



**MASTER PLANNING**  
Killington Rec Dept. will soon have a new complete master plan for its facilities. New pool and pool house along with repurposing the current town hall are all top priorities.

Page 2



**RAVE CAR SHOW AND FLEA MARKET**  
The 44th annual RAVE Car Show and Flea Market is July 13-14.

Page 18



**BASIN BLUEGRASS FEST IS JULY 11-14**

Head to Brandon for the best field pickin' shows this summer.

Page 23



**WATERTHRUSHES EXPAND IN VERMONT**

Waterthrushes are mid-sized birds that feed on aquatic invertebrates, small fish, snails, and salamanders and have actually seen their populations expand in recent years. To see them, head to woodland streams.

Page 30

## On flood anniversary, Vt again faces heavy, potentially dangerous rains

By Juan Vega de Soto/VTDigger

On July 10 last year, heavy rains that had begun the night before unleashed catastrophic floods across Vermont.

This Wednesday, exactly a year later, torrential downpours may once again threaten the state with flooding, according to a forecast issued Monday, July 8, by the National Weather Service.

The culprit? The collision of Tropical System Beryl with the hot, humid air already hanging over the state, according to Seth Kutikoff, a meteorologist from the Burlington branch of the National Weather Service.

"This fuels heavy rain and thunderstorms," said Kutikoff.

And although the current expectation

is a widespread 1 to 2 inches of rain — with some areas getting 2 to 4 inches — there "are increasing indications" the state could see up to 4-6 inches between Wednesday and Friday mornings, according to the weather service, "with isolated 6-8 inches" in some towns.

If that materializes, the rainfall "would be comparable" to the 3-9 inches that fell during a 48-hour-period last July, causing widespread flooding throughout the state, according to the weather service forecast.

A big concern, according to Kutikoff, is that much of northern Vermont has seen twice the amount of rainfall it typically gets around this time of year. Similar conditions were present

Flooding → 5

## Killington Inn revitalized under new ownership

By Adam Davis

Drivers on the Killington Road have certainly noticed the newly renovated Apres Inn. The new business bears little resemblance to its predecessor, the Happy Bear Motel. New owners Casey and Brett McManus have taken painstaking efforts to revitalize the motel with a complete makeover of the interior and exterior while keeping it as an affordable option for Killington visitors.

Renovations include a complete overhaul of each room with new beds, furniture, wood installations, rustic wood floors, and remodeled bathrooms. The exterior of the inn has seen new coats of paint and new wood paneling to update its look while maintaining its classic charm. While renovations are now nearly finished — they expect them to be totally completed by the end of July — further improvements are also planned for the future.

"We'll fill in the gaps as time goes, as the creative juices keep flowing and ideas pop in our heads," Casey said.

The McManuses took ownership of the inn on Feb. 2 and renovations began in March — right in the middle of the snowiest months of the winter.

Apres Inn → 6



Courtesy Bret Mcmanus

The former Happy Bear Motel has been renovated and reopened as the Apres Inn in Killington.

## Preston Bristow wins recognition for Long Trail advocacy

By Curt Peterson

The Green Mountain Club (GMC) bestowed their President's Award to Woodstock resident Preston Bristow at their June 15 annual meeting.

The non-profit organization, founded in 1910, has focused on finishing the Long Trail's hiking route for the entire length of Vermont, "From Bolton to the Canadian Border," Bristow said.

"Only about 3% of the trail leading to the Canadian border has not been successfully acquired and converted to National Park status yet," Bristow told the Mountain Times. The



Submitted

Preston Bristow

owners of properties through which the Long Trail passes, such as it does in Killington.

Those relationships usually lead to transactions where GMC acquires an easement for Long Trail's path, then resells that easement to the

National Park Service, ensuring permanent conservation.

"They absorb any administrative costs," Bristow said.

Bristow → 13

"Only about 3% of the trail ... has not been successfully acquired," said Bristow.

hiking route is called the Long Trail National Park.

GMC's strategy has been to build relationships with

## Killington braces for tax bills

Town is tops in Vt for homestead rate, non-homestead rate; third for school rate

By Polly Mikula

Last Wednesday, July 3, the state Dept. of Taxes published the list of tax rates for all Vermont towns. Killington topped the 260 municipalities listed for education homestead tax rate (\$3.1981) and non-homestead rate (\$2.6571) — not a big surprise given the fact that the town has long been No. 1 for its gap between published Grand List values and actual market value, which is corrected for using a Common Level of Appraisal (CLA).

Killington's CLA is now listed at 52.35% — meaning that the values listed on the town's Grand List are roughly half the actual market value; i.e., taxed value.

A town's CLA is applied to its school district rate to get the education tax rate. Killington is in the Mountain Views School District, which has the third highest rate at \$1.6742 — a result of its \$16,552 per pupil spending. (The district rate is calculated by pupil spending divided by \$9,893 the statewide imposed property yield.)

As a result, Killington's current state education homestead tax rate of \$3.1981 is 29.4% higher than the \$2.4713 it was assessed last year.

In addition to education tax, a property tax bill includes municipal tax.

Property tax bills → 8

# Killington Select Board approves recreation master plan

By Curt Peterson

On Monday night, July 8, the Killington Select Board approved the recreation department's recommendation of awarding Vermont Integrated Architecture (VIA) of Middlebury a contract to create a master plan for the full recreation facility.

The recreation master plan is a comprehensive study of the facilities at the Johnson Recreation Center in town that will show necessary improvements to the town's recreation facilities that they offer.

The project includes designing a new pool and pool house, updating the recreation facilities, and repurposing the current town hall. Recreation facilities also include the pavilion, playground, soccer field, two baseball fields and one softball field, tennis and pickleball courts, outdoor basketball court, ice rink, and pedestrian trails.

There were two bidders involved, and VIA was the lower bidder at \$125,000. Those funds will come from the Planning Reserve Fund, explained Town Planner Lisa Davis.

Andrea Murray, co-owner of VIA, listed her firm's

qualifications, general services and past projects. "Four relevant projects" were in Bethel, Killington Mountain School, Richmond and Woodstock.

Murray laid out the overall process for completing the project master plan, including discussions with the recreation committee, assessment of the site and systems of the existing structures, compilation of possible designs, development of projects within the master plan and details of probable budgets, presentation of the final proposal and work schedule at public meetings.

"We hope to be ready to begin in September, and complete our planning by March 2025," Murray said.

Select Board chair Jim Haff said he hoped construction could start in 2026.

Financing for the project is available from the Recreation Capital Fund (\$109,000), the Special Projects Fund (\$119,000), and the Recreation Pool Fund (\$450,000) — all approximations as confirmed by Town Manager Michael Ramsey.



By Polly Mikula



Submitted

Rutland-based Tacitly, Inc. receives early-stage investment of \$75,000.

## Rutland-based Tacitly received \$75,000 investment from the Green Mountain Accelerator Fund

The Green Mountain Accelerator Fund (GMAF), an investment fund dedicated to supporting rural Vermont tech startups, has invested \$75,000 in Rutland-based Tacitly, Inc. This is the first investment made by the recently launched GMAF, which is managed by the Center on Rural Innovation, and aims to spark scalable entrepreneurship and tech job creation in rural Vermont by investing in early-stage tech startups. The announcement was made June 20.

Tacitly, a company with a team of five, specializes in creating augmented reality (AR) and virtual reality (VR) technology for training purposes. Their innovative solution provides immersive training experiences, ideal for situations where hands-on equipment is either costly or easily damaged. Their debut product is an AR training environment designed for nurses to practice using code carts. Recently, they secured their first sale with Dartmouth-Hitchcock Medical Center.

"We are excited to support Tacitly with the inaugural investment from GMAF. The team at Tacitly has developed a technology with wide-ranging applications and substantial growth potential. Their effort is representative of the vibrant tech startup scene emerging in rural Vermont," stated Jay Bockhaus, managing partner of the CORI Innovation Fund.

"The team is absolutely honored to be the first investment by the Green Mountain Accelerator Fund." Tacitly → 12

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# Mary Cohen: A leader driven by compassion, collaboration and community

Vermont’s charm is undeniable, but the lack of affordable housing here is a challenge that affects people across the income spectrum, and the situation is a crisis for those who have experienced homelessness.

Housing Trust of Rutland County (HTRC), operating in 28 communities, is a vital 501(c)(3) non-profit dedicated to remedying this crisis. HTRC develops, manages, and maintains supportive affordable housing, breathing new life into neglected properties and historic buildings, transforming them into quality housing and creating attractive living spaces in established neighborhoods.

“About 36% of our portfolio is housing for those who have experienced homelessness,” said Mary Cohen, HTRC’s executive director, in a recent interview for this article. “In Rutland County alone, the current need is for 2,700 affordable units,” Cohen added. “Often someone has been in a hotel for 18 months, sometimes 36 months, so it’s very hard.”

In the run-up to HTRC’s pending merger with NeighborWorks of Western Vermont, Cohen discussed her personal and professional mission, and how her work with funders and other housing organizations is strengthening HTRC’s capacity to address the lack of accessible housing options. She was also candid about the complexities of merging boards, organizational cultures, and staff. Following is a summary of the discussion.

**From real estate to social impact**

Though Cohen has boundless energy, she is soft-spoken, down-to-earth, and exceedingly modest about her many accomplishments, which include serving on the boards of major Rutland nonprofits.

A Connecticut native, Cohen earned her bachelor’s degree at UVM, briefly worked in Manhattan, moved to Boston, and eventually to Vermont. She began her career in real estate, which allowed her to balance raising young children with a fulfilling profession. At 35, Cohen earned her MBA at UVM.

After the market crash of 2008, Cohen shifted to full-time nonprofit work, joining NeighborWorks of Western Vermont as operations director and director of its homeownership center. Ultimately, she led the orga-

nization’s community revitalization effort in Rutland’s Northwest neighborhood.

“I was drawn to NeighborWorks’ mission of sustainable homeownership, particularly its focus on helping families achieve stability,” Cohen said.

**Leading with collaboration: The “Real Rutland” campaign**

When Cohen was ready for a change, she was recruited to lead the Rutland Chamber of Commerce, now known as the Chamber and Economic Development of the Rutland Region (CEDRR). At the time, she admitted to the organization’s board that she was unfamiliar with the Chamber’s work.

“The board was so supportive, because they were looking for a fresh outlook,” Cohen said.

This willingness to learn and collaborate proved valuable assets as she spearheaded the “Real Rutland” campaign, working closely with other organizations to revitalize the downtown area.

**A return to housing advocacy: Merging with NeighborWorks**

Since becoming HTRC’s executive director in 2020, she has fostered stronger relationships with crucial Vermont funders and partner organizations, like the Homeless Prevention Center. This collaboration ensures better support for HTRC tenants transitioning from shelters and allows the HTRC team to focus on core property

management responsibilities. Recognizing the potential for increased efficiency and impact, Cohen and HTRC’s board along with the board of NeighborWorks of Western Vermont explored the benefits of a merger.

“This is about increasing capacity to serve more people,” Cohen explained. “It’s a trend that’s happening in the state, where single county or individual housing organizations just don’t have the heft needed,” she added.

While acknowledging the complexities of merging the finances and operations of NeighborWorks of Western Vermont with those of HTRC, Cohen is committed to fostering a collaborative work environment. She believes in empowering her team and prioritizes in-person communication.

“I have information in my head and I sometimes assume everybody knows what I know, which is not always the case,” said Cohen. “I am not a micro-manager so I have to be really vigilant about communication.”

**Looking forward: Building a stronger future**

HTRC is activating a comprehensive five-year strategic plan whose priorities include developing 100 new housing units; providing safe and quality affordable housing so that residents can thrive; ensuring the organization’s financial stability; nurturing a strong staff culture; and strengthening the organization’s board.

Further exemplifying Cohen’s dedication to respecting the dignity of those who have experienced homelessness, Cohen championed an idea proposed to her by Kelly Sweck, owner of Five Elements Salon & Day Spa.

Cohen → 12



**For the Greater Good**  
By Liz DiMarco Weinmann

Abundant positivity is the key to her success.



Housing Trust board director Donaleen Farwell (left) and Mary Cohen (right) smiled at the board meeting June 6 after signing the merger with NeighborWorks.

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Table of contents	
Local news .....	2
State news .....	7
Opinion .....	10
Puzzles .....	13
Calendar.....	14
Arts, Dining, Entertainment.....	18
Pets .....	28
Horoscopes.....	29
Columns.....	30
Real estate .....	34
Classifieds.....	39

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# A Ludlow couple's flood story became national news, a year later, it has a happy ending

By Kevin O'Connor/VTDigger

When 30-somethings Bex Prasse and Craig Kovalsky decided to swap adventurous careers on the sea for a more grounded life, childhood memories of snowboarding lured them to the landlocked state of Vermont.



By Kevin O'Connor/VTDigger  
*Bex Prasse and Craig Kovalsky are set to open Ludlow's Blue Duck Deli a year after flooding severely damaged the Main Street property.*

"We looked all over trying to find a place," Kovalsky recently recalled, "and then we saw this building that was in terrible shape — and perfect."

Buying a Main Street fixer-upper in this ski town for a home and business, they appreciated its proximity to Okemo Mountain and, closer still, the Black River that evoked their nautical past.

"That's what drew us," Prasse said. "Having that flowing water was the ultimate dream."

Until it was a nightmare.

A year after setting roots in 2022, the couple was about to open the Blue Duck Deli when record rainfall last July 10 momentarily turned Ludlow into the statewide storm's epicenter. As of that noontime, meteorologists said the town had received the most precipitation in Vermont, trapping residents on a seeming island after floodwaters closed the main Route 103 artery in and out.

Prasse and Kovalsky were surveying their ravaged property when a New York Times reporter stopped by. Asked what happened, the duo recounted how they had sailed the globe over the past decade — he as a superyacht chef and she as a captain and scuba instructor — only to get wet after moving some 100 miles away from the ocean.

Within days, the two saw a Times article portray them as the face of both Vermont flooding and "newcomers to the rural state, part of a pandemic-driven influx of younger transplants that has thrilled planners after decades of concern about an aging, stagnant population."

"We have poured our hearts and life's savings (plus some) into this establishment," the couple went on to write on an online fundraising page. "We need some help."

A year later, Prasse and Kovalsky are set to replace a weathered "coming soon" sign by the end of July with another placard that once seemed unsalvageable: Open for business.

## 'It took us a while to figure out'

Prasse rewinds to July 10, 2023, when she woke at 3 in the morning to hear pelting rain. Seeing the river rising, she and her partner soon discovered it pouring into the basement.

"We're taking on water," Kovalsky thought as if back on a boat.

Switching into "emergency mode," the couple shut off the power and propane.

"We knew what to do instinctively," Kovalsky said. "Something about training for disaster at sea prepared us for this."

Fleeing across the street, the two watched as stormwater circled the building. When the river finally receded that night, alarm strobe lights revealed the first-floor storefront was miraculously dry.

"I remember being on my hands and knees being so thankful," Prasse said.

Then the couple discovered the basement full of water and an attached barn pushed off its foundation, threatening to pull down the main building.

"What do we do?" whispered the question that tossed and turned in their sleep-deprived heads.

The next day, a friend arrived with a front-end loader to plow the sand-filled parking lot. That cleared a path so the couple could reinforce the barn until it could be dismantled.

"For such a big barn," Kovalsky said, "it came down and was cleaned up pretty fast."

That's when everything fell into slow motion. Take the old foundation that needed digging out. Unable to hire a professional excavator, the couple shoveled by hand for nearly a month.

The two can go on for hours with similar stories about every subsequent slog of a repair, from wall studs to Sheetrock, as well as every snag with bureaucratic red tape.

"The rebuild took so long because we ended up doing it all," Kovalsky said. "It was a massive undertaking."

"As inexperienced contractors, it took us a while to figure out the right way to do everything," Prasse added. "But we already had all our eggs in this basket. We couldn't walk away."

## 'A lot of déjà vu these days'

Prasse and Kovalsky aren't alone in their intention to reopen. Although neither state nor federal officials can say how many Vermont small business owners have tried to bail out their operations, they can confirm entrepreneurs are facing challenges statewide.

The U.S. Small Business Administration received 1,178 applications for low-interest disaster loans. But the government has approved only about half of those, in part because business owners hurt by the Covid-19 pandemic and inflation can't guarantee they'll be able to meet the strict repayment schedule.

"The formula for loans is a very high bar," Douglas Farnham, the state's chief recovery officer, told VTDigger. "That's really difficult, especially for a young business."

Prasse and Kovalsky, having spent all their money establishing their deli before the flood, have focused their efforts on seeking and receiving aid from their insurer, family and friends, a disaster relief grant from DoorDash and their online fundraising page.

"We wouldn't be here without the generosity of others," Prasse said.

"There is a lot of déjà vu these days," Kovalsky added as a second try at opening approach-

Reopening → 4



Courtesy Bex Prasse and Craig Kovalsky

*Floodwaters on July 10, 2023 surround the Blue Duck Deli on Ludlow's Main Street.*



By Kevin O'Connor/VTDigger

*The restored Blue Duck Deli is set to open on Ludlow's Main Street by the end of July.*

# Amtrak improves Ethan Allen Express with faster, more reliable trips

Amtrak, in conjunction with the Vermont Agency of Transportation (VTRANS), New York State Department of Transportation (NYSDOT), and the Vermont Railway (VRS), has made operational improvements in its Ethan Allen Express service. This includes reducing trip times, providing more reliable service, and introducing new schedules.

“Vermont and New York represent two of the most popular states for train travel demand throughout the country, and we appreciate the support of all of our partners, as residents and visitors from these two states will benefit from our collaboration,” said Amtrak Vice President, State Supported Services Ray Lang. “The new, faster trip times, combined with the earlier southbound departure out of Vermont’s largest city, makes train travel even more appealing to our customers and allows us to build upon our recent, successful expansion to Burlington.”

“Amtrak’s improvements to the Ethan Allen Express will bring quicker, more reliable service to Vermonters looking to ride Amer-

ica’s rails to reach their destinations. This improvement to the Ethan Allen Express comes on the heels of Amtrak’s announcement that it broke ground on a new train station in Brattleboro earlier this year in an effort to expand rail service in Vermont,” said Senator Peter Welch (D-VT).

Ethan Allen Express southbound Train 290 will now depart Burlington 20 minutes earlier at 9:50 a.m., arriving in Rutland at 11:35 a.m. (35 minutes earlier) and leaving at 11:45 a.m. It will reach New York City at 5:17 p.m., which is 30 minutes earlier. The trip to New York City is 5 hours 32 minutes from Rutland.

In Fiscal Year (FY) 2023, 86,638 Amtrak customers traveled on the Ethan Allen Express a significant increase from 50,515 customers in FY19, highlighting a strong demand for train travel between New York and Vermont. This growth stems from the July 2022 expansion of service from Rutland to Middlebury, Vergennes, and Burlington. These new schedules align with Amtrak’s ambitious goal of doubling annual ridership to 66 million by FY 2040.

## Reopening: from page 4

es this July. “It’s very exciting, but at the same time ...”

“You never know what the weather is going to throw at you,” Prasse said.

The storm clouds left a few silver linings. The loss of the barn, for example, has led to a gain in space for a dishwashing pit.

The couple also has discovered the kindness of strangers who have become friends.

“Even if they could have cut their losses and moved on,” the Times reported, “the care the town had shown them since the flood had cemented their commitment to stay.”

It began the moment the flood washed away some livelihoods, only to spare others.

“Do not feel guilty,” Prasse recalled saying when neighbors practically apologized for not sustaining damage. “Those businesses are the ones keeping us all inspired, keeping us all going so that we can eventually catch up and join them.”

That’s why the couple is now ordering foodstuffs from a host of local farms and producers.

Said Prasse: “You keep the community strong.”

And Kovalsky: “So we all rise up together.”

## Flooding: from page 1

ahead of last summer’s flooding.

“The soil in some localized areas can’t absorb any more water,” said Kutikoff.

The remnants of Tropical Storm Beryl are expected to hit the state on Wednesday, according to the National Weather Service, with the potential for “scattered to perhaps numerous flash flooding” events.

Still, Kutikoff emphasized that, as of Monday, it remained a worst-case scenario that this week’s flooding could rival last summer’s.

“We are not expecting anywhere near the coverage and total amounts of rain we saw last year,” he said.

The most likely outcome is isolated flash floods in areas that sustain the most rain, according to Kutikoff, which is most likely

northern part of the state. He is keeping his eye on an east-west line running from Essex County through southern Orleans, Caledonia, Lamoille and Chittenden counties.

“That doesn’t mean there will be flash floods there, just that that’s where the highest risk of them is,” said Kutikoff.

Kutikoff said the public should not be too concerned about seeing something on the scale of last summer. But he recommended that people take precautions, such as avoiding roads at risk of flash flooding on Wednesday and Thursday and check the NWS forecasts frequently, since conditions could change for better or for worse.

“There’s still a chance that the heavier rains go up to southern Canada, and there’s still a possibility that rainfall could increase all over Vermont,” said Kutikoff.

