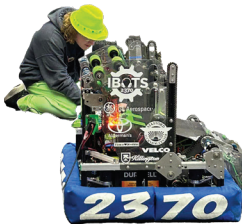


MAKE A SPLASH!

This weekend brave skiers and riders will attempt to cross the pond... some will skim others will splash!

Page 28



RUTLAND ROBOTICS TEAM HEADS TO CHAMPIONSHIP IN HOUSTON

After a strong showing in the New England District Championship, Rutland's IBOTS team is headed to Texas to represent Vermont, April 17-20!

Page 2

TOURIST ATTACKED BY VICIOUS DOGS, SB HEARING & VERDICT

For the first time in over a decade, Killington leaders were asked to enact its Dog Ordinance. Owner has until April 16 to comply.

Page 5



REMEMBER JONES TO PLAY IN KILLINGTON

Remember Jones, a 7-piece band, will perform at Pickle Barrel Nightclub on Saturday night. They'll play both original music and cover songs.

Page 21



By Jerry LeBlond

BMMC: points for style

On Saturday, April 6 amateur bumpers took to the slopes of Outer Limits at Killington battling it out on the dual course. This year James Garland and Sofia Robinson won the top spots.

BMMC photos → 22

Eclipse wows viewers across the state

Staff report

Awestruck eclipse-watchers across the state said the event was well worth the effort—and many traveled hundreds of miles to see the rare phenomenon.

"Looking up at where the sun usually is and seeing, like, a hole in the sky, is so weird ... eerie" said Ben Frechette, 34, who came up from Boston.

The next total solar eclipse in the U.S. won't occur until August 2044.



By Glenn Russell/VTDigger.

A spectator was well-protected to view a solar eclipse April 8.



Courtesy Pippa Scott

Killington Mountain School junior Pippa Scott won the Vermont Pitch Challenge, April 4.

Killington's Pippa Scott wins UVM 'Shark Tank'-style entrepreneurship competition

Receives full-tuition scholarship

By Polly Mikula

Pippa Scott, a high school junior from Killington, has won the grand prize at the University of Vermont's (UVM) inaugural Vermont Pitch Challenge. The competition offered high school

entrepreneurs worldwide a chance to secure a full-tuition scholarship for their innovative ventures.

Scott captured the judges' attention at UVM with an inspiring business

proposal for her already established nonprofit, Ride for Mental Health, which raises awareness about and provides support to kids and teens struggling with mental

Pitch Challenge → 5

Lawmakers will consider a new education funding formula

By Ethan Weinstein/VTDigger

When Vermont lawmakers last tinkered with education funding earlier this session, the president of the Senate called for "groundbreaking" new ways to contain costs.

Thus far, such radical reimaginings are yet to materialize. But they may be coming.

Rep. Emilie Kornheiser, D-Brattleboro, chair of the House's tax-writing Ways and Means Committee, said that lawmakers are likely to discuss possible changes to the state's education funding formula. But those conversations, she said, are likely to start broad.

"I don't have a secret plan that I'm wait-

ing to unveil," she said in an interview at the end of March.

Nevertheless, ideas are floating around, both in the building and across the country.

"I think there are a lot of really good ideas from other states that we're going to talk through. But I don't think anyone has anything that's fully baked, because this is all really complex,"

Kornheiser said, "and it needs to be a collaboration with districts who are the ones who are making these tough budgeting decisions."

A change to the education funding formula Ed formula → 8



Submitted

The Rutland Area Robotics' IBOTS FRC team 2370 gathered for a group photo at the New England District Championships April 4-6. The team was honored for three impressive accomplishments.

Rutland Area Robotics qualifies for championship in Houston

A collection of successful scoring opportunities has propelled Rutland Area Robotics' IBOTS FRC team 2370 to a return to the FIRST® Championship in Houston mid-April.

Founded in 1989 by inventor Dean Kamen, FIRST® is a global nonprofit organization that prepares young people for the future through a suite of life-changing youth robotics programs that build skills, confidence, and resilience

A total of 93 New England based teams came together at the Big E fairgrounds in Springfield, Massachusetts, from April 4-6 to compete in the New England District Championships. The IBOTS met three major achievements, each helping to propel them to Houston April 17-20.

Three specific accomplishments led to the IBOTS qualifying to represent Vermont at the 2024 FIRST® Championship, where teams from around the world will gather in Houston to compete.

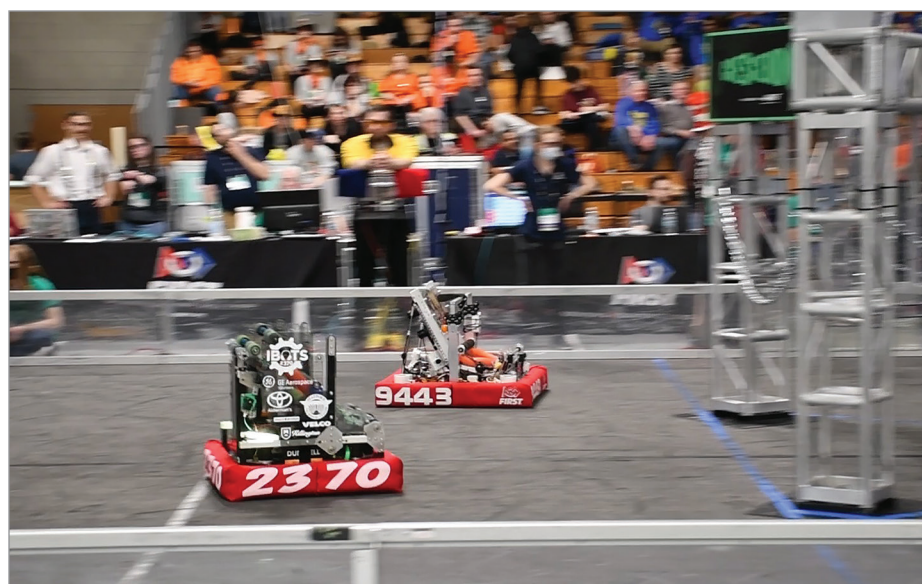
Dan Roswell, Rutland Area Robotics president and lead mentor said, "We are very proud to announce that Finian Smathers has been awarded the New England District Dean's List Award for his dedication and leadership as an outstanding secondary school student, both for his personal and FIRST® related accomplishments. Finn is a model for humble excellence and will now compete with his counterparts from around the World."

Secondly, the IBOTS Impact team of Emma Cosgrove, Agatha Hopkins, Mia Jepson and Finian Smathers succeeded in

guiding the IBOTS to receiving the District FIRST® Impact Award. FIRST® describes the award as, "the most prestigious award at FIRST®, it honors the team that best represents a model for other teams to emulate and best embodies the mission of FIRST®. It was created to keep the central focus of FIRST® Robotics Competition on the ultimate goal of transforming the culture in ways that will inspire greater levels and respect and honor for science and technology as well as encouraging more of today's youth to become science and technology leaders."

The final point generating qualifier was the exemplary performance of the IBOTS robot. The IBOTS drive team accomplished each required mission using an autonomous and human driven robot named Tempo. Tempo was fabricated by the Rutland County area high-school team members. Specialized computer code helped to guide performance with points generated on a playing field of challenging actions, requiring tactical maneuverability, mechanical scoring, and ability to climb. High scoring matches resulted in the IBOTS making it to the final match of the semi-finals round where they performed to the high standards expected of world-class competition.

Roswell lauded the hard work of IBOTS team members and commended the many mentors, sponsors, and parents, all of whom have created an atmosphere for success. "We are ready and excited to be moving on to the championship. We are honored to be representing Vermont," he said.



Submitted

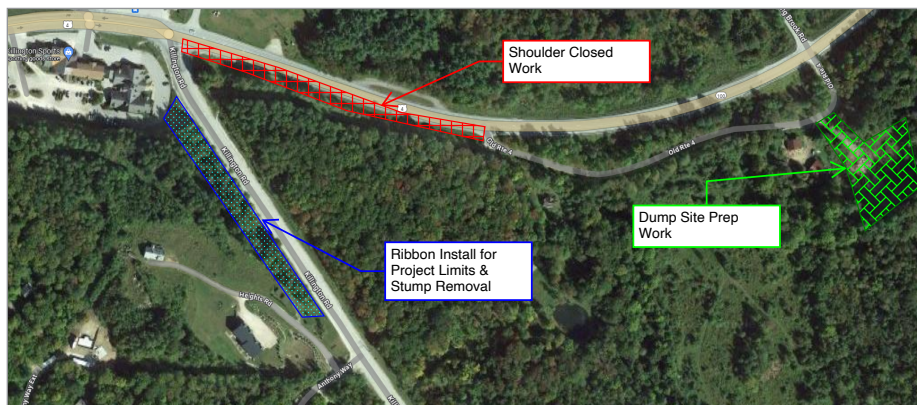
Above: The Impact Team 2024 (l-r): Finian Smathers, Emma Cosgrove, Agatha Hopkins, Mia Jepson. Below: 2370 IBOTS on the move during competition.

Killington Forward update: base of Killington Road prepped this week, closed starting Monday

“We plan to begin work on the Killington Access Road Project starting April 8,” wrote Tom Markowski of Markowski Excavating, Inc., in a project update April 5. The project will ultimately reduce the grade of the hill on Killington Road from where it intersects with Route 4 to Anthony Way. “Although the first day will be limited to moving equipment and mobilizing some materials. Only half a day of work is expected due to the solar eclipse event Tuesday... Wednesday through Friday will be more shoulder closed work,” he explained.

Killington Road will remain open this week, while crews prep.

“We will be removing snow and adjusting the elevation of an existing



Courtesy Markowski Excavating, Inc.

Map shows planned work at the base of Killington Road for the week of April 8-12.

catch basin in the ditch line,” Markowski continued. “Also during this time, Lafayette Highway Systems will be working along Route 100, Route 4, West Hill Road and Killington Road installing construction signage in prep for the detour plan.”

“By midday Monday,

April 15, the Killington access road will be closed from the intersection with Route 4 up 1,300 feet. At this point, vehicles that wish to go between the access road and Route 4 will have to use West Hill Road.”

The detour is expected to last until July 8.

“More equipment will arrive this week and trucks will be entering and exiting the job site at the Route 4 intersection. Please be cautious of trucks pulling out headed both East and West on Route 4. The turning lanes on Route 4 will be barreled off and inaccessible,” Markowski concluded.

Windsor County Sheriff Dept wins Federal grant

By Curt Peterson

A federal Department of Justice grant for \$1.24 million should help Windsor County sheriff Ryan Palmer in his promised efforts to improve services provided to county residents his department serves.

Senator Peter Welch made the announcement last week on social media. The grant is to fund “Upgrading and modernizing of emergency communications radio network,” and was awarded March 8 as part of the latest government spending bill. The sheriff’s office will learn from the Department of Justice what the process is in order to receive the grant funds.

Palmer’s department is one of the contenders for a proposed policing contract in Hartland, which has historically relied on the Vermont State Police for law enforcement coverage. The VSP notified the selectboard they can no longer fulfill their service contract due to a shortage of available officers, which led to formation of a “Policing Committee” to decide what the town would do for enforcement going forward.

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Hartland school budget approved by 9 votes

By Curt Peterson

Before Town Meeting the Hartland School Board rescinded its FY25 budget proposal, then reduced it by \$500,000 before bringing it to vote, Tuesday April 2. Hartland voters approved the amended \$11,040,567 budget 320-311.

Some are not happy. Based on low turnout — Hartland has about 2,600 registered voters — Ben Sirois and Randy Shambo initiated a petition hoping to get the required 5% of registered voters to ask the school board to consider a budget revote. Petitions are placed in the Three Corners Market and Mike’s Store.

Low turnout isn’t the only issue. Rattling small towns all over Vermont is the double-digit education tax increase, plus increased property values reflected in regional “CLA” (Common Level of Appraisal).

Hartland’s CLA adjustment will increase the property tax of a very modest \$200,000 home about \$1,250 over last year.

Additionally, the state changed the way funding is allocated per student, which negatively impacted Hartland.

Nicki Buck, chair of the Hartland school board, understands the pain the ed tax is causing, but finds recent reactions frustrating.

“We have to realize the facts — if we closed the school, it would not reduce the ed taxes. The budget is not the

problem — it’s the education funding formula that has to be changed,” Buck said in a phone interview. “A revote, no matter which way it goes, will not have any effect on the painful tax situation.”

She said the \$500,000 reduction in the proposed budget didn’t visibly move the tax rate needle.

“And now we are paying legal fees to deal with the petition!” she said.

While it’s obviously lamentable that the budget vote earned such a small turnout, other issues, too, inspired the Sirois/Shambo petition. The student population is often under-reported because commenters omit the high school students. Even though Hartland is a “choice-town” for high school, they still have to pay tuition to whichever of schools their students choose to attend. Some complain the budgeting process isn’t transparent. But school officials counter that it was created at open school board meetings that almost no one attends, and has been explained on the school website, on the listserv (multiple times), and at a public information meeting shortly before the April 2 vote.

Windsor County representative Elizabeth Burrows, also a member of the Mt. Ascutney District board, began

to trumpet a warning about the upcoming crisis early in January, and has been campaigning for state ed funding reform ever since.

Some tax relief ideas floated include: using income from the property transfer tax, voiding out-of-staters’

Burrows doubts there is enough time to solve the problem before tax bills come out in July, but “there’s always hope – keep the pressure on.”

current-use tax status rebates (estimated to be \$60 million!), or taxing use of the virtual “cloud,” among others.

“The consensus among school board members and those legislators who are aware, is that the whole funding system needs revamping,” Burrows told the Mountain Times. “But it’s still hard for some legislators to realize it’s a CLA problem and not a school spending problem.”

She said this week the Democratic Caucus acknowledged that there is a crisis among their constituents.

“That’s a good sign,” she said, “but the Legislature still just spent a lot of valuable time designating a state mushroom.”

Burrows doubts there is enough time to solve the problem before tax bills come out in July, but “there’s always hope – keep the pressure on.”

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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UMV Ext nutrition educator hired for Rutland County

University of Vermont (UVM) Extension's Community Nutrition Education program has hired Elizabeth Schumacher as its new nutrition educator for Rutland County.

Schumacher's role will involve educating both youths and adults with limited resources on ways to improve their dietary practices to become better managers of their resources through classes, in-home visits, schools and in partnership with social service agencies.

"My goal is to improve culinary confidence and public health through changes in diet and lifestyle habits in a manner that is manageable, achievable, affordable and accessible to everyone," Schumacher said.

"Overall, I want to make it easy and enjoyable for people to make positive impacts to their diet and lifestyle.

"While our free programming is primarily through Extension's Expanded Food and Nutrition Education Program to work with limited-resource audiences, we also have a fee-for-service model for those interested in learning more about nutrition, cooking and leading a healthy lifestyle that may not fall within our income specific guidelines, which are 185% of the poverty line."

"While our free programming is primarily through Extension's Expanded Food and Nutrition Education Program (EFNEP) to work with limited-resource audiences, we also have a fee-for-service model for those interested in learning more about nutrition, cooking and leading a healthy lifestyle that may not fall within our eligibility guidelines for EFNEP"

Before joining UVM Extension, the nutrition educator worked for the Bennington Fair Food Initiative where she coordinated outreach and network building among farms, food producers and food-based non-profits in Bennington County and surrounding areas. Her previous work experience also focused on teaching sustainable gardening and nutrition, serving as a Community Supported Agriculture manager and working with Meals on Wheels as a food redistribution coordinator to manage volunteers and supervise the intake and distribution of gleaned food to ensure food security.

Schumacher's volunteer work has involved teaching cooking classes for low-income individuals in partnership with Shires Housing and Lake Paran Village in Shaftsbury. She also serves as a board member for Lake Paran Village and as secretary for the Bennington Chapter of Grateful Hearts, an organization that partners with the Vermont Foodbank, local farmers and others to help eliminate food insecurity.

A native of Albany, New York, Schumacher holds a bachelor's of science degree in community entrepreneurship with a minor in community and international development from UVM. She is currently enrolled in a master's degree program at Vermont Law and Graduate School in South Royalton and will graduate this May with a degree in food law agriculture and policy with a focus on environmental nutrition.

Schumacher will be housed in the UVM Extension office in Rutland. She can be reached at 802-656-7830 or by email at evschuma@uvm.edu.



Elizabeth Schumacher

Sweethearts & Heroes creates Youth Summits with Spartan Races to combat hopelessness

First of these summits is scheduled for Sept. 11-13 at Killington Resort

Sweethearts & Heroes has joined forces with Spartan Races for a new series of Youth Leadership Summits that will kick off a multi-phase initiative and the first of these summits is scheduled for Sept. 11-13 at Killington Resort.

Spartan Founder and CEO Joe De Sena said, "Spartan is thrilled to partner with Sweethearts & Heroes, a great organization that has accomplished so much through their hard work and innovative approach to strengthening America's youth. Our new partnership will go a long way to helping us attain our goal: Change 100 million lives and focus that change on our kids."

The Summit, a three-day mountaintop experience, is "getting ready to sweep the nation and spread the message of Sweethearts & Heroes farther than ever in a quest to reach every public school student in the U.S. and beyond," said Tom Murphy, director and founder of Sweethearts & Heroes, a student empowerment and empathy activation team.

"This is probably our biggest news ever," said Murphy of St. Albans. "Make no mistake: We are at war with

this thing called 'hopelessness,' and our students are the change the world needs. These events will ignite our students into action within their school communities."

The Summit marks a massive shift in focus for Sweethearts & Heroes, which has brought the messages of H.O.P.E. (Hold On, Possibilities Exist), action, empathy, and what they call "the 'stop, drop and roll' of bullying" directly to the schools of nearly 2 million students, from New England to Hawaii, and from Canada to California, for 16 years — including to the Rutland Northeast Supervisory Union (RNESU) on March 18.

The Summit turns things around, bringing students to Sweethearts & Heroes. The three-day event is designed to unite a select group of youth influencers who represent diverse peer groups from a conglomeration of schools and districts. These influencers will participate in various leadership seminars centered around empathy activation and student empowerment, taking them on a ceremonial initiation into the world of Sweethearts & Heroes.

Youth Summits → 14



Courtesy Sweethearts & Heroes

Sweethearts & Heroes is developing a new series of Youth Leadership Summits with Spartan Races to benefit kids. Pictured are teammates Tom Murphy, Sgt. Rick Yarosh, Pat Fish, and Matt Verducci.



Courtesy Spartan Races

A boy uses a rope to scale an obstacle in a past Spartan Kids Races. Obstacle races like this enhance confidence and teamwork.

Killington Select Board acts to protect public after tourist attacked by dogs

By Polly Mikula

For the first time in at least a decade, the Killington Select Board held a vicious dog hearing and subsequently ruled that two 100+ pound mastiffs were a public threat and, therefore, need to be “disposed of humanely” — i.e. euthanized.

The attack occurred just after midnight on March 23 outside the Val Roc Motel in Killington.

Marianna Feger and Catherine Feger, visitors from Pearl River, New York, arrived at the Val Roc Motel at approximately 12:30 a.m. While unpacking the vehicle they saw large dogs approximately 10

feet away, who began to aggressively bark and then attacked, according to testimony. The dogs knocked Catherine Feger down on the ground in the motel parking lot. Both dogs continued to scratch and bite Catherine as she screamed: “Stop biting me.” Finally, Jason Sasbon came and grabbed the dogs to stop the attack. As soon as Catherine could get away, she ran to the car and got into the passenger seat, the protective order recounted.

“Jason Sasbon had no control over the dogs and struggled to handle them even after the attack.

Catherine Feger called 911 and received medical attention immediately following the attack,” the report stated.

The town of Killington received the vicious dog complaint on April 2 and held a hearing three days later, Friday, April 5.

The written complaint was submitted by Catherine Feger.

The dogs were subsequently identified as Chopper (3-year-old, 117 pound, red, male mastiff) and Shilah (3-year-old, 107 pound, red, female mastiff) owned by Jason Sasbon who resides at the Val Roc Motel on Route 4 East in

Killington.

Neither Chopper nor Shilah are licensed in the town of Killington, but veterinarian records show they both have current rabies vaccination.

At the hearing Catherine Feger and her sister Marianna Feger, who witnessed the attack, testified about the incident.

“Standing on the passenger side of the vehicle by myself in the parking lot. I closed the door of the car and turned around and saw a large dog approximately 10 feet in front of me,” Catherine Feger recounted at the hearing,

April 5. “The dog saw me almost immediately and ran towards me. I stood still and the dog barked progressively ... Then one attacked me, jumping on me, biting me and scratching me. As I was trying to get away I saw the second dog. This dog also ran at me and attacked. Both dogs knocked me down on the ground in the parking lot. Dogs continue to scratch and bite me as I laid on the ground ... I was screaming in pain.

“Finally a man came and grabbed the dogs, he was attempting to get them off and ... for me
Vicious dogs → 13

← Pitch Challenge:

from page 1

health through action sports.

“Pippa Scott’s remarkable presentation addressing a critical societal issue truly deserves not only our applause, but our tangible support,” said UVM President Suresh Garimella.

“I think everybody had really amazing pitches,” Pippa Scott told the Mountain Times. “I think that my Ride for Mental Health business idea was just further along. Ride for Mental Health is a 501(c)(3), non-profit. It’s no longer just an idea, it is a business,” she said. “I’ve been doing this for two years. I have a website, I have merchandise, I’ve made money, I’ve gone to like seven like different events throughout the U.S. ... I think the criteria was almost set up for Ride for Mental Health to do well, honestly.”

Scott has personally lost friends to suicide as a result of mental health struggles, which is what motivates her to help others through Ride for Mental Health. “I have gone through personal loss and people want to donate to Ride for Mental Health because it pulls at the heartstrings. People see me, this 17-year-old, who went through a lot of grief and like now is trying to make a difference in her community ... I think that was also another thing that the UVM judges got to see is that this is something that I care a lot about.”

Scott beat out a highly qualified field of nearly 150 teams from seven countries and 27 states. Over 220 ambitious students took part, each eager to make a positive impact and tackle pressing challenges within their respective communities. Throughout the competition, UVM offered the students opportunities to learn from experts about business plan writing and structuring compelling pitches.

After rigorous evaluation, five finalist teams were selected to present their business concepts in person to a panel of respected judges at UVM on Thursday, April 4, culminating in the announcement of the final rankings.

Each contestant had 7 minutes to present their business idea.

“I think that my pitch went really well,” Scott said in an interview Friday, April 5. “I think I did a good job presenting Ride for Mental Health. I’ve taken public speaking courses at KMS and I just like had a good day. I wasn’t super nervous, which I think was kind of weird. It just felt like I was getting a bigger platform to talk about Ride for Mental Health and I know my business like the back of my hand, so I wasn’t nervous. I think that also kind of gave me a step above other people,” she continued. “Because I was just in Colorado doing the same thing talking to people about the same stuff with zero consequences, it just didn’t feel like there was a full ride on the line.”

The event in Colorado was a USSA Ski and Snowboard national event. Last year, Scott held a forum and she brought the Society Prevention for Teen Suicide along in partnership. But this year, she went just with her dad. “We didn’t get to have a forum just because we had such a quick turnaround but ... I stood on stage talking to about 2,000 people about Ride for Mental Health and we got a lot of donations,” she said.

Scott flew back from Colorado on April 2 and drove up to UVM on April 3 before presenting her pitch to the UVM judges April 4.

“Now I’m headed to Maine and for another Ride for Mental Health event,” she said, Friday. “So, yeah, Ride for Mental Health is very busy at the moment.”

When asked if she planned to use the full-ride scholarship and attend UVM, Scott said, “90% I will go, but I also want to apply to Annapolis [Naval Academy] ... I want to be a midshipman for the Navy and I want to fly planes for the Navy. That’s something I’m really interested in, but their acceptance rate is like 9% so, obviously, I’m leaning way more towards UVM especially since I have a full ride. UVM also does have ROTC,” she said.

If she attends UVM, she says she’ll “probably stick with entrepreneurship like business and marketing just because I would be able to like continue doing my mental health stuff and be able to be a part of the

snowboard and action sports community and also be able to continue learning more about how to better my business and that’s definitely something I’d be very excited to be able to continue.”

When asked who’s been most supportive of her initiatives, Scotts said “Honestly, my mom and my dad have been the most helpful... and my snowboard team and greater snowboarding community... I have a great community behind me,” she said, adding, “I couldn’t do this without my snowboard community behind me... and it’s world-wide. I went to Chile for a Europa Cup in the middle of the summer with KMS and I’ve met people there that were like, ‘Oh, my mom’s a therapist. If you need help, let me know.’ I went to Austria same thing. I met a girl there who was like, ‘Oh, like I listened to your podcast. I think that’s so great. If you need anything, let me know.’”

