, Social Security will not be there for them.

So what are the facts? Why have there been such concerted attacks against Social Security?

According to the latest report of the Social Security Administration, Social Security will be able to pay 100 percent of promised benefits for the next 26 years. After 2037, Social Security will still be able to pay about

78 percent of promised benefits. The non-partisan Congressional Budget Office (CBO) says Social Security will be able to pay full benefits to every eligible recipient until 2039, and beyond then cover 80 percent of promised benefits.

While Social Security is strong for a quarter century, Congress should stabilize it for the longer term. That is why I agree with President Obama, who has called for raising the cap on taxable income. Today, that cap is at \$106,800. By removing the cap on incomes of \$250,000 and more we can make Social Security fully solvent for generations to come.

Even with no change, the fact is that Social Security has a \$2.6 trillion surplus that is projected to grow to more than \$4 trillion in 2023. Is this surplus, as some have suggested, just worthless IOUs? Absolutely not! Social Security

invests, as it should, the surplus money it accumulates into U.S. Treasury bonds, the safest interest-bearing securities in the world. These are the same bonds that wealthy investors, China, and other foreign countries have purchased. The bonds are backed by the full faith and credit of the U.S. government which, in our long history, has never once defaulted on its debt obligations. In other words, Social Security bonds are as safe as any other U.S. debt obligation.

Further, despite the manufactured hysteria about a "Social Security crisis," Social Security has not contributed one penny to the very serious deficit situation we face. Social Security is fully funded by the payroll tax that workers and their employers contribute into the system, not the U.S. Treasury. Our deficit has, in recent years, been largely caused by the cost of two wars, tax breaks for the rich, a Medicare prescription drug program written by the insurance and pharmaceutical industries, and the Wall Street bailout – all unpaid for. Social Security has played no role in our deficits.

Why has there been such a concerted effort to privatize Social Security, raise the retirement age or cut benefits? There are two reasons. First, Wall Street stands to make hundreds of billions in profits if workers are forced to go to private Wall Street firms for their retirement accounts. Second, as the Republican Party has moved far to the right and become much more anti-government, there are more and more Republicans who simply do not believe government has a responsibility to provide retirement benefits to the elderly, or help for those with disabilities.

Needless to say, I strongly disagree with both of those propositions. That is why I have recently formed the Defending Social Security Caucus in the Senate. In my view, maintaining and strengthening Social Security is absolutely essential to the wellbeing of tens of millions of Americans. We cannot allow it to be destroyed or dismembered.



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2	4	7	8	1	3	6	5	9
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# Home & Garden

## Trees Beautify Our Surroundings and Help Save Energy

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

Some of what is available are: balsam fir, fraser fir, blue spruce, white spruce, and white pine, red oak, red

maple, sugar maple and birch, elderberry, cranberry, lilac, nannyberry, hazelnut, forsythia and dogwood, apple, and pear trees.

Strawberry, blueberry, raspberry, asparagus plants, and daylily's are also available. Orders will be taken until April 15, 2011, or until supplies last, so order early! This sale helps to generate funds to support the District's many programs.

For further information, or an order form, please contact Nanci McGuire at the Rutland District office 802-775-8034 ext. 17.



## Windowsill Herb Gardening

by Dr. Leonard Perry, UVM Extension Professor

An indoor kitchen herb garden will add flavor to your meals and color to your window sills...and help satisfy that gardening desire during the cold, wintry months.

Most culinary herbs require at least five hours of sun per day. You can use a sunny window, provided the reflected heat is not too intense. If you don't have a window with direct sunlight, put your pots of herbs in a spot with plenty of light, then move them into the sun for a few hours whenever possible. Winter is a good time to start herbs as the sun is getting brighter and the days longer as the plants grow.

