

VERMONT

Main Streets

& *Back Roads*

INSIDE THIS ISSUE

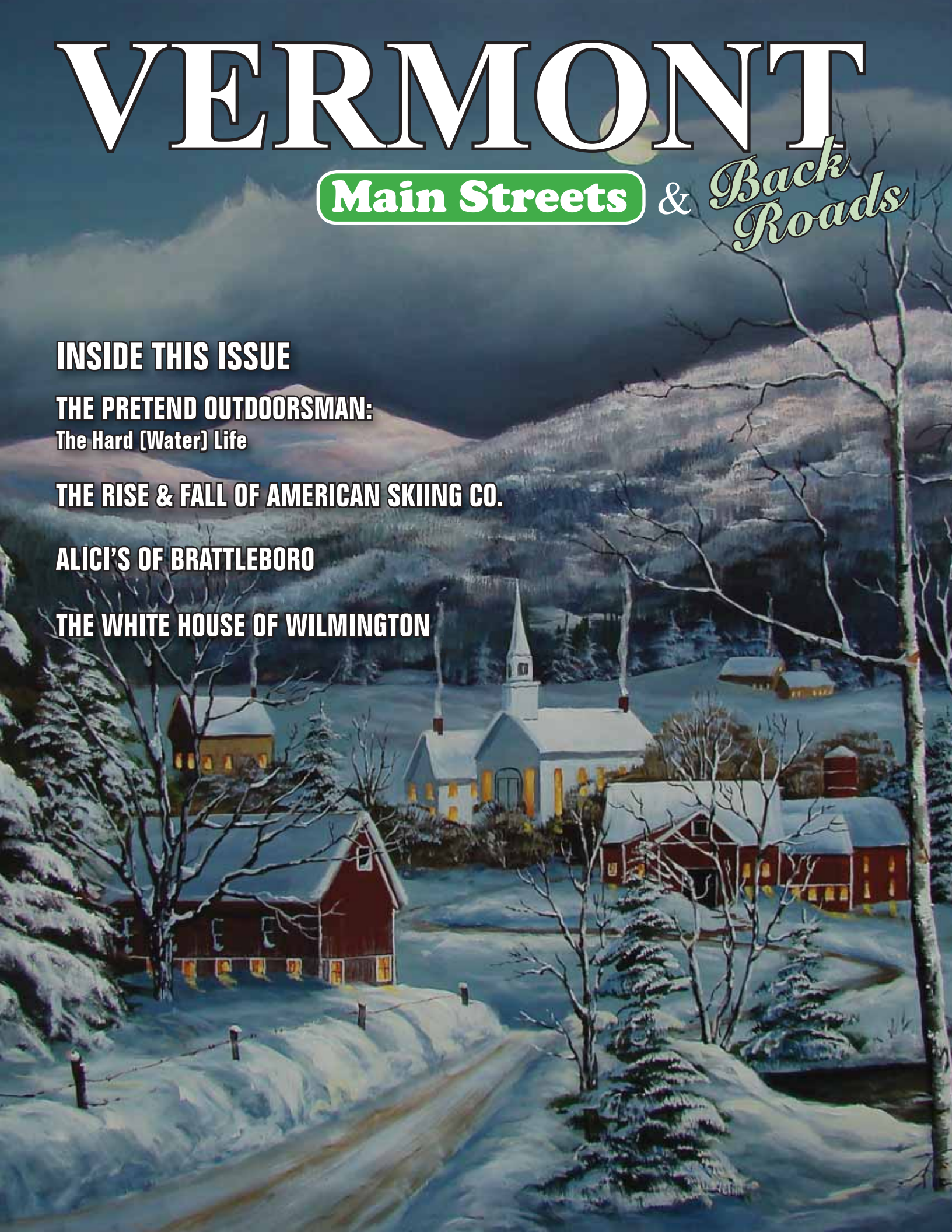
THE PRETEND OUTDOORSMAN:

The Hard (Water) Life

THE RISE & FALL OF AMERICAN SKIING CO.

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THE WHITE HOUSE OF WILMINGTON



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Welcome to our 2007/08 Winter issue.

This issue centers around the activities that define many of us during this season, whether locally born and bred or just up for a weekend retreat. We have tried to include some informative pieces that will be of interest to everyone.

The previous issue, featuring articles on the environment, was a great success for us, having won an international design award and having stimulated similar articles in other Vermont publications.

Our Spring issue will concentrate on the health care aspects that affect so many of us, resident or not, and our Summer issue will focus on the arts & entertainment.

We have recently moved to the wonderful town of Brattleboro and look forward to introducing ourselves to our readers and businesses in the area.

We are always interested to hear your thoughts, which you can email directly to us at VtMainStreets@aol.com.

We hope you enjoy this issue and the winter that comes with it!

Marc Albano



We are pleased to announce that the Fall issue of Main Streets & Backroads won a MarCom Award for publication excellence. Stay tuned for more awards in 2008!

Artist's Profile: Ann McFarren

For the past thirty-five years I have painted the Vermont landscape with its trees, mountains; its many brooks and lakes, all liberally sprinkled with charming little villages. I can never resist the call of the back roads and where they might lead. I also am drawn to the sea; more specifically the coast of Maine. For many years, I have been going there; observing and trying to capture the many moods of that rugged coast.

I teach at my gallery and studio at 56 Terrill Street in Rutland, Vermont. I tell my students that their canvas becomes a mirror of their soul. Each year I participate in many juried shows throughout New England.

My art affiliations include West River Artists, Southern Vt. Art Center, Chaffee Art Center, Vt. Watercolor Society and others. My jobs also include Gallery Director at Cortina Inn. My work is in private collections in most of the United States and in many foreign countries.





★ In 1941, Winston Churchill was on hand for the lighting but, because of wartime restrictions, no new ornaments were purchased. Instead it was adorned with handmade ornaments from D.C. schoolchildren. For security reasons, the Tree was only lit symbolically until 1945.

★ In 1946, the lighting ceremony was first broadcast on television.

★ From 1948-51, President Truman lit the tree remotely from his home in Missouri.

★ In 1963, President Johnson delayed the lighting until after a 30-day mourning period for his predecessor, President Kennedy.

★ Until 1973, the trees were cut from around the country. Responding to environmental and conservation groups, a living tree was then reintroduced. It was also decorated with non-energy consuming decorations, from garlands to balls.

★ In 1979, only the top star on the tree was lit, as President Carter announced it would remain dark until the American hostages in Iran were set free. In 1980, it was lit for only 417 seconds, symbolizing the days of captivity.

★ President Reagan lit the tree remotely after the 1981 assassination attempt.

★ In 1995, the National Christmas Tree was lit by solar energy for the 1st time.

This will be the first time the tree will be decorated in LED lights, which utilize less energy than traditional bulbs. It will also be decorated with ornaments made by citizens from all 50 states.

Oh, Christmas Tree! A Gift From Vermont To The Nation

The lighting of the Capitol Christmas Tree, the culmination of festivities known as the “Pageant of Peace,” is a national tradition that harks back to 1923 and Vermont native President Calvin Coolidge. Fittingly, the 48’ Balsam Fir also came from Vermont, donated by Paul Moody, then president of Middlebury College.

The Balsam Fir donated from Vermont this year comes from the Green Mountain National Forest, now celebrating its 75th anniversary. Over 4,500 ornaments are expected to be hung from its limbs as well as another 3,000 that will adorn the branches of the 70 Companion Trees, also from Vermont.

As these trees are coming from the National Forest, the Vermont & New Hampshire Tree Growers Association will be purchasing and distributing hundreds of balsam tree seedlings that will be planted in the future to supply the Forest with additional trees.

Throughout the years, the lighting of the National Christmas Tree, went through a variety of changes:

The 2007 National Christmas Tree leaving Vermont.



