

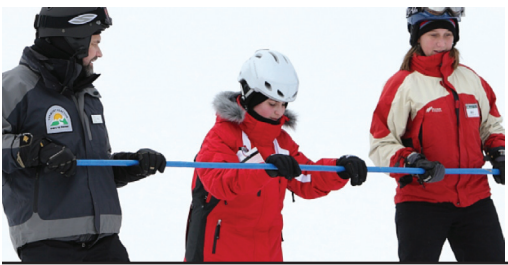
Vermont Adaptive Winter Festival and Ski Challenge

The largest year-round disabled sports non-profit organization in Vermont will host its annual Ski Challenge fundraising event on Saturday, March 12 at Pico Mountain. A Mardi Gras celebration is this year's theme.

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The Mountain Times

Volume 40, Number 9

Central Vermont's Premier Weekly Newspaper

March 3-9, 2011

MOUNTAIN JOURNAL

Katherine Rockwell and Pico

Educated and thoughtful, this native Vermonter is herself the daughter of two ski instructors. Which is to say, she grew up both skiing and teaching skiing from an early early age.

PAGE 5

GENERATION Y

Most Difficult

For years, I didn't pay much attention to the various levels of difficulty that other skiers observed on Killington's trails. I didn't spend much time noticing the subtle distinctions of pitch and terrain.

PAGE 4



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 20-23

BOOMERS

Colored Toilet Paper?

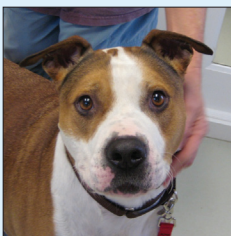
I can remember how excited my mother was when they started selling blue toilet paper and blue Kleenex. From that day on, our bathroom was always color coordinated.

PAGE 6

PAWS & CLAWS

Adopt Me!

See what adorable pets are available for adoption at our local shelters and give the gift of a new home to these animals who need your help.



PAGE 28

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Mardi Gras in the Great White North

Story and Illustration
by Greg Crawford

Mardi Gras is French for "Fat Tuesday." We learned all about the origins of the holiday a couple of weeks ago, so let's just get right down to the fun stuff.

In southern climes, Mardi Gras is the party to end all parties; I mean, people go absolutely bughouse crazy! Little old ladies toss their tops in the trash and get themselves painted in places that the AARP would most definitely NOT approve of. The Google images are seared into my brain – all 785,392 of 'em – and I am scarred for life. Fortunately, not all of them were shameless sexagenarians; a few still wore the warm glow of youth, and not much else. Yeah, it's dangerous and dirty work, but somebody's gotta do it. I bravely make the sacrifice on your behalf.

Sadly, such free-spirited exhibitionism during Vermont's typical late-winter weather would be rewarded with a nasty case of frostbite in some tender places. As a result, our celebration of Mardi Gras is, of necessity, a bit more subdued, and we stretch our imaginatin' muscles to the point of rupture while we fantasize about how fetching someone might look under cold-weather clothing that makes everyone, male or female, look like the Pillsbury Doughboy.

So let's go back down to the southern latitudes for a bit.

Mardi Gras is celebrated the world over, but stateside, only New Orleans rivals Rio

Mardi Gras, Page 2

Who's Watching the Children?

by Cindy Phillips

They're creepy and they're kooky, Mysterious and spooky, They're altogether ooky.....

OK, you're thinking Adams Family. But some people might use these same words to describe kids! Youngsters, tweens, teenagers, young adults – some simply don't understand them, some fear them, some think they should be outlawed! But there's a place that thinks kids are our treasured assets. They believe every kid should have a chance to achieve greatness. They want to give every kid the opportunity to explore their talents, build their confidence and be all that they can be. That place is the Boys & Girls Club of Rutland County.

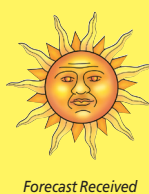
I admit it. I have walked past that building on Merchants Row wondering what really went on inside. Was this just a gathering spot for troubled youth? Was this just another day care location? But

Boys & Girls Club, Page 3



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WEATHER

Wednesday	Snow	HI 34°
Thursday	Sunny	14°
Friday	Cloudy	27°
Saturday	Cloudy	43°
Sunday	Rain	42°
Monday	Sunny	33°

Forecast Received
March 1, 2011

Mardi Gras

continued from page 1

for the extravagance of their observance. In the Big Easy, Mardi Gras parades feature elaborate floats created by “krewes,” which are social clubs devoted to organizing the parades and other events, like costume balls and parties, and generally celebrating Mardi Gras in style. There are a lot of them, and some can trace their origins back to the 1800’s. The oldest continuously operating society is the Mystick Krewe of Comus, formed in 1857. Until then, Mardi Gras had had a distinctly French character, but Comus sought to introduce an Anglo-Saxon flavor to the festivities, to “Americanize” the holiday. Membership in some of the older krewes, was, and still is, a highly sought after status symbol intended to reflect one’s social standing.

The various krewes stage their parades on specific days each year, and follow traditional routes. During these parades, krewe members aboard the floats conduct “throws” by tossing strings of brightly colored plastic beads, fake doubloons featuring the krewe’s logo, and sometimes cheap stuffed toys and even beaded shoes, to the revelers watching the parades.

The Krewe of Rex, the second-oldest krewe, was established in 1872, and others have followed over the years. The expense and dedication required of the krewes tends to weed out less devoted participants. Ah, but they all spend the best part of a year trying to outdo each other in the creation of amazing and ingenious floats with particular themes chosen by the krewes constructing them. These scenes are mounted on flatbed trailers and are usually pulled by tractors. Sometimes even the tractors get dressed up. The Krewe of Bacchus, formed in 1968, honors the Roman god of wine. Now, that’s a deity worthy of reverence!

As different as all the parades and floats

can be, there is a unifying color scheme to all of them, consisting of green, gold, and purple. There are so many wildly varying stories that supposedly explain how those particular colors came to be chosen, and what they each symbolize, that it is pretty well impossible to ascertain their true origins. Let’s just say, they look nice adorning feathered masks and be done with it.

The end of Mardi Gras is commemorated with the “Meeting of the Courts,” a ceremony in which the King of the Krewe of Rex and his Royal Consort meet with the King and Queen of the Mystick Krewe of Comus, following the conclusion of the masked balls sponsored by the two krewes.

Promptly at the stroke of midnight, the appearance of mounted police signals that the fun’s over, and New Orleans’ finest begin to herd the exhausted revelers off the streets. And thus, Ash Wednesday heralds the beginning Lent, the period of fasting that precedes Easter.

Vermont’s harsh winter weather, and the age-old Yankee aversion to brazen hedonism, tend to restrict such colorful displays as month-long parades, but it need not dampen our spirit of frivolity altogether. There are places where we can indulge in one last blow-out before we don hair shirts and deprive ourselves of the things we love for forty days. Pssst! You don’t have to suffer seven days a week. Who can sustain pious goodness ALL the time? The Pope has decreed that you get a free pass on Sundays!

Though they’re not holding their festivities on Shrove Tuesday, the Carving Studio in West Rutland, Vermont is hosting their annual “Marble Mardi Gras” at the Rutland Country Club on Saturday, March 12. Cocktails will be served at 6 pm. Since this is a major fundraising event for the Carving Studio, auctioneer, Bob Prozzo will preside over the sale of many wonderful objects d’art, original paintings, and of course, sculptures.

Dinner with a Cajun flair will be followed by dancing to the music of Satin and Steel. It has long been rumored that between them, these guys actually know every song ever written. You might be able to stump them, but I doubt it.

The Wobbly Barn Steak House and Night Club, one of the oldest establishments on the Killington Road, has hosted a Mardi Gras celebration for... well, forever, and this year’s no different. On Tuesday, March 8th, they’re featuring a Voo-Doo Costume Contest. But get this: First prize is a ski trip to Park City! It’s five days and four nights of skiing, lodging plus round-trip airfare for two. How cool is THAT? Second prize ain’t bad, either: A season pass to Killington for the 2011-2012 season! To make certain that you’ll have something to wear to the party, the Wobbly’s also sponsoring a mask-making workshop from 3 to 5 pm at Mahogany Ridge in the K-1 base lodge. The restaurant will be offering a variety of New Orleans specials, and you can dance the night away to the Cajun rhythms of Mango Jam.

These are just 2 of a slew of good times, Mardi Gras-style, to be had out there. Look for listings of other Mardi Gras events in the local columns of this here paper.

Maybe big crowds aren’t quite your cup of daiquiri (by most accounts, the official beverage of Mardi Gras), but you’d still like to celebrate a little bit, at least. You could always host a neighborhood Mardi Gras party. Sure, it’s short notice, but so what? It don’t gotta be fancy, cher! Jus’ FUN! Mai oui!

First, select from your collection, or download, some Cajun or Zydeco music.

Then you might suggest a “Make a Mask” contest, with the colors green, gold and purple.

For refreshments, you can assemble whatever libations your guests enjoy, but the aforementioned daiquiris really should be part of the line-up. If you’ve never made one, here are the ingredients:

6 cups ice; 1/2 cup white sugar; 4 ounces frozen strawberries; 1/8 cup lime juice; 1/2 cup lemon juice; 3/4 cup rum; 1/4 cup lemon-lime flavored carbonated beverage

In a blender, combine ice, sugar and

strawberries. Pour in lime juice, lemon juice, rum and lemon-lime soda. Blend until smooth. Pour into glasses and serve.

If you want a full-tilt boogie buffet, here are some suggestions: Cajun catfish is delicious, and black beans and rice compliment the dish nicely. If you can find ‘em, boiled crawfish are great, and you just gotta have shrimp! If you’re really into authenticity, do up some collard greens to go with it all, or you can just go with a spinach salad.

Jambalaya is a dish that fairly defines Cajun cuisine. Here’s a great recipe:

- * 12 medium shrimp, peeled, deveined and chopped
- * 4 ounces chicken, diced
- * 1 tablespoon Creole seasoning, recipe follows
- * 2 tablespoons olive oil
- * 1/4 cup chopped onion
- * 1/4 cup chopped green bell pepper
- * 1/4 cup chopped celery
- * 2 tablespoons chopped garlic
- * 1/2 cup chopped tomatoes
- * 3 bay leaves
- * 1 teaspoon Worcestershire sauce
- * 1 teaspoon hot sauce
- * 3/4 cup rice
- * 3 cups chicken stock
- * 5 ounces Andouille sausage, sliced
- * Salt and pepper

In a bowl combine shrimp, chicken and Creole seasoning, and work in seasoning well. In a large saucepan heat oil over high heat with onion, pepper and celery, 3 minutes. Add garlic, tomatoes, bay leaves, Worcestershire and hot sauces. Stir in rice and slowly add broth. Reduce heat to medium and cook until rice absorbs liquid and becomes tender, stirring occasionally, about 15 minutes. When rice is just tender, add the shrimp and chicken mixture and the sausage. Cook until meat is done, about 10 minutes more. Season to taste with salt, pepper and Creole seasoning.

There are lots of other dishes and activities that will turn a long March night into a delightful celebration you can share with good friends; it’s just a matter of what you want to do. But the one thing I hope you’ll do is, have a great Mardi Gras!





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Boys & Girls Club

continued from page 1

then I was commissioned to write an article about it and I have to say, it is quite an impressive story.

The Boys & Girls Club of Rutland County currently serves over 600 youth members. It is a club and you pay a membership fee to join. What is the fee for a school year membership? \$15. Yes, you read that correctly. And that membership entitles you to access to the club's services from September to June, Monday to Friday, during any hours the club is open. It also includes a daily healthy snack, lunch, dinner, arts and crafts, recreational activities and any other club-related amenities.

The original concept began over 150 years ago, in Hartford, CT. Three women invited a group of street boys into their home for tea and cake. The boys were grateful and appreciative, and the women invited them again. This was a simple gesture by three women who saw potential in children if they were nurtured in a positive environment. Their actions eventually led to the start of the first official Boys & Girls Club, which is now a premier organization providing quality youth development programs and services both nationally and internationally.

The Rutland County club has a much shorter history, but one that is no less profound. Community concerns about gang activity were raised in the mid-1990s. In response, the Rutland Youth Services Center was born, providing organized activities for youth aged 12 to 18. The Rutland Area Mentor Program then joined forces with them, thereby providing services for younger children as well. Functioning with grant funds, including one from the Bowse Health Trust, allowed for continued expansion and in 1998, a grant from the Boys & Girls Clubs of America provided for expanded services, staffing, programs and training.

In its short existence, the milestones that the club has achieved are commendable. They serve youth ages 6 to 21 with various age-specific activities. The Junior Club works with children 6 to 12, while the Teen Center is for 13 to 16 year-olds. There is also a Life Skills Young Adult Center offering services to youth aged 16 to 21. Each unique program is run by its own staff whose educational backgrounds include degrees in Family Studies, Psychology, Business & Human Relations, Communications and Art. In addition to their location on Merchants Row, the Club has opened two additional units, one in Forest Park and one in Brandon. The club also offers a summer camp program in collaboration with the Rutland Recreation Department during June and July.

The mission of the Club is to promote social, educational, health, leadership and character development of boys and girls during critical periods of their growth. Their programs focus on five core areas – education and career development, health and life skills, character and leadership development, the arts, and sports, recreation and fitness. All programs are presented in a positive light and encourage children to achieve their fullest potential. The programs are designed to build self-confidence and increase self-esteem.

The Rutland organization derives much of its success from a talented and caring staff along with a very dedicated Board of Directors. In addition to running the daily activities of the center, the Executive Team writes grants which account for a large percentage of their funding. The Board of Directors is no less active in raising funds, including organizing an annual Clam Bake each spring and a fall fund raising campaign.

The City and Town of Rutland have supported the Boys & Girls Club over the years, along with Wal-Mart Foundation, Vermont Mentors, and Feeding America's Kids Café. The club currently receives support from Citi-

zen's Bank, Comcast, Stewarts, the VT Coalition of Teen Centers, the Vermont Children's Trust Fund, the United States Tennis Association, the Turrell Fund, Rutland Rotary South, and JC Penney.

As with any entity that is self-supporting, the club also depends on donations from individuals and corporations. Cash donations help to offset program costs such as salaries, rent, cleaning supplies, renovations and special fund initiatives. But in-kind donations are also an important source for supplies and equipment needed to manage the growing program. Wish list items include things such as desks, printer paper, books, winter coats, computer accessories, and an array of art and craft supplies. The center also welcomes volunteers who can donate their time. If you can assist students with homework, help direct games in the gym, know how to repair computers or printers, or can stuff an envelope, the club has a place for you.

The Rutland Boys & Girls Club strives to inspire and enable all young people to realize their full potential as productive, responsible and caring citizens. Their goal is to provide every child with the essential tools needed for a bright future. It is comforting to think that because of the work they do today, they will continue to flourish tomorrow as some of those youth become adults and give back to their community by paying it forward.


Quick Facts:

Boys & Girls Club of Rutland County, 71-77 Merchants Row, PO Box 636, Rutland, VT 05702.

Phone: 802-747-4944; Fax: 802-747-4961

Website: www.rutlandbgclub.org. E-mail: questions@rutlandbgclub.org

Hours of Operation: 2:30pm – 7:30pm, Monday – Friday during school year, 9:00am – 5:00pm, school holidays or vacations.

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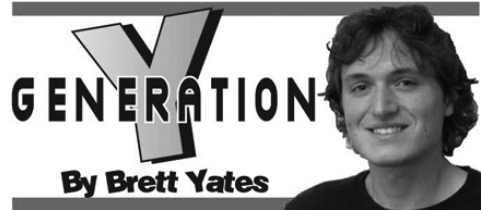
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Most Difficult, Extremely Difficult

For years, I didn't pay much attention to the various levels of difficulty that other skiers observed on Killington's trails. To me, there were fun trails, and there were trails that were too easy to be fun, but on the fun trails, I didn't spend much time noticing the subtle distinctions of pitch and terrain that would have allowed me to recognize that Great Bear, for example, is slightly trickier than Vagabond.

I've been skiing here since the age of two, so I'm inured to everything. I don't think in terms of challenging or not – I think in terms of good or bad. But when I started teaching my girlfriend to ski, I was forced to consider what she might find too hard. I realized that, in fact, I had sort of a poor perception of trails' steepness. Was East Fall more or less precipitous than Cascade? Was Skyelark really harder than Bittersweet? I really had a hard time figuring out what was within her range and what wasn't, and the problem was that I just hadn't given much thought to what on the mountain was difficult and what wasn't. This led us into a few bad situations.

Soon after Quinn began skiing, however, I began learning to telemark, and sud-

denly her concerns about certain parts of the mountain became understandable to me. I wasn't great at telemarking, and some trails – steep ones with tight moguls or trees, mostly – caused me to default to alpine turns all the time, and I realized that these were also the trails that were slightly too difficult for Quinn.

Since then, Quinn and I have both gotten a lot better: now she can do everything on her alpine skis, and I can do everything on my telemark skis. But our experiences earlier this season have taught me a lot. Now, I think, I know which trails at Killington are hardest. In fact, I've compiled a top ten – which, however, I've arranged in alphabetical order, since, once you reach some level of extreme difficulty, it becomes impossible once again to make distinctions:

1. Anarchy: I don't ski this one so often because it's sort of out of the way – it's easiest to access from the South Ridge Chair, actually – but it's about as hard as skiing gets: tightly wooded, scarily pitched.

2. Centerpiece: The woods that comprise Centerpiece look enormous on the trail map, but once you get inside, it feels about as narrow as Roundabout, especially in the top section.

3. Chop Chop: This is probably the easiest run on the list, and it's the only one marked single-black, but it's steeper than its neighbors Royal Flush and The Throne, which can come as a surprise. It took me a year or two to find the entrance on Racer's Edge – it's right near the end, before the trail hits Highline, and I always thought I'd accidentally passed it, which caused me to cut into the woods before reaching it.

4. Devil's Den: This is the shortest and

may be the most manageable of the three wooded trails on Bear Mountain, but if you don't stay left and rejoin Devil's Fiddle toward the end, it's very easy to get ensnared in the brambles and powder on the flatter section heading toward the bottom of Bear Cub.

5. Devil's Fiddle: The upper section on the skier's left is probably the most technical area on the mountain. You have to make every turn just right to navigate the twig- and rock-enclosed chutes smoothly. Devil's Fiddle is big and wild and feels almost like Western bowl skiing.

6. Growler: Whenever my brother's teenage friends from New Jersey used to tell him that they were "really good" skiers, he would take them down this – without any warm-up, of course – and they would instantly recant. The woods are huge, but you can ski as far left or as far right as you'd like, and it's still going to be very steep with lots of obstacles. There are even a few cliffs in here; however, the little drop onto Space Walk is the hardest part for some people.

7. Julio: This is pretty much the same as next-door Anarchy, except that it's accessible from the Superstar chair, which means that it gets skied off faster. I think it's even harder than its companion because there's a steep bit at the bottom

where the snow has almost always been knocked off, and it's nearly impossible to cross the exposed rock and roots without slipping.

8. Outer Limits: You knew this one was coming. Sure, there are days when it's groomed, but there are also days when this is the toughest, most exhausting mogul run in the world, and when you're doing it, you know everyone's watching, so you'd better bring your A-game. When I was a kid, each bump on Outer Limits felt like a mountain of its own, and the scariest part was dodging the neon-clad mogul-fiends flying down the fall line.

9. Ovation: If you're an intermediate skier, the middle section of Ovation, right below Launch Pad, is one of the best places to practice bump skiing. The slope is mild, and the moguls are usually well-formed. On the other hand, intermediates should certainly avoid the bottom section.

10. Vertigo: When this trail was created, I thought that its headwall was the steepest thing I'd ever seen. My cousin, upon looking at it, took off his skis and walked back up to the top. This part requires only a few quick turns, and after that it's clear sailing, but still, those turns merit more concentration than almost any others on the mountain.

Winter Swim Team Training at Pico

Come take advantage of this wonderful opportunity to continue swim training through the cold winter months at Pico Sports Center. Stroke technique and endurance training will

be the main focus. This class is geared for summer swim team members. The program will be broken down into 2 sessions, at 6 classes per session, with a max of 10 swimmers per session. The first session will begin March 4 from 4:00-5:30pm and costs \$60.00 per session. If you have any questions, please contact the Killington Rec Department at 422-3932.

Killington and Pico Mountain This Week

by Kim Jackson

Entering the first week of March means spring skiing and riding—and lots of events and activities—at Killington and Pico. For starters, Killington also 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.