Scott’s podcast “Tell Me More” has about a dozen episodes and had over 1,000 listeners, according to Scott. “I have high-level athletes on the podcast to talk about their own experiences as competitive athletes or just athletes in general. It’s not just snowboarders and skiers, we’ve had mountain bikers on, too.”

Its focus, like Ride for Mental Health, is to “continue to remove the stigma around community with mental health,” she said.

Ride for Mental Health is currently in the process of making an educational program for USSA coaches, “because we believe that coaches can save lives and that they are our like best resource directly to athletes because they spend so much time with athletes,” Scott explained.

Expressing gratitude for the opportunity provided by the Vermont Pitch Challenge, Scott emphasized her commitment to providing support to those who struggle with mental health. “I’m so glad I won, but the fact that people are going to learn more about the importance of mental health support and knowing that kids are going to have more help because of this accomplishment is really what means everything to me.”

For more info about Scott’s efforts with Ride for Mental Health, visit: rideformh.org.

The Finalists

“All the Vermont Pitch Challenge finalists embody the essential attributes of success in today’s world — entrepreneurial spirit, innovation, a global outlook, and a commitment to crafting important solutions for people and our planet,” said UVM President Garimella. “This competition serves as a launchpad for the next generation of innovators, equipping them with the resources and mentorship needed to transform their visions into reality.”

Several other participants were recognized for their innovative endeavors:

1. Danny Philip of St. Croix, U.S. Virgin Islands, earned a \$5,000 cash prize for Agri-Equip Incorporation, which seeks to catalyze agricultural development in the vibrant landscapes of the U.S. Virgin Islands.
2. Pierson and Parker Jones, twin brothers from Lutz, Florida, were awarded \$5,000 for DiscGuard, a pioneering initiative focused on enhancing patient outcomes by preventing re-injury after spinal surgery.
3. Sebastian Tan of Sewickly, Pennsylvania, received a \$1,000 cash prize for OutsideConnection, which helps formerly incarcerated individuals find employment opportunities.
4. Eliza Strum of Ticonderoga, New York, secured a \$1,000 cash prize for EcoCharge, a venture aimed at reducing electric and plastic waste through eco-friendly charging solutions.

Looking ahead, the Vermont Pitch Challenge is set to commence its second year with submissions opening in January 2025, followed by the finalists’ in-person pitch event and awards ceremony slated for April 10, 2025.

For information about the Vermont Pitch Challenge, visit: go.uvm.edu/vtpitch-challenge.

Vermont's binge drinking, alcohol use disorder ranked among the highest in U.S.

By Tiffany Tan/VTDigger

Journey to Recovery, an addiction recovery center in the Northeast Kingdom, refers two people a week to inpatient treatment for alcohol use disorder.

At the other end of the state, two out of three patients that Bennington Turning Point recovery coaches see through their emergency room program primarily have alcohol dependency issues.

In Rutland and Springfield, local recovery coaches are also seeing an increasing number of people aged 60 and up who are seeking help for alcohol misuse.

"Every collaborative partner is aware of the high rate [of alcohol misuse]," said Tracie Hauck, director of the Rutland Turning

Point Center, "and the increased use among older adults."

A recent national survey reflects this gloomy picture of alcohol use in Vermont. The National Survey on Drug Use and Health for 2021 and 2022 show Vermont had the second highest rate of alcohol use disorder among the states.

Alcohol use disorder is diagnosed based on several criteria. They include whether a person ended up drinking more or longer than they intended, wanted a drink so badly they couldn't think of anything else or drinking interfered with taking care of their family or work.

Vermont showed a 12% rate for this disorder, same as six other

states. The highest, 14%, was found in Colorado and North Dakota.

The survey, conducted annually by the federal Substance Abuse and Mental Health Services Administration, also ranks Vermont as No. 2 for binge drinking, which is defined as having five or more drinks (for men) or four or more drinks (for women) within a couple of hours on at least one day in a month. Some 27% of Vermonters acknowledged drinking this way.

Another survey question asked whether people consumed alcohol in the past 30 days. Vermont placed third nationwide, at 57%. The survey respondents included adults and children ages 12 to 17. Among adults, the prevalence is 61%.

Alcohol is the most commonly used substance by Vermonters, and adult Vermonters' drinking behavior has remained consistent since 2011, said Anne Van Donsel, of the Vermont Dept. of Health's division of substance use programs.

Referring to previous state reports, Van Donsel underscored that alcohol not only causes overdose deaths, it also contributes to health problems.

The long-term health risks include weakening of the immune system, learning and memory problems, high blood pressure, anxiety and depression, and cancer.

"We have seen people in their 20s given six months to live due to a confluence of complications

directly from excessive alcohol consumption," said Margae Diamond, director of the Bennington Turning Point Center.

The fact that alcohol is a legal substance and part of the American cultural fabric, she said, makes it "intensely difficult" for those who are suffering from alcohol misuse to admit they have a problem, seek help and remain sober.

Diamond said she is glad that alcohol dependency in Vermont is getting more public attention, since alcohol is a substance that people often struggle with but has been overshadowed by the state's opioid epidemic.

"The majority of funding and Binge drinking → 7



TOWN OF KILLINGTON VERMONT

SELECT BOARD PUBLIC HEARING NOTICE PROPOSED AMENDMENTS TO KILLINGTON ZONING BYLAWS and KILLINGTON ZONING MAP

The Killington Selectboard will hold a public hearing on the proposed Town of Killington Zoning Bylaw Amendments on April 22, 2024, at 6:30 p.m. at the Public Safety Building, 800 Killington Road, Killington, Vermont. The hearing will also be held remotely via zoom. The link to join remotely is: <https://us02web.zoom.us/j/85267223919> or by call in: +16469313860,,85267223919#. This public notice is given pursuant to 24 V.S.A. Section 4444.

The principal purpose of the proposed zoning bylaw amendments is to (1) reflect changes to the Vermont Planning and Development Act (the "Act") that were enacted by the Vermont Legislature in July 2023, which establish new required provisions in every municipal zoning bylaw, (2) modify the manner in which building heights are measured, (3) modify building height limitations to reflect the new manner in which building heights are measured, (4) modify building height limitations applicable to PUDs in the Ski Village II District, (5) modify setbacks applicable to PUDs in the Ski Village District and in the Ski Village II District, (6) authorize the Town to assess an application fee to pay or to reimburse the Town for the cost of hiring or engaging engineers, professional consultants, or attorneys to assist the Town with its review of applications, and (7) make revisions throughout the zoning bylaw to clarify and correct definitions, paragraph numberings, and other provisions for the purposes of internal consistency and conformance with the Act. These amendments will affect every geographical area of Killington. The Town of Killington Zoning Map has also been amended to relocate the boundary between the Ski Village District and the Ski Village II District and to identify the Killington Public Open Space District.

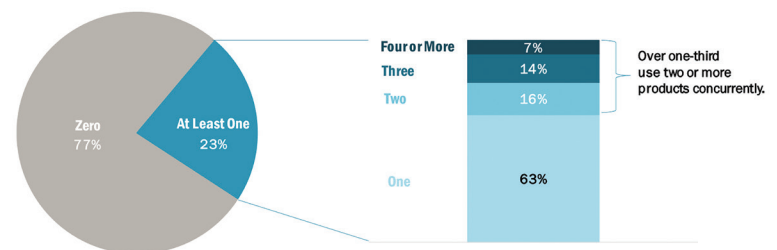
The proposed zoning bylaw amendments affect every section of the zoning bylaw, however, the section headings materially affected by the proposed zoning bylaw amendments are SECTION 120 – DEFINITIONS, SECTION 240 - USES, DIMENSIONAL REQUIREMENTS, DENSITY AND DISTRICTS, SECTION 426 - HEIGHT REGULATIONS, and SECTION 610 - ZONING PERMITS.

The full text of the proposed Town of Killington Zoning Bylaw Amendments may be found at the Town Clerk's office, 2706 River Road, Killington and on the Town's website at: killingtontown.com.

*Dated at Killington, Vermont this 27th day of March 2024.
Michael W. Ramsey, Town Manager, Town of Killington, Vermont*

Any Current Tobacco Use and Number of Tobacco Products Used

Nearly one-quarter of VT adults currently use a tobacco product; among them, over one-third use two or more products concurrently.



Courtesy Vt Dept of health

The Vermont Tobacco Survey report shows of those who use tobacco most use multiple types.

Study: Vermont's cigarette use has declined

Rates of vaping and use of flavored products by increased

Newly released data from the Dept. of Health on March 26 show that cigarette use among adult Vermonters is decreasing, but the number of adults who use e-cigarettes, also known as vaping, continues to rise.

The 2022 Adult Tobacco Survey found that nearly one-quarter of adults in Vermont use tobacco products. Of those, 13% use cigarettes, down from 17% in 2016. A smaller proportion of adults use e-cigarettes, but that rate has doubled to 6% since 2016.

The Vermont Adult Tobacco Survey is a periodic survey of Vermont adults 18 years and older. The data are used to help evaluate the effectiveness of state tobacco control efforts to reduce smoking and increase awareness and knowledge of smoking-related issues.

Adults who use e-cigarettes are about 10 years younger than those who smoke, and more likely to use other tobacco products. Flavors have continued to become more

popular among all tobacco users. About half (53%) of all Vermonters who use tobacco use a flavored product. That figure rises to 87% among people who vape. Mint/menthol is the most selected flavor, used by 41% of people who currently use tobacco.

Like other health trends seen in Vermont, there are disparities in flavored tobacco use. Survey results show LGBTQ+ Vermonters, young adults, and people who are uninsured or Medicaid-insured are using flavored tobacco at higher rates.

The survey also found that most adults agree smoking and vaping tobacco are very harmful. However, most feel smoking is worse than vaping. With 35% of adults trying to quit by using e-cigarettes, health officials caution that e-cigarettes are not an FDA-approved method of quitting tobacco.

"Quitting tobacco is difficult, which is why we offer a variety of supports and options, so people can quit in a way that works

Tobacco use → 7

No easy answers

We are all aware of what may happen with property taxes this year. During the snowstorm last Thursday, the House Education and Ways & Means Committees invited House members to share any thoughts or ideas with them. When it was my opportunity, I started off my brief remarks admitting I did not have a solution and said if it was easy, we would have already done it.

However, I encouraged committee members to consider the following:

Let voters know when they vote what the estimated change will be to their taxes. Just voting for a level of spending when you are in the voting booth is not transparent. Would you buy something at the store without knowing the price?

Changes in town appraisal levels (CLA) do not account for a family's ability to pay higher taxes.

Incentivize or mandate consolidation of supervisory unions to spread any overhead among more students. A city of 640,000 residents elsewhere would likely just have one district. Maybe that is not an apples-to-apples comparison, but Vermont with 640,000 residents, can consolidate districts further.

Consider having the state fund a certain base amount for each student. Anything above that is solely on the local district residents. If a community wants to operate a small school that has higher per student costs, they can, but those extra costs shouldn't fall to everyone else in the state.

Many other suggestions were made by colleagues during the two-hour hearing. Whether the committees can reach consensus on a path forward or not is an open question. Without change, many property owners will see 20% or more hikes in their education property tax this summer. There are many vested interests in the financing model, not to mention the importance of providing a quality education for students. There are no easy answers.

After several long weeks and late floor sessions in the House, we are now in that period where bills coming over from the Senate and vice versa from the House, are referred to their pertinent committees for further review. The House and Senate Chambers do not always look at every issue in the same light, so what may be a priority to one Chamber may not be to the other. And certainly, the governor may have different views on legislation once it reaches his desk.

That difference was obvious last week when Scott vetoed his first bill of the 2024 session. It was S.18, which proposes to ban menthol and other flavored tobacco and vape products. In his veto message, the governor, who is no fan of tobacco, indicated he thought the legislation was hypocritical. It bans flavored tobacco, which is an age-restricted product, to protect minors yet continues to allow flavored cannabis and alcohol products that are also age-restricted.

He also said from a purely practical point of view, these products would continue to be widely available just across the river in New Hampshire, and through online sales. He urged the Attorney General's Office to further crack down on direct online sales to minors. It is unclear whether the Legislature has enough votes to override his veto.

Other issues of interest:

- The House approved a new ethics bill, H.875, which subjects local town officials to new disclosures when running for office, as well as new ethics and conflict of interest policies and training requirements. Municipalities could also be subject to civil judgments if any of their officials violate the new code.
- The Vermont House passed H.829, which proposes to invest nearly \$100 million annually into public housing projects. It is funded by a new income tax surcharge on higher income residents and an increase in the property transfer tax on real estate sales above \$750,000
- The Senate approved S.181, which proposes to add a new tax on streaming services, such as Netflix, to help fund community access programming. Stations, like PEG TV, are currently funded by a fee on cable, which has not kept up with the costs of providing the local service. The new streaming tax is expected to raise an additional \$5-7 million annually.
- A House Committee gave the green light to S.25, which bans PFAS chemicals from certain items, such as apparel, personal care, and children's products. The measure passed the Senate last year.
- The Senate gave unanimous support to Proposal 3, a constitutional amendment to protect the rights of workers to organize and collectively bargain in Vermont. The measure must be approved by the House and then voted positively again in the next biennium before it can go to voters for ratification in 2026.
- Legislation I introduced and was co-sponsored by many of our area colleagues, to allow housing developers a new option for part of their financing, was approved by a key Senate committee. When it was introduced earlier this year, a fellow House member told me that there has never been a bill numbered H.666, that has passed the full Legislature. Hopefully not to jinx final passage, this just might be the first time.

I hope many were able to enjoy Monday's eclipse. Maybe the influx of visitors will help fill our tax coffers?

Rep. Jim Harrison is the state representative for Chittenden, Killington, Mendon, and Pittsfield. He can be reached at JHarrison@leg.state.vt.us or harrisonforvermont.com.



By Rep. Jim Harrison

Rutland County Parent Child Center announces new executive directors

Rutland County Parent Child Center (RCPCC) announced the appointment of Corissa Burnell and Stephanie Carvey as its new co-executive directors, in a news release April 5.

"Burnell and Carvey, accomplished and talented leaders, bring a wealth of experience to RCPCC and the community it serves," the release stated.

Corissa Burnell is a graduate of Johnson State College where she majored in psychology, concentrating on child development. She has spent the past 22 years working in nonprofit, community-based agencies with a focus on children and families. Her history of service within this field has included an established position within the Rutland Regional Medical Center as well as multiple community partnerships that have worked to benefit the families



Submitted
Stephanie Carvey(left) and Corissa Burnell (right) are the new co-executive directors of the Rutland County Parent Child Center.

in our county. Beginning her RCPCC career in 2018 as a certified early interventionist, Burnell's career naturally progressed forward within the agency to increasingly RCPCC → 14

← Tobacco use: from page 6

best for them," said Health Commissioner Mark Levine, MD. "But for people who turn to vaping, it's important to know that e-cigarettes are tobacco products, and they contain a host of toxic chemicals, including nicotine. What works are evidence-based approaches like quit medication paired with counseling, which we offer for free through 802Quits," said Dr. Levine.

Nearly three-quarters of Vermont adults who use tobacco are familiar with the services offered by 802Quits. By calling 1-800-QUIT-NOW or going online to 802quits.org, people can tap into resources such as free nicotine replacement products, customized quit supports, and help for staying quit.

The survey also revealed that doctors and other health professions, including pharmacists and dentists, are trusted sources for people thinking about quitting tobacco.

"When someone gets quit resources from their doctor, they are twice as likely to try," Dr. Levine said.

Participants were also asked about their views of tobacco-related policies. Most adults (53%) support banning the sale of flavored tobacco products in Vermont. Two-thirds agree that tobacco ads should not be posted outside of stores.

Other Survey Highlights:

- 40% of Vermont adults who use tobacco tried to quit in the past year. Most tried to quit three or more times.
- 94% of adults in Vermont are aware that breathing secondhand smoke is harmful.
- Vermonters primarily experience secondhand smoke and vapor exposure outside of the home.

For more info, visit: HealthVermont.gov/Tobacco-Data.

← Binge drinking: from page 6

attention tends to lean towards opioid use disorder and while there is no debate that is serious and often fatal," she said, "we consistently see more people for alcohol use disorder"

Staffers at addiction recovery centers statewide said that, since the coronavirus pandemic reached Vermont in 2020, they've had growing interactions with people aged 60 and older who are struggling with alcohol misuse.

Astrid Bradish-Hoyt, a peer counselor at the Turning Point Center in Springfield, said more older adults

and elderly people are now calling the center to seek recovery services. Others cross paths with local peer counselors through their emergency room outreach, where they offer recovery assistance to people who are brought in for substance-related health emergencies.

"Elderly people get very isolated," said Lila Bennett, director of the Journey to Recovery Community Center, echoing what other centers pointed to as a reason for alcohol misuse among this age group. This social isolation

became especially marked during the early years of the Covid-19 pandemic due to social distancing regulations.

The state health department, meanwhile, said its data does not reflect a bump in chronic drinking or at-risk drinking behavior among elderly Vermonters.

The state numbers, from 2011 to part of 2022, show consistent alcohol use among those aged 65 and older, said Van Donsel, of the substance use programs division.

← Ed formula:

from page 1

could appear in the yield bill, the annual piece of legislation that begins in the House and helps set education property tax rates statewide.

Altering the state's funding formula, Kornheiser said, would require balancing two pervasive and competing messages education leaders have repeatedly sent lawmakers this year: One, big change is needed now. And two, don't rush into making changes that could upend an education system already in crisis.

Nationwide, the most common way to fund education is a "foundation formula"

"The number of factors that have led us to this moment, it's remarkable," said Kornheiser.

or "foundation grant." Simply put, most foundation formulas ensure each district receives a certain minimum amount of money per student. New Hampshire and New York are among the states that use a student-based foundation, according to the Education Commission of the States.

Kornheiser called a foundation model "the most obvious possibility."

"There's certainly a lot of people who are calling for it," she said. "It solves many of the problems that people have expressed, and a lot would need to be resolved to make that work in Vermont."

Lawmakers and school officials alike have said that education, and education finance, are at a crossroads.

Vermont's schools, the country's second oldest, require billions in construction costs. Increasing mental health and behavioral needs of Vermont's students, coupled with disappearing federal dollars that paid for specialists, add to the financial burden. So too does the skyrocketing cost of health

insurance.

Voters on Town Meeting Day grappled with school budgets projected to raise education property taxes an average of 19%, and rejected a historic proportion of them.

Gov. Phil Scott, meanwhile, has suggested that the state's education funding system may have reached the end of its useful life and has prodded the Legislature to make structural changes by the end of the session.

Amid that fixation on finances, lawmakers also want to tread carefully. Schools' and the public's attention on the Ways and Means Committee is intense.

Kornheiser said she knows that every time the committee considers hypothetical new proposals or runs new tax projections, those ideas have ripple effects statewide.

"School districts are incredibly stressed," Kornheiser said, "and I don't want to add more stress to their plate."

Tightening the connection

While the leader of the house's tax committee might not have an education funding plan already drafted, one of its members does.

Rep. Scott Beck, R-St. Johnsbury, who serves on the Ways and Means Committee, has a funding formula that he argues would lead to cost containment and address two problems school leaders have raised.

"In my travels around the building this year, I have clearly heard two things from school districts. School districts will tell you, they'll say, 'We are disconnected from our tax rate.' You know, they're not, but it's a loose connection," Beck said. "The other thing that they'll say is that 'we don't have control.' You know, that 'the Legislature is doing stuff that affects our tax rate ... but we can't vote on it'."

Armed with an empty whiteboard and a black marker, Beck attempted to outline his

idea, visualizing new building blocks for a system that in its current form is often described as overly complicated and opaque.

Beck's plan would incorporate ideas of a "foundation formula," granting a set amount of money annually to districts based on each district's enrollment and pupil weights. But the system would still allow districts to spend more, and would still use a statewide property grand list in line with Vermont law.

The St. Johnsbury Republican proposed a similar idea in 2018 when lawmakers attempted education funding changes that Scott ultimately vetoed.

As Beck explained it in his proposal, money for school districts would come from two distinct pots: one with non-property tax revenue and non-homestead property taxes, and one with homestead taxes.

The first pot, the non-homestead and non-property bucket, would make up roughly three-quarters of the overall money, as is currently the case. Categorical aid for things like special education, which frequently involve federal dollars, would come out of this bucket.

The plan also would create a weighting payment for districts, providing funding

based on pupil weighting categories such as English language learners and low income students, much like Act 127, the law that recently took effect and launched a wave of concern about its unintended consequences.

The districts would also receive a chunk of money based solely on the number of students they teach.

The second pot of money would come from money raised through statewide homestead property taxes. If districts

wanted to spend more money than what they would receive from the first bucket, they would need to raise it through additional homestead property taxes.

Because that extra spending would be funded exclusively by homestead property taxes — rather than also being funded by other taxes — it would more closely tie local spending decisions to local taxes, according to Beck.

"For the district that's making the decision, it's a more expensive decision for them," he said.

Put another way: Districts' tax rates would increase faster as they increase spending — a method of cost containment, Beck suggested.

It remains unclear whether reform of the education funding formula will happen this year, and if so, what a new funding formula would look like. Any ideas will likely face some opposition from the education community.

The consequences of altering the system is unknown. So too are the consequences of inaction.

"It's hard when we're stressed to get our heads around the full complexity of situations. And so, that 'perfect storm'

It remains unclear whether reform of the education funding formula will happen this year, and if so, what a new funding formula would look like. Any ideas will likely face some opposition from the education community.

line keeps on getting thrown around," Kornheiser, the tax chair, said of the challenges facing education finance. "But the number of factors that have led us to this moment, it's remarkable."



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Baby wildlife, when to help and how according to the Humane Society of the United States

As spring brings forth 'baby season' for wildlife and companion animals, the Humane Society of the United States has offered the following recommendations on how to appropriately respond when encountering baby animals outside.

Good Samaritans often come across young animals and wonder if they are in need of assistance. Whether individuals come across a litter of kittens nestled in their backyard, or a fawn seemingly abandoned in a field, there are critical steps to take to determine what, if any intervention is needed.

"During the spring and summer, both animal shelters and wildlife rehabilitators are often overwhelmed with baby wild animals brought in by the public, many of whom are mistakenly identified as orphans in need of care," said Lynsey White, director of humane wildlife conflict resolution at the Humane Society of the United States. "Baby animals do best when they are raised by their parents, so while it's crucial to take action if an animal genuinely needs help, it's equally important to assess the situation first to ensure intervention is necessary."

Signs that a wild animal needs your help:

- The animal is brought to you by a cat or dog.
- A bird is featherless or nearly featherless and on the ground.
- The animal is shivering.
- There's a dead parent nearby.
- The animal is crying and wandering all day long.
- The animal shows signs of injury: (An obvious broken limb, or there's evidence of bleeding, or you can see an obvious asymmetry: Do both eyes look clear? Do both wings or pairs of legs look similar?)

If you see any of these signs, find help for the animal. Ideally, you should reach out to a local wildlife center or wildlife rehabilitator for guidance. If necessary—and following the rehabber's instructions—safely capture and transport the animal to the appropriate place for treatment.

Whether an animal is orphaned and needs your help depends on age, species and behavior. Babies of some species are left alone all day and rely on camouflage for protection, while others are tightly supervised by their parents. Read on for descriptions of what's normal for each species.

Baby birds



If baby birds are clearly injured or in imminent danger, contact a licensed wildlife rehabilitator. If featherless or nearly featherless baby birds have fallen from their nest but appear unharmed, put them back in the nest if you can do so without danger to yourself. It is a myth that birds will abandon their young if a person touches them.

Fully feathered birds: If the original nest was destroyed or is too high to reach, hang a small, shallow wicker basket close to where the original nest was. Woven stick baskets from garden stores or supermarket floral departments work well; they resemble natural nests and allow rain to pass

through so the birds won't drown. Adult birds won't jump into anything they cannot see out of, so make sure the basket is not too deep. Put the fallen babies into the new nest and keep watch from a distance for an hour to make sure the parent birds return to the new nest to feed their chicks. If they do not return, contact a licensed wildlife rehabilitator.

Nearly or mostly featherless birds: These birds will become too cold in a makeshift nest, so you must place them in the original nest. If that's not possible, take them to a licensed wildlife rehabilitator. Remember that baby birds do best when raised by their parents or other birds, so try to reunite them with their parents before calling a rehabilitator.