The 2007 National Christmas Tree arriving in Washington D.C.

Wilson “Snowflake” Bentley

Under the microscope, I found that snowflakes were miracles of beauty; and it seemed a shame that this beauty should not be seen and appreciated by others. Every crystal was a masterpiece of design and no one designer was ever repeated. When a snowflake melted, that design was forever lost. Just that much beauty was gone, without leaving a record behind.”

From childhood, those that reside in the snow-capped mountains have always been told “no two snowflakes are alike.” This particular discovery was made by native Vermonter Wilson A. Bentley (1865-1931)

His interest began on the family farm in Jericho as a teenager, as he tried to draw the crystalline images he saw through an old microscope given to him by his mother. Since the images were far too complex for him to imitate prior to melting, he attached a bellows camera to a compound microscope, photographing his first “snowflake” on January 15, 1885.

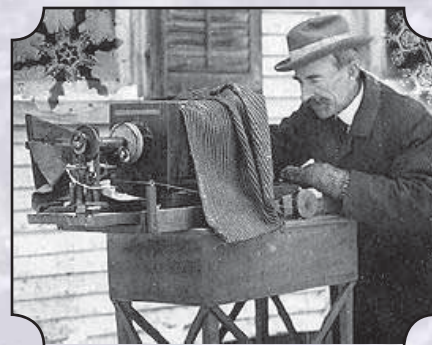
Bentley would go on to capture more than 5000 similar images over his lifetime, each caught on a black-

board and quickly transferred to a microscope slide.

In conjunction with the University of Vermont, Bentley gained notoriety by publishing an article in which he stated that no two snowflakes were alike. Catching the public attention, his work was reproduced in National Geographic, Scientific American and Popular Science.

He would later become the first American to record raindrop sizes and became one of the first cloud physicists in the world.

“Snowflake” Bentley published the book “Snow Crystals” in 1931 with almost 2500 images. He died later that same year at the family farm in Jericho.



Original Wilson Bentley image



The Math

Through the wonders of the internet, we had some budding mathematicians aid us in our effort to bring you the numbers of whether two snowflakes are alike.

One post noted that there were likely lots of duplicates. It's the odds of finding these duplicates that is so close to zero.

In a volume of 10 inches by 2 feet, there are roughly 1,000,000 snowflakes. Now, consider that nearly $\frac{1}{4}$ of the earth's surface is covered by snow (millions of square miles) and multiply the amount of winters throughout the past (assuming a 4 billion year old earth) and we are looking at a number of snowflakes around 10 to 28th power. If you consider future snowflakes as well . . . ow! Brain cramp.

Conversely, a single snow crystal might contain 100,000,000 molecules that can be configured in innumerable patterns.

The end result? We don't know, but our heads still hurt.

No Two Alike? . . . Not So Fast

Boulder, CO – 11/1/86. Physicist Nancy Knight documented two snowflakes similar down to a microscopic level.

“I was doing research for a NASA project on cirrus clouds,” she notes. “We were in an aircraft collecting snow crystals at a mean altitude of 6,134 meters over Madison, Wisconsin. I looked at the slide, and my first response was to say, “Good Lord, that's impossible.”

That moment remains the first recorded instance when two snow crystals were discovered to be alike.

Specifically, they were vase-shaped centers, each about .009 inch across that had fallen together.

Grandma's Pantry

Winter Wonderland

Vermont may be known as "The Green Mountain State," but for several months of the year, we are covered by a thick mantle of velvet snow making the name "Winter Wonderland" much more appropriate.

Downhill skiing, snowboarding, cross country skiing, and ice fishing are just a few of the winter activities Vermont is known for. These activities allow one to experience Vermont in perhaps its purest and rawest state.

With the reflected sun dazzling the eyes and the wind-whipping snow drifts and any exposed skin, winter weather can bring both extreme beauty to the beholder and extreme danger.

You may have once heard your Mom tell you as a child to "bundle up" before heading "out of doors." As children, we may not have recognized the true dangers of the winter season. Yet they are very real and can cause symptoms from minor skin irritation to death.

Some common dangers for outside winter activities include: sunburn (which can lead to cancer), chapped skin, frost bite, and hypothermia.

Grandma's Pantry, never to be mistaken for professional advice or care, can provide some helpful hints and cure-alls to these winter dangers. General common sense approaches can prevent many of these issues from developing. There are times, however, when even the most skilled outdoor enthusiast will run into the unexpected.

Sunburn, a common summer concern, is just as possible and dangerous in winter. As medical professionals ex-

plain, summer rules apply even to winter activities. These include covering up (especially with hats and UV-approved sunglasses) and using sunscreen.

Should you find yourself with a minor sunburn despite your efforts to prevent it, Grandma's Pantry remedies include keeping the affected area cool and moist which should bring about immediate relief of minor discomfort. Aloe Vera Gel, *Aloe barbadensis*, applied liberally to the affected area is widely used to soothe the skin with its anti-inflammatory properties. Gently dabbing distilled white vinegar has also been utilized since ancient times. Of course, keeping your body hydrated by drinking roughly 64 ounces of water daily will be beneficial.

Chapped skin, resultant from exposure to the elements, is avoided with good water intake, covering all exposed skin areas, and proper nutrition. If one finds that chapped skin has resulted anyways, minor irritation can be alleviated with: sodium chloride (table salt) or oatmeal baths; applications of comfrey, *Symphytum officinale* L, salve (which contains a chemical compound called allantoin that has been scientifically proven to speed cellular re-growth); or an ap-



plication of calendula, *Calendula officinalis*, cream or gel.

Frost bite is actual damage to the skin and underlying tissue resultant from extreme cold exposure for long periods of time. Any part of the body may be affected with frostbite but extremities are most often damaged. The first sign of frostbite is a pins and needles sensation often directly followed by throbbing or aching. Soon afterwards, the skin itself becomes cold to the touch, pale and lacks all sensation.

If frostbite is suspected, it is extremely important to warm the individual with warm dry clothes or blankets especially on the affected areas. Seek immediate professional medical assistance as real danger of losing digits is possible. Never rub or massage the frostbitten areas or place on a direct heat source such as a heating pad, hair dryer, or hot water as further tissue damage may result.

Hypothermia, another very dangerous condition, occurs when the body loses more heat than it can manufacture. The low body temperature is often a gradual process with the victim not even aware that he or she is in danger. Common symptoms include: confusion, weakness, inability to concentrate, cold and pale skin, and drowsiness. If not treated, slowed heart rate, slowed breathing, and cardiac arrest can result.

Should hypothermia be suspected, immediately contact emergency services. Warm the individual with dry clothes, blankets, or skin to skin contact. If breathing has ceased, professionals suggest rescue breathing or CPR be performed.

An ounce of prevention is always better than a pound of cure. In the words of my Grandma, "Cover up. Put on those hats and mittens" and happy winter to all.

Sabrina Thomas is a 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 levels.

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 all from the kitchen pantry.

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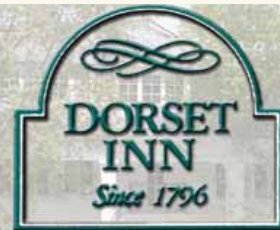
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Ice Fishing: The Hard (Water) Life

Having lived in Vermont throughout much of my life, there are certain sports and, should I say, manly outdoor rituals that have arisen from time to time. Schoolboy friends or adolescent cohorts would, occasionally, introduce me to varied activities that were not at the forefront in my own upbringing.

For those that have followed my adventures to date, we are luckily not referring to hunting, a potential pitfall to both myself and anyone brave enough to accompany me and a weapon into the barren woods.

Yet, another outdoor winter pastime of my youth recently resurfaced in my testament to further my education in both sports and the outdoors; that of ice-fishing.