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# TOWN OF KILLINGTON VERMONT

## Request for Proposals FY’2025 Winter Sand

Date of Issue: July 5, 2024  
Deadline July 18, 2024, 3 PM

The Town of Killington requests proposals for supply/delivery of winter sand for Town Highway and other maintenance activities. The following is a brief description of specifications:

- A. The Town is requesting bids for two options on the supply of a minimum of 3200 cubic yards (CY) of screened winter sand for the 2024-25 winter season:
1. Delivered to the Town Garage on 2981 River Road. Initial delivery will be 3200 CY by no later than September 30, 2024, and subsequent deliveries as needed, with a minimum delivery of 500 CY.
  2. Sand only, with Town picking up at supply location.
- B. Sand shall meet the following specification: Winter road sand – 1/2” square sieve; 95-100% passing.
- C. All deliveries shall be made to the Town of Killington Town Garage facility under the supervision and request of the Town Road Foreman.
- D. Contract period for prices shall end April 1, 2025.
- Full specifications are available on the Town of Killington’s website at: [KillingtonTown.com/bid](https://KillingtonTown.com/bid)

Bids are due no later than 3:00 p.m. on Thursday, July 18, 2024. Late submissions will not be accepted. Award of the bid shall occur as described in Section 3 of the RFP.

Contact for Questions:  
Abbie Sherman, Director of Public Works  
Town of Killington  
[publicworks@killingtontown.com](mailto:publicworks@killingtontown.com)  
(802) 712-4243 (cell)

# Rutland student Bobby Giordano receives Land Steward Awards

Robert ‘Bobby’ Giordano of Rutland and Caleb Foster of Middlebury each received a Land Steward Award presented by the Vermont Land Trust, along with a check for \$500, according to a news release Monday, July 8. Eight other students across the state also received awards.

“Vermont’s land and waters need our care, today and in the future. It’s heartening to see the next generation rising up to meet the challenges and opportunities of caring for our farms and forestland,” said Tracy Zschau, president and CEO of VLT. “We’re delighted to celebrate Land Steward Award winners Bobby and Caleb, and look forward to the impact they will make in our state.”

Since 2005, Vermont Land Trust (VLT) has recognized outstanding high-school students who are dedicated to agriculture and forestry. Instructors can nominate juniors and seniors enrolled in agricultural, food, and natural resource programs in Vermont schools.

### Robert “Bobby” Giordano, Rutland

Bobby Giordano was nominated by Michael Stannard, his Natural Resources and Forestry instructor at Stafford Technical Center in Rutland.

“Bobby is constantly helping his instructors and classmates plan and prepare for future projects,” said Stannard. “His sense of humor, strong academic prowess, and positive and professional attitude will serve him well after high school.”



Courtesy Vermont Land Trust  
VLT staffer Al Karnatz went to Rutland to give Giordano his award. Pictured: Robert ‘Bobby’ Giordano of Rutland with his parents Casey (far left) and Jessa (third from left), and instructor Mike Stannard (far right).

Giordano says his courses at the Center have helped him apply what he’s learning in the classroom, and made his dream of working outdoors achievable. He is planning a college degree in conservation biology and will pursue a career in natural resources and forestry.

“Caring for and working on the land is crucially important if we actually want to build this sustainable future we all keep talking about,” said Giordano, adding that he wants to apply his knowledge to be able to manage ecosystems in a way that benefits both people and the environment.

### Caleb Foster, Middlebury

Caleb Foster grew up on a dairy farm that has been in his family for several generations. He was nominated during his senior year at the Patricia A. Hannaford Career Center by Aaron Townshend, his natural resources management instructor. In his nomination, Townshend remarked on Foster’s strong work ethic, open-mindedness, dedication, environmental responsibility and willingness to learn.

“We all share the same natural resources and rely on past generations to practice stewardship so that future generations may continue to thrive,” said Townshend. “Caleb is exactly such a steward: he understands the value of the natural environment and is an advocate of its prosperity.”

Foster plans to obtain his Class A Commercial Driving License this summer and attend the Maine Compost School this fall.

“I was born and raised in Vermont,” he said. “I am the fifth generation on our family farm and the third generation on our family composting operation. I believe my purpose  
Land Steward → 12

## Apres Inn: from page 1

With only days to acclimate themselves to the new business, the couple jumped in with both feet. The former owners of The Happy Bear stayed on for five days to show them the ropes before handing them the keys for good.

“We ran it as it was through the entire month of February and the first couple weeks of March before we took a few rooms offline as prototypes for the renovation,” Brett explained. “We were renting and renovating at the same time until the mountain closed. Midway through April is really when we went full bore across the rooms and are just wrapping up now.”

Despite the Apres Inn being their first foray into motel ownership, it isn’t the McManuses’ first experience in the real estate or hospitality business.

“We bought a duplex and fixed it up, rented out one side and lived on the other, but we just didn’t love being landlords,” Brett explained. “So we transitioned to doing a couple of Airbnbs in the Finger Lakes, where we’re from,

and we really liked that.”  
It turned out that the hospitality industry was a natural fit for the young couple.

“Once we found the world of Airbnbs, I loved the ability to create an experience for somebody. So that’s when we realized where we really mesh together,” Casey told the Mountain Times.

Entrepreneurship and a knack for hospitality wasn’t their only motivating factor for buying the inn. The McManuses had been visiting the Killington area for years, as they both bike and ski, and found the local community to be one they wanted to be a part of.

“What really drew us to a business like this is being a part of this great local community, serving it, and investing in it, as well,” Casey said. “We could not have asked for a better crew that have helped us get the inn to where it is now. It was so valuable to have their insight and local knowledge. It felt like we made a great decision right from the start.”



Courtesy Bret Mcmanus  
Casey and Brett McManus are the new owners of the Apres Inn.



Courtesy Bret Mcmanus  
The McManuses have been renovating the former Happy Bear Motel on Killington Road in Killington since March and are nearing the end of the remodel. It is now called the Apres Inn.



## Vermont hospitals implement new rules for accessing free medical care

A law aimed at freeing more Vermonters from medical debt went into effect, July 8

By Peter D'Auria/VTDigger

More Vermonters should have access to free or discounted health care at hospitals and other large health care facilities under a law that went into effect Monday, July 8.

Because they are nonprofit entities,

those income requirements will face no out-of-pocket costs for their care.)

Vermonters with incomes of up to 400% of the federal poverty level — up to \$124,800 a year for a family of four — will receive a discount of at least 40% on their

hospital bills, or their out-of-pocket costs if they are insured.

And patients with incomes of up to 600% of the federal poverty level — up to \$187,200 for a family of four

— can be charged no more than 20% of their household income in medical bills.

This spring, Fisher told lawmakers in the Vermont House Committee on Health Care that five of Vermont's hospitals were already meeting the law's free care requirements, and seven were already meeting or exceeding the discounted care requirements.

Hospitals must now provide clear information about how to apply for discounted or free care.

A hospital's application forms and policies must be available on its website and in its reception and billing areas, and paper copies of a hospital's policy must be provided to patients. Hospital bills must also include a "conspicuous written notice" about the free and discounted care policies.

The law requires hospitals to allow patients to appeal rejections of their applications, and it

bars hospitals from selling medical debt, something Vermont hospitals say they already do not do.

"Hopefully the policies are more accessible for folks," Devon

Green, a spokesperson for the Vermont Association of Hospitals and Health Systems, said in an interview. "Because hospitals do want to help patients get the care that they need. We don't want patients to avoid care because they're

worried about financial issues."

The law establishes only a minimum floor for charity care costs, and Green said that most of the state's hospitals were already meeting those requirements or had even more generous care policies.

Fisher, the health care advocate, has argued that the new requirements will not raise costs for hospitals. That's because patients who fall into those income categories likely already struggle to pay their medical bills, and hospitals generally already write off the cost of that care as "bad debt."

For hospitals, because they do not expect to receive that payment anyway, it's a distinction without a difference, Fisher said. But for patients, freeing them from medical debt — and the potential pursuit of collection agencies — could be life-changing.

"From the hospital's perspective, money that they don't get is money that they don't get," Fisher said. "Whether it's free care or bad debt, it goes to the bottom line as forgone revenue. But from the patient's perspective, it's a world of difference."

Green, of the hospital association, said that hospitals are "largely in agreement" about that but will keep an eye on the impact of the new requirements.

If the new regulations do affect hospitals' bottom lines, it could lead to higher prices for hospital procedures — and then higher commercial insurance premiums.

Patients with incomes of up to 600% of the federal poverty level — up to \$187,200 for a family of four — can be charged no more than 20% of their household income in medical bills.

"I have been asking our hospitals to try to keep track of this and see if it will create costs," Green said. "Because we don't want to see a shifting of this burden onto commercial (insurance) premium payers."

## Vermont selected for new federal model to improve health care affordability and quality

The Centers for Medicare & Medicaid Services (CMS) announced July 2 that it has accepted Vermont's application to participate in the states advancing All-Payer Health Equity Approaches and Development (AHEAD) program. AHEAD offers Vermont an opportunity to collaborate with the federal government to impact how Medicare, the health insurer for 24% of Vermonters, pays for care with a focus on quality, affordability, investments in primary care and community services, and collaboration between providers.

"This selection is a testament to our agency's long-standing partnership with the federal government and their support of our efforts to advance new flexible payment and care delivery approaches that result in more affordable, accessible and high-quality care for Vermonters, hospitals, and primary care providers. We look forward to working with CMS to design a model that addresses the needs of Vermonters," said Jenney Samuelson, secretary of the Agency of Human Services.

Vermont's selection for AHEAD is the first step in a multi-year process to work with CMS to design a model that works for Vermont, rather than taking a one-size-fits-all approach. After a detailed negotiation process, Vermont will evaluate whether to participate in the model. If the state moves forward with this model, an agreement outlining the terms of the program would have to be in place by July 1, 2025, prior to implementation on Jan. 1, 2026.

This opportunity is a component of Vermont's broader health care reform to address critical health care needs: making health insurance and health care affordable, ensuring that Vermonters can get care when needed, improving the quality and experience of care, improving work life for health care providers, and keeping all Vermonters healthy and well. The new national model builds upon the innovative work of states.

Building upon the all-payer model, AHEAD will require participation from both providers and payers. AHEAD provides flexibility and predictability to Vermont's hospitals by setting payments in advance, allowing strategic allocation of resources to address community needs.

High-quality care is incentivized by providing payments to hospitals and primary care practices based on quality measures.

"The selection of Vermont by CMS to begin the detailed process of negotiating and building an AHEAD model agreement is an important step in determining whether this program is the right fit to support the delivery of high quality and equitable care to our patients," said Sunny Eappen, MD, MBA, president and chief executive officer of University of Vermont Health Network.

AHEAD would be in place for up to nine performance years, from 2026 through 2034, allowing time for changes in care delivery to be designed, implemented and for those changes to impact outcomes for Vermonters.

For more information, visit:  
[humanservices.vermont.gov](https://humanservices.vermont.gov).



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TOWN OF  
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VERMONT

**2025 TOWNWIDE REAPPRAISAL**


The Town of Killington has begun the process of conducting a complete townwide reappraisal as ordered by the Director of Property Valuation and Review for the State of Vermont, pursuant to 32 V.S.A. § 4041 (a). In order to comply with the state mandate, the Town Listers will be collecting data on your property, both exterior and interior, via site visits, arial photography and data collection mailers. This data is a critical component in the reappraisal process and will be used to determine the fair market value of your property for assessment purposes.

The Town of Killington has hired Vision Government Solutions to gather data for the residential and commercial properties and ResortLogic to assess the resort. The Listers ask for your cooperation to help ensure that our reappraisal is both fair and equitable.

**INFORMATIONAL MEETING**  
Tuesday 23 July 2024 @ 7pm

We will be holding an information meeting, in person at the Public Safety Building and via Zoom. Please Scan the QR Code to access the Town's Reappraisal Website which will be updated regularly with information and status reports.

If you have any questions, please call the us at (802) 422-3241 ext. 5 or send an email to [listeners@killington.com](mailto:listeners@killington.com)  
Thank you,  
Listers, Town of Killington



First posted: July 3, 2024

# Hartland seeks donations for conservation land

By Curt Peterson

On July 5 Rob Anderegg, chair of the Hartland Conservation Commission, posted an update regarding the "Pohl Property Conservation Project" on the local listserv. "We are getting close to the goal," Anderegg wrote. "Only \$17,000 needs to be

home, studio building, pool and patio will not be included in the proposed purchase. The Fast Trash property across from the Hartland Fire House and Town Garage has an easement allowing public access from Route 12.

The state will actually hold the conservation easement, according to Anderegg.

Since voters approved setting aside the capital reserve fund money in March, Anderegg reported, "UVLT has succeeded in getting a grant of \$228,000 from the Vermont Housing and Conservation Board. An additional \$260,000 in private donations has been pledged, much of it from Hartland residents," Anderegg reported.

raised to finish the job."

The Hartland Conservation Commission added an article to the 2024 Town Meeting warning, asking voters to approve "setting aside" funds for part of possible purchase of approximately 75 acres near the Three Corners village center. Article 10 read: "Shall the Town vote to direct the Select Board to make available up to \$100,000 from the Capital Reserve Fund toward the possible purchase and conservation of the Pohl property?"

The commission promised to raise funds independently as well.

Most (68 acres) of the Three Corners area land, purchased from Timotheus Pohl by the Upper Valley Land Trust (UVLT) and protected by a conservation easement, will be a four-season public recreation area, including some of the Hartland Trails system, and remain available for continuing agricultural endeavors.

Seven acres will be preserved for possible future community housing development.

The Asher Benjamin-designed brick

from the Vermont Housing and Conservation Board. An additional \$260,000 in private donations has been pledged, much of it from Hartland residents."

An anonymous donor will match dollar for dollar up to \$15,000 in additional pledges.

Pledge envelopes were handed out at the Conservation Commission booth during Old Home Day on July 4, along with additional information about the property and the project.

"We hope [people] are slipping checks into the envelopes we gave them," Anderegg wrote. "We need [their] help to get this done."

Donors may give online at [UVLT.org](http://UVLT.org), or pledge envelopes are available at Damon Hall.

"Please be sure to specify the Pohl Conservation Area when making a donation," Anderegg said. "People who aren't even born yet will someday walk the trails on this property, and see a doe with a spotted fawn, or hear a bobolink or a black-billed cuckoo, or see a male turkey displaying for a group of hens pretending to be impressed."

**Property tax bills:** .....  
from page 1

Killington's current municipal homestead tax rate is \$0.5969 — up 9.6% over last year. So the total homestead tax rate is \$3.795 (\$3.1981 education + \$0.5969 municipal). A house on the Grand List for \$500,000 will owe \$18,975 in property taxes (\$15,990.50 education + \$2,984.50 municipal). That's up \$3,896, or 25.8%, over last year's \$15,079 (\$12,356.50 education + \$2,722.50 municipal).

Killington property owners saw similar increase last year as well.

"Killington was undervalued for decades, but this steep increase is really tough for residents and business owners alike," said Selectman Jim Haff.

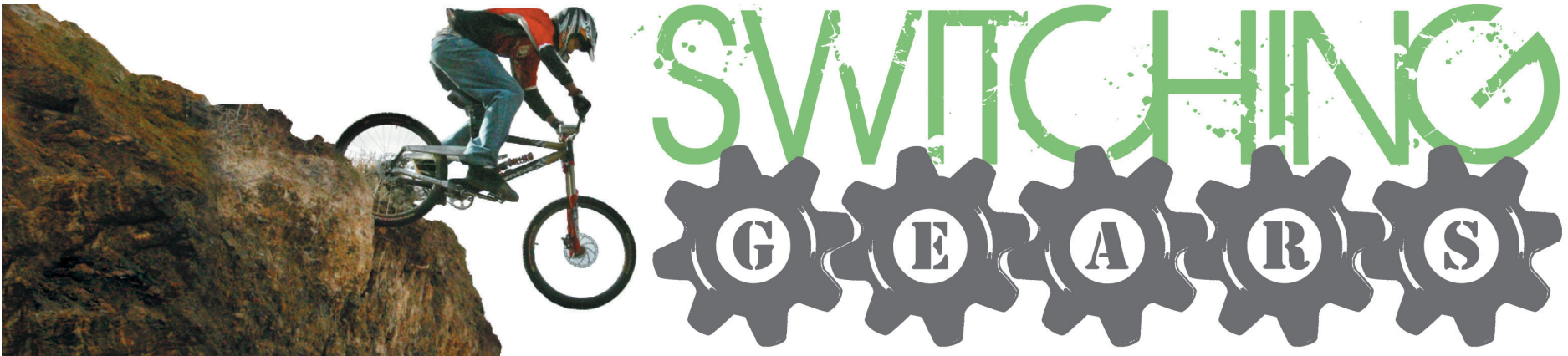
However, according to the state, most homeowners in Vermont (68%) pay an income-sensitized property tax, meaning their total property tax bill is reduced by a property tax adjustment, which can be up to \$8,000 (\$5,600 towards education property taxes and \$2,400 towards municipal taxes). The CLA applies only to property. Education taxes that are paid based on household income are not affected by the CLA.

The non-homestead tax rate is \$3.254 (\$2.6571 education + \$0.5969 municipal). A business or second home on the Grand List for \$500,000 will owe \$16,270 (\$13,285.50 education + \$2,984.5 municipal).

Killington's 2024 tax bills will be mailed out next week, July 15, with the first installment of three due Aug. 15.

**Reappraisal 2025**

Because the town's CLA is 52.35%, well over the state threshold, a townwide reappraisal is mandated and will begin this year. An informational presentation about the reappraisal process will be held Tuesday, July 23 at 7 p.m. at the Public Safety Building and via Zoom.



# Riding at sunset: Notice the light through the forest

By Jason Mikula

For those willing to venture into the mountains just before sunset on two wheels, you'll be rewarded with some amazing sunsets and the low light that streams through the forest canopy — you simply must see it to believe it. It's a gift for riders seeking the perfect blend of challenge and serenity. The challenge is to watch the sun go down but to leave with enough light to make your way down the trail — it's dark in the dense forests of maple, birch, and pine and the trails are narrow and twisty. Impending darkness makes every rock, stump and berm that much more challenging and a little scary. The serenity is enhanced if you find yourself up there completely on your own. Not many people decide to ride their bike as the sun is setting, so odds are good. Alone, it's easy to feel like a guest on these mountains, among the trees, the animals and the silence.

This week, I rode Mount Peg in Woodstock at sunset. The top of the village trail offers a unique wide-open view of the valley below with Billings Farm as the backdrop in the distance. The climb is easy and very smooth. This trail is incredibly maintained and groomed. (A great beginner trail both up and down for kids and adults alike.)

At dusk your senses are heightened, you become that much more in tune with the sounds of your tires on the dirt, your heartbeat, and the subtle noise of the birds chirping as the temperature cools.

I tried to remain focused and present. But my chattering mind kept thinking: "Just don't get hurt" and "Does my headlamp have enough charge to even turn on?" My wife would not be happy if she found out I had to be rescued on



By Jason Mikula  
*The sunshine through the dense forest at dusk creates magical streams of light. Best to stop riding for safe viewing!*

top of a mountain in the dark...

From the top of the village trail, after a little water and food, I headed over to Constant Flow (which is getting some work done to it). The name says it all. A nice challenging "flowy" blue trail. It was hard not to smile and giggle out loud as I made my way down each berm. I poked around over there for a while, refueled at the bottom and headed back up. I went back to the top of Mount Peg and sat to watch the sun go down a bit lower on the horizon.

From there, I took the Mount Peg trail south towards the trailhead where Ravine cuts right. This is where the

fun began. From the second I entered the single track into the dark forest the sun's glow was beaming through trees like a fire had just erupted beyond the hills. I looked up and really couldn't take my eyes off it. After tumbling off my bike from a complete loss of focus, I thought the safest thing was to get off my bike and sit to watch. The sun was hanging low and the colors had completely exploded. An orange beam of light was glowing through the trees like nothing I can remember ever seeing before. It was perfect. I watched it for 20 minutes in silence until it completely disappeared. I stared at it hoping that if I looked at it long enough it would be burned into my memory for life. There was a silence that filled me and all the chatter in my mind went away for a few moments. I wanted to stay but the darkness began to fall even more quickly and I needed to make my way back to the road.

From there the trail weaved up and down the ravine. Over bridges and through the pines, I heard only my tires rolling over the dirt and the birds singing to the falling sun.

I came to another intersection and took Up Shot down to Smiles and back to the road. What a ride!

By the time I got to my car it was completely dark. I put my bike back on my car, sat in the front seat and closed my eyes just for a moment to make sure I captured what I had seen just a few moments ago.

While it would be hyperbole to claim that one ride changed me completely, I will say that this ride did make me appreciate the beauty in the silence in a way that I had not experienced before.



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GUEST EDITORIAL

# Rising health care costs, rising taxes, we are not powerless

By Doug Hoffer, Vermont State Auditor

The 2024 legislative session started and finished the same way — with universal concern about significant looming educational tax increases. Original estimates indicated average property tax bills could rise 18.5% for the upcoming year. In the end, using one-time stop-gap funding that defers the financial reckoning to future years, the actual increase was lowered to a still-significant 13.8%.

A primary driver of rising education costs (and the taxes that pay for them)? Teacher health care costs. Just this year, they're estimated to grow a staggering 16%.

It doesn't need to be like this.

In 2021, my office recommended to the governor and the Legislature a strategy used by other states: reference-based pricing, which would lower these costs, and which could be applied to both teacher health care and state employee health care.

Unfortunately, until this year even efforts to study this approach have been denied. Three years later, the opportunity for savings are even larger, and the costs to Vermont taxpayers of policymakers' inaction mount by the tens of millions of dollars.

You may be wondering how much teacher health care costs are to begin with.

According to the Vermont Education Health Initiative, through which most teachers receive their health benefit, the plan's costs grew from \$194 million in FY10 to approximately \$266 million in FY23. FY24 costs are expected to exceed \$300 million, and that does not include the state's share of most retired teachers' health benefits.

State employee health care faces the same pressures. Total spending for the Vermont state employee health plan has, with the exception of a Covid-related dip in 2020, risen consistently and dramatically since 2010.

