

Vol. 51, No. 38

Courtesy Pie in the Face, FB Jared Hall smiles as he's hit with another pie!

PIE A LOCAL CELEBRITY IN THE FACE, **DO IT FOR CHASE**

This is the 10th year that Killington locals will line up to either give or take pies in the face to raise money for a local boy and his family. Page 42

WHAT'S THE PROPER **ROLE FOR A STATE UNIVERSITY?**

UVM has seen a steady increase in out-of-state students. Some say it helps Vermont attract new residents; others worry about the affect on local students, communities.

Page 7



By Lindsey Kleeman-Forsthuber

Aksel Forsthuber, 5, stands atop the podium Saturday, Sept. 16.

CONQUERING THE BEAST AT ALL AGES Photos of highlights. Page 5



OUNTA

By Paul Holmes

A mountain bike rider competes in a previous US Open. The event is returning this weekend.

U.S. Open of MTB returns

About 500 of the world's best mountain bike athletes are expected to compete in the Fox U.S. Open of Mountain Biking Sept. 23 in four events — a best whip competition, downhill race, dual slalom, and an enduro race,

"We're excited to show off the Killington Bike Park. We've been putting a lot of resources into it. It's a good way to not only put our bike park on the map for mountain biking, but the area," said Killington Resort's Brand Marketing and Communications Manager Kristel Killary.

Most of the event will take place at the

The riders will compete for an \$80,000

prize purse, with this year's top male and female of the Open Class Downhill taking home \$15,000 each.

"Remaining true to our ethos, we continue to push the industry standards on equal payouts — including a \$15,000 award for the top step of the men's and women's open downhill podiums," Clay Harper, the founder, said in a statement.

In addition to pro and open events, the U.S. Open \rightarrow 35

Slate Ridge standoff continues

Banyai's arrest warrant expires, Pawlet files additional motions By Ethan Weinstein/VTDigger

pliance.

With the 60-day warrant for Daniel Banyai's arrest now expired, the town of Pawlet has requested an updated warrant seeking more oversight on the Rutland County Sheriff's Department and Vermont State Police to ensure that Banyai is detained.

In a motion filed in state environmental court on Friday, Pawlet's attorney, Merril Bent, said that the town had not been able to enter Banyai's property, the militia training facility Slate Ridge, to determine whether he had brought it into com-

Now, Pawlet has requested the court order governing Banyai's arrest be extended until the warrant, also called a writ of mittimus, is executed. The town explicitly asked in the request that the sheriff's department and state police "have equal Slate Ridge $\rightarrow 6$

Killington receives \$18.4m USDA loan for Killington Road

The Mountain Times • Sept. 20-26, 2023

FRFF

MES

By Polly Mikula

On Monday, Sept. 18, Killington Town Manager Michael Ramsey, received a letter approving the town for an \$18,394,000 loan from the United States Department of Agriculture (USDA). The letter was titled "FY23 Killington Forward - Killington Road Reconstruction Project."

The total note was broken into two loans as each USDA loan is capped at \$10 million — the first \$9,394,000 and the other for \$9 million —the rate for both notes is set at 3.625% for 30 year terms.

The town will draw on the loans as needed for the Phase 1A road project, which includes: East Mountain Road from the Grand Hotel through a roundabout to The Lookout Tavern. As well as East Mountain Road, Old Mill Road, and a new H Road that will go behind the Distillery and Pinnacle Condominiums. All roads are within the Tax Increment Financing (TIF) district, which will pay the notes on the bonds per the development agreement.

"This \$18,394,000 water and environmental program loan award from USDA is a significant step forward to constructing the

"Now that funding

is secured, we

can focus efforts

on design and

implementation of

a project that will

have a huge impact

on our region," the

town stated.

road infrastructure needed to support the ski village," the town of Killington said in a statement. "Now that funding is secured, we can focus efforts on design and implementation of a project that will have a huge impact on our region."

The town received a preliminary estimate of \$17,120,258 from VHB for Phase 1A last September, but is expecting updated plans and quotes soon.

Once received, the town will put out a request for proposal for this portion of the project — likely in February/March — then select the awardee in April. Construction for this portion of the roads will begin in mid-July and be completed by next fall.

Selectman Jim Haff noted that in addition to the USDA loan, the town was also recently awarded a \$2.25 million Catalyst Grant of which \$1.25 million will be used for this portion of Killington Road and \$1 million for municipal water.

Additionally, the state has put the Killington water and road projects up for consideration for an additional \$750,000 in EDA partnership funding.

Phase 1B roadwork postponed

The second portion of the first phase of road work, Phase 1B, is located from Anthony Way to Route 4 — the lowest section of Killington Road, that ends with a steep hill. Plans call for blasting that hill to make a lower grade into the busy intersection and a sidewalk on the west side along with installing the dryline piping for future waterline. While originally planned for this fall, that work has been postponed to the spring due to delays related to the summer flooding, Selectman Jim Haff explained.

"It'll now start up April 15 and must be completed by July 8," Haff said, referring to the contracted timeframe.

Phase 1B was awarded to the lowest of five bidders in June. Markowski Engineering won the award at \$2,679,851.29.

Ramshead Base Area, like last year.



By Donald Dill

New cannabis shop opens in Chester

The Okemo Valley Chamber recently celebrated a ribbon cutting ceremony with new member Down to the Roots in Chester. Co-owners Scott Blair along with Andi Goldman and Meredith Milliken cut the ribbon along with their team —all dressed in matching plaid shirts — and Chamber Director Carol Lighthall (in back). They also recently held a private grand opening to celebrate the new retail store.

Juvenile shoots, kills Waltham woman

School mourns loss of beloved bus driver

WALTHAM — A juvenile watching a fight involving two women in a Waltham neighborhood Friday evening, Sept. 15, picked up a gun dropped by one of the women and shot her multiple times, State Police report.

Michelle Kilbreth, 48, a resident of McKnight Lane in Waltham, was killed by gunshots to her torso, according to the Chief Medical Examiner's Office in Burlington.

Police have not released the name of the shooter because of his age. No charges have been filed.

State police report that Kilbreth got into a physical altercation with another woman who also lived in the neighborhood a little before 7 p.m. on Sept. 15. One source said it appeared to be a long-simmering dispute.

Kilbreth had a handgun in her possession, but at some point she lost her grip on the gun, and the juvenile picked up the weapon and fired it, striking Kilbreth multiple times.

Someone called the authorities, who arrived shortly after, and found Kilbreth dead. A Vergennes police officer was the first on site, and Vermont State Police troopers arrived shortly thereafter. Middlebury police also came to provide assistance.

They gathered evidence, took witness statements from at least some of the estimated 30 people in the area of the shooting, and sent Kilbreth's body to the Chief Medical Examiner's office, where an autopsy on Saturday determined that the death was a homicide.

Kilbreth was known by many in the

community as a school bus driver for the Vergennes-area schools.

In a message to the Addison Northwest School District community, Superintendent Sheila Soule called Kilbreth a beloved school bus driver.

"Our school community is in mourning, and our deepest condolences go out to Michelle's family, friends and loved ones," Soule wrote. "Michelle was a dedicated employee who played a vital role in ensuring the safety and well-being of our students during her time with us. Her commitment to her job and the students she served was unwavering, and she will be remembered for her kindness and dedication."

The school district is offering support to members of that community who feel they need it in the wake of Kilbreth's death. The ANWSD crisis response team, counselors and community mental health providers are in the schools and available to assist any students or staff who may be grappling with the impact of this tragedy, Soule wrote.

State police are working closely with the Addison County State's Attorney's Office, a spokesman said. The VSP Crime Scene Search Team completed its work at McKnight Lane on Saturday.

State police continue to ask that anyone with information that could assist investigators call the New Haven barracks at 802-388-4919 or provide an anonymous tip online at vsp.vermont.gov/tipsubmit.

Shrewsbury's Evening Song Farm wins conservation award

Farmers Kara and Ryan Fitzbeauchamp of Shrewsbury won conservation awards, the Vermont Land Trust (VLT) announced Sept. 14.

The Fitzbeauchamps of Evening Song Farm in Shrewsbury won the 2023 Eric Rozendaal Memorial Award. The winners received the awards at the land trust's annual member meeting in Barnard on Sept. 13.

"We're delighted to celebrate these farmers and educators who inspire with their care for the land and their mission to connect people to healthy food," said VLT Interim President Tracy Zschau.

Kara and Ryan Fitzbeauchamp of Evening Song Farm received the \$5,000 Eric Memorial Rozendaal Award in recognition of outstanding service to community, land stewardship and innovation. The award is given annually to a farmer who honors the legacy of Eric Rozendaal — a thoughtful, creative, and entrepreneurial farmer.

The Fitzbeauchamps started farming and running a vegetable CSA in Pennsylvania in 2009 before moving to Cuttingsville in 2011. Their first farm here was destroyed by Tropical Storm Irene, when Mill River changed course and carved a new riverbed through their vegetable fields. They restarted a few miles away, uphill from the Mill River. They incorporated low-till methods and other practices for soil health on a steeply sloping hillside.

"We're focused on developing a farm ecosystem that can thrive in a changing climate," said Kara, "prioritizing the health of the land, farm team, and community for now and into the future. We see the work of farming as climate work and community building, so there is always more to learn, adapt, and experiment with."

They grow certified organic vegetables and herbs together with a team of farmers and offer a year-round CSA. More than 250 families subscribe to Evening Song Farm's CSA program. This program includes subsidized low-income shares as well as senior health shares. In addition, they sell to area food co-ops, restaurants and, through grant-funded sales, charitable organizations.

"We feel incredibly grateful to be selected to honor Eric's important legacy within the thriving Vermont farming community," said Kara. "Farming has always been about more than food production, and trailblazers like Eric have been models for what new farms can aspire to. We appreciate the support from this grant to augment our ability to serve our community through food and land stewardship. Thank you."



Courtesy Evening Song Farm

Ryan and Kara Fitzbeauchamp of Evening Song Farm in Sherwbury received \$5,000 for their outstanding service to community, land stewardship and innovation.

Inaugural season of the Killington Junior Golf League dubbed a success

Fall season is now underway; new participants welcome

By Arra Derderian, Killington Parks and Recreation Board

The inaugural season for the Killington Junior Golf League was a success this summer having nine children between the ages of 9-12 years old participating. The program lasted through July and August. The children had instructional range time provided by Coach Jonathan Brisbane each Tuesday morning.

Supplementary to that, the kids had a league night Monday nights where Coach Jason Evans and I (Arra Derderian) took the kids out on the course to practice driving, chipping, and putting.

"The kids progressed immensely in the program and learned the rules of the game and how to move around the golf course properly," the coaches stated.

Green Mountain National Golf Course hosted the summer season and is again this fall for the second session of the Killington Junior Golf League. League play is held on Thursdays from 4-5 p.m. for 8 weeks from Sept. 14 to Nov. 2. The league is open to kids age 9-12 years old from Killington and surrounding towns. It's free to enroll in the fall session. But children will need to wear appropriate attire, shoes, and have a set of clubs. For more information

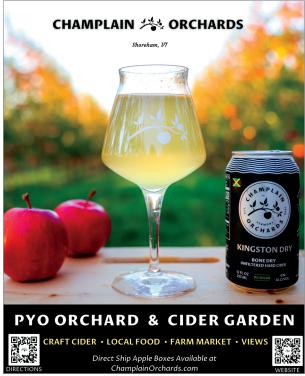
or to join the league, visit: KillingtonRec.com. "The kids progressed immensely in the program and learned the rules of the game and how to move around the golf course properly," the coaches stated.



Courtesy Killington Parks and Recreation

The first members of the new Killington Junior Golf League enjoyed a sunset on the green earlier this summer. Pictured from left, Lily Derderian, Coach Arra Derderian, Reese Fenity, Mina Gugliotta, Orlaith O'Dwyer, Henry Evans and Chris Evans.







We are stocked with nonperishable food, paper goods & cleaning supplies. Any person in need, please call to arrange a pickup. Donations accepted. Please call Nan Salamon, 422-9244 or Ron Willis, 422-3843.

Sherburne UCC "Little White Church," Killington, VT

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MOUNTAIN TIMES

is a community newspaper covering Central Vermont that aims to engage and inform as well as empower community members to have a voice.

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Spartan awarded sunny weather weekend

The Spartan Race returned to Killington last weekend, embodying the Spartan ethos of pushing boundaries. The main event was the Spartan Beast, a demanding course covering approximately 13-16 miles of rugged terrain and boasting over 30 obstacles. Participants must conquer not only natural obstacles like steep inclines, rocky trails, and frigid water crossings but also man-made challenges designed to push them to their limits. Obstacles at the Killington Spartan Race can range from climbing walls, crawling under barbed wire, carrying heavy objects, and even traversing ropes suspended over water. The event celebrates the human spirit's capacity to overcome obstacles and reach new heights.



Mini Spartans tackled the obstacles, too, conquering The Beast with pride

Spartan Kids races offered a fun and safe obstacle course experience for children ages 4-14. Spartan offered various distances with progressively harder obstacles for older age groups. The race allowed kids to develop grit and mental toughness while running, jumping, climbing, and crawling among age-appropriate obstacles. All finishers were awarded a medal, just like their adult counterparts and the camaraderie, high fives and proud smiles were abundant.







By Polly Mikula Top center: Esme Mikula and Aksel Forsthruber high-five while sister Liesl, 3, tries to join in. By Polly Mikula Top right: Liesl Forsthruber hands out bananas.







By Polly Mikula Top left; Esme Mikula, 5, poses atop the podium. (The kids course was not timed.)

By Polly Mikula Bottom left: Esme Mikula bites her metal (as if it were gold) after racing through the finishers arch.

By Lindsey Rogers Left: Liam Prior and Colton Beede pose by the Spartan sign. By Lindsey Rogers

Above: A group of friends (ages 7-8) from Barstow Elementary School in Chittenden all completed the Spartan Kids Course, Sunday. Picture top row (l-r): Levi Cornell, Colin Brosnan, Kaleb Cornell. Bottom row (l-r): Liam Prior, Dean Petsche, Colton Beede.

Sophie Zdatny to step down as chancellor of the Vermont State Colleges System

Staff report/VTD

For the second time this year, the Vermont State Colleges System is poised to lose a top leader.

The system's board of trustees announced Monday evening that Sophie Zdatny will step down as chancellor at the end of December. She has served in that role since July 2020 and has worked for the state colleges since 2014.

Zdatny, an attorney, took over as interim chancellor at the height of the Covid-19 pandemic, after her predecessor's plan to shutter campuses led to his resignation. She has since grappled with declining student enrollment, tough legislative mandates and an aggressive consolidation. Zdatny has also presided over an influx of state money to an institution that, compared to other state college systems around the country, had been starved of public investment.

"I am incredibly proud of the work we've undertaken together to stabilize the Vermont State Colleges and to set it on the path of transformation to ensure public higher education remains accessible and affordable in Vermont's rural communities for generations to come," Zdatny said in a written statement, calling herself grateful to colleagues and appreciative of students and faculty.



Submitted Sophie Zdatny

The state colleges system is a sprawling institution that includes Community College of Vermont and the newly created Vermont State University. The latter brought together Vermont Technical College, Castleton University and Northern Vermont University — the last of which was itself the result of a 2018 merger of Johnson State College and Lyndon State College.

Vermont State University's launch this summer was marred by an announcement in February that it would close its libraries and downgrade various sports programs. Community members pushed back, officials apologized and the university president, Parwinder Grewal, abruptly resigned — just months before the July 1 launch date.

Mike Smith, a former secretary of the state Agency of Human Services, has since been serving as interim university president as the state colleges system searches for a successor to Grewal.

According to Monday's announcement, the system's board of trustees — which was scheduled to take part in an annual retreat Monday and Tuesday at the Lake Morey Inn in Fairlee — "anticipates announcing a hiring process for the next leader in the coming weeks."

Rep. Lynn Dickinson, R-St. Albans Town, who chairs the board, said in a statement that she and her colleagues would be working to "identify a leader for the next phase of transformation," saying that Zdatny's successor would build on her efforts to "grow the system's value in Vermont and beyond and to continue transforming and synchronizing" its constituent institutions.

Dickinson hailed Zdatny as "an extraordinary leader for our system and its institutions (during) an incredibly challenging time." Zdatny has led the system through its transformation "with purpose and clarity" and had been a "steady guide" during the pandemic, the board chair said.

"It is bittersweet to accept her resignation, but I speak for all trustees in wishing her well," Dickinson said.



By Glenn Russell/VTDigger

Daniel Banyai, owner of the Slate Ridge paramilitary training facility in West Pawlet, appears for his contempt hearing in Environmental Court in Rutland on Nov. 4.

Slate Ridge: from page 1

responsibility for its faithful execution." Banyai owns Slate Ridge, a paramili-

tary training facility that has invited militia groups to train on its grounds in West Pawlet. Banyai's property has been the subject of local outrage, national media attention and yearslong legal battles.

Pawlet's latest request demands that both the county sheriff and state police report periodically to the court under oath on their efforts to execute the warrant. The motion to update the writ also requests that both agencies be granted permission to enter Banyai's property, and it asks the court to schedule a date by which Banyai must turn himself in to the Vermont Department of Corrections.

The town's attorney also asked the court to order the sheriff's department "to accompany town officials to enter the property in order to remove the remaining structures, whether or not Mr. Banyai has been taken into custody, and to arrest him if he is present."

On Friday, Sept. 15, in response to Pawlet's filing, Vermont Superior Court Judge Thomas Durkin, the environmental court judge in the case, said Banyai would have until Oct. 2 to respond to the town's motion. Durkin also requested that the town submit a proposed, amended warrant this week so that "the Court may fully understand what action the town is requesting that the court take."

Explaining the context for the town's new request, Bent, Pawlet's attorney, cited reporting by the Bennington Banner showing Rutland Sheriff David Fox's apparent reluctance to arrest Banyai. "I'm not going to 'storm the facility' in order to arrest Banyai," Fox told the Banner. Later, Fox told the paper that the department had made attempts to locate Banyai.

Fox did not respond to a phone message or email requesting comment for this story.

In July, Banyai claimed compliance with court orders when he submit-

Pawlet's latest request asks the court to schedule a date by which Banyai must turn himself in to the Vermont Department of Corrections.

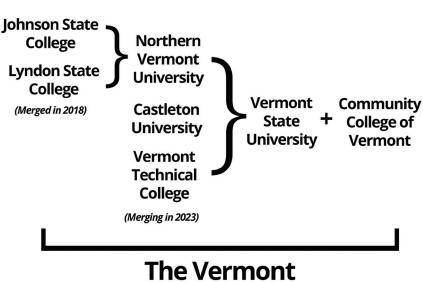
> ted documents to the court that appeared to show dismantled structures on his property. At the time, he requested the dismissal of his arrest warrant.

