



## VT FILM FEST IS FOUR DAYS OF FUN THURSDAY-SUNDAY

The Vermont Film Festival returns to Woodstock, offering an all-access pass for three days of films, industry events, and parties, bringing folks together for networking and inspiration.

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## FIRST FRIDAY NIGHT LIVE IS THIS WEEK, DOWNTOWN

Friday Night Live returns to Center Street in downtown Rutland, featuring free performances, outdoor dining, and children's activities. Captain Mike and The Shipwrecked will headline the first Friday Night Live event of the Summer, July 25.

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## COUNT TURKEYS

Vt Fish & Wildlife needs your help counting turkeys through July and August.

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## Vermont athletes set for Paris Olympics

Runner Elle Purrier St. Pierre, rugby player Ilona Maher and rower William Bender will represent the U.S.

By Kevin O'Connor/VTDigger

Vermonters are famous for skiing and snowboarding off with Winter Olympic medals. But three athletes with Green Mountain State ties are aiming to sprint, grand slam or speed their way into Summer Games history.

Montgomery runner Elle Purrier St. Pierre, Burlington rugby player Ilona Maher and Norwich rower William Bender are part of a more than 500-athlete team set to represent the U.S. in Paris starting Friday, July 26.

Although generations of Vermonters have won gold in the Winter Olympics, only about two dozen have even competed in the Summer Games — the most recognized being the late 1912 long jumper Albert Guttersen, known for the namesake

Vt Olympians → 7

## Fire causes minimal damage at ShackletonThomas in the Bridgewater Mill

By Polly Mikula

An electrical fire at the ShackletonThomas furniture and pottery headquarters in the Bridgewater Mill broke out last Friday afternoon, July 19. Firefighters rushed to the scene and swiftly put out the blaze with the help of a recently updated sprinkler system.

No one was inside the ShackletonThomas portion of the building when it caught fire.

Bridgewater and Wood-

stock firefighters were dispatched at 5:40 p.m. Friday for a general fire alarm, the Bridgewater Volunteer Fire Department recounted in a new release posted on Facebook. "Less than a minute of receiving this initial call Woodstock dispatch updated responding units that they were receiving 911 calls of an explosion and visible smoke. Bridgewater Engine 2 arrived first on scene

and could see light smoke coming from the third floor of Shackleton furniture, and were getting reports from bystanders that the smoke was heaviest on the Route 4 side. With this information a second alarm was requested to bring in additional mutual aid for a working fire," the dept reported.

"Bridgewater crews stretched a 2.5 inch line up

Fire → 3



By Olivia Bucksbaum, CEDRR

A Killington town truck, driven by Road Foreman Kevin Hewitt, had the honor of cutting the ribbon to signify the reopening of Killington Road, Friday, July 19. The section of Killington Road from where it intersect with Route 4 to Anthony Way has been under construction since April. Work included reducing the steep grade and installing dry waterlines for future connection to a new municipal water system. It's the most visible part of the multi-year Killington Forward plan to date.

## Roadwork continues after reopening, paving set for the week of Aug. 12

Killington Road reopened to two-way traffic Friday afternoon, July 19. The event was commemorated with a ribbon cutting ceremony and short procession of town and state rep vehicles.

"We wanted to get the word out that Killington Road has reopened," said Selectman Jim Haff. "However, the former detour up West Hill Road is also still open, for those who don't want to drive on the dirt," he noted.

Roadwork on the lower section of Killington Road will continue through August, with paving scheduled Aug. 12-19. The road will close again that week. Markowski Excavating, Inc. reminds drivers that "construction vehicles will be entering and exiting the road" and to "be prepared for sudden stops and waiting ... as we will continue to work behind the barrels that mark the

edge of the travel way."

This week, Markowski Excavating plans to install the remaining water line and final sand and gravels along the west side of the project.

"Once final gravels are installed this week, we will shift traffic as far west as possible to make room for equipment along the east side," Markowski stated in a news release Monday, July 22. "This week we will also be working to shape the slope along the west side. By the end of the week, we hope most of the topsoil is installed and ready for seeding."

Next week, a landscaping company will start planning out and installing some of the trees, shrubs, etc. Drivers should expect additional landscaping equipment on the road as plants are trucked around, Markowski noted.





Submitted  
Kelly Sweck (left) sold Five Elements to Sarah Lemery (right).

## Five Elements Salon & Day Spa manager buys spa

Staff report

When Five Elements Salon & Day Spa owner Kelly Sweck decided it was time to retire she decided the ideal buyer was the person who had been running the spa for the past five years: her manager Sarah Lemery. The sale of the business was finalized in May.

Lemery said she is “excited for this opportunity to breathe new life into the business,” adding, “We’ve added online booking through our Instagram, Google, and our website to make us more accessible to our guests. We are bringing in a new skin and body care line called Farmhouse Fresh, which is something Kelly and I have been talking about bringing to the business for years. This will open the door for new body and facial treatments and monthly specials. We are also adding eyelash extensions and blonding hair coloring services to our menu as well,” she said.

Five Elements, located at 10 Stratton Road, has been a staple in the Rutland community for over 20 years. Sweck is glad Lemery will continue her legacy of providing quality services for the community.

“Sarah is dedicated to continuing to provide Five Elements guests with the same quality of services they have received under last five years of her management.”

Valid gift certificates and series purchased under Sweck’s ownership will be honored under Lemery’s ownership.

For more information, visit: [FiveElementsDaySpa.com](https://FiveElementsDaySpa.com).

## ‘Farmacy’ program notches 10 years

The Vermont Farmers Food Center (VFFC), Rutland Regional Medical Center (RRMC), and Community Health Clinics of the Rutland Region (Community Health) are celebrating the Farmacy Project’s 10th year this month.

Farmacy, which began at VFFC as Health Care Shares, is a produce prescription program that provides fresh locally grown produce to people facing chronic diet-related health conditions. The program was launched in 2015 with a grant from RRMC’s Bouse Health Trust grant to support this community model intersecting healthcare and local agriculture.

Farmacy participants receive bags, also known as shares, of fresh locally grown produce for 15 weeks, along with recipes and nutritional information. For 2024, the program enrolled 225 members and families and is working with 12 farms. Most are small-scale farms operated by new and beginning farmers to support agricultural and economic viability of the area.

Over the past 10 years, Farmacy has generated over \$324,000 in revenue for its farmers and partnered with over 25 healthcare clinics and community organizations for referrals and distribution to 10 different sites throughout the county. Over 3,600 Rutland residents have received produce at no cost during the Vermont growing season.

For this celebratory year, RRMC will make a charitable contribution in support of 10 years of Farmacy. Another long-term Farmacy partner, Community Health, is provid-

ing reusable bags and financially sponsoring 125 of their referred patients while coordinating with VFFC drop-off at four Community Health clinics throughout Rutland County.

Farmacy operates solely from foundational grants, sponsorships, private donations, and dedicated community volunteers.

For more information, visit: [vermontfarmersfood-center.org/farmacy\\_project](https://vermontfarmersfood-center.org/farmacy_project).

Over the past 10 years, Farmacy has generated over \$324,000 in revenue for its farmers ... Over 3,600 Rutland residents have received produce at no cost during the Vermont growing season.



Submitted  
Farmacy, a produce prescription program in Rutland, celebrates its 10th year providing fresh veggies to improve health.

## Vt turkey brood survey: report sightings July-August

The Vermont Fish & Wildlife Dept. (VTF&F) is asking for help with monitoring wild turkeys.

Since 2007, the department has run an annual online survey in August for reporting turkey broods. Beginning in 2021, the survey was expanded to include July. The use of citizen scientists in this way facilitates the department’s ability to collect important turkey population and productivity data from all corners of the state.

If you see a flock of turkeys in Vermont during July and August, the department asks you to go to the turkey brood survey on its website ([vtfis-handwildlife.com](https://vtfis-handwildlife.com)) and report your observations, including where and

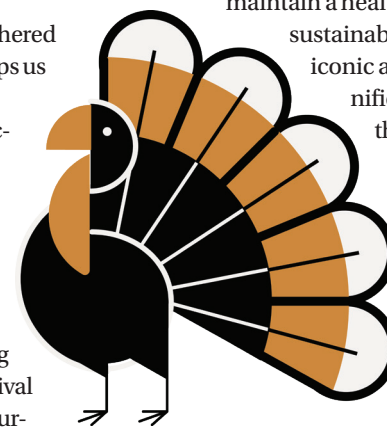
when you observed the turkeys with the number of adult and young turkeys you observed. The value of the data collected improves when more people participate.

“Information gathered from this survey helps us monitor long-term trends in the productivity of Vermont’s wild turkey population,” said VTF&F turkey biologist Chris Bernier. “It also helps us assess the impacts of spring weather on the survival of poults and adult tur-

keys which is an important consideration in the management of turkeys.”

“We monitor and manage wild turkey numbers annually in order to maintain a healthy, abundant and sustainable population of these iconic and ecologically significant birds throughout the state,” said Bernier.

“Please help us scientifically manage the turkey population by reporting your Vermont turkey sightings during July and August,” he added.







Courtesy ShackletonThomas FB

The ShackletonThomas headquarters in the Bridgewater Mill Mall caught fire Friday, July 19. Damage was minimal.

Fire: from page 1

the stair tower to the third floor and when the door was opened to the third floor they encountered heavy black smoke with zero visibility. Shortly after getting the line in place Bridgewater crews were joined by Woodstock Fire and together the teams made entry and found a small fire within Shackleton Furniture. Fortunately the building is sprinklered and the sprinklers did their job in keeping the fire contained,” the Bridgewater dept reported. “Once the fire was knocked down and the third floor ventilated crews from area depts got to work putting tarps over furniture on the lower floors as water was dripping down, to mitigate more loss of property. Bridgewater Fire requested the Department of Public Safety Fire and explosion unit to help determine the cause of the fire.”

State fire investigators were at the scene on Monday and still investigating the cause. Shackleton said in a social media comment that there’s a possibility that it was caused by “maybe lithium batteries. We don’t know.”

Mutual aid included Woodstock Fire Rescue, South Woodstock Fire, Pomfret Teago Fire, Killington Fire Rescue, Plymouth Fire Dept, Hartford Fire Rescue and Barnard Fire Dept. Other departments were also called in to cover the surrounding towns, the Bridgewater Fire Dept. noted, adding, “We also would like to thank Woodstock Pizza Chef for feeding all the firefighters on short notice and the neighbors that brought drinking water.”

“The team at ShackletonThomas would like to thank all of the nearby fire departments, especially our neighbor, the Bridgewater Fire Department, and nearby Woodstock Fire Department, for their quick response in putting out the electrical fire that started on the third floor yesterday evening,” ShackletonThomas wrote on Facebook Saturday. “With the recently updated sprinkler system and their hard work, further damage was prevented. We are now cleaning up water and smoke damage, but nothing critical was damaged and, more importantly, no person was injured.”

“The showroom will be closed until next week, but our online store remains open,” the post continued. Showroom floor items were reportedly not damaged. “Pottery production was unaffected and we plan to have furniture production back up and running in two weeks.”

The fire caused no major structural damage to the build-

ing, but the water and smoke caused some. ShackletonThomas reported tools and machinery were damaged but the only piece of furniture damaged was reportedly a bunk bed right next to the fire, that got soaked.

Below ShackletonThomas is Ramunto’s Brick and Brew Pizza, which also remains closed this week due to water damage. A video posted on Facebook shows significant standing water covering the floor around the bar.

“As our community knows, this is not the first time we have managed a crisis like this, and like all other times, we will be fine and come back stronger than ever. We appreciate the support and concern of our friends and neighbors and are so grateful to live and work where we do. We will keep you all posted when we are open again and hope to see you then!” ShackletonThomas wrote on Facebook. It was signed “Charlie, Miranda, and the ShackletonThomas team.”



Courtesy ShackletonThomas FB

While the ShackletonThomas showroom is closed this week, floor items were not damaged in the Bridgewater fire.

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OBITUARIES

Dave Bienstock, 78

Dave Bienstock of Killington VT passed away from interstitial lung disease, peacefully on June 25, 2024, with his wife, Diane Benton, by his side.

Bienstock, originally a music teacher from Brooklyn, New York, worked for many years at Willowbrook State School in Staten Island, New York. He was passionate about skiing and would travel to Killington to ski every weekend during the winter months.

In 1978, he purchased a home in Stockbridge. In the summer months he would live in Stockbridge where he would pursue his other passions, which included biking, hiking and tennis. His ultimate passion was jazz guitar. He studied jazz devotedly and loved to share his knowledge with other musicians eager to learn.

Bienstock had a strong desire to move to Vermont full time and along with his lifelong friend, Ken Jarecki. He used his creative talents to make a dream come true. In 1987 Bienstock and Jarecki built and opened Powderhounds Restaurant in Killington [where The Garlic now occupies]. Powderhounds was an immediate success and soon became a locals' favorite. It was here at Powderhounds that he met Diane, and in the years to come, their loving relationship got stronger and stronger. In 1992, Bienstock and Jarecki started the Vermont Fresh Pasta company. After the sale of Powderhounds in 1997, the duo devoted all their energies to growing Vermont Fresh. Eventually Bienstock's illness forced him to leave the business. Ken and Tricia Jarecki continued on and successfully operated Vermont Fresh Pasta for 30 years.

Sadly, over time, Bienstock's illness precluded him from doing the things he loved, one by one. Despite this, he continued to fight with an amazingly positive attitude until the end. He leaves behind his loving wife Diane in Killington, his sister Arlene and two nieces Torrie and Hana in California, and his cousin Marty in Florida.

Many will miss seeing him on the hill, the trails, and happily playing his guitar.



Submitted

Dave Bienstock

Donald "Don" Williams, 85

Donald "Don" Williams, 85, of Mendon passed away on July 10, 2024. Born on November 28, 1938, in Williamsport, Pennsylvania, Don was well known for his straightforward, honest demeanor, always telling it like it is, yet with a big hearted and kind spirit underneath.

Don proudly served in the U.S. Army 1959 to 1962 and then the U.S. Army Reserves for six more years, where he embraced the discipline, rigor, and camaraderie of military life. His service was marked by a dedication and work ethic that he then carried into his civilian life.

Don always fondly told the story, after his honorary discharge, of his adventures of driving a 1950 Ford convertible across the country by himself as a young man, from San Diego back to his hometown of Williamsport, setting the

tone for his many future adventures on the road.

Following his military career, Don quickly discovered he did not wish to work for others and thus rapidly became a self-made man, notable in the local business community. He first owned Hotel Manner in Slate Run, Pennsylvania, and then went on to own Mountain Caaps in Mendon for 28 years prior to his retirement. His leadership and entrepreneurial spirit were always evident. He was excellent at business because of his integrity and talent for self-discipline.

Don was also passionate about his hobbies which included, fishing, hunting, and competitive skeet and trap shooting, in which he won many state, regional, and national awards during his lifetime. Most recently he took up golf, in which he rapidly became competent without ever taking a formal lesson. During the cold Vermont winters, Don spent many months in Tarpon Springs, Florida, where he happily spent time outdoors enjoying the warm air and sunshine.

Don was a former member of Texas and Blockhouse in English Center, Pennsylvania. Don was a lifetime member of the Elks and spent 39 years in Mount Moriah Lodge 96 of the Masons.

Don is survived by the love of his life, his beloved wife of 63 years, Donna R. Williams, his dog Tootsie, and his cherished niece Susan Williams Lewonski. He was proceeded in death by his brothers Charles O. (Chuck) and Raymond (Ray) and his beloved dogs Greta, April, and DeeDee. Don's legacy of straightforward honesty coupled with his generous and caring spirit will be fondly remembered, and sorely missed, by all who knew him.

Calling hours will be held at Clifford Funeral Home on Thursday, July 25, 2024 from 4-6 p.m. A funeral service will be on Friday July 26 at 2 p.m. at Clifford Funeral Home and a reception will follow at the Elks Lodge in Rutland.

In lieu of flowers, Donna requests donations be made to your local Humane Society as Don loved animals.

Arrangements are under the direction of Clifford Funeral Home.



Submitted

Don Williams

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# Report: State road construction this week

The Vermont Agency of Transportation (VTrans) published its weekly report of planned construction activities that will impact traffic on state highways and interstates throughout Vermont, July 22-26 and ongoing.

**I-89 Royalton:** Work continues on the northbound and southbound I-89 bridges near Exit 3 in Royalton. A new traffic pattern is in effect until fall 2025. For southbound traffic, all vehicles will use the low-speed lane. For northbound traffic, vehicles will cross over onto I-89 southbound and then back to I-89 northbound north of the bridges. Traffic using the I-89 northbound Exit 3 off-ramp will use the ramp cross-over north of the bridges to the newly constructed I-89 northbound Exit 3 off-ramp. The speed limit is reduced to 55 mph in the work zones on I-89, and to 25 mph on the Exit 3 off-ramp. The speed limit has been reduced to 30 mph with a 14-foot height restriction under the bridges on Route 107.

**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 zones. Motorists should watch for shifting traffic patterns, and motorcyclists should use caution on grooved and uneven surfaces.

**Hartford:** Sunday through Thursday, July 25, during nighttime hours, motorists should expect minimal delays with lane shifts and alternating one-way traffic on Route 5 between Bugbee Street and Route 14, and from North Main Street to the VA Cutoff Road. Monday through Friday during daytime hours, motorists should expect significant delays with lane shifts and

alternating one-way traffic on Route 5 from the Hartford/Hartland town line to the VA Cutoff Road. Flaggers and uniformed traffic officers will be present to assist motorists through the work zone.

**Hartford:** Monday through Friday from 8 a.m. to 5 p.m., motorists should expect intermittent lane closures on Route 14 between Christian Street and Park Street near Bridge 7 over the White River and Route 98.

**Hubbardton:** Cliff stabilization work continues on Route 30 between Horton Road and Columbia Drive. Motorists should expect one-way alternating traffic. Flaggers will be present to assist motorists through the work zone between 7 a.m. and 5 p.m. A temporary traffic signal will be operational otherwise.

**Ludlow:** Pleasant Street at the junction with Mill Street is closed to all vehicle traffic to facilitate project construction. A detour is in place that routes vehicle traffic from Pleasant Street to 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.

**Quechee:** The eastbound travel lane on the Gorge Bridge will be closed through fall 2024. Signal permits alternating travel over the bridge. The trail at the bridge underpass is closed through fall 2025. The adjacent trail is open via a signed detour through the visitor center.

**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 at night between 7 p.m. and 7 a.m. on Route 4 between Gleason Road and Route 7, Route 7 between Cold River Road and Lincoln Avenue, and Business Route 4 between Ripley Road and Route 7. 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.



A sign indicates a right lane closure as crews work to rebuild a section of road.

# AG Clark sues pharmacy benefit managers for illegally driving up prescription drug costs

Attorney General Charity Clark filed a lawsuit July 17 against pharmacy benefit managers Evernorth (owner of Express Scripts) and CVS as well as nearly two dozen affiliated entities for unfairly and deceptively driving up prescription drug prices in Vermont. Pharmacy benefit managers (sometimes referred to as PBMs) are the middlemen who negotiate contracts with pharmaceutical manufacturers, insurance companies, and pharmacies, and dictate the cost of prescription drugs that consumers must pay.

The Attorney General's lawsuit alleges these companies violated Vermont's Consumer Protection Act by manipulating the marketplace and reducing access to certain prescription drugs, including lower-cost drugs, through a series of tactics with no transparency in their decision-making process.

"While the pharmacy benefit managers named in our lawsuit claim they perform their services on behalf of their clients and patients to lower prescription drug prices and promote patient health, that is just not true," said Attorney General Clark. "Instead, they have distorted the market to line their own pockets at the expense of Vermonters. My office is suing to bring transparency to prescription drug pricing and to hold these pharmacy benefit managers accountable."

Prescription drug prices have increased exponentially in the last decade and these price increases are due, in part, to a complicated business model designed and promoted by pharmacy benefit managers. In Vermont, Evernorth and CVS are the largest pharmacy benefit managers and control approximately 95% of the commercial market in the state. As a result, they have a hand in nearly every prescription transaction and have near complete control over the pricing, dispensing, and reimbursement systems.

Drug cost lawsuit → 13

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Sealed Bids for the construction of the Village of Killington Water System, Contract 4 will be received by the Town Manager, at the Town Office, 2706 River Road, Killington, VT, until 11:00 AM local time on August 15, 2024, at which time the Bids received will be publicly opened and read in the Public Safety Building, 800 Killington Road, Killington, VT 05751. The Project consists of approximately 18,000 lf of 12" and 16" diameter water distribution main and pressure reducing facilities.

Bids will be received for a single prime Contract. Bids shall be on a unit price basis as indicated in the Bid Form.