As a boy growing up near Brattleboro, the Connecticut River was a constant source of exploration and I admit that I spent many a weekend afternoon chiseling away at the surface ice in hopes of finding fish with my friends. I never recall us catching anything, other than perhaps a damp chill and a winter cold.

It is to my amazement just how little I actually knew about ice-fishing until a friend offered to take me out last winter in what was to become a mem-

orable 36 hours I hope to never, ever repeat again.

Now, my friend doesn't just grab an axe and a pole and hit the ice. He "invests" in ice-fishing. In fact, he has a structure similar to a 19th century out-house that he carts behind his truck and actually leaves on the ice for much of the winter. This structure is called an ice shanty.

I admit, I am wary of any activity that chooses to use "hobo" vernacular. It must be understood that this "shanty" was my sole defense against being submerged under a sheet of ice. Not comforting.

From the outside, our abode for the next night and day was a bit offsetting; however, upon entering I was amazed at the site of a mini-men's palace. We had sleeping bags, army cots, magazines, you name it. In the corner was even a mini-generator with heat lamps hooked up to it, creating the illusion

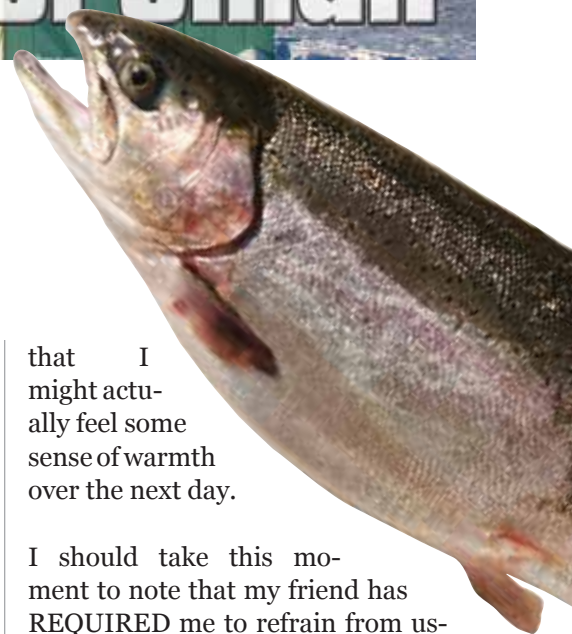
that I might actually feel some sense of warmth over the next day.

I should take this moment to note that my friend has REQUIRED me to refrain from using his name or any description that would reveal his identity. I believe this is because his wife still thinks he had a corporate retreat of some sort, but I can not be sure.

There is also the chance he may find both me and my actions a bit of an embarrassment with his fishing buddies, but I prefer to think it is about his wife.

As we settled into our new home, I was greeted by that singular sound of an opening beer can. It was to be a sound that would be renewed every few minutes from both our shanty and surrounding structures for quite some time. I do not wish to make any generalizations, but it would appear that alcohol and ice-fishing may have some type of intertwined relationship.

I soon noted that ice-fishing gear had become quite specialized since I was a child. In our fragile hut, we had an array of ice-cutting equipment that



would have made any serial killer envious; however, our primary tool was a saw or auger that we used to cut a rectangular hole into the ice.

This gear was not nearly as impressive as the myriad of rods and poles that were to be unveiled. I was informed that each piece of equipment is specific to how attentive we chose to be.

We settled on what was called a “tip-up,” an inventive contraption with a flag that “tips up” when a strike occurs. I believe this is because our true goal was to finish as many beers as possible, but I can not be sure.

It was during this absorption of alcohol that I began staring at the mini-generator. As I listened to the whirring sound, I recalled

some little mental tidbits from high school science about electricity, water and conductivity.

I decided to ignore the fact that our source of power might potentially electrocute me in my sleep, as I then moved my gaze over to the two space heaters.

Let’s just recall my environment at the time. I am on a slab of ice which is my only protection against sub-zero degree water temperatures and certain death. We have an enclosed hut only slightly more sturdy than cardboard that we have decided to heat up slowly over the course of hours to an almost room temperature.

It was at this time that I started hearing Al Gore’s voice in my head, buzzing about the inconvenient truth of global warming and hoping that the generator would electrocute me far before I plunged into the melting ice sheet below me.

Luckily, the combination of alcohol and my friend’s portable stereo blasting Aerosmith brought me back into an ignorant stupor.

Hours would go by as we drank and spoke as men. There is something about cold beer, confined spaces, questionable body odors and total boredom that can lead men into conversations they would never approach in other situations. Suffice to say, my friend shared with me one story that will forever haunt me anytime I visit him again.

There is a reason why men keep such things to themselves.

I fell asleep a few hours later in a blur of too much beer coupled with the terror of knowing way too much about my buddy. I would awake a few hours later with the shouting of my friend and his agile movement toward the ice-hole. It would appear that I had been holding a light rod when I went asleep and it was now darting down into the frozen water.

I had warned my friend as to my general ineptitude with the outdoors prior to our adventure, but this did not keep him from railing into me about the loss of his pole. After he calmed down, we both went back to sleep, awaking a few hours later to a wonderful smell of freshly simmering bacon.

If I had not mentioned before, there were quite a few other shanties and fisher-folk out on the ice as well. It would appear that there was a true camaraderie among them, as they all gathered together for an early morning breakfast. We brought out some



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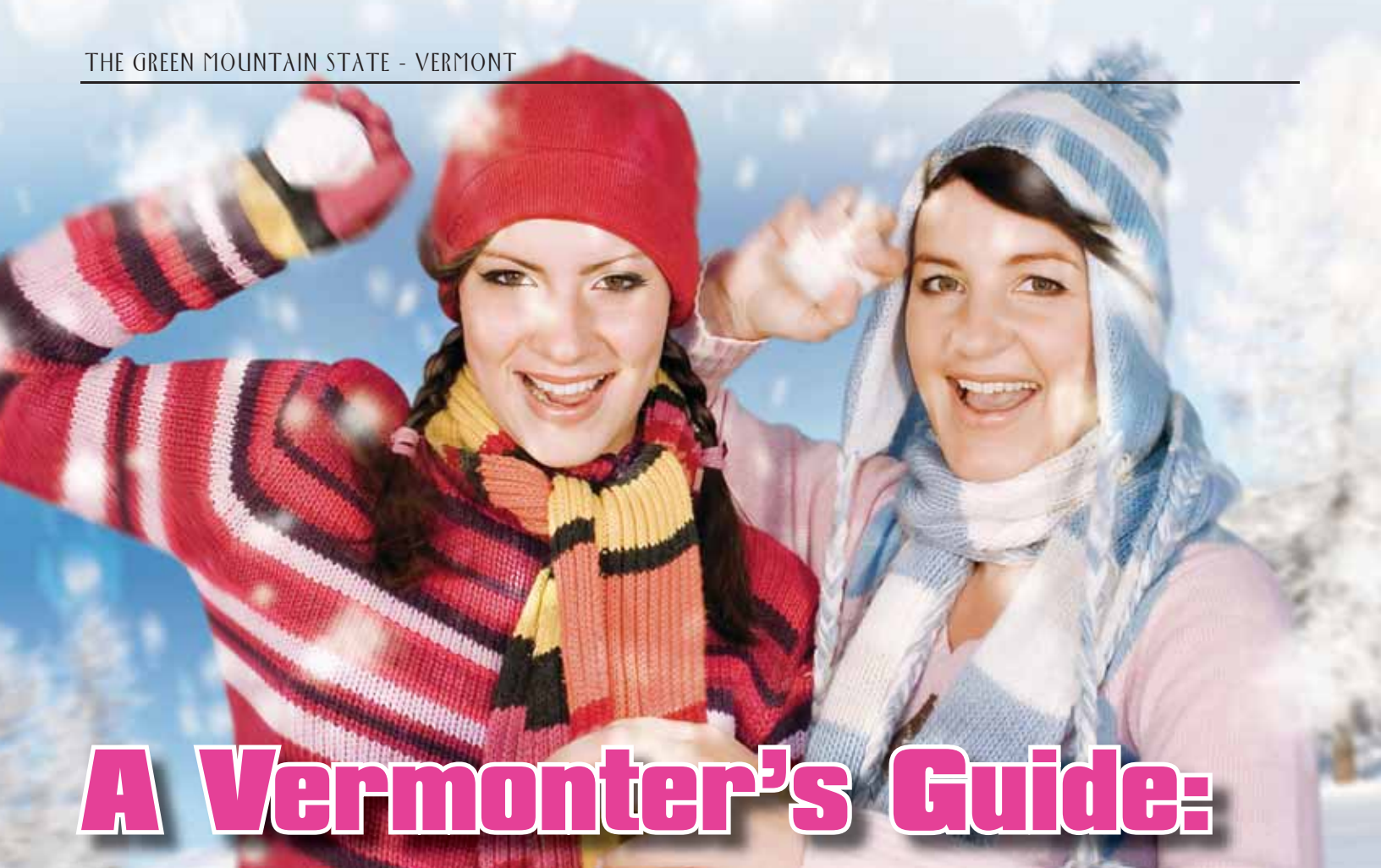
coffee and a few fish to fry (no, I did not catch any of them) and engaged in what was one of the better breakfasts I have had to date.