> Banyai's lawyer, Robert Kaplan, told WCAX last week that his client believes he is compliant with court orders.

> Last month, a federal judge dismissed a lawsuit Banyai had filed against the town of Pawlet and a state environmental court arguing officials had used zoning laws to infringe upon his rights. Banyai appealed that decision earlier this month.

> Asked about the town of Pawlet's request for an updated warrant, state police spokesperson Adam Silverman said in an email that the agency "is not routinely required to report back to a court once an arrest warrant has been issued."

> "We are required to file a return for search warrants," he said. "On any warrants that are issued, we will, of course, comply with all instructions from the court."



The Vermont State Colleges

Chart by Natalie Williams/VTDigger

The evolution of the Vermont State Colleges consolidation from 2018-2023.

At Vermont's flagship public university, growing out-of-state enrollment prompts questions about its mission

In the last school year, fewer than a quarter of University of Vermont undergraduates were Vermonters, out-of-state enrollments have soared, what does that say about the university's role in the state?

By Peter D'Auria/VTDigger

Erik Arnold, a sophomore from Minneapolis, came to the University of Vermont because, among other reasons, he wanted to get out of the Midwest.

Aurelia Bolton, of the San Francisco Bay Area, visited the northeast as a child and attended summer camp in Vermont. The sophomore chose UVM in part because the area has always felt "like a little home," she said.

Jillian Griffith, a West Virginia sophomore, came for the multiple engineering offerings and because the campus "had the best feel," she said.

Arnold, Bolton and Griffith were among dozens of recently returned students lounging on the university's Redstone Campus on a sunny Monday afternoon. Along with thousands of others, the three are part of a sizable majority on UVM's campus: out-of-state students.

The University of Vermont, the state's flagship, landgrant public university, has come to fill an unusual role. It educates relatively few students who actually hail from Vermont. Instead, the institution caters in large part to students from elsewhere.

Over the past two decades, the number of undergraduate Vermonters at UVM has decreased by about 300. Meanwhile, the university's student body has added roughly 3,800 out-of-state students.

As of the spring of 2023, less than a quarter of the university's roughly 10,700 undergraduates were Vermonters, the lowest of any spring semester for at least 26 years, according to university data.

What's more, according to 2021 residency data from the U.S. Dept. of Education, UVM had one of the lowest percentages of new in-state students of any large public university across the country. Only two institutions — both online-only — had lower in-state percentages than UVM.

In a recent press release celebrating the arrival of the class of 2027, UVM noted that new first-years come from 45 states and 23 countries, and half are from outside New England.

That, administrators said, is "an indication of the university's broadening national and international recognition and appeal."

But as the university has added out-of-state students, the growth of its undergraduate student body has rankled officials and residents in Burlington, which is in the throes of a serious housing shortage.

And the figures raise thorny questions about the identity and function of Vermont's largest public university. When fewer than a quarter of its undergrads actually hail from its home state, what is UVM's mission in Vermont — and is it fulfilling it?

"I don't think there's firm agreement on what the function of (UVM)

is or should be for the state," said Kevin Chu, executive director of the Vermont Futures Project, a nonprofit think tank that works to promote economic growth in the state.

By the numbers

UVM was founded in 1791 as a private university, but it acquired "quasi-public" status in 1865, after it merged with the newly created State Agricultural College, according to the university's website.

The university, Vermont's second-largest employer, educates roughly 10,700 undergraduates, 1,600 graduate students and 500 medical students, according to university



By Glenn Russell/VTDigger

University Row on the University of Vermont campus in Burlington in June 2019. Over the past two decades, the number of undergraduate Vermonters at UVM has decreased by about 300.

data from the spring semester.

The university accepts

about 70% of Vermont

applicants ... In all, nearly

half of Vermont students

attend UVM tuition-free.

In the late 1990s and early 2000s, the percentage of undergraduates from Vermont hovered around 40%, university data shows. But that percentage has dwindled over time, and by the 2022-2023 school year, only about 23% of the university's undergraduates were Vermonters.

UVM reported 8,200 out-of-state undergraduates in spring 2023, compared to roughly 2,500 in-state undergraduates. The number of out-of-state undergrads has risen 98% since the year 2000, while in-state enrollment decreased by 12%.

The increase of out-of-state students at public flagships is a national trend, experts say. But even so, UVM is an outlier. The most recent data available, from the fall of 2021,

> shows that only 18% of UVM's new undergraduates that year hailed from Vermont — lower than nearly every other large public universities throughout the country.

UVM ranked third in the country for the lowest percentage of in-state first-year undergraduates out of large public universities. It had 18% in-state

first-years in 2021, compared with a national average of 81%.

This fall, university officials say that about 18% of the incoming class is expected to be from Vermont. That figure is, in fact, an increase from last fall, when 16% of first-year students were Vermonters.

'Try our damned hardest'

So why don't more Vermonters attend UVM? The answer is familiar to higher education administrators across Vermont: The state simply does not have enough students.

Over the past decade, the number of students graduating from Vermont high schools has dwindled. In 2012, Vermont

produced about 6,900 high school graduates, according to state Agency of Education data. In 2022, it produced only about 5,000.

Meanwhile, usually only about 60% of Vermont high school graduates go on to college, according to the Vermont Student Assistance Corporation — a lower percentage than other states, experts say.

Some Vermont high school grads may not want to attend UVM for financial reasons. Rural students may feel uncomfortable in the relatively large city of Burlington. Other Vermonters simply want to leave the state.

"American culture is mobile, and we often think about climbing the success ladder in terms of physically moving from one location to another," said Cheryl Morse, a professor in UVM's Department of Geography and Geosciences. "And so individual young people, young Vermonters, may get this narrative that to be ambitious and to achieve their full potential they need to move."

University administrators have rolled out a slate of initiatives to attract more Vermont high school graduates. Since 2016, Vermont students who are eligible for federal income-based Pell grants have paid no tuition or fees. Starting this fall, Vermont students whose household income is \$60,000 or less can attend fully tuition-free and have fees waived. Some scholarships are also available only to Vermonters.

The university accepts about 70% of Vermont applicants and about 60% of out-of-state applicants. Administrators have also frozen tuition, both in-state (\$16,280) and out-ofstate (\$41,280) for the past five years, and room and board fees (\$13,354) have been frozen for the past four years.

In all, nearly half of Vermont students attend UVM tuition-free, according to Jay Jacobs, UVM's vice provost for $UVM \rightarrow 9$

GUEST EDITORIAL

Biden's age vs. his record

Opinion

By Angelo Lynn

President Joe Biden's age has always been a secondary concern, but rarely has it captured the headlines as it has the past few weeks. Biden is a fit 80; he eats well, is trim, is disciplined and exercises daily. He has a speech impediment, always has, that makes him less articulate than many politicians, but his actions and decisions as president these past two and half years have been sharp, thoughtful and successful.

Trump, by comparison, is an out-of-shape 77-year-old, who, eats too much junk food, doesn't exercise, and stays up late with poor sleep habits. While president, Trump's years in office were defined by his chaotic leadership, his nonsensical and uninformed public comments (that made him the joke of leaders around the world), his penchant for autocratic behavior, etc. etc.

Yet, Biden is the candidate the public thinks is not fit for four more years?

My first thought is this public perception is shallow and could be overcome if Biden staged more public appearances. The worry, however, is that conservative media will take any stutter or slight misstep and turn it into a film clip for its viewers to watch a hundred times over intentionally exaggerating the blunders to make Biden seem too old and unfit for four more years as president.

As a group, 89% of Republicans think Biden is too old to run for a second

term as president, compared to 69% of Democrats and 77% of all Americans. Biden's record aside, that is a disconcerting public perception.

Which brings us back to this: Can Biden's solid record overcome this perceived concern?

The answer is unclear. This week, when Sen. Mitt Romney, R-Utah, announced he would not be seeking reelection when his term ends in 2025 Having an open Democratic primary...might not only re-energize the party over the next 9 months, but would answer a question Biden and Harris must surely be asking: Is he the best Democratic candidate?

(he's 76 now), and that President Biden and ex-president Trump should step aside as well to let a younger generation of leaders take the reins, age was the talk of the town. Political columnists like the Washington Post's David Ignatius piled on — graciously and with ample praise but piling on nonetheless — suggesting that while Biden has been one of the most effective presidents in his first term, he should quit while he's ahead.

Ignatius wrote: Joe Biden launched his candidacy for president in 2019 with the words "we are in the battle for the soul of this nation." He was right. And though it wasn't obvious at first to many Democrats, he was the best person to wage that fight. He was a genial but also shrewd campaigner for the restoration of what legislators call "regular order."

Since then, Biden has had a remarkable string of wins. He defeated President Donald Trump in the 2020 election; he led a Democratic rebuff of Trump's acolytes in the 2022 midterms; his Justice Department has systematically pros-Age vs record \rightarrow 10



LETTERS

Food insecurity is on the rise Dear Editor,

ear Eurior,

September is Hunger Action Month. It is a time set aside when individuals and organizations work to help fight food insecurity. The numbers of families now facing food insecurity continues to rise. According to the US Department of Agriculture (USDA), food insecurity is defined as the lack of consistent access to enough food for every person in a household to live an active, healthy life.

Food banks and food shelves here in the Slate Valley region have seen a marked increase in the numbers of families accessing assistance as they struggle to keep food on the table. This month the Castleton Woman's Club held a small food drive to help support both the Slate Valley Cares and Castleton Cares Food Shelves. Other organizations are also hosting events in our area.

According to the USDA, in 2021:

- 33.8 million people lived in food-inse-cure households.
- 8.6 million adults lived in households with very low food security.
- 5.0 million children

lived in food-insecure households
in which children, along with adults, were food insecure.
521,000 children (.7% of the Nation's children) lived
in households in which one or more children experienced very low food security.

Families have continued to struggle over the past three years due to a number of factors. The need is real here in our communities.

One way you can help with food insecurity is to contact your local food shelf for information on what they need. Many need volunteers to help serve those neighbors in need. This month, won't you please think about one way you might be able to reach out to a local food shelf in your community.

I know I will be attending the Fall Festival to benefit Slate Valley Cares (formerly Fair Haven Concerned). If you would also like to help out, tickets are still available at their office on Main Street in Fair Haven or call them at (802) 265-3666. The need is real.

Ceil Hunt, Fair Haven

American healthcare is an untreated severe fracture

Dear Editor,

Fractures need repair to ensure normal function. "Comminuted" fractures, in which the bone breaks into multiple pieces, are difficult to repair. The more pieces there are, the more difficult the repair.

Our healthcare system displays the most severe kind of fracture: shattering into many pieces. It's so bad that we don't even have an accurate count of the pieces, which include:

- Multiple different government programs
- Multiple federal laws
- Multiple state laws
 Endless variations in employer policies about health care benefits
- Thousands of different insurance policies from hundreds of different insurers.
 Endless variations
- in the terms of "coverage"Endless variations in
- the terms of deductibles and co-pays
- Endless variations in billing and collection policies of providers

And all these pieces are subject to change at any time.

Severe fractures cause crippling symptoms, exemplified by the explosion of medical debt, inability to afford care, closure of hospitals and medical practices, growing shortages of doctors and nurses and the ever

> Our healthcare system displays the most severe kind of fracture: shattering.

increasing healthcare costs translating into inflation of the price of all goods and services.

As with a fractured bone, healthy function can only be restored by properly aligning the healthcare pieces. That is obviously going to be very hard given the severity of the fracture. The longer we wait to begin, the more harm we do to the body.

Fear of the task is no excuse for avoiding it, a lesson the legislature has yet to learn.

Lee Russ, Bennington

COMMENTARY

Let's bury the hatchets and deal with the crisis

By Don Keelan

Editor's note: Don Keelan of Arlington is a retired certified public accountant.

The time is long overdue for the Republicans/conservatives, Democrats/Progressives to put away their hatchets and stop attacking each other. Instead, let's deal with the Vermont crisis of losing young people at a rate that will soon devastate the state.

The devastation has already begun, and its impact is felt throughout the state. It is a decades-old issue: The state continues to lose its young people (ages 18-45). All politicians have given the case minimal attention.

Some will say that the issue(s) of mental health, addiction, crime, education, homelessness, child care, family leave, climate change, and the environment are more important and take precedence. They are important issues; however, in the absence of young people, life as we once knew it will deteriorate slowly at first and then rapidly soon after that. The former is upon us.

I venture to say that many among us have experienced the response, "Due to a lack of staff, we are not open today." We can survive for another day if this is a restaurant or a shop, but not if it is the emergency department at the local hospital or a local doctor's/ dentist's office. Nor is it acceptable if one needs a police or rescue-service presence. You can call, but will they come? A call to the police or rescue can be lifesaving. The need to call for a plumber, heating specialist, or electrician may not be (unless in the dead of winter when there is no heat), but the results are the same: "We will be there when we can."

When speaking to folks about this, the response is the same: It might be weeks or months before a tradesperson can address their problem.

The weak canary in the coal mine is all around us. For example, take the Vermont Veterans' Home in Bennington. This 100-plus-bed state institution, operating since the 1880s, has 59 vacant staff positions out of 196. The home is charged with taking care of our military veterans.

The Vermont State Police, Agency of Transportation, mental health agencies, long-term care facilities and hospitals are all in the same crisis. They cannot fill positions.

Some will say, and they are correct, that it is a housing problem. Sadly, we are beyond that now. We must find a way to resolve the housing problem directly or in the short term.

Housing development has four critical factors: available municipal infrastructure and zoning, building supplies, labor and low-cost financing. For many, the latter two have made it nearly impossible to acquire a new home. Housing need \rightarrow 10

from page 7

enrollment management — "not a cheap way to run a business."

Admissions officers "are continuing to try our damned hardest to recruit Vermonters, in all corners of the state, in all 14 counties," Jacobs said.

In fact, compared to the declines in the number of high school graduates, the number of undergraduate Vermonters attending UVM has decreased relatively little — reflecting, perhaps, the effort UVM has put in to attract them.

'What are the needs?'

Often lost in the discussions, said Chu, of the Vermont Futures Project, is a deeper inquiry into what UVM does, and should do, for the state.

"The needs of a state change very much throughout history," Chu said. "It's this ever-evolving relationship. So it's almost imperative for Vermont to define, what are the needs? And then for UVM to evolve to meet those needs."

Answering those questions, Chu said, could help officials determine the institution's path forward: How much should it grow? How much should the state spend on it?

Tom Sullivan, a professor of political science and UVM's president from 2012 to 2019, said the question of in-state vs. out-of-state students "is an important question."

"We are a state's public institution," Sullivan said. "So there are responsibilities, clearly, that UVM has to the state of Vermont. We would like to have, and should try to do everything we can do, to recruit, retain and graduate more Vermont residents, period."

But, he said, "unintended consequences and demographics hurt that goal." The university is one of the few entities that can draw young people into the state in sig-

nificant numbers — roughly a third of whom, administrators say, stay after graduating. "There is no other institution or entity in Vermont that is like us in terms of attracting a

workforce to the state," UVM president Suresh Garimella told lawmakers this winter.

The questions go to the core of UVM's identity and policies. How much effort and money should UVM spend to chase a dwindling number of Vermont high school graduates? And how much should it lean into its function as a magnet for out-of-state students — a way, as it were, to create new Vermonters?

University officials, meanwhile, say the institution is already serving both Vermonters and out-of-staters — goals that, they argued, are not in conflict with one another.

CAPITAL QUOTES

Car prices could go up as the United Auto Workers union is on strike as the organization asks for a 36% increase in wages over four years ...

"Now that our carmakers are enjoying robust profits, it's time to do right by those same workers so the industry can emerge more united and competitive than ever,"

former President **Barack Obama** said in a statement.

"The impact on prices would be almost instantaneous. Dealers will say, 'Look, we're not sure how many additional vehicles we're going to be getting.' There could be somewhat of a panic effect that could stimulate consumers to make that purchase sooner. rather than later,"

said **Garrett Nelson**, an auto analyst for CFRA Research.

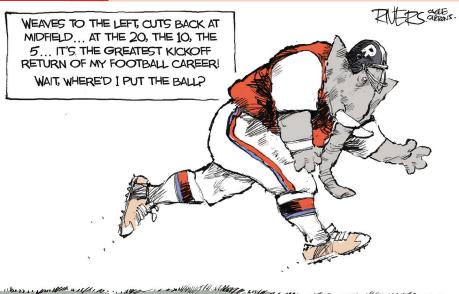
"It's almost a foregone conclusion that the UAW will succeed in getting substantial wage increases. Part of that is simply due to inflation, part of that is due to the profits of the automakers, and part of that is due to the leverage that the UAW has right now with a short inventory and an economy that still has a lot of people that want to buy cars,"

said **Patrick Anderson**, the founder of Anderson Economic Group, a research firm that conducts market analysis.

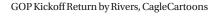
"They could double our wages and not raise car prices and still make billions of dollars in profit,"

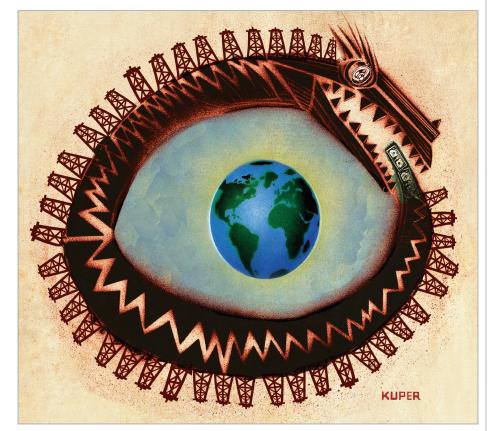
UAW President Shawn Fain said.

CARTOONS



AT THE IMPEACHMENT BOWL





Witnessing Our Plantet's Destruction For Profit by Peter Kuper, PoliticalCartoons



Obsolete iPhone chargers by Dave Whamond, Canada, PoliticalCartoons

Age vs. record:

ecuted the Jan. 6, 2021, insurrection that Trump championed and, now, through special counsel Jack Smith, the department is bringing Trump himself to justice.

What I admire most about President Biden is that in a polarized nation, he has governed from the center out, as he promised in his victory speech. With an unexpectedly steady hand, he passed some of the most important domestic legislation in recent decades. In foreign policy, he managed the delicate balance of helping Ukraine fight Russia without getting America itself into a war. In sum, he has been a successful and effective president.

But I don't think Biden and Vice President Harris should run for reelection. It's painful to say that, given my admiration for much of what they have accomplished. But if he and Harris campaign together in 2024, I think Biden risks undoing his greatest achievement — which was stopping Trump.

