

VERMONT

Main Streets

& Back Roads

INSIDE THE FALL 2008 ISSUE

HARVEST TIME

SOUTHWARD BOUND

Vermont's Hawks

INTERVIEW WITH WRITER/STORYTELLER

Joseph A. Citro

Hit the snooze button on reality.
Tune in to RSN. Your 24/7/365 vacation agent.



Resort TV

Your source for conditions, information and entertainment.
Go to rsn.com for local channels and program listings.

From the editor



123 Frost St.
Brattleboro, VT 05301
POB 907 W. Dover, VT 05356
www.vermontquarterly.com
vermontquarterly@aol.com
(802) 770-0372

Editorial Staff

Publisher: Marc Albano
Editor: Ariel Redden
Contributors: Sabrina Thomas, Ariel Redden, Lauren Gilpatrick, Sieglinde Joyce, Marc Albano
Graphic Design: Erica Ragsdale, Newsletters Ink
Ad Design: David Allard

Submissions

Submission of photographs, articles, or other materials is done at the risk of the sender, and MSBR cannot accept liability for loss or damage. No submission will be answered or returned without SASE. Email submissions can be made to VT

Subscriptions

Published 4 (four) times per year. U.S. \$9.95; Canada \$11.95; elsewhere \$15.95. To subscribe, purchase back issues, or any subscription-related information, please call (802) 770 0372 or visit www.vermontquarterly.com



BV-COC-210004

Fall is one of the most wonderful of seasons here in Vermont for me. I love the weather, as I get to move to sports jackets and long pants. Coupled with the autumn breezes and the kaleidoscopic array of colors, this time of year is never quite long enough.

We are making quite a few changes here, including the launch of a new sister-publication specific to Real Estate and Building here in Vermont. Our first issue is right around the corner, so please pick up a copy. It is an article-driven publication, not just a slew of ads.

I'd also like to welcome a new writer who is also helping on an editorial level. Ariel Redden joins us this issue with a wonderful piece on Brattleboro and will be expanding our travel section as well, starting with our winter issue.

We will also start holding monthly events to promote our cover artists and other area artists in southern Vermont, starting with our winter issue.

Thank you again, both readers and advertisers, for your continued support.

Marc Albano

Artist's Profile: Linda Eaton Marcille

Linda is an award-winning poet, photographer and artist whose paintings on silk have been sold internationally. She creates her silk paintings using the highest quality steam set French dyes, the finest crepe de chine silk from China, and a one of a kind resist made only in New Zealand.

"Painting on silk is an incredibly time-consuming and unforgiving medium," notes Marcille. "Just one drop of misplaced dye or a broken resist line and days of painstaking work are ruined."

"As challenging as painting on silk is, however, it is also one of the most rewarding art forms, because the two hour steaming process joins the fiber-reactive dyes molecularly with the silk, so the dyes take on the silks iridescent sheen."

It is because of this union that silk paintings are able to produce an awe-inspiring range of reflective color that no other medium is capable of creating.

Linda's work has appeared on WCAX Channel 3 News and in other publications, including Vermont Magazine. Her original paintings, as well as giclee prints, are available in galleries throughout Vermont and at her studio in Brattleboro. Linda also ships her work to customers upon request.

If you are interested in having Linda do a custom painting of your home, or visiting her studio, you may contact her at silkart@verizon.net or visit her website at www.CrowHouseStudio.com

Linda recently moved her studio to Brattleboro in May of 2008.





feature story

8

Southward Bound

As the winds shift and the days grow shorter, we feel a sense of cool change fall over the Green Mountains.

CONTENTS

5 My Name Is..., And I Am An Alcoholic

Alcoholics Anonymous is a world-wide, informal meeting society that assists its members in staying sober and helping other members achieve sobriety.

6 Harvest Time

For those of us who are interested in good food and being healthy, there is an abundant amount of tasty ways to prepare and store veggies for consumption now, as well as to store away for the cold months ahead.

8 Southward Bound

As the winds shift and the days grow shorter, we feel a sense of cool change fall over the Green Mountains. Scarecrows are erected, pumpkins are carved, ciders are sipped and socks are adorned on summer-tanned feet.

10 Grandma's Pantry

Crisp cool evenings are often the first sign that Autumn is near. They lead to the vivid reds, oranges, and yellows of one of VT's faves, Fall Foliage.

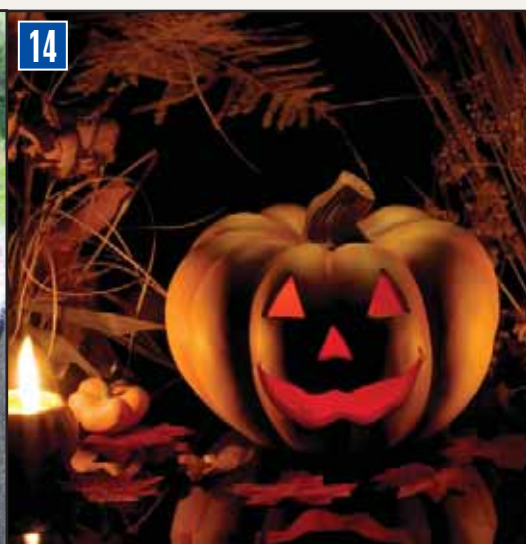
12 Interview with Writer/Storyteller Joseph A. Citro

14 A Vermonter's How To Guide To...

Find out how to winterize you garden and carve a pumpkin!

16 It's Better in Brattleboro

The secret is out. It had to happen eventually. This fall, Brattleboro landed on not only one, but THREE best of the best lists.



My Name Is ..., And I Am An Alcoholic

Alcoholics Anonymous is a world-wide, informal meeting society that assists its members in staying sober and helping other members achieve sobriety. Although part of our general lexicon, members and non-members alike may not be familiar with its connection to Vermont.

Bill Wilson, co-founder of Alcoholics Anonymous (AA), was born in East Dorset, VT. By 1934, Wilson had destroyed his promising Wall Street career with his constant drunkenness.

An old drinking buddy introduced him to a Christian movement called the Oxford Group, where he was treated by Dr. William Silkworth, who was unique at the time in promoting alcoholism as a disease. While hospitalized, Wilson proclaimed to undergo a spiritual experience, getting in touch with a "higher power" that helped him to stop drinking.

While attending business in Ohio, in 1935, Wilson's temptation to drink found him touching base with another native Vermonter. Dr. Bob Smith, born in St Johnsbury, had found similar spiritual strength in his effort to achieve sobriety.

The two Vermonters co-founded AA through word-of-mouth. Wilson published a book entitled "Alcoholics Anonymous," which touted the 12 Step Program now familiar to millions. As of 2006, almost 2 million AA members were recorded in over 100,000 groups worldwide.

AA has not been without controversy, quite often maligned by the issue of the "higher power" and its reported connection to Christianity. Some critics have gone so far as to assigned a "cult-like behavior," to its methods.