The Issuing Office for the Bidding Documents is: **Copy World LLC., 5 Airport Road, Colonial Plaza-Unit 21, West Lebanon, NH 03784; Contact: 603-790-8357, bill@copyworldllc.com.**

Prospective Bidders may obtain the Bidding Documents at the Issuing Office on Mondays through Fridays between the hours of 8:00 AM and 5:00 PM. Printed Bidding Documents may be obtained from the Issuing Office at a cost of \$180 per set, shipping is included. The date that the Bidding Documents are transmitted by the Issuing Office will be considered the prospective Bidder's date of receipt of the Bidding Documents. Partial sets of Bidding Documents will not be available from the Issuing Office. Upon request, Bidding Documents in PDF format will be provided to prospective Bidders who have purchased printed Bid Document. Neither Owner nor Engineer will be responsible for full or partial sets of Bidding Documents, including Addenda if any, obtained from sources other than the Issuing Office.

Bidding Documents also may be examined at the office of the Engineer, **Dufresne Group, 56 Main Street, Suite 200, Springfield, VT 05156**, on Mondays through Fridays between the hours of **8:00 AM and 5:00 PM**.

A pre-bid conference will be held at 11:00 AM local time on July 30, 2024, at the Public Safety Building, 800 Killington Road, Killington, VT 05751. Attendance at the pre-bid conference is highly encouraged but is not mandatory.

**This project is funded in part through the Vermont Drinking Water State Revolving Fund. Consequently, the following provisions apply to this WORK. More detail for each of these provisions can be found in Instruction to Bidders. BABA Act requirements do not apply:**

- 1. Bid security in accordance with the Instructions to Bidders**
- 2. Disadvantaged Business Enterprise (DBE) requirements**
- 3. Performance BOND and Payment BOND each in the amount of 100% of the contract price**
- 4. "AIS" (American Iron and Steel) Provisions of P.L. 113-76, Consolidated Appropriations Act**
- 5. Federal Wages as determined under the Davis-Bacon Act**

Owner: Town of Killington  
By: Michael Ramsey  
Title: Town Manager  
Date: July 15, 2024

**Annual count shows rise in homelessness**

The 2024 census recorded 3,458 people homeless in Vermont, a nearly 5% increase over the number tallied in January 2023

By Carly Berlin

*Editor's note: This story, by Report for America corps member Carly Berlin, was produced through a partnership between VT Digger and Vermont Public.*

The number of unhoused Vermonters living without shelter jumped last year, while the overall number of people experiencing homelessness has continued to climb amid an acute housing shortage.

Those are the results of the 2024 point-in-time count, an annual, federally-mandated effort to tally every person experiencing homelessness on a single night each January.

Statewide, this year's census recorded 3,458 people experiencing homelessness, a nearly 5% increase over the number tallied in January 2023. That's according to an analysis of this year's data published Monday, June 17, by the Housing and Homelessness Alliance of Vermont and the two organizations that oversee the count, one based in Chittenden County and the other capturing the rest of the state.

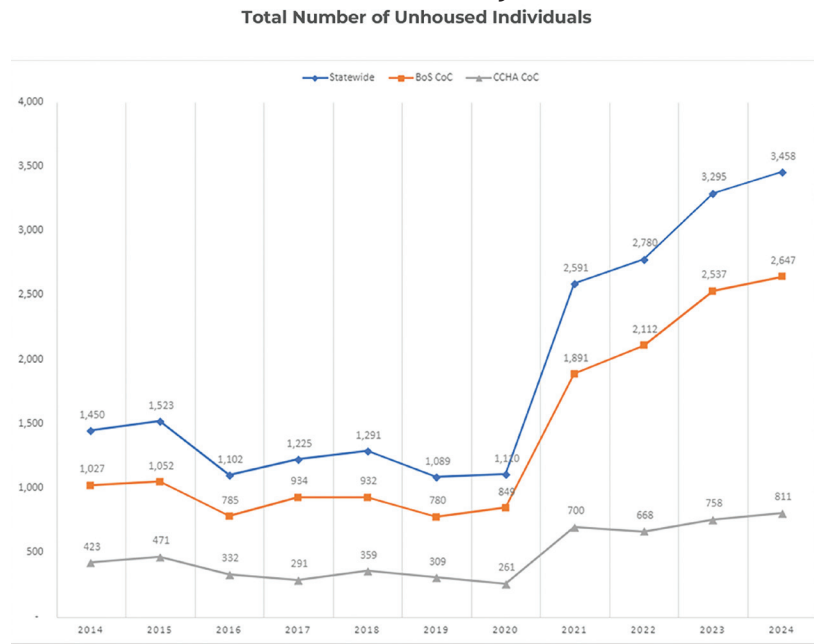
"Vermont continues to register record levels of homelessness," Anne Sosin, a public health researcher at Dartmouth College who studies homelessness, said of the report's findings. "This is unsurprising, given that homelessness is fundamentally a housing problem — and Vermont continues to face a large shortage of adequate, affordable housing."

The year-over-year rise in homelessness recorded in the 2024 count is more modest than those of recent years.

It's widely believed that the state's expansion of the motel shelter program during the Covid-19 pandemic contributed to the massive increase in unhoused people counted in 2021: Because more people were in shelter, they were easier to count. To some, including Sosin, the 2021 tally gave the state a more accurate count of people experiencing homelessness than it had ever had.

But even as state leaders have scaled back the pandemic-era expansion of the motel program — and unhoused people have become more scattered — the state's overall count of people experiencing homelessness has continued to tick up.

And as the state's safety-net motel program has shrunk, more Vermonters appear to be unsheltered. Following a major round of motel program evictions last summer, January's count registered a significant rise in the



By Age

Year	Under 18	18 - 24	25 - 34	35 - 44	45 - 54	55 - 64	65+
2023	654	247	580	734	469	417	194
2024	737	245	567	763	500	447	199

Submitted

The number of unhoused individuals in Vermont has grown significantly over the past five years. The blue line shows the state total by year. The other two lines show Vermont's two Continua of Care (CoC): the Balance of State CoC in orange and Chittenden County Homeless Alliance (Burlington/Chittenden County) in grey.

number of Vermonters living without shelter. The count captured 166 unsheltered people, which the U.S. Department of Housing and Urban Development defines as having a "primary nighttime location" like a vehicle or the streets. That's up from 137 people in January 2023.

"To see that increase in that particular moment in time really speaks to the inadequacy of our shelter capacity in the state — in the depths of winter," Sosin said, noting that statewide shelter capacity is typically at its largest during the coldest months of the year.

The report's authors note that the count's findings are almost certainly an undercount. Accurately counting people who are unsheltered is notoriously difficult. In a rural state like Vermont, service providers often lack the resources to fan out to remote corners where people might be staying, and the count only registers people who engaged with outreach workers conducting the January tally.

During this year's tally, for example, the count registered 87 people experiencing unsheltered homelessness in Chittenden County. But that same month, at day shelters in the county, 182 people self-reported that they lacked shelter, according to the report.

The challenges inherent to counting

unsheltered people could also muddy the count's overall findings, Sosin said.

"As our ability to count people gets increasingly constrained, we will likely miss more people over time, even as the crisis of homelessness continues to grow," Sosin said. "I don't see the decrease in the number of people newly entering into homelessness as a reflection of a change in the situation as much as a reflection of the limits of our ability to count them."

The definition of homelessness used for the count is also fairly narrow, Sosin noted, excluding people staying with relatives or sleeping on someone's couch.

Though far from comprehensive, the count still provides insight into who is experiencing homelessness in Vermont.

This year's count registered a stark racial disparity in Vermont's unhoused population, one that has been persistent in recent years. While Black people make up 1.4% of Vermont's total population, over 8% of people who are unhoused are Black.

The number of unhoused families with children dropped slightly last year, which Sosin said likely reflects greater investment and attention to that group. Even as the count captured fewer families, though, it clocked a

Homelessness → 13



# Living with wildlife: Bats in your house?

Bats are everywhere! It may feel that way to some of Vermont’s human residents. Summer is when some species of bats gather in colonies to raise their young in human-made structures such as houses, barns, office buildings, and bat houses, but fall is the safe time to get them out.

“Summer is the time of year when the greatest number of unwanted bat-human interactions are reported,” according to Vermont Fish & Wildlife’s Small Mammals Biologist Alyssa Bennett, who works on the conservation and recovery of Vermont’s threatened and endangered bat species. “Bats can end up in your living space for many reasons, including young bats that are weak, disoriented or lost while coming and going from the roost, bats moving within a structure to find warmer or cooler roosting space as temperatures fluctuate, and bats being displaced from their roosts due to building repairs and renovations.”

Although this happens every year, it can come as quite a shock to those who wake up to a bat flying in their bedroom or suddenly uncover a dozen bats roosting behind a rotting trim board being removed on the outside of a home. But don’t fear, because there are answers to your burning bat

Bats → 15



Courtesy VTF&W

*Young bats that cannot yet fly may be present in a bat roost during the summer. Homeowners should follow the Vermont Fish & Wildlife Dept’s recommendations on when and how to protect the living space and do a bat eviction.*



By Charlie Neibergall/AP, courtesy VTD

*Elle Purrier St. Pierre wins a heat in the women’s 1,500-meter run during the U.S. Olympic Team Trials June 27, in Oregon.*

**← Vt Olympians:** .....  
from page 1

fieldhouse of his alma mater, the University of Vermont.

Purrier St. Pierre, a 29-year-old dairy farmer turned U.S. record holder for the indoor mile and two mile, is set to race the Olympics’ 1,500-meter event a year after the birth of her son.


“I feel like everything I do in my life right now is something that I really enjoy,” the two-time Olympian recently told Harp-er’s Bazaar. “I love being a mom, I love being a runner, and I love being a farmer.”

Purrier St. Pierre’s farming-and-wellness foundation is selling fundraising lawn signs at several northern Vermont busi-nesses, while Montgomery’s Phineas Swann Inn and Spa is scheduled to host a “community watch party” for her event on Aug. 8, according to its Facebook page.

In rugby, Maher lettered in field hockey, basketball and softball at Burlington High School before moving to her current sport at age 17. A decade later, the 27-year-old will join the 12-woman U.S. team for a second time, with matches starting July 28.

And in rowing, Bender, a 22-year-old recent Dartmouth College graduate, will compete with schoolmate Oliver Bub in the men’s pairs event beginning July 28.

“The publicity, gear, the Olympic village, they’re all distractions,” Bender told VTDigger in advance of the Games. “The goal is to stay focused on racing.”



TOWN OF  
**KILLINGTON**  
VERMONT

## Request for Sealed Bids for Culvert Replacement

**East Mountain Road Culvert EMR-19B  
(VT Culvert ID #84804) & Trailside Drive Cul-  
vert TS-1 (VT Culvert ID #61910) Replacements**

The Town of Killington is accepting sealed bids for the replacement of two culverts in close proximity near the intersection of East Mountain Road and Trailside Drive. Known as #84804 (EMR-19b East Mountain Road) and #61910 (TS-1 Trailside Drive) Culvert Replacements, the project scope includes temporary diversion of stream flow, removal of existing culverts, pipe installation, headwalls/ wingwalls, guardrails, and paving. Bidder is responsible for temporary bypass roads to maintain use of the roads during the project as detailed in the Project Manual. Completion of work in the stream is required by October 1, 2024, paving by October 15, 2024, and final construction completed on or before November 1, 2024.

Electronic bid documents are available from Enman Kesselring Consulting Engineers at 61 Prospect Street, Rutland, VT, phone number (802) 775-3437.

A pre-bid meeting will be held at the site at 10 a.m. on Thursday, July 25, 2024. All questions shall be referred to Enman Kesselring Consulting Engineers. Deadline for questions is Tuesday July 30, 2024. Bidders may inspect the work at any time.

**Sealed bids are due to the Town Manager’s Office by 12:00 p.m. Monday, August 5, 2024.**

The Bids received will be opened publicly at 4 p.m. during the Selectboard Meeting on Monday, August 5, 2024, at the Killington Public Safety Building, 800 Killington Road, Killington. Bidders are not required to be present at bid opening.

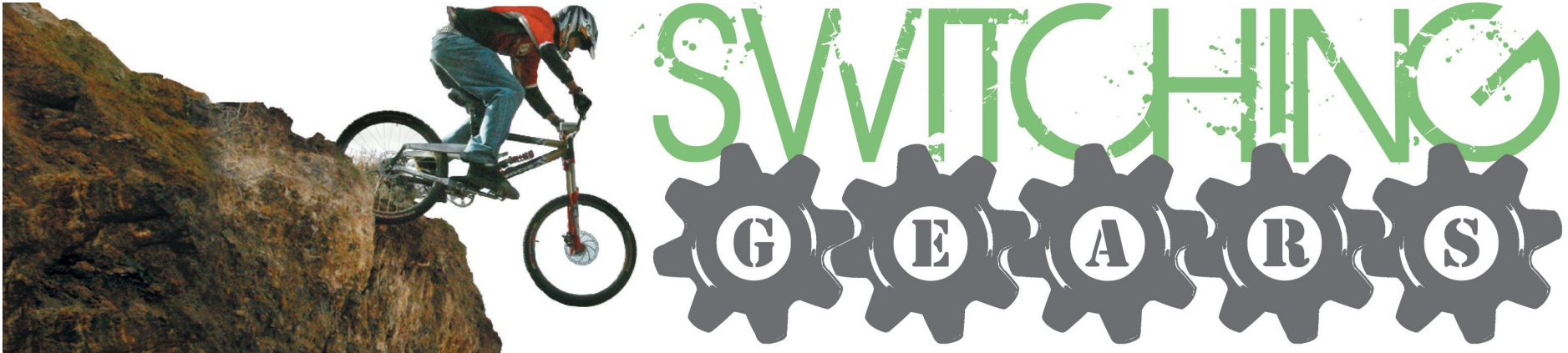
Bids will be received for a single prime Contract. Bids shall be on a lump sum basis as described in the Bid Form. This project is estimated to be 75% financed with federal funds. All bidders must provide their UEI number with their bids and be a Vermont Agency of Transportation approved contractor. Project requires Bid, Payment, and Performance bonding.

**Bids may be either delivered to the Town Man-  
ager’s Office or mailed to Town of Killington, c/o  
Abbie Sherman, Director of Public Works, 2706  
River Road, PO Box 429, Killington, VT 05751.  
Envelopes must marked “East Mountain Road  
Culvert Replacements.”**

The Town of Killington is an equal opportunity employer. Woman- and minority-owned and low-income businesses are encouraged to bid.

The Selectboard reserves the right at its sole discretion to reject any and all bids, wholly or in part, to waive any informalities or any irregularities therein, to accept any bid even though it may not be the lowest bid, to call for rebids, to negotiate with any bidder, and to make an award which in its sole and absolute judgment will best serve the Town’s interest.





# Gravel rides tell Vermont’s story top to bottom on VTXL cycling route

By Charlotte Oliver/Community News Service

*Editor’s note: The Community News Service is a program in which University of Vermont students work with professional editors to provide content for local news outlets at no cost.*

From the top of the Northeast Kingdom down toward the Berkshires, the VTXL carves a path the length of Vermont. The biking route takes cyclists along the chatter of dirt and gravel roads in a ride that stitches together the state’s character. Breathtaking views come after hard climbs, and tunnels of trees spit out riders into small towns.

In central Vermont the route passes through East Barnard, Pomfret, Woodstock and South Woodstock. See route map at: [bikepacking.com/routes/vtxl](https://bikepacking.com/routes/vtxl).

“The whole route was insane,” said Jake Bleggi, a cyclist from Utah who rode the VTXL in 2022 as an ode to Vermont, the last state he visited in the continental U.S. He called the roads “incredible” and the people “super nice.”

The trail demands much of the rider and offers rewards. Its 301 miles are peppered with 30,300 feet in total climb — all on public dirt roads between a dozen rocky Class IV sections.

Loosely defined as cycling on unpaved roads, gravel biking has been on the rise in Vermont. “From just about any point in the state you can get on a pretty terrific gravel ride,” said Dan Hock, owner of Winooski Wheels bike shop in the city of the same name.

The VTXL both represents the trend and reflects the state it spans.

Still charmed, Bleggi recounted stopping by a farmstand with homemade goods where “you could just grab whatever and then just leave cash,” he said.

“We were at a point where we needed a morale boost, and that was the best morale boost we could have asked for,” he said.

Joe Cruz, a self-described “adventure cyclist” who lives in Pownal, designed the route in 2020 for retired World Tour road racer Ted King. King, a Vermonter by way of New Hampshire, had been set to ride in a Kansas gravel race that year, but it got postponed — and later canceled — due to the Covid-19 pandemic.

King was itching for a gravel ride back home like the event in Kansas would’ve been.

So the pro reached out to Cruz, asking if he knew any that went the whole length of Vermont. He replied “no.”

“I think that got his wheels turning,” said King. Cruz remembers the following days. “It stuck with me, and two days later I wrote back to him and was like, ‘You know, I think we could probably make one of these,’” he said.

Cruz then spent six weeks drafting. He started with digital maps, then drove with his bike to sections he wanted to put his “eyeballs on” to make sure he got “the right kind of texture,” he said.

To him, putting routes together is about creating a “rhythm” and a “story,” he said, “a story about your own effort and a story about the landscape and a story about the history of Vermont in this case.”

When the route was finally mapped out, King set off May

30, 2020, with the goal of finishing in under 24 hours — and finished with a moving time under 21 hours. He left the Canadian border at about 11 p.m. and reached the Massachusetts border at about 9 p.m. the next day. “It’s just a constant

flow — a constant, really challenging flow,” said King.

“You really do have to put down a lot of power to get up there and then immediately be on your toes and be paying attention as you go screaming down the other side,” he said.

Although King was a pro cyclist, Cruz encourages everyone to get out and try it. “I want to make sure that

Gravel biking started as a “combination of riding mountain bikes but trying to achieve the aesthetic of hiking and backpacking,” said Cruz.

anything that I create in the outdoors is not some secret thing for the experts,” he said. Online he’s shared about 25 major routes he created around the world, along with hundreds of shorter ones, he said.

Gravel biking started as a “combination of riding mountain bikes but trying to achieve the aesthetic of hiking and backpacking,” said Cruz, who started biking around Vermont in the late ’80s when he was a student at Williams College in Massachusetts. Living close to southern Vermont “meant riding on Vermont dirt roads, because that’s where the interesting terrain was,” said Cruz.

Hock, the bike shop owner in Winooski, said one of the main draws for gravel riding is experiencing the roads themselves. He estimates between 30% to 35% of his bike

VTXL gravel ride → 9



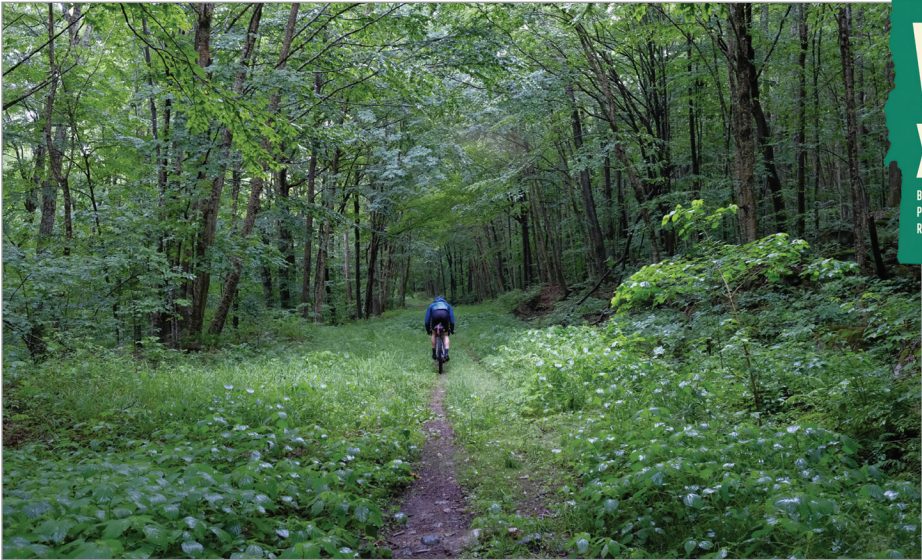
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[www.RRMC.org](http://www.RRMC.org) | 160 Allen Street, Rutland, VT | 802.775.7111





Courtesy Joe Cruz, bikepacking.com  
A single-track portion of the VTXL route the length of Vermont developed by Joe Cruz.

By Charlotte Oliver  
Joe Cruz, who mapped out the route, poses on a part of the VTXL gravel cycling path.

← **VTXL gravel ride:**  
from page 8

sales are gravel or bikepacking bikes.  
King understands the hype. “I mean, it’s tremendously fun. I think people like skidding around on dirt,” he said. He rode the VTXL a second time in October 2023 over three days, and it still proved a challenge, he said.  
Bleggi, the Utah cyclist, loves biking because it gives him “this freedom to explore an area human powered, while still getting to cover so much distance,” he said.  
“You can hear or see things that you wouldn’t hear or see traveling in other ways,” he added.  
On the VTXL he encountered “insane roads and cool bridges,” along with many friendly locals, he said. People gave him helpful directions, and one woman at a camp-

“Everybody’s just trying to get more people involved,” Bleggi said.

ground let him and his pal sleep “in the game room underneath the pool tables” to stay warm and dry during bad weather, he said.  
Since Cruz posted the route online during winter 2020, he estimates hundreds of people have traveled it every year, and he gets around 50 messages a year from strangers online about it, he said.  
For those who aren’t pros like King, Cruz guesses it usu-

ally takes four to five days, though people can take it whatever pace they want, he said. He figures most people find it on bikepacking.com, a site with biking routes on every continent, for which he’s a contributing editor. Past riders can share their experiences on the site and post useful information for prospective champions of the route.  
Bleggi’s experience riding the VTXL inspired him to design a route for bikepacking.com in Wyoming. “Everybody’s just trying to get more people involved,” Bleggi said about the cycling community.  
For his part, Cruz is content knowing people like Bleggi get to see the scope of Vermont. “And I think, maybe, they’re made better for doing it.”