Fluorescent lights, or special grow lamps, also work if left on about 14 to 16 hours per day. Place the lights 6 to 12 inches above the tops of the plants, if possible. If the light source is too far away, insufficient light will reach the plants, and they won't grow. If using fluorescent lights, alternate warm and cool white bulbs in the tube fixture, or use ones listed for "natural" light. If you just have a pot of herbs or two, you can use a spot lamp near them.

You must also consider temperature and humidity. Most herbs need daytime temperatures of 68 to 70 degrees F with 30 to 50 percent humidity. To increase humidity, place a dish of water near the plants, or place the pots on a tray of pebbles you keep moist.

Pot your herbs in a mix of vermiculite or equal parts peat moss, garden loam, and coarse sand. Or buy a potting mix with such ingredients, but not the heavy garden loam. The potting mix should be slightly moist before sowing. Any container will do, as long as it has good drainage. You may want to start seedlings in a small flat or pot, then transplant as they grow. Sow the seeds according to the package directions, but no deeper than two times the diameter of the seed.

After planting, lightly water with the spray nozzle on a sink, or mister. Place each container inside a plastic bag to create a "greenhouse," leaving the top slightly open to allow some air and moisture to escape. Set in a fairly warm location (65 to 75 degrees F) out of direct sunlight until seeds germinate. Don't place on a wood stove or too near, as the soil may stay too warm. If near forced air heat vents, check often as this can dry out the soil and seeds.

Germination should start in two to three weeks. At that time, remove the plastic, and move the container to a cooler area (60 to 70 degrees F) where it will receive

good light but not direct sun, unless for only a few hours in the day. Gradually increase the amount of sunlight if possible, and rotate pots for even exposure to sunlight. Continue to water, but don't overdo it or the plants may rot.

Thin your herbs when the seedlings have two sets of true leaves. If you started herbs in flats, this is the time to transplant them to individual pots. Use a similar potting medium as used for germination, or as for potting houseplants.

Herbs generally need little fertilizer, but will respond to some. Use a soluble liquid or dry fertilizer, and apply at half strength based on label directions. Liquid seaweed works well on many. Over-fertilized plants often have a poorer flavor than those grown at a more moderate rate.

Potential problems growing herbs indoors are pests that you don't see outdoors, due to natural predators there and the rain washing them off. You can simulate the latter by regular gentle showers or baths for your mature plants. If you wash them in soapy water, make sure it is quite dilute, otherwise the soap may injure the leaves. If using organic sprays such as insecticidal soaps, make sure to read the label and check if herbs and edible plants are listed. Watch, in particular, for aphids and spider mites.

Some easy-to-grow annual herbs that can be transplanted to your garden next spring include basil, parsley, dill, oregano, chives, coriander, tarragon, and anise. I like to have a pot of mint handy for adding to peas (English style serving), or hot tea. Mint, of course, is a vigorously spreading garden perennial that you may want to keep in a pot next summer.

Some herbs are more commonly started from cuttings, so if you didn't do so last season, you may want to look for these are garden stores or in catalogs. Bay is a woody plant that does well in containers year round, and of course its leaves are common in Italian sauces as is thyme—another one to look for as a plant. Rosemary is another woody plant, growing as a shrub in hot and Mediterranean climates. Yet I find it will tolerate cool, but non-freezing, conditions.

If planting your herbs outdoors this spring after frost, or starting an herb garden this summer, mark your calendar now to dig some plants next fall to bring indoors before frost for next year's indoor herb garden.



## Ask the Home Team

**Question:** After the snow melts, we're converting our attached garage into an apartment for my folks. We planned to put hot-water baseboard heat in there, like in the rest of the house, but my mom is set on radiant floor heat. Is this a cheap way to heat?

**Answer:** For readers who aren't aware: Radiant floors provide heat via hot-water tubing or electrical heating elements installed in or under flooring material. As for the cost of keeping a space warm this way: It's likely to be similar to non-radiant heat using the same kind of fuel. Proponents of radiant floors suggest that this system uses less energy because it allows you to stay comfortable while keeping your thermostat lower. In fact, most homes with radiant floors are set at the same temperature as comparable homes without radiant floors.