Ignatius then argues that Biden would carry two big liabilities going into the election: his age, and his running mate, Vice-President Kamala Harris. Harris, he argues, has never gained traction with the public and weakens the ticket, and he makes a good case for Biden and Harris to bow out and open the Democratic primary to others.

But there are weaknesses to his argument.

Trump, after all is 77, and he is not an articulate speaker. He rambles and he speaks nonsense. In the 2020 presidential debates, Democrats worried that Biden wouldn't be able to hold his own, but he did more than hold his own and there's no reason to think his performance this time wouldn't be as solid. Moreover, Republicans have such low expectations of Biden that his live performances would likely exceed their expectations. More importantly, Biden has a successful record to run on. He has shored up America's esteem around the world; he has rallied NATO to be stronger and more united than ever before and is effectively combatting Russia's invasion of Ukraine; he has moved to counter China economically and is moving to unite other Asian countries wary of China's growing political aggressiveness; and Biden's economic program at home (Bidenomics) is working. If he is able to contain inflation, which has dropped from 9% to 3.5% in the past two years since taking over from Trump's last year in office, he will have managed the near-impossible: avoiding a recession while gradually raising interest rates to harness the inflationary pressures caused by the huge influx of federal Covid-related spending. That all takes good managing of an adept cabinet, which Biden was also able to assemble.

Compared to Trump's four years of chaos, which will be used against him, Biden's first term has been exemplary.

And it's Biden's record that led many Democrats, and apparently the party's leadership, to suggest Biden has a lock on the nomination and discourage competition.

That doesn't mean a competitive primary wouldn't be good for the Democratic Party, and good for Biden. That's because, sad to say, facts, logic and reason aren't always enough.

Ignatius's argument stands because Biden's team hasn't been able to convince the public that his successes are the public's also, and that his policies are working to enrich the lives of the 90% of Americans who aren't part of the super-wealthy. Another Democrat might be able to make that argument more effectively.

It could be argued that having an open Democratic primary, which would only work if Biden and Harris encouraged the competition, might not only re-energize the party over the next 9 months, but would answer a question Biden and Harris must surely be asking: Is he the best Democratic candidate to defeat Trump in 2024, and is Harris his strongest partner?

In the process of answering that question via a competitive primary, American voters would also be seeing the stark differences between the two parties in debate after debate. Surely that's a match-up Democrats up and down the ticket should relish.

Housing need: . from page 9

Acquiring a \$300,000 house will take \$70,000 for a down payment. An 80%, 30year mortgage and an annual interest rate, now at 7.23%, will require about \$114,000 in yearly income (before any college or car loan debt) to qualify. Of course, this assumes that a house can be acquired at that price.

It takes young people to build housing, and they are not here. It is not just building new housing; the weatherization and restoration of Vermont's old housing stock also needs attention. To compound matters, the destruction from the July rainstorms resulted in scores of homes, businesses and government facilities requiring construction workers. But are they here?

I generally stay optimistic, but consider-

ing what I have seen, the future for this state is not encouraging. It is one thing to have a problem that one must deal with. What is tragic is that the political forces in Montpelier, on all sides, are unwilling to come together and address this dire issue.

I often wonder if the Vermont Legislature has become irrelevant and incapable of solving the state's problems.

How many institutions, businesses, colleges and nonprofits will have to close their doors before we realize how foolish, selfish, and in self-denial we were — and continue to be — before we act?

Let's put those hatchets away and get on with what we must do. Make it possible for young people to afford to live and work in Vermont.

WORDPLAY
POULTRY WORD SEARCH: Find the words hidden vertically, horizontally, diagonally and backwards

R	I	G	Χ	R	С	т	V	Т	Κ	S	Χ	С	Α	W	С	0	L	0	R
Ν	W	Т	Ν	Υ	D	W	W	Χ	L	F	Κ	Κ	С	Α	Ρ	0	Ν	В	В
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F	Е	S	W	Н	L	Ρ	D	Μ	Α	Е	Е	D	S	W	Н	0	Ρ	Ε	U
E	Ν	Ν	V	Н	F	0	Υ	L	U	R	Ν	G	0	С	Α	Ρ	0	R	L
H	Υ	D	S	Ν	D	Ρ	R	Μ	S	L	С	Т	Т	G	Х	С	V	Ε	Т
C	Α	W	Ν	Α	W	Т	G	V	Ρ	F	Ρ	Α	С	R	D	G	0	G	R
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BREED BROILER CAPON CHICK

CHICKEN EXHIBITION FEATHERS FINISH DOMESTICATED FOWL

COLOR

COMB

CROSSWORD

HATCHED HEN LAYER PLUMAGE

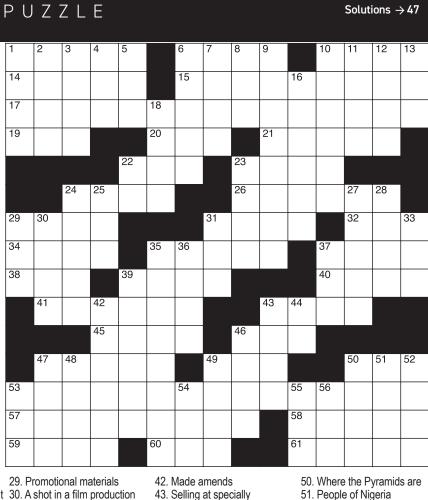
TEMPERAMENT PRODUCTION TURKEY VARIETY WEIGHT

POULTRY

PULLET

ROASTER

CLUES ACROSS 50. Hair product 1. Type of cat 53. Have surgery 14 57. Quality of being 6. Weaponry 10. Western Chrisimaginary 17 58. Far-right Gertian Church service 14. Significant erupman party 19 tion of pustules 59. Drove 15. Baltic nation 60. Former French 17. Start of Americoin of low value can holiday season 61. Hard, durable 19. Unhappy timbers 24 25 20. Maintains possession of CLUES DOWN 29 30 21. Metrical foot of 1. Body art one long and three 2. Middle East 34 short syllables military title 3. Actor Pitt 22. Mountain pass 38 23. Vestments 4. Container 24. Type of dish 5. Speak inces-41 42 26. Escaped quickly santly 29. Zoroastrian 6. Relating to algae 45 concept of holy fire 7. Jacob 31. Wings journalist 32. Political action 8. Rock TV channel 47 48 committee 9. Boat's cargo 34. Touches lightly 10. Most wise 53 35 Stood back from 11 Within 37. Philippine Island 57 12. Chinese indus-38. Popular winter trial city activity 13. Scotland's 59 39. Type of amine longest river 40. Small freshwa-16. Not capable ter duck 18. Footwear 29. Promotional materials 41. Filled with love 30. A shot in a film production 22. Savings account 43. Without 23. Capable 31. Afflict in mind or body 24. Vaccine devel-33. A passage with access (French) 45. Vetch only at one end oper 25. Tax collector 35. Breathing devices 46. Swiss river 47. Describes a 27. Fencing swords 36. Employ for wages 28. Native religion 37. Kids' TV channel (abbr.) sound 49. Sign language in China 39. Popular Boston song



- reduced prices 44. Atomic #18
- 46. With fireplace residue
- 47. Unleavened combread
- 48. Draw out
- 49. Southwestern Alaska island
- 53. Destroy the inside of 54. Citv
 - 55. Chivalrous figure (abbr.)
 - 56. No (Scottish)

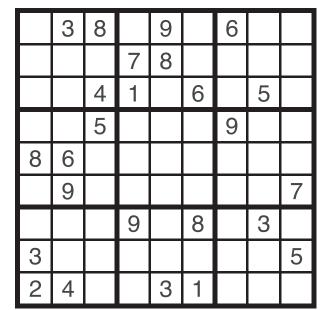
52. Smaller quantity

SUDOKU

Solutions \rightarrow 47

How to Play

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



Level: Intermediate

Guess Who?

I am a comic actor born in Michigan on September 21, 1959. My career as a omedian started when I impersonated m high school principal. I gained fame in the 1980s and 1990s on a sitcom about an unconventional family.

Answer: Dave Coulier

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Service

Fuel Delivery

Tank monitoring

24/7 Emergency

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Contraction of the local distance

Book Group 5:30–6:30 p.m. (3rd Wednesday of each month) Chaffee Art Center, 16 So. Main St., Rutland. Book Group will discuss "The 7 Habits of Highly Effective People," by Stephen R. Covey. RSVP required. Info: chaffeeartcenter.org.

Sip-n-Dip Painting Class Date 6-8 p.m. Chaffee Art Center, 16 So. Main St., Rutland. Instructor: Sally Hogan. \$35 per person includes all supplies. Perfect for an evening with friends. Attendees follow along with an instructor and leave with a finished acrylic painting. BYO wine. Image: Summer fireflies. Must pre-register: chaffeeartcenter.square.site. Info: chaffeeartcenter.org.

THURSDAY

The Fox US Open of Mountain Biking 9:30 a.m. Ramshead Lodge, Killington Ski Resort. Registration and practice day. This pivotal event in the American mountain biking scene, is set to make its highly anticipated return to Killington. An Open Pro/

Am format, offering riders of all levels a chance to vie for victory against some of the industry's most esteemed professionals. This event has

earned its reputation as a proving ground for the best in the business, where aspiring athletes can test their mettle and claim a share of the substantial cash prize. For registration cost and information visit:

10-11 a.m. (Every week this year except Thanksgiving Thursday.) Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. Storytime promotes early literacy and socialization skills in a fun setting. Each session might offer stories, movement, and an activity. Geared towards

10 a.m. Sherburne Memorial Library in the meeting room. Weights are provided. For additional information call the library at 802-422-9765.

Toddler Storytime 10:30-11:30 a.m. Norman Williams Public Library, 10 The Green, Woodstock. Join us to enjoy stories, socializing, and often a project tied into the theme of the week. For young children ages 20 months to

Ukulele Group Noon-1 p.m. Chaffee Art Center, 16 So. Main St., Rutland. Free. Meet on Thursdays as musician Steven Wilson leads the group through specific sheet music. All levels welcome. This is not a class, but a group enjoying playing the ukulete together. Must pre-register:

usopen.bike. For further information, visit: killington.com.

Storytime! at Rutland Free Library

ages 2-5. Info: rutlandfree.org.

Killington Bone Builders

31/2 years. Info: normanwilliams.org.

WEDNESDAY 9/20

Early Literacy Playgroup 10 a.m.-Noon. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. For 2-to-5-year-olds. Join RCPCC's Miss Allie, a certified teacher, for a weekly literacy-based playgroup at the Rutland Free Library's Fox Room. Light snacks will be provided, along with crafts, songs, games, and more! To register, please email allie.griffiths@rcpcc.org. Info: rutlondfree org rutlandfree.org

Vermont Farmers' Market

Vermont Farmers' Market 10 a.m.-2 p.m. Depot Park, Evelyn St., downtown Rutland. Free. The Vermont Farmers' Market is one of the largest and most diverse farmers' markets in Vermont, and the first to operate year round. The market brings together as many as 60 vendors. Seasonal produce, local meats, dairy products, freshly baked breads, jellies and jams, maple products, honey, CBD products, hot snacks, wine and spirits, artisan crafts and more. For more info visit: vtfarmersmarket.org.

Fall Storytime for 5 and Under

Fall Storytime for 5 and Under 10:30-11:15 a.m. (Wednesdays through Nov.15) Fletcher Memorial Library, 88 Main St., Ludlow. Story Time is a wonderful weekly routine to establish with your young child. Each week focuses on early literacy activities, stories, songs and ends with a craft or science exploration. It is a great opportunity for your child to socialize and meet new friends and for adult caregivers to connect. Best suited to ages 5 and under. Info: fmlnews.org/youth.

K Cup Golf Tournament

Noon, Green Mountain National Golf Course, 476 Barrows Towne Road, Killington. The Karr Group will host the first annual K Cup golf Road, Killington. The Karr Group will host the first annual K Cup golf tournament with all proceeds to benefit the Jimmy Fiore Scholarship Fund. Teams of four will enjoy 18 holes of "Captain & Crew" style golf (with cart), lunch on the course and dinner at The Foundry. Jimmy was a well-loved, lifelong member of the Killington community and a dedicated member of the Killington Fire Department. The scholarship fund in his name was set up to further education for anyone wishing to pursue a career in firefighting. Info: karrgroup.net/the-k-cup.

RFL Book Club

1-3 p.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. Monthly book discussion group, all are welcome! For questions, please contact facilitator Al Wilkinson by email at alwilkin@comcast. net, or for more info vist: rutlandfree.org.

E IN

SUNDAY, SEPT. 24

Market on the Green 3-6 p.m. On The Green, Woodstock. Free to browse. Local produce, (Every Wednesday until October 13.)

Adult Cribbage

3-5 p.m. Meeting room, Hartland Public Library, 153 Route 5, Hartland. Free. Group for adult cribbage players. Info: hartlandlibraryvt.org.

Tales to Tails: Kids Read, Dogs Listen 5-6 p.m. Rutland Free Library, 10 Court St, Rutland. Free. Join some of our favorite therapy dogs in the Children's Room to practice your reading. Perfect for beginning readers, there is no better audience to practice on. Info: rutlandfree.org.

chaffeeartcenter.square.site or call 802-775-0356. Farmers' Market Fair Haven 3-6 p.m. Village Green, Fair Haven. The Fair Haven market boasts a variety of seasonal produce, flowers and herbs, dairy, maple products, tasty foods prepared by local chefs, fun crafts, and much more. Info:vtfarmersmarket.org. (Last day is Oct. 26.) **Kids' Painting Class** 4–5:30 p.m. Chaffee Art Center, 16 So. Main St., Rutland. Acrylic on canvas (image: owl) \$25. Instructor: Dale Bills. Minimum of five students. Must pre-register. Info: chaffeeartcenter.org.

Feast & Field Summer Concerts: Jenni and the Jazz Junketeers

5:30 p.m. Fable Farm Fermentory, 1525 Royalton Turnpike, Barnard. \$5-\$25. Jenni will be joined by some of Junketeers performing a variety of music. Info: feastandfield.com. (Final program is a D-J dance party, Sept. 28.)

Farm-to-Table Fundraising Dinner

5:30 p.m. The Sable Project, 588 North Taggart Hill Road, Stockbridge. \$100-\$150 sliding scale per person. Farm-to-Table flatbread-inspired menu. Live music by Sable 2016 Artist Conor Emerson. Meet Sable alumni and hear from them about the importance of our programming and this space. Info: thesableproject.org.

Figure drawing 7-9 p.m. Stone Valley Arts, at Fox Hill, 145 E. Main St., Poultney. \$20 donation for model. Refreshments available. A wonderful opportunity to develop your perceptual skills through drawing a live model. All levels and experience welcome. Students should bring all their own supplies. Led by Raven Crispino. Info: stonevalleyarts.org.

h

Craig Morgan 7:30 p.m. Paramount Theatre, 30 Center St., Rutland. \$45-\$65. A multi-faceted entertainer, Craig Morgan has made a name for himself as a country music icon, TV personality, author, celebrated outdoorsman and patriotic Army veteran. One of country music's best-loved artists, Morgan has amassed over 2 billion career streams and charted over 25 songs on Billboard .With supporting act The reeves Bros. Info: paramountvt.org.



Brandon Farmers' Market

9:30 a.m.-2:30 p.m. Fridays through Oct. 27. Central Park, Brandon. Free. Locally made produce, goods, and crafts. Info:brandonfarmersmarketvt.com/about.

The Fox US Open of Mountain Biking 7:30 a.m. Ramshead Lodge, Killington Ski Resort. This pivotal event in the American mountain biking scene, is set to make its highly anticipated return to Killington. An Open Pro/Am format, offering riders of all levels a chance to vie for victory against some of the industry's most esteemed professionals. This event has earned its reputation as a proving ground for the best in the business, where aspiring athletes can test their mettle and claim a share of the substantial cash prize. For registration cost and information visit: usopen.bike. For further information, visit: killington.com.

Gigantic Fall Rummage Sale, Day 1 10 a.m.-3 p.m. Fletcher Farm School for the Arts & Crafts, 611 Route 103 S, Ludlow. Free. Proceeds benefit local neighbors in need. Info: brgn.org.

Story Time at the Library 10:30-11:30 a.m. Sherburne Library, 2998 River Road, Killington. Free. Info: sherburnelibrary.org.

That's Amore! Pizza & Calzone Cooking Class

6:30-9:30 p.m. Bridgewater Corners, Bridgewater \$85. C to discuss. 802-342-1513 or info@odysseyeventsvt.com. Call or email us

Rusty Dewees: The Logger at Pittsford Village Farm 6:30 p.m. Pittsford Village Farm, Elm Street, Pittsford, Pay what'cha can! We'll "pass the hat" – no tickets required in advance. Known as an entertainer, comedic artist, actor, producer, writer, musician, master of duct tape...Rusty has been bringing The Logger to life for the past 20+ years. Info: paramounthy org years. Info: paramountvt.org



The Fox US Open of Mountain Biking 7 a.m. Ramshead Lodge, Killington Ski Resort. This pivotal event in the American mountain biking scene, is set to make its highly anticipated return to Killington. An Open Pro/Am format, offering riders of all levels a chance to vie for victory against some of the industry's most esteemed professionals. This event has earned its reputation as a proving ground for the best in the business, where aspiring athletes can test their mettle and claim a share of the substantial cash prize. For registration cost and information visit: usopen.bike. For further information, visit: killington.com.

TedXHartlandHill comes to Woodstock

9 a.m.-6 p.m.Billings Farm & Museum, 69 Old River Rd, Woodstock. \$55-\$600. The conference will consist of extraordinary speakers, both from the theatre and barn. Tickets include the Closing Garden Party featuring local music, food and spirits and the much-loved TEDx Swag Bag. Info: billingsfarm.org.

Gigantic Fall Rummage Sale, Day 2 10 a.m.-3 p.m. Fletcher Farm School for the Arts & Crafts, 611 Route 103 South, Ludlow. Free. Proceeds benefit local neighbors in need. Info: brgn.org.

Farm & Wilderness Camps Fall Open House

10 a.m. Farm & Wilderness Foundation, 401 Farm and Wilderness Road, Plymouth. Free. Hikes, activities, homemade lunch and farms, gardens and cabin tours. Info: go.farmandwilderness.org/fall-openhouse-2023

Vermont Farmers' Market

10 a.m.-2 p.m. Depot Park, Evelyn St., downtown Rutland. Free. The Vermont Farmers' Market is one of the largest and most diverse farmers' markets in Vermont, and the first to operate year round. The market brings together as many as 60 vendors. Seasonal produce, local meats, dairy products, freshly baked breads, jellies and jams, maple products, honey, CBD products, hot snacks, wine and spirits, artisan crafts and more. For more info visit: vtfarmersmarket.org.