In addition, an internal AA report in 1989 further brought up concerns as to the effectiveness of AA among its members. Of those who attended AA for the first time, only 19% remained after one month and only 5% after one year. The report could not explain why there was such a high attrition rate, but it was determined that greater focus needed to be spent on first-comers.

Regardless of effectiveness to newcomers, Alcoholics Anonymous as a worldwide movement has been of some benefit to millions since its inception, even as a lightning rod for criticism. It's precept that one must "admit the problem" before they can combat their alcoholism can serve as assistance even if the alcoholic should seek help elsewhere, outside of AA. Still, critics also condemn the AA belief that alcoholics are "powerless" against such a problem.

AA meetings are still held in Wilson's House in East Dorset and "Doctor Bob's" boyhood home is now a drug and alcohol abuse treatment center.



Bill Wilson



Dr. Bob Smith



"Doctor Bob's" St Johnsbury home

harvesttime

For those of us who are interested in good food and being healthy, there is an abundant amount of tasty ways to prepare and store veggies for consumption now, as well as to store away for the cold months ahead. I've put together some good ideas to keep your vegetable intake up and your time in the kitchen down, so you can soak up the rest of the sun and fun before winter approaches.

The first recipe I want everyone to try is Kale Chips, considered a "super food." Kale is loaded with vitamins like beta-carotene, C, and E and the minerals potassium, calcium and magnesium.

Edamame pods, otherwise known as soybeans, may not be as familiar, particularly in the whole pod. They are a fun, easy way to get the protein we need for our muscles and whole bodies to flourish.

To cook these, first, wash the pods; then, get a large enough sauté pan to easily stir them. Preheat it to a medium high and toss the pods in with a tablespoon or two of olive oil and a few pinches of sea salt. Sauté the Edamame pods for about 5 minutes. If you need to test one, pop it open from the top of the pod as that is where the beans pop out from. If they have a slight crispness to them (not crunchy), they are done. They should not be soft like a kidney bean texture. Edamame beans can be found locally, and can be frozen after taking them out of their pods, and are delicious in salads, stir-fries, and eaten alone.

Another great recipe is pesto as there is so much you can do with pesto: it makes pasta a meal; it makes a great base for a pizza; and also a great marinade for fish and chicken. The pesto recipe below is a keeper.

Lastly, I would like to share a tip storing vegetables. Steam your green leafy veggies just until wilted and shrunk down in size and, after cooling them, place into storage containers for freezing. These healthy storage foods are great for soups, casseroles and to puree into your favorite spaghetti sauces. Even picky kids will eat greens this way.

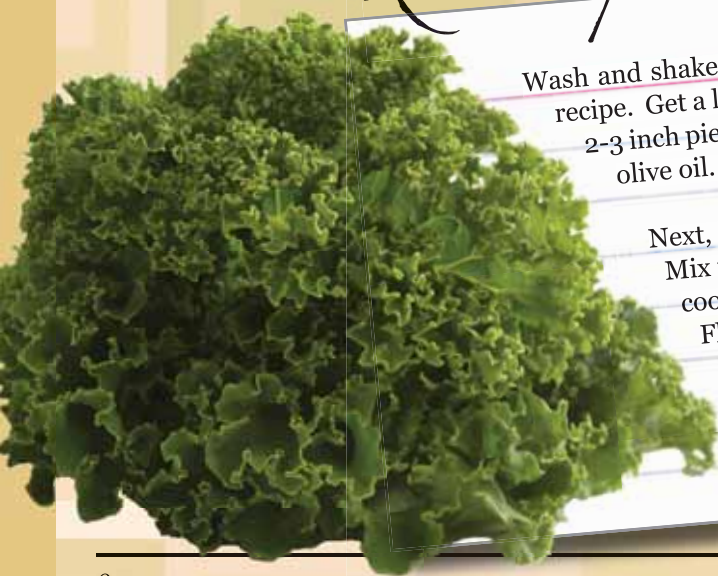
Sieglinde Joyce is a practicing Holistic Health counselor in West Dover, VT and can be reached at 464-2846 or healthy@sover.net. She will help you fill out your initial health history form online and do your consultation right over the phone.

Sieglinde works with you to accomplish health goals such as weight loss, fighting fatigue and depression and improving overall family or personal health.

Kale Chips

Wash and shake out excess water from kale: curly kale works best for this recipe. Get a large bowl and break up an average sized colander amount of 2-3 inch pieces. Put all pieces into large bowl and drizzle 1-2 tablespoons olive oil. I lean toward 2 tablespoons.

Next, add 2 tablespoons cider vinegar, and a pinch or two of salt. Mix this until blended and all leaves are coated well. Place onto a cookie sheet and into a preheated oven at 350 for 10-15 minutes. Flip once during cooking to crisp up on both sides. If you have metal cookie racks, you could put them on this and than you wouldn't have to flip.



Basil Pesto

This pesto doesn't have parmesan cheese and uses walnuts for the traditional pi-
gnoli nuts. If you make it with a mortar and pestle, it doesn't become too ho-
mogenized; however, you can use a food processor if you choose. This pesto is
better when a little coarser. The proportions of ingredients are also approx-
imations, as with the kale chips, allowing for your own personal taste.

1 teaspoon salt
1/2 cup fresh basil
1/2 cup fresh parsley
2 to 3 cloves garlic, crushed and peeled
1/2 cup broken walnut pieces
Olive oil

Place salt in a mortar and begin adding basil and parsley leaves. Add some
garlic - continue working in each new addition. Add broken nuts, more leaves,
then garlic, until mixture is well ground, but not too smooth. Add olive oil
slowly, stirring until desired consistency is reached. Again, if you use a food
processor, just slowly add nuts at the end and don't chop them too much.

Pestos freeze well and you can use all winter, so make at least a double batch.
Cilantro also works great, so feel free to substitute the Cilantro for Basil.



Ardmore Inn

23 Pleasant Street
Woodstock, Vermont 05091
800-497-9652
802-457-3887
ardmoreinn@aol.com
www.ardmoreinn.com

In the heart of the Village

*Arrive as a guest,
leave as a friend.*

Searching for a classic Vermont country inn experience?

Visit Inn on the Common, profiled by The Today Show
and featured in The Boston Globe.
Located in The Northeast Kingdom's
scenic Craftsbury Common.
Member Select Registry.
Call for Special Package rates.



800.521.2233 • WWW.INNONTHECOMMON.COM


The Woods
at Wihakowi
Cabins, Cottages, Camping
Weddings, Events,
Reunions, Retreats
877-966-3588
www.thewoodsvt.com

Nestled in the foothills of the Green
Mountains in Northfield, Vermont, The
Woods at Wihakowi offers comfortable,
home-away-from-home lodging in cozy
cottages, with plenty of room for group
events, weddings reunions and retreats.