If you're looking to lower your heating costs, the best approach is to reduce the amount of fuel you use. That's done by keeping your heating system well-maintained and seeing that your space is properly air-sealed and insulated. I suggest talking to a Home Performance with ENERGY STAR® contractor about your garage conversion project. These contractors are specially trained and certified to conduct energy audits, to make recommendations, and to do home improvements that lower energy use by up to 30%. Efficiency Vermont offers up to \$2,500 for energy-saving home improvements that have been completed by one of these contractors. To learn more and to find a list of Vermont contractors, visit [www.energycanv.com/homeperformance](http://www.energycanv.com/homeperformance).

If you decide to go with radiant floor heat, keep in mind that electricity is typically one of Vermont's most expensive heating fuels. Hot-water radiant floors are likely to cost less to use than electric systems. Best of luck making a comfortable new home for your parents.

- Bob for The Home Team



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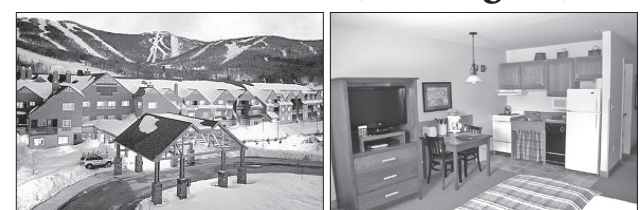
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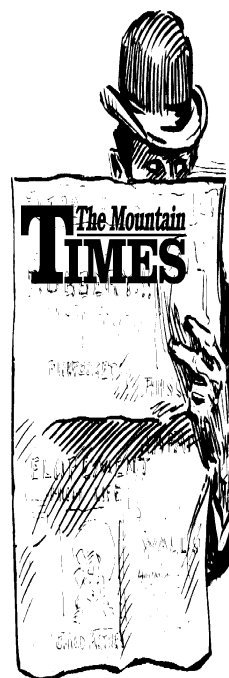
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# Paws & Claws

## Springfield Humane Society News

## PET PERSONALS

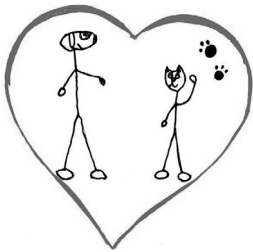


Baxley is a 1-2 year old male left behind when his owners "left" their apartment. He didn't ask to have jerks for his first "owners" but it happened anyway. Now this great fellow is asking that we be sure he goes to a home where he will be treasured for the special companion that he so obviously is. Spring is coming and we'll soon be overrun with cats and kittens. Do you have room for Baxley or one or two of the many other great critters we have? Call the Shelter at 885-3997 or stop by Wed-Sat noon-4:30.

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 (Go to forms/applications, scroll to VSNIIP, and print the 3 highlighted forms.)  
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**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!

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**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.

**TONI** - 6 month old. Spayed Female. German Shepherd/Hound mix. I'm a lovely young lady who is adorable and fun! The staff here at RCHS thinks I'm going to grow up to be a big adult dog.



**BUFFY** - 4 year old. Neutered Male. Domestic Short Hair Orange and Cream. I'm very happy to be inside where it is nice and warm, with food and water that is not iced over. My coloring is very stunning!

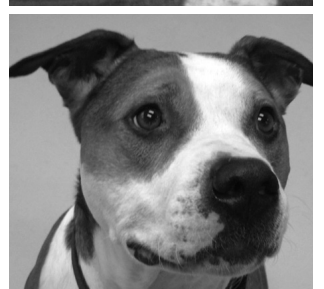
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# Real Estate

## Reverse Mortgages Become Affordable

by Marcie Geffner

The reverse mortgage has matured. These loans, which allow seniors to spend their home equity without selling their home, have historically been cumbersome and expensive. But new options empower seniors to tap smaller amounts of equity in a more affordable way, according to Peter Bell, president of the National Reverse Mortgage Lenders Association. The Washington, D.C., organization represents lenders and investors.