The conversation amongst these stalwart outdoorsmen slowly altered into a mood focused on ridiculing me, so I slowly sunk back into my shanty prison in an effort to redeem myself and catch some fish by the time we left.

This was not to be, of course. There was a time when one of the tip-ups did acknowledge a strike, but this brief feeling of accomplishment was not to last, as nothing was to appear at the end of the line.

In the end, I was able to check off yet another experience in the outdoors, but I was not to be victorious on the fishing level. I did what I believe any unsuccessful fisherman should do at the end of a weekend with no catch to claim.

I went out to dinner and ordered a steak.



A Vermonter's Guide:

How To Make The Perfect Snowball

Of course, we do not condone the throwing of snowballs to unsuspecting passersby, particularly at the editorial staff of this magazine. Regardless, there is a true art to packing the perfect snowball and we asked a couple of neighborhood children their advice.

It must be recognized that different snow results in different snowballs. Slushy snow can result in a virtual ice projectile and do catastrophic damage, where as a light powder may only stick together long enough to leave the hand, but not reach the target.

Moisture content is paramount. The lighter the moisture, the more probable your snowball will flake away in your gloves. If you are out on a powder day, grab the snow from car hoods or near heated buildings. The warmer temperature will help give it the needed moisture

for a good packing. You can also use your own body heat to help or just dig a little deeper under the fresh powder.

Packing the perfect snowball is an art-form. When scooping up, get more than you plan on using for the eventual ball, as you will lose a bit when aiming for a more solid shape. Rotate your hands back and forth like you are simultaneously twisting off two jar tops.

For true snowball aficionados, there is the age-old debate of Gloves v. Mittens v. Bare Hands. Although this is a personal choice, I find gloves to work far better than mittens, as the snowball tends to stick at time of launch with the latter. Still, if you can brave the potential frost-bite, the bare-handed pitch will always be the most accurate. While doing this, it is paramount to find the perfect blend of pressure that helps you condense the ball while

maintaining its globular shape. Increase pressure slightly until you meet some resistance.

At this point, you may find that the snowball is more oval than circular. Simply add specific pressure to the points, shaping it ever-so-slightly.

The perfect snowball should only cause harm through humiliation. If it feels as heavy as a baseball, it can do similar damage. A good snowball explodes like a wintery water balloon, leaving a white mark on the subject, not a haematoma.

Snowballs are not just for adolescent warfare, but also serve as good fodder for cantankerous bosses, passing snowplows that block your driveway, and dogs that won't stop barking in the early morn.

How To Beat The Winter Blues

Without getting into the medical implications of Seasonal Affective Disorder, or SAD, it is generally well known that a long winter can leave many of us in a state of doldrums.

If you can't afford a trip south, here are some helpful tips on how to ward off this bleak cloud that affects so many of us throughout these months.

1. Improve your diet

Comfort foods are prevalent during the winter, but our craving of these carbohydrate-rich meals is generally a symptom of these winter blues and can easily lead to weight gain and a general lethargy.

Maintaining a healthy diet that keeps blood sugar levels even can help ward off sizeable weight gains and general mood swings. Try to reduce your intake of complex sugars and stimulants (especially alcohol, cigarettes and caffeine). Also, avoid eating nuts and seeds, as well as processed foods. Adding more nutrient-rich foods (fruits & vegetables, tuna, salmon, etc.) will be beneficial as well.

2. Exercise

The increase of endorphins from sustained activity is a wonderful barrier to depression. As many of us know, the winter cold and a general laziness can inhibit our desire to instigate such exercise, but once you break through that threshold, it will be much easier to get out and about more often.

It's best to start early in the season and maintain a level of activity than to continue to postpone. Start slow, doing a good 20 minute activity a day and work your way up to 30 and 60 minutes. You will find yourself enjoying the winter much more as well.

3. Taking Supplements

Cod liver oil every day is a good way to increase the strength of your immune system. Increasing your vitamin D intake also helps to ward off depression.

4. The Infamous Light-box

The lack of sun during the winter months does have an affect on our overall psyche. There is an activity called photo-therapy that is used for SAD sufferers but is also great for the average person to help stem off those depressive moods. This therapy is really just exposure to bright light. Some utilize tanning beds for this process but there are now "light boxes" out in the marketplace that can be purchased for home/office use. Practitioners will sit in front of the light box for 1-2 hours per day.

There is, of course, a serious difference between what we call "winter doldrums" and true depression. The above are only helpful hints for minor mood-swings; however, if you or a person you know suffers from SAD or more serious forms of depression, please contact a physician.