In 2023 it jumped by the highest single year amount ever to \$196.6 million. The cost of the state employee plan has now grown by 109% since 2010, while the number of covered lives has grown just 19% in the same time period. These figures do not include prescription drug costs, which rose from \$22.9 million in 2010 to \$59.2 million in 2023.

## Must these price increases eat into public education and services, or result in large tax increases?

The short answer is "no."

Our 2021 report projected that reference-based pricing could save as much as \$16.3 million each year just for the state employee health plan. Given its larger size and costs, even larger annual savings would be possible in teacher health care.

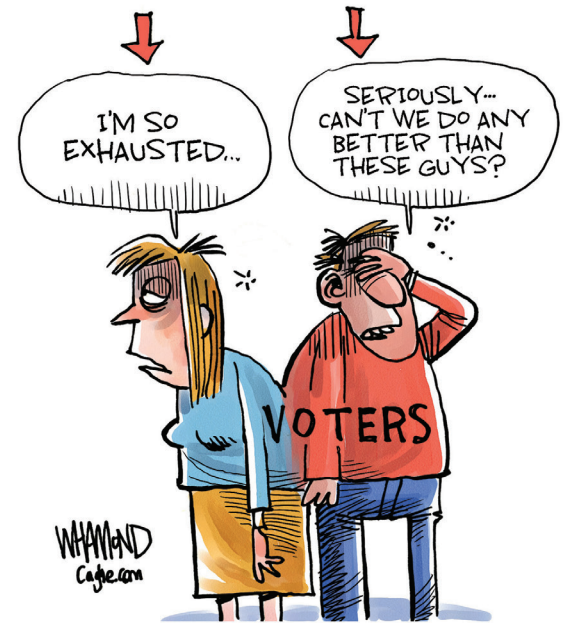
## How would "reference-based pricing" work?

In the simplest terms, reference-based pricing establishes a fair price for a particular medical service, and then pays only that amount (or a fixed percentage of it) to any provider performing the services for people on the health plan. In other words, it sets a maximum price for which the plan will pay

Reference-based pricing → 12

Both the state employee and teacher health care plans pay a wide range of prices for the exact same procedures.

# OLD AND TIRED



Old and Tired by Dave Whamond, Canada, PoliticalCartoons

## LETTERS

### 6 reasons why you should get help for your mental health

Dear Editor,

Many people underestimate the impact that mental illness can have on an individual or family. It can be difficult to admit that you have a mental health problem in your life. Secondly, it can be just as difficult in getting the people you know to understand your situation without making any kinds of judgments.

As a result, here are six reasons why you should make your mental health an important priority in your life.

1. Your situation will improve if you get help: Your anxieties and fears can be challenging to manage and more than likely you will need some help. Just as you talk to your doctor about your regular health, you should not be hesitant in seeking help for your mental health. If left untreated, your anxieties and fears may not go away.

2. Drugs and alcohol are not the answer: Drugs and alcohol can make your problems more complicated. Many people have said that drugs and alcohol will only add more problems to your situation. Be smart and learn how to cope with your mental health issues by talking to a

qualified professional. There are many health professionals in your area that can give you some ideas on where you can go for assistance.

3. You will save time and money: Eventually, you will have to confront your fears and mental health issues. Save yourself the time and heartache and confront your problems now rather than later. You will save months of struggling by getting help right away. The sooner you get assistance the faster you will start getting some relief.

4. You are not alone: Everyone deals with fear, stress, and anxiety in one's life whether your friends and others care to admit it. In addition, do not be embarrassed that you are getting help. We all learn new things from others on a daily basis and learning how to manage your anxieties is no different. In addition, your goal is to get your life back on track and not to get everyone's approval. If people start asking you questions, just say you're dealing with stress. Most people can relate to dealing with stress and anxiety!

Mental health → 12

### Best use of ed funding?

Dear Editor,

There has been no shortage of notable quotes from Montpelier recently, and not many of them charitable. Reading that our governor referred to lawmakers as "a bit arrogant" in overriding his vetoes at a press conference brings to mind several historical quotes and sayings. What immediately came to mind were "Let he who is without sin cast the first stone," as well as "Those who live in glass houses shouldn't throw stones," but perhaps most appropriate would be the one about the kettle calling the pot black.

Governor Scott represented the epitome of arrogance in appointing an interim Vermont Secretary of Education only minutes after the Vermont Senate rejected the appointment by a considerable margin.

I heard the governor said that lawmakers were not listening to constituents in overriding his veto of the "Yield Bill"... without offering a viable alternative to support our public schools in providing a quality education to all Vermont children, regardless of their needs. Yet he flouted

the intent of the Vermont Constitution — that part about "...with the advice and consent of the Senate..." the informed opinions of 19 Vermont senators, and the hundreds, if not thousands of Vermonters who called or wrote to them protesting the Sec Ed appointment. And let's be clear — this is not, and never was, an attack on her character — the fact is she is not qualified to serve in the position, period. Her very brief experience with public schools was to oversee closing them, and prior to that, she worked for an organization supporting for-profit charter schools. It's not much of a stretch to think that the best interests of children can become subservient to the bottom line in such organizations, but it is a stretch to classify them as public schools, at least in Vermont's definition.

In looking into how the State Board of Education (SBE) came to have such an unqualified person amongst the candidates for the governor to choose from, I realized that Phil Scott has appointed every

Use of ed funding → 38

## CAPITOL QUOTES

Rescuers are searching for more dead and wounded at Okhmatdyt paediatric hospital, Ukraine's largest children's hospital in Kyiv, following a Russian missile leveling incident that killed at least 42 people. Ukrainian President Volodymyr Zelenskyy reported that 64 people were hospitalized in Kyiv, 28 in Kryvyi Rih, and six in Dnipro.

**"The building where we conducted dialysis for children with kidney failure or acute intoxication is ruined entirely."**

**Volodymyr Zhovnir**, the hospital's director general, told reporters according to the Associated Press.

**"If this had been a Russian strike, there would have been nothing left of the building,"**

said Russian ambassador, **Vassily Nebenzia** according to ABC News.

**"Intentionally directing attacks against a protected hospital is a war crime and perpetrators must be held to account... these incidents are part of a deeply concerning pattern of systemic attacks harming healthcare and other civilian infrastructure across Ukraine,"**

said **Joyce Msuya**, acting under-secretary for humanitarian affairs, according to Yahoo News.

**"Over the past year, Moscow has been honing tactics to break through Ukraine's air defenses...they have been experimenting with different kinds of rockets since 2023 to find the perfect combination to break through our air defense algorithms,"**

said **Alexander Kovalenko**, a military analyst from Information Resistance, a Kyiv-based think tank according to the Toronto Star.

**"Russia cannot help but know where its missiles are flying, and must fully answer for all its crimes: against people, against children, against humanity in general,"**

said Ukraine president **Volodymyr Zelenskiy** according to The Guardian.

# Getting the most from Vermont's hydro power

By Jonathan Dowds

*Editor's note: Dowds is the deputy director of Renewable Energy Vermont.*

From 18th-century mills to current hydroelectric facilities, hydropower has been a valuable resource throughout Vermont's history. Today, hydro is an important source of carbon-free electricity, accounting for nearly 50% of the power that we generate in our state. Hydropower has less variability in its power output than wind and solar, making it a good complement to these energy sources and an important part of the most cost-effective path to 100% renewable electricity: a combination of wind, solar, hydro, and energy storage.

Most hydro facilities in Vermont are "run of river" meaning that they do not have large reservoirs and the flow of water entering and exiting the hydropower facility is essentially the same. Run-of-river hydroelectric projects are considered the most environmentally friendly form of hydropower.

Even so, the number of hydro facilities operating in Vermont is unlikely to increase so optimizing the output of our existing fleet is critical. Fortunately, there are opportunities to manage some of these dams to produce more power from the existing infrastructure while continuing to protect our state's water quality, mainly by being more creative and dynamic about how much water flows through the dam's turbines and how much flows over the dam itself.

In general, water flowing to a hydroelectric facility follows two paths: a portion of the water is passed through turbines — generating electricity — and then discharged back to the river below the dam, and a portion of the water is allowed to flow directly over the dam. The more water that passes through turbines the more emission-free electricity is produced. The stretch of the river between the base of the dam and the location where the turbines discharge water back into the river is commonly called the "bypass reach." The length of the bypass reach can vary among hydroelectric projects but is often on the order of 100-200 feet.

When an existing Vermont hydroelectric facility comes up for relicensing, the Vermont Agency of Natural Resources is charged with determining if the operation of the project meets state water quality standards. The agency evaluates the impact of the project on water quality (dissolved oxygen and temperature), aesthetics, and fisheries habitat — including but not limited to habitat in the bypass reach. Determining the volume of water that must flow over the dam to meet these standards is an essential part of this process. But this water volume is not static.

The magnitude of flow needed to maintain dissolved oxygen levels and aesthetic benefits changes seasonally. Colder water holds more oxygen than warmer water so the amount of water spilled over the dam can safely be decreased in the fall and winter allowing more water to flow through the turbines to produce clean renewable energy. As for the aesthetic benefits of spilling water over the dam, in an era where

Getting back to absolute impact measurements would help us make more sensible trade-offs between two very important goals: habitat protection and clean power generation.

climate change is threatening some of Vermont's most iconic plant species and habitats, it is fair to ask whether this should be a consideration at all. But even accepting that aesthetics should be a consideration, spilling water over the dam, year-round, provides little benefit overnight when visibility is minimal or in the winter when rivers are iced over. Maximizing flow through the turbines during these periods is another opportunity to increase power production.

The magnitude of flow in the bypass reach can also impact fish habitat but changing how we measure these habitat impacts may also open up opportunities for increased power generation without appreciably impacting fish populations.

Currently, the Agency of Natural Resources sets thresholds for the amount of habitat that must be preserved in percentage terms rather than based on the absolute area impacted. If a bypass reach has relatively little good fish habitat at baseline — which is not uncommon given that it lies at the base of a waterfall and may be comprised of bedrock or ledge — then the loss of even a small area of potential habitat is large in percentage terms. Losing say 100 square feet of potential habitat when there are only 200 square feet to start with looks large in percentage terms (50%!) but is modest in terms of absolute habitat availability (and exponentially more modest in the context of the entire river). Getting back to absolute impact measurements would help us make more sensible trade-offs between two very important goals: habitat protection and clean power generation.

Vermont's regulators at the Agency of Natural Resources play a crucial role in setting these water spill standards when dams are required to relicense their projects. In the interest of maximizing our valuable hydro resources, the agency would do well to get creative about maximizing the clean energy these facilities can produce.

# Where is the state road construction this week?

The Agency of Transportation has reported its planned construction activities that will impact traffic on state highways and interstates throughout Vermont. Local roadways affected are as follows:

**I-91 Springfield-Hartland:** Multiple single-lane closures will be in place along I-91 southbound from north of Exit 9 to just south of Exit 7 while a paving project continues. A speed limit reduction to 55 mph is in effect through the work zone. Motorists should watch for shifting traffic patterns, and motorcyclists should continue to use caution on grooved and uneven surfaces.

**Hartford-U.S. Route 5:** Sunday through Thursday during nighttime hours, motorists should expect minor delays and alternating one-way lane traffic shifts on Route 5 between Bugbee Street and Highland Ave, from Bugbee Street to Route 14, and from the VA Cutoff Road to the Sykes Mountain Ave roundabout. Monday through Friday during daytime hours, motorists should expect significant delays and alternating one-way lane closures on Route 5 from Leslie Drive near the Maxfield Sports Complex to the Hartland town line. Flaggers and uniformed traffic officers will be present to assist motorists through the work zone.

**Ludlow:** Pleasant Street at the junction of Pleasant Street and Mill Street remains closed to all vehicle traffic to facilitate project construction. A detour is in place that guides vehicle traffic from Pleasant Street along Elm Street, Main Street, and Pleasant Street Extension.

**Pittsford:** Motorists are traveling over the temporary bridge. Monday through Friday from 7 a.m. to 5 p.m. traffic control will be present to allow for intermittent one-way alternating travel on Route 7.

**Rutland:** A Class I highway resurfacing project is in progress. From Sunday at 7 p.m. to Friday at 7 a.m., motorists can expect lane closures with alternating one-way traffic controlled by flaggers and uniformed traffic officers on Route 4 between Gleason Road and Route 7, and on Route 7 between Cold River Road and Lincoln Avenue between 7 p.m. and 7 a.m. Motorists traveling on these routes should expect grooved and uneven roadway surfaces with raised manhole structures.

**Woodstock:** A culvert replacement project is ongoing on Route 4 near Valley View Road. A temporary bypass road is in place. Motorists should expect flaggers stopping traffic as required to allow trucks to enter and exit the job site.

**Tacitly:** At our early stage, most venture capital firms are too risk-averse to invest. Having an early-stage fund like GMAF in Vermont allows us and other local startups to continue growing and bridge the gap to being ready for investment by other firms,” stated Jeffrey DeJarnette, founder of Tacitly. “We are excited to see what the future in XR training brings.”

The capital investments made by the Green Mountain Accelerator Fund will facilitate the transformation of innovative, early-stage Vermont-based businesses into thriving companies and drive tech entrepreneurial ecosystem development through the state’s rural areas. GMAF is an “evergreen” \$3 million pre-seed investment vehicle capitalized by the U.S. Dept. of Treasury’s State Small Business Credit Initiative (SSBCI) and was created in partnership with the Center on Rural Innovation (CORI) and the Vermont Economic Development Authority (VEDA).

**Reference-based pricing:** from page 10

for a service rather than merely paying the byzantine prices negotiated by insurance companies and hospitals regardless of whether they are excessive.

**What’s the problem reference-based pricing solves?**

Both the state employee and teacher health care plans pay a wide range of prices for the exact same procedures to the state’s hospitals. For example, we found that the difference between the highest priced provider for a CT scan received 5.8 times more than the lowest priced provider!

The state is self-insured, which means that it pays a la carte for every medical service utilized by a state employee. When a state employee unknowingly chooses a relatively high-priced provider, the taxpayer funded plan pays the high price; when the same employee chooses a lower-priced provider, the plan saves money.

**Have any other states adopted reference-based pricing and, if so, has it worked?**

Yes, and a resounding yes.

The state of Montana has used reference-based pricing for inpatient and outpatient services at acute care hospitals for their state employees since 2017. Independent researchers determined Montana saved \$47.8 million in state fiscal years 2017 to 2019 (avg. \$15.9m per year).

The state of Oregon has reported on its experience with reference-based pricing for state employees and teachers. The audit they conducted based upon 2021 claims estimated \$112.7 million in savings for their plan due to reference based pricing.

In both states, there was no reduction in health care choice for state employees or teachers, and no observed impact on hospital operations.

A study of reference-based pricing in Vermont has finally been approved and will be released by December.

In short, we do not have to sit by and let health care cost increases raise taxes and strain public education and state budgets.

**Mental health:** from page 10

5. Do not make the mistake of doing nothing: There are many people who struggled with anxiety and other mental health related issues, and they tried to ignore their problems. As a result, some of these people struggled on a daily basis and eventually things became more difficult. It can be scary asking for assistance, but the key is to take things one day at a time.

6. You have a variety of options: There are many mental health support groups, organizations, and counselors in your area that can help get your life back on track. Talk to your doctor to get more details on where you can go for some assistance. Help is available but you must be willing to make the choice of getting better. Remember that every problem has a solution. You just have to make the effort to find the answers.

Stan Popovich, Penn State graduate who struggled with anxiety for 20+ years, author of “A Layman’s Guide to Managing Fear,” [managing-fear.com](http://managing-fear.com).



Submitted  
Mary Cohen

**Cohen:** from page 3

Sweck now provides free haircuts and styling services for tenants of HTRC property Lincoln Place, many of whom haven’t had a professional service in years.

**Beyond work:  
A life of balance**

To be sure, Cohen’s work seems to leave little time for relaxation, but the reality is quite the contrary. She is a dedicated mother of four grown children and grandmother of three. Cohen is often spotted at local restaurants chatting animatedly with friends, and she herself is a passionate cook who confidently hosts large groups for amazing meals, as she did one recent Friday evening. She loves all kinds of music, attending concerts near and far from Rutland. And, she proudly proclaims that she is a fiercely competitive tennis player.

Considering all the purposeful pivots in Mary Cohen’s life so far — from Connecticut to UVM, on to Manhattan, Boston, and Vermont — it’s reasonable to conclude that abundant positivity is the key to her success. In an era where “transformative” and “belonging” are often overused, Cohen’s work is transforming lives every day, especially for those who have experienced homelessness and need to believe they truly belong. She is the epitome of compassion, collaboration and community.

For more information, visit: [housingrutland.org](http://housingrutland.org).  
Liz DiMarco Weinmann, MBA, is principal and owner of Liz DiMarco Weinmann consulting, LLC, based in Rutland, serving charitable and educational institutions: [lizdimarco-weinmann.com](http://lizdimarco-weinmann.com).

**Land Steward:** from page 6

is to respect, appreciate, and care for agricultural land and forests so that the generations ahead of me enjoy the beauty as much as I have.”

Rooted in Vermont since 1977, the Vermont Land Trust unites land and lives for the enduring benefit of people and the place we share. We have protected more than 630,000 acres of land and foster life-long connections to farms, forests, and community spaces that define Vermont.

For more information visit: [vlt.org](http://vlt.org).

WORDPLAY

BACKYARD BASH WORD SEARCH

Find the words hidden vertically, horizontally, diagonally and back

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

- BACKYARD  
BARBECUE  
BARK  
BUFFET  
BUNS
- CHARCOAL  
CHICKEN  
ENTERTAIN  
FLIP  
GRILL
- GUESTS  
HAMBURGER  
INFORMAL  
MARINATE  
MEAL
- OUTDOORS  
PARTY  
PATIO  
SALADS  
SAUSAGE
- SMOKED  
STEAK  
TEMPERATURE  
WOOD

CROSSWORD PUZZLE

Solutions → 27

CLUES ACROSS

1. Book size
8. Indonesian Island
13. "The Sopranos" character
14. Plants often found in stews
15. Stern
19. Atomic #52
20. Often seen after a company name
21. Silk garments
22. Inhibiting hormone (abbr.)
23. Type of beer
24. Margarine
25. Throw lightly
26. Explains again
30. Raccoon-like animal
31. Sneaker parts
32. Platforms
33. Scored perfectly
34. One's essence
35. Strikes with a firm blow
38. Makes tractors
39. Music term
40. Lack of energy
44. Vestments
45. \_\_\_ and feathers

46. Total
47. Gobbler
48. One with Japanese immigrant parents
49. Type of braking system (abbr.)
50. Home of Rudy Flyer
51. Manageable
55. Lugged
57. Irritated
58. Sea eagles
59. Warm seasons
- CLUES DOWN
1. About visual sense
2. Part of a horse's saddle
3. In a way, interchanged
4. Rocker's accessory
5. Very important person
6. It precedes two
7. Flavored notes
8. Musical notes
9. String instrument (slang)
10. Mister
11. Fine, light linen fabric
12. Absence of bacteria
16. Discounts
17. Area units

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				

18. A description of one's life
22. Gazelles
25. Plumbing fixture
27. Makes especially happy
28. One side of something many-sided
29. Frosts
30. Defunct monetary unit of Guinea
32. Female animal species
34. School terms
35. Written law
36. Unpleasant aroma
37. Nuclear weapon
38. One who challenges
40. Opposite of first
41. Able to be utilized
42. Less interesting
43. Implants
45. Canister
48. Gestures
51. After B
52. Romanian monetary unit
53. Long-term memory
54. Cash machine
56. The Volunteer State

← Bristow:

from page 1

tive costs involved with the transfer," Bristow said, "and the National Park Service pays the same price GMC paid — they are not doing this to make money."

The organization has raised \$3-\$4 million to be used to expand Park ownership of the Trail. Bristow became a GMC board member, then treasurer, vice-president and, ultimately, president. He has also been fundraising committee chair — often there is matching funds to help close the purchase deals.

Some agencies and organizations, Bristow said, use strongarm tactics to convince property owners to sell — sometimes employing "condemnation" to take land from unwilling owners.

"That's not our process," Bristow said. "We believe in building relationships with our prospective landowners, and being prepared to execute a purchase when the seller decides it's a 'go.' Slow

and steady wins the race," he said. "Most property owners think it's a good deal, and help us progress towards GMC's goal."

Bristow, now 70, started hiking long distances with a friend right after they graduated from high school in Connecticut. Their explorations took them all over the White Mountains, then they began hiking the entire length of the existing Long Trail in 1972, the first long-distance trail in the U.S.

"I've always been an avid fan of distance-hiking," he said. "Now my knees are showing their age, and I'm putting off replacing them as long as possible. But that precludes climbing the steep spots on the Long Trail."

Bristow is now the planner and zoning administrator in Chester. He has also been select board administrator in Barnard and planner and zoning administrator in Killington.

Guess Who?

I am an actor born in New York on July 12, 1978. I grew up in Connecticut and attended the University of Southern California before dropping out to start my career in TV. I am known for my role on a show about a certain bell-bottom era.