"Some changes from the market, from the regulatory side and in the counseling have really improved the value proposition for a lot of seniors from what has been the traditional perception of reverse mortgages," he says.

The biggest change is the introduction of a new reverse mortgage, the Home Equity Conversion Mortgage Saver option, or HECM Saver. It has a cheaper upfront mortgage insurance premium, or MIP, compared with the traditional HECM reverse mortgage, now known as the standard option.

Mortgage insurance protects lenders from loan losses, though borrowers pay the cost. Most reverse mortgages are insured through the Federal Housing Administration.

The trade-off, due to the lower MIP and other program changes, is a 10 percent to 18 percent reduction in the maximum loan amount allowed on the saver option, and 1 percent to 5 percent on the standard option, depending on the borrower's age and interest rate, Bell says. The lower loan

amount allowed on the saver option lessens the FHA's risk exposure.

"In exchange for taking less money, the borrower gets to pay a 0.01 percent upfront MIP instead of a 2 percent upfront MIP," he says.

The upfront MIP is based on the value of the house, not the loan amount. Still, the savings are clear. On a home worth, say, \$250,000, the upfront MIP on the saver option would be just \$25; on the standard option, it would be \$5,000. That's a saving of \$4,975.

Borrowers also pay an annual MIP of 1.25 percent of the outstanding loan balance on either the saver or standard option.

Another change is that many lenders have reduced or eliminated their origination fees on reverse mortgages, according to Barbara Stucki, vice president of home equity initiatives at the National Council on Aging, a nonprofit service and advocacy group for older Americans, based in Washington, D.C. The maximum loan origination fee was capped by law at \$6,000 several years ago, but lower fees are now commonplace.

"Some banks charge no origination fee or a reduced origination fee, and some may charge little or nothing in the way of servicing fees," Stucki explains.

That could mean savings for borrowers, but it also means borrowers must shop around as the fees are no longer standardized. A low fee could be offset by a higher interest rate.

A third recent change is that lenders can use a minimum expected interest

rate of 5 percent, instead of 5.5 percent, to calculate the maximum loan amount, Bell says. That lower rate means homeowners can borrow more money at a lower cost.

Borrowers may be tempted by the fixed-rate option, but Susanna Montezemolo, vice president of federal affairs at the Center for Responsible Lending in Washington, D.C., says the adjustable rate may be a smarter choice because the fixed rate requires that the borrower tap the full amount of equity upfront.

"For the majority of people, it makes more sense to take out a minimum amount upfront and then have access to that line of credit, because they will owe less in interest over time," she says.

The revamped reverse mortgage is an improvement, but it's still a loan against the value of a house. The borrower gets a lump sum, line of credit, stream of monthly term payments or combination

of those choices, but the mortgage loan still accrues interest. And one day, the principal and interest must be paid off.

"It's very important that people understand they aren't getting rid of their mortgage. They are deferring the payments, and the payments are accumulating over time, and they are paying interest on the deferred payments," Stucki says. "It's like putting a spigot on your equity and it's draining out, and you are paying for the privilege of liquidity."

The maximum loan amount today is \$625,000, but that could change if Congress decides to lower national loan limits.

Counseling, either in person or on the telephone, is required for all reverse mortgage borrowers. Counseling sessions are private and personalized. The borrower must now demonstrate an understanding of the information before the counselor will issue a completion certificate, says Bell.

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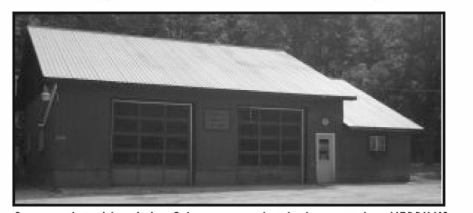
4 Bedroom, 3 bath contemporary home. Fieldstone fireplace, Deck, hot tub and view just REDUCED to \$199,950. Do not miss this one!