Fledglings: Birds with fully feathered bodies, but short or non-existent tail feathers, may be fledglings (adolescent birds who have left the nest). You might see them hopping on the ground, unable to fly. This is normal; birds learn to fly from the ground up! Fledglings might remain on the ground for a few days or even a week, supervised and fed by their parents a few times each hour before they get the hang of flying. You can tell if the fledglings are being fed by watching from a distance to see whether a parent bird flies over to them, usually a few times an hour. You can also look for white-grey feces near the fledgling. Birds defecate after being fed, so the presence of fecal material means that the birds are being cared for. Be sure to keep cats indoors and dogs leashed until the fledglings are old enough to fly. If you are positive that the parents aren't returning to feed the babies, contact a licensed wildlife rehabilitator.

Baby deer

People often mistakenly assume that a fawn (baby deer) found alone is orphaned. If the fawn is lying down calmly and quietly, their mother is nearby and they are OK. A doe only visits and nurses their fawn a few times a day to avoid attracting predators. Unless you know for sure that the mother is dead, leave the fawn alone.

Although mother deer are wary of human smells, they still want their babies back. If you already handled the fawn, quickly return the fawn to the exact spot where you found them and leave the area; the mother deer will not show herself until you are gone.

If the fawn is lying on its side or wandering and crying incessantly, they probably need help. If this is the case, contact a licensed wildlife rehabilitator.

Baby opossums

Baby opossums are born as embryos, barely larger than a bee, and spend about two months nursing in their mother's pouch. When they get to be about 3-4 inches long and start riding around on their mother's back, they may fall off without the mother noticing. As a general rule, if an opossum is over 7 inches long (not including the tail), it's old enough to be on its own. If it's less than seven inches long (not including the tail), it is orphaned and you should contact a licensed wildlife rehabilitator.

Baby rabbits

Rabbits at least 4 inches long with open eyes and erect ears and who hop well are independent from their mother and should be allowed to fend for themselves. Uninjured baby rabbits in an intact nest should also be left alone. Although they might look abandoned because their mom isn't around, they're probably fine: Mother rabbits visit their dependent young only a few times a day to avoid attracting predators. If the nest has been disturbed, lightly cover it with natural materials you find nearby—such as grass, fur or leaves—and follow these steps:

Keep all pets out of the area.

Avoid touching the babies—foreign smells may cause the

mother to abandon her young.

Use yarn, sticks or string to make a tic-tac-toe pattern over the nest to assess whether the mother is returning to nurse her young. Check back 24 hours later.

If the yarn, sticks or string were moved aside, but the nest is still covered with fur, grass or leaves, the mother has returned to nurse the babies.

If the pattern remains undisturbed for 24 hours, contact a licensed wildlife rehabilitator.

Baby raccoons

If a baby raccoon has been alone for more than a few hours, it is probably an orphan. Mother raccoons don't let their young out of their sight for long. Put an inverted laundry basket over the baby (with a light weight on top so it cannot push its way out) and monitor it until well into the nighttime hours (raccoons are nocturnal, so the mom should come out at night to reclaim her baby). You can also put the cub in a pet carrier and close the door. Instead of latching it, prop it closed with an angled stick. When the mother returns, she'll run in front of the carrier, push over the stick and the door will pop open. If the mother does not return, contact a licensed wildlife rehabilitator.



Baby skunks

If you see a baby skunk (or a line of baby skunks) running around without a mother in sight, they could be orphaned. Skunks have poor eyesight, so if something scares the mother and she runs off, the babies can quickly lose sight of her.

Monitor the situation to see if the mother rejoins her young. If the babies are on the move, put on gloves and slowly place a plastic laundry basket (with lattice sides) over the babies to keep them in one spot and make it easier for the mother to find them. Do not put a weight on top of the laundry basket.

If the mother returns to her young, she will flip up the basket and get them. If she has trouble doing this, you should lift the basket to let them out. Keep in mind that skunks are very near-sighted, so fast movements can startle them into spraying. If you move slowly and speak softly, you will not get sprayed. Skunks warn potential predators by stamping their front feet when they're alarmed, so if the mother doesn't do this, you're safe to proceed. If no mother comes to retrieve the young after several hours, contact a licensed wildlife rehabilitator.

Baby squirrels

A squirrel who is nearly full-sized has a full and fluffy tail and can run, jump and climb is independent. However, if a juvenile squirrel continuously approaches and follows people, their mom is probably gone. In this case, you should contact a rehabilitator because the baby is very

GUEST EDITORIAL

An opportunity for our children, schools and communities

By John Freitag

Editor's note: John Freitag retired in 2017 from a 34-year career as facilities director at the Newton Elementary School in Strafford. He has long been involved in community and school issues both locally and on a state level. He recently finished his fourth term on the Strafford Select Board as chair and liaison to the Strafford School District.

Act 46 was passed in 2015 due to increasing economic pressures and was designed to encourage and later mandate consolidation of neighboring Vermont school districts in order to "maximize efficiencies" and promote equity, in light of declining enrollment and challenging demands placed on Vermont schools.

Unfortunately, it has not worked, and nine years later we find ourselves in an even more dire situation with ever-increasing costs, continued decline in enrollment and nearly a third of school budgets being rejected. Yet, currently in Montpelier, the prevailing tendency is to double down on further similar consolidation, ignoring the structural changes that could actually play to the strengths inherent in our Vermont communities and provide better outcomes.

The importance of having Vermonters be connected to their schools can be seen in recent school budget votes: Of the 97 school budgets voted on, 66 passed and 31 failed. A 68% pass to 32% failed ratio. If we break out non-unified districts, those retaining their own school boards, from this group, 54 passed and 11 failed — an 83% pass, 17% ratio. If we then look at the consolidated or unified school districts under Act 46, we find 12 passed and 20 failed, a 37.5% pass, 62.5% fail ratio.

The bottom line is that Vermonters care about their children and communities. What we need to do is refocus our resources and trust school boards and principals with the responsibility to do what is best in their own communities. How could a shift like this be made? Here are the three major changes that could have the most immediate impact:

1. Reduce the top-down bureaucracy. Vermont has 39 separate supervisory unions that serve our approximately 72,000 students. This level of bureaucratic oversight is expensive and unneeded. Reducing the number of supervisory unions to match the 17 technical centers in the state would be a sensible step to take. A model for how this could work is the North Country Supervisory Union which has one tech center and 12 education centers. One supervisory union covering 520 square miles, 65 miles end to end. It works because they hire strong principals who have a good deal of authority in managing their schools.
2. Reduce bureaucratic redundancy. Whenever feasible, have uniform school policies throughout the state. Many policies governing school districts, such as tobacco usage, firearms on school grounds, etc., can be adopted on a statewide basis, and there is

School funding → 13

We need to buck the trend of ever larger, ever more top-down bureaucracies, unfathomable school budgets and continued increases in taxes.



Mood lighting by John Darkow, Columbia Missourian

LETTERS

How civics can save us from ourselves

Dear Editor,

Democracy has much to recommend it: access to public officials and opportunities to complain.

Unlike a monarchy, with a single person in charge, a democracy gives ordinary citizens the chance to think beyond their private concerns and ponder the public good. Through argument and persuasion, citizens in a democracy have a chance to rub off the rust of selfishness and participate on the level of common concerns.

But thinking in terms of the common good is extremely challenging for human beings. We tend to be caught up in our personal affairs, assuming that what we want for ourselves is in everyone's best interest. In monarchies, such confusion results in tyranny as kings confuse their will for divine decrees.

In democracies, such confusion results in the tyranny of the majority: If the majority of voters think a certain way, it must be true.

Luckily, the Constitution puts up a lot of guardrails to protect the rights of minority viewpoints. Majorities are stymied by the separation of powers. Just because a fac-

Thinking in terms of the common good is extremely challenging for human beings.

tion takes over the legislative branch doesn't mean it will control the White House.

Majorities are also thwarted through federalism. The majority may impose its will on the citizens of Alabama but not in Vermont. And finally, the judiciary assures that the rights of minorities are protected under the Constitution.

These three elements — separation of powers, federalism and an independent judiciary — are designed to save us from ourselves. By forcing each branch of government to check one another, by giving states sovereignty over their own

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Food shelf thankful for extra collection effort

Dear Editor,

The Killington Food Shelf located at The Little White Church would like to thank Jay Hickory for his efforts of collecting nonperishable food, paper goods and toiletry items every weekend at the Killington transfer station. These donations fill our shelves for people in

need. Jay Hickory suggested this idea and Lucretia Wonsor, our town clerk, publicized this idea.

We appreciate Killington's generosity.

Sincerely,
Ron Willis and Nan Salamon, The Killington Food Shelf

The Mountain Times

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CAPITOL QUOTES



Friday morning, April 5, an arsonist set fire to the door of U.S. Sen. Bernie Sanders' third-floor office on Church Street in Burlington, briefly trapping staff inside, according to police. Nobody was injured, authorities said, and the senator was not present at the time. According to the Burlington Police a man sprayed "an apparent accelerant" on the door, lit the accelerant prompting "a significant fire" to engulf Sanders' office door and a portion of the vestibule, then fled. Shant Michael Soghomonian, 35, was arrested Sunday on a federal charge of using fire to damage a building used in interstate commerce. If convicted, he faces a maximum penalty of five to 20 years in prison and a \$250,000 fine.

"I am deeply grateful to the swift, professional, coordinated efforts of local, state, and federal law enforcement in response to the fire at my Vermont office on Friday. I am also thankful that none of the many people who were in the office building at the time of the fire were injured,"

wrote Sen. **Bernie Sanders** in a written statement Sunday afternoon.

"We are grateful to the Burlington Fire and Police Departments who responded immediately today to a fire incident that took place in our office building. We are relieved that no one on our staff and, to our understanding, no one in the building was harmed,"

wrote Sanders state director **Kathryn Van Haste** in a written statement after the fire Friday.

"A significant fire engulfed the door and part of the vestibule, impeding the egress of staff members who were working in the office and endangering their lives... Along with fire damage to Senator Sanders's door and vestibule, water from the sprinkler systems caused significant damage to that space and other areas of the building,"

said the **Burlington Police Dept.** in a statement.

COMMENTARY

We're moms, our kids are in public school *and* we helped select Zoie Saunders as Vermont's next education secretary

By Kristin Clouser, Monica Hutt, Rebecca Kelley, Julie Moore and Kendal Smith

As members of Governor Scott's cabinet and senior staff, we were part of the team who interviewed candidates for our next secretary of the Agency of Education. All five of us are also moms of kids currently in, or graduated from, Vermont's public school system.

Each of us had the chance to interview the three finalists selected by the State Board of Education and provide input to the governor as he made his decision. And we are looking forward to the opportunity to work with incoming Secretary Zoie Saunders. More than that, we are optimistic and excited to see how she can strengthen education in Vermont, benefiting our own children and communities.

At a time when student test scores are declining and our children are still grappling with carry-on impacts of Covid-related learning loss, her experience developing innovative approaches for student achievement, increasing equity in education, creating successful partnerships, and demonstrably improving outcomes is exactly what we want for our own kids. Notably, these achievements extend to both her time working with traditional public schools and public charter schools, despite the latter currently being used to stoke fear and suspicion here in Vermont.

Years of declining enrollment and the affordability crisis facing Vermont schools, laid bare by the significant number of school budgets voted down on Town Meeting Day, means we have a real and present challenge which is putting learning and enrichment opportunities for our kids at risk. As Zoie noted during our interviews, "Parents want to send their kids to schools with the resources to support student success." It's imperative we find a way to ensure the sustainability of our education system.

Zoie's strategic thinking coupled with experience working with K-12 schools across seven other states is an asset for us at this critical juncture for our public education system. Alongside this background, one of the things that impressed us most about Zoie is the clear value she places on listening to others and considering local factors, values, and priorities. We also see her as a doer, taking in all available information to get the most out of existing resources, and to make smart, and sometimes difficult, decisions that put students' needs first.

Throughout her career, she's been committed to building stronger communities, primarily for underserved populations, seeing education, health and safety as critical tools. This approach aligns well with the governor's community revitalization goals for Vermont.

Specifically, she's led projects to secure community support to turn around underperforming schools; expanded workforce development and training opportunities in economically disadvantaged neighborhoods; secured academic support and career counseling for 2,000 low-income students; and mobilized resources for students and families experiencing homelessness. While earning her master of education degree, where she focused on the intersection of education, human service delivery and community development, she also advised education stakeholders on ways to implement President Obama's Promise Neighborhood initiative to address intergenerational poverty.

This is an important job, and as Zoie said to us herself, "Education is so personal because it is about our kids." So, all of us expect the incoming secretary to face tough questions. She should. But she should have the opportunity to answer questions before assumptions are made and calls to challenge her appointment are levied. She doesn't even start in the job until April 15 and yet there has already been a significant rush to judgement - and a few misleading email campaigns - by legislators, their party leaders and their political supporters. We should be setting a better example for our kids, modeling how to keep an open mind and to hear from others before writing them off.

As Governor Scott has said, we believe the people of Vermont will see what we saw, which is a smart, authentic, thoughtful leader who is genuinely excited about helping Vermont kids - our kids, and her own - get the best possible education. We all look forward to seeing her prove just that.

Kristin Clouser, of Jericho, is the secretary of the Agency of Administration.

Monica Hutt is the state's chief prevention officer and liaison to the Agency of Human Services. She resides in Williston.

Rebecca Kelley is the governor's communications director and liaison to the Agency of Commerce & Community Development. She resides in East Montpelier.

Julie Moore, of Middlesex, is the secretary of the Agency of Natural Resources.

Kendal Smith, of Barre, is the governor's policy and legislative affairs director and liaison to the Agency of Education.

The authors were part of interview team, which also included Deputy Secretary of Human Services Todd Daloz, Executive Director of the Office of Racial Equity Xusana Davis, and Chief of Staff Jason Gibbs. Collectively, this group has nine children who currently attend public schools and five who have graduated from public schools in Vermont.

CARTOON

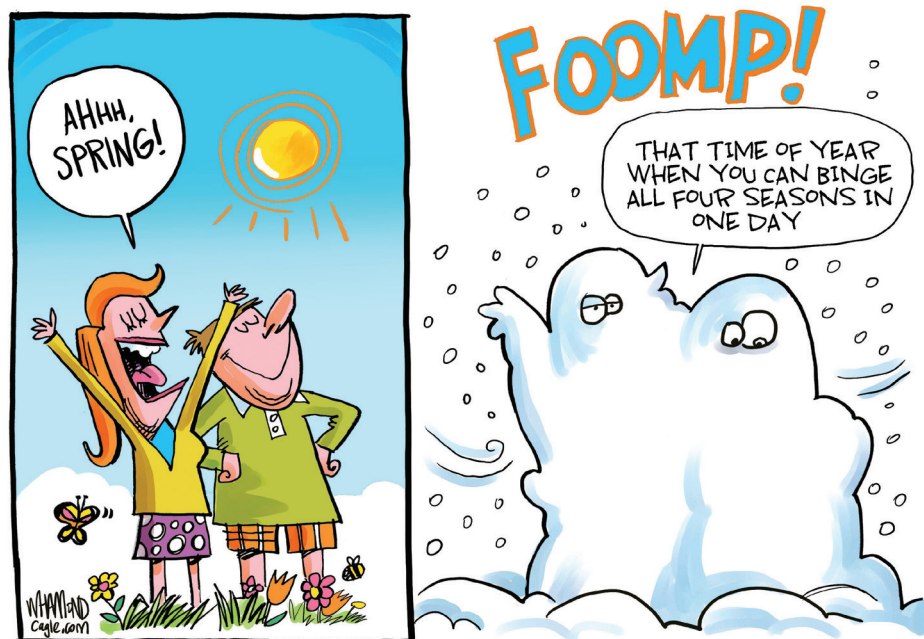


Booming Economy or Inflation? by Jeff Koterba, patreon.com:jeffreykoterba



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U.S. Job Growth by Dave Granlund, PoliticalCartoons



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COMMENTARY

Updating Act 250 to meet the changing times

By Rep. Larry Satcowitz

Editor's note: Rep. Larry Satcowitz, D-Randolph, is a member of the House Committee on Environment and Energy.

Act 250, Vermont's visionary development statute, is more than 50 years old. It is often credited as one of the primary reasons that our landscape looks the way it does. The law has been changed here and there over the years but is long overdue for a more substantial update to meet changing times.

H.687, an act relating to community resilience and biodiversity protection through land use, was passed by the House last week and would make several needed changes.

It's a big bill, but the overriding consequence is that it would tighten the oversight of development in places where most of us agree we would rather not see more building, such as in the middle of blocks of intact forest, and loosen oversight in places where we mostly agree that more development is desirable, such as existing downtowns and the built environments that surround them.

This revision is urgent now because development pressures have increased remarkably in recent years.

The bill would create three categories, called Tiers, of land area in the state.

Tier 1 would consist of developed areas. These are places that include downtowns, village centers and our more densely populated residential neighborhoods. These are the areas where it will become easier to build.

Tier 3 would consist of areas that "may include river corridors, headwaters streams, habitat connectors of Statewide significance," and other areas that contain critical natural resources that would be identified through a public process.

These areas would include places — such as those with very steep slopes — for which there is broad agreement that development should be subject to increased review. H.687 would make it harder to build in these places.

Tier 2 is the rest of the state, consisting of our farms, forests and residential rural areas. The main change to the status quo in this Tier would concern the building of long roads and would

apply when "the length of any single road is greater than 800 feet, and the length of all roads and any associated driveways in combination is greater than 2,000 feet."

Crucially, this provision would not mean that such roads could not be built, but that they would be subject to review under Act 250, and it would not apply at all to farm or logging roads.

The forests of Vermont are a great treasure. They provide habitat for a multitude of species, timber for many uses, and beautiful spaces for us to hike, hunt and appreciate the natural world.

They are also disappearing.

The U.S. Forest Service reports that Vermont's forests are being converted to non-forest use at the rate of more than 12,000 acres a year. This number greatly understates the damage inflicted on our forest ecosystems, as it doesn't address the ongoing fragmentation of our forests due to the building of new roads, among other factors.

While H.687 won't come anywhere close to stopping the destruction of our forests, it would certainly help slow down this process.

The overwhelming majority of projects that submit Act 250 applications are approved quickly, and Act 250 only covers a small percentage of development statewide. That would not change. Widespread development will still take place.

We often hear criticism about Act 250 from developers but seldom hear about what that law has accomplished for us. We don't notice the bad development that never happened. Of course we don't. It's not there. It's intangible, but nevertheless, Vermonters have benefited greatly from this law.

A common refrain from Vermonters is that we love the fields, farms and forests that surround our cities, towns and

villages. But this cherished landscape is going away. We are blotting it out bit by bit, and once those bits are gone, we cannot get them back.

If we allow current trends to continue, Vermont will be a very different place for our children and grandchildren. H.687 is an important and meaningful step in the right direction.

[In] downtowns, village centers and our more densely populated residential neighborhoods... it will become easier to build.

← **Vicious dogs:**

from page 10

to get away. I got into the passenger seat to escape the dogs. Then the man came up to the window of the car and told me I scare the dogs by yelling and told me that because I scared the dogs they attacked me. I asked if the dogs had been vaccinated against rabies. He said yes, but failed to provide any proof.”

That man was later identified as Jason Sasbon, the owner of the dogs.

“A second man came over to the car and asked us if we had insurance. That man indicated that he has been trying to convince the owner to get rid of the dogs because both dogs are dangerous.”

That man was later identified as Dan Farbman, the owner of the Val Roc Motel.

“Immediately after the attack my sister Mariana called 911 ... we decided it

would be quicker to drive [to the hospital] on our own rather than to wait for an ambulance,” Catherine Feger recounted. “My sister Marianna drove me to Rutland Regional Medical Center emergency room, the doctors cleaned my wounds and put four sutures in my left knee. I received a rabies shot and a prescription of antibiotics at the hospital.”

“The dogs bit my back left shoulder, punctured my left arm and right elbow, my left knee massively and my right knee. Currently, I cannot ambulate correctly. I’m walking with a limp due to the gash in my left knee and extreme pain. I’m also having difficulty moving my left arm due to the bite,” she said.

Jason Sasbon, who was notified of the hearing by Killington’s Police Chief Whit Montgomery and Town Manager Michael Ramsey, had stated that he would be present at the hearing but was not.

During the hearing, the Select Board reviewed the Town of Killington Dog Control Ordinance, a written statement taken by Police Chief Whit Montgomery, provided by, and taken on behalf of Catherine Feger, a medical report from the Rutland Regional Medical Center, photos of injuries sustained to Catherine Feger from the attack and veterinarian reports for both Shilah and Chopper, as well as oral testimony from Catherine and Mariana Feger, and Chief Montgomery.

After the testimony Ramsey explained the procedure: “The board is going to go into deliberative session so everybody will be asked to leave the meeting. And then they will be charged to find whether the dog is a vicious dog or not. And if so, then they will come up with ways to protect the public from these dogs. The least being kept on leash when it’s off premises to the most extreme euthanasia.”

“This is the first time I’m dealing with something like this

← **School funding:**

from page 10

no need for the cumbersome and time-consuming process of adopting these on an individual basis.

- Statewide contracts for school personnel. An enormous amount of time, money and resources of administrators, teachers and school board members goes into contract negotiations. Statewide negotiated teacher, support staff, principal and superintendent contracts would ensure appropriate compensation for all Vermont school employees. Recently, teachers’ health benefits have started to be negotiated on a statewide level. Any practical obstacles could fairly easily be addressed which would allow contracts, as they are for state employees, to be negotiated at a state level. This would allow superintendents, administrators, teachers and school board members to focus their attention not on the often long and contentious labor negotiations, but on the

and I’ve been on the Select Board for 12 years,” said Selectman Jim Haff, who asked the Feger sisters what action they would recommend the Select Board take. “You were there, I was not,” he said.

“Honestly, due to the fact that I think the dog owners are really irresponsible... I don’t think it’s a safe place for anybody to stay, if they’re coming up for the weekend... He wasn’t doing a good job of keeping the dogs off me when they were attacking me... I don’t like to think of the dogs getting euthanized, but I truly believe for the safety of anyone that goes to that motel or encounters these dogs... I can’t see them not harming somebody else, truthfully,” said Catherine, adding, “And if that was a child, like they would be dead,

I can’t see them, not harming somebody else, truthfully,” said Catherine.

you know. They’re gonna kill a kid. Or they’re gonna kill somebody’s grandma. I don’t believe truthfully

ly that those dogs aren’t gonna hurt somebody else if he doesn’t take care of them, which I don’t think he will.”

Mariana added: “I don’t think that it’s safe to have those dogs around. Even after the attack when Catherine made it back to the passenger seat and I went in the hotel to grab my car keys, when I opened the door, they were there waiting for me. So he didn’t even have them under control after they attacked her. He just said ‘oh, I guess they got out again,’ ... those dogs are not trained, and they’re not under control... It’s not safe. It was almost like he was afraid of the dogs, honestly, like during that time, too.”

Decision and order

On Monday, April 8, Ramsey wrote up the decision, which read in part:

“No evidence has been presented indicating that Catherine did anything to induce or cause this attack; Catherine was simply unpacking her car to start a ski vacation in the Town of Killington. On this basis, the Select Board finds that Chopper and Shilah bit Catherine without provocation.

Therefore, in accordance with the authority granted in Section 11 of the Town of Killington Dog Control Ordinance and 20 V.S.A. §3546, the Killington Select Board issues the following order for the protection of the public:

“Shilah, the three-year-old, 107 lb., red, female mastiff and Chopper, the three-year-old, 117 lb., red, male mastiff owned by Jason Sasbon, shall both be disposed of humanely. Jason Sasbon shall provide the Select Board with written documentation from a licensed veterinarian that Shilah and Chopper have been disposed of in a humane way by April 16, 2024.”

The Decision and Order was approved by the Killington Select Board on April 5, 2024, and was sent to Sasbon, Tuesday, April 9.

education of our children.

These suggestions will of course require change and meet with strong opposition from special interests. Yet, our most important special interest is our children. We can, by consolidating bureaucratic functions and refocusing the resources, give back responsibility to our school boards, parents and community members who care so much and are willing to do the day-to-day hard work of educating our children in difficult times.

Rather than pit stretched taxpayers against the needs of educating our children, this would be a way to meet the challenges of today that is not only economically practical but also strengthens our communities. We need to buck the trend of ever larger, ever more top-down bureaucracies, unfathomable school budgets and continued increases in taxes. These are some first steps towards keeping Vermont, that special “Brave Little State” we all cherish.

← **Civics:**

from page 10

affairs and giving the federal courts the power to overturn policy that crushes minority viewpoints, the Constitution makes it harder for any single faction to take over.

