

FEATURE NEWS

New Faces of Ownership

The Mountain Times sold from one newspaper family to another, one month after the scheduled closing. The Barnards, stewards of the paper for 25 years, hand over their reins to the Lynn family.

PAGE 2

ARTS & ENTERTAINMENT

Columbus Day Attractions

The DockDogs National Competition, Hay Festival, Art in the Park, Parrot-head Concert, Benefit Dance, Raptor Encounter and colorful foliage to view on your drive between these events! What more could you want in one weekend?

SPORTS

Killington Ski Swap

The leaves are changing and the temperatures have begun to drop. That must mean ski season is around the corner! Get prepared for the upcoming season with steals and deals at Killington's annual ski swap.

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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!

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Illustration by Greg Crawford

Foliage today: the roads are open and the trees are colorful!

By Greg Crawford

Everyone knows that our part of Vermont got walloped when Tropical Storm Irene tore through here on Saturday and Sunday, August 27 and 28. Hundreds of roads were destroyed and bridges were washed downstream in the worst flooding Vermont has suffered in nearly a century. But, to paraphrase ol' Mark Twain, rumors of our demise are greatly exaggerated. We're still here, and so are the trees. Well, most of 'em, anyway.

Everyone also knows that there's no place like Vermont to see the most beautiful foliage displays in New England, and that hasn't changed, either. Meteorologists tell us that this past year's weather conditions have been ideal for providing spectacular color this season, so come on up, we'd love to see you!

While it's true that our thoroughfares took a beating, state and local road crews, with assistance from local residents and contractors, crews

from neighboring states and National Guard units, have achieved a level of restoration that is nothing short of miraculous, given the magnitude of the destruction and the short time they've had to work. Mind you, some highways are still undergoing repairs, and on occasion, may be reduced to one lane, but you'll still be able to get where you're going; and that's the important part. If you do encounter a delay, try to think of it as an excellent opportunity to view the foliage in more detail!

Speaking of viewing foliage, for all the research that has been devoted to the subject, scientists are still not entirely sure why the colors of autumn leaves vary in brilliance and intensity from year to year. There is some evidence that the weather of the previous year is a factor in determining what the colors will be like.

But here's what scientists do know about the processes that give us all the

Foliage on Page 8



Photos courtesy of the DockDogs® National Championships, presented by Royal Canin
A dog retrieves a decoy in the Speed Retrieve Competition.

It's a doggone good time at snowshed base lodge

by Polly Lynn

Dogs of all shapes and sizes will run, leap and splash into pools competing to be this year's DockDog National Champion. The three-day event begins Friday at the Snowshed Base Area at Killington Resort. These DockDogs are expected to bring over 300 of the most experienced teams - and their fans - from all parts of the country to compete in their divisions.

DockDogs, in combination with other Columbus Day festivities, make this weekend one of the most popular times to visit Killington in the fall. Local businesses are ready to welcome the visitors back to their shops and restaurants.

There simply couldn't be a better time for Killington to welcome guests, explains Suzie Dundas Marketing, Media and Events Coordinator for the Town of Killington: "Columbus Day is extremely important. It falls during the peak of fall color and our foliage season, and is a very popular weekend for families to visit the area."

Even businesses that were lucky enough to escape Irene's wrath, lost significant revenue during the month of September when the roads were impassible. Grant Reeves, DockDogs president and CEO, has been watching the recovery efforts here and is excited to be supporting Killington, he says: "The DockDog's community is very giving and supportive and we are happy to be up in Killington this weekend not only to compete and see the foliage, but also to support the local economy."

DockDogs is a popular canine competition, partly because dogs of all levels and abilities are welcome to compete in a wide variety of divisions. With 18,000

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Forecast Received
October 4, 2011

WEATHER

| | | |
|-----------|--------|--------|
| Wednesday | Cloudy | HI 57° |
| Thursday | Sunny | 59° |
| Friday | Sunny | 63° |
| Saturday | Sunny | 73° |
| Sunday | Sunny | 74° |
| Monday | Sunny | 72° |

There are new faces of ownership at the Mountain Times

Tropical Storm Irene caused a minor hiccup in the sale and purchase of The Mountain Times, but only by a month. The sale was completed last Friday, Sept. 30, as Polly Lynn and Jason Mikula took over the reins held by Royal and Zip Barnard for the past 25 years.

The transaction was a family-to-family deal with the Barnard family selling to the Lynn family, which has been in the newspaper business since the early 1880s.

“I’ve been the mother of the mountain here for a long time and it’s been fun,” said Zip Barnard, who ran the advertising department. “But we’re ready to relax a bit and focus on other things. Still, it’s going to be hard for us to slow down after the newspaper business.”

Royal Barnard, former editor and publisher, said he’ll miss the excitement but that he’s happy with the transaction.

“I will definitely miss my role at The Mountain Times, and my friends,” he said, “but I feel strongly that the new folks are going to do great. That’s why I made the deal with them. That’s why I chose them.”

The new co-publishers, Polly Lynn and Jason Mikula, are both graduates from Middlebury College in Middlebury, Vt. They have been working side-by-side with the Barnards and the Mountain Times’ staff for the past six weeks and are eager for the challenge. “We look forward to serving Killington and the surrounding towns to the best of our ability,” said editor Polly Lynn. “While we have some ideas for improvements, we will keep the same community values The Mountain Times always has had,” she said, adding “we will also keep our existing staff in place, we have been impressed with each of them thus far and look forward to the years to come.”

Lynn grew up in Middlebury and began ski racing at the Middlebury College Snow Bowl when she was six. She continued ski



photo by Stacy Bates

The Barnards pose with the Lynn family outside the Mountain Times after the closing, September 30. From left to right: Angelo Lynn, Royal Barnard, Zip Barnard, Polly Lynn, Jason Mikula.

racing through high school and captained the team for two years. While attending Middlebury College, she traveled abroad extensively teaching and studying in Nepal, Ghana, Spain, Switzerland, Australia, and London. After graduation, she moved to Vail, Colorado, and coached a local ski team before moving to Denver.

Mikula grew up in Montreal and attended Middlebury College where he played hockey. An ice skater all his life, he was recruited by top colleges in the U.S., eventually choosing Middlebury. He was a part of the 1998-99 national championship teams. After college, Mikula worked with Wilson sports in international sales, traveling extensively to China.

While both pursued separate careers outside Vermont, they eventually landed in Denver and met while working at

Education First, an international business which books study abroad trips for students. They made the move back to Vermont when they learn about the opportunity at The Mountain Times.

“We’re really glad to be back in Vermont and look forward to becoming more imbedded in the Killington community,” said Lynn, who began learning the newspaper trade helped her father at the Middlebury paper through high school and college. Lynn also set up the front-end system and graphics at the Brandon-Pittsford Reporter when her father bought that weekly newspaper six years ago. “It’s home,” she said, “and it’s an occupation I always thought I might come back to... plus, I have one of the best mentors ever, my Dad!”

Mikula also has close ties to Vermont. “I grew up skiing Vermont. I was here

every winter from age three to 23, and I always thought I’d like to settle here,” he said. “Now, I’m even more convinced that Vermont is a unique place. After Irene, people didn’t hesitate to get their hands dirty to help their neighbors. Not once did I hear someone say, ‘it’s not my problem.’ It’s a place you want to be involved in, and be a part of and that’s what Polly and I are eager to do.”

While Mikula has no direct experience in journalism, his 10 years of experience in sales and business, including several years in management, has prepared him well for this new challenge.

Lynn is a fifth-generation newspaper editor/publisher. Her family has run newspapers for almost 130 years, starting with her great-great-great grandfather,

New Faces on Page 4

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Photos courtesy of the DockDogs® National Championships, presented by Royal Canin
A dog heads up the ramp after retrieving a decoy in a speed race.

Dock Dogs

continued from page 1

total members and 250 worldwide events this year, DockDogs has grown exponentially in just over a decade. “DockDogs is very popular and fast growing event because we are a zero discrimination competition, meaning that we accept all dogs that are at least six months old, any size, any breed, from anywhere. If you’ve never seen an event like this, it’s very entertaining,” said Reeves.

This weekend there will be three pools and three docks set up outside the Snowshed base area for the 2011 National Championship. Events will run from 8:30 a.m. - 4 p.m. Friday and Saturday. Finals for all divisions will be Sunday from 8:30 a.m. - 2 p.m.

Qualifying dogs will compete in three types of events: Big Air, Extreme Vertical and Speed Retriever. Then there is the Iron Dog, the ultimate prize given to the dog that achieves the highest combined score in all three events.

“The Big Air competition is the long-jump for dogs,” Reeves explained. Dogs run and jump off a dock into the pool and the jump distance is measured from the end of the dock to where the tail-set (where the tail meets the body) breaks the water. The record is over 28 feet!

The Extreme Vertical competition is “the High Jump for dogs,” Reeves, continued. “We just broke the record in Ohio last month, the dog jumped eight feet two inches!”

Finally, the Speed Retriever (“drag racing for dogs”) is a timed event where dogs jump off the dock and swimming to retrieve a duck or decoy positioned at the far end of the pool. “The dogs go 58 feet starting from a dead stop. The fastest time is 4.684 seconds,” said Reeves.

In addition, to the championship competitions, there will be one hour set aside each day for local pups to try their dock-diving skills. “Give DockDogs a Try” is part of a fundraiser for the B.A.A.R.K. Foundation. Registration is a \$5 donation. This hour for amateurs will be held from 12 p.m. – 1 p.m. on Friday, 11:30 a.m. – 12:30 p.m. on Saturday and 1 p.m. – 2 p.m. on Sunday.

“This sport is just so much fun for both the handlers and their dogs,” says Reeves. “It’s an ear-to-ear grins sport for competitors and a wildly popular spectator sport.” DockDogs®, has been featured on ABC, ESPN and the Outdoor Channel. The 2011 DockDog National Championship is presented by Royal Canin, a forerunners in pet health and nutrition since 1967.

Route 100 Now Open through Pittsfield

The Vermont Agency of Transportation (VTrans) opened the 11-mile stretch of Route 100 that runs through Pittsfield to public travel. This segment of Route 100, which runs from the junction of Route 107 in Stockbridge to the intersection of Route 4 in Killington, received heavy damage from Tropical Storm Irene, and has been closed since the storm struck on August 28.

Reopening Route 100 through Pittsfield represents a major milestone because it allows the free flow of traffic without detours or major impediments for the entire 135-mile stretch of Route 100 between Ludlow and Newport just in time for the height of foliage season.

“The Pittsfield area got hit very hard by the storm and received considerable damage,” said VTrans Secretary Brian Searles. “While Route 100 in this area is

now open and traffic is flowing well, we ask that everyone be careful as they drive through town and respect the local recovery effort that is still underway.”

Irene washed out several sections of Route 100 between Stockbridge and Killington and damaged a bridge in the middle of Pittsfield. A temporary bridge was put in place to carry traffic around the damaged bridge.

The roadway washouts have been repaired, but a damaged culvert near the Pittsfield/Stockbridge town line still needs to be replaced. The road in this area is limited to one lane, and a temporary traffic signal has been installed to ensure the safe flow of traffic.

Also to aid safety, VTrans lowered the speed limit along Route 100 through Pittsfield to 35 mph from its normal rate of 50 mph.

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New Faces

continued from page 2

who bought the family newspaper in Kansas in 1882. The newspaper remains in the family today, run by her aunt.

With the move back to Vermont, Polly joins her father, Angelo Lynn, who also owns Vermont Ski & Ride Magazine, a statewide ski publication that is now published six times a year, the weekly Brandon-Pittsford Reporter, and Freedom Publications, which publishes the Rutland County “little phone book” as well as phone books in Manchester, Okemo Valley, Addison County, and the Mount Snow region. Lynn and his brother, Emerson, also co-own the Essex Reporter and Colchester Sun, which are run by Polly’s younger sister, Elsie Lynn, who is the managing editor.

“While The Mountain Times does mesh well with our other publications in Rutland County,” said Angelo Lynn, “this is really about keeping a well-run community newspaper within a family setting and

keeping it focused on local news and local interests with community values. Our intentions are to build on the good will Royal and Zip have created over the past 25 years and create a product that is worthy of their legacy and the greater Killington-Rutland area. I’m confident Polly and Jason, along with an excellent staff, will reach new goals shortly, and then set the bar higher with each passing year.”

In the meantime, Polly Lynn announced that the Barnards will assume the status of editor emeritus at the newspaper, a role which is meant to provide occasional advice and consultation to the new publishers as well as keep the Barnards connected to the community through the newspaper.

“Royal and Zip have devoted 25 years of their lives to the greater Killington and Rutland communities and their relationships and knowledge are invaluable not only to us, but to the community,” she said. “We’ve really appreciated their advice and training and we want them to feel as if this is always their home.”



courtesy of the Town of Killington
Suzie Dundas and a school group admire the red panda hay sculpture in Boston.

Killington giant hay sculpture honors endangered Red Pandas

Boston’s Franklin Park Zoo is home to a new animal from Killington, and it’s a real heavyweight. On September 28, Zoo officials introduced their newest addition: a 30-foot, two-ton “baby red panda” constructed entirely of Vermont hay. The exhibit is joint-venture designed to welcome the twin red pandas born over the summer at Franklin Park Zoo and to introduce animal lovers to Killington’s Hay Festival running through Columbus Day weekend.



Baby Red Panda just born at the Franklin Park Zoo.

The 4,000 pound sculpture was constructed under the direction of a design and construction team from Killington. The idea was conceived by Killington tourism officials who were looking for a way to promote their fall festival to the Boston region. The birth of the highly endangered baby red pandas in July provided the

perfect species for the giant sculpture, and a natural tie-in for the festival, which boasts an “exotic” zoo of its own. Approximately 40 giant hay sculptures make up the celebrated “Grass Menagerie,” the central element of the Killington Hay Festival. “We are thrilled to welcome this new ‘animal’ to our collection and we are sure our guests will really get a kick out of seeing it,” said John Linehan, Zoo New England President and CEO. “We’re delighted to form this new partnership with the Killington Hay Festival and we hope to welcome more ‘animals’ each fall. It’s a fantastic collaboration and it fits in perfectly with our fall season.”

The Baby Red Panda Hay Sculpture will be on display at Franklin Park Zoo through mid-October.

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BOOMERS

Open Wide

by Cindy Phillips



I am the proud mother of a dental hygienist. Getting my teeth cleaned is an entirely new experience now. My pride starts to swell the minute I step into the dentist's office. I love seeing my daughter in her colorful scrubs as she maneuvers around her "office." Her certificate hangs on the wall, a testament to the hard work, endless hours of studying and monumental effort she put into the accomplishment. She has come into her own.

Dentistry has come along way in the past fifty years. I am amazed at the gadgets and equipment. I remember when the most complicated piece of equipment was the spittoon sink. Looking back, that was certainly not environmentally-friendly with hundreds of gallons of water wasted for a dozen spits. Some offices today sport televisions and headphones for your viewing and listening pleasure while your mouth is probed. Going to the dentist is no longer the fearful adventure it used to be, although getting a root canal is still the benchmark for life's most unappealing undertaking. I myself still use the phrase, "that sounds like as much fun as having a root canal."

When I was a kid, our dentist was Dr. Donald Stern. He was a short, stout man wearing wire-rimmed glasses and a white doctor's coat. His office smelled like cloves. My mother determined he was a good dentist because his children were in the same boarding school as Johnny Carson's sons. I never quite understood that reasoning, but back then you trusted that your parents knew best. Of course once I became a parent myself, I

knew the truth. Sometimes we haven't a clue.

My mother took me to see Dr. Stern once a year, unless I developed a toothache prior to the annual visit. I'm not sure if it was the lack of fluoride in the drinking water, but I had my share of cavities as a child. One memory is very vivid to me about my childhood dental experiences—Dr. Stern did not believe in Novocain. He would always say it was just a small cavity and it would take less time to drill it out than it would for the Novocain to take effect. The expression on his face never changed as he imparted these words of wisdom to my mother. He always had a, well, a stern look on his face. Perhaps that is how he got his name.

As a child, I knew no different. I had no idea that a dentist could numb the area before he attacked it with a sharp implement that caused a pain that had me literally shoot up out of the chair. I distinctly remember the sound of the little whimper that would come out of my throat, though I tried to stifle it as best I could. My mother and Dr. Stern probably never heard it. It was drowned out by the God-awful sound of that drill, whirring away at what seemed like hours. And I recall the sight and smell of the small plume of smoke that would rise from my mouth.

When I became an adult and moved away from home, I had to find new dentists. First was Dr. Gene Wilder in Manhattan. That wasn't really his name, but the resemblance was uncanny along with the sense of humor. Dr. Gene introduced me to nitrous oxide, more commonly known as laughing gas. For some reason, he enjoyed turning up the flow of the tank much higher than was necessary. He thought it was humorous to get you high as a kite. And while you were incapacitated, he would draw pictures on your cheeks that you didn't discover until you

got home and caught your reflection in a mirror. I once left his office and walked ten blocks in the wrong direction. That was a hairy subway ride back to Queens.

When I moved to South Carolina in 1979, I found Dr. Paul Rundberg. He remained my dentist for 25 years until I moved to Vermont. He was a no-nonsense, get the job done kinda doc who never appeared to jump on the high-tech bandwagon. I visited his office twice a year for cleaning, a checkup and a five-minute conversation on life and how our kids were doing. He made dental visits painless in his own way, though my lack of serious issues during this time period probably had something to do with it.

When I came to Vermont I had to face the task of finding new doctors, dentists and someone to cut my hair. Living in a small town makes it easy to get the low-down on anyone and everyone. Just stop in at the Water Wheel and ask what you need to know. Ten people will be quick to tell you who you want to consider and who to avoid. My choice was Dr. D'Auria in Rutland based on plenty of good comments, all which proved to be true. In addition to seeing him twice a year for checkups, we would run into each other at restaurants, the supermarket and his niece's wedding which took place at the Summit Lodge. You have to love small-town living.

And now my dental professional is my little girl. We rejoiced when she got her first tooth and we spent years as her personal tooth fairy, sneaking those dollar bills under her pillow. Talk about inflation, my tooth fairy was only good for a quarter. And now she dons her mask, revs up her Cavitron and meticulously scales, cleans and polishes my teeth like a pro. Luckily neither she nor the dentist discovered any cavities. But if I get one, I sure hope Dr. Powell believes in using Novocain.



Photo submitted by Renae Rhodes
Anna Dunton-Gallagher looks after one of her canine patients.

All-Point Animal Care Welcomes New Veterinarian

Anna Dunton-Gallagher, DVM is joining All Points Animal Care in Rutland, Vt. as an associate veterinarian. Dunton-Gallagher is a graduate from Rutland High School. She received a BS from UCLA and a DVM from Ross University School of Veterinary Medicine and Virginia Tech. Anna loves riding horses, walking her dog, catering to her cats and snowboarding in the winter. She is very happy to be back in Vermont and excited to see all of your furry family members!

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NATURE’S WAY

Autumn Foliage Has Botanists Red in the Face

by Chuck Wooster

Last weekend, my four-year-old niece asked me why leaves turn red. Dang it; why couldn't she have asked me an easier one? Like, why do leaves turn green? Or even yellow?

Nobody knows precisely why leaves turn red in the fall. Why they turn yellow and brown is easier to explain: that's the color leaves already are. Once autumn comes and the trees stop replenishing the chlorophyll in their leaves – chlorophyll is the key compound in photosynthesis and it's green – the leaves revert to their underlying tones, which run heavily to yellow and brown.

Reds, however, which, along with purples and oranges come from anthocyanin pigments, are manufactured by the leaves on the spot as autumn deepens. This raises the question of why. The yellows and browns are an artifact of the end of photosynthesis and don't require additional explanation, but the red pigments must have a reason behind them since the tree is using precious energy to put on a fiery show.

Two theories have been advanced so far. The first is that the trees are trying to protect themselves from insect infestations. Red is often used as a warning or danger signal in the natural world, and the idea is that the trees are trying to warn potential insect invaders that, although the season is progressing and the leaves are dying, the tree is still healthy enough to mount a vigorous chemical defense. Go pick on some tree that isn't as red and threatening is the idea.

But this theory leaves a number of things unexplained, mainly, why is it that the vibrancy of red foliage varies so much

from year to year, and not in relationship to insect outbreaks? Also, since the leaves are pretty well spent and about to be discarded, wouldn't it be easier and cheaper for the tree just to let them get chomped?

A variation on the insect theory says that the red isn't a warning sign; it's a disguise, since many insects are hard-wired to seek the color green. This theory makes particular sense in the spring, when many of our trees sport reddish foliage just as their leaves are emerging and just as many feeding insects are also emerging. Here again, though, a key detail remains unexplained: why doesn't the tree just use the underlying carotene pigments in the leaves, which would presumably accomplish the same deception at a cheaper price?

The rival theory of red leaves is that the purpose of the anthocyanins is to protect the leaves as the chlorophyll is decaying, acting as something of a sunscreen. Chlorophyll's job, after all, is to absorb as much of the sun's energy as possible, so it makes a certain amount of sense that when stripped of this protection, the leaves would be susceptible to damage. This theory dovetails nicely with the observation that foliage is more brilliant in years with sunny autumns, since the trees presumably need to slather on more sunscreen.

But the trouble here is that anthocyanins only absorb energy in a limited part of the spectrum, much narrower than chlorophyll, meaning that the leaves are still vulnerable to damaging ultraviolet light despite the extra effort. If sunscreen is the goal, why wouldn't trees use a broad-spectrum variety?

A new wrinkle in the sunscreen theory

is the observation that red foliage is more brilliant on soils that are poor in nutrients, especially nitrogen. The cost of producing anthocyanins may be well worth paying when depleted soils make it beneficial for a tree to reclaim as much nutrition as possible; the anthocyanins mount a sort of rear-guard campaign, protecting the leaves for as long as possible while the contents of the foliar storerooms are transported back to the tree.

The chamber of commerce is hoping that this theory doesn't hold up, because we are currently bathing the biosphere in additional nitrogen through the combustion of fossil fuels, an act that could, therefore, be snuffing out the brilliance of autumn.

Here's another puzzle: why do nearly 70 percent of the tree species in New England produce some amount of anthocyanin while the average for temperate tree species around the world is only about 10 percent? In other words, why is New England the capital of fall foliage?

Here again, we don't know, though there is the intriguing observation that the best foliage is found in regions that were once scoured by continental glaciers. We do know that the chamber of commerce hasn't been around long enough to take credit.

Back to my niece, with her upturned face, inquiring eyes, and question about red leaves hanging in the air. I tried to change the subject. "They sure are beautiful, aren't they?"

Chuck Wooster is a farmer and writer in White River Junction, Vermont. The illustration for this column was drawn by Adelaide Tyrol.

Monster Sale at the Beast

Friday through Sunday, October 7-9, 2011 -- Columbus Day is here, and we're celebrating more than just the discovery of the new world. You've been waiting for it all summer, and now it's here. Don't miss Killington Ski Club's annual Monster Sale happening all weekend! The event takes place at Killington Resort's Snowshed Base Lodge. Seek out unbelievable deals on new and used ski and snowboard equipment on Friday from 5-9 p.m., Saturday from 9am-5 p.m., and Sunday from 9 a.m.-4 p.m.



Have you seen something in one of the local shops that you've had your eye on? No worries... they'll be there participating in this deal-grabbing event, with prices that you can't pass up. Do you love to haggle? You'll be able to wheel and deal all day on Sunday, as all prices are negotiable.

If you have items for consignment, you can still get them in on the action. Drop off your clothing and equipment at Snowshed Base Lodge Ski Shop through October 6, from 9 a.m. - 4 p.m.; October 7, from 9 a.m.-9 p.m.; October 8, from 9 a.m.-1 p.m. Anything that didn't sell can be picked up on Sunday, October 9.

Come support your habit, and the Killington Ski Club's annual fundraiser. For more information, call 802-422-6797.

The Killington Ski Club was founded in 1961 to enhance the recreational and competitive skiing experience at Killington.



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AAA offices nationwide drive visitors toward Vermont

As the fall foliage season shifts into high gear, AAA is working with Vermont's tourism industry leaders to disseminate information through its travel offices nationwide directing motorists on where to travel in the Green Mountain State.

Tom Williams, Regional Manager of AAA Northern New England, noted, "We have a golden opportunity to provide up-to-date, practical information to members across the country. In the great majority of areas hit by the storm, visitors will find roadways with smooth pavement and bright lines.

It is our role to make sure that people who are interested in coming to Vermont get the information they need."

In a communication sent earlier this week to all AAA offices in the United States, AAA states, "In late August, the State of Vermont made headlines across the nation as flood waters from Hurricane Irene caused major damage to the states highways and bridges. Within weeks after Irene, Vermont rebuilt at an unprecedented rate. Now 95% of Vermont roads are open, with final touches

Visitors Page 9

"The Bus" offers free rides for college students

"The Bus" in partnership with three local colleges launches its UNLIMITED ACCESS PROGRAM enabling students, faculty and staff to ride for free at all times.

Marble Valley Regional Transit District (MVRTD) "The Bus" is pleased to announce that it has formed a partnership with four colleges in the Rutland area. This Unlimited Access program is funded by Castleton State College, Community College of Vermont, Green Mountain College, and the latest addition College of St. Joseph. The program is meant to encourage members of these college communities to use public transportation instead of driving.