Then this weekend, Killington will offer a specialty clinic for adults on the art of freestyle skiing in the terrain parks. Age means nothing when it comes to jumping, jibbing and sliding on the rails so long as you learn from the pros. Killington's instructors will start off slowly with participants, gradually introducing them to terrain park features. The specialty clinic includes a two-day lift ticket, four and a half hours of daily coaching, video analysis and is geared toward blue levels skiers and riders and above.

If steeps and trees are more your thing, check out the specialty clinic this weekend for navigating your way through some of Killington's toughest terrain. 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. Participants 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.

Both of these specialty clinics meet on the third floor of the K-1 Lodge at 8:45 a.m. each day. For more details or to register, call 800-923-9444.

Of course, if you're more of a spectator and prefer to keep your skis firmly planted on snow, you can head over to the

Timberline Terrain Park or to the bumps on Vertigo on Saturday and Sunday and watch some of the up and coming amateur freestyle skiers compete in moguls, slopestyle and aerials in the USSA Eastern Freestyle Regional Finals – B Level.

A few events are happening at Pico Mountain this weekend as well. On Saturday, the American Cancer Society's Hope on the Slopes travels to Pico, where individuals and teams raise money to help the American Cancer Society create a world without cancer. The day will be full of activities including face painting, giveaways and entertainment. Registration is open to individuals or teams of 5 to 15 people. Race Arena awards will be given to top three places in each age category. Day of the event registration will take place on the deck 7:30 a.m.-12:30 p.m.

On Sunday from 9 a.m. – 2 p.m. is the Triple Slope Park Session. Skiers and riders are encouraged to come and hang out in the park all day with music and free schwag for people in the park. There will be a raffle with prizes including skis, boots, and more. All levels and ages are welcome to come and just hang out.

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

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

For more details about these and other upcoming Killington events, visit www.killington.com.

VERMONT ADAPTIVE
Ski & Sports

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- \$100 in pledges = (1) 2011-12 Pico Mountain Lift Ticket
- \$300 in pledges = (2) 2011-12 Pico Mountain Lift Tickets
- \$500 in pledges = (2) 2011-12 Killington Lift Tickets
- \$750 in pledges = (1) 2011-12 Pico Mountain Season Pass
- \$1,000 in pledges = (1) 2011-12 Killington Midweek Season Pass
- \$1,500 in pledges = (1) 2011-12 Killington Unlimited Season Pass

Register online at www.vermontadaptive.org



The Mountain Journal

by Tony D. Crespi

Katherine Rockwell and Pico Mountain Resort

The skiing is smooth and powerful. Arcing her new Blizzard Skis, Pico Mountain's Resort's Katherine Rockwell, Manager of the Ski & Snowboard School, carves a turn with a power, polish, and elegance few skiers can match. Yet, the skiing is only part of the mix. Educated and thoughtful, this native Vermonter is herself the daughter of two ski instructors. Which is to say, she grew up both skiing and teaching skiing from an early early age. Still, it was as she finished college that she decided that skiing, and teaching skiing, would form her career path.

That was then. Fast forward. This is now.

Arcing a smooth turn over somewhat hardened ice, Rockwell easily stopped on the side of a trail on our recent outing. Pointing out Killington Peak in the distance, she lifted her goggles as she spoke. Understand, the vision is focussed. That is, she looks at you straight in the eye. Moreover, she watches your skiing as if it was the most important thing she could do at that moment. Like her parents, she takes skiing, and ski teaching quite seriously. It's much more than a job. It's more than just skiing. It's a lifestyle. And one she enjoys.

Armed with Level III Certification from the Professional Ski Instructor's of America – the highest of the three levels of certification available to ski pros, Rockwell has quickly moved from her initial role as a Line Instructor at Killington to her present position at Pico. Yet, this only partially captures a background of a young ski pro who has taught skiing much of her life, and whose family has been part of the ski industry her entire life. Talking to Rockwell on consecutive lift rides, and over lunch recently, it is clear this is someone who could be successful at a range of careers, and she is someone who could have easily fit into a graduate program. In fact, that would have seemed a more logical decision given that the ski industry is so vulnerable to both recent economic challenges, as well as weather. Yet, Rockwell is determined to make this her career. In fact, as she pointed out various members of her teach-

ing staff, it was clear that she knew about each ski pro with a kind of focused precision not always associated with a profession often seen as a nice hiatus between college and "The Real World."

"I think our staff love skiing and sharing what we do with our guests," explained Rockwell. "The staff are diverse and our guests are diverse." As we sat over lunch she pointed out various colleagues: "Mark there mostly works with 4 to 6 year olds. Andy, next to him, came last year with a background in engineering. They are so reliable. And talented."

She went on. Demonstrating a kind of sharp knowledge often associated with rising young businesswomen in most cities, Rockwell spoke about her goals, and aspirations. But, understand, this is not Wall Street nor a Wall Street goal. This was Pico Mountain. And we were talking about ski pros.

"I love skiing," explains Rockwell. "I love teaching skiing. I had good job offers out West and then this opportunity came up at Pico. My mom taught here years ago. It seemed ideal."

Katherine Rockwell? She represents a new generation of ski teachers. She's well-educated. She skis well. And she could explore a range of career options. But, she loves Vermont. And she loves skiing. So, she made a choice. Katherine Rockwell? Well, she decided not to teach solely teach weekends as many parents would have suggested. Nor to move West. Rather, Rockwell, like several others in their 20's chose to mix summer work outside the ski industry with a career teaching skiing.

Understand, it's a tough choice. Ski pros are not highly paid. Nor are they paid for training. Most earn money solely while teaching. Which can be tough midweek.

Upcoming Events at Killington Resort

From rail jams, to live music and the world's best skiers and snowboarder competing on an Olympic-sized Superpipe, Vermont's Killington Resort will host dozens of on-snow events this season to thrill, enlighten and entertain competitors and spectators alike.

Killington Resort's on-mountain events for the 2010-11 season include the following:

— Burton Stash Gathering – March 19 - The best free riders in the east and beyond will gather at Killington's Stash to take advantage of the natural terrain and all the creative elements the mountain has to offer. If your idea of a perfect day involves picking the most jibbable treeline, and knocking fresh powder off a cabin roof, you'll need to join us at the Stash Gathering at Bear Mountain. Registration will be open to snowboarders only.

— Snoe.down – March 25-27 - Snoe.down 2011, the all-ages Winter Music & Sports Festival hosted by moe. returns to central Vermont with performances in the Killington and Rutland region. In addition to multiple moe. sets, Snoe.down 2011 will feature musical performances by a variety of bands.

— Bud Light Bear Mountain Mogul Challenge – April 2-3 - The annual Bear Mountain Mogul Challenge competition heats up on Saturday as 200 amateur bumpers take to the slopes of Outer Limits to battle it out for top honors. The top 32 men and 16 women will return to compete in a head-to-head competition on Sunday. Participants run

Afterall, the ski weeks of years past are virtually non-existent today. Most guests come for weekends, or long weekends. Few skiers plan a ski week in New England. It's a changing leisure industry. We see it in skiing. We see it summers on locales ranging from Martha's Vineyard to Block Island. Travel and leisure has changed. Adventure travel has changed. But, in that changing climate, Katherine Rockwell has plotted her course. Like a ski racer, the course has twists, turns, and challenges. But, she's smiling.

"Would you like to take another run from the summit?" she asks as she glances at her watch. "We have time. We can make that run, catch a lunch break, and I can meet with the staff before afternoon classes."

It's a good day at Pico Mountain. The sky is clear. Snow is good.

We'll take that run.

As we slide off the lift, Rockwell easily glances back to watch my turns as we arc our way down the upper mountain. For Katherine Rockwell, this is her element. She's skiing. She's focusing on polishing my technique, and she's also enjoying the magnificent scenery which is, well, the Green Mountains.

I could not help smiling. It was a good day. And, I realized, that for many skiers, this is the ideal ski pro. One who listens. One who focuses on student learning. And someone who strives to keep it fun. May you find your ski pro equally talented. From your 1st run. To that last run.

Carpe Diem.

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

Cross Country Ski Report

Report prepared 3/1/2011



Mountain Meadows X/C & Snowshoe Center
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www.xcskiing.net
Base: 18" - 24"
Surface: Granular
Trails open: 35K



Mountain Top Inn and X/C Ski Resort
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KM Trails open: 40K Groomed - 60K Open



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KM Trails open: 22K

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BOOMERS

What Ever Happened to Colored Toilet Paper?



by Cindy Phillips

I do some of my best thinking in the bathroom. Now, don't get me wrong. I am not like a man when it comes to going to the bathroom. Most men I know approach the act not as if it was a job, but it's an adventure. They keep the room stocked with a cache of reading materials, they announce to the world when they are headed in, and I swear, some of them would pop a bucket of popcorn to bring along if they could get away with it.

But for some reason, ideas seem to creep into my head when I am in the bathroom. Perhaps it is the serenity of the room. Maybe it is because for a minute or two my mind has a chance to stop thinking about work, kids, dishes, vacuuming, laundry, bills and the crises in the Middle East. Whatever the reason, prolific ideas seem to pop into my head when I am in there. Today was no different. As I was perusing the room, it hit me. Whatever happened to colored toilet paper?

I remember when it all started. I was just a kid and I think my mom had decorated our single bathroom in blue that year. By the way, growing up with three women in the house and only one bathroom, well, you can imagine the chaos that resulted. Anyway, I can remember how excited my mother was when they started selling blue toilet paper and blue Kleenex. From that day on, our bathroom was always color coordinated. My sister and I would keep a box of Kleenex in our bedroom, but it was pink to match our pink and orange-big-bright-flowers

décor. Hey, this was the 60's. Anyway, if we ran out of Kleenex in the bathroom, we would grab our pink Kleenex and put them in there so they were handy for dabbing makeup. My mom would freak! Pink Kleenex in her blue bathroom? She would promptly remove them and give us a stern warning to never, ever do that again.

So what ever happened to colored toilet paper? It doesn't exist anymore. It used to come in blue, pink, green, yellow and sometimes lilac. And there was facial tissue to match. You used to be able to find it in prints as well. Now you can walk down the paper goods aisle in the supermarket and see printed paper towels, but you are not going to find colored toilet paper.

Apparently, there were two reasons why colored toilet was discontinued. Some doctors reported that the colored TP could cause skin irritations in some pretty sensitive areas. Then it was rumored that the dyes could be harmful to the environment. And so, colored toilet paper, as we knew it, was literally wiped out. Or as others might see it, the concept went down the drain.

As I pondered the question of the disappearance of colored toilet paper, I glanced around the rest of the bathroom wondering what else had gone by the way side. What had gone missing without me even noticing it? What other childhood memories had been eradicated due to scientific findings?

SaniFlush! When is the last time I saw a can of SaniFlush in my bathroom? Again, it was determined to be an unsafe product. Hogwash! OK, maybe my mom did don heavy duty rubber gloves before opening the can. And maybe she did wrap a thick towel across her nose and mouth

so as not to inhale the fumes. And maybe we were warned to stay back at least 15 feet from the bathroom when she poured it into the bowl because it caused a chemical reaction similar to putting Mentos in a can of coke. But hey, toilet bowls were never cleaner. Today I squeeze a bottle of cleanser around the rim and a watery, blue liquid runs down the sides. I quickly try to get the scrub brush going before all the liquid flows into the bottom of the bowl, but my hands are not that fast any more. Maybe I need to try out those little Scrubbing Bubble guys who run around the inside of the bowl and do the work for me. Could be expensive though, I hear they are unionized.

And when is the last time you saw a complete bathroom rug set? Yes, we all still

use bathroom rugs and matching shower mats. But I remember our bathroom having a rug on the toilet seat, the toilet tank and a contoured rug that fit right up against the commode. The one on the seat always seemed to slide off, being held in place by two flimsy strings of elastic. If my mom found the toilet seat rug askew, she had the same reaction as when we dared to put the pink Kleenex in there.

Bobby pins, foam curlers, rouge, hair nets, Goo, pocket combs (think Kookie from 77 Sunset Strip), Minipoo, English Lavender, LifeBuoy, Ipana, and Tangee. Where did they go? Ah, I guess I am just getting old, and the thought of it is giving me Agita. Better go take a bicarbonate of soda.

Contact me at cphillipsauthor@yahoo.com

Earth Waste Systems Expands Hours



Earth Waste Systems recently added this Liebherr 924 Crane to move material at their Castleton location.

Earth Waste Systems has expanded its hours of operations at its Middlebury and Castleton scrap yards to include Saturdays. The Castleton Yard will now be open Monday thru Friday from 8am to 4PM and on Saturday from 8am to 1PM. The Castleton yard is located on Route 4a in Bomoseen, Vermont (right next door to the Gilmore Home Center). The Middlebury location will also be open Monday thru Friday 8am to 4pm and

will be open Saturdays from 8am until noon. The Middlebury Yard is located on Route 7 North (just south of Middlebury at the former Wyre Wheel location). Earth Waste Systems pays cash for all kinds of metal material from vehicles and farm equipment to household appliances, plumbing and wiring. For a listing of acceptable materials and pricing please call 802-775-7722 or visit their website at www.earthwastesystems.com.

GET YOUR WINTER 2011-12 MY PICO SEASON PASS NOW

2011-12 My Pico Season Passes are now on sale, offering guests who purchase and pay in full the opportunity to use their 2011-12 My Pico Season Pass starting March 11, 2011 or they can opt for the payment plan* and start using their pass next season.

UNLIMITED PASS | \$319*
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[VIVID] Local color. **PICO MOUNTAIN VERMONT** (866) 667 PICO

*2011-12 My Pico Season Pass must be paid in full to ski or ride from March 11 through the end of the 2010-11 season. Season passes purchased by the April 28, 2011 early price deadline are eligible for the Summer Payment Plan for an additional non-refundable fee of \$25 per household order (not per pass). Simply purchase a pass with a credit card online or by phone (866-667-PICO) by April 28, and pay 33 percent of the total purchase cost at the time of your order, another 33 percent will be automatically charged to your credit card on June 30, 2011 and the final 34 percent will be automatically charged to your card on August 30, 2011. All passes are subject to 7% Vermont state and local tax. Some restrictions apply. ©2011 Killington/Pico Ski Resort Partners, LLC.

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Vermont Adaptive Winter Festival and Ski Challenge

Vermont Adaptive Ski and Sports, the largest year-round disabled sports non-profit organization in Vermont offering the most diverse program opportunities and unique, specialized equipment, will host its annual Ski Challenge fundraising event on Saturday, March 12 at Pico Mountain. A Mardi Gras celebration is this year's theme.

In addition, Killington Resort and Pico Mountain are providing lift ticket and season pass fundraising incentives in order for the non-profit to reach its event goal of raising more than \$40,000.

Vermont Adaptive has established a

special page on FirstGiving.com, enabling both participants and non-participants in the Ski Challenge to reap the benefits of raising money for Vermont Adaptive. The incentives and fundraising levels include:

\$100 in pledges = (1) 2011-12 Pico Mountain Lift Ticket

\$300 in pledges = (2) 2011-12 Pico Mountain Lift Tickets

\$500 in pledges = (2) 2011-12 Killington Lift Tickets

\$750 in pledges = (1) 2011-12 Pico Mountain Season Pass

\$1,000 in pledges = (1) 2011-12 Killington Midweek Season Pass

\$1,500 in pledges = (1) 2011-12 Killington Unlimited Season Pass

"We believe sports and recreation provide a physical, mental and social experience that is immeasurable in promoting self-confidence and independence in an individual," said Erin Fernandez, executive director. "This is our largest winter fundraiser and monies raised will help us to underwrite some of the costs of our adaptive programs and allow more people with disabilities to participate. We are so thankful to our resort partners like Killington and Pico, who continually step up and come through with us with amazing support. We couldn't be who we are without partners like them."

This year's Ski Challenge includes a day filled with skiing and fun, timed racing and a night complete with family-friendly grazing stations with a Mardi Gras theme, awards, live music with The Chris O'Leary Band, and dancing. Saturday begins with check-in for participants

from 8 - 9:30 a.m. in the Sunshine Room in the Pico Mountain base lodge. The fun race begins at 10 a.m. The race is open to all ages and abilities of skiers, riders and tele-skiers. Each racer will complete two times runs. Participants are encouraged to create teams of three and compete in costumes as well. Awards will be made in various categories for all participants, from best individual times to fastest teams, best costume, youngest and oldest participants, as well as acknowledging top fundraisers.

Beginning at 4 p.m. the event moves to the Killington Grand Hotel. A cash bar and Silent Auction begin at 4 p.m. Then the night continues with awards, dinner and dancing. The Silent Auction will wrap up around 7:30 p.m. Live entertainment this year is by The Chris O'Leary Band.

Registration is \$80/adults and \$60/kids ages 12 and under. Apres-ski party tickets can be purchased in advance as well for \$40/adults and \$30/kids.

For more information contact Vermont Adaptive at 802-786-4991.



Okemo Council Team Heads to Championships

The Okemo Mountain Council team will be traveling to Stratton for the State Championship in March. Okemo's team is comprised of nearly 100 racers who range from 9 to 12 years old. In December, a "Time Trial" race designates the top 45 kids as members of the Council Team. Historically, Okemo is a dominant group at "states" with more than 25 athletes from the team of 45 making the grade to The State Championship.

This season, Okemo has four girls in the top 10 for Mid Vermont. Olivia Gerrard is ranked #1, Paige Lorenze is #3, Captain Elise Michaels is #8, and Sophie Norton is #10. On the boys' team, six are ranked in the top 15. Patrick Gallagher is ranked #3, James Sanderson is #4, Paul Williams is #5, Campbell Ashman is #7, Nick Blum is #9, Tucker Calcano is #13 and Captain Daniel Hauser is #14.

Spring Ahead For Vernal Value at Okemo

The waning days of winter bring great deals and added value to skiers and riders visiting Okemo Mountain Resort. In addition to brighter sunshine and longer days, springtime offers special pricing on lift tickets and lodging packages.

When skiers and riders purchase lift tickets at least 48 hours in advance, online at okemo.com, there are many ways to save:

Okemo Online Thursdays - When skiers and riders pre-purchase their lift tickets online, for select Thursdays in March and April, they pay just \$39. This offer is available for skiing and riding on March 3, 10, 24 and 31. On Thursday, April 7, the price drops to just \$29.

Okemo Ladies' Days Tuesdays - Calling all Okemommas! Tuesdays are ladies' days at Okemo. Mothers, sisters, grandmothers and girlfriends can purchase a Tuesday lift ticket online for just \$39 when they purchase at least 48 hours in advance. In addition, all ladies can enjoy a special rate on private lessons for just \$49. This offer is valid for skiing and riding on March 1, 8, 22 and 29. On Tuesday April 5, the price drops to just \$29.

Kids Rock FREE ticket offer - When parents buy a regularly priced adult lift ticket, valid Monday through Friday March 21-31, 2011, they can get a ticket for their 7-18 year-old child FREE (valid the same day). Children 6 and under ski free every day with a child's lift ticket. Tickets must be purchased online, at least 48 hours in advance.

Just show up - no pre-purchase:

Wonderful Wednesdays - Vermont and New Hampshire residents can ski and ride an entire day on select Wednesdays this spring for just \$39 (and half-day after 12:30 for just \$29). This offer is valid on March 16, 23, 30. On April 6 and 13, the price drops to just \$29. Proof of residency in the form of a valid VT/NH driver's license, hunting/fishing license, or voter registration card must be presented at the time of purchase.

April Fools Food Drive - Skiers and riders who donate at least three non-perishable food items on Friday, April 1, 2011, will receive a coupon to purchase a \$10 lift ticket valid that same day. All food items collected will be distributed to Black River Good Neighbors' Food Pantry and benefit needy families of the Okemo Valley.

Ski and Stay:

The Looooong Weekender - From Thursday, March 3 to Sunday, March 13, 2011, a three day, three-night weekend ski-and-stay package at Okemo starts at just \$125.25 per person per night, including lift tickets.

The "Regular" Weekender - A regular weekend (Fri. and Sat. night) ski-and-stay package on March 18-20 or March 25-27, 2011, starts at just \$137.75 per person, including lift tickets.

Learn more by calling an Okemo Mountain Lodging Specialist at 1-866-706-5366. For more information about Okemo Mountain Resort, please call (802) 228-1600 or visit www.okemo.com.