But this complicated form of government depends on a population that understands why we have guardrails in the first place. Without a civics education, citizens won’t understand why free speech and religious expression are important, why we have three branches of government or why the states have as much power as they do.

This complicated form of government depends on a population that understands why we have guardrails in the first place.

If the people don’t have any understanding of the principles and structure of government, they may cede all power to the voice of the many, ignoring the arguments of the few.

Vermont is one of 11 states that do not require students to study civics before graduation. The only Vermonters who are required to understand the complexities of our form of government are those taking the U.S. Citizenship Test. Immigrants, not high school students, are more likely to know that the Constitution was ratified by state conventions and what is entailed in a “republican form of government”

Luckily, the Secretary of State’s office recently launched a civics program offering resources and incentives for public school teachers. Included on the website are books by Vermont author Christy Mihaly that explain the complexities of a republican form of government using poetry and pictures. Young readers learn the story of Jehovah’s Witnesses who challenged the constitutionality of pledging to the flag in public school and won. Two years prior, the Court had held that the state could force children to salute the flag, but the Barnette children refused to conform. Their religious-based civil disobedience ultimately led

to greater protections for free speech in schools.

Another resource listed, the informational comic book “Freedom and Unity,” provides students with multiple ways to engage in democracy in Vermont. Unfortunately, it doesn’t explain the importance of dissent. A cartoon on page 14 shows “Take Back Vermont” protesters, who are listed as an “anti-gay” movement. The caption informs us that Vermont has a history of racism and eugenics, implying that the motivating factor for the

protesters was bigotry, not the demands of conscience.

Had the creators of “Freedom and Unity” described the robust arguments on both sides of the same-sex marriage debate, readers would have learned the benefits of honest disagreement. Those against gay marriage were given a chance to explain their concerns, to speak their consciences and to consider the implications when a traditional institution is changed. The fact that they lost doesn’t mean they should not have been heard.

We don’t have to endorse what others say, but we all benefit from the right to say it. We don’t have to believe what others believe, but we all benefit from the rights of conscience. By respecting each other’s freedoms enough to actually consider dissent, majorities have less control over what can be said.

A civics education reminds all of us that our freedoms depend on our capacity for mutual respect. These freedoms give minorities the opportunity to counter the reasoning of the majority, to speak according to the dictates of their conscience. We all benefit when dissenters have a chance to express their views.

A civics education would go a long way to reminding us why we should care.

Meg Mott, Putney

← RCPCC:

from page 7

challenging and rewarding roles. Her extensive experience has made her transition to overseeing programming, operations and community outreach as the co-executive director seamless.

early education started with a desire to prepare children for kindergarten and beyond and turned into a passion of supporting children and their families through the earliest and most essential times of

on many committees and networks, and advocates at the legislative level, alongside Let's Grow Kids, for superior equitable early childhood education and care for Vermont's families.

"The agency has experienced an instantaneous boon from their compassionate leadership."

"The dynamic combination of these accomplished women's expertise, as well as their devotion to the community, heralds an age of growth and achievement for RCPCC," the new release continued. "The agency has experienced an instantaneous boon from their compassionate leadership that is certain to continue. The constituents, families, leaders, and those invested in Rutland County are all encouraged to join in this growth and participate in the great work being accomplished at the RCPCC."

Born and raised in Windham County, Stephanie Carvey moved to the Rutland area in 2007 to pursue a career in education. She completed her bachelor's degree in elementary education from Castleton State College and more recently completed her master's in leadership studies through Vermont State University. Her career in

brain development. She is also dedicated to supporting workforce development to bring educators into the field. She is licensed by the state of Vermont to teach children from birth through 6th grade and holds a Director Step 3 Credential from Northern Lights at CCV. Over the years she has supported her community by serving

← Baby animals:

from page 9

hungry and needs care.

There are a few cases where you might need to intervene:

- A baby squirrel falls from a nest.
- A nest falls from a tree.
- A felled tree contains an intact nest.

If the baby and/or their nest fell from the tree today and is in a safe place (away from the road or pets), give the mother squirrel a chance to reclaim their young and relocate them to a new nest. If the baby is uninjured, leave them where they are, leave the area, keep people and pets away and monitor them from a safe distance.

If the area presents too many dangers, such as free-ranging dogs or cats, give the mother squirrel a safer way to retrieve the youngster by nailing a basket onto a tree. Just make sure it has small drainage holes; a berry basket works well. Then put the baby inside. If the mother doesn't show up, call a rehabilitator.

If it's chilly outside or the baby isn't fully furred, place them in a shoebox with something warm underneath (like a heating pad on a low setting or a hot water bottle). Be sure to put a flannel shirt between the baby and the heating device, or they could overheat. Do not cover them with anything or the mother might not be able to find them.

If the babies are not retrieved by dusk, take these steps: Wearing thick gloves, gather the squirrels and place them inside a thick, soft cloth, such as a cloth diaper or fleece scarf or hat.

Place one of the following items beneath the cloth: A chemical hand warmer inside a sock, a hot water bottle (replace the hot water every 30 minutes) or a heating pad set on the lowest setting. (If the heating pad has no cover, put it inside two pillowcases so the babies don't overheat.)

Place the baby squirrels, cloth and warmer inside a small cardboard box or carrier and call a wildlife rehabilitator.



Finding help for an orphaned or injured animal

Once you're sure the animal needs your help, call a wildlife rehabilitator for assistance. If you're unable to locate a rehabilitator, try contacting an animal shelter, humane society, animal control agency, nature center, state wildlife agency or veterinarian.

A note on kittens: Springtime is also known as kitten season, and like wildlife, healthy neonate kittens typically do best in the care of their mother. The HSUS offers tips on evaluating if and how to intervene on behalf of newborn kittens. Many neonate kittens are brought into animal shelters throughout spring and summer, so if you are able to help, consider contacting your local rescue or shelter to foster bottle baby kittens this season.

For more information visit: humansociety.org.



Courtesy Spartan Races

Spartan Kids Races will partner with Sweethearts & Heroes for Youth Summits this summer.

← Youth Summits:

from page 4

These summits will be held in conjunction with locally held and nationally attended Spartan Races. Sweethearts & Heroes will utilize Spartan's obstacle course to close out The Summit with a fun-filled, play-centered, team-building "race" — but that's just the beginning. The real work starts when these new youth leaders, who bonded during the conference through various challenges and overcame adversity together during the "race," then return to their respective schools to spread messages from The Summit throughout the rest of their district — a message of H.O.P.E. for students, delivered by students.

"We'll train these young leaders to bring our 'Stop, Drop, and Roll' of bullying back to their local schools and to deliver our messages of H.O.P.E., Action, and Empathy to their local communities," Murphy said. "Our young people are on the frontlines in this war against hopelessness, and we must shepherd and empower them to be the change we need."

The programs and initiatives brought back to schools include Sweethearts & Heroes' signature Circle work, built on the ancient ritual of sharing, listening and creating a community of belonging. Schools will also access Sweethearts & Heroes' new online learning platform, the H.O.P.E. Classroom, and the crown jewel of their curriculum: the B.R.A.V.E. Youth Leadership System.

Traveling with Spartan Races will also introduce Sweethearts & Heroes to new areas of the U.S. where they can deliver their profound, engaging signature presentation to local civic, non-profit, and business groups.

Murphy said, "We go where we're needed. That's what heroes do."

According to the Centers for Disease Control and Prevention, suicide rates among youth and young adults in the U.S. between the ages of 10-24

greatest protectors," the Marines, and all our service members. For years, Sweethearts & Heroes has espoused the astonishing and perplexing similarity between the hopelessness among our youth and the hopelessness among our active duty and veteran military service members.

"We want to invite all branches of the Armed Forces to join us at these events to meet and inspire our young people with their purpose and to introduce

"We are losing our children at a rate that our planet may have never seen before," Murphy said.

have increased by 60% since 2011. The most staggering increase in youth suicide comes from preteens and teens aged 10-14, which tripled from 0.9 per 100,000 in 2007 to 2.9 per 100,000 in 2018.

"As a nation, we must have this conversation," Murphy said. "When I tell people about the increased rates of suicides and destructive decisions among our young people, they are speechless, but the worst part is that this is not the biggest topic and focus in America, nor the world. We are losing our children at a rate that our planet may have never seen before; our children are desperate for help."

Murphy said these summits would also be an opportunity to continue supporting "our nation's

them to individuals who know grit, adversity and commitment," Murphy said. "These summits will offer our youth and our nation's finest the ability to unify in this fight against hopelessness and destructive decisions. Over the last couple of years, we have spoken multiple times at Camp Pendleton, California, to hundreds of Marines. One of our great initiatives is to connect each school in a 'new' way to their local armed services. College and the workforce are great for some students, but the military is another avenue that can give opportunity to our youth while filling their hearts and minds with a tremendous sense of purpose."

For more information on Sweethearts & Heroes, visit: sweetheartsandheroes.com.

WORDPLAY

LYME DISEASE WORD SEARCH

Find the words hidden vertically, horizontally, diagonally and backwards

B R U R J K S P R E A D N R Y D I O R F
 Y H P M Y N M U D N O O O A C D J V C F
 H M K J O J N E P F I I V V V R V N S A
 T H C L E G B L I T V V P D E K L L B F
 P E U D E P B L N K L Y F V R S E H P F
 E B T T I I P E A L A V E D O T U M D E
 S R B E H A V S M C D F U L I M M J S R
 N I U O H E G R T P K A Y S H F N A E O
 O E L Y R C C N K I H L A C T M E D F B
 P R L P N B O N O V F R E O K S F L N A
 S G S C S G N R O S A F R G I R A S H V
 E N E H J P G D I P T E N D G G C M K G
 R H Y A A U S I M P D I E E R E C T D J
 L Y E I R Y S F E O S M C B S B D R I R
 G J N S E N E B G S Y A P R C S K N A M
 C L A B E J N S M L D A L Y B I T E B N
 G K V R D F L R H S Y M P T O M S S U M
 U C H J G J L A Y S B I K P I J H O S T
 R I O S T N I O J Y V C N E G O H T A P
 N T Y F E G I N F E C T I O N C A B K E

- BITE
- BLACK-LEGGED
- BULLSEYE
- DEER
- DIAGNOSTIC
- DOG
- FEVER
- HOST
- ILLNESS
- INFECTION
- JOINTS
- LYME DISEASE
- NYMPH
- PAIN
- PARASITE
- PATHOGEN
- PREVENTION
- RASH
- RESPONSE
- SPIROCHETE
- SPREAD
- STIFFNESS
- SYMPTOMS
- TICK

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SUDOKU

Solutions → 25

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.

CROSSWORD PUZZLE

Solutions → 25

CLUES ACROSS

- 1. Island nation
- 7. Platforms
- 13. Project plan
- 14. French fishing port
- 16. South Dakota
- 17. Oakland's baseball team
- 19. Military policeman
- 20. Ornamental stone
- 22. Garland
- 23. Process that produces ammonia
- 25. Mousses
- 26. Music notation "dal _"
- 28. Fail to win
- 29. Peyton's little brother
- 30. Not near
- 31. Some cars still need it
- 33. Lizard genus
- 34. An idiot (Brit.)
- 36. Postponed
- 38. African country
- 40. Gazes unpleasantly
- 41. In a way, traveled
- 43. Ukraine's capital
- 44. Appropriate
- 45. Dash
- 47. Twitch
- 48. Swiss river
- 51. Data file with computer animations
- 53. City in S. Korea
- 55. Particular region

- 56. They have eyes and noses
- 58. Tear
- 59. Large Madagascan lemur
- 60. Not out
- 61. Ornamental saddle covering
- 64. A driver's license is one
- 65. Latin term for charity
- 67. Rechristens
- 69. Objects from an earlier time
- 70. Hindu male religious teachers

CLUES DOWN

- 1. Used as a weapon
- 2. Yukon Territory
- 3. Makes a map of
- 4. An established ceremony prescribed by a religion
- 5. Unnilhexium
- 6. Merchant
- 7. Playing the field
- 8. Folk singer DiFranco
- 9. Something to scratch
- 10. Mexican agave
- 11. Equal to one quintillion bytes
- 12. Session
- 13. North American people
- 15. Ranches
- 18. Electroencephalograph

	1	2	3	4	5	6		7	8	9	10	11	12
13								14					15
16			17					18					19
20		21				22			23			24	
25					26			27		28			
29				30				31		32		33	
		34	35					36		37			
38	39								40				
41					42			43					
44				45		46		47			48	49	50
51			52		53		54			55			
56				57		58				59			
60			61		62			63				64	
65		66						67			68		
	69							70					

- 21. A type of compound
- 24. Avenue
- 26. High schoolers' test
- 27. A type of meal
- 30. Gradually disappeared
- 32. Ancient Frankish law code
- 35. Popular pickup truck
- 37. Buzzing insect
- 38. Deal illegally
- 39. Lying in the same plane
- 42. Obstruct
- 43. Related
- 46. Challenge aggressively
- 47. Nocturnal hoofed animals
- 49. Bird's nests
- 50. Forays
- 52. ___ B. de Mille, filmmaker
- 54. Title of respect
- 55. One-time name of Vietnam
- 57. Self-immolation by fire ritual
- 59. Private school in New York
- 62. Political action committee
- 63. A way to fashion
- 66. Email reply
- 68. "The Great Lake State"

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Level: Intermediate

Guess Who?

I am an actress born on April 13, 1980, in Georgia. I studied theater at the University of Evansville in Indiana. I am best known for my role on the soap opera "All My Children" and for playing a detective on "Law & Order: Special Victims Unit."

Answer: Kelli Giddish

WEDNESDAY

4/10

RSVP Bone Builders

9-10 a.m. Wednesdays. Godnick Adult Center, 1 Deer St., Rutland. Free. Full, waitlisted. Contact Retired Senior Volunteers (RSVP) at 802-774-8680 for a callback.

S.E.A.T. Exercises

9-10 a.m. Wednesdays. Godnick Adult Center, 1 Deer St., Rutland. \$6 per individual class or \$5 per class when paying for the whole month upfront. A brand-new, chair-based full body workout led by Melissa Cox, ACSM-GEL. rutlandrec.com/godnick or 802-773-1853

Senior Bone Builders

10 a.m. Wednesdays. Sherburne Memorial Library, 2998 River Road, Killington. Free. Weights are provided. sherburnelibrary.org or 802-422-9765

Killington Active Seniors Lunch

11:30 a.m. Wednesdays. Lookout Tavern, 2910 Killington Road, Killington. \$5 donation towards the meal, tip is covered by local donors. For more info, call 908-783-1050.

Castleton Community Center, 2108 Main St.,**Castleton**

1:30 p.m. Wednesdays. Great Courses curriculum. Noon. Wednesdays. Community Center dinner. Day-before reservations: call 802-468-3093. castletoncsi.org

Book Club

1:30 p.m. Sherburne Memorial Library, 2998 River Road, Killington. Free. sherburnelibrary.org or 802-422-9765

OLLI Lecture

3-4:30 p.m. Monthly, 2nd Wednesday. Godnick Adult Center, 1 Deer St., Rutland. \$8. 'How to Recognize Dis- and Mis-Information and Why It Matters,' a talk by Dr. Cheryl Casey, Champlain College. Taking back our freedom of thought with information skills and critical awareness. Osher Lifelong Learning Institute Lecture Series. Payment at the door no longer accepted. Series membership also available, \$25. All information at learn.uvm.edu/osher-lifelong-learning/statewide/#rutland

Cribbage for Adults

3-5 p.m. Wednesdays. Hartland Public Library, 153 Route 5, Hartland. Free. hartlandlibraryvt.org/calendar/ or 802-436-2473

Bone Builders

3:30-4:30 p.m. Wednesdays. Chaffee Art Center, 16 So. Main St., Rutland. Free. Improve balance and enhance energy and wellbeing. chaffeeartcenter.org or 802-775-0356

NEW INCA SON, IN CONCERT

THURSDAY, 5 PM

**JAM Equipment Orientation**

5:30-6:15 p.m. Recurring. Junction Arts & Media, 5 S. Main St., White River Junction. Free. This is a prerequisite to borrowing any form of production equipment. RSVP one week ahead to uvjam.org/event/jam-equipment-orientation/2024-03-20/

Ballroom Dance with Patti Panebianco

Wednesdays. Stone Valley Arts, 145 E. Main St., Poultney
6-6:50 p.m. Waltz for adults
7-7:50 p.m. Cha-cha for adults
For details and cost, contact Patti Panebianco at 516-909-1686 or email pattipdance@gmail.com

The Morgan Horse, Vermont's**Beloved State Animal**

7 p.m. Greater Hartford United Church of Christ, 1721 Maple St., Hartford. Free. The Morgan horse is a native American breed that began with a colt brought into the state from Connecticut in 1791 by its owner, Justin Morgan. Known as "Morgan's horse," it became the founding sire of the Morgan breed, sought after for his stamina, hardiness, willingness, speed and beauty, which have passed down to each successive generation. Speaker Amanda Gustin will tell you all about this remarkable horse. Sponsored by the Hartford Historical Society. 802-295-2123

Town Hall Concert Series

7 p.m. Wallingford Town Hall, School St., Wallingford. Donations of \$15 per person with proceeds going to performers. The River Mountain Valley Boys featuring Wallingford's own Sumio Seo perform acoustic country and folk.

'The Play That Goes Wrong'

7:30 p.m. Northern Stage, Barrette Center for the Arts, 74 Gates St., White River Junction. Sliding scale tix. A play within a play, this Olivier Award-winning comedy rolls out every theater troupe's nightmare. Directed by Peter Hackett. For performance dates and prices, go to northernstage.org/the-play-that-goes-wrong/. For tix, northernstage.my.salesforce-sites.com/ticket/#/events/a0S5d00000bekADEAY or call 802-296-7000.

THURSDAY

4/11

Bone Builders

9 a.m. Thursdays. Gilbert Hart Library, 14 S. Main St., Wallingford.

Understanding the Woods

9:30-10:30. Monthly. Giorgetti trailhead, Oak St. Extension, Rutland. Free. Susan Shea leads this interactive spring walk. Registration required at rutlandrec.com/godnick.

Advanced Line Dance

9:30-10:30 a.m. Thursdays. Godnick Adult Center, 1 Deer St., Rutland. rutlandrec.com/godnick or 802-773-1853

Senior Bone Builders

10 a.m. Thursdays. Sherburne Memorial Library, 2998 River Road, Killington. Free. Weights are provided. sherburnelibrary.org or 802-422-4323

Survivors' Support Group [cancelled]

10 a.m.-Noon. Thursdays. Godnick Adult Center, 1 Deer St., Rutland. Free. Flyers available at the Godnick Center or call 802-775-3232. rutlandrec.com/godnick or 802-773-1853

Art at the Chaffee: Artery

10:30 a.m.-Noon. Thursdays. Chaffee Art Center, 16 So. Main St., Rutland. Fee: \$10 if you bring your own supplies, up to \$20 if supplies provided. Painting in all mediums welcome. No set topic or instructor. Preregister, at chaffeeartcenter.square.site/

Ukulele Group

Noon-1 p.m. Thursdays. Chaffee Art Center, 16 So. Main St., Rutland. Free. Ages 12+. Pre-register by the Wednesday before at 802-775-0356 or at chaffeeartcenter.square.site

Winning Bird Photography on Display

Noon-6 p.m. Open weekly, Thursday-Friday-Saturday. Castleton Bank Gallery, 104 Merchants Row, Rutland. Free. Outstanding large-format photographs of bird life, winners of the National Audubon Photography Show of 2022. Ends April 27, 2024.

JOSH TURNER, 'THE GREATEST HITS' TOUR

THURSDAY, 8 PM

**Play Bridge!**

2-4 p.m. Thursdays. Norman Williams Public Library, 10 The Green, Woodstock. Free. Beginners are welcome to observe. normanwilliams.org, 802-457-2295

'The Play That Goes Wrong'

2 p.m. matinee & 7:30 p.m. Northern Stage, Barrette Center for the Arts, 74 Gates St., White River Junction. Sliding scale tix. A play within a play, this Olivier Award-winning comedy rolls out every theater troupe's nightmare. Directed by Peter Hackett. For performance dates and prices, go to northernstage.org/the-play-that-goes-wrong/. For tix, northernstage.my.salesforce-sites.com/ticket/#/events/a0S5d00000bekADEAY or call 802-296-7000.

S.T.E.A.M.

3-4 p.m. Thursdays. Hartland Library, 153 Route 5, Hartland. Free. Join us for S.T.E.A.M. (Science, Technology, Engineering, Art, and Math) craft activities. Something different every week! kids@hartlandlibraryvt.org or 802-436-2473

Board Game Night

5 p.m. Thursdays. Hartland Library, 153 Route 5, Hartland. Free. hartlandlibraryvt.org/calendar/ or 802-436-2473

Yoga with Kellie [cancelled]

3:45-4:45 p.m. Thursdays. Rutland Free Library, 10 Court St., Rutland. Free. 802-773-1860

Spirituality in Recovery

4:30-5:30 p.m. Live or virtual. Rutland Jewish Center, 96 Grove St., Rutland. Rabbi Shemtov reveals 12-Step themes in the Bible that can aid in recovery. 802-773-3455

New Inca Son, in Concert

5-9 p.m. Outdoors, Barnard Town Hall, 115 North Road, Barnard. \$5-\$20 sliding scale. New Inca Son is a four-member Indigenous band in the BarnArts Spring 2024 Global Music Residency program. Tix: barnarts.ludus.com/index.php?step=seats

Queer Readings Open Mic

7 p.m. Main Street Museum, 58 Bridge St., White River Junction. By donation. Original poetry and readings from the LBGQA+Community. mainstreetmuseum.org

ArtisTree Open Mic

7-9 p.m. Every other Thursday. ArtisTree Community Arts Center, 2095 Pomfret Road, Pomfret. Free. 802-457-3500

Josh Turner, 'The Greatest Hits' Tour

8-10:30 p.m. Paramount Theatre, 30 Center St., Rutland. \$09.25 including fees. "Long Black Train," "King Size Manger," "I Serve a Savior." Tix: ci.ovationtix.com/36265/performance/11386360

APRIL

FRIDAY 4/12

Hospice Training

8 a.m.-Noon. Castleton Free Library, 638 Main St., Castleton. Free. ... Must be 16 or older, pass a background check, and demonstrate compassion and the desire to help others. Training Topics include the Hospice philosophy of care, interacting with patients and families, basic health and safety precautions and maintaining confidentiality. Training by the Visiting Nurse Association and Hospice of the Southwest Region (Bennington, Rutland and Franklin counties). To preregister, call Mary at 802-442-0540 or email mary.pleasant@vna-hs.org.

