



Community Benefits

Help support those in need by attending one of the benefits helping victims of Irene.

PAGES 6, 10, 15, 20

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The Mountain TIMES

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September 29-October 5, 2011

Volume 40, Number 39

GENERATION Y

Qwik on the Draw

On September 18, the CEO of Netflix, a guy named Reed Hastings, sent to his customers one of the weirder letters you'll probably ever get from the CEO of a billion-dollar company.

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ARTS & ENTERTAINMENT

Concert For the Killington Area

On Sunday, October 2nd, friends, neighbors and local musicians will "band" together to help those strong Vermonters who are starting to rebuild their lives.

PAGE 20

HOROSCOPES

Listen to Your Mother

As always Mother of the Skye is here to lend a hand with the influences affecting your life. See what she has to say about you and your future.

PAGE 25

LOCAL

Regional News

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

PAGES 21-25

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photo courtesy of Killington Resort

A Beastly Weekend "On-Tap" For Killington

by Desmond Jones

While the experts and politicians have been discussing and analyzing the "economic impact" of Tropical Storm Irene the road crews have been working hard and the entire Killington region has been gearing up for a huge October and a busy winter ahead.

This weekend the Beast will roar once again with more events, local music and more excitement than anyplace else in New England. While Columbus Day may be the biggest weekend of the fall in Vermont this weekend is certainly one of the best. The Killington Brewfest, the Pico Ski Club Ski Swap and the

Concert for the Killington Area are just a few of the many things "on-tap" for the first weekend in October as the leaves explode with color all around.

Dave Dixon, a bartender at the Garlic Restaurant, sums up the feelings of all of the service personnel and business owners when he says, "We can't wait to see all of our friends. The support and compassion, plus all of the calls and messages, have meant so much to all of us but it will be great to finally see their faces again."

The Killington Brewfest will take center stage this Saturday as hundreds and hundreds of beer lovers will sample over 75 craft and specialty beers and ales fea-

turing some of Vermont's finest brews. Held at both the Snowshed Base Lodge and the Long Trail Pub, this annual event is always sold-out and has become the "unofficial" start of the ski season as ski share friends get together to plan out their winter.

"I haven't missed one single Brewfest in 11 years," say Joe Palermo from southern New Jersey, "and I was very nervous that this year was going to end that streak. I am amazed that the people of Vermont and Killington have bounced back and rebuilt so fast."

Joe says that he and his "winter

On Tap on Page 3



photo by Sheryl Rapée-Adams
*Outdoor Gallery at ColorBakery.com
on York & College in Poultney*

Fall in Love with Vermont

Sheryl Rapée-Adams

On a crisp, golden morning that hinted of autumn's return, a bald eagle flew into town.

"It was in the middle of Pittsfield, said Drew Hawley, a Pittsfield resident, who saw the eagle. While it's just another early fall day in Vermont, even well-seasoned Vermonters stop to delight in such a sight.

That afternoon, Hawley, a hiking guide at Killington's New Life Hiking Spa, was at Kent Pond with spa guests including Phil Turner, who lives in the San Francisco Bay area. Turner took his fitness vacation

in Vermont for reasons both nostalgic – he's a University of Vermont alumnus – and practical.

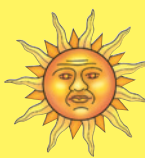
"It was Vermont or Utah, and Utah was much more expensive," noted Turner. "Here, the foliage is already turning."

Rising aloft over Pittsfield, the eagle's view would include the scenically twisting Route 100 and "The Crossroads of Vermont," the intersection of State Routes 4 and 7 in Rutland. Back down on earth, these roads lay Vermont's offerings at travelers' feet.

Vermont on Page 3

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Forecast Received
September 27, 2011

WEATHER

Wednesday	Cloudy	HI
Thursday	Showers	70°
Friday	Showers	65°
Saturday	Cloudy	60°
Sunday	Sunny	59°
Monday	Sunny	66°



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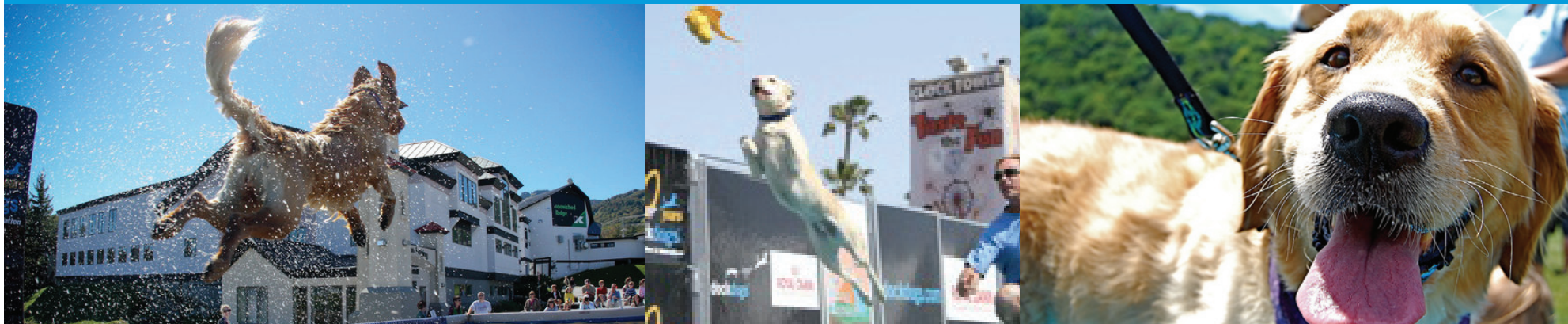
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On Tap

continued from page 1

people” always get together for Brewfest, even if they haven’t seen each other all summer long.

“It’s our first weekend in Killington every season and it sets the tone for the whole winter. Brewfest is what Killington is all about to us, good friends, good times, good music, good Vermont beer... The only thing missing is the SKIING,” says Palerno.

And there will be no shortage of Vermont breweries making an appearance this year with Harpoon Brewing, Otter Creek, Switchback, Northshire, Wolaver’s Organic Ales, Magic Hat, Wood Chuck Cider and Trout River Brewing all showcasing their fine families of elixers and bringing along some great prizes for the crowd.

Long Trail Brewing, Killington’s “home town brew,” is located on Route 4 in Bridgewater Corners and is always a “fan favorite.” This year they’ve said they are working on a secret surprise for all of their loyal and thirsty patrons.

One anonymous Long Trail source reports, “It’s something special, something

cold, something delicious and something perfect for everyone who weathered the storm. We are hoping to introduce it at the Killington Brewfest but you’ll have to come and see for yourself.”

The Pete Kilpatrick Band and Joey Leone’s Chop Shop will take the Snowshed stage to keep the crowd dancing and the joint jumping.

In addition to the Brewfest, the Pico Ski Club will hold its annual Ski and Snowboard Swap at Pico Base Lodge Friday night through Sunday afternoon. This is a great chance to pick up some great gear to start the season off right.

New and used equipment from Killington Sports, First Stop Ski Shop/Snowboard Barn Shop and a large Massachusetts retailer will be available along with consignment clothing and equipment from Ski Club members and the public. There will also be a big collection of new U.S. Ski Team and U.S. Snowboard Team sweatshirts, t-shirts and caps at incredible prices.

The Pico Ski Club Swap accepts Visa, Master Card, cash and personal checks

and the “insiders” will tell you to look for the best deals on Sunday.

The “Grand Finale” of this tremendous weekend will be the Concert for Killington Area on Sunday. This three stage “block party” will take place at both the Lookout Tavern and the Outback Pizza and will feature an outside stage to hold the greatest collection of local musicians in Killington’s history. All proceeds from this event will benefit charities to help our friends and neighbors who suffered a loss during the storm rebuild and start to move forward.

After the storm passed, “Guitar Wizard” and local legend Joey Leone decided to get the best musicians in Vermont to “band” together and help those in need.

“This is an amazing community and the donations and support we have received have been unbelievable,” says Leone, “this is going to be a bigger show than any other you’ve seen in this town. There will be three stages full of amazing musicians; food generously donated by local restaurants, a silent auction, raffle prizes and our special concert t-shirts will

be available all day long!”

Bands scheduled to perform include Joey Leone’s Chop Shop, Bow Thayer & the Perfect Train Wreck, Jamie’s Junk Show, Chad Hollister, Tony Lee Thomas, The Idiot’s, Rick Redington and many more.

One beneficiary charity will be We Are K-Town / Irene’s Islands which was established by Linda Ross, a Killington service professional for the last 16 years. All funds go directly to the people in Killington, and the surrounding communities, who need help rebuilding their lives.

“I couldn’t believe all the calls I received from all over the East Coast and beyond. Calls from friends and visitors that wanted to help,” says Ross. “We established this fund to get that help to our neighbors as quickly as we could! This is a show that you will not want to miss!”

(For more info about the Killington Brewfest visit www.killington.com, for Pico Ski Club Ski Swap info visit www.picoskiclub.com and for information regarding the Concert for the Killington Area visit their website at www.theconcertforkillingtonarea.org.)

Vermont

continued from page 1

And yes, you can get there from here. These roads are open. Travelers can head out with confidence that the fall foliage, the apple crop, most covered bridges, and Vermont’s other classic autumnal offerings remained safe from the late summer floods.

The best first view is from above. An easy 1-mile-loop hiking trail to Deer Leap in Killington culminates in breathtaking views. The descent segues neatly down to the Inn at Long Trail, situated at the Deer Leap trailhead, where tasty meals and local brews await.

Killington Mountain visitors can board the gondola and glide a mile-and-

a-quarter to Killington Peak (10 a.m. to 5 p.m. daily). From the top of the 4,241-foot mountain on a clear day, all New England states and Canada are in clear view. The area also boasts picnic spots, peak walks, and 45 miles of mountain biking and hiking trails.

Just north of Rutland City, an unusual walk awaits visitors at Hathaway Farm’s Corn Maze in Rutland Town (www.hathawayfarm.com). The maze sports a new four-way bridge, interactive trivia game, and scavenger hunt for Rutland Town’s 250th anniversary, with winnable commemorative t-shirts. Visit the animals in the Livestock Barn, including baby

lambs Oscar and Clarence. The farm store sells maple syrup and other iconic tastes of Vermont.


Brandon boasts one of Vermont’s extraordinary farmers markets. Bouquets of fresh carrots explode in fall’s purples, yellows, and oranges. Fridays, 9 a.m. to 2 p.m. in Brandon’s Central Park, folks fill the aisles of stands selling the colorful carrots, other fresh

produce, baked goods, jams, sauces, maple products, specialty foods, and locally made products.

“Sally Wood sells her jams, fresh cut flowers, and aprons there,” said Mei Mei Brown, who has lived in the area since 1975 and in Brandon since 1991. “She makes a garden apron with a large pocket in the front to collect produce. She modi-


Vermont On Page 7

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The Leaves are Pretty But the Beauty of Vermont is in its Roots

by Royal Barnard, publisher

As our pretty state recovers from the visit of “Hurricane Irene” we’re reminded again of the magic of Vermont.

The leaves and branches of our trees are the outward image of “The Green Mountains,” and as we know, they come and go.... from tiny buds on the branches, to pastel green foliage, then to an array of fall color and finally back to dormant sticks.... an endless circle of life.

We love it here for the constant changing of seasons, and as a result, we must be a resilient people. The early settlers to Vermont soon learned that the mountains may be pretty, but their covering is only a foot or so thick, and everything under it is solid rock. They soon adapted a rhythmical Vermont adage that’s still in vogue.... “Use it up - wear it out - make it do - or do without.”

You may have noticed that we’re protective of our state. Billboard advertising was banned decades ago. Land use regulations have been in force for decades. We are leaders in education, health, crime control, and in valuing “being green and living local.”

We consistently rate as being among the absolute “best places to live in America” maybe in the world

for that matter.

We are survivors. We have resources. As Governor Shumlin recently said “Vermonters have tractors and back-hoes while others may have BMW’s and Mercedes’.” This is part of the reason we cleaned up in days instead of in weeks or months.

I’m a dyed in the wool “yankee.” My family arrived here around 1783, having fought in the American Revolution and then moving from Connecticut to Vermont. I’m proud of this, but I’m just as proud of the person who moved here yesterday and took up productive work. I simply had the good fortune to be born here, but newcomers arrive because they want to be here, and they typically arrive with skill, energy and enthusiasm.

We attract many such folks, lots of whom have been our friends and customers at The Mountain Times, where we mutually serve the tourism industry as well as our neighbors. There is hardly another segment of the economy that is so rich in talent and creativity.... a sort of “artist colony” of entrepreneurs, if you will.

When our region was hit by Irene we showed a panorama of colors of human spirit that dwarfs the color of the leaves. We have roots. We have a sense of belonging. Neighbors count in Vermont. In times of crisis, borders disappear, arguments subside, and the norm is that “what I have is yours if you need it.”

During the aftermath of “Irene,” the Towns of Pittsfield, Stockbridge, Rochester, Killington, Plymouth and others were literally isolated “islands,” with no means of getting in our out other than by air or on foot. I have heard few if any complaints. Yes, there was loss and sadness, but residents banded together as giant families and took care of each other.

Whatever “Irene” took away from us we got back in human spirit and energy from among ourselves. This power will be with us long after the leaves fall from the trees, and indeed much after we’ve forgotten about “Irene.”

There’s a once in a lifetime opportunity for those of who live here, and for those who visit to soak up this spirit and to continue to help each other. At this very moment, and throughout the coming year, Vermonters are assembling in a myriad of fundraising and recovery celebrations. Don’t miss the chance to mingle with the crowds and to experience the power and magic of Vermont with it’s spiritual roots showing..... the roots that are the true source of the overall beauty and magic of our State.

Please do check out this edition of The Mountain Times for information on recovery events. Check our website at www.mountaintimes.info. Look at other newspapers and websites for their list of activities.

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GENERATION

By Brett Yates



Qwik on the Draw

On September 18, the CEO of Netflix, a guy named Reed Hastings, sent to his customers one of the weirder letters you’ll probably ever get from the CEO of a billion-dollar company.

It began with an apology for the enormous price increase that The Netflix Team had announced in late July. Quickly, however, it became apparent that Reed wasn’t actually going to do anything to ameliorate the situation; Netflix wasn’t reverting to its earlier prices – he just kind of felt bad that people were so upset (because of

him), and he wanted to apologize.

The weirdest part was that, in the midst of apologizing-for-but-not-fixing his prior error, Reed took the time to announce plans to commit a way more annoying error – he wanted to split Netflix into two separate branches, forcing customers to deal with two companies in order to receive the same services they’d previously gotten, conveniently, from one. And, amazingly, the error was obvious to everyone who read the letter but, apparently, not to him.


See, for several years, Netflix – which, as I’m sure you know, has been the nation’s most successful video-rental company for a while – delivered movies and TV shows to its customers by two methods: streaming media, which the Internet transmitted into your home, and DVDs, which the U.S. Postal Service dropped into your mailbox. The streaming media and the DVDs filled different needs – the former gave you instantaneous (though limited) content, while the latter offered way more choices at a way slower clip – but the two services were perfectly integrated: from one website, with one account, you had access to both inventories, and when you searched for a movie, you knew instantly if it belonged to one or the other and could choose which way you wanted to receive it.

Unfortunately, Reed has decided to break up these two complementary catalogs: pretty soon, “Netflix” will deal only in streaming media, while its newly created sibling, “Qwikster,” will handle the DVDs on a completely independent, un-integrated website. So, I guess, if you like DVDs,

Generation Y Page 5

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Killington Resort Unveils Plans to Replace Superstar Pub

Vermont's Killington Resort will replace K-1 Lodge's Superstar Pub with a new deck and Meissl Umbrella Bar, named the "Roaring Brook Umbrella Bar."

Due to tropical storm Irene, the Superstar Pub was knocked from its foundation by the flooded Roaring Brook and consequently partially collapsed. Fortunately, the adjoining K-1 Lodge was built on a separate foundation and there was minimal damage to the K-1 Café, Mahogany Ridge Pub, Mountain Bike Shop, Rental Shop and bathrooms.

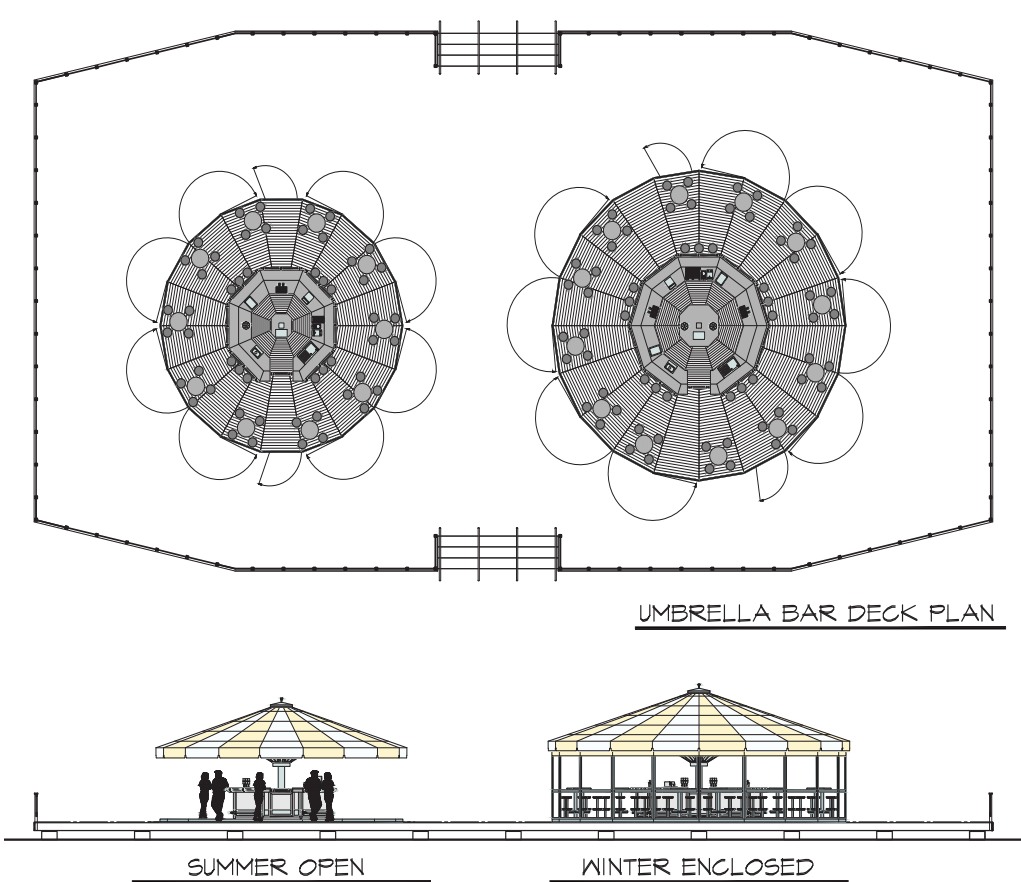
"Killington Resort, along with many communities, sustained damage from tropical storm Irene," stated Chris Nyberg, president and general manager for Killington Resort. "Structures can be replaced, roads can be fixed and we are pleased to offer another place for our guests to grab a light bite to eat and relax beside this season with the new Roaring Brook Umbrella Bar."

Killington Resort will start to build

the deck in place of the Superstar Pub in the beginning of October. The new structure will include two heated Umbrella Bars with seating for 100 people plus, 200 additional seats on the deck. The Roaring Brook Umbrella Bar will serve up beverages, light fare and some music. In addition, this fully equipped bar area and deck is designed to withstand all weather conditions and will be open year-round providing guests with optimal views of Killington Peak, Skye Peak and the Superstar Trail.

"Our crews have successfully dismantled and removed the Superstar Pub and restored Roaring Brook to its original stream bed," continued Nyberg. "We will begin to build the deck beside Roaring Brook in the next couple of weeks and we anticipate opening the Roaring Brook Umbrella Bar by the end of November."

Killington Resort will be one of the first resorts in the East to open for the 2011-12 season.



Architectural rendering of the Roaring Brook Umbrella Bar.

Generation Y

continued from page 4

you'll have to sign up again, redo your queue, and, unless you cancel your Netflix account, spend the rest of your life logging into two different websites in order to obtain nothing different from what you used to get from just one.

This may sound to you like a minor inconvenience – and of course you're right, but what I think really gets to customers about it is that it's so obviously stupid, so strictly senseless that the change almost seems as though it were designed solely to annoy us, to show contempt for us. Netflix's stock, which traded at \$300 two months ago, now sits at \$130.

If you discard the notion that the company is bent on self-destruction, you have to wonder: what was the reason? Surely none of the empty ones listed in Reed's letter or its accompanying YouTube video ("When we looked forward at our business, we realized: over time, DVD and streaming were becoming more and more different" – they're not, and who says one company can't sell two slightly different products?) had anything to do with it. Some people have speculated that Netflix, having realized that streaming media is the future, is trying to distance itself from its DVD operation and will ultimately sell it off – but then, if that's the case (or even just the general perception in the industry), who'll want

to buy Qwikster?

My guess is that some companies simply possess a cacoethes for change, a belief that, even though everything may seem fine the way it is, if you're not shaking things up, you're actually dying. You must move forward at all times, even if "forward" is actually backward (New Coke!). Witness Facebook's ridiculous new format, which eliminates the option of reading the items on your News Feed in a simple newest-to-oldest order; instead, Facebook now uses some mysterious algorithm to determine which "Top Stories" to show you first – as though anything on Facebook could rightly be called a "Top Story" – and allocates other, ostensibly less important information to a useless new box in the upper-right corner. The new Facebook is more than cluttered and confusing; it's arrogant, and everyone hates it. So why did Zuck do it? Why, moreover, did our beloved IMDb switch to a hideous layout that takes great care to hide nearly all of its content?

Well, I have no idea, but this sort of thing happens all the time – think of that restaurant you loved that inexplicably stopped offering its best dish. The important question, I guess, is this: did you stop going to the restaurant?

One of the great Facebook pastimes, I've learned, is threatening to quit Facebook whenever anything visibly alters. Of course, no one ever follows through. It makes me wonder just how pitifully devoted we really are to the

corporations and goods and services that furnish our lives – to the pizza place that stopped being good years ago, to the TV show that ought to have been cancelled in Season Four, to the IMDb and Facebook.

The other day, I was complaining to a friend about Netflix's bifurcation, and he suggested I switch to another company – there are other good movie services, apparently, and he named one for me. And what surprised me was that, for all my rage, I actually wasn't remotely interested in switching to a different service. I didn't want anything new; I wanted Netflix, my Netflix, the way it used to be. As long as I remember how much I used to like them, I'll probably stick by them, like those people who continue dating certain boyfriends or girlfriends whom they no longer love, just out of attachment or habit or hope that someday the relationship will magically revert to its glory days. I'm not exactly sentimental about Netflix, but it's a part of my life. What can I do?

Lame, I know. As it turns out, I'm the reason companies get away with horrible decisions.

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The Concert for Killington Area



Please join us as
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"band" together to help
those strong Vermonters
who are starting to rebuild their lives.

Three stages at the Lookout, the Outback Pizza and in the parking lot will add the festival/block party "feel" of this great event and will showcase the talents of our gifted local musicians. It will be a day of music, caring and giving to those who need our help. A **\$20 door donation** will cover admission to all three stages and a complimentary buffet. (*Children 12 and under are free!*) There will also be a silent auction, raffle, commemorative t-shirts to help raise funds.

All door, raffle and silent auction proceeds will benefit www.irenesislands.org and the
Pittsfield Hurricane Relief Fund at www.pittsfieldhurricanerelief.org.