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Health & Fitness

HEALTH CALENDAR

Mar. 3 - Rutland. RAVNAH Blood Pressure & Foot Care clinic: Parker House 10am. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

Mar. 4 - Poultney. RAVNAH Blood Pressure & Foot Care clinic: Young at Heart Center, 9:30am. Suggested donation \$2 blood pressure, \$5 foot care. 775-0568.

Mar. 5 - Killington. Après ski yoga class, Kripalu, all levels welcome. Sats. 4:30pm. \$12 drop in, \$10 owner/member. Spa at the Woods. 422-3139.

Mar. 7 - Rutland. RAVNAH Bereavement Workshop, Understanding Grief, noon-1:30pm or Mar. 9, 6-7:30pm. Open to public. Pre-registration required, 770-1516. RAVNAH Office.

Mar. 7 - Rutland. Girl Talk meetings at Rutland Free Clinic, sponsored by RRMC'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.

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

Mar. 13 - Wallingford. Thrive Center's Winter Sampler Workshop with Darci Whitehorne, PT, RYT, at Wallingford Elem School, noon-2pm. 446-2499.

Ongoing

Mons. - Rutland. Look Good...Feel Better program. Free. Female cancer patients learn beauty techniques; 1pm, 1st Mon. of month, RRMC. 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 RRMC. 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. Sat. 4:30pm, mixed level @ Base Camp Outfitters. killingtonyoga.com. 422-4500. Killington Yoga.

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

Weds. - Rutland. Man-to-Man Prostate Cancer Support Group meet 5:30pm, 4th Wed. of month @ RRMC. 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 RRMC offer classes for parents-to-be including Birth and Beyond, Birthshop. Register: 775-0568.

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

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

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

Going Nuts For Nutrition

by Dianne Lamb • Extension Nutrition and Food Specialist University of Vermont

Nuts are a nutritious addition to your diet as they are a source of protein, fat, fiber, minerals, vitamins and phytochemicals. They contain folic acid, niacin, vitamin B-6, vitamin E and many essential minerals, but no cholesterol.

True, nuts tend to be high in fat--a one ounce serving has 13 to 22 grams of fat--but this fat is higher in mono-unsaturated and polyunsaturated fats (the "good" fats that don't raise blood cholesterol) instead of saturated fat. In fact, research has shown that replacing saturated fats with nuts in your diet can lower risk of heart disease and heart-related deaths.

Nuts, peanuts and seeds are part of the protein food group in the United States Department of Agriculture MyPyramid (www.mypyramid.gov/pyramid/meat.html). An ounce of nuts counts as a two-ounce equivalent of protein and contributes two teaspoons of oil to your daily requirement. MyPyramid recommends

eating five to six teaspoons of oil per day depending on your age, gender and activity level.

A standard serving size is one-fourth cup or one ounce. Since the size and density of nuts varies, a serving size would be 20 to 24 whole almonds, 16 to 18 cashews, 18 to 30 pecan halves or eight to 11 walnut halves. Unless you measure, count or weigh your portion, it's easy to eat too many nuts at one time.

For instance, a one-ounce serving of almonds has 14 grams total fat. Eat twice as many, and you'll consume 28 grams of fat.

Nuts can be eaten raw, oil-roasted, dry-roasted, plain, sugared, salted or spiced. Read the Nutrition Facts label and the ingredient listing to compare nutrient levels of different nut varieties. Processing methods and additional ingredients add more calories, fat, sugar or sodium to nut products.

Nuts are high in fat, so buy small quantities to prevent rancidity. Store in a cool, dry place since heat, light and humidity can speed up rancidity. Keep in the refrigerator or freezer for longer storage.

Toasting nuts will enhance the flavor of whole or chopped nuts. To toast on top of the stove, place nuts in a heavy skillet on medium heat until crisp and fragrant. Stir the nuts or shake the pan to move the nuts around. Watch closely as they can burn quickly.

Or place nuts in a shallow pan and bake in a 350-degree F oven until toasted and fragrant, probably five minutes or less. Cool slightly. Eat toasted nuts immediately or store in an airtight container in the refrigerator or freezer.

Nuts make a wonderful, flavorful addition to meals and snacks when eaten in moderation. Add nuts to jazz up salads, stir-fries, pasta, cereal, stuffing or yogurt. Substitute nuts for croutons in soup, or make your own nut butter by grinding up shelled nuts in a food processor. One cup of nuts will yield about one-half cup of nut butter.

To learn more about your favorite nuts, visit the International Tree Nut Council web site at www.nuthealth.org.



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Rutland Rec News

- Hands On Minds On Children's Art Studio

Jen Hogan will be offering her next session starting April 4, 2011. Classes are available for ages 24 months to 5th grade! Session 2 will focus on sculpture. Sculpture will begin with the fundamental steps of clay building and then progress, as the student understands the mediums properties, or the power of mud. Limited to 10 artists per class. Don't wait to register.

- Pre-Season Baseball/Softball Training Camp

The perfect pre-season tune up for your budding baseball or softball player. We will work on throwing, catching, proper footwork, hitting mechanics and situational plays. Each age group is limited to 16 participants. Eligibility for this fun camp is boys and girls ages 5-8. Camp will begin March 28th and run Monday & Wednesdays until April 20th. Ages 5 & 6 will take place at 5:15-6:00PM, ages 7 & 8 will take place at 6:15-7:00PM. Fee to participate is \$40 residents and \$51 non-resident. Register before 3/14 and receive a \$10 discount.

- Indoor Season at Giorgetti Arena

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

Call Rutland Recreation & Parks Department 802-773-1822 to register for these activities, and more. www.rutlandrec.com

March is Prime Time For Vermont Skiing and Riding

Head to Vermont's mountain resorts this spring for a slew of seasonal "Bests" from more sunshine and less crowds, to family events, maple festivals and getaway packages. Here are some crowd pleasers:

1. Take a Layer Off: the average high for March is 37 degrees and the average low is a comfortable 20 degrees. Additionally, daylight hours are longer which allows for people to rise with the sun at 6:05 a.m. and enjoy après-ski sunsets at 7:00 p.m.

2. Lift-Lines no Longer: March sees a drop in skiers compared to the holiday vacation months of January and February. That's more mountain for you to enjoy!

3. Good Snow: Vermont averages more than 1000 trails to explore during March. This month's soft and plentiful snow, coupled with ideal temperatures, also make it a superb month for beginners to learn to ski or ride.

4. Save a Buck: Skiers and riders who visit Vermont in March for deals are very mountain-savvy. Lift ticket prices fall and bargains abound.

5. Also high on the list, are special events! Fun activities are plentiful from concerts, rail jams, barbecues, beach parties, Mardi Gras, St. Patty's Day, quirky benefits...etc.

Come & enjoy!

Keep Weight Off During Holidays

by Lavinia Rodriguez,
Scripps Howard News Service

I recently invited readers to send in questions about weight control over the holidays. Here are two of the main issues I kept hearing about; maybe you'll see your own situation in one or more of them.

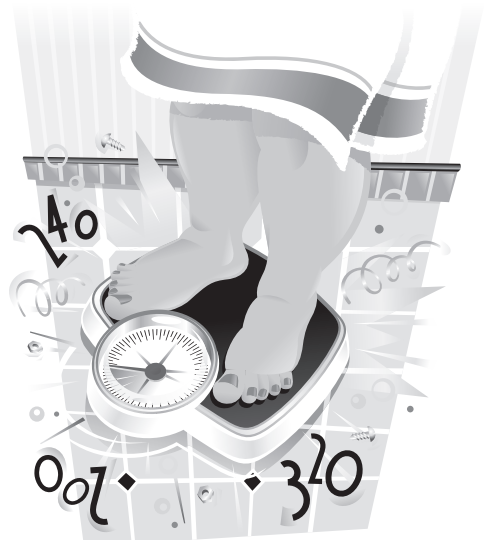
Q: I intend to control my eating during the holidays but always fail. Why?

A: There are two main reasons people continually fail at losing weight or controlling their eating during the holidays. First, most people take a short-term approach, by which I mean a fad diet.

Sure, weight is lost on fad diets. But as soon as the diet is over – and you can bet it will be because of its rigid characteristics – the dieter reverts to the old ways that caused the weight gain in the first place. Fad diets don't teach you to change your habitual ways, and the next holiday season will find you in the same fix.

The second reason most people fail is purely psychological. Instead of focusing on positive statements that are flexible and encouraging, such as, "I want to increase the veggies I eat at the holiday dinner and I want to take a relaxing walk each day," they fill their brains with anxiety-filled, negative statements that make them so stressed they become more preoccupied with food, such as, "I won't eat anything all day long until the holiday meal and then I'll only allow myself some salad and turkey." Such unrealistic and rigid expectations set you up to fail.

It makes better sense to relax, set easy-to-follow goals and strive to meet them daily. What's important is your entire life, not just the holidays.



Q: I've tried every diet under the sun, but I can't find any self-discipline. What do other people have that I don't?

A: Nothing. Most people who think they don't have self-discipline with food can see that they do have it in other areas of their lives. So self-discipline is not the problem.

It's not what's different about you, but, rather, what is the same. Most of us rebel when we are deprived because our brains automatically protect us from deprivation.

If you deprive yourself entirely of the food you most enjoy, as many fad dieters do, your mind will think about that food more and you'll end up losing control with it. That's why, when you fall off a fad diet, the food you often go to first is the very one you were denying yourself.

So, self-discipline can actually backfire. Instead, learn to enjoy your favorite foods in smaller quantities.



Skiers from Vermont and all over New England get ready to start cross-country ski racing at Rikert Ski Touring Center in Ripton, for the TD Bank Bill Koch Festival. Rikert Ski Touring Center on Middlebury College's Bread Loaf campus and the Frost Mountain Nordic Ski Club host the annual festival.

BKL Festival at Rikert Touring Center

by BKL Alum Jake Whitcomb
(a.k.a Bucky Beaver)

Saturday, February 26, 2011 - Ripton, Vermont: Under snow-covered trees amidst skiers, parents, and volunteers of all ages in woodland creature-themed attire, athletes aged 5 to 13 descended upon Rikert Ski Touring Center in Ripton, Vermont today for the annual Bill Koch Cross-Country Ski Festival. The annual event brings youth skiers in New England a weekend of championship races as well as non-competitive open activities for families and festival-goers. With the close of the opening day's events, 515 registered racers had competed in a mixed-age relay race and an adventurous tour around Rikert's beautiful trail network, making for the most attended BKYL Festival to date.

The festival is rooted in the philosophy that cross-country ski racing with friends is both competitive and fun, explained Bill Koch, the 1978 Olympic silver medalist from Peru, Vermont-namesake and inspiration for the youth league. "Racing comes and goes, but skiing stays forever." This year's BKYL Festival brings a unique theme and the tradition of over 100 volunteers and organizers coming together to encourage courteous competition - faster racers that call "track" are given the right of way - and an event that celebrates the participation of all - from Olympic hopefuls to first-year participants.

For full results of the day's races see the NENSA website: <http://nensa.net/news/index.php?id=4643>

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Art & Entertainment

NIGHTCLUBS

THURSDAY, MARCH 3

Clear River Tavern	Eve-Open Mic
Santa Fe	Eve-Myk Sno
Outback	Eve-Tim Haufe Acoustic
Wobbly Barn	Eve-Joey Leone Trio
Saint's Pub @ Summit Lodge	Eve-Musician's
Showcase w/Frank Chase	

FRIDAY, MARCH 4

Outback	Eve-Joey Leone Trio & DJ Evan
Saint's Pub @ Summit Lodge	Eve-Frank Chase
Santa Fe	Eve-Myk Sno
Wobbly Barn	Eve-52 Pick Up
Double D's	Eve-Karaoke with Tiffany Z
Grist Mill	HH-Wayne & Guy
	Eve-Long Trail Party w/ Vibratones
McGrath's Irish Pub	Eve-Tom O'Carroll
Clear River Tavern	Eve-DJ Dave

SATURDAY, MARCH 5

Clear River Tavern	Eve-Duane Carleton
Wobbly Barn	HH-Bobby Darling Show
	Eve-Garden State Radio
Outback	Eve-Tim Haufe Band & DJ Tony C
McGrath's Irish Pub	Eve-Tom O'Carroll
Double D's	HH-James Mee
Saint's Pub @ Summit Lodge	Eve-Frank Chase
Grist Mill	HH-Wayne & Guy
	Eve-Vibratones
Santa Fe	Eve-Myk Sno & K-Town's Finest

SUNDAY, MARCH 6

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

MONDAY, MARCH 7

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

TUESDAY, MARCH 8

Wobbly Barn	Eve-Mardi Gras Party with Mango Jam
Ramunto's B'Water	Eve-Open Mic

Outback
WEDNESDAY, MARCH 9
 Outback
 Eve-Magic Hat Karaoke
 Eve-Joey Leone Solo

MUSIC

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

Mar. 4 - Chittenden. First Friday Open Mic Night, 7pm, Church of the Wildwood. All ages invited to perform - musicians, poets, storytellers. Come perform or listen. Portion of free will donation benefits "Nothing But Nets." 483-2234.

Mar. 4 - Rutland. All Praise to Music Benefit Concert, 7:30pm, Grace Congregational Church. Fundraiser for CROP Walk for Hunter. CSC Chamber Singers, Univ. of MA Chamber Choir, St. Michael's College Chorale perform. \$10 suggested donation.

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

Mar. 2, 9 - 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.

Mar. - Ludlow. Deals at Okemo: Online Thursdays - Mar. 3, 10, 24, 31. Ladies' Day Tuesdays - Mar. 8, 22, 29. Wonderful Wednesdays - Mar. 16, 23, 30. Looong Weekender, Mar. 3-13. Check out okemo.com for these & more deals.

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

Mar. 4 - Killington. Winter Swim at Pico Sports Center. \$60/ 6 classes.

Mar. 5 - Chilson, NY. Killington Section GMC Outing: Pharaoh Lake Wilderness. Explore ponds & forests, snowshoes may be needed. Moderate, 5-6 mi. Meet 8:30am at Rutland's Main St. Park. 775-1627.

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. 5-6 - Killington. USSA Eastern Freestyle Regional Finals - B Level, at Killington Resort Timberline Terrain Park. Mogul, slopestyle, halfpipe events. Competition not open to general public, but come watch! 800-621-MTNS.

Mar. 6 - Killington. Hope on the Slopes at Pico Mountain. Pico & American Cancer Society team up to Race for the Cure! Grand Finals. 8am-4pm. Register 7:30am-12:30pm. Awards for age categories. Face painting, giveaways, games, fun for all. 422-6223.

Mar. 6 - Manchester Center. Riley Rink at Hunter Park annual meltdown costume party, 1:45pm. Free skating, rentals, fire engine rides. Door prizes, raffles, silent auction. Fun for all! 362-0150.

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.

Mar. 12 - Killington. VT Adaptiv

Mar. 7 - Randolph. Mud Season Swing Dance Classes at Chandler Music Hall. 4 wks - Mar. 7, 14, 21, 28, 7:30pm. \$40/ all 4, \$12 each. 603-369-2936 to register. Winter Fundraiser at Pico Mtn - Annual Ski Challenge, Mardi Gras Family Theme. 8am checkin at Pico BL. Race 10am - all ages & abilities. 4pm cash bar & silent auction at Grand Hotel, followed by awards, dinner, dancing. \$80 adults. \$60 kids. 786-4991.

Now - Rutland. Rutland Rec Dept Programs: 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. Preseason Baseball/Softball Training Camp begins Mar. 28. Hands On /Minds On Children's Art Studio begins Apr. 4 - 24 mos. to 5th grade. 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. \$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.

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. Opentopublic, 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


Mar. - Ludlow. Classes at Fletcher Farm School: Mar. 4-6, Silk Dying & Nuno Felting. Mar. 12-13, Silversmithing. Mar. 12, Wool Drying Basket. Mar. 13, Tibetan Drop Spindling. Mar. 19-20, Beginning Punch Needle Rug Hooking. 228-8770 for times, fees, details.

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.

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. 3 - Quechee. VINS presents environmental film series. This week, "Permaculture Applications for New England" 11am-1pm. Free. 359-5000.

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Mar. 3 - W. Rutland. Story hour at the West Rutland Public Library, 2-3pm. Stories about St. Patrick's Day. Wear green, receive a prize. 438-2964. Snacks, craft.

Mar. 3 - Rutland. Rescheduled Open House and Youth of the Year Celebration at Boys & Girls Club of Rutland County. 5-6:30pm. All welcome. Come see Youth of Year honored. 747-4944.

Mar. 3 - Ludlow. Free program at Fletcher Memorial Library - Web-based Communications Tools, 5:30-7pm. Part of e-vermont grant. Bring laptop if you have one.

Mar. 3-5 - 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. Mar. 5-6, Uncomplicated Drawn Techniques. Upcoming in Mar. rug hooking, drawing, more. 775-0356.

Mar. 3 - Rutland. Big Flicks at the Paramount and The Mentor Connector present: The Blind Side, 7pm. Public welcome, free event. Mentor Connector staff on hand to answer questions. 775-0903.

Mar. 4 - Wells. Giant Teacup Auction at M.W.A. Hall. Viewing/biddings begins 5:30pm; drawings start 6:45pm. Door prizes, silent auction, food, more. 235-3203.

Mar. 4 - Granville, NY. First Fridays presents Roy Egg's "Animals of the Quarry," 7-9pm, Slate Valley Museum. 518-642-1417.

Mar. 5 - S. Woodstock. GMHA Distance Riding Clinic 9:30am-3pm. \$20 members, \$30 non. 457-1509.

Mar. 5 - Wallingford. Wallingford's Cabin Fever Fun Day. Bring your own sled and skates for a Saturday afternoon of sledding, hiking, ice skating, and roasting marshmallows & hot dogs at the recreation fields.

Mar. 5 - Bethel. Ford Motor Co. & Ted Green Ford bring Drive One 4 UR School Test drive event - \$20 donated to Whitcomb High School Extracurricular Activities for each test drive taken. 10am-3pm, Whitcomb HS.

Mar. 5 - Poultney. Stitchy Women Yarn Shop Gala Open House, 10-4. All welcome. Specials, drawings, giveaways, refreshments. 287-4114.

Mar. 5 - Woodstock. Woodstock VT Film Festival Winter Series at Billings Farm & Museum, 3pm. This week: Frozen River. \$10/film. 457-2355 for details & complete listing.

Mar. 5-6 - Rutland. Rutland Youth Theatre presents The Wizard of Oz play. Mar. 5, 2pm & 7pm. Mar. 6, 2pm. Theatre at Rutland Intermediate School, 773-1822. \$5 kids/srs. \$8 adults.

Mar. 6 - Granville, NY. Slate Valley Museum Movie Sundays presents "The Raid" 1pm. \$5. 518-642-1417.

Mar. 8 - Rutland. RRCC annual business show at Holiday Inn, 4-7:30pm. Free parking/shuttle service. \$3 admission. Open to public. 773-2747.

Mar. 8 - Killington. Mardi Gras Party at Wobbly Barn! See cover story for details. 422-6171.

Mar. 11-12 - Randolph. Mud Season Variety Show at Chandler Music Hall! Schedule audition by Mar. 7. 431-0204. All ages.

Mar. 13 - Rutland. March of Dimes Kick Off at Spartan Arena, 3-5pm. Public skate 3:15-5:15pm. \$5/ person skate - \$1 to MOD. Learn more about starting a team for the walk Apr. 30. 775-2311 x217.

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.

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. 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.

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. Rt 12N & River Rd. 457-2355. A first-class working farm, operating with a museum of Vermont's rural heritage, dating back to 1871. Winter Film Series, Sat. thru Apr.

Brandon Artists Guild - Brandon. Open daily 10am-5pm. New Show - Manipulating Polaroids "Manipulations" by Lowell Snowdon Klock, thru Apr. 30. Opening reception, 5-7pm.

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

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

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

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

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

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

Killington Arts Guild Fine Art Gallery - at Cabin Fever, Rt. 4. Open business days 9-6:30pm. Winter show, Beauty for the Beast, thru March. 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.

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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.

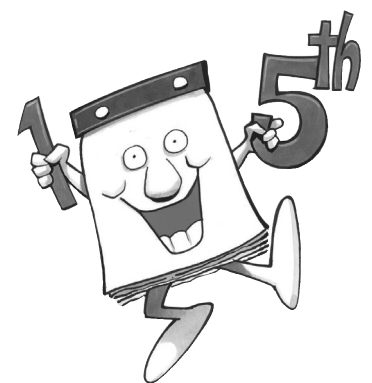
Woodstock History Center - 26 Elm St, Woodstock. Fri-Sun 12-4pm. Other days by appointment. Art, furniture, clothing, musical instruments, more. 457-1822 for info.