Answer: Tophier Grace

SUDOKU

Solutions → 27

6			9	4				5
		3				8		
				8				4
		7	6				1	
					3			
5	9		1					
	6							1
2		4						8
	3				8	7	2	6

Level: Intermediate

## WEDNESDAY

7/10

**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](http://rutlandrec.com/godnick) or 802-773-1853

**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. 908-783-1050.

**Wednesday Farmers Market (Rutland)**

1-5 p.m. Wednesdays. Depot Park, downtown Rutland. One of the largest farmers markets in the state and the first to operate year-round. [vtfarmersmarket.org](http://vtfarmersmarket.org)

**KMBC Bike Bum Race Series**

2-5 p.m. Wednesdays through 8/21. Lower Rabbit Hole via Snowshed Express lift, Killington Resort, Killington. \$50 per individual, \$200 per team. Get ready for a local race series that's all about fun and friendly competition. Sign up to ride solo, or form a team of up to five people. Teams may be made up of any combination of age categories. Teams require a minimum of three people in order to score points. Racers will be placed in divisions by age and will have one timed run each week. All races will be held on beginner/intermediate trails ensuring fun for all bikers. Day-of registration will take place at the start gate. All pricing includes a \$5 chip fee. All racers must check in at the top of the race course by 4:30 p.m. each week in order to participate. After-party at the Lookout Tavern from 5-7 p.m. [killingtonmountainbikeclub.org/collections/bike-bum](http://killingtonmountainbikeclub.org/collections/bike-bum)

**Market on the Green**

3-6 p.m. Wednesdays. The Green, Woodstock. Produce, crafts, live music, and more. A fun, family-friendly event on the Village Green. [info@woodstockvt.com](mailto:info@woodstockvt.com) or 802-457-3555

**Cribbage for Adults**

3-5 p.m. Wednesdays. Hartland Public Library, 135 Route 5, Hartland. Free. [hartlandlibraryvt.org/calendar](http://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](http://chaffeeartcenter.org)

**Adult Mandala Painting**

5:30-7:30 p.m. Chaffee Art Center, 16 So. Main St., Rutland. \$25, includes supplies. Get ready for a mindful and relaxing experience. Attendees will choose among a few items for their mandala. It can be achieved with multiple mediums: painting, coloring, or markers. The repetition of patterns and choice of colors provides a pathway to process emotions, boost self-esteem, gives a sense of accomplishment, as well as allows exploration and self-expression. MUST PRE-REGISTER: [chaffeeartcenter.square.site/](http://chaffeeartcenter.square.site/)

**Music at the Riverbend: Deb Bryson & the Hay****Burners**

6-8 p.m. Wednesdays through 8/28. Behind the Brandon Inn, Brandon. Free. Roots, soulful, bluesy, rockin' alt country. [brandon.org/events-and-happenings/music-at-the-riverbend-summer-concerts/](http://brandon.org/events-and-happenings/music-at-the-riverbend-summer-concerts/)

**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 at [pattipdance@gmail.com](mailto:pattipdance@gmail.com) [stonevalleyarts.org](http://stonevalleyarts.org)

**Cavendish Summer Concert Series: Soul Rockers**

6 p.m. Wednesdays through 8/7. Town Green, Proctorsville. Free. [cavendishconnects@gmail.com](mailto:cavendishconnects@gmail.com)

**Artistree Music on the Hill: Beecharmer**

6:30-8 p.m. Wednesdays. Artistree Community Arts Center, 2095 Pomfret Road, So. Pomfret. Free. Beecharmer comprises Jes Raymond and Jakob Breitbach, an acoustic duo based in Wilder. With a decade of international touring experience, they've crafted a unique sound that blends elements of bluegrass, old-time, jazz, and pop. Pack a picnic, bring a blanket, enjoy live music & scenic views from the hillside at Artistree. All dates are weather dependent. No pets allowed. Service dogs welcome. Reservations are not required. [info@artistreevt.org](mailto:info@artistreevt.org)

**Jordan Loeppky-Kolesnik Artist Talk at Carving Studio**

7-8 p.m. Carving Studio & Sculpture Center, 636 Marble St., West Rutland. Free. Artist Jordan Loeppky-Kolesnik arrived at the Carving Studio and Sculpture Center on July 1 for a one-month residency. Based in Los Angeles, Loeppky-Kolesnik's installation works use amphibiousness as a metaphor for queer transformation through exertion and entropy. Loeppky-Kolesnik collaborates frequently with artist Rindon Johnson, who will arrive at the Carving Studio later in July for their joint residency. Their collaborative works are informed by an interest in speculative fiction, land art, traditional crafts, and architecture. Info: 802-438-2097 or [info@carvingstudio.org](mailto:info@carvingstudio.org)

**Seven to Sunset Concert Series: Satin & Steele**

7 p.m. Wednesdays through 8/7. Main Street Park, Rutland. Free. From toe-tapping tunes to soulful melodies, these concerts offer something for everyone and best of all, they're free for all to enjoy. Bring your friends, family, and lawn chairs for a musical journey under the open sky! Info: [rutlandrec.com/7tosunset](http://rutlandrec.com/7tosunset)

**Jazz at the Junction: The Zsoldos Quintet**

7 p.m. Barrette Center for the Arts, 74 Gates St., White River Junction. \$45, adults. \$24, 25 and under. Back by popular demand, Michael Zsoldos returns a program that spans from Art Blakey and the Jazz Messengers, to modern Brazilian music, to Ralph Townner and their own original compositions. The evening will open at 7 p.m. with a performance by the Upper Valley Jazz All Stars, talented area high school musicians under the direction of Ian Gollub (Band Director, Hanover High School), followed by Zsoldos's Quintet. Grab a drink at the bar and settle in for Jazz at the Junction, a celebration of the jazz greats from Vermont and beyond. Tickets: [northernstage.org/jazz-junction/](http://northernstage.org/jazz-junction/)

## THURSDAY

7/11

**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. Pre Register at [chaffeeartcenter.org](http://chaffeeartcenter.org)

**Essentrics Stretch and Strengthen**

9-10 a.m. Thursdays. Stone Valley Arts, 145 E. Main St., Poultney. \$10. No-weights, low impact workout combines principles from ballet, tai chi, and physiotherapy to restore flexibility and balance. Bring a mat and water. [stonevalleyarts.org](http://stonevalleyarts.org)

**Bone Builders**

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

**Advanced Line Dance**

9:30-10:30 a.m. Thursdays. Godnick Adult Center, 1 Deer St., Rutland. [rutlandrec.com/godnick](http://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](http://sherburnelibrary.org) or 802-422-4323

**Survivors Support Group**

10 a.m.-Noon. Thursdays. Godnick Adult Center, 1 Deer St., Rutland. Free. Fliers available at the Godnick Center or call 802-775-3232. [rutlandrec.com/godnick](http://rutlandrec.com/godnick) or 802-775-1853.

**Ukulele Group**

Noon-1 p.m. Thursdays. Chaffee Art Center, 16 So. Main St., Rutland. Free. Ages 12+. Pre-register the Wednesday before. 802-775-0356 or [chaffeeartcenter.org](http://chaffeeartcenter.org)

**Play Bridge!**

2-4 p.m. Thursdays. Norman Williams Public Library, 10 The Green, Woodstock. Free. Beginners are welcome to observe. [normanwilliams.org](http://normanwilliams.org) or 802-457-2295

**Thursday Farmers Market (Fair Haven)**

3-6 p.m. Thursdays. Village Green, Fair Haven. [vtfarmersmarket.org](http://vtfarmersmarket.org)

**S.T.E.A.M. Thursdays**

3-4 p.m. Thursdays. Hartland Public 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@[hartlandlibrary.org/calendar](http://hartlandlibrary.org/calendar) or 802-436-2473

**Yoga with Kelly**

3:45-4:45 p.m. Thursdays. Rutland Free Library, 10 Court St., Rutland. Free. [rutlandfree.org](http://rutlandfree.org) or 802-773-1860

**Board Game Night**

5 p.m. Thursdays. Hartland Public Library, 153 Route 5, Hartland. Free. [hartlandlibrary.org/calendar](http://hartlandlibrary.org/calendar) or 802-436-2473

**Vulture Sister Song: Artist-in-Residence****Performance**

5-6:30 p.m. Marsh-Billings-Rockefeller National Historical Park, 54 Elm St., Woodstock. Free. Family-friendly event, recommended ages 5+. Bring a picnic, blanket/chairs, BYOB (alcohol permitted) to the formal gardens behind the Rockefeller mansion. Vulture Sister Song is an interdisciplinary performance organized in collaboration with musicians, writers and dancers from around the country: Pete Dybdahl, Kate Elias, Jacob Elias & Josina Guess. The artist-in-residence program includes a live performance and an accompanying guidebook of illustrations, stories, and environmental education. Parking is at the Billings Farm & Museum Parking lot, across the Route 12 from the National Park. Info: [nps.gov/mabi/index.htm](http://nps.gov/mabi/index.htm)

**Feast and Field Music Series: Bow Thayer Choirs of Aether**

5:30-9 p.m. Thursdays through 9/26. Fable Farm, 1525 Royalton Turnpike, Barnard. \$5-\$25. Consisting of multi-instrumentalists Bow Thayer, Krishna Guthrie and Steve Ferraris (Sun Ra percussionist), the band shares musical roles in a sound-swap that feels more like one big instrument. A song may start out as a folk or old time format and end up somewhere...in the Aether. A celebration of music, food, and community. Every Thursday from May 30 – Sept. 26 in Barnard. Tickets: [feastandfield.com/tickets](http://feastandfield.com/tickets)

**Sip N Dip**

6-8 p.m. Chaffee Art Center, 16 So. Main St., Rutland. \$35, includes supplies. Perfect for a date night or just out with friends. Attendees follow along with an instructor and leave with a finished acrylic painting. BYO wine. Image: by artist Dale Bills. Instructor: Kathryn Wiegers. Must pre-register: [chaffeeartcenter.org](http://chaffeeartcenter.org)

**Open Mic at Artistree**

7-9 p.m. Alternating Thursdays. Artistree Community Arts Center, 2095 Pomfret Road, South Pomfret. Free. Join our relaxed, supportive, and fun atmosphere and show off your musical stuff. All levels and abilities are welcome to participate in the open mic experience. Come alone or with a group. Come to play or just to watch. [artistreevt.org](http://artistreevt.org)

**Lampshade Poets Open Mic**

7-8:30 p.m. JAM, 5 So. Main St., White River Junction. Free. Please RSVP so we can be prepared with seating. Two of the original Lampshade poets, Janet Watton and Pam Ahlen, will resume the readings at JAM, open to all Lampshaders as well as any poet who is interested in reading an original piece or two. Poets have the opportunity to be videoed for JAM's community access station and YouTube channel if they wish. RSVP: [uvjam.org/event/lampshade-poets-open-mic-4/](http://uvjam.org/event/lampshade-poets-open-mic-4/)

**Fair Haven Concert in the Park: WailOn**

7-9 p.m. Thursdays. Village Green, Fair Haven. Free. Classic country music with songs by Johnny Cash, Waylon Jennings and many more. Weekly concert series features family friendly entertainment, in a variety of musical genres. [fhgstechie@yahoo.com](mailto:fhgstechie@yahoo.com) or 802-265-7913

**'All The President's Men'**

7:30-9:50 p.m. Woodstock Town Hall Theater, 31 The Green, Woodstock. Adults \$10, seniors \$9, children & members \$8. The Washington Post reporters Bob Woodward and Carl Bernstein uncover the details of the Watergate scandal that leads to President Richard Nixon's resignation. Tickets: [pentanglearts.org](http://pentanglearts.org)

## FRIDAY

7/12

**Play for Your Freedom**

9 a.m.-1:30 p.m. Killington Resort will host Play for Your Freedom, a day to appreciate veterans and active service members. Join us for a morning showing of PTSD: The Walking Wounded, a film tackling PTSD through the lens of our veterans. All active service members and veterans can sign up for a complimentary ride on the K-1 Gondola and access to our Adventure Center at Snowshed. For more information, visit: [Killington.com](http://Killington.com).

**Senior Fitness**

9:30-10:30 a.m. Fridays. Spa at The Woods, 53 Woods Lane, Killington. \$5. This class is for anyone 65+ who wants to maintain strength, flexibility, and balance as they age. We will include a variety of body weight exercises as well as use props like chairs, resistance bands, hand weights, and yoga belts to add levels of challenge and support to the exercises. This class is appropriate for all fitness levels and modifications will be provided as needed. [spaatthewoods.com](http://spaatthewoods.com) or 802-422-3150

**Basin Bluegrass Festival**

10 a.m. 1 Basin Road, Brandon. Gates open July 7. A three day live music festival from July 11-14. Food and craft concessions rain or shine, water to fill your tank, free showers, dump station \$20, tenters welcome, bring lawn chairs. Pets welcome on a leash. For more information, visit: [basinbluegrassfestival.com](http://basinbluegrassfestival.com)



Calendar:

Email events@mountaintimes.info.....

from page 14

**Rutland Free Library Book Sale**  
10 a.m.-2 p.m. Rutland Free Library, 10 Court St., Rutland. Public always welcome. Thousands of organized, gently used books, CDs, DVDs and puzzles for all ages. Always a broad selection of rare and antique books. All purchases by donation only. Limit of two grocery bags per monthly sale per family. No book dealers. Proceeds to support library programs and collections and designated library projects. Info: rutlandfree.org

**Storytime at the Library**  
10:30-11:30 a.m. Fridays. Sherburne Memorial Library, 2998 River Road, Killington. Free. sherburnelibrary.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. chaffeeartcenter.org or 802-775-0356

**Art at the National Park**  
11 a.m.-3:30 p.m. Mondays and Fridays through 8/9. Horse Shed at Marsh-Billings-Rockefeller National Park, 54 Elm St. (Route 12), Woodstock. Free. Make art while feeling inspired by the park! Meet the 2024 Student Artists-in Residence and take part in a park-inspired art activity. Artists of all ages and skill levels are welcome. Visitors are invited to drop in any time during the program. Pets allowed. nps.gov/thingstodo/art-in-the-park-at-marsh-billings-rockefeller-nhp

**Great Brandon Auction**  
2 p.m. Ends Saturday, 7/13. Brandon Town Hall, 1 Conant Sq., Brandon. Indoor location. Format is silent auction bidding and an Ebay style “Buy It Now” format. Antiques, collectibles, new merchandise, surprises and treasures from attics and barns. Gift certificates to dozens of local businesses. Original artwork from many of Brandon’s famed artists. Brandon Chamber of Commerce, 802-247-6401 or info@brandon.org.

**Food Truck Friday**  
4-7 p.m. West Rutland Rec. Center, 294 Fairview Ave., West Rutland. Four different food vendors, live music, and a great atmosphere.

**Hartland Farmers' Market**  
4-6:30 p.m. Fridays. 153 Route 5, Hartland. Free. Enjoy food, music, and shopping at the market.

**West Coast Swing Dance Classes “The Modern Swing”**  
5:15-6:15 p.m. The Gymnasium, 11 Cottage St., Rutland. \$15. No partner required. In this class, students will learn the basic 6-count patterns to start. West Coast Swing is a fun, social, versatile partner dance form, danced to a wide range of popular music, from blues to pop, slow swing and R&B. It is a smooth, cool, laid-back dance depending on the music and your personal style. Pre-registration required. Email Karen: vtwestiebest@gmail.com

**Brother(hood) Dance! at Food & Art Friday**  
5:30-8:30 p.m. The Sable Project, 588 N. Taggart Road, Stockbridge. \$5-15 suggested donation. Brother(hood) Dance! brings an excerpt of their innovative dance piece “Black on Earth” to Sable’s Food & Art Friday. “Black on Earth” is a thought-provoking interdisciplinary performance that seamlessly integrates dance, agriculture, and technology to explore the stories of and experiences of Black farmers. This sharing will be a duet iteration of “Black on Earth.” Delicious made-to-order pizza cooked in a wood-fired cob oven, topped with veggies grown right on our land. BYOB. Info: thesableproject.org/food-and-art

**Pentangle Arts Music by the River: Houston Bernard**  
6-7:30 p.m. Fridays through 8/16. East End Park, Woodstock. Free. Pentangle Arts is proud to present our annual Music by the River outdoor concert series featuring both regionally and nationally renowned artists. In case of inclement weather performances will be canceled, check our website for updates on cancellation. pentanglearts.org/mbtr2024/

**Shrewsbury Meeting House Concert Series: Phil Henry and the Newsfeed**  
6 p.m. Shrewsbury Meeting House, 88 Lottery Road, Shrewsbury. Free.

**Jackson Gore Summer Music Series: All Night Boogie Band**  
6-9 p.m. Fridays through 8/30. Jackson Gore Courtyard, 111 Jackson Gore Road, Ludlow. Free. No ticket or RSVP required. Enjoy food, live music, free swag and raffles. okemo.com or 802-228-1600.

**'The Little Mermaid'**  
7 p.m. and Sunday, July 14 at 2 p.m. Chandler Center for the Arts, 71 N. Main St., Randolph. \$25, adult. \$12, ages 7-18. 6 and under free. Talented young stars from schools throughout the Upper Valley will bring Ariel, Sebastian, and all your favorite characters to life in a musical adventure with a live orchestra. Tickets: chandler-arts.org/cqa-events/the-little-mermaid

**Trey Kennedy: 'Grow Up' Comedy Tour**  
7:30 p.m. Paramount Theater, 30 Center St., Rutland. \$39-\$59. Trey found fame on the mobile app Vine, amassing more than 2.5 million followers and has continued his social media success where he has a combined 12+ million followers. He currently has just concluded a sold-out comedy tour. Tickets: paramountvt.org/event/trey-kennedy-grow-up/

**Double Feature at the Bethel Drive-In**  
9 p.m. Fridays. Bethel Drive-In, 36 Bethel Drive (off Route 12), Bethel. Adults \$12, children (5-12) \$8. Cash Only. “Despicable Me 4” (PG) at 8:50 p.m. “Garfield” (PG) at 10:30 p.m. Gates open at 7:30 p.m. betheldrivein.com

SATURDAY  
7/13

**Slate Valley Epic**  
8 a.m.-2 p.m. Slate Valley Trails (SVT), 131 Town Farm Road, Poultney. \$30-\$95. The fourth annual Slate Valley Epic mountain bike race. For more information, visit: vmba.org.

**Run with a Ranger**  
8-9:45 a.m. Forest Center, Marsh-Billings-Rockefeller National Historical Park, 54 Elm St. (Route 12), Woodstock. Free. Registration is limited. Join a Park Ranger on a 4.5-mile, 600’ elevation gain trail run through the historic carriage roads and trails of Marsh-Billings-Rockefeller National Historical Park. This event is a “no drop” (no runner left behind) run geared toward intermediate+ runners. Water and bathrooms will be available at the Forest Center. Bring a water bottle, bug spray and sun protection. Registration is limited and will close when the maximum participation has been reached. Register: go.nps.gov/run or 802-457-3358.

**Chittenden Public Library Book and Bake Sale**  
9 a.m.-1 p.m. Chittenden Public Library, 223 Chittenden Road, Chittenden. Large assortment of books for all ages and delicious baked goods being offered to help raise money for the Chittenden Public Library. saquint@comcast.net

**Vermont Outdoor Farmers' Market**  
9 a.m.-2 p.m. Saturdays. Depot Park, downtown Rutland. Free. One of the largest farmers' markets in the state and the first to operate year-round. vtfarmersmarket.org

**44th Annual RAVE Car Show and Flea Market**  
9 a.m.-3:30 p.m. Vermont State Fairgrounds, 175 So. Main St., Rutland. General admission: \$5. Open to all vehicles. Large handcrafted area. Awards on both days. Food, music, and door prizes. Donations made to local nonprofits. 50/50 raffle and basket party. Camping available. Special awards, more trophies, special prizes for pre-registered vehicles and more. Entry preregistration \$15; at show \$20, good for both days. ravecclub.com

**Basin Bluegrass Festival**  
10 a.m. 1 Basin Road, Brandon. Gates open July 7. A three day live music festival from July 11-14. Food and craft concessions rain or shine, water to fill your tank, free showers, dump station \$20, tenters welcome, bring lawn chairs. Pets welcome on a leash. For more information, visit: basinbluegrassfestival.com

**Lego Club**  
10-11 a.m. Saturdays. Gilbert Hart Library, 14 So. Main St., Wallingford. 802-446-2685

**Rutland Free Library Book Sale**  
10 a.m.-2 p.m. Rutland Free Library, 10 Court St., Rutland. Public always welcome. Thousands of organized, gently used books, CDs, DVDs and puzzles for all ages. Always a broad selection of rare and antique books. All purchases by donation only. Limit of two grocery bags per monthly sale per family. No book dealers. Proceeds to support library programs and collections and designated library projects. Info: rutlandfree.org

**Forest Discovery Center**  
11 a.m.-2 p.m. Wednesdays and Saturdays. Marsh-Billings-Rockefeller National Historical Park, 54 Elm St. (Route 12), Woodstock. Free. The Forest Discovery Center is an interactive program for families to learn more about nature. Activities include hands-on learning stations, demonstrations, and arts and crafts. This free program will explore a new theme each week, making each visit unique. Parking is at the Billings Farm & Museum Parking lot, 69 Old River Road, across Route 12 from the National Park. 802-457-3368 or mabi\_visitorservices@nps.gov

**Rutland Railway Museum & Model Club**  
11a.m.-3p.m. Saturdays. 79 Depot Lane, Center Rutland. Free. Maintained by the Rutland Railway Assoc. Inc., the historic depot is now a museum that houses an operating HO scale model railroad set up 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

**Chip in Against Hunger**  
11:30 a.m.-9 p.m. Baxter’s Restaurant at Rutland Country Club, 275 Grove St., Rutland. \$29. Public welcome. Chip in Against Hunger is a great day for a great cause, benefitting the four local food banks: Rutland Community Cupboard, BROCC Community Action, Pittsford Food Shelf and the Killington Food Shelf. Mix and match an afternoon of golf, with tee times starting at 11:30 a.m., a chicken BBQ buffet dinner from 5 to 7:15 p.m., and a concert under the stars featuring the Chad Hollister Band starting at 7:30 p.m. In case of rain, the concert will be moved indoors where space is limited so buy your concert tickets early. Info/tickets: concert4community.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 with a fee. All ages. Supplies and images to paint are provided. Must pre register by Friday noon at: chaffeeartcenter.org or 802-775-0356.