Our List of Performers:

Bow Thayer Jamie's Junk Show **Rick and the Idiots**
The Bobby Darling and Dr. Divine Show
Joey Leone's Chop Chop Tony Lee Thomas Band
Rick Redington and the Luv **Chad Hollister Band**

As well as About Gladys, The Mark Manley Band, Mark and Deb Bond,
Ed McCarron, Chuck Kelsey, Jimmy Pallutto, and Andy Lugo.

If you can be there please bring as many friends as you can
and if you can't please donate to the above charities or
any other group helping those in need.

www.theconcertforkillingtonarea.org

The Mountain
TIMES

Vermont

continued from page 3

fied one for me to hold small kittens so that I could keep them close and warm . . . and didn't charge me, either!" Brown fosters cats for the Brandon Feral Cat Assistance Program (FCAP) and serves on the board of the Rutland County Humane Society.

The most delectable apple is the one you pick yourself. And it's apple season in Vermont. Mendon Mountain Orchards has apples to pick or purchase, fresh apple cider, pies and other baked goods, and local products in its country store and Rutland Farmers Market booth.

Out Route 4 West in Castleton and at the Rutland Farmers Market, Brown's Orchard and Farm Stand sells Charlie Brown's famously irresistible fresh-picked apples and corn, fresh cider, vegetables, baked goods, jams and jellies, and maple syrup. The stand is open year 'round on Route 30, a mile south of Castleton Four Corners.

Where else in the world can one pick delicious apples in view of Lake Champlain and the Adirondack Mountains? Northwest in Shoreham, Champlain Orchards' (www.champlainorchards.com) apples include McIntosh, Cortland, Golden Supreme, and Honeycrisp. The store sells fresh apples, vegetables, homemade cider donuts, apple pies, and other local products.

South of Pittsford on Route 7, Winslow's Sugar Hollow Farm specializes in pick-your-own pumpkins and other fall products. Take home a Vermont jack o' lantern!

To the east, Wellwood Orchards in Springfield (www.wellwoodorchards.net) grows varieties of apples, raspberries, peaches, plums, pumpkins, maple syrup, hand crafts, honey, and has a petting zoo.

Heading into in Ludlow, Green Mountain Sugar House (www.gms-h.com) beckons as a logical first stop. The shop stocks copious maple goodies, Ver-

mont cheeses, and other Vermont products.

To the north, blackberries and fall raspberries dot the bushes at Sunshine Valley Berry Farm. The magically beautiful land tucked between the White River and the Green Mountain National Forest is on Route 100, two miles north of the center of Rochester. Owners Rob Meadows and Patricia Rydle lovingly tend tidy rows of certified organic fruit, available until the first frost for Pick-Your-Own (PYO) and already packaged. The farm's shop sells berry products, colorful yard decorations, and mind-expanding books. Patricia and Rob recommend checking in before coming. (802-767-3989, www.vermontberries.com)

Experience Vermont's rural heritage at Billings Farm and Museum in Woodstock with kids' activities, wagon rides, quilting, farm equipment demonstrations, and the celebration of local food all year long. Their Academy Award-nominated film, "A Place in the Land" and guided tours of the farm occur several times daily.

In Woodstock's town center, the Full Circle Trolley's excursions are free. Hop on at one of twelve stops. The trolley runs on electricity, powered by Vermont Cow Power.

Partway up the Antique Hunter's Guide map on Route 7 in Pittsford is Tom's Treasures. Two quintessential old Vermont homes and a deconsecrated church contain antiques, ephemera, and Oriental rugs. Tom and his

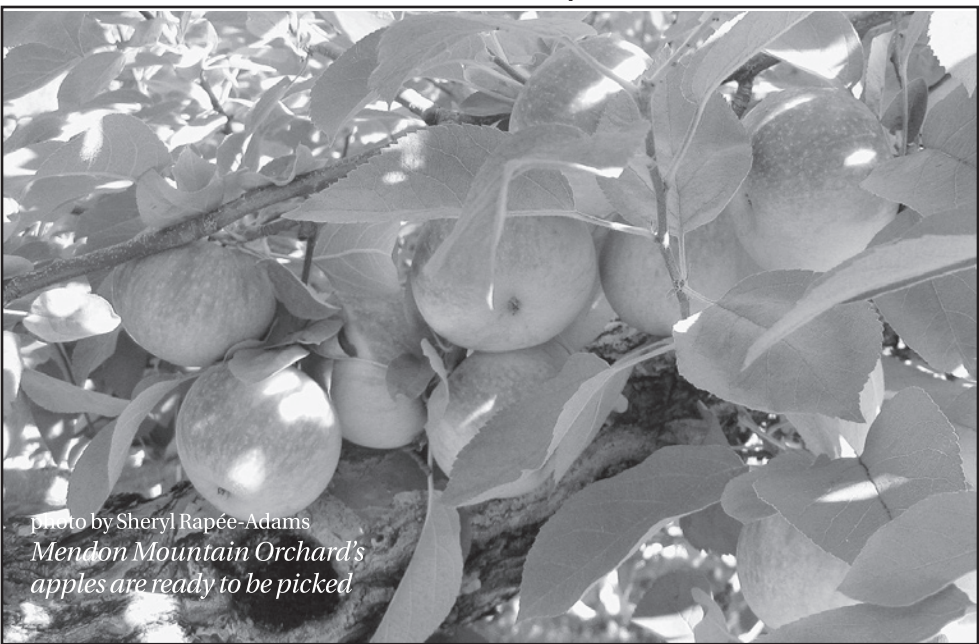


Photo by Sheryl Rapée-Adams
Mendon Mountain Orchard's apples are ready to be picked

wife Kathryn have been in the business so long that, well, the place is now for sale. The couple has approached a time in life when they are preparing to downsize.

"We've tried to keep the church up and maintain its flavor," says Kathryn. "We're hoping it will go back to having a congregation someday. It's my hope some church group falls in love with it and buys it back."

"My favorite fall activity is to pick our blackberries," declares Rydle of Sunshine Valley Berry Farm. "I am convinced that Rob and I have landed on a little piece of heaven at our farm, and I do think the same could be said of Vermont altogether. The air is crisp, the subtle colors of fall are showing themselves in the tree-covered mountains on either side of our farm, and it is, quite truly, a meditative and heartening experience."

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

A Toast: Keeping it Simple, When Judging a Sample

Wine is such a pleasurable experience, why would anyone find it intimidating? This article is to show that although there are no rules when it comes to how to taste and drink wine, there are ways in which you can maximize the pleasure of your experience.

White wines should generally be served chilled, slightly warmer than refrigerator temperature and red wines at or slightly below room temperature.

It is best to enjoy wine in a wine glass and one that is made from crystal, it really does make a difference. Although you might prefer to drink wine from any container rather than not drink it at all, you will find that a wine glass really does enhance the aromas of the wine.

It is recommend that you pour about 3 to 5 ounces of wine into your glass, leaving your glass only about one third to one half full. This will give you the room to gently

swirl the wine in the glass by holding the glass upright (please!) and moving it in a small circular motion parallel to the floor (best is to keep it on a flat surface such as the table). The stirring releases the aromas into the open space in the glass. Then you lift the glass to your nose and inhale deeply. Most of the flavors from wine are experienced in the aroma and not the taste, so it is the most important step.

Open your mind to your senses, and delight on the memories and associations that the wine brings to you.



Does it remind you of apricots, fresh cherries, blackberry pie that your mother used to make? Or dirty socks? Do you smell strawberry fields forever-or remember what it smelled like in a silo or cow barn? Wine grapes contain many flavorful and aromatic compounds that are the same

compounds found in other fruits, foods, or related matter. During fermentation, yeast creates many additional complex aromatic compounds that are the same as found in other fruits and foods. Oak barrel aging also adds flavor and aroma. The combination of all of these aromas is complex and dynamic and can make for a really rich experience.

After savoring the aromatic qualities of the wine in your glass, you are finally ready to take a sip. Take a nice sized sip and swish it around your mouth, delight in the sensations. You may even want to sip a little air into your mouth at this time. Once you swallow the wine, think of how pleasing the wine is. Most important, do you like it? Be honest, not everybody likes beets or brussel sprouts, so feel free to say what you think. From that basic question, you can get more profound in your analysis. Is the wine tart or sweet? Does it have a nice texture or is it bitter? After all, scientists say we can only taste sweet, sour, salty, bitter, and "umami," a savory character. That is why most of wine's "flavors" are in the aromas.

Do not think too hard while drinking wine! Sit back, relax, and enjoy your wine, your company, your environment, your life. Occasionally, re-try the stir, the smell, sip again and notice how wine really does change with time-just as life itself.

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Killington Hay Festival is ON!
Giant Hay Sculptures on Display Through Columbus Day Weekend

Killington’s giant hay sculptures are ready for their close-ups. The 4th annual Killington Hay Festival with its signature “Grass Menagerie” officially kicked off on September 23rd despite Mother Nature’s attempt to dampen the popular fall attraction. The Killington Hay Festival is a celebration of the Vermont harvest built around a collection of giant hay animal sculptures displayed throughout town.

Plans for a Labor Day start to the festival came to a halt when flooding from Tropical Storm Irene hit Vermont and the Killington region hard, causing road closures into and out of the resort town, and threatening whether the Hay Festival would even take place. But due to extreme volunteerism and the ‘can-do’ attitude of Vermonters, the main route through Killington reopened last Friday, and plans immediately resumed.

The condensed festival encompasses the three biggest weeks of the fall foliage season and still features multiple events and activities including a scavenger hunt, a handcrafted hay maze, a specialty Hay Festival Ale by Long Trail Brewery, Killington Resort’s Brewfest Weekend, and The DockDogs National Championships. The Hay Festival also announced a partnership with Boston’s Franklin Park Zoo, where a giant hay baby red panda exhibit will promote the Vermont festival during the month of October.

The grass menagerie displays and scavenger hunt continue through October 10th, and maps are available at Hay Festival Headquarters, located at the Gristmill Restaurant on the Killington Road. Additional information on the Hay Festival and other events is available online at www.discoverkillington.com

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GolfNews



Rules of the Game

By Alan Jeffery
USGTF Certified Golf Professional
Green Mountain National Golf Course



QUESTION: Toni and Vern are playing in a tournament. On the 4th hole, Toni strokes her ball into the greenside bunker which has a large amount of casual water. She touches the casual water with her club when she addresses the ball prior to making a stroke but, does not touch the sand. Vern says Toni should incur a penalty for touching the water in a bunker prior to making a stroke. Is Vern correct?

ANSWER: A player is not allowed to touch water in a water hazard. However, a sand bunker is not a water hazard. Toni did not touch the ground in the sand bunker prior to the stroke and therefore does not incur a penalty. Vern is incorrect. See USGA Decisions on The Rules Of Golf, 2010-2011, 13-4/7.

The Saturday clinic scheduled for October 1 will be postponed until the following weekend. I will be at Middlebury College for our Homecoming weekend on this date. Private lessons can be arranged by calling GMNGC (422-GOLF). Remember, the swing's the thing and continuous improvement is what it's all about.

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The Killington Golf Course and Pro Shop is open daily through October 10. Tee times are available from 8:00 a.m.-5:00 p.m.

The Clubhouse Grill will be open with bar service including drinks, snacks and hot dogs every Friday-Sunday for the remainder of the season.

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News From Green Mountain National G.C.

by Spider McGonagle

It is down to the final three in the 2011 President's Cup and Teddy Arbo will face Nick "The Newlywed" Chiarella to decide who will face Ken Lee in the finals. Ken is looking to defend his 2010 title and would be the first person in GMNGC history to win back-to-back President's Cups!

Thank you to everyone who participated this year and getting those matches in on time. We will be having our Year-End Awards Night and Social very soon but are still deciding on a date. Be sure to keep checking the Mountain Times for more information or give us a call at the shop.

This Monday, October 3rd, Green Mountain National is proud to host a benefit golf tournament for our good friend Brian Halligan. Brian lost his home as a result of Tropical Storm Irene and we hope that all of his friends and neighbors will join us, as we hope to help Brian start to rebuild his life. Beginners or first-timers are welcome to participate and \$50 per player covers 18 holes of scramble golf, cart, prizes and a light dinner following

the tournament. There will also be a "silent" auction and raffle with some great items donated by local businesses and friends. Check-in is at 12:30pm with dinner and prizes to follow. If you would like to sign-up, donate to help Brian, or sponsor a hole, please call Gary Mayer at 746-9962. Space is limited and we do expect to sell-out!

Mother Nature decided to delay Ugly Shirt Twilight League Night last week, but Jason and our friends from the Clear River Tavern will be back this week to try again. Be sure to find the "best of your worst" and you could be crowned our 2011 Ugly Shirt Champion. Call Thursday morning to sign-up. Check-in is at 4:00pm. Next week the Phat Italian will host the final Twilight League of the season...don't miss it! We have a very busy and exciting fall planned and tons of great events coming up. Autumn is the best time of year to play Green Mountain National and we are only days away from peak foliage. Our complete Events Calendar can be found online and we can't wait to see you back here on the first tee. If you have any questions, please give us a call at 422-GOLF.



Best of the Beast Tournament

Killington Golf Course at Killington Resort hosts the Best of the Beast Tournament on Sunday, October 9.

The event is an 18 hole shotgun start, 4 person team scramble format tournament. Proceeds go to the Vermont Farmers Disaster Relief Fund. Prizes will be awarded along with a Silent Auction, Raffles, and more.

The Cost is \$30 per player for members and \$50 per player for non-members. Register in the pro shop.

Tee off time is at noon - call (802) 422-6700 for more information or to sign up. Visit killingtongolf.com for information.

Show the Beast You're the Best!

Not to be Outdone by the Men of OVGC

LUDLOW, Vt. – On September 19, Shelly Sherman, an Okemo Valley Golf Club member from Westport, Conn., became the first woman to make a hole-in-one at OVGC this season. Sherman aced Number 14 from the gold tee, 127 yards away from the pin. Len Sherman, Linda Giordano and Vincent Giordano witnessed the amazing feat.

On Sept. 21, Kenny Weinstein, an Okemo Valley Golf Club member from Long Beach, N.Y., made his second hole-in-one of the season at OVGC. Weinstein aced Number 17 from the green tee, 146 yards away from the pin. Jim Donnelly witnessed the amazing feat. Earlier this summer,

on Aug. 27, Weinstein made a hole-in-one on the fourth hole. He is the second member in OVGC's history to score two aces in a single season. Blaise Berthiaume made two holes-in-one last summer on the 8th and 17th holes.

Sherman's name - and Weinstein's, for a second time - will be engraved on a hole-in-one plaque that hangs inside the Okemo Valley Golf Club clubhouse, to honor the fortunate few who have had the exhilarating experience of making a hole-in-one at OVGC.

For more information about Okemo Valley Golf Club, please call (802) 228-1396 or visit golf.okemo.com.

VSWGGA Mid VT Amateur Championship

Andrea Brown of Champlain won the Mid-Amateur championship at Neshobe Golf Club by a 3-stroke margin over defending champion Holly Reynolds of Copley. Andrea fired a 74 today to go with her opening round of 70 to secure the title. Holly made a valiant attempt to catch Andrea with an even par round of 71. At one point Holly had pulled to within one stroke, but Andrea carded three consecutive birdies to secure the win. Tiffany Maurycy of Williston fired a 74 today also to pull up into third place.

Tracy Sloan of Brattleboro was the low net winner. Rutland Country Club won the Margaret Dick trophy by one stroke over Williston.

Top Players and Notable Locals Include:

1. Andrea Brown, Champlain CC, 70-74--144
2. Holly Reynolds, Copley CC, 76-71--147
3. Tiffany Maurycy, Williston GC, 80-74--154
4. Reggie Parker, Ekwanok CC, 78-80--158
5. Susie Bremner, Rocky Ridge GC, 78-81--159
6. Kristin Mahoney, Rutland CC, 83-77--160

7. Stacie Eaton, Rutland CC, 80-80--160
8. Regi Wahl, Williston GC, 77-85--162
9. Nancy Devaux, West Bolton GC, 86-80--166
10. Kathy Kemp, CC of Barre, 86-80--166
- Mary Jane Shomo, Rutland CC
- Maureen Quinn, Lake St. Catherine CC
- Diane Izzo, Neshobe GC
- Kathy Domenicucci, Rutland CC
- Stacy Alderman, Rutland CC
- Ellen Ferro, Rutland CC
- Nancy Murphy, Proctor-Pittsford CC
- Andy Raymond, Neshobe GC
- Edith Hiller, Rutland CC
- Cheri L'Esperance, Neshobe GC
- Heather Shouldice, Neshobe GC
- Bonnie Heald, Rutland CC
- Liz Fothergill, Neshobe GC
- Ellen Sheffer, Neshobe GC
- Johnna Foster, Neshobe GC

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Health & Fitness

Rutland Heart Center Cardiologists are Moving

Rutland, VT— Patients who have heart trouble or are already receiving treatment at the Rutland Heart Center should be aware that the cardiologists in this practice will open their new location at 12 Commons Street in Rutland on September 12, 2011. This location is in an office complex just across Allen Street from Rutland Regional Medical Center.

The board certified cardiologists at the Rutland Heart Center are: J. Christian Higgins, MD, FACC (Medical Director); Bartholomew Bonazinga, MD, FACC; Stanley Shapiro, MD, FACC; Michael Robertello, MD, FACC, FACP, FCCP; James Fitts, MD, PhD.

Previously, these physicians had been scattered in offices around the Commons Street complex. Now all are under one roof at 12 Commons Street and the Rutland Heart Center is accepting new patients. Appointment hours are from 8am to 5pm. The Rutland Heart Center will also have a new phone number on September 12: 855.RHC.BEAT (855.742.2328) or 802.747.3600.

Nutritious Breakfast Ideas For Kids

by Janet K. Keeler for Scripps Howard News Service

As parents, we worry an awful lot about what our sweet darlings eat at school. And we aren't the only ones fretting. The government, first lady Michelle Obama, school systems, nutrition experts and even food manufacturers are attempting to get wee ones to eat better by offering more healthful food through legislation, increased funding and education.

It's a valiant and necessary effort to stem the rising tide of childhood obesity, but still there are those days when Junior passes by the broccoli on the lunch line and tosses the turkey-sandwich-on-whole-wheat-no-mayo, packed so lovingly, in the trash. Good-for-them food can be a tough sell to young eaters.

Yes, lunch is important, but as a parent, I've always tried to send my wolverine off to school with a decent breakfast. Just like dinner, I have more control there, or so I think. Bookend the days with healthy meals and a rogue lunch here and there won't matter as much. Think about the morning meal this way: Your children may not have eaten in 12 hours and they need something to recharge. Going without, or eating something without much nutrition, doesn't start them on a good path for the day.

To offer a healthful breakfast, you'll need to know your children's likes/dislikes, plus their disposition, especially in the morning. I've got a kid who would eat lunch three times a day, so sandwiches and soups always play well in the morning. Really.

Who says that breakfast needs to be traditional breakfast food? Morning nutrition comes in other forms than eggs. Lentil soup in a mug, anyone?

Here are some breakfast ideas to suit vegetarians, omnivores and even the morning grouches as the kids start heading back to school.

For the kid who loves lunch: If you're lucky enough to have one of these, breakfast is an easy proposition. Consider a grilled-cheese sandwich on whole wheat with a few thin slices of tomato or Granny Smith apple tucked inside. Need more? A cup of fresh berries or a mug of chicken noodle soup.

For the young vegetarian: A 5-Minute Multigrain Cereal is heavy on fiber and protein with enough carbs to keep your conscientious eater raring until lunchtime. It includes raisins, but you could substitute other dried fruits such as cranberries or cherries. A black-bean burrito is also a quick morning alternative.

For the running-late car eaters: Sure, you could give them a cereal bar and a juice box, but how about a home-made breakfast sandwich tossed into the backseat on takeoff? (Wrap it in foil to keep warm.) Make it on a small bagel, English muffin, croissant, their favorite bread or even a pita. Between the slices, layer scrambled eggs ("scramble" them so they'll cook in a sheet, like an omelet), shredded or sliced cheese and a slice of Canadian bacon. Or regular bacon. Or turkey bacon. Or sausage. They won't eat eggs? Substitute a tomato slice. Wraps are good portables, too. Try lettuce, cherry tomatoes, shredded chicken and cubed feta or milder shredded cheese, tossed with a little salad dressing and folded into a spinach wrap.

For the fruit eater: Fresh fruit is good for a body because it includes both fiber and carbs. But fruit doesn't have protein, which helps the fuel last longer. Adding tofu, peanut butter or dairy bolsters a fruit smoothie that will please the palate and give kids longer-lasting

energy. Two possibilities: Pomegranate-Berry Smoothie or Banana-Peanut-Butter Smoothie.

For the picky eater: These children are a challenge, especially because they'll want to eat the same things over and over. If the foods are healthy, let them do it. Another tactic is to offer foods that look appetizing, almost party-like. Make kebabs of cheese cubes and fruit, such as cheddar and apple chunks. Grapes go nicely with ham cubes. A parfait of yogurt and granola might also be appealing. Don't give up on your picky eater. Keep offering different items mixed with the familiar. Sometime it takes a dozen or more tries to get a child to taste something new.

For the lover of sweets: To this child, cake and cupcakes sound like a delicious breakfast. Not a lot of nutrition there, plus the sugar high might give way to a crash right about geometry time. Try a sandwich of cinnamon toast with thinly shaved turkey, a carrot muffin (not chocolate chip!) slathered with cream cheese or two small frozen whole-wheat waffles, toasted, spread with maple butter and sandwiched with a maple-flavored turkey sausage.

For the morning grump: Don't expect a lot of pleasant chitchat. And, for heaven's sake, don't ask these kids what they want to eat or risk getting bitten into yourself. Talk about breakfast the night before when they are more amenable to the discussion. Plan the meal then and stick with it in the morning. If they're invested in the decision, they might be more likely to eat. Basically, go with what they like, but make sure there's

some protein in the mix. You should have a handle on their likes and dislikes. Cereal is easy, but look for something that's not sugar-laden and nutrient-bereft. Breakfast bars and yogurt might work, but so might a calming cup of hot tea and toast with peanut butter.

For the self-starter: For a teenager on his own in the morning, leftovers are a perfect choice. (They also work for younger eaters with an assist from an adult.) Lasagna, pizza, spaghetti, chicken, just about anything, really, can be zapped in the microwave and ready in mere minutes. (Messy eaters may want to get dressed after eating red sauce.) Make it easy on him and put a single portion in a microwave-ready container so he doesn't have to heat up a big container. And show him how to use the microwave -- "high" isn't a good choice for most reheats. More time at 50 percent power will heat the food thoroughly without turning the outside to rubber.

For the big eater: Your challenge here isn't what, but how much ... and how much time you have to prepare food. She may want biscuits and gravy, but save that splurge for the weekend. An omelet loaded with veggies and cheese, plus whole-wheat toast, is a good choice. If she balks at the veggies, consider eggs scrambled with a few grape tomatoes and garnished with shredded cheese and a small bagel. (Those monster ones are multiple servings of bread -- nearly all that's recommended for an entire day.) Always, always offer fresh fruit or at least fruit juice.

For the dieter: Teens and tweens watching their calorie (or fat or carb) intake might be tempted to skip breakfast. Don't let them. A ravenous teen will likely be unable to resist something fatty-delicious at lunch. A hard-boiled egg and an orange is less than 200 calories. A scoop of low-fat cottage cheese and some fresh strawberries is also less than 200. Likewise, a nectarine and string cheese. Spend time online or with a calorie book to come up with a few combinations that will satisfy your weight-watching kid.



RAVNAH Blood Pressure and Foot Care Clinics

The Rutland Area Visiting Nurse Association & Hospice is offering Blood Pressure and Foot Care Clinics during the month of October. There is a suggested donation of \$2 for blood pressure and \$5 for foot care. For more information please call (802) 775-0568.