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. Snoe.down 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 to advertisers & non-profit community organizations.

To publicize your event, please send us the following information: Description, date, time, place, fees, phone number, additional details. Mail: The Mountain Times, P.O. Box 183, Killington, VT, 05751. Email: editor@mountaintimes.info

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

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SUDOKU

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

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 26

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

- ACROSS**
- Peace of mind
 - "Much ___ About Nothing"
 - Home to some Mongolian nomads
 - Frothy
 - Time div.
 - Battery contents
 - Totality
 - Casting need
 - Victorian, for one
 - Determined by chance
 - Process of making three identical copies (pl.)
 - Admits, with "up"
 - Binge
 - "Fantasy Island" prop
 - Revenuers
 - Displaying a color resembling blood
 - Can't stand
 - ___ of fun
 - Class
 - 100 centavos
 - "Act your ___!"
 - Scientific rules, esp. that of Aristotle
 - Did laps, say
 - A substance in a mesomorphic state
 - A partial shadow, as in an eclipse
 - Afflict
 - Fit
 - A game of skill, esp. among lumberjacks
 - Beehive, e.g.
 - Charlotte-to-Raleigh dir.
 - Park, for one
 - Catch
 - "First Blood" director Kotcheff
 - Forwarded

- DOWN**
- "The Catcher in the ___"
 - Dusk, to Donne
 - Fatherhood
 - Egyptian god of the underworld
 - Rein, e.g.
 - #13
 - Punished by a fine
 - Expels an attorney
 - At the scene
 - Strangler
 - Arctic ___
 - Coffin support (pl.)
 - One way to stand by
 - Green
 - Beauty pageant wear
 - Canary's call
 - Certain apartment
 - Cutlass, e.g.
 - To set a limit (3 wds)
 - OK, in a way
 - Pre-Big Bang matter
 - Silver-tongued
 - Emergency supply
 - Scrawny
 - Exploitative employer
 - Confined in
 - More tender
 - Gravy ingredient
 - A set of steps over a fence (pl.)
 - Bequeath
 - Arm
 - Restorative
 - A unit of loudness
 - Propel, in a way
 - Mother Teresa, for one
 - "___ lost!"

Solution Page 26

Capsule reviews of films opening this week by The Associated Press

"Of Gods and Men"

by David Germain, AP Movie Writer

Monastic life is anything but tedious in Xavier Beauvois' masterful drama, based on the real-life tragedy of seven French monks abducted and beheaded during Algeria's civil war in 1996. The film is largely built of everyday moments as the monks tend to their duties and devotions. Underlying it all is a tangible, terrible tension. These good Christians know there are forces - both in the besieged government and among terrorists who want to bring it down - that no longer want them there, and that their lives are in danger each day they choose to stay. The mostly French-language film is filled with melodic, joyous invocations as the monks sing praise to God and somber, lyrical discourses as they debate their plight and ask heaven for guidance. Lambert Wilson and Michael Lonsdale lead a cast that is, without overstatement, divine. For the monks, the filmmakers chose a range of faces with wonderful expressiveness, the actors revealing tortured souls and soaring spirits, sometimes in the same instant, without saying a word. Despite its outcome, this is a truly rapturous film. PG-13 for a momentary scene of startling wartime violence, some disturbing images and brief language. 122 minutes.

Three and a half stars out of four.

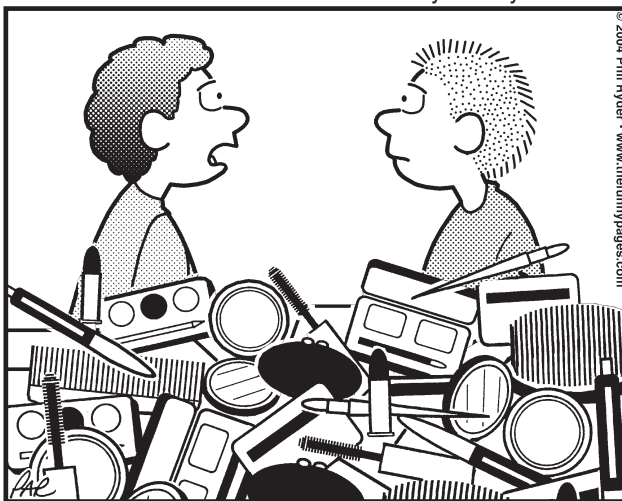


"Hall Pass"

by Christy Lemire, AP Movie Critic

The Farrelly brothers continue to strain desperately for their gross-out glory days with their latest "comedy" - and, yes, that word is in quotes for a reason. Think about it. What was the last truly, deeply, funny movie they made ... "There's Something About Mary?" And that was back in 1998. With "Stuck on You" (2003), they came close to achieving that desired mix of humor and heart, and they had a great cast in Matt Damon and Greg Kinnear. But their version of "Fever Pitch" (2005) never worked up any real heat - and that criticism comes from a Boston Red Sox fan. So here are brothers Peter and Bobby Farrelly once again, as writers and directors, trying to mine suburbia for its latent horniness and untapped bodily fluids with singularly uninspired results. Owen Wilson and Jason Sudeikis co-star as longtime friends Rick and Fred, who are trapped in stereotypically stagnant marriages. Jenna Fischer and Christina Applegate play their wives, Maggie and Grace, who are such cliched, spiteful nags, they pretend to be asleep in order to withhold sex from their husbands as a means of gaining control. Are you laughing yet? Then Maggie and Grace get some advice to give their husbands a "hall pass": a week off from marriage to pursue all the hotties they've been surreptitiously ogling. Naturally, these guys have no idea what to do - because the Farrellys have no idea what to do with them. R for crude and sexual humor throughout, language, some graphic nudity and drug use. 105 minutes. One and a half stars out of four.

THE JOKE'S ON YOU by Phil Ryder & YOU



"This was the side pocket. You should see what's in the main compartment!"

- John David Powell • Unknown

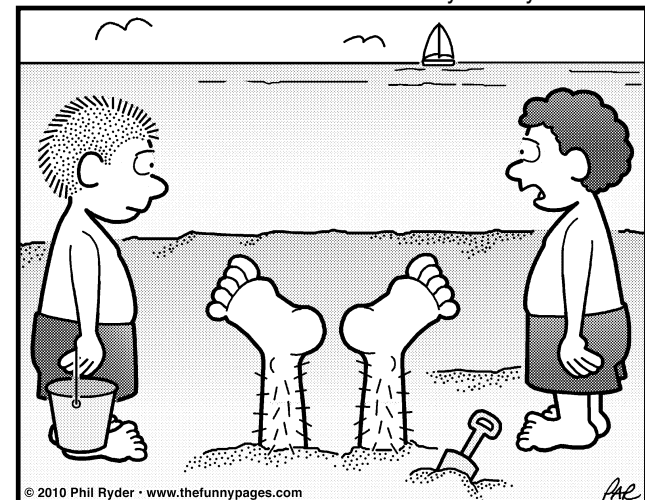
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MOVIES	TIMES
The Kings Speech-R	1:55 4:25 6:55 9:25
Hall Pass-R	2:10 4:30 7:20 9:50
Adjustment Bureau-PG-13	1:45 4:05 7:15 9:35
Gnomeo and Juliet (3D)	1:50 3:55 6:45 9:15
Just Go with It - PG-13	1:30 4:00 6:40 9:30
Justin Bieber: Never Say Never (3D)	2:05 7:05
Rango-PG	2:00 4:20 6:50 9:20
I Am Number Four - PG-13	4:10 9:45
Unknown - PG-13	1:35 7:00
Take Me Home Tonight-R	1:40 4:15 7:10 9:40

THE JOKE'S ON YOU by Phil Ryder & YOU



"Wouldn't it have just been easier to apply sunscreen?"

- Edberger • NY, NY

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					
Charity's
Choices Rest. & Rotisserie
Clear River Tavern
Countryman's Pleasure		
Double D's Bar & Grill
Grist Mill		
Hemingway's
Heli's at Mountainview Lodge
Killington Market & Deli
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
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		
Woodstock Farmers Market
Z Corners Inn



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DiningGuide

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SATURDAY

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& DJ Tony C

SUNDAY

Joey Leone's Blues Band

MONDAY

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with Landshark Lager. Register to win Jimmy Buffett tickets March 28th

TUESDAY

Magic Hat Karaoke

WEDNESDAY

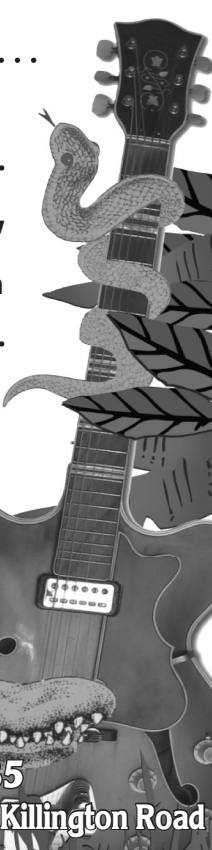
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Billings Farm Presents Award-Winning Film

Billings Farm & Museum, gateway to Vermont's rural heritage, will screen the film Frozen River on Saturday, March 5 at 3:00 p.m. This is the third film in the Woodstock Vermont Winter Film Series; all films are open to the public and accessible to people with disabilities.

Frozen River (rated R) is the story of a desperate single mother living in upstate New York, who 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. Broke, Ray Eddy reluctantly teams up with street-smart Lila Littlewolf, a Mohawk who lives on a reservation that straddles the U.S.-Canadian border

and the two begin making runs across the frozen St. Lawrence River, carrying illegal immigrants in the trunk of Ray's Dodge Spirit.

The Woodstock Vermont Winter Film Series is offered in partnership with the Environmental Film Festival in the Nation's Capital, the oldest and largest showcase for environmental films in the United States. Six films and documentaries have been selected for the "big screen" in the museum's newly renovated theater, with its state-of-the-art HD digital cinema and Dolby? surround-sound technology. Tickets may be purchased in advance or at the door, seating permitting; adults-\$10; children-\$5; Billings Farm members: \$8/\$4. For a list of screenings and information call 802-457-2355.

Calling All Artists!

Woodstock, a chic and charming historic town located in the heart of Vermont, will kick off its second annual Woodstock Arts Festival Sept. 10th and 11th, 2011. Located in an area known as a destination for savvy New England travelers, Woodstock is considered one of the premier tourist destinations in New England, Home to numerous inns, the famous Billings Farm and nationally recognized restaurants, it is also a popular second home community.

Presented by the Chamber of Commerce, the Art show is located in downtown Woodstock on the historic green and across from the Woodstock Inn, a AAA four star resort, and among over forty shops located in cen-

ture-old buildings, food vendors, live music along with warm small-town hospitality offer a picture-postcard setting for this juried art celebration.

Calling all artists! Please submit your applications now! There is a \$25 non-refundable application fee, \$200 space fee limited to 40 spaces, and acceptance via Juried Review. Some lodging establishments will be offering Art Show participants a discount. For additional information, contact the Woodstock Area Chamber of Commerce at 802-457-3555. The deadline for application is June 15, 2011.

We hope that you will join us in this celebration of the arts!

Open Mic Night

Chandler invites performers of all ages to its second open mic night Saturday March 5 at 7:30 PM. This performance is part of the new Live and Upstairs series in the Esther Mesh Room in the renovated Upper Gallery. Performers are invited to bring a poem, a song, a magic trick, a short story, a dance, or another special talent to share. Audience members who want to simply enjoy local talent are welcome.

Those who wish to participate are encouraged to contact Claire to sign up. She can be reached at upper-events@chandler-arts.org or 802-522-6877.

Admission is just \$5 and tickets are available by calling the Chandler Box Office at 728-6464 between 3 and 6 PM weekdays. They may also be purchased at the door.

Open Auditions For "Big - The Musical"

The Rutland Youth Theatre is holding open auditions for "Big - The Musical" (based on the popular 80s movie with Tom Hanks). The story goes, Josh makes a wish to become big. When his wish comes true, he lands a dream job working for Maximillion toys and falls in love with Susan. But in the end he must decide whether he's ready to live a grown up's life yet!

Auditions will be held March 12 and 13, from noon to 3 p.m. at Dana Recreation Center in Rutland. Those interested need only audition one day. Grades K-12 may audition - high school students are encouraged! And you do NOT have to be a Rutland City or County resident to be considered.

Performance dates are scheduled for May 20-22, 2011 at The Paramount Theatre. Rehearsals will be held Monday and Thursday evenings and Saturday and Sunday afternoons. If cast, a fee of \$48 will be applied - scholarships are available!

Rutland Youth Theatre is part of the Rutland Recreation and Parks Department and is a non-for-profit municipal organization. For more information on this or upcoming productions and workshops, please call 802-773-1822.



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Chandler's "Mud Season Variety Show" Auditions

Come join us at Chandler as we celebrate community! The 17th Annual Mud Season Variety Show will be held at Chandler Music Hall in Randolph on Friday and Saturday, April 15 and 16 at 7:30 p.m.

Auditions are planned for Thursday and Friday, March 10 and 11. People of all ages are welcome to participate! A variety of acts will be chosen. Performers are asked to audition the piece they plan to use in the show, to be well

prepared and to keep acts to within three minutes.

Please schedule an audition time before March 7 by contacting Betsy Cantlin at 802-431-0204 or outreach@chandler-arts.org.

If you are interested in purchasing reserved tickets, please contact the box office at 802-728-6464 between 3:00 - 6:00 pm, Monday through Friday. Tell them you saw it in The Mountain Times.

VINS Presents Environmental Film Series

The Vermont Institute of Natural Science (VINS) is introducing a brand new Film Series. With two screenings in March, the Film Series introduces audiences to and engages them in discussions about locally and nationally relevant environmental issues.

The first film, Permaculture Applications for New England, will be presented on Thursday, March 3, from 11:00 a.m. to 1:00 p.m. This video documents the practical, self-sustaining, and renewable agricultural methods currently utilized at D Acres Organic Permaculture Farm & Sustainability Center in Dorchester, NH. Shot over the course of four seasons, the film highlights several compelling topics including renewable energy, food preservation, animal husbandry, forest gardening, no-till agriculture, compost toilets, root cellars and

greenhouses. Josh Trought, producer and director at D Acres, will be on hand for a question & answer session after the screening.

The second film in the series, Mother Nature's Child, will be shown on Thursday, March 17, from 11:00 a.m. to 1:00 p.m. A discussion after the screening will be led by VINS' environmental educators.

Film buffs and nature lovers are all invited to join VINS for this free Film Series, which will be held at the VINS Nature Center. Though this presentation is free to the public, admission is required if visitors to the Nature Center wish to view the exhibits and raptor enclosures. Attendees are invited to bring a brown bag lunch to enjoy during the viewings. For more information about this or other VINS programs, please call 802-359-5000.

"The Radiators" to Rock the Paramount

The Paramount Theatre announced that legendary New Orleans rockers The Radiators will present their only Vermont stop of their farewell tour, The Last Round Up, on Wednesday, March 16, 2011 at 8pm. Tickets go on sale Friday, February 4 at 11am. "We are proud that this iconic group chose The Paramount Theatre for their final Vermont play ever - however, this comes as no surprise to us, as we have the best, most enthusiastic audiences in the northeast right here in Rutland!" exclaimed, Eric Mallette, programming director for The Paramount Theatre.

After 33 years, over 4500 live shows and a dozen albums, legendary New Orleans rockers The Radiators are finally calling it quits. The band has officially decided to break up in mid-June following their final tour.

The Radiators were formed in New Orleans in 1978, the result of a casual afternoon jam session in keyboardist Ed Volker's garage. Volker, drummer Fran Bua, Jr. and guitarist Camile Baudoin were then members of the Rhapsodizers. Guitarist Dave Malone and bassist Reggie Scanlan were in another band, Roadapple, and the magic the 5 musicians conjured up that afternoon was just what they'd all been searching for. Unbelievably, later that same week they learned several original songs that they still play today. The Radiators toured extensively all over the U.S., often playing 4 night stands at New York's musical mecca, The Lone Star Café. Signed by Epic Records in 1987, they re-



leased 3 studio albums, which received widespread radio play and featured such Rads' classics as "Like Dreamers Do", "Doctor Doctor", "Confidential" and "Suck The Head". Currently the band operates their own label, Radz Records, which has re-released 5 classic Rads' CDs

Tickets are available beginning Friday, February 4 at 11am by phoning The Paramount Theatre Box Office at 802 775-0903. Tickets may also be purchased online at www.paramountlive.org or at The Paramount Theatre Box Office at 38 Center Street in downtown Rutland, Vermont.

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Brandon Town Players Hold Auditions

The Brandon Town Players will be holding auditions for their summer musical "Kilroy Was Here" on Friday, March 11th at 6:30 pm and Saturday the 12th and Sunday the 13th at 4:00 pm. All auditions will be held at the Brandon Congregational Church. Production dates are July 8-10, 15-16. All performances will be in the Brandon Town Hall and be part of the 150th Anniversary Celebration of the Hall. 2011 is also the 70th anniversary of WWII. The players are looking for a large chorus, dancers and have numerous parts available for men and women 15 years of age and older. If you want to audition for one of the major roles, bring a copy of the music with a song of your choice that shows your vocal range. If you just want to be in the chorus, you will audition in a group. "Kilroy" is a WWII musical comedy that takes place in a USO club in Brooklyn, N.Y. It is a funny, poignant and very patriotic show. Teenagers and young adults are encouraged to come out and show off your talents. This show was performed 11 years ago to sold out audiences as the first musical at the Paramount Theatre in Rutland. For more information please call Dennis at 247-5420.

Jack Daniel's "Taste of Tennessee" Grand Champions!

"Dine Around Town" Entree Contest - The Lookout Tavern - "Sneaky" Pete Mittendorf for Jack Daniel's Surf and Turf - Teriyaki Sirlion & Maple Jalapeno Salmon
 "Paint the Town Jack" Statue Contest - The Cascades Lodge - Tim Brown for Jack Hits the Disco
 Killington Bartender's Jack Daniel's Drink Contest - Charity's Tavern - John Durney for Jack & the Giant Peach
 Thanks to everyone who participated in and enjoyed the week's events!



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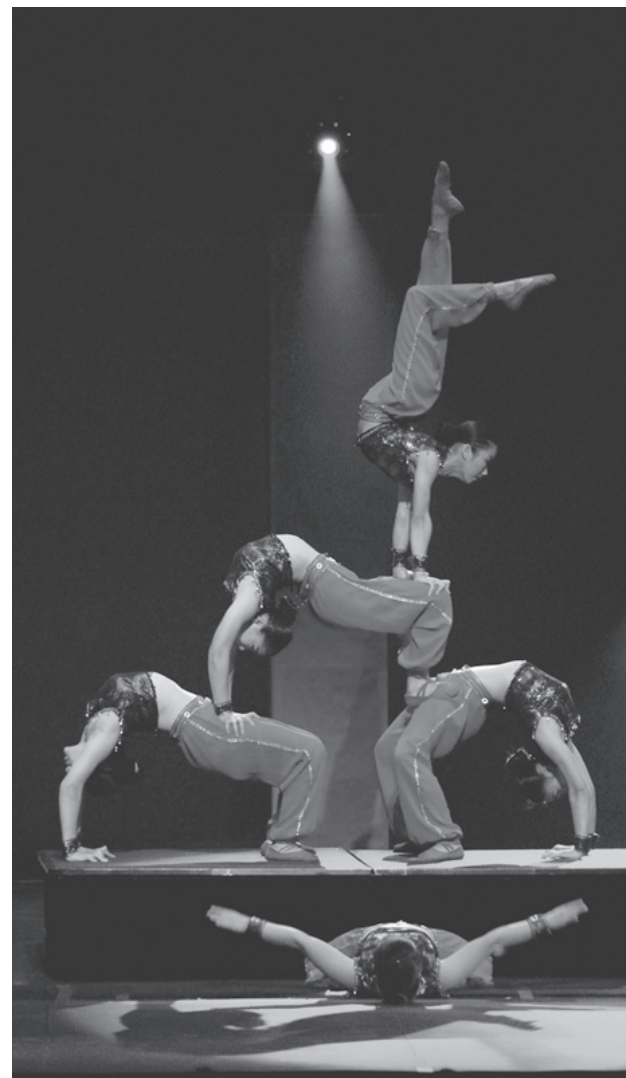
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The Peking Acrobats at The Paramount

The Paramount Theatre in downtown Rutland, VT announced today that The Peking Acrobats will perform for one night only on Friday, March 11 at 8pm. Tickets are still available. Since their western debut in 1986, The Peking Acrobats have redefined audience perceptions of Chinese acrobatics. They perform daring maneuvers atop a precarious pagoda of chairs; they are experts at treacherous wire-walking, trick-cycling, precision tumbling, somersaulting, and gymnastics. They defy gravity with amazing displays of contortion, flexibility, and control. They push the envelope of human possibility with astonishing juggling dexterity and incredible balancing feats, showcasing tremendous skill and ability. They are masters of agility and grace. Accompanied by live musicians skillfully playing traditional Chinese instruments and high-tech special effects that coalesce with the music and awe-inspiring feats to create an exuberant entertainment event featuring all the excitement and festive pageantry of a Chinese Carnival!
 2011 marks the 25th Anniversary of The Peking Acrobats touring North America. For this Gala Tour, The Peking Acrobats are pulling out all the stops to create a thrilling entertainment experience audiences won't soon forget. The Silver Anniversary tour of The Peking Acrobats will include awesome new acts and, for the first time ever, will feature the incomparable Women's Peace Orchestra of China!
 Tickets are \$27.50- 34.50 and are available now by phoning The Paramount Theatre Box Office at 802 775-0903. Tickets may also be purchased online at www.paramount-live.org or at The Paramount Theatre Box Office at 30 Center Street.



