



## VERMONT STATE FAIR OPENS TUESDAY

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Page 21



## VOTE: THE PRIMARY ELECTION IS AUG. 13

The upcoming statewide primary election is Tuesday, Aug. 13. Unofficial results are reported to the Secretary of State after polls close. Results will be unofficial until certified Aug. 20.



## GOLF SAFELY

Golf's popularity surged to 123 million in 2023, but being out on an open field requires some safety precautions: including using reliable radar for lightning detection.

Page 28

# Killington Town Manager Ramsey resigns

Final day will be Aug. 16, almost exactly a year after he began

By Polly Mikula

On Tuesday, July 30, Killington's Town Manager Michael Ramsey submitted a letter of resignation to the Select Board. The board accepted Ramsey's resignation after an executive session Friday, Aug. 2 at 5 p.m., announcing the news for the first time publicly.

Ramsey also requested that the Select Board waive the 60 day notice that's in his contract and instead proposed his last day be Aug. 16 — almost exactly a year from when he took the reins on Aug. 14, 2023.

The Select Board, however, did not vote on whether to accept the contractual deviation, Friday. Instead Selectman Chris Karr wanted to speak with town counsel Kevin Brown about the contractual change.

"I think this is very reasonable. You're asking for something outside of a contract and what we're saying is let's just make sure we get our ducks in a row and see if there's anything we want to ask of you. I don't want to be the one to break the contract that we wrote, without counsel's advice," said Karr.

Karr spoke with Brown, Monday, Aug. 5, later that day after a brief executive session, Karr and Selectman Jim Haff approved Ramsey's request (the third selectman, Rob Hecker, wasn't present).

"There are codes and signatures that only you have access to... like to Federal grant money," explained Jim Haff. "So I think we're going to go through stuff like that, just to make sure we have



Submitted

Michael Ramsey

"I want to be part of an organization where I can have more autonomy," Ramsey said.

access before you leave, that's all."

"Yes, I have a list going, too," Ramsey responded.

"There'll be things I'll have to leave on the plate, but I'm hoping to get some of the bigger financial

deals with banks and loans in a better place so it'll be an easier transition for the town," Ramsey said in an interview, Monday. "I'm sad to leave, but I think it's the right choice for me and the town at this point," he continued. "I want to be part of an organization where I can have more autonomy," he said, adding that he'd like to get back into conservation, which "aligns well with my values."

Ramsey said he plans to stay in the area. "I love my house in Woodstock and this whole area... I'll still be around and will continue to enjoy the mountains and the trails now that I've been told I'm a competent skier and now a mountain biker, too," he said.

When pushed to explain his reason for resigning, Ramsey said: "Some relationships had reached a level of conflict that were too hard to come back from... so I saw that it was best to step back... a new person can come in at the ground level and hopefully have success from there. I wish the town all the best."

When asked to specify, Ramsey declined.

In a letter Ramsey wrote to employees on Tuesday, he said: "You deserve an open and honest answer for why I'm leaving, but the role calls for me to keep formal announcements like this relatively vanilla... my values, experiences, and beliefs are driving me in a different direction."

Ramsey → 15

## Rutland City plans transitional housing campus

By Adam Davis

Former Rutland City Mayor Chris Louras has been selected as one of two new housing consultants that the city has hired under a state grant to work on a transitional housing project to help alleviate homelessness. Current Rutland City Mayor Micheal Doenges said that Louras' role in the project would serve as a "connector and resource builder" and that he and Megan Novak, the other new housing consultant, will primarily work out of the Vision Center at the Rutland City Police Department.

"They know the players. They know the resources," Doenges told the Board of Alderman at a recent Monday night meeting.

Last year, the state of Vermont requested proposals from cities and towns for projects that could potentially help fight homelessness.

Doenges answered with a proposal for 50 units of transitional housing that includes 24/7 onsite support and wraparound services. The state approved the proposal and provided the city with \$240,000 to develop the plan over the next two years. The state grant will fund Novak and Louras' work. Doenges said he does not intend to spend any city money or involve any current members of city government on the project.

"We're going to be using state money to make those connections and then we want to hand this off to one of those agencies that already exists. This will not be a city endeavor," he said.

Doenges has proposed a transitional housing campus of 50 prefabricated units along with five support staff

City housing → 14



Courtesy Eric Mallette, Paramount Theatre

Work begins on an extensive renovation and expansion for the Paramount Theatre downtown.

## The Paramount Theatre begins \$6 million renovation

Totaling more than 60,000 square feet across two buildings on Center Street in downtown Rutland, the Paramount Theatre has begun a significant renovation and expansion into the adjacent Richardson Building. Expansion includes a 4,000 square foot, multiuse venue on the fourth floor of The Richardson Building.

"Taking advantage of its top floor position, sweeping views, framed by the Taconic and Green Mountain ranges, will make this space the go-to venue for gatherings of various sizes; its use will be limited only by imagination," the theatre said in a news release Aug. 1. "With a new commercial kitchen and dining capacity for 150 (250 when not set up for meal service), this community venue will be available for use by the public in addition to regularly hosting an expanded schedule of performances curated by The Paramount."

An additional 4,000 square feet space will also be renovated one floor below. Floor three of The Richardson will feature multiple private suites — each one flexible in size and capable of

Paramount expansion → 14





By Victoria Gaither

Top: Workers sifting through dirt on site. Bottom left: workers dig test pits. Bottom middle: Project Manager Megan Bryson holds a few recent finds. Bottom right: Soil color is identified.

## Archeologists dig for cultural treasures in Pittsford

By Victoria Gaither

In Pittsford, road and bridge repair work is underway along Route 7 over Furnace Brook at the intersection of Route 7 and Route 3.

Not too far from construction workers in hard hats are workers with high-visibility vests, digging tools, shovels, measuring tape, notebooks, and a dirt sifter.

The workers are archeologists digging for cultural or historical remains beneath the road.

Last year, the Vermont Agency of Transportation (VTrans) hired the Northeast Archaeology Research Center, Inc., from Farmington, Maine, to work on the project.

Megan Bryson, the onsite project manager with Northeast Archaeology Research Center, said, "One of our employees came out last year and did a foot survey and checked the area out and also went over historic maps to see which

"We found a stoneware jug almost intact; all the pieces were there. It was just cracked in place and made by Julius Norton of Bennington, Vermont. It's dated between 1846 and 1850," explained Bryson.

buildings still exist from the 1800s, and maybe the 1700s."

The team will survey Route 7 from Furnace Brook up to Plains Road in different areas considered sensitive for anything that could be historic or prehistoric.

The idea is to look for any artifact that might be disturbed and deemed important to the community.

"We found a stoneware jug almost intact; all the pieces

were there. It was just cracked in place and made by Julius Norton of Bennington, Vermont. It's dated between 1846 and 1850," explained Bryson.

Julius Norton's pottery pieces fetch between \$175 to \$100,000.

Bryson says her team also found a tube of lipstick from the 1940s with lipstick still inside, an 1873 dime, and pieces from a water pipe.

She admits that the stoneware jug find was amazing because "you usually never find pieces of ceramic intact" like the Norton jug.

Her team will wrap up their dig in mid-August, take all the artifacts back to her lab, clean them, figure out the story behind them, and eventually return them to the landowner.





By Oliver Parini

# Goodro Killington to change name, branding

Mountain Lumber and Hardware to debut in the new year

Goodro Killington, Inc. (a.k.a. Goodro Lumber) is in the process of rebranding its assumed business name from Goodro Killington Inc (aka Goodro Lumber) to Mountain Lumber and Hardware. The business will remain under the ownership of the same four principal partners (Bill Shaw, Cathy Shaw, Seth Shaw and Jenny Shaw) and will continue doing business at the same physical address (4489 US Route 4, Killington) and with the same postal address (P.O. Box 238 Killington, VT 05751).

Goodro has been an integral part of the community for the past 54 years. While in 1970 it began as a branch of Goodro Lumber in East Middlebury, it has not been affiliated with that store since 2009. The new name and branding will more accurately reflect the local, family-owned nature of the business and its central location in the mountains of Killington

The new assumed business name, "Mountain Lumber and Hardware," will formally take effect on Jan. 1, 2025. Until that point, the owners will be making changes to its marketing presence, including its logo and website. Please note that it will continue using the formal names Goodro Lumber and Goodro Killington prior to the transition to Mountain Lumber and Hardware upon the new year.

For more information, email Seth Shaw: [sshaw@goodrolumber.com](mailto:sshaw@goodrolumber.com).



Goodro to debut new name and logo.

# Woodstock village, town split over short-term rental ordinance

By Katy Savage

Woodstock town and Woodstock village came to different decisions over a change to short-term rental rules in separate votes on Tuesday, July 30.

The town voted in favor of overturning the new ordinance 316-284 by Australian ballot. The village voted against it 68-36 at an in-person meeting.

Now, the town and village will have separate short-term ordinances. The village will start enforcing the new ordinance immediately, limiting the number of vacation rentals to 55 homes, while the town will keep its former ordinance, allowing anyone to rent their home.

The vote happened after a group of residents filed a petition in opposition to the new ordinance. The town and the village have had separate short-term rental ordinances since 2021, but the new ordinance would have

unified rules, making it easier to manage. The ordinance change was also partially driven by the housing crisis and it attempted to limit the number of rentals to about 5% of the housing stock. It would have allowed up to 55 short-term rentals in the town and 55 in the village.

"I think we probably could have done a better job of communicating what we were going for with this ordinance," Municipal Manager Eric Duffy said. "At the end of the day, this is what the people want"

Under the new rules in the village, no homeowner can have more than one short-term rental. The 55-unit limit is a change from the previous ordinance, which let anybody rent their home up to six times per year.

In the town, anybody can rent their home, with some limitations depend-

ing on what zoning district the home is in.

Short-term rental owners in both the town and village have to register their homes annually. A fine of up to \$800 can be imposed for each violation.

Duffy said enforcement has been an issue since the ordinances went into effect in 2021. There were 27 registered short-term rentals in the village in early August, but many more homes were available for rent. Duffy estimated there were 150 to 180 short-term rentals operating in Woodstock.

Woodstock will start enforcing the ordinances with a software company called GovOS, which costs about \$26,000 a year.

"The software will be scanning through the websites and let us know who's in violation," Duffy said.

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## Table of contents

Local news .....	2
State news .....	5
Opinion .....	10
Puzzles .....	15
Calendar.....	16
Arts, Dining, Entertainment.....	20
Pets .....	30
Horoscopes.....	31
Columns.....	32
Real estate .....	36
Classifieds.....	39

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Submitted



By Donald Dill, courtesy OVRCC

*Pictured (l-r): Helen Hadley (north side neighbor), Lyle Jepson (CEDRR), Brian Collamore (Rutland County State Senator), Bob Underhill (Clarendon Historical Society), Michael Klapsch (Clarendon Select Board chair), Carol Lighthall (OVRCC), Beth Brown Limmer (Vermont Covered Bridge Society), Chris Gatti-Palance and Bob Stefanski (south side neighbors).*

## Kingsley Covered Bridge reopens

Over 85 people gathered at the newly restored Kingsley Covered Bridge in East Clarendon to celebrate its recent reopening, Thursday, July 25. The \$2.7 million bridge restoration took nearly 14 months to complete, due in part to a set-back by flooding in July 2023. Senator Brian Collamore spoke briefly and congratulated the Clarendon community in choosing to retain their only remaining covered bridge and their continued efforts to sustain it for many years to come. Vermont Covered Bridge Society, in conjunction with many local organizations and citizens, organized the event, complete with a cookout and cake.

Okemo Valley Chamber of Commerce Executive Director Carol Lighthall said, "I've been to many ribbon cutting ceremonies, but this is my first at a covered bridge!"

## Rutland Creek Path bridge put in place

Staff report

The long awaited Creek Path bridge was installed Thursday, Aug. 1. However, it'll be a few more weeks until it opens — awaiting a 6-inch concrete deck.

The 145-foot bridge weighed 40 tons and was shipped from Minnesota in segments and then assembled on site.

The Creek Path is a paved multi-use trail that helps connect Pine Hill to the downtown area. It follows the East Creek from the end of Earl Street to River Street. It crosses the creek just before it intersects with West Street.

Once the bridge opens, the Creek Path will be 1.7 miles, with Segments 1-4 completed.

Segment 5, the final planned segment, will extend the path to the former College of St. Joseph campus which now hosts Rutland Recreation Community Center.

Last year the city recreation dept's Halloween 5K race course led runners from Giorgetti to the Rec facilities, but this time the course can go over the bridge, which will celebrate the path and bring recognition to it.

The project, thus far, has surpassed \$4 million with Segment 3 funded entirely by grants and donations, said organizers.

The funding for Segment 5 is yet to be determined.

## Organic certification cost reimbursements now available

USDA grants \$577,325 to Vermont Agency of Agriculture to reimburse organic producers for certification costs

The Vermont Agency of Agriculture, Food and Markets (VAAFAM) announced, Tuesday, Aug. 6, that the Farm Service Agency (FSA) of the USDA has awarded \$577,325 to the state of Vermont as a part of the Organic Certification Cost Share Program. The application is now open for certified operations to apply for these funds.

"The Organic Certification Cost Share Program provides valuable funds that help offset the certification costs which impact Vermont's vibrant organic agriculture sector each year," said Anson Tebbetts, Vermont's Secretary of Agriculture.

Certified organic operations may receive reimbursement of up to 75% of their direct certification costs paid between Oct. 1 and

Sept. 30 annually, not to exceed \$750 per certification scope. There are up to four eligible certification scopes (crops, livestock, wild crops, and handling), which must be individually inspected for organic certification to be eligible for reimbursement.

Reimbursable costs include application fees; inspection fees, including travel costs and per diem for organic inspectors; USDA organic certification costs; user fees/sale assessments; and postage.

Funds are available on a first come, first served basis. Funds under this program are reduced from past years and are expected to run out. Application deadline is Oct. 31, 2024.