–Mon., October 3rd, Pittsford, Village Manor, 11:30 AM

–Wednesday, October 5th, Wallingford, Wallingford House, 10:30 AM

–Thursday, October 6th, Rutland, Parker House, 10 AM; Bardwell House 12:30 PM

–Friday, October 7th, Poultney, Young at Heart Senior Center, 9:30 AM; Ira, Ira Town Hall, 12:30 PM

–Thursday, October 13th, Castleton, Castleton Meadows, 12:30 PM

–Fri., October 14th, Rupert, Rupert Fire House, 10 AM

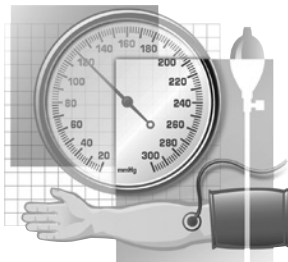
–Wednesday, October 19th, Rutland, The Meadows

–Residents Only, 1:15 PM; The Gables – Residents Only, 3:15 PM

–Wednesday, October 19th, Dorset, Dorset Nursing Association – By Appointment, 9:30 AM

–Wednesday, October 26th, Rutland, Godnick Center, 12:30 PM

–Thursday, October 27th, Fair Haven, Appletree Apartments, 9:30 AM



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- on Main St., 9am-2pm.

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

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

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

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

Marble Valley Bridge Club- 1:00 PM ACBL Sanctioned Bridge Games 1:00pm Monday and 6:45 Thursday at Godnick Senior

Center. guaranteed partner. 287-5756.

RochesterSingingGroup
-5:00 PM A cappella singing group meets Thurs., 5-6pm, Federated Church of Rochester. Practice spiritual music to sing to ill folk. Come & sing! 767-3012.

Consignment Drop-off - Drop off consignments for Pico Ski Club's Annual Ski & Snowboard Sale held Sep. 30-Oct. 2. Drop off at Pico Base Lodge, Sep. 29, 4-6pm; Sep. 30, 11am-9pm. Accepted: gently used, clean ski, snowboard and athletic clothing (no street clothing please), and modern alpine and snowboard equipment.

RAVNAH Flu & Pneumonia Clinics at St. Mary's Church in Fair Haven from 9:00 a.m.-12:00 p.m.; Benson Community Center in Benson from 1:30 to 3:30 p.m. Age 18+. Medicare Part B or Managed Medicare need only bring their card. Others, flu shot \$33, high dose flu vaccine \$55, pneumonia vaccine \$65. MC, Visa, AMEX accepted. 770-1574, 775-0568.

Friday, September 30

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

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

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

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

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

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

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

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

Live Irish Music - 8:00 PM Tom Lanigan at McGrath's Irish Pub.

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

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

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

Ludlow Farmers Market open,

Okemo Mtn School front lawn, 4-7pm.

Pico Ski Club Sale

Ski/Snowboard Swap Sale at Pico Mountain. Sep. 30, 5-9pm. Oct. 1, 9-5pm. Oct. 2, 9am-noon. VISA, MC, cash & personal checks accepted. New & used equipment/clothing/accessories for kids & adults.

Consignment Drop off- Drop off consignments for Pico Ski Club's Annual Ski & Snowboard Sale held Sep. 30-Oct. 2. Drop off at Pico Base Lodge, Sep. 29, 4-6pm; Sep. 30, 11am-9pm. Accepted: gently used, clean ski, snowboard and athletic clothing (no street clothing please), and modern alpine and snowboard equipment.

Killington Brewfest - A celebration of the Northeast's finest craft beers. Join us for a weekend packed with a beer sampling, tasting dinner, live music and more as we celebrate one of life's greatest gifts, beer! Friday, September 30, Vermont Brewmaster's Dinner, 7-9pm. Brewfest Kickoff Party, 9pm. Oct. 1, Brewfest at Killington Resort, 1-6pm. killington.com

Saturday, October 1

Saturday Farmers Markets - 9:00 AM Rochester. Farmers Market on the Village Green, 9-1pm.

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

7th Annual Home Grown & Hand Made Harvest Fair, 10:00 AM on the Pittsford Village Green, til 4pm, rain or shine. Benefits Pittsford Bowen-Walker Fund. Local wool producers; quilters; farm fresh produce & maple syrup

products; crafters in fiber, wire, and paper; home made baked goods; jewelry; artist booths; a kid's space; a farm animal petting zoo, basket raffle and much more. Info or booth space, 483-0074.

Pumpkin & Apple Celebration, 10:00 AM At Billings Farm & Museum, Woodstock. til 5pm daily. Apple tasting, cider pressing, ice cream making, apple race, pumpkin bowling, much more. 457-2355. Top 10 Fall Event!

Brandon Harvestfest - 10:00 AM In Brandon's Central Park! Come make Harvest People (aka stick figures, scarecrows, Leaf People...) with the experts. You can even take one home! Hay Rides, Music, Pumpkins, Food, and more. Starting at 10:00 am in Central Park. Rain location if needed. Sponsored by Brandon Area Chamber of Commerce.

Take a Kid Mtn Biking Day, 10:00 AM Rutland Recreation youth mountain bike club team members assist - til noon - upper parking lot at Giorgetti. Participants must wear a bike helmet; parents are welcome to participate. Very limited bikes available; bring your own! Skill stations; group ride. Noon BBQ.

VT Sheep & Wool Festival, 10:00 AM 23rd Annual, at Tunbridge World Fairgrounds. Sat. 10-5, Sun. 10-4. Rain or shine. \$6 adults, \$5 srs, \$1 under age 12. Vendors, workshops, kids' arts & crafts, exhibit, border collie herding, sheep shearing, much more. vtsheepandwoolfest.org for events schedule & info.

Killington Cupboard Open - 12:00 PM A new food shelf, at the "Little White Church" (Sherburne United Church of Christ) for food distribution and collection. Hours: Saturdays from 12-3 pm; Tuesdays from 9 am-12 pm. Contact Bev Anderson (422-3483) or E. J. Willis (422-3843) for further information.

BBQ Fundrasier at Hawk Inn, 12:00 PM Til 4pm, Hawk Resort. Donations graciously accepted at door, to be distributed thru Plymouth Memory Tree Recovery Fund. Great food & entertainment for entire family. Music, kids' games, swimming pool open to all!

Shrewsbury Ham Supper - 4:30 PM Fundraiser hosted by Shrewsbury Volunteer Fire Dept. at the town hall. Buffet sytle, \$9 adults, \$4 kids, under 5 free.

Roast Pork Dinner - 5:00 PM at Pawlet Community Church. Ladies & Gentlemen's Supper Club invite you. Q's? 325-3428 or 325-3073. Take outs day of at 325-3022. Cost of dinner is: Adults, \$10.00. Age 12, \$6.00, 5 & under - free.

An Evening With Stellafane, 7:00 PM Vermont Division for Historic Preservation hosts. At President Calvin Coolidge State Historic Site, Plymouth Notch. Til 9:30 p.m. Free (donations appreciated), rain or shine. Discuss Vermont's pivotal role in history of astronomy, then view the night skies with a period telescope. Info, 672-3773.

Flood Relief Concert at Mission Farm, 7:00 PM Good Night Irene, Flood Disaster Relief concert with Melissa Maravell at Church of Our Saviour, Mission Farm Rd. Potluck with Jack Harrington, Donna & Burnie Martin, & Melissa Maravell (singer/songwriter). Free will donation.

VSO at Chandler - 7:30 PM Chandler Music Hall presents VERMONT SYMPHONY ORCHESTRA! Highlights include a world premier commission by award-winning composer Robert Paterson and Mozart's Serenata Notturmo with music director Jaime Laredo as the featured soloist. Adults \$26, Seniors \$22, Students \$13. Tickets: 802-728-6464 or online at www.chandler-arts.org

Live Irish Music - 8:00 PM Tom Lanigan at McGrath's Irish Pub.

Pico Ski Club Sale, Ski/ Snowboard Swap Sale at Pico Mountain. Sep. 30, 5-9pm. Oct. 1, 9-5pm. Oct. 2, 9am-noon. VISA, MC, cash & personal checks accepted. New & used equipment/clothing/accessories for kids & adults.

Killington Brewfest - A celebration of the Northeast's finest craft beers. Join us for a weekend packed with a beer sampling, tasting dinner, live music and more as we celebrate one of life's greatest gifts, beer! 1-6pm. killington.com

Fall Sale & VT Food Giveaways at Aspen East, Thru Oct. 10, Aspen East, Killington. Stop in for free food from Ben & Jerry's, Cabot Cheese & Castleton Crackers on Columbus Day Weekend!

Sunday, October 2

Help for Heat Poker Run, 9:00 AM Sponsored By Lakes Region Independent Ryders. Castleton American Legion Post 50, Sign in 9-10:00am. \$15/Bike & \$5/Rider. All proceeds benefit the elderly. Q's or to make a donation please contact: Dave Hendee (802)273-2107; Bill Wyman (802)468-5765; Monty Springer (802)236-9657.

Pumpkin & Apple Celebration, 10:00 AM At Billings Farm & Museum, Woodstock. til 5pm daily. Apple tasting, cider pressing, ice cream making, apple race, pumpkin bowling, much more. 457-2355. Top 10 Fall Event!

VT Sheep & Wool Festival, 10:00 AM 23rd Annual, at Tunbridge World Fairgrounds. Sat. 10-5, Sun. 10-4. Rain or shine. \$6 adults, \$5 srs, \$1 under age 12. Vendors, workshops, kids' arts & crafts, exhibit, border collie herding, sheep shearing, much more. vtsheepandwoolfest.org for events schedule & info.

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

Killington Benefit Concert - 12:00 PM Benefit Concert for the Killington Area at The Lookout Tavern, the Outback Pizza, and in the Outback Parking Lot. Til midnight. 15 musical acts will take the spotlight across 3 stages to benefit the area towns hit by Hurricane Irene. See Vermont staples Bow Thayer, Joey Leone, Jamie's Junk Show, Rick Redington, Tony Lee Thomas, Bobby Darling, Dr. Divine, Rick and the Idiots & more. Auction too! \$20 at the gate, 12 and under admitted free.

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

125th Birthday Bash - 2:00 PM Rutland Free Library celebrates 125 years! Til 4pm. Live music, free t-shirts, kids' activities, cake & ice cream, new services unveiled. 773-1860.

Autumn Mount Zion Hike - 2:00 PM Annual fall guided hike up craggy Mount Zion at Hubbardton Battlefield State Historic Site. Led by historic site interpreter Carl Fuller.

Meet at visitor center by 2:00 p.m. for orientation, then drive to the start of the hike. \$2/ adults; free for children under 15, includes visiting the museum and battlefield. Easy to moderate climb then visit Japanese garden. 273-2282.

Vt Dining Train - 4:45 PM Autumn Special: Reserve Online & 4th Guest is Free! Sundays September 18, 25; October 2, 9,

16. Vermont Dining Train departs Rutland at 4:45pm every Sunday thru October 16. Fare \$59-\$79. VermontDiningTrain.com (800) 292-7245.

Extra Stout Happy Hour Music, 5:00 PM at McGrath's Irish Pub.

VSO in Woodstock - 7:30 PM Presented by Pentangle Arts Council. Vermont Symphony Orchestra at Town Hall Theatre, Woodstock. Tickets 457-3981. 2011 Made in Vermont Music Festival Tour!

Pico Ski Club Sale, Ski/ Snowboard Swap Sale at Pico Mountain. Sep. 30, 5-9pm. Oct. 1, 9-5pm. Oct. 2, 9am-noon. VISA, MC, cash & personal checks accepted. New & used equipment/clothing/accessories for kids & adults.

Monday, October 3

Killington Yoga

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

Bone Builders Program - 9:00 AM Mon. & Thurs. - Rochester. Bone Builders exercise program meets 9am, Park House. Lightweight resistance training to help slow down or reverse osteoporosis. 767-3416.

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

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

Marble Valley Bridge Club

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

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

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

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

VSO in Castleton - 7:30 PM Vermont Symphony Orchestra's 2011 Made in Vermont Music Festival Tour, at Castleton State College Fine Arts Center. Tickets at Castleton Village Store, Annie's Book Stop in Rutland.

Commit to Quit Rutland., Commit to Quit program at RRM. 4 wk program begins on the first Mon. of each month. Mons. 4:30-5:30pm or Thurs. 9-10am. Register 747-3768. Free!

Tuesday, October 4

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

Killington Cupboard Open- 9:00 AM A new food shelf, at the "Little White Church" (Sherburne United Church of Christ) for food distribution and collection. Hours: Saturdays from 12-3 pm; Tuesdays from 9 am-12 pm. Contact Bev Anderson (422-3483) or E. J. Willis (422-3843) for further information.



Welcome Aboard

White River Flyer

Fall EVERY WED 11:30 am & 2:30 pm	Wine Wednesdays Learn about wine production in Vermont, see the beautiful landscapes of our Green Mountain State as you enjoy five Vermont wines paired with award-winning Cabot Cheddar. Sample baked in Vermont Westminster Crackers, Vermont Peppermint Candy to cleanse the palette and take home a "Trains Around Vermont" wine glass to remember your "Wine Wednesday" excursion. Wine Tasting & Train Ride: \$35/Person
Fall EVERY THURS 11:30 am & 2:30 pm	Thirsty Thursdays Few realize Vermont ranks Number One in the US for craft breweries per capita. Some of the best quality breweries are found here in the Green Mountains. Learn about microbrew production in Vermont while you sample five excellent Vermont Microbrews. Snacks are served and you take home a "Trains Around Vermont" glass to use for future Vermont microbrew tastings. Microbrew Tasting & Train Ride: \$35/Person
Fall EVERY FRI 11:30 am & 2:30 pm	Fiddling Fridays Enjoy live music on the Fiddling Fridays train provided by some of Vermont's finest fiddlers at no extra charge. Relax and experience a beautiful train ride along the Connecticut River. Adult: \$21 • Child: \$17

RESERVE YOUR SEATS NOW!

Call: 1-800-707-3530
or www.rails-vt.com



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for Group Rates & Excursion Pricing

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

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

Sherburne Library Matinees, Memorial Library Event: Tues, 2pm - Matinees

Tuesday Farmers Market - 3:00 PM Rutland. Downtown Rutland Farmers Market, Tues. 3-6pm, in Depot Park.

Women’s Cancer Support - 5:00 PM Rutland. Woman to woman cancer support group meets 1st Tues. of month, 5-6:30pm, CVPS/Leahy Comm. Health Ed Ctr, Conference Rm C. Potluck meal. All women with any type of cancer welcome. 747-1693.

TOPS Open House-5:30PM (Take Off Pounds Sensibly) This event is FREE and open to the public, til 7pm. RRMCC Conference Rm A. Info, 770-0924. Speakers, testimonials, wellness and weight-loss brochures, handouts, and guides. Door Prizes, refreshments, healthy snack. Check out how we can help you on your weight loss journey so you can reach your goal once and for all.

Bereavement Support - 7:00PM Rutland. Compassionate Friends organization offers friendship, understanding & hope to bereaved parents & families. 7-9pm, Grace Congregational Church. 1st Tues. of month. Info, 446-2278.

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

R a m u n t o ’ s Entertainment - 7:00 PM Tuesday Nights Open Mic entertainment

Mini Mud Auditions at Chandler Music Hall. Chandler Music Hall. Annual variety show for youth ages 7 - 18 announces auditions for Nov. 5 performance. Contact: outreach@chandler-arts.org or 802-431-0204 for audition sign-up.

Wednesday, October 5

Volunteers Needed! - 12:00 AM Volunteers needed to help brush/clean Catamount Association ski trail in Coolidge State Forest. Sunday, Oct. 26. Interested, contact hcoolidge@hotmail.com or jdblum@hotmail.com.

Gentle Kripalu Yoga - 8:45 AM in the gallery at 1360 US RT 4, Mendon. Til 9:45 am. Call Louise 747-8444 to reserve space. Free will donation.

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

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

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

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

Reading Program - at Sherburne Library, 1:00 PM. Killington.

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

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

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

Rental Property Owners Meeting, 7:00 PM The Vermont Rental Property Owners Association hold their monthly meeting in the main conference room of the Godnick Adult Center, 1 Deer St, Rutland VT. Guest speaker Tom from Rutland Chimney Services. Public is invited. Call Ron at the Carmote Paint Store for further information - 802-775-4351.

Mini Mud Auditions, at Chandler Music Hall. Chandler Music Hall. Annual variety show for youth ages 7 - 18 announces auditions for Nov. 5 performance. Contact: outreach@chandler-arts.org or 802-431-0204 for audition sign-up.

Museums, Exhibits, & More

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

Big Town Gallery - 99 North Main St., Rochester. 767-9670. Fine arts exhibitions, one of a kind knitwear ensembles from the studio gallery, and an outdoors amphitheater.

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.

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

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

Brandon Music - 62 Country Club Rd., Brandon. Art Gallery

open 10-6 daily, closed Tues. Harmony English Tea room 2-5pm daily, closed Tues.

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

Carving Studio & Sculpture Center - Marble St., W. Rutland. 438-2097, carving@vermontel.net. Sats. & Suns., 1-4pm & by appt. SculptFest2011 “Forces of Nature” - exhibit thru Oct. 16.

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

Chandler Gallery - Randolph. Gallery hrs: Thurs. 4-6pm, Sat. & Sun. 1-3pm. 431-0204. Oct. 1-Nov. 12, VT Watercolor Society 2011 Fall Juried Exhibit: “Wet: Washes, Energy & Technique.” Reception Oct. 2, 3-5pm, includes KAG Members Alice Sciore & Maurie Harrington’s paintings. Free admission.

Killington Arts Guild Fine Art Gallery - at Cabin Fever, Rt. 4. Open business days 9-6:30pm. New Show! 422-3824.

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

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

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

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

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

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

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

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



VERMONT
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ORCHESTRA

Jaime Laredo, *Music Director*

2011
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Vermont
MUSIC FESTIVAL

MOZART:
Serenata Notturmo

HONEGGER:
Pastorale d' eté

ROBERT PATERSON:
Dark Mountains
(World Premiere VSO Commission)

HAYDN:
Symphony No. 53, “L’imperiale”

Jaime Laredo
Music Director and
featured violinist

Robert Paterson
Composer of Dark Mountains,
a world premiere and
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Annie’s Book
Stop in Rutland

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

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

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

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

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

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

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

Meetings

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

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

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

Weds. - Rutland. La Leche League of Rutland County monthly meeting for breastfeeding mothers. No mother is a stranger to another anywhere. Children are welcome. First Wednesdays, Oct 5, Nov 2, Dec 7 10:30am to noon. Trinity Episcopal Church Nursery, 85 West St, Rutland. Info and help call Diane 483-6820, drsdmrco@comcast.net

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

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

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

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

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

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

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

Worship Services

The Woodstock Area Jewish Community, Congregation Shir Shalom, a Reform Temple, will celebrate the High Holy Days. The Rosh Hashanah evening service and potluck dinner will be on Wednesday, September 28 at 6 pm, continuing on Thursday, September 29 at 10 am, followed by Tashlikh on the Ottauquechee River. Child care provided. Call about Yom Kippur service For more information call President Leone Bushkin at 802-484-1235; email avonlea@bushkin.com.

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

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

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

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

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

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

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

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

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

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

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

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

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

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

NEW ENGLAND
MAPLE MUSEUM

North of Rutland, 4578 Rt. 7 in Pittsford

A Journey through Vermont’s Famous Maple Sugaring Industry
Vermont Products & Gifts

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





ART IN THE PARK
RUTLAND VERMONT
CELEBRATING 50 YEARS
1961 - 2011

Vermont’s Oldest Continuing Arts Tradition

Fall Foliage
OCTOBER 8 & 9
MAIN Street Park
Rutland Vermont
Junction of Route 4 & 7
10-5 PM Both Days
FREE Admission, Free
Parking at Fairgrounds
(Shuttle Service
Provided)

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FIBER ART
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FINE ART

www.chaffeeartcenter.org



Billings Farm & Museum
Gateway to Vermont’s Rural Heritage

Pumpkin & Apple
Celebration

October 1 & 2, 2011
10:00 a.m. - 5:00 p.m.

Making Pumpkin & Apple Ice Cream
Pumpkin Bowling • Apples-on-a-String
Cider Pressing • Apple Races
Pumpkin & Apple Displays • Apple Tasting
Baking “Pumpion Pye” • Cooking Apple Butter



TOP 10
Fall
Events



Horse-Drawn
Wagon Rides

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802-457-2355 • www.billingsfarm.org

Art in the Park Fall Festival Next Weekend

RUTLAND-Vermont is preparing for another spectacular foliage season this fall and there is one event you do not want to miss: the 50th annual Art in the Park festival this October 8-9, 2011.

The event takes place in Main Street Park, at the Junction of Routes 4 & 7 in the heart of Rutland. New for 2011, several vendors will provide hands-on demonstrations of jewelry making, spinning and knitting, or woodworking for those savvy travelers who like to see how things are made. This juried event holds the promise of quality and authenticity; all items sold are handcrafted. Locally made food will also be available from vendors.

Entry is free but voluntary contributions are welcome, which help to sup-

port the non-profit enterprise of The Rutland Area Art Association (RAAA) and the Chaffee Art Center. The Chaffee Art Center, also celebrating its 50th year, is the event sponsor. The first fifty visitors at each gate will receive a complimentary canvas tote emblazoned with the Art in the Park 50th Anniversary logo. A free shuttle will bring Festival attendees from the free parking available at the Vermont State Fairgrounds to the Main Street Park and will run about every 20 minutes. The event is held rain or shine from 10 am to 5 pm each day.

Visit www.chaffeeartcenter.org to view the list of current exhibitors and food vendors. Let's make 50th Art in the Park a celebration to remember!

Woodstock Farmers Market Irene Card

Thanks for all the incredible support-the emails, letters and phone calls--from all over the country, wishing good luck in our recovery effort. And a special thanks to the amazing staff and volunteers that came down the day after the flood. It was remarkable to see what humans can do when they pull together. Like I said last week, it's very, very humbling to know our little market has such a huge network of friends.

Despite being down, I'm here to tell you we're not out. Vermont has suffered greatly--but it's on the mend at lightning speed. But the harsh reality is our business still has a long way to go. We are virtually starting from scratch.

In order to tackle the financial challenges at every angle, we are launching a new program called the Irene Card. It will be available in a wide range of denominations. The idea is simple. Purchase an Irene Card today-a prepaid Woodstock Farmers Market shopping card-and we will use the money now to pay contractors and buy the equipment-things we need to start doing right this second in order to be open for the holidays.

In return, you get to shop till you drop when we reopen- including our on-line mail order store- plus get a handsome 10% off every single purchase (except for newspapers, magazines and items already on discount). Irene Cards will

only be available for purchase through October 15th, and they will be available in an amount of your choosing. And as an additional incentive, for cards valued at \$1,000 or more, we will apply a 15% discount for card purchases.

Why are we doing this? To put it bluntly, our business is in ruins. Equipment, inventory, walls, electrical-just about everything inside our store suffered great loss. We need to rebuild and rebuild fast. We need the cash to be able to do this. Your contribution will help speed our recovery efforts plus speed up getting our 45 staffers back to work.

We can't do this alone. We've applied for SBA disaster relief, applied and received some monies from the Vermont Economic Development Authority and we have excellent local banking relationships. We were insured, but the insurance monies will come to us late in the game and be far from enough to get going. Basically we are trying to raise cash, right now, in order to begin reconstruction as soon as possible.

We know things are tight everywhere. Please consider purchasing now and saving later. It's a great win-win! If you have any questions or comments you may email me directly at patrick@woodstock-farmersmarket.com. Thanks for listening.

PS...our mail order will be back soon! We'll let you know specifics soon.