# Specialty Dinners With Our Guest Chefs.

Celebrate the incredible purveyors in our community and watch as Executive Chef Matthew McClure collaborates with celebrity guest chefs to prepare your 4-course meal. Join us in Kelly Way Gardens for our final Red Barn Dinners of the season!  
*See All Dates & Book Online!*

**Thursday, August 22: Chef Vishwesh Bhatt**

Southern cuisine intertwined with local ingredients and subcontinental foods.  
Featuring his James Beard U.S. Foodways Award-Winning Cookbook!

**Thursday, August 29: Chef Roshara Sanders**

The First Black Woman Culinary Professor at The Culinary Institute of America and just named a ‘2024 Game Changer’ by Food & Wine!





## GUEST EDITORIAL

# The arc of aging and leadership

By Bill Schubart

Like a good novel, our lives have a narrative arc, during which we are actively participating in and relevant to our world. We are born, rise slowly into sensual consciousness and gradually process what we see and feel. Our juvenile perceptions gradually become knowledge, and, if all goes well, that knowledge binds with experience to become wisdom. We then choose for ourselves whether to share our wisdom by seeking leadership, being drafted into leadership positions or staying comfortable contributing to our world in other ways.

Then, as we age, the arc begins its downward slope as our stamina and acuity attenuate.

When I was young — in the '50s and '60s — one's lifespan was considerably less than it is today. Many died in their 50s and 60s. Alcohol and smoking were commonplace. I had friends whose dads worked in the asbestos mines in Eden.

We've built into the architecture of government our understanding of age and decline. Each branch of the military has age limits to enlist in active duty and the federal limit is age 42. Even for the officer corps, retirement is mandatory at age 64.

Others worked in the Atlas Plywood Plant in Morrisville gluing wood plies together, and some lived in the company housing on Route 100 near Harrel Street.

My father, stepfather and mother were all gone by the age of 55. Still, if one lived to be 60, one had a shot at living to be 70 or 80. My step-grandmother lived to be 101.

I'm now in my 80th year, as is my wife. We scan obituaries to see who among our friends has left us. One of us might mention that an acquaintance has died and the other asks their age. "72" the other might answer. "Good Lord, that's too young!" the other invariably responds. We see the world from where we are.

The significant increase in lifespan just during our own lifetimes has, for each of us, made the timespan of leadership opportunity a serious decision with serious implications for our communities and our young people.

The dark side of our clinging to power as we age and diminish in stamina and acuity is that we don't make room for the succeeding generations whose lives we continue to manage — or, arguably, mismanage. We've denied our young people a sense of agency and any control in their future wellbeing.

I've been drafted into various nonprofit and business leadership positions since I was 25 and, in spite of anxious self-doubt, accepted most of them.

Today, I serve on no boards and have no leadership positions. My time for leadership is over. The downward arc of my life's narrative will be working to leave a better world than the one I was born into — listening and contributing rather than directing others.

Today, when I'm asked to serve on a board or to consider a leadership position anywhere, I decline, saying my time is past. I still have much to give but want to leave leadership positions open for younger people. I want them to have a

Arc of aging → 12



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caglecartoons.com CQ ROLL CALL

Biden Passes Torch To A New Generation by R.J. Matson, CQ Roll Call

## LETTERS

## Open Primaries: Free and fair elections?

Dear Editor,

I don't know where the idea of open primaries came from or the history of how they began in Vermont. I was originally from Connecticut and when you registered to vote you had to declare your party affiliation. Only if you were registered in a political party, could you take part in that party's primary.

Of course, when you voted in the regular election, you could choose to vote for whoever you wanted—regardless of your party affiliation. Being registered to a party didn't bind you to vote for only that "party," because elections are FREE and you are FREE to vote for your choice.

The "party" system is like being on teams. Each party gets to put forth its "best players" and the members of that team get to vote on which one they want if there is more than one member jockeying for the same position. However, open primaries in Vermont side-step this fair process.

Imagine, if you would, your favorite football team

has made it to the Super Bowl. They made it against all odds, but they worked so hard to get there. In the third quarter, the opposing team has some of its players dress in your team's uniform and they infiltrate your team. They're tasked with sabotaging the plays and advancement of your team on the field. Would that be fair? Would you be ok with that move?

Yet, this is exactly what happened in Vermont during the primary elections. Open primaries are not "fair." Candidates work very hard to get elected. They have to gather signatures to be on the Ballot and need to garner support in each state to win their party's primary. Local and state candidates sometimes have an even steeper uphill battle.

Case in point, the RNC (Republican National Convention) will be taking place this week. The GOP of Vermont will be sending its delegates to Milwaukee to cast the votes of the Vermont Republicans for

Open Primaries → 13

## Study reveals flaws with "Best Practices" for trapping

Dear Editor,

A new peer reviewed paper, "Best Management Practices for Furbearer Trapping Derived from Poor and Misleading Science," was recently published and debunks

Vermont Fish & Wildlife's attempt to convince the public that "Best Management Practices" for trapping result in more humane trapping practices. They don't.

In 2022 there was a bill to ban leghold traps—a straight-forward bill that would've saved thousands of animals each year from broken limbs and teeth and other painful injuries. Vermont Fish & Wildlife opposed the bill because, as most state agencies, they are politically beholden to trappers. The Commissioner and his senior team implored the legislature to not ban leghold traps—instead, he urged the legislature to require regulations be promulgated to require that trappers adhere to so-called "best manage-

ment practices" (BMPs) for trapping. Fish & Wildlife spoke of an extensive study that resulted in criteria for more "humane" traps, all in an effort to assuage the

To say that they had a vested interest in the outcome of this "study" would be an understatement.

public's fevered opposition to leghold traps and to market a solution. But it was no solution, it was a ruse.

Upon first learning of the proposed BMPs, Protect Our Wildlife raised concerns, including the fact that trappers and their spouses, friends, and other interested parties labeled as "technicians" in the study were often the only ones in the field recording BMP data. POW released this white paper in 2022 challenging BMPs that were conceived, studied, and evaluated by the very people that they aim to regulate: trappers.

BMP for trapping → 12



## CAPITOL QUOTES

Lawmakers and state officials weighed in Sunday, July 21, following the news that President Joe Biden dropped his bid for re-election. Biden immediately endorsed Vice President Kamala Harris, and within 30 hours 186 Democratic House members, 43 senators and 23 governors had also endorsed Harris.

**“It has been the greatest honor of my life to serve as your President. And while it has been my intention to seek reelection, I believe it is in the best interest of my party and the country for me to stand down and to focus solely on fulfilling my duties as President for the remainder of my term,”**

wrote President **Joe Biden** in a letter posted to his official social media accounts.

**“Throughout his career, Joe Biden has demonstrated immense leadership and political courage. Today, the president made his most courageous decision yet by ending his campaign for re-election. By putting country before self, he has shown his true humility and patriotism, underscoring the very essence of public service,”**

wrote Treasurer **Mike Pieciak**'s in a statement, July 21.

**“Throughout Kamala Harris’s career—as California’s top prosecutor, as a Senator, and as our Vice President—she has been a champion for hardworking families... There is no candidate better equipped to take on Donald Trump and protect our democracy... Kamala Harris said she wanted to earn and win this nomination. She has—and she has reinvigorated this campaign.”**

said U.S. Senator **Peter Welch** in his endorsement of Vice President Kamala Harris, Tuesday, July 23.

**“Kamala’s a game changer here. She is essentially going to be a prosecutor running against a convicted felon, and I think she is going to be able to bring all of her smarts and her experience to the job.”**

said Rep. **Becca Balint** to Vermont Public.

## COMMENTARY

# Criminalization is not a solution to homelessness

By Frank Knaack and Falko Schilling

*Editor’s note: This commentary is by Frank Knaack, executive director of the Housing and Homelessness Alliance of Vermont, and Falko Schilling, advocacy director of the ACLU of Vermont.*

Homelessness in Vermont is at its highest level on record, as more people struggle to afford sky high-rents and housing costs. According to the most recent data, there are nearly 3,500 unhoused Vermonters on any given night, including nearly 1,000 children and senior citizens. And we know that is an undercount, as it reflects only the people who engaged with our state’s dedicated and perpetually under-resourced shelter service providers.

Into this crisis comes the U.S. Supreme Court, and not in a good way. Last month, in a case called *City of Grants Pass, Oregon v. Johnson*, the Court allowed cities and towns across the U.S. to arrest and ticket unhoused people for sleeping outside, even when adequate shelter or housing is not available.

Criminalization is not a solution to homelessness.

As U.S. Supreme Court Justice Sonia Sotomayor stated in her dissenting opinion in *Grants Pass*, the decision “leaves the most vulnerable in our society with an impossible choice: Either stay awake or be arrested.”

This decision is not just inhumane, it also encourages counterproductive public policy. Arrests, fines, jail time and criminal records make it more difficult for individuals experiencing homelessness to access the affordable housing, health services and employment necessary to exit homelessness. Landlords are less likely to rent to people with a criminal record, employers are less likely to hire a worker with a criminal record and encampment raids often result in the loss of vital records needed to obtain housing assistance.

And, because Vermont’s criminal laws are enforced with a massive racial bias, any move to further criminalize unhoused people will have a staggeringly disproportionate impact in Black Vermonters. According to the most recent data, Black people are over 5.2 times more likely to be arrested, over 7 times more likely to be incarcerated and 5.6 times more likely to be unhoused compared with white people in Vermont.

The racial bias in Vermont’s criminal legal system already makes Black Vermonters more likely to face harms that can lead to housing insecurity and homelessness. Any move to further criminalize unhoused people would magnify this unconscionable disparity.

Rather than arresting people for being

unhoused, Vermont’s elected officials should follow the decades of evidence showing that the most effective way to address homelessness is to provide people with affordable, stable housing and supportive services, like case management, healthcare and mental health and substance use services.

The underlying cause of Vermont’s housing and homelessness crisis is the severe shortage of homes affordable to people with the lowest incomes and a widening

The decision “leaves the most vulnerable in our society with an impossible choice: Either stay awake or be arrested,” wrote U.S. Supreme Court Justice Sonia Sotomayor in her dissenting opinion on *Grants Pass*.

gap between incomes and housing costs. To solve this crisis, Vermont must make sustained, long-term investments across all areas that have contributed to Vermont’s housing and homelessness crisis, including funding to construct new permanently affordable housing, rehabilitate existing structures into affordable housing, increase middle-income home ownership and more.

While *Grants Pass* may make it easier for our elected officials to turn to responses that are politically expedient, but proven to be ineffective and inhumane, we urge our elected officials to focus on real solutions rather than making it harder for those who are already struggling to get by.

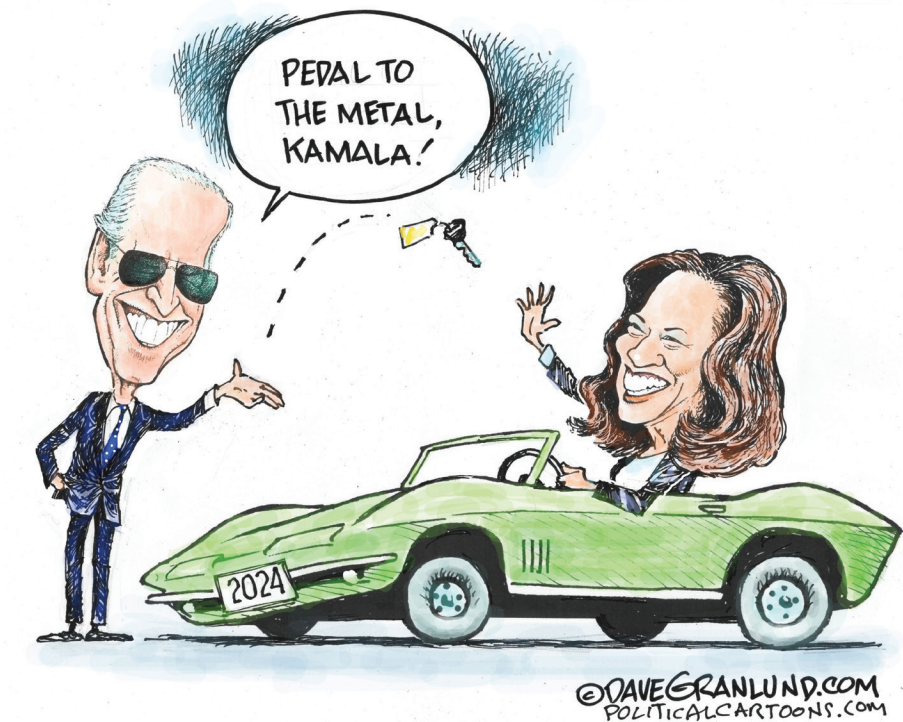
Vermont’s criminal legal system cannot provide adequate health care, effectively treat substance use disorder and mental illness, provide people with a living wage or provide housing to unhoused people — the core solutions to making our communities safer and more just for all.

It is well past time to stop pretending that criminalizing unhoused people is anything more than the intentional attempt to hide our state’s failure to provide for the basic needs of its residents.

Let’s be clear — Vermont’s homelessness crisis is a political choice. While this crisis will not be solved overnight, Vermont must invest in proven solutions to homelessness, including stable, affordable, accessible housing and voluntary supportive services. It is past time to build a Vermont that is safe and just for all.



CARTOONS



Biden drops out by Dave Granlund, PoliticalCartoons



Biden Drops Out by Frank Hansen, PoliticalCartoons



Biden's exit by Christo Komarnitski, Bulgaria

← Arc of aging: from page 10

voice in their future. I ask what type of person the organization is seeking for board service or leadership and then send them a few resumes or contacts of emerging leaders based on their organization's needs.

"Founder's syndrome" is an often tragic manifestation of a leader's failure to step down and acknowledge the need for different leadership skills. Successful organizations and businesses are organic and undergo constant change, necessitating the need for different types of leadership skills at different inflection points. All the assertive energy required of a founding entrepreneur to launch a new organization or business later potentiates its death when the business moves from the entrepreneurial stage to the managerial stage and leadership authority must be delegated across other skilled managers.

When a founder takes their personal sense of self-esteem from their leadership role rather than their engagement in family and community, and they cling to that self-image, they do so to the detriment of themselves and the organization they lead.

I have seen this happen more often than I care to remember.

We must know when to step down. Life is not about clinging to power but knowing when to acquiesce to the natural aging process, making room for new leaders and new ideas.

We've built into the architecture of government our understanding of age and decline. Each branch of the military has age limits to enlist in active duty and the federal limit is age 42. Even for the officer corps, retirement is mandatory at age 64 unless the president waives the statute. Then they can serve until they reach 68.

One can receive Social Security payments as early as age 62 with a commensurate reduction in benefits. Normal draw down begins at 66 or 67 but one can also elect to defer payments to age 70.

If we can see ourselves as we truly are at various stages in our lives and know our peaks and valleys, we can then best serve our families and communities.

We must know when to step down. Life is not about clinging to power but knowing when to acquiesce to the natural aging process, making room for new leaders and new ideas.

It's sad watching this issue play out at our highest level of leadership.

← BMP for trapping: from page 10

And the conflict of interest doesn't end there. The study was spearheaded by a private organization, the Association of Fish & Wildlife Agencies (AFWA), a public relations advisor to state fish & wildlife departments, including the Vermont Fish & Wildlife Department, a dues paying member. To say that they had a vested interest in the outcome of this "study" would be an understatement. A fact that was never raised by Fish and Wildlife during their promotion of BMPs is that they are inhumane by their own standards: 30% of animals are allowed severe injuries, including amputation, compound fractures, even death and still pass the BMP test!

The topic of trapping has not quieted despite Fish & Wildlife's attempts to greenwash it, including starring in a promotional trapping video for the Vermont trappers on the taxpayers' dime. All one has to do is see an animal

languishing in pain in a so-called BMP approved trap to know the truth.

To those legislators that are using the recent BMP regulations to not take legislative action to restrict trapping, we encourage you to dig a bit deeper into the new peer reviewed research paper.

The study reveals, "The fish and wildlife agencies represented by AFWA have specific goals of promoting trapping and its supposed benefits, yet we expect their research on the impacts of trapping on wildlife to be transparent, reproducible and unbiased. The close association of promotional aspects of trapping with wildlife professionals and the evolution of BMPs, should raise concern about the objectivity among those engaged in the BMP process." The study also states, "The analysis methods used by [AFWA] White et al. (2021) are flawed, not transparent, and irreproducible. Therefore, we question the

outcomes of the study as representing best management practices for capturing furbearing animals in restraining traps."

As for the new BMPs, Vermonters are still left with baited landmines on our shared public lands. Steel-jawed leghold and kill traps are set with no required signage, even on our National Wildlife Refuges. There are no required setbacks from public areas for large, powerful body crushing kill traps that are placed in the water, including shallow streams where dogs often like to lap from. If you cannot imagine your dog or cat painfully restrained in a trap, I ask: what is the difference between your domestic tabby cat and a majestic bobcat who is trapped during the recreational trapping season? No animal deserves this, all in the name of recreation and tradition.

*Brenna Galdenzi, Stowe, president of Protect Our Wildlife POW*



# BlueCross BlueShield of Vt seeks to raise insurance rates further

If accepted, the new request would increase premiums for individual health plans by 21% and small group plans by 24% in 2025

By Peter D'Auria/VTDigger

BlueCross BlueShield of Vermont is seeking to raise health insurance premiums by an additional 4.3% next year, further increasing a request for already near-record-high rate hikes.

The proposed increase would increase premiums for individual BlueCross BlueShield health plans by an average of 21% and small group plans — plans for companies that employ up to 100 employees — by an average of 24% in 2025. (Because the insurer offers a variety of different plans, the actual increases would vary.)

If approved, the rates would amount to the “highest premium rate increase for our 2025 Qualified Health Plans since the inception of Vermont Health Connect,” the state’s health insurance marketplace, BlueCross BlueShield President and CEO Don George said in a letter to community members Monday, July 22.

“Unfortunately, the high demand for medical services, increasing prices at hospitals, exponential growth in drug prices, and new state laws are all forcing higher premiums to pay for the cost of caring for Vermonters,” George said.

BlueCross BlueShield insures roughly a third of Vermonters. About 45,000 residents are insured on its small group and individual plans, which would be affected by the increases. The insurer also sells other plans for larger employers, which are not available on the state’s health insurance marketplace.

The requested rate hikes must still be approved by the Green Mountain Care Board, which will issue a decision next month.

The board is holding a public hearing to discuss insurance rates at 4 p.m. Thursday, July 25.

The request for additional funding is necessary to

replenish BlueCross BlueShield’s cash reserves, administrators at the nonprofit insurer said. Under Vermont law, BlueCross BlueShield is required to maintain a certain amount of money in reserve to cover potential risks — such as paying higher-than-expected claims for its members.

The increased volume of claims led to “extraordinary cost pressures” for health care organizations, George, of BlueCross BlueShield, said in his letter.

“I share the frustration that all Vermonters feel about rising costs, difficulty accessing services, and the challenges to staying well,” he added. “I invite you to join me in an open dialog with our state regulators and policy makers about the cost pressures impacting the commercial health insurance marketplace and the choices that have led to this unprecedented situation,” George continued.

## Open Primaries: from page 10

president as demonstrated in the primaries. Seven of those delegates will go to Nicki Haley. But here is the rub, most of those votes, I would wager were not cast by Republican Vermonters, but by Progressives, Democrats and Independents who asked for a Republican Primary Ballot. Rather than vote on their own party’s primary ballot—because there was no real contest there, many people took the Republican ballot to vote “against” Trump. Opposing

“team” members got to influence the vote of “team Republican.” In Vermont this is legal, but it is not fair and it’s not ethical.

If elections are to be free and fair, we need to do away with open primaries. They give rise and opportunities to the darker proclivities of human nature and destroy the integrity of the democratic processes of our constitutional Republic.

Join me in asking our legislators to do away with

open primaries. Remember, the next time it won’t be Trump, it might be your favorite candidate that the

We need to do away with open primaries.

other teams hate. Let’s not have a system that encourages chicanery or political subterfuge. Vermonters, we can do better. The golden rule applies here.

*Wendy Bucchieri, Arlington*

## Drug cost lawsuit: from page 5

As alleged in the complaint, the named pharmacy benefit managers are incentivized to, and do, grant placement on their standard formularies to the prescription drugs with the largest payments from manufacturers and the highest list prices, while excluding lower-cost prescription drugs. They negotiate which prescription drugs are covered by health insurance plans and require that prescription drug manufacturers provide the pharmacy benefit managers with payments — dressed up as rebates and other fees — that the pharmacy benefit managers then pocket.