For more info, visit: [agriculture.vermont.gov/grants/organiccostshare](http://agriculture.vermont.gov/grants/organiccostshare).

## Hartland Property purchase achieves funding

By Curt Peterson

With funding secured, the Hartland Conservation Commission (HCC) and the Vermont Land Trust hope to close on the "Pohl Property" and conservation easement purchase by the end of this year.

According to a listserv post by Rob Anderegg, HCC chair, funding includes private donations, a \$128,000 grant from the Vermont Housing and Conservation Board (VHCB), and \$100,000 made available from the town's Capital Reserve Fund by Hartland voters.

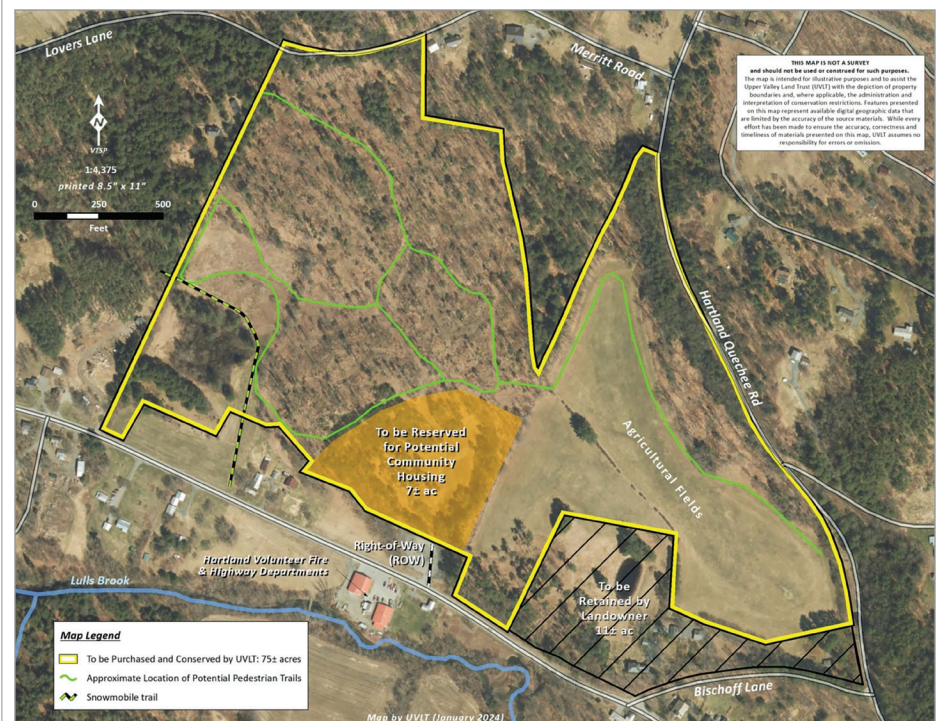
The price is \$400,000.

"The success of the [fundraising] campaign means [the Upper Valley Land Trust - UVLT] and Tim Pohl's estate can proceed with a survey and sub-division to complete the purchase," Anderegg wrote.

Left-to-do list includes: Collecting pledged donations, completing a land survey in early fall, finalizing the VHCB grant, and planning a celebration event post-closing.

The entire parcel involved is 75 acres with frontage on Route 12 (across from the Fire Dept.), Bischoff Lane, and Hartland-Quechee Road. The HCC has ultimate aspirations for community housing, a long-term desire of consecutive Select Boards, on 7 acres which will be excluded from the conservation easement. Anderegg said this will require additional

Pohl Property → 14



Submitted

The 75 acres parcel dubbed the Pohl Property off Route 12 is partitioned into various uses.



## Where is the road construction this week?

The Vermont Agency of Transportation (VTrans) published the following weekly report of planned construction activities that will impact traffic on state highways and interstates throughout Vermont, Aug. 5-9 and ongoing. Here are the local roads affected:

**Hartford:** Sunday through Thursday 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. Monday through Friday during daytime hours, motorists should expect significant delays on Route 5 from the Hartford/Hartland town line to the intersection of the on-ramps for I-91 south and I-89, Route 5 from the intersection of North Main Street and Hartford Avenue continuing just north of Devin Street, and Route 5 from the intersection of the on-ramps for I-91 south and I-89 to the intersection of North Main Street and Hartford Avenue. Flaggers and uniformed traffic officers will be present to assist motorists through the work zone. Motorists are strongly encouraged to plan ahead for major delays, reduce speed, and travel with caution through the work zone.

**Hartford:** Monday through Friday between 8 a.m. and 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 Town Highway 98.

**Hubbardton:** Slope stabilization work continues on

The Quechee Gorge Bridge will be closed through fall 2024.

Route 30 between Hortonia Road and Columbia Drive. The southbound lane remains closed to traffic all hours for the duration of the project. Motorists should be prepared to stop as they approach the work zone and then get routed through the northbound lane in alternating one-way traffic by flaggers or a temporary traffic signal.

**Ludlow:** Pleasant Street at the junction of Pleasant Street and Mill Street is closed to all vehicle traffic to facilitate project construction. A detour is in place that routes vehicle traffic from Pleasant Street on 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 of the Quechee 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 will require nighttime lane closures Sunday night through Friday morning 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, with intermittent width reductions to intersecting side streets. Traffic control will be present allowing alternating one-way traffic. Motorists on these routes should expect grooved and uneven roadway surfaces with raised surface structures.

**Woodstock:** A culvert replacement project is ongoing on Route 4 near Valley View Road. Route 4 is open to traffic with a dip in the roadway and no pavement where the new culvert is located. One lane of alternating traffic is expected Monday through Friday from 7 a.m. to 5 p.m. with flaggers. After work hours, the roadway will be open to two lanes of traffic.



# TOWN OF KILLINGTON VERMONT

## Early Notice and Public Review of a Proposed Activity in a Wetland

### To: All interested Agencies, Groups, and Individuals

The Northern Border Regional Commission (NBRC) intends to fund the following Proposed Action under the Catalyst Program. NBRC will prepare an 8-Step Decision-Making Process review in compliance with Executive Order (EO) 11990 (Protection of Wetlands), which established a more protective standard in order to avoid to the extent possible the long and short-term adverse impacts associated with the destruction or modification of wetlands, as well as to avoid direct or indirect support of new construction in wetlands where there is a practicable alternative.

**Proposed Action:** The purpose of the Proposed Action involves the reconstruction of road infrastructure and the development of additional water system infrastructure located in the Town of Killington, Vermont. Specifically, it includes the reconstruction and partial realignment of portions of Killington Road, East Mountain Road, and Old Mill Road, along with new road construction (Road H) north of the current intersection of East Mountain Road and Killington Road.

Additionally, the Proposed Action includes the installation of the first segment of the Killington South Distribution Water Main along East Mountain Road from the Valley Wells Transmission Main to Killington Road and north along Killington Road to Ravine Road. These two locations represent the southernmost and northernmost limits of the Proposed action, respectively (approximate coordinates: 43°37'34.7" N, 72°46'11.4" W and 43°38'15.7" N, 72°47'14.7" W). In conjunction with the proposed roadway and water infrastructure improvements, a paved multi-use path will be installed along the west side of Killington Road, a proposed stormwater treatment practice (gravel wetland) will treat stormwater runoff from a portion of Killington Road, and the West Branch Roaring Brook and Roaring Brook culverts under Killington Road will be replaced.

The wetland information for the Proposed Action was obtained by a project-specific wetland delineation completed by the Town's environmental consultant and reviewed by the Vermont Department of Environmental Conservation (DEC) District Wetland Ecologist. The proposed construction activities, including pathway development and roadway improvements, will occur in proximity to these wetlands. Therefore, NBRC has determined that the project's footprint exists adjacent to mapped wetlands and warrants an analysis under the 8-Step Decision-Making Process.

This notice provides people who may be affected by the Proposed Action and those who have an interest in the protection of the natural environment with an opportunity to express their concerns and provide information. Commenters are encouraged to offer alternative sites, alternative methods to serve the same project purpose, and methods to minimize and mitigate impacts.

Comments should be submitted by email to [nepa@nbrc.gov](mailto:nepa@nbrc.gov). NBRC is accepting comments on this notice for 15 days from **August 8, 2024**, through the end of the day of **August 23, 2024**.

**Date of Publication: August 7, 2024**



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## MVSU board to consider phone-free schools

By Curt Peterson

The topic of “phone-free schools” was introduced by Sarit Werner during public comment session at Monday evening’s Mountain Views Supervisory Union (MVSU) board meeting, Aug. 5.

Reception of the idea among meeting attendees was generally positive.

Werner, who is creative director at Plymouth Cheese Co. in Plymouth, read a letter from the Phone-Free Coalition of Parents bearing more than 120 signatures.

The “letter of support for Woodstock

already implemented phone-free policies. In fact, the Vermont Senate attempted in April to pass S.284, state-wide legislation implementing personal device prohibition in schools. The House failed to approve a watered-down version.

Still, many districts have implemented localized phone-free plans. In Vermont, Thetford Academy 7-12, Harwood 7-12, Hartford Memorial Middle and all of the Lamoille South Supervisory Union (which operates seven schools between Morris-

town and Stowe) will begin this school year as 100% phone-free schools.

“Cellphones have fast become the single largest distraction in classrooms across the nation, causing a growing number of education leaders and policymakers to consider or

“The presence of mobile phones, earbuds and smartwatches distracts from learning and also interrupts opportunities for students to learn healthy interaction with each other,” read the letter signed by over 120 people.

Middle and High School to be fully phone-free all day” read in part: “It’s abundantly clear that bell-to-bell mobile phone-free school environments will make huge strides to create a positive environment where the health of students is prioritized. The presence of mobile phones, earbuds and smartwatches distracts from learning and also interrupts opportunities for students to learn healthy interaction with each other.”

The Phone-Free School Movement’s stated mission is to, “Provide youth the freedom to excel academically and develop socially without the pressure and harms of phones and social media during the school day.”

The devices would be locked up in the administration office until the end of the school day, when they would be returned to their owners.

If students and parents needed to communicate with each other during the school day, calls could be made or received at the administration office. Exceptions can be made for health reasons if necessity and confirmed in writing by a medical professional.

MVSU board chair Kerilyn Bristow told the Mountain Times, “I think [the board] will support this initiative once they and the principal work out a proposal.”

Bristow said an actual phone-free program won’t be ready to launch by the first day of school. All stakeholders, she said, including parents, staff and student leaders will be involved in discussions during the process. She doesn’t think it would require a formal policy.

Many schools across the country and in Vermont have

enact policies limiting their access during the school day,” wrote Elizabeth Heubeck in an article titled “Why Many Schools’ Strict Cellphone Policies May Not Go Far Enough” published in EducationWeek, July 18, 2024.

The addictive nature of cellphones, social media and the correlating negative effect on mental health especially for kids and teens has been gaining attention for years, with experts from various healthcare fields weighing in. About two month ago, on June 17, even the U.S. Surgeon General Dr. Vivek Murthy announced that he would push for a warning label on social media platforms advising parents that using the platforms might damage adolescents’ mental health. For warning labels — like those that appear on tobacco and alcohol products — to be enacted, Congress must approve the recommendation.

While some administrators have feared push-back by parents, most have found them highly supportive, Heubeck reported.

To read the MVSU letter in full, visit: [Tinyurl.com/MVSUPhoneFree](http://Tinyurl.com/MVSUPhoneFree).



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# Vermont rugby star Ilona Maher wins Olympic bronze

Maher becomes the first Vermonter to medal at the summer games since 2016

By Juan Vega de Soto/VTDigger

Her raw strength and speed — and the way she effortlessly stiff-arms opponents — have left Olympic commentators in awe. Her videos with celebrity rapper Snoop Dogg and retired football star Jason Kelce have racked up millions of views on social media.

Now, Burlington's very own women's Rugby Sevens star Ilona Maher is an Olympic medalist — the state's first at the summer games since fellow Burlingtonian Laura Graves brought home the bronze medal in the team dressage competition at the 2016 Olympics.

The USA's women's Rugby Sevens team overcame Australia in dramatic fashion in the bronze medal final on Tuesday afternoon, scoring in the final seconds of regulation time to steal a 14-12 victory at the Stade de France in Paris. It is the first time the U.S. has medalled in rugby since 1924 games, also held in Paris, when the men's team won gold.

At the Olympics in 2020, Maher and Team USA fell to Great Britain in the quarterfinal stage and placed sixth overall.

This time around, Maher led the Americans to victories over Japan and Brazil, and got revenge against Great Britain in the quarterfinals, beating them 17-7 on Monday. Despite losing to favorites New Zealand in the semifinal game Tuesday morning, Maher and Team USA secured a place on the podium with their surprise win over Australia.

It is an unlikely outcome for 28-year-old Maher, who played softball, basketball and field hockey at Burlington High School, and did not begin playing rugby until she was 17.

Two other Green Mountain State athletes — Norwich rower William Bender and Montgomery runner Elle Purrier St. Pierre — are also competing in Paris this year.

Bender and rowing partner Dartmouth alum Oliver Bub finished fourth in the men's rowing pair Final B on Friday, Aug. 2, in Paris and officially finished tenth in the competition, while Purrier St. Pierre will run the women's 1500-meter race on Tuesday, Aug. 6.



By Vadim Ghirda/AP

*Burlington rugby athlete Ilona Maher celebrates after her team won the women's bronze medal Rugby Sevens match between the United States and Australia at the 2024 Summer Olympics, in the Stade de France, in Saint-Denis, France, on Tuesday, July 30.*

## Vermont one step closer to unlocking \$229 million in federal broadband funds

The state's BEAD initial proposal has been approved

Vermont Community Broadband Board (VCBB) announce Aug. 1 that the National Telecommunications and Information Administration (NTIA) has approved Vermont's Initial Proposal for the Broadband Equity, Access, and Deployment (BEAD) Program, which describes Vermont's plans to use \$229 million allocated to the state. This funding is key to finishing the work of ensuring every Vermonter has access to high speed and reliable broadband.