Make & Take Saturday Kids' Class 10:30-11:30 a.m. (Saturdays) Chaffee Art Center, 16 So. Main St., Rutland. Ages: 6-12. Weekly fun activity featuring arts and crafts. \$15. Minimum five students. Must pre-register. Info: chaffeeartcenter.org.

Calendar: Email events@mountaintimes.info from page 38

Stone Valley Arts: The Art of the Creative Process

11 a.m.-2 p.m. Stone Valley Arts, 145 E. Main St., Poultney. Five amazing Vermont artists and the internationally renowned creator of artistic light fixtures in metal, Hubbardton Forge, join forces in this show to demonstrate how much variety there is in the creative process, and how important those processes are to the final outcomes. Info: Stonevallevarts.org

Rutland Railroad Museum & Model Club

11 a.m.-3 p.m. 79 Depot Lane, Center Rutland. Free. Children of all ages will delight in the HO scale model railroad operating display (HO is a rail transport modeling scale using a 1:87 scale). The depot is now a museum that displays hundreds of rare or antique model trains, photographs, signs and diverse memorabilia saved from an earlier time, including the former Rutland Railroad Caboose #45. Maintained by the Rutland Railroad Historical Society. Info: rutlandrailroad.org.

Monster trucks

2p.m. Gates open at noon. Vermont State Fairgrounds, 175 So. Main St, Rutland. \$15-\$135. vWitness gravity-defying jumps and fantasti.c tricks as these powerful trucks take it to center stage. Info: 2xtremeracingseries.com

'Vermont vs. Hollywood: 100 Years of Vermont in Film'

Noon. Poultney Public Library, 205 Main St., Poultney. 100 years of cinematic versions of Vermont presented by Amanda Gustin of the Vermont Historical Society who will provide background and share video clips ranging chronologically from 1919's "Way Down East" to 2005's "Thank You for Smoking." Hosted by the Poultney Historical Society. Info: poultneypubliclibrary.com.

Hands-on Hand-made Pasta Lesson

6:30-9:30 p.m. Bridgewater Corners, Bridgewater. \$85. Learn how to make tortellini, fettuccini, and ravioli plus three different fillings and three accompanying sauces. Call or email us to discuss. 802-342-1513 or info@odysseyeventsvt.com.



The Fox US Open of Mountain Biking 7:30 a.m. Ramshead Lodge, Killington Ski Resort. This pivotal event in the American mountain biking scene, is set to make its highly anticipated return to Killington. An Open Pro/Am format, offering riders of all levels a chance to vie for victory against some of the industry's most esteemed professionals. This event has earned its reputation as a proving ground for the best in the business, where aspiring athletes can test their mettle and claim a share of the substantial cash prize. For registration cost and information visit: usopen.bike. For further information, visit: killington.com.

Stone Valley Arts: The Art of the Creative Process 11 a.m.-2 p.m. Stone Valley Arts, 145 E. Main St., Poultney. Five amazing Vermont artists and the internationally renowned creator of artistic light fixtures in metal, Hubbardton Forge, join forces in this show to demonstrate how much variety there is in the creative process, and how important those processes are to the final outcomes. Info: Stonevalleyarts.org.

The Soufflé Also Rises and Apple-Tart Cooking Class

12-3 p.m. Bridgewater Corners, Bridgewater. \$80. Learn how to make our un-classic fallen soufflé using the classic combo of Vermont dairy and eggs. Then with apples from local orchards, you'll learn to make a light and delicious apple tart with Vermont maple cream. For more info, call or email us to discuss. 802-342-1513 or visit odysseyeventsvt. com

Larry Benoit Family Celebration Noon-5 p.m. Rutland Recreation Community Center, 134 Community Drive, Rutland.

\$12. Unique vendors, including Benoit memorabilia. Main door prize: 8-point deer rack shot by Larry Benoit. Two hunts with Lanny Benoit will be auctioned off. Speakers 2-4 p.m. Featured speaker: Lanny Benoit. John Randolph, former editor of Vermont Sportsman magazine; Duncan Dobie, former editor of North American Whitetail magazine; and Bryce Towsley, author. Info: rutlandrec.com/ go-play-today/2023/6/16/larry-benoit-family-celebration

Pie in the Face for Chase

Pie in the Face for Chase 1-6 p.m. Moguls Sports Pub, 2630 Killington Rd, Killington. \$10. Admission will get you entered into the door prize raffle which includes some amazing prizes. There will also be a silent auction, a teacup raffle and of course pie throwing for your amusement. We invite you to follow us on Facebook and Instagram to keep up with details on the event. We will be looking for volunteers, so if you or someone you know can help, please reach out. Info: pieinthefaceforchase.com.

Annual Grace Coolidge Musicale

2-3 p.m. President Calvin Coolidge State Historic Site, 3780 Route 100A, Plymouth Notch. Free. Featuring Elizabeth Borowsky performing on the First Lady Grace Coolidge's own piano and Cecylia Barczyk, cello. Mrs. Coolidge received the piano as a gift from the Baldwin Company during her tenure in the White House and enjoyed playing it in the president's residence. Info: historicsites.vermont.gov/ calendar

Hands-on Hand-made Pasta Lesson

6:30-9:30 p.m. Bridgewater Corners, Bridgewater. \$85. Learn how to make tortellini, fettuccini, and ravioli plus three different fillings and three accompanying sauces. Call or email us to discuss. 802-342-1513 or info@ odysseyeventsvt.com.

Stone Valley Arts:

Community Music Jam 6:30-9 p.m. 145 E. Main St., Poultney. Bring your instruments, your voices, and new song numbers to learn and teach. We follow bluegrass jam rules but we're net rostriting gurgehoe to bluegrase. not restricting ourselves to bluegrass. Please RSVP Bennett at bennett_lovett_ graff@hotmail.com so we can have a head count (and enough seating) Info: stonevalleyarts.org



Babies and Toddlers Rock 10-10:30 a.m. Fox Room, Rutland Free Library, 10 Court St. Rutland. Free. A music and pre-literacy program for children 0-24 months. Children and caregivers love this program, join us and see why. Info: rutlandfree.org.

Killington Bone Builders

10 a.m. Sherburne Memorial Library in the meeting room. Free. Weights are provided. For additional information call the library at 802-422-9765.

Art Bar — Open Craft Time 3:30-4:30 p.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. Craft supplies galore — work on any project you want! Browse our craft books for ideas. We'll occasionally provide a specific craft or have special supplies available. Info: rutlandfree.org.

Poetry Group 4-5:30 p.m. Norman Williams Public Library, 10 The Green, Woodstock. Free. Are you looking for feedback on your poems? You are invited to join the Poetry Group at NWPL for sharing and critique. Info: normanwilliams.org

Green Malt Bread: What Is It and How Do You Make It?

5 p.m. Vermont Farmers' Food Center Rotary Greenhouse, 251 West St., Rutland. Free. Make your own 100% whole grain bread using combinations of freshly sprouted ("green malt") brown rice, buckwheat, teff, millet, sorghum, wild rice, amaranth, and quinoa. Learn how to start a green malt brown rice starter from scratch, sprout grains, and make flatbread, tortillas, and, of course, bread! Join Lisa Nichols from the Brattleboro Food Cooperative at the VFFC Rotary Greenhouse. Samples will be available for tasting. Info: hrutlandrec com/gardenworkshops.



Bird & Wildflower Walks in Wells

7:30-10:30 a.m. Meet at the Delaney Woods parking area (enter E. Delaney Cross Road off North Street in Wells, across from the E. Defailey Cross Road on North Street in Wells, across from the Lakeside Park.) Free. Join Slate Valley Trails and the Rutland County Audubon Society for weekly slow-paced (3-4 miles, 3-4 hours) bird & wildflower walks in the Poultney area, on the trails of the Slate Valley Trail system. Lots of opportunities for observing & photographing. Info: slatevallevtrails.org.

Needlepoint Get-togethers 10 a.m.-Noon. Norman Williams Public Library, 10 The Green, Woodstock. Free. Welcoming needleworkers at all levels. Bring your work-in-progress, needles, and threads or yarns, for a morning of sharing and encouragement. Info: normanwilliams.org.

ONT vs. HOLLYWOOD: 100 YEARS OF VERMONT IN FILMP

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SATURDAY, SEPT. 23

Storytime at Hartland Public Library 10:30-11:30 a.m. Hartland Public Library, 153 Route 5, Hartland. We'll read books, color, play with LEGOs, and have fun. Each week we'll explore different themes of books. Recommended for age 0-5 but all are welcome. All books read during story time count toward 1000 Books Before Kindergarten. Info: hartlandlibraryvt.org.

Springfield Area Parent Child Center Playgroup 10:30- a.m.-Noon. Tuesdays. Fletcher Memorial Library, 88 Main St.,

I udlow.

Ages infant-6. Free. Playgroups provide parents and children with opportunities to socialize, learn and have fun in a safe environment led by parent child center specialist. Info: fmlnews.org.

Baby Story Time

10:30-11 a.m. Norman Williams Public Library, 10 The Green, Woodstock. Free. This story time features short stories, interspersed with songs, finger puppet plays, free play, and more. It is geared for children infrant to 20 months and will run for about 20 minutes. Info: normanwilliams.org.

Stories on a String 10-10:30 a.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. Join Ms. Helen of Green Mountain Music for interactive storytelling and songs for all ages! No registration is required, free to all. Geared for ages 2 and up. If the weather is nice, find us on the back lawn (behind the Children's Room, adjacent to the Grace Church parking L Inform than from one parking lot). Info: rutlandfree.org.

Drew Petersen: "Ups and Downs" of mental health

2-4 p.m. Killington Grand Hotel, Oscar Ballroom, Killington. Pro skier Drew Petersen will give a presentation and show a short film, "Ups & Downs," on mental health and skiing, followed by Q&A. He will lead a discussion about navigating the mountains and valleys of mental health, trauma, and suicidal thoughts through the lens of ski touring. Info: tinyurl.com/bdf4v632.

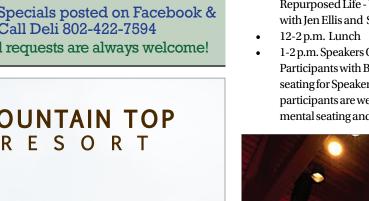
Learn to Create Top-notch Veggie Dishes: Cooking Class

6:30-9:30 p.m. Bridgewater Corners, Bridgewater. \$85. This is a perfect class for vegetarians or vegans who want to learn how to make special dishes and for carnivores who are looking for unique vegetable accompaniments—and for everyone a delightful lunch or light supper. Call or email: 802-342-1513 or info@odysseyeventsvt.com.

Swing Dance Class

6:30-8 p.m. (Tuesdays) Fox Room Rutland Free Library,10 Court St., Rutland. Free. East Coast swing dancing. Move to music with Richard and Sue, Good for beginners and intermediate swing dancers. Richard starts each class with instruction on steps; the rest is the dancing.







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TEDxHartlandHill 'The Art of Living' returns to Woodstock, Saturday

Saturday, Sept. 23, 9 a.m.-6 p.m.—WOODSTOCK—"Ideas worth spreading" returns to the Woodstock community with the second TEDx-HartlandHill hosted at Billings Farm & Museum.

This year's theme, The Art of Living, will explore the art of finding balance and purpose in life. A diverse lineup of local, national, and international speakers will share their unique perspectives and experiences from the academic to the artistic, the concrete to the cutting edge.

This event will explore the art of finding balance and purpose in our lives. It

Morning program

- 8:30-9 a.m. Coffee, check in. 9-11 a.m. Session one: Art, The Curatorial Practice of Living with Shanta Lee
- The Art of Living (with Impermanence) with Adrian Tans and Agneiszka Pilat

Session One will end with a portion of time to meet and mingle with speakers and participants in the Barn.

- 11 a.m.-12 p.m. Session two: Innovation Rocket, A Repurposed Life - Upcyling Bernie's Mitten Maker with Jen Ellis and Snow Raven (SUOR)
- 1-2 p.m. Speakers Q&A (lunch and learn) in the barn. Participants with Barn seating will have reserved seating for Speakers Q&A presentations. Theatre seat participants are welcome to join with available supplemental seating and standing room.

A diverse lineup of speakers will share their unique perspectives and experiences from the academic to the artistic, the concrete to the cutting edge.

features a diverse lineup of speakers who will share their unique perspectives and experiences from the academic to the artistic, the concrete to the cutting edge.

"Now that we have made it through the pandemic, the conversation has

shifted," event organizers state. "Questions of how we create a life worth living have become an ever more central theme. What do we find important? How can we find more happiness and purpose?" those will be the central themes of this years event.

The conference will consist of extraordinary speakers, interactive displays, music, & lunch available on campus with viewing both from the theatre and barn. Tickets include the Closing Garden Party featuring local music, food and spirits and the much-loved TEDx Swag Bag.

Afternoon program

- 2-3:30 p.m. Session 3: Inspiration. When the Reporter Becomes His Story with Mike Sugerman
- Body Neutrality is So Much More Than Neutral with Bon Allen
- How a Mother and Daughter Reclaimed their Lives From Mental Illness with Sonja Wasden & Rachel Siddoway
- Cheese and spirits tasting featuring Billings Farm cheese, Blake Hill preserves, Silo & Killington Distillery
- 3:30-5 p.m. Co-existense. Global Lessons from the Middle East: Tech, Dialogue, & Shared Interests with Tomer Cohen
- Save the World. Watch a Movie (...Made by a Woman) with Rachel Feldman and Jermaine Moore
- 5-6 p.m. Closing garden party
- For more info visit:TEDxHartlandHill.org.



Submitted

The Mountain Times · Sept. 20-26, 2023





POULTNEY 7 p.m. The Poultney Pub – Open Mic hosted by Danny Lang

QUECHEE 6 p.m. Public House Pub – Kim Wilcox

RUTLAND 5:30 p.m. Strangefellows Pub – Ryan Fuller



BARNARD 5:30 p.m. Fable Farm – Feast & Field with Jenni and the Jazz Junketeers

KILLINGTON 5 p.m. Moguls Sports Pub – Duane Carleton

6 p.m. Liquid Art – Open Mic hosted by with Grateful Gary

6 p.m. Rivershed - Chris Pallutto

6 p.m. The Foundry - Liz Reedy

LONDONDERRY 7 p.m. New American Grill – Open Mic Night hosted by DJ Jazzy Joel & Catnip John

LUDLOW 6:30 p.m. The Killarney – Irish Session with Gypsy Reel

PITTSFIELD 8 p.m. Clear River Tavern – Open Mic Jam

POULTNEY 7 p.m. The Poultney Pub - Vinyl Night with Ken

QUECHEE 6:30 p.m. Public House Pub - Trivia with Questionable Company

RUTLAND 6 p.m. Strangefellows Pub -Trivia Night

6:30 p.m. Angler Pub – Open Mic hosted by John Lafave

8 p.m. Center Street Alley - Karaoke 101 hosted by Tenacious T

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6 p.m. Rivershed Killington - Rob Pagnano

6 p.m. Still on the Mountain – Nick Bredice 6 p.m. The Foundry - George Nostrand

7:30 p.m. McGrath's Irish Pub -Kennedy & Kelleher

8 p.m. Jax Food & Games – Aaron Audet

LUDLOW

8 :30 p.m. Off the Rails -Conniption Fits POULTNEY 6 p.m. The Poultney Pub – Breanna Elaine

QUECHEE 5:30 p.m. Public House Pub - Psylas

RANDOLPH 7:30 p.m. Underground Listening Room – Voidbearer with Keepsake, In Shallows

STOCKBRIDGE 5:30 p.m. The Sable Project – DJ Fagatron Dance Party

7:30 p.m. Wild Fern – Heather Lvnne



BRIDGEWATER 8 p.m. Woolen Mill Comedy Club – Comedy Night with Lucas Connolly and Brittany Cardwell

KILLINGTON 2:30 p.m. The Umbrella Bar at Snowshed- Duane Carleton

6 p.m. Moguls Sports Pub – Duane Carleton 6 p.m. Rivershed Killington - Rob

Pagnano 6 p.m. Still on the Mountain – Rhys Chalmers

6 p.m. The Foundry - Ryan Fuller

7:30 p.m. McGrath's Irish Pub -Kennedy & Kelleher

8 p.m. Jax Food & Games - Live

LONDONDERRY 6 p.m. New American Grill – Nick Bredice

LUDLOW 6 p.m. Calcuttas – Chris Pallutto

Overnight Ghost Hunt with Monique Toosoon

5:30 p.m. Public House Pub – John Lackard Blues

Tenacious T

STOCKBRIDGE 7:30 p.m. Wild Fern – Rick Redington & Tuff Luv

1 p.m. Moguls Sports Pub – 10th Annual Pie in the Face for Chase

2 p.m. The Umbrella Bar at Snowshed – Nick Bredice

8 p.m. Jax Food & Games -

7:30 p.m. Wild Fern – Rick Redington

WOODSTOCK 12 p.m. Mon Vert Café – Jim Yeager and Jeff Stedman



KILLINGTON 5:30 p.m. Mary Lou's - BAK'n

6 p.m. Rivershed Killington

Mandatory Mondaves with Name That Tune Bingo by DJ Dave

6 p.m. Off the Rails - Sammy B

8 p.m. The Killarney – Open Mic with Indigenous Entertainment

WOODSTOCK 5 p.m. The Village Inn – Jim Yeager and Jeff Stedman



KILLINGTON 5:30 p.m. Mary Lou's – Mountain Music with Bow Thayer & Krishna

6 p.m. Jax Food & Games – Taco Tuesday with Rick Webb

LONDONDERRY 6:30 p.m. New American Grill -Trivia hosted by Zach Yakaitis

LUDLOW 6 p.m. The Killarney – Trivia with Rick Davis

PITTSFIELD 7 p.m. Town Hall – Acoustic Music Jam

QUECHEE 5 p.m. The Public House – Jim Yeager and Chris Campbell

RUTLAND 8:30 p.m. Center Street Alley – Acoustic Open Mic hosted by Josh LaFave



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8:30 p.m. Off the Rails - Dance Party with DJ Dave

PROCTOR 6 p.m. Wilson Castle - An

QUECHEE

RUTLAND 9 p.m. Centert Street Alley – Karaoke 101 hosted by



BOMOSEEN 6 p.m. Bomoseen Lodge and Taproom – Ryan Fuller

KILLINGTON 12 p.m. Rivershed - Brunch with Rob Pagnano

5 p.m. The Foundry – Summit Pond Jazz

6 p.m. Liquid Art – Tee Boneicus Jones

6 p.m. Rivershed – Trivia Night

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By Dave Hoffenberg

Participants from a recent International Pie in the Face for Chase charity benefit smile for the camera. Moguls Sports Pub will host the annual event again this Sunday, Sept. 24 from 1-6 p.m.