The pharmacy benefit managers are not only driving up prescription drug prices through their formulary construction, but they are also preventing patients from accessing lower-priced prescription drugs by excluding them from their formularies.

As an example of this, a New York Times investigation recently revealed that, in Illinois, a woman with cancer paid hundreds of dollars more than she should have for her pain medication because a pharmacy benefit manager required her to use a more expensive version.

Pharmacy benefit managers further drive up prescription drug costs by requiring patients — often with chronic or serious illnesses — to fill their prescriptions from the pharmacy benefit manager’s own in-house pharmacies and then restrict those patients’ access to only the most expensive prescription drugs. This harms consumers as well as local pharmacies.

## Homelessness: from page 6

major uptick in the number of young people experiencing homelessness: 737 people under the age of 18 were found to be homeless at the time of the count, up from 654 last year. That’s the largest jump in any age category tallied.

In addition to an affordable housing shortage, the report’s authors point to other factors driving the state’s housing and homelessness crisis, including rising housing costs and “a failure to provide adequate mental health and substance use services,” among others. And, with the state’s shelter capacity already strained, they note that upcoming limits to the state’s motel program, and an expected drop in housing stabilization funds, could exacerbate Vermont’s homelessness crisis this year.

The annual point-in-time count is used by state and federal officials to guide policy and funding decisions. While far from perfect, it offers some of the best comparative figures on the state of homelessness nationwide, and has formed the basis for federal reports showing that Vermont’s rates of homelessness are the second highest in the country.

**Statewide summary: (population 647,064)**

3,458 - Number of unhoused people, representing an over 300% increase over pre-Covid levels (1,110 unhoused people in 2020).

166 - Number of people did not have access to emergency shelter, representing an over 21% increase over 2023 (137 unsheltered people in 2023).

309 - Number of unhoused people who were fleeing

domestic or sexual violence.

855 - Number of unhoused people who had a serious mental illness.

568 - Number of unhoused people with a long-term physical disability.

254 - Number of unhoused people with a developmental disability.

107 - Number of unhoused people who were veterans.

737 - Number of unhoused people who were children.

199 - Number of unhoused people who were over 65 years old and 646 unhoused people who were 55 years old or older.

5.6 times - Number of times more likely Black Vermonters are unhoused compared with white Vermonters.

35% were unhoused for more than one year

72% were unhoused for more than 90 days.

**Rutland County (population 60,366)**

682 - Number of unhoused residents

163 - Number of unhoused children

118 - Number of unhoused residents over 55 years old

14 - Number of veterans

39 - Number of people fleeing domestic or sexual violence

4.92 times - Number of times more likely that Black residents are unhoused compared with white residents

Length of being unhoused:

159 - Less than one month

16 - One to three months

254 - Three months to one year

245 - One year or more

Number of unhoused residents with a:

70 - Physical disability (long-term)

28 - Developmental disability

109 - Mental health (severe and persistent)

35 - Chronic substance abuse (alcohol and/or drug)

50 - Other chronic health conditions (long-term)

**Windsor County (population 58,142)**

173 - Number of unhoused residents

41 - Number of unhoused children

36 - Number of unhoused residents over 55 years old

6 - Number of veterans

7 - Number of people fleeing domestic or sexual violence

3.6 times - Number of times more likely that Black residents are unhoused compared with white residents

Length of being unhoused:

21 - Less than one month

15 - One to three months

67 - Three months to one year

70 - One year or more

Number of unhoused residents with a:

21 - Physical Disability (Long-Term)

10 - Developmental Disability

29 - Mental Health (Severe and Persistent)

5 - Chronic Substance Abuse (Alcohol and/or Drug)

14 - Other Chronic Health Conditions (Long-Term)







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## Solutions → 30

- 50. A type of tag
- 51. Halfback
- 52. Modern tech
- 54. Monetary unit
- 55. Resigned to one's sleeping chamber
- 57. Execute or perform
- 61. "The Golden State"
- 62. "The Beehive State" (abbr.)

Although rarely detected in the general bat population, rabies is a deadly disease and should be taken very seriously. If you are concerned that you have been in direct contact with a bat, have found a bat in a bedroom while sleeping or in a room with an unattended child, a pet, a person with a cognitive disability, or an intoxicated person, please call the Rabies Hotline at 800-4RABIES (1-800-472-2437). If the hotline staff or your health care providers determine there is no concern for rabies exposure, the bat can safely be released outside.

*Answer: Juno Temple*

Level: Intermediate



## WEDNESDAY 7/24

### Chaffee Art Center Events

Chaffee Art Center, 16 So. Main St, Rutland.  
Wednesday, July 24: 9 a.m.–12 p.m. Explore Our World With Sculpture, Camp II. 3:30–4:30 p.m. Bone Builders. 5–7 p.m. Large Scale Group Painting Project, week 2. [chaffeeartcenter.org](http://chaffeeartcenter.org).

### 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. Sign up to ride solo, or form a team of up to five people. Teams require a minimum of three people in order to score points. All races will be held on beginner/intermediate trails. 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.

### Music at the Riverbend

6–8 p.m. Wednesdays through 8/28. Behind the Brandon Inn, Brandon. Free. [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).

### Pottery: Fundamentals of Handbuilding

5–7 p.m. The MINT, 112 Quality Lane, Rutland. \$175 members, \$200 non-members. Join us for a comprehensive introduction to pottery, covering pinch pot, coils, and slab techniques, with several unique projects. Explore tools and texture, and learn how to glaze your pieces. Sessions on 7/10, 7/17, 7/24, 7/31, and 8/14. Instructors: Tiffany and Caitlin. Register at [themint.org](http://themint.org).

### Gerry Grimo and the East Bay Jazz Ensemble

6 p.m. Svec Memorial Green, Proctorsville (Cavendish). Free. Enjoy a summer evening with Gerry Grimo and the East Bay Jazz Ensemble, featuring a wide range of material from the 1930s to the 1990s, including big band, swing, jazz, Motown R&B, and more. Bring a blanket or lawn chair. Food available from Murdock's on the Green and Singleton's General Store. In case of bad weather, check the Cavendish Community and Conservation Facebook page. [cavendishcommunityconservation@gmail.com](mailto:cavendishcommunityconservation@gmail.com).

### Women's MTB

6–8 p.m. Wednesdays. Fairgrounds Trailhead, 131 Town Farm Road, Poultney. Free. Women's mountain bike group rides on the Slate Valley Trails network. This no-drop ride welcomes all who identify as non-male. Beginner and intermediate/advanced groups, with varying distances of 6–10 miles and terrain including climbing. Plan to arrive by 5:55 p.m. Bring water, snacks, and an after-ride beverage. Cancelled in extreme weather. [vmba.org/join](http://vmba.org/join).

### Artistree Music on the Hill

6:30–8 p.m. Wednesdays. Artistree Community Arts Center, 2095 Pomfret Road, So. Pomfret. Free. 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).

### Seven to Sunset Concert Series

7 p.m. Wednesdays through 8/7. Main Street Park, Rutland. Free. 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 an unforgettable musical journey under the open sky! [rutlandrec.com/7tosunset](http://rutlandrec.com/7tosunset).

## THURSDAY 7/25

### Chaffee Art Center Events

Chaffee Art Center, 16 So. Main St, Rutland. 9 a.m.–12 p.m. Explore Our World With Sculpture, Camp II. 10:30 a.m.–12 p.m. Artery. 12–1 p.m. Ukulele Group. [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).

### 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://kids@hartlandlibrary.org/calendar) or 802-436-2473.

### Kingsley Covered Bridge Celebration

5–7 p.m. Kingsley Historic District, adjacent to the Gorge Road, East Clarendon. Free. Celebrate the nearly completed restoration of the Kingsley Covered Bridge with a grand reopening and ribbon cutting ceremony. Enjoy a cook-out, non-alcoholic beverages, and friendly banter. The ribbon cutting and comments by Sen. Brian Collamore and other officials will be at 5:30 p.m. Organized by neighbors, the Clarendon Historical Society, and Vermont Covered Bridge Society.. For more details, visit [vermontbridges.org](http://vermontbridges.org).

### Brandon Carnival

5–10 p.m. July 26–28. Estabrook Field, Route 7, Brandon. Free. Enjoy a week of fun with rides, games, music, vendors, and entertainment at the Brandon Carnival. Highlights include PAC Wrestling on July 26 at 7 p.m., a Petting Zoo all afternoon on July 28, and a 4H Performance Group at 1 p.m. on July 28. Bring your family and friends for a great time. [vermontbridges.org/events](http://vermontbridges.org/events).

### Feast and Field Music Series: Espiral

5:30–9 p.m. Thursdays through 9/26. Fable Farm, 1525 Royalton Turnpike, Barnard. \$5–\$25. A celebration of music, food, and community. Tickets: [feastandfield.com/tickets](http://feastandfield.com/tickets).

### Music on the Green

6:30–7:30 p.m. Thursdays. 7 Maple Hill Rd, Belmont. Free. Enjoy an evening of live music. Bring a chair or blanket to relax and listen to local tunes. [mhcavt.org/calendar](http://mhcavt.org/calendar).

### River Road Concert Series

6 p.m. Sherburne Memorial Library, 2998 River Road, Killington. Free. Enjoy weekly outdoor concerts hosted by the Killington Parks and Recreation Department and Sherburne Memorial Library. Bring your picnic supper, lawn chairs, and blankets to relax and enjoy a variety of musical genres. Concerts are held rain or shine, though extremely wet weather may lead to a rain date. [sherburnelibrary.org/adults-and-seniors/river-road-concert-series](http://sherburnelibrary.org/adults-and-seniors/river-road-concert-series).

### Open Mic Night at Artistree

7–9 p.m. Alternating Thursdays. Artistree Community Arts Center, 2095 Pomfret Road, South Pomfret. Free. 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).

### Fair Haven Concerts in the Park: Bloodroot Gap

7–9 p.m. Thursdays. Village Green, Fair Haven. Free. Concert series features a variety of musical genres by area bands. For weather conditions, go to the Fair Haven Facebook page. Any cancellations will be posted earlier on Thursdays. [fhgstechie@yahoo.com](mailto:fhgstechie@yahoo.com) or 802-265-7913.

## FRIDAY 7/26

### Chaffee Art Center Events

Chaffee Art Center, 16 So. Main St, Rutland. Friday, July 26: 9 a.m.–12 p.m. Explore Our World With Sculpture, Camp II. 11 a.m.–12 p.m. Bone Builders. 12–1 p.m. Connections & Interconnections Group. [chaffeeartcenter.org](http://chaffeeartcenter.org).

### GMHA Dressage Day & Dressage Days

8 a.m.–5 p.m. GMHA, 5491 South Road, South Woodstock. Free. Join us for three days of top-level dressage competition including the FEI North American Youth Championships, USEF Dressage National Championships for various categories, and more. Enjoy Training through Grand Prix rides and Musical Freestyles. Visit [HorseShowOffice.com](http://HorseShowOffice.com) for ride times and stabling assignments. For more details, contact Sue McKeown at [suemckeown@charter.net](mailto:suemckeown@charter.net).

### Flow State Mountain Bike Festival

9 a.m.–10 p.m. July 26–28. Ascutey Trails & Outdoors Center, 449 Ski Tow Rd, Brownsville. Prices vary; music-only tickets available starting July 1. Enjoy Vermont's premier mountain bike festival with bike demos, guided rides, skills clinics, live music, artwork, food, brews, and more. Activities include bike shenanigans, a costume dance party, and on-site camping. Non-bikers can enjoy live music, food trucks, and local beer. Learn more and see the full schedule on the website. [flowstatemtbfestival.com](http://flowstatemtbfestival.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 802-422-3105.

### Red Bull Downtime

10 a.m.–6 p.m. (Fri & Sat) / 10 a.m.–5 p.m. (Sun) Ramshead, Killington. Registration fees vary. Experience downhill racing with Red Bull's open-race format, allowing riders to race as many times as they want over three days. Compete against yourself or track live timing. Top male and female riders win spots at Red Bull Rampage in Utah. The Ramshead Express Quad will be open for lift access. More details at [killington.com](http://killington.com).

### Art in the National Park

11 a.m.–3:30 p.m. Mondays and Fridays through 8/9. Marsh-Billings-Rockefeller National Park, 54 Elm St. (Route 12), Woodstock. Free. Make art 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. Parking at Billings Farm & Museum across Route 12. [nps.gov/mabi/learn/kidsyouth/index.htm](https://nps.gov/mabi/learn/kidsyouth/index.htm)

### Hartland. Farmers' Market

4–6:30 p.m. Fridays. 153 Route 5, Hartland. Free. Enjoy food, music, and shopping at the market.

### Connections & Interconnections of Life Weekly

#### Group

12–1 p.m. Fridays. Chaffee Art Center, 16 So. Main St, Rutland. Free. Forming a new group to meet weekly on Fridays at Noon to create a place to share thoughts, philosophies, spirituality, cultures, and more in a respectful way. All are welcome. Must RSVP: [chaffeeartcenter.square.site](http://chaffeeartcenter.square.site).

### Artist Talk at the Park: Heather Heckel

12 noon–1 p.m. Online Event - Zoom Link sent upon registration. Free. Join Heather Heckel for an online artist talk as she shares her site-specific artwork inspired by her residencies at protected lands, including Marsh-Billings-Rockefeller National Historical Park. Heather will discuss her diverse portfolio of over 250 pieces created during her time at various national parks. Register to receive the Zoom link and learn more about the Artist-in-Residence program at [nps.gov/mabi/getinvolved/artist-in-residence-program.htm](https://nps.gov/mabi/getinvolved/artist-in-residence-program.htm).



**Calendar:** Email events@mountaintimes.info.....  
from page 16

### Vermont Film Festival 2024

3-10 p.m. Woodstock Town Hall Theatre, 31 The Green, Woodstock. \$45 per day or \$100 for a 3-day pass. Join us for the Vermont Film Festival featuring screenings of submitted films and premieres, along with industry and networking events. Partnering with Pentangle Arts, the festival offers a chance to engage with industry professionals and explore the latest in film. For the full roster of activities and to purchase passes, visit pentanglearts.org.

### Divas of Dirt Group Rides

3-5 p.m. Snowshed rental shop, Killington. Free. Join the female mountain bike community for bi-weekly group rides, open to all ability levels. Pre-registration required as rides are capped at 20 participants for safety. Be ready to ride at 3 p.m. and meet outside the Snowshed rental shop exit, to the left. Register: killington.com.

### Friday Night Live 2024

5 p.m. Center Street and Merchants Row, Rutland. Free. Enjoy a vibrant outdoor concert series featuring Captain Mike and The Shipwrecked. The series offers live music, outdoor dining, shopping, and activities for all ages. Concerts begin at 8 p.m., transforming downtown Rutland into an amphitheater-like venue with excellent acoustics. downtownrutland.com.

### Pentangle Arts Music by the River

6-7:30 p.m. Fridays through 8/16. East End Park, Woodstock. Free. In case of inclement weather performances will be canceled, check our website for updates on cancellation. pentanglearts.org/mbtr2024.

### Moos & Brews & Cocktails Too!

5-7:30 p.m. Billings Farm & Museum, 69 Old River Rd, Woodstock. \$25/person, \$15 for members. Join us for an evening of cows, Vermont craft brews, and more! Enjoy craft beer and spirits from local breweries and distilleries, horse-drawn wagon rides, butter churning, live music, and delicious food. Activities include herb sachet making, giant bubble making, and more. Note: some vendors are cash only. billingsfarm.org/moos-brews-cocktails-too.

### Brandon Carnival

5-10 p.m. Estabrook Field, Route 7, Brandon. Free. Enjoy a week of fun with rides, games, music, vendors, and entertainment at the Brandon Carnival. Highlights include PAC Wrestling on July 26 at 7 p.m., a Petting Zoo all afternoon on July 28, and a 4H Performance Group at 1 p.m. on July 28. Bring your family and friends for a great time. vermontbridges.org/events.

### Vermont Suitcase Company Performs "Pillows All the Way Down"

5:30 p.m. (Fridays) 588 North Taggart Hill Road, Stockbridge. \$5-15 Suggested Donation. Enjoy a family-friendly, farcical comedy about love, money, and pyramid schemes by Vermont Suitcase Company. The evening includes opening presentations by Sable's resident artists and wood-fired pizza by Fat Dragon Farm. The show starts at 7 p.m. Bring your own beverages and join us outdoors on the beautiful Sable land, rain or shine. thesableproject.org/food-and-art.

### Jackson Gore Summer Music Series: Studio Two Beatles Tribute Band

6-9 p.m. Jackson Gore Courtyard, Okemo. Free. Enjoy a night of Beatles nostalgia with Studio Two, a tribute band specializing in the early years of The Beatles (1962-1966). Experience their energetic hits from the club and touring days in authentic attire and equipment. Bring lawn chairs and blankets; food, drinks, and specialty cocktails available. Lawn games and a pickleball court will be set up. No cash accepted for purchases. Pets allowed on leashes. More info at okemo.com.

### 'There Once Was ...' 2024

7:30 p.m. Spice Studio, 482 South Main St, Rochester. \$15. Enjoy Bald Mountain Theater's "Stories That Made Us," where a troupe of actors brings to life treasured stories, folktales, and myths with improvised costumes, dance, and music. Tickets available at the door or online at baldmountaintickets.ludus.com/200459149.

### Double Feature at the Bethel Drive-In

9 p.m. July 26-27-28. Bethel Drive-In, 36 Bethel Drive, Bethel. Adults \$12, children (5-12) \$8. Cash Only. "Despicable Me 4" (PG) at 8:50 p.m. "Twisters" (PG-13) at 10:30 p.m. Gates open at 7:30 p.m. betheldrivein.com.

# SATURDAY

## 7/27

### Chaffee Art Center Events

Chaffee Art Center, 16 So. Main St, Rutland. Saturday, July 27: 11 a.m.-1 p.m. Terrarium Building Class (Fairy or Fantasy Garden). 12-2 p.m. Drop n Paint, all ages. 2-4 p.m. Garden Party. 2-4 p.m. Opening "Connections ... An Intergenerational Exhibit". chaffeeartcenter.org.

### GMHA Dressage Day & Dressage Days

8 a.m.-5 p.m. GMHA, 5491 South Road, South Woodstock. Free. Join us for three days of top-level dressage competition including the FEI North American Youth Championships, USEF Dressage National Championships for various categories, and more. Enjoy Training through Grand Prix rides and Musical Freestyles. Visit HorseShowOffice.com for ride times and stabling assignments. For more details, contact Sue McKeown at suemckeown@charter.net.

### Pawlet Library Annual Book Sale

9 a.m.-3 p.m. Mettawee Community School, 5788 VT-153, West Pawlet. Free. Explore a vast selection of 20,000 books, including vintage finds, and enjoy a bake sale. All proceeds support programs for the Pawlet Public Library. Details: pawletpubliclibrary.com/book-sale.

### 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

### Flow State Mountain Bike Festival

9 a.m.-10 p.m. Ascutney Trails & Outdoors Center, 449 Ski Tow Rd, Brownsville. Prices vary; music-only tickets available starting July 1. Enjoy Vermont's premier mountain bike festival with bike demos, guided rides, skills clinics, live music, artwork, food, brews, and more. Activities include bike shenanigans, a costume dance party, and on-site camping. Non-bikers can enjoy live music, food trucks, and local beer. Learn more and see the full schedule on the website. flowstatemtbfestival.com.

### Red Bull Downtime

10 a.m.-6 p.m. (Fri & Sat) / 10 a.m.-5 p.m. (Sun) Ramshead, Killington. Registration fees vary. Experience downhill racing with Red Bull's open-race format, allowing riders to race as many times as they want over three days. Compete against yourself or track live timing. Top male and female riders win spots at Red Bull Rampage in Utah. The Ramshead Express Quad will be open for lift access. More details at killington.com.

### 17th Annual Mount Holly Garden Tour

9:30 a.m.-4 p.m. Mount Holly Library, 26 Maple Hill Road, Mount Holly. \$15 per person (children 12 and under free). Experience a self-guided tour of diverse high-altitude gardens showcasing sustainable organic practices, beautiful landscapes with mountain views, ponds, stone walls, and perennial flower beds. Enjoy picnicking at selected gardens and enter a garden-themed raffle with floral pillows, a gift basket, and a hanging flower basket. All proceeds support the restoration of the Mount Holly Library and Community Center. mhcavt.org.

### 'Kindness Rock' Painting Event

10 a.m.-12 p.m. West Rutland Rec Center, 294 Fairview Avenue, West Rutland. Free. Pick and paint your own kindness rock alongside the river. Join us to create messages that spread joy and uplift others. This event is open to everyone and supports the mission of the Kindness Rocks Project to connect communities through simple acts of kindness. members.rutlandvermont.com.

### Junior Warden Weekend

10 a.m. July 27 to 4 p.m. July 28. Edward F. Kehoe Conservation Camp, 1234 Camp Road, Castleton. \$125. A weekend for teens ages 15-17 to experience conservation work with Vermont game wardens. Activities include K-9 demos, mock crime scene investigations, game processing, and traditional camp activities like campfires, fishing, and swimming. Registration is limited to 25 participants. Email a completed application to Hannah.Phelps@vermont.gov. vtfishandwildlife.com/learn-more/conservation-education/junior-warden-weekend.