The initial proposal outlines the process Vermont will use to select the internet service providers who will receive BEAD money to build out unserved and underserved addresses and details the requirements these providers must meet to be eligible for

funding. With this approval, Vermont can move from the planning phase to the action phase. It enables the state to request access to funding and begin implementation of the BEAD program.

"High-speed internet must be treated as a fundamental and essential public utility for everyone," said Senator Bernie Sanders. "It is central to the basic functions of families, students and businesses; access to health care depends on it; small businesses cannot exist without it. Yet too many people in our state lack access to an internet connection or cannot afford the options available. I am pleased that, with this approval, we will begin to provide quality broadband to working families and hard-to-reach pockets of Vermont that have gone without

internet for too long. I look forward to seeing the remainder of this historic federal investment from the Bipartisan Infrastructure Law, which was passed in the Senate in August 2021, bring affordable internet to every corner of our state."

"High-speed Internet isn't a luxury, it's a necessity. But right now, there are more than 33,000 homes, small businesses and farms in Vermont that don't have access to a high-speed connection and are being left behind in the digital transformation. Thanks to the work of the Biden-Harris Administration and Congress's Bipartisan Infrastructure Law — which I was proud to help pass — Vermont is on its way to accessing nearly \$230 million Broadband funds → 14



TOWN OF  
**KILLINGTON**  
VERMONT

### Water System, Contract 4 ADVERTISEMENT FOR BIDS

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



# Tax revenues finish fiscal year \$143.6 million above targets

Interim Secretary of Administration Sarah Clark releases Vermont's revenue results for June 2024 on Friday, July 26. Led by the Personal Income Tax, the General Fund exceeded its monthly consensus cash flow target as adopted by the Emergency Board at its January 2024 meeting. The Transportation Fund and the Education Fund lagged their June targets. All three funds finished the fiscal year ahead of the cumulative consensus cash flow targets.

The PI, the GF's most important revenue source, was nearly 17% above projections for the month and over \$100 million ahead for the fiscal year, which ended June 30. Meanwhile, the other largest revenue sources had more modest results. The Corporate and Rooms & Meals taxes were right at their targets, while the Sales Tax fell below projections for the month and slightly for the year.

The state's General Fund, Transportation Fund, and Education Fund receipts were a combined \$302.6 million, exceeding the \$286.3 million

monthly consensus target by \$16.3 million, or 5.7%. Combined receipts are \$3,320.4 million, which is \$143.6 million above the updated \$3,176.8 million target tied to the annual fiscal year 2024 consensus forecast adopted at the January Emergency Board meeting.

General Fund revenues for June totaled \$211.6 million, \$23.4 million, or 12.4%, above the \$188.2 million monthly consensus cash flow target. A \$17.4 million aggregate outperformance in the Personal Income Tax category accounted for most of the gain. Outperformance by the estate tax and net interest also contributed. For the entire fiscal year, General Fund receipts are \$139.0 million, or 6.5%, above the consensus cash flow target of \$2.131.5 million adopted at the most recent Emergency Board meeting.

Revenues in the Transportation Fund lagged their \$32.6 million June consensus target by -\$3.7 million, or 11.4%. The two largest contributors to the underperformance were MV Purchase and Use and MV Fees, both

of which were 15-20% below target for the month. This was offset by a small gain in the Other Fees category. Full fiscal year receipts were \$3.7 million, or 1.2%, above their \$299.4 million consensus cash flow target.

Monthly Education Fund revenues of \$62.1 million were -\$3.3 million, or -5.1%, below their June \$65.4 million cash flow target. Most of this negative discrepancy was accounted for by a -\$2.3 million miss in the Sales & Use category and a -\$1.2 million miss in the MV Purchase & Use category. For the full fiscal year, Education Fund receipts were \$9 million, 0.1%, above their \$745.9 million consensus cash flow target.

According to Interim Secretary Clark: "The state ended the fiscal year in a healthy financial position. Personal income taxes were the main driver of our revenue performance, a reflection of the overall health of Vermont's economy. Revised expectations will be presented to the Emergency Board next week as part of the July consensus revenue forecast."

# USDA seeks farmer input on conservation in ag

The U.S. Department of Agriculture (USDA) has announced in a release dated July 1 the start of a sweeping survey to gather in-depth, real-time information on the conservation practices farmers use. Over the course of this harvest season into next year, nearly 12,000 farmers and farm managers nationwide will be asked to share their experience through the department's Conservation Effects Assessment Project (CEAP).

The survey will be conducted in the field by trained personnel working with the USDA's National Agricultural Statistics Service (NASS), in partnership with the Natural Resources Conservation Service (NRCS). NRCS is tasked with publishing the survey's findings and will report on trends in cropland conservation – and associated outcomes – from 2024 through 2026.

The data is published only in aggregate form, ensuring

"The survey gives farmers the power to provide a more complete and accurate picture of the conservation practices on their lands," said Parsons.

that no individual respondent or operation can be identified; field reps are sworn to observe federal law regarding Personal Identifying Information (PII). The data will be published next year as a report on the CEAP Cropland Assessments website: [nrcs.usda.gov/ceap/croplands](https://nrcs.usda.gov/ceap/croplands).

"The survey gives farmers the power to provide a more complete and accurate picture of the conservation practices on their lands and in their operations," said Joe Parsons, acting NASS administrator. "I urge farmers to participate if contacted, because their responses can help leaders focus on the conservation practices that most benefit both the farmer and the natural resources on which we all rely."

The survey focuses on cropland management, to measure the environmental outcomes resulting from conservation practices on agricultural lands. Findings are used to guide conservation program development and support agricultural producers, conservationists and their partners.

Specifically, CEAP results can help to:

- Evaluate the resources farmers may need in the future to further protect soil, water and habitat;
- Shed light on techniques farmers use to conserve healthy environments;
- Improve and strengthen technical and financial programs that help landowners plan and install conservation practices on agricultural land;
- Support the conservation programs that can help producers' profits while also protecting natural resources.

The CEAP project will occur in two phases. For the next two months, local NASS "enumerators" will canvass farmers and owners of agricultural land to screen for eligibility to participate in Phase 2, the actual survey, which will commence in November.

Typical questions will cover farm production practices; chemical, fertilizer and manure applications; tillage; irrigation use; and installed conservation practices.

"The U.S. has more than 300 million acres of cultivated cropland that are used by farmers and other land managers to grow diverse crops for food, fuel, and livestock feed for our national and beyond," said NRCS Chief Terry Cosby. "CEAP delivers critically important data that we use to guide our strategic, equitable, and voluntary conservation on cropland acres nationwide. This leads to healthier ecosystems, improved conservation, and stronger management of agricultural landscapes."

For more information, visit [nass.usda.gov/ceap](https://nass.usda.gov/ceap).

# Sports gambling exceeds projections, hauls in \$3.5m

While the July 26 figures from the state of Vermont on tax and fee revenues for the General Fund, Transportation Fund and Education were \$143.6 million — above projections — and the General Fund contributed nearly \$140 million of that with the personal income tax leading the way, as it has done for several years, another much-anticipated, but much more modest contributor, was revenues from sports wagering.

Gambling on sports only became legal in Vermont in January. So, the data is only for the last half of fiscal year 2024 (January-June), as provided by the Division of Liquor & Lottery.

With no history to draw from, state officials projected that revenues to the state would be about \$1.2 million for the first six months. Revenues came in nearly three times higher at \$3.5 million. With the NFL football playoffs concluding and basketball in full swing revenues got off to a hot start, then revenues drifted

off in the spring. College students also went home in May.

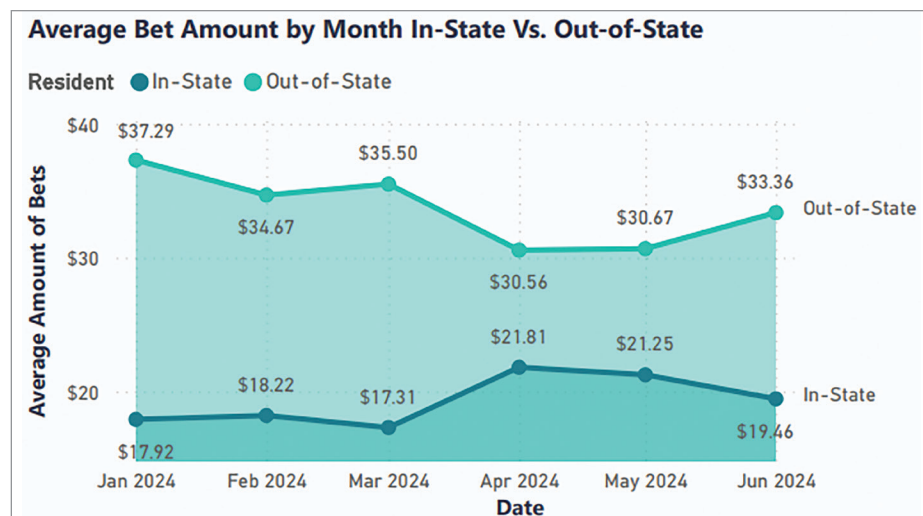
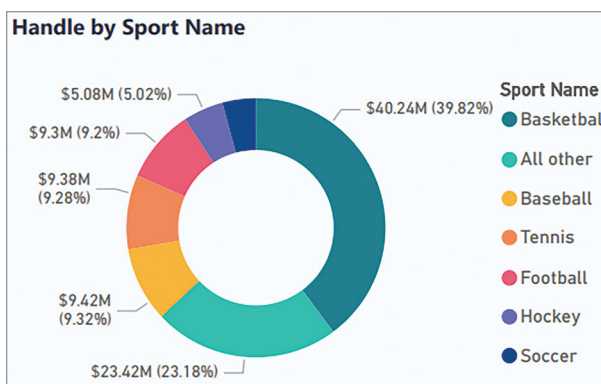
Another notable data point is that nearly a third of the money came from out-of-state bettors, who also bet an average amount nearly double those registered in-state (\$34.22 to \$19.05).

The total handle (amount bet in gambling parlance) was \$101.1 million from 232,884 users.

Basketball boasted the

largest share (39.8%) with \$40.2 million. "All other" came in at \$23.4 million

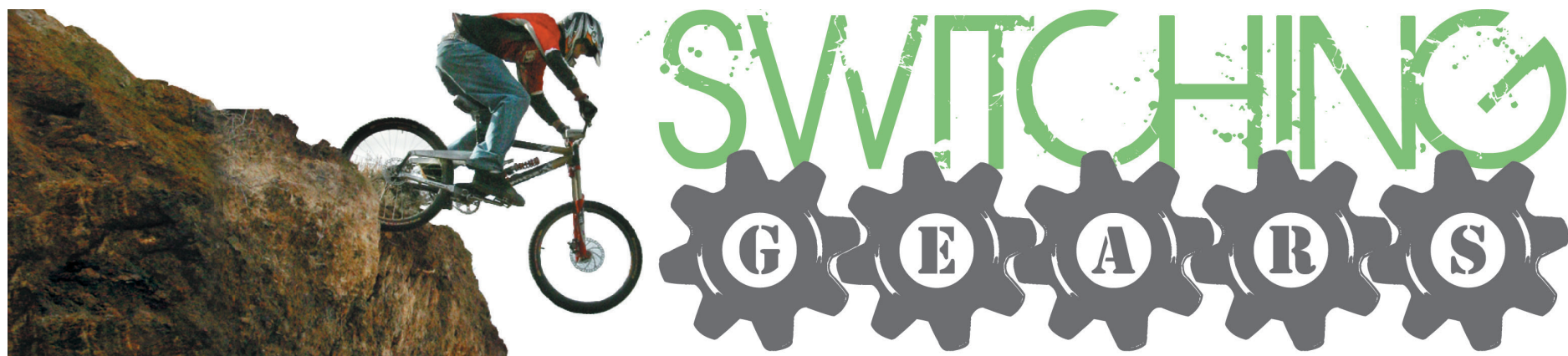
(23.2%) with baseball, tennis and football all representing just over 9% each.



Charts courtesy Vermont Division of Liquor & Lottery

Top chart shows betting percentage by sport; bottom chart show in-state vs out-of-state spend.





## Conquer the Slate Valley Scramble this Saturday at Slate Valley

Saturday, Aug. 10, 8:30 a.m. —POULTNEY— The Slate Valley Scramble, a trail running race, will feature an 8K, half marathon, and a kids’ fun run, showcasing some of Vermont’s newest and most scenic single- and double-track trails within Slate Valley Trails’ network. The race takes place on some of the state’s newest and best single and double-track trails on Slate Valley Trails’ network in Poultnery. A free kids’ fun run will take place following both events to encourage the whole family to get out and enjoy SVT’s trails.

This event also serves as one of SVT’s biggest annual fundraisers.

Races will offer runners a well-maintained, variable terrain, wooded course. While both courses will have some flat terrain and rolling hills, there will be hills and a few sustained climbs. Runners will be rewarded with occasional stunning views of Vermont’s “Slate Valley.”

### The Details

Half-marathon starts at 8:30 a.m.

8K starts at 9:30 a.m.

Kids’ Fun Run starts at 11:15 a.m.

The event is open to runners and hikers. Both courses will close at 1 p.m., allowing ample time for those with varying paces to complete either race.

Competitive awards will be given to top

finishers. This is a cupless race; runners are encouraged to bring a water bottle to refill at the cupless aid stations set up along the course.

### Course maps

Both courses will start and end at the trails accessible from Slate Valley Trails’ Fairgrounds trailhead located at 131 Town Farm Road, Poultnery.

The 8K will utilize trails on the Fairgrounds East trail system, including Bumper Car, Midway, the upper portion of Cliffhanger, and part of Merry-Go-Round. Both courses will return to the Start/Finish area by way of Maple Sugar. The elevation gain is about 700 feet.