Both The Bus and the colleges recognize the need for transportation alternatives to help save money for the community members and to help preserve the environment. The partners decided to work together to remove all possible barriers to bus usage and to show their support for this green alternative.

Anyone with an identification card from the four participating colleges can use it to board any route operated by

The Bus. There is no need to have exact change or to purchase a bus pass in advance.

"Another wonderful endeavor to promote sustainability and awareness has been launched by MVRTD in its continued effort to reach out to the community," says Saskia Hagen Groom, Community Outreach. "We are working with the colleges to make service even more convenient, including new stops on the campuses and additional services for special events. We are also looking to expand this program further and will be discussing it with other potential partners in the coming months. Such partnerships help to knit the community more tightly together and reinforce MVRTD's role as an integral component of the transportation network."

According to Hagen Groom, students flocked the orientation tables last month with excitement over this new program, which she hopes will enable more students, in particular those who do not possess a car or are new to the area, to travel via bus to great area attractions.



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Rutland spa expands in new location

A Signature Day Spa has reopened in its new, expanded location on Route 4 in Rutland. Deanna McGinness, who owns and operates the spa explained that after six years of growth and an increased demand for more services and multiple treatments, she finally decided she needed to expand and began the search for a new location. A Signature Day Spa was voted Best of the Best Day Spa and Massage Therapist by the Marketing Survey of American. The expanded spa covers over 1300 square feet on the second floor of the former Cinema North building and is now offering bridal packages, couples, hot stone, prenatal and Tia Yoga massage, two pedicure chairs, and the introduction of the Health & Wellness Studio. The Health & Wellness Studio will offer Reiki Shares, the Course in Miracles, Zumba, Yoga and a 10-Week Better Body Fitness Challenge.

Amy Lewis, Zumba and fitness instructor, encourages people to join this 10-week fitness challenge and step closer to your health and fitness goals. You'll team up with others for camaraderie, encouragement and accountability. Discover nutrition tips and strategies, how to fit exercise into your busy lifestyle, ideas for family nutrition, and more. The goal of the Health & Wellness Studio offer is to offer an intimate place to release stress, recharge, and just 'be,' while improving your health and wellness.



Photo courtesy of Deanna McGinness
Deanna McGinness at A Signature Day Spa.

A Signature Day Spa's newly expanded team members mission is to make a difference in the lives we touch daily while loving this life. "We hope to achieve this by providing clients with personalized service, expert care and proven treatments to help them achieve individualized goals for well-being," says McGinness. Adding, "my vision of this spa has finally come true. I am blessed, grateful and excited to have such a great opportunity, clients and new team members."

Visitors

continued from page 7
being made every day."

Vermont Department of Tourism & Marketing (VDTM) Deputy Commissioner Steve Cook works with the Vermont Chamber of Commerce and Ski Vermont on the "Foliage Force," a team which has been promoting Vermont's vibrant foliage season in the wake of Irene. Cook noted, "The foliage season has begun, and all indications are that it will be as vibrant and beautiful as ever. We are delighted that AAA has taken a proactive role in informing people about Vermont, and our recovery from the storm. This is a testament to AAA's confidence in our state, and the resilience of our tourism businesses."

The bulletin refers travel counselors to road repair

resources provided by VTrans, as well as planning information supplied by VDTM, the Vermont Chamber of Commerce and Ski Vermont. It concludes that AAA Northern New England branch offices in Montpelier, Rutland and Williston are well prepared to help motorists navigate the state of Vermont.

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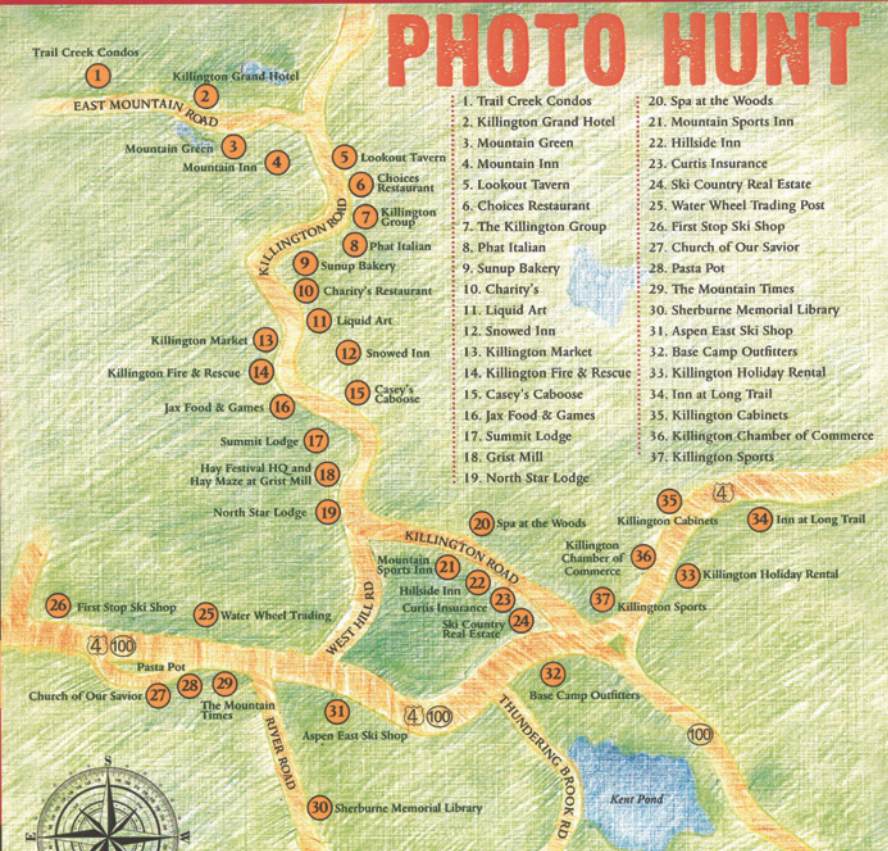
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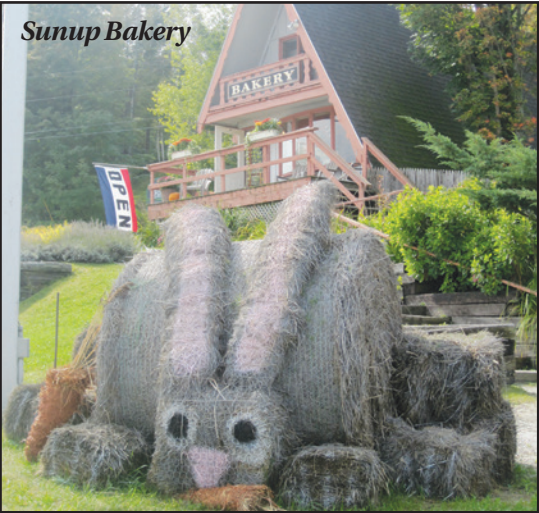
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Columbus Day Week

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Pages 12-17

Historic site hosts Grace Coolidge musicale

Sunday, October 9 – It will be the classics in a classic setting when pianist Abigail Charbeneau, soprano Hannah Schramm Murray, and clarinetist Susan Kay Kinne perform at the Calvin Coolidge State Historic Site on Sunday at 3 p.m. An afternoon tea follows at the site's restaurant, The Wilder House. The concerts are free and open to the public; donations are welcome.

This is the second concert of the 2011 Grace Coolidge Musicales, a series named in honor of one of America's favorite First Ladies. The 45 minute program will feature music by Franz Schubert including a set of songs, the Arpeggione Sonata. The recital concludes with the well-known favorite "Shepherd on the Rock." This is the first time a clarinet will be heard on the series.

The Grace Coolidge Musicales, which conclude on October 23, are organized by the Vermont Division for Historic Preservation and generously sponsored by the Alma Gibbs Donchian Foundation. The concert will be held in the President Calvin Coolidge Museum & Education Center, a new facility at the Coolidge State Historic Site that opened in 2010.

Abigail Charbeneau: pianist - Abigail Charbeneau is a native of Woodstock, Vermont and has a master of music in

piano performance and piano pedagogy from the University of Illinois. A regular performer with the Musicians of Wall Street in Concord, Abigail has performed on the Walker Lecture Series and has played at two Inaugural Balls for Governor John Lynch. In addition to her teaching duties at the Concord Community Music School, she is the music director at the Unitarian Universalist Church in Concord.

Hannah Schramm Murray: soprano - Hannah Schramm Murray received her master's in music from Westminster Choir College. Mrs. Murray is a frequent soloist throughout the Northeastern United States, including singing for the Nashua Symphony, Trinity United Methodist Church in Springfield, MA and the Paul Madore Chorale. Hannah is an active member of the National Association of Teachers of Singing. Her upcoming engagements include recording Rudenstein's world premiere of "Ulysses," and the April Keiser concert at St. Paul's School in Concord, New Hampshire.

Susan Kay Kinne: clarinetist - Susan Kay Kinne has played clarinet with orchestras, wind ensembles, folk and chamber music groups in New Hampshire, Massachusetts, Maryland, Colorado, and Vienna, Austria. She teaches clarinet and classical saxophone at St. Paul's School and for Community College Systems in New Hampshire and Maine.

Raptor Encounters at Okemo

Sunday, October 9 - The Vermont Institute of Natural Science presents Raptor Encounter, a free family presentation 10-11 a.m. at Jackson Gore. From 11 a.m. - 12 p.m., kids can get up close and personal with some heavy equipment during Touch-a-Truck. Starting at 12-noon, an all-American apple pie baking contest is open to all home bakers who would like to submit a delicious entry.

Celebrate Pittsford's 250th anniversary

Wednesday, October 12 -- The town of Pittsford will celebrate the 250th anniversary of its town charter at the McClure library, with their Community Read program beginning at 7 p.m.

Vermont Author, Bill Powers and Vermont Folklife Center Educator, Greg Sharrow will lead a discussion on Grace Anderson's book, In the Shadow of Cox Mountain. This book is a historical fictionalized account of the settling of Pittsford. "This book is a combination of what probably happened, told as it might have happened," Anderson explained. She based the book on research from diaries, historical records and genealogies. Centered on the lives of women and children, Anderson tells the story about everyday life, the hard work, the dangers of living on the frontier and the joys of community.

The McClure Library is located on 840 Arch Street in Pittsford. The programs will be held in the Children's Room on the lower level and is free and open to the public.

Poultney's town-wide yard sale

Saturday, October 8 - Poultney is holding their Town Wide Yard Sale Day from 9 a.m. - 4 p.m. Rain or shine. This annual tradition is sponsored by Poultney Area Chamber of Commerce. Throughout the entire community one can find bargains at businesses, visiting vendor sites and at residential homes. Mary Lee Harris, from the Chamber, said more than 65 Main Street vendor spaces had been rented for this event in addition to the many home sites participating.



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Rutland stars to dance

Saturday, October 8 — By day, they work as Bank Vice Presidents, CEOs, Clinical Information Directors, and Optometrists, but Saturday at 7 p.m. they will don glitter and sequins and be transformed into dancing superstars.

Modeled after the highly successful television show, Dancing with the Rutland Stars will pair area professional dancers with local celebrities to benefit Kids on the Move, a pediatric rehabilitation program of the Rutland Area Visiting Nurse Association & Hospice.

This year's participants, include: Ron Cioffi, RN, CEO of Rutland Area Visiting Nurse Association & Hospice; Tom Donahue, CEO, Rutland Region Chamber of Commerce; Dr. Leif Erickson, Optometrist; Nicole Fabian, Financial Services Manager at People's United Bank; Matt Levandowski, Executive Vice President of Retail at Heritage Family Credit Union and Michael J. Valentine, CEO of PEG-TV. Their professional partners are Tara Bombardier of Centre Dance in Rutland; Shelby Jones of Cobra Gymnastics; Gayle Lang of All About Dance at Grand Performance in Rutland; Kelly Moore, Music for Mankind in Manchester, Cathy Salmons, of Studio Bliss in Rutland; and Mary Fran Skaza of Miss Lorraine's School of Dance.

Professional partners will choreograph each routine and couples will perform before a panel of local judges. Judges include, Stephen Klein, Attorney at Law and Mitchell Rosengarten, Financial Advisor at UBS and Nina Coombs. Klein, Rosengarten and Coombs share an extensive background in dance. Rosengarten has performed on Broadway and appeared in international and national touring company productions. Tickets are just \$20.00 and are available at the Paramount Box office.

Parrotheads flock to Okemo concert

Saturday, October 8 – Okemo Mountain Resort celebrates the changing of the seasons with its fifth annual Parrothead Party and Jimmy Buffett tribute band. Island breezes will blow as the band, Changes in Latitudes, takes the stage for a free outdoor concert at the Jackson Gore Inn. This popular tribute band takes partygoers on a journey filled with good clean fun to – where else? – Margaritaville. Every musical set is a party with beach balls, conga lines and leis galore.

The party will start at noon with the music from Dave Maguire. Changes in Latitudes will go on at 2 p.m. Okemo's Coleman Brook Tavern staff will be rendering some frozen concoctions and cooking up some cheeseburgers in paradise for concertgoers. They'll even help find that lost shaker of salt, plus beer, wine, soft drinks and barbecue items fresh from the grill. Free hay rides will be offered from noon to 4 p.m. and a farmers' market will feature local produce and assorted goodies.



Hubbardton Forge hosts an open house

Friday, October 7 - Hubbardton Forge, local crafters of hand-forged steel lighting, invites the public to an Open House event on Friday from 4 p.m. – 8 p.m. Come see how employees at Hubbardton Forge create their distinctive designs: starting with an idea for a lamp, to heating and shaping the metal in the flames of the forge, and finally its assembly, finish and shipping in our plant. It is a fascinating process, and best of all, it is all done here under one roof at Hubbardton Forge in Castleton, Vermont!

The event features displays, demos and kid's activities. You will learn how our design team gets their inspiration, taking an idea from a sketch to a metal prototype to the finished piece. On tours of the plant, you can watch as our artisans bend, hammer and shape red-hot steel into functional lighting pieces. From design to forge, to assembly, packing and shipping, the Hubbardton Forge Open House offers a great overview of how our employees proudly make our products in Vermont.

All are welcome- this event is free and open to the public. There also will be refreshments, raffles and giveaways. For safety, all visitors must wear close-toed shoes in order to participate in plant tours.

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Poultney Farmers Market - 9:00 AM on Main St., 9am-2pm.

Active Seniors - 9:00 AM Each Thursday, Over the Road Seniors walk at their own pace with a group. Meet at Sherburne Library on River Road, Killington. Walk towards Town Office and beyond, or as far as you wish. Return to picnic shelter at Rec Center for rest & conversation. No time limit, no set pace, no required distance to cover. Bring water for hydration. Q's? 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.

Okemo Benefit Golf Tournament - 12:00 PM OVCC presents, at Okemo Valley Golf Club. \$85/player; \$65/members. Register 12-12:45pm; tee off 1pm. Scramble, 18 holes w/ cart, goody bags, range holes, closest to pin, longest drive men's & women's, awards, bbq, cash bar, mulligans sold. Benefits BRGN, Plymouth Neighbors Helping Neighbors, Okemo Mtn Resort Flood Relief. 228-7797.

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

Chicken Pie Supper - 5:00 PM The Ladies Aid of the First Congregational Church in Wallingford will be sponsoring a chicken pie supper. Chicken pie, cole slaw, cranberry sauce and cranberry relish, glazed carrots, coffee, tea, milk and homemade pies. \$9 adults, \$5 children under 5 years old. Children under 3 years old, free. Take outs avail. Proceeds fund for restoring the church steeple. 446-2341.

Friday, October 7

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

Foodways Fridays - 10:00 AM Discover how Billings Farm & Museum uses seasonal produce from its heirloom garden in historic recipes every Friday thru Oct. 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.

Hubbardton Forge Open House - 4:00 PM Castleton, VT, til 8pm. Come see how employees at Hubbardton Forge create their distinctive designs. Displays, demos, kid's activities, tours of the plant, and more! All are welcome- this event is free and open to the public. Refreshments, raffles and giveaways. Please wear close-toed shoes in order to participate in plant tours.

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.

Wines of the World Dinner - 6:30 PM 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). Red Clover Inn, 775-2290.

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.

First Friday Open Mic - 7:00 PM At Church of the Wildwood, 347 Holden Rd., Chittenden. Musicians, poets and storytellers of all ages invited to perform. Desserts/coffee available. Come entertain or listen and sing along. Portion of freewill donation benefits Chittenden Vol. Fire Dept. Flood Relief Project. Call 483-2234 or email dmartin@sover.net for a 10-minute spot.

Possum Haw Live & Upstairs at Chandler! - 7:30 PM Dynamic, original bluegrass performed in Esther Mesh Room at Chandler Music Hall in Randolph. Tickets: \$13 in advance/\$16 day of show. Reserve at 802-728-6464 3-6 PM weekdays. Seating is limited! Cash bar available.

Live Irish Music in Killington - 8:00 PM Donol O'Shaughnessey performs at McGrath's Irish Pub at the Inn at Long Trail. No fee entry. 775-7181.

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.

Rutland Town/Killington - Home Depot Plaza, Farmers Market, 4-8pm.

Horse Workshop - "Horse Keeping and Your Horse's Health" - Registration deadline for Oct. 15 workshop, 9:30-noon, at Brandon Fire House. Guest speakers. \$20/ person. Register at 775-8034 x17.

DockDogs at Killington Resort - Variety DockDogs returns to Killington this year with the National Championships. More than 300 canine competitors will compete in big air, speed retrieve and extreme vertical. This pet-friendly event will also include a pet vendor village. See press in this week's paper for details.

RGHS Golf Benefit - 11th annual golf tournament to benefit the Rutland County Humane Society, at Proctor-Pittsford Country Club. Captain & crew begins 1 PM; registration starts 11:45 AM. Pre-registration suggested. Teams of 4; limit of 30 teams. \$85 (\$80 for PPCC members) includes a post tournament banquet. Prizes! For info, to register or to become a sponsor, call 802.483.9171 www.rchsvt.org.

Community Center Game Day - Returns to Castleton CC with a "new twist". FREE Deli Style Luncheon at 12 noon followed by board games & Wii bowling. Door prizes & lots of laughs! Luncheon reservations must be made by Monday Oct. 3 802-468-3093

Killington Ski Swap - Killington Ski Club's Monster Sale at Snowshed Base Lodge at Killington Resort. Great deals on new & used skis & snowboards, clothing & equipment. Local shop participation. Fri, 5-9; Sat, 9-5; Sun, 9-4.

Saturday, October 8

Pancake Breakfast - 7:00 AM Pittsford Congregational Church, all you can eat. Til 11am. Adults \$7, Seniors \$5, children 6-12 \$5, under 5 free. 50/50 raffle, cookbooks & Church notecards on sale. Everyone welcome.

Saturday Farmers Market - 9:00 AM Rutland. Downtown Rutland Farmers Market, Sats. 9am-2pm, in Depot Park.

Poultney Town Wide Yard Sales - 9:00 AM Til 4pm, rain or shine. Sponsored by Poultney Area Chamber of Commerce. 65+ Main Street vendors!

Mt. Holly Town Library Book Sale - 10:00 AM Great Books, Great Prices, For A Great Cause! Til 4pm both days. Last book sale of the year. Book shed open, tables for overflow. In conjunction with Cider Days on Belmont Green at same time. Rain or shine. 26 Maple Hill Rd., Belmont. Info, 259-3707.

Art in the Park - 10:00 AM Fall Foliage Celebration of Arts in Main St. Park, Rutland. Til 5pm both days. Jewelry, glass, music, crafts, furniture, ceramics, fiber art, photography, fine art, and more. Free admission - donations accepted. Free parking & shuttle from VT Fairgrounds. Chaffee Art Center hosts.

4th Annual Upper Valley Women's Expo - 10:00 AM Enjoy massage or psychic reading, learn about continuing education, starting your own business, investing or redecorating. Free seminars include Chocolate creations, Palm Reading, an inspiring story of weight loss, Belly Dancing workshop. Food drive for local food shelf. Til 4 p.m. at Fireside Inn Conference Center, West Lebanon, NH. Admission \$5.00. Children 12 & under free.

Period Reenactments at Old Constitution House - 11:00 AM Til 5pm both days. Local residents Carl and Carolyn Malikowski, demonstrate early woodworking, powder horn carving, outdoor cooking, quilting, and other domestic activities. The Old Constitution House State Historic Site is located at 16 North Main Street in Windsor.

Community Luncheon - 11:30 AM At Trinity Church, 85 West St., Rutland, til 1pm. Macaroni and cheese, green beans and apple crisp will be served. Open to everyone. Donations gratefully accepted.

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 info

Parrothead Party - 12:00 PM Okemo Mountain Resort hosts 5th annual celebration with Changes in Latitude (Jimmy Buffet tribute band), Dave Maguire, more. Get your frozen concoctions, cheeseburgers in paradise, as well as bbq & beverages. Free hay rides noon-4pm. Farmers Market. Ludlow.

IHM Harvest Dinner - 4:00 PM Immaculate Heart of Mary Church hosts a Harvest Dinner til 6:30 pm, in St. Anne's Hall, below the church at 18 Lincoln Avenue in Rutland. Prices for roast turkey and ham dinner with all the trimmings: \$10 for adults, \$5 for children ages 6-12, and children under 6 are free. The public is invited and welcome to attend.

Saturday Night Dinner & Dancing - 5:30 PM Join the American Legion, Post 31 for this week's "Little Taste of Italy Specialties Buffet." Til 7:30pm. All you can eat, \$15. Kids 12 & under \$5. Public welcome. Live music by Mesa Band, \$5/ couple.

Starry Night in Hubbardton - 6:30 PM Hubbardton Battlefield special astronomy program with Green Mtn Alliance of Amateur Astronomers members focusing on stars, planets, the waxing moon, & deep space objects. BYO telescope or binoculars, blankets and flashlights. We provide marshmallows! Free and open to the public; donations appreciated. Cloudy sky date: Oct 9. Call ahead, 802-273-2282.

Dancing With the Rutland Stars - 7:00 PM Area professional dancers paired with local celebrities to benefit Kids on the Move. At Paramount Theatre. \$20.00 at Paramount Box office, 775-0903.

Live Irish Music in Killington - 8:00 PM Donol O'Shaughnessey performs at McGrath's Irish Pub at the Inn at Long Trail. No fee entry. 775-7181.

Indoor Yard and Food Sale - Maples Senior Living Community, 5 General Wing Road - Rutland. 9am-3pm. Small furniture, jewelry, books, a little bit of everything, including baked goods.

Woodstock Apples & Craft Fair - 39th Annual, fundraiser for the Woodstock Recreation Center, Inc. 10 a.m. - 5 p.m. Sat. & Sun., at Bailey's Meadow on Route 4. 100 juried crafts+, art and specialty foods. Sterling silver jewelry, hand crafted herbal soaps, wood crafts, handmade dolls, watercolor paintings, photography, handmade blown glass, quilts,



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RUTLAND VERMONT
CELEBRATING 50 YEARS
1961 - 2011

Vermont's Oldest Continuing Arts Tradition

Fall Foliage
OCTOBER 8 & 9
MAIN Street Park
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Junction of Route 4 & 7
10-5 PM Both Days
FREE Admission, Free
Parking at Fairgrounds
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www.chaffeeartcenter.org



Woodstock Rotary Club

39th ANNUAL PENNY SALE

Sat., October 8, 2011
Doors Open at 6:30
Woodstock Union High School Gym



2011 GRAND PRIZES:

- John Deere Tractor D130 22 horsepower** - *Value \$1900*
donated by Woodstock Rotary Club and L.F. Trottier & Sons
- 6.74CT Green Tourmaline Pendant with 14k white gold box chain**
Value \$1719
donated by Elliot Newman, Woodstock, VT
- 22" strand Cultured Pearl Necklace and 7" Cultured Pearl Bracelet**
Value \$1600 donated by N T Ferro Jewelers, Woodstock, VT
- Weber EP-310 Gas Grill**
Value \$750
donated by Woodstock Home & Hardware
- Balance Spa Package #1** - *Value \$280*
donated by Woodstock Inn & Resort
- Balance Spa Package #2** - *Value \$280*
donated by Woodstock Inn & Resort
- Cash - \$500**
donated by Woodstock Rotary Club

NEW ENGLAND MAPLE MUSEUM

North of Rutland, 4578 Rt. 7 in Pittsford



Featuring our Halloween and Fall Celebration through October

A Journey through Vermont's Famous Maple Sugaring Industry

Vermont Products & Gifts

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Billings Farm & Museum

Gateway to Vermont's Rural Heritage

27th Annual Harvest Weekend

October 8 & 9, 2011
10:00 a.m. - 5:00 p.m.
Husking Bee: Noon
Barn Dance: 1:00-4:00 p.m.

~ ~ ~
Cider Pressing • Preserving Apples
Making Butter & Ice Cream
Apples-on-a-String • 19th Century Games
Building a Split Rail Fence
Threshing Grain

~ ~ ~
Operating Dairy Farm
Farm Life Exhibits • 1890 Farm House

Rte. 12 • Woodstock, Vermont
802-457-2355 • www.billingsfarm.org

colorful fleece and woolen clothing, wheel thrown stoneware, maple syrup, homemade fudge and kettle korn. Craft demos, homemade soups & chilis. \$3 admission, under 12 free.