### Brandon Carnival

Noon-10 p.m. Estabrook Field, Route 7, Brandon. Free. Enjoy a week of fun with rides, games, music, vendors, and entertainment at the Brandon Carnival. Highlights include PAC Wrestling on July 26 at 7 p.m., a Petting Zoo all afternoon on July 28, and a 4H Performance Group at 1 p.m. on July 28. Bring your family and friends for a great time. vermontbridges.org/events.

### Forest Discovery Center

11 a.m.-2 p.m. Wednesdays and Saturdays, drop-in format. 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

11 a.m.-3 p.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.



### Terrarium Building Class

11 a.m.-1 p.m. Chaffee Art Center, 16 So. Main St, Rutland. \$40 per person. Learn how to make your own glass fairy or fantasy garden with choice of four miniature terrarium plants, moss, and accent pieces including aquarium wood, rocks, slate path, and a glow-in-the-dark resin Kodama figurine. Ages 13+ and adults; children ages 8-12 may attend with an adult. Must pre-register: chaffeeartcenter.square.site.

### 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.

### Connections Exhibit & Garden Party

2-4 p.m. Chaffee Art Center, 16 So. Main St., Rutland. Free. Join us for the opening of the "Connections" exhibit with our 2nd annual garden party, featuring activities, demos, and speakers inside and outside the historic mansion. Explore the Pollinator Garden, Sculpture Garden, and other outdoor spaces. Enjoy talks on gardens, daylilies, grasslands, and terrarium building. Watch demos including bird wood carving, *plein air* painting, mandala rock painting, and more. If the weather doesn't cooperate, we will move it all inside! chaffeeartcenter.org.

### Root Beer Floats with Live Music by Sugar Road

3-5 p.m. Rupert Town Green, Route 153, Rupert. Free. Enjoy root beer floats made with local Battenkill Valley Ice Cream and A&W Root Beer, while listening to Sugar Road's mix of rock covers and original songs. This family-friendly event features lawn games and live music. In case of rain, the event will move to Sheldon Store, 2824 Route 153, Rupert. For more information about Sugar Road, visit sugarroadmusic.com. Learn more about the Rupert Village Trust at rupertvillagetrust.org.

### Cooler in the Mountains: Waiting on Mongo

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. killington.com.

### Vermont Film Festival 2024

3-10 p.m. July 26-27-28, various locations, Woodstock. \$45 per day or \$100 for a 3-day pass. Join us for the Vermont Film Festival featuring screenings of submitted films and premieres, along with industry and networking events. Partnering with Pentangle Arts, the festival offers a chance to engage with industry professionals and explore the latest in film. For more details and to purchase passes, visit pentanglearts.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.

### 'There Once Was ...' 2024

7:30 p.m. Spice Studio, 482 South Main St, Rochester. \$15. Enjoy Bald Mountain Theater's "Stories That Made Us," where a troupe of actors brings to life treasured stories, folktales, and myths with improvised costumes, dance, and music. Tickets available at the door or online at baldmountaintickets.ludus.com/200459149.





**Calendar:** Email events@mountaintimes info.....  
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## SUNDAY

7/28

### GMHA Dressage Day & Dressage Days

8 a.m.-5 p.m. GMHA, 5491 South Road, South Woodstock. Free. Join us for three days of top-level dressage competition including the FEI North American Youth Championships, USEF Dressage National Championships for various categories, and more. Enjoy Training through Grand Prix rides and Musical Freestyles. Visit HorseShowOffice.com for ride times and stabling assignments. For more details, contact Sue McKeown at suemckeown@charter.net.

### Gravel Gallop

8:30 a.m.-1 p.m. Plymouth. \$65 (adult), \$35 (youth). Join the inaugural Okemo Mountain School Gravel Gallop with 33-mile and 18-mile loops starting on VT Route 100, across from Hawk Resort. Enjoy a self-guided ride through diverse routes with challenging climbs, designed by Rick Trainer of Mountain Cycology. GPS routes and paper maps available. A burrito lunch and drink will be provided after the ride. Proceeds benefit the Financial Aid and Scholarship Fund for local student-athletes. For more details, visit okemomountainschool.org/events-calendar/2024/7/28/gravel-gallop-bike-ride.

### Flow State Mountain Bike Festival

9 a.m.-10 p.m. Ascutney Trails & Outdoors Center, 449 Ski Tow Rd, Brownsville. Prices vary; music-only tickets available starting July 1. Enjoy Vermont's premier mountain bike festival with bike demos, guided rides, skills clinics, live music, artwork, food, brews, and more. Activities include bike shenanigans, a costume dance party, and on-site camping. Non-bikers can enjoy live music, food trucks, and local beer. Learn more and see the full schedule on the website. flowstatemtbfestival.com.

### 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.

### Red Bull Downtime

10 a.m.-5 p.m. Ramshead, Killington. Registration fees vary. Experience downhill racing with Red Bull's open-race format, allowing riders to race as many times as they want over three days. Compete against yourself or track live timing. Top male and female riders win spots at Red Bull Rampage in Utah. The Ramshead Express Quad will be open for lift access. More details at killington.com.

### Braintree Bluegrass Brunch

11 a.m. Braintree Hill Meetinghouse, 2756 Braintree Hill Rd, Braintree. Admission by donation. Enjoy a vibrant community gathering with music from March Shapero & Billy Corbett, and Timberrash. Morning mountain bike rides with Ridgeline Outdoor Collective at 10:00 a.m., Ridge Rider Youth Bike Demos starting at noon. Gates, food, and kids' activities open at 11 a.m., music starts at noon. chandler-arts.org.

### Brandon Carnival

Noon-10 p.m. Estabrook Field, Route 7, Brandon. Free. Enjoy a week of fun with rides, games, music, vendors, and entertainment at the Brandon Carnival. Highlights include PAC Wrestling on July 26 at 7 p.m., a Petting Zoo all afternoon on July 28, and a 4H Performance Group at 1 p.m. on July 28. Bring your family and friends for a great time. vermontbridges.org/events.

### Vermont Film Festival 2024

3-10 p.m. Woodstock Town Hall Theatre, 31 The Green, Woodstock. \$45 per day or \$100 for a 3-day pass. Join us for the Vermont Film Festival featuring screenings of submitted films and premieres, along with industry and networking events. Partnering with Pentangle Arts, the festival offers a chance to engage with industry professionals and explore the latest in film. For more details and to purchase passes, visit pentanglearts.org.

### Sundays on the Hill: Judy Handler & Mark

#### Levesque Concert

4 p.m. Old Parish Church, Route 100, Weston. \$5 adults, children 12 and under free. Enjoy unique arrangements of swing, ballads, pop, Americana, gypsy jazz, Celtic, bossa nova, and more performed by Judy Handler and Mark Levesque. Doors open at 3:30 p.m.; no reserved seats or advance tickets, admission at the door. sundaysonthehill.org or judyandmark.com.

### Double Feature at the Bethel Drive-In

9 p.m. Sundays. Bethel Drive-In, 36 Bethel Drive, Bethel. Adults \$12, children (5-12) \$8. Cash Only. "Despicable Me 4" (PG) at 8:50 p.m. "Twisters" (PG-13) at 10:30 p.m. Gates open at 7:30 p.m. betheldrivein.com.

## MONDAY

7/29

### Chaffee Art Center Events

Chaffee Art Center, 16 So. Main St, Rutland. Monday, July 29: 9 a.m.-4 p.m. Musical Theater Camp — Full-Day (1 hr break for lunch). chaffeeartcenter.org.

### Junior Farmer Camp at Billings Farm & Museum

9 a.m.-4 p.m. July 29-Aug. 2. Billings Farm & Museum, 69 Old River Road, Woodstock. \$355-\$390. For ages children entering grades 2-5). Explore farming through daily chores, activities, and topics like dairy, gardening, tractors, and draft animals. Get hands-on with cows, horses, pigs, chickens, and sheep. Aftercare available. billingsfarm.org/junior-farmer-camp/.

### Magical Mischief Festival

10 a.m. to 1 p.m. Rotary Park, Rutland Free. A celebration of fantasy, fairytales, and folklore with hands-on activities like adopting an Ent, tackling Merlin's bootcamp, and creating affirmation charms. Participate in a costume parade, listen to magical stories, and enjoy dunk tanks. Food trucks will offer dishes for purchase; cash is recommended. Families in need can request food truck vouchers from Arwen@comealiveoutside.com. The event will occur in light drizzle or shine, with cancellations posted on social media and comealiveoutside.com/events/. comealiveoutside.com/events/.

### Painting Inspired by Nature Workshops

10 a.m. and 11 a.m. Fairgrounds System Trailhead Parking Area, 131 Town Farm Rd, Poultney. Free (donations requested). Join Abenaki artist Amy Hook-Therrien for watercolor workshops celebrating nature. The first session at 10 a.m. is for grades 7-12, followed by a two-hour adult workshop at 11 a.m. Advanced high school students can stay for the adult workshop. Some supplies will be provided; bring your own drawing pads, brushes, and lawn chairs if possible. RSVP to stonevalleyartscenter@gmail.com, or walk-ins are welcome if space allows. stonevalleyarts.org.

### Art in the National Park

11 a.m.-3:30 p.m. Mondays and Fridays through 8/9. Marsh-Billings-Rockefeller National Park, 54 Elm St. (Route 12), Woodstock. Free. Make art 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. Parking at Billings Farm & Museum across Route 12. nps.gov/mabi/learn/kidsyouth/index.htm.

### 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 congregational 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.

### Joseph Bruchac Storytelling Session

3:30 p.m. Mettawee Community School, 5788 VT-153, West Pawlet. Free. Acclaimed Abenaki storyteller and musician Joseph Bruchac presents an engaging storytelling session as part of Celebrating Abenaki Art, Heritage, and Culture. Donations are welcome to support the school. For more details, visit stonevalleyarts.org.

### Group Run/Walk

6-7:30 p.m. Mondays. Location changes weekly, check Facebook event for details. The group leaves the trailhead by 6:05 at the latest. The route will vary weekly. With two groups we will have options for up to 12 miles for one of the routes. There are many options to cater to all abilities and shorten the route for anyone wanting to run a shorter distance. 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. Info@slatevalleytrails.org

## TUESDAY

7/30

### Chaffee Art Center Events

Chaffee Art Center, 16 So. Main St, Rutland. Tuesday, July 30: 9 a.m.-4 p.m. Musical Theater Camp — Full-Day (1 hr break for lunch). 5:30-7 p.m. Abstract Expressionist Sculptural Painting Class — 2 sessions. chaffeeartcenter.org.

### 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.

### 'There Once Was . . . ' 2024

2 p.m. Spice Studio, 482 South Main St, Rochester. \$15. Enjoy Bald Mountain Theater's "Stories That Made Us," where a troupe of actors brings to life treasured stories, folktales, and myths with improvised costumes, dance, and music. Experience the fun and magic of these timeless tales. Tickets available at the door or online at baldmountaintickets.ludus.com/200459149.

### 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.

### Abstract Expressionist Sculptural Painting Class — 2 Sessions

5:30-7 p.m. (Tuesdays, July 23 & 30) Chaffee Art Center, 16 So. Main St, Rutland. \$50 per person. Ages: Teens 13+ and Adults. Instructor: Chrystal Bean. Design your own 11x14 sculptural painting by drawing designs, cutting away areas on a doubled-up canvas, adding wire and plaster bandage for shape, form, and structure, and using joint compound for texture. Session2: Choose a color scheme and paint your pieces in the second session. Min 5, max 10. MUST PRE-REGISTER: chaffeeartcenter.square.site.

### Tuesdays Concert Series

6-8 p.m. Tuesdays through 8/13. Pittsford Village Farm, 42 Elm St., Pittsford. Free. pittsfordvillagefarm.org.

### Joseph Bruchac Storytelling Session

7 p.m. Stone Valley Arts, 145 E Main St, Poultney. Free. Acclaimed Abenaki storyteller and musician Joseph Bruchac presents an engaging storytelling session as the grand finale of Celebrating Abenaki Art, Heritage, and Culture. Donations are welcome to support Stone Valley Arts. For more details, visit stonevalleyarts.org.





## [MUSIC Scene]

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

# WED

## 7/24

**BOMOSEEN**

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

**BRANDON**

6 p.m. Brandon Inn (Behind) – Music on the Riverbend with Enerjazz

**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 East Bay Jazz Ensemble

**QUECHEE**

6 p.m. Public House Pub – Chris Pallutto

**RUTLAND**

7 p.m. Main Street Park – Seven to Sunset Concert with Rustie Bus  
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 Laurie Goldsmith Trio

# THURS

## 7/25

**BARNARD**

5:30 p.m. Fable Farm – Feast & Field with Espiral7

**BELMONT**

6:30 p.m. Town Green – Mount Holly Music on the Green with Shakey Pines and Cara White-Woods

**BRANDON**

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

**BRIDGEWATER**

8 p.m. Woolen Mill Comedy Club – Vermont Film Festival Welcome Party & Comedic Short Screenings

**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 – Bloodroot Gap

**HANCOCK**

6:30 p.m. Town Green – Atlantic Crossing

**KILLINGTON**

6 p.m. Liquid Art – Open Mic hosted by Grateful Gary  
6 p.m. Rivershed – Chris Pallutto  
6 p.m. Sherburne Memorial Library – River Road Concert Series with Last Chair Band  
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 p.m. Off the Rails – Sammy B  
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 – Trivia with Questionable Company

**RUTLAND**

8 p.m. Angler Pub – A Sound Space Open Mic with Host Caber Wilson

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

# FRI

## 7/26

**BOMOSEEN**

6 p.m. Bomoseen Lodge and Taproom – George Nostrand  
6 p.m. Lake House Pub & Grille – Ryan Fuller

**KILLINGTON**

6 p.m. Rivershed – Rob Pagnano  
6 p.m. Still on the Mountain – Ray Boston  
6 p.m. The Foundry – Scott Forrest

7:30 p.m. Jax Food & Games – Aaron Audet and Mike Schwaner  
7:30 p.m. McGrath's Irish Pub – Donal O'Shaughnessy

**LONDONDERRY**

6 p.m. New American Grill – Sammy B

**LUDLOW**

6 p.m. Calcuttas – Liz Reedy  
6 p.m. Jackson Gore Courtyard – Summer Music Series with Studio Two

**POULTNEY**

6 p.m. Poultney Pub – Nancy Johnson

**QUECHEE**

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

**RANDOLPH**

7:30 p.m. Underground Listening Room - Luminous Crush with Rick Redington & Tuff Luv

**RUTLAND**

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

**SHREWSBURY**

6 p.m. Meeting House - Relaxions

**STOCKBRIDGE**

5:30 p.m. Fat Dragon Farm – Food & Art Fridays with the Vermont Suitcase Co (Farical Theater)

**WOODSTOCK**

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

# SAT

## 7/27

**BOMOSEEN**

6 p.m. Lake House Pub & Grille – Darryl Kniffen

**BRANDON**

7 p.m. Town Hall – L.C. Jazz Band

**BRIDGEWATER**

8 p.m. Woolen Mill Comedy Club – Vermont Film Festival Welcome Party & Comedic Short Screenings

**CHESTER**

5 p.m. Country Girl Diner – Summer Concert Series with Terrible Mountain String Band

**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. Waiting on Mongo with special guest opener Nick Bredice and Liz Reedy  
6 p.m. Rivershed – Rob Pagnano  
6 p.m. Still on the Mountain – Liz Reedy  
6 p.m. The Foundry – George Nostrand  
7:30 p.m. Jax Food and Games – Aaron Audet Band  
7:30 p.m. McGrath's Irish Pub – Donal O'Shaughnessy

**POULTNEY**

6 p.m. Poultney Pub – Nikki Adams

**QUECHEE**

5:30 p.m. Public House Pub – Blue Fox

**SOUTH ROYALTON**

7 p.m. Band Stand – Rustie Bus

**STOCKBRIDGE**

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

**WOODSTOCK**

6:30 p.m. Ottaquechee Yacht Club – Rivalry

# SUN

## 7/28

**BOMOSEEN**

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

**BRIDGEWATER**

CORNERS  
3 p.m. Long Trail Brewery – Evan Foisy Band

**CHESTER**

11 a.m. Southern Pie – Sammy B

**CUTTINGSVILLE**

5 p.m. Rustic Rooster – Sammy B

**KILLINGTON**

12 p.m. Rivershed – Brunch with 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  
7:30 p.m. Jax Food & Games – Nick Bredice

**LUDLOW**

5 p.m. Main + Mountain – Sunday Funday with Zak Trojano  
6:30 p.m. Veteran's Memorial Park – Summer Bandstand 2024 with Larry Ebere

**RUTLAND**

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

**STOCKBRIDGE**

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

# MON

## 7/29

**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. Ottaquechee Yacht Club – Jam Session with Ben Kogan

# TUES

## 7/30

**CASTLETON**

7 p.m. University Pavilion – Studio Two

**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 – Tuesday Concert Series with Snake Mountain Bluegrass

**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

# MOUNTAIN TOP

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# The 2<sup>nd</sup> annual Vermont Film Festival returns to Woodstock this Thursday through Sunday

The 2<sup>nd</sup> annual Vermont Film Festival is happening this Thursday through Sunday and is packed full with something for everyone. Because they offer so much, the best deal is the all-access \$100 pass. That gets you all three days of films, the welcoming party at Ramunto's Brick and Brew of Bridgewater with comedic shorts upstairs at the Woolen Mill Comedy Club with a DJ Dave Dance Party Thursday night, an industry event Saturday at Mountain Meadows and the wrap party Sunday night at 506 On The River Inn. They also offer daily passes for \$45 each. This year there are numerous world premieres and several films made in Vermont. The film festival is the brainchild of local actor/comedians Collen Doyle and Matt Vita. Those two also started the highly successful Vermont Comedy festival which is celebrating its third year. That is held the first weekend in December. For more information on the film festival like tickets, schedule, etc. visit [vermontfilmfestival.com](http://vermontfilmfestival.com).

I had the pleasure of interviewing both Doyle and Vita to find out more about the fest. Doyle said, "The Vermont Film Festival is an annual festival held in the Woodstock area that is focused on showing various genres of films from narrative to documentary, both features and shorts. The primary goal is to bring filmmakers and projects from around the country to Vermont for people to be able to not only network and attend industry events but to get inspired by the landscape of Vermont, and the area. The hope is filmmakers will come back and make movies in Vermont. Although it's called the Vermont Film Festival, it doesn't take place all over Vermont but in the Woodstock area in what we consider to be the quintessential Vermont setting. If you come to Woodstock you'll get that Hallmark version of Vermont." Matt said, "We're building off the momentum of last year and we're just growing so we added a couple of new things that we think will make it a better experience for everybody."

The film festival is partnering with Pentangle Arts to bring

the films to the Town Hall Theater in Woodstock. This year, on Friday and Saturday at 5 p.m., there will be food trucks and a bar/beergarden set up behind the theater. Vita said, "Come early, grab some food, a few beers and head in to the theater. We screened some really impactful films last year and we're doing that again this year. We're showcasing some pretty awesome films that were made in Vermont but we also have a handful of world premieres that weren't created just in Vermont but all over, and the first time they're ever going to be on a screen is at our festival." Vita was blown away that some of the submissions are premiering at their festival. I went last year, and the selection of films is amazing. I'll be attending a few this year for sure.

Doyle said, "This year we made some great structural changes. Last year in our inaugural year, we learned that some things work and some things didn't work so it's going to be a more streamlined festival. With the food trucks people won't have to leave to find something to eat, everything will be there. Running two festivals of this size in one year is challenging, but we're getting better at it. This year it's bigger and better and there's a lot of improvements all around."

This year they added a 48-hour film slam. Filmmakers from all over the country will have Thursday and Friday to film in the Woodstock area. Numerous local businesses have offered up their businesses as locations for the filmmakers. Saturday they'll edit the films and Sunday they'll be premiered. It's part of the Sunday programming before the award's ceremony. Doyle said, "Part of the logic behind that is bringing these filmmakers to Vermont and having them see how easy it is to film in Vermont. We're working with the Vermont Production Collective which is the closest thing we have to a film commission. They're non-profit. They don't have much to do with the state but they're going before the House of Representatives and the Senate to talk about what it looks like to

make Vermont more friendly for filmmakers, maybe with a tax incentive. What we lack in Vermont in a film commission, we make up for with community support. If you ask a business to film there, they'll say yes. They're not going to ask you to sign something and demand money. There's a tremendous amount of community support behind the arts. The other side is having the public seeing people filming in the area with film crews, etc. By starting the film festival that way, it kind of excites the community. We're also trying to educate the area on what a film festival is."

Vita said, "I love the connections you help create while being on this ground level of creation. Film making is such a collaborative process. The foundation for all that is the connection with the people you're working with. You can make organic connections that can flourish into the next big film, which is really cool."

It's a great opportunity to see amazing films you can't see anywhere else. A film festival is good for both the filmmakers and the public. As a patron, we get to see a wide variety of films, at an affordable price plus you can meet the filmmaker. Many filmmakers don't get their films to a big screen so it gives them an opportunity to get many eyes on their masterpiece.