More JD Contest Winners

JD Food Contest:
 1st place: The Lookout: "JD Surf and Turf" - Pete Mittendorf
 2nd place: Ovations at Killington Grand Hotel: "Old No.7 Corn Cobb Smoked Beef Brisket" - Greg Lang
 3rd place: Charity's: "Chili Encrusted Black & Blue Tuna Tacos w/JD Glaze" - Ben Layden
JD Drink Contest:

1st place: Charity's - "Jack and the Giant Peach"
 2nd place: Sante Fe Steakhouse - "Southwestern Manhattan"
 3rd place: Choices - "Jack Ginger Snap"
JD Statue Contest:
 1st place: Cascades - "Jack's Disco"
 2nd place: The Lookout - "Jack in the news"
 3rd place: Casey's Caboose - "All Aboard Vermont"



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A Toast to Tuscany

The Tuscan landscape is mainly mountainous and hilly, stretching over the slopes of the Apennines and across a flat area (the Maremma) to the Tyrrhenian Sea. Tuscany is unrivalled as a cradle of art. One can find examples of every age and style: from the Etruscan civilization to Roman monuments and ruins; from the Romanesque architecture to the impressive Gothic cathedrals, to the exceptional artistic explosion of the Renaissance. Florence has preserved its masterpieces and great works of architecture over the centuries. The most important collection of paintings in the world is offered by the city's Uffizi Gallery, while there are 15th century shops on the Ponte Vecchio. Siena is another well-preserved medieval city, boasting the beautiful Piazza del Campo. Pisa has the Campo dei Miracoli, with the famous Leaning Tower. In addition to art, Tuscany offers scenes of outstanding natural beauty.

Tuscany's winemaking industry counts on one of the most noble and ancient traditions that pre-dates the universally known Chianti wine that mostly comes to mind when this region is discussed. Long before the first Etruscans made their appearance, wild vines grew in abundance all over these sunny rolling hills. The Etruscans are believed to have domesticated and bred the forbearers of such grapes as the Sangiovese and the Lambrusco from those early feral grapes. No matter where or how the first

vines originated, grapes and the much sought-after wines they were made into have been celebrated in local literature throughout the history of the region, and through the paintings and pottery decorations of those original ancient Etruscans.

The hilly landscape and the weather conditions of Tuscany are ideal for grape growing and, with the passing centuries, the numerous types of grapes grown gave rise to some rare and much loved varieties. Nowadays, the most commonly grown grape variety is the noble Sangiovese, which is often combined with small amounts of locally grown Cabernet Sauvignon, Canaiolo, Ciliegiolo and other grapes into wonderful wines such as the Brunello di Montalcino, Morellino di Scansano, Carmignano and, of course, the signature Tuscan wines, the Chianti and Chianti Classico, which probably are the best known Italian wines in the world. Other grapes grown here are the Mam-molo, Malvasia, Colorino, Raspirosso, Gamay, Grand Noir, Barbera, Moscattello, Aleatico and Vernaccia, among others.

Tuscany accounts for over thirty DOC and half a dozen DOCG wines. In addition to the great, well-known and appreciated reds, the local production includes a few distinguishable whites, the most notable among them being, without doubt, the Vernaccia di San Gimignano. Other delicious whites include the Bianco d'Elba, from the Elba Island, Bianco di Bolgheri, Vermentino, Bianco di Pitigliano and Bianco di Val di Nievole. (Bianco in Italian means, "white").

Last but not least must be mentioned the famous Vin Santo, or "Holy Wine", a dessert delicacy usually made from Trebbiano grapes that have been left to dry in an airy place until the start of Holy Week before being made into wine.

All in all Tuscany must be Italy's best known wine region and merit a closer look at the many different wines originating from this ancient and famous land.

"Free-Jazz" Quartet Plays at Brandon Music

Brandon Music is pleased to announce the NY based free-jazz quartet, Daniel Carter, Claire DeBrunner, Ken Silverman, and Tom Zlabinger will perform at Brandon Music on March 12, 2011 at 8:00 PM.

The Quartet features legendary Daniel Carter. He is a multi-instrumentalist, a master of the alto and tenor saxophones, flute, trumpet and clarinet. Claire DeBrunner is a classical trained musician who was the first bassoonist of both the New York Philharmonic and the Metropolitan Opera. Ken Silverman plays

guitar and a host of other instruments including the Middle Eastern Oud and Bolivian Charango. Tom Zlabinger rounds out the foursome playing the bass. Tom possesses the two most important qualities as a great bassist, impeccable time and a deep powerful sound.

The quartet will perform at Brandon Music, Saturday March 12, 2011 at 8:00PM. Tickets (\$15.00) can be purchased at BrandonMusic or by calling 802-465-4071 (10:00 am to 6:00pm any day except Tuesday). Seating is limited, so reservation advised.

It's Hour Time In Brandon

"What's Brandon doing this year?" "When's the big auction?" The Brandon art community hears these queries year-round from both town folks and visitors passing through. In 2010, the year of the Sunflower, the Brandon Artists Guild (BAG) scaled down to give the artists a rest. However, the BAG is already gearing up for one of its traditional big fund-raising years in 2011, as part of the 250th anniversary celebration of the town charter.

The theme? To acknowledge the passage of so much time, what better than "Art Makes Brandon Tick," an extravaganza of artist-created clocks? BAG members have been busy at work designing and preparing an array of beautifully crafted wooden clock forms for the artists to paint and decorate for the summer/fall event and, finally, donate to the October 8th auction. Most of the clocks will be functional, with clock mechanisms.

Artists Dolores Furnari and Warren Kimble have commissioned custom-designed forms to their personal specifications. Woodworkers George Wetmore and Rick Haver are designing their own clock forms. Other members will be creating their clock art from scratch, for example, photographer Lowell Klock and ceramic sculptor Susan Smith-Hunter. Some of the twenty or so artists already working on their designs

are Judith Reilly, Cindy Thomas, Liza Myers, Joan Curtis, Dana Gabbard, Mary Fran Lloyd, and Robin Kent.

Following an unveiling at the Brandon Inn for supporters and artists, the Inn will showcase the clocks the entire Memorial Day weekend as part of statewide Open Studio Weekend. The BAG will have three Brandon venues designated on the statewide Open Studio Weekend map: the Brandon Artists Guild gallery, the "Bagette" in the Granary on Union Street, and the Brandon Inn. Local artists' studios will also be open to the public on that weekend.

As always, fund-raising proceeds from auction sales benefit the Brandon Artists Guild as well as projects for local schools, the Boys and Girls Club of Brandon, the SOAR after-school art program, and the Town Hall renovation project. The BAG is fortunate to have many well-known artists donating their time and talents to enable the Guild to continue providing an energetic cultural center in the Town of Brandon.

Be sure to save these dates in order to enjoy this festive annual event:

Memorial Day Open Studio Weekend, Saturday May 28-29; Columbus Day Weekend "Art Makes Brandon Tick" Auction, Saturday October 8, at Brandon's Town Hall.

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two eggs scrambled, homefries with sausage or bacon

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Turkey, Vermont Cheddar, granny smith apple slices and mayo on whole wheat bread.

New Englander... \$5.50
Roast Beef, Vermont cheddar, lettuce, tomato and horseradish sauce on white roll

Amazing Chicken... \$5.50
Sliced Chicken with Vermont Cheddar, apple butter, sliced apples and honey mustard on a wheat roll.

The Sunny \$5.50
Turkey, Fresh Mozzarella, sundried tomato, Balsamic vinegar and oil on whole wheat bread.

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Capicola ham, genoa salami, mortadella, provolone, olive oil, sweet roasted red peppers and pepperoncini on a white sub roll.

The Corners Club... \$7.95
Turkey and Ham, bacon, lettuce & tomato on whole wheat bread.

Turkey Rueben... \$6.25
Turkey, sauerkraut, melted swiss, Thousand Island dressing on grilled rye bread.

Route 4... \$6.25
Hot sliced Turkey with melted swiss, red roasted peppers, and thousand island dressing on grilled rye bread.

The Hill... \$6.25
Hot Roast Beef with sautéed onions & peppers, melted cheddar and ranch dressing on white bread.

Turkey Gobbler... \$5.50
Turkey, stuffing, cranberry sauce & mayo on wheat bread.

Belly Burner... \$7.75
Ham, genoa salami, provolone cheese, lettuce, tomato, onions, pickles, hot peppers, and olive oil on a white sub roll.

The Hollow ... \$6.25
Hot baked Ham with melted Swiss cheese, honey mustard on grilled rye.

Rough Rider... \$6.25
Turkey, bacon and swiss cheese grilled on rye bread with thousand is land dressing

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Local News

Half the Towns in Rutland County Turn 250 in 2011

Half of the towns in Rutland County will have the opportunity this year to celebrate their 250th anniversaries. In order to allow individuals from each municipality to cooperate and coordinate plans, so as to avoid conflicts with the plans of surrounding towns, a get-together has been scheduled with plenty of advance notice. This notice will allow interested citizens to spread the word at every Town Meeting that a March 26 meeting in Rutland County will bring together interested townspeople and representatives of organizations.

For one hour, from 10:00 until 11:00 on Saturday morning, March 26, all interested persons are invited to meet in the wheelchair-accessible Nella Grimm Fox Room of Rutland Free Library. The library is located at 10 Court Street, at the intersection of Center Street, one block south of West Street (Route 4A) and three blocks west of South Main Street (Route 7).

During sign-in at the Fox Room, from 9:45 until 10:00, light refreshments will be available, courtesy of Rutland native Tom Hughes.

Historian, author, and Rutland resident Donald H. Wickman will facilitate the meeting. Each town will have an opportunity to informally report and to hear celebration ideas from the other towns. An interim contact list will be started, to allow celebration planners to easily stay in touch as plans progress.

Here's the list of the fourteen Rutland County towns that were granted 250 years ago by New Hampshire Governor Benning Wentworth, with each town's specific 1761 date: Killington (March 17), Pawlet (August 26), Danby (August 27), Mount Tabor (August 28), Shrewsbury (September 4), Clarendon (September 5), Rutland town (September 7), Tinmouth (September 15), Wells (September

15), Poultney (September 21), Castleton (September 22), Pittsford (October 12), Brandon (October 20), Wallingford (November 27).

The next towns granted in what became Rutland County were Sudbury (1763) and Hubbardton (1764). Proctor, West Rutland, and the village (later city) of Rutland were not carved out of the Town of Rutland until 1887.

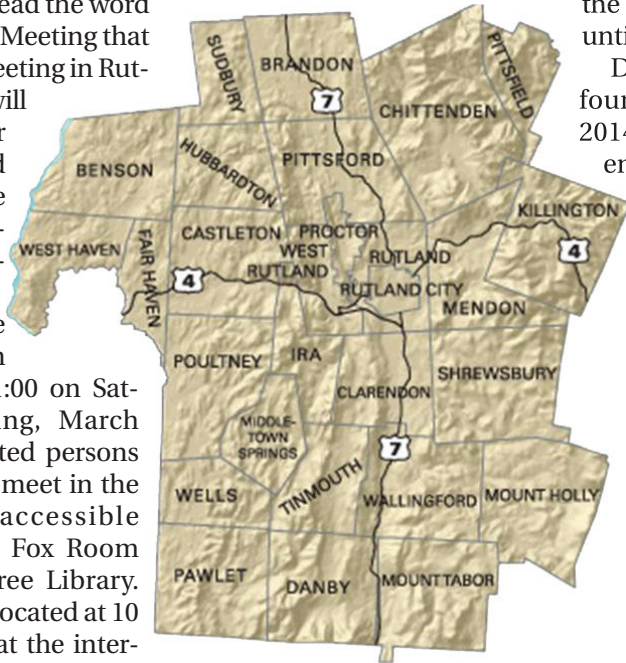
During the next four years, 2011 – 2014, several dozens of Vermont's

251 towns will observe the 250th Anniversary of the charters issued by Bennington Wentworth. Between 1749 and 1764, Bennington Wentworth, the First Royal Governor of New Hampshire and the

Hampshire Grants, issued 129 township charters in present-day Vermont.

The Vermont Department of Tourism and Marketing, the Vermont League of Cities and Towns, the Vermont Historical Society, the Vermont Division for Historic Preservation and other partners want to assure that each town will have an opportunity for creating a memorable and meaningful celebration. Town select boards, local historical societies, libraries, student and civic organizations can join together for an exciting and enjoyable celebration.

A toolkit that has been designed to offers ideas and assistance in creating a commemoration that will be a success, so the public is invited to download and print-out the "Towns Toolkit" (at www.vermonthistory.org/index.php/towns-toolkit.html) from the Vermont Historical Society website: www.vermonthistory.org prior to the meeting. For more information, one may call Don Wickman at 775-4350 up until one hour before the meeting.



EDT Releases Annual Report

The Town of Killington Office of Economic Development and Tourism (EDT) released its 2010 Annual Report, tracking all the key actions and metrics from its 2010 Strategic Plan. The report highlights examples of Killington business growth, the impact of EDT events and marketing, and the status of major long-term community development projects. It uses data from state and federal sources on taxable spending and growth as well as results from Killington business surveys and economic impact estimates to tabulate the results.

Overall, the report demonstrates how the Town of Killington is reversing a seven-year trend of decline by showing modest growth in 2010, especially in the area of retail sales, which were up 17.8% between July and October. Supporting that data, the report describes business growth connected to EDT-sponsored special events, with specific examples including:

- Killington Central Reservations (which represent almost 100% of lodging properties in Town) bookings were up 256% and profits were up 340% during the Killington Stage Race.

- Restaurants reported up to 75% increases and lodging properties reported up to 600% increases during the Killington Jr. Golf Championships.

- Killington Central Reservations saw a 50% increase in profits when the Killington Classic Motorcycle rally grew by over 200%.
- While retail sales increased during the Killington Hay Festival, highlighted by businesses like Base Camp Outfitters that saw an increase of over 50%, meals and rooms declined slightly during the same period.

Using a formula developed with the Vermont Department of Tourism, the EDT estimates that the events it sponsored brought

over 13,000 people to town and generated approximately \$1.4 million in estimated economic impact. Additionally, the EDT's overall marketing generated over 28 million impressions, helping to promote Killington as a premier resort destination.

"The results are encouraging, especially knowing that our efforts are helping to reverse the long-term trend of decline," said Seth Webb, Director of Economic Tourism and Development. "Economic development is a long term endeavor and 2010 demonstrated that if we can continue to come together behind our common goal of making Killington a premiere year-round destination, we can become the vibrant resort community we've all envisioned."

The Annual Report also details progress on major town priorities such as developing a strong Town-Resort relationship and creating a sense of arrival in Killington. The EDT partnered with Killington Resort this year to host and promote a series of events from "Its Cooler in the Mountains Summer Concert Series" to the Winter Dew Tour, as well as to offer online lodging booking on discoverkillington.com.

To address the sense of arrival, the report reviews how the EDT recently secured \$30,000 to fund architectural and engineering services to design sidewalks, bike paths and landscaping to create a sense of arrival at the intersection of Route 4, Route 100 and Killington Road. Related to this, the EDT also led the effort to designate a 50-mile stretch of Rt. 4 as an official Vermont Byway. Designation will provide the Town access to state funds for visitor services projects in the Gateway area.

For a copy of the annual report or details on upcoming events, visit www.killingtontown.com.

Giant Teacup Auction March 4

This is the big one! Get out of your hut and have some fun! You could win something for as little as one dollar. The big night is Friday, March 4th. Viewing and bidding start at 5:30pm; bid drawing starts at 6:45pm, at the M.W.A. Hall, Main Street, Rt 30 in Wells, VT.

There will be nearly 500 items of crafts, knick-knacks, wooden ware, glass, decorations, books, videos, household supplies, cereals, house plants, and more. New this year is a small silent auction including maple and jams. And you may very well get lucky and win a door prize!

Buy envelopes of ten tickets for \$1 and place tickets in the tea cup by the item of your choice. You could win something for just a dollar!

Skipsupper...we're selling hot dogs, doughnuts, "make your own" sundaes and beverages.

The event is presented by the Mission Event of the Wells United Methodist Church to carry on our mission activities. For info, all 802-235-3203 or 802-645-0131.

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BASEBALL PLAYERS WANTED

The Killington Baseball Team of the Vermont Men's Senior Baseball League is looking for a few men 40 years and older to join our team.

Hardball...not Softball

We play most Sundays at noon
Woodstock Union High School is home field 16 game season
Also 2 openings for ages 35 -39

CONTACT: Bill Bauer 802-236-1106 or 802-422-3535 or email summitlodg@aol.com



Mendon/Chittenden/ Pittsford/Brandon Notes

by Debbie Burke

Items of interest from the Town of Chittenden Selectboard meeting of January 24: The report of the Town Clerk/ Treasurer advised that Robert received the school warning, and there is an increase of 1.6% in their budget; There is a smell in the Town Clerk's Office that needs to be addressed, and Selectman Bernie McGee would be looking into it.

The report on roads was reviewed. Mr. Dugan stopped in to the Town Clerk's Office and he stated that he went off the Middle Road and he is wondering about sanding, etc. Roberta told him that he needs to call Jr. and that she would let the Selectboard know about it. Selectman Gary Congdon would like flyers put into the Town Report noting that it is illegal to plow across the road and he would also like it in the Chit Chat. Selectman David Sargent stated that the bridge needs shoveling, the corner of Powerhouse Road needs snow removal also, and Roberta will let Jr. know about these items.

Under Old Business, the Certificate of Highway Mileage was signed by the Selectboard and Roberta will be checking with Reggi that she did review this document and all is okay before sending the Certificate back. Selectman Bob Bearor also received a letter from Deb Marks regarding the sign for Leffert's Pond, and it is fine to install the sign after reviewing the information and they would like to meet in the spring to decide where to install the sign.

Regarding the Grange Hall, Bernie stated that Karen Webster is very busy and that a lot of things are being completed.

Under New Business and Correspondence, the agreement with Steve Maslack for the new Town Office was discussed. His hourly rate is \$108 per hour and \$54 per hour for drafting. If engineering consultants are needed, billing would be 1.10 times actual billing, with the agreement to be signed by the Selectboard.

The Highway Budget was discussed. The Highway Budget was to have an increase of 1.26%, and David made a motion to accept the Highway Budget of \$401,800 for the budget year of July 1, 2011 to June 30, 2012. The motion was seconded by Selectperson Donnaleen Farwell, and the motion was approved unanimously. The Selectboard Budget was next on the agenda, and it will see a 1.4% increase. Bob Bearor made a motion to accept the Selectboard Fund Budget and Expenditures for \$344,230 for the budget year of July 1, 2011 to June 30, 2012. This motion was seconded by Donnaleen Farwell, and the motion was approved unanimously. Deborah Hall sent in a letter to the Town Clerk's Office regarding Ancient Roads and that part of her property is listed as "open road." She states this is not correct and she is looking for this to be corrected.

A letter was received from the State of Vermont regarding the Common Level of Appraisal, that they had received the petition for re-determination of the values effective January 1, 2011, and the District Advisor will contact the Town and meet with the Town to discuss, and then propose a tentative re-determination.