Yoga & Meditation

10:30-11:30 a.m. Fridays. Godnick Adult Center, 1 Deer St., Rutland. rutlandrec.com/godnick or 802-773-1853

Bone Builders

11 a.m.-Noon. Fridays. Chaffee Art Center, 16 So. Main St., Rutland. Free. 802-775-0356

JAM Equipment Orientation

Noon-12:45 p.m. Next date: April 3. Junction Arts & Media, 5 S. Main St., White River Junction. This is a prerequisite to borrowing any form of production equipment. RSVP with one week advance request to uvjam.org/event/jam-equipment-orientation/2024-03-20/

April School Vacation Movie Matinee

1-3 p.m. Fletcher Memorial Library, 88 Main St., Ludlow. Free. "Migration" (PG) tells of a family of mallard ducks trying to migrate south for the winter but encounter a change of plans. Love, courage and new possibilities delivered with ducky humor. Snacks will be provided. 802-228-8921

Art Exhibit Opening: 'Eye Candy'

5-7 p.m. Chaffee, 16 So. Main St., Rutland. Free. Chaffee artist members' works will be on display and for sale throughout the galleries of this 1890s Queen Anne style mansion. Wine and nibbles included. 802-775-0356

MSM: Friday Night Piano

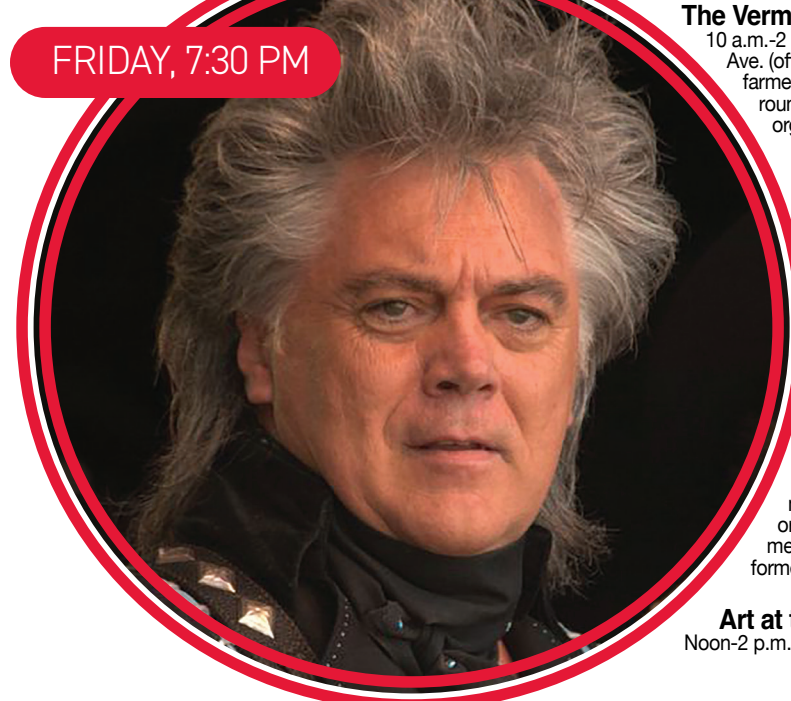
5-10 p.m. Weekly. Main Street Museum, 58 Bridge St., White River Junction. Free. Snacks & good company around the firepit to the music produced by piano rolls from the 1900s through the present — and from ABBA to Led Zeppelin. Mainstreetmuseum.org or 802-356-2776

'Jukebox: The Sound of Science'

7 p.m. Roots Studio Space, Roots the Restaurant, 55 Washington St., Rutland. General admission: your choice of \$17, \$27, \$37 + tax & fees. A concert-workshop that explores how natural sounds are transformed into music. Compositions from J.S. Bach to Peter Hamlin. Tix: available either in person at the box office, Paramount Theatre, 30 Center St., Rutland, or online at ci.ovationtix.com/36265/performance/11431473?performancelid=11431473

MARTY STUART AND HIS FABULOUS SUPERLATIVES

FRIDAY, 7:30 PM



New Resident Mixer

7 p.m. Chandler Center for the Arts, 71 N. Main St., Randolph. Adults \$45, students \$10, under 12 free. New Resident Mixer sponsored by the Vermont Dept. of Tourism, followed by music by the Afro-fusion band Mokooomba from Zimbabwe. chandler-arts.org/cca-events/mokooomba or 802-728-9878

Marty Stuart and His Fabulous

Superlatives
7:30-10 p.m. Paramount Theatre, 30 Center St., Rutland. \$50.23 - \$221.50 including fees. Country Music Hall of Famer influenced in his youth by Johnny Cash and Lester Flatts "balances jangle and twang in equal measure." Tix: ci.ovationtix.com/36265/performance/11387926

'The Play That Goes Wrong'

7:30 p.m. Northern Stage, Barrette Center for the Arts, 74 Gates St., White River Junction. Sliding scale tix. A play within a play, this Olivier Award-winning comedy rolls out every theater troupe's nightmare. Directed by Peter Hackett. For performance dates and prices, go to northernstage.org/the-play-that-goes-wrong/. For tix, northernstage.my.salesforce-sites.com/ticket/#/events/a0S5d00000bekADEAY or call 802-296-7000.

SATURDAY 4/13

Pond Skim

9 a.m. Killington Resort, Killington. End-of-ski-season ritual. Sold out, waitlist is full. Organizers are not accepting any more registrants.

Carve a Green Man Mask, Day 1

9 a.m. Carving Studio, 636 Marble St., West Rutland. \$475 for both days. Bob Yarburg will coach carvers in carving the Green Man, modeled on Michelangelo's Florentine sculpture of this woodland spirit. Tools available or bring your own. Book now at carvingstudio.org/cart.

Intro to Beaded Jewelry

9 a.m.-Noon. The MINT, 112 Quality Lane, Rutland. Members \$40, nonmembers \$55. Make earrings and a necklace to take home. Tools and supplies provided, welcome to bring your own beads. Register at rutlandmint.org/event-5669489/Registration.

VINS Owl Festival

9 a.m.-5 p.m. Vermont Institute of Natural Science, Nature's Way, Quechee. Meet live owls and become immersed in all things owl with stories, crafts and games. 802-359-5000 or vinsweb.org/event/owl-festival-24

Lego Club

10-11 a.m. Saturdays. Gilbert Hart Library, 14 S. Main St., Wallingford. 802-446-2685

Jeanette Fournier: Exhibit of Watercolors

10 a.m.-4 p.m. Daily to April 30. Vermont Institute of Natural Science, Nature's Way, Quechee. Portraits of birds and wildlife meticulously illustrated as they appear in nature. info@vinsweb.org or 802-359-9000

The Vermont Winter Farmers' Market

10 a.m.-2 p.m. Saturdays. Howe Center, Suite 92, 1 Scale Ave. (off Strongs Avenue), Rutland. Free. One of the largest farmers' markets in the state and the first to operate year round. Watch for outdoor opening date. vtfarmersmarket.org

Woodward Wind Down

11 a.m.-3 p.m. Woodward Peace Park, Killington Resort, Killington. Waitlisted. Free for pass holders with purchase of a lift ticket. The Peace Park will be closed to the public at noon. eventbrite.com/e/woodward-wind-down-2024-tickets-865596260717

Rutland Railway Museum & Model Club

11 a.m.-3 p.m. Saturdays. 79 Depot Lane, Center Rutland. Free. Maintained by the Rutland Railway Association, Inc., the historic depot is now a museum that houses an operating HO scale model railroad setup and displays hundreds of rare or antique model trains, photographs, signs and memorabilia saved from an earlier time, including the former Rutland Railroad Caboose #45. rutlandrailway.org

Art at the Chaffee: Drop 'N' Paint

Noon-2 p.m. Saturdays. Chaffee Art Center, 16 So. Main St.,



Rutland. \$25 per person, instructor help optional for a fee. All ages. Supplies and images to paint are provided. Must pre-register by Friday noon at: chaffeeartcenter.square.site/ or 802-775-0356

'Dungeons and Dragons' for Tweens

Noon-4 p.m. Saturdays. Rutland Free Library, 10 Court St., Rutland. Free. Ages 10 to 13. All are welcome, no registration required. rutlandfree.org/calendar-events/ or call 802-773-1860

Reception and Artist's Talk

1-3 p.m. Through April 30. Norman Williams Public Library, 10 The Green, Woodstock. Free. An exhibition of new work by Jason Mills, who melds images from his other works to reveal "Similarities and Differences." normanwilliams.org, 802-457-2295

'The Play That Goes Wrong'

2 p.m. matinee & 7:30 p.m. Northern Stage, Barrette Center for the Arts, 74 Gates St., White River Junction. Sliding scale tix. A play within a play, this Olivier Award-winning comedy rolls out every theater troupe's nightmare. Directed by Peter Hackett. For performance dates and prices, go to northernstage.org/the-play-that-goes-wrong/. For tix, northernstage.my.salesforce-sites.com/ticket/#/events/a0S5d00000bekADEAY or call 802-296-7000.

Apres-Afternoons at Jackson Gore

2-5 p.m. The Bull Patio, Okemo Ski Resort, Ludlow. Free. live music, games, food, drinks and more!

Ari Shaffir: 'Wrong Side of History' Tour

7 p.m. Paramount Theatre, 30 Center St., Rutland. \$44.95 including fees. Irreverent social humor with a political tinge. 18 and over only. Tix: ci.ovationtix.com/36265/performance/11443839

Film: 'One Life' (PG)

7:30-9:30 p.m. Woodstock Town Hall Theatre, 31 The Green, Woodstock. Adults \$10, seniors 62 \$9, 12 & under \$8, members \$8. Sir Nicholas Winton helped rescue hundreds of predominantly Jewish children from Czechoslovakia before the Nazi Occupation closed the borders, and 50 years later he still carries the memories. Tix: call 802-457-9381 or email director@pentangle.org

SUNDAY 4/14

Interfaith Praise & Worship Concert

2-4 p.m. St. Peter Catholic Church, 134 Convent Ave., Rutland. Free. An "ecumenical" concert of music from various traditions with participants from Rutland churches and the synagogue. Refreshments. For more information, contact the Rutland Jewish Center, 802-773-3455.

Film: 'One Life' (PG)

3-5 p.m. Woodstock Town Hall Theatre, 31 The Green, Woodstock. Adults \$10, seniors 62 \$9, 12 & under \$8, members \$8. Sir Nicholas Winton helped rescue hundreds of predominantly Jewish children from Czechoslovakia before the Nazi Occupation closed the borders, and 50 years later he still carries the memories. Tix: call 802-457-9381 or email director@pentangle.org

'The Play That Goes Wrong'

5 p.m. Final Performance. Northern Stage, Barrette Center for the Arts, 74 Gates St., White River Junction. Sliding scale tix. A play within a play, this Olivier Award-winning comedy rolls out every theater troupe's nightmare. Directed by Peter Hackett. For performance dates and prices, go to northernstage.org/the-play-that-goes-wrong/. For tix, northernstage.my.salesforce-sites.com/ticket/#/events/a0S5d000000bekADEAY or call 802-296-7000.

MONDAY
4/15

RSVP Bone Builders

9-10 a.m. Wednesdays. Godnick Adult Center, 1 Deer St., Rutland. Free. Full, waitlisted. Contact Retired Senior Volunteers (RSVP) at 802-774-8680 for a callback.

Senior Bone Builders

10 a.m. Mondays. Sherburne Memorial Library, 2998 River Road, Killington. Free. Weights are provided. sherburnelibrary.org or 802-422-9765

Community Lunch

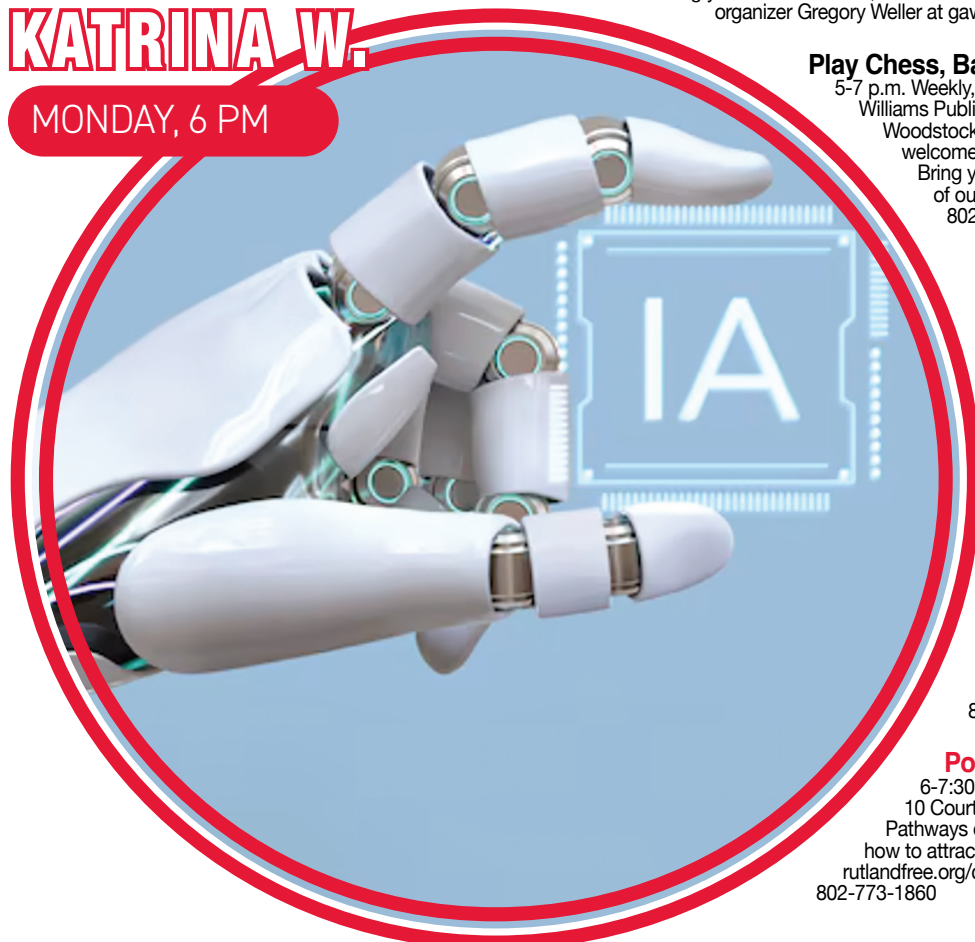
11:30 a.m.-12:30 p.m. Mondays. Godnick Adult Center, 1 Deer St., Rutland. Over 60, \$3.50; under 59, \$6. Donations welcome. In partnership with Southwestern Vermont Council on Aging and Meals on Wheels, the Godnick Center hosts congregational meals. Make new friends, connect with pals. Call 773-1853, and leave a message with your name and phone number, the Thursday before. See rutlandrec.com/godnick for the menu.

Monday Movie

1 p.m. The Sherburne Memorial Library, 2998 River Road, Killington. Free. Contact the library for the title. sherburnelibrary.org/movie-monday/ 802 422-9765

AI IMAGE-MAKING CLASS WITH KATRINA W.

MONDAY, 6 PM



Poetry Group

4-5:30 p.m. Mondays. Norman Williams Public Library 10 The Green, Woodstock. Free. Looking for feedback on your poems? You are invited to join the Poetry Group at NWPL for sharing and critique. normanwilliams.org, 802-457-2295

AI Image-Making Class with Katrina W.

6 p.m. ArtisTree Community Arts Center, 2095 Pomfret Road, Pomfret. \$50. Topics: Learn to craft effective prompts, capabilities of various software, and engage in important conversations about ethics and privacy. hisawyer.com/artistree/schedules/activity-set/634965 or 802-457-3500

TUESDAY
4/16

Bone Builders

9 a.m. Tuesdays. Gilbert Hart Library, 14 S. Main St., Wallingford. 802-446-2685

Line Dance for Beginners

9:30-10:30 a.m. Tuesdays. Godnick Adult Center, 1 Deer St., Rutland. Line dance basics taught by Sharon McKee. No partner or experience needed. Call 802-773-1853 for cost and to sign up. rutlandrec.com/godnick

Bridge Club

Noon-4:30 p.m. Weekly, Tuesdays. Godnick Adult Center, 1 Deer St., Rutland. Free. rutlandrec.com/godnick

Bridge Club

2-4 p.m. Weekly, Tuesdays. Hartland Public Library, 150 US-5, Hartland. Free. All levels are welcome. Want to learn? Contact Toni at 802-436-2943 or email tonidave@vertmontel.net.

Making Leaf Shapes in Copper

4 p.m. The MINT, 112 Quality Lane, Rutland. Members \$85, nonmembers \$100. Create organic leaf shapes by folding, texturing and finishing copper. Register at rutlandmint.org/event-5669489/ Registration.

Chess Club

4-6 p.m. Weekly, Tuesdays. Godnick Adult Center, 1 Deer St., Rutland. Free. Whether you have been playing for years or are new. If possible, bring your own chess set; some sets will be available. Contact club organizer Gregory Weller at gawchess802@gmail.com.

Play Chess, Backgammon!

5-7 p.m. Weekly, Tuesdays. Norman Williams Public Library, 10 The Green, Woodstock. Free. All skill levels are welcome, and coaching is available. Bring your own set or use one of ours. normanwilliams.org or 802-457-2295

Talk: 'Return of the Martens'

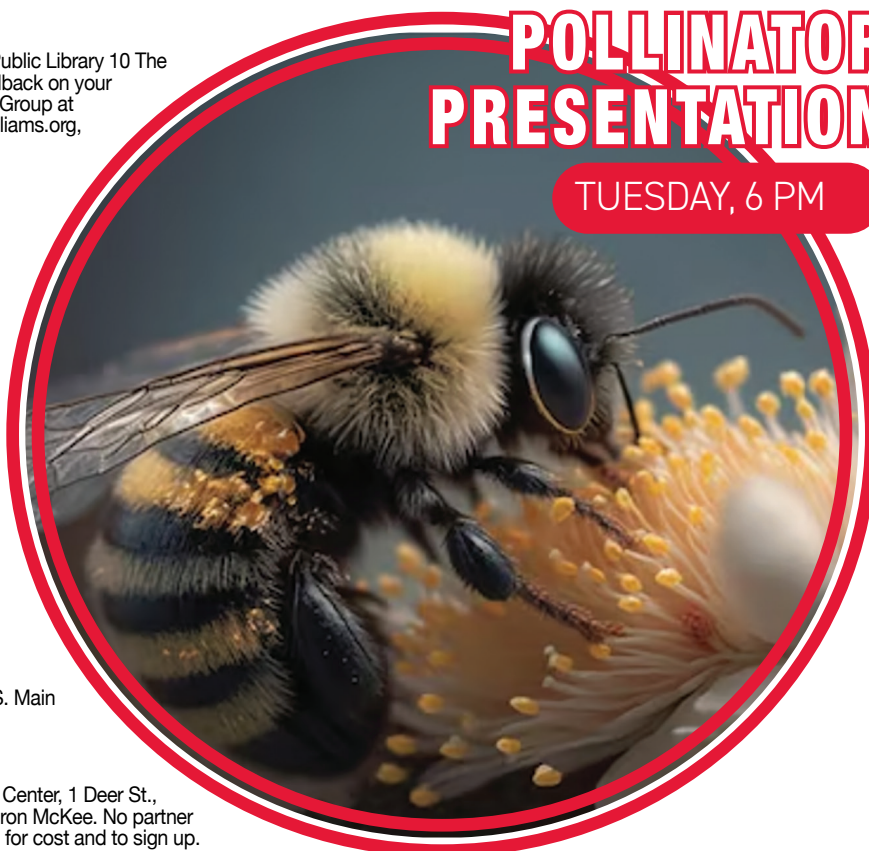
6 p.m. Cavendish Fletcher Community Library, 573 Main St., Proctorsville. Free. Wildlife biologist Brehan Furfey and furbearer project leader at Vermont Fish & Wildlife, will speak on the return of the marten, a denizen of the deep woods and member of the weasel family. Refreshments will be served. A program in the Cavendish Community and Conservation Association's Walk and Talk Series. For more information, contact Robin Timko at 802-259-2327.

Pollinator Presentation

6-7:30 p.m. Rutland Free Library, 10 Court St., Rutland. Free. Pollinator Pathways of Addison County explains how to attract pollinators to your yard. rutlandfree.org/calendar-events/ or call 802-773-1860

POLLINATOR PRESENTATION

TUESDAY, 6 PM



Cooking Party: Top-Notch Veggie Dishes

6:30 p.m. Odyssey Events, 276 Labor Road, Bridgewater Hill, Bridgewater Corners. \$91.81 includes surcharge. Potato pie-cake, vegetable strudel, anyone? Premier chef Ted Fondulas will show you how to make light lunch or supper fare using wholesome local ingredients. BYOB and eat what you make! Flexible scheduling also available by calling 802-342-1513. For the complete schedule of future classes, photos and tix, go to eventbrite.com/cc/odyssey-events-cooking-classes-163609

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or visit us at
5465 US-4, Killington

[MUSIC Scene]

By DJ Dave Hoffenberg
Have a music scene coming up? Email djdavehoff@gmail.com

WED 4/10

KILLINGTON
6 p.m. Rivershed – Sammy B

7 p.m. Moguls Sports Pub - Tee Boneicus Jones

LUDLOW
6 p.m. Off the Rails – Learn to Line Dance

POULTNEY
7 p.m. Poultney Pub - Open Mic with Danny Lang

QUECHEE
6 p.m. Public House Pub – Chris Pallutto

RUTLAND
8 p.m. Center Street Alley – Full PA/Backline Open Mic hosted by Josh LaFave

RUTLAND
8 p.m. Angler Pub – A Sound Space Open Mic hosted by George Nostrand

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

SOUTH POMFRET
7 p.m. Artistree – Open Mic Night

BRIDGEWATER
8 p.m. Woolen Mill Comedy Club – Comedy Night with Co-Headliners Michael Good & Farzin Moradi

KILLINGTON
10:30 a.m. K1 Base Lodge (Outside) – Pond Skimming Competition with music by DJ Dave

6 p.m. Moguls Sports Pub – Duane Carleton

6 p.m. Rivershed – Mike Brown

6:30 p.m. Still on the Mountain – Aedie

7 p.m. The Foundry – Jenny Porter

8 p.m. Pickle Barrel Nightclub – Remember Jones

9 p.m. Jax Food & Games – Aaron Audet

LUDLOW
2 p.m. Jackson Gore Courtyard – Apres Afternoon with Red Daisy Revival

QUECHEE
5:30 p.m. Public House Pub – Brooks Hubbard

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

WOODSTOCK
6:30 p.m. Ottauquechee Yacht Club – Nick Bredice

STOCKBRIDGE
7:30 p.m. Wild Fern – Rick Redington's Looping Mayhem

MON 4/15

KILLINGTON
2 p.m. K1 Base Lodge – Duane Carleton

5:30 p.m. Mary Lou's – BAK'n

6 p.m. Rivershed – Mandatory Mondays with Name That Tune Bingo by DJ Dave:

LUDLOW
8:30 p.m. The Killarney – Open Mic Night with Indigenous Entertainment

TUES 4/16

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

6 p.m. Rivershed – Nick Bredice

8 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
6:30 p.m. Town Hall – Acoustic Jam

POULTNEY
7 p.m. Poultney Pub – Bluegrass Jam

QUECHEE
5 p.m. The Public House – Jim Yeager

RUTLAND
6:30 p.m. Vermont Tap House – Trivia Night

THURS 4/11

BRANDON
5:30 p.m. Red Clover Ale Company – Open Mic hosted by Emily Nelson

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

6 p.m. Moguls Sports Pub – Duane Carleton

6 p.m. Rivershed – Chris Pallutto

7 p.m. The Foundry – Jenny Porter

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

8:30 p.m. The Killarney – Irish Sessions with Gypsy Reel

7 p.m. Off the Rails – Ruby Street

POULTNEY
6 p.m. Poultney Pub - Vinyl Night with Ken

QUECHEE
6:30 p.m. Public House Pub – Name That Tune Bingo with DJ Dave

FRI 4/12

BOMOSEEN
5:30 p.m. Lake Bomoseen Lodge and Taproom – Aaron Audet

CASTLETON
6 p.m. Blue Cat Bistro – Ruby Street

KILLINGTON
2 p.m. K1 Base Lodge – Nick Bredice

6 p.m. Rivershed – Mike Brown

6:30 p.m. Still on the Mountain – Rhys Chalmers

9 p.m. Jax Food & Games – Sammy B

9 p.m. Moguls Sports Pub – Last Chair Band

POULTNEY
6 p.m. Poultney Pub – Jenny Porter

QUECHEE
5:30 p.m. Public House Pub – Kind Bud

RUTLAND
5 p.m. American Legion – Ryan Fuller

SUN 4/14

BRIDGEWATER CORNERS
3 p.m. Long Trail Brewery – Nick Bredice

KILLINGTON
12 p.m. Rivershed – Brunch with Mike Brown

5 p.m. The Foundry – Jazz Night with the Summit Pond Quartet

5:30 p.m. Mary Lou's – Daniel Brown

6 p.m. Liquid Art – Tee Boneicus Jones

6 p.m. Rivershed – Trivia

9 p.m. Jax Food & Games – Jenny Porter

SAT 4/13

BOMOSEEN
5:30 p.m. Lake Bomoseen Lodge and Taproom – Scott Forrest

BRAINTREE
3 p.m. Town Hall - The Underground presents: Lucky Number 30 Punk-Rock Fest



Owl Festival

VERMONT INSTITUTE OF NATURAL SCIENCES
VINS

SATURDAY, APRIL 13
9 AM TO 5 PM

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VINS owl festival comes to Quechee

Saturday, April 13 at 9 a.m.—QUECHEE—Vermont Institute of Natural Science (VINS), 149 Natures Way, Quechee will host its owl festival featuring live owls that range from Vermont's forests to habitats all over the world and discover their life stories. Crafts inspired by owls, games to test your owl skills will be available to participants. This event will teach all about the amazing world of owls and how the the ones in your backyard can be helped.

For more information, call: 802.359.5000 or visit: vinsweb.org.