Doyle said, "As a filmmaker we often get in this pattern of we make films, we finish them but we don't necessarily have the opportunity to show them to friends and family on the big screen. With a film festival like this it's rewarding to have people get together to be able to show their films to an audience that's extremely interested in seeing them and then to have the discussions afterwards. When film is at its best, it's prompting us to ask questions to broaden our views of the world. It's really exciting to give people this opportunity to show these films they've put so much time, energy and money into, on the big screen and be able to have an intelligent conversations about them."

Stay tuned for some Comedy Festival announcements soon. Last year they featured headliner Colin Quinn from SNL and some amazing talented comedians from around the country. This year promises to be bigger and better.

## Schedule

**Thursday, July 25**  
**Woolen Mill Comedy Club**  
**7-9 p.m.**

"Breaking News"  
"No Sleep 'Til Brooklyn"  
"We Regret to Inform You"

**Friday, July 26**  
**Woodstock Town Hall Theatre:**

**6-8 p.m.**  
"Endlessly an Observer: Portrait of a Portrait Maker"  
"The Ghost Trap"  
**8-10 p.m.**  
"Grafton"  
"Mother Father Sister Brother Frank"  
**10 p.m.-12 a.m.**  
"Balancing on a Molecule"  
"Freeland: A White Grass Story"  
"The Hitchhiker Effect"

**Saturday, July 27**  
**Woodstock Town Hall Theatre**

**6-8 p.m.**  
"As Easy as Closing Your Eyes"  
"Ten Minutes to Showtime"  
"The Clunker"  
"Spring Skiing in Vermont"  
"Trophy"  
"Ventriculus"  
"Viva Extra"

**8-10 p.m.**  
"Therapy Won't Kill You"  
"The Late Game"

**10 p.m.-12 a.m.**  
"The Red Raven's Kiss"  
"The Yorkie Werewolf"

**Sunday, July 28th**  
**Woodstock Town Hall Theatre**

**10 a.m.-12 p.m.**  
"Bearing Witness: A Name and a Voice"  
"Gone Before Your Eyes"  
"Locker Room Talk"  
"Love of the Land"  
"Mild Oath"  
**12-2 p.m.**  
"Breaking News"  
"Dammit Lambotte"  
"Dolly's Room"  
"Mars Hill Bait and Ammo"  
"Whenever You're Ready"

**2-4 p.m.**  
"Connected"  
"I Love You Too"  
"The Quietest Year"  
**4-5 p.m.**  
"48 Hour Film Slam Videos"  
"Awards Ceremony"



Rockin' the  
Region  
By Dave  
Hoffenberg



Courtesy Vermont Film Festival



# Friday Night Live kicks off with Captain Mike and the Shipwrecked and Rutland's best shopping and entertainment

July 26, 2024, 5 p.m.—RUTLAND—Rutland’s favorite concert series returns this summer with free performances in downtown! Friday Night Live 2024 kicks off on July 26 with Captain Mike and The Shipwrecked, followed by Zach Nugent’s Dead Set on Aug. 16, and Foreigners Journey on September 6. The series takes place on Center Street and Merchants Row, transforming downtown Rutland into an amphitheater-like concert venue with great acoustics.

Friday Night Live is a free outdoor concert series held with one performance each in July, August, and September. The event begins at 5 p.m. with activities, giveaways, shopping, vendors, food trucks, and more, while headliners take the stage at 8 p.m. This fun and casual series draws the community together to enjoy music, outdoor dining, and children’s activities.

Captain Mike has always been drawn to life on the water. After attending University of North Carolina Wilmington,, he moved to New Smyrna Beach, Florida, spending his days on the beach and his nights playing in bars for tourists. Moving back to Charlotte to pursue music full time, he makes sure to carve out time to head to the Caribbean every year to island hop and sail around. Jimmy Buffett is the playlist every trip, and now, with The Shipwrecked—a 9-piece band consisting of a blend of pirates and musicians alike—Captain Mike is ready to sail into any venue, singing songs and telling stories about time on the sea.

For more information, visit: [rutlanddowntown.com/friday-night-live](http://rutlanddowntown.com/friday-night-live)



Courtesy Captain Mike and the Shipwrecked

Captain Mike of Captain Mike and The Shipwrecked gears up to headline the first concert of Friday Night Live 2024 this Friday, July 26.

## PITTSFORD VILLAGE FARM PRESENTS Tunesdays Summer Concert Series

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## July 30 — Snake Mountain Bluegrass



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## August 6 Side Effects Eclectic Duo



## August 13 Mr. Moose and Friends



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





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## The Brandon carnival returns with four days of family fun and entertainment

Thursday July, 25-Sunday, July 28—BRANDON—The Brandon Carnival will take place from Thursday, July 25 to Sunday, July 28 at Estabrook Field, Route 7, Brandon. This family-friendly event will feature rides such as the Zipper and the Tilt-A-Whirl, games, music, vendors, and top-notch entertainment.

Festivities kick off Thursday at 5 p.m., with the evening highlight being live music from the Brandon Idols at 7 p.m. On Friday, PAC Wrestling takes center stage at 7 p.m. Saturday offers a trivia contest at 4 p.m., while Sunday is dedicated to kids, featuring a petting zoo all afternoon and a 4H Performance Group at 1 p.m.

### Schedule

Thursday: 5-10 p.m.

Friday: 5-10 p.m.

Saturday: Noon-10 p.m.

Sunday: Noon-5 p.m.

For more information, visit: [townofbrandon.com/brandon-carnival](http://townofbrandon.com/brandon-carnival).



By Colleen Wright

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# In Vermont vineyards, grape growers take a healing tack

By Kate Kampner/Community News Service

*Editor's note: The Community News Service is a program in which University of Vermont students work with professional editors to provide content for local news outlets at no cost.*

Kendra Knapik fell in love in grad school. In love with her future husband and with wine. But it was only after attending a vineyard party almost 20 years later that Knapik realized wine could be a fitting business venture for her.

That summer, in 2017, she began taking viticulture classes at the University of Vermont, learning to use as few pesticides as possible and employ sustainable practices.

"That made sense to me," said Knapik, and in 2018 she and her husband Rob opened Ellison Estate Vineyard after taking over an abandoned farm in Grand Isle.

Their operation belongs to a number of Vermont vineyards and wineries that practice regenerative agriculture — an increasingly popular method that goes beyond minimizing farming's costs on land to, instead, helping restore the environment agriculture relies on. Close to 30 wineries called the state home as of earlier this year, according to the Vermont Grape and Wine Council, and grapes are grown on about 170 acres statewide. The industry has a strong focus on organic and regenerative farming, says the council.

Regenerative agriculture typically emphasizes soil health as the key to success. It requires high attention to crops and constantly being in the fields. Farmers practicing the method often forgo tilling soil, use cover crops and minimize water and chemical inputs, said Terence Bradshaw, the UVM professor who taught Knapik.

Another regenerative practice Knapik has taken on is allowing her flock of sheep to graze and live among the vines. She also deploys polyculture — growing different crops together at the same time — to achieve healthy soil.

Part of regenerative methods "is about creating a balanced ecosystem and listening to the natural world," said Knapik. "What we do in [conventional] farming is innately unnatural ... We're changing the landscape."

She saw that firsthand after last year's heavy rain, when she was surprised to find her vines bounce right back, she said. "You're allowing the vines to build a backbone," she said, by maintaining a balance between building a natural resistance and cultivation.

Most grapes grown in Vermont are cold hardy hybrids, Bradshaw said. Commonly, farmers in Vermont cross-

breed North American cold hardy grapes with an Old World grape, *vitis vinifera*. The North American grapes resist diseases but lack taste, so combining their genes with those of the Old World species makes for a better product.

"[Vermont is] making big strides because we're growing a crop that's adapted to the region," he said.

Typically, Bradshaw said, the Vermont species requires only small doses of pesticides.

Bethany Pelletier, a UVM grad student studying local viticulture management with Bradshaw, said within regenerative agriculture principles, "the difference really comes down to pesticides and what people are using for chemical management."

She said a lot of non-chemical options like grape pruning or leaf pulling have a notable impact in the vineyard. "Boots on the ground, physical management makes a big difference in their ability to combat disease," she said.

But many diseases found in vineyards are tricky to manage without chemicals, she said, which is why most growers aren't interested in an organic certification even if they do follow sustainable and fairly organic practices.

Pelletier said pesticide usage varies vineyard by vineyard. Many use mineral sprays with copper and sulfur, some of the strongest tools against diseases like black rot. Others use plant extracts and biological pesticides like Regalia, which can combat big fungal diseases.

Knapik makes her own brew of horsetail and nettle, two plants that can act as pesticides foraged from her vineyard. Her family's operation doesn't have an organic certification, but "our customers know what they are tasting and getting," she said. "It's intentional farming."

Certified master sommelier David Keck, who owns Stella14 Wines in Cambridge, believes there will be a potential to reduce the downsides in regenerative farming. "Vermont is a pretty challenging place to grow grapes, and so I think we do as much as we can as properly as possible," he said.

"We're at a really exciting time for winemaking in Vermont," Keck said. "People are more serious and interested in drinking wine from different places than they've ever been before."

In the Northeast, regenerative viticulture is somewhat unique to Vermont and northern New England, said Bradshaw, the UVM professor. In his work, he looks at how wine is handled: Cultured yeast, enzymes and other processing aids are avoided in many Vermont operations, he said.

"The wine will taste different ... and therefore it fits into a different slot and a different product," said Bradshaw. "Most of the time vineyards can have higher prices for the wine, but yields will be lower."

The tradeoff for any momentary discomfort with a new taste? "People can feel good about what they're doing," he said. "They can feel good about purchasing a product, about experiencing the literal fruit of the land, and that's not for nothing."

Knapik said typical winemakers outside Vermont keep winemaking and farming separate. Many winemakers will buy grapes from farmers. In Vermont, most grow the fruit and make the wine, she said.

"If you have good fruit, winemaking is easy," she said. "If you are true to the land, and you have beautiful fruit, then that is going to be the purest representation of the land."

Keck, a member of the state wine and grape council, thinks that's "totally on brand with the ethos of Vermont. It makes a lot of sense that most of the winemakers and growers are leaning into that."

"We're kind of set up well right now to focus in a regenerative way in ways that either weren't done or were quite difficult 30 years ago," he said.

But, said Bradshaw, Vermont's vineyard industry "has plateaued." The environment, regulatory and otherwise, makes it hard to add more outfits without losing existing ones, he said. He and others agree the state needs more grapes and more grape growers. With more grapes, they reckon, comes more stability for growers in the state.

In the past year, Keck has been proposing policy and investment into grape growing to lawmakers. He's hoping, with the help of the Vermont Grape and Wine Council, he can get policymakers to reduce challenges growers face like up-front costs during vineyard installation and lack of infrastructure.

"I think one of the challenges associated is that we don't have that much wine, we don't make that much," he said.

From where she and her husband sit with their vineyard on Grand Isle, Knapik is optimistic.

"I think what's going on in Vermont wine is super duper exciting, and I think there's a lot of people doing some really exciting work," said Knapik. "Hopefully the state will start to notice that a little bit more and give agricultural support and some support to build this as an actual industry in Vermont."

## Grand Reopening of Kingsley Covered Bridge

Thursday, July 25 from 5-7 p.m. CLARENDON—The grand reopening and ribbon-cutting ceremony for the Kingsley Covered Bridge will take place on Thursday. The event will be held at the Kingsley Historic District, adjacent to the bridge on East Street Extension, Clarendon. The celebration will feature a cookout, non-alcoholic beverages, and friendly conversation, organized by local neighbors, the Clarendon Historical Society, and the Vermont Covered Bridge Society. The ribbon-cutting ceremony, including comments from Sen. Brian Collamore and other elected officials, is scheduled for 5:30 p.m.

The Kingsley Covered Bridge, also known as the Mill River Bridge, is the town's only surviving 19th-century covered bridge, listed on the National Register of Historic Places since 1974.

For more information, visit: [vermontbridges.org](http://vermontbridges.org) or [yourplaceinvermont.com/event/kingsley-covered-bridge-celebration](http://yourplaceinvermont.com/event/kingsley-covered-bridge-celebration).



The Kingsley Bridge

Courtesy Vermont Covered Bridges Society



# THE Killington WINE FESTIVAL



The 23rd annual Killington Wine Festival, held on July 19-20, celebrated exquisite wines against the stunning backdrop of Vermont's Green Mountains. The event began with the elegant Estate Gala on Friday evening at the Peak Lodge at Killington Resort, where guests sampled exclusive estate and reserve wines while enjoying live music by the Summit Pond Quartet.

On Saturday, the Grand Tasting at the K1 Lodge featured a vast array of wines and local

artisanal foods, accompanied by more live music. The Killington Wine Trail offered curated wine and food pairings at restaurants along the Killington Access Road.

Highlights included Michael David Misfits & Mavens wines at Rivershed and a Cipriani Bellini tasting at The Foundry.

VIP ticket holders enjoyed early access and exclusive perks, making for a memorable week-end of wine and culture.

*For more details, visit [killingtonwinefestival.com](http://killingtonwinefestival.com).*



Photos by Jerry Leblond





Photos by Victoria Gaither





# Vermont cheeses win 34 ribbons in international competition

Vermont took home 34 individual ribbons at the American Cheese Society's (ACS's) National Judging and Competition event this year, including 10 first place positions, 14 second place positions, and 10 third place positions.

Winners were announced at the American Cheese Society's annual conference, held in Buffalo, New York, July 10-13. The competition is the most prominent competition of its kind in North America. Judges assess cheese on technical and aesthetic qualities in order to showcase talent, leadership, and excellence in cheesemaking.

Vermont cheese producers won the following awards:

## First Place Winners

'Alpha Tolman,' Jasper Hill Farm, Original Cheesemaker: Jasper Hill Creamery Team (Top 10 finisher overall)

'Riley's 2x4,' Blue Ledge Farm, Original Cheesemaker: Greg Bernhardt

'Cabot Salted Butter,' Cabot Creamery Cooperative, Original Cheesemaker: Team West Springfield

'Cabot Extra Sharp Cheddar,' Cabot Creamery Cooperative, Original Cheesemaker: Team Cabot

'Cabot White Oak Cheddar,' Cabot Creamery Cooperative, Original Cheesemaker: Team Cabot

'Cabot Monterey Jack,' Cabot Creamery Cooperative, Original Cheesemaker: Team Cabot

'Shepsog,' Grafton Village Cheese Company, Original Cheesemaker: Mariano Gonzalez

'Calderwood,' Jasper Hill Farm, Original Cheesemaker: Anne Saxelby & Mateo Kehler

'Reading,' Spring Brook Farm Cheese, Original Cheesemaker: Spring Brook Farm Cheese

'Coupole,' Vermont Creamery, Original Cheesemaker: Vermont Creamery

## Second Place Winners

'Lake's Edge,' Blue Ledge Farm, Original Cheesemaker: Greg Bernhardt & Hannah Sessions

'Cabot Alpine Cheddar,' Cabot Creamery Cooperative, Original Cheesemaker: Team Cabot

'McCadam New York Sharp Cheddar,' Cabot Creamery Cooperative, Original Cheesemaker: Team Chateaugay

'Storyteller,' Grafton Village Cheese Company, Original Cheesemaker: Mariano Gonzalez

'Boucher Blue,' Green Mountain Blue Cheese, Original Cheesemaker: Dawn Morin-Boucher

'Moses Sleeper,' Jasper Hill Farm, Original Cheesemaker: Jasper Hill Creamery Team

'Willoughby,' Jasper Hill Farm, Original Cheesemaker: Jasper Hill Creamery Team

'Fresh Mozzarella,' Maplebrook Farm, Original Cheesemaker: Michael Scheps

'Maple banon,' Sage Farm Goat Dairy, Original Cheesemaker: Molly Pindell

'Morse Camembert,' Sage Farm Goat Dairy, Original Cheesemaker: Molly Pindell

'Sea Salt Cultured Butter,' Vermont Creamery, Original Cheesemaker: Vermont Creamery

'Unsalted Cultured Butter,' Vermont Creamery, Original Cheesemaker: Vermont Creamery

'Cremont,' Vermont Creamery, Original Cheesemaker: Vermont Creamery

'Bonne Bouche,' Vermont Creamery, Original Cheesemaker: Vermont Creamery

## Third Place Winners

'Camembrie,' Blue Ledge Farm, Original Cheesemaker: Greg Bernhardt and Hannah Sessions

'Cabot Unsalted Butter,' Cabot Creamery Cooperative, Original Cheesemaker: Team West Springfield

'Black Label Cabot Clothbound,' Cellars at Jasper Hill, Original Cheesemaker: Cabot Cooperative Creamery

'Vault 5,' Cellars at Jasper Hill Farm, Original Cheesemaker: Cabot Cooperative Creamery

'Harbison Mini,' Jasper Hill Farm, Original Cheesemaker: Jasper Hill Creamery Team

'Whitney,' Jasper Hill Farm, Original Cheesemaker: Jasper Hill Creamery Team

'Ricotta Alta,' Maplebrook Farm, Original Cheesemaker: Michael Scheps

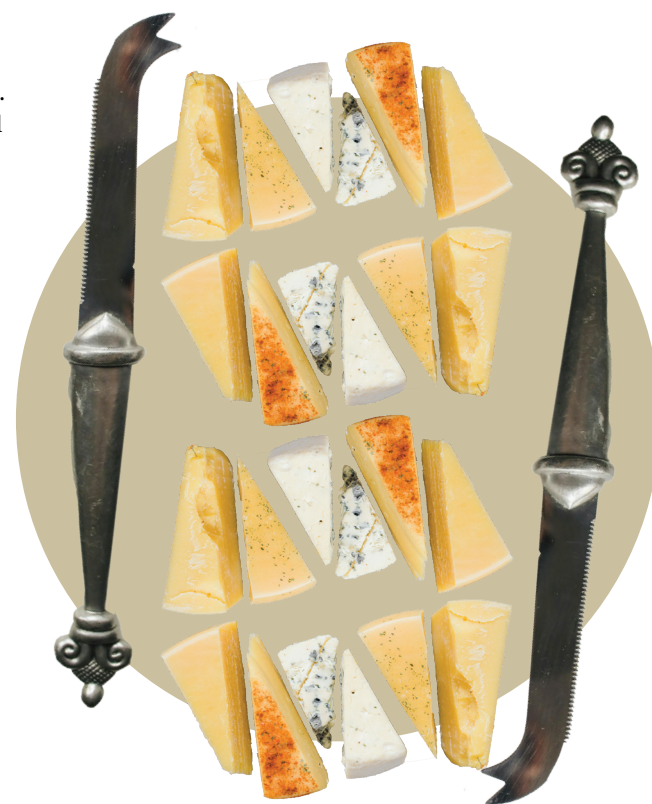
'Whole Milk Feta,' Maplebrook Farm, Original Cheesemaker: Michael Scheps

'Crème Fraîche,' Vermont Creamery, Original Cheesemaker: Vermont Creamery

'Bijou,' Vermont Creamery, Original Cheesemaker: Vermont Creamery

"To be recognized from over 1,500 entries for their commitment to producing great cheese is an incredible honor for Vermont's cheesemakers," said Marty Mundy, executive director for the Vermont Cheese Council. "Winning awards like these comes with a ton of gratitude for our community and pride for our hardworking cheese producers and dairy farmers across the state."

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



## Poetry Picnic at Rotary Park, Rutland features the Paper Poet Bianca Z

July 26, 2024, 6-8 p.m.—RUTLAND—Join Come Alive Outside for an evening of snacks and poetry at Rotary Park, 142 North Main St., Rutland. This free event, part of the NatureRx programming, features the Paper Poet Bianca Zanella, who will lead attendees through poetry writing exercises and readings. Although there is no charge for participation, RSVPs are requested to ensure sufficient food is available. To RSVP, email [rudy@comealive-outside.com](mailto:rudy@comealive-outside.com) or reserve your spot online.

For more information, visit: [comealiveoutside.com/poetry-picnic](http://comealiveoutside.com/poetry-picnic).





# Mountain bike festival unveils exciting activities and events

Friday, July 26—ASCUTNEY—The premier mountain bike festival returns this weekend to Ascutney, offering an array of activities including bike demos, guided rides, skills clinics, live music, and more. This year's event promises a mix of new and revamped trails for all skill levels, ensuring every participant can explore something new. E-bike enthusiasts are invited to join specialized rides, with options to bring their own e-bikes or demo one from vendors at the festival. Family rides will also be available each day, welcoming riders under 14 who are accompanied by a guardian or chaperone.

Trail Boss Rides will feature Jeff Lenosky, ambassador for REEB Cycles, TASCO, and the Can'd Aid Foundation. Lenosky will lead advanced and intermediate rides, with sessions scheduled on Friday at 2 p.m., Saturday at 10 a.m. and 2 p.m., and Sunday at 10 a.m. Registration for these clinics is separate from general event registration.

Clinics, led by Anna Schaal, focus on women and those who identify as female, offering a supportive environment for skill development. Clinics are limited to six riders and cost \$35 per participant. Friday's session from 9:30 to 11 a.m. will cover fundamental maneuvers, while Saturday's 9:30 to 11 a.m. clinic will focus on cornering techniques.