Locals line up to take pies in their face, for Chase



Rockin' the Region By Dave Hoffenberg

Head to Moguls Sports Pub this Sunday, Sept. 24 from 1-6 p.m. for the 10th Annual International Pie in the Face for Chase charity benefit. It's time again to pie local celebrities and raise money for Chase William Kuehl and the Phelan-McDermid Syndrome Foundation (PMSF). Kuehl is one of only 2,500 children worldwide diagnosed with this disease. The prevalence of those with Phelan-McDermid Syndrome is estimated to be between 1 in 25,000 babies born. There is no cure, but it is PMSF's goal to find effective therapies to help those with PMS, and, eventually, a cure.

Last year, \$30,000 was raised, and organizers hope to keep growing that number. Like the past nine years, 100% of the proceeds go to Chase William Kuehl and PMSF, with an equal 50/50 split.

It's \$10 to get in, which includes a door prize raffle ticket, and there's many great prizes to be won by many great, local businesses. Kids are free. Besides the pieing and the door prizes, there will be a silent auction and a teacup raffle. Live music will be provided by Duane Carleton. Cash or check is preferred, but you can pay through Paypal or Venmo as well.

For \$22 (the disease is a deletion of chromosome 22), participants get to pie one person in the face with a whipped cream pie. For \$50, you can pie someone with a green pudding pie. Green is the color of the charity and pudding is one of Chase's

favorite snacks, plus it's a lot smellier. For only \$100, mere pennies a day, the PMSF Chaser is the best option available. It's a pumpkin pie topped with pudding and whipped cream. It's the messiest pie to date and the most fun way you can donate, but any donation is a great thing that will help many children and their families. Pie as many people as you want. Moguls supplies all the ingredients and there will be 22 local celebrities to choose from.

The "celebrity" pie classes this year are:

Sophomores: Whit Montgomery (Killington Chief of Police), Emily Tyburski, Jen Wheatley Juniors: Brian Hughes, Bernie Kuehl (Chase's uncle) and Andrew Schain

- Seniors: Bill Conn, Brooke Englert and Matt Kopicki
- Post Grads: Annie Johnson Kuehl (Chase's mom)

Masters: Jared Hall, Karena Kuehl (Chase's sister), Kyler Kuehl (Chase's brother), Dave Parnell, Jeremy "Creeper" Rayner and Don Sady

Q.P's (Original Pie-ees): DJ Dave Hoffenberg, Rick Kuehl (Chase's dad), Sal Salmeri (Owner of Moguls), Kelly Spear and Team Canada's Peter Whittier

Referee: Jason Evans. He will be taking pies as well. Don't get a red card or you might be taking one, too.

The O.P.s have been in the event from the beginning. Due to Covid, the event was not held in

2020 but DJ Dave and Peter Whittier took pies on their own, so they are the only two people who have been in it every year for the past nine years. DJ Dave took pies in the Moguls parking lot and Whittier took pies from his backyard in Canada.

Chase Kuehl was diagnosed with this disease in January 2012 when he was a little over a year old. His mother, Annie Kuehl, said, "We were floored when it happened, but this is our journey now." Since the disease is so rare, Rick Kuehl said, "This is not the lottery we wanted to win."

They have their struggles, but they have an amazing loving child in Chase Kuehl. Annie said, "Chase's life and world are affected by Phelan McDermid Syndrome in so many different ways and there are days that I can't understand why he has to be one of the 2,500 in the world. But Chase is still Chase ... he knows love and gives and receives it freely. He amazes me daily and reminds what life is truly about."

Co-founder DJ Dave said, "Charity is near and dear to me, and I'm honored that so many

people volunteer to get pied over and over and help us raise much needed money. I feel blessed to be a part of such a wonderful community. I love Chase dearly and will go out of my way to raise money for him and to help the other children affected by it. This is a horrible disease with sadly no cure but your donation will help improve these children's lives. Thanks to everyone. I can't wait for this year's event."

"We can't say enough about the people that support Chase and the foundation through this fun filled event. We are so blessed to have so many wonderful people who want to help us

provide the best for our little angel. The money raised will go to support the foundation's efforts to improve the lives of children with PMS around the world as well as The Chase William Kuehl Trust, which will help provide services and support for Chase as he grows," Rick Kuehl added.

DJ Dave added, "Not only do all my friends volunteer year in and year out to be pied, but so many businesses in Killington, Bridgewater, Ludlow, Quechee, Rutland and the surrounding towns donate to the silent auction and raffles. We have title sponsors that give generously for the event like Killington Resort, Farrell Distributing, Fiddlehead Brewing, Von Trapp Brewing and the Vermont Roofing Company. It amazes me because nobody tells me 'No' Some reach out to me beforehand to make sure they're apart of it. We especially want to thank these businesses who contribute the main 'Ingredients' to the event: Event Space: Moguls Sports Pub, T-Shirts: Initial Ideas, Posters: Boss Office Works, Pumpkin Pies: Mendon Mountain Orchards, Pudding: Public House Pub and Whipped Cream: Stewarts Shops. "

If you want to help out at the event, email pieinthefaceforchase@gmail.com. You can earn Killington Chamber Merchant Pass Hours for volunteering.

Can't make the event? Visit pieinthefaceforchase.com where you can buy pies to pie people from afar, then watch it live on Facebook from the page of the same name. If you want to get a taste of the action without being pied, sit in the splash zone — just come prepared!

"We can't say enough about the people that support Chase and the foundation through this fun filled event. We are so blessed to have so many wonderful people who want to help us provide the best ... for Chase as he grows," said Rick Kuehl.

Witness raw monster power unleashed The 2023 2Xtreme Monster Trucks hit the Vermont State Fairgrounds

Saturday, Sept. 23 at 12 p.m.—RUTLAND—The 2023 2Xtreme Monster Trucks are just around the corner, set to liven up the Vermont State Fairgrounds in Rutland. The event promises exciting jaw-dropping stunts as some of the biggest trucks in the business go head-to-head in a battle of strength and skill. Witness gravity-defying jumps and fantastic tricks as these powerful trucks take it to center stage in Rutland this Saturday.

This giant outdoor show will feature two-time Monster Jam world champion Bounty Hunter; queen of monster trucks Scarlet Bandit; Hot Tamale, and this year's newest touring monster truck and already crowd favorite, Shark Bite.

Take the ride of your life in a real monster truck and experience the true power of these magnificent machines. Plus, meet the drivers and get up close with the trucks for photos at the pre-show meet & greet pit party where you can meet and see all the stars of this amazing family show.

The monsters won't be the only ones flying high out there. There will also be freestyle motocross with pro riders who will pull off stunts more than three stories in the air.

Kids can enter the Young Guns Powerwheel half -time race. Bring your charged up powerwheels to the gate and participants will be automatically entered. Win prizes like t-shirts, hats and merchandise. Helmets are required for this event for matters of safety.

The gates for the event open at 12 noon with the pre show meet & greet and pit party, Noon-1:30 p.m. After that, it's the main event beginning at 2 p.m. and running until 4 p.m.

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Parking fees may apply. All sales final. For more information, visit: 2xtremeracingseries. com/rutland-vt-2023.



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Coutesy jennijohnson.net

Jenni Jonhnson and the Jazz Junketeers will perform live for the Feast & Field Music Series on Thursday at 5:30 p.m. This series is a weekly celebration of music, food and community held in the Fable Farm Orchard in Barnard

Jenni Johnson and the Jazz Junketeers 'play jazz' at Fable Farm

Jenni Johnson and the Jazz Junketeers will perform live for the Feast & Field Music Series on Thursday at 5:30 p.m. This series is a weekly celebration of music, food and community held in the Fable Farm Orchard in Barnard, featuring performances by top artists in an outdoor setting. BarnArts and the Feast & Field farmers will provide locally sourced food and drink, much of which is harvested and produced right in Barnard.

Singing jazz, blues and funk has been a central part of Jenni's life since her teenage days in New York City, where she was born and raised. In the 1970s, while working towards her masters in education, Jenni was involved in several musical productions at UVM. She now resides in Burlington.

Jenni Johnson has been described as "a renaissance woman" in the Burlington Free Press, Seven Days, Vermont Woman, the Rutland Herald, and news outlets in New York State.

Jenni has become a regular presence around Vermont. Her full, smooth voice offers an ideal format for the collection of American jazz classics as well as blues, swing and funk music.

Tickets are sliding scale \$5-\$25 per person, free for kids 12 and under.

For more information on Jenni, visit: jennijohnson.net. For more information about Feast & Field, visit: feastandfield.com.

ARTS, DINING, ENTERTAINMENT · 45

Farm & Wilderness Foundation hosts fall open house

Saturday, Sept. 23, 10 a.m.-3:30 p.m.—PLYMOUTH—Since 1939 Farm & Wilderness Camps in Plymouth, have offered outdoors-based, summer residential programs to build life skills through direct engagement with the natural world. Farm & Wilderness Camps Fall Open House offers an opportunity to tour our camps and gain a first-hand look at the immersive experiences we provide young people.

> Activities include hiking with our conservation director amid our conserved land, visiting our barns and gardens, and engaging in farm and conservation activities, as well as meeting our small livestock, and a complimentary light luncheon made with natural ingredients, served at our Tamarack Farm.

Registration for this event is free. The Farm & Wilderness Camp is located just off route 100 in Plymouth. For details, driving directions and to reserve your free tickets, visit: farmandwilderness.org/fallopen-house-2023 and click on Get Tickets.



Courtesy of Farm and Wilderness Farm & Wilderness Camps will host an open house this Saturday, providing an opportunity

to tour the property and witness breathtaking autumn views.



Courtesy of Farm and Wilderness Fun awaits participants at Farm and Wilderness' during their open house Saturday.

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46 · ARTS, DINING, ENTERTAINMENT





'Baby it's not so cold outside'

Killington hosts the 15th annual 'Not So Chilly' Golf Tournament' at Killington Resort

Sunday, Sept. 24 at 9 a.m.—KILLINGTON— The 15th Annual "Not So Chilly" Golf Tournament will bring the community together for a day of fun, food, drinks, and golf to support the Chill Foundation, a non-profit from Burlington that was established in 1995 by Jake and Donna Carpenter with the goal of inspiring youth to overcome challenges through boardsports.

The event is held at the Killington Resort Golf Course, located at 227 East Mountain Road. Registration begins at 9 a.m. Cost for a foursome is \$360; individuals are \$90. Registration includes: 18 holes with a cart, swag bag with Burton beanie, sleeve of golf balls, and more prizes, heavy appetizers after the round and prizes for the winning teams.

About the Chill Foundation

Chill was founded in 1995 by Jake and Donna Carpenter, founders of Burton Snowboards. Chill has served more than 30,000 young people since the program began, working with more than 2,000 youth annually. Chill partners with social service agencies, mental health agencies, foster care programs, juvenile justice programs, and schools in local communities to engage youth participants. All gear and services necessary to enjoy boardsports are provided to the youth at no cost. Chill programs recognize the inherent strength and potential present in every participant. Through boardsports, Chill teaches new skills, builds confidence, and inspires a lifelong love for boardsports. For more information about Chill, head to chill.org.

For more information about the Not So Chilly Golf Tournament, visit: killington.com.



The 15th annual "Not So Chilly Golf Tournament will be held in Killington on Sunday.



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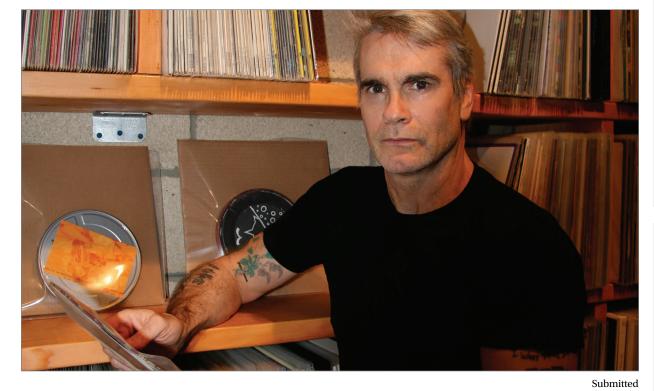


Henry Rollins' Good To See You 2023 will be at the Paramount, Saturday

Saturday, Sept. 23 at 7:30 p.m.— RUTLAND—On his Good To See You 2023 tour Henry Rollins will faithfully recount the events of his life in the brief pre-Covid period since the last tour and when things got even stranger over the last several months. It's been an interesting time to say the least and he's got some great stories to tell.

The Mountain Times • Sept. 20-26, 2023

In describing Henry Rollins, the tendency is to try to squeeze as many labels as possible into a single sentence. "Rollins is many things," says The Washington Post, "diatribist, confessor, provocateur, humorist, even motivational speaker...his is an enthusiastic and engaging chatter." Entertainment Weekly's list includes "Punk Rock icon. Spoken word poet. Actor. Author. DJ. Is there anything this guy can't do?" TV Guide has more concisely called him a "Renaissance Man" but if Henry Rollins could be reduced to a single word, that word would undoubtedly be "workaholic." When he's not traveling, Rollins prefers a to keep a relentless schedule full of work, with gigs as an actor, author, DJ, voice-over artist and TV show host to name a few of the roles that keep his schedule full. Rollins has toured the world as a spoken word artist, as frontman for both Rollins Band and Black Flag and as a solitary traveler with insatiable curiosity, favoring road-less-traveled locales in places such as Nepal, Sri Lanka, Siberia, North Korea, South Sudan and Iran.For more information, visit: paramountvt.org/event/ henry-rollins.



Henry Rollins

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48 · PETS

These babies are 11 weeks old and looking for loving homes! We are not sure of their mix but they are so cute. We have 5 males left, all handsome brindles of various shades. For the month of August we are taking \$100 off all large breed dogs and puppies. Adult cats are \$25 off and kittens are \$50 off. So if you are thinking about adding a pet to your home now is the time!

This pet is available for adoption at **Springfield Humane Society** 401 Skitchewaug Trail, Springfield, VT• (802) 885-3997 ***Open by appointment only.** spfldhumane.org



I'm a 10-year-old female. I came to Lucy Mackenzie as a stray. Since I've been here, I've been working on my physique and trimming some pounds. I'm a quirky gal, you could say...a bit of a comedian, as well. I'm always cracking my human friends up around here with my eyes and behaviors. I might get along with some dogs (we'd have to meet first, of course!) and with older, dog-savvy kids. We're not sure how I will get along with cats, so that's a bit of an unknown. I'm an older lady who's looking for a home in which to spend my golden years and to have a lot of fun and love.

This pet is available for adoption at **Lucy Mackenzie Humane Society** 4832 VT-44, Windsor, VT • (802) 484-5829 *(By appointment only at this time.) Tues. - Sat. 12-4 p.m. & Thurs. 12-7 p.m. • lucymac.org

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Rutland County Humane Society



Hyde—3y/o. Spayed female. Domestic longhair. This beautiful girl is a bit timid at first but, once she warms up, she will be your best friend.



Zoey—2y/o. Spayed female. Retriever mix. Zoey is a timid girl who is looking for a family who will give her lots of love and will build her confidence.



Henrietta—2y/o. Spayed female. Domestic shorthair. Henrietta is a sweet girl who has lots of love to give.



Max—1y/o. Neutered male. Siberian Husky. Max is a super friendly fella who loves to roll in the grass!



Squirt—1y/o. Neutered male. Domestic shorthair. If you are looking for an easy-going cat Squirt is the one for you!



Bella—13y/o. Spayed female. Domestic shorthair. Bella is a very sweet girl who just wants love and attention!



Doug—3y/o. Neutered male. Mixed breed. Doug is a sweet, playful that is good in the car and gets along well with other dogs.



Mowgli—2y/o. Neutered male. Shepherd/Husky mix. He has a bubbly personality and is always up to make new friends.



Oliver—3y/o. Neutered male. Domestic shorthair. Oliver is still working on his photogenic side, but you can see how hard he tries in his photo.



Maizy—3y/o. Spayed female. Domestic shorthair. The first thing you might notice about Maizy is her beautiful markings.



Grey—Adult. Male. Logomorph. Grey is a handsome and sweet guy who enjoys his veggies.



ROCKO

Rocko—8 month old. Neutered male. Jack Russell Terrier mix. Rocko is a very sweet young fella who needs lots of love and attention.

> All of these pets are available for adoption at **Rutland County Humane Society** 765 Stevens Road, Pittsford, VT • (802) 483-6700 Tues. - Sat. 11 a.m. -4 p.m. Closed Sun. & Mon. • www.rchsvt.org

October is Adopt-A-Shelter-Dog Month

Are you thinking about adding a dog to your family? The Rutland County Humane Society (RCHS) would like to remind you that October is Adopt-A-Shelter-Dog Month and we have many wonderful dogs waiting to find their forever homes. As we honor this month, we encourage everyone to open their minds and hearts to a shelter dog in need. By adopting a shelter dog, you will bring excitement, change of pace, and unconditional love into your home. To find out what dogs are currently available for adoption please call RCHS at 802.483.6700 or visit our website at www.rchsvt.org.





our social life and the company you keep is really shifting right now. You're going through a phase of revolving doors in terms or your personal and professional alliances. People may return from the past, impart some wisdom and leave again. New people may arrive. You've got a lot to learn about the art of tact and diplomacy now. Be open and available to all perspective, but you need to live with your own choices.



he seasons within your profession-**L** al life are spotlighted this week. You may need to consider all angles, including your home and living situation, when it comes to the choices you're making. In terms of your work situation, remember, not everyone who smiles at you is your friend. So, keep that in mind and let your choices be guided from those you know truly have your back. Events of this week will likely play out for some time.



t's been a tough season for you, Lespecially if you've been dealing with financial or emotional issues in a key relationship. Though those events are set to continue for a while yet, the good news is a new season arrives and with it, so will your focus. Instead of focusing on the past, look to future possibilities. Look for the signs and symbols all around you that can help inspire your next choices. Energy flows where your attention goes.



ove and money continue to be a theme for you now, and for the next little while. The pressure to maintain your boundaries and what you know is right for you feels heavy now. Negotiations are possible, but beforehand, decide on what you're willing to negotiate on, and what you're not. Compromise is possible, but you don't have to be a doormat in the process. Hold your ground and you'll be better off for it.



ward again, even if the pace is still slow. On one hand, it feels like a relief that things are back to regular programming. While on the other, there are still lessons to glean from recent experiences. This is even more true if money issues or your self-confidence have been tested. Sure, you can move forward and put it all behind you, but don't throw the baby out with bathwater neither.

aust 21 - Sa

ife certainly has a feeling that

things are beginning to move

onwards and upwards for you again.