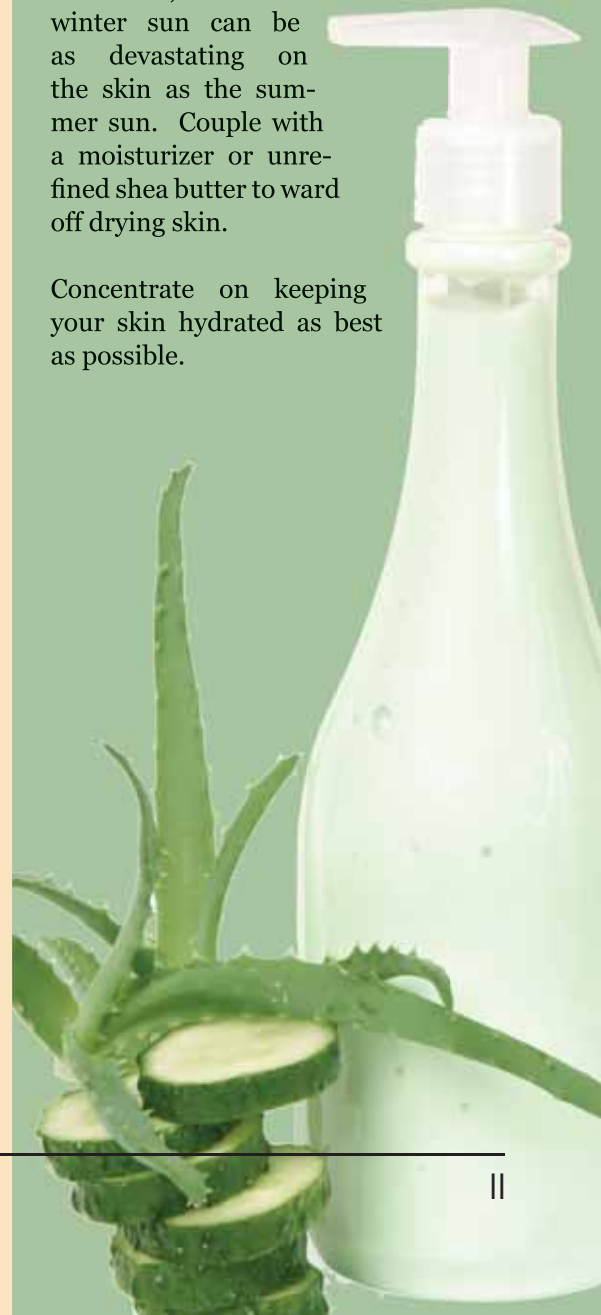
How To Winter Proof Your Skin

We all know winter can do some serious damage to the skin. It's not just the brutal cold that we have to worry about, dermatologically. In addition to outdoor exposure, we are faced with low temperatures and humidity, as well as dry recycled air from indoor heating.


This combination can lead to dry skin, a flaky scalp and chapped lips. This is a result of losing moisture from the areas.

If you are planning to be outside, use sunscreen, as the winter sun can be as devastating on the skin as the summer sun. Couple with a moisturizer or unrefined shea butter to ward off drying skin.

Concentrate on keeping your skin hydrated as best as possible.



The Rise and Fall of **The American Skiing Company**



On June 21st, 2007, The American Skiing Company wrote to the Securities and Exchange Commission of its intent to dissolve, ending a tumultuous period that once made it one of the largest ski operations in the United States, with eleven resorts scattered throughout the country.

When the death knell sounded, few were surprised, with the possible exception of why it took so long. What happened to the proud giant that promised so much but delivered so little? What have become of its operations here in Vermont, which once included Killington, Mount Snow and Sugarbush resorts?

A Little Bit of History

In 1980, Les Otten purchased Sunday River, of which he was general manager) for \$840,000 from the Sherburne Corporation. Over the years, he did a marvelous job of turning it from a single double chair operation to the second most popular ski destination in New England, after Killington Resort.

In 1994, they then purchased the Attitash Bear Park in the White Mountains of New Hampshire and a year later acquired Sugarbush Resort in Vermont to their growing portfolio. In 1996, they added Mount Cranmore in New Hampshire as well.

It was later in that year that they made the massive leap to purchase SKI Resorts, the owners of Killington, Mount Snow and Waterville Valley. After acquiring Sugarloaf in Maine, they were forced to release Waterville as a result of state monopoly concerns.

Shortly thereafter, Les Otten's ravenous appetite moved west, buying Wolf Mountain in Park City, Utah, later to be renamed The Canyons. They would quickly add both Heavenly Resort in Nevada and Steamboat in Colorado.

In just a few years, Otten and The American Skiing Company appeared to have the "Midas touch," creating a national resort juggernaut that was particularly strong in the Northeast and in Vermont.

All That Glitters Is Not Gold

Unfortunately, by the time we rang into the new millennium, Otten and ASC were in a huge debt crisis. They were leveraged heavily in their effort to create a viable real estate business, resulting in their Grand Summit hotels at both Mount Snow and Killington. Crippling interest rates left them with little cash flow. Coupled with some bad winters, many of their resorts were left floundering with little money for repairs or improvements as marketing budgets were slashed across the board.

In an effort to raise funds and pay creditors, Otten would sell Heavenly to Vail Resorts, Steamboat to Intrawest and Sugarbush to a group of local investors.

Year after year, rumors arose that ASC was divesting itself of this resort or that resort; however, in early 2007 those rumors finally came to fruition. Killington and Pico Resorts were sold to SP Land Company LLC (to join Powder Corp) and Attitash and Mount Snow were peeled off to Peak Resorts.

This past summer, the bell tolled for ASC when the Talisker Corporation bought The Canyons and Sunday River and Sugarloaf were acquired by Boyne USA Resorts.

ASC was no longer. Following payments of its creditors and the company's Series C Preferred Stock, other stockholders were not expected to receive any payment for their shares. A stock

that once sold for upwards of \$18 a share couldn't even pay for a local ski ticket.

Otten would move on to become a minority owner of The Boston Red Sox and owner/partner in a variety of ventures, including a company that provides loyalty programs for online shoppers.

The New & Improved Mount Snow

Mount Snow appears to have come out on top with the divestiture of ASC. Peak Resorts, headquartered in Wildwood, Missouri, had traditionally operated much smaller operations, but has invested handsomely in making the Vermont mountain a top priority.

Having always suffered from being the step-child to the Killington progeny, Mount Snow made an awesome public relations move in early November by becoming the first ski resort to open in New England.

Having added over \$3.5 million in state-of-the-art fan guns, there was little doubt as to the commitment of Peak Resorts to assert its dominance in New England. These 101 energy-efficient guns have been added to complement new grooming equipment, making for what should be an exciting winter on the slopes.

CONTINUED ON PAGE 16



KILLINGTON



KILLINGTON



MOUNT SNOW



MOUNT SNOW



The US Freeski Open Tour makes its only East Coast stop at Mount Snow, March 22 and 23.



Adam's Farm, Wilmington, the "best sleigh ride in New England," with antique sled and Belgian horses.



The Hammerhead Sled, made up the road in St. Albans.



Snowshoeing is a great way to enjoy winter in Vermont.



Cross country skiers at The Mountain Top Inn & Resort, Chittenden.



One of the many snowmobile trails maintained by Vermont Association of Snow Travelers (VAST).



Winter hiking on Mt. Mansfield.



The U.S. Open, Stratton

CONTINUED FROM PAGE 13

This was but one of many similar investments, as the resort spent all summer sprucing up its infrastructure, including the illustrious Clock-tower Building. Over \$2.5 million was spent in projects ranging from painting, carpeting and tiling as well as major improvements in lodge restrooms and rental shops.

On an entertainment level, the mountain is looking to re-assert its dominance on the social scene as well. In a new initiative entitled "The Beat Goes On," they will be adding various venues for bands, as well as expanding upon their under 21 entertainment.

The Sundance Lodge has been retrofitted to create an 850 seating capacity for national acts and favorite Bruce Jacques will be returning to Cuzzin's Bar for yet another winter.

A Wait & See Attitude With Killington

Unfortunately, the progress at Killington has not been as positive. While Mount Snow was being

adorned by the press in Vermont and beyond, Killington has been filleted.

Killington's new owners have also invested grandly in their new venture. Powdr sunk in \$5.3 million in improvements to date, with \$2 million going to improve the Grand Resort Hotel. New coats of paint were added, restrooms were improved, and snowmaking upgrades were planned (although not confirmed at time of print).

Whereas Mount Snow made the decision to keep its ticket prices the same, Killington decided to increase its rates for instruction and ski tickets. They have announced they are interested in giving it a Saks Fifth Avenue feel, and many local businesses believe they are pricing out their loyal visitors to attain that cachet.

Killington remains one of the great mountains of the Northeast, but the dominance that waned in recent ASC years is not likely to rebound as quickly as that of Mount Snow's. Whereas Mount Snow need turn around a small battleship, Killington is trying

to change the direction of an aircraft carrier.

Regardless of the current operations of either mountain, there are few who would deny that both Killington and Mount Snow resorts are better off not burdened by the yolk of American Skiing Company and the legacy of Les Otten.

Each resort has invested heavily in their current and future winters in an effort to bring back some of the greater snow days that have dissolved under the ASC helm.