Station Schedule:

9 a.m. – 3 p.m. / New England Falconry

Meet falconer Jessica Snyder and the owls of New England Falconry. (Hawkfly)

9 a.m. – 4 p.m. / Southern Vermont Natural History Museum

Visit with the educators of the Southern Vermont Natural History Museum with up close encounters and artifacts to explore. (Popup Corner)

9 a.m. – 4:30 p.m. / Owl Games

Can you hear as well as an owl to catch your dinner? Can you find your way home in each habitat? Find out with our fun games that challenge you to test your owl-senses! (Arch)

9 a.m. – 4:30 p.m. / Owl Crafts

Craft, color, and create a work of art inspired by your favorite owls. (August Pavilion)

9 a.m. – 4:30 p.m. / Raptor Chats

Chat with an educator about our resident owls and the amazing adaptations of their wild counterparts. (Raptor Exhibits)

9 a.m. – 4:30 p.m. / Hoot-n-nanny – Whoooo's that calling?

Think you can recognize owl calls? Or even call like one? Learn about owl calls and how you can help wild owls! (Forest Canopy Walk)

9 a.m. – 4:30 p.m. / Owling

Wildlife Photographer Mark Wilson will be autographing, personalizing and offering for sale with his best-selling books "Owling" and "The Snowy Owl Scientist." He and his wife Marcia will have some live owls on hand for you to see up close while chatting at the book table. (Standing Wave)

10 a.m. – 4 p.m. / Artist Betsy Smith

Meet local artist Betsy Smith as she draws inspiration from VINS's resident owl ambassadors to create beautiful artwork. (Raptor Exhibits)

Program Schedule:

9:15 – 9:30 a.m. / Raptor Encounter

Meet a live hawk or falcon up close and learn about their natural history! (Hawkfly)

9:45 – 11 a.m. / Owls Up Close

Join the Wilsons from Eyes on Owls to learn about the diversity of owls that call North America home, delight in Mark Wilson's exceptional owl photography, and then get to see 6 owls up close! (Neale Pavilion)

10 – 10:30 a.m. / Hawk vs. Owl

What's the difference between these predators? Uncover the unique adaptations of each as we meet a live owl and a hawk. (Hawkfly)

10:30 – 10:50 a.m. / Activities for Owlets

Come and enjoy owl puppets, songs, feathers and movement. All welcome, suggested for ages up to 5 years. (Indoor Classroom)

10:30 – 11:30 a.m. / Owls of New England

Meet the naturalists from Squam Lakes Natural Science Center and learn about the owls that live in our backyards. (Hawkfly)

11:15 – 11:45 a.m. / Branching Owls Story Time

Come join us for an interactive story time with music and a live bird. All welcome, suggested for ages 5 to 8 years. (Indoor Classroom)

11:30 a.m. – 12:15 p.m. / Owls in Flight

Did you know owls fly silently? Come watch them in action and learn about the physics of flight. For the safety and comfort of the owls, the program hall will be closed to latecomers once the program has begun. (Neale Pavilion)

11:30 a.m. – 12:30 p.m. / Owls in Myth & Legend

Join Mike Clough from the Southern Vermont Natural History Museum as he discusses the cultural role of owls with stories and some live owls. (Hawkfly)

12:30 – 1:30 p.m. / Northern Saw-whet Owls with Sean Beckett

Join researcher Sean Beckett from the North Branch Nature Center to highlight recent Northern Saw-whet Owl migration research done here in Vermont and across the nation. See how they capture and study the owls, and learn about what's been recently discovered about this mysterious little predator. (Neale Pavilion)

12:30 – 1:30 p.m. / Owls of New England

Meet the naturalists from Squam Lakes Natural Science Center and learn about the owls that live in our backyards. (Hawkfly)

1 – 1:20 p.m. / Activities for Owlets

Come and enjoy owl puppets, songs, feathers and movement. All welcome, suggested for ages up to 5 years. (Indoor Classroom)

1:30 – 2 p.m. / Hawk vs. Owl

What's the difference between these predators? Uncover the unique adaptations of each as we meet a live owl and a hawk. (Hawkfly)

1:30 – 2:45 p.m. / Owls Up Close

Join the Wilsons from Eyes on Owls to learn about the diversity of owls that call North America home, delight in Mark Wilson's exceptional owl photography, and then get to see 6 owls up close! (Neale Pavilion)

1:45 – 2:15 p.m. / Branching Owls Story Time

Come join us for an interactive story time with music and a live bird. All welcome, suggested for ages 5 to 8 years. (Indoor Classroom)

2 – 3 p.m. / Owls in Myth & Legend

Join Mike Clough from the Southern Vermont Natural History Museum as he discusses the cultural role of owls using live owls and storytelling. (Hawkfly)

3:15 – 4 p.m. / Owls in Flight

Did you know owls fly silently? Come watch them in action and learn about the physics of flight. For the safety and comfort of the owls, the program hall will be closed to latecomers once the program has begun. (Neale Pavilion)

3:15 – 3:30 p.m. / Raptor Encounter

Meet a live hawk or falcon up close and learn about their natural history! (Hawkfly)

4 – 4:15 p.m. / Hawk on the Walk

Explore the Forest Canopy Walk and watch as one of our Harris's Hawks glides through the trees. Weather permitting. (Forest Canopy Walk)

Rockin' with Remember Jones

This Saturday is a show not to be missed, at the Pickle Barrel Nightclub. One of my favorite bands to see live, Remember Jones, will be making their return at 8 p.m. I've seen them twice now and I always want more. Saturday night will feature a 7-piece band for two sets of non-stop entertainment. You can expect to see a high energy, super soulful front man backed by an entertaining funky soul band. They'll do bombastic original music, mixed in with stylized funk, soul, and rock covers of many favorites to keep you entertained and dancing. Remember Jones is both a band and the lead singer's stage name. Recently called one of the Most Influential Artists for 2024 on the Jersey Shore (alongside Bruce Springsteen, Kevin Smith, and more), and harking back to the presence of some of music history's most notable entertainers, Asbury Park native Remember Jones is nationally known for his over-the-top theatrical events and funk rock/soul showmanship, with unique, feel-good live performances.



Rockin' the Region
By Dave Hoffenberg

Remember Jones had a busy year. They toured a bunch this past year. R.J. said, "We don't take many lulls in our set. We cross genres pretty much all the time. It's under the umbrella of entertainment and personality which brings a really unique show experience. We're going to have a party for sure." Jones the man, focused his energy this year on producing with recordings for himself and other people plus a lot of stage stuff and theater. He just finished a symphonic run of "Jesus Christ, Superstar". What impresses me most is his versatility. He has starred as Meatloaf, Freddy Mercury and Amy Winehouse, but in his own way. You can see all those personalities come out on stage. He said, "I love when the rock and theater thing is a hybrid. I feel my band is sort of that too. It's fun to do it on a big level." What's different about these shows are you can't call it a tribute act, "this is Remember Jones doing Meatloaf, etc." R.J. said, "I kind of do myself. It's more of a celebration of the music. It's really cool. I put it all together. I envision it, I music direct, I star. It's kind of me behind the scenes, risking it all. For the bands, I pull people from different walks of my life, from different music projects. I try and cast the right people. You need the right Brian May (lead guitar, "Queen")." The "Queen" show he said is, "a unique interpretation of the music of 'Queen.' We have a horn section, strings, a whole choir and we do it at different theater's here and there." They have a Maroon 5 show too.

That's what I mean, there's so much versatility to Remember Jones, he's musically unique. R.J. said, "I've been very fortunate in this area because when we do a show, it's special and we pack theaters. We also tour around the country in clubs, different outdoor venues and do my original music but also take pieces from all these shows and pull them together. Some of the covers I do are smaller versions of some of the big, crazier things we

do on the East Coast."

One of my favorite things about a Remember Jones show are the cover songs because they do them in a unique way. Some bands are afraid to do covers. He added, "A lot of people look down on it. I'm the type of artist that falls in the lineage of so many people; Tina, Frank Sinatra. The minute a song was released, they were doing their version of it. I hear something and I like to stylize it, reenvision it and put it in my own way

R.J. Said, "I have a song 'Radio said she loved Me' and I was totally inspired by 'Cult of Personality' when I wrote it.

and allow the audience to hear it as if it's the first time they're hearing it. I love that audience and band connection."

His original music was inspired by other music so he'll weave his originals in throughout a show. R.J. Said, "I have a song 'Radio said she loved Me' and I was totally inspired by 'Cult of Personality' when I wrote it. Now when we do the song live, we kind of hybrid the two. People go nuts for 'Cult of Personality' so it allows them to remember my original song even more. They're all tools to entertain people. I

He said, "I love when the rock and theater thing is a hybrid. I feel my band is sort of that too. It's fun to do it on a big level."

What's different about these shows are you can't call it a tribute act, this is Remember Jones doing Meatloaf, etc. R.J. said, "I kind of do myself. It's more of a celebration of the music.

love putting on a show. It's all about the show. It's colorful, it's loud, it's funky." No two shows are the same.

Remember Jones is trying to help other artists with the wisdom and knowledge he has and pass on help through the connections he's made. Remember Jones loves entertaining people and ended by saying, "I was born to do this. I love the community aspect of this. I love when people get together and enjoy live music. When they put their minds together

and create this spiritual thing. It's really cool. There's nothing like it, there's nothing like live entertainment you don't find anywhere else. You can't do it without other people so to have a community for me is really it"



By Curtis Brown
Remember Jones, a 7-piece band, will perform at Pickle Barrel Nightclub on Saturday night, April 15. They'll showcase original music and cover songs, in a unique live entertainment performance.

Scenes from the Bear Mountain Mogul Challenge

Killington hosted its annual mogul competition and springtime party on April 6 at Outer Limits on Bear Mountain. The top 32 men and 16 women competed in an amateur competition for the Mogul Challenge cup. Competitors aged 11 and under were eligible. The event was filled with excitement, anticipation, and joy from competitors and spectators. Makeshift tailgate parties were also set up, with groups of friends and families gathering to share in the celebration. Tables were adorned with snacks and drinks, and music filled the air, adding to the lively atmosphere.



Photos by Victoria Gaither



Photos by Jerry Leblond



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Solutions From page 15

Crossword

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Sudoku

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9	4	5	8	2	1	6	7	3
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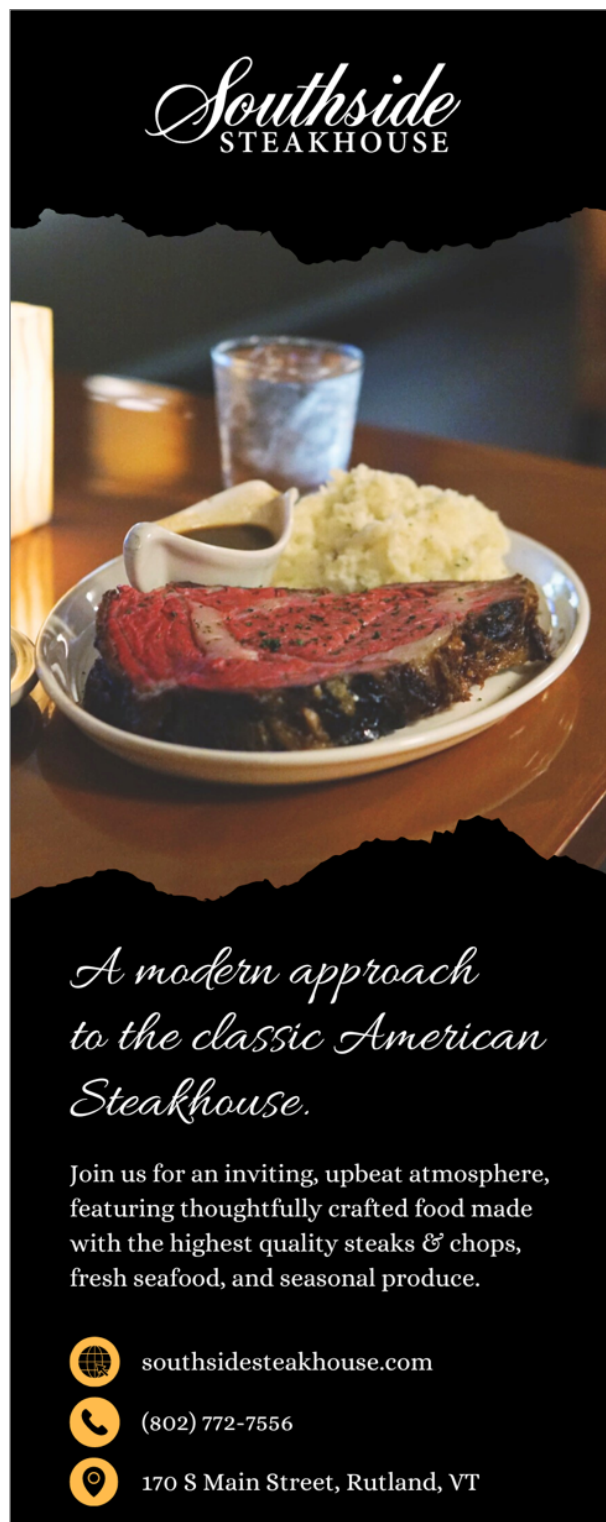
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Baking with Dorie: Sweet, salty, simply

By Karen Ranz

I hadn't realized that the baking phenomenon that is Dorie Greenspan — winner of five James Beard awards, over a dozen books published, an internet sensation with the spontaneous upstart of a "Tuesdays with Dorie" — co-authored "Baking with Julia," bonding being over both being home cooks. (Of course, Julia was trained in France, that much is well known.) This is the Dorie Greenspan that's credited on the cover of a Julia Child baking book as "Written by." I'd had no idea.

Dorie's also the recipient of two awards from the International Association of Culinary Professionals and, no less, one from the French government in recognition of the food writing she's done representing that country. Impressive. Stories abound of people baking their way through her books to maintain their sanity through Covid-19.

So there was a splash in October of 2021 when "Baking with Dorie" arrived. She's also the darling of podcast hosts. With her gamin haircut, petite frame and winning smile, everyone wants to know Dorie it seems. And the book, well, there's no wonder it was another New York Times bestseller and on other lists of gift books that year.

It's loaded with interesting, fun and challenging recipes, but written so novice bakers can be proud of their accomplishments. My copy has a multitude of sticky notes marking pages. My first project was with a friend, the French Riviera Lemon Tart, a simple but elegant pat-in-place shortbread crust in a fluted tart pan with a satiny lemon filling and a mirror finish gloss.

Her flavor profiles can be very forward, especially the lemon and chocolate recipes I tested with great success. I was even happy with my Apricot and Pistachio-Olive Oil Cake after a bone-headed mistake being over-generous with the butter. But I opted to use saffron and orange zest in the batter along with the apricot jam and chopped pistachios with wonderful results. Bone-headed baking the first time through a recipe still produces good dessert, right? Sometimes it does.

There's an impressive lemon layer cake of four preparations that I'd love to try someday — lemony layers soaked with a lemon-sugar syrup, filled with lemon cream and frosted with lemon buttercream. The Lisbon Chocolate Cake on the cover screams, "Try me!"

She's got a couple of good slice and bake freezer cookies — with variations — to have something quickly baked for drop-in guests, and her signature Gouda Gougeres recipe, also ready to bake, is also here.

From a trip down-under, there are Lamingtons, sweet little genoise petit fours soaked in chocolate syrup and rolled in coconut; Glenorchy Flapjacks are oat, coconut, ginger and raisin granola-type bars.

Look up a YouTube video featuring her Parfait-Layered

Vacherin, one I've kept for another day. It's a whipped froth of cream, egg yolks and meringue folded together with a base and filling of crushed meringue kisses and a caramel drizzle holding down butter-toasted sliced almonds across the top. It's very easy, elegant and frozen, so do-ahead — really great for dinner parties! There's also a slim candied almond tart calling for a full 2 cups of sliced almonds shel-

lacked in caramel topping a rich custard over another shortbread.

For the curious there's the second reference I've seen in short order for hermits, "more a cake than a cookie," as being a true New England recipe.

I appreciate that her ratios of fat to flour are often more generous. She's generous with the amount of buttercream in her recipes too. I like that she includes two basic cake recipes, the first a butter cake with multiple variations that I made with fresh plums.

When I bake, I write out in big block letters the ingredients list and bracket that into the basic method that I know works — sifting the dry ingredients, creaming the butter, sugar and egg mixture into an emulsion, and

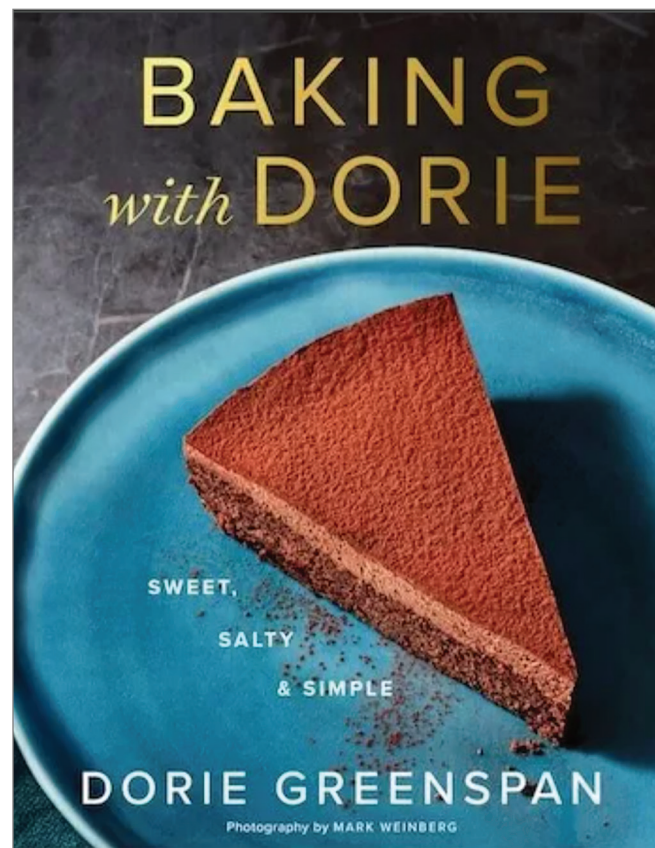
measuring the liquid for a butter cake. A genoise relies not so much on baking powder as on the air whipped separately into the yolks and whites which are then folded all together with the dry ingredients. Given there's no Strunk and White Elements of Style for recipes, this is what I've found works best for me. I don't reach for glasses and get aggravated, losing my place. Sometimes I find myself shoe-horning recipes into the baking method I know works. It's science.

The two rules of cake baking I know are these: 1) Never mess too much with a recipe that works; and 2) NEVER OVERMIX A CAKE.

So it was confounding to see her Everything Cake basic butter cake recipe call for stirring a stick of melted butter into the already mixed cake batter at the end. The cake was flat, dense, and the crumb was ragged. My tasters said the flavor of the citrus I zested came through well, but, "It's not cake." So if it were not a borrowed copy, I'd have taken a black marker to it.

Her Chocolate Party Cake, another butter cake, called for an extra half cup of boiling water to be mixed in, again after the cake was already mixed. Bone-headed yet once more, I skipped it, and the cake could've used the extra liquid as simply more milk. But the flavor was great and the butter cream more than generous for a layer cake that's not particularly tall. I can definitely see the popularity of this cake.

If you've got occasions coming this spring and summer, or reason to take a dive into a fully engrossing baking book to expand your repertoire some, this may be the book you've been missing. It's never too late to visit your local Vermont bookseller and pick up a copy. Ask them to order it if it's already been sold. Dorie's fan base is huge for good reason.



Ari Shaffir to perform the Paramount Theatre



Ari Shaffir

Saturday, April 13 at 7 p.m.—RUTLAND—Ari Shaffir will perform at Rutland's Paramount Theatre, 30 Center St., Rutland. Shaffir is an American standup comedian. In addition to his numerous appearances on the Joe Rogan podcast, he is best known for his last special, "Jew," which has garnered almost 6 million views and was written up in The NY Times in its list of best specials of the year. You might also know Ari from the storytelling show he created and hosted on Comedy Central called "This Is Not Happening." Ari also has a Netflix special called "Double Negative" and a Comedy Central special called "Paid Regular." Ari Shaffir has also appeared on WTF with Marc Maron, The Adam Carolla show, Your Mom's House, 2 Bears 1 Cave, Theo Von's podcast, Andrew Schulz's podcast, TigerBelly, and many many more. These appearances have made him a favorite in the comedy podcast world. His own podcast, Ari Shaffir's "Skeptic Tank" is a chart topper that comes out every week wherever you watch or listen to podcasts. Ari is the reigning president of the LOS podcast to which he has no affiliation. And he placed first in the non-steroid category of the legendary Sober October challenge, which he also destroyed shortly thereafter so he could found Protect Our Parks with Shane Gillis and Mark Normand which he fooled Joe Rogan into hosting.

Tickets: All seats \$35 + tax/fees. Age restriction: 18+. For more information, visit: paramountvt.org

In The Sound of Science, Jukebox explores the intersection of music, science and data

Friday, April 12 at 7 p.m.—RUTLAND—Roots the Restaurant, 55 Washington St., Rutland will host VSO Jukebox: The Sound of Science, which will features compositions inspired and informed by scientific principles.

We marvel at the structure behind Bach's counterpoint, see how one composer translates the concept of the red-shift (the evidence behind the ever-expanding universe) into music, and delve just a little bit into science fiction. In addition, we see how data can be directly interpreted into music and sound. Temperature data is translated into musical notes in Daniel Crawford's brilliant "Planetary Bands,"; the sound of a glacier melting is the bedrock of Sophie Kastner's new work; data received from a buoy in Lake Champlain provides the director of a new piece by Vermont Composer Peter Hamlin, and more!

Each concert will include a free workshop where participants can create music and sound out of their own data through a free online tool developed by Kinetek.

Music from:

- Mark Mellits
- Larry Groupé
- J.S. Bach
- Alexander Borodin
- Sophie Kastner
- Peter Hamlin
- Daniel Crawford
- Matt LaRocca
- Radiohead

Tickets available only through The Paramount Theatre Box Office, either in person at 36 Center St. or online.

Tickets: \$15, \$25, \$35 + tax/fees

All tickets are seated General Admission. Availability will be based on a first come, first serve basis. No ticket sales are available at Roots.

Bar service is available at Roots Studio Space during these performances. Food is not available at the Studio Space.



VSO Jukebox: Sound of Science

Submitted

VNAHSR provides training for those interested in becoming hospice volunteers.

Friday, April 12 at 8 a.m.—CASTLETON—VNA & Hospice of the Southwest Region (VNAHSR) will hold training for those interested in becoming Hospice volunteers. The training will be held at the Castleton Free Library, 638 Main St., Castleton, 8 a.m.-4 p.m.. Training is free and open to individuals 16 years of age and older. Volunteers need to pass a background check. No previous hospice and health care experience is required. Pre-registration is required.

At the VNAHSR, volunteers play a critical role in enhancing the end-of-life experiences of people facing serious illness and their families. Volunteers represent all life experiences and are drawn to Hospice for a variety of reasons, but the defining characteristics that unite them are compassion and the desire to help others. Their many skills are matched to important tasks within our mission.

Once training is complete, assignments and schedules are tailored to the volunteer's geographic and time commitment preferences.

Training Topics include:

- Understanding the Hospice philosophy of care
- Knowing boundaries when interacting with patients and families
- Communicating with patients and families
- Understanding basic health and safety precautions
- Understanding patient confidentiality
- The benefit of becoming a Hospice volunteer

While our volunteers make a tremendous impact on the lives of our patients, families

and staff, we hear time and again that they, too, benefit from their hospice experiences. Among the things they mention are:

- Increased appreciation for living life in the moment and defining what is really important
- Greater knowledge and more inner peace about the end-of-life experience
- Greater insight about diversity and the different perspectives among cultures
- Heightened sense of fulfillment and pride because of their contributions to patients and families and to the VNA & Hospice of the Southwest Region.

For more information or to register call Mary at 802.442.0540 or email at mary.pleasant@vnahsr.org



Courtesy vermontvisitingnurses

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The annual spring Pond Skim returns to Killington

Saturday, April 13 at 11 a.m.—KILLINGTON—The pond skim event will be held slope side of K-1 Lodge at Killington Resort. The event is sold out but should make for a terrific viewing event. The event starts at 11 a.m. and awards will be awarded at 2 p.m. The annual event showcases costumed competitors who will attempt to ski or ride cross the pond.