**Cooler in the Mountains: The Sideways**  
3-5:30 p.m. Saturdays through 8/31. K-1 base area, Killington Resort, Killington. Free. Join us at the bottom of Superstar (near the Roaring Brook Umbrella Bar). Grab a lawn chair, a beach blanket, and the whole family for this all-ages event. Info: killington.com

**46th Annual Goshen Gallop 10km Trail Race**  
4 p.m. Blueberry Hill Inn, 1245 Goshen-Ripton Road, Goshen. \$43. Tough trails, delicious locally sourced food, and a great raffle await you. Best of all, all the proceeds from this event go to maintaining the very trails you’ll run during the race. Questions: gallop@blueberryhillinn.com

**Devil’s Bowl Speedway: Hometown Heroes Night**  
4:30 p.m. Saturdays through 9/14. Devil’s Bowl Speedway, 2743 Route 22A, West Haven. Grandstand \$15, infield \$20. Green flag at 6 p.m. Free admission this week for all nurses, police, fire, rescue and military with ID or in uniform. devilsbowl Speedwayvt.com

**Stone Valley Arts 10-year Anniversary Celebration**  
5-7 p.m. Stone Valley Arts, 145 E. Main St., Poultney. Free. Join us at our historic venue on the hill in Poultney for an evening of delicious cookout fare, captivating art, and live music featuring the local sounds of the Mean Waltons, an acoustic blues grass duo from the Rutland area. Our gallery will be open showcasing work by the acclaimed Pawlet photographer and documentarian, Neil Rappaport. stonevalleyarts.org

**Rochester Chamber Music Society: Bach Bash**  
7-8:30 p.m. Town Hall, 4157 Route 100, Granville. Free. Twenty-sixth annual Bach Bash. Professional and amateur musicians celebrate the music of Bach and others. Afternoon read through of music with a guest conductor. Informal concert at 7 p.m. Info: lesley@rcmsvt.org

**Music in the Mountains: An Assortment of Sorts**  
7 p.m. Saturdays through 7/20. Pico Base Lodge, 73 Alpine Drive, Mendon. \$30. In this performance, an assortment of works by Shostakovich, Dvorak and Piazzolla, and more, come to life as returning guest violinist, Virgil Boutellis-Taft, joins the faculty for an evening of virtuosity and unforgettable melodies. Tickets available at the door; cash or check only. Info: killingtonmusicfestival.org

**Pond Hill Rodeo**  
7:30 p.m. Saturdays through 8/31. Pond Hill Ranch, 1683 Pond Hill Road, Castleton. \$15, adults. \$10, ages 6-11. 5 and under are free. Cash only. Info: pondhillranch.com

**‘The Bikeriders’**  
7:30-9:30 p.m. Woodstock Town Hall Theater, 31 The Green, Woodstock. Adults \$10, seniors \$9, children & members \$8. After a chance encounter, headstrong Kathy is drawn to Benny, member of the Midwestern motorcycle club The Vandals. As the club morphs into a dangerous underworld of violence, Benny must choose between Kathy and his loyalty to the club. Tickets: pentanglearts.org

**Moth Ball at VINS**  
8-9 p.m. VINS, 149 Natures Way, Quechee. \$5. 20 person limit. Ever wonder what that bug is fluttering around your porch light at night? Join a VINS educator on the canopy walk at night for the chance to observe, ID, and learn all about the moths and nocturnal insects of Vermont through the simple and fun technique of moth fishing. While waiting for our fluttering friends, meet one of our owl ambassadors who depend on these insects for food and learn how to help out insects near you. Info: 802-359-5000 or info@vinsweb.org. Register: vinsweb.org/event/moth-ball/

**Double Feature at the Bethel Drive-In**  
9 p.m. Saturdays. Bethel Drive-In, 36 Bethel Drive (off Route 12), Bethel. Adults \$12, children (5-12) \$8. Cash Only. “Despicable Me 4” (PG) at 8:50 p.m. “Garfield” (PG) at 10:30 p.m. Gates open at 7:30 p.m. betheldrivein.com

← **Calendar:** Email events@mountaintimes info.....  
from page 15

## SUNDAY 7/14

### Yoga in the Canopy

9-10:15 a.m. VINS, 149 Natures Way, Quechee. \$26. Welcome to a yoga class like you've never experienced before. Ascend into the treetops on the Forest Canopy Walk and immerse yourself in the beauty of the summer foliage. Expect a slow-flow class that will incorporate sun salutations, standing poses, balance poses, and brief meditation. All levels of experience are welcome. Participants should dress in layers for being outdoors and bring a yoga mat. In the event of rain, this event will be relocated to a covered outdoor area. Registration required: vinsweb.org/event/yoga-in-the-canopy-2024-4/

### Ludlow Farmers' Market

9 a.m.-1 p.m. Sundays through 10/13. So. Depot St., Ludlow. Meet on S. Depot Street in Ludlow to shop at our vibrant farmers' market. Find a variety of local produce, fresh baked goods, handmade crafts, cold beverages, live music and more. Join us for fresh food, community, and fun. Info: ludlowmarket.org

### 44th Annual RAVE Car Show and Flea Market

9 a.m.-3:30 p.m. Vermont State Fairgrounds, 175 So. Main St., Rutland. General admission \$5. Open to all vehicles. Large handcrafted area. Awards on both days. Food, music, and door prizes. Donations made to local nonprofits. 50/50 raffle and basket party. Camping available. Special awards, more trophies, special prizes for pre-registered vehicles and more. Entry preregistration \$15; at show \$20, good for both days. ravecarrclub.com

### Basin Bluegrass Festival

10 a.m. 1 Basin Road, Brandon. Gates open July 7. A three day live music festival from July 11-14. Food and craft concessions rain or shine, water to fill your tank, free showers, dump station \$20, tenters welcome, bring lawn chairs. Pets welcome on a leash. For more information, visit: basinbluegrassfestival.com

### Killington Boot Camp: Long Trail Brewing Yoga Class

11a.m. Long Trail Brewing, 5520 US-4, Bridgewater Corners. \$30. Includes one hour all levels yoga flow class, a donation to Vermont Adaptive and your choice of beverage in the Brewery after class. For more information, visit: kbckbc.com/schedule.

### Poetry Open Mic

2 p.m. Phoenix Books, 2 Center St., Rutland. Free. Come to read, come to listen, or come for both. Those interested in reading can sign up at the door. Registration requested. Led by poet-in-residence: Bianca Amira Zanella. Register/info: phoenixbooks.biz/events

### 'The Bikeriders'

3-5 p.m. Woodstock Town Hall Theater, 31 The Green, Woodstock. Adults \$10, seniors \$9, children & members \$8. After a chance encounter, headstrong Kathy is drawn to Benny, member of Midwestern motorcycle club The Vandals. As the club morphs into a dangerous underworld of violence, Benny must choose between Kathy and his loyalty to the club. Tickets: pentaglearts.org

### Sundays on the Hill: Counterpoint Chorus in Weston

4-5 p.m. Sundays. Old Parish Church, 100 Main St., Weston. \$5. The Sundays on the Hill concert series is delighted to have Counterpoint Chorus start the 26th year of providing concerts in Weston on July 14. The doors open at 3:30 p.m. - there are no reserved seats, no advance tickets, and admission is paid at the door. Info: SundaysOnTheHill.org

### Community Music Jam

7-9 p.m. Stone Valley Arts, 145 E. Main St., Poultney. Suggested donation encouraged. Come join us for an acoustic music jam. Bring your instruments, your voices, and your ideas. We'll take turns, teaching each other new song numbers while keeping it simple. We follow bluegrass jam rules but we're not restricting ourselves to bluegrass. Rock, folk, blues, Americana: as long as everybody can join in. Feel free to bring lead sheets. Info: stonevalleyarts.org

### Double Feature at the Bethel Drive-In

9 p.m. Sundays. Bethel Drive-In, 36 Bethel Drive (off Route 12), Bethel. Adults \$12, children (5-12) \$8. Cash Only. "Despicable Me 4" (PG) at 8:50 p.m. "Garfield" (PG) at 10:30 p.m. Gates open at 7:30 p.m. betheldrivein.com

## MONDAY 7/15

### Intro to Music Camp

9 a.m.-Noon. All week. Chaffee Art Center, 16 So. Main St., Rutland. \$140 for the week. Ages 6-12. Discover your passion for music. Campers will develop skills with games, singing, and more. Instructor: James Gram. info@chaffeeartcenter.org

### Senior Bone Builders

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

### Art at the National Park

11 a.m.-3:30 p.m. Mondays and Fridays through 8/9. Horse Shed at Marsh-Billings-Rockefeller National Park, 54 Elm St. (Route 12), Woodstock. Free. Make art while feeling inspired by the park! Meet the 2024 Student Artists-in Residence and take part in a park-inspired art activity. Artists of all ages and skill levels are welcome. Visitors are invited to drop in any time during the program. Pets allowed. nps.gov/thingstodo/art-in-the-park-at-marsh-billings-rockefeller-nhp

### Community Lunch

11:30 a.m.-12:30 p.m. Mondays. Godnick Adult Center, 1 Deer St., Rutland. Over 60, \$3.50. Under 60, \$6. Donations welcome. In partnership with the Southwestern Vermont Council on Aging and Meals on Wheels, the Godnick Center hosts congregate meals. Make new friends, connect with pals. Call 802-773-1853 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. Sherburne Memorial Library, 2998 River Road, Killington. Free. Contact the library for the title. sherburnelibrary.org/movie-monday or 802-422-9765

### SongWriting & Music Production Camp

1-4 p.m. All week. Chaffee Art Center, 16 So. Main St., Rutland. \$140 for the week. Ages 9+. A camp all about creating music. Learn how to write a song and then how to produce it. Campers will have fun working with the program "Sound Trap." Instructor: James Gram. info@chaffeeartcenter.org

### Free Yoga at Billings Farm

5:15-6:30 p.m. Mondays through Sept. Billings Farm & Museum, 69 Old River Road, Woodstock. Free. Stretch in the scenic pastures of Billings Farm! Practice will begin promptly at 5:30 p.m. Please arrive at the farm early to get settled in and join us for a tea service featuring herbs fresh from the Billings Farm garden at 5:15 p.m. Ranger Jen Jackson will lead the weekly Farm & Forest Yoga Flow. Bring a mat and check in at the Billings Farm Visitor Center. nps.gov/mabi

### JAM Script Writers' Group

5:30-7 p.m. JAM, 5 So. Main St., White River Junction. Free. Gather bi-weekly with a dedicated group to meet talented local writers, learn new script writing techniques, and receive peer feedback on your work. Meetings are free of charge and not mandatory, but we encourage consistent participation to get the most out of this group. Info/register: uvjam.org/event/scriptwritersgroup-2-2/2024-07-15/

### Bridge Club

5:45 p.m. Mondays. Godnick Adult Center, 1 Deer St., Rutland. Free. rutlandrec.com/godnick

### Slate Valley Trails Group Run/Walk

6-7:30 p.m. Mondays. Location changes weekly-check Facebook event for details. The group will leave the trailhead by 6:05 p.m. at the latest. The route will vary weekly and may have two route options depending on the number of people. Expect at least a 5 mile run at a social pace with some elevation gain for a standard run. There are many options to cater to all abilities. Bring: plenty of water, snacks, bug spray, and an after run beverage of choice. Youth 14 -18 must have a parent/guardian present, or have submitted our Youth Participation Waiver in advance of outing. Questions: info@slatevalleytrails.org

### 'The Bikeriders'

7:30-9:30 p.m. Woodstock Town Hall Theater, 31 The Green, Woodstock. Adults \$10, seniors \$9, children & members \$8. After a chance encounter, headstrong Kathy is drawn to Benny, member of Midwestern motorcycle club The Vandals. As the club morphs into a dangerous underworld of violence, Benny must choose between Kathy and his loyalty to the club. Tickets: pentaglearts.org

## TUESDAY 7/16

### Bone Builders

9 a.m. Tuesdays. Gilbert Hart Library, 14 So. 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

### Senior Volunteers

1-3 p.m. Tuesdays. Sherburne Memorial Library, 2998 River Road, Killington. sherburnelibrary.org or 802-422-4323

### Yoga at Mission Farm

2-3 p.m. Tuesdays through 7/23. Mission Farm, 316 Mission Farm Road, Killington. Pay what you can; suggested donation \$10. No registration required, just show up and join. Dress comfortably. Bring your own mat; blankets available. Classes are held outside at the Odeon; in case of rain, we will move to the church lobby. missionfarmvt.org

### Bridge Club

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

### Chess Club

4-6 p.m. 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. Tuesdays. Norman 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

### Tuesday Night Twilight League

5 p.m. Tuesdays through 9/24. Green Mountain National Golf Course, 476 Barrows Towne Road, Killington. Non-pass holders \$40, pass holders \$22; includes 9 holes with cart. Shotgun start at 5 p.m. 4 person scramble. Teams welcome or individuals/pairs will be linked into groups of 4 and play the front 9. Results in Gracie's Clubhouse Grill after play. Must sign-up before Tuesday at noon. gmngc.com or 802-422-4653

### Tuesdays Concert Series: Yankee Chank

6-8 p.m. Tuesdays through 8/13. Pittsford Village Farm, 42 Elm St., Pittsford. Free. Yankee Chank is a group of musicians from throughout Vermont and New England who perform traditional dance music from Southwest Louisiana. pittsfordvillagefarm.org

### Castleton Summer Concert Series: Shor'ty Billups & The FOXX Band

7-9 p.m. Tuesdays. Castleton Pavillion, 360 South St., Castleton. Free. 802-468-6039

### Revenge of the Movie Night

7:30-9 p.m. Tuesdays. Main Street Museum, 58 Bridge St., White River Junction. Free. We never know ahead of time what the movie will be. Think of it as a grab bag. mainstreetmuseum.org

**EAT**  
**DRINK**  
**SHOP Local**

# [MUSIC Scene]

By DJ Dave Hoffenberg  
Have a music scene coming up? Email [djdavehoff@gmail.com](mailto:djdavehoff@gmail.com)

## WED 7/10

### BOMOSEEN

6 p.m. Lakehouse Pub & Grille – Shakey Pines

### BRANDON

6 p.m. Brandon Inn (Behind) – Music on the Riverbend with Deb Bryson & the Hay Burners

### LUDLOW

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

### POULTNEY

7 p.m. Poultney Pub – Open Mic with Danny Lang

### PROCTORSVILLE

6 p.m. Svec Memorial Green – Summer Concert Series with Soul Rockers

### QUECHEE

6 p.m. Public House Pub – Kim Wilcox

### RUTLAND

7 p.m. Main Street Park – Seven to Sunset Concert with Satin & Steel

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

### SOUTH POMFRET

6:30 p.m. Artistree – Music on the Hill Summer Concert Series with Beecharmer

## THURS 7/11

### BARNARD

5:30 p.m. Fable Farm – Feast & Field with Bow Thayer Choirs of Aether

### BRANDON

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

### BRIDGEWATER CORNERS

5 p.m. Long Trail Brewery – Nick Bredice

### BOMOSEEN

6 p.m. Lake House Pub & Grille – Aaron Audet

### FAIR HAVEN

7 p.m. Town Park – WallOn

### KILLINGTON

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

6 p.m. Rivershed – Chris Pallutto

6 p.m. The Foundry – Liz Reedy

### LONDONDERRY

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

### LUDLOW

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

### 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

### RUTLAND

8 p.m. Angler Pub – A Sound Space Open Mic with Host Josh Cote

8 p.m. Center Street Alley

– Karaoke 101 hosted by Tenacious T

### SOUTH POMFRET

7 p.m. Artistree – Open Mic Night

## FRI 7/12

### BOMOSEEN

6 p.m. Lake House Pub & Grille – Ryan Fuller

### BRANDON

10 a.m. 1 Basin Road – Basin Bluegrass Festival (Music 10 a.m. - 9:30 p.m.)

### KILLINGTON

3 p.m. Still on the Mountain – Nick Bredice

6 p.m. Rivershed – Rhys Chalmers

6 p.m. Still on the Mountain – Aedie

6 p.m. The Foundry – Zach Yakaitis

7 p.m. Pico Mountain Lodge – Killington Music Festival Young Artist Concert Series

6 p.m. Still on the Mountain – Aedie

7:30 p.m. Jax Food & Games – Sammy B

7:30 p.m. McGrath's Irish Pub – Craic Agus Ceol

### LUDLOW

6 p.m. Jackson Gore Courtyard – Summer Music Series with All Night Boogie Band

### PITTSFORD

8:30 p.m. Hilltop Tavern – Chris P Trio

### POULTNEY

6 p.m. Poultney Pub – Bird Mountain String Band

### QUECHEE

5:30 p.m. Public House Pub – Arthur James

### RUTLAND

6:30 p.m. Stonehedge Indoor Golf – Duane Carleton

### SHREWSBURY

6 p.m. Meeting House – Phil Henry and the Newsfeed

### WOODSTOCK

6 p.m. East End Park – Music by the River with Houston Bernard

## SAT 7/13

### BOMOSEEN

6 p.m. Lake House Pub & Grille – Seth Warner

### BRANDON

10 a.m. 1 Basin Road – Basin Bluegrass Festival (Music 10 a.m. - 9:30 p.m.)

### BRIDGEWATER

8 p.m. Woolen Mill Comedy Club – Comedy Night with headliner Max Higgins

### CHESTER

6 p.m. The Pizza Stone VT – Horse Nail

### GRANVILLE

7 p.m. Town Hall – Twenty-sixth Annual Bach Bash

### KILLINGTON

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

3 p.m. K1 Base Area – Cooler in the Mountains Concert Series feat. The Sideways

6 p.m. Rivershed – James Joel

6 p.m. Still on the Mountain – Aedie

6 p.m. The Foundry – George Nostrand

7 p.m. Pico Mountain Lodge – Killington Music Festival Concert Series: An Assortment of Sorts

7:30 p.m. Jax Food and Games – Live Music

7:30 p.m. McGrath's Irish Pub – Craic Agus Ceol

### LUDLOW

7 p.m. The Killarney – Sammy B

### QUECHEE

5:30 p.m. Public House Pub – Kind Bud

### RUTLAND

8 p.m. Angler Pub – Acoustik Ruckus

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

### STOCKBRIDGE

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

### WOODSTOCK

6:30 p.m. Ottauquechee Yacht Club – Rhys Chalmers

## SUN 7/14

### BOMOSEEN

6 p.m. Lake Bomoseen Lodge & Taproom – James Joel

6 p.m. Lake House Pub & Grille – Mark & Clarke

### BRANDON

10 a.m. 1 Basin Road – Basin Bluegrass Festival (Music 10 a.m. - 2 p.m.)

### KILLINGTON

12 p.m. Rivershed – Brunch with Liz Reedy

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

6 p.m. Liquid Art – Tee Boneicus Jones

6 p.m. Rivershed – Trivia Night

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

7 p.m. Mary Lou's – Bow Thayer presents Trio of Aether

7:30 p.m. Jax Food & Games – Nick Bredice

### LUDLOW

10 a.m. Farmer's Market – Sammy B

5 p.m. Main + Mountain – Sunday Funday with Liz Reedy

6:30 p.m. Veteran's Memorial Park – Summer Bandstand 2024 with Sammy B and Friends

### RUTLAND

7 p.m. Main Street Park – Rutland City Band

### STOCKBRIDGE

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

## MON 7/15

### BOMOSEEN

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

### KILLINGTON

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

### WOODSTOCK

6:30 p.m. Ottauquechee Yacht Club – Jam Session with Ben Kogan

## TUES 7/16

### CASTLETON

7 p.m. State University Pavilion – Shor'ty Billups & the FOXXX Band

### KILLINGTON

7:30 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

### PITTSFORD

6 p.m. Pittsford Village Farm – Tunesday Concert Series with Yankee Chank

### 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

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Courtesy Rutland Area Vehicle Enthusiasts

*The 44th Annual RAVE Car Show and Flea Market is on July 13-14.*

## R.A.V.E. (Rutland Area Vehicle Enthusiasts) To Host 44th Annual RAVE Car Show and Flea Market

Saturday and Sunday, July 13 and 14 at 9 a.m. - RUTLAND - The Rutland Area Vehicle Enthusiasts (R.A.V.E.) is pleased to invite everyone to attend their 44th Annual RAVE Car Show and Flea Market on Saturday, July 13 and Sunday, July 14 at the Vermont State Fairgrounds in Rutland.

There are many events planned for this year's show, including cars for sale, an assortment of auto-related flea market vendors, retail vendors, and a large assortment of handcraft vendors. There will also be food vendors including newcomers CR Concessions and Millie's Treats, as well as returning vendor CC's Eats (yes, she serves breakfast). There will be music, door prizes, muffler rap, piston toss, lawn-sized Jenga, and of course, we always have hula hoops. An NSRA Safety Inspector may be there throughout the weekend to do a safety inspection of your vehicle.

A 50/50 raffle will take place and will benefit the WSYB Christmas Fund. There will be one drawing on Sunday afternoon, with tickets being sold all weekend. If you ar-

en't going to be there for the drawing - fill out your name and phone # on the tickets and we will call you. Our small scale basket party will benefit Tatum's Totes. Profits from last year's show will be donated to several local charities.