New for 2024, Specialized will offer rides with a team of pros, including the legendary Ned Overend. Participants can engage in intermediate and advanced rides, E-MTB specific sessions, and bike maintenance clinics. Notable sessions include a group E-MTB ride on Friday at 2 p.m., a Rise & Shine Ride with National Champion Nick Mackie on Saturday at 9 a.m., and a basic maintenance workshop with Dumonde Tech on Sunday at 12 p.m.

Shenanigans throughout the festival will feature various bike skill challenges and fun events in the Lower Field near the stage. Highlights include the Foot Down, Toddler Bike Race, Bunny Hop, and a new Jump Jam. The annual costume dance party on Saturday night will feature a Vermont animals theme, with prizes for the best costumes. The festival also includes a giant raffle, with proceeds supporting the Ascutney Trails Association.

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

## Trail Boss Rides w/ Jeff Lenosky

### Friday

2 p.m. – Intermediate Session Ride

### Saturday

10 a.m. – Intermediate Session Ride

2 p.m. – Advanced Ride

### Sunday

10 a.m. – Intermediate Session Ride

## Kickstands Up – Clinics w/ Anna Schaal

### Friday

9:30-11 a.m. – Women's Introduction to Maneuvers

### Saturday

9:30-11 a.m. – Women's Cornering Clinic

## Ride with Specialized

### Friday

2 p.m. – Group E-MTB Ride

### Saturday

9 a.m. – Rise & Shine Ride

9:30 a.m. – Intro to E-MTB Clinic

10 a.m. – Group E-MTB Ride

2 p.m. – Basic Suspension Set-Up

### Sunday

9 a.m. – Rise & Shine Ride

9:30 a.m. – Intro to E-MTB Clinic

10 a.m. – Group E-MTB Ride

12 p.m. – Basic Maintenance

## Shenanigans

### Friday

1 p.m. – Shenanigans Foot Down

4 p.m. – Shenanigans Toddler Bike Race

### Saturday

1 p.m. – Shenanigans Bunny Hop (High Jump)

3 p.m. – Shenanigans Jump Jam

6 p.m. – Costume Parade & Prizes

Headliner Set Break – Raffle

Annual Costume Party

**Saturday Night – Theme: Animals of Vermont**

Giant Raffle Drawing Saturday night

## Live Music

### Friday

4:30 p.m. Beg, Steal or Borrow

6:30 p.m. Brett Hughes & the Bar Brides

### Saturday

5 p.m. Beecharmer

6:30 p.m. Soule Monde

friday night  
LIVE

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Downtown Rutland, Vermont

July 26

Aug. 16

Sept. 6



Captain Mike  
and The Shipwrecked



Zach Nugent



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July 26<sup>th</sup> • August 16<sup>th</sup> • September 6<sup>th</sup>



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Crossword

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

Solutions from page 15

Sudoku

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

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# Rutland County Humane Society



Princess—2-year-old.  
Spayed female. Domestic Shorthair.



Petunia—13-year-old.  
Spayed female. Domestic Shorthair.



Reese—2-year-old.  
Spayed female. Hound mix.



Benson—2-year-old.  
Neutered male. Terrier mix.



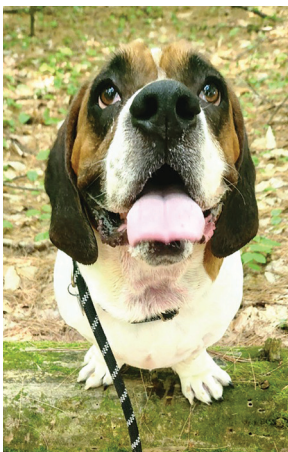
Krissy—6-month-old.  
Spayed female. American Staffordshire Terrier mix.



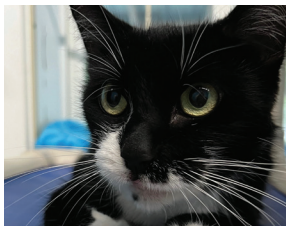
JANET

Janet—6-month-old. Spayed female. American Staffordshire Terrier mix.

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



Oliver—4-year-old. Neutered male. Basset Hound mix.



Zelda—2-year-old.  
Spayed female. Domestic Shorthair.



T-Rex—1-year-old. Neutered male. Siberian Husky.



Tinkerbell—5-6-year-old. Spayed female. Domestic Shorthair.



Swish—2-year-old.  
Neutered male. Domestic Shorthair.



Dempsey—1-year-old.  
Neutered male. Rottipoo.

Springfield Humane Society

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\*Open by appointment only. [spfldhumane.org](http://spfldhumane.org)

ROXY

Lucy Mackenzie Humane Society

4832 VT-44, Windsor, VT • (802) 484-5829

\*By appointment only at this time. [lucymac.org](http://lucymac.org)

MILO & TY



# Cosmic Catalogue



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

So much of this week is about you having fun in any which way, shape or form that feels right for you. Dynamics among key friends have changed and in response, it may be time for you to rediscover what brings you joy on your own terms. A hobby, a pastime or extra time with children (if you have any) may be what you need to smile again. Also, romance is highlighted too, so do make time for that!

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

You get to take your rightful place in the center once again this week, as the Sun arrives in your sign. In order to do this, you're going to have to ignore the naysayers and those who say it can't be done. Power plays and power struggles are all part of the equation. Cut them out if you need to. Those who feed off your energy aren't worth keeping. Also, be honorable and do the right thing if it's you kicking someone else's tires.

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

Every now and then, it's a good idea to update your aspirations and your longer-term desires. Some people call this a bucket list. It's always a good idea to, at the least, give yourself something to look forward to. A weekend away, a vacation or something of a spiritual nature will do wonders for your soul right now. There is someone in your life that can help connect you in the right direction regarding this. Do heed their sagely wisdom.

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

A lot of people spend a lot of time, money and energy in keeping up with the Joneses. It's one thing to be seen in your best light, but it's quite another if it's not the light you want to be in. This week, do get back to basics. Do look after your own backyard, so to speak, in the ways and means which matter to you most. Your private life is your own. Do it on your terms. Other people's opinions don't matter.

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

Self-reflection gives you the opportunity to make better choices. It also tends to make you more likeable, too. You get to see your blind spots and that in of itself reduces any hidden tendencies you may hold toward being arrogant or needing to be right. Your patron planet, Mercury, arrives in your sign. This will help you get to know yourself better and you'll get double the chance to discover yourself in the next several weeks.

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

Take a look at what you earn, own and owe. You can do this in the form of your money, investments and debt. It will also be worth considering the other resources you have too – including your time and energy. Are you spending it in the right ways, on the right places and on the right people? If you aren't, then it's up to you to recognize this and show up confidently for yourself and correct it. Time is too valuable to not spend it wisely, like money.

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

Things have really shifted for you in terms of travel, study, philosophy or religion. You've wanted to discover and learn things that profoundly shift your perspective. So, what are you doing about it? This week, start doing things on a daily basis that help the road rise up to meet you in terms of your aspirations. Sign up for the course. Book the ticket. Walk the spiritual pathways that have brought more meaning into your life.

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

Your social life is about to be spotlighted for the next several weeks. As you go out of your way to be seen in your best light among friends, groups and work colleagues, you'll get plenty of opportunity to have fun too! Do be mindful that not everyone who smiles at you is a friend though. Sometimes people are more political or operate on their own agenda more than they initially reveal. Enjoy yourself, though do keep your cards close to your chest too.

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

You may see someone in your life in a new light this week. Maybe this is a good thing. Maybe it isn't. Maybe all they are doing is reflecting your own light back at you and you're making projections. There is a lot of that around lately. You don't have to take everything you don't agree with and turn it into a personal attack. Instead, probe deeper and get curious. Seek to understand rather than undermine. Don't give away your power so readily.

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

Take a good look at your finances. Do you like what you see? If you don't, that's OK. If you do, then great! Regardless of your situation, you have the option to improve it. All you have to do is show up with confidence, do what you can to boost your self-esteem and the cash will flow. Money is energy after all. So if you keep your energy where you need it to be, the money will match you. A little action can take you a long way now.

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

Some well-earned recognition within your industry or profession may finally arrive. If you don't work, then you may get noticed for what it is you're known for. It's possible that a new alliance or the chance to profit in some way shape or form may arrive, too. Do be mindful of your own motivations as well as those of others as well. It may not be easy for you to be under the spotlight, but there is some benefit from it if you play your cards right.

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

This is your time to check back in with your schedule or calendar and refine the ways in which you spend your time. Are you achieving or are you just busy? Are you running out of time each day to accomplish what you set out to do? You can be more efficient by being confident about what you say yes to and what you say no to. Work smarter, not harder. Some health and lifestyle tweaks will help, too.

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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.



## Show up for yourself

As the spotlight of the Full Moon begins to slowly wane, the intensity of the Sun gains momentum as it shifts into its favorite sign, Leo. Now that things look so vastly different than they did before, it may be easier to come as you are, so to speak.

The time to be silent, the time to toe the line and the time to hide among the crowd is done. You see, when you realize the extent of your own autonomy, you discover that it's not so easy to push you around.

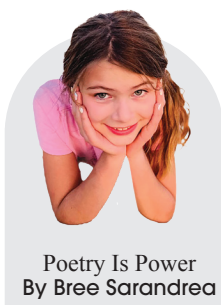
When you don't believe in something, you'll believe in anything. At some point

this week, you're being encouraged to put your hand on your heart and make a truly "right for you" choice. Sure, it may ruffle some feathers. Sure, you may get some push back. If that happens, then ask yourself what are their motivations for doing that? Chances are, it's more about their own insecurities than it is about you doing what you want to do.

Show up for yourself. Show up unapologetically. Also, keep in mind whether you do or you don't, some people are going to say things about you regardless. The question is, do you even care?



Cosmic  
Catalogue  
By Cassandra  
Tyndall



Poetry Is Power  
By Bree Sarandrea

### The Pond

I look out onto the pond, at the ducks happily swimming, at the frogs hopping from rock to rock and at the people kayaking. I hear the crickets and birds, as the sun just barely peeks through the mountains. The sky is a beautiful display of red, orange, pink and yellow. I wish I could stay, look at it forever, but I must carry on with the day that awaits me.



## More people to love

### Charles Wallace the Magnificent – A tribute part 7

*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 – in Part 6, we left our pup licking my face and hoping the swollen, purple mess of the face of his pal would return to normal.*

We now give propulsion to the passage of time.

While in the new home in Pittsford, my strong hunch that I would fall in love in that environment came true. I met and fell in love, to my complete shock, on the same evening, Jan. 27, 2019, with an utterly magical woman: Maureen McKenna Padula. It did not take time to discover that she was a miracle in all manner of being — kind, warm, thoughtful, considerate and a finely honed ethos, no drama, no judgement and live-in-the-moment. She hummed with a sensual vibrancy and had the most thrilling blue eyes I had ever seen — pure beauty inside and out.



By Bruce Bouchard  
and John Turchiano

On our second date, the next night, I took Charley over to her house for a meet-and-greet. She took to Charley and Charley took to her; and in short order we were spending much of our free time together. We loved our time in the Carriage

House, but eight months later, decided to make it official and all three of us moved to a unique and eccentric duplex apartment in a stately old Victorian mansion in downtown Rutland. We were on a street called Nickwackett, between Washington and Center Streets. It is two apartments made into one, much like one of those pre-war rambling Upper West Side apartments that just go on and on. We all loved it there.

Charley, however, had to make a huge adjustment to this new home — no roaming whatsoever. We were a block west of the busy Route 7 traffic, and cars buzzed by on the main downtown streets, day and night. We could feel him straining and I was betting he was badly missing that daily run up the hill in Pittsford.

One day while we were distracted, he wormed his way out of one of the screened doors in our new apartment.

Charley → 35

## The many virtues of mountain-mint

Behind my garden of native plants, one scrappy perennial holds its own among the tangle of goldenrod stalks and blackberry brambles. Its swaying flowerheads buzz with a throng of insects: golden digger and great black wasps, bumblebees, sweat bees, butterflies, and beetles.



The Outside  
Story

By Colby Galliher

This pollinator magnet is mountain-mint. It hails from the same family, Lamiaceae, as the "true" mints commonly planted in herb and kitchen gardens, and it shares their characteristic minty aroma and taste. But while most true mints (genus *Mentha*) originate overseas, our region's mountain-mints (genus *Pycnanthemum*) are native.

Six species of mountain-mint grow in the Northeast. Of these, four can be found in the upper Connecticut River valley: *Pycnanthemum incanum*, *P. virginianum*, *P. tenuifolium*, and *P. muticum*. Bob Popp, former state botanist of Vermont, noted that *P. incanum* and *P. muticum* are rare in Vermont and New Hampshire, with *P. incanum* listed as endangered in both states and *P.*

*virginianum* classified as endangered in New Hampshire.

When it comes to preferred habitat, "mountain-mint" is a bit of a misnomer. As opposed to the alpine settings suggested by its common name, Popp said that *Pycnanthemum* species tend to populate lowland environments such as meadows, fields, and sunny openings in forests. "Pycnanthemum species occur in open areas; they don't occur in dense woods," he said. "The species *P. muticum* in particular seems to have an affinity for utility corridors."

This preference for open habitats, which are often targets of development, helps to explain why some *Pycnanthemum* species are threatened in the region. Popp also pointed out that northern New England's colder temperatures act as a natural limit on mountain-mints' distribution at higher latitudes.

Because they share the true mints' signature aroma and flavor, mountain-mint leaves can be used for similar purposes, such as enhancing meals and drinks and flavoring medicines. Arthur Haines, a senior research botanist at the Native Plant Trust, explained that both mountain-mint and its true mint relatives attain their well-known fragrance and flavor from aromatic compounds called terpenes and noted that mountain-mint's pungency serves important defensive and biological functions.

"There are a variety of pathogens and herbivores that would infect or consume these plants if it were not for these defensive compounds," Haines said. "These terpenes, which are particularly strong in mountain-mints, have an array of benefits, including antiseptic and antimicrobial actions that keep them safe from bacteria, fungi, and viruses. The strong flavor may also act as a feeding deterrent for some herbivores."

TOS → 38

## Learning to drive in the 1960s

I often see a "Student Driver" car going by our house. There was no such vehicle back in the '60s because Mt. St Joseph Academy, where I was a student, didn't have a driving instructor.

During that era girls didn't seem to be in any particular hurry to get their license. Boys were more eager but most of them didn't have their own car to drive. The majority of families had only one car. This meant that the school parking lot was pretty empty.

But the time comes when parents are happy to end their job of "chauffeur" and let their children drive themselves to various events.

I remember my mother asked me if there was any club that I didn't belong to as it seemed she was always taking me and my friends to nighttime school meetings or events. She also commented that apparently nobody else's mother knew how to drive! You know how it is, once you start something "the job is yours."

Just about all of my friends were taught to

drive by one of their parents. My husband, Peter, remembers his father having him practice shifting gears in their long driveway before venturing out into the streets of Plainfield, New Jersey.

I still didn't have my license when I went to Trinity College in 1962. Students were not allowed to have a car on campus until their senior year. There was no incentive for me to get a license with that rule.

By 1964 my mother made an effort to teach me. Unfortunately, all I did was drive on the same road for multiple days. She would drive

to the end of River Street, turn left at the bridge and pull over. We would switch seats. We had a 1962 Chevy Bel Air which was a large car equipped with standard shift. My driving lesson consisted of going back and forth to Wallingford on the Creek Road. When we got back to Rutland I would stop driving just before the River Street Bridge and we would switch places once again. My mother drove the rest of the way home.

Looking Back → 38



Looking  
Back  
By Mary Ellen Shaw



## Falling into the future

I'm currently at the beach on vacation. The daytime weather has been hot and humid with a slight cooling breeze blowing off the ocean. The nights have been hot as well, but the indoor air conditioning of our rented home is top notch, so sleeping isn't an issue.

We awoke to dark, threatening clouds this morning and within the first hour of sunrise, a massive storm moved in. A torrential rain ensued, replete with pounding thunder and lightning. We all happily sat on the covered porch with our coffee and marveled at the force of Mother Nature.

An hour later, the sun was shining, and it was back to the status quo of heat and humidity.

When I was child, my family generally went to the lake for summer vacations. We had a longstanding family home on a lake less than an hour away so going there felt like "getting away" even with it being so close by.

But after I graduated from college and started my own independent life, the ocean beaches were where my wife and I chose to visit each summer. Prior to my son coming into the picture, we visited the west coast of Florida and even made our way to Disney World a couple of times. Once our son was born, however, Cape Cod became our go-to destination.

We had friends with children the same age as our son, so we often co-rented a house on the bay side of the Cape. The combo of families was fun and engaging for everyone. The days were about entertaining the kids with beach visits and local sights and the nights were when the adults got to relax and unwind the way adults like to do.

Once my son got to be a little older, we started heading south to the Carolina beaches. The beaches in the south are expansive with epic sands and picturesque dunes, but the real attraction is the warmth of the water. I'm not a huge fan of cold water, so the bath-like temps of the south are immensely appealing. The waves are also better in the south, which makes surfing and/or boogie boarding more engaging.

When he was young, I loved taking my son into the surf on a boogie board and getting him launched onto the perfect wave. Seeing his joy at riding a long wave is one of those burned-in memories that I will forever cherish.

My kid was such a good sport at the beach, always willing to build a sand castle or toss a frisbee. But as he's grown, his time with me has diminished. He started getting

into fishing and preferred to spend time with his cousins (who we often vacationed with) or one of the friends he started getting into the habit of bringing along.

I find myself watching the action now instead of being in the action. I suppose that's the passage of time; I don't try to fight it, but it does cause a bit of melancholy.

And now my son has graduated high school and is about to embark on his own life adventures. He's close to the age I was when I broke off so it shouldn't surprise or scare me. But it does give me pause.

During our last couple of vacations, my son has preferred to sleep all morning, fish all day, and then party with his cousins and friends all night (which causes him to sleep the entire next morning). If I'm lucky, I get him to golf with me once. And if I'm

really lucky, I get him to take a walk on the beach with me. He usually complains about the walks, explaining that "it's just a boring walk," but inevitably we have a great conversation about life and he's grateful we did it.

I can feel the separation of father to son happening more and more. At my weakest moments, I yearn for the days when he was dependent on me. But then I remind myself that life is a journey, and while he has been an integral part of mine, he has his own journey to follow now, and I need to let him go.

In this week's feature, "Find Me Falling" we meet a retired rock star who let someone go years prior, but now that he has a different perspective on life, he's willing to take a second look.

Starring Harry Connick Jr., "Find Me Falling" is a serviceable rom-com set on the dreamy island of Cyprus in Greece, which gives the predictable storyline a much-needed boost of sophistication. There's also a side story involving desperation that's very unique and which gives the film an air of meaningfulness.

Check this one out if you are a sucker for love stories. There's nothing groundbreaking here, but the ride is dreamy and fun, especially with the appealing Connick taking the reins.

An oily "C+" for "Find Me Falling," now available to stream on Netflix.

*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



## Repetitive motion

Yesterday overwhelmed me and I didn't get to play in the mountains and now today it is raining. Like really raining, not the kind of rain where you can still venture out under the canopy and return home with wet socks and muddy boots. It's the kind where you have to hold your steering wheel with two hands while driving on River Road to keep your car from venturing off into the Ottawa-quechee.

It's the kind of rain where it's not enough to trigger your Vermont flood PTSD and just enough to keep you in bed for just a little longer than usual. Where the sun does not seem to rise in the morning, like a permanent night might just be upon us. It's a good morning to spend some time half groggy in front of the computer getting some busy-work done before my brain fully wakes up.

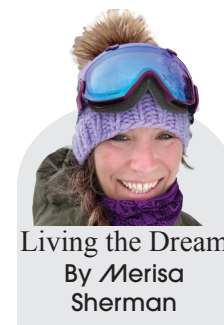
But my body is craving the repetitive movements of hiking or paddling or skiing (only three months away). Studies show that repetitive movements enable the brain to calm, allowing it to reset and heal in miraculous ways. The nervous system gets reset, stress is reduced and the brain can enter into an almost meditative state of mindfulness. Have trouble sitting still and focusing on a

flame after a long day of sitting at your desk staring at a blue screen? Go for a walk around the block. Or in the case of Vermont, go hike up a mountain.

Why does this work? Repetition calms our brain by giving it the opportunity to relax. It knows what's coming — just another hour of putting one foot in front of the other. Sure, if you're freaked out looking for bears or snakes, hiking might not put you in that meditative state, but otherwise you should be good to go. I find the work roads up Killington and Pico to be oddly soothing, but they often allow my overactive brain to wander about too much.

Instead, I often find myself sneaking off into the single track hiking trails to focus my brain on foot placement, where a wandering brain ends with a face first on the ground kind of experience. It all depends on what I need on a given day in a given situation. But I love the intensity of these trails — there is absolutely no room for lack of focus or blurriness of the mind — a simple mistake in focus can have severe consequences. Trust my ACL to remind me of that...