Courtesy Killington Resort

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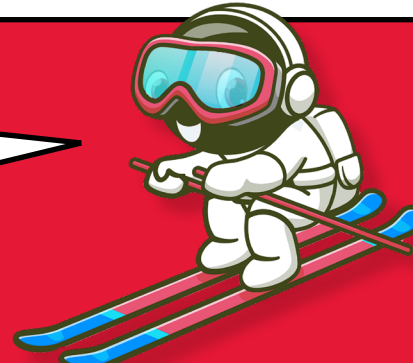
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Marty Stuart and his Fabulous Superlatives play Paramount Theatre in downtown Rutland

By Aaron Irons, Last Word Features

Friday, April 12, at 7:30 p.m.—RUTLAND—This Friday catch Country Music Hall of Famer, five-time Grammy-winner, and AMA Lifetime Achievement honoree Marty Stuart and his Fabulous Superlatives at the Paramount Theatre in downtown Rutland. They're one of the greatest — perhaps the greatest — hillbilly outfits to ever bend an E string. But far from being intractable purists, Stuart, guitarist "Cousin" Kenny Vaughan, drummer Harry Stinson, and bassist Chris Scruggs (multi-instrumentalists all) soar past any perceived genre limits to deliver what Gram Parsons would have defended as Cosmic American music.

For Stuart, 65, who began his professional career with Lester Flatt's band at the staggeringly early age of 12 years old, country music has been a cause as much as a vocation, a deeply American institution to be regarded as reverently as any cultural accomplishment.

Stuart and the Superlatives' latest effort "Altitude" pulls out all the psychedelic stops, chiming in where 2017's cinematic "Way Out West" faded, with a signature brand of twang and reverb country-fried in the crucible of revolutionary '60s rock.

"When we did 'Way Out West,' we basically parked ourselves in Southern California — spiritually, mentally, musically all of the above — and there's a piece of me that's lived there perpetually since 1973," said Stuart during a recent phone call. "It's 'Pet Sounds,' it's Capitol Studios, it's The Beatles, The Byrds, Nudies... It just goes on and on. It's the inspiring touchstones of Southern California. Maybe with 'Way Out West,' we got started, and maybe we got it a little further down the road with this record."

"Altitude" evokes The Byrds at their jangly-est, late-stage Beatles exoticism, and the Burrito Brothers at their apex. It's Marty Stuart and the Superlatives at their most experimental and possibly at the height of their powers.

Though tapped for the Country Music Hall of Fame in 2020, Stuart was prevented from being honored by the establishment due to the Covid-19 pandemic. He was officially inducted in 2021 by another Hall of Famer — his wife, the "Queen of Broken Hearts" and country music icon Connie Smith. But don't let the laurels fool you into thinking Stuart's ready to take it easy. He's inked a deal with roots music specialists Snakefarm Records and is primed with a series of projects on the horizon including an album of instrumentals and a collection of favorite covers dubbed "Songs I Sing In The Dark."

Q&A with Marty Stuart

Is "Altitude" an album of country music that might have been had The Byrds been received differently at the Grand Ole Opry?

MS: I don't know. I wasn't there that night, but I've heard. Me and the band went out and played with Roger McGuinn and Chris Hillman — we got to be on The Byrds on the 50th anniversary of the "Sweetheart of the Rodeo" record! Part of me felt like a 12-year-old kid getting to play with The Byrds (laughs)! And the other part of me knew the weight and the depth of it and understood what was happening. A lot of those sounds and a lot of those songs, there was no way to play 30 shows of that and not have it follow me back to the studio. I think if you feel that, it may have been what we experienced on stage with those guys.

Where did that influence come from specifically? Because you have been at this since before you were a teenager, long before some folks even begin to discover those sounds. Were you always on the hunt for new and different music or was that something that you developed over time?

MS: When I first went to Nashville, I lived at Roland White's house, Clarence White's brother. Clarence was the guitar player for The Byrds. There was this stack of Byrds records, and I asked Roland at one point, "Why do you have all these Byrd records? You a fan?" He said, "Well, my brother plays with The Byrds," and I went OH!

[Roland] turned me into Clarence's playing and the songs. I knew "Mr. Tambourine Man," of course, and "Eight Miles High" and "So You Want to Be a Rock 'n' Roll Star" — everybody knew that — "Turn, Turn, Turn," but I went inside The Byrds band hall in those records. It was, "Oh, I get it!"

I just kinda kept those sounds in my head, and then I bought my own copy of "Sweetheart of the Rodeo" in 1973 at a shopping mall in north Nashville, took it home, and I liked the record because even as a young musician, I understood. I knew it was cut in Nashville, I knew some of the players on it. I bought it for really cheap at the record store, so I sensed that it didn't do so well commercially, but what I did understand was it was the first time I'd ever heard country music and folk music and rock 'n' roll and gospel music and bluegrass music collide successfully.

Right after that, we played — "we" being Lester Flatt's band — a show at Michigan State University, and the opening act was Gram Parsons and Emmylou Harris. We played, and then the Eagles rode through on "Desperado." I saw with my own eyes and heard with my own ears, in person, and was part of a night that I'd heard in the grooves of that "Sweetheart" record. I said, "This is the way I will spend the rest of my life — this diverse." So that was something I guess that goes back to then.

You brought up "So You Want to Be a Rock 'n' Roll Star," and you have your update of that, "Country Star," an awesome blend of psychedelia and road insanity — but real elements of your life mixed with it. How do you separate the two? The country star from Marty Stuart when you're at home?

MS: Well, there ain't a lot of difference (laughs)! It's pretty much tragic at every turn. You remember that band BR549? Kenny Vaughan and I were talking years ago when Kenny ran into one of the guys from BR549 at nine o'clock at night at the supermarket — and he was still the guy from BR549 (laughs)! And if Kenny goes somewhere, he's pretty much Kenny Vaughan. I think we're all that way. It's just who we are. We go in the phone booth and put on some cowboy clothes before the show, but otherwise, it's all the same.

Speaking of BR549, that leads me to Chris Scruggs and the song "Space." Did you make Chris play the sitar on that song? Is that the tone I hear?

MS: Let me ask him... Hey, Chris, did you play sitar on "Space"? [Chris Scruggs in the background, "You played sitar on "Space?"] I did? Oh, that was me!

B.B. Palmer put out an EP not long ago called "Krishna Country Gold," and he spoke at length about the challenges of incorporating the sitar into country music.

MS: Well, there needs to be more sitar! The other night on the way home, I heard "Games People Play" by Joe South and it's sitar heavy with a lot of 'verb on it. When I was a kid, that was the first time I remember hearing sitar on a country music radio record. I know that there's been some sitar along the way but yeah, we could use a little more sitar in the world. Danelectro sitar, as Mr. Scruggs says!

Tickets start at \$39 + tax/fees. For more information, visit: paramountvt.org.



Courtesy martystuart.net
Marty Stuart and His
Fabulous Superlatives

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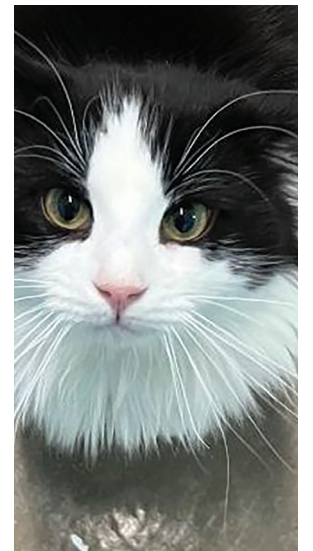
Payton — 2-month-old. Spayed female. Shepherd mix.



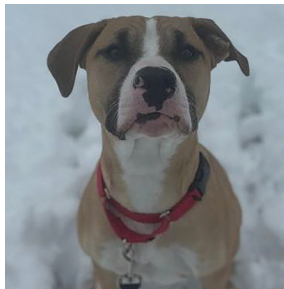
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Smegle — 1-year-old. Neutered male. Domestic shorthair.



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Bentley — 8-month-old. Neutered male. Pitbull.



PENNY

Penny — 2-month-old. Spayed female. Shepherd mix.

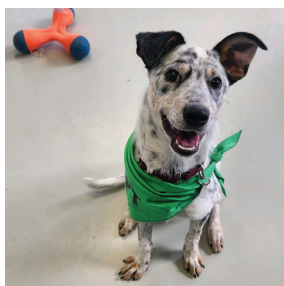


Laverne — 9-month-old. Spayed female. Beagle mix.

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Tiny — 2-year-old. Neutered male. Domestic shorthair.



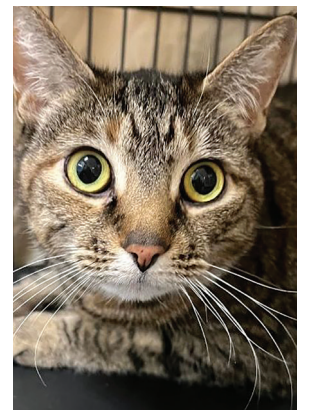
Mauro — 3-month-old. Neutered male. Heeler mix.



Pickles — 1-year-old. Spayed female. Domestic longhair.



Stardew — 10-year-old. Neutered male. Domestic shorthair.



Charlee — 2-year-old. Spayed female. Domestic shorthair.


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Cosmic Catalogue

Aries
March 21 - April 20

You might be fraught with sadness by the endings that have taken place in your life recently. Relationships of all kinds have been spotlighted, revealing the quality – or lack thereof, of some important connections. Stress, worry and confusion about where to go from here is inevitable. What is also inevitable is that you have to keep putting one foot in front of the other. Of this, you have no choice. New beginnings are available once you decide on what you must do next.




Leo
July 21 - August 20

Opportunities multiply when they are seized, be they your hunger for adventure and travel or your curiosity about religion or philosophy. Right now, it isn't enough for you just to believe or have some kind of blind faith, you're being called to know something that's already inside your soul. All you have to do is to take a bit of a risk on yourself. Things may feel increasingly confusing before they become clear. The best thing you can do is back yourself and never look back.



Sagittarius
November 21 - December 20

There is so much fun, joy and happiness just there for the taking right now. All you have to do is say yes and brace yourself for a few logistical snafus or communication mix ups. It won't be long before you're at the end of a lengthy and arduous cycle, breakthroughs are coming. Start welcoming the opportunity to shake a little salt on your life and before you know it, things will start to feel dramatically different in all the right ways.



Taurus
April 21 - May 20

Life isn't quite as simple as change your thoughts, change your life. However, it's a very good place to start. If you've been stuck in a loop, replaying old wounds – real or perceived in your mind, then it's time to write a new script. If you choose not to, the Cosmos will write one for you and you might not like that. Write your own and at least you have the illusion of control. In either case, change – big change, is coming.



Virgo
August 21 - September 20

It's your finances that have been churned up during this eclipse season. This week may bring a new chapter in what your longer-term financial future looks like. That being said though, while you may be motivated to make some changes and make them quickly, don't be foolish in thinking you don't need to do your homework. You may need to strike while the iron is hot, at the same time, only fools rush in. Thursday might be ideal to make a move or strike a deal.




Capricorn
December 21 - January 20

Your private and public life have been in a state of flux, thanks to the eclipses. This week puts a little more emphasis in your home zone. While there may still be some delays or crossed-wires on the home front, it's still worth your while keeping things in top gear. This isn't time to mull over for too long what you want out of family life or any real estate deals you're thinking about. Exceptional new beginnings at home await you.




Gemini
May 21 - June 20

While you have a fair amount of pressure bearing down on you right now, that's no excuse not to enjoy life for a while. With so much action in your friends zone, the company you keep – both old and new are likely to be a part of your future. Be open to spontaneous invites and events. Say yes and embrace the possibility of new social adventures. Personal and professional alliances are embedded in your next season of growth and progress.




Libra
September 21 - October 20

Insanity is doing the same thing over and expecting a different result. This current eclipse cycle is asking you to take a very different approach to relationships of all types. That said, it's you that needs to change, not so much the other person. The clearing and the shedding you've been doing isn't in vain. To turn back now to old and familiar habits would only do yourself and those you love a disservice. Hold your ground, it will be worth it in the end.



Aquarius
January 21 - February 20

Sometimes you just have to know when to cut your losses and write the next chapter of your life. With so much activity in your 3rd House of Communication right now, you might consider what this chapter will read like. It could be about movement in your local neighborhood or living situation or maybe its within your own mind that you need to think differently. Change your thoughts, change your life, as they say.




Cancer
June 21 - July 20

Even when you're not feeling terribly sure and certain, sometimes the idea of faking it until you make it can help. Now in saying that, you can't fake it forever. You do have to make a commitment to knowing more, learning more and asking the questions you may otherwise avoid. In other words, you're being called to go out on a bit of a limb in life right now. The reward will be worth the risk, provided you take it.



Scorpio
October 21 - November 20

If there is a particular area in your life where you continually feel subordinate, you get the opportunity to change that now. Maybe you're feeling like always the bridesmaid, never the bride or constantly passed over. If it's a romantic situation in particular, you have the chance to take things to a new level by stating your standard. You might lose everything if you do, but you'll only gain yourself in the end. Whatever you lose, wasn't yours to keep anyway.



Pisces
February 21 - March 20

A really nice monetary bonus could come your way this week. Or, it could be a really nice expense that you were not expecting. It could even be both! In any scenario, it's your financial life that is getting churned up by eclipses. If you're burning through the cash, you may need to set your limits. If you're feeling blocked by money and you're not receiving it like you need to, then start thinking differently about abundance.

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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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A few obstacles to surmount

The adage that one door closes while another door opens is one I'm sure you know well. In theory, it sounds viable, practical and even doable. In reality, it doesn't always feel so pleasant. How do you decide which door to close? How do you know you even want that door to close? If you do get a choice about which door to close, how do you know it's the right one?

Sometimes you get to choose, sometimes you don't. Sometimes life just has a way of disentangling connections and situations in order for new ones to be established. For many, the past couple of weeks have been tough both emotionally

and physically, especially if the bonds that connect you to something or someone have loosened.

This week begins with a dramatic total Solar Eclipse in Aries. On paper at least, this eclipse has the components to really thrust you forward into a new direction. While you might be eager to start something new and leave the old behind, there are a few obstacles to surmount first.

Before you venture into the unknown, don't just think about what you want now, also think about what you want most. Problem being, in order to get what you want most, you have to heal the wounds you've been avoiding.



Cosmic Catalogue
By Cassandra Tyndall



Poetry Is Power
By Bree Sarandrea

Unique like a snowflake

From the sky,
Thousands of snowflakes fall,
Layering up,
Making mountains of snow.
Fluttering down,
Like feathers.

So beautiful and unique.

Just like us,

We are beautiful and
unique,

And don't let anyone tell
you,

That you are not,
Because,
You are amazing,
You are beautiful,
And you are strong,
No one can put you down,
And you know that.
You are strong,
You are beautiful,
And you are unique,
Just like a snowflake.

Our friend Ann Wallen, 'Only in Vermont!'

Building our Killington Dream Lodge, part 8

My brother Billie met Ann Wallen when he attended Colton ski camp. Ann was helping out in the kitchen and knew we'd become friends, too. That was the week Dad bought our land under 6 feet of snow from Oren Bates. It was 1958 when Killington was just beginning. When we arrived to begin our adventure building Dad's Dream ski lodge in Vermont, Billie introduced us to Wallen who felt like family right away.

Ann became my art mentor and friend, Mom's confidant, and our family's Vermont resource. Since Ann was a trans-

plant from Brooklyn, New York, she'd come to understand Vermonters' ways which could seem perplexing to out-of-staters.

Ann was our translator, often declaring, "Only in Vermont!" Her favorite expression was so true in a state filled with idiosyncrasies that could be frustrating yet also endearing.

Although we were in Killington to build our dream house, Ann kept us abreast of fun going on. Without Ann, we'd have only worked. She enticed us with church suppers and sales in

Woodstock and Bridgewater, with strawberry festivals at Plymouth State Park and at Sue and

Meditation → 36



Mountain Meditation
By Marguerite Jill Dye

Skiing

I hear the wind wheezing by my ears as I race through the trees, the tips of my skis barely missing the trees. I can hear the snow blowers blasting snow and people carving on the slopes. The skies are clear, a perfect bluebird day! I dive in and out of the trees, under and over tree trunks.



Green Mountain Tales
By Izzy Gieder

The tale of a lake tsunami

The sharpest contrast between rivers and lakes is in water movement. While rivers flow inexorably downhill, lake water movement is more subtle. Anyone who has weathered a storm on a lake, however, can attest that less consistent water movement does not mean no water movement at all. In fact, at one point, about 5,000 years ago, it seems a tsunami formed on Lake Champlain.

Geologists use lake sediment cores to study lake conditions from past years. Cores are long columns of lake-floor mud sampled by driving a hollow pipe deep into the lake bed, sometimes from a boat, other times through thick winter ice. The layers of sediment collected in these cores help scientists determine past weather and environmental events.

When turbulent rivers carry sediment into lakes, the relatively still lake waters allow the sediment to settle out and sink to the lake floor. Precipitation and river flow patterns affect how sand and silt accumulate in lake beds over the years. Spring snowmelt swells rivers dramatically, washing impressive quantities of material from the landscape into a lake. This means that proportionally more sand and silt is deposited early in the year. Wind and wave action keep the very finest of materials suspended in lake water through fall. Lake ice puts a lid on things in midwinter, allowing very fine clay-size particles to settle out.

These seasonal differences in material settling onto lake floors appear as paler and darker stripes, called "varves," in lake sediment cores. The cores yield a limited perspective, because each one samples just one point on the lake floor. To get the bigger picture, geologist Patricia Manley, a professor at Middlebury College, and her long-time collaborator and husband, Tom Manley, broadcast "compressed high intensity radar pulses" (CHIRPs) into the lake water and the sediment below. Detectors record radar pulses bouncing from subsurface varves and use these to build three-dimensional, X-ray-like images of sediments laid down over centuries. These images can record sediment layers as far back as the end of the most recent ice age — and they suggest that tsunamis are part of Lake Champlain's history.

Varves are not just monotonous layers of crud. Similar to tree rings, there's quite a bit of variability from year to year. Melt from one year's deeper snow pack may leave a thicker sandy layer. A year with little lake ice may obscure the clay layer. Extended ice and reduced melt, as happened during 1816, the infamous "year without a summer," would leave a unique signature with less deposition because

of reduced river flows. All of these basin-wide patterns combine to produce a barcode-like pattern of consistently varying relative varve thickness across the lake floor.

To the trained eye, departures from this barcode stand out. Manley and her collaborators noticed a particularly spectacular departure just south of the Bouquet River on the New York side of Lake Champlain. A dramatic upheaval was evident approximately 5,000 years back: a large swath of sediment was missing from a shallow slope. Above and below this gap in the record, there was a normal accumulation of older sediments. Professor Manley found six such masses of displaced sediment, all in the same time frame.

To explain this mysterious dramatic movement of sediment, Manley looked deeper in Lake Champlain. There, she found that tons of sediment had gone downhill in catastrophic underwater mudslides that upended many decades of accumulated sediment, causing the historic barcode to read backwards from older sediment down through younger varves that had been rolled under. Above the topsy-turvy misplaced sediment pile, additional centuries of sediment had accumulated in the normal way, encapsulating the record of the mudslide.

So much mud had cascaded downhill that Manley calculated the resulting pressure waves would have produced a tsunami. According to Manley, the wave would have been large enough to wash ashore on the eastern side of Lake Champlain more

than 25 feet above the water line.

What might cause sediment that had sat quietly for a millennium to suddenly and destructively take flight? Manley suggests an earthquake was the likely culprit. While researching her findings, she found published records of above-water landslides in the Western Quebec Seismic Zone. The timing of these landslides matched up with that of the Lake Champlain mudslides.

While tsunami risk is not going to keep me off Lake Champlain, I find it fascinating that forces beyond our current perception have shaped our lakes in ways I never would have guessed.

Declan McCabe teaches biology at Saint Michael's College. His book, *Turning Stones: Discovering the Life of Water* will be published by Down East Books in June and is available for pre-order. 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.



The Outside Story
By Decan McCabe



Even the nights are better

Growing up, I was never the kid who caused a lot of trouble. I did my homework, played sports, and did my best to endear myself to girls. I suppose you could call me boring, but I looked at it as the easiest way to navigate childhood.

Not surprisingly, I had an older brother who got involved in his fair share of mischief, giving me a front row seat on what not to do. My brother had many fights and disagreements with our parents, resulting in consistent drama. I guess my way of coping was to try to blend in as best as possible.

My one ridiculously minor way of rebelling was watching "Saturday Night Live" over the weekend. My father hated the show and refused to have it on the television when he was around. Thankfully, "SNL" aired at 11:30 p.m., which was usually past my father's bedtime.

My father deemed "SNL" subversive, calling it a show that created more problems than it solved. He was especially disgusted by the skits that poked fun at the president, arguing that the position should be held in the highest regard and not be subjected to the brunt of jokes.

Ironically, it was my older brother that introduced me to "SNL." He and his friends talked about the sketches during its first season, which piqued my curiosity. When the second season began, I started sneaking downstairs to watch with him. After that, 11:30 p.m. on a Saturday night meant my brother wouldn't be around and I was left alone to watch.

Knowing how much my father hated the show, I had to be crafty about watching. Our family television sat in the room below my parent's bedroom, so I couldn't turn the volume up too loud. In fact, I rarely turned the lights on, knowing that any disturbance could result in an impromptu visit.

Soon, "SNL" became my favorite show. I reveled in the creativity and pop culture references, but the musical guests intrigued me the most. Live music on television was rare in those days, so I soaked up any opportunity to watch. "SNL" provided a chance to see burgeoning bands in an unedited session.

But what made things really special was when the "live" aspect of the show threw a curveball to an unsuspecting audience. Nothing felt better than when something happened on the show that no one was expecting.

I remember when comedian Andy Kaufman's appeared on the show in 1981 and got into a heated confrontation with the cast and crew, culminating in an on-air

wrestling match. The feud blurred the lines between reality and performance art. I was one of the many who thought it was a skit but found out later that the fight was real.

And who could forget the night Irish singer-songwriter Sinead O'Connor shocked audiences by tearing up a photo of Pope John Paul II while singing an a cappella version of Bob Marley's song "War." O'Connor's protest was intended to draw attention to issues of child abuse within the Catholic Church, but it sparked immediate controversy.

At the time, I thought it was an odd gesture, but I had no idea the storm it would cause later.

I was also watching on the night that cast member Charles Rocket dropped an F-bomb live on air. This one is burned into my memory because, in 1981, you NEVER heard a swear word on television. That incident led to a tape delay being integrated for all future shows.

And who could forget that night in 2005 when singer Ashley Simpson appeared on "SNL" for the most infamous musical performance in the show's history? A crew member started playing the wrong backing track (which included Simpson's main vocals), throwing all of the performers off. Simpson awkwardly danced offstage and into infamy, cementing her reputation as a cautionary tale for live performances.

I've continued to watch "SNL" for nearly 50 years, and while I find it a little harder to stay awake for the live broadcast these days, I never miss a skit or musical performance thanks to reruns on YouTube.

One of the brightest lights of the show over the last couple of years have been the comedic trio, Please Don't Destroy, comprised of writers Ben Marshall, John Higgins, and Martin Herlihy. The three began collaborating as students at New York University, which led to a collection of online videos that drew the attention of "SNL" executive producer Lorene Michaels.

The Please Don't Destroy skits became popular enough to warrant a movie, which resulted in this week's feature, "Please Don't Destroy: The Treasure of Foggy Mountain."

If you like this trio's skits, with their irreverent writing and sharp video edits, you'll appreciate this film, which is basically a 90-minute stylized take-off of their "SNL" material. It was better than I expected with several solid laughs, but nothing I'd write home about.

A skittish "C+" for "Please Don't Destroy: The Treasure of Foggy Mountain," now streaming on Amazon Prime.

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



The Movie Diary
By Dom Cioffi



Boring winter gives way to exciting spring



Living the Dream
By Merisa Sherman

I found myself stopping every few minutes. Not to catch my breath or recalibrate my route, but simply to stop moving for a moment and let myself really take it all in. Too much all at once, when there hasn't been enough at all. From one of the most boring winters that I can remember to one of the most exciting springs on record.

Five feet of snow since the Vernal Equinox and all of it majestically stunning, hence the stopping every few minutes. A total solar eclipse happening in Vermont at the same time that the skiing is simply all-time for April. An earthquake for our New Jersey friends that we felt all the way up here. Who knows what's going to happen next week?

I noticed something different this time around. I wasn't captivated by the completely filled in Julio or Low Rider, which are skiing fantastically well. I couldn't stop looking at the trees surrounding me. In fact, I found myself having to bail several times, my skiing seemed jerky and awkward and for a bit I couldn't figure it out. I refilled on water, had some snack and did a 5 minute reset meditation to try and refocus my mind to the task. My worst fear is that menopause will disrupt with my response times. I can hear my mind telling my body what to do, but it didn't seem to be happening.