The half-marathon will start at the Fairgrounds parking lot and cross Route 140 by way of Maple Sugar. Racers will head out for an approximate 9-mile loop on the Fairgrounds West trail system covering Cotton Candy, Big Top, and Carnie before joining up with Ringmaster to head back to Fairgrounds East by crossing back over Route 140. The half-marathon course will then join the 8K course for an approximate 4.5-mile loop on the Fairgrounds East trail system, including Bumper Car, Midway, the upper portion of Cliffhanger, and part of Merry-Go-Round.

The elevation gain is about 1500 feet. Both courses will return to the Start/Finish area by way of Maple Sugar.



Submitted

The Slate Valley Scramble, an 8K and half marathon race, is Saturday in Poultnery.



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## GUEST EDITORIAL

## Vermont's health care system is so broken, reform can't wait

By Angelo Lynn

*Editor's note: Angelo Lynn is the publisher of the Addison Independent in Middlebury, a sister publication to the Mountain Times.*

Here's the only good news about the bad news concerning Vermont's health care system — it's so bad reform can't wait. We absolutely must make substantial changes and do it quickly.

That's the kernel of hope in what was an otherwise sobering look at the state of Vermont's health care system as presented by Dr. Bruce Hamory's team of consultants (Oliver Wyman's Health and Life Sciences Practice) last week at Middlebury's Ilsley Library. Hamory's team was hired by the state to assess the system's needs.

It's not new news. Anyone who has been paying attention knows Vermont's health care costs have exploded over the past few years.

Still, the numbers are staggering:

- Nine of the state's 14 hospitals posted negative operating margins in 2023.
- The average lowest-cost Silver-level premium health insurance plan in Vermont is over twice as much as the national average. Monthly premiums for that plan between FY2018 and FY2022 increased 108%, from \$474 to \$948. Median household income during the same period rose 22%, from \$60,781 to \$73,991. The cost increase from 2023 and 2024 rose nearly 29% and forecasts for 2025 estimate increases of over 20%.
- It gets worse: Vermont's aging population will become more reliant on expensive health care as the percentage of older residents increases while working age Vermonters make up an ever-smaller share of the population. Today, 12.4% of the state's population is 65-74 years old; by 2040, it's expected to be 24.4%. Meanwhile, those 20-64 currently make up 53.8% of the population, but by 2040 that percentage will drop to 40.3%. That trend will send commercial insurance rates through the roof (even more than they are now).
- Nor can we blame health insurance companies for hiking rates. Data suggests insurance companies have been facing big losses in recent years. BlueCross-BlueShield reportedly lost 46.8% in FY2022, and 24.8% in FY2023, and insurance companies are required by the state to maintain a sufficient cash buffer to be able to afford claims filed. It's why state regulators will likely approve more health insurance rate hikes.

Doing nothing, Hamory told the jammed-packed community room at the library, is not an option. Vermonters simply can't afford such annual increases.

So, what's the solution? It's complicated.

Basically, we have to redesign a system specifically suited for today's needs and Vermont's unique demographics; unique because we are this rural, aging state where this point of inflection demands change; and demands it now.

What that means, in part, is addressing some big societal problems:

- We must have more affordable housing, so we can create a bigger workforce and ensure workers for our health care system, along with solving a host of other issues;
- We need more assisted living, nursing and other group homes for Vermont's aging population;
- We must create new pathways for appropriate levels

Health care → 13



Strange Flutter by Pat Byrnes, PoliticalCartoons

## LETTERS

### Clarkson and White are proven leaders, addressing real needs

Dear Editor,

There are many acute problems crying for attention in the upcoming legislative session. Affordability is a leading one that affects most Vermonters in one way or another. Families and individuals who would like to live in our communities are priced out due the lack of affordable housing. Businesses cannot fill open positions; hospitals, medical offices and schools struggle to attract highly qualified personnel; and many establishments must reduce hours or give up the ghost. We need effective, practical and realistic representatives who will be leaders in addressing the often complex and inter-related challenges behind this and other issues that appear to be intractable.

Windsor District State Senators Alison Clarkson and Becca White have proven to be invaluable in addressing these and other issues. Clarkson is an energetic, cheerful, and truly receptive majority leader. White has proven to be a real-world and effective young visionary for Vermont's future. Both are remarkably approachable, as evidenced by active and immediate assistance for recent flooding issues.

We need senators who will truly react to the needs of constituents. Clarkson and White have been incredible in their responsiveness to flooding issues in the Weston and Ludlow areas. Surrendering to partisan bickering freezes issues in place while those in need suffer, or if they have the wherewithal, leave the state. We need positive senators with a proven record to investigate and implement solutions.

Housing is but one issue of many facing our state; other pressing issues include sustainable financing of K-12 education and the state college system, affordable childcare and family leave, data privacy, reproductive and marriage rights, and the immense issue of realistic and practical solutions for climate change and flooding resilience.

Clarkson and White have been proven leaders for all of these matters. They are open to concerns, welcome input and provide outstanding constituent services. They have a vision for a better future. Please join me in voting for them in the primary and in November!

Peter Miller, Weston

### Facing rising waters: Fortifying Vt's flood defenses for the future

Dear Editor,

For the second consecutive year — exactly one year to the day — Vermont was struck by catastrophic flooding, wreaking havoc across our beautiful state. Kingsbury Companies, alongside many others, has been on the frontlines of cleanup and recovery efforts these past few weeks, and we are still supporting Vermonters in the aftermath of this relentless natural disaster. The repeated damage we've encountered — crumbling roadways, devastated driveways, infrastructure deterioration, and access-blocking debris — underscores an

unpleasant reality: flooding in our home state is not an isolated incident, but a recurring challenge we need to address with foresight and strategy.

From my front-row seat

The road ahead is demanding, but it is doable with collaborative will and decisive action.

to the recurring destruction, I've learned that our communities and leaders need to work hand-in-hand to build a more resilient and prepared state. Kingsbury Companies has dedicated resources, time, and

Rising waters → 12

### 'How To Be An AntiRacist'

Dear Editor,

In response to Susan Weiksner's letter in the last edition of the Mountain Times about being offended by political cartoons: I, in turn, was offended by your racism.

You stated you are a retired teacher from Georgia. I hope your retirement offers you the time and mo-

tivation to seek knowledge, as any student exposed to your views surely experienced harm.

You said, "I am a retired teacher and know how education is not valued among the majority of blacks."

I recommend "How To Be An AntiRacist" by Dr. Kendi. Madison Akin, Clarendon



## CAPITOL QUOTES

On Tuesday, Aug. 6, Kamala Harris' selected Minnesota Governor Tim Walz as her running mate. Walz spent more than two decades as a public school teacher and football coach, and as a member of the Army National Guard, before running for Congress in his 40s, defeating a Republican in a rural, conservative district — he won reelection five times. He was first elected governor in 2018 and handily won reelection in 2022.

**“One of the things that stood out to me about Tim is how his convictions on fighting for middle class families run deep. It’s personal. As a governor, a coach, a teacher, and a veteran, he’s delivered for working families like his own. We are going to build a great partnership. We start out as underdogs but I believe together, we can win this election,”**

said presidential candidate **Kamala Harris** in a statement announcing her selection Tuesday, Aug. 6.

**“[This is] the honor of a lifetime...The joy that you’re bringing back to the country, the enthusiasm that’s out there — it’ll be a privilege to take this with you across the country,”**

said **Tim Walz** when accepting the offer to be her running mate, according to a video the campaign posted.

**“In Tim Walz, Harris has found a champion for rural America and hardworking families; a veteran who knows the women and men who serve deserve more opportunities when they come home. From the classroom, to the football field, to the National Guard, to the U.S. Congress and Minnesota State Capitol, Tim served his community and our country,”**

said Vermont Sen. **Peter Welch** in a statement, Tuesday.

**“In Governor Walz, Democrats get the left’s full policy agenda from someone who often looks like he just climbed down from his deer stand,”**

said **Tim Pawlenty**, the last Republican to serve as Minnesota’s governor.

## COMMENTARY

# 2024’s accidental election innovation: a shorter campaign

By Madeleine Kunin

*Editor’s note: Madeleine Kunin served as the 77th governor of Vermont from 1985-1991.*

Just about every article about the Harris/Trump presidential campaign emphasizes how little time we have left until Election Day: fewer than 100 days. The authors of these stories see these few days as a crisis, a disadvantage or at least a major problem to be overcome.

I disagree. I think a shorter presidential campaign is a great advantage — for both parties. Remember the old days of 2020 and even farther back? We got sick of the campaigns. We got bored. We changed the channel when we could. The campaign ads we had to watch were the “same old, same old.” We had a hard time paying attention. And think of the money spent.

What a contrast 2024 has become. We are experiencing something new. We’re

actually paying attention to the campaigns by both parties. By sheer accident — because President Biden stepped down and endorsed Vice President Kamala Harris later than usual — we’re doing what most democracies do: have three-month or even shorter election campaigns.

Admittedly, some of the excitement is caused by the possibility that Harris may be the first woman president in American history.

But our attention span is longer and deeper than that. A short campaign holds our attention. Attention is a quality of mind that both candidates desperately want to achieve from the audience. That is the best way to win over a voter.

Who knows? Shorter campaigns might become a habit. I, for one, would be happy.

## Vt is a beacon of light for women

By Melinda Moulton

*Editor’s note: Melinda Moulton, of Huntington, is a writer, filmmaker, social and climate activist and community leader.*

As the grandmother of three teenage girls, I have trepidation about their futures growing up in America. A hateful tenor toward women and anti-women rhetoric out in the open is now mainstreamed. Women’s rights are being pulverized by a male-dominated anti-female political movement.

Jessica Calarco, author of “Holding it Together: How Women Became America’s Safety Net” writes, “Compared with its economic peers, the United States lacks social safety net programs for women: programs like sick time, vacation time, health care, affordable day care, and maternal leave.”

Women hold nearly 70% of the lowest wage jobs and they are struggling, ignored and often vilified in the political arena. Demeaning treatment and mean-spirited comments and policies against women have accelerated in this country. I personally have experienced this. Prominent powerful women are spoken of in the vilest of ways to trivialize and demean them. Anti-woman hate speech has emboldened some men in our country to engage in degrading, demeaning, damaging and even dangerous behavior toward women.

Vermont is working to fight back against this movement, and I take immense pride in the progress we have made for women. In November of 2022, Vermont became the first state to enshrine abortion rights into our

constitution. The yes votes outnumbered no votes 72% to 22%.

Last year, Gov. Phil Scott signed Act 47, which revised local zoning and land use regulations to allow for more dense affordable housing which supports women and families. This year, PR.4 — a declaration of rights, government for the people and equality — was adopted by the Vermont Senate. Act

Women hold nearly 70% of the lowest wage jobs and they are struggling.

117 expands employment protections and collective bargaining rights, and Act 94 requires insurance companies to provide coverage for diagnostic breast imaging.

TrustedHousesitters rated Vermont as the safest state for solo female travelers, and U.S. News & World

Report rated Vermont fourth for gender equality, first place for family planning and care and second place for economy and representation of power.

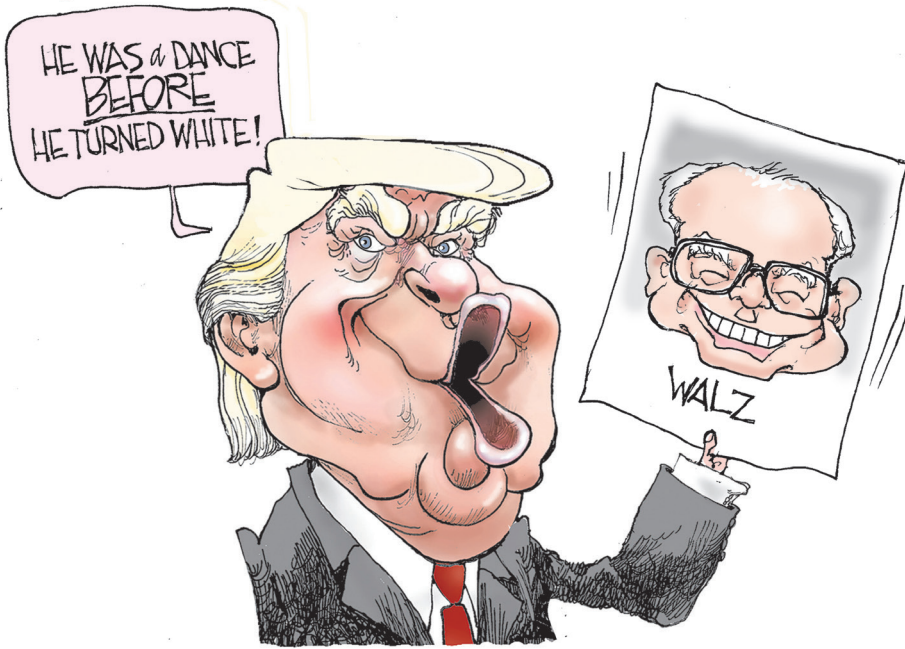
According to the Center for American Women in Politics, Vermont ranks fourth in the nation for female representation in our state Legislature. Rep. Becca Balint is Vermont’s first gay woman elected to Congress and Mayor Emma Mulvaney-Stanek is the first gay woman elected as mayor of our Queen City. We are emboldened and taking charge.

Women have the strength, the brilliance and the fortitude to fight back against those who so blatantly strive to take away our rights and dignity. That is exactly what we will do, and Vermont will continue to be a beacon of light for women across this country.