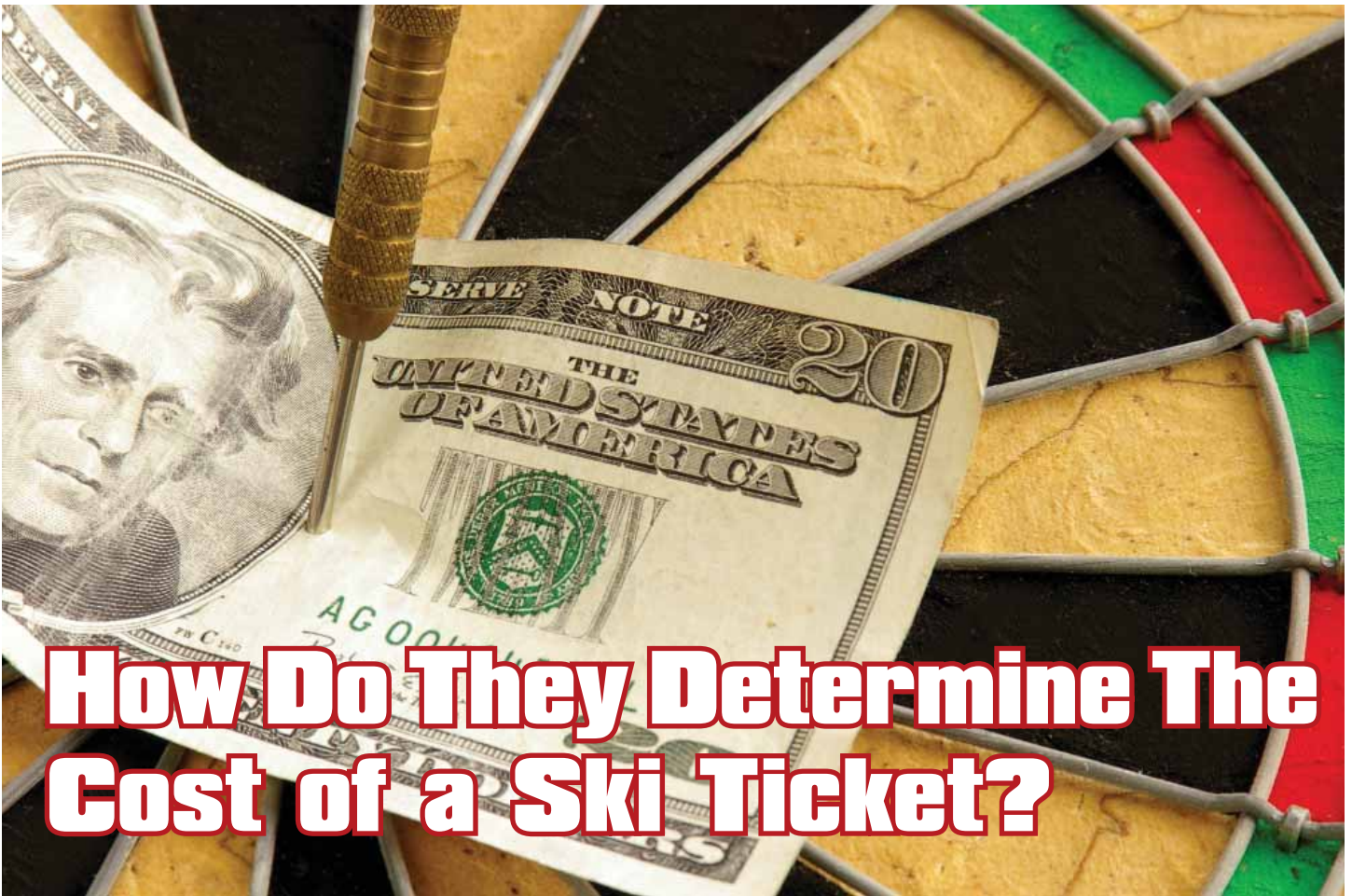
Still, a resort can invest millions and it can mean nothing without the assistance of a good winter. Colder temperatures have already allowed each resort to open and add more and more trails every weekend.

It will take a combination of good management, savvy investing and marketing and a few good winter to bring both Mount Snow and Killington to the dominant forefront they shared so many years back.

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How Do They Determine The Cost of a Ski Ticket?

For years, we have wondered as to how ski ticket pricing is determined. Was there a math that was utilized, taking into consideration the costs of labor, fuel, insurance, and so on.

Or was it more of a crap-shoot, with marketing directors throwing a dart at a moving pinwheel?

In conversations with five ski resort professionals ranging from marketing directors to operational managers to an actual President of a local ski resort that picked up their phone, unsuspectingly, we think we got the scoop.

There is neither math, nor science, nor divination that determines the cost of a ski ticket. Some mountains do collect an assortment of data, from infrastructure investments and consumer demand studies; however, in the end, it appears to us that it is still somewhat arbitrary.

There are, however, some certainties that can always be relied upon. Ticket pricing will rise, virtually every year. Whether the cost of inflation, the rising of fuel costs, etc, the money a ski resort makes in one year will not suffice for the next. Most mountains only go up \$1, but there are occasional multi-dollar leaps as well.

In addition, a mountain will wait till the last possible moment to divulge its pricing. This is because they are waiting to see what the mountain next door is charging.

Pricing a ticket is an entertaining combination of science and art, a recipe that ranges from complex algorithms to Vermont voodoo.

At the end of a season, when the money is tabulated, it is the weather that becomes the defining factor and a good snow season will make any marketing director look like a genius.



Boost Your Winter Immune System With comfort food

What a perfect idea: to be able to consume soothing and filling foods while that also carry a host of health benefits!

In this issue, our goal is the strengthening of your immune system in an effort to prevent disease and infection. By increasing the quality and amount of healthier foods, such as those we have compiled below, you will be on your way to a healthier mind and body.

I also recommend these star foods: leafy greens (the dark kind like Swiss chard, kale and spinach) sweet pota-

toes, almonds, Brazil nuts, walnuts, sunflower seeds, Avocado, broccoli, carrots, squash, whole grain barley, tomatoes, lentils and chickpeas, citrus fruits, berries, crab, mussels, tuna, cod, ginger and garlic.

Below, I have chosen a few recipes that feature these foods. These recipes are satisfying and your body will be grateful when you consume them.

The first recipe is a Seafood Risotto with Ginger. I like to use half risotto rice with half barley to add more zinc, as it is a savory combination.

The second recipe is an Orange Butternut Carrot Soup with a spoonful of plain whole milk yogurt on top instead of sour cream, still equally as satisfying without all the added calories. There is the added benefit of the healthy bacteria from the yogurt. I want to note that this soup makes a great lunch and with a piece of nice whole grain bread for dipping is just scrumptious.

For desert, I have included a Baked Apple Dish with crushed roasted walnuts and almonds, topped with maple yogurt.

Seafood Risotto With Ginger

2 1/2 cups	good quality fish stock *
1 teaspoon	saffron threads
1 tablespoon	butter
1 tablespoon	light olive oil
12	shallots, minced
1/2 - inch piece	fresh ginger, grated
1/2 cup	crabmeat
3/4 cup	risotto rice
2 tablespoon	dry white wine or sherry
1 tablespoon	chopped fresh cilantro
1 teaspoon	sea salt
	black pepper to taste
1 tablespoon	freshly grated Parmesan cheese

Heat the stock in a pan. Ladle a small amount into a small bowl when hot and infuse the saffron in this.

Heat the butter and oil in a nonstick frying pan and add the shallots. Sauté until soft, then add the ginger and stir for a minute. Add the rice, stirring for a minute to coat all the grains.

Add one-quarter of the hot stock, stir and bring to gentle simmer, stirring frequently. When all the stock is absorbed, add more and repeat, using the saffron stock toward the end of cooking.