And then it hit me. Figuratively, not literally. This week could have been our final glimpse into a *mochi*yuki* world. That is the Japanese word for snow that sits deliciously on trees, not falling onto the ground but just resting there. In English, we use the term marshmallow world, where everything surrounding you feels safe and the fluffiness of the snow will hold you up no matter how ridiculously you fall. The kind of snow where you fall on purpose just to feel the snow cradle you in its depth. Like falling into water, but a gazillion times softer.

It wasn't that my body wasn't responding, it was that my brain was too busy looking at the damn trees and wasn't sending out signals to ski. I wasn't looking at the spaces between the trees, I was looking at the beauty of the trees themselves. The death knell of a tree skier. You have to pay attention, constantly searching for unique ways to ebb and flow. You must be in the zone, hearing and seeing nothing but the path you read before you.

I wasn't doing that. And so I chose to comply with what my brain wanted to. I went skinning, taking a much slower uphill path through the woods, that allows my brain to stop and look at whatever trees it wants to. Not saying that I didn't ski through the woods on the descent, but that my brain was willing to focus on the path after soaking in all the uphill views. It wanted to live in a Robert Frost poem, walking about in the snowy woods.

The Japanese government coined the term *Shinrin Yoku*, making contact with or taking in the atmosphere of the forest, in the 1980s. Wandering in the forest was found to promote lower concentrations of cortisol, lower pulse rate, lower blood pressure, greater parasymp-

Living the Dream → 35

April seems to be a little mixed up

Hal Borland, American author, journalist, and naturalist once said, "No Winter lasts forever, no Spring skips its turn. April is a promise that May is bound to keep, and we know it"

English writer Samuel Johnson said that April can be a moment of joy for those who have survived the winter. This April seems to be a little mixed up with two deep snow storms already this month. We will prevail!

Good things happen in April including April Fool's Day where we can play tricks on our friends.

Coming up we have Earth Day, April 22 that should encourage us to reflect on what we are doing to make our planet a more sustainable and livable place, and Arbor Day, April 29, reminds us how precious ancient trees are. Sir David Attenborough believes there is little else on Earth that plays host to such a rich community of life within a single

living organism.

I came upon a recipe that sounded so much like spring and summer that I'm going to share it early. Nobody said we

can't eat pie during a snow storm! You will need a piecrust. If you use a regular piecrust you will need to bake it first. If you use a graham cracker pie crust you can start with the filling. For the filling you need 2 cups whipping cream, ¼ cup of powdered sugar and three cups of fresh fruit (strawberries, blueberries, kiwi fruit etc).

Whip the cream, add the sugar and then add the fruit and spoon the mixture into the prepared crust. Refrigerate about an hour. I don't want to whip the cream so I'm going to try it with Cool Whip. Good luck!

Library events

The Sherburne Memorial Library in Killington likes to keep us busy. A big thank
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Senior Scene
Gerrie Russell



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By Merisa Sherman

← **Livin' the Dream:**
from page 33

pathetic nerve activity, and lower sympathetic nerve activity than city environments. A conscious immersion into nature must be a part of our daily regimens, allowing whatever is good to enter our souls and reground us.

And so I walked. I went for four tours on Friday, making emails and phone calls in between. On Sunday, I met one of bestest ski sisters for a three hour tour where we literally stopped in our tracks several times, overcome by the beauty of a tree or the blue sky shining through the snowy canopy. We walked for hours, and as our bodies relaxed into the forest atmosphere, our conversations traveled deeper and deeper until all our worries seemed not to float away, but now something we had the energy to resolve. We topped out invigorated, with a new zest for life that filled our souls with joy and hope.

Trees have always been seen as the gateway to the spirit world and to magic. Wood and bark have been thought to provide balance and strength for generations, while the roots keep us grounded. In *feng shui*, the wood element brings a creative energy of motivation, personal growth, and renewal. In the Western World, the tree of life and the tree of knowledge talk center stage in the garden of Eden.

Trees connect us with a world beyond our own, while simultaneously centering us. The 4.5 million acres of forest are just one of the many reasons that I love Vermont life so very, very much — over 78% of our state is forest. So just a plea from me to you — as you are ripping through the trees, don't forget to stop for a moment and let the forest surround you.

Merisa Sherman is a long time Killington resident, local Realtor®, KMS coach, town lister and member of the Development Review Board. She can be reached at femaleskibum@gmail.com.

Cold frames can extend gardening season, start in April

By Andrea Knepper, UVM Extension Master Gardener

Get a jump start on the growing season by adding a cold frame to your garden. A cold frame allows you to start some plants two to four weeks before the recommended planting time.

Any cool-season vegetable is a suitable candidate for growing in a cold frame. Popular choices include lettuce, spinach, kale, radishes and scallions.

With the new plant hardiness zones (plant-hardiness.ars.usda.gov), gardeners in many locations in Vermont will be able to plant in a cold frame beginning in early April. Check

the upcoming weather forecast before planting. When outside temperatures are in the 40s, you can expect the average temperature within the cold frame to be comfortably above 50 degrees F.

Prepare the soil in your cold frame with the same care and attention as you would for other garden beds. Lettuce, in particular, prefers well-drained, nutrient-rich soil, so make sure to amend your soil accordingly.

Plant your vegetables according to the spacing and depth recommendations on your seed packets. Leafy greens like lettuce, spinach and kale can be densely seeded and harvested before reaching full maturity. Refer to the seed packet for additional care and growing instructions. Remember to water your plants in the cold frame whenever the soil feels dry.

Monitoring temperature and airflow within the cold frame is essential. Temperatures can quickly rise too high for cool-season vegetables, so close attention is necessary. Prop open the lid of the cold frame to regulate temperature and promote airflow. A small opening of just a couple of inches can be enough. Be sure to close the lid in the evening to protect your vegetables from overnight cold temperatures.

Early spring isn't the only time a cold frame is useful. Cold frames also can be used for hardening off warm-season vegetables such as tomatoes, eggplants and peppers that

you have started indoors. Transplants purchased from a local greenhouse or garden center are typically hardened off before sale although these can be placed in a cold frame for a week or longer before planting in the garden.

While you might need to bring your plants indoors overnight during particularly cold spells, often simply closing the lid on the cold frame is sufficient. Keep an eye on the weather forecast

when using your cold frame for hardening off plants.

Fall presents another opportunity to benefit from a cold frame. You can plant cool-season vegetables in the cold frame toward the end of the season.

This can extend your growing season by two weeks or more beyond the first frost. Follow the same process to enjoy a late harvest of leafy vegetables, scallions and radishes well into the fall.



By Erda Estemera/Unsplash

Lettuce grows best in well-drained, nutrient-rich soil, so soil should be amended accordingly before starting this cool-season vegetable in a cold frame.



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← **Senior Scene:**.....
from page 33

you to Jane Ramos and the entire staff. First there is always a movie on Monday's starting at 1 p.m. The chairs are comfortable, there is popcorn and it's just a pleasant way to watch a movie. Plus, it's free!

On Wednesday, April 10, the library will be offering a workshop on the benefits of Reiki, led by Kelly McDermott-Burns. She is a seasoned practitioner with two decades of experience, and will offer a comprehensive exploration of this ancient healing technique. Participants can expect to delve into the integration of Reiki within the health care system, understanding how it complements traditional medical practices and promotes healthy wellbeing. Additionally, Kelly's expertise will shed light on the positive effects of Reiki on animals. This gentle energy healing modality can benefit our furry friends in profound ways.

The Thoughts on Aging discussion group will meet at the library on Wednesday, April 17. Aging in place is a goal that many are now considering. The cost can be over \$4,000 per month in an independent living community. Staying in your own home near friends and family and other things familiar can be a solution. Like everything else this takes planning and we will share some thoughts and ideas on that. The absolutely great thing about this discussion group is that everybody has an opinion and the discussions go in all directions. All are welcome. Just come with an open mind and the belief that all opinions are valid. Come and share your ideas.

The monthly book club always meets the last Wednesday of the month. Join the group on Wednesday, April 24 at 1 p.m. to discuss "Fellowship Point" by Alice Elliot Dark. Lifelong neighbors and friends Agnes Lee and Polly Garner own shares in Fellowship Point, a beautiful summer colony and bird sanctuary on the coast of Maine. As they turn 80, it's time to make decisions about their legacy, a question that threatens their long, close and peaceful friendship. This should be an interesting discussion as many in the senior group might be facing the same kind of decision.

If you are a budding historian, please join the Killington Historians on Friday, April 19 at 1 p.m., at the library. Howard Coffin will speak on Vermont Women and the Civil War. "Vermont women enlisted for the duration" so said a Vermont historian assessing the war years 1861-1865. Vermont's remarkable Civil War battlefield record is well documented, but little is known of how Vermont women sustained the home front. Historian Howard Coffin, explains, with nearly 35,000 of the state's able bodied men at war, women took on farming, worked in factories, served as nurses in the state's military hospitals, and more. At least one Vermont woman appears to have secretly enlisted and fought in a Vermont regiment. Drawing from letters and diaries, Mr. Coffin tells their story in their own words, describing life during the Civil War in the Green Mountain State.

Every Tuesday from 1-3, the senior group meets at the library to help with just about anything that needs to be done. The summer always introduces a new theme and there is much to be done to get ready for this. No special skills are needed, just a desire to help!

The Roger Clark Memorial Library is just a short drive away

Pursue a long neglected goal with passion. This will create positive energy!

in Pittsfield. On April 20, Jerry Schneider will introduce us to butterflies. The presentation is for both children and adults. Using pictures and stories, Mr. Schneider will help us learn about their habitats and the flowers that will attract them to your garden. Please let the library know you will be attending: 802-746-4067.

Women's club

Killington is a small town and many of our organizations serve two purposes, a social one and a philanthropic one. This is certainly true of The Greater Killington Women's Club. They organize many social activities throughout the year and one in particular serves two purposes. The annual wine dinner, to be held on Thursday, April 11 at the Foundry, benefits the young people in our community by providing scholarships and awards. Please support this worthy cause by attending or by simply writing a check.

Cultivating happiness

As we age all kinds of things can ruin our day. However, a call from a grandchild or a chance to do something with a friend can change things in a minute. Whatever the situation you find yourself in it's up to you to choose the direction you will go in. It's always good to cultivate optimism. This is not always easy but it certainly adds to our happiness so it's worth working on.

First, count your blessings. Even on days when there are not as many as you would like, make a list and surprise yourself that there are good things going on in your life. Look again as most situations have a bright side. Don't stew, as good rarely comes from dwelling on problems or comparing yourself unfavorably with others. Tell someone they look terrific. You just might make their day which will also make your day better too.

Nurture relationships as strong bonds benefit everyone. Get lost in a book, a movie, a walk or project. Getting so involved that you lose track of time gives your brain a chance to recharge.

Remember when you felt happy. Those memories can infuse your day with joy and possibility. Pursue a long neglected goal with passion. This will create positive energy!

Cope calmly and manage stress in healthy ways, like walking or talking to friends. Forgive, which means letting go of anger and resentment that just waste energy.

Embrace the spiritual, whatever that means for you.

Finally, honor your body. This requires exercise, maybe meditation and most of all a good laugh as often as you can.

I read the other day that "Time is the coin of our life. It is the only coin we have, and only we can determine how it will be spent." Carl Sandburg is the author of that little gem. It's nice to have the goal of embracing each day but do we really do that. I don't know. Maybe if I repeat this enough I will accomplish more, I will have neat closets, I will learn something new each week, I'll cook, I will think good thoughts and on and on.

Right now I'm going to concentrate on embracing this new snow.

Have a good month everyone and remember: reach out to each other and always be grateful. Love who you can. Help where you can and give what you can.

Best regards, Gerrie

← **Meditation:**.....
from page 32

Morris Prior's summer kids' camp where a big bonfire burned into the night. Ann drove Mom and me to a wool factory outlet where I bought woven tweed and sewed a poncho and skirt while learning to operate Mom's Singer sewing machine. Ann introduced us to the Vermont State Fair to see farm animals, eat sausage and peppers, sugar-coated fried dough and tree-tappers' maple leaf candy. I gawked at gigantic 4-H vegetables and was intrigued by members' creative farm projects.

It didn't take much to convince Mom and me to go to whatever Wallen came up with. Dad was a much harder sell. On occasion, he agreed to go. Once Ann introduced us to Vermont auctions, Dad found his soft spot and was hooked. He loved finding bargains and bidding on treasures like useful old tools, Griswold iron skillets, vintage fishing gear, and antique crocks. He was fond of all shapes and sizes, plain grey or two toned with blue or brown letters or numbers. The ones with birds or flowers were coveted. Several still grace our ski lodge.

Mom was a connoisseur of glasses and dishes—etched crystal champagne flutes, mismatched and full dish sets with floral designs like the dainty rose tea cups and dessert plates that seemed out of place in a rustic ski lodge. But we girls felt (and still feel) special sipping tea from such delicate vessels. Mom assembled a slew of silver cutlery for future grand gatherings she envisioned. She savored bidding on embroidered linens, elegant doilies, knickknacks and whatnots. They were so plentiful that lots came in boxes. Some proved useful in both our houses like batter bowls and hand carved salad servers. Others were purely for arts' sake like the humongous Coca Cola clock (that may have told time when Mom's bid first won it).

My favorite item at auctions and church sales was antique beaded purses. When Wallen gave me two truly unique ones—a long, silver and ruby red bag with a silver ring in the middle, and a delicate, petite powder blue purse—they inspired me to start collecting at auctions and other sales, myself. I sought dolls in colorful ethnic costumes and boxes of jewels like treasure chests. I found vintage Spanish damascene earrings with delicate gold inlay on a black background and fragile Victorian shell trinkets and necklaces at Fernando's antique-junque shop. It sat on the hill above the junction of Killington Road and Route 100 (five decades before the condos were built). After it closed, we found Fernando's sign at the old dump and kept in our wood shed.

Fun breaks from "slave labor camp in the frozen North" as Mom (somewhat) lovingly called it, helped us get to know the local scene. We made new friends on those outings with Ann, and gained a sense of belonging in Vermont where my heart still feels most at home.

Marguerite Jill Dye is an artist and writer who divides her time between Vermont and Florida. She can be reached at email: jillydystudio@aol.com.



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RCHS SEEKS LAND FOR NEW SHELTER. The Rutland County Humane Society's (RCHS) current building's systems are failing and it no longer has space to provide the animals with a healthy environment where they can thrive. RCHS is looking for property in Rutland County, specifically a piece of land of approximately 5-10 acres centrally located in the county. Access to a major road is preferable and property with electricity and access to public water and sewer is ideal, although not a requirement. Please reach out to Beth Saradarian, executive director at: shelterbeth@rchsvt.org or 802-483-6700 ext. 211 with any ideas or suggestions.

PUBLISHER'S NOTICE:

All real estate advertised herein is subject to the Federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status or national origin, or intention to make any such preference, limitation or discrimination." This newspaper will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.



Submitted

Ludlow Rotary Club offers scholarship to local graduating seniors

The Ludlow Rotary Club has provided scholarships to area college and vocational students for more than 25 years. The cost of secondary education continues to climb at a rapid pace and tough employment conditions require our young people to be more prepared than ever to compete in the marketplace.

The past several years, the club has awarded \$9,000 in scholarships to Ludlow, Mt. Holly, Plymouth and Cavendish youth. It is currently seeking graduating students within that service area.

The application process will begin in May and recipients will be awarded in June at their school senior/graduation night.

SOLID WASTE TRANSFER STATION

Location: 2981 River Road, Killington
(Behind Town Garage)

Killington Hazardous Waste Day

April 13th

11:30 a.m. - 1:30 p.m.

Gasoline
Adhesives
Resins
Paint

Pesticides
Oil
Aerosol
Fluorescent

Thermostats
Propane Tank



Killington Hazardous Waste Day is put on in conjunction with the Rutland County Solid Waste District for Killington residents. Proof of residency required.

For Question Regarding Hazardous Waste Day

Call RCSWD: 802-775-7209

For Killington Transfer Station Hours, visit website:

killingtontown.com/transferstation



Want to submit a classified?

Email classifieds@mountaintimes.info or call 802-422-2399 by Monday at 4 p.m.

Rates are 50 cents per word, per week; free ads are free.



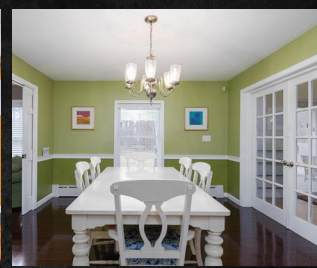
TOWN OF
KILLINGTON
VERMONT

The Town of Killington's Selectboard is seeking requests from residents who are interested in serving on:

THE PLANNING COMMISSION FOR A 3-YEAR TERM & THE DRB AS AN ALTERNATIVE FOR A 3 YEAR TERM

A letter of interest can be sent directly to Michael Ramsey, Killington Town Manager at townmanager@killingtontown.com by April 30th, 2024.

**JUST LISTED
RUTLAND TOWN**



356 North Grove Street Rutland Town, Vermont **\$539,000**

Spacious, **three-bedroom** contemporary property. The home features a large, modern kitchen with upgraded appliances, cabinetry and countertops. The primary bedroom includes an en suite bath and a walk in closet with custom cabinets. Additional rooms in the attic and basement provide plenty of space for storage, home office or a playroom. Outside, you'll find a brick patio in the front, and a large covered deck in the back, perfect for summertime entertaining, as well as a two-car garage and garden shed. Just across the street from the Rutland Country club and only a few miles from Pico Mountain and Killington.

The Rutland Town address gives students (9-12) access to school choice.



View Listing



Listed by **Bret Williamson**,
Broker, Owner
office 802.422.3610
cell 802.236.1092
killingtonvalleyrealestate.com



KILLINGTON PICO REALTY



Mountain Green Condos For Sale—Experience mountain living at its best. Mountain Green condo complex amenities include an outdoor pool with BBQ area, newly renovated indoor pool, hot tub, steam room, sauna, fitness center, locker room, restaurant and bar.



PRICE REDUCTION:

3-E-11, 1BR/1BA
Offered at **\$189,000**
www.MountainGreen3E11.com

3-F-11, 2BR/2BA
Offered at **\$299,000**
www.MountainGreen3F11.com



KPR Cares. Killington Pico Realty is proud to donate 1% of every dollar earned to charitable organizations.

2814 Killington Rd.
802-422-3600
www.KillingtonPicoRealty.com



Kyle Kershner
Broker/Owner



Jessica Posch
REALTOR®



Daniel Pol
Associate Broker



Jane Johnson,
ALHS, ASP(r)
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Edward Herson
Lic. Assoc.
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513.790.1294



Willem Spanos
802.345.0693



Lindsey Clason
800.661.9302

Marni@PeakPropertyRealEstate.com
1995 Route 4, Killington VT
59 Central Street, Woodstock VT



JUST SOLD! The Killington Del802 Spirits VT State Liquor Outlet and Cigo Gas Station sale closed on April 1, 2024. This sale is currently the highest priced property sale (Commercial or Residential) ever recorded in the town of Killington besides the sale of Killington Mountain Resort in 2007. The sale was brokered by Marni Fieger, Broker of KW Vermont Luxury Killington (Peak Property Group) and her Sales Associate Wil Spanos. Marni & Wil are known for specializing in Commercial Real Estate in Rutland & Windsor County.



STRONG INVESTMENT OPPORTUNITY!
Close to Killington or Sugarbush. 7 Unit Building inclusive of a successful commercial linen shop business/operation: The Linen Shop. LinerShopVT.com **\$745,000**



PRIME KILLINGTON LOCATION!
3 bedrooms/4.5 baths mountain contemporary with detached garage and cool game room above. The seller is motivated. Make an offer! Handyman special. **\$775K**



THE BRIDGEWATER INN! Minutes to the Killington Skyship Base Lodge and Woodstock Village. Walk to Long Trail Brewery. This historic, locally themed lodging experience has a 3 bedroom / 3 full bath home & 4 inn suites. The property sleeps up to 18. A very strong short term rental income producing investment property! Act now! bridgewaterinnvt.com \$950K.

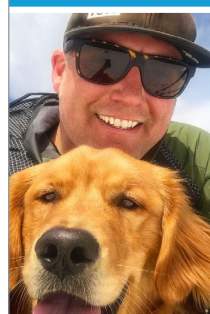
Mountainside at Killington



- Private, single-family home sites
- Spectacular views of the mountains of Killington and the valleys beyond
- Property management, complete year-round service with house checks
- Ski home, enjoy hiking and mountain bike trails



Mountainside Properties
 2023 Killington Road, Killington, VT 05751
 mountainsideproperties@aol.com
 mountainsidepropertiesvt.com/glades/
 802-236-1360



TUCKER ADIRONDACK LANGE
 Real Estate Salesperson, REALTOR

📍 59 Central Street, Woodstock, Vt 05091
 ☎ 303-818-8068
 ✉ tadkl@kw.com



Servicing Killington Vermont and surrounding areas
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Ski Country REAL ESTATE

Celebrating 34 years!

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 335 Killington Rd.
 Killington, VT 05751

EDGEMONT - SKI HOME - SHUTTLE OUT

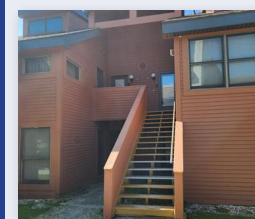
3 BR/1.5 BA, 2-Level condo, 1168 sq. ft.



- *Electric heat, 2 decks
- *Seller offering some financing
- *Furnished & equipped
- \$499,000

TRAIL CREEK - SKI HOME & SHUTTLE OUT

Upper level 2BR+LOFT, 2BA, 1,342 Sq.Ft.



- *Great rental history
- *Woodburning fireplace
- *Includes 1BR ensuite that can rent separately
- *Activity center: Pool, hot tub, sauna, game room & exercise room.
- \$740,000

MOUNTAIN GREEN — UPPER SNOWSHED AREA

Amenities: Shuttle or walk to a base lodge or golf course.
 On-site: Restaurant, ski/bike shop, indoor pool, steam room, sauna & hot tub. Elevators.

Building #2:

- *1BR/1BA, 648 sq.ft., corner unit
- *Strong rental income. \$199K



Building #3 (Main Bldg):

- *1BR/1BA, 900 sq.ft., end unit
- *Great Rental Income. \$185K



*1BR/BA
 Beautifully updated
 \$192,500

Land Ready To Build

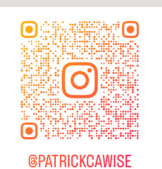
In Picturesque Hawk Mountain Pittsfield, this .9 Acre flat lot Southern Exposure
 \$90,000



Local Artist Pat Wise

Watercolor Print

To see more work, visit me on Instagram @patrickcawise



@PATRICKCAWISE

CONDOS

Under Agreement

EDGEMONT D5
 \$275,000

- 1-bedroom/1-bathroom
- Close to ski home/bike trail
- Updated appliances
- Vinyl wood plank flooring
- Cozy wood-burning fireplace
- GREAT (\$50K) rental income history!!!

Under Agreement

HIGHRIDGE E15
 \$419,000

- 1-bedroom/2-bathroom plus loft
- Mountain views!
- Updated kitchen & bathrooms
- In-unit washer/dryer
- In-unit sauna
- Being sold furnished

Under Agreement

TRAIL CREEK 37
 \$389,000

- 1-bedroom/1-bathroom
- Ski home!
- Updated kitchen & flooring
- Next to sports center
- Strong rental potential
- Access to ski shuttle

Prestige Real Estate of KILLINGTON Exclusively Killington!

802-422-3923
 info@prestigeKillington.com
 www.prestigeKillington.com
 2922 Killington Road, Killington, VT

Base Camp at Bear Mountain

A collection of uniquely designed 4-bedroom townhomes within a private, gated community setting.



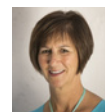
- New construction
- 3000+ square feet
- 4-bedroom/4-bathroom
- Direct ski in/ski out access
- Bear Mtn. ski trail views
- 2-car heated garage
- Landscaped grounds



Please call for details regarding the reservation process.

ABOUT US

We're different. We sell real estate exclusively in Killington, the town we love and call home. We specialize in listing and selling Killington condominiums, townhomes, single-family homes, multi-family homes and land. Work with us and you'll experience unrivaled customer service and top-notch local knowledge!



Heidi Bomengen
 802.342.0355



Kaitlyn Hummel
 802.353.6665



Liz Sailer
 802.353.5555



SPECTACULAR SUMMER JOBS.



The Beast is now hiring for summer. Whether you work in the Adventure Center, Bike Park, Golf Course, Base Lodges or Hotel, we're in the business of fun and pride ourselves in having a great time while earning a **competitive salary and great perks**. Join the team at Killington Resort and secure a summer job you'll love.

Scan code or visit killington.com/jobs to learn more.