Event shirts will be available; one of our designs is a look back to our show 25 shows ago - a favorite design by local artist Norma Montaigne. Norma passed away in 2020. She designed our shirts for many years and was a beloved member of our club and the Rutland area community. We think she would love that we are bringing back one of her designs.

Once again, we will be giving away 5 additional "favorites" trophies on Saturday only. We recognize that not everyone can attend both days of a two-day show, so we wanted to give folks a chance to win on both days.

This year's show will have more awards, including the "Favorite 35" awards format for the weekend. We will be presenting trophies to the "Favorite 35" vehicles in the show along with several specialty awards on Sunday at 3:00 p.m., with the winners driving their vehicles past the

grandstand to receive their awards. This year we are going to try something new called no participant voting; so just sit back and enjoy your time with your friends, vote for your favorite host club car, and relax.

This year we are featuring 4 x 4 vehicles, they have become extremely popular - and we have seen some amazing restorations and tricked out newer ones. Not only do you have a chance to win a regular award, but we are also going to choose our favorite 4 x 4 to receive a special award.

Show hours are Saturday, July 13 (9:00 a.m.-3:30 p.m.), and Sunday, July 14 (9:00 a.m.-3:00 p.m.).

Spectator Admission is \$5 donation, under 12 is free. Show car registration/admission begins at 7:00 a.m. each day and the fee is \$20 for a car and 2 adults (good for all weekend). Pre-1948 completely STOCK vehicles are admitted free. Camping is available for a small charge. Free parking at the Dana Ave. gate.

For show information: 802-265-8026 or 802-855-4186 (call before 9 p.m.) or find us on Facebook.



Courtesy SOTH

Counterpoint Chorus

## Sundays On The Hill concerts series features three of Vermont's finest classical instrumentalists

Sunday, July 14 at 4 p.m. —WESTON —The Sundays On The Hill concerts series is delighted to have Counterpoint Chorus start the 26th year of providing wonderful concerts on July 14. All of the concerts will be held in the Old Parish Church on Route 100 in Weston. Admission is only \$5 for adults, children under 12 may attend at no charge. There are no reserved seats, no advance tickets, and admission is paid at the door. See [SundaysOnTheHill.org](http://SundaysOnTheHill.org) for additional information and a complete list of the concert series.

Founded by legendary choral director and arranger Robert De Cormier, and based in Montpelier, Counterpoint is dedicated to performing choral chamber music and engaging with student musicians in Vermont and beyond. Praised for “clarity, skill” and “sophisticated musical expressiveness,” they present concerts throughout Vermont and

the surrounding region. Counterpoint has recorded seven CDs with Albany Records and has released four further CDs independently. Artistic Director Nathaniel G. Lew holds degrees in music from Yale, Cambridge, and the University of California, Berkeley. He currently serves as professor of music and director of the honors program at St. Michael’s College in Colchester.

Three of Vermont’s finest classical instrumentalists (violinist Laura Markowitz, cellist John Dunlop, pianist Annemieke McLane) join the singers of Counterpoint for this fascinating crossing of folk traditions and classical music: Johannes Brahms’s passionate, “Zigeunerlieder,” a collection of Ludwig van Beethoven’s settings of Scottish folk songs, and folk song settings by Béla Bartók, plus piano trio movements by Fanny Hensel and Clara Schumann.

## Goshen Gallop is July 13

Saturday, July 13 at 4 p.m.—GOSHEN—The Goshen Gallop 5/10km Trail race is on July 13th— right around the corner! This race is our biggest event of the season and it’s always such a blast. We love seeing folks out enjoying the trails, whether they are attempting to set a new record or spending half their race eating blueberries on Hogback mountain.

We hope you will sign up and tell your friends. We also are in need of a few more volunteers. We’re told volunteering is just as fun as running for less work :) Plus volunteers get a tee-shirt and pizza for their efforts. Shoot us an email if you can help out, we’d really appreciate it.

Of course, the Gallop isn’t the only thing happening at BHOC this summer. We’ve got the Moosalamoo Ultra organized by Ironwood Adventure Works on deck on July 27th, plus Pizza by the Pond all summer across the road at the Inn.

For more information, visit: [blueberry-hilltrails.com](http://blueberry-hilltrails.com)



Courtesy Blueberry Hill

## WailOn Band Presents 'A Tribute to REAL Country Music'

Thursday, July 11 at 7 p.m. — FAIR HAVEN — Joining us for their third season in a row and for our fourth concert in the town park will be The WailOn Band.

WailOn features Chris Wiski as “Waylon” and joining him will be the WailOn band. The concert will be held on Thursday, July 11 beginning at 7 p.m. This high-energy performance will take audiences on a journey through the greatest hits of George Jones, Tammy Wynette, Johnny Cash, Waylon Jennings, Merle Haggard, Hank Williams Jr, Dolly Parton, and Patsy Cline.

With a talented group of musicians and powerful vocals, WailOn brings these legendary artists to life on stage. In addition to Chris Wiski, Archie Anderson is on lead and backing vocals and electric guitar, George Shacher on pedal steel and fiddle, Billy Dillon on lead vocals, acoustic guitar, and harmonica and Tom Buffe on drums.

“We are thrilled to be paying homage to some of the greatest country music legends of all time,” said Chris Wiski. “These artists have had a huge impact on our band, and we can’t wait to share their music with our audiences.”

Always popular, we will be holding our

50/50 raffle and door prizes during the intermission. There will be sodas, hot dogs, and popcorn available for purchase. We do not hold the raffles when we relocate to the church.

The Congregational Church at the north end of the park is our rain location.



Courtesy of Fair Haven Chamber  
Chris Wiski

## Soul Rockers will play July 10 in Proctorsville

Wednesday, July 10 at 6 p.m.—PROCTORSVILLE—The Town of Cavendish and the Cavendish Community and Conservation Association are thrilled to announce that Soul Rockers, a group of talented local musicians, will be performing at the Concert on the Green series in Proctorsville.

Soul Rockers are renowned for their captivating performances and exceptional musical talent. This group of diverse musicians comes together to perform an eclectic repertoire spanning various genres, from soulful ballads to energetic rock anthems.

Five lead singers bring beautiful harmonies and accomplished musicianship. Immerse yourself in a fusion of rock, blues, and soul that will uplift your spirit.

Join your neighbors and friends for an evening of unforgettable music. This event is an opportunity for the community to come together, celebrate their love for music, and create lasting memories.

Bring a picnic and your favorite chair, or spread a blanket and lay on the grass. Murdock’s Restaurant, Outer Limits Brewery, and Singleton’s General Store have take-out food options and are located on or near the Green.

As always, the concerts are free and open to the public. In case of inclement weather, check the Cavendish Community and Conservation Association Facebook page.

Immerse yourself in a fusion of rock, blues, and soul that will uplift your spirit.





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**kmfest.org**

Details online or call 802.773.4003.



By Woody Weider  
**Chad Hollister**

# Rutland Country Club hosts golf, BBQ, and Chad Hollister Band concert to fight hunger

Saturday, July 13 at 11:30 a.m.—RUTLAND— The Rutland Country Club will be transformed into a multi-faceted fundraising event on Saturday, featuring a mix and match choice of golf, chicken BBQ buffet dinner, and capping it all off with a 7:30 p.m. concert featuring the renowned Chad Hollister Band. In case of rain, the concert will move indoors where the capacity is limited. Pre-purchasing tickets online is strongly advised.

Hailing from Vermont, the Chad Hollister Band has been touring the country for over 30 years, taking its “pure sonic alchemy” on the road as the opener for Bob Dylan, Paul Simon and Tom Petty and has shared the stage w/ every PHISH member, Billy Gibbons, Merl Saunders, Warren Haynes, Blues Traveler and Los Lobos.

This fundraising event will support the fight against hunger, with all net proceeds being donated to the Rutland Community Cupboard, BROCC Community Action, the Pittsford Food Shelf, and other worthwhile causes.

The struggling economy and inflation have caused 2 in 5 Vermonters to experience some level of food insecurity. Currently, over 150,000 individuals across the state require assistance. Particularly hard hit are families with children, who are five times more likely to face hunger.

According to Audrey Bridge, executive director of the Rutland Community Cupboard, state and nationwide demand for emergency food has increased to “alarming rates.” This is reflected in visits to the Rutland Community Cupboard, which have nearly doubled since December 2003. As a result, the Vermont Food Bank has been forced to add a full tractor trail-

er delivery route specifically dedicated to the Rutland Community Cupboard and BROCC Community Action, the region’s two largest food pantries.

Rising caseloads and higher food costs are challenging the ability of local food pantries to supply fresh basics such as fresh eggs, milk, butter, and produce. To raise funds to help purchase these foods, Chip in Against Hunger kicks off with golf tee times starting at 11:30 a.m. To reserve a time, contact: Rutland Country Club pro shop at 802-773-3254

ext.1. Greens fees are \$90 per person, including cart, with a percentage of each fee going towards concert4community.org.

Non-golfers can participate as well by attending a chicken BBQ buffet dinner from 5-7:15 p.m. featuring chicken, burgers, dogs, corn on the cob,

sides and salads, dessert, and non-alcoholic beverages included. The festivities conclude with an outdoor concert (moving indoors in case of rain) featuring the renowned Chad Hollister Band starting at 7:30 p.m.. Ticket costs for both the chicken BBQ dinner and the concert vary based on age.

For more information and to purchase tickets online, visit: [concert4community.org](http://concert4community.org). Walk-ups are welcome.





**7th Annual Tour de Slate Bike Ride**



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**Aug 3, 2024 - Middletown Springs, VT**

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More information visit: [www.tourdeslate.org](http://www.tourdeslate.org) email: [info@tourdeslate.org](mailto:info@tourdeslate.org)

**This is a fundraising event.**

**All net proceeds go to Adult & Teen Challenge VT, to assist them as they rehabilitate those with lives marred by drug and alcohol addiction.**



**Help us help them change lives**

Tour de Slate Inc. is a 501(c) 3 approved organization

# The fourth annual Slate Valley Epic mountain bike race is a challenge for the most serious of mountain bikers

Saturday, July 13 at —POULTNEY — Join Slate Valley Trails (SVT), 131 Town Farm Road, Poultny on July 13 from 8 a.m. - 2 p.m. for the fourth annual Slate Valley Epic mountain bike race. Riders can expect some of the best singletrack riding with plenty of climbing and extraordinary views of southwestern Vermont and the Slate Valley. This race is approximately 40 miles with about 5,000 feet of climbing and will surely challenge you, but be a memorable weekend in the Vermont woods.

The event's trailhead and expo is open to the public so come watch, cheer, eat, and celebrate with SVT and the racers Saturday. After the race, hang out and enjoy some food, music, refreshments, and camaraderie. Primitive camping is also available at the trailhead and can be purchased during registration.

## The Details

The Saturday race starts at 7:30 a.m. and we expect all racers to be finished by around 4 p.m..

There will be wave starts at 5 minute intervals. Competitive awards and a free sponsor raffle at 2 p.m.

All racers will receive a great meal after the race from The Rollin' Rooster and the public can purchase food on site.

Frost Brewing beer voucher included for after race celebratory brew.

The exact course will be released to participants prior to race day.

The Epic Race will start and finish at the Slate Valley Trails' Fairgrounds trailhead located at 131 Town Farm Road, Poultny.

Racers are encouraged to bring a water bottle to refill at the aid stations set up along the race course. Small snacks will be available, but racers are encouraged to bring enough calories to sustain them for the duration of the race.

For more information, visit: [vmba.org](http://vmba.org).



Submitted

Slate Valley Trails will host the fourth annual Slate Valley Epic mountain bike race on July 13, featuring 40 miles of singletrack, 5,000 feet of climbing, and stunning Vermont views.

# Inn at Long Trail



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# Basin Bluegrass Festival rocks the region this weekend by DJ Dave Hoffenberg



Rockin' the Region  
By Dave Hoffenberg

The best, and most affordable festival around is the Basin Bluegrass Festival in Brandon, July 11-14. It's been going strong for 28 years, with this being the 29. I've attended twice in the past and was blown away by all it had to offer. The music is exceptional. I didn't know any of the bands going in, but they were all awesome. I sadly could not attend last summer so I'm excited to be able to attend this year. I now have some favorites I'll try and see like Bloodroot Gap, Canaan's Land, Cedar Ridge and the Greene Brothers. It's a family atmosphere with down-home bluegrass music, many of it jug style. You can find more information at [basinbluegrassfestival.com](http://basinbluegrassfestival.com).

I had the pleasure of interviewing Larry Efaw from "Larry Efaw & The Bluegrass Mountaineers". I've yet to see them but I feel they'll be added to my "Favorites List". They perform twice on Friday at 2:30 and 8:45 p.m. They also perform twice on Saturday at 1:45 and 7 p.m. Music runs both days from 10 a.m. - 9:30 p.m. It's a shorter day on Sunday from 10 a.m. - 2 p.m. Larry has played the BBG Festival a few times, and loves it, but this is their first since 2019.

Larry hails from Pennsylvania and now lives in Ohio, but said, "I love playing the New England states. The people there really love the traditional bluegrass music."

Larry and his band mostly play the first generation of bluegrass music. He said, "We're a traditional bluegrass band, keep it like a family-style band. Bluegrass music is a family-style music. It doesn't matter where we play or where we go, we're just one big family. When I go up to Vermont, I see people I only see up in that area that I haven't seen for 2-3 years and they invite us over to their camper to eat with them. It's stuff like that, it's one big family. I'm thankful for it, I love the people."

The band is made up of Larry and four other musicians. Larry is on mandolin. He also has a

guitarist, upright bassist, banjo and fiddler. Speaking of family, his 19 year-old grandson is on fiddle. Larry said, "I got him into it eight months ago. He's doing a great job with us, it's really awesome." The rest of the guys aren't family by blood, but they're like family.

Larry treats his band well. He doesn't expect them to put on a suit jacket if it's hot out. He just wants them to look presentable. He's going through a bit of a band change but is confident the new guys will work out well. He said, "Sometimes it's hard to get who you're happy with. You're out on the road, going from festival to festival, it has to be enjoyable for everybody." They play year-round, and all over the States and Canada. Larry added, "It's going to take me a little while to regroup but I have great musicians with me, great people, and I can teach them and they can learn from me. It will take them a few shows



Submitted

Larry Efaw and the Bluegrass Mountaineers

and then they'll be right up on top, right back where I was before. I've always had the same sound through the years and I know I can do that with this group I have with me now as well."

Larry is also a promoter and likes to help out other festivals. He said, "I like to help out all the promoters I can possibly help because there's a lot of festivals now, since covid, that have shut down and that's a shame. Most festivals we've played this year have been up and I'm hoping Linda's is as well." Linda Berry runs the BBG Festival. Larry and I both agree that Linda is a wonderful woman.

Larry is excited to be back and said, "It is a beautiful and gorgeous place. You can look up and see the mountains. The vendors are really good, you can get ice there, you can get anything you really need. The sandwiches are good. Everybody treats you just like family. It's one of my favorite places to play."

Larry started playing the mandolin when he was 7, playing in his dad's band. He just turned 66 so he's had an amazing career. He said, "I would stand in the back. When I learned to pick out, I'd step up to the mic and get out of it quicker than I should've. I was so nervous and scared. It wasn't too long until I was taking a break on just about every song that there was. I was self-taught. My dad only knew 3 chords on the mandolin; G, C and D, and he showed them to me.

Rockin' →27

## Stone Valley Arts celebrates 10th anniversary with a summer celebration that includes 'Capturing Time: A Neil Rappaport Retrospective'

July 13, 11 a.m.-4 p.m.—POULTNEY—Stone Valley Arts, Stone Valley Arts 145 E. Main St., Poultnery holds its 10th anniversary summer cook out on Saturday July 13, 5-7 p.m. The event will feature a cookout, art and live music featuring the local sounds of Mean Waltons, an acoustic bluegrass duo from the Rutland area.

The gallery will be open, showcasing work by the acclaimed Pawlet photographer and documentarian, Neil Rappaport. Rappaport's exhibition, "Capturing Time: A Neil Rappaport Retrospective" displays the work of the late Pawlet-based photographer's life's work including portraits from the Pawlet community study, slate industry, farms, Vermont landscapes and rare photos from Comstock Prison where Rappaport taught photography. Additionally, hand-colored photos produced by Neil Rappaport and his wife Susanne will be on display. The show will end Sunday, August 11. Curated by Chuck Helfer and Krista Rupe.

Rappaport was born in New York City in 1942. He graduated from Williams College with an English degree, but his life changed when he picked up a camera. Rappaport was a documentary photographer and taught at Bennington College for 27 years from 1970-1997. He became obsessed with recording how life in the small rural town of Pawlet, where he was a long time resident, was changing. When he died suddenly in 1998, he left behind a treasure trove of images. He referred to his works as "biographies rather than essays."

"Through Neil's lens he tells the history

of a community letting the photos paint personal stories," said Rupe.

"Neil's rare ability to connect with people gives us a photographic time capsule into a Vermont community and way of life no longer present," said Helfer.

Stone Valley Arts has been dedicated to inspiring creativity, building relationships and supporting the community throughout the arts.

For more information, visit: [Stonevalleyarts.org](http://Stonevalleyarts.org).



Submitted



Courtesy Stone Valley Arts

Stone Valley Arts celebrates its 10th anniversary with a summer celebration that includes the Pawlet photographer Neil Rappaport's "Capturing Time: A Neil Rappaport Retrospective," featuring rare photos from Comstock Prison and hand-colored images.

PITTSFORD VILLAGE FARM PRESENTS

# Tuesdays

## Summer Concert Series

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TUESDAYS @ 6PM  
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across from Kamuda's



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### July 16 — Yankee Chank

FOOD BY  
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Vermont's own Cajun band, Yankee Chank, a group of musicians from throughout Vermont who perform traditional dance music from Southwest Louisiana – Cajun and Creole music.

### July 23

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& The Newsfeed  
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• Winning Image Graphix • Mountain Times

Find more events at  
[PITTSFORDVILLAGEFARM.ORG](http://PITTSFORDVILLAGEFARM.ORG)



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# Rutland Free Library adds park and museum passes to card holders



Rutland Free Library is offering four new passes to Vermont museums starting in July. Park and museum passes are available to library card holders and can be borrowed like a book or any other item in the library collection.

New partners include: Vermont Granite Museum, Rokeby Museum, Fairbanks Museum & Planetarium, and Bennington Museum.

The library offers passes for over 15 other local parks and museums as well, including: American Precision Museum Billings Farm and Museum, Hildene, Lake Champlain Maritime Museum MASS MoCA, Shelburne Farms, Vermont History Museum,

Vermont Institute of Natural Science Vermont State Parks, and Wonderfeet Kids' Museum.

These passes are completely free for patron use, and bring down the price of admission from \$30-50 per person to half-price, \$5 per person, or even free admission for several locations! For details on specific passes or to borrow a pass, please contact the circulation desk at the library in person or by phone at 802-773-1860.

Rutland Free Library is a nonprofit organization providing library services to Rutland City, Rutland Town, Mendon, Tinmouth, and Ira, which support the library through tax funding, and to paying cardholders from other communities. Its mission is to bring people, information and ideas together to enrich lives and to build a vibrant, strong community.

RFL is located at 10 Court St. in Rutland.

For more informaiton, call 802-773-1860 or visit: [rutlandfree.org](http://rutlandfree.org).

# Play for Your Freedom is a day to appreciate veterans and active service members at Killington Resort

Friday, July 12 at 8:30 a.m.—KILLINGTON—On Friday, Killington will host Play for Your Freedom, a day to appreciate our veterans and active service members at Killington Resort.

All are welcome to join us for a morning showing of "PTSD: The Walking Wounded," a film that tackles the tough topic of PTSD through the lens of our veterans. Additionally, all active service members & veterans can sign up for a complimentary ride on the K-1 Gondola & access to our Adventure Center at Snowshed.

All registered participants must fill out our required Express Assumption of Risk form before participating in any activities at Killington Resort.

## Schedule:

- 8:30-9 a.m. Coffee & Registration
- 9-10:30 a.m. Anthem & welcome ceremony
- 10-11:30 a.m. Movie screening of PTSD: The Walking Wounded
- 10 a.m.-Noon. Fun in the Adventure Center
- Noon-1:30 p.m. Lunch & appreciation ceremony

Events listed will take place inside the Snowshed Base Lodge, Killington Resort unless otherwise indicated.

For more information, visit: [Killington.com](http://Killington.com).



Courtesy Killington Resort

# St. James Episcopal Church Woodstock, Vermont Presents

*A Festival of Liturgy and Music*  
Featuring the Downing College Chapel Choir  
of Cambridge, England  
*An experience of transcendence in liturgy,  
music, art and nature*  
**July 18-21**



## Festival Events Include:

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# Jordan Loepky-Kolesnik Artist in Residence at the Carving Studio & Sculpture Center

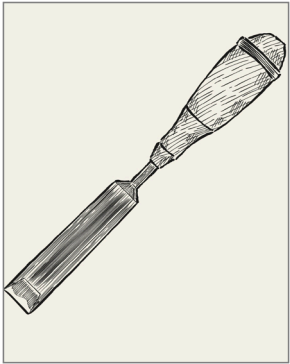
Wednesday, July 10 at 7 p.m. - WEST RUTLAND - Artist Jordan Loepky-Kolesnik arrived at the Carving Studio and Sculpture Center on July 1 for a one-month residency. Based in Los Angeles, Loepky-Kolesnik's installation works use amphibiousness as a metaphor for queer transformation through exertion and entropy. Loepky-Kolesnik collaborates frequently with artist Rindon Johnson, who will arrive at the Carving Studio later in July for their joint residency. Their collaborative works are informed by an interest in speculative fiction, land art, traditional crafts,

and architecture. They question the psychological and social implications of land-based art, and its potential for narrative meaning, and create objects and architectures that set free emotional states, renegotiating socially constructed modes of being and acting. Loepky-Kolesnik will present an Artist Talk on Wednesday, July 10 at 7 p.m. at the Carving Studio, 636 Marble St., West Rutland. The talk is free and open to the public.