Hemingway's
RESTAURANT

Where wine & food meet their match!

using Vermont fresh products since 1982

PH: 802-422-3886
www.HemingwaysRestaurant.com
4988 U.S. Route 4, Killington VT 05751

Southward Bound

As the winds shift and the days grow shorter, we feel a sense of cool change fall over the Green Mountains. Scarecrows are erected, pumpkins are carved, ciders are sipped and socks are adorned on summer-tanned feet. Many Vermonters consider autumn their favorite season because of the final explosion of colorful foliage before the long white winter. It is one of my favorite seasons not only for the festive activities and spectacular colors, but for the massive migration of hawks in the skies.

Many birds migrate south to their wintering grounds as food resources in the north begin to dwindle. Each fall there are

large flocks of waterfowl and songbirds that head to warmer climes but there is something about hundreds of hawks moving through an area that takes my very breath away. Hawks are birds of prey called diurnal raptors (meaning active during the day) that hunt and kill a variety of foods with their hooked bills and extremely sharp talons. Diets vary widely across species, from hares and squirrels for some; to fish, frogs and insects for others. Some species like the Sharp-shinned Hawk prey chiefly on other birds and are often seen scouting backyard feeders for live snacks!

Of the 38 raptor species known to occur in North America, about 14 of them reside, breed or migrate through Vermont. Along with Eagles and Turkey Vultures, the various types of raptors in Vermont are the Accipiters (Sharp-shinned Hawks, Cooper's Hawks and Northern Goshawks), the

Falcons (American Kestrels and Peregrine Falcons), the Buteos, (pronounced "beauty-ohs") (Red-tailed, Broad-winged, Red-shouldered and Rough-legged Hawks) and the Northern Harrier. I highly recommend getting one (or all) of the many great raptor field guides out there to discover much more than I can tell

you here about these exceptional birds and their sometimes odd behaviors.

Fall migrations span from August to December as different species head south to different geographic regions. Cold fronts and a good northeast wind will likely bring a push of hawks as they seek to minimize their energy costs by traveling with the wind. Generally, Falcons migrate from mid-September to early October and the Accipiters migrate from early September to October. The Red-shouldered and Red-tailed Hawks head to the southern United States in October and November with the Red-taileds going as far south as Panama. Amazingly, the Rough-legged Hawks actually migrate south from the Arctic tundra to winter in New England. Let us remember that when our heating bills astound us this winter!

Of all the migrating raptor species, I particularly look forward to seeing the Broad-wingeds move through each fall. For Buteos, they have an early and one of the most predictably timed migrations of all hawks; you can more or less count on seeing them heading south on September 15th.



Red-shouldered Hawk

With their broad wings and stout bodies, they migrate to Central and South America in large flocks that can number in the thousands! These groups are often referred to as kettles because the birds look like they are boiling in the sky as they lift and whirl in warm air columns called thermals.

Another favorite of mine is the Northern Harrier. These white-rumped hawks cruise slow and low over the ground, hunting their way down to the southern United States and northern South America each fall. They are one of the few species that I see regularly hovering and can be spotted in fields and wet marshes hunting for small mammals, frogs and birds. While the females are streaked tawny brown, male harriers have plumage of special magnificence with silvery blue-gray backs, clean white bellies and black tips on their long, slender wings. There is no mistaking a white-rumped "gray ghost" cruising low over a misty field.

Even the most casual observer can appreciate a huge Red-tailed Hawk swooping to her favorite roadside hunting perch on Route 7 or a column of Turkey Vultures rocking and swirling over highway 91. A moment of awe follows the sighting of a perched Sharp-shinned in the woods as you hear the air whoosh through his feathers as he takes off. Raptors are a beautiful and integral part of our natural world; they help to control rodent populations, are an important indicator of habitat quality and play a crucial role in the world of birds. So this fall when you see a hawk, take a moment to appreciate their ethereal presence in your world and just how far they traveled to be here - and just how much farther they have to go.

Lauren Gilpatrick is a Wildlife Biologist that received her B.S. in Wildlife Biology from the University of Montana. She has spotted over 200 avian species across the nation and encourages people to consider their role in the ecosystem and how their daily choices might affect wildlife habitat. She can be reached at: lgilpatrick@hotmail.com



Northern Harrier

Sharp-shinned Hawk



Northern Harrier



Turkey Vulture



Red-shouldered Hawk

Grandma's Pantry

autumn

Crisp cool evenings are often the first sign that Autumn is near. They lead to the vivid reds, oranges, and yellows of one of VT's faves, Fall Foliage.

Grandma's Pantry was a busy setting during this time of the year. This was a time for canning the last harvests, and baking fresh apple and pumpkin pies. The cellar of Grandma's farmhouse, with its stone walls and dirt floor, was the traditional root cellar where vegetables were stored for use later in the season. Whole carrots were buried in buckets of sand, onions were hung by their stems, and potatoes stacked on top of one another were placed in a large bin. Herbs would be gathered and hung to dry in the attic for winter use and medicinals would be prepared for the long cold months ahead.

Lingering aromas of cherry, pine, and birch smoke scented the air as woodstoves were lighted for the first time after the warm summer months. On Grandma's kitchen woodstove, a tea kettle or stew would simmer and it was on this stove, not the gas/modern one, that the medicinals were concocted.

Folk wisdom teaches that as seasons change, so do the needs of the body. Often the "cooling" remedies needed for summer would become "heating" remedies for autumn. Of course, these folk remedies should never be used in place of professional medical care. Should one experience illness, a doctor's visit is always advised.



During this time of changing weather, the common cold was often experienced. Grandma's Pantry would often utilize simple, but effective, poultices (AKA plasters) placed externally on the chest or upper back. The desired outcome would determine the specific ingredients used.

For example, a "heating poultice", which improves circulation and mobility of fluids, might contain yellow mustard seed powder (*Brassica hirta*) and ginger (*Zingiber officinale*) combined with regular flour. These would be made into a paste by adding hot water, inserted between a very warm and moist cloth or towel, placed on to the body, and covered by more warm towels. The ingredients would never be used directly on the skin as they could cause burns, blisters, or rash.



Coughs were often treated with a mixture of vinegar, honey and butter. This syrupy liquid placed on the top shelf of the kitchen woodstove was always warm and ready to ease congestion. If this recipe did not work, boiled red clover blossoms (*Trifolium pretense*) would be made into a syrup and used as an antispasmodic and expectorant.

Often the simplest methods possible were utilized. One of Grandma's Pantry cure alls for mild skin burns was the quick method of soaking a slice of bread in cold milk and applying it to the area affected. Folklore also tells us that applying boiled comfrey leaf (*Symphytum officinale* L) directly to the area and leaving it on 24 hours is beneficial, as is making a cold tea compress from lavender flowers (*Lavandula angustifolia*). Although some folk remedies state that butter should be applied liberally on burns, this is **not** a beneficial act. Butter holds in the heat of the burn and is the perfect breeding ground for bacteria and infection.