Benefit Dance for Flood Relief at Chandler - Chandler Music Hall, Randolph, hosts bands as a fundraiser for Central VT Residents in need of rebuilding after Irene. \$15 suggested donation. Doors open 7:30pm. Cash bar, light snacks, raffle prizes. Don't miss The Party Crashers and Jeannie & the Hi-Tops. RSVP to Chandler Box Office 3-6pm M-F, 802-728-6464.

The Great Rutland Race II - Rutland's version of the Amazing Race. All-day challenge, teams of 2 visit 15 locations and participate in a physical or mental challenges - a Rutland City scavenger hunt! All profits will benefit the Rutland Recreation Scholarship fund. \$70 pre-registration or \$80 on race-day - limited to 50 teams. Pre-race meeting 8 a.m. at the Rutland Amtrak Train Station. Race starts at 9 a.m. with a finish deadline of 5 p.m. rutlandrec.com to register.

Woodstock's Penny Sale - Woodstock Rotary Club's 39th Annual fundraiser, at Woodstock Union High School Gym. Doors 6pm, Penny Sale starts promptly at 7 p.m. Hundreds of prizes. \$5 tickets. Grand prizes include a John Deere D130D22 horse power tractor, a 6.74ct Green Tourmaline pendant with 14k white gold box chain, 22" strand cultured pearl necklace and 7" cultured pearl bracelet, a Weber EP-310 gas grill, two balance spa packages donated by the Woodstock Inn and Resort, \$500 cash.

DockDogs at Killington Resort - Variety DockDogs returns to Killington this year with the National Championships. More than 300 canine competitors will compete in big air, speed retrieve and extreme vertical. This pet-friendly event will also include a pet vendor village. See press in this week's paper for details.

Fall Foliage Gondola Rides - The K-1 Express Gondola at Killington Resort spins daily thru October 10 from 10:00 a.m.-5:00 p.m. offering scenic gondola rides and hiking access for guests to view foliage in the heart of the Green Mountains.

Clothing Drive - 5th Annual Share the Warmth Clothing Drive at Mettawee, W. Pawlet. 9am-2pm, Sat & Sun. BYO bgs. Drop off Oct. 6-7, 2:30-5:50pm. All clothing must be clean, reusable and smoke-free. All season are welcome - Halloween Costumes, winter wear, even homecoming/prom gowns. Questions: (802) 645-0968.

Killington Ski Swap - Killington Ski Club's Monster Sale at Snowshed Base Lodge at Killington Resort. Great deals on new & used skis & snowboards, clothing & equipment. Local shop participation. Fri, 5-9; Sat, 9-5; Sun, 9-4.

27th Annual Harvest Weekend - at Billings Farm & Museum, Woodstock. 10-5 both

days. Husking bee at noon, barn dance 1-4pm, cider pressing, making butter & ice cream, 19th century games, more. 457-2355.

Sunday, October 9

Mt. Holly Town Library Book Sale - 10:00 AM Great Books, Great Prices, For A Great Cause! Til 4pm both days. Last book sale of the year. Book shed open, tables for overflow. In conjunction with Cider Days on Belmont Green at same time. Rain or shine. 26 Maple Hill Rd., Belmont. Info, 259-3707.

Art in the Park - 10:00 AM Fall Foliage Celebration of Arts in Main St. Park, Rutland. Til 5pm both days. Jewelry, glass, music, crafts, furniture, ceramics, fiber art, photography, fine art, and more. Free admission - donations accepted. Free parking & shuttle from VT Fairgrounds. Chaffee Art Center hosts.

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.

Period Reenactments at Old Constitution House - 11:00 AM Til 5pm both days. Local residents Carl and Carolyn Malikowski, demonstrate early woodworking, powder horn carving, outdoor cooking, quilting, and other domestic activities. The Old Constitution House State Historic Site is located at 16 North Main Street in Windsor.

Pittsford Sheep & Wool Festival - 11:00 AM Rutland Area Lamb & Wool Producers hold 18th annual, at Green Acres Farm on Route. 7. Hours til 4pm. Free admission. Featuring sheep & wool products & activities. Breeds on display. Shearing demos, sheepdog handling demos. Kids' craft activities. Vendors, food, live music.

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.

Grace Coolidge Musicale - 3:00 PM Pianist Abigail Charbeneau, soprano Hannah Schramm Murray, and clarinetist Susan Kay Kinne perform at the Calvin Coolidge State Historic Site. An afternoon tea follows at the site's restaurant, The Wilder House. The concerts are free and open to the public; donations are welcome.

Happy Hour Irish Music - 4:00 PM Extra Stout performs at McGrath's Irish Pub at Inn at Long Trail - 775-7181.

Vt Dining Train - 4:45 PM Autumn Special: Reserve Online & 4th Guest is Free! Sundays October 9, 16. Vermont Dining

Train departs Rutland at 4:45pm. Fare \$59-\$79. (800) 292-7245.

Woodstock Apples & Craft Fair - 39th Annual, fundraiser for the Woodstock Recreation Center, Inc. 10 a.m. - 5 p.m. Sat. & Sun., at Bailey's Meadow on Route 4. 100 juried crafts+, art and specialty foods. Sterling silver jewelry, hand crafted herbal soaps, wood crafts, handmade dolls, watercolor paintings, photography, handmade blown glass, quilts, colorful fleece and woolen clothing, wheel thrown stoneware, maple syrup, homemade fudge and kettle korn. \$3 admission, under 12 free.

Raptor Encounters at Okemo - Vermont Institute of Natural Science presents free family presentation 10-11 a.m. at Jackson Gore. From 11 a.m. - 12 p.m., kids can get up close and personal with some heavy equipment during Touch-a-Truck. All-American apple pie baking contest.

DockDogs at Killington Resort - Variety DockDogs returns to Killington this year with the National Championships. More than 300 canine competitors will compete in big air, speed retrieve and extreme vertical. This pet-friendly event will also include a pet vendor village. See press in this week's paper for details.

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Killington Ski Swap - Killington Ski Club's Monster Sale at Snowshed Base Lodge at Killington Resort. Great deals on new & used skis & snowboards, clothing & equipment. Local shop participation. Fri, 5-9; Sat, 9-5; Sun, 9-4.

Sundays in the Saddle - One hour guided trail rides on horseback at Mountain Top Inn and Resort. Reservations required at 802-483-6089.

27th Annual Harvest Weekend - at Billings Farm & Museum, Woodstock. 10-5 both days. 457-2355.

Monday, October 10

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.

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

Art Auction to Benefit Brian Halligan - Liquid Art Coffeehouse in Killington hosts. Come bid on: '11/'12 Killington Season Pass , a preferred parking season pass at Killington, 2012 Killington Golf Course Season Pass, seasonal locker at Snowshed, night out grooming on a snowcat at Killington. Also, local photographers' work, catered dinner, personal training session, more. Chad Hollister performs. 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.

2nd Annual "Art of Masquerade" - Deadline to buy tickets for this Oct. 23 event! Chaffee Art Center's major fundraiser dinner & auction event. Includes live music by MeadoWinds, a sit down dinner, and a live and silent auction including "Masked" artwork by anonymous artists, antiques, collectables, gift certificates, original artwork, and more. Reservations are \$50/ person, 802-775-0356.

Drop-off Dates for Donations - First Baptist Church of Rutland holds annual Fall Rummage Sale Oct. 14, 6-9pm & Oct. 15, 9am-1pm. Drop off donations Oct. 10-14, 9am-noon. For info, call 775-5824.

Tuesday, October 11

Killington Yoga - 8:30 AM Mon. & Tues. Anusara Inspired Yoga classes at Killington Yoga, Mon. 8:30am mixed level, Tues Level

The Mountain Times • October 6-12, 2011 • 15

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).

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 Library - 10:00 AM Killington - Sherburne Memorial Library: Killington Arts Guild acrylics workshop meets every Tues., 10am-noon, free.

Sherburne Library Matinees - 2:00 PM Killington - Sherburne Memorial Library.

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

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

Wednesday, October 12

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. \$40/10 classes. Holiday Inn Pool, 775-1911.

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


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.

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

Pittsford's 250th - 7:00 PM Celebrate Pittsford's 250th Anniversary at Maclure Library. Free, open to public.

Bikram Yoga is Open! - Yes, they're back in business! And you CAN get there! Bikram Yoga in Pittsfield, on Route 100. Call for current schedule - 1-866-677-4268.

Museum & Exhibits,
Meetings & Worship Services
listed on page 20




11th Annual

Brandon Artists Clock Auction

Saturday
October 8

at Brandon's Town Hall

Preview - 5 pm Auction at 7 pm





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

Visit www.rails-vt.com
for Group Rates & Excursion Pricing



A Unique & Affordable
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60 Vermont Artists • Antiques & Collectibles

Open ArtHop Friday Nights (2nd Fri of month)
'til 8PM • Mask Parade

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www.artandantiquesoncenter.com Mon-Sat 10-5



Brandon Farmers Market

Last Hurrah for the
Brandon Farmer's Market, Oct. 8th

Harvest Fair

Saturday, October 8th • 10am-4pm

FRIED BREAD DOUGH

LIVE MUSIC BY THE
GROUP OhAnleigh





Woodstock Apples and Crafts Fair

Columbus Day Weekend
October 8th & 9th
10 am to 5pm

Baileys Meadow, Route 4 East
Woodstock, Vermont

More than 100 juried crafters,
artists, and specialty
food producers.

Admission:
\$3 per person
12 and under free
Bus groups welcome

Proceeds to benefit
Woodstock
Recreation Center
(802) 457-1502



The great Rutland race II

Saturday, October 8 -- Join us for Rutland's version of the Amazing Race. Our all-day challenge will bring you to points within a five-mile radius of downtown. Teams of two will need to visit 15 locations and participate in a physical or mental challenges. All locations will remain confidential until you receive your packet the morning of the race. You will then have 45 minutes to plan the fasted route with your teammate. No jumping in your car – your feet and THE BUS will be your only options. This year's event will have you traveling all over Rutland City on a scavenger hunt. A smart phone would be handy

and a mascot that likes its photo taken is highly recommended. All profits will go to the Rutland Recreation Scholarship fund. The cost is \$70 pre-registration or \$80 on race-day (if there is space available.) The race is limited to 50 teams. Your fee includes two t-shirts, race day support and a challenge that you will remember! Pre-race meeting starts at 8 a.m. at the Rutland Amtrak Train Station. Race starts at 9 a.m. with a finish deadline of 5 p.m. Please visit www.rutlandrec.com or stop by our office located on 1 Deer St. Rutland VT to register.

Woodstock 39th annual penny sale

Saturday, October 8 - The Woodstock Rotary Club is holding their 39th Annual Penny Sale on Saturday. This event takes place at the Woodstock Union High School Gym, with the doors opening at 6 p.m. The Penny Sale starts promptly at 7 p.m. There are hundreds of prizes, tickets are just \$5 and you don't need to be present to win! Don't miss this important fundraiser for Rotary charities! This year's grand prizes including a John Deere D130D 22 horse power tractor valued at \$1,900 and donated by the

Woodstock Rotary Club and L.F. Trotter and Sons, a 6.74ct Green Tourmaline pendant with 14k white gold box chain, valued at \$1,719 and donated by Elliot Newman, 22" strand cultured pearl necklace and 7" cultured pearl bracelet valued at \$1,600 donated by Ferro Jewelers, a Weber EP-310 gas grill valued at \$750 and donated by the Woodstock Home and Hardware, two balance spa packages donated by the Woodstock Inn and Resort, and a cash prize of \$500 donated by the Woodstock Rotary Club.





VERMONT DINING TRAIN

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

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

Weston
Craft show
Celebrating Vermont Craftsmanship

October 7, 8, 9, 2011
10:00 am to 5:00 pm

Weston Playhouse • Route 100 • Weston, Vermont

www.westoncraftshow.com



photo courtesy of Rebecca McMeekin, Executive Director for the Chandler Music Hall in Randolph, Vt. Jeanne and the Hi-Tops band pictured from left to right: Michael Bradshaw, Terry Cantlin, Cannon LaBrie, David Indenbaum, Jack Kruse and Jeanne McCullough.

Local bands join Chandler in a benefit dance for flood relief

Saturday, October 8 the Esther Mesh Room at Chandler Music Hall in Randolph will host a benefit dance for Central Vermont residents that need help rebuilding after Tropical Storm Irene. The bands are donating their services and sound equipment in support of this event and Chandler is contributing space and production support. A donation of \$15 is suggested. Doors open at 7:30 p.m. There will be a cash bar and light snacks as well as a raffle offering prizes

to upcoming Chandler performances. All proceeds will go to flood relief efforts. The evening opens with The Party Crashers and their signature funk, R&B, rock 'n roll and soul. In its seventh year, The Party Crashers will have everyone on their feet from the first song to the last. The next group is Jeannie & the Hi-Tops with their high-energy fusion of reggae, zydeco, R&B, and Tex-Mex. Reservations can be made by calling the Chandler Box office 3-6 p.m. Monday-Friday, 802-728-6464.

Woodstock apples & crafts fair

October 8 & 9 - Woodstock's 38th Annual Apples & Crafts Fair will be held 10 a.m. - 5 p.m., Saturday and Sunday, at Bailey's Meadow on Route 4, east of Woodstock village. The event will feature a vast selection of more than 100 juried crafts, art and specialty foods. There will also be original designs of sterling silver jewelry, hand crafted herbal soaps, wood crafts, handmade dolls, watercolor paintings, photography, handmade blown glass, quilts, colorful fleece and

woolen clothing, wheel thrown stoneware, maple syrup, homemade fudge and kettle korn. Special booths and events at the Fair will include craft demonstrations, and the traditional homemade soups and chili's offered by the many volunteers. The Fair draws 5000 to 6000 people annually. Admission to the Crafts Fair is \$3 per person. Children under 12 are free. The fair is an annual fundraiser for the Woodstock Recreation Center, Inc.

Art auction to benefit Brian Halligan

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 his house. 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. Local photographers that have also generously donated their work. Other items for the auction include: a catered dinner for four at your home, a



Brian Halligan

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.

History is alive at the Old Constitution House

October 8 & 9 - The Old Constitution House, Birthplace of Vermont, hosts a weekend of period reenactments on Saturday and Sunday from 11 a.m. – 5 p.m. This is the last of this season's popular "History Happens at OCH" programs organized by 18th century reenactors Carl and Carolyn Malikowski. Residents of Windsor, this husband and wife team will demonstrate early woodworking, powder horn carving, outdoor cooking, quilting, and other domestic activities. Originally a tavern where Vermont's

constitution was adopted in 1777, the Old Constitution House is now a state-owned historic site. Its exhibits and guided tours focus on the first constitution in America to prohibit slavery, and the first to establish universal manhood suffrage and a system of public schools. A permanent exhibition examines Vermont's formative years, from the struggle for political independence to statehood in 1791. The Old Constitution House State Historic Site is located at 16 North Main Street in Windsor. The 2011 season ends October 10.

2nd annual “Art of Masquerade” at the Chaffee

Sunday, October 23 - Is the date of this popular event, but if you're planning to attend you must buy tickets by Monday, October 10. This popular dinner and auction event started last year with the “Chairs for the Chaffee,” and has become a major fundraiser for the Chaffee Art Center.

The “Art of Masquerade” event will include live music by MeadoWinds, a sit down dinner, and a live and silent auction including “Masked” artwork by anonymous artists, antiques, collectables, gift certificates, original artwork, and more.

Help us make our 50th year the best yet by attending the “Art of Masquerade” in support of the Chaffee. The event takes place at the Rutland Holiday Inn. Reservations are \$50 per person, call 802-775-0356.

The following awards will be presented at the event:

This year, our first award is the Community Arts Award and it will go to the Rutland Garden Club. The Chaffee Art Center has long been the place to go in Rutland to



photo courtesy of the Chaffee Art Center
A display at the Chaffee Art Center.

view, discuss, support and learn about the visual arts. This experience has been enhanced by the work of a dedicated group

of volunteers (and artists in their own right) - the members of the Rutland Garden Club. Through all season, our guests enjoy the efforts of the Rutland Garden Club to make “Sunny Gables” shine. We're pleased to honor the Rutland Garden Club with the Community Arts Award, for their work at the Chaffee Art Center and all over Rutland City.

Our second award will be a Volunteer of the Year award which will go to our most dedicated volunteer Terri Jordan. The Chaffee Art Center has relied on volunteers from our very beginning fifty years ago. The Chaffee's longevity is not the product of luck nor is it accidental; it has been built on the bedrock of the many volunteers who gave their time and effort to sustain it. The Chaffee is pleased to recognize Terri Jordan for her hard work, talent and reliability on behalf of the Organization. Terri is the sort of volunteer that allows us to look forward to the next 50 years!



photo courtesy of Billings Farm

Kids dance at Harvest Weekend

Celebrate harvest weekend at Billings Farm & Museum

October 8 & 9 - The Billings Farm & Museum will host the 26th Annual Harvest Weekend this Saturday and Sunday, from 10 a.m. - 5 p.m. Harvest Weekend features a husking bee at noon and barn dance from 1-4 p.m. each day plus a variety of 19th century harvest activities and programs for the entire family.

Lend a hand pressing cider, preserving apples, threshing grain, and making butter and ice cream. Harvesting the heirloom vegetable garden will be nearing completion and children can help dig potatoes and other root crops and see how the crops are “put up” for the winter.

Other activities include: shelling beans, fence building, apples-on-a-string, and 19th century games. Hot-spiced cider and homemade doughnuts will be on hand for all! Admission includes all programs and activities.

4th annual Upper Valley Women's Exposition continues

Saturday, October 8 - After all the rain and the cleaning up from tropical storm Irene, we thought it was important to make sure the Upper Valley Women's Expo continues. The Expo offers all types of businesses, large and small, an opportunity to promote their products and services to the area's largest decision making demographic - Women. Women also benefit with an inspiring day for themselves at little to no cost, with free seminars and so much to learn.

“The fun-filled day offers something for every interest” said states event producer, Kate Alberghini. “Our goal is to peak an

interest in a wide variety of women, get them to the event and then introduce them to 20-50 local businesses they might not otherwise investigate. It is great for our local businesses and great for area women.”

At the Women's Expo you can have a massage or psychic reading and a few booths later learn about continuing education, how to start your own business, invest your money or how to redecorate your home. “In discussing the event with an exhibitor, I found out that she had attended the first women's expo and from the information there, made the life altering decision to start her own business

and has been thriving. There is no better compliment or explanation for this event than that.” Alberghini shares.

The event offers a series of free seminars that include Chocolate creations, Palm Reading, an inspiring story of weight loss by author Kara Richardson Whitely, and Belly Dancing workshop.

We are also conducting a food drive this year for the local food shelf. For each non-perishable food item you bring, you get \$1.00 of the admission - bring 5 and you get in free!

The Upper Valley Women's Expo will be held Saturday, October 8 10 a.m. to 4 p.m. at the Fireside Inn Conference Center, West Lebanon, NH. Admission is \$5.00. Children 12 and under are free.

Horse keeping & health workshop

Friday, October 7 - Registration deadline for the Rutland Natural Resources Conservation District which is hosting a “Horse Keeping and Your Horse's Health” Workshop Saturday, October 15 from 9:30 a.m. - 12:00 p.m. at the Brandon Fire House (Conference Room) on Rte. 7 in the town of Brandon, VT.

Guest speakers include: 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,” and Terry Cushing, Poulin Grain on “Nutrition and Balancing the Diet.”

The cost is \$20 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.

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.gbgn-umc.org/rutland

IT'S FESTIVAL TIME AND RUTLAND IS THE PLACE TO BE!

DOWNTOWN FARMERS MARKET

(Evelyn St. & Depot Park, Downtown Rutland)

Saturday 9am-2pm • October 8
Vermont's Largest and Most Diverse Market

It's Fall Harvest and Summer Bounty

Apples, Cider, Pumpkins, Winter Squash, Fall Decor Along With Peppers, Tomatoes, Beans, Berries, Cole Crops, Root Crops, Cut Flowers and Mums.

- Range Fed Meats & Eggs
- VT Grown Wines & Cheeses
- Specialty Foods
- Country Bakers
- Prepared Foods
- Exquisite Vermont Crafts

SEPTEMBER WAS A TOUGH MONTH - LETS CELEBRATE OCT.

Other Festival Activities Today!

Art in the Park: 10am-5pm, Rte. 7 & 4, Main Street Park

Harvest Festival: corner of Center St & Wales St 11am-2pm

FREE HORSE DRAWN WAGON RIDES Art/Park to Harvest Fest,
to Farmers Market • 11am-2pm

Great Rutland Race: 8am-5pm, starts at Center St & Wales St, 8am-5pm

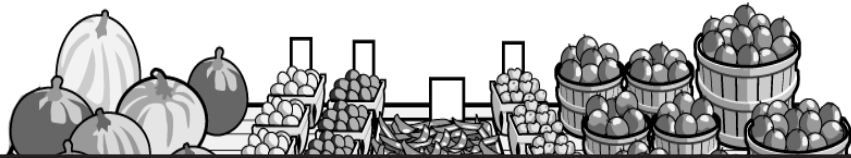
USDA EBT FOOD TOKENS AVAILABLE

(Can use your Debit Cards)

Farmers Mkt Booth on Evelyn St & Potato Booth at South end of Market

Visit the Breast Cancer Awareness Booth @ Farmers Market

Bring your extra produce to RAFFLE-Evelyn St. 1:30am-2:30pm
to donate to Extra Row Program



Info: Visit our Market Booth on Evelyn St. Info: Bill at (802) 325-3203 or Judy (802) 773-4813
RAFFL Info - Tara (802) 417-7331

Web: www.vtfarmersmarket.org

DiningGuide

BIRCH RIDGE INN 422-4293
37 Butler Road, Killington
Serving a totally delicious combination of American and Continental cuisines. Choose to dine from our tastefully affordable menu in the dining room, or break bread with friends in the Great Room Lounge. To compliment your evening, we also have an extensive selection of martinis, wines by the glass, and a fine wine list. And don't forget to try one of our homemade desserts. Reservations available for the dining room. "...where memorable experiences begin..." Open nightly for fall foliage thru Oct. 15. www.birchridge.com AMEX, MC, VISA, DISC.

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

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

CHOICES RESTAURANT & ROTISSERIE 422-4030
Glazebrook Center, Killington Rd., Killington
Open Since 1986, Chef Claude and his Staff has offered creative dishes, great service and ambiance in a Bistro and Upscale Bar setting. Our European Rotisserie offers flame roasted Chicken, Stuffed Pork, Leg of Lamb and a favorite, a Sampler of all three. We also offer Rotisserie Prime Rib on Weekends and daily during Holiday weeks. Our 50 item menu offers a wide assortment of Appetizers, Salads and the finest in handcut Steaks, Filets, Rack of Lamb, Fish and Seafood. Great Burgers and Sandwiches also. Serving dinner Wed-Sun. All major Credit Cards. www.Choices-restaurant.com and facebook.

CLUBHOUSE GRILL 422-6272
Roaring Brook Rd, Killington
Located at the Killington Golf Course.
Offering snacks and bar service. Amex, MC, VISA

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, home-made soups and desserts with nightly specials. Reservations appreciated for dinner. AMEX, MC, VISA, DISC.

KILLINGTON MARKET & DELI 422-7594
2023 Killington Road, Killington
Open daily at 6:30am. Our deli offers fresh meats and cheese for a variety of sandwiches, served on locally baked bread. Daily lunch hot specials, fresh salads, homemade soups and in-house baked goodies. Dinner take-out entrees. Extensive selection of wine, beer/microbrews. Vermont specialty food products, maple syrup. The only full service grocery store on the mountain.

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

LIQUID ART 422-2787
37 Millerbrook Rd., Killington, VT
Liquid Art is a great place to meet friends for coffee or for a glass of wine. Great light fare served morning and afternoon. Specialty cocktails, select California wines, and micro-brews available. Multiple local artists' work displayed and for sale. Open Thurs-Tues 8am-8pm, Sundays 8am-5:30pm.

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

McGRATH'S IRISH PUB 775-7181
at the Inn at Long Trail
Rt. 4, at the top of the Sherburne Pass, Killington
McGrath's Irish Pub at The Inn at Long Trail invites you to try our famous Guinness stew. Serving breakfast and pub menu daily. Dinner Fri-Sun. Live Irish music weekends! MC, VISA, AMEX.

MOUNTAIN TOP INN & RESORT 483-2311
Mountain Top Rd., Chittenden
Only 11 miles from Killington and Rutland. Dining complemented by breathtaking views of the lake and mountains. Creative American cuisine in the Highlands Dining Room. Casual dining and pub fare in the Highlands Tavern. Extensive selection of wine and beer. Full bar available. Open year round to the public. Reservations suggested. Kids welcome. Seasonal outdoor dining. www.mountaintopinn.com. MC, VISA, AMEX

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!

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

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

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.

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

SUSHI YOSHI/CHINESE GOURMET/HIBACHI STEAKHOUSE 422-4241
1807 Killington Rd., Killington
Sushi Yoshi offers the best in Chinese and Japanese cuisine with Hibachi Tables, a Sushi Bar, and 6 Tatame rooms. Featuring an extensive Wine and Sake list including Mai Thais and Scorpion Bowls. There is a Kids Game room and pool table. Takeout and Delivery. All major credit cards accepted.