Maybe it has something to do with

your outlook or the way you're think-

ing about things, after a period of in-

trospection. That being said though,

there are still things you need to work

through and this is mainly stuff around

money. The season is shifting here,

and things feel as though they are

ll isn't fair in love and war, and

Athat's what you're going to dis-

cover in the next chapter of your life.

It seems as though it's high time to be

rid of old ways of doing things or your

habits and attitudes. What got you here,

won't get you there, so to speak. If you

want something, you have to go for it.

It won't be handed to you on a silver

ou're in a deep state of hibernation

Y and reflection and / or worry right

now, which is understandable. That be-

ing said, it's possible that the problems

you're facing require real-life solutions,

rather than ideas or concepts. Maybe the

answer to your problems lies in rolling

up your sleeves and applying yourself

to some old-fashioned hard work. Don't

think that you can spiritualize or med-

itate your way through real life or real

problems, at least not all the time.

platter.

hanging in the balance.

Virao

Libra

Scorpio

ber 21 - November 20

Taurus Anril 21 - May 2

his week may highlight the

L turning tide of a personal or

professional partnership. Like life,

partnerships go through their phases

of ups and downs. You might be re-

alizing that things aren't turning out

quite like you thought they would.

Compromise is key. Just be sure, in

this instance, it isn't you doing all the

compromising. You can get your own

way more than you think, just be sure

to sprinkle a little sugar first.

hat gives? It may feel as though you're under more pressure than you anticipated right now. So much to do and so little time. You can take the world upon your shoulders, or, you can try and understand the habits you have that have led you to this point. Not every problem you have is a practical one. Sometimes it's the way you think about the problem that is the problem itself. Change your thinking.



here's a lot of focus on what brings you joy right now. Also, you may have come to the realization that it may not look like what it once did. As your ruler, Mercury, begins to garner speed, you may see a stuck or stagnant living situation gain momentum. Maybe where you live is tied to your joy – or not. This is what might be hanging in the balance this week. Either way, changes are likely.



You generally don't cope so well Y when your living situation feels fraught. Things are being churned up and it's not terribly comfortable for you. While you may be tempted to push for progress in this area, you do need to remain diplomatic and avoid making rash or hasty choices. Some old karma or unfinished business might need to be dealt with. Communication is now clear to discuss the matter with someone or the information you need to move forward, arrives.

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Cassandra has studied astrology for about 20 years. She is an international teacher of astrology who has been published all over the globe.







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12 · U.S. OPEN



THE ORIGINAL MTB PARTY / OPEN CLASS & AMATEUR RACING / \$80K PRIZE PURSE USO DOWNHILL / THULE ENDURO / DUAL SLALOM / NEXT GEN YOUTH RACING / VT ADAPTIVE DOWNHILL RED BULL BEST WHIP PRESENTED BY YT INDUSTRIES / FESTIVAL VILLAGE / PARTY LAPS / GOOD TIMES















20th Fox U.S. Open of Mountain Biking returns to Killington Resort this weekend

The Fox U.S. Open(USO) of Mountain Biking returns to Killington Resort Friday, Sept. 22 with events through Sunday, Sept. 24.

It's the 20th anniversary of the event and it's expected to bring professional and amateur athletes from around the world to compete in Downhill, Enduro and Dual Slalom racing. The series offers one of the largest cash purses in downhill mountain bike racing.

Dakotah Norton and Nina Hoffman are expected to return to defend their 2022 titles, while athletes including Asa Vermette, Althea Ostgaard, Neko Mulally, Wyn Masters, Jackson Goldston, Dylan Maples and more look to solidify their place in mountain biking history.

The competition kicks off on Friday with the Dual Slalom race on Ramshead. On Saturday the action heats up with Downhill qualifying events, the Enduro Race and the fan-favorite Red Bull Best Whip competition.

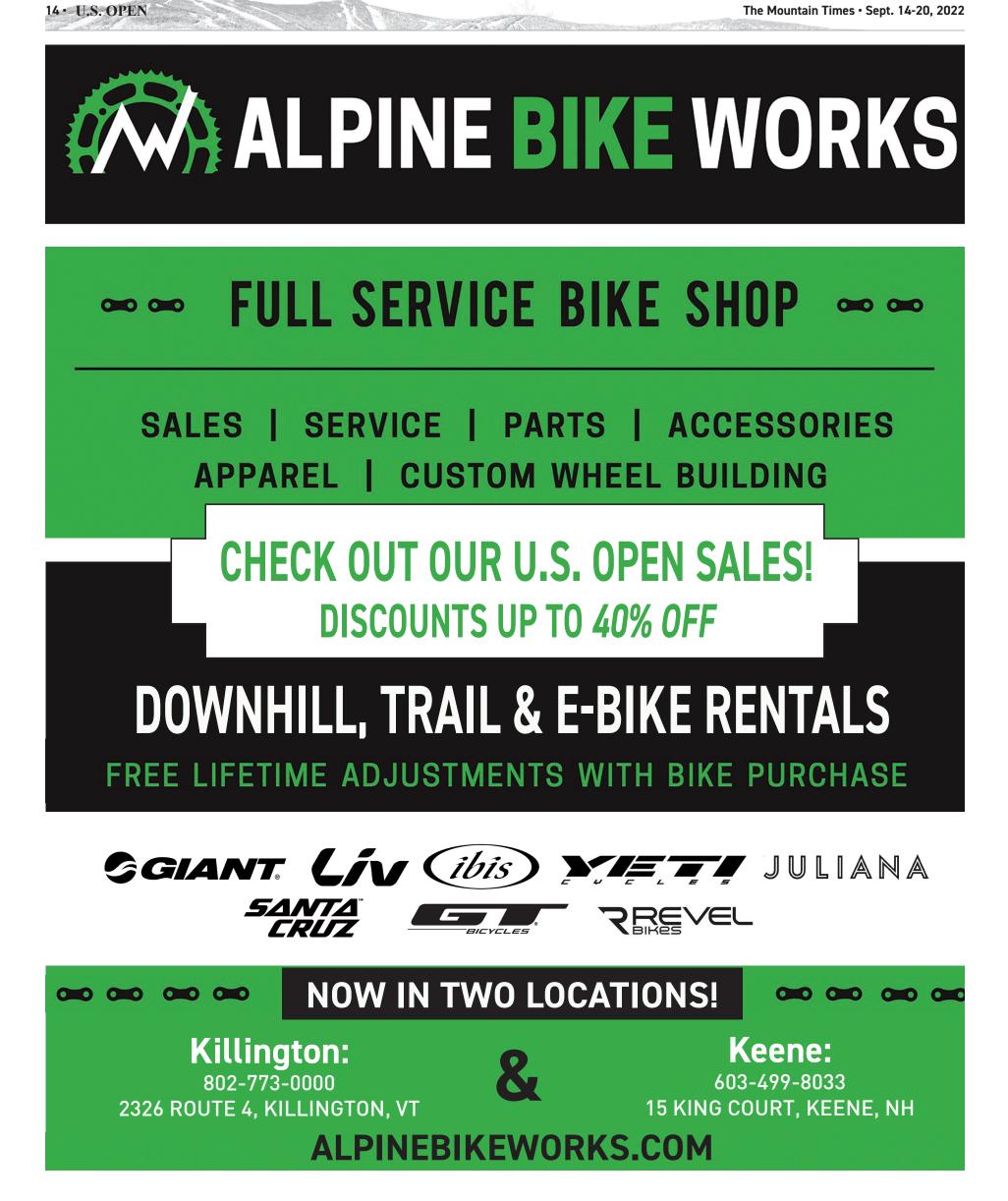
Action builds Sunday for the U.S. Open Downhill Race, as well as Next Gen Downhill Race and Adaptive Downhill Race.

See page 13 for tips on spectating.



The Fox U.S. Open of Mountain Biking returns to Killington Resort this weekend. The Best Whip contest (a fan favorite) will be held Saturday; the Downhill finals will be Sunday.

Courtesy Killington Resort



Spectating: Tips and tricks on how to watch the races

Spectators are invited to watch the action all weekend at Killington Resort. All festivities and events are based at the Ramshead base area of Killington Resort.

All events are free to watch and hiking up the trails for better viewing is encouraged. A \$15 spectator pass to ride the Ramshead Express quad uphill will also be available for purchase on the second floor of the Ramshead lodge.

Back by popular demand will be the USO Best Whip, taking place on a massive set of jumps carved into the base area of the bike park for a premier viewing experience. This invitational competition is a crowd-favorite and a must-see.

Beyond the competition, the Fox U.S. Open attracts race fans, freeriders and families and the Killington Bike Park will remain open to the public throughout the entire event. Schedule:

Wednesday, Sept. 20

12-4 p.m. Athlete registration Thursday, Sept. 21 10 a.m.-5 p.m. Enduro practice 10 a.m.-5 p.m. Downhill practice and course inspection Friday, Sept. 22 10-5 p.m. Enduro practice 10 a.m.-5 p.m. Downhill practice 9 a.m.-2 p.m. Dual Slalom practice and qualifying 3 p.m. Dual Slalom finals Saturday, Sept. 23 8:30 a.m. - Enduro race 8 a.m.-2 p.m. Downhill practice 2:15-4:45 p.m. Downhill qualifying 4 p.m.- Killington Mountain School's Ice Cream Social 5-7 p.m. Best Whip contest Sunday, Sept. 24 8-11 p.m. a.m. Downhill practice 9-10:30 a.m. Youth and Adaptive Downhill practice

10:30 - 11:30 a.m. Youth and Adaptive Downhill races 11:15 a.m.- Downhill finals



The Best Whip competition is among the most popular for spectators at the Fox U.S. Open at Killington Resort.

By Robin Alberti



By C. Vanderyajt, courtesy U.S. Open Dakotah Norton gets air as he approaches the finish line at the Ramshead base area of Killington Resort at last year's Fox U.S. Open event. Crowds cheer the riders from the festival village.



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Talk the talk

Lingo to help spectators understand common mountain bike terms

Trail features

Berm, noun, a banked corner that can be ridden faster than a flat corner. A common feature in any mountain bike park.

Booter, noun, a large jump that requires a lot of commitment.

Flow, adjective or noun, the way a trail is constructed, much of the time by excavation machines, for a more smooth, predictable surface. Flow trails consist of berms, rollers, and/or jumps.

Rake & ride, adjective or noun, an old-style method of trail building that uses the terrain's natural fall line and exposes roots, rocks and other natural features. Some are so rough they'll "chatter the fillings out of your teeth."

Gap, noun, a jump takeoff and landing with no dirt in the middle, increasing the risk for the rider.

- *Kicker,* noun, a jump with a steep takeoff, giving the rider a lot of lift.
- Loam, noun, specific type of loose, dry dirt, which is desirable for its driftability.
- Roller, noun, a bump in the trail used to gain speed by pumping over it.

Skinny, noun, a narrow piece of wood (similar to a balance beam) for riding a bike across, requiring balance skills.

Step-down, noun, a jump where the landing is lower than the take off.
Step-up, noun, a jump where the landing is higher than the take off.
Table-top, noun, a jump where the gap is filled in with dirt.
Singletrack, noun, a narrow MTB trail that's the width of a single bike.
Doubletrack, noun, two trails that run parallel to each other; also called a Jeep trail.

Riding style *Boost,* verb, to go fast and high off a jump.

Bottom out, verb, to use up all the travel (suspension) on the bike from a large impact off a drop or jump.

Case, verb, to not clear the landing of the jump or gap.

Clean, verb, to complete a section of trail without crashing, stopping or taking your feet off the pedals.

Gnarly, adjective, an especially difficult feature or part of trail.

Huck, verb, launching off a big jump, often without much regard for the consequences. *OTB*, acronym, over the bars, as in, a crash.

Pump, verb, a technique where a rider gains speed without pedaling.

- Scrub, verb, a motocross technique used to keep low and fast over a jump.
- *Shred*, verb, negotiating trails with a higher-than-usual level of expertise. *Whip*, verb, when the bike is pushed sideways in the air.

ished sideways in the Misc. terms

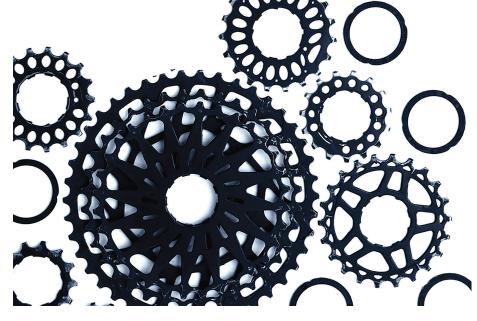
Dialed, verb, when everything is working and runs smoothly. **Granny gear**, noun, the lowest (easiest) gear, as in, only your grandmother would need to use it; but good for ex-

treme steeps (or for the profoundly out-of-shape). *Lunch laps*, noun, when you have about 40

minutes to get in a quick ride mid-day. *MTB*, acronym, for mountain bike.

PSI, acronym, pounds per square inch, the measurement used for tire inflation.

Session, verb, to repeat a section of trail until you have perfected it; or simply, to go out and ride with friends.



Spectators will be able to watch six races when the Fox U.S. Open comes to Killington this weekend. The competitions, along with a vendor village and food will be held at Ramshead. Spectating is free or for \$15, people can take a chairlift to get a better view of the competitors.

Open Downhill

The Downhill Track will start off the top of Ramshead and will include sections of existing trails combined with new sections specially built for last year's 2022 US Open. Open class racers will take seeding runs on Saturday and compete in the finals on Sunday.

Next Gen Downhill

U.S. Open Next Gen racing is designed for athletes under 15 years old. This program starts on a separate, youth-specific downhill track with categories beginning at 5 years old and advances all the way to 13-14 years-old classes on the main USO Downhill Track. **Dual Slalom**

Get ready for some loose and rowdy racing with this traditional-style track located right in the main venue of Ramshead base area. Anyone can enter the Open class and race for the cash. Designed for athletes competing on their normal trail bikes to slalom specialists, racers will qualify ahead of the Dual Slalom finals on Friday, Sept. 22.

Enduro The Enduro race will include five stages of racing, consisting of some classic Killing-

ton tracks when the race begin. A good balance of lift access and climbing transfers is sure to put racers to the test.

Adaptive Downhill

Fox U.S. Open of Mountain Biking is once again partnering with Vermont Adaptive Ski & Sports to bring the U.S. Open Adaptive Downhill Race to Killington Resort. The 2023 U.S. Open Adaptive Downhill Track will start off the top of Snowshed Peak on the "Rabbit Hole" trail on Sunday.

Best Whip

This crowd favorite will be more spectator friendly than ever, taking place right in the main Ramshead venue on an all-new set of jumps built specifically for the USO. Come party while some of the most stylish athletes in the biz put on a show! Participation in this event is by invitation only



Courtesy U.S.Open



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47 Old Mill Rd, Killington, VT

Discover the Killington Community



By Erica Canada The Town helped to secure a \$75,000 grant from the state and pledged \$25,000 more to help build the newest trail in town, the Sherburner, which opened June 3.

The symbiotic relationship between private investment and public infrastructure can be a difficult balancing act. The Town of Killington has helped to build partnerships that will catapult the community beyond what either entity could have accomplished alone.



Killington Forward

The Town of Killington has received VEPC approval for a master TIF District, has signed a development agreement with Great Gulf (developer of Six Peaks Killington at the Snowshed/Ramshead base) and received VEPC approval for its first phased filing.



Workforce and Affordable Housing

The Town is actively pursuing plans to bring both affordable and workforce housing to the community.

Municipal Water System

Clean, reliable water is a key piece to development. The Town of Killington has plans for a municipal water system that would service Killington Road development and the future Killington Village at the resort.

Killington Road Master Plan

Killington plans to rebuild 4 miles of its main road that links visitors to businesses and the resort. Plans call for increased safety and accessibility, which are critical for new development. New bus pulloffs, sidewalks, and bike paths will help make the area fit for multimodal transportation.

Storm Resilience

Killington Town has taken a proactive approach toward roadway



Fox U.S. Open

Some of the world' best mountain bike riders as well as local amateurs will compete in Killington this weekend for \$80,000 in prize money.



The women take the podium in a recent U.S. Open at Killington.

By Andrew Santoro, courtesy U.S.Open

By C. Vanderyajt, courtesy U.S.Open *Spectators cheer on the athletes as they whiz on by*.



A rider competes in the crowd-pleasing best whip competition sailing high into the air at Killington Resort in 2018. Spectators were delighted and cheered the rider on.

Submitted



The men take the podium in a recent U.S. Open at Killington.

By J. Rice, courtesy U.S. Open



By J. Rice, courtesy U.S. Open

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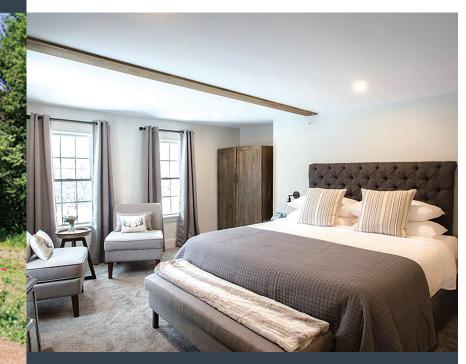
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RIDE FROM YOUR ROOM

By Abby Allaire

How is the U.S. Open's race course built?

The Killington Resort operations team have been building the Fox U.S. Open of mountain bike trails since July — fighting this summer's record rainfall. The Mountain Times spoke with Taylor Zink, Killington Resort's terrain park manager, about what goes into preparing the Enduro and Dual Slalom events.

Enduro

What specifically is involved in building the enduro course?

Taylor Zink: We are utilizing our existing trail network this year, so most of the preparation has been focused on general trail maintenance such as leaf blowing and string trimming. Trail crew has also been busy picking rocks, repairing washouts, and bucketing in new dirt to sections of trails that have worn out over time.

Where is the enduro course located this year?

TZ: The five stages offer a good mix of terrain spread across five of the mountain's six peaks. To access the start of each stage, racers will navigate a combination of aerial lifts as well as road and ski trail climbs. These transfer segments between stages are not timed.

How many features are there and can you list or explain some of the most notable ones? TZ: Each stage is like a new race, with the goal of being the fastest rider down each timed run. There are tons of features throughout the course, with the most notable being multiple root-lined and chunky rock gardens that will be sure to test everyone's line choices.

Is there anything new/different this year? How is the terrain different from previous years? TZ: To keep racers on their toes, we are running part of the race on an old trail that is no longer in service. It has been over five years since this trail has seen the amount of bike traffic it will see between practice and race days. There are some transfer climbs that will bring riders through sections of the mountain typically reserved for winter operations, so practice and familiarity with the layout of the mountain will be beneficial to setting a good pace come race day.

How have the trails fared with all the summer rain? Has it affected the terrain?