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 Casting woodstove in LR, gas stove in family room and electric back-up. Owner says sell at \$199,000.



One acre lot with existing 2 bay garage that had operated as MERRILL'S GARAGE only \$209,000.

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## KYLE KERSHNER'S REAL ESTATE SHOWCASE

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Log home on 95 acres, just minutes from the Killington Road. Traditional cabin style with front porch, open living room with exposed beams, fieldstone hearth, woodstove, updated kitchen and beautiful wood plank floors throughout. Contact Kyle Kershner or visit [www.232Route100.com](http://www.232Route100.com) for additional details.

\$278,000



**Kyle Kershner, VT Realtor of the Year**  
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## KillingtonVermontRealEstate.com



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+/-.



BRIDGEWATER. The ultimate family compound! 7Br/6Ba & 4 Kit. Use as one large house w/interior access OR as 4 separate apts each w/it's own exterior access & separate wiring & plumbing. All units have access to decks and ample storage. House shows beautifully - call for an appointment.



KILLINGTON. One owner private retreat on 2.5A+/- . 5Br/2Ba, ski rm., deck, rec. rm. Very spacious close to all area attractions. Perfect family home.



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.



KILLINGTON. Nice house in great neighborhood. Walk to Killington Road for night life & restaurants or bus to mtn. Pond on site. Close to golf.

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

Slopeside In GRAND STYLE  
Studio Units Starting at \$14,000

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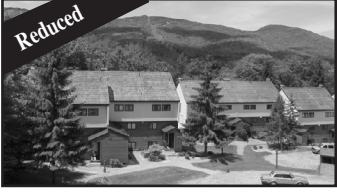
THESE ARE JUST A FEW OF OUR LISTINGS...

OUR CLIENTS ARE #1

Judy Storch, Principal Broker Selling Killington Since 1968



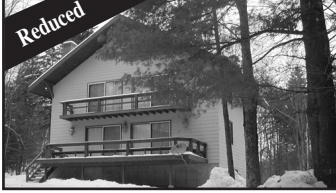
**PINNACLE 1-BR CONDO**-Immaculate & tastefully furnished Buyer of this unit will receive deeded 1-week time-share in 1-BR 2-Bath Falmouth, MA condo overlooking Vineyard Sound. EXCLUSIVE.....\$107,500



**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 in 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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**MENDON/SHERWOOD PARK** - Well maintained energy efficient one-level home with 2 master suites, 3 full baths, radiant heat, open living with vaulted ceilings, wood stove. \$259,900



**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

38 Route 4 East • Mendon



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www.SkiCountryRealEstate.com Winter Seasonal Rentals

<p><b>POST &amp; BEAM</b></p> <ul style="list-style-type: none"> <li>• 3Br 2.5Ba - 3 stall Barn+loft</li> <li>• Killington 22Ac, stone fireplc</li> <li>• Post &amp; Beam \$550,000</li> </ul>	<p><b>LOG-SIDED HOME</b></p> <ul style="list-style-type: none"> <li>• Fabulous 1-lvl - 3BR/2BA</li> <li>• Master BR/BA - south exp</li> <li>• Gas radiant heat \$279,000</li> </ul>	<p><b>PASSIVE SOLAR GAIN</b></p> <ul style="list-style-type: none"> <li>• Killington 2BR/2BA + Den</li> <li>• Open floor plan, new appliances</li> <li>• Economical utilities \$240,000</li> </ul>	<p><b>SOUTHERN EXPOSURE</b></p> <ul style="list-style-type: none"> <li>• 3BR/3BA - Gas heat - 1 Ac</li> <li>• Master BR/BA with whirlpool</li> <li>• Flat access \$349,000</li> </ul>
<p><b>SNOWMOBILE ACCESS</b></p> <ul style="list-style-type: none"> <li>• A-Frame w/large deck</li> <li>• 3BR/1BA, woodstove</li> <li>• Riverfront Deck \$95,000</li> </ul>	<p><b>PRICED TO SELL!</b></p> <ul style="list-style-type: none"> <li>• 3BR/2BA Furnished</li> <li>• Hot Tub &amp; Sauna</li> <li>• Heated Garage - \$229K</li> </ul>	<p><b>POST &amp; BEAM</b></p> <ul style="list-style-type: none"> <li>• 4BR/3.5BA, 4.7 Ac, landscaped</li> <li>• Open floor plan, pond</li> <li>• Mom in-law apt. \$449,000</li> </ul>	<p><b>FOR SALE OR LEASE</b></p> <ul style="list-style-type: none"> <li>• Commercial, Retail, Office</li> <li>• 2 floors plus loft, 5324 sq ft</li> <li>• Septic w/Sewer available \$299K</li> </ul>