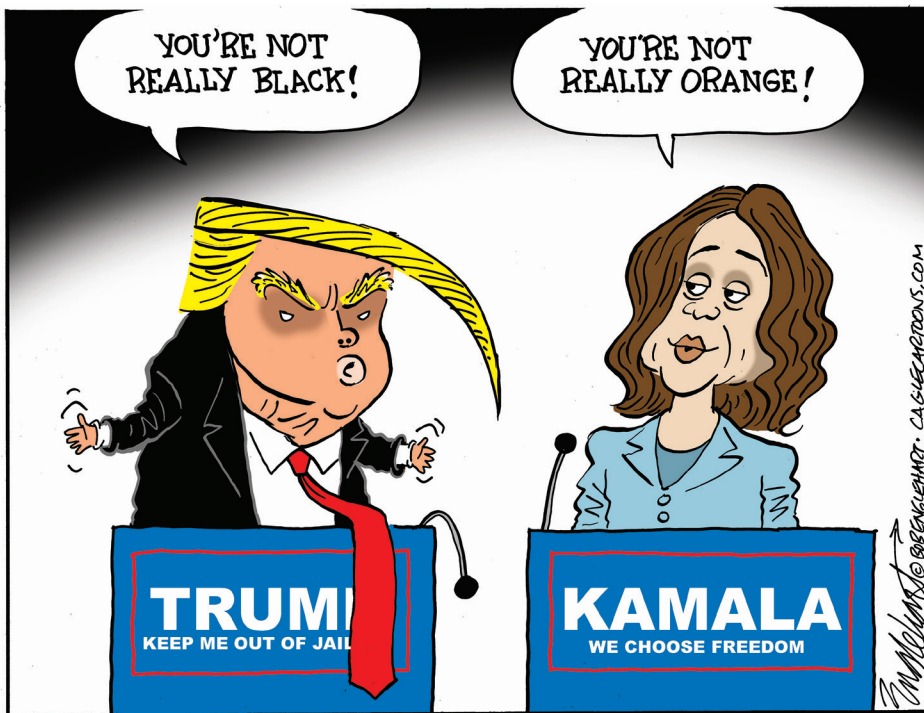


CARTOONS

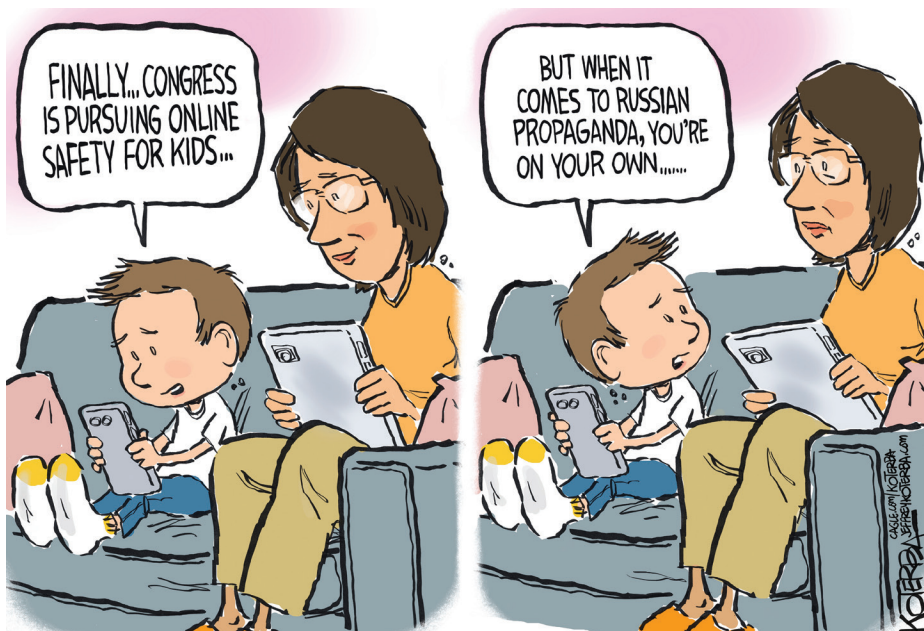
Bill Day Cartoonists.com



Walz is White by Bill Day, FloridaPolitics.com



Kamala Is Black by Bob Englehart, PoliticalCartoons



Online Safety by Jeff Koterba, patreon.com:jeffreykoterba



By Polly Mikula

### Next up: Killington Road retaining wall

Markowski Excavating, Inc. will begin to install the retaining wall on the west side of Killington Road below Killington Sports. The pressed concrete blocks were chosen by the town for both their function and style.

### ← Rising waters: from page 10

expertise to repairing and restoring, yet we recognize that our efforts are only part of a much larger solution that Vermont desperately needs as we wait for support from the federal government.

One critical measure that demands our immediate attention is the dredging of Vermont rivers like the Winooski and the Lamoille. Although this will not likely solve the long-range effects of our changing environment, the buildup of sediment and debris in our waterways significantly exacerbates flooding by reducing the capacity of the rivers to channel excess water. Dredging is a routine maintenance task and is at least one arrow in our quiver that's deployable. It is a vital flood mitigation strategy to enhance water flow, reduce the risk of overflow, and protect our homes and businesses from the worst of the floodwaters.

However, our efforts to implement strong and comprehensive flood mitigation strategies are often impeded by regulatory constraints. Vermont's Act 250, while designed to protect our environment, forces stringent restrictions that can hinder necessary and timely intervention. Specifically, the limitations on rock quarries and aggregate sources make it much more expensive and difficult to procure essential materials for flood prevention and repair projects.

Restrictions like these not only increase costs but also force frontline professionals like ours to transport materials from faraway locations, further burdening our roads and vehicles and adding wear and tear to our already taxed infrastructure.

To effectively address the escalating threat of flooding, we need an approach that considers both environmental preservation and the need for infrastructure support long term. Easing Act 250 regulations is a vital first step, especially those restricting resource allocation for flood mitigation projects, but it is going to take more than brief temporary relief during catastrophic events like July. We need a regulatory framework that supports proactive measures like river dredging and the effective sourcing of resources without compromising the ecological integrity of our state. An even better approach would be a collaborative one that engages state authorities, environmental experts, and community stakeholders to devise and implement policies that safeguard our environment while protecting our homes, businesses, and livelihoods from recurrent flooding.

Vermont's commitment to infrastructure investment must be unwavering. Roads, bridges, and public utilities are the lifelines of our communities, and their resilience in the face of

natural disasters is non-negotiable. Prioritizing funding for infrastructure repair and enhancement not only aids in recovery efforts but will also strengthen our defenses against future floods.

My team and I remain steadfast in our mission to support our fellow Vermonters through these challenging times, working tirelessly to leverage our expertise and capabilities to restore communities. But our experiences remind us of the pressing need for systemic change that goes beyond immediate recovery. As storms in the East become more violent and drop more rain than we are used to, we can and need to better prepare for the floods of the future. If we do not commit more funds to correct deficient facilities and infrastructure, there will need to be a robust response plan to clean up homes, towns, and other important infrastructure as they continue to be washed away.

The road ahead is demanding, but it is doable with collaborative will and decisive action. Together, we can face the rising waters with confidence, knowing that our efforts today will protect and preserve the Vermont we love for generations to come in an efficient and economical way.

*TJ Kingsbury, Waterbury resident and the President of Kingsbury Companies, LLC*



← **Health care:**  
from page 10

of care, more recovery options and treatment from home; greater use of telemedicine, data and the like that reduces cost.

And on and on.

In a 32-page report, Hamony laid out the problem, explained the basis of a recovery plan, and encouraged the greater-Middlebury community — as well as the rest of the state where similar presentations have been made — to get involved and use political “pressure” to force the change. (A more detailed report and suggestions will be presented later this fall.)

The proposed changes, Hamory said, “will require concerted system transformation, sustained over time... an unrelenting effort.”

If you’re thinking this sounds like a Mission Impossible movie, it is daunting.

But if we break it down community by community it seems more realistic.

- The Middlebury area is on track to put in 100 units of affordable and workplace housing with the Summit Properties project that was started two years ago. A town task force could seriously consider how we might attract more assisted living or other group homes (is a subsidy possible?), as well as other measures to ramp-up smaller housing developments, including tiny houses for young families. We need to do that planning now and put community resources together to make it happen.
- Porter Hospital has already addressed many of the cost-saving steps that can be realized through consolidation and shared resources, is working on providing more specialty services closer to home to limit costs to patients, and the hospital works well with the relatively

large number of other health care related services in the county. Can we work within those systems to expand preventive services to limit the need for more expensive care in our hospital system?

- Our local career centers, as well as the state college system, are incorporating health-care related classes and programs into their curriculums, but can we do more and do it better?

In short, these aren’t the types of obstacles that make a Mission Impossible movie sizzle. There are viable solutions. But it will take a “concerted” and “sustained” effort by every community-center in the state, and there will be substantial debates on how that change happens without upsetting some of the very providers we need serving in their highest capacity with adequate reward.

It won’t be easy, but the pressure isn’t going away.

Owen Foster, who grew up in Middlebury and is the chair of the Green Mountain Care Board, aptly captured the scale of the problem: “In a nation with some of the worst healthcare costs in the world, Vermont stands out as one of the states with the highest healthcare costs in the country.”

But he also offered this glimmer of hope: “This is dour and concerning, but I also want to say it’s an immense opportunity... We’re able to pause right now and look at what we have and look at what we need and intentionally design a system that will work for us.”

The Green Mountain Care Board has taken the first step with this study. The next step is harder: outlining a path forward that offers tangible rate relief. If it can do that, we’re confident Vermonters will apply the pressure to make it happen.



Courtesy Come Alive Outside

## New benches installed in Pine Hill Park’s Pinecone Adventure Forest

Come Alive Outside and Rutland Recreation and Parks have completed the installation of three new wooden benches along the popular Georgetti Trails, both lower and upper, according to a news release Tuesday, Aug. 6. “These benches provide much-needed spots for residents and visitors to rest, relax, and enjoy the beauty of the park,” the organizations stated.

In 2021, a community survey was conducted by Come Alive Outside, a non-profit that connects communities to nature, to understand what keeps people from spending time outdoors. One of the top barriers for people in our community was the lack of outdoor seating for those with mobility issues and young children who need a place to rest. Based on this feedback, Come Alive Outside and partners took action to address the need.

Myra Peffer, founder of Wonderfeet Kids Museum and former director of Come Alive Outside, was a key force behind this project. As one of the original creators of the Pinecone Adventure Forest and the book path along the trail, she aimed to make this unique and interactive green space more accessible. With grants from the Vermont Community Foundation’s Spark program and support from the Outdoor Gear Exchange, Peffer was able to secure funding to build three benches for the Georgetti trails. She also collaborated with chainsaw artist Peter Auchmoody to create a special storytelling bench designed to inspire stories across generations.

“This project was truly a community effort,” the organizations stated in the news release.

The Mint crafted two of the benches, while Pine Hill Trust, the Rutland Recreation Center, and Come Alive Outside worked together to install the benches. Earlier this summer, students from Rutland High School’s YES program gave the entire Pinecone Adventure Forest a makeover and replaced damaged story walk items, thanks to a donation from the Rutland Free Library.

The new benches at Pine Hill Park are dedicated to three champions of Come Alive Outside: Andy Paluch, Russ Marsan, and Myra Peffer.

With fresh paint, new benches, and 12 interactive play stations, Pinecone Adventure Forest is ready for visitors.

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## ← City housing:

from page 1

buildings. The units are intended to accommodate up to a six-person family, will be energy efficient and equipped with solar. The campus will be gated and drug and alcohol free. There will be 24/7 onsite support and wraparound services. The staff buildings will include a common area with resources to help residents as they pursue gainful employment and long-term housing.

Each aspect of the project will be funded by state grant money, including staffing costs. Support staff positions intend to be filled

through partnerships with graduate programs at universities around the region. The development, management, and ownership of this project will likely be handled by organizations like the Rutland Housing Authority or the Housing Trust of Rutland County.

It is still to be determined exactly where the campus will be located, as well as the programming and scheduling of the services provided.

“This is still in idea mode. We need to get it to practical application mode,” Doenges said.



Courtesy Eric Mallette, Paramount Theatre

## ← Paramount expansion:

from page 1

hosting as many as 50 guests.

“Whether in use pre-show for private gatherings or connected to events taking place one floor above, these breakout spaces on The Suite Level have uses as diverse as the individual user desires,” the theatre wrote.

Additional upgrades include expanded lobbies, larger concession services, a dramatic increase in the number of restroom facilities across all levels, and the installation of an energy efficient HVAC delivery system.

The Paramount has raised 75% of the funding required to see this \$6 million through to its completion.

“Thanks to the generosity of the community including major employers in addition to many other Rutland stakeholders including several local families and small-businesses,” the release continued. “In addition to investments made by local partners, including The City of Rutland, this project has earned the support of the State of Vermont and the Northern Borders Regional Commission.”

The Paramount Theatre’s main stage operations will not be impacted during the construction period. The timeline for full project completion is three years, with the ground floor work finished in the first 12 to 18 months. Russel Construction, with deep roots in Rutland, has been contracted for the work.

“This project dovetails seamlessly with the organization’s 24-year mission centered in enriching the lives of those here our community. When completed, the ‘Jewel of Downtown Rutland’ will shine brighter than ever before, enhancing the pride Rutland already has in this magical space,” commented Eric Mallette, the Paramount’s executive director. “The ripple effect on the local economy created by increased usage will grow to an estimated \$3.5 million from the already impactful \$2 million the organization has now.”

The Paramount Theatre is a nationally recognized Landmark Theatre with a current capacity of 830 patrons that was built in 1914 and renovated in 1999. Paramount Center, Inc is a federally recognized 501c3 not-for-profit organization.

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

## ← Broadband funds:

from page 7

to build out broadband across the state. This will connect rural communities and ensure all Vermonters have access to the technology, skills and tools needed to participate in today’s digital economy,” said Senator Peter Welch. “Today’s announcement by the NTIA and the Department of Commerce is welcome and exciting news and is a step forward in our coordinated effort to get Vermont connected.”