TRAK-IN RESTAURANT 468-3212
Route 30, Bomoseen
Family dining overlooking beautiful Lake Bomoseen featuring our famous "fabulous" salad bar, fresh home baked breads, prime steaks & chops, fantastic seafood and delectable desserts. Extensive wine list and full bar. Serving dinner daily. MC, VISA, AMEX.

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.



Dining
at a glance

| <div>Dining at a glance</div> | 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 |
| Birch Ridge Inn | | . | . | . | | . | | | | . | | | | | . | . |
| Bridgewater Corners Store | | | . | | | | | . | . | . | | | . | . | | |
| Casa Bella Inn & Rest. | . | | . | | | | | | | . | | | . | | . | |
| Choices Rest. & Rotisserie | . | | . | . | . | | . | | | . | . | | . | . | . | |
| Clubhouse Grille | . | | . | | | . | . | | . | | | | . | . | | |
| Killington Market | . | . | . | | . | | | . | . | . | | | . | . | | |
| Lakehouse Pub & Grille | . | | . | . | . | . | . | | . | . | . | . | . | . | . | . |
| Liquid Art | | | . | | | | | . | . | | | | | . | | |
| Mangowood at The Lincoln Inn | | . | . | | | . | | | | . | | | | | . | |
| McGrath's Irish Pub | | | . | . | | | . | . | . | . | | | . | . | . | |
| Mountain Top Inn & Resort | | | . | | | | . | . | . | . | | | | | . | . |
| On The Rocs Lounge | | | . | | | | | | | . | | | | | . | |
| Pasta Pot | . | | | | | | | | | . | | | . | . | | |
| Phat Italian Market & Deli | . | | . | | | | | . | . | . | | . | | | . | |
| Pittsfield's Original General Store | . | | . | | | | | . | . | . | . | | . | . | | |
| Ramunto's Brick & Brew Pizza | . | | . | | | | | | | . | . | | | | . | |
| Red Clover Inn | . | . | . | . | | | . | | | . | | | | | . | . |
| Roots, The Restaurant | | | . | | | | . | . | . | . | | | . | . | . | |
| Sea Harbor Tavern/Grille | German Oktoberfest Menu | | | | | | . | | . | . | | | | . | | |
| Seward Family Restaurant | . | | . | | | | | . | . | . | . | | | . | | |
| Sugar & Spice | | | . | | | | | . | . | | | | . | . | | |
| Sushi Yoshi/Chinese Gourmet | | | | | | . | | . | . | . | | . | . | . | . | |
| Trak-In Restaurant | . | | . | . | | | | | . | . | | | | . | | |
| Vermont Apple Pies | | | . | | | | | . | . | | . | | . | . | | |
| Vermont Inn | | | . | . | | | . | | | . | | | . | | . | |
| Vermont Dining Train | | | . | . | | | | | | . | | | | | | . |

JAPANESE CHINESE HIBACHI



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

WWW.VERMONTSUSHI.COM



**The Roads are open
& so are we!**

Open Thurs.-Sat. 5:30 - 9:00

Award-winning "Best Evening Cuisine"
—Arrington's Inn Traveler

Authentic Italian Cuisine
Daily Specials • Casual Dining
Take-out Available

Please Call 746-8943 for reservations
Route 100, Pittsfield, VT
A little bit of Tuscany in a Vermont Country Inn

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



Museums, Exhibits, & More

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

BigTown 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."

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

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. Featured Artist Shares Experience: Inspired by her visit to Dachau, a Nazi concentration camp, Ms. Dolores Park presents her exhibit which include pen and ink pieces reminding us of a very painful part of history. Oil paintings are also included for viewing.

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 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. Yom Kippur service (Kol Nidre) begins on Friday, October 7 at 7:30 pm and continues on Saturday, October 8, with 4 pm study with Rabbi Dov Taylor, followed by Ne'ilah, concluding service, at 5 pm and a pot luck break of the Fast. Please note: There are no tickets necessary for attendance; everyone is welcome. 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.



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photo courtesy of the Chaffee Art Center

Art in the Park attendee browses through the handcrafted jewelry earlier this summer.



photo courtesy of the Chaffee Art Center

Vermont Wish Bowls on display at Art in the Park.

Celebrate 50 years of Art in the Park this weekend in Rutland

October 8 & 9 - 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. Over the last 50 years Art in the Park, Vermont's oldest continuing arts tradition, has grown from a small group of local Rutland artists to be a signature event for the central Vermont region. Since its inception, Art in the Park has been voted one of "Vermont's Top Ten Events" by the Vermont Chamber of Commerce, named one of the "Sunshine Artist 200 Best," and voted Rutland Herald's Best of the Best in the category of the Best Arts Festival.

At the summer Festival, held in August 2011, there were 100 vendors selling fine art, pottery, jewelry, wood-working and all other crafts imaginable. Andy Snyder of Mud Puppy Pottery states, "having sold at Art in the Park for many years, it was refreshing to be a part of the new energy that Chaffee has put into the event. New artists, activities and many new customers. Clearly the commitment to advertising worked. Most of all, there was a genuine attitude of caring expressed by the organizers

to every artist and vendor. I welcomed participating and look forward to the upcoming show in October!" If you didn't get the chance to attend the summer event mark your calendars now for October 8-9. The 50th Annual Art in the Park promises to be the best yet!

Also 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 several new food vendors who rely on the region's farms for their meat and produce needs.

There is no fee for entry but voluntary contributions are welcome, which help to support 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 sponsoring the event. 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. Art in the Park is held rain or shine from 10 a.m. - 5 p.m in Main Street Park, at the Junction of Routes 4 and 7 in the heart of Rutland.

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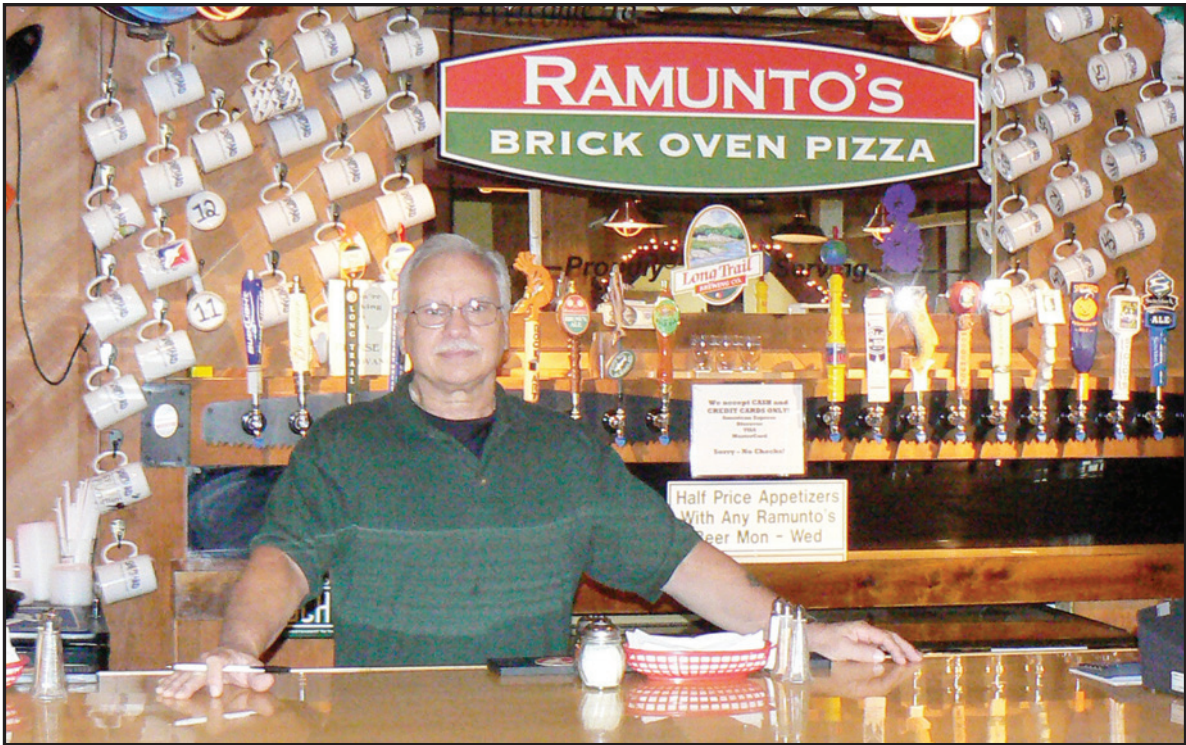


photo by Lindsey Rogers
Bob Ramunto, owner of Ramunto's Brick and Brew Pizza

After a month of repairs, Ramunto still feels lucky

by Polly Lynn

Ramunto's Brick and Brew Pizza of Bridgewater was closed for 26 days after flooding filled the basement with eight feet of mud, water, silt and debris. But Bob Ramunto, owner of the Bridgewater restaurant, feels lucky: "The water didn't reach the restaurant level, it could have been much worse. But our compressors, electrical systems, power meters and panels all had to be replaced. It was quite a process."

Once the basement was drained and the electrician had fixed and inspected the building, refrigeration could be restored, and Ramunto's was able to open. That was September 23, on October 3 the last compressor for the beer coolers was fixed.

"We've been open but only serving bottled beer. Everyone is ready for the beer coolers to be back and the taps to start working again," Ramunto said.

Now back to normal operations, the Ramunto family feels lucky, "while the restaurant in Bridgewater did suffer damages, our other branches escaped the flood. So many people in the area were not as lucky and it's just devastating to see," Ramunto continued.

Bob Ramunto's son, Cliff, recently opened a new branch in Bennington, another town devastated by flooding, but they escaped too he explained. "After the storm, the Bennington restaurant was the only building with power on the block and no water came in at all. We also have a location in Lebanon on the river below a dam. The staff evacuated for safety, but dam held and there was no damage to that building either. Despite it all, we feel very fortunate."

Established in 1990, there are now nine Ramunto's Pizza locations throughout Vermont and New Hampshire.

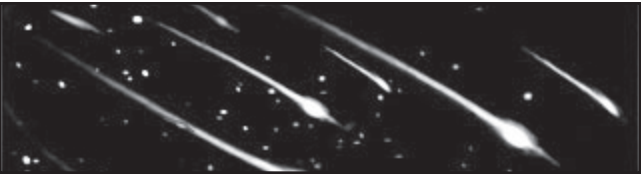
Writing and art workshop series

Sundays, October 2-23: A four-week workshop called Natural Wisdom: Writing & Art as Spiritual Voice will be offered in October at Grace Congregational Church in Rutland, Vt. from 12-2 p.m.

The trill of birdsong, the splash of waves... the exquisite voice of Mother Earth. How does the language of nature speak to you and inspire your own voice? Join Joanna Tebbs Young, facilitator, Creative Change Coach and Transformative Language Arts Masters student at Goddard College and express yourself.

While listening to the sounds of nature, participants will respond through writing and art. No writing or art experience or skill is necessary. However, for those who wish to share, some of the creative results will be compiled and published online as a follow-up to the workshop.

Donations from this program will benefit the Grace Church Hurricane Irene Relief Fund. For more information or to sign up email: joanna@wisdomwithinink.com, or call: 802.747.0761



Meteor shower expected

The Draconid meteor shower is expected to produce unusually high peak meteor rates of 1,000 per hour on October 8, 2011.

A typical strong meteor shower, like the Perseid shower which occurs every summer in mid-August, might produce up to 100 meteors per hour under favorable skies.

The 2011 Draconid outburst is expected to occur between 17:00 and 18:00 Universal Time on October 8, 2011. Unfortunately this translates into between 1 and 2 pm Eastern Daylight Time on October 8, which means that the peak of the shower occurs during daylight hours in North America. The best locations from which to view the shower, which is only visible in the northern hemisphere, will be Europe, North Africa, and the Middle East.

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California and Oregon Top Wine Producing States

The bulk of wine produced in the US comes from California, with Oregon closing in second. The California sunshine intensifies the sugar content of the grapes, so the wines tend to higher in alcohol and usually richer and bolder in taste. American wines are usually strictly separated by grape type, with Cabernet, Merlot, Pinot Noir, Sauvignon Blanc and Chardonnay the most popular. "Cab."s are typically full-bodied, high in tannins, robust with currant and berry aromas; Merlot appears more feminine, softer with plum aromas, Pinot Noir tends to be lighter with earthier notes, Sauvignon Blanc has more of a typical floral acidity and Chardonnay is usually richer with tropical and stone fruit flavors, often oaked and/or displaying a buttery taste created by 'malolactic fermentation'.

Then there is Zinfandel, spicy, peppery, full-bodied. It is the original American grape (although rumor has it derived from the Italian grape Primitivo) and it is a perfect match for American BBQ grilled hot dogs, ribs, burgers and steaks, even chicken, but keep it away from cream sauces or seafood.

Oregon with its colder climate produces some world class Pinot Noirs, especially in the Willamette Valley, somewhat similar to Burgundies, but a little cleaner in taste and richer in body, pairing well

with meat, game, even salmon. Also Pinot Gris does well in the Pacific Northwest, and exhibits much of the same characteristics as Pinot Grigio from northern Italy.

Particular mention should go to vineyards from Carneros just south of Napa, as the particular microclimate is well suited for Pinot Noir and Chardonnay; look for Schug vineyards for a great example of Burgundy-style wine. German-born Walter Schug (pronounced 'Shoog') learned the winemaking trade there in the seventies before settling down in Carneros.

There are plenty of other wine growing areas starting with Washington State up north all the way down to Santa Barbara County down in southern California, each with its own distinct qualities and affinities to certain grapes. Washington State has made itself a name for great Merlots, Mendocino is known

for organic and biodynamic practices, Lodi for big 'juicy' Zinfandels, Paso Robles for big rich Cabernet Sauvignon and the colder east-west valleys of Santa Barbara County again for Pinot Noir and Chardonnay.

Plenty to discover, plenty to experiment, just take a look at the wine label and take note where your wine comes from. You will find your own favorites pretty fast.



"Mad Matt the Democrat" to Visit the Chittenden Historical Society

Thursday, October 13 - The Chittenden Historical Society will host Vermont Humanities Council speaker Vincent Fee-ney to present "Mad Matt the Democrat," an entertaining lecture about Matthew Lyon, one of the most colorful characters in Vermont's early years. From indentured servant to Green Mountain Boy to son-in-law to Gov. Thomas Chittenden, Lyon was also an entrepreneur and land speculator. "Perhaps best remembered for his impris-

onment under the Alien and Sedition Acts -- and subsequent re-election while in jail, his life not only exemplified the promise of possibility in the then-new United States, but also reflected the political tensions of the times," the Vermont Humanities Council advertises. The lecture is free and open to the public. It begins at 7 p.m., at the North Chittenden Grange Hall, 3 Lower Middle Road in Chittenden, Vt. Call 483-6471 for more information.

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MIDWEEK PASS* | **\$499**
ALL AGES

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**BUY YOUR SEASON PASS NOW ONLINE AT WWW.KILLINGTON.COM
OR CALL 800-887-3257 BY OCTOBER 13, 2011.**

*All passes are subject to 7% Vermont state and local tax. Some restrictions apply. ©2011 Killington/Pico Ski Resort Partners, LLC.



Amtrak Vermonter train returns

The Vermont Agency of Transportation today announced that the Amtrak Vermonter train will return to service as of Saturday, October 1, 2011, with a northbound journey from Washington, DC to Saint Albans, VT. On Sunday, October 2, regular Amtrak service with northbound and southbound trains in full operation commenced.

There will be slow orders on some portions of the rail line which will initially delay the train up to one hour from its regular schedule but the New England Central Railway (NECR) anticipates that

these slow order locations will be reduced as rail work crews continue to improve the rail line.

"The NECR did an amazing job of repairing their rail line in a short amount of time given the extent of the damage to their infrastructure," commented Brian Searles, Secretary of the Vermont Agency of Transportation. "I know VTrans staff provided assistance to their recovery efforts and I appreciate the team effort that was involved in getting the Vermonter back in service," stated Searles. The State of Vermont was awarded a \$52 million ARRA economic stimulus grant for the NECR line and their construction contractors have been working all spring and summer on upgrading the rail line with grant continuously-welded rail (CWR), new ties, rail crossing improvements and other upgrades.

At the time of Irene, the Vermonter rail service had been replaced by chartered motor coaches to facilitate advancing that project ahead of schedule and to maintain on time performance for Amtrak customers. The Vermonter train service, originally scheduled for a return to service on September 19, was back on track only 12 days later than expected.

While the flood waters of Irene dealt a huge setback to the infrastructure of

NECR, there were mixed blessings as the impossibility of north-to-south train traffic allowed the CWR installation crew to increase production, while the strong and freshly-laid rail was able to survive the ravages of the washouts to the north.

Construction and re-construction crews worked 24-7 to restore service, sharing equipment, materials, expertise, and labor in one concentrated effort. It is a huge compliment to their dedication that service was restored on the New England Central Railway, border-to-border, as of Tuesday, September 20.

"We appreciate the understanding and patience of the passengers while our route was out of service for the project and then the hurricane repairs," stated Charles Hunter, Vice President for Government Affairs for RailAmerica. "All of the 18 train loads of continuous welded rail have been received and the last few miles will be installed during October. Thanks in part to the track outage, the High Speed Rail Project is now about 70% complete and remains on schedule for completion in 2012. We are very proud of our employees and contractors for maintaining momentum and safety on the project while completing the hurricane repairs in record time," continued Hunter.



Amtrak returns to Vermont

Photo by Adam E. Moreira

MOUNTAIN MUSINGS

What's Happening In & Around Killington



By Debbie Burke

The Town of Killington's Interim Town Manager, Seth Webb, has been working with the Vermont League of Cities and Towns to quickly identify an extremely qualified person with extensive management experience in municipal, state and federal government who would be hired as Interim Assistant Town Manager. This identified person has a very strong background in municipal operations, transportation planning and fiscal planning. This candidate has served as a Town Manager for 9 plus years, including managing FEMA reimbursement for flood damage.

The Town of Killington welcomes our Interim Assistant Town Manager, Melvin E. Adams, who started in this new position on September 26, 2011 for a six month contract to support the road reconstruction and FEMA reimbursement

as well as supporting the administration and finance needs of the town. Mel has over 40 years of experience managing complex organizations and programs including operations and maintenance, municipal management, research and development, fiscal operations and programming, and transportation planning. He has executive level experience dealing first hand with community, state and federal leadership. Among Mel's multitude of past experience includes a full career in the U.S. military with a focus as Director of Operations in the U.S. Army; Mel served as Director of the Vermont Office of Stimulus and Recovery; Director of Policy and Planning for the Vermont Agency of Transportation; Town Manager of the Town of Randolph, Vermont, and Town Manager of Pittsford, Vermont.

Mel is a graduate of the Virginia Military

Mountain on Page 31

Proctor Place

by Stacy Bates

The Proctor Town Clerk would like to remind all residents that the sewer tax is due October 15.

The Proctor Free Library is holding International Observe the Moon night (InOMN) on Saturday, October 8 from 7:30pm-8:45pm. InOMN is a worldwide celebration of the Moon. The library is excited to unveil their new InOMN moon

viewing kit funded by NASA. Kids and adults will learn about the moon, observe it and enjoy out of this world refreshments. For more information you can call 459-3539 or email proctor_free@vals.state.vt.us.

This Wednesday, the Proctor Elementary School (PES) Peer Leadership Group is encouraging all students and staff to

Proctor on Page 30

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Laced throughout every day of your life are hidden highways of opportunity, invisible crossroads of time, and golden avenues for personal transformation that if only traveled upon would reveal the extraordinary, the sublime, and the unexpected. Yet most slip by undetected until there's first a childlike wonder at the ordinary, the routine, and the expected. Hot diggity dog, after all it's usually a dirt road that leads to a diamond mine.

The Rochester Elementary School is again collecting soup labels and box tops under the Box Tops for Education and Campbell's Labels for Education. The school is also recycling cell phones and toner cartridges to raise funds to purchase sleds and other supplies for the school. You can drop off your box tops and labels at the school, the Rochester Post Office, the library, Mac's or the Skip Mart. Cell phones and cartridges need to be brought to the school.

A reminder for FEMA filing deadlines: Physical damage, October 31, 2011; and Economic damage, June 1, 2012. Begin your registration with FEMA by calling 1-800-621-3362.

There will be a performance by the Bread and Puppet Theater on Saturday, October 8 at the Big Town Gallery. For ticket information please call 767-9670.

The Boring Report: You have to go to another paper. The Pittsfield Library has announced that all money raised in this summer's library fundraising drive will be donated to Pittsfield Hurricane Relief where there are many folks with long term needs. Anyone can donate at pittsfieldhurricanerelief.org. In addition, any proceeds from the annual book sale at the Pittsfield Bazaar on October 8 will go to assist a Vermont library that lost books

due to flooding. Don't forget to check out how Pittsfield is doing and what library will be chosen at pittsfieldlibrary.com. You can still get a 10X10 space for just \$10 by calling Deb Picarello, hairdresser extraordinaire, at 234-9419. Reserve a space and sell your precious, long saved items from your basement or diamond mine or maybe bake a good pie. It is so bazaar.

The Pittsfield Farmer's Market will be winding up on the Village Green the day of the Bazaar, and you can be an early shopper on Friday, from 3 to 6 p.m.

Some bazaar news, Pittsfield Fire Department, sausage sambos, yum, yum, eat 'em up!

And do not miss the Quilt Raffle to benefit the community at the bazaar sponsored by the Pittsfield Women's Alliance. This year's theme is "Autumn Bazaar." Tickets are just \$1 or 6 tickets for \$5 and will be drawn on the day of the bazaar. So bazaar.

Sure the floods messed up some of the Green Mountain trails pretty badly, but so what? It's just a little dirt and rock and it can be restored says Matt Baatz about the free access trails in Pittsfield to their full glory and beyond. If you love this trail system as much as Matt stop on by, bring tools if you have them Saturday, October 8 at 9 a.m. and we'll celebrate afterwards with a big BBQ at the beautiful Amee Barn. Bring friends and family. RSVP with Matt at zaab70@yahoo.com., bring your girlfriend and get dirty!

Savvyreader, Deborah Goodwin, and owner of Shape-Shiftas remained in her inaccessible home for 25 days on one of the 13 "island communities" created by one of Mother nature's awry children, yea, Irene. Well, Ms. Goodwin submitted her application for the fall Art in the

Killington active seniors

Killington Active Seniors would like to thank the Green Mountain National Golf Course clubhouse for hosting our Wednesday lunches this summer. Special thanks to Dave Soucy, Roger Stevens, Bobbie Peterson, Mike, Maynard, and staff for a wonderful season.

Beginning October 12 our new lunch site will be at the Lookout Bar and Grill, 2910 Killington Road, Killington. We meet at 12-noon and the cost is \$5, tax and tip included. Phil and Joy Black hosted us last year. We had a wonderful time. So if you are 60 years old or older, come join us for friendship, a good meal, and great company. This meal is graciously funded by member contributions, the Killington Pico Rotary, the Sherburne Women's Club, and the Southwestern Vermont Council on Aging.

UPCOMING EVENTS:

Friday, October 7 - There will be a Irene benefit concert at the Church of Wildwood, 347 Holden Road in Chittenden. If you missed the Pot Luck Trio and Marissa Maravell at the Church of Our Saviour last Friday, be sure to come to this event. You won't be disappointed.

Saturday, October 8 - Apple Fest at the Little White Church 10 a.m. to 6 p.m. Baking contest, free samples, activities, items for sale. Call 422-3843 for more information.

ONGOING EVENTS:

Every Thursday Over the Road Seniors join together to walk (at their own pace) with a group of their peers. The group meets at Sherburne Library on River Road at 9 a.m. Walk towards the Town Office and beyond - or as far as you wish. Return to the 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.

100 North on Page 31

Pink Day at Depot Park

Rutland County Farmers' Market

October 8, 2011, 9am-2pm

October is Breast Cancer Awareness Month

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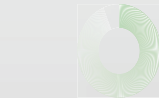
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| Date | Place | Time |
|-------|---------------------------------|----------------------------------|
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| 10/15 | SWAC Rutland Town Killington | 8:00AM-11:30AM 12:00PM-2:00PM |
| 10/22 | Brandon Pittsford | 8:00AM-11:00AM 12:00PM-3:00PM |
| 10/29 | Castleton | 8:00AM-11:30AM |

Gleason Road HHW Depot
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New England experienced fewer unhealthy air quality days this summer



Vermont's air quality improved in 2011

EPA today confirmed that New Englanders experienced a decrease in the number of unhealthy air quality days this year, compared to 2010. The decrease in number of days with unhealthy air quality is related to weather conditions and because emissions of the chemicals that create ozone continue to decline.

Based on preliminary data collected between April and September 2011, there were 16 days when ozone monitors in New England recorded concentrations above levels considered healthy. By contrast, in 2010 there were a total of 28 unhealthy ozone days.

The number of unhealthy ozone days in each state this summer is as follows:

- 14 days in Connecticut
- 10 day in Rhode Island
- 6 days in New Hampshire
- 3 days in Massachusetts
- 2 days in Maine
- 1 day in Vermont

The decrease in the number of days with unhealthy air this year was directly related to the decrease in the number of hot days this year. Sunlight and high temperatures speed the formation of ground-level ozone smog. For example, at Bradley Airport near Hartford, Conn. there were 34 days when the temperature was at or above 90°F, during the summer of 2010, compared to only 15 such days this year.