New Luxury Town Homes



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

COMMERCIAL SPACE FOR SALE



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

CONDOMINIUMS

	(P)-Pool	(T)-Tennis Court		
	<b>Ski In &amp; Out</b>	Studio-1BR	2BR	3-4BR
Pico-Condos	(P)	\$112-\$129K		
Sunrise Condos	(P)(T)		\$239K	\$369K
Sunrise Townhouse	(P)(T)			\$269-\$399K
Topridge Townhouse	(P)(T)			\$699K
	<b>Ski In / Shuttle Out</b>			
Edgemont		\$85K	\$185K	\$183K
Highridge	(P)(T)	\$130-\$148K		
Trail Creek w/loft	(P)	\$190K	\$275K	
Whiffletree	(P)(T)		\$114K	\$169-\$179K
	<b>Shuttle</b>			
Mtn Green (Bldg 1 & 2)	(P)	\$49-\$70K	\$99K	
Mtn Green (Bldg 3)	(P)	\$65-\$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	
	<b>Close Drive to Slopes</b>			
Glazebrook Townhouse	(P)(T)		\$219K	
Colony Club Townhouses	(P)(T)			\$270K
Fox Hollow	(P)(T)		\$149K	
Killington Gateway	(P)(T)		\$99-\$159K	\$150K
Moon Ridge T/House				\$209K
Northside			\$179K	
Valley Park			\$99K	
Silver Birch			\$125K	

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**Killington Condominiums**

**The Woods: Private shuttle**

2BR/2BA Village unit \$119K  
2BR/2BA Village end w/loft \$165K  
2BR/2.5BA townhome on pond \$165K  
3BR/3BA two level \$278K  
3000 sqft home \$389K

**Sunrise: Ski in/ski out**

2BR/2BA ON trail w/storage \$184.9K  
2BR/2.5BA 2-level ON trail \$230K  
3BR/2BA very near trail \$249K  
3BR/3BA ON ski trail \$279K

**Fall Line: Ski in/shuttle out**

1BR/1BA starting at \$119K

**Trailcreek: Ski in/shuttle**

1BR/1BA plus loft \$189K

**Whiffletree: Mtn shuttle**

1BR/1BA from \$79.9K  
3BR/2BA completely updated \$149K

**Mt. Green: Mtn shuttle**

1BR/1BA starting at \$54.9K

**Highridge: Ski in/shuttle out**

1BR/1BA GORGEOUS \$459K \$139K  
1BR/2BA plus loft from \$157K  
2BR/2BA w/lockout \$164K  
2BR/3BA plus loft \$275K-\$249K

**Pico: Ski in/ski out**

1BR/1BA slope side from \$93K  
3BR/2BA plus loft \$225K

**Glazebrook**

2BR/1.5BA townhome w/bsmt \$169K

**Pinnacle: Mtn shuttle**

1BR/1BA starting at \$89K

**Winterberry**

3BR/3.5BA gorgeous \$465K

**The Lodges: Ski in/ski out**

3BR/3BA great condition \$409K

**Topridge: Ski in/ski out**

3BR/4BA gorgeous \$650K

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4BR/3.5BA home in Robinwood. 2-car garage Beautiful home & setting  
MLS #4014528 \$329K