In whatever way you choose to spend this colorful Vermont season, may it be bountiful, active, and free of accident or illness. As my Grandma said, "Get out of the house, and get some fresh air" and enjoy yourself.

Sabrina Thomas is a 6th generation native Vermonter with a passion for the natural world around her and all folklore associated with it. She is a professional educator at both the college and elementary level.

The concept of Grandma's Pantry originated from the memories of Sabrina's childhood and the countless days and nights spent with her Grandmother working with food and cure alls from the kitchen pantry. Sabrina can be reached at sabrinaatvt@hotmail.com.

Sabrina Thomas was also the author of A Legendary Horse Race, our feature piece in the summer issue. We apologize for not giving proper credit where it was due. Thank you, Sabrina!

interview with writer/storyteller

Joseph A. Citro

You've been regaling readers for some time as to the strange events and ghost stories that make up Vermont. What do you find so interesting about these tales of oddities?

I find them interesting on many levels. It is fun to research the history of our state via its legends and folklore. Also, the more supernatural the tale the more it gives us to ponder why we're here, what happens after death, and the mysteries that surround us. Plus, they're just good stories. Most people like a good weird tale. If you check out movies, books, and television, you will find a cultural proliferation with these interests. We're going through a real supernatural, paranormal renaissance. What does that say about what's going on in the world today?

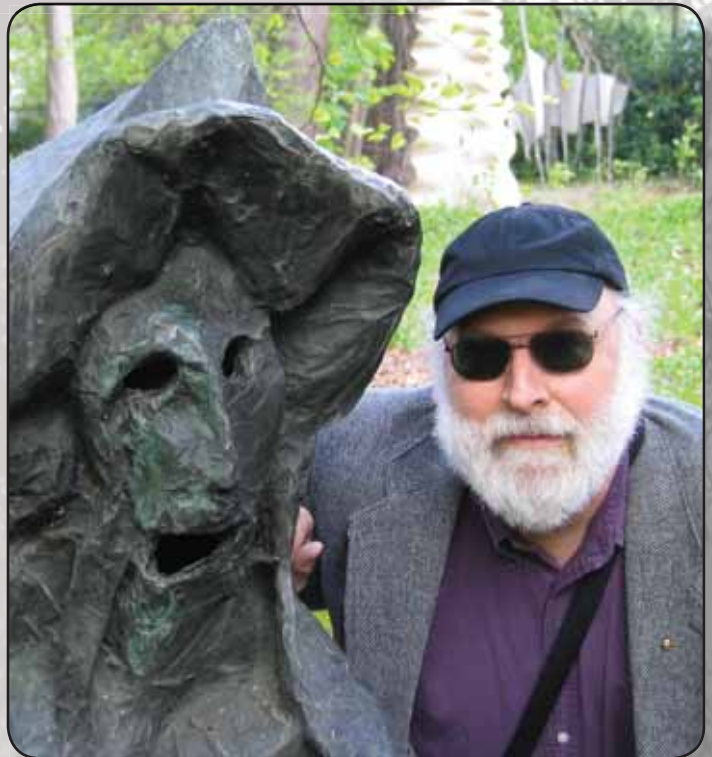
How do you go about researching and finding all of these great little morsels of knowledge and trivia?

Pretty much the usual avenues of research: newspapers, books, magazines. Since I have been doing work on public radio, and also doing a lot of public speaking, people have been bringing stories to me. For example the way I learned about Northfield's "Pigman" came from a guy named Jeff Hatch who was at one of my lectures and told the story during the discussion afterward.

Right now I'm trying to put together a book about Vermont Monsters. I'm using traditional reference materials but I'm also reaching out to people. Believe me, there are a lot more monster stories in Vermont than just Champ and Memphre. Yet nobody has ever pulled them together as a book.

Not just an author, you have become a renowned storyteller, traveling and telling stories throughout the state, like bards of old. What was your inspiration to get off the written page?

These stories belong in the oral tradition. Many of them are the types of tales you might whisper around the



campfire at night, or before the hearth on a long winter's evening. Strictly speaking, I am not a storyteller in the sense it has come to mean. Today, a storyteller does, in effect, a dramatic monologue complete with theatrical gestures and sometimes even props or music.

I don't do that. I generally work from a script or notes. By doing so I can ultimately practice and improve what is on the page. So by the time the material finds its way into one of my books, it will be in its most dramatic, straightforward form.

Lately, however, I've been working slides into some of my presentations. People like to see the places I'm talking about.

Public speaking is very much a part of my job. I see myself as a writer, first. But I very much enjoy getting out and meeting people, especially in situations when we're all linked together by a body of tales. I've found that everybody has at least one good story -- if we can just get them to tell it.

**For more information on Joseph Citro, visit
www.Josephacitro.com**

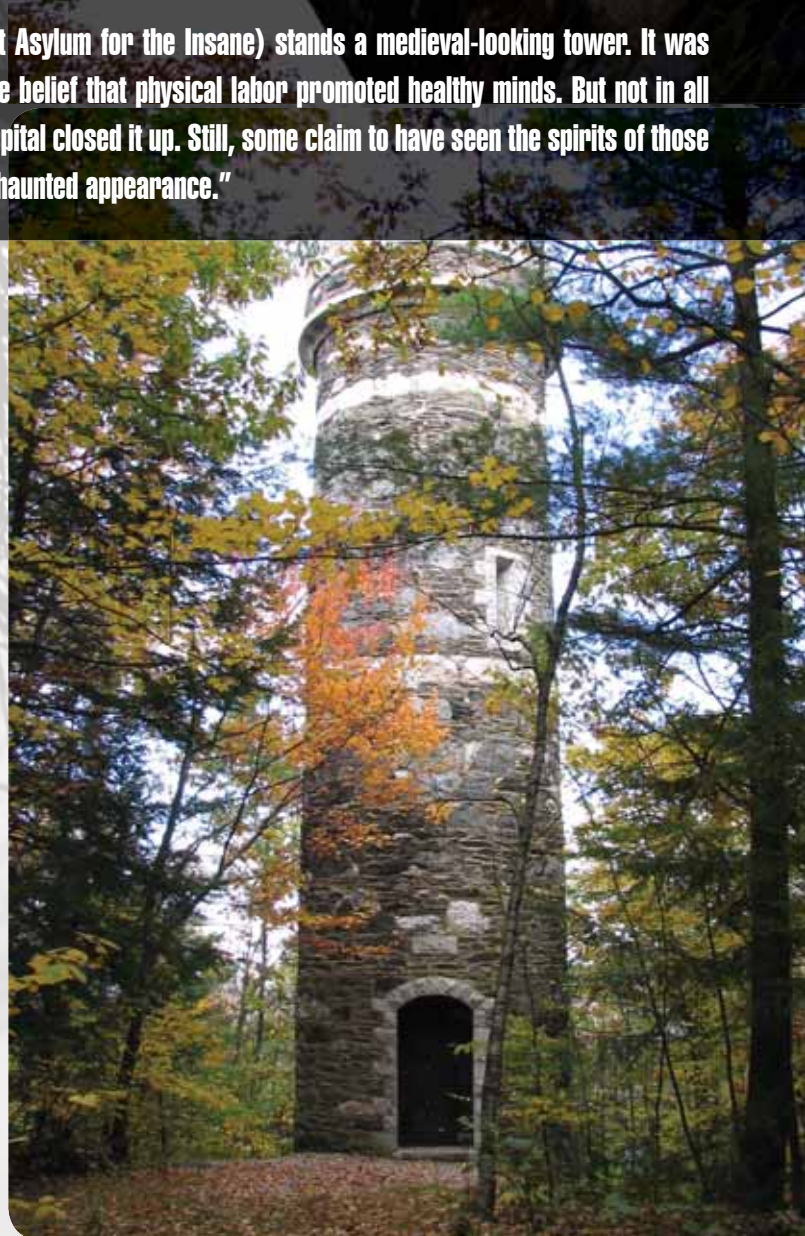
"On the grounds of the Brattleboro Retreat (formerly The Vermont Asylum for the Insane) stands a medieval-looking tower. It was constructed in the late nineteenth century by hospital inmates in the belief that physical labor promoted healthy minds. But not in all cases. Enough patients used the tower for suicidal leaps that the hospital closed it up. Still, some claim to have seen the spirits of those tragic dead lurking in the proximity of the structure, completing its haunted appearance."