Weston Welcomes its Antiques Show

The 53rd annual Weston Antiques Show, dubbed by the New York Times as "one of the best small shows in New England," will take place in the Weston Playhouse on Friday, September 30 and Saturday, October 1. It will be preceded by a Gala Preview, from 5:00 to 7:30 p.m. on September 29, offering an advance opportunity to examine -- and snap up -- the cream of the crop and to enjoy a social evening with hors d'oeuvres and wine.

The Weston Antiques Show welcomes two new dealers in 2011: Boston Rare Maps who, as the name indicates, specialize in cartography and old prints and Mario Pollo, who offers authentic painted furniture and weathervanes.

The new dealers join old favorites like Peter Pap, with amazing oriental rugs, John Forster, with antique scientific instruments, John Sylvia, with maritime art

and antiques, Donna Kmetz with miniature American paintings, the Red Horse Antiques, with garden sculpture, plus twenty seven more exhibitors.

If you want a musket, look for Bob Kozub of Ester Gilbert Antiques. If Limoges is your passion, you'll want to visit Debby Dubay's booth. There are dealers to suit every taste and at various price points.

The Weston Antiques Show is entirely managed and staffed by volunteers, and all proceeds from the show will go to help defray the costs of refurbishing the Playhouse after sustaining damage from Hurricane Irene.

The Weston Antiques Show is a production of the Weston Community Association, which owns and maintains the Playhouse, the three Museums of Weston and the Cold Spring Brook Park.

Admission to the show is \$8 and to the Gala Preview \$50.

ANNUAL BROMLEY MOUNTAIN ANTIQUES SHOW



PREVIEW BREAKFAST Saturday, October 1, 2011 8 AM - 10 AM \$15.00

GENERAL ADMISSION Saturday, October 1, 2011 Sunday, October 2, 2011 10 AM - 4 PM \$8.00/ \$7.00 with Card/ Ad

**Bromley Ski Area Base Lodge
Rt. 11, Peru, VT
8 Miles East of Manchester, VT**

Managed by:
James & Elizabeth Dunn

Tel: 802-385-3705 antiques@vermontel.net

The Rutland United Methodist Church presents...

2nd Annual Chocolate Fest & Silent Auction

Friday, October 14th, 2011

at Rutland Holiday Inn
476 US Route 7 South
Rutland, VT 05701

DOORS OPEN AT 6:00PM

*****Door Prizes*****

Continuous Bidding Throughout the Evening

300 + ITEMS TO BID ON

Ranging from \$10 Gift Certificates
to a \$2,000 dream vacation

Cost \$5

(ticket entitles entrant to desert sampling and beverage. Gluten-free desserts available.)

For more information contact
Rutland United Methodist Church
(802) 773-2460
RutlandUMC@aol.com • www.gb-gm-umc.org/rutland





Curbstone Chorus Presents a Cappella Extravaganza III

The Curbstone Chorus, Rutland’s own renowned men’s barbershop chorus presents its third annual show, an “A Cappella Extravaganza III,” Saturday October 15, 2011 at the Rutland Intermediate School Auditorium at 7:00PM.

Joining the Curbstoners will be The Honeymooners, a mixed quartet from New Hampshire. This promises to be an evening of pure vocal harmony.

Tickets are \$15.00 and are available at Beauchamp and O’Rourke Pharmacy on Woodstock Avenue, Garland’s Agway on Park Street, the Book King on Center Street

in Downtown Rutland and Mr. Twitter’s on North Main Street. Tickets can also be ordered by mail by using a ticket order form available on the Chorus’ website at www.curbstonechorus.org. In addition, tickets will be available at the door on the evening of the performance.

Half of this year’s proceeds will be donated to the Vermont Disaster Relief Fund to aid the victims of Hurricane Irene.

For more information contact: Tom Jackson at 802-770-0519 or Dick Nordmeyer at 802-273-2911 or visit the Chorus’ website.

Coolidge Site Looks to the Stars

The Vermont Division for Historic Preservation hosts “An Evening With Stellafane” at the President Calvin Coolidge State Historic Site on Saturday, October 1, 7:00 p.m. – 9:30 p.m. The program is free (donations appreciated) and will be held rain or shine.

The event is organized by the Springfield Telescope Makers, a club founded by amateur telescope maker Russell Porter in 1923. Club members will discuss Vermont’s pivotal role in the history of astronomy, and afterwards, the audience is invited to view the night skies with a period telescope.

Far from the artificial lighting of the modern world, the dark skies around Plymouth Notch promise an excellent star viewing experience. The public is in-

vited to come before the program, bring a picnic supper, and explore Plymouth Notch, considered one of the best-preserved presidential sites in the country. Regular site hours are 9:30 a.m. – 5:00 p.m., and twelve buildings are open to the public including the Coolidge Homestead, Coolidge Birthplace, general store, village church, cheese factory (still making cheese using the original 1890 recipe), and 1924 Summer White House office. This year’s special exhibit is “First Pets: The Coolidge White House Animals,” which reveals the important role animals played in the private life and public image of the Coolidge family.

For further information about “An Evening With Stellafane,” call 802-672-3773.

Art Auction to Benefit Brian Halligan



Brian Halligan

Brian Halligan, who lived in his Pittsfield home for 10 years, lost everything to the flood except for his life and his dog, Cappy. His house, and everything in it, is simply gone and the majority of his land has eroded. While he qualifies for some state and federal aid, it will not cover his losses.

Come support Brian by purchasing one of the many other items that will be auctioned at this event. Killington Resort generously donated many big-ticket prizes including: an unlimited 2011/2012 Season Pass for skiing and riding at Killington Mountain Resort, a preferred parking season pass, a 2012 Killington Golf Course Season Pass, a seasonal locker at snowshed and a night out grooming on a snowcat.

On Monday, October 10, Liquid Art Coffeehouse in Killington will host an Art Auction to assist fellow artist Brian Halligan. All proceeds will be donated to help Halligan rebuild.

Other items for the auction include: a catered dinner for four at your home, a personal training session, candle holders by Patricia McDonough and a special occasion or wedding cake made to order.

Chad Hollister will preform live music during the event. 100% of the proceeds from the auction as well as food and drink sales will be donated to Halligan, a good friend, neighbor and artist in our community.



Halligan's House



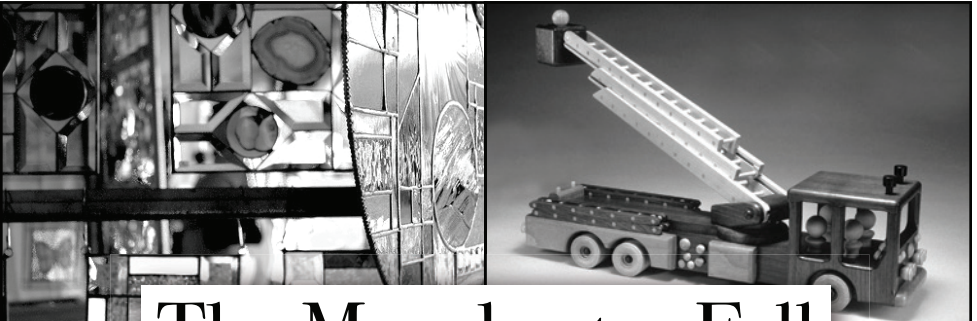
VERMONT DINING TRAIN

Four Course Dinner • Scenic Viewing
Operating Sundays thru October 16
Fare: Table Seating \$79 per guest
Counter Seating \$59 per guest

Autumn Special

Reserve Online & 4th Guest is FREE!
Depart Rutland train station- 25 Evelyn St, at 4:45pm
Browse or enjoy music at
Timeless Art Gallery and Gifts in Fort Edward, NY
Return via Amtrak: Arrive Rutland at 9:05pm

Information & Reservations:
VermontDiningTrain.com • (800) 292-7245



The Manchester Fall Art & Craft Festival

Fri, Sat, & Sun 10am - 5pm
Hildene’s Meadow
1844 River Rd, Manchester, Vt

200 Exhibiting Artisans
Craft Demos and Music
Food, Beer, and Wine



SEPT 30 OCT 1 2

200 Artisan Exhibitors • Craft Demos
Fine Art • Furniture • Clothing • Fiber
Jewelry • Toys • Glass • Pottery
Photography • And so much more...
Food • VT Craft Beer • Wine • Music
Adults \$8 • Kids under 12 Free
Get \$1.00 Coupon for Adult Admission
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Find details online at
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Good Night Irene...

Concert for Flood Relief

Featuring
Pot Luck,
with Jack Harrington, Donna & Burnie Martin
Melissa Maravell
singer/songwriter

Saturday October 1st
7pm

Church of Our Saviour -Mission Farm Rd. Killington
(enter at EAST End of Mission Farm Rd.off Rt 4)

Come and enjoy an evening of purely acoustic folk music old and new in a very special setting.

free will donation:
Church of Our Saviour (flood relief)



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DiningGuide

OLIVIA’S 775-2537
at the Grey Bonnet Inn
Rt. 100N, Killington
Romantic dining featuring fine American cuisine with fresh seafood, steak and pasta dishes, homemade soups and desserts with nightly specials. Reservations appreciated for dinner. AMEX, MC, VISA, DISC.

ON THE ROCS LOUNGE 422-7627
2384 Killington Rd., Killington
Thurs-Sun. 5-11pm. Gather together in our speak-easy lounge. Enjoy a relaxed atmosphere in an intimate setting. Let On The Rocs make you one of their speciality cocktails while you enjoy a conversation with friends. Serving Tapas. AMEX, MC, VISA

ORIGINAL GENERAL STORE 746-8888
Route 100, Pittsfield, VT
Homestyle foods and country charm. Now serving farm fresh meats, veggies and eggs, homemade soups, fresh baked breads, new espresso bar, wide variety of pastries, juices, smoothies, and dinner specials. Also check out our wine cellar, “The Rustic Rooster” gift shop and banquet hall. Weekend Breakfast Buffet!

OUTBACK PIZZA 422-9885
Top of the Killington Rd. at Outback
Dinner nightly at 5pm. Killington’s best pizza is baked in a 900 degree wood-fire brick oven. We feature the best live music in Killington. Voted Killington’s best place to dance. AMEX, MC, VISA

OVATIONS RESTAURANT 422-6111
at The Killington Grand Hotel, Killington
Dine in the most spectacular mountain setting in the region. Tantalizing dishes prepared by our award winning chef. Bistro menu available. Vegetarian selections. Specialty requests graciously prepared. Extensive breakfast and dinner menus.

PASTA POT 422-3004
Route 4 East, Killington
Reopening soon. A classic Italian Pasta house. Italian food and wines at their best. Pastas, pizza, subs, Italian entrees are all homemade. Chef owned. MC, VISA

PEPPINO’S RISTORANTE 422-3293
Killington Rd., Killington
Open nightly for dinner. First on the Killington Rd. featuring all of your favorite traditional Italian dishes. Children’s Menu. “Where old world cuisine meets the new world appetite.” MC, VISA, AMEX, DISC

THE PHAT ITALIAN MARKET & DELI 422-3636
2384 Killington Rd., Killington
Sun-Thurs 7am-11pm, Fri & Sat 7am-midnight. Authentic Italian cuisine with attitude. Premium Boarshead meats. NY bread and bagels. Check out our coldest, inexpensive beer cave. Don’t forget to stop in our wine room. Come on in or call for delivery! Bada Bing. MC, VISA, AMEX, DISC

RAMUNTO’S BRICK & BREW PIZZA 672-1120
Route 4, at the Bridgewater Mill, Bridgewater
Best pizza in the northeast. Serving New York pizza, subs, calzones, salads and appetizers and our famous garlic knots. 20 beers and ales on tap specializing in local and regional craft beers as well as wine selection for any palate. Cozy atmosphere, 3 HD TVs, live entertainment on Tues. & Sat. nights. AMEX, DSC, MC, VISA.

RED CLOVER INN 775-2290
Woodward Rd., Mendon
American Cuisine with a European Flair. Extensive wine list. Charming surroundings. Open for fine dining or tavern fare. AMEX, MC, VISA, DISC

RIVER TAVERN AT HAWK 672-3811
Route 100, Plymouth
Only a short drive from the Killington area, the River Tavern is located in the center of Hawk Mountain Resort. Relax in a casual atmosphere and enjoy the Regional American Cuisine. MC, VISA, AMEX, DISC.

RUTLAND COUNTRY CLUB 773-9153
North Grove St., Rutland
Open to the public. Serving Lunch and Dinner daily. Sunday breakfast. Serving a delicious American fare w/moderate prices & casual attire. Function rooms available. MC, VISA.

ROOTS, THE RESTAURANT 747-7414
51 Wales St., Rutland
Roots mission is to create delicious food from fresh, local ingredients. Chef Donald Billings is committed to providing affordable meals from minimally processed, locally grown ingredients, including organic crops and humanely raised, pasture fed livestock. Chef Billings and Roots are proud to partner with local providers Boardman Hill Farm, Hathaway Farm, Blue Ledge Farm, Baba Louis Bakery, Racical Roots Farm and other smaller scale produce, dairy and maple syrup providers. All major credit cards accepted.

SANDY’S BOOKS & BAKERY 767-4258
30 North Main St., Rochester, VT
Open from 7:15am to 6pm daily. We make whole grain breads, pastries, bagels, muffins, scones, danish and croissants every day, all from scratch. No par-bakes, no frozen stuff. We offer reasonably priced country fare - breakfast, lunch and early suppers. Soups of all nations, both hearty and delicate, are our speciality.

SEA HARBOR TAVERN & GRILLE 518-499-9700
At The Champlain Harbor Marina
7 N. Main Street, Whitehall, NY **German Cuisine!!**
Chef Mike Decsi invites you to try his authentic German cuisine. Now offering Oktoberfest menu, Sept. 1st thru Oct. 30th, Wed.-Sun 4-9pm. Pub style menu also available. Serving lunch and dinner.

SEWARD FAMILY RESTAURANT 773-2738
224 N. Main St. (Rt. 7), Rutland
VT home-cooking at affordable prices. Breakfast, Lunch & Dinner, daily specials. Steaks, chicken, seafood, wonderful burgers, sandwiches, even “Heart Healthy” menu items, salad bar, and children’s menu. Our own ice cream- 39 flavors! Large parties welcome. Our dairy-gift store has Vt. foods & lots of gifts. MC, VISA, DISC.

SUGAR AND SPICE RESTAURANT 773-7832
Route 4, Mendon
Serving breakfast and lunch seven days a week. Specialties run from pancakes & French toast with real maple syrup processed on premises, soups, sandwiches, burgers. Working sugar house. Gift shop featuring Vermont products. Homemade candy and ice cream. MC, VISA

SWISS FARM INN 746-8341
Route 100N • Pittsfield
A Vermont Bed and Breakfast that serves “the world’s Best Breakfast.” Served warm and to your liking. AMEX, VISA, MC

VERMONT APPLE PIES 554-0040
Depot St., Proctorsville, VT
A Variety of Belgian Waffles & Buttermilk Pancakes, Homemade French Toast & Cinnamon Sticky Buns, Omelets & Home-fries Biscuits & Gravy, Cornbread, Theo’s Chicken & Waffles, Real VT Maple Syrup & Butter, Homemade Bread, Soup, & Salads, BLT Clubs & Sandwiches. A Variety of Homemade Muffins. MC VISA

VERMONT DINING TRAIN 800-292-7245
Departing Amtrak Station - Evelyn St, Rutland
Operating Sundays thru Oct. 16. Would you like a table with a view? Enjoy a Sunday afternoon train ride featuring deluxe dining car seating, four-course dinner, snowy white linens and ornate china. All aboard for a superb foliage dining experience. MC, VISA, DISC

THE VERMONT INN 775-0708
Route 4, Killington
Open Thurs-Sat 5:30-8:30pm. Enjoy New England and Continental Cuisine by a wood burning stone fireplace in a comfortable and warm c. 1840 farmhouse style dining room. Game Room. Children’s menu. Full bar and wine list. Dinner Reservations Sugg. Drop in late afternoon or even after dinner for cocktails, appetizers, a light dinner, or desserts at Duffy’s Pub. Enjoy mountain views, perennial gardens and humming birds.

THE VILLAGE PORCH 767-3126
Corner Rt. 100 & School St, Rochester
Open Thurs-Sat with new menu. The Village Porch is the sweetest little restaurant in central Vermont! Take the scenic drive north on Rt. 100, to the village of Rochester and look for the most inviting candle lit window in a beautiful Victorian House on Main St. (on your right just past the hardware store). The creativity of Chef Luke Stone is evident in the full dinner specials that change weekly. Pub menu, full bar. Catering available, call 767-3272.

WALLY’S AMERICAN GRILL 747-7700
Top of the Killington Road, Killington
Killington’s only diner style open kitchen! Famous for our fresh squeezed orange juice machine, where oranges roll along the ceiling. Enjoy fabulous omelets, waffles, burgers, wraps, steak bombs, salads and sauté! Home of the \$1.00 draft! Go where the locals go for good food and great fun! Fri, Sat, Sun breakfast and lunch. All major credit cards accepted.

The Red Clover Inn
Restaurant & Tavern



Open for dinner 7-nights a week 5:30 to 9:00 p.m.

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

Wines of the World Dinner
Friday, October 7th at 6:30 p.m.
On the first Friday of each month, Chef Dennis prepares a delicious five course wine dinner featuring wine pairings from a different region of the world. October's wine dinner will feature wines of Bordeaux, France. \$75 per person (plus tax & gratuity).

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Fresh Maine
Lobster Dinner
\$12.00

Fridays 3-6PM
25¢ WINGS!

JAPANESE CHINESE HIBACHI



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FRIDAY
SEPT. 30TH

RESERVATIONS,
TAKE OUT
& DELIVERY
(802) 422-4241

SPECIALS

UNTIL NOV. 21ST

Monday Closed (until Good Guys Party on Nov. 6)

Tuesday Half price Filet Mignon

Wednesday .. Half price scorpion bowls

Thursday Free house wine, beer, or soda with
your purchase of dinner

Friday 25% off entire meal with Killington
or Pico ski pass

Sunday Kids eat free hibachi when parents
order dinner.
(Must be with a parent who is dining and kids can only
order off the children's menu)

Open Tuesday-Sunday for lunch & dinner 11:30am-10:00pm
Fridays & Saturdays open till 11:00pm

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killington super
market

DAILY
SPECIALS

Breakfast,
Lunch &
Dinner



GROCERY

MEATS AND SEAFOOD

beer and wine

DELICATESSEN

BAKERY PIZZA CATERING

BREAKFAST, LUNCH
& DINNER to-go

Local Vermont Products

Apples • Cider

Vermont Cheese • VT Wines

Vermont Apple Pies

Baked Goods • Cheese, Syrup

Breads & Microbrews

Open Daily at 6:30am

On the Killington Rd.

802-422-7736 Deli 422-7594

WE RENT DVD'S

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
Back Behind	
Birch Ridge Inn	
Bridgewater Corners Store				
Casa Bella Inn & Rest.	
Casey's Caboose	
Charity's	
Choices Rest. & Rotisserie	
Clear River Tavern	
Clubhouse Grille		
Corner's Inn				
Grist Mill			
Huntington House Inn		
Jax Food & Games				
Killington Market		
Lakehouse Pub & Grille
Liquid Art				
Lookout Tavern	
Mangowood at The Lincoln Inn		
McGrath's Irish Pub			
Moguls Sports Pub	
Mountain Top Inn & Resort		
Olivia's at The Grey Bonnet Inn			
On The Rocs Lounge			.							.					.	
Outback Pizza		
Ovations			
Pasta Pot		
Peppino's	.									.					.	
Phat Italian Market & Deli	
Pittsfield's Original General Store		
Ramunto's		
Red Clover Inn
River Tavern at Hawk		
Roots, The Restaurant			
Rutland Country Club				
Sea Harbor Tavern/Grille								
Seward Family Restaurant		
Sugar & Spice				
Swiss Farm Inn				.				.							.	
Vermont Apple Pies				
Vermont Inn			
Vermont Dining Train		
The Village Porch	
Wally's American Grill	

Revitalize Rutland's ArtHop

Art walks have been popping up throughout the country and are a great source of exposure for local artists, galleries, and small businesses. Have you heard of Rutland's own ArtHop, which takes place on the second Friday of each month from 5-8 PM? At its peak, Rutland's ArtHop was thriving, and locals and visitors could follow a map and "hop" around town to 29 galleries, restaurants and businesses to enjoy local art, music, performances, food, book readings etc. Now only

three dedicated businesses participate, Art and Antiques on Center, the Timco Gallery, and the Chaffee Art Center. Any businesses or individuals interested in revitalizing Rutland's ArtHop are invited to discuss and communicate ideas at a meeting on Wednesday, October 5, from 8-9:30 am at the Chaffee Art Center, 16 South Main Street, Rutland, VT.

ArtHop was created by the Arts and Culture Committee and was the first initiative of the Rutland Creative Economy. Let's get together and brainstorm how to make Rutland's ArtHop flourish like the art walks in Burlington and Bellows Falls, and we encourage anyone interested to check out the great things they are doing.

Manchester Fall Art and Craft Festival

A loud clear clarion call has been issued by the Vermont Tourism and Marketing Department in the aftermath of Tropical Storm Irene. “Vermont is open for tourism and business: Most of Vermont suffered little or no damage and the foliage canopy is in good shape; there is every expectation of a brilliant foliage season; and, more than ever, Vermont needs a busy foliage season to put money into the state economy to offset the cost of the storm’s damage.”

That is certainly true in Manchester where the roads are open and there is access from every direction. Manchester will host its 23rd Annual Fall Art and Craft Festival at the sprawling Hildene Meadow on River Road in Manchester on September 30, October 1 & 2. The show is open Friday through Sunday from 10-5. “It is held under large tents that are heated if needed. All activities are under cover” says Tim Cianciola of Craftproducers. Adult admission is \$8 and kids are free.

The Festival features the work of nearly 200 artists and artisans who come from all over the country. Works offered for sale include functional pottery, stained glass, leather, wall art, paintings, clothing, outdoor sculpture, furniture, specialty foods, and a large selection of jewelry. In every booth there is the maker of the goods with not only products to buy but a story to share.

The Festival is more than creative shopping. The food court offers an extensive menu with an emphasis on locally produced items including organic wood fired pizza, spicy tacos, sesame noodles, grass fed beef burgers, toasted tofu, barbecue, and Vermont Cheese, Beer, and Sausages. To accompany the tasty victuals there is live music in the dining tent along with eight seasonal

Vermont beers. Live Music will be played by The Sessions, led by Justin Henricks. The Sessions focus on groove orientated jams and catchy melodies.

This year there will be book signings at the show each day by noted authors. The Manchester Historical Society offers its new book, History of Manchester Told Through Photographs. Well known Vermont singer/songwriter Spencer Lewis will perform and autograph copies of his recently published memoir, Cabin Songs.

Outside the main tent, Harry Besett from Hardwick, VT, Richard Foye, of Newfane, VT, and Jonathan Woodward, from Clinton, NY will wage a war of the demonstrators. Besett is a world renowned glassblower and he showcases glassblowing technique with his blazing kiln in the backdrop. Foye is an eccentric potter who actually stalks Vermont’s woods for moose droppings which he dries and puts into his raku kiln to create a unique luster on his pottery. Finally, Woodward, will teach willing fairgoers how to “throw” a pot on his spinning potter’s wheel.

New to the Festival is a Spirits Tasting comprised of a growing number of Vermont Spirits producers. Located in the Specialty Food section of the tents there are wineries and distillers. Two such premium distillers are a maple based Sapling Liqueur and Vermont Spirits and its maple made vodka. Two participating wineries are Boyden Winery and Neshobe River Winery.