“We thank the NTIA, Vermont’s Congressional Delegation, Governor Phil Scott, Commissioner Tierney, the VCBB Board, and the hundreds of Vermonters who have volunteered countless hours to get us to this point. These volunteers helped the VCBB incorporate the values of Vermont communities into the work and improved the quality of Vermont’s BEAD Initial Proposal. Vermont is already connecting underserved Vermonters every day, and Vermont is working to bridge the digital divide. With this approval, the VCBB is taking the next step with confidence that the BEAD funding will get Vermont to the goal of getting Vermonters to the access they need to get connected to broadband,” said VCBB Executive Director Christine Hallquist.

The BEAD program is a \$42.45 billion state grant program authorized by the Biden-Harris Administration’s Bipartisan Infrastructure Law. The states, territories and Washington D.C. are being allocated funding to deploy or upgrade high-speed Internet networks to ensure that everyone has access to reliable, affordable, high-speed Internet service. Once deployment goals are met, any remaining funding can be used on high-speed Internet adoption, training, and workforce development efforts, among other eligible uses.

BEAD-eligible entities—the 56 states, territories, and the District of Columbia—are required to submit for NTIA’s approval an Initial Proposal detailing how they plan to spend their BEAD allocation to deliver high-speed Internet access to all unserved and underserved locations within their borders. One year from Initial Proposal approval, states must submit a Final Proposal that details, among other things, the outcome of the subgrantee selection process and how the state will ensure universal coverage.

You can watch today’s official announcement by Assistant Secretary of Commerce for Communications and Information and NTIA Administrator Alan Davidson, who was joined by Vermont Public Service Department Commissioner June Tierney and VCBB Executive Director Christine Hallquist, on our website [Broadband Equity, Access, and Deployment Program](http://BroadbandEquity,Access,andDeploymentProgram) | Department of Public Service ([vermont.gov](http://vermont.gov)).

“High-speed Internet isn’t a luxury, it’s a necessity. But right now, there are more than 33,000 homes, small businesses and farms in Vermont that don’t have access to a high-speed connection... Vermont is on its way to accessing nearly \$230 million to build out broadband,” said Sen. Welch.

## ← Pohl Property:

from page 4

fundraising when and if it becomes a reality. No decisions have been discussed regarding what type of housing — ie, senior, low- or middle-income, etc. — the project might include.

Hartland Winter Trails maintains 3.5 kilometers of ski trails on the property, and there’s a small area used for passage by [Vermont Association of Snow Travelers] snowmobile riders. In general, Anderegg wrote, “four-season, low-impact, non-motorized uses” for the general public, in easy walking distance to the Three-Corners village and the town hall and offices. A local farmer harvests hay from part of the property — an arrangement that is expected to continue.

The Pohl estate will retain 11 acres containing two houses and a pool house that once belonged to famous artist, illustrator and author Ilse Bischoff, who was born in New York in 1901 and died in Hartland in 1990. Her works are on display in the Metropolitan Museum of Art (NYSC), Boston’s Museum of Fine Arts, and the Hood Museum at Dartmouth College. She was known for having lavish parties with many New York and arts world socialites

among the guests that went on for days, according to the late Jane Curtis.

During an interview with Mr. Pohl a few years ago, he told the Mountain Times as a child, he was often at the house during the par-

Hartland Winter Trails maintains 3.5 kilometers of ski trails on the property.

ties and had a close bond with Bischoff. His ownership of the house was destined early in his life.

Pohl, a member of the bar in Germany and educated at Dickinson

College Law School, Harvard and Massachusetts Institute of Technology, was president and CEO of Daimler-Benz for 20 years, and regularly traveled back and forth from Hartland to his office. On one foggy, fateful night in 2009 his car struck a large deer on I-89 in New Hampshire. The Rutland Herald reported his car ended up inoperable, with no lights, and facing the wrong way in the northbound lanes. Hoping to prevent tragic accidents, he stood in the road, trying to warn northbound drivers, which led to his being hit by two vehicles. He was air-lifted to DHMC with serious injuries.

As he aged, Pohl was given care by Gabriella von Schoren, a long-time friend and companion.



**WORDPLAY**

ADVENTUROUS WORD SEARCH

Find the words hidden vertically, horizontally, diagonally and back

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

ACHIEVEMENT  
 ACTION  
 ACTIVE  
 ADVENTURES  
 BARRIERS  
 BOUNDARIES

BUMPS  
 BUNGEE  
 CHILLS  
 CLIMBING  
 COASTER  
 COMPETITION

ENDURANCE  
 EXERTION  
 EXTREME  
 GOALS  
 HEART-RACING  
 HIGH

PARACHUTE  
 RAPIDS  
 SCARY  
 SPEED  
 THRILLING  
 TRAIL BLAZE

**Ramsey:** .....  
 from page 1

“While his time was short, we truly appreciate all Michael did for this town,” said Karr. “He came in at an exciting but challenging time and jumped in with both feet...I wish him the best of luck in all the future endeavors he’s going to pursue. I will personally miss him.”

“We’re looking forward, now,” said Haff. “The town of Killington is strong and Killington Forward projects are on track. There are so many people that run this town and make it — as well as these bigger projects — successful ... we’ll take some time to see where things are and what needs to be a priority and go from there.”

Karr agreed, added, “There are lots of great things going on here in town and I think that’s going to have a strong appeal for another town manager...it’s truly an exciting time for us.”

At the meeting Friday, resident Don Martin asked who would cover as town manager after Ramsey’s departure.

Haff answered, “I’ve already reached out to VLTC, they have given us a few names of former retired town managers who will come in for 4-6 months as interim managers... they can also help us find and hire a new town manager,” he said.

“Michael ... came in at an exciting but challenging time and jumped in with both feet...I wish him the best of luck in all the future endeavors,” said Karr.

**CROSSWORD PUZZLE**

Solutions →30

**CLUES ACROSS**  
 1. Spiritual leaders  
 7. A solution  
 13. Fortified wine  
 14. Edible mollusk  
 16. Blood group  
 17. A way to compare  
 19. Gov’t lawyer  
 20. Actor Ciaran  
 22. Calendar month  
 23. Very willing  
 25. \_\_\_ ex Machina  
 26. Satisfies  
 28. Type of berry  
 29. Distinctive practice  
 30. Popular pickup truck model  
 31. Dekagram  
 33. Naturally occurring solid material  
 34. Company officer  
 36. Villains  
 38. Cricket frogs  
 40. German founder of psychology  
 41. Endured  
 43. A female domestic  
 44. A situation you can be in  
 45. Cigarette (slang)  
 47. Fiber optic network (abbr.)  
 48. Belgian composer Walter  
 51. Employee stock ownership plan  
 53. Belonging to the bottom layer

55. Musical or vocal sound  
 56. Yankees’ great Judge  
 58. Dickens character  
 59. Beloved late sportscaster Craig  
 60. South Dakota  
 61. Exposing human vice or folly to ridicule  
 64. Atomic #79  
 65. Former Braves pitcher Julio  
 67. Humor  
 69. Shawl  
 70. Hospital unit  
**CLUES DOWN**  
 1. Animal disease  
 2. Commercial  
 3. Arts and crafts supplies  
 4. Containers  
 5. Investment vehicle  
 6. A way to greet in a friendly way  
 7. Bulged downward  
 8. “A Day Without” singer  
 9. Lay about  
 10. Intestinal  
 11. Negative  
 12. Caused to be loved  
 13. Prominent in Islamic eschatology  
 15. Sincere  
 18. Not in

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

21. Number above the line in a fraction  
 24. Bill Murray chased one  
 26. Pouch  
 27. Swedish krona  
 30. Start over  
 32. Wild white or yellow flower  
 35. Fourteen  
 37. Visual way of interacting with a computer (abbr.)  
 38. Up-to-date  
 39. Campaigns  
 42. Touch lightly  
 43. “Boardwalk Empire” actress Gretchen  
 46. Violent seizure of property  
 47. One who supports the Pope  
 49. Malaise  
 50. Body fluid  
 52. Inauthentic person  
 54. Title of respect  
 55. Chilean city  
 57. Central Japanese city  
 59. Garment  
 62. Draw from  
 63. Automobile  
 66. The man  
 68. Top government lawyer

*Guess Who?*

I am a ballplayer born in New Jersey on August 7, 1991. I followed in my father’s oosteps by playing baseball. I was named Minor League Player of the Year in 2010. I have earned the American League MVP award three times, and I’m known as a great hitter and defensive player.

Answer: Mike Trout

**SUDOKU**

Solutions →30

To solve: make sure each row, column and block, contain one of the numbers from 1-9. No number may appear more than once.

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

Level: Intermediate



**WEDNESDAY**

8/7

**THURSDAY**

8/8

**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.

**Wednesdays with Farmer Fred in Plymouth Notch**

10 a.m.-5 p.m. Calvin Coolidge State Historic Site, Plymouth Notch, Plymouth. Free. Join the Calvin Coolidge State Historic Site's resident farmer each Wednesday to explore historic farming tools and techniques. Activities may include sheep shearing, rye harvesting, blacksmithing, or cider pressing, and there might be a chance to meet Fred's special farmyard animals. [historicsites.vermont.gov](http://historicsites.vermont.gov).

**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. [woodstockvt.com](http://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 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).

**Cavendish Summer Concert Series: Bear Mountain Boys**

6-8 p.m. Proctorsville Town Green, Cavendish. Free. Enjoy an evening of live music with the Bear Mountain Boys, bringing their unique sound to the beautiful outdoor setting. Don't forget to bring a chair or blanket to relax and enjoy the show. For more information, contact [cavendishconnects@gmail.com](mailto:cavendishconnects@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: Los Lorcás**

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. Final day. 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).

**Jazz Café**

7-9 p.m. Stone Valley Arts, 145 E Main St, Poultney. Free. Experience an evening of jazz standards with the Jazz Essentials Quintet, featuring featuring 5 Vermont musicians performing jazz standards by artists including Miles Davis, Dave Brubeck, Horace Silver, Antonio Carlos Jobim, and Duke Ellington. The ensemble, known for its work with Vermont Jazz Ensemble and other groups, also includes music educators from local institutions. This event is free and open to the public. [stonevalleyarts.org](http://stonevalleyarts.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.

**Artery**

10:30am-noon. Thursdays. Adults. Connect and create with others. \$10-\$20. Painting in all mediums welcome. No set topic or instructor, attendees will work on their individual artwork. MUST PRE-REGISTER. [chaffeeartcenter.square.site/](http://chaffeeartcenter.square.site/) or call 802-775-0356

**Ukelele Group**

12-1 p.m. Thursdays. Free. Attendees will play a collection of sheet music. All levels welcome, ages 12+. MUST PRE-REGISTER BY WEDNESDAY at noon. [chaffeeartcenter.square.site/](http://chaffeeartcenter.square.site/) or call 802-775-0356.

**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](mailto:kids@hartlandlibrary.org/calendar) or 802-436-2473.

**Chili Cook-Off 2024**

5-8 p.m. K1 Base Lodge, Killington Resort, Killington. Individual \$10, couple \$15, family of four \$25, contestants free. Join the much-anticipated Chili Cook-Off featuring live entertainment by the John Lackard Blues Band. Compete for the title of "Best Chili in Killington" or come to taste. All proceeds benefit the Killington Recreation Scholarship Fund to support children in sports and summer programs. [killingtonrec.com](http://killingtonrec.com).

**The River Road Concert Series: The John Lackard Blues Band (5pm at K1)**

5 p.m. The weekly concert series is normally held at 6 p.m. at Sherburne Memorial Library, 2998 River Road, Killington, but this week will held be at 5 p.m. along with the 2024 chili cook-off at K1 Base Lodge, Killington Resort. Free. Enjoy weekly outdoor concerts hosted by the Killington Parks and Recreation Department and Sherburne Memorial Library. [sherburnelibrary.org/adults-and-seniors/river-road-concert-series](http://sherburnelibrary.org/adults-and-seniors/river-road-concert-series).

**Feast and Field Music Series: Timbermash**

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 with Mr. Pianoman**

6:30 p.m. Belmont village green, Mt Holly, 1 mile from the flashing light off Rt. 103. Jamie Ward, a.k.a. Mr Pianoman, plays classic blues, rock, and motown hits, along with a patriotic-themed song contest. In case of rain, the concert will be held across the street at the community center/Library. Attendees are encouraged to bring blankets or chairs for the outdoor event. For more information, visit: [mounthollycommunityassociation.org](http://mounthollycommunityassociation.org).

**Fair Haven Concerts in the Park: Mellow Yellow**

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.

**Hans Williams at  
Paramount Theatre****Friday at 8 p.m.****FRIDAY**

8/9

**Friends of the Rutland Free Library Book Sale**

10 a.m.-2 p.m. 10 Court St, Rutland. Donation-based. Browse thousands of organized, gently used books, CDs, DVDs, and puzzles for all ages, including rare and antique selections. All purchases are by donation only, with a limit of two grocery bags per family. Proceeds support library programs, collections, and designated projects. No book dealers allowed. [rutlandfree.org](http://rutlandfree.org).

**Conservation Through the Artists' Eye**

10:30 a.m. Marsh-Billings-Rockefeller National Historical Park, 54 Elm St., Woodstock. Adults \$9, Seniors 62+ \$5, 15 and under \$1 Explore the Billings-Rockefeller art collection featuring Hudson River School paintings by Bierstadt, Cole, and Durand. This guided tour delves into how art influenced the conservation movement. Check-in at the Carriage Barn Visitor Center 15 minutes before the program begins. Advanced reservations are highly recommended. [nps.gov/planyourvisit](http://nps.gov/planyourvisit).

**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/planyourvisit/index.htm](http://nps.gov/mabi/planyourvisit/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**

Noon-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).



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

**Pentangle Arts Music by the River: Mystic Bowie and Talking Dreads**

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.

**Shrewsbury Meeting House Summer Concert –**

**Noah Harley, Roots & Shoots of Country Music**  
6-8 p.m. Community Meeting House, 88 Lottery Road, Shrewsbury. Free. Food vendors on site TBA. All proceeds go to the musicians and the historic Shrewsbury Meeting House. For more info, call 802 492-3649 or 802 558-2708. Follow us on Facebook: Shrewsbury Meeting House Concert Series.