Walking first thing in the morning allows  
Living the Dream → 39



Living the Dream  
By Merisa  
Sherman

## Marriage, travels and a warm Vermont welcome

### Building a Killington Dream Lodge, part 22

Bright Vermont moonlight flooded the great room as we entered the upstairs of the Killington dream lodge. Flickering firelight from Dad's new wood stove danced across ceiling, walls, and floor. The aroma of gingerbread filled our nostrils. Mom placed it on the counter to cool and cried out "Welcome!" as she crossed the room. She and Dad embraced us with bear hugs, eager to hear about our honeymoon.

I was excited to show Duane our homestead. He loved it as soon as he stepped indoors. Duane was in awe of what Dad had built over nearly two decades on our two Vermont acres. Duane

knew old and new housing issues from decades of work in neighborhood redevelopment. He and Dad had lots to discuss about roof leaks, drainage, the sump pump, etc.

We stepped outside on the deck to stargaze. The Big Dipper was barely visible with the Hunter moonlight. Through the trees, the moon was rising, sending streaks of light across the yard. We kissed and I pondered the miracle of the Cosmos that brought Duane and me together unexpectedly.



Mountain  
Meditation  
By Marguerite  
Jill Dye

Duane Finger was the North Carolinian ("tarheel") I met at the Chinese Embassy reception. He'd just returned from a friendship tour with the U.S.-China Peoples Friendship Association. He described China's positive developments like family farms—the new focus of agriculture (following the era of communes), the excitement people felt, their ability to buy bicycles and appliances for the first time, impressive hospitals and children's palaces, and the importance of U.S.-China friendship.

It was 1979. The Cultural Revolution had ended. Major efforts were being made to restore stability and improve the peoples' lives. I found China's changes to be hopeful, the opposite of my impressions in Argentina. I was eager to learn more positive developments, so I joined the Richmond Chapter of the USCPFA.

Duane invited me to go sailing on his sailboat docked at a marina on Mobjack Bay. Although it rained off and on, the day was unforgettable. "Dutchmen's britches," little patches of blue, appeared in the sky over Chesapeake Bay. Soon it cleared up. After that, I was hooked on sailing and had fallen in love with Duane Finger.

Meditation → 39





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**Charley:**.....  
from page 32

When we discovered that he was missing we panicked and set about to find him. A couple of streets over, we were told that a police car had picked him up and taken him to the ASPCA hoosegow. I bailed him out, happy that nothing bad had come of his adventure. His rather grand and purposely dismissive air seemed to sniff and say, “You have no one to blame but yourself.”

Special note: This experience, in spite of his dismissive air, chastened him and he never “roamed” again. It was a huge adjustment to being a more sedentary animal.



Courtesy Bruce Bouchard  
*Bob and Irene Walker are Charley's other family.*

**Charley meets his “step-family” the Walkers**  
A kind man in his late 70s was a volunteer at The Paramount, an usher named Bob Walker, formerly a beloved teacher in the Rutland Northeast School System. He often came up to my office to love Charley up.  
One day he said, “If you ever take him to Doggie Day Care or board him for weekends, with advance notice you could bring him to our house instead... I know my granddaughter, Mallory, would love to have a dog to play with from time to time and I would get the joy of having a part-time dog with none of the major responsibilities.”  
His lovely wife Irene (a master gardener and a mentor) was also involved and became Charley’s step-mom.  
This new relationship grew over time into a weekly “sleep over” and sometimes a full weekend as Maureen and I started venturing out beyond our borders. Little Mallory, aged 7 when this relationship began, could not have been more delighted, her little friends would show up with her after school and sometimes if the weather prohibited outdoor play, they would dress him up in fanciful outfits.  
Little Mallory getting Charley dressed up in Christmas gear. Charley’s response: “Oh, the indignity, but I will suffer it for dear little Mallory!”

His generosity extended to the other end of the age spectrum as well. Bob Walker’s mother, Viola, in her mid-90s, was living with the Walker family, and was nearing the end of her life. She would spend long hours sitting quietly in a comfortable chair with a window on one side and Charley sitting calmly on the other. She would pet him gently and scratch his head, calling him a “good boy.” And sometimes he would put his chin in her lap. And, yes, for Charley there was the ever-present possibility of a small snack at hand.  
McKenna Padula, after watching this relationship unfold, hit on the new idea of turning Charley into a “comfort dog.” We sought out the organization, Caring Canines, and took Charley over for the mandatory tests. After about 10 seconds of being around mellow Charley the two nice ladies running the program pronounced, “Oh, he’s in, for sure!”  
Shortly thereafter, McKenna Padula set out with him to the nursing home communities, elementary schools, middle schools, Castleton State University, his newly won ID badge branding him as delivery system of “comfort.”  
They were all delighted to have him, but one big obstacle remained: in every room, in every circular meeting of residents in the lobby or even in every trash can anywhere, was food. Remember: Charley had a nose attached to a stomach attached to a dog. Poor McKenna Padula had numerous kerfuffles trying to keep Charley out of trash can temptations. With the complications of his incessant need to plunder for food, and the arrival of the Covid shutdown, the comfort initiative was disappointingly short-lived.

**Pandemic slowdown**  
The projected life span of an English Lab is 11 to 12 years. We had celebrated our first 10 years together. Charley in 2020 was now 11 years old...and he was definitely slowing down, by attrition and by the “shelter in place” mandate — except when it came to food.  
Then, one evening Charles Wallace walked away from his bowl of kibble. A few minutes later he returned, sat back on his haunches and gave us a baleful look...one defined by McKenna Padula as, “Hey you two, wake UP!! I am getting on in years and I am sick and tired of only eating this dirt brown kibble!! Could you give me some human food, please? Help me out here, will ya?”  
From that moment on we gave him a little kibble, white rice, carrots or green beans and chicken. He almost did a Simone Biles front flip and pulled a big look of satisfaction, like a Philadelphia lawyer who just won his case. It was the set meal, twice a day going forward.  
After my retirement from The Paramount at the end of 2020, McKenna Padula and I decided to travel to Mexico during the cold months and we worked out an amicable agreement with the Walker family who agreed to take him for January through March. We provided food and a gateway to Charley’s vet and left for our time away feeling secure that our beloved pup was in good hands. He was now loved by two families and by a little girl (and her circle of friends) who adored him.

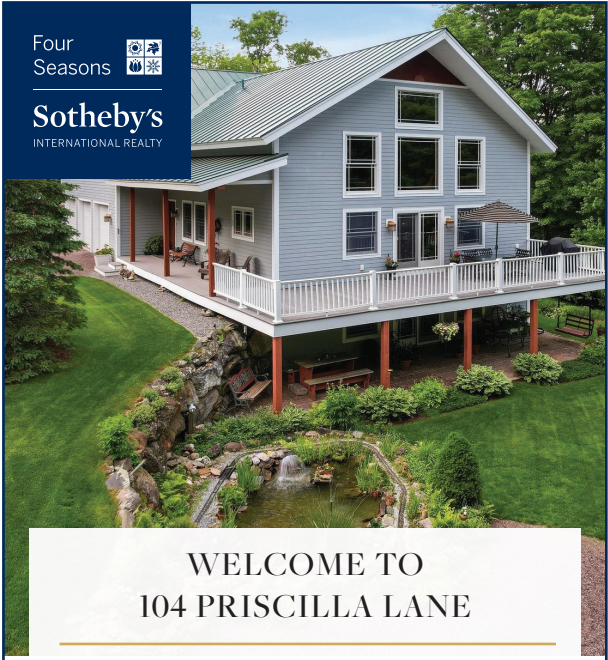


Courtesy Bruce Bouchard  
*Charley giving comfort at Castleton to students missing their pets back home.*

During our second journey to the Riviera Maya, in 2022, Charley began to have seizures in the middle of the night at the Walkers’: trembling and twitching and total disorientation. Bob was alarmed and frightened by them. He called us in Mexico, and after consultation with our vet, we put him on anti-seizure medication, which almost immediately had a positive impact.  
Upon our return in April of 2023, from our third winter in Mexico, Charley was diminished. He had a faraway look in his eyes and we were reasonably certain that his hearing was starting to wane and his eyesight was fading. No question, he was still the sweet guy we know and love; and, above it all, he still wagged his tail and loved to eat. In the morning, his eyes would open, he would lift his head, and his fast-wagging tail would hammer out that familiar drum beat on the rosewood chest of drawers at the foot of the bed; it was the drum beat of pleasure and anticipation — something like Audrey in “Little Shop of Horrors.” Saying, “Feed me, feed me NOW! Rice, and beans, and chicken...WOW!”

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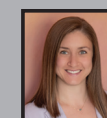
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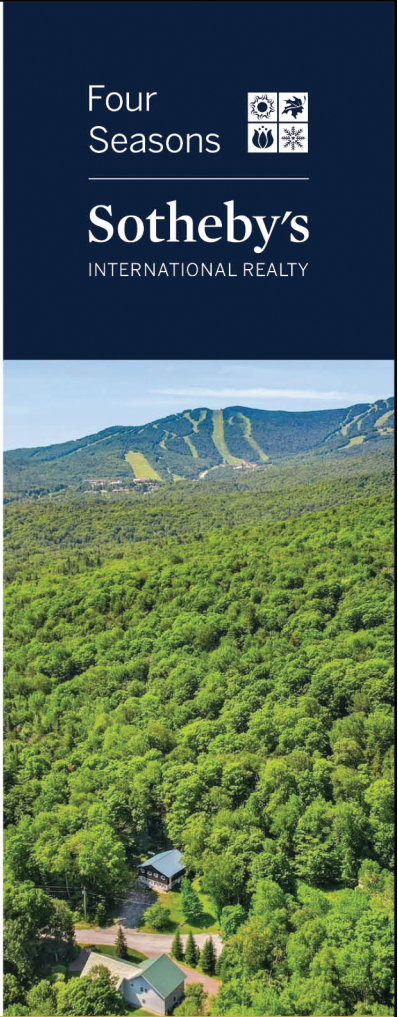
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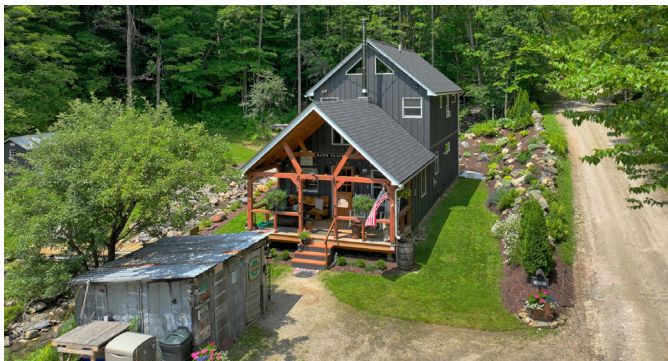
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← TOS:.....  
from page 32

He added that one terpene found in mountain-mint, pulegone, is a common ingredient in insect repellants.

While the terpenes extracted from mountain-mint leaves can be used to repel insects, its flowers attract them. The small, tubular blossoms are pink, lavender, or white, depending on the species. They bloom at the end of 2- to 6-foot-tall stalks from July to September in the Northeast, providing pollinators with a critical source of late-summer forage. According to a 2021 paper in the journal Ecological Applications, mountain-mint is among a group of native perennials that produce comparatively high quantities of nectar, which helps to explain its irresistibility to insects. In fall, the stalks and seedheads dry out and persist through the cold months, offering winter shelter for various wildlife and nesting material for migratory birds when they return in spring.

For the ecologically minded gardener, Pycnanthemum species are a must-have. Once established in partial or full sun, they will form dense patches that require minimal care. Their strong smell deters deer and other browsers. And because many species of predatory wasp frequent mountain-mint, its presence in the garden can facilitate natural pest

control when cultivated near crops.

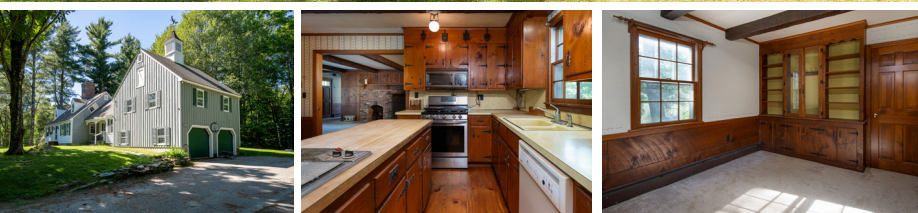
The one potential drawback of mountain-mint — depending on the aims of the gardener — is its zeal to expand. Like many of the true mints, mountain-mint spreads via rhizomes; certain species, including the one I have in my garden, *P. muticum*, do so with particular enthusiasm. As such, make sure you establish Pycnanthemum in an area where it has room to colonize its immediate neighborhood. Otherwise, you'll need to continually pluck the new shoots when they break through the soil to keep the original planting contained.

Mountain-mint offers the culinary and domestic uses of the true mints while helping to support our native pollinators. Next time you need a mint sprig or a new addition to your wildlife garden, give Pycnanthemum a close look.

*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. 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.*



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← Looking Back:.....  
from page 32

That obviously wasn't going to work out, as I needed to drive somewhere besides the Creek Road. But going on streets with traffic, hills and parallel parking were not on my mother's "radar!"

Then along came 1965 and I knew that I would be student teaching the following year. I learned that I would do that at Proctor High School beginning in January of 1966. I knew that my mother couldn't drive me to and from school as if I were an under-age student. I would be the laughing stock of the student body!

So the perfect solution was to hire Frankie Perry, who was a driving instructor. He was an easygoing man who gave me lessons in his car with automatic shifting. Mr. Perry was so easygoing that he would sometimes fall asleep while I was driving. Maybe he was just pretending but I didn't want to wake him up so I picked my own streets to drive on. It seems like the radio was always playing "I am Henry the 8th, I am" as I drove on the streets of Rutland. Whenever I hear that oldie song I think of my driving lessons.

When Mr. Perry thought I was ready to take my driving exam he scheduled it and said he would pick me up and I would take the test in his car. He told me that after I got my license he would give me lessons on our standard shift car.

Well, panic set in and I called him and asked to cancel the exam and requested a few more lessons. He gave me two more lessons and told me I was "more than ready" so he scheduled the exam once again. I passed with flying colors and then the fun began. I got to drive our family car all over Rutland. When I came to a stoplight on a hill I bucked my way to flat terrain until I finally got the hang of it.

My father passed away before my student teaching began and my mother decided it was time for a small car with automatic transmission. Apparently it was my father who had really wanted a large car with standard shift.

A 1964 Chevy Nova was my mother's choice. The timing was perfect as I could bring her to work and then drive to Proctor.

Not many kids want to wait until they are 21 before getting their license. But this "kid" did. I got my own car as soon as I graduated from Trinity. It was a Chevy Camaro and of course it had automatic transmission!

As I look back it's pretty obvious that being able to take driver education in school would have made my life and my mother's life a whole lot easier. The students who drive by our house don't realize how lucky they are to have that option. Of course, the parents are equally lucky!



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## Real Estate

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## ← Meditation:

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He wrote me a letter after we met and poured out his heart, revealing his intention to focus on our relationship, a bit less on his all-consuming career (which he was also passionate about).

Duane was in. My old beau was out. When my ex-boyfriend spotted Duane in a Chinese restaurant, he approached his table and declared, "Guns or knives? I challenge you to a duel."

"It's too late. Jill's made her choice," Duane calmly stated. Chad stomped out on the street as his face turned red.

Duane Finger was my knight in shining armor who came to rescue me with love and compassion, sensitivity, and understanding in my time of distress. He guided and supported me through my depression after my harrowing time in Argentina. His kind hazel eyes were framed by vintage wire rim glasses. His thick brown hair was shining and soft. He played the trombone in a band so his lips were full under his mustache. He was a problem solver extraordinaire and never hesitated to act. His brilliance, intellect and love for learning impressed me to no end. I also admired his upstanding character and dedication to his work in community revitalization in poor African-American neighborhoods with the Richmond Redevelopment and Housing Authority. Duane was engaged in building communities. He was trusted and loved by the people he helped.

I invited Duane to meet my whole family for Thanksgiving in New Jersey. He was anxious until my brother Billie introduced a new family tradition—the fine and delicate art of Jello slurping. We laughed as we inhaled as much Jello as we could in one breath. It had to be sucked from one end to be successful. Everyone tried then we laughed til our ribs hurt. We giggled, guffawed, joked, and reminisced in a lively reunion—Duane's initiation to our eccentric fun clan.

I began a new job as local coordinator for Neighborhood Housing Services, recruiting and facilitating teams of community leaders, city planners, and lenders in Richmond. My work also involved improving housing by building a sense of community.

One weekend, returning from North Carolina's Outer Banks, Duane (sort of) proposed to me in the International House of Pancakes, saying, "I guess it's time we, uh, think about, um, the possibility of, uh, getting married."

I said "Okay! Yes!" and we began our year long engagement and decided to live together in preparation.

Our do-it-yourself wedding was held in Pace Memorial United Methodist Church. We wrote our own vows, baked our yummy wedding cake with 33 cups of hand grated carrots Duane and his buddy prepared together. Duane's ex girlfriend and I made a delectable cream cheese frosting that my sisters-in-law decorated the cake with. We hung ribbons and holly on the pews from Duane's backyard. I wore my great-grandmother's lace wedding gown. Our dearest friends played the bagpipes, guitar, and piano at our nuptials. My nieces were our flower girls and nephews, ring bearer and ushers along with my brothers. Dad walked me down the aisle.

It was ethereal. I felt as if we all rose to Heaven as our wedding unfolded.

Our friends and family were witnesses to our love and devotion to each other, building community and U.S.-China friendship.

The theme of our wedding was "Serve the People." Since China was our matchmaker, we invited the Chinese Embassy to send a delegation. Twelve Chinese diplomats and staff attended and declared, "We'll build a monument on the spot where you met"

Our wedding receptions were held in the church and in a dear friend's house. We mini-mooned on the Outer Banks where Duane spent school breaks with his parents as a boy. It was quite chilly and bleak in March but perfect for cuddles, long talks, and books wrapped in blankets

in our cozy bed.

We traveled throughout Europe in the summer for our real honeymoon. Duane met my European friends in Paris, Austria and Germany. They took him to heart, as I did, and we caught up several years apart.

Traveling in Europe with Duane was amazing. His knowledge of history enriched each experience and complemented my interests in language and culture. We made great travel companions from the Eiffel Tower and Arc de Triomphe to Monet's Giverny, gorgeous Provence, lively Nice and Monaco, the Côte d'Azur, Alps, Heidelberg, Munich, Venice, Salzburg, Graz and Vienna before we flew home to plan our next grand adventure.

The first thing we did was drive to Vermont before winter's fury set in. The leaves had just peaked. I wore every layer of clothing I'd packed. We watched early snow fall in late October through the vast windows in the great room. Crystals sparkled on evergreen treetops. Outside, our boots crunched through brittle ice crust.

Dad and Duane commiserated on how to prevent damp cement downstairs. I was grateful Duane became Dad's son-in-law but also replaced me as Dad's new right-hand man.

*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 jilldyestudio@aol.com.*

## ← Living the Dream:

from page 33

my brain to wake up on its own time. After resting through the night, the morning repetitions enable my brain to begin the day fully healed rather than strung out. I have discovered that I am a better person, with clearer thoughts, a more organized work day and a much better diet than when I roll out of bed with no loading time. By lunchtime, I still will not have woken up and by the end of the work day I have nothing left in me but Netflix. I don't like that.

So instead I walk. Or run. It just depends on whether I want to fly or simply exist. The length doesn't really matter for the most part, although some days it takes longer to get into the groove. Other days, I can simply walk to the mailbox for a five minute hit of mediation. But most days, I need at least 2 miles to calm down. A quick jaunt up to the top of Snowshed (the long way) can change my entire outlook on life and transform me into the kind of person I want to be rather than the one that simply rolled out of bed.

A lot of "Morning People Conquer the World" type of literature claims that it only takes 15 minutes of morning exercise to change your whole day. I believe it has to be repetitive exercise and not weird variations, like an ab routine or something like that. Sure, that will get you out of bed and wake you up, but it doesn't give your brain, body and nervous system the opportunity to breathe and relax before getting on with your day. A 15 minute ab workout is like demanding you jump out of bed and sprint for the fire. No thank you.

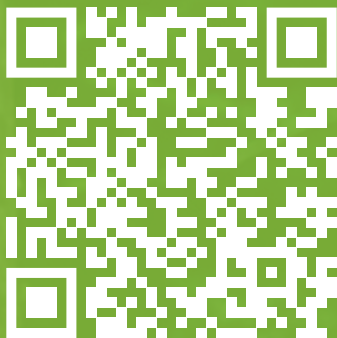
I encourage all of you to try a simple walk around the block to start your day. A trip down the driveway to your mailbox. A journey to the top of Snowshed or Ramshead or Pico or Bear Mountain. Anything that gets you outside and moving in a repetitive manner. Just try it. And see how much better the rest of your day is. Because no matter what happened, you just spent at least 15 minutes outside connecting with yourself and the Earth.

*Merisa Sherman is a long time Killington resident, town lister and development review board member, real estate broker and Coach PomPom. She can be reached at Merisa.Sherman@SothebysRealty.com.*





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