The Manchester Art and Craft Festival is a great way to enjoy Vermont in the autumn. For more complete information visit www.craftproducers.com or call the Manchester and the Mountains Chamber of Commerce (802) 362- 2100.



photo courtesy of Billings Farm

Pumpkin & Apple Celebration at Billings Farm

Billings Farm & Museum, gateway to Vermont’s rural heritage, will host its annual Pumpkin & Apple Celebration on Saturday and Sunday, October 1 & 2, from 10:00 a.m. to 5:00 p.m. Voted a Top 10 Fall Event by the Vermont Chamber of Commerce, hands-on activities and programs will highlight these two versatile fall crops, their historical importance, and many uses.

Take the apple taste test and vote for your favorite! Lend a hand pressing cider, making pumpkin or apple ice cream, drying apples, and apple peeling. Join in the “pumpkin and apple fun” with apple races, pumpkin bowling, apples-on-a-string, sampling pumpkin bread and pumpkin Legos®. See apple butter being made in the farmhouse kitchen and take home a recipe for “Pumpkin Pye.”

The pumpkin display includes white, blue, and striped pumpkins; learn more about this hearty, nourishing, and versatile vegetable, first cultivated 9,000 years ago. Horse-drawn wagon rides are included with admission.

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

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Annual Autumn Mount Zion Hike

For one of the delights of autumn, travel to the Hubbardton Battlefield State Historic Site on Sunday, October 2, 2011, for the annual fall guided hike up craggy Mount Zion in Hubbardton. Enjoy the stimulating combination of sweeping fall mountain views, the history of the Battle of Hubbardton, and good exercise in the fresh air. This is the fourteenth year of the hike, lead by historic site interpreter Carl Fuller. He will discuss important points of the July 7, 1777, Revolutionary War Battle of Hubbardton, the role Mount Zion played in the battle, and what you can see from the summit.

Meet at the Hubbardton Battlefield State Historic Site visitor center by 2:00 p.m. After a brief orientation everyone will then drive to the start of the hike. The fee is \$2.00 for adults and free for children under 15, and includes visiting

the museum and battlefield.

The Mount Zion hike is an easy to moderate climb and will follow a trail developed by owner Kit Davidson. Mount Zion offers lovely views of the Taconics, lower Green Mountain range, and Adirondacks, and is the only vantage point on land from which the entire battlefield can easily be seen. Afterwards visit Davidson's Japanese garden.

The Hubbardton Battlefield State Historic Site preserves the location of the only Revolutionary War battle in Vermont. The site is on Monument Hill Road six miles off VT Route 30 in Hubbardton or seven miles off exit 5 on US Route 4 in Castleton. Carefully follow the signs. The site is open Thursdays through Sundays, 9:30 to 5:00 p.m., as well as Monday, October 10, the last day of the season. For more information, call (802) 273-2282.

The Concert For the Killington Area

On Sunday, October 2nd, friends, neighbors and local musicians will “band” together to help those strong Vermonters who are starting to rebuild their lives.

Many families and individuals in the Killington area and the surrounding communities suffered devastating losses as a result of Hurricane Irene, we hope to get together and raise some money for local charities as we enjoy amazing music, great food and the great feeling of a community... fighting back!

Three stages at the Lookout, Outback Pizza and in the parking lot will add the festival/block party “feel” of this great event and will showcase the talents of our gifted local musicians. It will be a day of music, caring and giving to those who need our help. The event goes from noon to midnight.

A \$20 door donation will cover admission to all three stages and a complimentary buffet. (Children 12 and under are free!)

The musical line up includes Vermont staples: Bow Thayer & Perfect Trainwreck, Joey Leone, Jamie's Junk Show, Rick Redington & The Luv, Tony Lee Thomas, Bobby Darling & Dr. Divine, Rick and the

Idiots, Chad Hollister Band, Burlage-Paul/Seabird Band Reunion, and many others.

There will also be a silent auction, raffle, commemorative t-shirts to help raise funds and both the Lookout and the Outback have pledged to donate a portion of their sales.

You can help by spreading the word, attending and/or donating a prize for the silent auction. (If you can donate an item or service to the silent auction, please contact the KCC & we'll make sure it gets to the event organizers!)

All door, raffle and silent auction proceeds will benefit We Are K-Town/Irene's Islands <http://www.helpkillington.com/> and the Pittsfield Hurricane Relief Fund <http://www.pittsfieldhuricanerelief.org/> who will access need and distribute funds to those who need them most.

If you can be there please bring as many friends as you can and if you can't please donate to the above charities or any other group helping those in need.

For additional information, contact 245-4106 or 369-0347.

Music can change the world because it can change people. ~ Bono

Rutland Rec Department Events

–Take a Kid Mountain Biking Day
IMBA Take a Kid Mountain Biking Day will be on Saturday, October 1, from 10:00 a.m. – 12:00 p.m. Rutland Recreation youth mountain bike club team members will help with the event. The event is in the upper parking lot at Giorgetti. It will be a pre-event to the Lunar Quarry Mountain Bike Race!

All participants must wear a bike helmet and parents are welcome to participate with their child. Very limited bikes will be available on site; participants are encouraged to bring their own bike. We will have skill stations set up and a group ride at the end. At noon we'll fire up the BBQ and have hot dogs & chips. Please join us for this fun filled day!

–The Great Rutland Race
Join us for Rutland's version of the Amazing Race. Our all-day challenge will bring you to points within a 5 mile range of downtown. Teams of two will need to visit 15 locations and participate in a physical or mental challenge at 10 of the 15 locations. All locations will remain confidential until you receive your packet the morning of the race. You will then have 45 minutes to plan with your teammate what you think will be the fastest route. No jumping in

your car – your feet and “The Bus” will be your only options.

All profits will go to the Rutland Recreation Scholarship fund. Your fee includes two t-shirts, race day support and a challenge that you will remember! The race will begin at 8:00AM with a pre-race meeting at the Rutland Amtrak Station on Saturday October 8th. Fee to participate is \$70 pre-registration or \$80 on race day. Please visit www.rutlandrec.com or stop by our office located on 1 Deer St. Rutland VT to register.

–Lunar Quarry 12 Mountain Bike Race
Be a part of an extraordinary night time event. The Lunar Quarry is a 12-hour night time mountain bike race through the trails of Pine Hill Park. Base camp is at the quarry within the park. There will be live music, movies, tenting area for teams and an end of race pancake feed. This is a limited entry race with strict light requirements.

With the race starting October 1st at 5:00PM. don't wait to register. Fees are as follows: Solo Rider - \$135.00, Teams of 2, 3 or 4 riders - \$250 per team. Pre-registration is required; No race-day entries will be accepted. Please visit www.lunarquarry12.com to register or for more information.



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LocalNews

MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

No Shortage of Events Here!

The days are getting shorter, the temperatures are getting cooler so if you haven't had your heating system cleaned and serviced, and your chimney flues cleaned and checked by a licensed and insured chimney service, please do before it is time to turn up the thermostat in your home. Also, it is time to check your smoke and carbon monoxide detectors to keep you and your family safe in your home.

The Town of Killington's businesses are open and ready for an awesome foliage season with many great events planned.

On October 1 Killington will again host the Annual Brewfest which features New England's best beers, harvest dinners and entertainment. The admission for this terrific event is just \$25 which provides entry into the Snowshed Lodge to sample over 75 craft brews and great live music. The Vermont Brewmaster's Dinner is held on Friday, September 30 at 7pm in the Snowshed Long Trail Pub and is \$79. The new Brewfest Kick Off Party will be held at the Wobbly Barn from 9pm to 1am and is sure to be the best local parties of the year- don't miss it! You may purchase your brewfest tickets online at killington.com website. This event is for those at least 21 years of age. Admission is limited and includes a souvenir tasting glass, twelve beer sampling tickets and live entertainment. Additional beer tickets will be available for \$1 each.

On October 2 the Concert for Killington to raise funds for those terribly affected by tropical storm Irene will be held at The Outback and at The Lookout Tavern. Three stages will be put up in the parking lots and many bands from far and wide will be playing from noon until 11 pm. This event is being organized by our own local outstanding musician Joey Leone and his Chop Shop. Entry is \$20 for the day, with raffle tickets, t-shirts and more being

sold. Many local residents and businesses have had devastating results from Irene and this event will help those who need it most. Don't miss it!

The Dock Dogs National Final Championships will take place from October 7 to October 9 at the Snowshed Lodge parking lot. Bring your dog along for an exciting fun filled weekend of this world famous competition. More than 300 dogs will be competing for the national title in three 40 foot long dog diving pools. Bring your camera, it's a great photo taking opportunity.

The Killington Ski Club is holding their annual ski sale on Friday, October 7 from 5pm to 9pm, Saturday, October 8 from 9am to 5pm, and Sunday October 9 from 9am to 4pm. Looking for some new ski and/or snowboard gear for the upcoming ski season? Great deals on new and used ski and snowboard clothing that are hard to beat! Stop by the Killington Ski Club Sale and save money on items for the whole family. All unsold consigned items can be picked up on Sunday, October 9. For more information, please call 820-422-6797 or email skisale@killingtonskiclub.com



Hay is for horses and sculptures! Will McKay and Pete DeCota of Killington load hay on a trailer for the Burke horses at the Merrill Spring Farm in Tinnmouth, Vermont with Glenn Merrill, Sr. Come to Killington to see the beautiful hay sculptures at over 40 businesses! photo by Deb Burke

It's Harvest Weekend at the Billings Farm and Museum in Woodstock, Vermont on October 1 and 2. Celebrate the harvest with a traditional husking bee and barn dance, cider pressing, harvesting root vegetables, sample hot spiced cider and homemade doughnuts.

On October 9 at 2pm there will be an old time victrola music display at the Woodstock History Center at 26 Elm Street in Woodstock, Vermont. Main Street Museum curator David Fairbanks Ford will discuss and play samples of some classic victrola music.

Rutland Free Library Celebrates 125 Years

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

Come celebrate with family and friends! There will be cake, live music, memorabilia, a historic timeline, kids'

activities, balloons, storytelling, a group picture and more. It's free and open to all!

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

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

Call (802) 773-1860 for more details.

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Student News

-The following local students were awarded degrees at Kaplan University in Chicago, IL: Todd Russell of Rutland, VT was awarded a Bachelor's degree in Criminal Justice. Andrea Nakamura of Castleton, VT was awarded a Bachelor's degree in Psychology. Stephanie Langlois of Wallingford, VT was awarded a Associate of Applied Science degree in Paralegal Studies.

-The following Virginia Tech students were among those honored at the university's spring commencement ceremony held May 13 in Lane Stadium: Rachel Ingalls, Rutland, VT.

-The following students have been named to the Dean's List for the Spring 2011 semester at Assumption College. Douglas Anton of Dorset, VT, of the class of 2011, Katherine McClafferty of Manchester Center, VT, of the class of 2011, Britany Wonsor of Killington, VT, of the class of 2013.

-The College at Brockport, State University of New York, has awarded scholarships to members of its incoming freshman class who have demonstrated academic excellence. Molly Parent of Danby, VT won Brockport's Recognition Scholarship.

-Dominique M. Mercier of Killington, VT was named to the Spring 2011 Dean's List at Merrimack College in North Andover, Mass.

-The following local residents are among those to be named to the Roger Williams University Dean's List for the Spring 2011 semester. Katherine A. Copeland, of Quechee, VT; Ethan D. Grey, of Fair Haven, VT; Alexa M. Foster, of Middlebury, VT.

- Andrew Imhof, a resident of Wallingford, VT, has been admitted to Alfred State College for the Fall 2011 semester in the Heavy Equip T & D Technician program.

by Johnnie Goldfish

It's Getting Better All The Time

The Most fun a baby soul can have comes from watching. The most fun a young soul can have comes from doing. And the most fun an old soul can have doesn't come from anything. Not that old souls aren't the first to the playground, dance floor, or hoedown, but that they could have fun anywhere, anytime, like right here and now. Crazy like a fox.

The Rochester PTO Community Dance will be held at the Pierce Hall Community Center on Main St. on Saturday, October 1 from 7 to 10 pm. Come dance to music provided by a DJ. Local residents and friends come celebrate the community spirit that got us through Irene. Refreshments will be available. Admission is \$8 for a single and \$10 for a Family. Donations will also be accepted. Proceeds will benefit the Rochester Relief and the PTO Scholarship Fund. Sponsored by the Rochester School PTO.

Riddle: Five friends had to guess how many marbles were in a jar. Bill guessed five under the actual amount, Hank was two under, Sam was the winner, Sue was one over and Kate was six over. Their guesses, not in order, were 186, 175, 178, 181, and 180. What

was Hank's guess? Answer below.

The White River Valley Players present two workshops entitled, "More Than Gravel Was Stirred." A lot has happened to our communities and there are many stories out there that have stirred our spirits. Come tell your story. A workshop for writing short plays with Ethan Bowen will begin on Saturday, October 1 from 9 am to 2 pm at the Bowman Home just south of the Park House. Then on Wednesday, October 5 from 6 to 10 pm followed by the final workshop on Saturday, October 8 from 9 am to 2 pm. All levels of experience are welcome. Registration deadline is September 30. For more information contact Ginny Bowman at 767-3954.

The 2nd workshop is best described as "Do you have a story that can be told best in a song?" This songwriting workshop is with Susan Rule and Dorothy Robson. All levels of experience are welcome, from beginners to experienced songwriters wanting feedback and a venue. Classes will be held at the Park House on Mondays, October 3 and 10 from 7 to 9 pm followed by one

individual session by appointment. To register or to find out more, please contact Susan Rule at 234-5620 or Dorothy Robson at 767-3732. Registration deadline is September 30.

The plays and the song selections may become part of a White River Valley Players' production on November 11, 12 and 13.

The Stockbridge Central School (SCS) has rescheduled School Picture Day to Tuesday, October 11. The Scholastic Book Fair is scheduled for October 5, 6, and 7 in the SCS library for students to shop before and after school. Parents and interested readers are invited to come in and browse the books as well.

The White River Partnership is conducting volunteer activities designed to understand the impacts of Tropical Storm Irene on river health and to improve the long term health of the White River. On Friday, September 30 from 8 am to 12 noon folks are invited to meet in Rochester in the school parking lot. Volunteers should wear long sleeves, long pants and closed toe shoes; gloves and trash bags will be provided. To report a site that needs cleaning up, please fill out

the Connecticut River Watershed's Council's scouting report at <http://ctriver.org/action/scouting>.

Do you have an old instrument, a sax or a trumpet collecting dust in your attic or basement? If so, the Bethel Music Department is asking you to consider donating it. Every year there are students who want to play an instrument but cannot afford to rent or purchase one. When an instrument is donated it is sent to Ellis Music where it is made ready for playing and then given to a child. If you have such an instrument and would like to help, please contact Band Director Carrie Kohl at 234-9966, extension 229.

Riddle Solution: 178. The easiest way to think about this is that Kate had to have the highest guess at 186, meaning there were 180 marbles in the jar. Two under (Hank's guess) would be 178.

Thought for the Week: "Ideas go booming through the world louder than cannon. Thoughts are mightier than armies. Principles have achieved more victories than horseman or chariots." -W.M. Paxton.

Send your ideas to johnniegoldfish@yahoo.com.

Maclure Library Lecture & Fundraiser

The Bowen-Walker Fund Support Committee will present their 7th annual art lecture and fundraiser on Sunday October 2, 2011 from 3-5 pm at the Maclure Public Library. The Bowen-Walker Fund provides support for families in town who are experiencing temporary financial hardships and has been quietly going about its work since 1884.

The 2011 committee is pleased to present a lecture and social hour featuring Betty Atwood of Florence as the guest speaker. Betty will talk about her work as an artist, weaver, and teacher over the 4 + decades of her career in Vermont. The lecture will be accompanied by weaving demonstrations by some of Betty's current students as well as an opportunity to bid on some of Betty's artwork. The committee is asking for a suggested donation of \$5 per person to attend this lecture.

Betty Atwood grew up near Rut-

land's Mill Village and attended the Rhode Island School of Design where she studied painting and fabric design. A longtime faculty member at the University of Vermont, Betty also taught weaving at the Shelburne Craft School and Ludlow's Fletcher Farm School for the Arts and Crafts. Betty was a colleague of the famed Aileen Webb and served on the board of the American Crafts Council as well as other organizations. She has a detailed knowledge of the weaving traditions of the American Southwest and has recreated weave patterns from prehistoric fabrics. Betty lives in Florence where she continues teaching and works daily in her weaving studio.

For more information about this event, or to make a direct donation to the Bowen-Walker Fund, contact Bob Hooker at 483-6739 or bjhookervt@gmail.com.



Horse Workshop in Brandon

The Rutland Natural Resources Conservation District will host a "Horse Keeping and You're Horse's Health" Workshop on Saturday, October 15, 2011 from 9:30 a.m. to 12:00 p.m. at the Brandon Fire House (Conference Room) on Rte. 7 in the town of Brandon, VT.

Guest speakers are:

-Brian Howlett, DVM speaking on "Colic: The Horse's Worst Enemy"

-Sylvia Harris, Agriculture Resource Specialist for Rutland Natural

Resources Conservation District on: "Manure Management"

-Terry Cushing, Poulin Grain on: "Nutrition and Balancing the Diet"

The cost is \$20.00 per person with group rates available. Refreshments and an information packet are included in the fee.

For further information or to register please contact Nanci McGuire at the Rutland NRCD office at 802-775-8034 ext. 17. Pre-registration is required by October 7, 2011.

Blessing of the Animals

In honor of the Feast Day of St. Francis of Assisi, the patron saint of animals, the Rutland County Humane Society and Reverend Lee Crawford of Trinity Episcopal Church will host the Blessing of the Animals on Sunday, October 2 at 2 pm. It will be held at the Rutland County Humane Society at 765 Stevens Road in Pittsford, VT. All pets, or a picture of your pets, are welcome for a special blessing by Reverend Crawford.

All dogs must be on leashes and cats and other pets in safe carriers.

The ceremony will be held outside and all pets are encouraged to attend! After the ceremony the shelter will be open until 5 pm so attendees can visit with the adoptable animals.

For more information about RCHS and/or the Blessing of the Animals, please contact RCHS at 483-9171 or visit www.rchsvt.org.



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Mendon/Chittenden/ Pittsford/Brandon Notes

by Debbie Burke

Brandon’s Harvest People are Back

In Brandon, it’s Vermont Comedy Night as a fundraiser on Friday, September 30, 7pm – 9pm in Brandon Town Hall. This is a Comedy Night with Tony Bates and Company - A fundraiser for Brand-Aid! Join us for an evening of laughter and entertainment while helping those who suffered financial loss during Hurricane Irene. 100% of the evenings proceeds will be donate to the Brand-Aid fund! This event is recommended for over age 16.

There will be Maple Candy Making on Wednesday, September 28, 10:30am – 3:00pm at the New England Maple Museum. This event features crystallizing pure Vermont maple syrup into Maple Sugar is demonstrated. Visitors can sample the final product fresh from the mold without touring the Museum on these Wednesdays. (802) 483-9414. 4578 Rte 7 in Pittsford.

The Brandon Annual HarvestFest will take place on Saturday, October 1, 10am – 2pm in Brandon’s Central Park. Come make Harvest People (aka stick figures, scarecrows, Leaf People...) with the experts. You can

even take one home! Hay rides, music, pumpkins, food, and more. This event starts at 10:00 am in Central Park. There will be a rain location if needed. This event is sponsored by Brandon Area Chamber of Commerce.

There will be a “Dinner With Friends” to benefit Rutland County United Way on Wednesday, October 5, 5:30pm – 8:00pm at Cafe Provence. Cocktails start at 5:30pm and dinner at 6:30pm. There will be a 50/50 raffle in the new “Private Dining Room” at Café Provence with all proceeds to benefit the United Way of Rutland County. The cost is \$65 per person. For reservations, please call the United Way at 802-773-7477.

There will be a special Smorgasbord Supper on Saturday, October 8, from 5pm – 7pm to be held at the Congregational Church Fellowship Hall in Brandon. Cost for adults \$12; youth 5-12; \$6 under 5 free. Baked Turkey, ham, meatballs, VT maple baked beans, scalloped potatoes, mac & cheese, lasagnas & pastas, salads/slaws, breads, drinks, dessert, & more. Don’t miss it!

Bring Home a Piece of Vermont

The 7th Annual Home Grown and Hand Made Harvest Fair on the Pittsford Village Green is coming! Artists and crafters of Rutland county and beyond are converging on the Village Green for our 7th Annual Home Grown and Hand Made Harvest Fair to benefit the Pittsford Bowen-Walker Fund. Our Harvest Fair will be taking place on Saturday, October 1, 2011, from 10:00 a.m. until 4:00 p.m., rain or shine.

Outdoor activities and booths include: local wool

producers and all things sheep; quilters; farm fresh produce & maple syrup products; crafters in fiber, wire, and paper; home made baked goods; jewelry; artist booths; a kid’s space; a farm animal petting zoo, basket raffle and much more.

For more information or to apply for available space, artisans, farmers, and crafters, can contact Barbara Pierce at (802) 483-0074 or e-mail us at 292oxbowrd@comcast.net with “Harvest Fair” in the subject line.

Killington Selectboard Meeting Highlights

September 20, 2011
by Katleen Ramsay, Town Manager
–Tropical Storm Irene Recovery Update

State Roads: Route 4 from Woodstock to Rutland has been restored to 2-lane traffic and there is continued progress on Route 100 S & 100 N.

Town Roads: Work on East Mountain Road is underway, with plans to work on the connecting roads to start as soon as possible. The Town Highway Department is working on repairs to other roads. The Selectboard asked for additional information about the road reconstruction schedule and the level of contractor effort needed to support road repairs necessary before winter sets in.

Damage to local roads is estimated in the \$1 - 2 M range, with FEMA reimbursement of 75% percent for eligible repairs and an additional 12.5% from the State, resulting in a local share of 12.5%.

Flood Damage Prevention Regulations: As there have been multiple inquiries about revisiting the adoption flood damage prevention regulations, which are necessary for participation in the National Flood Insurance Program, the Selectboard will ask the Planning Commission to review the matter and make recommendations on the adoption of flood damage regulations.

Zoning Fees: In response to a recommendation from Town Planner Richard Horner, the Selectboard decided to waive zoning fees associated with repair or reconstruction from damage caused by Irene.

Real Estate Tax Deferment: The Selectboard proposed the deferment of the penalty on delinquent property taxes from November 11 to December 11. Under this proposal, the second installment of property taxes will be due as scheduled on November 1, with 1% interest applied to taxes not paid by November 11, and 8% penalty applied on taxes not paid by December 11. As the Vermont League of Cities & Towns has advised that a Town vote is required on this change, a Special Town Meeting, with voting by Australian ballot, will be scheduled for late October.

Bulk Waste Disposal: The next “bulky days” at the Transfer Station is planned for November 5-7. In the meantime, property owners with carpets and other

flood damaged materials can take them to the Rutland Solid Waste District Transfer Station on Gleason Road in Rutland (across from Home Depot). The Transfer Station is open: Monday - Saturday from 7:00 a.m. - 3:00 p.m. The Solid Waste District also receives household hazardous waste at no charge on Tuesday, Wednesday and Thursday, 8 a.m. - 3 p.m.

Water System Preliminary Engineering Study: The deadline for submitting water system surveys has been extended until October 1. The survey questionnaire is available on the Town’s website, www.killingtontown.com, and may be dropped off at the Town Offices for delivery to the Town’s engineer.

–Town Manager Transition
Kathleen Ramsay and Seth Webb reported that in light of the changing circumstances created by Hurricane Irene, the approach on the hiring of the Assistant Town Manager was modified to ensure that the short and long term needs of the Town are effectively addressed. Rather than hiring a permanent, full time Assistant Town Manager as originally proposed, an Interim Assistant Town Manager with a strong background in municipal operations, transportation planning and fiscal planning has been hired for a six month term to support the immediate focus on road reconstruction and FEMA reimbursement as well as the needs previously identified with administration and finance.