Although the number of unhealthy days may vary from year to year due to weather conditions, over the long-term, New England has experienced a decreasing number of unhealthy ozone days and peak ozone concentrations have decreased significantly over the last 30 years. In 1983, New England had 113 unhealthy days, compared with 16 this summer.

“We can all feel proud - and breath easier - thanks to the progress we have made in reducing air pollution,” said Curt Spalding, regional administrator of EPA’s New England office. “The days this past summer when we experienced poor air quality remind us that our efforts to protect peoples’ health by improving air quality should continue. Everybody can save money and protect the air by taking

common-sense steps to conserve energy in our daily lives.”

A major factor in the long-term decline in unhealthy days is the substantial decrease in air pollution emissions. For example, since 2004, new cars, SUVs, pickup trucks, and mini-vans have stringent new emission standards resulting in vehicles that are 77 to 95 percent cleaner than older models. In addition, to further reduce air pollution, on July 7, 2011, EPA announced the Cross-State Air Pollution Rule, that requires 27 states to significantly reduce power plant emissions that contribute to ozone and/or fine particle pollution. By 2014, combined with other final state and EPA actions, the new rule will reduce power plant sulfur dioxide (SO2)

“We can all feel proud - and breath easier - thanks to the progress we have made in reducing air pollution,”
–Curt Spalding

emissions by 73 percent and nitrogen oxide (NOx) emissions by 54 percent from 2005 levels.

Ground-level ozone is the main ingredient of smog. In 2008, EPA made the ozone standard more stringent. Ozone levels are unhealthy when average concentrations exceed 0.075 parts per million over an 8-hour period. Ground-level ozone is formed when volatile organic compounds and oxides of nitrogen, chemically react in the presence of sunlight. Cars, trucks, motorcycles and buses give off the majority of the pollution that makes smog. Fossil fuels burning at electric power plants, which run at high capacities on hot days, emit substantial amounts of smog-making pollution. Gas stations, print shops, household products like paints and cleaners, as well as gasoline-powered lawn and garden equipment, also contribute to smog formation.

Although the 2011 ozone season is ending, pollution from small particles in the air is a year-round concern.



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UPCOMING EVENTS:
Thursday, October 6 - Applications are due to audition for this year's Really Big Show in November. Auditions will be Friday, October 7 and Tuesday, October 11 from 6 - 8:30 p.m. at Rutland Intermediate School. Call United Way, 773-7477, with your questions.

Thursday, October 6 - Have your Thursday night supper at the First Congregational Church, 189 S. Main St., in Wallingford, with chicken pie, cole slaw, cranberry sauce and relish, glazed carrots, beverages, and home-made pies. Have the additional satisfaction of knowing moneys raised go into a fund to restore the church steeple. Service begins at 5 p.m. Find out more by calling Evelyn Smith, 446-2341.

Friday, October 7 - James Cassarino and Rebecca Purdom perform a concert at 12-noon at the Trinity Church, 85 West St. They play organ and flute, respectively. To find out more about the half-hour of music, call 775-4368.

Friday, October 7 - Clarendon Elementary School hosts an evening of laughter Friday from 6 - 8 p.m. Special guests are the Clarendon Volunteer Fire Department, Clarendon Town road crew, the state transportation department, and the town select board for all their hard work post "Mean Irene." Enjoy cider and cookies, snacks, and more while your contributions help teacher Susan Mordecai, whose home was wrecked by the

storm.
Saturday, October 8 - Saturday is a great day for eating and fun, plus raising money for local causes. Downtown Rutland businesses celebrate the season with the community's annual Harvest/Heritage Festival and a Heritage Cake commemorating the 250th anniversary of Rutland Town's official charter. Call 773-9380.

October 8 & 9 - Catch a horse-drawn wagon to ride up the hill to the 50th annual Chaffee Aft Center's Art in the Park gathering in Main Street Park at the corner of Nain and West streets. Begin your holiday shopping with selections from the numerous vendors. Relish the autumn sunshine (we hope). Come back Sunday to see the treasures you missed the first time through.

Saturday, October 8 - Spend your evening at a dinner plus silent auction to benefit the Rutland Women's Shelter, enjoying a dinner by Applebee's and dessert by Café Provence, held at Shear Heaven Salon and Day Spa, 168 N. Main St. In addition to a silent auction, 50/50 raffle and cash bar, you receive an opportunity to win a facial, pedicure, and manicure. Time is 5-8 p.m. Call 773-8880 to reserve your seat.

Sunday, October 9 - As the week begins, the Vermont Dining Train offers a view of Vermont and New York countryside plus a four-course dinner on wheels on the rails. Call (800) 292-7245 for info.

Tuesday, October 11 - Voc Rehab Vermont hosts the

Rutland on Page 32

Lakes Region News

by Lani Duke

UPCOMING EVENTS:
Thursdays, October 6 - The Castleton Community Center begins hosting a Thursday Healthier Living Workshop series from 1-3:30 p.m. The weekly program runs through November 10. Classes help people with chronic illnesses including arthritis, asthma, heart disease, emphysema, diabetes, fibromyalgia, and other long term medical conditions. To register, call Rutland Regional Medical Center, 772-2400.

Friday, October 7 - See how the forged steel projects at Hubbardton Forge, 154 Route 30 South, are made at an open house from 4 - 8 p.m. Wear close-toed shoes to tour the plant. Find out more by calling 468-2711 or (800) 826-4766.

Saturday, October 8 - Get your end-of-summer yard-sale savings at Poultney's annual yard sale day, from 9 a.m. - 4 p.m. While you're there, drop in the United Baptist Church of Poultney, holding its own rummage and bake sale with decorative items, Christmas goodies, and

more. If it rains, bring your umbrella – the town-wide sale is a rain-or-shine event. Call 287-4114 with questions.

October 14 & 15 - Benson Volunteer Fire Department is looking for vendors for the Benson Haunted Hay Ride, planned for Friday and Saturday from 6 - 10 p.m. Call Gina Cull, 537-2063, to ask questions and/or reserve vendor space.

OTHER NOTES AROUND THE REGION:
Netbooks are replacing picture books, pen and paper for Middletown Springs in the upper elementary grades. The community is one of 24 towns receiving the small computers through the Vermont Council on Rural Development, e-Vermont, and educational non-profit DigitalWish.

Squatters ran up Michael Billewicz's water bill and damaged his Willard Avenue duplex; Billewicz wants the town of Fair Haven to pay for his expenses and damage repair. He had acquired the property at a town tax sale

Lakes on Page 30



250 years of history on display at the Killington Arts Guild! Glen Campbell will be pouring and casting bronze Saturday, Oct. 8.

by Betty Little

Beginning again isn't easy to do, but the Killington Arts Guild is making a great new start. The third Killington Salon hosted by Jill Dye and Duane Finger at the Killington Dream Ski Lodge featured Melissa Marvel (voice and guitar), Steve Smith (French cittern and voice), and Ellen Berkeley who introduced her husband Roy's recording of FDR-era folk songs with guitar. It was a wonderful evening.

A fourth Salon is planned, date and time to be announced soon. Jill's KAG painting workshop created Vermont landscapes in the tradition of Chinese brush painting. Attendees came from New Jersey, New Hampshire, Vermont, and included Peggy Pratt. Lauren Wilder's program on food as art included a display of tools for transforming vegetables and fruits into decorations. Everyone had a chance to use them, create and take home samples. Lauren's presentations are always well planned and enjoyable.

The KAG Board of Directors met recently, for the first time since Hurricane Irene, to make and confirm plans. Oct. 15 Glen Campbell will be "Pouring Iron and Casting Bronze" from 3 p.m. - 7 p.m. outside the gallery on the grounds of the Cabin Fever Gifts on Route 4 opposite the Killington Access Road.

The Gathering of Poets will take place Oct. 17 at 7 p.m. in the Sherburne Memorial Library. Readers and listener's are welcome. Readers may bring their own poetry or poetry of others. Refreshments. Take time to attend and share your favorite verses.

The new Gallery Show: "The Art of Your Life" will be put up on November 4, along with the historic displays from the Killington's 200th Anniversary Celebration, which Alice Score is arranging.

Benefits are being held to raise money for those who suffered from Hurricane Irene. We hope you will support these events. KAG members Melissa Marvel and the Pot Luck Trio, Jack Harrington, Bernie and Donna Martin, recently gave a program for Rev. Diana Root, at the Mission Farm. This is a time everyone needs to pull together.

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Mendon/Chittenden/ Pittsford/Brandon Notes

by Debbie Burke

News from Barstow Memorial School: It's Red Ribbon Week across the United States during each fall with it's focus being to help young people to live drug-free lives during Red Ribbon Week (this year October 31 to November 4). Peer Leadership students will be helping out in the primary classrooms by conducting asset building activities with these younger students throughout the week. The 5th through 8th grades will have daily discussions about drug prevention and how to build positive assets. During Red Ribbon Week more information will go home about drug and alcohol prevention and education, as well as how to continue to build assets with your children.

On Monday, October 31, the focus is "Be a positive peer influence, wear red." On Tuesday, November 1, show your support to your own youth program, wear your jersey. On Wednesday, November 2 have a positive view of your personal future by putting your thinking cap on – wear a hat and/or sunglasses. On Thursday November 3 help create a caring school climate – dress alike. On Friday November 4 show your true colors and

creativity – wear mis-matched clothes.

There will be NECAP testing for grades 3 through 8 during the first three weeks of October. Please remember that students will not be allowed to enter a classroom after testing has started, so please bring students to school on time as make ups will be very difficult.

Spooktacular Night! Please join us on Friday, October 28 from 6:30 pm to 7:45 pm for a pumpkin decoration contest, stories, activities, music, campfires, and refreshments for the whole family. If you have an autumn story to share, please contact Mrs. Holbrook. If you would like to bake your favorite fall treats to share, please email at barstowpto@yahoo.com

Birthday books! Celebrate your child's birthday (or another special day) with a birthday book by purchasing a book from the Barstow School Library's Amazon.com wish list or making a \$12 donation to the library where your child may select a book from the library's birthday book collection, which includes some of the newest books to be added to the library. Checks can be made out to "Barstow Student Activities – Library."

Mendon on Page 32



View From Ludlow

by Ralph Pace

FEMA remains in Ludlow

While a number of the FEMA offices throughout the state will be closing shortly, the temporary FEMA office in Ludlow, located in the Okemo Marketplace across from the entrance to Okemo Mountain Resort, will remain open. How long it will remain open is another question but FEMA officials apparently believed that the Ludlow/Black River area requires its presence to resolve Tropical Storm Irene problems and claims. FEMA officials are still advising potential claimants to register over the phone or via its web site before coming into the FEMA office to discuss the claim. The FEMA phone number is 800-621-3362; the web site is www.DisasterAssistance.gov.

Ludlow debates statewide healthcare policy

With the mounting discussions concerning Act 48, the legislation aimed at creating a statewide healthcare policy, and the on-going questions as to how such a system might work and cost Vermonters, FOLA (Friends of Ludlow Auditorium) decided it was time for the two major sides to address the pros and cons of the issue before an area audience.

As a result, FOLA has created a panel of six statewide

leaders in the healthcare field debate to discuss the meaning and impact of Act 48 on Thursday, October 20 at 7 PM at the Ludlow Town Hall Auditorium. To ensure that the panel discussion addresses all the key questions concerning this issue, FOLA asked Stewart Ledbetter, Senior Political Reporter for WPTZ/WNNE, to moderate the panel discussion. The panel will consist of Steve Kappel, Dr. Deb Richter, Wendy Wilton, State Senate President John Campbell, Bob Gaydos, and Darcie Johnston. The forum will begin with an introduction of the panel and moderator, followed by a brief PowerPoint presentation outlining the major elements of the Act 48 legislation. Following this, the moderator will ask the panel members to respond to his questions. The audience will then have the opportunity to ask the panel questions about both Act 48 and its impact. For additional information, call 802-228-7239.

Rummage Sale Success at Fletcher Farm

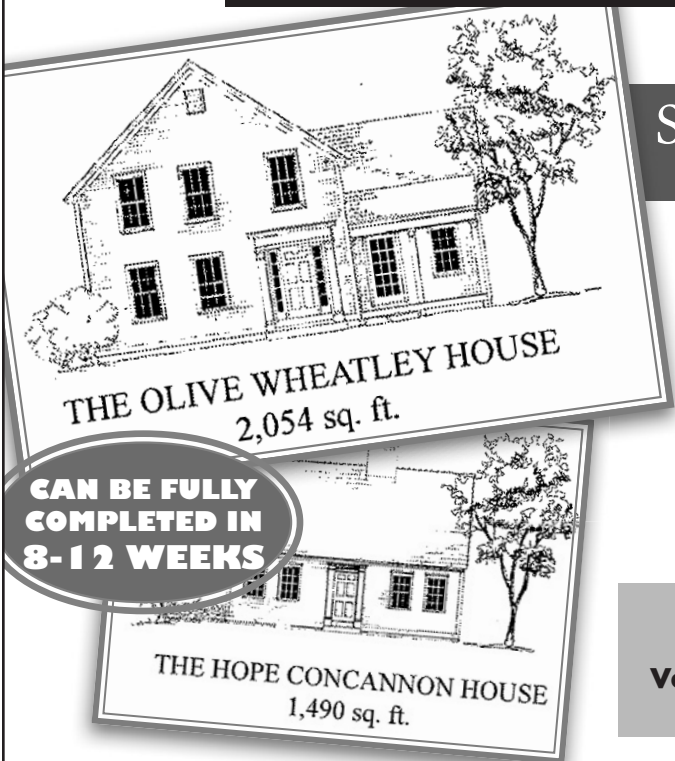
Black River Good Neighbors had great success at its recent fall rummage sale at Fletcher Farm, topping all previous sales efforts. Of particular importance during

Ludlow on Page 31

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- Chemical Root Control Treatments
- Core Drilling

Ludlow

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this event, all clothing on the final day was given away free so that victims of Irene could benefit from the sale. Additionally, Good Neighbors provided flood victims with vouchers for furniture and household items.

Movie night in Ludlow
Thursday, October 6 - FOLA will feature its regular “1st Thursday” at 7 p.m. in the Town Hall Auditorium; the movie will be Steven Spielberg’s classic sci-fi adventure, “Close Encounters of the Third Kind.”

Saturday, October 8 - The annual Harvest Craft Fair will be held from 10 a.m. to 4 p.m. at the Black River Gymnasium in Ludlow. The fair features everything from local jams, jellies, maple syrup, unique jewelry, fleece, basketry, candles and so much more. Warm comfy foods like homemade soups, cider donuts, coffee, and baked goods will be available to satisfy your appetite. Children will look forward to the fun and artistic craft activities while adults can shop for seasonal home décor or begin your early gift shopping. A brand new refrigerator, a Nintendo Wii system, plus more, will be raffled off during the event. See any Ludlow Elementary School student for pre-purchase of raffle tickets. For more information call Joann Wilson at 228-3405.

Sunday, October 9 - Jacqueline Schwab, pianist renowned for her music supporting Ken Burns’ PBS specials, will present an evening of Civil War/Mark Twain era piano music at 6:30 p.m. This event is cosponsored by FOLA with the Town of Ludlow and Black River Academy Museum to honor Ludlow’s 150th anniversary of its participation in the Civil War. All of these FOLA events are free and open to the public.

Cavendish celebrates 250th Anniversary
The folks in Cavendish are preparing for the town’s 250th anniversary and have a series of events lined up. The charter was issued for the town on October 12, 1761. Friday, October 7 - There will be a Community Dance,

7 p.m. at the Cavendish Town Elementary School in Proctorsville. Yankee Chank will be playing a variety of music-contras and squares with Mark Sustic as caller with some hot Cajun/Zydeco dance tunes.

Saturday, October 8 - There will be a parade on Depot Street in Proctorsville starting at 10 a.m.

Sunday October 9 - The Proctorsville/Cavendish churches will be holding an open house/reception at their respective churches from 12- 2 p.m. Starting at 2 p.m., the authors of “The Inventor’s Fortune Up for Grabs,” Suzanne Gay Beyer, granddaughter of Olin Gay and John S. Pfarr, will be talking about their book at Crows Bakery on Depot Street in Proctorsville.

Monday, October 10 - When churches will be sponsoring a pot luck supper at 5 p.m. at the Cavendish School in Proctorsville, followed by a discussion on the history of religion in Cavendish.

Thursday, October 13 - The Ludlow Garden Club will have its monthly meeting this time traveling to Dartmouth College in Hanover, NH to visit the Murdough Greenhouse and Brout Orchid collection. The meeting will start at 12-noon. Those wishing to car-pool from Ludlow will meet at Shaw’s Parking Lot at 10:30 a.m. Those wishing to participate should bring a sandwich and a chair. Hostesses will provide desserts and beverages. For more information, please call 672-4041.

Thursday, October 20 - The Friends of the Fletcher Memorial Library in Ludlow announced their Third Thursday program for October. Scott Stearn, one of the proprietors of the Book Nook on Main Street in Ludlow, will discuss upcoming books to be published soon, some by favorite authors and some by new writers. He will have many suggestions to help us decide “what to read” during the long coming winter. Discussion will begin at 7 p.m.

Proctor

continued from page 25

participate in the International Walk to School Day. Students and teachers can meet at the park gazebo at 7:45am. They are hoping for a huge turnout to support this day.

PES is going to be the place to get your yoga on. The elementary school has offered Yoga/Prana/Shakti space to teach a mid-week yoga class. All levels will be welcomed. The classes start Wednesday October 5th from 5:15-6:30pm. You will need to bring your own mat and any other props you might need depending on your ability level. There is a fee.

Here are some important PES dates to remember: On October 6th, Tapestry is taking their apple picking field trip and on the 7th they will be holding their family night from 5:30-7:30pm. Grades 3-6 will be NECAP tested from October 10-14. There is no school on October 21 due to an RCSU inservice day.

The Proctor high school classes of 2012 & 2013 are

selling their annual discount cards. Help support these classes by purchasing your \$10 card that can be used through September 2012. If you’re interested in purchasing a card please call Cathy Petrini at 459-3557 or email her at cathy.petrini@cvps.com.

The Wilson Castle has a few October activities you don’t want to miss. The finale of Murder Mysteries Live will take place on Friday, October 14, from 6:30-10:30pm. Your entrance fee will get you exclusive access to the castle, an intriguing mystery to solve, and food. They will be having their haunted castle tours for four nights. Family nights are October 21 & 22 from 7-10pm. This is rated PG so all ages are invited. On October 28 & 29 they will hold fright nights from 7-11pm. This is scary and rated PG-13. No kids on this tour, please. Tours are rain or shine. If you would like to volunteer, give them a call at 802-773-3284.

Lakes

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a year ago last spring and had requested water be shut off. However, the town had to keep the water on because the duplex shared a water line with housing for a resident with a medical need. Since then, the water has been shut off and Billewicz has an outstanding water bill plus major property damage. No court date has been set for the case and both parties will need to submit a court schedule.

Beaver Wood Energy, a biomass plant and wood pellet production facility planned for Fair Haven, is edging closer to reality, having obtained funding necessary for the permitting process. The 29-megawatt power plant will cost about \$250 million to build.

Many of the folks who came to the recent Crazy Cat Clearance at Rutland County Humane Society were from the Lakes Region. Congratulations, together, you

and other visitors took home 44 adult cats and lots of kittens (and a few dogs). Thanks for the blankets and other donations too.

Before you use stream or lake water to drink, swim, fish, water livestock, or irrigate, check to make sure it is not under an advisory. Local waters have been recently treated with chemicals to poison Lake Champlain sea lampreys.

Castleton town offices are on the move again. They had recently relocated to the Old Chapel on the college campus, but now must find a new site by early November. One possibility is renting mobile trailers until reaching a more permanent solution. The town must choose whether to renovate the historic town hall or to buy another site and reconfigure it to fit the community’s need.

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Killington-Pico Rotary News

by Janina Curtis

There is nothing better than kicking back in an Adirondack chair and enjoying a beer, glass of wine, or hot cocoa! Once again, the Killington Pico Rotary Club is building and selling a limited number of Adirondack ski chairs as a fall fundraiser. Each chair is unique and will add a whimsical look to your deck, fire pit, or dock! The chairs are made of northern Vermont white cedar and recycled skis. To personalize your own chair, you may provide your own three pairs of skis - this will help bring back memories of your best ski days, even in the middle of summer! The cedar in the chairs will weather to a silver grey color, or it can be stained. Tell your friends and neighbors to order early, as only five chairs remain for purchase as of this week! One chair is \$325 and two for \$625. If interested in a chair, please email chada13@comcast.net.

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.



Mountain

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Institute with a BS in Biology; Mel earned a Master's Degree in Public Administration from the University of Vermont; he is a graduate of the Vermont Leadership Institute/Snelting Center for Government; a graduate of the Command and General Staff College of the U.S. Army; a graduate of Northeastern University Executive Development Residency Program at the Center for Management Development. At present Mel is a member of the Board of Selectmen for the Town of Northfield, Vermont.

Mel's six month contract provides the stability the town needs in the short term to effectively manage both the transition of Town Manager and the tropical storm Irene recovery efforts and also well position us to make the best decision on how to move forward with the Assistant Town Manager in the long term. The salaried hire of this position at \$45,000 annually fits well within the town's fiscal limits, and the town would not be obligated to pay his health care or dental benefits.

100 North

continued from page 26

Park over to Rutland and made the decision to withdraw given the reality of Stony Brook Road, one of the heavily hit places in our mountain valley. But, Ms. Mitiguy of the Chaffee Art center and the Art in the Park jurors decided her crafts were so unique that they offered to come and get her and her unique pillows and cushions to the fair, even if they had to 4-wheeler in. In response Deborah will be offering a special edition, Eye of the Hurricane, to raise money for flood relief. Deborah and ShapeShiftas are going to be there, come hell or highwater, that is Art in the Park, October 8 and 9.

Spanish for Beginners classes begin in Rochester for 10 weeks beginning Thursday, October 6. The classes are held from 5 to 6 p.m. for 10 consecutive weeks by Constanca Gomez, a native of Argentina and a Spanish educator. For more information call 802-917-1776.

Please join me in welcoming Mel Adams as our new Interim Assistant Town Manager.

THANK YOU ROAD CREWS!

The Town of Killington Road Crews have been very hard at work for over a month now, repairing the damage to our roads and bridges that occurred during tropical storm Irene. They have been putting in a lot of overtime hours, and patience is needed for all of the roads to be fixed. Giving these guys a thumbs up when you see them working on the road repairs would be very uplifting and a sign of appreciation to the whole crew.

October 24 Killington Votes

There will be a Special Town Meeting of the Town of Killington on October 24, 2011 to vote on the following Article: "Shall the voters of the Town of Killington authorize a 40 day grace period for the imposition of eight percent commission levied on delinquent taxes in accordance with 32 V.S.A. 1674(3)(B)? Absentee ballots are available at the Killington Town Office on River Road.

Yo, so who's the hero? How about Kelly from the Gaysville Post Office just off of 107 who trekked into work on foot and then put mail in her back pack and walked it to the washed out homes. And how about Harlan, Dick and Brian, mail carriers for Rochester and Stockbridge, who have driven over terrain that you wouldn't take your four-wheeler on and they do not get extra pay for the time it takes or the beating their vehicles take. Heroes everyday, just look around.

Thought for the Week: "The greatest certainties in uncertain times are opportunity and possibility." – Jay Abraham, (Marketing genius, ask him).

Only you can prevent boring news, send your exciting news and tell the mountains about your heroes to john-niegoldfish@yahoo.com.

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ARIES: Another option just opened up. If you follow up on it you might be able to de-fuse some of the tension in your work area. If you wanted to you could turn this into something totally incredible so don't be too conservative about your choices right now. You've had your back to the wall long enough to know that you've got to make a move or risk falling into a systemic trap that won't get you anywhere. Short of bailing out completely this recent development looks like a better bet than hanging around wondering if you're going to get the axe or be forced to quit.

TAURUS: You have so much going for you. Being able to parlay it into something lasting and permanent will depend on where you decide to put the emphasis. It's so easy to let money be the motivating factor but there's no way things will work if you're operating from the standpoint of "What will this get me?" It might surprise you to know that what you've created has much more to it than you realize. Don't assume that its face value has anything to do with what you're really about and don't let yourself fall into the trap of not seeing that your purpose is tied to it.

GEMINI: If you've done everything that you can, there's nothing left to do. What we often don't take into account is the fact that everything is cumulative. Your efforts have served to plant a seed that will grow into whatever the next step involves. Waiting it out will require you to remain vigilant and have enough faith to realize that we're all on our way somewhere. Instead of wishing things would materialize instantly be aware that your waiting is part of the process. Be mindful of where you place the emphasis and monitor any thought that says this won't happen.

CANCER: You've been flipping out more than usual lately. Between outer changes and all the stuff that keeps coming to the surface you're having a hard time maintaining any sense of normalcy. Those close to you haven't been able to figure it out. If you were to describe it to yourself you would say that nothing seems to matter anymore. The sudden realization that life is totally different than you understood it to be would drive anyone nuts. What feels like too much to deal with is really just you waking up to the fact that it's time to start living your truth.