When the rice is plump and cooked, but still with a moist and creamy texture, add the crabmeat, wine or sherry, cilantro, and seasoning. Serve at once, with the Parmesan cheese sprinkled over.

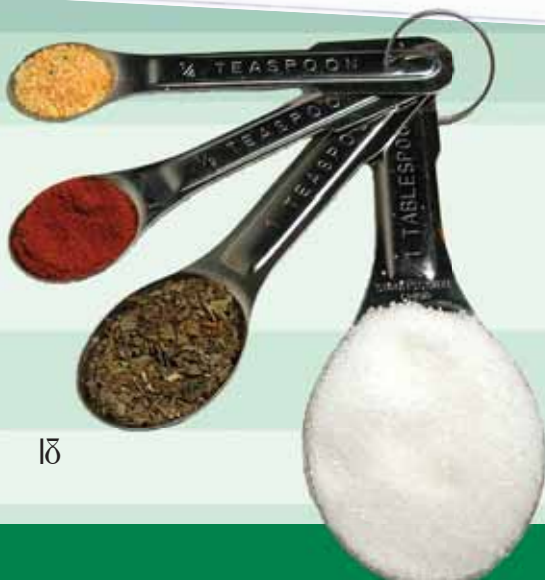
* You can substitute vegetable stock for fish stock

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

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

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Start the holidays off right, and treat yourself to better health the natural way.



Orange Butternut Carrot soup

Put olive oil and butter into a medium heated saucepan, add chopped carrots and sauté until caramelized to a golden brown.

Puree carrots in a food processor and add to a soup pot along with stock, squash and orange juice. Simmer about 20 minutes. Add salt and pepper to taste.

Lastly, add a spoonful of plain full fat yogurt to top with a sprinkling of pan roasted pumpkin seeds to the top.

1/2 cup orange juice or 2 tbsp frozen concentrate
4 large carrots peeled and chopped
2 boxes pureed butternut squash
2 tbsp olive oil
1 tbsp butter
1 container chicken stock
sea salt and pepper to taste



Baked Apples with pan roasted walnuts and almonds

4 large baking apples cored out.
1/4 cup lightly crushed almonds
1/4 cup lightly crushed walnuts
1/4 cup raisins
1/4 cup maple syrup
Cinnamon



Take your apples and place in a greased baking dish with sides.

Get a saucepan medium high hot and add crushed nuts and roast until slightly browned and the nutty smell comes out. Keep tossing as they cook, being careful not to burn. Dump nuts, maple syrup, raisins and dash of cinnamon into a small bowl and mix.

Add into apples and bake for 30 minutes or until apples are soft, depending upon the type of apple you use. When cooked, let cool for a few minutes.

While cooling, mix together 1/2 cup of plain full fat yogurt with a teaspoon of maple syrup.



Alici's BISTRO

and Martini Bar

of Brattleboro

As a child, I was a big fan of pirate movies and books. It wasn't the swashbuckling adventures on the High Seas that enthralled me, so much as the hidden bounty that was sought and the travails a pirate might encounter in his search. For me, the greatest treasure always came as a result of an even greater effort to locate it.

This, of course, is a strange opening when writing about a local restaurant, but there is a segue, I promise. I have been hearing about Alici's Bistro of Brattleboro throughout the summer and I was greatly looking forward to my first dinner service; however, I was unable to find the restaurant as I traveled up and down Main Street.



directions or my inability to follow them, but it is also because Alici's is tucked away a bit along the Connecticut River, just off of Main Street. It's location may be a bit hidden, but it's overlook of the river and mountain vistas is extraordinary.

Alici's is fairly new to the restaurant scene in the area, but it has certainly made it's mark from the onset. The culinary duo of Chef/owner Musa Alici and chef Jim Smith meld together a brilliant blend of tastes for any palette, whether traditional or eclectic.

We started with a lifelong favorite appetizer of mine, a beef carpaccio. These paper thin slices of filet mignon are served with a fine parmesano romano cheese and arugula and sprinkled in unique and fruity extra virgin olive oil. I recognize that vegetarians and vegans abound throughout the wonderful community of Brattleboro, but this particular dish makes me proud of my place on the food chain.

In a truly surprising turn, we were also served a beet salad, an appetizer I confess I was a little wary of; however, this combination of roasted beets and goat cheese, served with pine nuts and a lemon mignonette was remarkable in it's opposing flavors. It had been over two decades since my last experience with beets, and this dish decidedly won be back over to this oft-maligned vegetable.

Chef Musa has created a "half-menu" with his entrees to further complement the starters list, a creative approach that allows his guests to further sample a variety of dishes without committing to the larger portion of a full dinner. We took this opportunity to taste a half order of Thai mussels from the entrée list, served in a cacophony of coconut milk, spinach, lemon grass, red curry, chili and jalapenos. It presented a wonderful melee of tastes with a slight spicy kick, complementing our previous appetizers quite nicely.

Sometimes, the difficulty in visiting a restaurant to do a review with such an extravagant menu lies in the necessity to taste not only one's own dish, but that of the guest you bring along. This partnership can work fine, until those last few morsels remaining on the plate leave both guests acting as seagulls over the same piece of bread.

This was certainly the case when we received our entrees. My companion received a pan seared tuna, served with soba noodles and bok choy in a shitake mushroom broth. This remains simply the finest tuna cut I have ever enjoyed. In speak-



Bar Menu

ing to friends since this outing, I try to compare the difference to that of a choice sirloin cut and a Kobe beef filet. The tuna entrée we enjoyed was perfectly prepared and I have since returned for another outing specifically to prove to another friend just how wonderful it was. It will remain the tuna of which all others will be forever compared to, I admit.

I was equally impressed with the grilled salmon filet, prepared with a potato crust. This unique combination creates both a fascinating textural presence as well as a palatable one. It was further set off with a Marsala-sautéed spinach and braised celery, all brought together by a wonderful Maltaise sauce.

Upon our finishing dinner, we journeyed downstairs to have a couple of after-dinner spirits. The downstairs is a casual lounge with a vast array of martini selections, fine scotches, and other opportunities to imbibe. They are further complemented by a knowledgeable bartender and a warm and casual atmosphere perfect for unwinding after upstairs or winding up before heading out on the town.

Alici's is a truly spectacular addition to an already wonderful dining scene in downtown Brattleboro. It offers its guests a myriad of culinary opportunities for even the most discriminating of tastes and I greatly look forward to further visits in the future.

51 Harris Place. Brattleboro, VT 05301.
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Whether you live in Vermont or are just visiting, the social life for winter can be exhilarating. Après-ski pubs and clubs are a great place to unwind or wind up, but it is equally as important to feed the hunger beast before imbibing.

Here are a few of our favorite spots to enjoy a combination of eats, drinks and friends.

Mt. Snow

Cuzzins Bar & Grill – it can be a bit pricey for food & drink, but there is no better entertainment than listening to Bruce Jacques on select Saturdays from 3:00 to 7:00. It is difficult to describe this hilarious musician, but his fans have been coming back for over a decade and follow him around the northeast. If you haven't seen him before, you will be laughing hysterically. If you have, you will be making a fool of yourself in no time.

The Billiard Sanctuary – a more low key alternative to Cuzzin's, it boasts some of the best pool tables in the state. Less expensive than above as well, they have an excellent array of eats and a casual but refined atmosphere.

Killington

This resort area is a long road of places to grab some good eats and entertainment. Our faves include the local hangout Lookout Bar & Grill and Casey's Caboose.

Still, Killington parties hard and, if that is your pleasure, few spots are more crazy than The Pickle Barrel or The Wobbly Barn. They both feature great après-ski entertainment and fantastic bands later on in the evening. The Barn has become a bit of a "meat-market" in recent years, but to each their own.