The six month term for the position provides (1) the stability we need in the short term to effectively manage both the transition and the hurricane recovery efforts and (2) well positions us to make the best decision on how to move forward with the Assistant Town Manager in the long term.

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

Shrewsbury Volunteer Fire Department Hosts Annual Ham Supper

The Shrewsbury Volunteer Fire Department (SVFD) will be hosting its annual ham supper on October 1st at the Shrewsbury Town Hall. The buffet supper has continuous seating that starts at 4:30p.m. The cost is \$9 for adults, \$4 for kids aged 5-12 and kids under 5 eat free.

The SVFD, along with the dedicated Shrewsbury Auxiliary, will be serving up a delectable dinner con-

sisting of Wallingford Locker ham, zesty potato salad and cole slaw, apple sauce and fresh baked rolls. The dinner will be topped off with scrumptious homemade desserts.

The ham supper is a fundraiser for the SVFD and the money raised goes towards helping the community in time of need. It is truly an event you don’t want to miss.

To the Editor:

My parents and I are extremely grateful to the Castleton State College Men’s Hockey Team and C.S.C President Mr. David Wolk for making C.S.C students available to Rutland City residents in our time of need.

On Friday September 9, 2011, as I leaned on my shovel and wiped the mud and sweat from my face, I looked up to see a Castleton State College van stop and approximately 15 to 20 members of the Castleton Men’s Hockey Team approach me and offer to help remove mud and debris from my basement.

Like many of my fellow Meadow Street residents, I was forced out of my home on August 28, 2011 by flooding brought on by Irene. Many of us struggled individually to reclaim our homes from the wrath of water, mud and damage brought on by storm. The storm brought out the best in all the individuals I encountered as I worked to clean my home of mud, water and debris.

The Hockey Team members descended into my basement and almost in unison began to shovel up mud and then carry the heavy buckets up the stairs to the side of the street, where they dumped the buckets and then returned to the basement to repeat their task over and over.

In addition to being tireless workers, the members of the Men’s Hockey Team are a great group of young men who clearly understand the meaning of “giving to the community.” I cannot express in words my appreciation for their hard work. I would still be in my basement, shoveling up mud, had I not received such assistance.

After the C.S.C students piled back into their white van and drove to their next location, an individual asked me “who they were.” I responded, “they are the C.S.C. Men’s Hockey Team but as far as I am concerned they are superheroes.”

Go Spartans.
From: Joseph Zingale Jr.
10 Meadow Street, Rutland, VT

We welcome your Letters to Editor.

Please limit to 300 words or less.
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All letters are printed at the Editor’s discretion.

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2008 Volvo XC90 3.2AWD Sport Utility White with tan leather, sunroof, 3rd row seat, heated seats, 6 CD changer, DVD, 32,000mi, CPO warranty 6yr/100,000mi.....	\$32,995
2008 Volvo XC70 3.2AWD Wagon Silver with charcoal leather, sunroof, heated seats, blind spot info system, front & rear park assist, 32,000mi, CPO warranty 6yr/100,000mi.....	\$30,995
2008 Volvo S80 T6AWD Sedan Black with charcoal leather, sunroof, heated seats, front & rear park assist, 27,000mi., CPO warranty 6yr/100,000 mi.....	\$28,995
2008 Saab 9-5 Wagon Black with black leather, sunroof, heated seats, 29,000 mi, CPO warranty 6yr/100,000mi.....	\$23,995
2008 Saab 9-5 Sedan Black with black leather, sunroof, heated seats, 55,000mi, CPO warranty 6yr/100,000mi.....	\$21,995
2003 Saab 9-3 Convertible Black with leather, heated seats, 87,000 mi	\$8,995
2008 Ford F350 XLT Supercab 4WD FX4 Black with leather, heated seats, chrome wheels, chrome step tubes, 8ft fisher minute mount plow, 33,000mi	\$31,995
2002 Volkswagon Jetta Sedan Silver with cloth, 5spd, sunroof, very clean, 123,000mi.....	\$5,995
2000 Buick Lesabre Sedan Blue with leather, 125,000mi	\$4,995

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VOLVO


Lakes Region News

by Lani Duke

Biggest Burdock Award Goes To...

A Chicago-based group brings the music of Mexico to Castleton State College in a 12:30 p.m. workshop and a 7:00 p.m. performance Thursday, September 29. The Sonos de Mexico ensemble specializes in cross-cultural arrangements of traditional music. Make sure you get a ticket for the evening performance by calling the College box office, 468-1119.

Although school has started, local farm markets will stay open through October. Poultney's market is Thursdays from 9:00 a.m. to 2:00 p.m. (call 325-3205); Wells' is Saturdays from 9:00 a.m. to 1:00 p.m. (call 325-3478).

Vermont Crafts Council relies on the success of its springtime Open Studio Weekend to begin a similar weekend October 1 and 2. Foliage Open Studio Weekend promises to be another reason for visitors to enjoy Vermont hospitality. Look for yellow signs that mark participating studios. Call 223-3380 for specifics.

Find a new perspective on autumn coloration – from above – as you hike up Mount Zion led by Hubbardton Battlefield site interpreter Carl Fuller at 2:00 p.m. Sunday, October 2. Wear stout shoes, dress for the weather, and BYOW (Bring Your Own Water). Call 273-2282 for more info.

The Vermont Symphony Orchestra eases your transition from summer to autumn with an October 3 evening concert in the Casella Fine Arts Center, that begins with Honegger's Pastorele d'été. Following is a salute to autumn in a world premiere piece by Robert Paterson. Next, music director Jaime Laredo performs in Serenata Nottorno. Valse Triste by Sibelius then floats into a spooky waltz before Haydn's Symphony No. 53 concludes the evening. Call 863-5966 for details.

Soccer coach Luma Mufleh, central figure in the book Outcasts United, comes to the Casella Theater to talk about her Fugees team and its impact on the refugee children who participate in it at 7:00 p.m. Wednesday, October 5. Tickets are required; call the college box office, 468-1119.

Hubbardton Forge invites the public to an open house from 4:00 to 8:00 p.m. Friday, October 7. Employees will demonstrate how the company creates designs, from initial idea to forming the metal in the forge, through assembly, finishing, and shipping. Please wear close-toed shoes to take part in plant tours. Call 468-2711 or (800) 826-4766 for details.

Game Days return to Castleton Community Center on Friday, October 7 at 1:00 p.m. If you plan to be there, call 468-3093 to tell the CCC folks which games are your favorites so they know what to set up.

Former Vermont governor Jim Douglas shares his insights about Vermont's future at a breakfast buffet at 8:30 a.m. Saturday, October 8, in the Trak In, Rt. 30 North, Bormoseen. Although this is a quarterly GOP get-together, all are welcome with a reservation – call Bob Helm, 265-2145, or Al Gustafson, 273-3954.

Frank Guinta, federal Representative from New Hampshire and winner of the 2011 Associated Builders and Contractors Free Enterprise legislator of the Year award, is guest speaker at the Saturday, October 15 dinner in the Franklin Conference Center. The fundraiser for tropical storm Irene recovery begins with a 6:00 p.m. social hour. Make your reservation by calling Tayt Brooks, 223-3411.

Hubbardton residents recently voted approval to spend \$70,000 from the town's General Fund reserve to buy the leased 66 Hortonia Rd. property, site of the Hubbardton town garage and Pleasant View Cemetery.

The Castleton and Rutland communities mourn the death of Eleanor (Ellie) Anderson after a short illness. She was a gifted educator and a dedicated contributor to Castleton quality of life.

The New England Patriots Charitable Foundation recently awarded two game tickets and \$1500 for the Castleton Community Center to Judy Boss in recognition of her volunteer work, leading a group that has been making helmet liners for US troops. Boss gave the tickets to Castleton State College students Megean St. John and Alex Davis in recognition of

their volunteer work with the college's Alternative Spring Break program.

The Benson Fire department is planning its autumn activities with a weekend of fun October 14 and 15. Call Dave Bartholomew, 537-3315, with your questions.

Did you hear who walked away with the prizes from Benson Family Day/Burdock Festival? Parade winners were #1 the "Marilyn" Andronaco family; #2 the Benson Bunnies; #3 the DiSorda family's Klampett Kar. The grouping of Jake, Shane and Sebastian won the biggest burdock ball contest; Shane Lannon exhibited the most creative use of burdock; Jan Grenier showed the most theme-related use of burdock; and Keely Flynn had the tallest burdock. Thanks to Ted and Jaine Kellogg for letting the Adirondack Equestrian Team use their lawn; to Nancy Kotsul for putting together the dog show; and to American Legion Post 49 for its part in the parade and ceremony.

Pawlet's public library has been looking for some additional storage space to use for books coming in for the library's annual book sale. At the last sale, more than 20,000 books came in. Call 325-3123 if you can help out or know someone else who can.

Castleton State College recently created an important first for Vermont: the state's first public opinion polling institute. Richard Clark, formerly director of the Carl Vinson Institute of Government at the University of Georgia, is the director of the full-service research facility. The college is purchasing hardware to set up and maintain a polling calling center in the school's Old Chapel building.

Poultney High seventh and eighth graders recently enjoyed a presentation by Dr. John Crock, director of the Consulting Archaeology Program for UVM. He gave the students an overview of Lake Champlain's archaeology. Dr. Crock and his team are currently working around Chimney Point, finding archaic tools. Junior high teachers Ron Adams, Chris Baker, Kyleen Martelle, Nick Münch, Linda Paquette, and Catherine M. Oliverio have been team teaching about the lake's history and ecology.

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WARNING

Windsor Central Supervisory Union
School Board Meeting Schedules
OCTOBER, 2011

Barnard

- Board meeting: October 25, 2011
5:00 pm, Barnard Academy

Bridgewater

- Board meeting: October 17, 2011
6:00 pm, Bridgewater Village School

Killington

- Board meeting: 2011 October 7, 2011
8:15 am, Killington Elem. School

Pomfret

- Board meeting: October 10, 2011
7:00 pm, The Pomfret School

Reading

- Board meeting: October 18, 2011
4:30 pm, Reading Village School

Woodstock

- Board meeting: October 10, 2011
4:30 pm Woodstock Elem. School

Woodstock Union Board

- Board meeting:
October 12, 2011 7:00 pm . High School & Middle School - WUHS Teagle Library

WCSU

- Board meeting: October 24, 6:00 WCSU conference room

VSBA Regional School Board Meeting

: Oct 6, 2011 5:00 WUHS

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Proctor Place

by Stacy Bates

The Proctor School Board minutes for late August were finally released for publication. Here are some of the highlights. Superintendent, Debra Taylor presented an Activities Coordinator contract for Jake Eaton in the amount of \$10,000.00. On a motion from Don and seconded by Art the Board voted unanimously to award the contract to Jake Eaton. Other contracts that were approved by the board included 1). Patty Ryan for a .4 para-educator position at the high school 2). Shari Davis for the custodian position on the 1:30 p.m. to 10:00 p.m. shift 3). Kelly Anne Cameron for the receptionist position at the high school 4). Megan Jimenez for a para-educator position at the elementary school 5). Matthew Bersaw for a para-educator position at the elementary school 6). Shannon Maass for a part-time para-educator position for approximately six hours a week at the elementary school 7). Audrey Tilden for the library para-educator position at the elementary school and the high school.

After an executive session Fregosi made a motion, seconded by Art to appoint Helen Arkinson to replace Bruce Baccei who resigned from the Board. Later in the meeting PHS Principal June Sargent reviewed some minor changes to the Philosophy of Extracurricular Activities Handbook, most of which involved clarification. Board member Mary Fregosi felt that the academic restrictions for the fall sports season should be dropped. Her feeling was that students should be given a fresh start since there is no way that they can improve on last year's grades. The Board then discussed the positive and negative aspects of such a change. It was agreed to remove the academic eligibility restrictions for the start of the fall season.

Wet fields this weekend didn't stop the Proctor soccer teams from rolling over their competition.

The 3rd/4th grade boys played Barstow in a close game but came up short. The team was missing some players and had to bring up Ian French and Matt Anderson who both played well in their debut. Joe Valerio and Camden Richardson did a great job defensively clearing the ball while Salomon Parker and Ian French took turns in the goal. Connor Mckearin scored 3 goals for Proctor.

The two Proctor 3rd/4th grade girls teams faced each other this weekend. It was a tough fought game but teams were equally dominate. Madison Flanders scored for Proctor White while her teammates Amelia Tooley and Allison Almond stood their ground on defense. Maggie Mckearin and Hannah Anderson both scored for Proctor Maroon. Madison Lee was cited for her great defense and Rachel Stuhlmueeller had a great game as goaltender for the maroon team.

The 5th/6th grade girls had a phenomenal game against the Mill River United team. They also were handicapped by the wet fields but that didn't stop them from scoring 5 goals. Proctor took the early lead and goalkeeper Lizzie Baccei played awesome in the goal holding off Mill River for the win. Isabelle Valerio scored 3 goals and Emerson Pomeroy and Erica May each scored 1. Each team was strong on both sides making the game a good competitive matchup.

The 5th/6th grade boys also bested Mill River 2. Scoring for Proctor were Nick Blongy, Jack Morgan, Sincere Bride and Tyler Carrington. Bride also shared goaltending duties with Devon Buzzard who both did a great job defending the goal. The boys battled the wet fields and both teams had a sense of humor about the conditions as they laughed at points during the mud slips and slides in front of the goals.

During PES soccer play the 5th/6th grade girls defeated Barstow by a wide margin earlier this week. Scoring honors go out to Isabel Valerio, Meredith Parker, Emerson Pomeroy, and Allison Almond. Key defense and numerous assists were provided by Erica May who was a reoccurring nightmare to the Barstow offensive line. Lizzy Baccei was the goaltender Proctor. The 5th/6th grade boys played to an exciting 3-3 tie! Proctor goals came from Liam Duggan, Jack Morgan, and Nick Blongy. Callum Owen and Devon Bussard lead the defense for Proctor. Goal tending duties were shared by Isaac Owen and Sincere Bride. The offense for Barstow was led by Eli Henni. Connor Chase played superb defense, and Luke Carmel did an outstanding job in the goal. This one was a nail biter until the end, and both teams played their hearts out!

Killington Apple Fest

The Sherburne United Church Of Christ "The Little White Church" is holding an Apple Festival in conjunction with the Killington Hay Fest. The date is Saturday, October 8th from 10 am to 2 pm.

— Apple Pie Baking Contest - Professional, Amateur and Youth Categories – Awards given to top three winners in each category. Entrants should bring your pie to church by 9:30 am – judging at 10 am. Deliver pie in recyclable tin pie pan, include list of ingredients. Registration form available on line at www.killingtontown.com.
— Free Samples, of Apples and Home Made Foods.



ARIES: March 21 – April 20: Don't let your ego get the upper hand when it comes to any decision. You need to be absolutely clear that your motives and behavior reflect the person that lives inside you. What looks like it might offer you an opportunity to stand out is not what it appears to be – and right now, what's more important for you is to be in a place where you can live with yourself. This means different things for each of you. At rock bottom, life is about having the strength to be true to yourself. Before you do anything, check in long enough to find out how your Spirit feels about things.

TAURUS: April 21 – May 20: You've been going along with the program long enough to see that bailing out or bucking the system is looking way more attractive. Nothing you do to try to maintain the status quo is going to work; you've got to find another way around this – you may even have to get out. Lucky for you the impulse to rock the boat is making it easier for you to just say "No" to anyone who tells you to keep steering the slow and steady course. The only thing you have to worry about is your sanity; and believe me when I tell you, if you keep this up it will definitely make you nuts!

GEMINI: May 21 – June 20: You can't figure out why it's been so much easier to get along. It could have something to do with the fact that you've been too busy to get into any discussion of things that send either one of you over the edge. Watch and see how things go when you settle down long enough to get an update on where others are at. It may interest you to know that they have been paying attention to the need to shape up, in more ways than one. And it looks to me like you have made the most of whatever your lessons happen to be. If you keep it up it'll be smooth sailing for a while.

CANCER: June 21 – July 20: You've got to get a few things straight; someone isn't telling, or they need to hear, the truth. I don't know which side of the lie you're on but it's best to get everything out in the open no matter what you're up to – and it's easier to do that right from the start. If you're confused about anything it's because your head and your heart are out of synch. The emotional component is vibrating at a much higher pitch than usual and what you can't be objective to, has mesmerized you to the point where you can only see what you want to see, and be what they want you to be.

LEO: July 21 – August 20: Things have turned out perfectly. You have a level of fulfillment that you haven't been in touch with for a long time. The next few months are bound to change you, either through the experience of love or through a form of recognition that reinforces your sense of purpose. Be prepared to travel. It looks to me like you're going somewhere; this could translate as leaving town for a few days to work, or long distance connections that are vital to the furtherance of your affairs. As your life continues to blast off, don't take your nearest and dearest for granted.

VIRGO: August 21 – September 20: Too many things have converged for you to be able to figure out how to pull it all together. Sometimes it's easier to take things one piece at a time. Looking at what's going on with you, I can see that there's a ton of fundamental, mundane nonsense that needs to be put in order before you can even begin to deal with the rest of it. Things like getting your teeth fixed, dealing with things that have expired, and looking at the structural issues that form the framework for your reality should be your number one priority. You can't move on until you tie things up.

LIBRA: September 21 – October 20: The reason you're not getting the response you're looking for is because you expect way too much from people. You've got to loosen up enough to see it from their point of view. Take a good look at why you need everyone to see how capable and creative and unique you are; there is no need for that when you know that it's true. Consider adjusting your rates, or lowering your standards enough to let people in and see the truth for themselves. The way it is now your dealings with each other are restricted by concepts that deny the fact that we get what we give.

SCORPIO: October 21 – November 20: It's normal for you to be hyper-aware of the things that drive you from within. If 'Intensity' is your middle name, you could multiply that times 10 and not come close to the ways things feel to you right now. It is imperative that you monitor the impulse to make changes for their own sake. Elements that suggest your judgment is hampered by boredom, or heavy-duty issues that make every choice subject to whatever the past dictates, are making it harder to sort through an already complex scenario. Don't try to understand this; the best you can do is witness it.

SAGITTARIUS: November 21 – December 20: No one needs to tell you, you've got a tiger-by-the-tail. Depending on your level of resilience and willingness to go along for the ride, you're either having a ball or trying to figure out how to tame the beast. If the former is true, you don't need any input from me; just keep it up until the momentum slows down enough for you to appreciate the miracle. If you're in the latter category, good luck. You've either got a nut-case on your hands or your nursing issues that have to do with getting others to grow up and get real about the fact that they're totally out of control.

CAPRICORN: December 21 - January 20: All of a sudden someone decided to step up to the plate. After wondering whether they would ever come through they have showed up, not just for you, but for themselves. This isn't a mirage; it's a beautiful example of real change. Now that you are completely safe with the idea that you've got support and / or your longtime respect for their gifts is totally justified, you feel completely empowered by it. What happens from here on out depends on how everyone involved chooses to adjust to the fact that this is working. Let's hope no one suffers from a fear of success.

AQUARIUS: January 21 – February 20: If things are slow and steady, you may feel a little bored; you could even be feeling like you could do this in your sleep. There are times when everything gets this way. Eventually you figure out that these lulls in the action are always a precursor to something huge. For now, you can serve your interests best by reinforcing whatever it takes to stabilize your situation; whatever you're doing, keep doing it well. Before you know it, any strength you acquire now will shore you up for a season's worth of developments that'll change everything in a year's time.

PISCES: February 21 – March 20: The motto for this week is going to be; "Go for it!" With a million reasons to doubt your next move, the bottom line is, you can do this. Issues that were always there before are no longer a problem. And even if you're deathly afraid that you might slip back into situations and behaviors that form the backbone for all of your doubts, you need to realize that you are done with that stuff. Your ability to trust the fact that the universe is there for those of us who know that we are totally supported by it, is a permanent part of you now. Trust this. Trust life. Trust yourself.


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



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Killington Arts Guild

The Killington Arts Gallery at Cabin Fever Gifts Route 4 opposite the Killington Access Road has an all member show in progress. The show is open during business hours, to the public, without charge.

On September 16, KAG members joined Governor Peter Shumlin, Vermont officials, the National Guard, friends and neighbors at the ribbon cutting celebration at River Road in Killington and another at Sugar and Spice in Mendon to reopen Route 4 East. The Killington event was held across from Ann Wallen's house. Ann's car was demolished, the house across the road washed away and Route 4 split in two. She was isolated until Duane Finger rescued her. Ann said: "It looked like an earthquake had hit us. I was impressed at how rapidly the road was rebuilt."

Future Events: Glen Campbell demonstrates the Art of Pouring Iron on October 15 from 9 - 3:30 P.M. on the lawn in front of the KAG Gallery at Cabin Fever Gifts. Glen operates an Art Foundry in West Rutland. He will demonstrate pouring, casting bronze trilobites and working with patinas. The program is open to the public, and donations will be gratefully accepted.

The Gathering of Poets will be held on Monday,

October 17 at the Sherburne Library from 7- 8:30 P.M. Participants will read, share and enjoy poetry. KAG has published a book, "The Gathering of Poets: A Vermont Anthology." The event is open to the public. Refreshments will be available. Contacts: Lauren Wilder (802-299-1777); Betty Little (786-9920 after Oct. 2).

KAG members Maurie Harrington and Alice Sciore's paintings will be exhibited in the Vermont Watercolor Society's juried show at the Chandler Gallery in Randolph. As signature artists of the Society and co-founders of the Guild, the Chandler's requirements and show title were a stimulating challenge, "WET: Washes, Energy, Technique." They are also participating in the very first VT Crafts Council's Fall - Foliage Open Studio. You are all invited to the Chandler Reception: Oct. 2, 2 - 4, the show Sept. 30 - Nov. 12 and the Foliage Open Studio, Oct. 1 & 2.

Dolores Park's pen and ink drawings inspired by a visit to the Nazi concentration camp of Dachau are on exhibit through the first week in October at Timco's Gallery, Rutland.

For KAG information: www.killingtonartsguild.org; to contribute the column vtkag@aol.com



Killington-Pico Rotary News

by Janina Curtis

by Janina Curtis

Each Wednesday the Killington Pico Rotary Club meets at the Summit Lodge from 6PM - 8PM for a full dinner, fellowship, and a guest speaker. If you are interested in learning more about Rotary International, call (802) 773-0600 to make a reservation to attend a dinner meeting as our guest.

The Killington Pico Rotary Club, along with the Sherburne Women's Club and the Sherburne Volunteer Fire Department, is collecting funds to be used in Tropical Storm Irene relief efforts in the community. The

funds will be turned over to The Killington Community Fund, which has been helping Killington residents since 2004. The fund is administered by the The Sherburne United Church of Christ through Beverly Anderson and an ecumenical committee. Donations may be sent to: Killington Pico Rotary Club, c/o Treasurer Ron Riquier, PO Box 421, Killington, VT 05751. While the Killington Pico Rotary welcomes all contributions, we are at this time unable to offer donors the assurance of tax deductibility of donations for this cause. Thank you for your concern as the community recovers from this event.

Videographers Needed

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

Pair up with a spouse or friend and discover how much fun it can be. We will train you and provide you with state-of-the-art equipment. And it's all FREE! Plus, you will be providing the community with a

valuable asset.

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

PEGTV is comprised of Channels 15, 20 and 21 and is available to all cable subscribers throughout Rutland County. Streaming programming, video on demand services and hyper-local weather forecasts are also available online at www.pegtv.com. For more information, contact PEGTV at (802) 747-0151.

Killington Active Seniors

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

Upcoming Events:

We have been advised by our host Roger Stevens of the Green Mountain National Golf Course that they are projecting to close the clubhouse after October 5th, so unless otherwise advised, beginning October 12th our new site will be the Lookout Bar and Grill at 2910 Killington Road, Killington.