Dog Training Classes at Lucy Mackenzie



Lucy Mackenzie Humane Society will be hosting its next 6-week session of dog training classes at its new facility in Brownsville, Vermont, beginning March 26th.

Puppies, dogs, and their owners

are invited to join experienced trainer Caron Bronstein for a series of six Saturday classes including Puppy Kindergarten, Beginner Obedience, and Intermediate Obedience. Learned skills range from socialization, leash work, and basic commands and behavior, to more advanced skills such as off lead work and retrieving.

A member of the Association of Pet Dog Trainers, Caron Bronstein has almost a decade of experience training, showing, breeding, and raising dogs, and has been teaching classes at Lucy Mackenzie since 2009.

Sign up now to reserve a space for classes, as size is limited to 5 dogs per class.

For more information, please visit www.lucymac.org, call 802-484-5829, or write to info@lucymac.org.

Killington-Pico Rotary Club Hosts Exchange Students

Every year for the past 18 years the Killington-Pico Rotary club has hosted exchange students living in Southern Vermont and New Hampshire for a 4 day weekend of skiing and riding. These students come from all over the world to live and attend high school for a year in the US. They are sponsored by a Rotary Club in their home country and typically spend their year with three families who are selected by their local "host" Rotary Club here in the US. This year the students are from Norway, Finland, Ecuador, Germany, Japan, France... the list is long. The students are taken into local Rotary club members' homes for the 4 nights of their stay.

The community comes together to show these students a good time. Killington Resort contributes four days of lifts, lessons, and rental equipment. The Rutland City Rotary Club hosts a night of dinner and dancing at South Station Restaurant, with a DJ who plays international music requests. Local "outbound" students, who will go abroad next year, attend this event, as well as students who have completed their exchange year. Killington-Pico Rotary also hosts a pool/pizza party at the Grand Hotel for the students. Exchange students are a grass roots Rotary effort aimed at fostering world peace through understanding of other cultures. At Killington-Pico Rotary we are proud to do our part to show a bit of the fun and hospitality present in the fabric of American culture to these young people from around the world.

MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

The Killington Fire and Rescue volunteers responded to 92 E-911 calls that were dispatched by the Vermont State Police during the months of January and February 2011, which is more calls for help than most volunteer fire departments in Vermont receive in a whole year. These E-911 calls were for fires, motor vehicle accidents and medical (trauma and sickness), carbon monoxide and smoke alarms. The Killington Fire and Rescue needs more volunteers - equipment and training are provided. The volunteers meet for drills on Tuesday evenings at 7pm to 9pm.

At the last meeting of the Town of Killington Parks and Recreation Commission Mike Sutcliffe, Recreation Director reported on the basketball program and noted that Kevin O'Neill is the coach of the 3rd and 4th grade coed team. Chris Alf is the coach of the 1st and 2nd grade instructional sessions.

Regarding cross country skiing, 13 parents and children participated in the first session. Thank you is due to Mike and Diane Miller for their generosity and hospitality.

There is an Open Gym every Tuesday evening for volleyball. Every Thursday evening there is an Open Gym for soccer. Participants must be age 18 or older and the cost is \$2 per night.

The next session of Winter Swim will take place starting March 4th at the Pico Sports Center. The cost is \$60 per swimmer for 6 classes.

At the February 9 meeting of the Town of Killington Planning Commission and under Citizen's Input, Steve Selbo asked that in light of the ruling from the Environmental Court regarding the Durkee Appeal of the Golf Course PUD Approval, what is the Commission's timeframe for implementing the revisions to the Zoning Regulations which are currently being discussed. Dick Horner responded that he felt the committee is making good progress and that a good document could be put together by summer. He is looking to move this forward since this will affect every other PUD and everyone needs to know what the development process is. In order

to expedite the process, Dick suggested starting a dialogue with the Town Attorney, Kevin Brown by showing him the legal opinion and the changes the committee has developed. Commissioner Rosenblum asked Dick Horner to provide the Commission a copy of what the Zoning Regulations committee has done to date along with a timeframe for implementing the zoning changes so that they can review and discuss this at the next meeting.

The Planner's Report was next on the agenda. Dick advised that Goodro's Lumber is proposing to convert the loading dock on the right hand side of their building to 460 sq. ft. of retail space. Dick felt this should be handled administratively since this project would not impact any of the three criteria that the Commission looks at. Commissioner Lee questioned whether this change would affect parking. Dick responded that Goodro has more than enough parking. Commissioner Linnemayr moved to authorize Dick to handle this administratively, which was seconded and approved unanimously.

Yankee Forest is subdividing their woodland along the ridge across from the Town Office in order to sell off a parcel to Stoneybrook LLC. Dick displayed the subdivision map noting that the parcel currently has road frontage off a Class 4 road in Stockbridge. Yankee Forest LLC wants to reserve a right of way off that road so that their remaining parcel does not become land locked. Commissioner Linnemayr moved that the proposed right of way is acceptable, Commissioner Austin seconded the motion, and all were in favor.

Under New Business, Commissioner Rosenblum re-opened the Public Hearing to solicit comments concerning the adoption of an Official Town Map. This hearing had been recessed on January 26. Dick displayed the updated map and reviewed some of the changes that had been made. He noted that in his opinion the map is now complete for the Town's purposes and recommended the Commission pass it on to the Selectboard. Commissioner Barbash moved to approve the Town Map as presented and pass it on to the Selectboard for further action. Commissioner Austin seconded the motion which was approved.

Student News

—Brendan M. Golubjatnikov, a resident of Rutland, VT, has been named to first honors on the Clark University Dean's List.

—Donald Pratt of Mendon, a Junior at Gettysburg College has been placed on the Deans' Commendation List for outstanding academic achievement in the Fall 2010.

—The following local residents are on the Dean's List in the College of Liberal Arts and Sciences at Villanova University for the 2010 fall semester: Garrett Bauman; Castleton, VT; junior. Keegan Stewart; Rutland, VT; freshman.



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KMS/KWSC Freestyle Members Sweep Podium

At the second to last USASA Southern Vermont series event at Mount Snow this past weekend, three student-athletes from Rutland led the way for Killington Mountain School, sweeping the podium on Sunday in halfpipe competition in the 13-15 skier division. On Saturday, skiers from both Killington Mountain School and its complementing Killington Winter Sports Club took multiple podiums as well. Cooper Babbitt owned the top spot on the podium both days, with a win in slopestyle on Saturday and another on Sunday, with cleanly thrown back to back 5's and a 7, to claim victory. Ari Schneider had clean 5's and his first flair in competition to take second place, and Tec Calcagni finished in third with two clean 5's. In the 10-12 skier division, KWSC athlete Sam Gnoza, of Mendon, took gold for his age group, as did Matt Crowe, of Boxford, Mass. for the 16-18 skier division. Anthony Belardi, of South Salem, N.Y., took the fifth spot in the skier 13-15 division to round out Sunday's highlights.

On Saturday, Gnoza landed at the top of the podium in slopestyle for skier 10-12 division as did Crowe for skier 16-18 division. Declan O'Brien, of Middlebury, walked away with a bronze in the skier 13-15 division, and Eric Unterberger, of Stroudsburg, Penn., placed solidly in third for skier 16-18 division.

On the alpine side, Wyatt Quierolo, of Farmington, Conn., and an eighth-grader at Killington Mountain School, was crowned J3 State Champion at this weekend's MVP Healthcare Vermont J3 State Championships at Okemo Mountain. Quierolo went three-for-three, winning Super-G, slalom and giant slalom races in a competitive field. The overall title is based on finishes in Super-G, slalom and giant slalom. The entire girls' team and six from the boys' contingent competed in the state championships. In addition, six J3 racers have qualified for Junior Olympics. Along with Queirolo, James Ferri, of West Simsbury, Conn., and Jonathan Schwartz, of Brookline, Mass., have qualified for J3 Junior Olympics to be held at Okemo Mountain March. Mikala Smith, of Castleton, Carolyn Hofley, of Bow, N.H., Piper Jenne, of Bridgewater, and Alli Price, of Rutland, will also represent KMS at the event.

COMMUNITY CALENDAR

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

Mar. 3 - Woodstock. Hand in Hand community meal, Thurs., 5-7pm. This Week: Town Meeting Day, VT. Social Hall, N. Unitarian Chapel Society. All welcome, donations accepted. 457-9272.

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.

Mar. 5 - Middletown Springs. All you can eat Pie for Breakfast 8-11am. Both sweet & savory. Beat Cabin Fever! \$6 adults, \$4 kids 4-12, under 4 free. MS Public Library. 235-3435.

Mar. 5 - Rutland. Mardi Gras Celebration Dinner at Immaculate Heart of Mary Church, 4:30-6:30pm. Roast Pork & Turkey Dinner. Adults \$10, age 6-12 \$5, age 5 & under free.

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 Bikingfor@Msn.Com.

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

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

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

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

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

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

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

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

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

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

Rutland - Unitarian Universalist Church, 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.

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

100 NORTH

NEWS FROM THE PITTSFIELD/STOCKBRIDGE VICINITY AND THE HINTERLANDS BEYOND

by Johnnie Goldfish

What if it was your downtime, your lounging in bed too long time, your walkabout time, and your blow Friday off time that made possible your greatest achievements. Would they still make you feel guilty? Or would you allow yourself to enjoy them? Even your watching it snow time.

If you would like to help the Bethel Food Shelf, who supports a number of families locally, please bring non-perishable items of food to the Stockbridge Town Office or to the Stockbridge Post Office during normal operating hours. If you would like to make a financial donation to help our neighbors, please send your check payable to either: Bethel Food Shelf, c/o Maryanne Batcheller, PO Box 353, Bethel, VT 05032; or Central Vermont Community Action Council, Attn: Marian Labonte, 35 Ayers Brook Road, Randolph, VT 05060. Thank you for your generosity.

Family Matters Report: When you sit down to dinner with your family, have each member of your family ask one another, "What was the best part of your day?" This is so much more stimulating than asking what did you do today and whatever they announce is the best part, this will stir fresh conversation and you will be on a roll to greater communication.

Rochester High School 11th grade student Anna Brown has made the High Honors list, previously listed as the Honors list. Mea Culpa, Top of the Crop, way to go, Anna.

The Stockbridge Central School (SCS) has given permission to the Wolf Den Pack 202 to be a drop off point for their Returnable Bottle and Can Drive. The scouts of the Wolf Den Pack are planning a camping trip and they are responsible for raising the money to take this trip and learn about camping fun. This project is also aimed at teaching the valuable lesson about recycling. The cans and bottles will be taken from SCS everyday to be organized for redemption. Just look for the Wolf Den box at SCS or ask at the Main Office where Lyndsay Wheeler is helping with the administrative assistant office duties. PJ Ruben is the den leader and you can call him at 234-9252 if you have any questions. Wolf Scouts and SCS 2nd graders Hunter Campisi, Ian Robertson and Jacob Ruben thank you for your support.

The Friendship Report: (Not for sissies or willy-nilly friends), When you are sad - I will help you get drunk and plot revenge against the sorry ba**%#*rd who made you sad.

You know it's coming, yepper that'd be mud season,

and it comes over and over again, just say thaw and freeze, thaw and freeze. The Mud Season variety Show is coming up at the Chandler Music Hall and this is your chance to show off your talent or just show off. Auditions are planned for Friday, March 10 and Saturday, March 11 and people of all ages are welcome to participate. Participants are asked to audition the piece they plan to use in the show, to be well prepared, and to keep acts to within three minutes. A variety of acts will be chosen. Please schedule an audition time by Monday, March 7 by contacting Betsy Cantlin at 802-431-0204. This event is an important fundraiser for the Chandler Music Hall.

The 4 Year Old Love Report: or What does love mean to a 4-8 year old: Love is when you go out to eat and give somebody most of your French fries without making them give you any of theirs. Chrissy - age 6.

The Stockbridge Central School would like to thank Melissa Kinney for organizing all of the Labels for Education. For every UPC code you collect the school earns points that will be redeemed for arts, academic and / or athletic equipment and products. Just for your information, it's not just Campbell's soups, but also UPC's from BIC, Post Cereals, Pop Secret, Pepperidge Farm, Prego, Swanson, and V8 are also redeemable. SCS thanks you for your help in collecting UPC's and they will be put to good use. Your labels can be dropped off at the SCS office or the Stockbridge Post Office during normal working hours.

The Peace Report: To be at one with God is to be at peace, peace is to be found only within, and unless one finds it there he will never find it at all. Peace lies not in the external world, it lies within one's own soul. - Ralph Waldo Trine.

Hot off the presses: The Whitcomb High School of Bethel and Ted Green Ford announce the innovative Drive One 4 UR School test drive event. For every test drive on site Ford Motor Company will donate \$20 to Whitcomb High School's Extracurricular Activities fund up to \$6,000. The Drive One event happens at the Whitcomb High School on Saturday, March 5 from 10 am to 3 pm. Take the time to take a drive, invest in schools.

Thought for the Week: "Waiting for perfect understanding before using what you learn results in doing nothing and makes thought itself a waste of energy, like a car that runs forever in neutral." - Steve Gillman, (Author of Brainpower and using the Subconscious Mind).

Take action; send your good news to johnniegoldfish@yahoo.com.



Killington-Pico Rotary News

by Janina Curtis

On February 23, our dinner speaker was Jim Davis of the Make-a-Wish Foundation of Vermont. Since 1980, the Make-a-Wish Foundation has given hope, strength and joy to children with life threatening medical conditions. Fulfilling a child's wish provides a happy and meaningful experience that benefits both the child and the family. Mr. Davis described a recent wish that was granted to a child who wanted to snowboard with Shaun White, the 2010 Olympic Gold medalist. The Foundation arranged a morning of riding at a Vermont resort, and Shaun White graciously spent a few hours with the child and his family afterward.

The Make-a-Wish Foundation of Vermont is seeking referrals of children who are under the age of 18 and

potentially eligible for a wish. Their medical condition must fall under the category of progressive, degenerative, or malignant. For more information, visit the website at Vermont.wish.org.

The entry deadline for the Ice-Out Contest on the Grist Mill Pond fundraiser 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. 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.

In order to increase the value of the prize, the following sponsors have contributed:

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. The upcoming program is:

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

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If you have a problem with domestic violence, sexual violence or child abuse you can get help! These organizations offer FREE and CONFIDENTIAL assistance 24 hours a day, EVERY day. You don't need to suffer alone. Ask for help!

LOCAL HELP
The Rutland County Women's Network and Shelter is dedicated to assisting survivors of domestic and sexual violence.
www.rcws.org
24-hour hotline: 802-775-3232
Free & Confidential

STATEWIDE HELP
The Vermont Network Against Domestic and Sexual Violence is committed to eradicating domestic and sexual violence through advocacy, empowerment and social change.
www.vtnetwork.com
24-hour Hotlines
Domestic Violence: 1-800-228-7395
Sexual Violence: 1-800-489-7273

NATIONAL HELP
Stop It Now!® prevents the sexual abuse of children by mobilizing adults, families and communities to take actions that protect children before they are harmed.
www.stopitnow.com
24 hour hotline: 1-888-PREVENT

Rutland Report

by Lani Duke

Come see Academy Award winning movie *The Blind Side* on Thursday, March 3, at 7:00 p.m., at The Paramount in downtown Rutland. The showing is a joint effort between the downtown theatre and The Mentor Connection, a natural fit for this film showing the true story of homeless teen Michael Oher who became an All American football player and NFL draft pick with the help of a supportive mentor/family. Free.

Support the Union Church of Proctor, 5 Church St., with a benefit concert by singer/songwriter Caitlin Canty and string/rock quintet Darlingside at 7:00 p.m. Thursday, March 3. Call 459-2064 for more info.

Grace Congregational Church hosts a benefit concert to raise funds for Rutland's CROP Walk for Hunger at 7:30 p.m., Friday, March 4. Three collegiate vocal ensembles perform; your part, a suggested \$10 donation.

Local young people bring the Land of Oz to the theatre at Rutland Intermediate School on Library Avenue. The Rutland Youth Theatre presents the play *The Wizard of Oz* from 2:00 to 4:00 p.m. Saturday and Sunday, March 5 and 6. Call 773-1822 to find out more.

Immaculate Heart of Mary Church, 18 Lincoln Ave., invites the community to a Mardi Gras celebration from 4:30 to 6:30 p.m., Saturday, March 5. Celebrants may partake of roast pork and turkey dinners.

Spring is on its way. Join the Green Mountain Club in a hiking or snowshoeing exploration of the ponds and forests of the Pharaoh Lake Wilderness in Chilson, NY. Meet the group at 8:30 a.m. Saturday in Rutland's Main Street Park near the fire station. Call 775-1627 for more info.

Shed your cabin fever at Wallingford's Cabin Fever Fun Day. Bring your own sled and skates for a Saturday afternoon of sledding, hiking, ice skating, and roasting marshmallows and hot dogs at the recreation fields on Meadow Street and Waldo Lane.

"Voyages" is the theme of the Vermont Symphony Orchestra concert on Sunday, March 6, at the Paramount Theatre downtown. Conducted by Jaime Laredo and headlined by Bella Hristova on violin, the symphony performs *Voyage* by Corigliano, *Violin Concerto* by Dvorak, and *Symphony No. 3, "Scotch,"* by Mendelssohn. The performance begins at 4:00 p.m. Call 775-0903 for tickets.

More than 85 exhibitors display their products and services at the Rutland Region Chamber of Commerce annual business show at the Holiday Inn from 4:00 to 7:30 p.m., Tuesday, March 8. The event is a great time to visit with local business people, and a time for looking ahead to the developing year. Call 773-2747 to find out more.

Applications for Worksite Wellness Grants of \$250 to \$750 per site are now available. What the granting

agency, the Rutland County Community Advisory Board (RCCAB) of Blue Cross and Blue Shield of Vermont (BCBSVT), is looking for plans that improve employee health that are innovative and creative, as well as having a format that will provide an effective evaluation plan. For details, call Megan Peek, 764-4858.

Rutland Town's Eastwood Animal Clinic recently received accreditation from the American Animal Hospital Association. The organization approves about 15 percent of all small animal veterinary practices in the U.S., after reviewing their facility, medical equipment, practice methods, and pet health care management.

Rutland Area Farm & Food Link (RAFFL) is seeking worksites that are interested in helping their employees have weekly access to freshly picked, nutritious foods delivered at work. RAFFL has had this kind of program with Rutland Regional Medical Center (RRMC) since 2009; 65 families purchased "farm shares" or pre-purchase contracts.

Students in the Vermont Teen Leadership Safety Program chapters of Proctor High School, Mill River Union High School, and Stafford Technical Center have entered into partnership with Rutland area auto repair shops to reduce excessive speed on roads and highways and the many crashes which result from speeding. The theme of "Slow Down, Stick Around" is being printed on ribbons attached to cards that explain the hazards resulting from excessive speed. Distribution points include highway rest areas and visitors centers, and also (possibly) auto body and repair shops, chambers of commerce, and car dealers. The first auto repair shop partner is B&B Auto Electric & Radiator Service on Granger Street in Rutland.

The Osher Lifelong Learning Institute focuses on "How Vermonters Will Live Tomorrow" during March. The March 4 program is Sustainability and a Better Life for All, courtesy of George Plumb, executive director of Vermonters for Sustainable Population. The Friday afternoon programs at the Godnick Adult Center all begin at 1:30 p.m. For details on this and upcoming March programs, call 446-2041.



ARIES: March 21 – April 20: Digging up the past is always tricky. Before you go nuts thinking that you're going to heal yourself by bringing it all back remind yourself that nothing is ever the way we remember it. If anything this chain of events should prompt you to think twice before you decide to go down that road. Whoever or whatever is on the other end of this self realization experiment may have no interest in getting involved. On the other hand, there may be something to it. Let your instincts tell you where to go with this and be sure to 86 all of your expectations before you dive into it.

TAURUS: April 21 – May 20: No one expects you to stop being yourself. You've got it all wrong if you think that's what this is about. What you don't seem to understand is that others are more interested in making things work than they are with whether or not you get to do everything your way. It never hurts to bend a little, especially in situations where everyone has to adjust. If you can open your mind to the idea that someone else's way of doing things might work just as well as yours, instead of making this have to be all about you, it could be about what will do the most good for everyone involved.

GEMINI: May 21 – June 20: You can't worry too much about keeping everything under control. At times like this it's enough to show up and keep the light on. The influx of changes that have come down in the last two years will not let up. If you think this is all going to settle down and get back to normal you aren't paying attention to the way things are. You are not alone; all of us are going nuts trying to maintain. Instead of thinking you're the only one in the room who hasn't figured out how to weather the winds of change, it might be time to relax and figure out how to go with the flow.