TZ: It has been a rough summer for the trails with all the rain we have been receiving this year, and with the increase in biker visits over the past few years, the trails need a lot of ongoing maintenance. The crew is very resourceful when it comes to trail repairs, and have been able to mine for fresh dirt near the trails to haul in with 5-gallon buckets as needed.

How do you decide the design of the course and the features involved?

TZ: A good Enduro race strikes a balance of varying terrain and a reasonable order of stages. The USO team and I have been meeting to weigh the options for this year's course. It's important to balance out the trail difficulty and amount of climbing throughout the day. Spreading the race across the mountain allows for efficient movement of riders from one stage to the next and prevents overcrowding and long wait times to drop in at each stage start. With the group's collective knowledge and experience, we carefully selected each stage and transfer segment to ensure it doesn't feel like an average day at the Bike Park.

How long is the course?

TZ: We typically run enduro races with five or six stages. This year, we have some long, top-to-bottom runs in addition to some shorter stages. Times for each stage will vary between 3-8 minutes each, with the fastest riders finishing the race with times around 30 minutes after a 3-4 hour-day in the saddle.

Dual Slalom

How long ago did you start building the trail and what specifically is involved?

TZ: The upper section of the dual slalom track was newly built in summer 2022 for the U.S. Open. A couple of berms and rollers are the only permanent fixtures on the course, as we use this area for beginner terrain in the winter. The crew started tuning things up and adding additional elements to the course in late July, but the weather put things on hold for a couple weeks while we focused on repairing other trails. An excavator was used to dig, stack, and set the shape for additional features this summer, and then the crew uses rakes and shovels for the final detail shaping and compacting.

How many features are there? Which are the most notable ones?

TZ: We extended the length of the course for this year's event, with the start mound moved further uphill. We also added in a shark fin berm in the middle of the course that will launch riders towards a gate placed in a patch of grass. Line choice and bike control will determine who gets through this grassy corner with enough speed to clear the step down into the step up before a series of tight gates in another patch of grass before the finish line. I'm really looking forward to seeing ride line ruts develop in the middle grass section, because that's where the race was won and lost last year.

How do you make sure the two courses are similar? Do you map it out beforehand?

TZ: After some visual inspections of the location and lots of walking around the slope, our lead operator and trail builder, Mike Bouffard, began roughing in both lines with the excavator. As one course take shape, a second course is built to mirror the first. Adjustments are made to ensure there is no major advantage to either course so that racers can go head-to-head and keep spectators on their toes. The inside line of dual slalom berms is typically the fast line, so racers tend to pass one another multiple times until the courses run parallel into the finish and the faster rider prevails.

How do you decide the design of the course and the features involved?

TZ : Clay [Harper, the race director and co-founder of the event] worked out the main design and course layout to offer a blend of polished, BMX-inspired features with the rugged feel of downhill racing through the grassy turns. The crew spent hours fine tuning the course when the excavator work was complete to ensure a smooth and consistent trail surface with visually appealing feature shapes.

How long is the course?

TZ: Each ride line of the course is approximately 600 feet long from start to finish, and race times will be in the range of 20-30 seconds.



Taylor Zink, Killington Resort's terrain park manager, explains the ins and outs of this year's U.S. Open Enduro and Dual Slalom courses — and what went into building them.



Crews prepare a portion of the course on Ramshead for this weekend's Fox U.S. Open.



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The flat Ramshead beginner ski area at Killington Resort has been transformed into a 45-foot mountain bike jump for the Fox U.S. Open of Mountain Biking competition, returning Sept. 22-24.

How the 45-foot best whip jump was built

The flat Ramshead beginner ski area at Killington Resort has been transformed into a 45-foot mountain bike jump for the Fox U.S. Open of Mountain Biking competition, returning Sept. 22-24.

Powder Horn Trail Company in New Hampshire has been building the jump since July. Owner William Conroy and his team used a 1,000-pound excavator and dug 10 feet of dirt below the surface grade to set up the steep jump and take off.

"We didn't have to truck any [dirt] in, which is great," he said.

Powder Horn has also battled this summer's recordbreaking rainfall.

"We really wanted to make sure that it was a solid surface and we installed really robust drainage," said Conroy.

The finished jump is about 45 feet tall with a 35-foot gap and a 20-foot tall takeoff. It's similar to last year's size, but slightly steeper.

"Last year was really successful," Conroy said. "Killington Resort tries really hard to make sure that it's high caliber, really high quality. And obviously you know, with Killington being the biggest and the baddest around, it's kind of a natural fit."

The spectator-friendly best whip competition is a crowd favorite. It's being held Saturday, Sept. 23 at 5 p.m. at the main Ramshead venue. Red Bull & YT Industries is hosting a party, with food and music in the festival village.

Top riders from around the world will hit the jump and

The finished jump is about 45 feet tall with a 35-foot gap and a 20foot tall takeoff. It's similar to last year's size, but slightly steeper.

turn sideways as much as possible. The goal is getting past 90 degrees and bringing the bike back straight for landing. A celebrity team of judges will determine the winner by considering amplitude, individual style, degree of the whip and execution — including how they bring the whip back.

Riders will have 30-40 minutes to complete as many runs as possible once competition begins. Then, judges announce who will make it to the finals. The final riders will participate in a jam-style format for another 20-30 minutes before final judging and winners are announced.

"It's really about how far you can kind of extend your body and your bike and bring it back — not just about how far sideways you can bring it," Conroy said.

Conroy, an avid mountain bike rider himself, used to work at Killington Resort as a terrain park groomer where he was part of some of Killington's mountain bike expansion. He started his own trail making company in 2018 and has since worked on projects across New England. He recently finished building mountain bike terrain at Ascutney Outdoors in Brownsville.

Conroy also helped build the dual slalom race course at this year's U.S. Open. The course was designed in 2022 and

some of the features remain.

"It's kind of recessed under the grade so we had a little bit of a reference point," Conroy said. "We added some more features at the top and the bottom. There's tons and tons of rock and loose stone. There was a pretty extraordinary amount of work both with machinery and by breaking through the dirt to shape it and then remove all the rocks."

The dual slalom course features a mix of dirt and grass, making it challenging for the riders.

Designing the courses was a collaborative effort between Conroy, the Killington Resort team and Clay Harper, the race director and co-founder of the U.S. Open events.

"It's definitely a multi-layered process," Conroy said. "We discuss ideas with each other to come up with the best solution."

Conroy finished building the whip jump in August so he and Harper could start testing it themselves to make sure the take off and landing was smooth.

Conroy spent the final week before the competition prepping for erosion control, placing tarps over the jump so rain wouldn't impact the dirt. As soon as the event is over, Conroy's team will take the jump down and transform it back into a beginners' area of the ski area once again.

"Because of the location of the venue, we kind of build the infrastructure every year and then have to tear it down," Conroy said.

"We don't have a lot of huge mountain bike races around here at this level," Conroy said.



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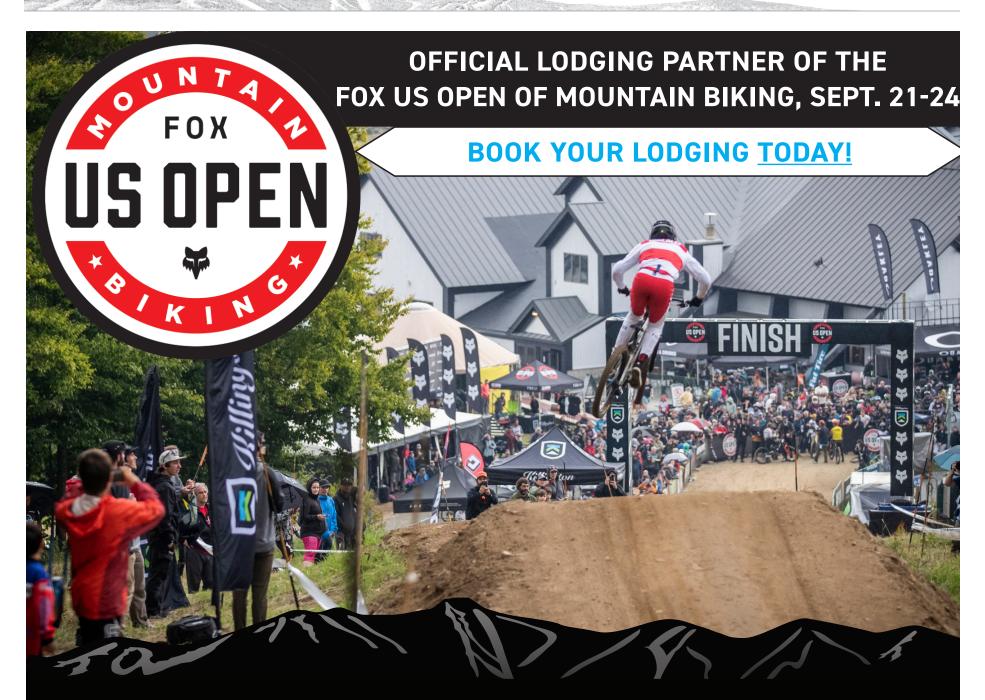
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Teen sisters to compete in US Open downhill

By Katy Savage

30

Althea Ostgaard is proving age is just a number.

Althea, "Ally," became the youngest female rider to ever podium the Fox US Open of Mountain Biking in Killington last year at just 14 years old.

Ally of Seattle, Washington got third place in downhill against some of the world's top riders. Now 15, she's coming back to Killington to compete in the downhill again, but the teenager isn't putting any pressure on herself.

"I'm not really looking for the same results," she said. "I'm just trying to ride as best as I can."

Ally started mountain biking when she was 8 years old, following in her older sister, Taylor's footsteps.

"You can thank Taylor for that one," Ally joked. "Taylor hopped on a bike and just started going. My mom's very physically active so she wanted us all to do it."

Ally admitted she hated her first race at Mount Hood in Oregon, when her parents made her compete. She was scared of the downhill and didn't like other people watching her.

'My parents dragged me to the top of the mountain and I cried my eyes out," Ally said. "I was not very stoked."

But, Ally did well and quickly learned she loved competing.

"I was like, 'OK, that wasn't so bad,"

she said. "I haven't stopped since. I was like actually like, 'I don't care who watches me."

Taylor, 18, is also competing in the downhill race in Killington this year after a mishap last year where she crashed into a rock and lost her shoe, making her go looking in the woods.

> "If one of us wins, we both win," Taylor said. "It's the Ostgaard name up there."

"I'm hoping for redemption this year," Taylor said.

Taylor's also hoping to overtake her younger sister, "Especially since she passed me up last year," Taylor said.

Mountain biking is a family activity for the Ostgaards. Both Taylor and Ally, who are avid skiers in the winter, are homeschooled, allowing them to travel around the world for competitions. The sisters have traveled so much

this summer, they've only been home for about four days.

Taylor, who started mountain biking when she was 10, is in her first year of competing on the World Cup circuit, which she said has changed her ap-

COME SEE

proach to the sport.

"I've had to change my mindset going into this year," Taylor said. "I'm going to be with the big dogs."

Ally and Taylor look forward to the Killington race, explaining the downhill course is unique from most other courses they compete on.

"With most courses, you have one type of riding - you have tech or you have a flowy course," Ally said. "That course had everything. It had tech, it had drops, it had flow, it had everything. I really loved that."

The race is also unique in that it has an open category, allowing riders of all ages and abilities to compete against each other.

Ally is hoping to keep following in Taylor's footsteps and quality for the World Cup when she's old enough next vear.

"I have to wait one more year, but I really, really want to race in the World Cups. That is like every kid's dream," Ally said. "I love the adrenaline rush of racing, I love riding with friends and the community of racing."

Though competitive with each other, Taylor and Ally are also used to supporting each other.

"If one of us wins, we both win," Taylor said. "It's the Ostgaard name up there."





Althea Ostaard, 15,above, and her sister Taylor, 18, right, are traveling from Seattle, Washington to compete at the Fox US open of Mountain Biking this weekend. Althea became the youngest rider to ever podium the event last year on the women's side. She's looking to podium again, but isn't putting pressure on herself.

Submitted

Local looks to defend her title

The FOX U.S. Open of ing some of the best athletes are taking advantage of the opportunity.

Ashely Stearns, 27, of Mendon, is riding in the U.S. Open as an amateur for the second vear in a row after she won the open enduro race, taking home \$2,000 in prize money.

"When you hear that beep go off when you're at the start gate, it pushes you a little harder," Stearns said. "I wanted to see how I could line up against the best racers in the world."

She finished 14th in downhill after a crash in a practice run. She plans to compete in both downhill and enduro again this year, though she admits the latter is her better race.

"It takes me a little bit to warm up," she said. "I feel like I progress as a rider throughout the day. Downhill, you

have to be perfect to be on the podium. As much as I like to say I'm a perfect rider, I'm not."

She said enduro, a 3-hour race that crosses Killington's peaks, allows her to make more mistakes and find opportunities to make up for them.

"Physically I find it to be more challenging," she said. "Downhill doesn't give you the opportunity to make those mistakes."

Stearns, an avid skier and snowboarder, works as a massage therapist. She started competing in mountain bike races in 2019 at the pro and amateur levels.

"I spend all my free time on my bike," she said. "I'm on two wheels almost everyday if not everyday in the summer. I've had a lot of time in the saddle."

Stearns and her boyfriend, who is also competing in the US Open, spent her prize

money last year on a SurRon a type of dirt bike.

"We kind of foresee using it to help build trails when we have our own property," Stearns said.

The win last year got Stearns local recognition and sponsorships from

"I spend all

my free time

on my bike,"

Stearns said.

Base Camp Outfitters in Killington and Lawson's **Finest Liquids** in Waitsfield. Stearns is looking forward to the event's return. "It's my

home mountain," she said. "It's cool to see elite athletes from all around the world. They can look at the trail just one time and just fly. It's a super humbling experience. I ride here all the time and I'm comfortable riding the trails we have. They come in and they feel like you're barely moving. They're just incredible athletes and it's cool to share that space with them."



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By Katy Savage **HOW WE ROLL** Mountain Biking is bring-

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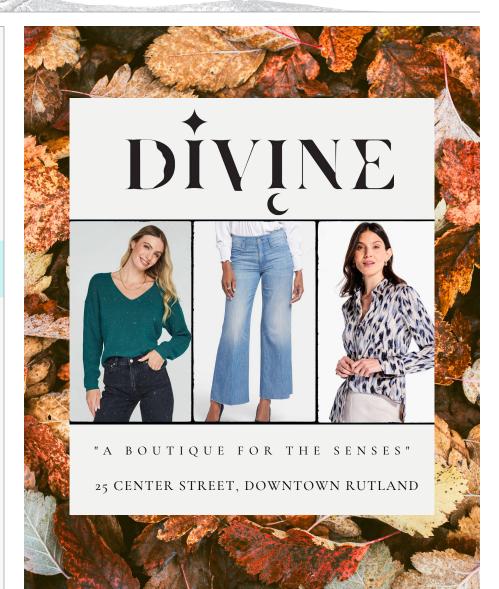
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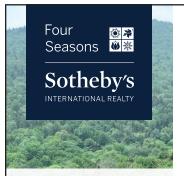
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Just before the pandemic,

Black expects mountain

biking will return to its pedal-

Mountain biking through the decades

Local business owner reflects on the early days of riding, growth of the sport and predictions for the future

By Katy Savage

Phil Black remembers back when there were no mountain bike trails in the early 1990s. Back then, mountain biking meant earning your downhill turns by traveling up old logging roads, carriage roads and dirt roads.

There were no trail maps or cell phones — and that was part of the fun.

"I love being lost in the woods," Black said.

Now, mountain biking has evolved to become a fast downhill sport with jumps, bridges and tight turns.

These are roller coasters essentially made of dirt through the woods," Black said. "They're fast and we just never had speed like that. We never hit 30 miles per hour. Now you hit the park, you're hitting 38 everyday. It's a totally different experience — the trails, the bikes, they're just so competent."

Black, the owner of the Lookout Tavern in Killington, started mountain biking about 30 years ago. He was in the service at the time and cycling was an alternative to running and "a little vindication" toward his friends, who often beat him in running.

"It was something I could do easily and destroy all the tall, skinny guys," Black said. "They would destroy me all week on runs.

Black and a few of his friends founded the Killington Mountain Bike Club 30 years ago. Black was among the first to enter the modern day mountain bike scene in Killington. Black and his friends rode together every Tuesday night a tradition they've kept ever since, and even expanded to include anyone in the community.

"Even though we're old men now we still go out and thrash around every Tuesday and think we're young," Black said

Black has worked to get people interested in the sport for the past 24 years, when he started hosting a weekly ride from his Lookout Tavern followed by a free meal.

There were eight or nine people-mostly men back then. Now, there are about 50 people of all age groups.

"It's gotten much bigger," he said. "It was just men, then

women, now it's families. It's a good reflection of the bike experience in general. It's become a family activity."

The group rides for about two hours and then returns for drinks and food, like cheese steaks and a salad.

"It's always been a night that we enjoy," Black said. "I get to go out and hang out with my buddies. It's pretty much the only night we get to ride together."

Black has watched as the sport has soared in popularity with extensive trail building and new equipment.

The landscape of mountain biking in Vermont has grown

significantly in the past decade, emerging as the state's most rapidly expanding outdoor recreational activity. The state saw a surge in 2022, as indicated by TrailForks' recording of over 580,000 ride logs — a figure that has more than doubled since before the pandemic.

Parallel to this trend, the Vermont Mountain Bike Association (VMBA) has become the largest state mountain biking advocacy group in the nation. There are about 29 local mountain bike chapters in Vermont and VMBA has nearly 10,000 members.

The expansion has far surpassed Black's expectations especially for a town long dominated by the winter sport scene.

"It's unbelievable. It's hard to even fathom," Black said.



Phil Black stops along a peaceful lake while riding.

experience roots.

Black is the co-owner of Base Camp Outfitters, a ski and bike shop and mountain bike hub that has a 15-mile trail system focused on the pedal experience — where going uphill is just as fun as going downhill.

"It's kind of a lost art these days," Black said. "[The trails] fill a portion of the market that we've not had in the eight or nine years. It helps the town, it helps the resort."

Black rides three days a week now, mostly in Killington, Slate Valley (Poultney)

and Woodstock. He still appreciates where mountain biking came from and its sim-

plicity. He still takes his 30-year-old bike on class 3 and class 4 roads — just for fun.

"I have no idea how we rode these things," he said. "They have small wheels that don't roll over everything."

US Open: from page 1

Fox U.S. Open offers amateur racing classes in downhill, enduro and dual slalom. There will also be adaptive riding on Sunday and a chance for young racers under 15 years old to compete in the Next Gen Youth Downhill event

Anywhere from 5,000-10,000 spectators are expected to come to

Killington and they'll be able to access the course easier than ever. The event is free to the public. For \$15, spectators can ride a chairlift for better viewing. Professional riders from around the world are getting ready to take on "the Beast." "It's cool to

"The Fox U.S. Open of MTB is going to be a good time and I couldn't think of a better way to end the season,"said Dakotah Norton, the current U.S. National champion, who raced in Killington in 2018.