October 1st, 7PM. The Church of Our Saviour is featuring a Good Night Irene concert with entertainers Marissa Maravell and Pot Luck. Bring a desert. Donations for those stricken by Irene are welcome. Due to road closure enter Mission Farm Road next to gondola on US Route 4.

October 8th, Saturday, 10AM to 6PM, at Little White Church. hosts "Apple Fest". Baking Contest, Free Samples, Activities, items for sale. For more call EJ Willis 422-3843 or Aw3som3Mom@gmail.com.

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

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

Not to Forget

There are a few more names that need to be mentioned when we recall the recover effort for Hurricane Irene. This won't be the end of the list and there are hundreds of stories to tell.

For the moment, however, pause for a second and appreciate these folks who put the roads back in order:

- Kenny Merrill, Town of Killington Road Commissioner
- Steve Durkee and Crew
- Ken Hurley and Crew
- Craig Mosher and Crew
- and a host of neighbors with chain saws, trucks, backhoes, power equipment, and sweat. Bravo!



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

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 31

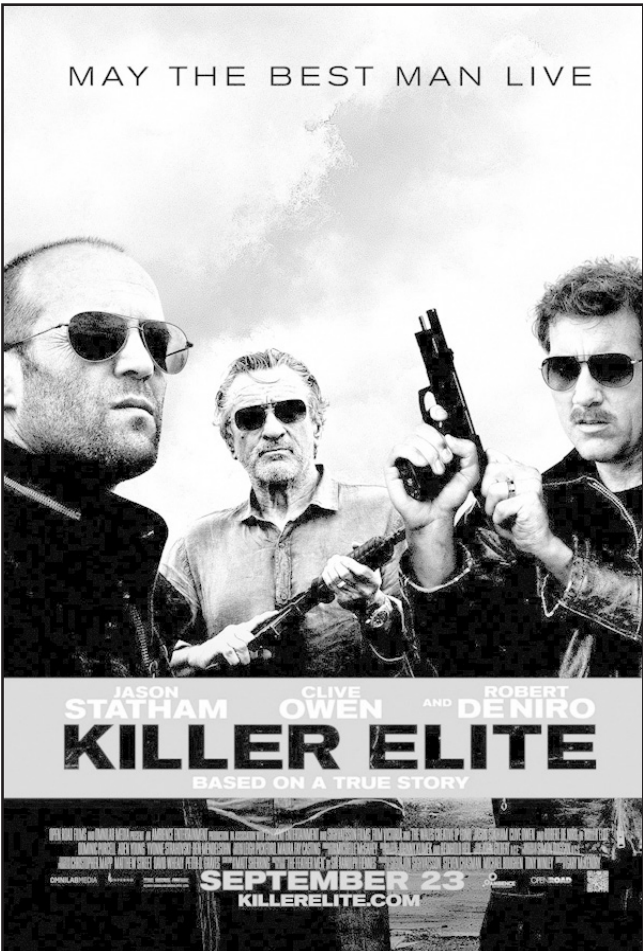
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64					65					66				
67					68					69				

- Across
1. Boito’s Mefistofele, e.g.
6. High-five, e.g.
10. Strong fiber
14. Boredom
15. Engine sound
16. Advil target
17. Phrases with two meanings
20. Kind of palm
21. Chair part
22. Accost
23. Away
25. Opera star
26. Willy ____, former West Germany chancellor
29. Shrewish
33. Back muscle, familiarly
34. Theological rationalism
36. Parkinson’s treatment
37. Father of Balder
39. Appliance that removes moisture
41. Move through water
42. Drunk, in slang
44. Baddies
46. “__ Ng” (They Might Be Giants song)
47. Nighttime travel stop (2 wd)
49. Ryegrass
51. Pay (up)
52. Quaker’s “you”
53. Feral feline
56. Chinese “way”
57. Galileo’s birthplace
61. Novocaine, for one (2 wd)
64. 1968 Chemistry Nobel
65. Copper
66. “I give up!”
67. Astringent
68. __ bag
69. Character

- Down
1. Resting places
2. Dwarf buffalo
3. Like a bug in a rug
4. Induce to commit perjury
5. Black gold
6. Floor it
7. Air bag?
8. “A jealous mistress”: Emerson
9. Blend beforehand
10. __ National Monument in SD
11. “God’s Little __”
12. The Beatles’ “__ Leaving Home”
13. Makeup, e.g.
18. Flying high
19. Romance, e.g.
24. “That’s __ ...”
25. Molecule consisting of two identical simpler molecules
26. Flower
27. AM/FM device
28. Inclined
29. Victory hand gesture
30. Hawkeye
31. Gumption
32. Muslim porter
35. O. Henry device
38. Tumor
40. Extremely popular
43. Drivel
45. Ed.’s request (acronym)
48. All together
50. Feel remorse for
52. Spoonful, say
53. __ podrida
54. Black shade
55. Almond
56. Camping gear
58. Allergic reaction
59. Fodder holder
60. Air force heroes
62. “The Matrix” hero
63. Cast

This week’s solution on page 31

Capsule reviews of films opening this week by The Associated Press



“Killer Elite”

by Christy Lemire, AP Movie Critic

Head butts would seem to hurt, right? That’s clearly the point of them, but it would seem to be just as painful to be the butt-er as the butt-ee. This is probably the most primal method of attack on display here, but even the noisy intensity and frequency of the skull bashings - and pistol whippings and gut punches - don’t register as anything beyond generic action-picture violence. The fact that director and co-writer Gary McKendry has shot all these brawls with the usual shaky cam and cut them in quick, choppy fashion only adds to how forgettable the film is. And you’d think that any movie starring Robert De Niro, Clive Owen and Jason Statham would be one you’d want to remember. “Killer Elite” allows them to show off some of the presence and personality that made these men major movie stars, but ultimately they’re just cogs in a cliched revenge tale. Statham stars as Danny, the typical special-ops, killing-machine-for-hire Statham tends to play. He wants to retire, but gets drawn back in for that tried-and-true One Last Job when his mentor (De Niro) is kidnapped by an Omani sheik. Danny has to kill the men who killed the sheik’s sons to ensure his release. Owen plays the enforcer for a shadowy British society who’s on Danny’s tail.

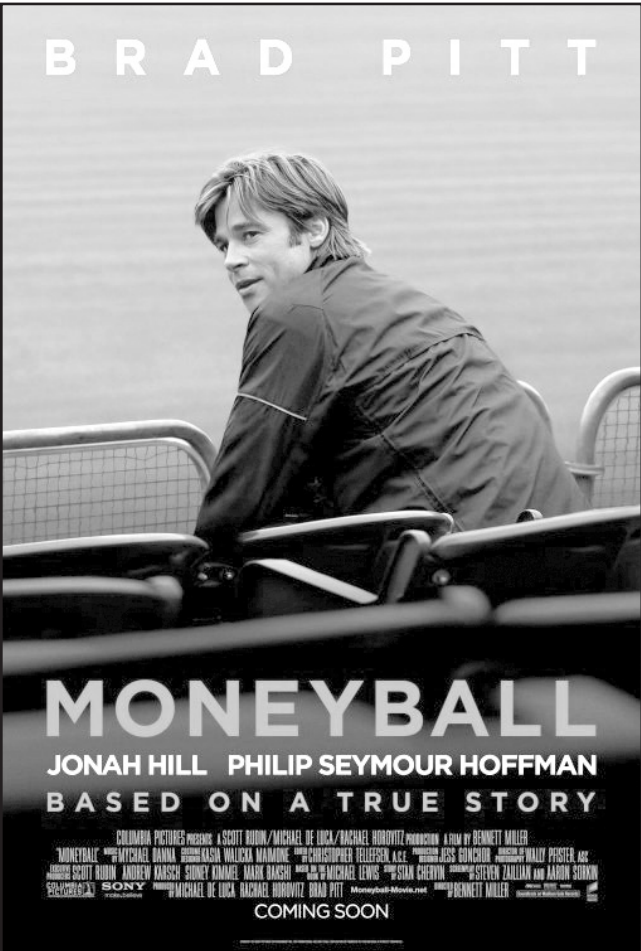
R for strong violence, language and some sexuality/nudity. 116 minutes. Two stars out of four.

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50/50-R	2:05	4:40	7:25	9:45
Abduction-PG-13	1:45	4:15	7:00	9:35
Contagion-PG-13			7:20	9:40
Dolphin Tale (3D)-PG	1:35	4:10	6:55	9:25
Dream House-PG-13	1:50	4:20	7:05	9:20
The Help-PG-13			1:30	4:30
Killer Elite-R	1:55	4:25	7:15	9:40
Lion King-G (3D)	1:40	4:00	6:50	9:00
Moneyball-PG-13	1:25	4:05	6:45	9:30
Whats Your Number-R	2:00	4:35	7:10	9:50

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“Moneyball”

by Christy Lemire, AP Movie Critic

You don’t have to know about VORP to enjoy the story of how a bunch of stat geeks changed the way baseball teams assess and acquire players. Sure, it helps if you’re a fan of the sport and if you’ve read Michael Lewis’ breezy and engaging best-seller “Moneyball: The Art of Winning an Unfair Game.” Sabermetrics - the process of applying statistical formulas, rather than on-field appearance and general makeup, to determine a player’s worth - wouldn’t seem like an inherently cinematic topic. But Lewis made lesser-known guys like Scott Hatteberg and Chad Bradford leap off the page. And the cajoling patter from Billy Beane, the Oakland A’s general manager who pioneered this experimental philosophy, would seem tailor-made for screenwriter Aaron Sorkin, who co-wrote the script along with fellow veteran scribe Steven Zaillian. Still, what’s most pleasing about Bennett Miller’s film doesn’t really have to do with baseball. As Beane, Brad Pitt is at his charismatic best - a little weary, a little weathered, but that complexity only makes him more appealing. Jonah Hill is at his best here, too, as Beane’s sidekick: the perfect foil for such a force of nature. He and Pitt bounce off each other beautifully. But what’s wrong here has nothing to do with baseball, either. “Moneyball” never feels like it’s building toward anything, even if you know how the A’s 2002 season unfolded.

PG-13 for some strong language. 126 minutes. Three stars out of four.

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by Phil Ryder & YOU

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Rutland Report

by Lani Duke

Irene Good for Mushroom Farmers

New Orleans-style bluesman Ray Bonneville offers his musical storytelling talents at the Brick Box in the Paramount Theatre, downtown Rutland on Thursday, September 29, at 8:00 p.m. Call 775-0903 for tickets.

Hear a world of folk music at the Osher Lifelong Learning Institute at 1:30 p.m. Friday, September 30. Pat and Ray Harwick play on the Celtic harp and hammered dulcimer in a Harp n' Hammers concert and story telling session at the Godnick Adult Center, 1 Deer St., Rutland. Call 446-20241 or 492-2300 for details. October programs center on the theme of Great Adventures in Reading, with looks at American Gothic novels, F. Scott Fitzgerald and the jazz age, Jane Austen, and writers of Vermont.

Rutland Free Library hosts a free Disaster Legal Assistance Clinic from 9:00 a.m. to noon Saturday, October 1. The Rutland County Bar Association has organized the clinic to offer guidance and resource info to those who received damage or loss from tropical storm Irene.

Have a visit with local artists and crafters during the very first Foliage Open Studio Weekend 2011 Saturday and Sunday, October 1 and 2. Look for yellow signs marking art producers who welcome visitors during this Vermont Crafts Council promotion. Pick up your map to participant locations at the Chaffee Art Center; call 228-3380 to find out more.

Enjoy the night beauties of Pine Hill Park at high speed during the Lunar Quarry Mountain Bike Race Saturday, October 1, and Sunday, October 2. The race begins at 5:00 p.m. Saturday and continues through the night to 5:00 a.m. Call 282-5659 for details.

Other Saturday activities include a 10:00 a.m. benefit motorcycle ride with the Wallingford Memorial Rotary Club. Call Tatha Lewis, 773-5191, for info. Drop in an open house at Dr. Sharrie Hanley's neurofeedback office, 224 Stratton Rd., to see demos of biofeedback techniques and view the hyperbaric chamber, from 10:00 a.m. to 2:00 p.m. Call 236-7378 for specifics. Or attend a free folk mountain gospel concert by Don and Donna Mohl at 11:00 a.m. in the Seventh-Day Adventist Church, 158 Stratton Rd. Call 775-8968 for specifics.

Another Saturday choice is an open house at the College of St. Joseph, 71 Clement Rd., beginning with registration at 12:30 p.m. Explore the college culture and attend a reception with the college president. Phone 776-5205 for details. Or attend an artist talk and discussion with book artist Carolyn Shattuck about her Wardrobe Chronicles installation at the Chaffee Art Center, 16 S. Main St., at 3:00 p.m. Call 773-0356 to find out more.

Rutland Free Library celebrates its 125th birthday on Sunday, October 2, with a 2:00 to 4:00 p.m. party,

featuring cake, jazz, a timeline, and more. Call 773-1860 with questions. Also on Sunday, the Vermont Dining Train pulls out of Rutland on its way into New York State. Eat your four-course dinner to the clickety-clack of wheels on iron rails. Call (800) 292-7245 to make your reservation.

American Legion Post 31, 33 Washington St., hosts a slide lecture on Vermont's immigrant communities with a focus on family celebrations, foodways, religious culture, and traditional arts by Greg Sharrow of the Vermont Folklife Center at 1:00 p.m. on October 4. A lot of his talk must look at French Canadians' contribution, since nearly one-third of all Vermonters have ancestry from beyond our northern border. Call 775-1642 with your questions.

Let's revitalize the Rutland ArtHop, a walk primarily around the downtown on the second Friday of each month from 5:00 to 8:00 p.m. Meet with Mary Mitiguy at the Chaffee Art Center at 8:00 a.m. Wednesday, October 5. Similar art walks in Burlington and Bellows Falls attract locals and visitors; ours needs your support to get going again. Call 775-0356 to lend your help.

Visit with local author Debby DuBay about her new book Rutland, Vermont – Heart of the Green Mountains, at Art & Antiques on Center, 17 Center St., from 1:00 to 4:00 p.m. Wednesday, October 5.

Do you have a costume in mind for the Chaffee Art Center's second annual Art of Masquerade, planned for Sunday, October 23, at the Rutland Holiday Inn? This year's program honors the Rutland Garden Club with

the Chaffee's Community Arts Award, in appreciation of the work the club performs at the Chaffee and a variety of other locations throughout the community. The evening also honors Terri Jordan as volunteer of the year. Moneys raised at the dinner and auction add to funds for operating the Chaffee. Call 775-0356 to make your reservation.

No more waiting for an available staff person to check out your books at the Rutland Free Library, as it installs new technology. The automated system includes new security gates and RFID tags for all materials. Automated technology will speed up the process and also give you more privacy, while freeing up staffers for other tasks. (You can still take your selections to a staffer, though.) A grant from the US Department of Agriculture provided 35 percent of the system's \$96,000 cost; Friends of the Library and private donations yielded the rest.

Good Dog Cookies continues to grow, owner Cris Phelps-Brown says. She's now branched into making Chicken Jerky for Dogs plus Ganja Kitty, a line of catnip toys. A large portion of her earnings go to support local pet-oriented charities.

Continued on Page 29



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continued from page 28

You don't need to wait to flush if you use the city water supply, mayor Chris Louras said recently; the main line between reservoir and Mendon Brook is now re-connected. However, the city still has no backup supply, so any contamination to Mendon Brook could quickly put the system back on water restrictions.

No medical pot sales in the city for now, Rutland City's Public Safety Committee decided recently. State law prohibits marijuana dispensaries within 1,000 feet of schools and day care establishments, a restriction that leaves very few sites within the city that are zoned commercial. The Rutland Police Commission and representatives of the police department have taken a stand against establishing that kind of facility in the community, saying the slight degree of need was outweighed by high probability of the pot being diverted to the street.

Our sympathies go to the family and friends of West

Rutlander Master Sgt. Shawn Stocker of the Vermont Air National Guard, who died of a heart attack while working with a road repair group at Cavendish.

An engineering firm recently reported on three different ways the intersection of Evelyn and Wales streets could be re-structured. The city's Community and Economic Development Committee is now considering which of the three options will be most effective.

Vermont mushroom foragers have found the moisture of tropical storm Irene to be a blessing, resulting unprecedented harvests.

A new restaurant is scheduled to be ready for Christmas shoppers on South Main St., in front of the old Hannaford supermarket. The 91-seat, 4,000-square-foot Panera Bakery Café is expected to be finished in early December, employing 30 full- and part-time employees in two shifts.



View From Ludlow

by Ralph Pace

FEMA Sets Up Shop in Ludlow

Representatives from FEMA and the SBA have setup temporary regional headquarters in the Okemo Marketplace in Ludlow to deal with requests for assistance by those who suffered losses as a result of Tropical Storm Irene. Earlier they had met with area property owners in the Cool Moose Café, next to their current location, to discuss the types of support they offer and how to apply for aid. Designed for both individuals and businesses, it is open from 8-6, seven days a week. Some of the services provided include: guidance regarding disaster recovery; clarification of any written correspondence received; Housing Assistance and Rental Resource information; answers to questions, resolution to problems and referrals to agencies that may provide further assistance; status of applications being processed by FEMA; and SBA program information. Local resource information will also be available at the Center.

On a much sadder note, Irene indirectly took another life in the Black River area. Master Sgt. Shawn Stocker, 46, who lived in West Rutland and was a veteran of the war in Iraq, had a heart attack as his unit prepared to set out from Proctorsville to assist in the road reconstruction efforts in the area. Stocker, who had served in the Marine Corp, joined the National Guard in 1988 and saw service all over the world, service that included a deployment in Iraq in 2006.

Like Ludlow before it, Cavendish is preparing for its 250th anniversary as a town in mid-October. A number of events have already taken place and many are still in the offering. For information about these up-coming events, call 802-226-7736. Cavendish also received some good news about its water supply system. The "boil water" order has been lifted. The town still faces long term problems repairing its sewage system; however, even here, they have made considerable progress in restoring the integrity of the system. The disruption of Route 131 traffic will still require detours well into the winter.

It's rumored that Ludlow, following the success of its 250th anniversary bash, may be thinking about creating an annual "Ludlow Day." At the same time, Ludlow and the surrounding Black River area is letting everyone know that it's open for business again, especially as it approaches the foliage season.

Gypsy Reel will be returning to the Ludlow Town Hall Auditorium on Saturday, October 1 at 7 PM for a concert sponsored by FOLA (Friends of Ludlow Auditorium). Tickets for the event are \$10 and may be purchased in Ludlow at the Book Nook, Wine and Cheese Depot, Peoples United Bank,

and, on the night of the concert, at the door. For information, call 228-7239.

FOLA is also preparing for its special concert to honor Ludlow's 150th anniversary of its participation in the Civil War with a special piano concert on Sunday, October 9 at 6:30 PM in the Ludlow Auditorium. The concert, jointly sponsored with Black River Academy Museum and the Town of Ludlow, will feature renowned pianist Jacqueline Schwab playing music of the Civil War and Mark Twain era. She has been highlighted in a number of Ken Burns' award-winning documentaries on PBS, including the Civil War and Mark Twain. The event is free. For further information, call 228-7239.

FOLA's "1st Thursday" movie, on October 6 at 7 PM in the Ludlow Auditorium will be the highly-acclaimed "Close Encounters of the Third Kind." Following FOLA's policy, the movies are free; donations are appreciated to help offset the cost of the film.

The Ludlow Area Rotary will be conducting its annual "Chili Cook-Off" on Saturday, October 8 in Ludlow. The area at the intersection of Depot Street and Main Street will be covered by a tent to ensure that the various chili offerings are not diluted by water. Individuals interested in entering their chili concoctions should contact Glenn Heitsmith for an entry form. A flood victim himself, Heitsmith advises those interested in making chili to contact him via email for an entry form at: timberinn@tds.net. The fee to enter is \$10 and participants are asked to mix up a 3-5 gallon batch of chili, delivering it hot on the day of the event. Rotary provides bowls and spoons and volunteers to serve the chili starting at 11 am. Awards will be handed out in three judged categories: "Best," "Spiciest" and "Team Spirit." The public gets to vote for their favorite chili, garnering the winner \$100 and a nifty plaque from the Rotary Club. Second place pays \$50 and \$25 goes to the third-place chef. Net proceeds from this year's cook-off will benefit the charities of the Ludlow Rotary Club. Sounds like it should be a "hot time" in Ludlow, regardless of the temperature.

The Red Cross blood donation group will be in Ludlow on October 3. They will setup shop in the Ludlow Community Center from 12:30 to 5:30 PM. A special note about this donation tour: those donating blood will be entered into a contest to win a cruise for two to Bermuda.

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

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Home&Garden

Some Decor Trends for Fall, Beyond

by Kim Cook, For The Associated Press

Attending the New York International Gift Fair is a little like watching television with a teenager: Lots of eye-catching visuals whiz by as the channels keep changing. The fair's home decor section is vast. Contemporary design parks next to rustic found objects; swanky silk pillows festoon one booth while rag rugs fill another.

Among the many interesting decor themes that emerged at last month's show, a few are likely to have staying power through this year and well into 2012, with seasonal tweaks:

HOTEL LUXE

Several studios staged rooms that resembled high-end boutique hotel suites. Gleaming chrome-legged furniture was topped with everything from nubby silk upholstery to cowhide and melty leathers. Neutral palettes ran from warm earth, caramel and cream to cooler soot, putty and decor's new darling, grayed mauve. Sensuous and sophisticated, the spaces often included unexpected accessories. Oly Studio had a lush tufted rug like a raked Japanese sand garden, and a huge honeycombed pendant light resembling a skeletal form. A buffed metallic demilune tablet looked chic. At Dwell-Studio, there was a smoky console clad in silverleaf, pillows in soft graphic and chinoiserie prints, and etched vessels in gold and silver.

CABIN AND COTTAGE

If homespun is your thing, you will love this year's textile designs for the cool and cold months. Scandinavian influence dominated, with Swedish and Finnish studios offering woven wool pillow covers, blankets, wall hangings and even trivets cut into star, tree and animal patterns. Buy up all the unbleached linen you can find; it was hotter than a January hearth. Judy Ross, Tina Frey,

Studio Pateo and Christen Maxwell were just a few of the designers playing successfully with folk art motifs on linen, hemp and cotton. Blanket manufacturer Pendleton, known for its signature Native American designs, had a new contemporary Navajo pattern. Los Angeles' Ige Design displayed some wonderful walnut veneer and paper mobiles in owl and bird-on-branch designs.

GORGEOUS GLASS

Glasswork was a lead player at the Gift Fair. Joe Cariati of Los Angeles showed decanters with such delicate opacity and hue that they resembled soap bubbles. California's Siemon and Salazar whipped liquid glass into stunning pendant lights. Found here too were little cloud-like Cumuli glass lamps, and swirls of rich color layered into voluptuous but diminutive lighting, many with the new dimmable LEDs. Gaia + Gino had sexy stacked block candlesticks and Sebastian Bergne's Nazar group of Eye ceramics in saturated hues. Vessels of all shapes and sizes were one of the show's strongest elements.

RETRO

Jonathan Adler stayed true to his aesthetic with a sassy collection of dachshund-shaped accessories, tufted and soignee leather chairs, and '70s colors like tangerine and aquamarine. One set of circusy storage jars read "Quaaludes," another "Ganja." Umbra and several other designers used walnut, furniture design's apparent new favorite, to craft sideboards, storage and coffee tables. Look for walnut or walnut veneer to dominate as elements of the '60s and '70s meet modern design. West Elm and Crate & Barrel are showing many pieces in this finish in their fall books, and it looks both retro and brand new.