LEO: In the midst of too much change there's no way you're going to be able to define yourself. The recent loss of ---- (fill in the blanks) has you wondering where you stand and who you are now. If pride makes you feel like there's something wrong with not knowing where you belong, you need to know that 'not knowing' is the first step toward enlightenment. Don't waste too much time blaming life or other people for what has happened. Do your best to navigate the empty space that separates one phase from the next and have faith that this too shall pass.

VIRGO: You're not much clearer about things than you were the last time we spoke but you've settled down enough to see that your perspective is a little warped. Now that you understand that yours isn't the only way to see things all things have become possible. You are also beginning to realize that your relationship problems have to do with the fact that your significant other has a totally different viewpoint. For some of you it could be that "never the twain shall meet"; for others it's a question of learning how to balance yourself in the reconciliation of opposites.

LIBRA: For many of you, the issue of 'what will people think?' has taught you that it really doesn't matter. For others, you could still be wondering if you need to be concerned about everyone else's opinion. So much is being redefined, how do you expect it to change without blowing a few minds? It would be great if you could lose the need to be OK with everyone. Forget about what all of this says about you and find a way to relate to it without needing to apologize or explain yourself. If this is how you really feel don't be afraid to tell it like it is.

SCORPIO: Too many things have been exposed for you to be able to tie it all together. Between impressions from the past and all the turmoil that's rearranging the present you're having a hard time knowing what to do. As much as you would give anything to make this be what you think it is, circumstances could call you to see that it is something else altogether. Waking up to the truth is only difficult until we realize that it sets us free. This is what you're in the process of working out and you will stick around until you figure out that it's impossible to get blood out of a stone.

SAGITTARIUS: Somehow or other you keep getting involved with people whose issues fill up the better part of the bargain. It's hard to say if you're a sucker for a sob story or if it's your principles that sucker you into taking on the weight of the world. If you're having a hard time figuring out what got you into this mess, it has a lot to do with your tendency to overlook the details. As you sit down to ponder the pros and cons of keeping on or starting over again, remind yourself that some things were never meant to go anywhere; sometimes it's the end of the line.

CAPRICORN: The feeling that you've got it all keeps getting displaced with the thought that you're totally bored with it. All the trouble you went to, to build the perfect life and so what? Consider this a phase. There's nothing inherently wrong with the way things are. The problem has more to do with the idea that you've become too identified with the patterns you've created and have forgotten that those patterns were set in place as a structure within which to find yourself. Don't get lost in the pattern. Let your life fill it with something new and different.

AQUARIUS: This would be so much easier if others would stop making you feel responsible for everything. Could it be that you're doing this to yourself? When you really stop and look at it none of this is your fault. In fact, you've been the one to keep things together all of these years. Before you start to overcompensate for whatever it is you haven't done stop and ask yourself what gives anyone the right to project all of their BS onto you? The less you play into their hand the more they will be able to see that everything would improve if they could just grow up.

PISCES: You have the idea that everything's going to be different from here on out. It certainly looks that way. Before you congratulate yourself for outgrowing certain patterns look around at what's going on and ask yourself if it isn't just a different version of the same old thing. Getting pulled back into things that have been the source of so much misery isn't what you need right now. Instead of taking that risk, it would be best if you took your time and looked at this realistically. If you still want to go through with it a month from now go ahead and go for it.

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

Rutland

continued from page 28

Chamber's October mixer from 5 - 7 p.m. Check in with the Rutland Region Chamber of Commerce, 773-2747.

Wednesday, October 12 - The documentary film Deaf Jam shows in the Rutland Free Library's Community Cinema series, 7 p.m. It tells the story of Aneta Brodski, a deaf New York teen as she immerses herself in American Sign Language poetry and readies herself to be one of the first deaf poets to compete in a youth slam. For more info, call the library, 773-1860.

Saturday, October 15 - The College of St. Joseph Lady Saints Basketball Team hosts local girls basketball clinics on. The session for 9th through 12th graders is from 9-10:30 a.m.; 5th through 8th graders, 11 a.m. - 12:30 p.m. All are welcome, regardless of ability level. Call 773-5900 to find out more.

October 13 & 14 - FW Webb in Rutland hosts a free 10-hour Construction Industry Outreach Training Program Thursday from 7:30 a.m. - 3:30 p.m. and Friday, 7:30 - 11:30 a.m. Completion meets state requirements for an OSHA 10-hour construction safety training. Call 773-0672 (Home Builders & Remodelers Association of Southern Vermont) to make sure you get a seat.

OTHER NOTES AROUND THE REGION:
Volunteers continue to work with Samaritan's Purse, removing mud and silt, and flood-damaged flooring,

sheetrock, and insulation. Restaurateur Bill Gillam recently thanked staff and volunteers with a dinner at his South Station Restaurant. The Samaritan's Purse International Relief's command post continues to operate out of Calvary Bible Church, 2 Meadow Ln., Rutland. Call 345-5705 to volunteer or ask for help.

Thanks to Chef Donald Billings and his crew at Roots Restaurant for their fund raising for farm disaster relief. In two evenings, they collected \$3500.

Do you have an old lawnmower, garden tractor, ATV, or motorcycle? Students in Stafford Technical Center's Power Mechanics/Welding program are looking for equipment to repair and sell to earn money for their program. Call instructor Kevin Corkins, 770-1058.

When you have some time, stop in the Chaffee Art Center, 16 S. Main St., Rutland, to enjoy Enduring Traditions: The Art of Memorials from Marble Valley, a new exhibit pulled together by Anne Tait of Roger Williams University. On display through November 13, it looks at the art of "monumental" art from the 1860s through the present.

The corn maze at Hathaway Farm received no significant damage from tropical storm Irene and is open and busy. This year its theme is Celebrating 250 Years in honor of the numerous communities that celebrate their 250th charter anniversaries this year.

Mendon

continued from page 29

With a donation to the Barstow School Library Birthday Book Program, your child will have his/her name printed on a commemorative bookplate inside the cover of the book, be the very first one to borrow the new book, and receive a personalized bookmark. Visit barstowschoollibrary.weebly.com or contact Mrs. Holbrook for details.

Regarding classroom snacks, please check with the classroom teacher before bringing in snacks for your child's class. We have several students with peanut and other food allergies as well as other health concerns related to food. Thank you for your help with keeping our students safe.

Regarding the recent events of tropical storm Irene:

a message from the Principal- "If I had to create a list of people who should be thanked for all that was done following the impact of Irene, I would not have enough space (and I would undoubtedly miss several people who should be acknowledged), so forgive me by recognizing people in general. First, I thank the children and parents for their ability to overcome many obstacles, the numerous volunteers who kept them safe, neighborhood liaisons, town officials, road crews, the National Guard, State Police and innumerable volunteers who pulled it all together."

Important date to remember: No School on October 21 for Inservice Day.

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GolfNews

How to play faster round of golf

by Rodney Page, SHNS

Golf course operators have heard all the excuses as to why fewer people are playing: It's too hot. It costs too much. Work takes up more and more time.

But one excuse is bound to make them cringe: It takes too long to play. Operators can't do much about the weather or work, but they can do some things to speed play.

Kiawah Island Golf Resort in South Carolina tested a program this summer aimed at having golfers play a round in three hours or less. The resort set aside tee times in the morning and mid-afternoon for singles, twosomes and threesomes who wanted to play a quick round before returning to work. Instead of sending off groups in 10-minute intervals, groups were sent off every seven minutes.

The only restriction was golfers had to keep pace to use the tee times.

"One of the major challenges that keeps many golfers off the course is the amount of time it takes to play 18 holes," Brian Gerard, Kiawah Island's director of golf, said in a statement. "In response, we've developed this test program aimed at getting players around the course in less than three hours."

Mangrove Bay Golf Course in St. Petersburg, Fla. is one of the most played courses in the Tampa Bay area. During the season's peak, which is around the corner, Mangrove can reach 300 rounds in a day. The average is around 255 during the winter months.

Getting those players around in a reasonable time is the goal of general manager Jeff Hollis. The last thing a course needs is a reputation for slow play.

"The first thing we recommend is that players use the right tees for their skill level," Hollis said. "If you get on the wrong tees, it can be a challenging and frustrating day, and the key is to have fun."

"Secondly, the biggest issue we have is the spacing of tee times. If we can get groups off in intervals of seven to eight minutes, then our pace of play is fine. If we get them off too soon, then we have a logjam, and there's nothing the rangers can do."

"Also, our staff and starter track time through the day. At the end of the day, our staff gets information on pace of play. We have a goal of being around four hours for morning play, about four hours, 15 minutes for afternoon play. If it's off, then we evaluate why that happened and what we can do to not make it happen in the future."

So here are some tips for playing ready golf:

1. Don't waste time on the greens: You are not on a pro tour. Give your putt a quick look and make your stroke. And don't get stuck on the honor system. If you are ready and your partner is going to get his putter, go ahead and play.

2. A lost ball is not the end of the world:

Don't be the person who spends forever hunting for his ball. Spend a minute or two searching the brush but don't wade in with your 3-iron until you find it. It's just a ball.

3. Be smart with the cart: Don't park your cart on the opposite side of the green from the next tee box. If you need to chip from off the green and the ball is on the

other side, take your putter with you. Smart cart parking can save you about 30 minutes per round.

4. Ready, aim, fire: If you're playing tournament golf, the player with the best score on the last hole tees off first.

For an informal round, the first one ready should hit.

5. Let them play through: If you are taking too long to play, or if the group behind you is faster, let that group through. Finish your hole and let them tee off ahead of you. It's not a sign of weakness.

6. No such things as mulligans: Nothing is more frustrating than playing behind a group and watching a player reach into his pocket to grab a ball and take another shot. Unless it's a provisional, hit your shot and chase it.

7. Bring the right clubs: If you are on the opposite side of the fairway from your cart partner, take the clubs you think you'll need and walk to your ball. That way you'll be ready to hit after your partner takes his shot. In some cases, you can take your putter as well.

8. Speed up sand play: When hitting a shot from the bunker, make sure you put the rake next to you. That way you'll be ready to rake quickly.

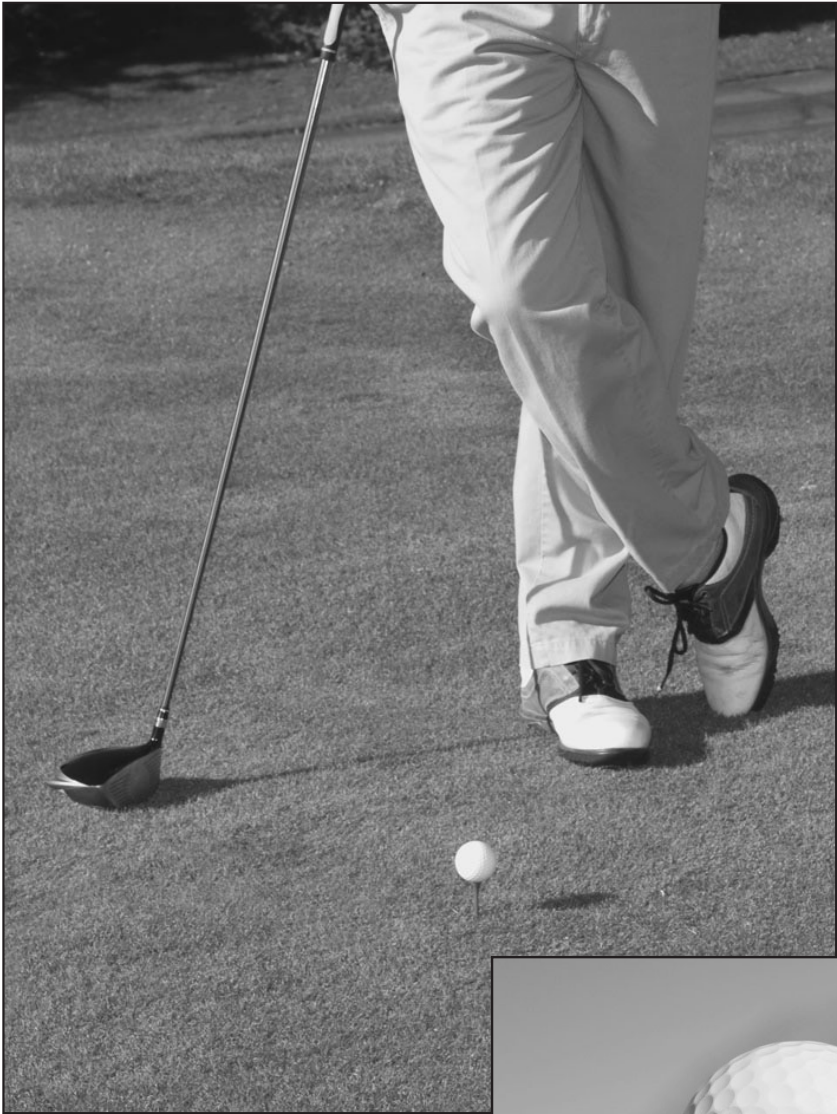
9. Count the strokes later: Wait until you're on the next tee to start writing down scores.

NOW THAT'S FAST

29:30: Minutes and seconds in which famed miler Steve Scott played a regulation round in 1979 at a Las Vegas course. He used only a 3-iron and shot 95.

27:09: Minutes and seconds of the fastest round played in a speed or extreme golf event. Players wear running shoes and carry a lightweight bag with no more than six clubs to see how fast they can play a 6,000-plus-yard course.

1:24: Hour and minutes of the fastest round in a PGA Tour event. Greg Norman and Mark O'Meara played the final round of the Nabisco Championship at Pebble Beach in 1998 quickly because weather threatened to force the cancellation of Norman's flight to Australia. Both shot 79.



Rules of the Game

By Alan Jeffery

USGTF Certified Golf Professional
Green Mountain National Golf Course

Question: Fran and Ron are playing in a tournament. On the 1st hole, both players land their balls on the green. Ron is farther away from the pin. Fran marks her ball by placing the ball marker to the side of the ball rather than behind the ball. Ron says this placement of the ball marker is an infraction of the rules as the ball marker must be placed behind the ball. Is Ron correct?

Answer: There is no rule which restricts the position of the ball marker as long as the process does not influence the movement of the ball when stroked. Fran is correct. See USGA Decisions On The Rules Of Golf, 2010-2011, 20-1/19.

Golf clinics continue on Saturday mornings, 10:30-12:00. Private lessons are also available by calling me at GMNGC, 422-GOLF. Remember, the swing's the thing and continuous improvement is what it's all about.

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Health&Fitness

Protect lungs when working in flood-damaged farm fields

by Gail Lapierre
Vermont AgrAbility Project Outreach Specialist, UVM Extension

If your farm fields flooded because of Tropical Storm Irene, you will need to take proper precautions to protect your health as you clean up these fields.

While many crops are complete losses, some will be able to be harvested. However, regardless if the crop is deemed a complete or partial loss, you will still need to work in these fields, whether chopping for feed or turning under the crop.

I can't imagine that there are any fields that flooded that did not contain septic waste or at least agricultural animal waste. Some may have had chemical or fuel waste. Besides these possible contaminants, the particulate matter of dust from dried mud and silt left when flood waters receded can cause physical irritation of the lungs and trigger asthmatic or other sensitivity reactions.

Conducting any fieldwork after flooding will likely kick up unusually high amounts of dust. Consider this dust contaminated and protect yourself by wearing a dust mask, N-95 or higher, and nitrile gloves. The latter should be worn inside heavier work gloves and plan to have several pairs on hand as the Vermont Department of Health estimates that you will go through at least four pairs a day during clean-up.

Since most cabs on tractors do not have an adequate air filtration system, you need to wear a respirator (dust mask). In order to work properly, a good seal must be created between the respirator and the wearer's skin.

Sorry, but if you have a beard or mustache, you will have to shave to get a good seal. But don't worry. You'll still have time to regrow your beard before hunting season.

The Vermont Department of Health has provided free respirators and nitrile gloves to all district health offices. If you do not live close to a district health office, then I recommend that you contact your town health officer (www.healthvermont.gov) or local University of Vermont Extension office (www.uvm.edu/extension).



Vermont farmers begin the long clean-up process

Many hardware stores also stock these items.

According to the manufacturer's directions, you need to change your respirator every four to six hours or sooner if it becomes difficult to breathe through. If, after changing to a new respirator, you continue to experience breathing difficulties, stop, get to a dust-free environment and seek medical assistance. Let your doctor or other medical provider know that you have been working in a post-flooding area. If you have pre-existing respiratory issues, be sure to talk with your health care provider before getting involved with the flood clean-up.

One farmer I talked with recently spoke of a neighbor-

ing farmer who had chopped silty corn after a previous, much less severe flood. This farmer did not wear any respiratory protection and as a result suffered flu-like symptoms for a month after chopping the corn and still has compromised lung function today. It's critical that you take care during flood clean-up to protect your lungs to avoid possible long-term health problems.

For an extensive listing of post-Irene recovery information and resources, check out the UVM Extension web site at www.uvm.edu/extension. A lot of help is available, so don't miss out on any possibilities for assistance, financial or otherwise.

Eight ways to start the day right

Food Network Kitchens

Mom was right when she said breakfast is the most important meal of the day. But what you choose for breakfast can make or break your day (sorry, bacon didn't make the list). Here are our top eight foods that help make your morning meal a healthy one.

Nonfat Greek Yogurt - With more hunger-fighting protein than traditional yogurt, it'll keep those mid-

morning hunger pangs at bay. Learn to make your own.

Oatmeal - Start your day off with a warm bowl of oatmeal -- choose rolled or steel cut oats.

Skip the sugary packets and add a little sweetness with dried fruit, applesauce or a touch of honey or brown sugar. Use your slow cooker to make getting a healthy breakfast even simpler.

Berries - Toss blueberries, strawberries and raspberries

on cold cereal, oatmeal, yogurt, pancakes or French toast. Berries are high in anti-inflammatory compounds called anthocyanins, which may help reduce heart disease and diabetes, and improve eyesight and short-term memory.

Peanut Butter - Need a quick protein boost in the morning? Spread a tablespoon of the stuff on whole-grain bread, add to a smoothie, mix into oatmeal or spread on apple slices. Remember to choose the natural kind to keep sugar under control.

Eggs - Easy and versatile, eggs contain vitamins A and D and the antioxidant lutein for healthy skin and eyes. Scrambled, soft-boiled, poached or over easy, serve with whole-grain toast for a stay-with-you breakfast.

Flaxseeds - Sprinkle flaxseeds on yogurt or oatmeal, or blend in your morning smoothie or muffin batter. This high-powered seed adds extra omega-3 fat, fiber and protein.

Cottage Cheese - Top low-fat cottage cheese with fresh fruit for an on-the-go breakfast that will leave you satisfied.

Whole-Grain Cereal - A bowl of whole-grain cereal and low-fat or skim milk takes only minutes to put together. But watch out for whole-grain-cereal traps, like high calories and sugar.




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Vermont creates Safe Routes to School

In 2009, less than a quarter of Vermont eighth graders reported getting the US Dept of Health recommended 60 minutes of physical activity each day. 12% of these students reported not a single day with 60 minutes of physical activity during the last week. At the same time, the number of students walking or biking to school across the country has dropped from 50% a few decades ago to less than 15% in 2010.

Safe Routes to School is a national program that is working to reverse these trends and make walking and biking to school an everyday part of children's lives in Vermont.

The Vermont Agency of Transportation (VTrans) is now in its sixth year of implementing the Federal Safe Routes to School program through the Federal Highway Administration.

VTrans' Safe Routes to School (SRTS) program supports both infrastructure projects that improve physical conditions around schools and non-infrastructure projects that focus on safety skills, healthy habits, and creating a walking- and biking-friendly community atmosphere.

Public and private schools with students in kindergarten through eighth grade are eligible to participate in the program.

In the spring of 2011, VTrans created a Resource Center to support every school and community interested in Safe Routes to School programs that encourage walking and biking throughout the year. The Resource Center is a one-stop shop for schools to find out about SRTS, get

practical advice and information on training and funding opportunities, and learn about available resources in their region to help make walking and biking popular and practical choices for students and families traveling to and from school.

Communities directly benefit from Safe Routes to School programs. Communities are more likely to be safer, cleaner, and friendlier for all who live, work, and play there when neighbors are regularly out on the street. The following are some of the reasons why getting children to walk and bike to school is important:

Students who walk and bike to school tend to arrive ready to learn and be healthier overall. Safe Routes to School education gives children an early start in understanding traffic rules, preparing them to become responsible pedestrians, bicyclists, and motorists throughout their lives. School-based walking and biking programs can address barriers to physical activity for all ages by improving safety features in town centers and raising safety awareness. Increasing the number of students who arrive at school on foot and by bicycle can improve air quality around a school and reduce transportation expenses in the school district

On October 5th, Vermont celebrated International Walk to School Day. Communities across Vermont will join together in support of walking and biking to school as a vital and healthy activity.



Safe Routes to Shool offers an active alternative for kids.

Reduce work-related aches and pains

(StatePoint) No matter where you work, chances are you've come home after a long day with some aches and pains -- even if you spend most of your time at a desk, work station or behind the wheel.

While most jobs these days aren't hazardous, repetitive stress injuries are common amongst even the most sedentary of workers.

While your day at work is unavoidable, the resulting aches and pains in your neck, back or hands are not. Changing your telephone and computer habits, giving your work station an ergonomic tune-up, and taking breaks for stretching can go a long way to prevent injury and reduce discomfort.

By following these tips from the experts you can keep your days relatively pain-free:

AT YOUR COMPUTER

Do you slouch when you read? Don't break your back when you can break a bad habit instead. Work on maintaining proper posture at your desk and remember to get up and move around regularly.

If your wrist is sore, you may be relying on it too much to move your mouse. Use your entire arm and shoulder instead. When typing, keep your wrists straight, your shoulders perpendicular to the floor and your forearms parallel to the floor.

USING YOUR MOBILE DEVICE

Your texting addiction could be the cause of major pain, as our thumbs were not made for constant tapping, flicking and clicking. Damaged soft tissue in your thumbs is nothing to LOL about.

Abbreviate where possible, and learn to take a day off from checking messages. If you must text, alternate using your thumb, index finger and a stylus, if available.

Even talkers can fall into bad habits, such as pinching the phone between the ear and shoulder, and leaning on a flexed elbow. Invest in a headset and be mindful of your telephone posture.

GET CHECKED

If you're experiencing any painful symptoms, get help. Doctors of chiropractic can counsel you on modifications to your work station that improve your posture and work habits. DCs also use a variety of non-drug, non-surgical approaches to help with common aches and pains.

Remember, your body has a lifetime of learning and fun to experience. By using technology safely, you'll be able to continue enjoying it years into the future.

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| 6 | | | 3 | | 5 | 1 | | |
| 1 | 9 | 3 | | 8 | 2 | 5 | | |

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

This week’s solution on page 43

| | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | | 5 | 6 | 7 | 8 | 9 | | 10 | 11 | 12 | 13 |
| 14 | | | | | 15 | | | | | | 16 | | | |
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| 57 | | | | | 58 | | | 59 | | | 60 | | | |
| 61 | | | | | 62 | | | | | | 63 | | | |
| 64 | | | | | 65 | | | | | | 66 | | | |

- Across**

 - 1. Kuwaiti, e.g.
 - 5. Erased
 - 10. Boor’s lack
 - 14. Box office take
 - 15. Start of a refrain
 - 16. Bounce back, in a way
 - 17. Brawl
 - 18. Three-___ fork
 - 19. Heroin, slangily
 - 20. Beginning
 - 22. Equips for military duty
 - 24. Lively intelligence
 - 26. Home, informally
 - 27. “Potemkin” setting
 - 30. Wears away
 - 32. Machine to cut and bundle grain
 - 33. Banquet
 - 34. Blouse, e.g.
 - 37. Driver’s licenses, for one (2 wds)
 - 39. Deer-like
 - 41. “For shame!”
 - 42. Exactly (3 wds)
 - 44. Chemical cousin
 - 45. Statue base
 - 47. Most desperate
 - 48. “Beat it!”
 - 49. Harvest fly
 - 51. More loyal
 - 53. Pomp
 - 57. Grasp
 - 58. Retain with stone
 - 60. “Field of Dreams” setting
 - 61. Carbon compound
 - 62. Fragrant resin
 - 63. Alpine transport
 - 64. Contradict
 - 65. Big Bertha’s birthplace
 - 66. Toy that comes easily to hand
- Down**

 - 1. City on the Yamuna River
 - 2. Commuter line
 - 3. Above
 - 4. Residential suburb of Washington, D.C.
 - 5. His “4” was retired
 - 6. Frock wearer
 - 7. Imaginary
 - 8. Type of guitar
 - 9. Carpenter’s groove
 - 10. Blue book filler
 - 11. Computer’s interval between request and delivery (2 wds)
 - 12. Mariner’s aid
 - 13. Clothing
 - 21. Claim
 - 23. Lower surface
 - 25. Forgive
 - 27. Final notice
 - 28. Lover of Aeneas
 - 29. Vertebrate’s brain
 - 31. Iroquoian language
 - 35. Aces, sometimes
 - 36. Chipper
 - 38. Bags with shoulder straps
 - 40. Excessive desire to eat
 - 43. Those who steal
 - 46. Forte
 - 48. Backgammon piece
 - 50. ___ de menthe
 - 51. Abandon
 - 52. Algonquian Indian
 - 54. Gray wolf
 - 55. “Shoo!”
 - 56. Hawaiian tuber
 - 59. Bolivian export

This week’s solution on page 43

Capsule reviews of films opening this week by The Associated Press

50/50

SARAH PALIN: YOU BETCHA!