Novels

Shadow Child	(1998, 1987)
Guardian Angels	(1999, 1988)
The Gore	(2000 aka The Unseen 1990)
Lake Monsters	(2001 aka Dark Twilight 1991)
Deus-X	(2003, 1994)

Non-Fiction

Vermont Lifer (editor, 1986)
 Green Mountain Ghosts, Ghouls and Unsolved Mysteries (1994)
 Passing Strange: True Tales of New England Hauntings and Horrors (1996)
 The Vermont Ghost Guide (2000)
 Vermont Air (editor, 2002)
 Curious New England: The Unconventional Traveler's Guide to Eccentric Destinations (2003)
 Cursed in New England: Stories of Damned Yankees (2004)
 Weird New England (2006)
 The Vermont Monster Guide (forthcoming)



A Vermonter's How To Guide To...



Winterize Your Garden

Freezing and drying conditions can really tax the most hardy of plants so, in Vermont, it is important to get your garden ready for Winter.

You will need the following:

- Gardening Gloves
- Leaf Rakes
- Mulch
- Antitranspirant sprays
- Vermiculite

① Plant spring-blooming bulbs (tulips, daffodils, etc.). Plant them while the ground can still be easily worked – starting from September on, depending upon temperatures.

② Pull up any annual flowers or vegetables felled by frost. Dispose of these, preferably in a compost heap; if you suspect disease, throw them in the garbage.

③ Rake leaves and compost. Failing to rake leaves can result in a dying or diseased lawn.

④ Protect roses as needed.

⑤ Cut back (almost) to the ground any perennials whose foliage has become unsightly.

⑥ Weed, weed, weed! Fall action prevents weeds from getting a head start next spring, saving you work in the long run.

⑦ Feel free to bring in your small annuals and herbs, placing next to a sunny window.

⑧ Make sure to apply a winter mulch to perennials where winter temperatures generally fall below -10F degrees. You can lay a lightweight organic mulch, such as shredded autumn leaves, pine needles or straw, over beds to protect plants from winter's extremes. Try not to make the mulch too compact, as they can suffocate plants.

⑨ Water evergreens and small trees and shrubs if the fall weather is especially dry. Winter winds can be quite dry and this will help prevent damage. It is okay to water up until first freeze, as the plants need as much water as possible.

⑩ There is no need to fertilize or prune plants at their end of their seasons, as any new growth could be damaged by cold weather. You can, however, trim dead branches or foliage.

How to Carve a Pumpkin

Don't you just love it when the fall season hits and decorations start going up for Halloween and Thanksgiving! Vacation plans for the holidays start coming together. Someone somewhere always starts the countdown to Christmas and holiday parties start to fill up the calendar! Children are so excited for the Trick or Treat candy and as the weather cools, food plans are made for the Thanksgiving celebrations. Families are deciding whose parents they will visit and there are jack-o-lanterns and pumpkins on everyone's doorstep. Here is a method to make your own carved pumpkin to decorate your front step for the holidays!

You will need the following:

- Pumpkin
- Spoon (size dependent)
- Carving tools
- Candle/glass votive

① Use a sharp knife (like a boning knife) to cut a hole, usually on top. You may want to cut from bottom as well, as becomes easier to light candle. Make sure when you make the

cut you face the knife towards the center of the pumpkin. In the back cut out a small notch so you will know how to place the pieces back together later.

- ② Know use a large spoon to clean out the inside pulp.
- ③ Paste on your paper template, molding the paper to the pumpkin. You can draw the face on the pumpkin directly as well, but you may find a paper template more accurate.
- ④ Use a sharp tool to poke little holes through the paper into the pumpkin so you can see the outline. Toothpicks, pencils, etc., will work. Truly serious carvers are welcome to utilize a dremel, as very easy and not very expensive.
- ⑤ When finished carving, remove the paper template, or wash off the marker. Soak the pumpkin in a bucket of water to prevent the pumpkin from shriveling. Let it air-dry completely and then rub a small amount of petroleum jelly on the cut areas to keep the edges from drying out. These actions help keep the pumpkin from rotting so fast.
- ⑥ Insert a light source – whether candle or bulb, etc.



**Scenic
Vermont
Train
Rides!**

TRAINS
around
VERMONT

**Take a flyer! Come aboard
a Vermont Flyer train today
and relive the days when
travel was an exciting
adventure. Relax and enjoy
the beautiful scenery of the
Green Mountain state.**

**Bus groups welcome
and Special Excursion
trains available.**


**Call (800) 707-3530
for more details or visit us on the web at
www.rails-vt.com**

Burlington • White River • Bellows Falls

The Deer Brook Advantage...