QUIET AND CALM

Muted ceramics were everywhere. Lawrence Mc-

Crae's lacy pottery lamps were lovely and modern. Germany's Asa Collection showed white, aqua, black and turquoise ceramics that were glossy on the inside, matte on the outside. New York City's Klein Reid studio showed their Hawthorne satin-glazed vessels in hues of curry, olive, and a chilly but beautiful Atlantic blue. Textile booths with pretty embroidery, ruffles, lace and diminutive prints were generating lots of traffic, as were those with watery colored silks, soft wools and gently embellished finishes.

COLOR CONTINUES

If saturated hues kick your imagination into high gear, you will be happy to know that vibrant color continues to have design heft. Powder-coated metal trash cans, hooks and shelving were clad in M&M hues, which made the utilitarian fun. Suzanis, batiks, ikats, and other village and tribal prints ran strong. Brights were big, but several designers reinterpreted the designs in the newest palette - muted purple, carbon, lemongrass and clay.

Among other strong looks:

- TRAVEL VOGUE: Authentic Models had a great group of stateroom-inspired pieces including desks and bar carts. There were map graphics, and faux trophy animal wall decor, made of papier-mache.
- MEDIEVAL CHIC: Game of Thrones fans would love Lazy Susan's collection of Fortress home pieces, including a pendant lamp and an oxcart coffee table. There were metal-strapped pieces elsewhere, and burnished armor-like finishes on furniture.
- BIG IS BETTER: Designers played with scale to create an impact. Vancouver's Martha Sturdy did huge ceramic chargers, while extra-big barrel-shaped pendants, elongated vases and oversize chain-stitch motifs showed up in several booths.

Rose Hips

Dr. Leonard Perry, UVM Extension Professor

People have grown roses for many centuries and for many reasons. Today we grow roses mainly for the beauty they bring to our yards and homes. But in centuries past, the rose and its fruit were revered for its value as food and medicine, as well as its beauty.

Rose hips, sometimes called rose haw, are a superb source of vitamin C, having a much higher content than citrus fruit. During World War II when imports of citrus products were limited, rose hips became especially popular in Great Britain. Volunteers spent many hours gathering hips from hedge rows for making rose hip syrup for the Ministry of Health to distribute, particularly to children. Where roses grow wild in North America, they were important in the diet of native peoples for hundreds of years.

In addition to their rich content of vitamin C, rose hips also contain other beneficial vitamins and compounds such as pectin. All these result in rose hips being used for treating rheumatoid arthritis, osteoarthritis, as well

as giving possible protection against cardiovascular disease. Rose hips, and especially tea and products made from them, are often found listed for a range of ailments from colds to digestive disorders, as well as being a laxative and diuretic.

This somewhat spherical fruit of the rose, usually red to red-orange but sometimes purple, is seldom seen on our modern roses. However, the old-fashioned shrub types, especially the rugosas, bear them abundantly.

Besides being healthful, rose hips offer the adventurous cook a strange and different ingredient. Rose hips have a fruity, spicy, and tart flavor and can be used fresh, dried, or preserved. Rose hip syrup, puree, jam, jelly, and sauce can be used as is or as a flavoring in other recipes. Hips of the dog rose are used for aroma in Cockta—the popular fruity soft drink of Slovenia.

The simplest use is to steep them for tea, often found blended with hibiscus or flavored with mint, cloves, sugar or honey. Boil whole rose hips, or pour boiling water over them and let steep, for about 10 minutes so they

expand and split open to let the water at the seeds inside. Others crumble or chop the hips, especially if dried, then pour boiling water over them and let steep for a couple minutes, then strain. After making a tea, strain the leftover hips and try serving with butter and salt, or use in soups and stews as native Americans cooked with them.

The hips are usually left on the bush until after the first frost, which makes them turn bright red and slightly soft. You should be able to gently squeeze them, but they shouldn't be too soft or wrinkled. Make sure when gathering rose hips to not use any from bushes that have been treated with pesticides not labeled as safe for food crops.

To prepare, trim off the blossom and stem ends with scissors, cut in half lengthwise, remove the tiny hairs and seeds in the center, and rinse. Never use aluminum utensils or pans as they tend to destroy the vitamin C.

To dry hips, simply spread the prepared halves in a single layer on screening or trays and place in a dehydrator, an oven set on the lowest setting, or in a dark, dry, well-ventilated place. Store in glass jars in a dark, cool place.



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by Pete Duffy, Mountainside Property
Repair and Maintenance

My family and I escaped the wrath of Irene with no real damage but I knew that a lot of people in the area were not so lucky. I own Mountainside Property Repair and Maintenance which has customers and properties that were in the path of the storm. The morning after the storm ended I decided to drive up to the area on Route 4 where the washout was to see if I could help out in any way. Shortly after arriving I began to see people walking down the road pulling their luggage behind them.

In talking to one of the groups I found out that they had abandoned their car and were trying to get back to New Jersey. I offered to drive the four of them to the Holiday Inn where they had booked rooms. I ended up stopping at a rental car company (they would not rent cars going out of town), making our way to the airport (nobody at the rental car counter or the airline counter). I finally brought them to the hotel and made sure that they did have rooms for them. These women were incredible appreciative of all my help and I said I just

wanted to help out people that were stranded in the area. By the way, they were successful in finding a rental car the next day that they used to drive home.

After dropping them off I went back to Route 4 where I found four musicians walking down the road carrying their instrument on their backs. They were the New England String Quartet and had come from Boston in order to play for a wedding at a local inn. They also had to abandon their car and were trying to get back to Boston. I offered to bring them in to Rutland and try to find a way for them to get out of the area. We stopped at the Amtrak station (closed), the Bus station (no buses going anywhere) and then they said that if they could get to Burlington, they had a friend that could get up from New Hampshire.

I went to the police station to try to determine if 89 was open and if I could get from Rutland to Burlington. They did assure me that 89 was open and told me the best route to Burlington. I then set off to Burlington with the musicians. They were from Russia, Taiwan, Lithuania and Armenia and only one of them had ever been to Vermont. The least that I could do was to help them as

they were stranded in a very unknown land. They were awed by the beauty of the area, taking pictures as I drove along and asking countless questions about agriculture and Vermont. They were amazed that people would do so much to help others that they did not even know. I explained to them that as Vermonters, we band together in times of need and help those that need it. I dropped them off at a restaurant in Burlington where their friend was going to meet them shortly.

Why did I help these people? Because I was spared from the damage of the storm, I have friends and customers that were in need of help and I just needed to help out anyone that I felt needed it. I volunteer as a Mountain Ambassador at Killington/Pico Resorts for similar reasons, I enjoy helping others. I continue assisting in the aftermath where I can and am so impressed to see how many others are doing the same. I will never forget the day I shuttled the groups down Route 4 and I know that it helped make their experience a little easier and they hopefully will be back to visit. Vermont under better circumstances I continue to stay in touch with both groups since that day.

Friends, former residents, family members, and people all over the world with a little piece of Brandon in their heart, have been calling and emailing to see how they can help. The Brandon Area Chamber of Commerce has established the Brand-Aid Fund to help members of our business community. The intent of the fund is to assist those businesses trying to re-open as quickly as possible. It might mean a relocation for some. Or shoring up a building. Or gutting the inside and starting over. Some business or building owners have flood insurance although it doesn't sound like many. And flood insurance usually carries high deductibles and long waiting periods.

Chamber officials will create parameters on the disbursement of the fund in the coming days. The important news is that you can help! Every penny donated will be disbursed. Immediately, donations may be made by credit card via PayPal. You do not have to be a PayPal member to donate this way. We hope to establish a fund at a local financial institution as well for people who would rather donate by check. News on that will be coming out very soon.

Burlington--When Tropical Storm Irene ripped through Vermont recently, she left in her wake flooded fields, destroyed crops and extensive damage to farm buildings and homes. For many farmers dealing with the aftermath, the storm also brought increased stress, anxiety and uncertainty about where to turn for help.

Rural and Agricultural VocRehab (RAVR) may be the answer. The program, a collaboration between University of Vermont (UVM) Extension and VocRehab Vermont, has provided services to farmers and rural residents for more than 40 years.

It offers health evaluation, counseling and assistance, including direct financial aid, to people with chronic illness or injury to help them secure employment or adapt their workplace to allow them to continue to work. Counselors also work with individuals overwhelmed by events that they have seen and experienced, providing guidance along with a compassionate ear.

RAVR staff are located in UVM Extension offices at three locations statewide. They can be reached in Rutland at (800) 281-6977, St. Albans at (800) 639-2130 and St. Johnsbury at (800) 545-8920. No fees are charged for any services or assistance.

According to Margaret Gilman, a RAVR counselor based in the Rutland office, during this current crisis, RAVR staff are available to touch base with farmers,

listen to their concerns and offer professional input. All staff members are experienced in working with farmers and familiar with the types of health problems, stresses and injuries that may occur on farms.

"We also can refer them to other relevant agencies and organizations," Gilman says. "Or we can make arrangements to return at a more convenient time to offer services and provide long-term, ongoing assistance."

RAVR staff will make on-site farm visits to help assess damage and emerging issues and work with other agricultural professionals to develop comprehensive plans for recovery and sustainability. The program also assists farmers and rural citizens with chronic health conditions with worksite and home modifications; equipment adaptations and repair; work-related gear and vocational training.

“Most farmers do not typically call early in a situation,” Gilman notes. “Instead they often wait and only call when they are frustrated after not finding help on their own for their ongoing health concerns, whether physical pain and limitations or added stress such as occurred with Irene.

“Farmers who do not seem to improve, can’t follow through with their plans, always seem at “square one,” and/or shut down and don’t want to talk are the people most likely to be suffering from the negative effects of stress and anxiety. It makes sense to call on us for help.”

The Vermont Department of Labor can help employers and contractors who are seeking to hire workers with the clean-up, repair or demolition work.

The DOL Career Resource Centers – located in 12 regions across the state – have professional staff members who can help employers by using our Vermont Job-Link System to identify “ready and available” workers to match to the job openings. As an example, last week a company from Johnson, Vermont working on the clean-up at the Waterbury office complex, asked DOL to refer 100 workers to them, and by the end of that

same day 150 people were contacted and referred to the employer. Since last Friday, the Department has taken in over 15 job orders for more than 500 workers, and our regional offices are helping employers find laborers for these jobs.

If you are an employer – or a job seeker – please contact the Vermont Department of Labor to assist you in finding workers or for help in finding a job. For a listing of VDOL's regional offices, visit our website at www.labor.vermont.gov under Disaster Unemployment Assistance/VDOL Resource Centers, or by calling 802-828-4000.

The Mountain TIMES

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Vermont Press Association

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

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The Mountain Times • P.O. Box 183
Killington, VT 05751
www.mountaintimes.info
Email: editor@mountaintimes.info

Sales ----- (802) 422-2399 • (800) 564-6970
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PET PERSONALS

HARLEY 11 year old. Neutered Male. Chow Chow mix. I'm a handsome gentleman who is looking for a quiet home where I can be pampered and spoiled in my golden years. I walk nicely on a leash and would enjoy spending time with my new owner on walks and getting lots of love and attention.

FANCY FREE 1 year old. Neutered Male. Rabbit. My friend, Foot Loose, and I are a gorgeous pair of big bunnies who enjoy each other's company and are looking forward to going home together. It's so much more fun to nibble grass with a friend!

MUGSLEY 5 year old. Neutered Male. Domestic Short Hair Black. I am certainly a fella who's been through a lot. Things sure make me nervous at first but I am a loving, friendly guy who would really enjoy a peaceful home and just a lot of you!

WESTIE 3 year old. Spayed Female. Domestic Short Hair Torbie. I am a pretty, stray girl who is confident and outgoing. I adapted immediately to my new surroundings here at the shelter and I think I will adapt to my new surroundings at your home too.

MISTY 5 year old. Spayed Female. Pit Bull/Dalmation mix. I'm an active, very playful gal who enjoys squeaky toys and games of tug of war! I'm very energetic and I need lots of exercise and play time to keep me happy. I know Sit and Shake!

CAMELA 3 month old. Spayed Female. Terrier mix. I am a delightful girl who really, really needs a family ready to commit to me and see me through puppyhood. I need housetraining and lots of exercise and socialization, leash training, and plenty of chances to meet other dogs.



MANDY 2 year old. Spayed Female. Pit Bull mix. I'm a jumpy, wiggly lady who loves to play! I'm very energetic and full of life so I hope to find a new family who will give me lots of play time and exercise to keep me happy.

MUFFY 1 year old. Spayed Female. Domestic Short Hair Brown Tiger. I am a sweet little girl and enjoy a nice warm bed to curl up in when I take my naps. I can be playful when I want to be but for the most part I am content just hanging out.

BUDDY 9 year old. Neutered Male. Chow Chow mix. I'm an adorable, friendly, older fella who really enjoys being with people and getting lots of love and attention. I'm a super sweet guy who would be grateful to find a loving home.

SASSAFRASS 2 year old. Spayed Female. Domestic Short Hair Brown and White Tiger. I do need to let you know I am not a big fan of dogs or other cats. I want to be "Queen Bee" of my new home. I am very affectionate and have a great motor that purrs wonderfully.

TIGER 3 year old. Spayed Female. Domestic Short Hair Dilute Calico. I am a pretty girl looking for an inside only home. I've never been out and I don't want to start now. I have lived with other cats and came to the shelter because my previous home had too many pets.

SPARKY 6 year old. Neutered Male. Beagle. I'm a dignified fella who is surprised to be back here. . . you see, I was adopted from RCHS about 5 years ago! I am looking for someone who needs a walking companion. . . being a Beagle I should be on a leash or securely confined!



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

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



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Makeover Your Home This Fall with Quick and Easy Updates

BY DEBBIE ARRINGTON, SHNS

Each September, homeowners come to a mental crossroads. A part of us wants to stay outdoors and enjoy the pleasant autumn weather. But we also want to plunge into preparations for winter weather, the upcoming holidays and prepare for guests who may be headed our way. Time -- and the nice weather -- start ticking away, and we end up in a flurry of activity, trying to finish those home-improvement projects on our collective to-do list.

“Bathroom and kitchen projects are really coming around,” said Sue Monday, project manager at a Home Depot store. “It’s the major trend this fall. People aren’t selling their homes; they’re redoing their homes.” Bathroom makeovers are especially huge this month, Monday added. In these small spaces, a little effort can have a big impact. And bathrooms do get noticed by holiday houseguests. Along with kitchens, they’re the most-used rooms in the house.

That’s prompted home-goods makers to introduce new lines of quick kitchen and bathroom fixes. Martha Stewart Living rolled out a new line of bathroom vanities with coordinating mirrors, countertops and fixtures. Rust-Oleum packages a cabinet-makeover kit with paint, glaze and everything else needed to give

tired cabinets a face-lift in a matter of hours. “Redo and renew; that’s the motto this fall,” Monday said.

Where to begin? Start by looking ahead. Jon and Terry Wittmaack, the handyman stars of DIY Network’s new “Brothers on Call,” can’t underestimate the value of preparedness. “It’s amazing,” said Wittmaack, “a lot of people buy an umbrella when it starts to rain; they don’t have one already. We see that same mentality with homes; they don’t prepare for winter until it’s already here.”

“Instead of wishing winter weather away, be pro-active, Jon Wittmaack said. Now is the time to repair roof leaks and fix cracks in the driveway or sidewalk. Restain decks. Get the fireplace in working order; clean the chimney and empty out ashes. Caulk around windows and doors. Replace weather-stripping. Stop the drafts before the wind blows. Do it now while the weather is still nice and you can do these things easily,” he said. “The No. 1 most important thing: Make sure your gutters are clean,” said Wittmaack. “Clean up the leaves. Make sure water can run freely through the gutters and leaders, and away from your property.”

Indoors, change the filters on heating systems and refrigerator water dispens-

ers. Clean the air filter on stove hoods, which tend to be grease magnets. And pay attention to plumbing, “your shower may be fine for three minutes a day, but what if you have guests coming?” Jon Wittmaack asked. Check for leaks and recaulk and if there are any clogs or slow drains, tackle them now. You don’t want a backed-up toilet with a house full of people.

Meanwhile, paint, paint, paint. “Paint is without a doubt the least-expensive way to update any room,” Monday said. This season, the color trend tend to be warm -- or cool. “We’re seeing a lot of burnt sienna,” Monday said. “But also blues and grays. People are still painting with a lot of red, too, but it’s more brick than blood.” At Lowe’s, two color trends pop out, said spokeswoman Colleen Maiura. One palette brings the cool colors of late summer inside. Warm yellow, charcoal gray, olive green -- these tones make rooms feel light and airy. The other palette feels fun, fresh and personal. It adds an unexpected twist of color -- deep teal, organic green, rusty orange -- to neutral furnishings.

No time to paint a whole room? Consider touching up the trim and doors. Those areas get the most wear -- and attention from guests. New this month, Glidden introduced a just-for-trim high-

gloss enamel that covers in one coat and is made to make a big impression on these small areas.

People also want to stretch their time outdoors even as daylight wanes, Maiura said. That means more outdoor lighting and fire pits. “Take a tip from interior decorators by introducing multiple levels of lighting to your outdoor space,” she said. “It’s a sure way to add drama and interest to an outdoor room.”

Here are some examples: Scatter candles on the tabletop for entertaining; hang lanterns to throw mysterious shadows on a wall: “Uplighting” creates instant drama. Install narrowly focused spotlights close to the ground and point them up to highlight features in the landscape such as trees, shrubs or statuary. Floodlights, with their wider beams, can uplight larger areas such as porches or entries. Lighting plants or objects from behind creates dramatic silhouettes. For example, if you have bushes or shrubs near a wall, place lights between the plants and the wall to highlight their shapes.

Don’t forget your front door and entryway. “Plant a pot full of chrysanthemums or other colorful flowers and put it next to your front door,” Monday said. “It’s like a bouquet waiting to greet your guests.”

Wood-burning Stoves Back in Style

by ROSEMARY SADEZ FRIEDMANN, SHNS

With our unstable economy, self-sufficiency is becoming more and more necessary. So what should we do? Heaven forbid we should give up convenience, style and comfort, so let’s not even go there. How about a stove that affords style, comfort and convenience? Is there such a thing?

Yes, there is. And can it do more than just cook? Yes, it can.

A heating alternative to gas is that wood-burning stove we are talking about. It can create enough heat for an entire home -- or, if you prefer, one specific room. It also makes a fashion statement. These stoves come in beautifully crafted

cast iron or sleek steel. They come in colors, too, from classic black to majolica brown, and a deep red Bordeaux is also offered. There is also a biscuit color.

The company that creates these stoves is called Vermont Castings. According to Jess Baldwin, vice president of marketing, merchandising and product devel-

opment for Vermont Castings, “Many people may not think of stoves as a viable home-heating option, but they are very efficient and are surprisingly easy to use. From growing trees to chopping your own wood, using a wood stove is a clear-cut way to provide a basic necessity for your family.”

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The Advantages of Oak

by ROSEMARY SADEZ FRIEDMANN

What is so special about oak wood? Plenty. First, oak is a hardwood. It is very durable, and because of its hardness and durability, it is -- and has always been -- a very popular wood for home furnishings. Oak is thick, and has a deep grain, and when it is stained the grain stands out beautifully. Oak wood is less expensive than other hardwoods such as cherry or teak, and that's another reason for its popularity.

The strength and durability of oak

has been employed for centuries. The keel and framework of large sailing ships were made of oak. Horse-drawn carriages were made of oak. Wagon wheels were made of oak. Oak was good then, and is still good now.

What are some of the current applications of oak wood? Let's start with the floor. Oak is a great choice for a floor covering. This wood does not chip easily, and has a very long life. The longevity of oak also lends itself to timelessness -- it never goes out of style. Its grain pattern gives

the home a welcome and homey feeling. And when the years of wear begin to show, simply sand it and refinish, and it's as good as new. Oak paneling on the wall creates a cozy den. Whether the oak goes a third of the way up the wall or covers the entire wall, it creates a nesting feeling and a sense of warmth and comfort.

What about oak furniture? There's nothing like solid oak furniture -- whether it's simply a cocktail table or an entire bedroom set. Don't forget about the dining table and chairs. Unfinished-furniture

stores sell oak furnishings that you can stain to a custom finish all your own. This is the type of thing heirlooms are made of.

What about that front door? That is a fabulous application for oak wood. A solid oak front door emits strength and warmth. It makes a wonderful first impression. Oak accessories -- such as wood trim on the walls, baseboards and crown moldings -- are well-accepted flourishes. Don't forget about shelves, plant stands, picture frames, that fireplace mantel and kitchen cabinets. Oak -- small word, big uses.

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Serenity Awaits You Here On 30 Acres! 4 bed/3.5 bath \$459,000



Gem W/Spectacular Views! Minute To Skiing! 4 bed/4 bath \$499,000



Direct To Snowmobiling & Abuts State Forest! 4 bed/4 bath \$325,000



Retreat W/Views! Minutes To Skiing! Seller Motivated! 4 bed/2 bath \$250,000



Prime Location In Heart Of Killington! Minute Off Access Rd! Seller Motivated! 4 bed/2 bath \$270,000

PEAK PROPERTY REAL ESTATE
802.353.1604 • 802.775.1700
505 Killington Road, Killington
Info@PeakPropertyRealEstate.com

KILLINGTON WINTER RENTALS

- 2 bed/2 bath Woods Condo \$13K
- 3 bed/2 bath Trail Creek \$14K
- 3 bed/ 2 bath Edgemont \$9,900
- 3 bed/ 1 bath Home (All New!) W/Hot Tub \$12K
- 3 bed/1 bath Upper Unit W/Hot Tub \$10K
- 4 bed/ 2 bath Chalet W/Hot Tub \$10K
- 3 Bed/ 1 bath Lakefront-Ludlow \$9,900

HOMES | CONDOS | LAND | COMMERCIAL | WINTER RENTALS

2BEDROOM/2 BATH SUITES

- 2BR+loft-1BA- 1 1/2 Ac
- Winterized, yr-rd use
- Expansion Potential **\$129K**

BETWEEN KILLINGTON & RUTLAND

- Indoor hot tub room
- Den with Bath - Mtn Views
- Stone Fireplace **\$390,000**

POST & BEAM

- 4BR/3.5BA, 4.7 Ac, landscaped
- Open floor plan, pond
- Mom in-law apt. **\$449,000**

GRIST MILL AREA

- 5BR, 4BA Furnished, A/C
- 9ft ceilings, outdoor hot tub
- 2-car o/sized garage **\$359,900**

NEXT TO GOLF COURSE

- 4BR/2BA -large Master
- Spacious & Light Kitchen
- Paved Driveway **\$359,000**

PASSIVE SOLAR GAIN

- 4BR/3BA+LOFT, Rec Rm
- Privacy-Deck-Master Suite
- Cathedral- Efficient- **\$278K**

2BR/2BA -Cozy vacation home

- Large Deck-Landscaped-Shed
- Bonus Rm-wait for it: Garage **\$197K**

POST & BEAM

- 3Br 2.5Ba - 3 stall Barn+loft
- Killington 22Ac, stone fireplace
- Post & Beam **\$499,000**

New Luxury Town Homes

- Starting at **\$369,900**
- 3BR / 3BA - 2200 sq ft
- Townhome, Oversized Garage

LOG HOME

- 2-3 Bedroom, 1 bath
- 4 mi. to Killington Rd
- Wood floors **\$259K**

EXQUISITE RETREAT!

- 3BR/2.5BA w/guest suite
- 2 Stone fireplaces, loft, wine cellar
- Overszd 2-car heated garage **\$689K**

335 Killington Rd • 11 Agents • (802) 775-5111 • 800-877-5111



ADMISSION \$25*

**1 p.m. - 6 p.m. Snowshed Lodge
75+ Craft Brews & Live Music**

Lodging Packages from \$40[†]

Vermont Brewmaster Dinner \$79*

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

New! Brewfest Kick Off Party \$15*

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

BUY TICKETS NOW AT KILLINGTON.COM



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