CANCER: June 21 – July 20: What seemed like the most important thing in the world isn't as much of a big deal these days. And you're at that place where it's time to start wondering why you need to keep putting it back on its pedestal. This theme filters through every aspect of your experience. Should I stay or should I go is the question that makes you wish you could figure out how to play this. How are you going to pretend to not give a damn when everything about this situation has your wildest dream written all over it? It'll be 6 months before you will know if it's worth it to keep the faith.

LEO: July 21 – August 20: The last thing we want to do is often the best thing for us. There's no hard and fast rule for this, but it's always good to look at whether or not what we avoid like the plague might be just what the doctor ordered. At the moment you may not be entirely OK with this. At the same time, you're smart enough to see that it presents you with a way out that wasn't there before. If I were you I would try to picture where things will end up if you say no to this, and then take a good look at what could unfold if you're willing to get over yourself and try something new this time.

VIRGO: August 21 – September 20: If you feel like you're riding the fine line that keeps life on the edge of one extreme or another you can take comfort in the fact that you've had enough experience to know how to do this. Getting through anything is usually just a matter of accepting whatever the situation demands and doing whatever it takes to find the lesson in it. There's some big stuff on the line for many of you. In all things it's going to come down to your ability to weather the storm and to your ability to use your inner intelligence to transform all this intensity into something miraculous.

LIBRA: September 21 – October 20: This is one of those times when nothing has to be a certain way. If you approach your situation with the thought that anything goes you will get more out of it. Before you can let yourself believe this you're going to have to redefine your sense of what it means to be responsible. At this point it would be irresponsible of you to stick to close to the straight and narrow. And it would be wrong to keep leading yourself to believe that you have to suffer to get anywhere in this world. Give yourself a break. It's time to invest your heart and soul into things that matter.

SCORPIO: October 21 – November 20: Nobody said you have to be perfect. Your own expectations could be more of a problem than whatever it is you're projecting onto someone else. Maybe it's time to step back and talk to yourself about what needs to happen now that you've decided to sign up for this. If you look at things objectively, nothing has really changed. Slow down when it comes to expecting too much. Take more time to be human and don't think that you're going to get booted out the door if you're not super psychic when it comes to making sure everyone's getting their needs met.

SAGITTARIUS: November 21 – December 20: Other things have intervened to bring you down to earth. It looks like you were gifted with an emergency to force you to get real. And whatever this current wrinkle is about, it has opened the space for you to stop living from the surface and touch down in the core that is common to us all. With a new found sense of clarity, and a resolve to be there for those you love, you finally realize that you can be there for them and still be whoever you want and need to be. It's amazing how things have turned around since you made up your mind to stop chasing your tail.

CAPRICORN: December 21 – January 20: Things feel a little strange. You can't tell if it's the magnetic field or if you're slipping but you are having a hard time finding a way to make your influence felt. Before you go too far trying to analyze this weirdness, remind yourself that it's probably coming from things that are bigger than both of us and stop thinking that it's your job to manage it. If anything you need to get yourself into a more receptive groove and find a way to let those things be of no consequence. Life would feel way less strange if you could just find a way to breathe and be OK with it.

AQUARIUS: January 21 – February 20: You didn't realize that this was just the beginning. Just when you thought it was time to slow down it looks like you need more of whatever it takes to keep this going. For some of you this means you've got to crawl over your truer needs to meet your ambitions and/or your responsibilities. For others, your goals and your inner needs might be one and the same thing. Either way, and no matter what comes of it, you can only apply yourself fully to the task at hand and trust that whatever needs to happen will fall into place in a way that allows you to have it all.

PISCES: February 21 – March 20: Others could be driving you nuts trying to get you to see things their way. Who knows? They could very well have the right idea. You aren't too sure what all of this is about but it will keep rearing its head until you find a way to see it differently. It may help to recall that you didn't keep your promises or abused someone's trust in ways that have made them feel abandoned and betrayed. Whatever the deal is, nothing about it is going to change until you walk a mile in their shoes and feel what it feels like to be the one who didn't know they were being shortchanged.

Obituary

Francis O. Hall, 79, of Greenfield, MA, died unexpectedly Tuesday, February 22nd, in Franklin Medical Center, Greenfield.

He was born in Wilmington, VT on December 1, 1931, son of the late Herman and Hazel (Bates) Hall and had lived in Greenfield for many years. Before moving to Greenfield, he worked as a farmhand in Phillipston, MA, where he met and married Wilma Mae Mitchell on April 26, 1952. The couple moved to Greenfield a few years later and opened Fran and Dom's Store, which they operated until 1963.

Francis served in the United States Army Reserves from 1949 to 1955. He was a 50 year member and Past Master of Republican Lodge of Masons in Greenfield.

Francis loved his birthplace of Wilmington, VT and the vast mountains of his "home" state. He had enjoyed deer hunting in his younger days and liked best the peacefulness of a good hike in the woods. He loved breakfast out at the Notch and visiting with his relatives and neighbors. He especially loved motorcycles and was a huge Harley Davidson fan. He was a very generous person, especially with the gifts of his motorcycles to his nephews.

His wife, Wilma (Mitchell) Hall, died in 2003. A brother, Gerald L. Hall and a nephew, Patrick A. Hall, predeceased him, as well as his brothers H. Oscar Hall, William Hall and a sister, Gertrude (Hall) (Mitchell) Kline. He leaves two sisters, Glenna Seaver of Greenfield and Elva Fish of Killington, VT, as well as many nephews and nieces.

Graveside services will be held in the spring in Lower Cemetery, Phillipston, MA.

There are no calling hours.

Memorial donations may be made to Republican Masonic Lodge AF & AM, 215 Munson Street, Greenfield, MA. 01301.

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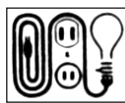
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Mother of the Skye has 30 years of experience as an astrologer and tarot consultant. She may be reached by email to cal.garrison@gmail.com

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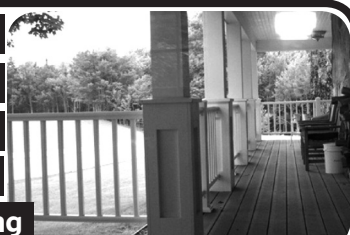
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View From Ludlow

by Ralph Pace

It's Mardi Gras time in Cavendish. The Cavendish Community and Conservation Association will be sponsoring its annual Mardi Gras events on March 5 at 7 PM. Some of the featured activities will take place in Crow's Bakery. It's usually a lot of fun and good Cajun-style food so, if you're in the vicinity, go to Proctorsville and enjoy a New Orleans-style night on the town.

If you're a viewer of LPC-TV, the public access cable channel 8 covering Ludlow, Plymouth, Cavendish, and Mt Holly (via cable channel 20), you've probably been seeing a lot of Black River High School basketball games. While the boys and girls squads have faced a difficult schedule this season, they have been out there doing their best. And the games have been made all the more interesting to watch thanks to the LPC crew of Bruce Perry, who handles the video taping of the events, and Bruce Schmidt, who adds color to the events with his play-by-play descriptions of the performances. It's really nice to know that we have people ready to dedicate their time and talents to such events.

Black River Good Neighbors Services (BRGN) will hold formal opening ceremonies at its new location in the renovated tank barn at the Ludlow Community Center complex on March 12 from 11 AM to 2 PM. If you haven't seen the tremendous improvement in BRGN's facilities, do yourself a favor and visit them. The new additional floor space has given them the ability to dramatically improve their display of clothing items; equally impressive is the greatly increased food display area (you actually can drive a supermarket cart through it to load up with various food items). Refreshments will be offered during this event.

For those of you seeking an outlet for your art and crafts talents, Fletcher Farm Arts and Crafts Center in Cavendish is now offering a number of courses during its Winter-Spring sessions. Incidentally, if you happen to live in either Ludlow or Cavendish, you enjoy a considerable discount on all the courses offered. It is certainly a way to avoid the "blah" times associated with the end of

winter and the "mud season" that follows it. Call them at 802-228-8770 for details.

FOLA (Friends of Ludlow Auditorium) has set the date for the first movie to be shown in the Ludlow auditorium as part of its efforts to bring motion pictures to the Ludlow and Black River area. On April 7, at 7:30 PM, FOLA will present the highly-acclaimed "March of the Penguins." The movie will utilize the new equipment purchased by FOLA along with the gigantic screen acquired by the town. According to Bruce Farr, FOLA's Program Director, everyone is invited to watch this colorful film. While there is no admission fee, donations are accepted to underwrite the cost of the film and equipment use. Some future movies in the near future will include "Butch Cassidy and the Sundance Kid" and "Mamma Mia." A full schedule will be announced following the first film.

It is also rumored that FOLA will present a series of movies to test out the equipment at a date to be announced that will precede the April 7 date. The purpose of this is to test out all aspects of the new equipment and its operation.

On March 26, at 7 PM in the Ludlow Auditorium, FOLA will also sponsor the first appearance of the Rutland Curbstone Chorus. The Curbstone is a large group of men who provide "barbershop quartet" music that covers all forms of popular musical venues.

Did anyone in Vermont realize that the state ranks as the 50th state in the Union for organ donations? Current there is an effort to improve this ranking. Apparently, designating your willingness to donate your organs via your driver's license does not ensure that such actions will be taken. The best way to ensure that your organs will benefit someone in need is to register with the organization that maintains such records. This can be done by contacting www.donatelifevt.org.

If you have any news about Ludlow or the Black River area that you'd like to see in this column, just send it to ralphpace@tds.net.



Everyone is welcome Friday, March 4, 3-6 PM at the Killington Arts Guild Reception for its Spring Art Show, "March On." This is an All Members Show 'til May 4. The show is at the Upstairs Gallery in Cabin Fever Gifts on Route 4 opposite the Killington Access Road.

The KAG Program Committee has announced activities for the coming year beginning Monday, April 4 from 7-8:30 PM with a Gathering of Poets. Most activities planned for the Upstairs Gallery at Cabin Fever Gifts. In previous years, the Sherburne Memorial Library has been the location for programs.

Maurie Harrington is the Art Director of the Fisk Farm, Island La Motte, Lake Champlain. She has her own show there August 11-25, participates in the Open Farm and Studio tour in North Hero and has been working with Champlain Islands Parent-Child Center. There she painted a mural for the school and wrote a book, "We are Going Exploring" based on art created by the children. In Killington she also worked on books; she painted the cover and did illustrations for KAG's book "A Gathering of Poets; A Vermont Anthology," and did illustrations for

a children's book by the late Marguerite Loucks Dye. Last November, she was interviewed for Mary Crowley's Art Show and she may be seen on channel 15. Maurie will be missed on the KAG Board of Director but we expect to continue to be guided by her imaginative ideas.

KAG 2011 - programs, receptions and workshops will be published in "Vermont Getaways" due out this Spring. The magazine is free. It is distributed wherever the Mountain Times is available, and at lodges, restaurants and stores.

Alice Sciore received a commission from the Pico Ski Education Foundation to create a commemorative painting depicting Pico's three legendary coaches, Karl Acker, Joe Jones and Greg McClallan on the famous rock that had recently been removed from the race course. She was given two very old and one recent photo, and did general research, including that of old ski bindings. She enjoyed the challenge and the historic significance of this project. The 21" x 27" painting was auctioned at the Pico fundraiser on Feb. 12.

Ann Wallen gives a painting workshop at the Sherburne Memorial Library every Tuesday from 10 AM until noon. The workshop is open to the public. Yvonne Daley's book, "Octavia Boulevard," is available at Annie's Book Stop (Rutland).

For information about KAG call 802-422-3824.

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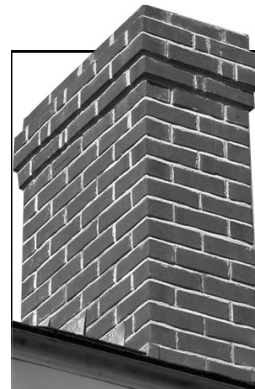
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Lakes Region News

by Lani Duke

The Mission Event of the United Methodist Church of Wells presents a tea cup auction/silent auction from 5:00 to 8:30 p.m., Friday, March 4. It takes place at the Modern Woodman Hall on Rt. 30. Call 325-3203 to find out more.

Eureka Lodge in Fair Haven holds a pancake breakfast on Sunday, March 6, from 8:00 to 11:00 a.m. In addition to pancakes, the menu includes French toast, scrambled eggs, bacon, sausage, hash, home fries, maple syrup, coffee, tea, and orange juice.

Former National Geographic photographer Steve Uzzell presents Open Roads, Open Minds, using his own photographs as the basis for discussing creativity and problem solving. The program takes place at 7:00 p.m., Wednesday, March 9, in Castleton's State College's Glenbrook Gymnasium. For info on getting your required ticket, call the college box office, 468-1119.

A Fair Haven Union High student enrolled in Stafford Technical Center's Hospitality and Entrepreneurship program received first place honors in the first annual statewide Entrepreneurship Education/Literacy poster contest, Building Entrepreneurship Education in our School. Victoria Rheame drew her poster by hand, competing against students from across the state. Jasmin Sun, also from Fair Haven Union and also in the Hospitality & Entrepreneurship program, received an honorable mention for her hand-drawn poster.

Castleton State College is taking part in the national "Canstruction" competition, March 7-9, built of cans of food donated by members of the college community. Team designs will promote school spirit or celebrate Vermont color and be built in the 1787 Room at the school. After the event, the gathered foods go to local food banks.

Kyle Nicholas Gearwar is valedictorian for Fair Haven Union High School's class of 2011. He plans to take pre-med courses in college and then attend medical school. Eric Joseph Jakubowski is the class's salutatorian. He plans to study biology with the goal of entering the biological research field.

FHUS sophomore won first place in the 145-pound weight class of the state junior varsity wrestling championships. Slater boys' basketball coach Bob Prenevost has been selected for induction to the Vermont Basketball Coaches Association's Hall of Fame. Induction takes place at the VBCA North/South Senior All Star Day at Windsor High School.

Fair Haven's winter carnival, held the week before vacation, was a great success, principal Brett Blanchard reported recently. He noted a snow sculpture competition, sledding, and snow golf outdoors, with movies, a pie eating contest, volleyball, a three-legged race, ladder ball, a drawing competition, and Jeopardy indoors. The junior class won a tug-of-war that ended the day. Thanks to the Student Council for planning and organizing these health-promoting activities.

Michael Kilpatrick of Kilpatrick Family Farm in Granville recently was a featured speaker at the Midwest Organic and Sustainable Education Service (MOSES) annual conference, speaking on winter growing and hophouse rotations.

Tinmouth Elementary School hosts the 14th annual Rutland Southwest Supervisory Union Friday, March 11 (5:00-8:00 p.m.) and Saturday, March 12 (10:00 a.m.-4:00 p.m.).

A foamball tournament at Poultney High School on March 11 benefits the class of 2011 Project Graduation. Think tennis played with nerfballs.

Proctor Place

by Stacy Bates

SAVE THE DATE! The Proctor Free Library will be presenting "Shipwrecks of Lake Champlain" on Thursday, March 24, 2011 at 6:30 p.m. in the Mortimer Proctor Room. With over 300 wrecks in its dark, cold waters, Lake Champlain has witnessed feats of heroism and terrible tragedies. Adam Kane of the Lake Champlain Maritime Museum relates some of Lake Champlain's most harrowing shipwreck stories from the Revolutionary War to present day. Take a memorable tour, through slides, drawings, and video of what lies beneath the waves. Free, and open to the public. Contact Lisa Miser 802-459-3539 for information. A Vermont Humanities Council event hosted by the Proctor Free Library

The Proctor School Board meeting minutes for February 8, 2011 were just released for publication.

During public comments Chuck Laramie who was a chaperone on the Model United Nations trip was there to explain their trip. Sarah Jalbert spoke about how it was a good learning experience. They learned about current events, how the UN worked and other countries' perspectives on issues. Ardra Landon spoke about how they met people from around the world. Jackie Ojala said that they were able to sit in on different college classes. Erin Keefe commented on learning about other countries' customs and how they interacted. Our students represented the country of Ghana. The students stated that they would have liked to have had more time to prepare for the event, but they really enjoyed going. There was a brief discussion with the board. Mary stated that she hoped that the students would be sending the Academic Boosters a thank you for their support. June thanked the board for their support. Lloyd thanked the students for coming to the meeting.

Next PES principal Nancy Erickson gave her report. She mentioned that she and Pati Beaumont, Principal of Rutland Town School, met to review and make suggestions on minimum, optimal and maximum school district average class size policy. Also there is a copy of the Mortimer Proctor Fund application for each school board member. The packet was submitted on January 31st. She then thanked Shannon Maass for coordinating a Faculty Breakfast on the last morning before vacation.

Up next was PHS principal June Sargent's report. Sargent has been attending classes and conducting formal observations of many teachers over the past several weeks. She anticipated wrapping up classroom observations in the first week of March, and will then begin the support staff evaluations. All teachers have had at least one formal observation this year,

and most will have two. June has also been working on the new website for the past few weeks. The community can now check out major events on the Calendar on the main page, and all athletics are posted under the Winter Sports section.

Finally was the report from the Superintendent, Wendy Savery. Wendy turned the meeting over to Cheryl. Cheryl had a bid handout summary for the board on the Lighting project bids. Longtrail Electrical contractors were the low bid @ \$93,500.00. Cheryl has checked all references and they came back positive. The school should be getting a \$47,000.00 rebate from Efficiency Vermont. The schools should see a combined annual savings in electric bills of \$19,000.00. There was a brief discussion. Mary made a motion to accept the bid from Longtrail Electric for \$93,500.00 to do the lighting project. Art seconded the motion. There was a brief discussion and the motion passed unanimously. Cheryl then gave the board members copies of the updated PFP Financial report. There was a brief discussion. Wendy gave the board members copies of the class size policy report. There was a brief discussion and the matter was tabled for a later date, due to questions on the recommended class sizes at the High School compared to the class sizes for the students in grades 4 through 6. Cheryl gave the board members copies of the power point presentation to be used at Town Meeting. She is looking for any feedback that board members might have on the report. Cheryl briefly went over the presentation.

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'Overqualified' Applicant May Be Best Person For Job

by Allison Bruce

It can be a common but discouraging thing for job seekers to hear: You're overqualified.

Some admit to leaving an advanced degree off a resume or not listing their entire career history to improve their chances at a job. Others question whether "overqualified" is just another way of saying "too old."

But while some companies shy away from considering applicants with more experience or education -- thinking they might want more pay or might leave for something better -- an automatic rejection could be a disservice to both parties, recent research and recruiters indicate.

"People are selling their companies short if they don't consider people who have more than the qualifications they're seeking," said Denise Figueiredo, a former board president of the National Human Resources Association. "I think it's really sad and unfortunate, not just for the candidates, but unfortunate for the companies that might have benefited greatly from adding that person to their staff."

Figueiredo said human-resources employees often feel overwhelmed when 400 or 500 people apply for a single job, and they turn to the "overqualified" label to weed through them.

A hiring manager might be intimidated by an applicant with education or experience equal to his or her own, she suggested.

"It's shortsighted ... to not consider that person," who "may work beautifully with the needs and requirements you have for that position," Figueiredo said.

A December piece in the Harvard Business Review discussed how recent research shows that "overqualified" employees tend to perform better and don't quit any sooner than other employees. Whether an employee stays or goes is really about job satisfaction.

The studies cited found that many workers stayed in jobs because of their work hours or the company's values and were more likely to be happy in their jobs when

given decision-making control.

Figueiredo said job seekers should address why they are seeking a job even though on the surface they may appear overqualified. Employers should know they would bring stability to the position, are "coachable" and willing to do what it takes to get the job done -- that what they are seeking is a satisfying job, she said.

But Cindy Lewis, director of career services for California Lutheran University, advises graduates against applying for a lower-level position. It can have lasting effects on their future advancement, she said.

"I would rather a student be out of work for a year and get re-employed where they should be ... than to take a job a lot lower than what they should be taking," she said.

Lewis acknowledges that some people out of work for a long time may feel pressure to take any job that comes along to pay the bills, but a resume that shows someone moving from a high-level to a lower-level job is "going to be hard on the salary for a long time to come."

Sai Chandavarkar, who has a background as a compliance audit supervisor, has applied for jobs for which he might be considered overqualified.

He said he has encountered an expectation that someone who worked higher up the ladder elsewhere will want more money or switch jobs quickly.