For more information on workshop, exhibition and residency programs at The Carving Studio and Sculpture Center, please call (802) 438-2097, email [info@carvingstudio.org](mailto:info@carvingstudio.org), or visit [carvingstudio.org](http://carvingstudio.org). View the artists' work at [jordanloepkykolesnik.com](http://jordanloepkykolesnik.com).



Submitted



## Rockin': from page 23

The rest I learned by ear, and going around these festivals like these younger kids are now. I was talking to people, having them show me stuff, jamming with them and I learned a lot that way as well. Most of it I just learned by ear. Sitting and fooling with it at home. I can't read music at all." They have one album out titled, "She Left Me Standing On a Mountain". You'll find them on Spotify, Apple Music, YouTube and others. They have a Facebook page under their name, and online at [bluegrassmusic.info](http://bluegrassmusic.info). On that site, you can get info on the band as well as the festival and cruises they do. They play a lot of his dad's music. Larry said, "Dad was a great songwriter. We do an awful lot of his songs. I probably have 2,000-3,000 songs of his to go through and work up." His dad was Edward Efaw but everyone knew him by his stage name "Beanpole". He died last year at age 92. Larry played with his dad side-by-side for 45 plus years. Larry has been fronting the band for 15 years after his dad had to get off the road for health reasons. Larry said, "It was hard at first to go on without him. Dad would call me, he knew we were playing. Not a day would go by that I wouldn't talk to dad two or three times a day. He would call to make sure everything was OK and I was doing OK. I'd tell him I missed him and he would say that he wished he could be there with me, but he can't be. I have a lot of great memories and that's all we really got to go by." That to me is heart warming and very special. Larry has been married 40 years, has four kids and 10 grand kids. He grew up with one brother and four sisters.

They've been fortunate to have played the Grand Ole Opry three times as guests, one of which was from legend Bill Monroe. They hope to be back soon. Larry said it's absolutely amazing to play there. Larry loves the support they get. He ended by saying, "I love the audience, the people that come out and support the bluegrass music. They're family to us. I can be so tired, some of these festivals are 15-18 hour days plus I'm the only one who drives the bus. I have a 45 foot Prevost Bus. I can be so tired that I don't know where I'm at but once you hit that stage and you see the audience with smiles on their faces, you get it 100%. I went on stage with a bad toothache, once so sick I could barely stand up but when you hit that stage, the show must go on. We don't let rain or anything like that hinder us. If the sound goes out, we'll come off the stage and keep on playing. You just have to give it all you can. Give them people their money's worth. After the show, we'll hang out at the merch table and talk with people. I love that. I love people, and hearing their stories, just about everyone has a story."

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Solutions

From page 13

Crossword

O	C	T	A	V	O	S			S	U	M	B	A	
C	A	R	M	I	N	E			O	K	R	A	S	
U	N	A	P	P	E	A	S	A	B	L	E		T	E
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A	L	E				O	L	E	O		T	O	S	S
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T	O	T	E	D				N	E	T	T	L	E	D
E	R	N	E	S				S	U	M	M	E	R	S

Sudoku

6	2	8	9	4	7	1	3	5
7	4	3	2	1	5	8	6	9
9	5	1	3	8	6	2	7	4
3	8	7	6	5	9	4	1	2
4	1	6	8	2	3	9	5	7
5	9	2	1	7	4	6	8	3
8	6	9	7	3	2	5	4	1
2	7	4	5	6	1	3	9	8
1	3	5	4	9	8	7	2	6

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# Cosmic Catalogue



## **Aries** March 21 - April 20

Do keep your cool this week, especially when it comes to making financial choices. Instead, you'll be better off just enjoying yourself and not thinking about things for a while. Have some fun, have a laugh do something you enjoy. Sometimes the best way to solve a dilemma is to step away from it so you can get a fresh perspective on it. Worrying or getting anxious about something doesn't solve anything.

## **Leo** July 21 - August 20

When it comes to your social circles and friends, both online and in real life, you're in for a very abundant and rewarding cycle. So do be sure to put your best foot forward and stretch yourself by attending events or opportunities to be seen in the right places by the right people. While it may sound a little superficial, optics do count. That said, don't waste your time with those who don't share similar philosophies to yours or have a strange attitude.

## **Sagittarius** November 21 - December 20

Everything works out so much better for you when you can keep your eyes on a distant horizon. Whether it's far-flung destinations or a longer-term goal, you need something to reach for, to aspire to. Your ability to do that is going to become so much easier in the upcoming days. All you need to do now is decide what it is you want and go for it. First, you need to decide that you've had enough of a current situation that's kept you stuck.

## **Taurus** April 21 - May 20

Taking the necessary steps to do the things you know are good for you is now required. You're gearing up for some big changes. In the process, do keep your energy close to home. When you can get your focus back on what is important to you – stability, security and your family or living situation, then you'll be better prepared to weather the changes that are on their way. In the meantime, a little bit of indulgence can improve your mood too.

## **Virgo** August 21 - September 20

It can be natural for you to look externally for answers. Figuring out this, figuring out that. It's as if the more you fiddle and tinker, the more a solution will magically appear. Well, that's likely not going to work this week. What you really need to do is keep your mind quiet. Focus on the thoughts that generate the feeling of the solution being available to you. Don't discount the fact you have the answers you're seeking already.

## **Capricorn** December 21 - January 20

Every now and then, we have to go within and face our fears. It's not comfortable having to do that, but it's a necessary step in order to shed the layers that hold us back. This time last year, you went through a lot of that. While you may be thinking now, "not this old chestnut," the fact is, you already cracked it. Now, it's just a case of tying off loose ends. You're stronger now than you ever were.

## **Gemini** May 21 - June 20

Not everyone is going to understand the point of view you're trying to express. You may need to ask yourself whether that even matters. With Jupiter in your sign, you're willing to expand into new ways of thinking and being, which can be challenging to those who choose not to think at all. This is why they judge. This week, it really is a case of the more you know, the further you'll go! Don't let naysayers hold you back.

## **Libra** September 21 - October 20

Life is about to get a whole lot brighter, thanks to the movement of your guiding star, Venus. As she lights up your social circles, this is an opportunity to be seen in your best light. The chance to rub shoulders with those who can open doors for you or to simply reconnect with your most special people will help you feel so much better. The hard work you've done and the old habits you've cleared are soon set to pay off.

## **Aquarius** January 21 - February 20

While there is one part of you that may prefer to go underground, it would be wise to accept the support and generosity from those around you. In fact, relationships of all kinds are likely to be such a godsend now. Even if you're not really in the mood, if you can shift the focus from yourself onto others, you'll be amazed by just how much better you'll feel. Allow the light of others to strengthen you.

## **Cancer** June 21 - July 20

Personally, I'm not a fan of the idea of treating yourself. It indicates that you're in a state of lack at other times while you're not indulging. This truly is contraindicative of the abundance you so deserve. It may be more helpful to ascertain what is a need and what is a want. You are always in a state of deserving all your desires being met, but have you earned it? This week, take a moment to be aware of the difference.

## **Scorpio** October 21 - November 20

This isn't your week to lurk in the shadows or dwell in the dim corners. In fact, this is your time to be seen and heard. Sure, you may ruffle some feathers along the way. However, in some situations you do have to choose between being happy in the skin you're in or harboring eventual resentment because you didn't honor your own needs. This week, speak up and take necessary action or forever hold your peace.

## **Pisces** February 21 - March 20

Just when you got used to relaxing a bit and having some fun, it's time to shift gears again. Maybe it's your health, wellbeing and fitness you need to be taking care of. Perhaps you need to really be doubling down on work as a top priority. Whatever it is, do be sure to not burn the candles at both ends. Instead of saying to yourself, "I have to," tell yourself, "I get to," and life will feel so much more magical.

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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.

## You are an original

You were born an original, so don't be a copy. That being said, we live in an age where you're expected to think the same things as everyone else because people are uncomfortable when you disagree with them. Just because I may be right, doesn't mean that you are wrong.

No one seems to want you to ask questions or think beyond what the constructed narrative is. Just because a lie is continually repeated doesn't make it the truth.

Just because there is chaos and disorder, doesn't mean you need to get whipped up in it or think that

because it appears the majority are agreeing with it that it means it's right. The more insane things become, the more you need to be wary of the solutions they sell in order to reestablish order, calm or peace.

When you can remember that you are an original, you'll feel it in your bones just how uncomfortable it is to follow like a sheep.

There are many opportunities in the pipeline where you can decide what you're available for and what you are not. The power of choice and the power of deciding is, well, empowering!

So why would you not take it?



Cosmic  
Catalogue  
By Cassandra  
Tyndall

## Fireworks

Boom, Boom! I hear the fireworks echo off the mountains, bright lights flashing before my eyes. Blue, green, red and white. They crackle, pop and bang, illuminating the night sky. This brilliant display seems to go on forever, one shoots up, explodes and another one goes up. Some change colors, some are different shapes and some multiply. All of them are mesmerizing and beautiful, like giant flowers.



Green Mountain  
Tales  
By Izzy Gieder

## How he came to "Wallace," a post-wedding disaster, and several more Charley mishaps

Charles Wallace The Magnificent: A tribute, part 5

*Editor's note: Bruce Bouchard is former executive director of The Paramount Theatre. John Turchiano, his friend for 52 years, was formerly the editor of Hotel Voice, a weekly newspaper on the New York Hotel Trades Council. They are co-authoring this column to tell short stories on a wide range of topics.*

*Author's note: A short recap – Part 4 ended after Charley's thievery of pizza and ice cream from the hands of children at Friday Night Live nearly landed him in the pokey.*

*We thought we had everything covered*

In August of 2012, I produced my daughter's wedding on the property. We had a beautiful ceremony spot with an arbor by the pond and dinner for 125 guests in the barn.

The week of the wedding we felt that it would be far too chaotic to have Charley around, so he was dispatched to 10-year-old Kayleigh Brown of the Brown family in Poultney for the final three days of preparation. Kayleigh's mother manages a foster home for dogs in adoption transition for Golden Huggs. Kayleigh had met and bonded with Charley, and she had become his occasional babysitter.

She called him Charles Wallace (mostly when she was cross with him). Kayleigh learned that Charles Wallace was a character in a beloved novel/film, "A Wrinkle in Time," a family story in which the youngest child, Charles Wallace, something of a savant, can read and write at a high level and is known to be highly intelligent, loyal, prideful and psychic.

The wedding came off beautifully; the exquisite surroundings and views of a late summer day were fine compliments to a special occasion. It was a magical midsummer night dream, concluding with a dinner and a raucous party in the barn. Two pigs were smoked on the lawn of the house (Charley would not have survived that distraction) and there were four exotic sauces for the pork.

The next day's strike and cleanup was a gigantic task and luckily many friends stayed to help. Charley returned at the very end of the strike/clean-up and was amazed and delighted at the number of people and the swirling activity on the property.

Remember, I told you about those four sauce options for the barbequed pork? Well, Charley → 37



By Bruce Bouchard  
and John Turchiano

## Waterthrushes: Winged kings of the bog and stream

If you're looking for warblers on a walk in the summer woods, your first instinct might be to look toward the canopy. But two closely related warbler species forgo those elevated environs for the eddies and banks of forested streams and wetlands. These specialists of sylvan waters are a treat for any birder – and offer a challenging exercise in avian identification.

The northern waterthrush (*Parkesia noveboracensis*) and Louisiana waterthrush (*Parkesia motacilla*) are mid-sized, vocal warblers that breed in northern New England. Both forage in still and moving water.

"Waterthrushes are unusual for warblers in the way that they associate with rivers and streams, often feeding right at the water's edge, or on rocks and logs in the water," said Chris Elphick, a conservation biologist at University of Connecticut who specializes in wetland birds and ecosystems.

The two waterthrush species share many behavioral and physical characteristics. They occupy similar habitats, where they feed on aquatic invertebrates, small fish, snails, and even salamanders. They also sport nearly identical coloring and plumage, with brown backs, white-to-yellow throats and bellies, and dark streaking on the breast and underparts. Both Louisiana

and northern waterthrushes have relatively long legs and bob and sway their rear ends when standing and hunting. The Cornell

Lab of Ornithology points out that this tendency "might either help them avoid scaring off their prey or possibly startle their prey into motion."

These similarities can make it difficult to tell the two waterthrush species apart. Luckily, there are several distinctions between these birds that can help the discerning observer decide which is which. The first

is their vocalizations, which are hard to miss as they resound through the understory near forested wetlands.

"The songs are different and probably the best way to tell them apart," said Elphick. The northern's song is faster and contains more whistles and slurs than the Louisiana's, which begins with several sharp notes and ends in a fast twitter. Elphick posited that waterthrushes' songs are especially loud because these birds "frequently occur near rushing water and need to be heard above the noise."

The second means of parsing these two warblers is their preferred habitat, but this method has its perils. The Louisiana waterthrush favors moving water. These birds stilt along the mosses, logs, and stones

TOS → 33



The Outside  
Story

By Colby Galliher

## Then and now

Many of the things that were part of our lives back in the "50s are so different today. Let's take a look at some of them.

When you wanted to reach someone by phone you picked up the receiver of your desk-top or wall phone, dialed the number and if the line was busy you hung up and tried again later. The person on the other end didn't know that someone was trying to reach them as there was no call waiting signal to alert them. So they just kept on talking! If the phone rang and rang and nobody answered you also hung up and tried again later. There were no answering machines. When you answered the phone the caller on the other end was always a "surprise" as Caller-ID didn't exist. If you were expecting an important call you sat by the phone and waited as there were no cell phones from which to access calls from any location. In fact there were no portable land-lines back then either! Reaching someone by phone in the "50s was sometimes a very slow process!

Another fun fact about phones in the "50s is that most homes only had one. The

receiver cord was long and curly. It often got tangled and you spun it around until it untangled. If someone annoyed you while talking you could slam down the receiver and they quickly knew how annoyed you were. Of course, I never did that!

In today's world technology plays a huge role in home security. There are systems that alert you when someone is trying to break in. Back in yesteryear loud barking dogs kept your home secure!

All business meetings were held in person and charts were on paper attached to an easel. There were no video meetings or Power Point presentations to get your point across.

If the pandemic had happened in the "50s there would have been no school for days on end. That would have really extended the time required for attendance days. But in 2020 when the pandemic began, students could learn digitally. The learning process didn't have to come to a halt. It was just done differently.

One positive change from yesteryear to now is the fact that most smokers don't puff

Senior Scene → 33



Looking  
Back  
By Mary Ellen Shaw

## Pain is part of the game

I got into the habit many years ago of asking my son (whenever he was injured) how he rated his pain on a scale from 1 to 10. Inevitably, it was always a 10, but as time passed and he matured, the numbers varied, and the scale became a good gauge for me to discern where he was at during an illness or traumatic event.

People have been using pain scales to help diagnose injuries and illnesses for centuries. However, in 1971, researchers at McGill University in Montreal, Canada, developed an official questionnaire that was designed to evaluate the quality and intensity of pain that individuals were experiencing.

The McGill Pain Index consists of 78 words divided into 20 sections, each describing various aspects of pain. It also assesses the three major dimensions of pain: sensory, affective and evaluative. Patients are instructed to take the questionnaire and select words that best describe their pain. The answers are then scored by summing the values associated with each chosen word, resulting in a score ranging from 0 (no pain) to 78 (severe pain).

The McGill Pain Index is widely used for patients with various diagnoses and is considered one of the most frequently used tools for multidimensional pain assessment in chronic pain. It is also notable for providing a comparative scale of pain intensity across different conditions.

Putting mental pain aside (which is most definitely painful but in an entirely different way), there are seven agreed upon physical pains that are regarded as “the worst.”

Cluster headaches: Sometimes called “suicide headaches” due to their extreme intensity. Patients describe the pain as feeling like a hot poker being driven into their eye.

Complex regional pain syndrome (CRPS): This chronic pain condition affecting limbs is rated as more painful than childbirth and amputation.

Trigeminal neuralgia: A condition causing intense facial pain, described as feeling like electric shocks. It’s sometimes called the “suicide disease” due to its severity.

Kidney stones: The pain of passing kidney stones is often compared to childbirth in intensity.

Severe burns: Extensive burns are con-

sidered one of the most painful injuries, both acutely and during treatment/recovery.

Childbirth: While experiences vary, unmedicated childbirth is frequently cited as one of the most intense pains humans can experience.

Bone cancer: Pain from bone cancer, especially in later stages, is often described as excruciating and constant to the point of losing consciousness.

I suppose intense pain is something most people would prefer not to think about. And outside of psychopathy, most people would prefer not to see

others in pain.

I watched my wife pass a kidney stone several years ago and while the event was unfolding (and prior to us knowing what was happening), I was confident she was dying given the sheer intensity of the pain she was coping with. Thankfully, modern science has developed medications to counteract the effects of excruciating pain,

otherwise most people would likely succumb to the unbearable experience.

I’ve been through one event in my life that required immense levels of pain medication for an extended period of time, and I can tell you, other than numbing the agonizing discomfort, there is little upside to being pharmaceutically anesthetized. It either makes the pain minimally bearable or it whisks you off to a reality that is something approximating half-dead, neither of which I found appealing.

In this week’s feature, “A Quiet Place: Day One,” we meet a young woman who is being treated for terminal cancer. Unfortunately, during her stay in hospice, aliens converge on the earth, forcing her to save what little life she has yet while trying to navigate the inability to function without her pain medication.

With three films released and one more on the way, the “Quiet Place” films have officially etched their name into the annals of great sci-fi franchises. This new installment, which features an entirely new cast, includes more of the same nail-biting survival scenes as sound-sensitive creatures stalk their human victims.

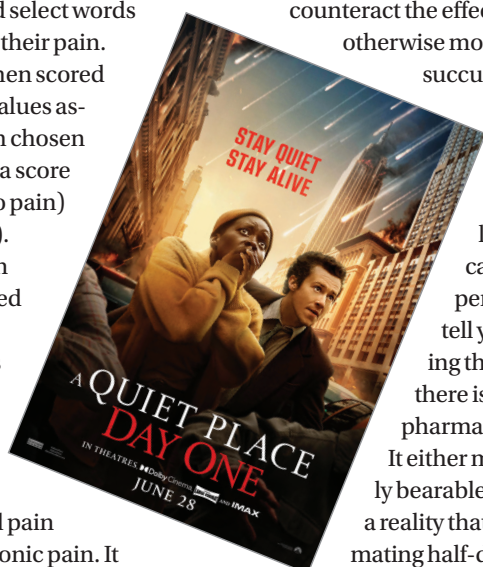
Check this one out if you were a fan of the first two films. There’s a bit of a different take with this selection, but the core elements are still present.

A searing “B” for “A Quiet Place: Day One,” now playing in theaters everywhere.

Got a question or comment for Dom? You can email him at [moviediary@att.net](mailto:moviediary@att.net).



The Movie  
Diary  
By Dom Cioffi



## Thick heavy water

It weighs on my chest, pressing downward with a force I never quite realized before. Each breath into my lungs feels slow, like I have to force the oxygen into my body rather than it just seeping in like normal. It’s heavy, this burden. The air is so thick it feels as though you are moving through water, almost needing your arms to move the moisture aside.

You think the air is thick and heavy? The water is even heavier. Each stroke with the paddle feels like I am enduring a weight lifting session. The weight of the air on the water compresses the pond and I feel like the water is denser than it was before. I don’t now if that’s a thing, but I do know that water always feel lighter in the crispy, cool air of fall and in the midst of the Vermont Rainforest July, that water is not moving!

But how awesome have the clouds been? Just sitting there, doing all kinds of crazy weird things but not moving at all. I tried to take a photo of the loon family on Woodard Reservoir the other day. 2-week-old babies came swimming by us between their parents in a very tight formation. In my attempt to photograph them, all I got was stunning mirror reflection of the clouds and no loons at all.

At least the water is flat. Like glass, but not the dainty kind. The big thick glass.

More like transparent aluminum. The kind that doesn’t shatter when you drop it or strike it with your paddle. The blade doesn’t fall into the water. It sinks, slowly. Like some kind of egg drop soup. I don’t enjoy egg drop soup...

Even the wind cannot make the water ripple, and so my canoe glides through the flat water slower than usual but just as sexy. Slow & Sexy. That is definitely how the water feels under the hull. Like I’m not in the water, but sitting on top of it. Moving forward, but slower. Giving me the opportunity to focus on all the small twitch muscles that are usually so overworked by thin water.

But it’s peaceful out here, while everyone hides in their air conditioning. I mean, granted that I am sweating about 25 strokes in and wondering why I thought paddling in the middle of the day was going to be a good idea. I mean, it’s water so it should be cooling, right? Yeah, not so much when the sun is simply boiling all of us. Like seriously, the air is so moist and the water in it so hot, it feels like we have just been cooked alive.

I worked my bartending shift at Baja on Sunday night and I want to give a huge shoutout to everyone who has been working through this obnoxious heat. To the road crew teams out shoveling and

Living the Dream → 36



Living the Dream  
By Merisa  
Sherman

## A life-changing experience abroad and for my dad, plus the addition of a second floor

### Building a Killington Dream Lodge, part 21

Important steps were being taken in building our Killington dream lodge. Dad bought an oil tank and furnace. A septic field was laid out. They were all costly and progress was dictated by a limited budget and work just on weekends.