Don't Settle for Less

All guest rooms feature full private bathrooms.
Dine indoors or al fresco, overlooking the lawn and gardens.
Concierge service for your reservations and arrangements.
Historic 1820 farm house, filled with antiques and charm.
Wireless internet access and in-room music systems



DEER BROOK INN
Bed & Breakfast, Woodstock, Vermont
"New York Times Pick" - June 2007
802-672-3713 www.deerbrookinn.com

INN

AT LAREAU FARM



A M E R I C A N

FLATBREAD .com

It's Better in brattleboro

By Ariel Redden

The secret is out. It had to happen eventually. This fall, Brattleboro landed on not only one, but THREE best of the best lists. They are as follows:

- ★ American Style Magazine has listed Brattleboro as one of its 2008 top 25 Arts Destination Towns for small towns and cities;
- ★ Outside Magazine has included Brattleboro as one of its 20 Best Towns 2008;
- ★ Brattleboro made it on National Geographic Adventure Magazine's fourth annual 50 Next Great Adventure Towns.

Well, well. It may be fair to say that those of us who reside in and near Brattleboro – one of Vermont's most southern towns before hitting the Massachusetts border – have always felt living here was somewhat of a stroke of luck. We have always known how much the area has to offer, but did we really want the whole world to know as well?

The answer, of course, is a resounding yes, because the qualities that placed Brattleboro on these three distinguished lists are also qualities that are best shared with others. Here, nestled at the base of the Green Mountains, right between two rivers, is one of the most artsy, outdoorsy, intellectual, environmentally conscious, culturally diverse towns in Vermont – if not New England.

THE ARTS ~

Due to the size and scope of Brattleboro's art scene, one of the best ways to experience the talent and depth this community has to offer is through Gallery Walk (www.gallery-walk.org). The first Friday of each month the streets of downtown Brattleboro literally come alive with creativity, when hundreds of artists, craftspeople, musicians and performers gather to showcase their talent. This is a huge community event, often coinciding with other annual events in the area, such as Strolling of the Heifers in June (you really don't want to miss this one) or the Brattleboro Literary Festival in September/October.

In addition to the dozens of galleries throughout Brattleboro and surrounding areas, lies The Brattleboro Museum and



Roasting and distributing
the finest quality organic,
fair trade, and specialty
coffees available.

MOCHA JOE'S

181 Main St. Brattleboro VT
802-257-JOES (5637)

For wholesale, retail, and equipment inquiries
call Ari Reis at 1-888-414-2551 or visit us online at www.mochajoes.com



Lakeside setting on the Appalachian Trail

WEDDINGS, MEETINGS, RETREATS
Mountain Meadows Lodge
www.mountainmeadowslodge.com, 802-775-1010

Art Center, a beautiful space located in a renovated train station on the edge of the Connecticut River. The Center is open year round and hosts several major exhibits and events throughout the year. Now, through mid-November, the museum is showing exhibits by artists Kaori Hamura, Robert Flynt, Jules Olitski, Walter Collier Nicolai and Sabra Field. (www.battleboromuseum.org)

For those interested in combining sightseeing with art, you won't want to miss The Rock River Artists Tour mid-summer. This annual self-guided studio tour not only introduces you to over a dozen of the areas best artists in their workspaces, but you also have the opportunity to travel some of the prettiest back roads outside Brattleboro. (www.rockriverartists.com)

OUTDOORS ~

Over the years, Brattleboro and the surrounding area has become much more of a four-season resort for outdoor activities. Two major ski areas, Mount Snow and Stratton, are close by and offer state of the art facilities and services. Mount Snow, in particular, is enjoying a bit of a renaissance, as the new owners have completely re-vamped the area's snowmaking capacities, in addition to turning the entire Carinthia section into a snowboard park. Both mountains host world-class ski, snowboarding, and mountain biking events, as well as fun family activities, music, culinary, and art festivals all year round.

Autumn in the area is well spent in a number of ways. Start with some slow back-road crawls. Follow with a hike up Black Mountain in Dummerston, Putney Mountain in Putney, Mount Monadnock in nearby New Hampshire (considered the most hiked mountain in the United States and the second most hiked mountain in the world, behind Mt. Fuji!) or a chairlift ride up Mount Snow or Stratton. Finish with apple-picking at one or all of the beautiful orchards

CONTINUED ON PAGE 18



ALici's Bistro

Taste the Passion...
Creative Nuevo American Cuisine with a Mediterranean twist

Summer Hours ...May through October - Open 7 Days a Week

Winter Hours...November through April - Open 5 Days a Week Thu -Mon

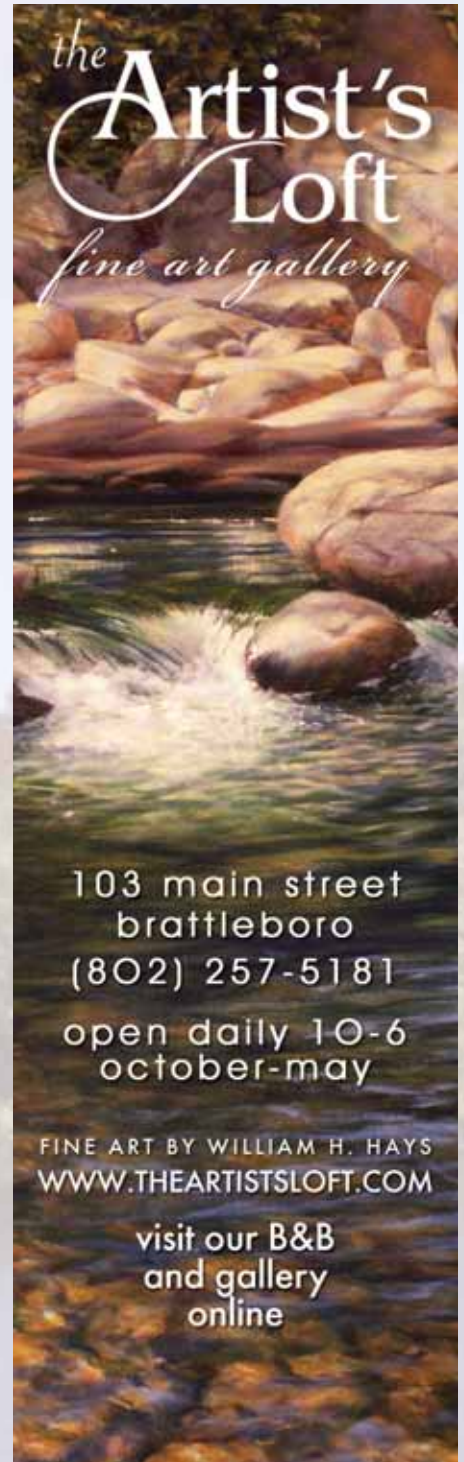
The Dining Room Full Menu & Light Fare 5 - 1p pm...The Martini Bar 5 - 12 am

For Reservations and Information please call (802) 254-5600

51 Harris Place Brattleboro Vermont 05301

www.alicisbistro.com

Here, nestled at the base of the Green Mountains, right between two rivers, is one of the most artsy, outdoorsy, intellectual, environmentally conscious, culturally diverse towns in Vermont — if not New England.



the Artist's Loft
fine art gallery

103 main street
brattleboro
(802) 257-5181
open daily 10-6
october-may

FINE ART BY WILLIAM H. HAYS
WWW.THEARTISTSLOFT.COM

visit our B&B
and gallery
online

the BOOK CELLAR

A Brattleboro tradition for 60 years!