**Ray Boston – Still on the Mountain**

6-9 p.m. 47 Old Mill Road, Killington. Free admission. Enjoy an evening of live music with Ray Boston at Killington Distillery. info@killstill.com.

**Porcupine x SVT Group MTB Rides**

6-8 p.m., Country Club, 2725 VT-30, Poultney. Free. Join Slate Valley Trails and Porcupine Bikes for a Friday night trail ride series. All ability levels are welcome; groups will be formed based on pace. Expect to ride for a couple of hours. Bonus Pizza Night hosted by the TrailHouse with wood-fired pizza post-ride (by donation). slatevalleytrails.org.

**Jackson Gore Summer Music Series: Cable**

**Junction**  
6-9 p.m. Jackson Gore Courtyard, Okemo. Free. 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.

**Hans Williams at Paramount Theatre**

8-10 p.m., Paramount Theatre, 30 Center St, Rutland. \$25-\$30+ tax/fees. Enjoy an evening with independent singer-songwriter Hans Williams, known for his raspy vocals and emotionally resonant indie-folk music. Tickets available at paramountvt.org.

**SATURDAY**  
8/10

**West Rutland Marsh Monitoring Walk**

7-9 a.m. West Rutland Marsh, Marble St., West Rutland Free Join us for our monthly monitoring of West Rutland marsh. Meet at the boardwalk on Marble Street. Go the whole 4-mile route or go halfway. rutlandcountyaudubon.org/events.

**Run with a Ranger**

8 a.m. Saturdays. Marsh-Billings-Rockefeller National Historical Park, 69 Old River Rd, Woodstock. Free Join a Park Ranger for a 4.5-mile trail run with a 600' elevation gain through historic carriage roads and trails. This intermediate+ run includes insights into the history of the Mt. Tom Forest. Water and restrooms available at the Forest Center. Bring sneakers, a water bottle, and bug spray and sun protection. Meet at the Forest Center; parking is at Billings Farm & Museum. Registration required. nps.gov/mabi/planyourvisit/index.htm.

**Slate Valley Scramble**

8:30 a.m.-1 p.m. Slate Valley Trails, Poultney. \$25. This race is one of SVT's biggest annual fundraisers. Runners can choose from an 8K or half-marathon, held entirely on trails in southwestern Vermont, with a free kids fun run following both events. Details at runreg.com/12027.

**Summit Yoga with Jasper Forest**

9-10 a.m., Summit Deck (weather permitting), park at Sunburst Six, Ludlow. \$15 for chairlift ride or free with 24/25 Season Epic pass, \$12 for yoga class. Enjoy an early morning yoga class at the summit, featuring Jennifer from Jasper Forest, with views and a peaceful setting. Purchase tickets at the Okemo ticket window. Bring a yoga mat, water bottle, sunscreen, and bug spray. okemo.com

**89th East Poultney Day**

9 a.m.-3 p.m. East Poultney Green. Free. Celebrate local history with the theme "Made in Poultney." Historian Ennis Duling and Poultney Public Librarian Rebecca Cook will present on local manufacturing history. Explore 19th-century school days with Dale and Joan Prouty at the Union Academy. Enjoy kids' activities, including an ice cream contest, bounce house, face painting, and art projects. Adults can browse over 25 vendors, watch woodworking demos by REclaimED, and sample farm fresh foods. Musical performances by Breanna Elaine and Carl Anton Diethelm will enrich the day. Visit our historic museums. Participate in the Poultney Historical Society Raffle for a chance to win prizes such as a Hubbardton Forge lamp, Telescope beach chair, and more. For raffle tickets, return them by 1:30 p.m. on the event day. poultneyhistoricalsociety.org.

**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.

**Movement and Dance Adventure with Hanna**

**Satterlee**  
10:30-11:15 a.m., Norman Williams Public Library, 10 The Green, Woodstock. Free. Join Hanna Satterlee for a fun and interactive movement and dance adventure for children of all ages. Held in the side garden or mezzanine if raining. For more info, call 802-457-2295.

**Friends of the Rutland Free Library Book Sale**

10 a.m.-2 p.m. Sat., Aug. 10. 10 Court St, Rutland. Donation-based. Browse thousands of organized, gently used books, CDs, DVDs, and puzzles for all ages, including rare and antique selections. All purchases are by donation only, with a limit of two grocery bags per family. Proceeds support library programs, collections, and designated projects. No book dealers allowed. rutlandfree.org.

**Art in the Park Rutland**

10 a.m.-5 p.m. Main Street Park, Rutland. Voluntary donation. Enjoy juried fine artists, craftspeople, specialty foods, live music, free kids' activities, and demonstrations. Food trucks and bakery items available. chaffeeartcenter.org.

**Lit Fest**

10 a.m.-4 p.m. Old Stone Church, 145 East Main St, Poultney. \$40-\$80. SVA Lit Fest writing workshops (Poetry, Fiction, Playwriting) are carefully crafted by professional facilitators to benefit writers in all genres and with all levels of experience. For complete program and to register, visit: stone-valley-arts.loxi.io literary-arts-festival-3-3490.

**Friends of the Rutland Free Library Book Sale**

10 a.m.-2 p.m. 10 Court St., Rutland. Donation-based. Browse thousands of organized, gently used books, CDs, DVDs, and puzzles for all ages, including rare and antique selections. All purchases are by donation only, with a limit of two grocery bags per family. Proceeds support library programs, collections, and designated projects. No book dealers allowed. rutlandfree.org.

**Rutland Railway Museum & Model Club**

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

**Making "Morrill's Pink": with Jennifer Brown and**

**Katie Spencer**  
12-4 p.m. Senator Justin Morrill Homestead, 214 Morrill Road, Strafford \$45. For Adults and Teens In this workshop, explore natural dyes and watercolor paints inspired by the iconic pinks of the Morrill Homestead. Use materials like madder, loquat leaves, and sumac to dye fabrics, and create watercolor studies of pink and its complementary colors. Pre-mordanted cotton bandanas will be provided; bring additional natural fiber items or undyed yarn if desired. For registration, contact director@morrillhomestead.org.

**Art at the Chaffee: Drop N' Paint**

Noon-2 p.m. Saturdays. Chaffee Art Center, 16 So. Main St., Rutland. \$25 per person, instructor help optional with a fee. All ages. Supplies and images to paint are provided. Must pre register by Friday noon at: chaffeeartcenter.org or 802-775-0356.

**3rd Annual Great North American Maple Pie Contest**

2-5 p.m. Baird Farm Maple Syrup, 65 West Road, North Chittenden. Free. An afternoon of pie-related fun, including a pie contest judged by local celebrities, pie throwing, and the chance to eat pie and ice cream. The winner will receive a year's supply of maple syrup and other pie-themed prizes. There will be lawn games, pie-themed music, and activities for the whole family. Bring cash for participation in various activities. A portion of proceeds will support the Vermont Farmers Food Center. For pie competition registration and details, visit: tinyurl.com/bdzc5t99

**Cooler in the Mountains: CDBB**

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.

**Nick Bredice – Still on the Mountain**

6-9 p.m. 47 Old Mill Rd, Killington. Free admission. Enjoy an evening of live music with Nick Bredice at Killington Distillery. info@killstill.com.

**'F Words: Funny.Females' at The Grange Theater**

7-9 p.m. The Grange Theater, 65 Stage Road, South Pomfret. \$25. A night of standup comedy featuring Vicki Ferentinos, Sharon Spell, Meredith Gordon, and Maddie Cross. For tickets call 802-457-3500 or artistreevt.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.

**SUNDAY**  
8/11

**Ludlow Farmers' Market**

9 a.m.-1 p.m. Sundays through 10/13. So. Depot St., Ludlow. S. Depot Street in Ludlow. 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.

**Lit Fest**

10 a.m.-3:30 p.m. Old Stone Church, 145 East Main St, Poultney. \$45-\$80. SVA Lit Fest writing workshops (Poetry, Fiction, Playwriting) are carefully crafted by professional facilitators to benefit writers in all genres and with all levels of experience. For full program, visit: stone-valley-arts.loxi.io/literary-arts-festival-3-3490.

**Art in the Park Summer Festival**

10 a.m.-5 p.m. (Sat), 10 a.m.-4 p.m. (Sun), Main Street Park, Rutland. Voluntary donation. Enjoy juried fine artists, craftspeople, specialty foods, live music, free kids' activities, and demonstrations. Food trucks and bakery items available. chaffeeartcenter.org.

**Cemetery Walk, Fair Haven**

2-4 p.m. — Join the Historical Society at the Cemetery on West Street for a focused tour highlighting veterans buried there who served in the Revolutionary War, War of 1812, and Civil War. Paul Laramie will also demonstrate gravestone cleaning and restoration techniques. This event is free to attend. fairhavenvt.gov.

**3rd Annual Great North American Maple Pie Contest**

**Saturday at 2 p.m.**





**Calendar:** Email events@mountaintimes info.  
from page 17

### Central Vermont Chamber Music Festival

4-5:30 p.m. North Universalist Chapel, 7 Church St., Woodstock  
Admission by Donation Enjoy an encore performance of the "Majors & Minors" concert featuring music for strings and piano by Brahms, Mozart, and Dora Pejačević. Presented by Pentangle Arts. Contact boxoffice@pentanglearts.org or visit pentanglearts.org.

### A Journey Through Strings and Stories

4 p.m. Old Parish Church, Route 100, Weston. \$5 for adults; children 12 and under free — Hiroya Tsukamoto, an innovative guitarist and composer, will perform as part of the Sundays On The Hill Concert Series. Tsukamoto blends folk, jazz, and world music with masterful fingerstyle guitar and evocative storytelling. Originally from Kyoto, Japan, Tsukamoto has performed on prestigious stages including Blue Note NYC and Japanese National Television. Doors open at 3:30 p.m. and admission is paid at the door; no advance tickets or reserved seats. sundaysonthehill.org.

## MONDAY 8/12

### 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/playyourvisit/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.

### 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.

### Farm & Forest Yoga Flow

5:15-6:30 p.m. Billings Farm and Museum, 69 Old River Road, Woodstock. Complimentary. Join Jen Jackson, a National Park Ranger and certified yoga teacher, for a free yoga session in the scenic pastures of Billings Farm. Open to all levels, this class features movement, meditation, and a tea service with herbs from the Farmstead Garden. Check in at 5:15 p.m. for tea; practice begins at 5:30 p.m. 802-457-2355.

### Group Run/Walk

6-7:30 p.m. Mondays. Location and route changes weekly, check Facebook for details. The group will leave the trailhead by 6:05 at the latest. There are many options to cater to all abilities or shorten the route. 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

**You're Invited!**  
to the

**PEG TV**  
Rutland Community Access

**2024 Annual Meeting**

Please join us for an engaging and entertaining evening.  
We hope to see you there!


**Monday, September 9, 2024**

5:15 p.m.  
Southside Steakhouse

RSVP by Monday, August 26th to  
Jim: jiboughton@pegtv.com

**Guest Speaker:**  
**Jack Healey**

Voice of Vermont State University- Castleton sports at Castletonsports.com as well as sports announcer on the Northeast Sports Network including the Vermont-New Hampshire Shrine Football Game on NSN sports.com



## TUESDAY 8/13

### 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.

### 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.

### Vermont State Fair

5-11 p.m., Aug. 13-17. Vermont State Fairgrounds, 175 South Main St, Rutland. Admission varies. Enjoy a 5-day country fair featuring a demolition derby, professional rodeo, motorsports show, big name concerts, carnival rides, famous fair food, and various vendors. vermontstatefair.org/fair.html.

### CEDRR August Mixer

5-7 p.m. K-1 Lodge, 4563 Killington Rd, Killington. Free. Join the CEDRR August Mixer hosted by Killington Resort. Wear casual clothing to learn how to mountain bike and test bikes. Each attendee will receive a round-trip scenic gondola ride to use for a future visit. For more information, visit: killington.com.

### Tuesdays Concert Series: Mr. Moose & Friends

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

### Recite! Poetry Sharing Evening

5:30-7 p.m. (Second Tuesday of each month) Norman Williams Public Library, 10 The Green, Woodstock. Free. Join professional poets, amateurs, and first-timers in celebrating the spoken word. In person and via Zoom. RSVP or get the link at programs@normanwilliams.org.

## ONGOING

### Junior Farmers' Camp

Aug 12-16 & Aug 19-23, 9AM-4PM. Ages 7-10 (Entering grades 2-5). Have you ever wondered what it takes to be a farmer? Get up close and personal with the farm's cows, horses, pigs, chickens, and sheep while learning the work that goes into the food we eat. In addition to daily farm chores and activities, we will explore farming topics like dairy, gardening, tractors, and draft animals. Aftercare available. billingsfarm.org/junior-farmer-camp.

### Barn Quilt Exhibition at Billings Farm & Museum

10 a.m.-4 p.m. Billings Farm & Museum, 53 Elm St., Woodstock Free The Barn Quilt Exhibition features striking geometric designs and vibrant colors painted on durable plywood. Visitors can explore the exhibition from April 4 to December 1, with unique pieces inspired by nature, math, and the history of the Billings Farm site. For more info, visit billingsfarm.org/events/barn-quilt-exhibition/2024-04-04/.

### Sunflower House at Billings Farm & Museum

10 a.m.-4 p.m. Billings Farm & Museum, 69 Old River Rd., Woodstock Admission Included with general admission The Sunflower House features a 20,000-square-foot floral wonderland with over 50 varieties of sunflowers and 50 companion annuals. Enjoy meandering pathways, colorful blooms, and picturesque spots perfect for photography. Bring your camera for memorable shots. billingsfarm.org.