Mountain  
Meditation  
By Marguerite  
Jill Dye

When I completed my Kleiningersheim internship, Dr. Leibracht sent me to Heidelberg to study German at the Schiller campus. Afterwards, I returned to Austria, skied at Dachstein (without incident!) and spent time with Christine and Herbert in Graz. Their chalet outside of town was surrounded by forest like ours in Vermont. I felt at home and helped care for their son. Christine taught me Austrian recipes like a jelly-roll cake and her mother made me a “dirndl,” a blue flowered jumper, white blouse under, worn with a pretty pink apron.

I took the train to Le Havre and sailed home on the new Queen Elizabeth II’s maiden voyage. I conducted a survey of passengers on world issues for my statistics course. Back in Vermont, I completed my studies and worked at Save the Children in Westport, Connecticut, engaging schools in adopting villages and connecting their students with Third World children.

In Killington, electrical outlets and plumbing connections were being installed. It seemed our Dream lodge was coming together. We celebrated and friends named it “the Party House.”

“What next?” I thought. I hadn’t a clue. The Peace Corps perhaps? Then I attended church. Several parishioners were leaders in the United Methodist Church’s Board of Global Ministries. One suggested, “Why not apply to the Mission Intern Program and work abroad on human rights issues? Then you can share what you learned when you return.”

I inquired, applied, and signed up right away and was assigned to work in Argentina  
Meditation → 35



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← **TOS:**

from page 30

of streambeds, plucking their prey from the current. Breeding males establish territories by patrolling streams and delimiting their domains with boisterous song. Northern waterthrushes, meanwhile, tend to stick to still water. They skulk among the rushes and greenery of wooded bogs and swamps. But, in a wrinkle for identification, northern waterthrushes will also frequent streams. (Case in point: on a recent hike through a forested preserve that features a flowing creek and several swampy areas, I found northern waterthrushes hunting in both the creek and the boggy sections.)

The third and final key to distinguishing these water-loving birds is their plumage, though this is also tricky. “The two species look a lot alike and telling them apart physically is hard,” said Samuel Merker, a research scientist in ecology and evolutionary biology at University of Connecticut. Merker and Elphick both highlighted noteworthy nuances between the warblers: northern waterthrushes have heavier, darker streaking on their breasts and underparts, yellow lower bellies, and narrower and paler white eye-stripes than Louisiana waterthrushes.

Author and illustrator David Sibley offers additional guidance on his website: “A quick judgment of the ground color of the breast and eyebrow stripe will sep-

arate most waterthrushes: bright white on Louisiana, yellowish on northern. A yellowish waterthrush is definitely a northern, while a whitish bird could be either species.” He also suggests, “If you encounter a confusing individual, pay special attention to the width of the eyebrow stripe, and the pattern and extent of streaking on the breast and flanks. Many other features, such as bill size, can offer supporting clues for experienced birders.”

Unlike many warbler and other songbird species, both Louisiana and northern waterthrushes have seen their populations increase in recent decades. This may be thanks to improvements over the last half-century in eastern North America’s water quality, as cleaner, healthier waterbodies promote higher numbers of the aquatic invertebrates waterthrushes eat. Still, deforestation, pollution, and window-strikes all threaten waterthrushes’ numbers.

In your search for warblers, remember to lower your eyes from the canopy when ambling by woodland streams and swamps. Whether by their rich songs or charming behaviors, the northern and Louisiana waterthrushes will reward your attention and help to hone your bird ID skills.

*Colby Galliher is a writer who calls the woods, meadows, and rivers of New England home. To learn more about his work, visit [colbygalliher.com](http://colbygalliher.com). 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](http://nhcf.org).*



Submitted

← **Looking Back:**

from page 30

away indoors and expose family members to second hand smoke. The effects of doing that have been learned.

A popular fad from the ‘50s was comic books. As a child I went to Louras’ store after Sunday Mass to pick out a comic book. My father always bought the Boston Globe. It was a ritual to read our purchases later in the day. Turning the pages of a brand new comic book was like magic. My favorites were Nancy and Sluggo and Archie. Comic books were popular with my friends and we traded them with one another.

The ‘50s had a different view of the appropriate clothing for women to wear when they went out in public. It was either a dress or skirt. Slacks were for “around the house.” Gradually that changed in the ‘60s when pants suits became popular. My mother loved them! Jeans were pretty much for teenagers back then but these days jeans are pretty much “ageless.”

Choices for TV stations were limited to three and those were off the air during the late night hours. You had no remote control so you got out of your chair to change the channel or the volume. Nobody would want to go back to that process!

Playing board games like Monopoly, Sorry and checkers was popular with kids and also during family time.

Many homes didn’t have dish washers, including our home. Dishes were done by hand and my mother hated to see them left

in the dish rack for hours! That meant my father and I grabbed a dish towel and into the cupboard they went!

Washing machines were manual with wringers. Just about every home on our street had a clothes line. As long as the weather permitted clothes were hung on the line to dry. Almost everything that was washed was ironed when it was dry. That included underwear, sheets and pillow cases. To do that task my mother pulled down the ironing board that was recessed in our kitchen wall. I don’t iron many items these days but when I do I use the same ironing board in the wall. The padded cover has been changed many times over the years but I love having it tucked away in the wall.

Back in the day if you received a gift you sent a handwritten thank you note. My mother bought boxes of stationery and thank you cards and made sure that I acknowledged all Christmas and birthday gifts.

In yesteryear summer was the time to take off the storm windows and put on screens. This meant washing the windows and storing them in the cellar until fall. Now there is just one window for all seasons and you tilt it for cleaning.

We have come a long way in the process of making life easier and more efficient. I can only wonder what life will be like in the future when the children of today look back on their lives. It’s hard to imagine.

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## ← Meditation:

from page 31

with a social service group, the Evangelical Center of Social Action. My companion, Vicky, wanted to teach poor young mothers nutritious meals using complementary proteins (like beans combined with corn or rice, and potatoes with milk) which supply all amino acids without costly meat.

We arrived months after the military junta's coup d'état when General Videla overthrew Isabel Peron. Vermont's peace and solace were the antithesis of the fear we felt living under Argentina's military dictatorship. Armed soldiers with machine guns stood on roofs and street corners. Our phone was tapped. We could hear the clicks. We lived above a Methodist church. I worked with abandoned women and their children in "villas miserias," shanty towns, slums.

Citizens disappeared every day. My friend Carmen was one of the Mothers of the Plaza de Mayo whose children and grandchildren were among more than 30,000 people who disappeared, were kidnapped, tortured and killed in Videla's "Dirty War." Everyone was suspect. We felt the terror. But what broke my heart most was when I learned General Videla and his henchmen were trained in the School of the Americas, located in the Panama Canal Zone, funded and run by the U.S. Department of Defense.

The final assault on the Argentine people was on the economic front. Inflation was a staggering 800%. A middle class family moved into the church when their rent increased to an impossible amount.



By Marguerite Jill Dye

sang Christmas carols for the unveiling of her first "Christmas tree." Louisa was elated and we were thrilled.

Vicky and I rode Mauricio's horses and attended gatherings of the tribe. We learned the chief is the poorest tribe member and gives away whatever one needs. We also met Pilaga, Mattaco and Toba tribe members in El Chaco bordering Paraguay. They were originally hunter gatherers but over-grazing of cattle caused widespread deforestation — 80% of the Toba population suffered from tuberculosis due to severe malnutrition. Churches built a T.B. clinic and met other needs the government didn't. A missionary couple we met were putting the tribes' spoken languages into writing. Language is a powerful thing.

Argentina changed me.

I returned home underweight and clinically depressed. I wanted to help but I felt powerless that our government was funding the people's oppression.

Then I learned that while I was away, Dad was diagnosed with colon cancer. The surgery was successful but left him with a permanent colostomy. After several months, he returned to Vermont to rebuild his strength and regain his passion. Not even life-threatening cancer could deter Dad from continuing to build his Killington legacy.

I returned for phase two of the Mission Intern Program and worked in the homeless meal and outreach program at Pace Memorial United Methodist Church in Richmond, Virginia. I also spoke throughout the state about Argentina's human rights situation in schools, universities, conferences, and churches.

I drove to Vermont as often as possible where a major development was taking place. My parents were moving up in the world, to our dream lodge's second floor! Dad's successful surgery, his healing, and the upstairs were the best homecoming gifts I could have. It gave us all a feeling of completion, but our Killington dream lodge was still far from done....

Marguerite Jill Dye is an artist and writer who divides her time between Killington and Bradenton, Florida. She loves to hear from her readers at [jjllydestudio@aol.com](mailto:jjllydestudio@aol.com).

I helped an ecumenical team create a home for children and their mothers to become self-sufficient. Women were trained to use sewing machines for more secure work than as private maids. I wrote an article about the model family home for Response magazine.

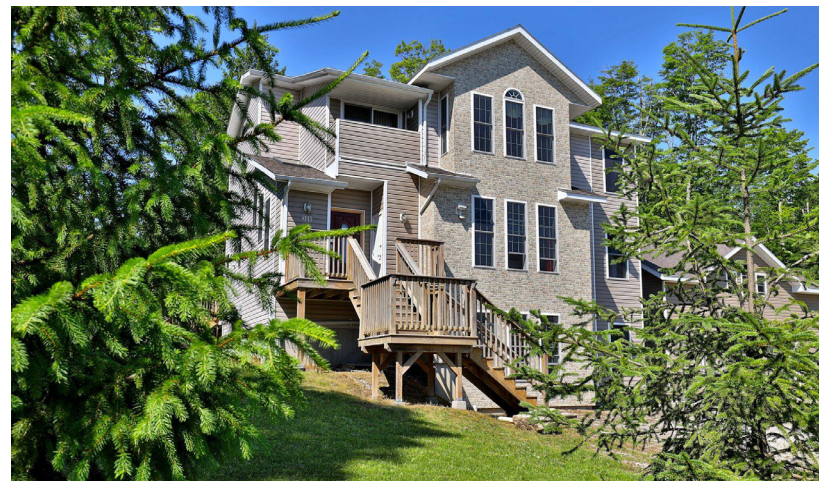
Before Christmas, Vicky and I crossed the Pampas by train and stayed with a Mapuche Indian family. Emilio Epullan was the chief, "cacique," of his tribe. His beautiful wife Louisa and their son lived in the Province of Neuquen where the grasslands met the Andes foothills. Louisa's wish was for a decorated Christmas tree but trees were scarce on the pampas. Vicky and I made pretty ornaments with colorful candy wrappers Louisa had saved. We attached them to a branch and



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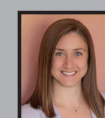
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← Living the Dream:.....  
from page 31

paving as they are sandwiched between two brutal heat sources. To the restaurant teams who are sweating on the job even in the middle of winter. To the construction crews sweating to death on top of a roof, their feet probably on fire through their soles on top of the asphalt. To the farmers that don't hesitate to tend to their crops and feed us even as they fight to keep their lettuce from frying in the hot sun.

Obviously, I am a winter girl.

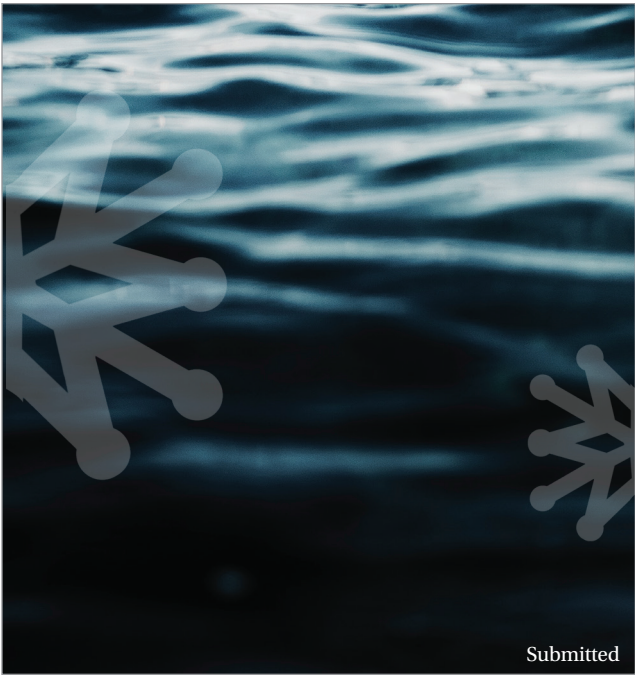
I've been hiking the trails at dawn and dusk lately, transporting myself to the days where I'm skinning up the mountain. I can feel my body slipping into the same movement patterns, can almost feel my skins sliding up the mountain beneath me. Yes, I am that crazy girl that starts drylands training in July, exactly one month after my last day on skis.

I cannot believe it's so hot that I'm dreaming about skiing already. And not just dreaming. I can feel my body making the movements. It's not just being surrounded by the pure white of snow in such a high contrast to the lush greens of summer. I LOVE summer! I love the greens and exploring in the woods and hiking on the trails. It's just that I am so damn hot that my mind is relocating itself to the cool days.

Last night we were all sitting in front of the fire at Marylou's wondering why we would submit ourselves to the proximity of the pizza oven. But we all really knew. Because we are the children of winter and you just can't keep us away from a good fire.

And so I am going to go home, sit in my beautifully air conditioned home, put on a nice thick sweatshirt, bask in the coldness and just think about winter. And snow. And skiing. Only four months of drylands training left to go.

*Merisa Sherman is a long time Killington Resident, town lister and member of the Development Review Board, Coach PomPom and associate broker at Four Seasons Sotheby's International Realty. She can be reached at merisa.sherman@sothebysrealty.com.*



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## Charley:

from page 30

for some confounding reason, four 16-ounce full containers were left under one of the tables in the barn, with insecure tops and in an unsecured plastic garbage bag. And you guessed it!!

One hour after (we thought) the last of the garbage made it into the pickup trucks headed to the transfer station, one of the young helpers ran down the hill, in something of a state. "Oh Bruce, you better come quick, there is a BIG problem in the barn."

I sprinted into the barn and was frozen in horror at the (seeming) blood bath on a wide swath of the floor...and Charley in a good deal of agony trying to expel the contents of his guts through entry and egress simultaneously. YEP! He had gotten into the sauce bag, opened all four containers, and consumed 70% of the contents, the remaining percentage was smeared all over Charley and all over a circle on the floor 20 feet in diameter. We now had sticky sweet, smelly red sauce, and Charley expulsions, mingling grotesquely in the air — and a dog in misery. I thought dreamily for 1/10th of a second of the calm and tragedy-free times of life before a dog.

It took him four days to recover, and these were decidedly unfortunate days for all concerned.

Now, I don't want you to think that Charley was a constant troublemaker, a thief, or a serial juvenile delinquent. He wasn't. This dog, as loving, attentive, gentle, and kind a creature as you could find, sees the best in people and wakes up each day to "Eat, Pray, and Love!!" I chose to highlight some of the more energy-charged moments of our time together — you know what I mean, the unplanned tyranny of young children and dogs.

I forward a few additional of my favorites:

### Charley tries to get a leg up

He came running down the hill one early evening and it was clear that he had something in his mouth. In the diminishing light, I could not make it out until it was right in front of me...he had one-half of a deer leg in his mouth.

"Hey, look at *this* right here, a real treasure, huh, huh? Ain't it great?"

"Spit that out right now!!" I said, horrified.

"Uh-ah! Nope, no way, Nada, Amigo, Nyet! You will have to fight me for it..."

Fought for it I did.

We ran in circles for a short time and then wrestled to the ground — the last of it was both of my hands locked around the deer hoof end, and his around the grizzly

other end.

"No! NAH. Uh-Unhh, hey c'mon!"

"Let go right NOW!!" I yelled.

"No way! I wanna put it next to my bed in our room!!"

The struggle continued, like two drunk cowboys duking out in a spaghetti western, until I had him on his back and had firm control of two hands' worth of deer leg. Finally YANK! I had it, and in a flash, in as close to a tantrum as a dog could manage, he bolted around the garage and disappeared. A little later he showed up, moping around and shooting me ugly looks.

### Circular artwork in hens

On an occasion of a large dinner party at the Orchard Road farmhouse, there were 12 game hens, cleaned, stuffed, and tied, and left outside in a cooler on the back porch. When I moved outside to bring the cooler into the house, my jaw dropped; the cooler was opened (how in the name of logic did that happen?) and behind me, the hens

had been placed in a perfect circle on a mound of snow — each one lovingly and gently displayed there by a now smiling and tail-wagging Charles Wallace.

"See?! I got 'em better ready for ya...nice n' cold, no teeth marks even!!"

He was not only proud (*orguloso* in Spanish, seemingly a fit), he was right.

Gimme shelter or "Feets Don' Fail Me Now!"

Then there was fear. I only see Charley balk at two things: lightning and thunder. One day at the Paramount, we had a lightning ball come down Center Street — a shocking flash of light followed by what sounded like the explosion of a ton of dynamite, KLA-BLAM!! Charley let out a few high-pitched yelps, ran in circles, and tried to stand on his back feet battling the air with his paws. His eyes were wild! Then he bolted underneath my colleague Eric Mallette's desk, shaking and quivering.

"Ooooooooooh, ahHHH, Eee - Me No Likey!!"

Subsequent storms always made him nervous.

### Charley alters his consciousness at Harvest Moon

Harvest Moon, the tribal lovefest deep in the woods in Middletown Springs, was held each Labor Day weekend. For a small entrance fee food, beer, and music from Friday evening through Sunday brunch, made for a fun salute to yet another Vermont summer. It was a magical time, in a magical place, and late in the evening on Sat-



By Bruce Bouchard

*"Quick, gimme two tickets to Dogs Gone Wild, my Dad doesn't want me to see it."*



Courtesy Bruce Bouchard

Charley and Bruce Bouchard at Harvest Moon.

urday night, everyone danced to "Harvest Moon." For Charley it was an occasion to play with other dogs...and he always hit the ground running, checking in from time to time.

On such a Saturday, later in the afternoon, it occurred to me that I hadn't seen Charley for some time, when a friend said, "Hey, isn't that Charley over there, coming this way? He looks like he isn't feeling too good."

I looked to my left and about 100 feet away Charley — low to the ground, legs splayed to the left and the right — was moving slowly toward more like a crab, or a marine crawling under barbed wire in basic training. He was accompanied by a young man with a kerchief around his neck, who said "Is this your dog?"

"Yup..."

"Well, he just ate a small plate of strong marijuana brownies, off of the picnic table outside my tent."

Charley found his way to me and collapsed at my feet, bleary-eyed, breathing heavily, and moaning slightly. I got down on the ground and hugged him. Someone fetched a vet, who came and looked him over. After listening carefully to his heart, he said, "He's not in jeopardy, nor does he need to be taken in, but he's going to need your comfort for a good long time, stick with it."

I stayed in the "spoons" position for the rest of the day and into the late night hugging him, whispering to him, and giving him the old cheek-to-jowl. The story spread quickly and a good portion of the attendees, many of whom knew Charley, were kind enough to drop by, check in and love him up.

We will never know what went through his mind that night, but whatever it was, I found him the next morning with a wise old sage look in his eyes, sitting tall, paws crossed at the wrist. He seemed to be contemplating the mysteries of the universe — he is my Buddha — Charles Wallace the Magnificent — the guy that we know.

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## Use of funding: from page 10

sitting member on the SBE, as well as the former chair, who now lobbies for private schools. One of the current Scott appointees is the executive director of the Rutland Chamber and Economic Development — a champion of the Tax Increment Financing (TIF) district now reworking the Killington Access Road — including new water, sewer and electric lines on Vermont property owners’ dime, so that a developer might be enticed to build a multi-million dollar ski village. Tens of millions of dollars robbed from the Education Fund, with payback (maybe) coming decades down the road.

So that’s two, or perhaps three strikes — not against Phil Scott, but rather against Vermont property taxpayers. Add to this the fact that Vermont has not supported capital construction — whether that be standard maintenance or needed upgrades — with state funding since 2008, so our school buildings have fallen into disrepair while school boards have strived to keep tax increases in check, hoping for assistance from above.

Phil Scott’s only visible education policy seems to be that it costs too much, but he has incrementally been supporting shifting Vermont to privatization. His efforts might be described as covert, but we can now drop the “c” from that word...the mask has come off.

I submit that Vermonters would be better informed, and better served, by having a hard, very public look at where property tax dollars intended by law to support our public schools are being diverted to:

Number one: Private schools, that don’t have to abide by the same standards as public schools — like accepting, and providing appropriate services for, all students; and showing us how our tax dollars are spent. And that now includes religious schools, some of which blatantly flout anti-discrimination laws in hiring staff.

Closely followed by: TIFs, which seems like a swell idea at first blush, but I’ve yet to hear how paving roads or building parking garages are appropriate uses of the Education Fund.

Then there is the property value adjustment system — the CLA — that forces longtime Vermonters to subsidize taxes for their new neighbors who have paid exorbitant prices for “a place in Vermont.” While technically this doesn’t increase total statewide property taxes, it certainly results in shifts to who is paying for them, not in an equitable way.

Finally, on the subject of “not listening to constituents,” or being “a bit arrogant”: Several years ago Phil Scott orchestrated holding back some \$40-\$50 million (depending upon whose numbers you use) from the Ed Fund that voters had approved. That voters had approved to support our schools. This reminds me of another adage: “When you point your finger, there are three fingers pointing back at you.”

Please stop pointing your finger at our public schools, Governor Scott, and work to get them back onto solid ground.

Ken Fredette, Wallingford

*Editor’s note: Fredette served on the Wallingford School Board for 20 years. He also is a past president of the Vermont School Boards Association (VSBA) and is on the steering committee of the Friends of Vermont Public Education.*



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