A CAREFULLY CHOSEN SELECTION OF

BOOKS

15% off hardcover fiction and select non-fiction everyday!

MUSIC

new releases, select backlist, & more

CARDS

all occasions; journals & stationery

GAMEs

unique, fun & educational for all ages

~ Extensive assortment of Vermont and Regional titles and authors

~ Author Appearances & Literary Events

~ Special Orders Always Welcome

~ Located in the heart of downtown Brattleboro

~ Open Everyday

120 Main Street • Brattleboro, VT 05301
(802) 254-6810 • www.bookcellarvt.com

CONTINUED FROM PAGE 17

nearby: Green Mountain Apple Orchard in Putney (you will never be the same after one of their cider doughnuts), Dwight Miller Orchard in Dummerston (their apples are organic), Harlow's Sugar House in Putney, or Scott Farm in Dummerston. This may very well be the best day you spend all year.

While Vermont is certainly known for its autumns and winters, very little compares to Vermont in summer. In addition to the sheer beauty, these precious few months are just packed with stuff to do. The Farmer's Market in West Brattleboro on Saturday's is an event as unique as the town itself. The largest farmer's market in New England, it features over 50 vendors with produce, plants, artisan foods, crafts, baked goods, animals, live music and delicacies from all around the world. Quite possibly, Brattleboro at its best. (www.brattleborofarmersmarket.com)

The West River, which runs along Route 30 leading out of Brattleboro towards Newfane and Townshend, is loaded with numerous sweet swimming spots and draws hundreds of swimmers daily. The Connecticut River, which runs right through Brattleboro, is great for both kayaking and canoeing and Harriman Reservoir welcomes motorboats, and has wonderful beaches and picnicking areas. Several working farms include petting farms for the kids, as well as berry picking (strawberries, raspberries, blueberries).

And on those rainy days? Downtown Brattleboro makes it possible to shop 'til you drop!



Every Saturday
9 - 2 pm
(Western Avenue)
Wednesday
10 - 2 pm
(Canal Street)



Sunmeadow Alpacas
Living green, from grass to class.
Hand crafted Alpaca - Putney
802-387-5265

Lisa Flanders Studio
Hand crafted Sterling Silver
& Gemstone Jewelry - Brattleboro
www.vermontcrafts.com/links/metalsort

Chai-Wallah's
Authentic Indian Spiced Tea - Guilford
www.Chai-Wallah.com

Putney Mountain Winery
Hand crafted wines, cultivated
from the best local produce - Putney
802-387-4610

For more information please call
802-254-8885
farmersmarket05301@yahoo.com
www.brattleborofarmersmarket.com

The Marina
SEAFOOD AND BURGERS On the Water
Lunch, Dinner
Sunday Brunch + Buffet
Year after year voted:
Best Casual Dining
Best Waitstaff
Best Burger
Best Brunch
OPEN EVERY DAY with GREAT VIEWS
Where the West River Meets the Connecticut
Brattleboro, Vermont
802-257-7563
www.vermontmarina.com

Haven't you always wanted to get high in Vermont?
Balloons Over New England
Quechee, VT
800-788-5562
www.BalloonsOverNE.com

CULTURE ~

For Brattleboro's relatively small size around 11,000 residents, the town offers a surprisingly vibrant downtown and diverse cultural scene. The area supports a successful and unique assortment of shops, galleries, and restaurants that rival any larger metropolitan area, including four independent bookstores, boutiques full of funky, original clothes, and beautiful home goods.

The half dozen galleries in town showcase work from local artists, as well as artists from all over the world. There is a diverse culinary scene – everything from Thai, Indian and Korean, to fun and funky coffee shops and bakeries, all the way to some of the most intimate, fine dining experiences you will ever have.

In addition to a thriving local economy, a variety of highly regarded events in town hosts thousands of people each year. The Women's Film Festival, held every March, celebrates the lives, creativity and talent of women and girls with documentary and feature length films, guest speakers, panel discussions and other community events. The infamous Strolling of the Heifers in June, an event whose original and continuing purpose is to bring attention to the agricultural landscape of Vermont, draws thousands of spectators to its parade and festival. The Marlboro Music Festival, which takes place for a month each summer, is known world-wide as one of the pre-eminent gatherings of chamber musicians, who come together to practice, but to also hold weekend concerts open to the public. Every September, The Brattleboro Literary Festival, now in its seventh year, brings together emerging and established authors in celebration of great literature. Additionally, Brattleboro hosts dozens of community events throughout the year, whether to raise awareness, celebrate the arts, or to just have fun.

Brattleboro has proven itself to be a wonderful, if not unwitting model, in the standard we have set for ourselves as a community. The residents share a deep commitment to the arts, personal health and well being, an active localized economy and a natural world that is sustainable and sound. The result is a town that offers a vibrant and highly desirable quality of life that has caught people's eye. In this geographically stunning location, we live simply, artistically, and consciously. Thank you for noticing. You are welcome any time.

Ariel Redden lives overlooking the Rock River in Williamsville, Vermont with her husband and two young daughters.

VERMONT
Main Streets & Back Roads

ADVERTISE!

We want your advertisement and we are very creative in how to make advertising affordable for your business, regardless of the size.
Contact Marc at (802) 770-0372 or email VTMainStreets@aol.com



graphic design
corporate identity
pre-press
photo retouch
signage

**David
Allard**
Commercial Artist

North Adams, MA 01247
413-663-3472
d1allard@yahoo.com

mars-ya

marsya.com • integrating yoga, art and life
chakra activating jewelry • inspired by yoga • handcrafted for you

ASK ABOUT OUR HIGH SCHOOL DISCOUNT!

REAL SPORTS

AT EVERY LEVEL

HOCKEY EXPANSION!

1000 Square Feet of Hockey
STICKS • SKATES
HELMETS • PADS
TAPE • GOALS
BAUER • RBK
CCM • EASTON • MISSION • ITECH

802-362-3377
www.realsportsofvt.com
210 Depot St., Manchester Center, VT

STOP IN AND CHECK US OUT!
Located Between
McDonald's & Bagel Works

Enjoy Wild Birds More!

Wild bird feeders, nature optics, seed & feed and even gifts for the wild bird lover.



The Vermont Bird Place
•• & Sky Watch ••

48 Center Hill Rd.
Manchester Center, VT 05255
(802) 362-2270
www.TheVermontBirdPlace.com

ORVIS

SPORTING TRADITIONS
Since 1876



Shop at Orvis for distinctive men's and women's clothing, the world's best fly-fishing tackle, dog beds and accessories for pets, and fine furnishings for the home.