Phil Black and friends love to explore mountain biking trails locally, regionally and further afield. All good "research!'

Submitted

have a rider-focused event in the U.S. that's working toward creating a great experience for both the atmo-

sphere and the race," said Dakotah Norton, the current U.S. National champion, who raced in Killington in 2018. "The Fox U.S. Open of MTB is going to be a good time and I couldn't think of a better way to end the season.'

For more information on the weekend events, visit: Killington.com or .usopen.bike.

"These are roller coasters essentially made of dirt through

the woods," Black said.

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Turn of the season

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the North, it is in the Southern Hemisphere. Regardless of your location on the globe, the ethos remains the same — that time is circular, rather than linear. The seasons turn. The tide comes in and it goes out. Fortunes rise and fall. There is a season for everything under the Sun.

Then there are times in life where it isn't completely obvious which direction things are turning. It's as if things are hanging in the

Cosmic Catalogue By Cassandra Tyndall

This week is one of those times as the Libra Equinox arrives, where the days are about as long as the nights and the nights

are about equal in duration.

For some of us, the light encroaches on the night. While for others, the dark creeps up on the days. In the natural world, it's just the inevitable turn of the seasons, while in our internal worlds, it may feel like a bardo of sorts, a liminal and uncertain place, where the arrival of the next season of life awaits. This week,

be sure to get your affairs in order to prepare for the next chapter.

Be stronger than the vines

Vines,

balance.

They crawl up walls, Covering everything, Soon the vines take over, Covering windows, Blocking the light, Darkness only remains. But don't let the vines put you down, Don't let them cover your window, Blocking your light. Push the vines away, Allow the light to come in, Hold on to your happiness. Don't let the vines take it, Keep your happiness but also, Share it with others.



The gift of animal sightings, sounds

Editor's note: This is part 6 of a series by Margeurite Jill Dye.

Two days before my surgery, I was aware

of more chirping in our yard. Birds have been scarcer than usual lately so I searched trees and shrubs for the source of the chirps. Then I remembered that groundhogs chirp, also grunt, whistle, chatter and shriek depending on their situation and mood.

When the sun popped out that afternoon, sure enough, our groundhog reappeared. Since the coyote and fox had

come, we'd feared our friend was gone for good... but he seemed a little larger and his coat more reddish-brown and we hadn't before noticed his black tail and muzzle. And so we wondered, is this his big brother?

Groundhog symbolizes honoring personal boundaries and tapping into the higher self.

An owl had called out a few nights before-another first in our backyard. He returned two more nights on the eve of my surgery... which I took as a good omen sign since owl represents intuition, wisdom,

power and protection.

The operation lasted over 3 hours. I was awake and alert but felt nothing. I wasn't

can improve my Blepharospasm

UVM. I was awakened at 4 a.m. by a very loud series of howls, yips and yelps.

with their pups!" I said.

your instincts and seek balance within. These animal sightings and sounds are blessings of which I'll never tire. I appreciate

them more than ever before. My hearing's more acute and attuned to creatures' sounds and I no longer take my sight for granted.

The vision problems I've experienced for four years likely stem from a fall, whiplash and concussion. (Sit down when you put your leggings on!) I slammed the back of my head and neck on the bed frame and floor. It injured my brain's basal ganglia which Meditations \rightarrow 53

The peculiar acorn pip gall wasp

The Outside

Story

In northern New England, acorns ripen in late summer and normally drop from oak

trees from September through October. They may fall earlier, however, for a host of reasons, from eager squirrels getting a head start on gathering nuts for the winter to environmental stress, including excessively hot or rainy weather. Prematurely dropped acorns are green, whereas ripe acorns are By Jen Weimer brown. Other reasons acorns may drop early include poor pollination and tree infestation by insects or diseases. The most peculiar cause of premature acorn drop that I have encountered is the acorn pip gall

wasp. Native where oaks are pres-

ent, this cryptic wasp goes mostly unnoticed. That is, unless your favorite summer shade tree happens to be an oak, and that tree starts dropping acorns on your head in August. You may also notice black sooty mold growing on your deck or outdoor furniture, and small, hard, cream-colored, triangular-shaped objects which resemble teeth under your oak trees. These are all signs you are experiencing an outbreak of the acorn pip gall wasp (Callirhytis operator).

Gall wasps, which belong to the family Cynipidae, do not sting. There are more than 700 species of cynipid gall wasps in North America and at least 90 species within the genus Callirhytis. Their feeding creates galls plant tissue overgrowth on leaves, twigs, flowers, and fruit. The galls protect the wasps from predators and provide a food source for developing larvae. There are several noticeable Callirhytis species affecting oak in the Northeast. The wool sower gall (Callirhytis seminator) and oak wart gall wasp (Callirhytis quercusfutilis) only cause cosmetic damage to leaves. Gouty oak gall (Callirhytis *quercuspunctata*) and horned oak galls (Callirhytis cornigera) produce galls on twigs that can lead to branch dieback, but they typically do not cause tree mortality.

The acorn pip gall wasp, like other gall wasps, is tiny (2 to 3mm) and has a complex life cycle which takes two years to complete and comprises two alternating generations. The first generation is asexual (all female) and lays its eggs on oak flowers in spring. The feeding of the hatched larvae results in a woolly mass, or gall, on the catkins, and this generation is known as the woolly catkin gall or woolly blossom gall. Larvae feed and develop within this gall and emerge as adult males and females in June.

The second generation (sexual generation) including males and females, mate

and lay eggs on developing acorns from late summer through fall. The feeding of these

> larvae causes a triangular shaped gall to form just below the acorn cap. The larvae reside and feed in the gall which signals the tree to release the unviable acorn. The gall eventually falls out of the acorn — leaving tooth-shaped debris - and the larvae completes its development over the next 20 months on the ground.

Oak species affected by the acorn pip gall wasp include red, white, black, scarlet, and scrub

oaks. The damage to the acorns makes them incapable of producing seedlings, but the wasp larvae provide an extra treat for squirrels and other animals who eat acorns. When affected acorns separate from the

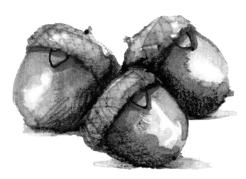
tree, the sugary sap drips from the separation point on the branches. This promotes the growth of sooty mold, a sooty fungus that can that can make the surfaces

of whatever the sap drips onto sticky and slippery. Sooty mold is not harmful but is unsightly; you can remove it using soap and water.

Control of pip gall wasp is not warranted as it does not harm the trees and the larvae are beneficial as a protein source for animals that consume acorns. Additionally, outbreaks are rare and short lived. The last widespread outbreak of acorn pip gall wasp reported in the Northeast occurred in 2019. However, I have noticed another outbreak in my oaks in New Hampshire this year. If you pick up an acorn, you too may find this elusive wasp.

Jen Weimer is a forest health expert, photographer, and writer living in the forests of New Hampshire. Illustration by Adelaide Murphy Tyrol. The Outside Story is assigned and edited by Northern

> Woodlands magazine and sponsored by the Wellborn Ecology Fund of the New Hampshire Charitable Foundation: nhcf.org.





Mountain **Meditation** By Margeurite Jill Dye

afraid, just grateful my surgeon

condition.

Duane drove us home from

"Wake up Duane! It's coyotes

What an exciting sign from nature—a coyote serenade close to home whose spiritual significance is to adapt, transform, heed

All aboard the Crazy Train

We're all born with gifts. Some folks are natural athletes, while others are adept at music. I've met people who could rattle off a stream of mathematical equations, and I've met others who could lift up the back end of a Chevy. No matter who you are or what your place is in life, undoubtedly there's a hidden talent buried inside you.

Of course, your special talent may not be obvious to others. For instance, my talent is veiled within my own head: I know crazy.

For whatever reason. I have always had the ability to notice even the slightest flicker of instability inside of a person. No matter how well you disguise it, I'll see it there lurking in the back of your eyes. I've noticed "crazy" in old people and children, professionals and the down-andouts, pleasant individuals and complete jerks.

For a long time, I was unaware of this ability. I would meet someone and just get a feeling. Later in life (and after countless uncomfortable situations), I started to realize what this feeling was. With a self-diagnosis in hand, I went out into the world with my special talent — like Spider-Man with his Spidey-sense or a palm reader who could only read the crazy line. I have used it ever since to navigate my life more effectively.

Keep in mind, I am not a licensed therapist, I have no psychological schooling outside of a few required college courses, and I have no proof to substantiate my claims. I just know that I know crazy. If you see me on the street and put me to the task on this subject, I'll have zero recourse to defend myself.

In weak moments, I want God to rid me of this bizarre ability, while other times I fantasize about the government hiring me to vet future political candidates (because we all know that most political candidates have the crazy vibe lurking in them; perhaps it's a prerequisite to wanting the job in the first place?).

I've never used this special gift for good or evil, I don't suggest to those that I deem lacking in sanity to seek out help, and I don't condemn the insane when I am loitering with "normal" people. I merely file the information away and act accordingly (i.e., I don't let them handle babies around me, Lavoid the introduction of firearms, and I make sure a phone is within close proximity). But most importantly, I pay careful attention when one of them begins circling my work environment.

The workplace is the one instance where

I've learned that you want to keep crazy at bay. I've seen entire offices upended when someone brings their emotional baggage into an organization. In fact, I've been the focal point of someone who appeared completely normal but was clandestinely touched - and it's not fun. The true crazy employee can't be reasoned

with and genuinely believes that their reality is the only reality, which can be

epically disrupting to a team environment.

It's important to be able to separate someone who is at odds with reality with those who are just having a tough time with life. There's a big difference here; generally, one is temporary, while the other is permanent. A difficult situation occurring at home can affect someone's dayto-day routine and make them

seem insane, but the reality is that they're just in the midst of a challenging state.

I've mentioned my fascination with the YouTube channel, "Soft White Underbelly," many times in this column. This is the home of crazy (it's also the home of sadness, curiosity, and the bizarre). Many of the interviewees on this channel are in states of severe mental

illness or deep psychosis, which makes it easy for anyone to see and feel the disturbances within others. I honestly believe that "Soft White Underbelly" has enhanced my ability to ferret out crazy, given that it exposes such a wide array of incarnations. You may want to check it out as well, just so you're prepared when crazy comes knocking at vour door.

In this week's feature, "Painkiller" (a theatrical documentary about the OxyContin opioid epidemic), we get a first-hand look at how one crazy family caused immense pain, suffering, and death to countless millions with the distribution of a "harmless" drug.

The Sackler family and their assault on an unsuspecting public is at the heart of this 6-part mini-series starring Matthew Broderick. The series starts from decades prior and eventually flows to present day to show how manipulative and coercive members of the Sackler family were in placing powerful and addictive narcotics into the hands of naïve patients.

Check this one out if you were affected by the OxyContin epidemic or if you're simply curious how big pharma wields power over your life. In either case, it's sad and disturbing.

A traumatizing "B" for "Painkillers," now available for streaming on Netflix.

Got a question or comment for Dom? You can email him at moviediary@att.net.

Drawing strength come from the forest

Stepping into the conference room, I look down at the ring on my finger and know that I can do this. If you haven't figured me out already, I am an introvert. I do well with one person or two, but an entire room or bar full of people sends my heart to pump rapidly. It's always been that way. Even when surrounded by people who I have known for years or those that I know absolutely love me, I cannot stop the way my insides react.

This conference is no exception. I am at an international real estate conference that will be conducted half in English, half in French and I will know one person, whom I met last night. But I am here to learn to be a better realtor and that includes learning how to better socialize through my anxiety.

It's why I play outside, usually by myself, because while there

might be more trees surrounding me than people, trees are comforting and strengthening. I feel stronger in the forest, my feet connected to the earth and my soul growing within me. Perhaps it's the repetitious movement or the escape from the "real world" that gives me strength. That is something that I have been striving to figure out for some years now.

Nature is where I feel at home, I feel safe, and secure. But this week, I am in Montreal, the 10th largest city in North America and probably the closest one to our little spot of Vermont. So when I arrived yesterday ahead of the conference, I took the time to walk around the neighborhood. Intrinsically, I sought out nature.

My body was pulled toward the riverfront, about a mile and a half away from the hotel where my room is on the 19th floor. It kind of feels like I am on a chairlift turned about and looking down into the valley. That's what I

Livin' the Dream By Merisa Sherman

keep reminding myself. I'm just on a chairlift, not at the 205 feet off the ground with no escape.

I am not focusing on that.

I spent the early evening seeking out nature in the city. I found a natural plant garden with the coolest walkway through it, the branches of regional plants arching above me. It was lovely, a hidden garden in an area filled with construction cranes and random trash

> blowing in the breeze like tumbleweeds.

Just looking down from my window, I can see a beautiful and formal perennial garden 19 stories below. It has little paths wandering amongst perfectly maintained bushes, but the green is still there, peeking out from around all the grey. And I can feel the water, way

out there looking at me. I know it's there, even if there is an insane amount of building separating me from it. I am definitely not a city girl, but I can find enough strength in the nature that is creeping through to bring me through. I can walk, finding comfort in the motion. I can find the nature anywhere.

And while I am inside, trapped to a chair for hours at a time? I have a ring on my middle left finger that carries energy within it directly to my heart. Yes, it's a metal ring that probably sends more zingers than anything else, but it brings me power. Perhaps it's the Power of Grayskull, something that got me through more childhood issues than I care to remember. From it's energy, I can become whatever it is I need to be.

I am stronger, whether internally or externally. I am the better version of myself, the more powerful version and can overcome any struggle presented to me. Whether it's the challenge of sitting still or being confronted Living the Dream \rightarrow 55

As the majority of the world

knows, GPS shows you how to

get from one place to another

and it can track your movement.

That is certainly not how we got

from "Point A" to "Point B" in my

Back in the 50s it was a com-

mon occurrence to take a Sunday

ride. My father loved to get behind

the wheel with no destination in

Taking a ride back in the day!

Back in the day where we traveled by car and how we found our way to various places was nothing like it is now.

A friend recently told me that without her GPS she would find it very difficult to get from one place to another. We have become a technology dependent generation!

My car doesn't have GPS because I am happily stuck back in yesteryear. I didn't know

what the letters GPS stood for until I looked it up. In case you are clueless like I am I will share that answer with you. It means Global Positioning System. Of course, I had no idea what that meant so further digging told me that it is a constellation of about 30 satellites that orbit the earth and allow people with "ground receivers" to pinpoint their



Looking Back By Mary Ellen Shaw

> mind. The rides were within a 30 mile radius so no map was needed. However, he liked back roads and although he never got lost he didn't always come out where he thought he would. My mother wasn't fond of not knowing where she was but didn't complain about it ... most of the time!

younger days.

If we were going on a car trip to a place that Looking back \rightarrow 55



The Movie Diary By Dom Cioffi





from page 50

controls eye muscles, voluntary movement and cognitive function, according to the Cleveland Clinic.

I am functionally blind at times due to Blepharospasm, a focal dystonia. It involuntarily closes my eyelids and frequent Botox (neurotoxin) injections are the only treatment. Botox was invented to help this condition but the surgery can help improve the condition. I'm counting on it to get my life back so I can read books, paint and drive once again.

I've enjoyed sharing animal sightings and signs through Mountain Meditation but am ready explore new themes that are of interest to you. Perhaps healing chakras, the Chinese five elements, or something else you would like? Please let me know in a comment below or at jilldyestudio1@gmail.com. Thank you.

Marguerite Jill Dye is an artist and writer who divides her time between Vermont and Florida.

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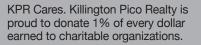
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Living the dream: from page 51

with a room full of strangers. I am woman, hear me roar. We girls can do anything. I have the power. Phrases that I heard randomly throughout life and while watching Saturday morning cartoons when we were at grandma's house.

I lost my ring a few months ago and have been trying to live without it. It was miserable. the vein to my heart felt like it was flapping about in the breeze, ungrounded to anything.

Looking back: from page 51

was new to us a multi-folded paper map got us to our destination. Most gas stations had maps and gave them out for free. My mother's "job" was to read the map and tell my father what was coming up next and what to be on the lookout for. I sat in the back seat and was kept entertained by games such as looking for license plates from various states. No DVD players in those days to keep kids occupied.

Most men do not like to ask for directions. But "back in the day" it was sometimes necessary if they wanted to get to where they were going! Any store that was open served as a backup direction source when the paper road maps weren't helping. Who needed GPS?

People with a sense of direction had a distinct advantage over those of us who have none! I fall into the latter category. When I was headed home from graduate school in Albany my mother made me promise to call her from the pay phone (no cell phones in those days) at Howard Johnson's restaurant in Glens Falls. She was afraid that I would turn in the wrong direction on the Northway and head to New York City. I guess I should re-think getting GPS. Apparently it was made for people like me!

In a conversation among friends we discussed what a "trip" meant back in our youth. Someone said that going to West Rutland would have counted as a trip! Students in my era traveled to various towns in Vermont for sporting events but today's youth who play sports have travel opportunities that can

And so I messaged the jeweler who made it, all those years ago. They said it was no longer in their product line, but they would make it for me. It's called the Radiant Reflection Ring. I had no idea it was called that, but it fits perfectly. It reflects the radiance of the world into my soul. I know that's super cheesy, but damn does it work for me.

Now I'm just looking forward to Monday when I get home!

take them all over the U.S. as well as to other **countries**

For me a "trip" meant going to Burlington or Glens Falls to shop with my mother, my cousin and her mother. One such trip tells me where my inability to solve simple mechanical issues comes from. My mother was driving our new car to Burlington for a winter shopping trip. She couldn't figure out how the heater worked and apparently my cousin's mother couldn't either. It was a cold winter day and we went up and back with no heat! I guess my mother didn't want to be the "helpless female" who stopped at a garage and asked how to get it working. And I thought men were bad about asking for help!

My husband, Peter, has always been good with directions but his sense of adventure got us more than we bargained for when we headed to the Averill Lakes in the Northeast Kingdom. He decided to take a scenic ride to that destination. He had been on this road years ago with a "fishing buddy". But the day we tried it we were pulling a boat behind the car and the dirt road was very narrow. It would have been next to impossible to back up if it was necessary. Thank goodness we didn't meet another car and as you might guess, we took the long way back to our campground. As they say, "Happy wife ... happy life!"

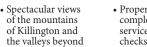
So why not take a ride to nowhere? Turn off your GPS and see where you end up. It will be like a trip back in time. Have fun!

Mountainside at Killington

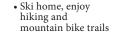


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