Best of both worlds. Home at The Woods 3BR/3.5BA 2-car garage  
MLS #4009306 \$389K

Beautiful 4BR/4.5BA high quality finishes. Fully Furnished!  
MLS#2812160 \$1.5mil

\*\*\* 25 acres with road frontage on Route 4 \$129K \*\*\*  
\*\*\* Stunning 10 acre building lot with privacy and incredible views \$299K \*\*\*  
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<p><b>MAGNIFICENT GREAT ROOM</b></p> <ul style="list-style-type: none"> <li>• 2BR+den+sleeping loft, laundry rm</li> <li>• Oversized 2 car heated garage</li> <li>• Hike &amp; VAST trails nearby \$249,900</li> </ul>	<p><b>OUTDOOR HOT TUB</b></p> <ul style="list-style-type: none"> <li>• 4BR/3BA renovated home</li> <li>• Views, stone fireplace</li> <li>• Finished basement with rec rm \$299,000</li> </ul>	<p><b>SNOWMOBILE TRAIL ACCESS</b></p> <ul style="list-style-type: none"> <li>• 3BR/3BA -Garage-Mtn Views</li> <li>• Stone F/place - South Exposure</li> <li>• 20x15 Master Suite - \$469K</li> </ul>	<p><b>GRIST MILL AREA</b></p> <ul style="list-style-type: none"> <li>• 4BR/3.5 BA - Outdoor hot tub</li> <li>• New roof, 2 kitchens</li> <li>• Large deck \$399K</li> </ul>
<p><b>NEXT TO GOLF COURSE</b></p> <ul style="list-style-type: none"> <li>• 4BR/2BA -large Master</li> <li>• Spacious &amp; Light Kitchen</li> <li>• Paved Driveway \$359,000</li> </ul>	<p><b>SKI BRIDGE AREA</b></p> <ul style="list-style-type: none"> <li>• 4BR/2BA - outdoor hot tub</li> <li>• Stone fireplace, metal roof</li> <li>• Close to ski bridge \$285,000</li> </ul>	<p><b>ECONOMICAL "CREAM PUFF"</b></p> <ul style="list-style-type: none"> <li>• 4BR/3BA + 3.5 car garage</li> <li>• Solar design, loft/den, Paved driveway</li> <li>• Midway Rutland/Killington - \$465K</li> </ul>	<p><b>NEAR VAST TRAILS</b></p> <ul style="list-style-type: none"> <li>• 2BR - 1.5 BA - Oil Heat</li> <li>• Bridgewater- Annex Bldg.</li> <li>• Open Floor Plan - \$169K</li> </ul>
<p><b>GREAT TRAIL VIEW!</b></p> <ul style="list-style-type: none"> <li>• 3BR/4BA+den+Mudrm, 3Ac</li> <li>• large kitchen, indoor whirlpool</li> <li>• 2 master suites w/fplaces \$449K</li> </ul>	<p><b>DUPLEX OR LARGE HOME</b></p> <ul style="list-style-type: none"> <li>• INCOME PRODUCER</li> <li>• 3BR/2BA per side, turn-key</li> <li>• Upgraded - wd burning f/places</li> <li>• Open Floor plan \$339K</li> </ul>	<p><b>LOG HOME</b></p> <ul style="list-style-type: none"> <li>• 2-3 Bedroom, 1 bath</li> <li>• 4 mi. to Killington Rd</li> <li>• Wood floors \$278K</li> </ul>	<p><b>EXQUISITE RETREAT!</b></p> <ul style="list-style-type: none"> <li>• 3BR/2.5BA w/guest suite</li> <li>• 2 Stone fireplaces,loft, wine cellar</li> <li>• Overszd 2-car heated garage \$689K</li> </ul>

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