ORVIS FLAGSHIP STORE
Historic Route 7a | Manchester, VT
802 362 3750
www.orvis.com/manchester

MOTHER MYRICK'S CONFECTIONERY

SINFULLY DELICIOUS

Specialty Cakes • Mother's Stollen • Fudge • Lemon
Lulu's • Linzer Tarts • Classic Truffles • Nut
Brittles • Old Fashioned Cookies • Gift baskets

Place Your Order Today
4367 Main St. (Across from the Orvis Outlet)
Manchester, Vermont
802-362-1560
Call Mom @ MotherMyricks.com
www.mothermyricks.com

Mountain Trail Rides Winter Sleigh Rides Maps & Directions

Horses for Hire

Located in the heart of
Vermont's Green Mountains



893 South Rd. Peru, VT 802-297-1468 www.horsesforhire.net

Welcome to Elegance
...and Romance



THE
Reluctant Panther
INN AND RESTAURANT

39 WEST ROAD
MANCHESTER VILLAGE, VERMONT
802-362-2568
WWW.RELUCTANTPANTHER.COM

Love Inns
2008
TOP
TEN
ROMANTIC
INN

SELECT REGISTRY



Rich historic charm with contemporary flair on 4 acres.
Gracious rooms & suites. Pool. Licensed pub. Near everything
you're looking for in Manchester: golf, hiking, shopping & the arts.



A Gem in the Green Mountains
800-273-1793 • 802-362-1793
MANCHESTER VILLAGE, VT
INNATMANCHESTER.COM
FRANK & JULIE HANES WELCOME YOU

the Inn at Manchester

"Such
Beautiful
Rooms"



Deerhill Inn
West Dover, VT • 802-464-3100

Putting the Treat Back into Retreat

Trail's End
VERMONT COUNTRY INN
& Wellness Spa

Offering both better health AND relaxation
5 Trail's End Lane Wilmington, VT 05363 866-629-9634 802-464-2055 trailsendvt.com

The Doveberry Inn



doveberryinn.com
Acclaimed
Chef - Owned
Public Dining

Yankee Magazine
Editor's Pick 2008
Recommended
in Bon Appetit
Restaurant Issue
2007

284 RTE 100 West Dover, VT 05356 800-722-3204 802-464-5652

THE RED OAK INN

45 Route 100 West Dover, Vt.

802-464-8817

We are a smoke free family Inn with limited pet friendly rooms, a game room, fitness room with Sauna, & hot tub, outdoor Jacuzzi & pool, 2 TV lounges with Fireplaces & a large selection of DVD's.

www.redoakinn.com

STAN SMITH'S
White House Inn
Welcomes You

COUNTRY ELEGANCE
...AT YOUR SERVICE

ROUTE 9 EAST, WILMINGTON, VT
866-774-2135 • 802-464-2135
WWW.WHITEHOUSEINN.COM

THE MATTERHORN INN



Enjoy the rustic, yet cozy
Matterhorn Inn with its 24 rooms,
7 suites, sauna, jacuzzi, and game room.

And if you're looking for a romantic dinner for two, good food, or a place your kids will love, *Chopin's Restaurant*, is just the place. Serving American & European Cuisine

The Matterhorn Inn P.O. Box 1763
248 Route 100 West Dover VT 05356 888-OK-Ski-VT (888-657-5488)

On The Road

Great Driving Trips

Foliage season certainly brings out the “leaf-peepers,” but driving in Vermont is a pleasure year-round. Here are a few of our favorite journeys, when the price of gas will allow.

SOUTHERN VERMONT LOOP

- Route 7A South from Manchester Center to South Shaftsbury.
- Route 67 to Route 67A in Old Bennington.
- Continue to Pownal via Bennington and South Stream Road.
- Route 7 from Pownal to Williamstown, MA.
- Route 2 East to Route 8 North back into Vermont, via Searsburg.
- Route 9 East for a short distance.
- Back to Route 9 and traveling west back to Bennington.
- Route 7 north from Bennington to Manchester Depot.

WESTERN LOOP

- Start in Rutland and take Route 4 east to Bridgewater Corners.
- Route 100A to Route 100 South.
- At junction, take Route 103 West.
- Turn onto Route 140 West to Wallingford.

- Take Route 7 South to Danby, turning onto Town Highway 33 West towards Pawlet.
- Drive along Route 30 North towards Hubbardton.
- Turn right onto St. John’s Road a few miles north of Hubbardton
- Follow Burr Pond Road to Long Swamp Road towards Brandon.
- In Brandon, take Route 7 into Proctor before following Route 3 back into Rutland.

SKI MOUNTAIN TOUR

One of many wonderful routes along Route 100, you can start in Chester at Rt 103 (Okemo Valley) and head north to Burlington, hitting both Sugarbush and Killington Ski Resorts. Or start south and head the other way. This is particularly beautiful during Foliage Season but also great during ski season as well.

MOLLY STARK TRAIL

A secret to locals for quite some time as a shortcut coming back to southern Vermont from Massachusetts is the Molly Stark Trail or Route 9. This will take you across beautiful southern Vermont from the borders of New York to New Hampshire.

The Trail allows you to enjoy the wonderful scenery of both Bennington and Brattleboro, as well as many quaint little towns like Woodford, Searsburg and Wilmington.

MOUNT SNOW

- Route 9 West in Wilmington to Route 8 South in Heartwellville.
- Route 100 east through Jacksonville.
- Route 100 will reconnect you to Route 9.
- Go east on Route 9, turning onto Lake Raponda Road.
- Turn onto Higley Road reconnecting with Route 100 back to Wilmington.
- Route 100 North to Mt. Snow Ski Resort,
- Grab a chairlift to summit!



TADDINGERS

Route 100 • Wilmington, VT 05356 • 800-528-3961

Country Baskets • Ice Cream Parlor • Christmas Shop • Antique Furniture



- Full Orvis Dealership
- Orvis Endorsed Guides and Fly Fishing Schools
- Taddingers Sporting Clays & Schools

800-528-3961 802-464-6263 Orvis Wing/Fax 802-464-1223

For Brochure Requests, Please email taddingr@sover.net

www.taddingers.com

Mother Nature MEET YOUR Sugar Daddy



THE NEW FAN GUN CAPITAL
OF NORTH AMERICA

 **mount snow.**
VERMONT



VERMONT'S CLOSEST BIG MOUNTAIN RESORT

MOUNTSNOW.COM 1-800-245-SNOW

THRILLS BY DAY... CHILLS BY NIGHT!

HEAD TO SIXFLAGS.COM TO PURCHASE TICKETS ONLINE TODAY!



WEEKENDS IN OCTOBER!



MORE FLAGS.
MORE FUN.

Make it a
STAY AND PLAY package!

Contact Sheraton Springfield
to plan your trip today!

1 Monarch Place,
Springfield, MA 01144

(413) 781-1010

www.sheraton-springfield.com