50/50
by Christy Lemire, AP Movie Critic

It could have been agonizingly mawkish: The story of a young man with everything ahead of him who learns he has a rare form of spinal cancer, one that he only has a 50 percent chance of surviving. Instead, “50/50” is consistently, uproariously funny, written with humanity and insight and directed with just the right tone every time.

Comedy writer Will Reiser crafted the script based on his own cancer diagnosis when he was in his early 20s. His words are filled with dark humor and a wry recognition of the gravity of this situation, but also with real tenderness. And director Jonathan Levine pulls us into this intimate world through an abiding naturalism. He’s made a film about cancer that’s effortlessly affecting.

It helps that he has Joseph Gordon-Levitt, an actor of great range and subtlety, in the starring role as Adam. He goes through all the requisite stages of denial, frustration, fear and eventually acceptance, but he does so with such believable imperfection, he never feels like a saint or a martyr. But Adam has an ideal balance in his lifelong best friend and co-worker, played by Seth Rogen in the kind of garrulous and lovingly crass role Rogen has built a career on. But Gordon-Levitt’s most moving scenes are with the delightful Anna Kendrick as Adam’s young, eager-beaver therapist.

R for language throughout, sexual content and some drug use. 100 minutes. Four stars out of four.

Sarah Palin: You Betcha!
by Christy Lemire, AP Movie Critic

Director Nick Broomfield’s documentary doesn’t tell you anything you didn’t already know about the former governor of Alaska and 2008 Republican vice-presidential candidate, and it won’t change any minds. If you walked in thinking she was a bumbling, inept idiot who’s more concerned with surface than substance, you will walk out thinking the same thing. Similarly, if you’re a fan of Palin and believe she’s a straight-talking breath of fresh air, a woman of the people with vision for the country, then you will continue to believe that.

Actually, there’s such jokey condescension in Broomfield’s approach, his film will undoubtedly fortify her supporters who feel she’s been unfairly targeted. In his typical style, Broomfield (“Kurt & Courtney,” “Biggie and Tupac”) inserts himself in the action, traveling to Wasilla, Alaska, where Palin once served as mayor, and spending months on a “quest for the real Sarah Palin.” Trekking through the ice and snow in a furry hat with ear flaps and a red-and-black-checked flannel jacket, he’s like Elmer Fudd on the hunt, wielding his microphone as his weapon.

His dry, monotone British accent and the absurdity of his fish-out-of-water presence are good for consistent laughs, and he does come up with some lively interviews with the insular locals. But rather than enlightening us, Broomfield and co-director Joan Churchill trot out old material and end up with a portrait of a petty 12-year-old girl in an ambitious politician’s body.

Unrated, yet not necessarily objectionable for children. 91 minutes. Two stars out of four.

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| Dolphin Tale (3D)-PG | 1:40 4:10 6:50 9:20 |
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| The Help-PG-13 | 1:35 4:30 |
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THE JOKE’S ON YOU by Phil Ryder & YOU

"This one...? It's the 'gray crested, yellow bellied wife cheater.'"

- Mary Snyder • Fort Lauderdale, FL

Weddings & Beyond



Charlie and Pat Popovitch of Rutland, Vt. are proud to share the wedding of their son, Paul, in June and the wedding of their daughter, Megan, in September. Paul J. Popovitch married Ari E. Staven in Yellowstone National Park, WY on June 4, 2011. Paul is a graduate of Rutland High School. He attended Montana State University in Bozeman, MT and graduated with a degree in chemical engineering. He is currently working in the University lab

while his wife, Ari, pursues a masters in biochemical engineering. They reside in Bozeman, MT. Megan A. Popovitch married Richard "Travis" Holland at the Mountain Top Inn in Chittenden, Vt. on September 18, 2011. Megan is a graduate of Rutland High School. She attended University of Vermont and graduated with a degree in teaching. She is currently working at a school in Longmont, CO where they reside.



Happily Ever After...
Barry and Jean Leete of Killington announce the marriage of their daughter Jordan M. Leete to Chad Curtsinger in Evergreen, Colorado on October 14, 2010. Jordan is a graduate of the University of Vermont and a registered nurse at Summit Hospital in Breckenridge, Colorado. Chad is studying to become a Forest Ranger. The couple live in Evergreen, CO.

It's a Cultural Thing

By Ronda Addy

You have a strong Irish family history. When you get married, you would like your wedding to reflect that history. Lucky for you, the Irish have a rich cultural heritage on which to draw upon.

The Irish have practiced many wedding traditions throughout history. Some of them include:

- Inviting the groom to the bride's home before the wedding and cooking a goose in his honor. The expression, "his goose is cooked," originated from this tradition.
- Having the bride carry a hanky that could be turned into a christening bonnet for the firstborn with a few stitches and transformed back into a hanky for the firstborn to carry at their wedding with the cut of the stitches.
- Having the bride wear a wreath of wildflowers in her hair from which she would give each bridesmaid a sprig. The bridesmaids would plant the sprigs, and whoever's grew would be married inside a year.
- Making the top tier of the wedding cake from Irish whiskey and saving it for the christening of the firstborn.
- Serving the couple salt and oatmeal at the beginning of the reception. The couple would partake of the two three times to ward off the evil eye.

- Serving bun ratty meade, a honey wine which was believed to promote virility, at the reception.
- Giving a bell as a gift. The bell's chimes were believed to keep evil spirits away, restore harmony when the couple was fighting and remind them of their wedding vows.
- Having the mother-in-law of the bride break a piece of wedding cake over the head of the bride as she entered the house so they would be friends for life.
- Having the newlyweds drink from special goblets for a month after the wedding to protect the bride from fairies looking to kidnap her. The bride also had to keep both of her feet off the floor while dancing at the reception to prevent the fairies from getting her.
- Many Irish wedding traditions revolved around luck. It was considered bad luck if:
 - The bride wore green
 - The groom sang
 - The couple got married on a Saturday
 - The couple washed their hands at the same time in the same sink
 - The couple or a guest met a funeral on the road
 - The couple or a guest heard a cuckoo or saw three magpies
 - The couple or a guest broke a glass on the wedding day

Culture continued on page 38



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continued from page 37



Many wedding traditions come from the Irish culture

Wanted: person with a green thumb

by Ronda Addy

You should start looking for a florist approximately a year before the wedding, especially if the date of your wedding happens to fall during the busy season from May until August or around holidays like Mother's Day or Valentine's Day. Check with the site where you are having the reception to see if they have any recommendations. Ask friends and family. Compose a list of five florists. Arrange to meet with all of them and bring the groom along.

When you arrive at each florist's shop, take a look around. Are the employees friendly? Is the shop clean? Are the flowers fresh? Bring a fabric sample of your dress and the bridesmaid's dresses, photos of the ceremony and reception areas, and a list of your favorite flowers and any flowers you don't want included. Be upfront about your budget and describe in detail

everything about your wedding from your colors and style to the number of people in the wedding party. Ask to see a portfolio of the florist's work. Find out if they rent any kind of accessories such as runners and candelabras and get a cost estimate. Ask about delivery times, methods of payment and cancellation policies. Most florists require a 50% deposit upfront and the remaining balance two weeks prior to the wedding.

After meeting with each florist, make a list of pros and cons. Compare the lists and make a decision. Contact the florist you have chosen and ask them to draw up a contract. Don't sign on the dotted line until you have read the contract and made sure that it lists everything the florist will be providing. Depending upon what you have agreed upon, the florist may be responsible for:

- Bridal bouquet
- Bouquet to toss
- Bouquets for the maid of honor and bridesmaids
- Boutonnieres for the best man,

groomsmen and ushers

- Corsages for the mothers of the bride and groom
- Boutonnieres for the fathers of the bride and groom
- Flowers for the flower girl
- Boutonniere for the ringbearer and flowers for the pillow
- Altar decorations
- Aisle decorations
- Candles for the ceremony
- Table centerpieces
- Decorations for the cake table
- Live flowers for the wedding cake
- Chair covers

After you have approved and signed the contract, reconfirm the details when you pay the remaining balance. Find out if the florist will be setting up the day of your wedding. If not, get an emergency number that you can call if anything should go wrong with

also add other Irish touches to your wedding. You can work green into your color scheme and use shamrocks on your invitations and in your centerpieces and decorations. You can use Belles of Ireland in your flowers and play Irish or Celtic music during your ceremony or reception. You can have the groom and groomsmen wear kilts and choose a Claddagh ring as your engagement or wedding ring. You can serve traditional Irish food at your reception, like corned beef and cabbage, Irish soda bread, and mead or dark beer.

By incorporating Irish traditions and touches into your wedding, you can honor your cultural heritage. Plus, you can give your wedding a special twist that will make it all the more memorable.



Finding the right florist is key to the perfect bouquet

the flowers on the day of your wedding.

Planning a wedding is stressful, no doubt about it. Choosing the right florist will alleviate some of that stress. Make your choice carefully.

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Having the perfect honeymoon takes planning

A honeymoon timeline

By Ronda Addy

You are nearly done planning your wedding, but wait, haven't you forgotten something? The honeymoon. By setting up everything in advance, you won't find yourself stuck out in the middle of nowhere in the most unromantic spot in the world.

As with planning a wedding, there is a timeline for planning a honeymoon. It generally goes like this:

Six to Eight Months in Advance

- Determine the type of honeymoon you would like to have.

- Begin investigating possible destinations.

- Set a budget. Figure in different expenses such as plane tickets, meals, car rental, taxes and gifts.

- Find a travel agent who specializes in the type of honeymoon you want to take.

- Check out your frequent flyer miles.

Four to Six Months in Advance

- Book your tickets. Ask about special honeymoon discounts or packages. Get confirmation numbers.

- Reserve your hotel room. Be specific about your requirements, such as a non-smoking room with an ocean view. Ask about any honeymoon specials or discounts. Get a confirmation number.

- Book your car rental, if needed. Once again, get a confirmation number.

- Make a list of all confirmation numbers. Take the originals with you and leave the list with a friend or relative.

- Find out what vaccinations and health certificates are needed. Unless you are going to certain third-world countries, you do not need to be vaccinated this far in advance. Your doctor will know when your vaccinations will need to be administered.

- Start learning the language if you are going to a non-English speaking country.

Three Months in Advance

- Make sure you have valid passports and the names match those on your tickets.

- Make sure you have applied for all needed visas.

- Confirm your reservations with the airline.

- Consider getting travel insurance.

- Finish up any needed reservations.

One to Two Months in Advance

- Buy your luggage and all other travel accessories you

will need (camera, film, electrical adaptor).

- Stop at the bank and get currency of the country you are going to.

- Make sure all of your credit cards are valid.

- Book any tours, theater tickets or activities that need advance reservations. This especially true during peak travel seasons.

- Confirm all reservations.

- Make arrangements for the boarding of pets.

- Give someone a copy of your itinerary. Be sure to include the phone numbers of where you will be staying.

One to Two Weeks in Advance

- Stop newspaper deliveries.

- Make arrangements to have your mail held.

- Pick up tickets from your travel agent.

- Make copies of your passports, credit cards, insurance, traveler's check numbers and will. Keep one in your luggage and give one to a friend or relative.

- Make sure you have enough medication to last you while you are gone. Keep all medication in their original bottles.

- Confirm that the house or pet-sitter has keys and knows when to come over. In the case of a pet sitter, make sure they have the vet's phone number.

- Set out clothing to be packed. Pack your carry-ons.

Three Days in Advance

- Reconfirm any overseas flights.

- Buy any reading material for the trip.

- Make arrangements for transportation to and from the airport.

- Check the weather forecasts.

- Prepare a list of people to send postcards to.

- Get your home ready for departure. Eat or throw out perishable food. Water the plants. Set any timers.

Day of Departure

- Confirm domestic flights.

- Make sure all luggage is labeled with your names and the phone number of where you will be staying. Do not put your home address on your luggage.

- Get to the airport early.

- Let the ticket agent know you are on your honeymoon. Sometimes, you may get an upgrade or special V.I.P. treatment.

Now there is nothing left to do but sit back, relax and enjoy your honeymoon. Bon voyage!

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Home&Garden

Save money & stay warm this winter

Efficiency Vermont Offers Tips for Winter Energy Saving

Now that the crisp days of autumn are with us, winter won't be far behind. To help Vermonters stay warm and lower their energy bills, Efficiency Vermont is offering the following tips:

Take Control of the Thermostat. You can save two to three percent in energy costs for every degree you lower your thermostat around the clock. Lowering the heat from 72° to 65° for eight hours per day can save you as much as 10 percent on annual heating costs. Try lowering the heat as everyone leaves for the day and just before going to bed. Or use a programmable thermostat; it will automatically turn the heat down and then have the house warm for you when you need it.

Drafty Windows? If you have functional windows, it makes more financial sense to improve them than to replace them with energy-efficient windows. Caulk any gaps and cracks around window frames. Be sure that windows are fully shut. Put up interior window plastic, available in kits at hardware stores. If you don't have storm windows, have them made. Also, for drafty doors, use weather stripping and door sweeps.

Keep Your Furnace or Boiler in Shape. Oil-fired systems need annual maintenance. Gas systems and heat pumps typically need a checkup every two years.

And a new filter will go a long way toward maintaining the efficiency of your furnace and decreasing your energy bills.

Close Dampers When You're Not Using the Fireplace. An open fireplace damper pulls warm air (air you've paid to heat) from the house, even when there is no fire. Close dampers after ashes have gone cold.

Let the Heat Reach You. Dust or vacuum radiators, baseboard heaters, and furnace duct openings often and keep them free of obstructions like furniture, carpets, and drapes.

Keep Cold Out and Warmth In. A typical house has many places where air can

move between living spaces and the attic and between the basement and outdoors. The result is colder rooms and higher heating bills. The solution is to seal gaps and then put in sufficient, well-

installed insulation. The most effective energy-saving solution is to hire a professional (see final tip). But if you'd rather do it yourself, you can find guidance at www.efficiencyvermont.com. Search for



Making simple changes can help you keep the cold out this winter

Save continued on page 41

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Solar power company opens in Rutland

Same Sun of Vermont recently announce the opening of its newest location in downtown Rutland. Same Sun, founded by Rutland Town residents Philip and Marlene Allen, sells and installs solar power systems for homes and small businesses. The company exclusively uses American-made products and the Allen’s are pleased to be creating jobs right here in Vermont.

Same Sun makes an effort to increases public awareness of solar technology, its community benefits and energy cost savings. A solar installation will provide at least 30 years of electricity at a cost equaling only 12 years of your current electric bill. This means you receive 18 years of free, clean electrical power.

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Solar Power Systems have always been the right thing environmentally, and now, they are the smart thing financially.”
–Phillip Allen

equaling 30% of the installation cost or a substantial cash rebate based on the size of your system.

Owner Philip Allen says, “we’ve launched our company at a time when the cost has never been lower, and the technology has never been better. In addition, there is now an unprecedented set of financial benefits including the Federal Tax Credit, State Cash Rebate and Net-Metering Bonus.”

Save

continued from page 40

“home sealing and air leakage.”

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Mr. Allen goes on to say, “All systems we design are net-metered, grid-tied, use no batteries and require no maintenance. Solar Power Systems have always been the right thing environmentally, and now, they are the

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contractor. Learn more and find a contractor at www.efficiencyvermont.com. Low-income Vermonters can get similar services for free at www.helpforvt.org/weatherization.

Efficiency Vermont was created by the Vermont Legislature and the Vermont Public Service Board to help all Vermonters reduce energy costs, strengthen the economy, and protect Vermont’s environment. Vermont Energy Investment Corporation (VEIC) operates EfficiencyVermont under an appointment by the Vermont Public Service Board. VEIC is a Vermont-based nonprofit organization founded in 1986. For more information, contact Efficiency Vermont at 888-921-5990.

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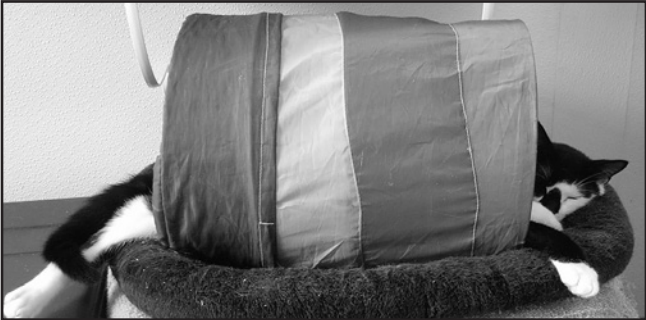
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Paws&Claws

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MARTY -- 5 year old. Neutered Male. German Shepherd mix. I'm a slow moving fella who enjoys being with people. I like to thump my tail softly when I'm happy. I'm an overweight guy who is looking for a home where I can be on a diet and get lots of exercise.

TYLER -- 5 year old. Spayed Female. Domestic Medium Hair Gray Tiger. I am an indoor girl who has lived with other cats and children so I am well seasoned to the possibility of many homes. My previous owners lost their housing.

BARNUM -- 8 year old. Neutered Male. German Shepherd mix. I'm a handsome fella who enjoys playing with toys. I'm quite a playful guy and tug of war is my favorite game. I know 'drop' and will drop my toys when you ask me to. I enjoy being with people!

JASPER -- 2 year old. Neutered Male. Domestic Short Hair Black. I am a kind little fella who came to the shelter as a stray from Castleton. I didn't like life outside and being unsafe too much.

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.



RAMBLER -- 1.5 year old. Neutered Male. Pit Bull. I'm a friendly, happy-go-lucky fella who loves to wag his tail and hang out with people. I really love to play with my toys so I hope my new family will stock up on toys for me to play with!

PAWS -- 1 year old. Spayed Female. Labrador Retriever mix. I'm an adorable, very athletic gal who is looking for an active home. I love playing and getting lots of big hugs and lots of attention. I'm very playful and have lots of energy for games, walks, hikes and more.

PRINCESS -- 3 year old. Spayed Female. Domestic Short Hair Calico. I am a colorful young lady who has lived with other animals and I get along well with cats. I have only lived indoors and I agree that this is safer for me.

LULU -- 3 year old. Spayed Female. Boxer mix. I'm all wiggles and I can catch a ball like nobody's business! Like all Boxers, I enjoy the company of my people and am always ready for adventure! I am nicely housetrained, know 'sit' and love to retrieve a ball.

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 and I'm pretty smart.

HANNAH -- 4 year old. Spayed Female. Retriever mix. I'm a lovely lady with sweet eyes and a calm demeanor. I'm a tail waggin' gal who enjoys being with people and getting lots of love and attention. I'm great company!



All of these pets are available for adoption at
Rutland County Humane Society
765 Stevens Road, Pittsford, VT • (802) 483-6700
Wed.-Sun. from 12 - 5 pm and closed on Mon. & Tue. • www.rchsvt.org

Vermont Spay Neuter Incentive Program

Applications for VT residents to receive VSNIP vouchers with which to have cats and dogs neutered at a reduced rate can be found at participating vet offices, town clerks, social service agencies, or by sending a #10 self-addressed 44¢ stamped envelope to:

VSNIP, PO Box 95, Bridgewater, VT 05034.
Or, download and print forms from the **VT Agency of Agriculture website:**
www.vermontagriculture.com.
(Go to forms/applications, scroll to VSNIP, and print the 3 highlighted forms.)
For assistance, call 1-877-867-1424

**Catamount
Pet Supply
Company, inc.**

Grooming available by appointment

296 U.S. Route 4 East
Rutland Town, VT 05701
802-773-7642
Open M-F 10:00 to 6:30
& Sat. 10-5

Gov. Peter Shumlin announced his support for the Vermont Long Term Disaster Recovery Group (VLTDRG), a body that is central to long term recovery efforts relating to natural disasters in Vermont. The Group is responsible for providing financial and resource-based needs

to individuals who need assistance beyond what Federal Emergency Management Agency (FEMA) or insurance companies can provide through in-kind donations, vol-

The Group evolved from a coalition of Vermont public, private and non-profit sector organizations that first convened in the spring of 2011 for the purpose of establishing an ongoing framework for providing long term disaster relief for Vermonters. That coalition, known as Vermont Voluntary Organizations Active in Disaster (“VOAD”) included, among others, the United Ways of Vermont, Inc., Vermont Emergency Management (VEM), the Federal Emergency Management Agency (FEMA), and the American Red Cross of Vermont and the New Hampshire Valley.

“With the knowledge that climate change has caused two natural disasters in the past nine months, we need to use this as an example and be prepared for Vermont’s future,” said Governor Shumlin. “This collaboration brings together on-the-ground experience with an administrative and fundraising team that will address disaster survivors growing needs throughout the entire recovery process.”

The Vermont Long Term Disaster Recovery Group has already begun to work on disaster recovery efforts. Through the Vermont Disaster Relief Fund the VLTRG has raised 1.3 million dollars.

The Vermont Department of Labor will be responsible for administering the grant and distributing the funds.

included Abigail Schmidt, Natali (an exchange student from Hungary,) Pheobe Tucker, Rachel Karner, Noah Schmidt, Newt Rose, Nick Ciuffi, Riley Brown, Tim Rumrill, Kyle Milligan, Patrick, Ben Nichlaas, Alex Nill, Lisa Schmidt and Tony Valente. Brehm noted that they worked several days helping to clean up the debris and household belongings destroyed by the storm. She added, “their assistance, especially at that moment, was incredibly helpful and meaningful.”



Courtesy of Ralph Pace

The Mountain TIMES



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

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The Classifieds

REAL ESTATE

TIMESHARE FOR SALE at Cedar brook resort in Killington. 1 bedroom, even years, week 27 (July 4th), \$4000. 802-353-6910.

FOR SALE - BRIDGEWATER - Historic antique cape being sold AS IS. Needs renovating due to IRENE damage. Much clean up and removal has been done. 2000 gal septic tank in place. 1.5 miles to Killington Skyship, 10 mi to Woodstock & Okemo. Rental history with lots of potential. \$79,000 Call Louise Harrison Real Estate 802-775-9999. 40

ORGANIC FARM & homestead near Middlebury. Historic home, greenhouse, former dairy barn, sheds. 89 ridgeland acres: sloping meadows, pastures, woodlot, sugar stand, stock pond, springs, 1 ½ acres extremely rich, fertile vegetable gardens, fruit trees, berries. 2 wells: abundant, sweet water. 2200' road frontage zoned for subdivision. Green Mountain, Adirondack views. Ideal for CSA, viticulture, homestead, specialty farming. \$650,000. See www.landsofamerica.com/ listing/904262 for additional details, photos, soil maps. FSBO popoma2@juno.com. 39/42

\$89,000 SKI-IN/SKI-OUT 1 bdrm unit at Pico Resort. Fully furnished & equipped. Contact owner direct, 212-829-5600.31/43

LAND FOR SALE: Improved building lot in Killington neighborhood with ski home benefits. Views. Call 802-422-9500. TFN

10+ ACRE LOTS, one minute from the Killington Skyship. Inground septic. Call 802-422-4267. TFN

KILLINGTON HOLIDAY REAL ESTATE. 1967 Route 4, Killington. 802-773-8800. 888-599-8800. www.killingtonholiday.com TFN

KILLINGTON VALLEY REAL ESTATE PO BOX 236, 2281 Killington Road Killington, VT 05751. 802-422-3610 or 1-800-833-KVRE. E-mail: kvre@vermontel.net TFN

LOUISE HARRISON Real Estate, 38 Rt. 4E, Mendon, 05701. 802-775-9999. 800-483-6801. Sales & rentals. Visit our website: www.LouiseHarrison.com TFN

ERA MOUNTAIN Real Estate - visit our website www.killingtonvermontrealestate.com or call one of our real estate experts for all of your real estate needs including **SHORT TERM & LONG TERM RENTALS & SALES.**TFN

PRESTIGE REAL ESTATE OF KILLINGTON, 2922 Killington Rd. We specialize in the listing & sales of Killington Condos, Homes, & Land. Call us toll free at 800-398-3680 or locally at 802-422-3923. Visit our website at www.prestigekillington.com. TFN

SKI COUNTRY REAL ESTATE, 335 Killington Rd, Killington, VT 05751 802-775-5111, 800-877-5111. www.SkiCountryRealEstate.com 12 agents to service: Killington, Bridgewater, Mendon, Pittsfield, Plymouth, Rochester, Stockbridge & Woodstock areas. Sales & Winter Seasonal Rentals. Open 7 days/wk, 9am-5pm. TFN

PEAK PROPERTY REAL ESTATE, 505 Killington Rd., Killington. VTproperties.net. 802-775-1700, 802-353-1604. Marni@peakpropertyrealestate.com. Specializing in homes/condos/land/commercial/investments/ winter rentals. Representing sellers & buyers all over Central Vt. TFN

LONG TERM RENTALS

UTILITIES INCLUDED - 3 bed/2 bath apt on Killington Road. Heat, electric, plowing, and garbage all included. Long-term tenants preferred. Please call 203-260-6195. 40/41

QUAIL HOLLOW in W. Lebanon now leasing 1 & 2 bedroom apts. Rent includes all utilities. Open House Tour Every Wed. at 12:30pm. 603-653-3001.40/TFN

3 BEDROOM, 1.5 baths, furnished house near Killington skyship. 1/2 propane & plowing included. Available 10/15/11. \$900/month/year-rd. Winter rental available. Greg (631) 728-5129. 39/40

PITTSFIELD YEAR-ROUND 3 bdrm, 1.5 bath, stone fireplace w/ gas insert, new kitchen, granite countertop, w/d, yard. 746-8149. 38/41

KILLINGTON Year Round Rental 1 bdrm, good location, very low utils, 781-749-5873, or 802-422-4157 or toughfl@aol.com 35/42

FOR RENT: Remote Off the Grid, Solar log cabin in Shrewsbury on 60 acres. Vast trail, For sale or lease to responsible tenant. Louise Harrison Real Estate 802-775-9999 x11. 38/40

SEASONAL RENTALS/SHARES

SLOPESIDE SKI-IN SKI-OUT - Pico Resort. 1 bdrm, fully furnished & equipped. Daily & weekly. Contact owner directly 212-829-5600, skionskiioffvt@aol.com. 40/41

SKI HOUSE on access road has half shares available, male or female. \$975 includes everything. No bunks, only 2 per room. Flatlot, walk to bar/restaurant. Full year access. Contact pberzinis@snet.net.