Stratton

The rule for partying in Stratton is to do it early, as the nightlife ends around 8:00. Mulligan's has over 50 types of beer, but the deck of Grizzly's is where it is at, with entertainment almost every weekend.

Down the road lies The Red Fox, a great local hangout that features some super local bands and one of the few local bars to go into the wee hours.

Okemo

Okemo is more low-key than some of the other resorts, but The Sitting Bull is a great locale for eats and drinks. Later on, try out The Pot Belly for some great bands.



The White House

of Wilmington

There is a heritage about the country inn and Vermont that goes hand in hand. It is a partnership in nostalgia that is inherent to our state and represents a bridge between our history and present day.

In a hospitality industry where amenities and other extras have become commonplace, the forces of tourism sometimes require more than a four-post bed and a Continental breakfast.

It was, therefore, a pleasant surprise to find oneself visiting the hometown hospitality of Wilmington and The White House Inn. Regardless of which direction on Route 9 that you approach from, the inn is a wonderful site to behold as it sits on the crest of a hill, shouldered by flora and varied hardwoods.

The White House is a wonderful blend of history and nostalgia, while aptly offering its guests a wide array of activities, services and fare that has become quite rare with country inns in recent years.

Originally built as a summer home in 1915 for lumber baron Martin Brown, it has become an unofficial landmark

in the region, growing in size and elegance over the years.

The property features twenty-five guest rooms, many with fireplaces and balconies, and each is furnished with period pieces one would expect in an historic inn of this quality.

It is the subtleties in the rooms that differentiate the inn from true history to the manufactured history one finds in so many other properties: pictures that adorn the walls showing a century of transformation, original sinks and faucets that seem to flow from another era, unique woodwork and Victorian brass and silver that adorn the walls.

Sometimes the unique nature of a country inn can also be its downfall. So many properties are confined in size by narrow hallways, tiny rooms and less than spacious common areas. This is exactly the opposite at The White House.

From the moment you enter through hand-crafted French doors, it is the massive sense of space that really brings out the splendor of the inn. The living room on the ground floor is a massive sight, capable of seating every guest at the inn at once if need be.

There are three dining rooms to fit whatever mood your culinary appetite may desire and the spacious hallways and staircases are fitting for the lumber baron in each of us.

The lower level features a sauna bath and steam room but it is the small indoor swimming pool that immediately grabs your attention, something you certainly do not find in the average country inn. During the summer months, the White House also offers a 60 foot swimming pool outdoors, perfect for relief from more sweltering days.

Of course, Mount Snow is only seven miles up the road, but the inn offers a wide array of winter activities for its guests (although open to public as well). Right out the front door begins over 300,000 acres of VAST trails for avid snowmobilers.

The White House also offers over 30 kilometers of cross-country and snowshoeing trails, as well as equipment to rent for both. These trails are not part of the VAST system, of course, and the inn works to keep the trails groomed during sporadic weather.

For visiting families, the Tubing Hill is a wonderful adventure, as there are

few such places in southern Vermont for enthusiasts to truly enjoy outdoor sledding to this degree. Still, this activity is not just for the kids, but the kid in all of us as they offer both a “Kiddie” and an Adult Hill.

The White House offers a great locale for meetings and weddings, but it is the vast array of winter comforts they

serve up for couples and families alike that make it such a unique getaway experience.

For the winter traveler, it is one of the few properties in southern Vermont to offer such a wondrous combination of activity, comfort and history.

WhiteHouseInn.com

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Restaurant Review

In addition to all of the varied activities and amenities offered at The White House, they also serve to both guest and public alike one of the better dining experiences in the Valley.

I recall eating at the restaurant many years back; however, their commitment to the dining experience has matured in many ways.

Having recently won a coveted Wine Spectator Award of Excellence, they have created one of more unique wine cellars in the area. They have even established a specialized wine menu that features a variety of bottles served at that other White House in D.C., during various state dinners.

The dining rooms are as wondrous a setting as the rest of the inn, with a roaring fire in the background set off further by a glowing candlelight from each of the tables.

We began with a wonderful smoked trout fillet, served chilled on a bed of greens and a horseradish cream sauce. My guest was kind enough to share with me some of his stuffed mushroom caps, filled with a unique blend of smoked sausage, caramelized onions, cream cheese, red peppers and bread crumbs.

It should be noted that their wine steward was very knowledgeable in his selections. We chose to order by the glass and he continued to surprise

us with a perfect selection of whites that complemented our meal to the utmost.



My entrée was that of a semi-boneless Vermont duckling, roasted to perfection. It is difficult to explain to those who do not enjoy duck how easy it is to miss the mark, but there is a combination of tender meat and crackling, roasted skin that is truly sublime. It was further accented with a topping of mandarin oranges and blueberries in a melba sauce.

We then shared a generous display of Parmesan-encrusted Sea Scallops. Pan-seared with a red pepper coulis, they are served with baby spinach that is purposely over-seared. The whole dish is brought together with a wonderfully rich Roquefort sauce.

Now, although we did not enjoy this entrée that night, I can not recommend enough their Wiener Schnitzel. This delightful dish seems more difficult to find in dining rooms as of late, which is a shame. Lightly breaded veal medallions are complemented in a white wine and lemon butter sauce. True aficionados may wonder about the fried egg that is sometimes traditional to this dish, but I have never been a big fan.

Of course, their menu changes with the season, but there is a timeless feel to



both the ambience and the dishes that engages the guest in a truly comfortable fashion.

The White House is one of the few properties to offer a brunch in the area (in addition to lunch and breakfast), featuring hearty favorites from eggs benedict and lobster omelets to fresh berry pancakes. Personally, you can do no wrong with their marinated tips of filet mignon served up with a side of eggs. What a way to start the day!



BOVINE EVOLUTION

Cartoonist Profile

Myk Martinez was born in Ireland to a well-to-do family; however, his parents were tragically killed in a plane crash in 1974 over Tanzania. He was then raised by his great-uncle who lived in a very large brownstone on Park Avenue in New York City. He lived there until his uncle was also tragically killed in a horrible mowing accident in Central Park.

Myk then lived on the streets for two years until one day, after he had washed his face in a subway bathroom, he was recognized by his great uncle's solicitor. Once again, Myk was reunited with his wealth. Things went well for two more years, but then, on a trip to Atlantic City, Myk lost all his money playing slot machines.

Out of desperation, Myk moved to Vermont and became a cartoonist. Looking out his basement window, he sought inspiration for his drawings. One day, off in the distant hills of Starksboro, he heard "mooing" noises and thought "What could that possibly be?" He traveled through the woods, which turned into a gently rolling meadow, in the center of the meadow was a café called Chez Moo, filled with Holstein Cows.

Myk entered the café, sat down and ordered a venti double latte with a twist. While sipping his latte, he overheard conversations between some of the cows. They were quite amusing and gave Myk a new inspiration. He has been drawing his "Cow Words" cartoons ever since. Finally, Vermont's cows have a voice.

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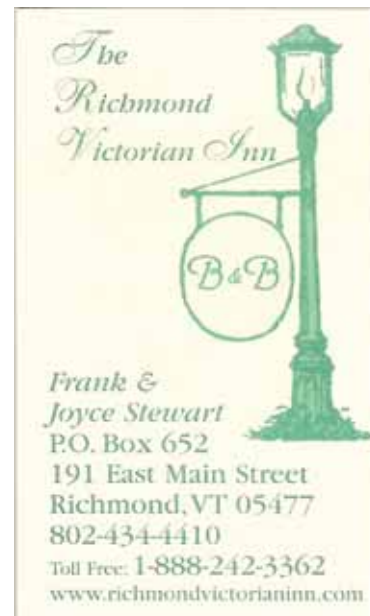


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