"That's a risk you're taking" as a business, he said. "As soon as the economy starts taking off, there will be a real risk from the employer's point of view."

Chandavarkar belongs to the Conejo Jewish Job Support group in Thousand Oaks, Calif. It meets weekly to discuss job seeking and networking.

Some think "overqualified" is an excuse to eliminate older applicants. Robert Munoz Atkinson, another Conejo group member, said he hasn't run into that form of discrimination but knows others who have.

In his field of engineering, Atkinson said, companies can get an employee fresh out of college who knows the latest on computers, applications and theories -- often for a lower salary. But they lose out on someone with experience who knows how to find answers and solve roadblocks outside of a textbook, he said.

Companies need to consider that an applicant may be looking for more work-life balance and not seeking higher pay or the 80-hour workweek that comes with it, Figueiredo said. An older worker may be less likely to move to another company with higher pay and a bigger title than a young worker wanting to rise quickly.

It comes down to finding the right match based on the individual, she said.

"You have no guarantee of anyone staying. If it's not the right environment for that individual, they're going to bail. It has nothing to do with being overqualified."



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Home & Garden

Snow Helps and Hampers Maple Syrup Producers

by The Associated Press

The mountains of snow that have buried the Northeast this winter will have a sweet - and just slightly bitter - taste for the region's maple syrup producers.

Sweet because an abundance of snow actually helps with the production of the sap that is boiled down to produce syrup. But bitter because, well, too much snow is just as much a chore for maple syrup producers to deal with as it is for the rest of us.

And most of us don't make our livings - or even hobbies - out of clambering over snow drifts in the woods tapping trees and repairing plastic tubing to gather sap from far-flung maple trees.

Still, on the whole "snow is considered a good thing," says Steve Childs, New York state maple specialist with Cornell University.

It moderates the temperature in the woods, keeping it cool if the air warms up, which is good for maple. The snow layers also insulate the ground, keeping it from freezing too deep so trees can draw up moisture during sap flow, which can start in February, or earlier if there's a thaw.

"So we like to see some snow," he said. "Of course, if it gets deeper than what maple tubing lines are then it gets to be quite a problem, but I don't think we're there in most places. That's usually like 3 feet to 5 feet."

Of course, winter isn't over quite yet.

With another big storm, some farms could be approaching that, with more than 2 feet of snow already in the woods at the beginning of February.



"The deep snow will keep the ground thawed out so sap will start when the air temperature is ready," said a syrup producer and dairy farmer. "The deep snow will keep the sap cool, air cool, so that it will make lighter syrup."

Lighter syrup is typically produced early in the season when it's colder. As it warms up the syrup tends to get darker with a more robust flavor as microorganisms feed on the sugar coming out of the tree.

"It's kind of like cheese. The flavor is dictated by the microorganisms," said Timothy Perkins, director of the University of Vermont Proctor Maple Research Center.

Since the farmer has a bad knee, his nephew hikes around their nearly 20 acres in early winter when there's only about a foot of snow on the ground to check the plastic tubing that runs tree to tree to collect sap. After two storms dumped more than 2 feet of snow in early February, they'll have to use snowshoes and snowmobiles to get out to tap the nearly 2,000 trees, unless there's a big thaw.

Thanks to all that snow, the whole process could take three to four days, rather than one to two when there's not much left on the ground.

"It just gets harder to work in the woods," said Winton Pitcoff, coordinator for the Massachusetts Maple Producers Association. "The guys that are running tubing deep into the woods are used to having to use snowshoes and stuff like that, but with 4 feet of snow on the ground it just gets harder and harder."

His advice: wait. "The snow will compact eventually," he said.



Last year, spring came on fast in New England, warming up too much and cutting the season short for some, particularly those who collect sap in buckets hanging from trees. That's prompted more producers to install vacuum lines, which actually pull the sap from the tree.

"Particularly after last year the evidence was really there that it makes a huge difference," said Pitcoff. "You get more sap, significantly more sap."

But making predictions about the season is a crap shoot. It all comes down to the weather during those several weeks of sugaring season. That's the period when temperatures rise above freezing enough for trees to run sap and before it's warm enough for them to push out leaves.

Warm days followed by below freezing nights is prime sugaring weather, so that frozen trees full of sap thaw out and push out sap through holes and then freeze up at night and suck in moisture from the ground for more sap production.

The previous spring and summer also play a role.

Vermont - the country's maple syrup giant, which produced 890,000 gallons in 2010 - had a good growing season last year. With ample moisture and plenty of sunshine the trees were able to produce enough sugar through photosynthesis.

"They went into the winter being very healthy," said Perkins said.

The snow will help, Childs said. And it's likely to provide ample supply for sugar-on-snow parties. But syrup producers won't know what kind of season they're having until it's all over.

"It could turn 70 degrees and all the snow could leave in 3 days and we'd be right back where we started from," Childs said.

Starting Seeds and March Gardening Tips

by Charlie Nardozi, Horticulturist and Leonard Perry, UVM Extension Horticulturist

Organizing your seeds and starting many, pruning young leeks, and forcing shrub branches into bloom indoors, are some of the gardening activities for this month.

Organize seed packets by planting time. Some seeds are generally sown directly in the garden so should be set aside into one group. These include ones such as corn, beans, and carrots. A few flowers are often sown directly into the soil, including sweet peas and nasturtium. I like to sow most of my seeds, even ones such as squash that can be sown directly, into peat pots or cell packs prior to get a slight jump on our usually short growing season.

Group seeds to be started indoors, then arrange them by planting time. For example, start with seeds that should be planted indoors 8 weeks before the average last frost, followed by those to be planted 6 weeks before, and so on. If you haven't tracked, or aren't sure of, your average last frost date, figure on perhaps mid-May in USDA zone 5, late May in zone 4, and early June or later in zone 3. This date of course varies with your own more specific climate and year.

Some of the flowers you may want to start about 8 weeks from setting out include ageratum, coleus, dianthus, geranium, impatiens, ornamental millet, petunia, salvia, and annual vinca. Wait until later to start most vegetables, although parsley might be started 8 weeks prior to planting out. Many end up starting tomatoes too early, ending up with spindly and leggy plants. Aim for about 6 weeks prior to planting for these.

By starting your own plants, you'll save money and be able to grow unusual varieties not readily available in nurseries. Start seeds in flats filled with moistened seed-starting mix. Once the seeds germinate, place the plants under tube lights or grow lights (14 hours a day, 6 to 8 inches above seedlings), and keep soil moist.

If you started leeks indoors already, they are probably getting pretty tall by now. Trim them back to about 2 inches in height, so they don't get spindly and fall over.

Like grasses, leeks grow from near the soil line rather than from the top, so you won't harm the growing point by trimming them back.

Prune branches and bring them indoors to force into early bloom. Prune flowering shrubs such as forsythia, quince, mockorange, deutzia, and honeysuckle. Tree branches easily forced include crabapple, apple, cherries, serviceberry, and of course pussy willow. Some like to soak branches in a bathtub overnight. Trim the branches to a reasonable size for your vase. Place in water, and you should have flowers in 2 to 4 weeks for many of these.

March also is a good time to prune fruit trees. Choose a day above freezing if possible, as it is easier on you as well as on the tree. First, check for and remove the 3 D's—branches that are dead (usually a different color), diseased (look for scabs or spots), and damaged (as from ice damage or wind breakage). Then check for and remove the 2 C's—branches that are crowded or crossing (they'll rub on each other, wearing off the bark where disease can enter). Finally, prune selectively, shaping the tree according to its age and type of fruit tree.

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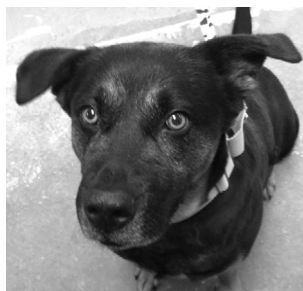
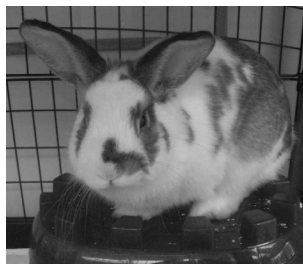
PHANTOM - 5 year old. Neutered Male. Domestic Long Hair Black. I have lived with other cats, dogs and young children and seem to be just your every day kind of kitty.

MISTLETOE - 3 year old. Spayed Female. Domestic Short Hair Tortoiseshell. I'm a real sweetheart who will happily greet you at the door to the Community Cat room when you come to visit me and my friends.

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

GUMBY - Adult. Neutered Male. American Rabbit. I am a very sweet guy and am proud to be a bunny rabbit. I don't mind being held for short periods of time.

KIRA - 6 year old. Spayed Female. Rottweiler mix. I'm a beautiful lady with the softest fur! I enjoy being with people and walk nicely on a leash. I know Sit and Shake.



FLUFFY - 3 year old. Spayed Female. Domestic Long Hair Gray Torbi. It has been inside-only living for me! I was told when I was much younger that the outside was a big scary place.

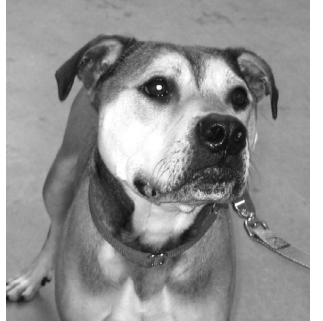
DRE - 4 year old. Neutered Male. American Staffordshire Terrier mix. I'm a handsome fella who is playful and fun. I know Sit and Down and would like to learn more tricks! I enjoy being with people.

ORCHID - 1 year old. Spayed Female. Hound mix. I'm an adorable young lady who is energetic and fun! I love to play with toys and be with people. I know how to Sit.

SPITFIRE - 1 year old. Spayed Female. Domestic Short Hair Black & White. I am a bit of a shy kitty when it comes to new things. I am really a very sweet little girl and just love attention.

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

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.



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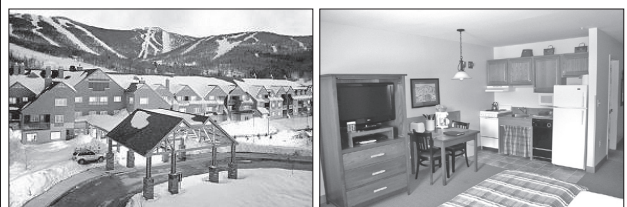
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Refis Expected To Fall, Along With Home Prices

by Marcie Geffner

If you own a home or want to buy or sell one in the next few months here are industry trends worth watching.

Mortgage refinancing is expected to experience a "very steep drop" in 2011 compared with 2010, according to Michael Fratantoni, vice president of research and economics at the Mortgage Bankers Association in Washington, D.C.

The prospect of higher interest rates on home loans is one reason for that outlook, but not the only one.

Homeowners who have ample equity, sterling credit and steady employment probably refinanced at least once in 2009 or 2010, locking in low fixed rates and consequently, have little or no incentive to refinance again in 2011, Fratantoni said.

Those who didn't refinance in the last two years due to inadequate equity, unstable employment or impaired credit probably won't do so this year either because, while still-low interest rates may create an incentive, those challenges will remain.

It's no secret that it's much more difficult to qualify for a home loan today than it was in the past. That's unlikely to change any time soon, Fratantoni said.

The tight lending guidelines are the result of lenders' new conservative attitude toward the risk of bad loans and the real possibility that Fannie Mae or Freddie Mac will force them to repurchase sold-off loans, sometimes due to technicalities. When lenders are forced to buy back loans, they lose money.

Lenders are being "extremely cautious" and asking for "voluminous documentation," Fratantoni said.

For borrowers, that can mean multiple credit checks, income verifications and appraisals.

Borrowers seeking a low down payment loan insured by the Federal Housing Administration, or FHA, will be subjected to higher standards in 2011, due in part to lenders' added-on requirements, known as "overlays."

Now is supposed to be a great time to buy a home. Mortgage rates are low and prices have fallen. The combination makes dwellings relatively more affordable. Plenty of homes are on the market, and inflation, presumed to be on the horizon, could boost home values over the long term.

Yet many might-be buyers remain on the sidelines. A third-quarter survey by Fannie Mae found that 33 percent of those asked said they were more likely to rent than to buy their next residence.

The recent rise in mortgage interest rates should be "an alarming event" for anyone who wants to buy in the next few years, said Sean O'Toole, CEO of ForeclosureRadar.com. "That should have them thinking about buying sooner rather than later," he said. "If rates do go up, prices will come down, so it's probably a wash."

Selling a home will be a challenge due in part to a dearth of qualified buyers and the huge "shadow inventory" of homes that are stuck in the foreclosure process, but not yet on the market. If those dynamics and high rates of unemployment persist, so will the downward pressure on home prices.

Consider Longer Mortgage To Combat Money Troubles

by Allan Kunigis

When money is scarce, borrowers may benefit from turning conventional wisdom on its head and opting for a mortgage refinance over the longest possible period.

This can help lower monthly payments and free up hundreds of dollars each month for other obligations.

"If you're trying to stave off a short sale or foreclosure, extending your loan term will surely help make your mortgage payments affordable again," says Ritu Agrawal, co-founder of The Money Ladder, a personal financial advisory firm in Minneapolis.

Agrawal acknowledges some drawbacks to opting for a longer loan.

"One is that you will pay more in interest over the life of the loan," she says. "Also, if you were to sell your home after a few years, you would accumulate less equity than you would have under a 15-year or shorter-term mortgage."

But borrowers struggling to meet monthly financial obligations or facing foreclosure have far more pressing concerns than how much more they might pay or save over the life of the loan.

"Our clients who have experienced an adverse event, such as a layoff, divorce or a major medical expense, often seek to reduce their mortgage payments while they try to get their finances back on track," Agrawal says. "It's much better to have a longer-term mortgage than to risk losing your home or damaging your credit by making late payments."

Jay Dacey, a mortgage planner in the Minneapolis area, also believes it can make sense to extend the mortgage term and reduce the monthly payment.

"Let's say life happens and you are stuck paying for a new furnace, car transmission or Junior's tuition bill," he says. "Having a 30-year term instead of 15 years lowers your monthly hurdle. You can always pay extra (from month to month), but never less."

Although many people equate being debt-free with wealth or security, Dacey calls that concept outdated.

"Just because your home is free and

clear of mortgage debt doesn't mean you are wealthy," he says. "But having your assets compound and pay you dividends can build wealth."

While refinancing might be beneficial, not everyone will qualify. In the post-housing bubble period, credit is not always easy to obtain.

A borrower's credit score is important. "You are in the driver's seat if you have a 740-plus score," Dacey says.

Borrowers in the 620 to 660 range will tend to pay 2 percent to 3 percent more in fees or a 0.5 percent higher rate.

"Certain FHA lenders still fund refinances for borrowers with sub-600 credit scores, as long as the applicants meet other criteria," Dacey says.

Such criteria include having appropriate debt-to-income and loan-to-value ratios and adequate asset reserves, Dacey says.

Some borrowers facing a mountain of financial difficulties may find it difficult to overcome the tendency toward inertia, says mortgage banker Jason Bonarrigo of Wells Fargo Home Mortgage in West Roxbury, Mass.

"It's human nature to want to bury your head in the sand," he says.

But he advises talking to your bank or to an attorney. "Consider a short sale, which is much better for your credit than a foreclosure is. Let's agree that this isn't going away, so go forward now to minimize the damage to your life so that you can turn it around faster."

According to Bankrate's latest national survey, the 30-year fixed-rate mortgage dropped 7 basis points, to 5.09 percent.

Other mortgages tended to follow suit, with the 15-year fixed-rate mortgage falling to 4.37 percent, a decline of 6 basis points. A basis point is one-hundredth of 1 percentage point. The decline was also 6 basis points for jumbo mortgages, or generally home loans larger than \$417,000, which sank to 5.67 percent.

Meanwhile, the 5/1 adjustable rate mortgage skidded 12 basis points, to an average of 3.93 percent. With a 5/1 ARM the mortgage rate is fixed for five years, then adjusted annually thereafter.

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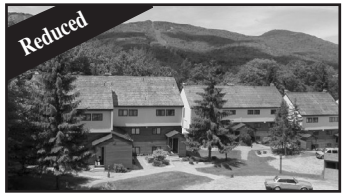


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Valley Park			\$99K		
Silver Birch			\$125K		

MAGNIFICENT GREAT ROOM • 2BR+den+sleeping loft, laundry rm • Oversized 2 car heated garage • Hike & VAST trails nearby \$249,900	OUTDOOR HOT TUB www.396AnthonyWay.com • 4BR/3BA renovated home • Views, stone fireplace • Finished basement with rec rm \$299,000	SNOWMOBILE TRAIL ACCESS • 3BR/3BA-Garage-Mtn Views • Stone F/place-South Exposure • 20x15 Master Suite - \$469K	GRIST MILL AREA • 4BR/3.5 BA -Outdoor hot tub • New roof, 2 kitchens • Large deck \$399K
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NEXT TO GOLF COURSE • 4BR/2BA -large Master • Spacious & Light Kitchen • Paved Driveway \$359,000	SKI BRIDGE AREA • 4BR/2BA - outdoor hot tub • Stone fireplace, metal roof • Close to ski bridge \$285,000	ECONOMICAL "CREAM PUFF" • 4BR/3BA + 3.5 car garage • Solar design, loft/den, Paved driveway • Midway Rutland/Killington - \$465K	NEAR VAST TRAILS • 2BR - 1.5 BA - Oil Heat • Bridgewater- Annex Bldg. • Open Floor Plan - \$169K
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GREAT TRAIL VIEW! • 3BR 4BA+den+Mudrm, 3Ac • large kitchen, indoor whirlpool • 2 master suites w/fplaces \$449K	DUPLEX OR LARGE HOME INCOME PRODUCER • 3BR/2BA per side, turn-key • Upgraded - wd burning f/places • Open Floor plan \$339K	LOG HOME • 2-3 Bedroom, 1 bath • 4 mi. to Killington Rd • Wood floors \$278K	EXQUISITE RETREAT! • 3BR/2.5BA w/guest suite • 2 Stone fireplaces,loft, wine cellar • Overszd 2-car heated garage \$689K
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AT THE BEAST, A SEASON PASS IS A BADGE OF HONOR.

2011-12 Killington Season Passes are now on sale, offering guests who purchase and pay in full the opportunity to use their 2011-12 Season Pass starting March 18, 2011 or they can opt for the payment plan* and start using their pass next season.

UNLIMITED PASS* | **\$1049**
ADULT (AGES 19-64)

Youth (Ages 7-18) \$699; Senior (Ages 65+) \$699; Child (Ages 6 & under) \$39

You need unlimited access to both Killington Resort and Pico Mountain because you're in the lift line waiting for it to open and chomping at the bit for first tracks! The Unlimited Pass is a necessary tool for skiers and riders who hit the mountain more than 13 days a year and it's valid every day of the season.

BLACKOUT PASS* | **\$729**
ALL AGES

Quality and value without the crowds! The Blackout Pass is perfect for those who hit the slopes 10 or more days a season and want to avoid peak periods. The all ages Blackout Pass is valid all season at Killington Resort and Pico Mountain with the exception of 18 blackout days (12/26/11-1/1/12, 1/14-15/12, 2/18-26/12). Blackout Pass holders will receive two floating days that may be used on any blackout day of their choice.

MIDWEEK PASS* | **\$429**
ALL AGES

Escape the weekday routine! The Midweek Pass offers outstanding value for those with the flexibility to ski before work or school, after work or school or playing hooky on a powder day! The Midweek Pass is valid Monday through Friday at Killington Resort and Mondays, Thursdays and Fridays at Pico Mountain with the exception of peak days (12/26-30/11 & 2/20-24/12).



**BUY YOUR SEASON PASS NOW AT THE SNOWSHED SALES CENTER, ONLINE
AT WWW.KILLINGTON.COM OR CALL 800-887-3257 BY APRIL 28, 2011.**

*2011-12 Killington Pass must be paid in full to ski or ride from March 18 through the end of the 2010-11 season. Season passes purchased by the April 28, 2011 early price deadline are eligible for the Summer Payment Plan for an additional non-refundable fee of \$25 per household order (not per pass). Simply purchase a pass with a credit card online or by phone (800-887-3257) by April 28, and pay 33 percent of the total purchase cost at the time of your order, another 33 percent will be automatically charged to your credit card on June 30, 2011 and the final 34 percent will automatically be charged to your card on August 30, 2011. All passes are subject to 7% Vermont state and local tax. Some restrictions apply. ©2011 Killington/Pico Ski Resort Partners, LLC.