KILLINGTON RENTAL (Fall) Excellent location, 4 bdrms, 2.5 bath, fully-furnished, hot-tub, washer/dryer, internet. \$350/wk or \$1000/mo.(negotiable) 978-263-1009 or eileenjones34@gmail.com 37/40

KILLINGTON SEASONAL rental, on the mountain, excellent location, 3 br, 2 ba, kitchen, dr, lr, fp, wet bar, dw, very low utils. \$8800 Nov. 1 - May 1. 781-749-5873, or 802-422-4157 or toughfl@aol.com. 39/42

WEEKEND, mid-week, full time shares. Mature house off West Hill Rd. Full size beds, satellite tv, hot tub, etc. \$1700. Private room also available. 802-422-3625. 40/41

SKI IN SKI OUT condo in Sunrise East Glade a few steps and you're on the Sundog trail. 3bdrm, 2bth, two floors, vaulted ceilings, wood burning fireplace, wood included, big TV, DVD, W/D Outdoor Hot-tub, amenities building. Nov thru April \$15,500 go to thickwaterrentals.com (owner website.) 40/45

PLYMOUTH minutes to Killington or Okemo. 3BR, 1.5 BA private home. \$8,000/ season + utilities. 802-672-3320. 40/42

4 BDRM, 2 BATH, fireplace, outside hot tub, 1 mile to Skyship, available full season or alternating weeks. \$10,000/ season + utilities. Jack, 212-242-2878, gotbittersweet@yahoo.com34/47

CONDO AT PINNACLE - looking for family or couple with young children to share 1/4 or 1/2 with our family. Email: deb19@me.com or call: 917-837-1633. 40/41

ROOM AVAILABLE in a quiet non-smoking fragrance free-home in Mendon by Pico. \$400-500 P/M. Month to month ok. \$150/ week;\$50/weekend;\$25/nightly. 802-747-9944. 39/41

4 BDRM, 1.5 bath, 6.5 miles to Kill Skyship, across Rte. 4 from Long Trail Brewery. Nov. 1-Apr. 30, \$8,100 includes utilities. 203-257-3224. 38/TFN

FABULOUS HOUSE, great access, 1 blk off Killington Rd. Reasonable seasonal rental for light use, professional couple. 802-236-4949. 39/40

KILLINGTON SEASONAL rental, good location, 2 BR, 2 BA, kitchen, great room, LR, fieldstone FP, w/d,DW, very low utilities. Excellent privacy for 2 couples. Nov. 1-May 1, \$7800. 781-749-5873, or 802-422-4157 or toughfl@aol.com. 39/42

KILLINGTON 4bdrm w/ amenities. \$12,500/ seasonally. \$1,700/monthly. 2 bdrm, \$7,500/ seasonally, \$875/ monthly. danbender1969@gmail.com, 908-337-1130.

SMALL ROOM in quiet home in Mendon with pets. No Smokers. No Fragrance. References required. 6 months for \$3000 plus \$100 plowing and \$250 Sec dep. Will do month to month but 2 mos rent ahead required. Garage space available for one vehicle-\$50 P/M. 802-747-9944/ Twowindbags@aol.com.37/TFN

KILLINGTON SEASONAL RENTAL, The Woods 2 bed, 2 bath, sleeps 6, 12k, great beds, call 917-693-9773. 40/43

ROOM with private bath just off Access Rd. Nov to May for single or couple. No pets. Weekends & holidays only, no full-timers. \$2500 includes all utilities, catv & dsl. References. 802-422-3597, 6-9PM.

PICO 1 Bedroom nicely furnished. Avail now thru 12/25. \$875 per mo, includes cable, wifi, heat etc. Call Louise 802-775-9999. 38/40

SKI SHARES - Bridgewater. Killington/ Okemo. 6BR, 2 loft, 2 BA, upscale ski house, 12 min to Killington. Private rooms, storage, hot tub, wifi, cooking facilities. Full share \$1250/ 26 wknds. 1/2 share \$800/ 13 week-ends. B&B also avail., \$50/ night. Call Scott 802-672-2035. www.ledgesskihouse.com 40/43

HOMES available by the week-end, week or month, in Killington & Chittenden. Sleeping 2 to 24. Call Louise Harrison Real Estate 802-775-9999 or visit www.louiseharrison.com. TFN

BUSINESS OPPORTUNITIES

SUCCESSFUL RESTAURANT, fully equipped & furnished. Seats 72. Large growth potential at this popular location. Business only at leased premises. Lynn Acker, Louise Harrison Real Estate, 802-345-0264. 40/TFN

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Do you want to be one of All State Promotions, Inc. promotional models? Then mystery must be your game and intriguing must be your name. If this is you contact khohen@allstatepromo.com.

All State Promotions, Inc is an exclusive agency that pays well and promotes; Jagermeister, Michael Collins Irish Whiskey and other premium brands.

All Applicants;

- Must be 21 years of age or older
- Must be able to create awareness with a smile
- Must be a party starter, outgoing and have attitude
- Must be dependable and punctual
- Must have reliable transportation
- Orientation and Full training provided

1860 SQ. FT. of gorgeous office space available in Base Camp Outfitters building at bottom of Killington Rd. Call 802-775-0166 or stop by.

COMMERCIAL RENTAL: Prime office /Retail space. Excellent route 4 location. Louise Harrison Real Estate 802-775-9999 x11.

FOR LEASE, turn-key restaurant along with other commercial space that has been operated as a convenience store/deli in excellent location at the foot of a major ski area. Very favorable terms. Serious inquiries only. Call Mike at 802-422-3000 Ext. 235. 39/40

2 STORES at Killington Mall on Access Rd. for rent. Store 1: 2600+ sq ft (old t-shirt shop). Store 2: 4300+ sq ft (old ski shop). Both locations are 2 floors. Call owner Ron Viccari for details @ 800-694-2250 or cell 914-217-4390. 34/41

YOUR NEW or growing business in Vermont. We have a wide range of affordable business space minutes from Killington and Okemo. Short term office incubator space; professional office space of all sizes; 1,000-5,000 sq. ft. prime retail. Many spots ready for immediate occupancy, or we'll build to suit. Call today for a free consultation. MKF Properties. A local business family since 1879. Phone: 802-747-0527 ext. 12. 39/TFN

OFFICE SPACE FOR RENT 500 square feet of affordable office space with private bath. In active complex on Route 4 in Killington. Call Jeff @ Roaring Brook Constructors 786-5200 or Walter @ ERA Mountain Real Estate 775-0340. TFN

FOR SALE

ESTATE SALE 369 Tozier Hill Rd., Pittsfield. Route 100 is open! Saturday, Oct. 8, 9-4, rain or shine. No early birds. 40

4 SNOW TIRES, like new, 215/70S/16, \$140 firm. Trailer, steel reinforced, wooden sides, good condition, \$300. 483-2958.

1989 TOYOTA Pick-up. 4x4, manual, 4 cylinder, low miles. All maintenance records available. \$3,000. 802-342-1860. 40/TFN

TIRES: 4 Great condition. 215/55R16 M+S. Cooper Touring CS 4. Treadware 560, Trac-tion A, Temp A. Asking \$180. 802-422-3642. 35/TFN

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KITCHEN CABINETS - all solid wood new in boxes. Many styles. Wholesale direct pricing, save 50-60% off retail. Beth 802-735-3431.

FIREWOOD: Green & dry. Call 802-672-4690. TFN

FIREWOOD FOR SALE. We stack. 672-3719. 02/TFN

SERVICES

KENYON PROPERTY MANAGEMENT. Snow removal, renovations, cleaning. 802-353-5354.

SNOWPLOWING, SANDING, SHOVELING. Seasonal/ per time rates. 802-291-2271. 39/40

HOURS AVAILABLE for cleaning your home or business. Call 779-7708, ask for Nancy.25/TFN

SUSIE-Q'S CLEANING (non-toxic homes-no moldy or extremely dusty ones please). 802-747-9944, twowindbags@aol.com. TFN

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

WANTED

NEEDED: HOMES for previously free roaming cats. Spayed w/ shots. Outdoor setting w/ barn ok. Indoor foster placement for pregnant females & others. Serious caring inquiries only. 802-674-5007. TFN

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800-882-4511 EXT 205

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78 Cream Hill Road, Mendon, VT**

Open House Sunday, October 16 • 11am-1pm

18 Room Inn, 10,398± Square Feet with a 50 seat restaurant on 5± acres. Mountain views, close to Killington and a variety of recreational opportunities for any season.

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THOMAS HIRCHAK CO • 800-634-7653 • 802-888-4662

APPLE PIES for baking contest during Apple Fest. Bring your favorite apple pie in a single-use plate to Sherburne United Church of Christ, Rte 4, Killington between 9-9:30 am Oct. 8, 2011. Complete entry form (at www.killingtontown.com) for a chance to win a prize & bragging rights to a winning pie! Judging in categories of Professional, Amateur & Youth at 10 am to kick off Apple Fest events.39/40

NEEDED: FOSTER homes/ permanent homes for kittens. 802-779-6022. 28/TFN

GUARANTEED HIGHEST Price for gold, silver, platinum, palladium, rhodium and rare US or foreign coins. Why settle for pennies on the dollar when you can receive full value. Nobody pays more... not the gold party housewife, not the man on TV, not the jewelry store. Free estimates. Serving collectors, investors, dealers, trust and estate officers, since 1976. Member ANA. APS. Royal Barnard. 802-775-0085.

BUYING ANYTHING Old. Postcards, pottery, jewelry, artwork, antiques, rugs. Best prices. Free estimates. Rick Wyman 236-3240.

EMPLOYMENT

FULL TIME SALE PERSON, must have experience selling BC ski gear. Call or stop in. 775-0166, Base Camp Outfitters on Rt 4.

MT. MEADOWS Cross Country Ski Center is looking for a full time Nordic enthusiast able to run the ski center. Call 776-0166.

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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RealEstate

Housing assistance grants to victims of Tropical Storm Irene

The Vermont Association of REALTORS® (VAR) has partnered with the National Association to create the REALTOR® Relief Fund (RRF) which is designed to bring disaster housing assistance to those affected by Tropical Storm Irene.

“REALTORS® have a long-standing tradition of helping those in need in their communities,” said Bob Hill, VAR executive vice president. “Many Vermont families have been displaced by the destruction of Tropical Storm

“We will be able to help those who are facing the daunting task of recovering from the damage caused by these storms.”
–Bob Hill

Irene, and in some cases families have completely lost everything. Through

our partnership with the RRF, we will be able to help those who are facing the daunting task of recovering from the damage caused by these storms.”

Relief assistance is available to qualified applicants and must be used toward mortgage payments for a primary residence or for rental costs for temporary shelter. Relief assistance is limited to a maximum of \$1,500 and is available on a first-come, first-served basis.

“REALTORS® throughout Vermont

and REALTOR® associations throughout the country are working to raise additional funds to help support critical relief efforts,” said Hill. “Donations made to the fund are tax deductible, and 100 percent of the funds raised will be distributed to disaster victims.” Donations are also welcome from the public, he added.

Applications for RRF grants are available at www.vtrealtor.com. Donations to the Fund can also be made at www.vtrealtor.com

Things to know before renting an apartment or house

(StatePoint) More Americans than ever are renting homes, due to factors ranging from a tough housing market to people moving for new job opportunities.

Whether you are considering renting a house or apartment, there are many things to consider before signing on the dotted line.

It's most important to understand your lease and protect your property against damage and theft.

Read the Fine Print

You need to understand all details of your lease, including your responsibilities. Be sure to check beginning and expiration dates. How much will rent increase next year? Are utilities included? Is renters insurance required? How are maintenance requests handled?

And if you're short on cash for your security deposit, consider asking your landlord about an alternative security deposit program. These services enables you to avoid more expensive traditional security deposits by paying a one-time bond premium at a fraction of the cost. In the event of damage at the end of the lease, the service company reimburses the apartment owner or manager, and the renter reimburses the bond company.

Renters Insurance is Key

One of the most essential things you can do is purchase renters insurance, required by many property managers. Your personal belongings won't be covered by your landlord's insurance in the event of theft or disaster. Could you afford to replace your TV, computer, furniture and clothing if they were damaged by fire or smoke? What if you left the water running and damaged your furniture and rug?

A good renters insurance policy will cover more than just your personal belongings -- it can even pay part of your rent should you lose your job. Renters insurance also provides personal liability coverage. If someone is hurt in your apartment you could be liable for medical expenses. And if you accidentally start a kitchen fire and don't have insurance, you would be liable for damage to your unit and your neighbor's property.

Trust But Verify

Before committing to your new home,



Renters should look at the big picture before signing on the dotted line

inspect it and make sure any problems are noted so you aren't charged for them.

Check everything, including walls, floors, windows, electricity and plumbing. You should even inspect closets and

the interiors of appliances.

Being properly prepared can make the complicated task of renting easier and speed you on your way to that housewarming party!

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Best deal in town! Three-bedroom condo with gas fireplace, new appliances, updated kitchen, private balcony and a great ski-home location. Please contact Kyle Kershner or visit www.Whiffletree14.com for details. \$119,000

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Mtn home in family oriented private community. 16' vaulted ceiling in liv rm, flr to ceiling bookcases. Skylights & majestic windows provide an abundance of natural light. 2331 sqft home w/ attached & heated 2c gar. 43'x10' deck for those glorious sunsets. Heat sys converted, wooden & tile flr's throughout. 3bdrm, Rochester, Vt
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LOCATION, LOCATION, LOCATION!



At the crossroads of Vermont, Bill's Country Store has THE best location in the State of Vermont. The main level has 3,000 Sq. Ft. of retail space with walk-in cooler. The basement is the same size with 13' ceilings. There is a large apartment on the 3rd level and additional storage space. The owners encourage reasonable offers. The price has just been lowered to \$798,000.



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Is your home vulnerable to burglary?

(StatePoint) Is your home safe from burglars and thieves? Or are you courting them with obvious security lapses and poor planning when you're away?

More than 2 million homes were burglarized in the United States last year alone. Moreover, more than 60 percent of all residential burglaries took place during the day, according to the Federal Bureau of Investigation.

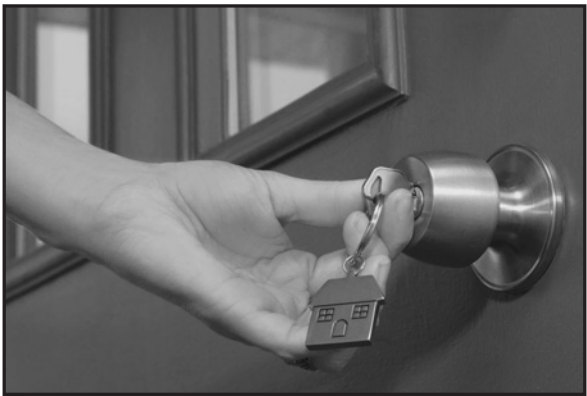
The average burglary results in a loss of more than \$2000 of property, not to mention the loss of peace of mind and security when you're home.

But a few simple precautions can keep your home safe while you're away:

- Lock your doors and windows. Burglars usually don't have the fancy tools seen on television -- pliers, screwdrivers and crowbars typically do the trick. Hav-

ing strong locks on front doors, and keeping ground-level windows locked when you're not home, are two easy ways to deter the average burglar.

- Make sure your home is well lit. Better yet, use motion-sensing lights that come on when movement is detected. They'll keep you from having to fumble your way to a dark door. Lights, indoors and out, should also be on a timer when you're away.



Take smart precautions to ward off burglars

- Install wireless security cameras. Motion-sensing cameras with an Internet connection allow you to monitor your home while you're away via any internet browser. For example, wireless IP network cameras send an alert to your phone or computer with a photograph when body heat, audio, or motion is detected. It also allows users to view real-time video from anywhere

in the world using a personalized secure web address provided for free.

- Evaluate your home's surroundings. Don't inadvertently make it easy for burglars to hide. Keep landscaping neatly trimmed to eliminate hiding places around the house. And careless placement of tools in the backyard, such as ladder, can be used by the burglar to break-in. So be sure to always store tools properly and in secure locations.

- Keep up appearances. Make sure to stop all newspaper deliveries and have the post office hold your mail when you are away. Also, keep your grass watered and cut, along with other landscaping if you are gone for an extended period.

These simple tips and precautions should allow you to rest easier while away -- and keep your home safe as well.




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- Close to skiing, shopping

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Real Estate






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1BR 1BA Slopeside **\$92,000**
1BR w/Loft 2BA **\$129,900**



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PRICED TO SELL.....\$425,000



IMMACULATE KILLINGTON HOME 3 BRs, 2 BAs, gourmet kitchen, LR w/large stone FP, private deck, nicely landscaped. Great location, level access.
EXCLUSIVE.....\$325,000



PITTSFIELD CAMP This very accessible 2-BR home borders a brook & is close to VAST snowmobile trails. LR w/vaulted ceilings, new carpet & a VT castings woodstove.
EXCLUSIVE.....\$110,000

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End of Road Location! Mountain Views! Minutes to Skiing! 5 bed/2.5 bath \$250,000



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The Salt Ash Inn is For Sale! Strong Investment Opportunity! Seller Says Bring All Offers! \$389,000



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- 3 bed/ 2 bath Edgemont \$9,900
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- 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

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The Woods at Killington, \$137,500

Wonderful updated 2 level 2 Bedroom, 2 Bath Condo. Personal touches added by owners, custom design marble flooring, wood flooring in dining-living area, stone faced fireplace, spectacular mural work, surround sound system and newly painted (special surface to protect walls). Fully furnished and equipped. Association fees include full access to premier spa and tennis facilities. **Call Sue 802-353-0701.**



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Prime location - Unique 3 Bedroom (lockout 1 & 2 or 3 bedrooms) Completely furnished and equipped. Ownership allows you to belong to the rental program (fee associated) or use as your own Personal Home (easy to renovate and upgrade to suit your taste.) Unit has full access to pool and welcome center, laundry and room cleaning service. In bus route to Pico and Killington Mountain. Enjoy Biking, Skiing, Hiking, Golfing Music and Community events.....Location and Price is awaiting!!! **Call Alison 802-747-8822**



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Ledges 32 Condo , 2 Bedroom,
2 Bath with Den, 2000 sq.ft. **\$249k**



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• Wood burning fireplace-Decks
• Paved parking – gas heat **\$339K**

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• 3BR/2BA per side, turn-key
• Upgraded – wd burning f/places
• Open Floor plan **\$339K**

PASSIVE SOLAR GAIN



• Killington 2BR/2BA + Den
• Open floor plan, new appliances
• Economical utilities **\$224,000**

SHORT TERM-HIGH INCOME PRODUCER



• Den+3BA-Cul de sac
• Gas f/plc + outdoor hot tub
• 2Master Suites, Furnished **\$495K**

HOT TUB & SHUTTLE AREA



• 3BR/2BA-wood burning fplc
• Recreation Rm-Laundry-Breezeway
• Indoor hot tub building **\$399K**

PICO AREA – ROBINWOOD



• 4BR/4BA-A/Conditioned-Propane
• Sewer-Paved-Garage-Stone Fplc
• Rec Rm+fplc – Furnished **\$329K**

GREAT TRAIL VIEWS



• 3BR,4BA+den+Mudrm, 3Ac
• large kitchen, indoor whirlpool
• 2 master suites w/fplaces **\$399K**

MOVE-IN CONDITION



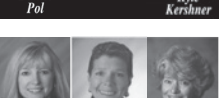
• 3BR/2BA – 1 Ac- Oil Heat
• Outdoor Hot Tub- Pico Views
• Community Water Sys **\$235K**



Nicole Aponowich
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Megan Boyle O'Neill



Daniel Pol
Kyle Kershner



Eileen Godfrey
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Tricia Carter



Lenore Bianchi
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Peter Metzler



(P)-Pool (T)-Tennis Court

Ski In & Out

| | Studio-1BR | 2BR | 3-4BR |
|------------------------|-------------|--------------|--------|
| Pico-Condos (P) | \$95-\$118K | \$129K | |
| Sunrise Condos (P/T) | \$173K | \$239-\$285K | |
| Sunrise T/House (P/T) | | | \$469K |
| Topridge T/House (P/T) | | | \$615K |

Ski In / Shuttle Out

| | | | |
|------------------------|--------------|--------------|--------------|
| Edgemont | | | \$165K |
| Fall Line (P) | \$110K | \$245K | |
| Highridge (P/T) | \$120-\$138K | \$175-\$180K | \$299K |
| Trail Creek w/loft (P) | \$190K | \$275K | |
| Whiffletree (P/T) | | \$99K | \$119-\$169K |

Shuttle

| | | | |
|------------------------------|------------|--------|--------------|
| Killington Center Suites (P) | | \$99K | |
| Mtn Green (1 & 2) (P) | \$53-\$58K | | \$125K |
| Mtn Green (3) (P) | \$49-\$79K | | \$140-\$150K |
| Pinnacle (P/T) | \$99K | \$169K | |
| The Heights w/ garage | | | \$370-\$400K |
| The Woods - Village (P/T) | | | |

Close Drive to Slopes

| | | | |
|----------------------------|------------|--------|--------------|
| Hemlock Ridge | | | \$180K |
| Fox Hollow (P/T) | | \$148K | |
| Glazebrook T/House (P/T) | | \$199K | |
| Colony Club T/Houses (P/T) | | | \$239-\$249K |
| Killington Gateway (P/T) | \$65-\$79K | \$135K | |
| Moon Ridge T/House | | | \$200K |
| Northside | | \$119K | |
| Valley Park | | \$95K | |
| Mendon Square | \$65K | | |
| Pondview | | \$90K | |
| Telemark Village (P/T) | | \$299K | |
| Winterberry T/House | | | \$440K |

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• Chalet-styled, Deck
• 4BR/2BA- Mudroom
• Flat parking **\$269K**

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

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

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• 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**

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

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• 5BR, 4BA Furnished, A/C
• 9ft ceilings, outdoor hot tub
• 2-car o/sized garage **\$659,900**

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• Paved Driveway **\$359,000**

PASSIVE SOLAR GAIN



• 4BR/3BA + 3.5 car garage
• Solar design, loft/den, Paved driveway
• Midway Rutland/Killington - **\$450K**

POST & BEAM



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• Killington 22Ac, stone fireplc
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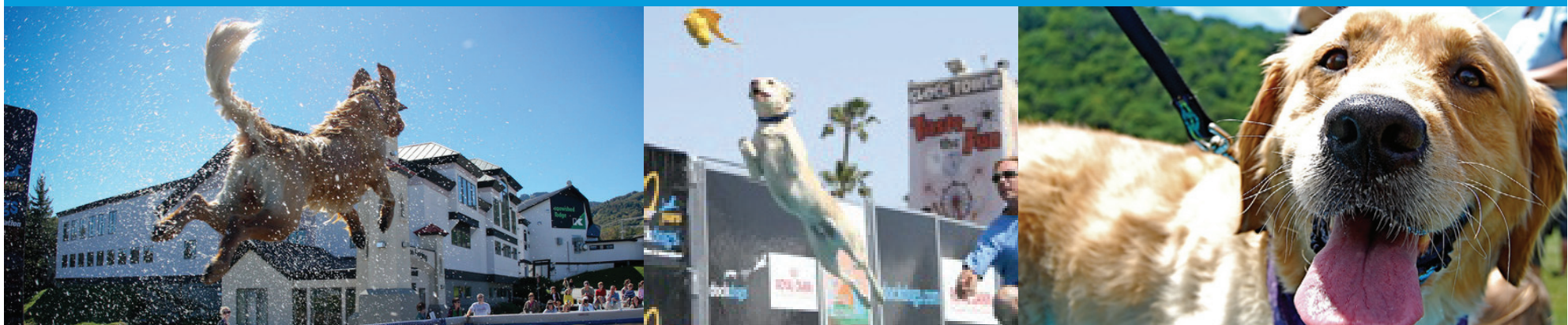
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