### Artist Exhibition – Lynn Adams

10 a.m.-5 p.m. Neale Pavilion / VINS Nature Center, 149 Natak Rd., Quechee Admission Included with general admission View a collection of Lynn Adams' watercolor paintings, showcasing the VINS Nature Center's changing landscapes across the seasons. This exhibition runs from August 1 to October 31 and includes works inspired by Lynn's monthly visits to the center. Proceeds from artwork sales will benefit VINS. For more details, contact info@vinsweb.org or visit lynnadams-metalsmith.com.

### Guided Farm Tour - Plew Farm

11 a.m.-12:30 p.m. Plew Farm, 1966 Healdville Rd, Mt. Holly. Free. Take a guided walking tour of Plew Farm, featuring views of pastures, sugar bush, and homestead. Enjoy a refreshing maple soda at the farm stand post-hike. Tours last approximately 60-90 minutes. Families, children, and leashed pets are welcome. Appropriate footwear required. www.plewfarm.com.

## Chili Cook-Off to Benefit Scholarship Fund

Thursday, August 8, 5-8 p.m. — KILLINGTON — The 11th annual Chili Cook-Off will take place at K1 Base Lodge to benefit the Killington Parks and Recreation Scholarship Fund. Competitors can register to compete for the title of "Best Chili in Killington" by visiting the provided link or emailing Emily Hudson (recdirector@killingtontown.com). The event, which will be held outside on the back patio and moved inside if there is inclement weather, will feature tasters voting for their favorite chili from 5-7 p.m., with the winner announced at 7:30 p.m. Entry is free, but tasting cards are required to sample the chili, costing \$10 per person, \$15 per couple, or \$25 for a family of four. Bar services provided by Killington must be paid for with a credit/debit card. The John Lackard Blues Band will perform from 6-7:30 p.m.

Register: [killingtonvt.myrec.com/info/activities/program\\_details.aspx?ProgramID=29463](http://killingtonvt.myrec.com/info/activities/program_details.aspx?ProgramID=29463)





# [MUSIC Scene]

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

## WED 8/7

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

**BRANDON**  
6 p.m. Brandon Inn (Behind) – Music on the Riverbend with Breanna and the Boys

**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 Bear Mountain Boys

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

**RUTLAND**  
7 p.m. Main Street Park – Seven to Sunset Concert with Rick Redington and Tuff Luv

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 Los Lorcás

## THURS 8/8

**BARNARD**  
5:30 p.m. Fable Farm – Feast & Field with Timbermarsh

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

**BRIDGEWATER CORNERS**  
5 p.m. Long Trail Brewery – Nick Bredice

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

**CHESTER**  
6:30 p.m. The Academy Building Lawn – Stockwell Brothers

**FAIR HAVEN**  
7 p.m. Town Park – MellowYellow

**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 John Lackard Blues Band

6 p.m. The Foundry – Liz Reedy  
7:30 p.m. Jax Food and Games – Sammy B

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

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

**POULTNEY**  
6 p.m. Poultney Pub – Vinyl Night with Ken

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

**RUTLAND**  
8 p.m. Angler Pub – A Sound Space Open Mic

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

**WOODSTOCK**  
6:30 p.m. Ottauquechee Yacht Club – Rose Hip

## FRI 8/9

**BOMOSEEN**  
6 p.m. Bomoseen Lodge and Taproom – Aaron Audet

**CASTLETON**

6 p.m. Blue Cat Bistro – Live Music

**CHESTER**  
6:30 p.m. The Pizza Stone VT – Jon O Vinal

**KILLINGTON**  
6 p.m. Rivershed – Nick Bredice

6 p.m. Still on the Mountain – Live Music

6 p.m. The Foundry – Zach Yakaitis

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

7:30 p.m. McGrath's Irish Pub – Bards of Gungywamp

**LUDLOW**  
6 p.m. Jackson Gore Courtyard – Summer Music Series with Cable Junction

8 p.m. Off the Rails – Rustie Bus

**POULTNEY**  
6 p.m. Poultney Pub – Liz Reedy

**QUECHEE**  
5:30 p.m. Public House Pub – Jacob Green

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

**SHREWSBURY**  
6 p.m. Meeting House – Noah Harley & Roots and Shoots of Country Music

**WOODSTOCK**  
6 p.m. East End Park – Music by the River with Mystic Bowie & Talking Dreads

## SAT 8/10

**BRANDON**  
7 p.m. Town Hall – Silent Movie: The Four Horsemen of the Apocalypse (1921)

**BRIDGEWATER**  
8 p.m. Woolen Mill Comedy Club – Comedy Night with Nick Gordon & Pals from Maine

**CASTLETON**  
6 p.m. Third Place Pizza – Music by Cooper

**EAST POULTNEY**  
10 a.m. Town Green – East Poultney Day with music by Breanna Elaine

12 p.m. Town Green – East Poultney Day with music by Carl Anton

**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. CDBB with special guest opener Nick Bredice

6 p.m. Rivershed – Krishna Guthrie

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

6 p.m. The Foundry – George Nostrand

7:30 p.m. Jax Food and Games – Sammy B

7:30 p.m. McGrath's Irish Pub – Bards of Gungywamp

**LUDLOW**  
8 p.m. The Killarney – Liz Reedy

8:30 p.m. Off the Rails – Chris Pallutto

**POULTNEY**  
6 p.m. Poultney Pub – Carl Anton

**QUECHEE**  
5:30 p.m. Public House Pub – Jon Clinch

**SOUTH POMFRET**  
7 p.m. Grange Theatre – F Words: Funny Females

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

**WOODSTOCK**  
10 a.m. Elm Street – Taste of Woodstock

6:30 p.m. Ottauquechee Yacht Club – Red River North

## SUN 8/11

**KILLINGTON**  
12 p.m. Rivershed – Brunch with Liz Reedy

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

6 p.m. Liquid Art – Tee Boneicus Jones

6 p.m. Rivershed – Trivia Night

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

7 p.m. Mary Lou's – Krishna Guthrie and Bow Thayer

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

**LUDLOW**  
12 p.m. Okemo's Summit Lodge – Summit Sundays with Dustin Marshall

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

6:30 p.m. Veteran's Memorial Park – Summer Bandstand 2024 with Rick Redington and Tuff Luv

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

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

**WOODSTOCK**  
4 p.m. Unitarian Universalist Church – Central VT Chamber Music Festival

## MON 8/12

**BOMOSEEN**  
6 p.m. Bomoseen Lodge and Taproom – James Joel

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

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

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

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

## TUES 8/13

**CASTLETON**  
7 p.m. University Pavilion – TS ENSEMBLE

**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

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

**PITTSFORD**  
6 p.m. Pittsford Village Farm – Tuesday Concert Series with Mr Moose and Friends

**POULTNEY**  
7 p.m. Poultney Pub – Bluegrass Jam

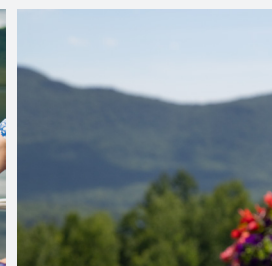
**QUECHEE**  
5 p.m. The Public House – Jim Yeager

**RUTLAND**  
5 p.m. Moose Lodge – Super Jam with Nick Bredice, Liz Reedy and Sammy B

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

# MOUNTAIN TOP RESORT

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# Chaffee Art Center's annual Art in the Park Summer Festival returns for its 63rd year

Saturday and Sunday, Aug. 10-11—RUTLAND—Chaffee Art Center's 63rd annual Art in the Park Summer Festival will take place Aug. 10 & 11 in Rutland's Main Street Park at the junction of routes 4 and 7 from 10 a.m. to 4 p.m. Juried fine artists, craftspeople, and specialty food producers will be featured. Rounding out the festival are food vendors, live music, Free kids' activities, and demonstrations of works in progress held throughout the weekend.

A voluntary donation is appreciated.

Attendees will enjoy the variety of unique handcrafts and fine art that will be on exhibit and available for purchase at the outdoor festival. The visual arts are represented by a selection of oil paintings, watercolors, acrylics, pen & ink, and photographs. A full array of crafts will be featured: pottery; fiber items such as handmade clothing, quilted items, hand dyed screen printed clothing & accessories, crochet flowers, canvas bags and hats; stained glass; large variety of jewelry; wooden furniture, bowls, lamps, cutting boards, sconces, frames, barn quilts, sculptures, birdhouses, hobbit houses, baskets; aromatherapy and herbal products; candles; CBD wellness products; marble & granite lamps, and more. Specialty Food producers will have maple syrup, jellies, jams, bread mixes, teas, dips, spices, raw honey and honey products. There will be a booth to get artist hand-painted Henna tattoos.

Food concessions will be selling their food both days to include the Rollin' Rooster Food Truck and Townline Grill & Bakery Food Truck. For the sweet tooth, there will be bakery items; plus, Kettle Corn.

Live music will be performed all day on Saturday and Sunday featuring Bethany Conner, Jamie Snook, Marcos Levy, Phil Henry, Dirty Red Hearts, and James Gram. Back again this year are Chaffee Bucks that will be given away randomly at the gates throughout both days. Winners can spend the Chaffee Bucks during the festival weekend at any booth in the park.

Volunteers are very much needed for set-up on Friday (pick a time, it's pretty much all day)...and tear down on Sunday at 4pm. Please send an email to [info@chaffeeartcenter.org](mailto:info@chaffeeartcenter.org) or call 802.775.0356.



Courtesy Chaffee Art Center

The 63rd Annual Art in the Park Summer Festival, Aug. 10-11, features juried artists, craftspeople, food vendors, live music, Chaffee Bucks.



## Experience the Vermont State Fair

Tuesday, Aug. 13-Saturday, Aug. 17—RUTLAND— The Vermont State Fair returns this Aug. 13-17 to the Vermont State Fairgrounds, 175 South Main St., Rutland. Now in its 178th year, features will include 4-H livestock and project exhibits, carnival rides, a midway, historical & forestry exhibits, a professional rodeo, big-name concerts and more. Children under 5 are free, uniformed military free, \$5 day is on Tuesday, Aug. 13. Info: [vermontstatefair.org/fair.html](http://vermontstatefair.org/fair.html).



Courtesy Vermont State Fair  
Tyler Hubbard will perform live on Aug. 17 at the Diamonds and More Grandstand at the Vermont State Fair, known for his work with Florida Georgia Line. Hubbard has been recording as a solo artist since the duo went on hiatus in 2021.



Courtesy Library of Congress



Courtesy Vermont State Fair

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Courtesy Stone Valley Arts

The Jazz Essentials Quintet, featuring Vermont musicians Bear Irwin, Glendon Ingalls, Bill Vitek, Ron White, and Nick Aloï, will perform at Stone Valley Arts in Poultney on Wednesday.

## Jazz Café at Stone Valley Arts feature the Jazz Essentials Quintet

Wednesday, Aug. 7 at 7 p.m.—POULTNEY—The upcoming Jazz Café at Stone Valley Arts, 145 E Main St, Poultney, will feature the Jazz Essentials Quintet featuring five Vermont musicians performing jazz standards by artists including Miles Davis, Dave Brubeck, Horace Silver, Antonio Carlos Jobim, and Duke Ellington.

The band members have individually performed at festivals and venues from local to international. The members of the band are Bear Irwin on trombone, Glendon Ingalls on trumpet and other brass instruments, Bill Vitek on keyboard, Ron White on bass, and

Nick Aloï on drums. You may have heard some of these musicians playing in other settings with a wide variety of Vermont groups including the Vermont Jazz Ensemble, Onion River Jazz Band, Deja Nous, as well as many others.

In addition to performing together the ensemble members are active as music educators at institutions including Vermont State University, Middlebury College, and Middlebury Community Music Center.

The Jazz Cafe is free, open to the public.

For more information, visit: [stonevalley-arts.org](http://stonevalley-arts.org)

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CourtesyMount Holly Community Association

Jamie Ward, also known as Mr. Pianoman, will perform a free concert on the Belmont village green in Mt. Holly on Thursday as part of the Music on the Green series.

## Music on the Green series presents Jamie Ward, Mr. Piano Man

Thursday, August 8, 6:30 p.m. — MT. HOLLY (BELMONT)— Jamie Ward, also known as Mr Pianoman, will perform a free concert on the Belmont village green in Mt. Holly, located just 1 mile from the flashing light off Rt. 103. Part of the summer Music on the Green series presented by the Mount Holly Community Association (MHCA), this event invites attendees to enjoy classic blues, rock, and motown hits, along with a patriotic-themed song contest. In case of rain, the concert will move across the street to the community center/Library at 6:30 p.m. Attendees are encouraged to bring blankets or chairs for the outdoor event.

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

## F Words: 'Funny.Females' bring comedy to Grange Theatre

Saturday, Aug 10 at 7 p.m. — SOUTH POMFRET — The Grange Theatre, 65 Stage Rd, South Pomfret hosts 'Funny.Females,' a night of standup comedy featuring some of the country's funniest and edgiest female comics: Vicki Ferentinos, Sharon Spell, Meredith Gordon, and Maddie Cross. For one night only, the three comedians will take to the stage.

Vicki Ferentinos is a comedian, chef, writer, and storyteller. She moved to Vermont almost seven years ago and owned a cafe in Woodstock. Since selling her cafe, she has been writing, performing, and trying to spread joy wherever she is able. She has been a top three finalist in Vermont's funniest competition, and took first in the Vermont Comedy Festival One Minute Comedy Battle. Her first one-woman show "Lady-Bug Warrior" earned her great reviews at the prestigious Edinburgh Fringe Festival. She's been on Comedy Central, Bravo TV, The Food Network, WOR, and performs throughout New England.

Sharon Spell is a writer, storyteller, and comedian living in New York City. Notable credits include Breakout Artist at Carollines and Moth StorySLAM winner. She's

appeared on truTV's "Adam Ruins Everything," MTV's "Decoded," and on stage in various productions with the Upright Citizens Brigade Theatre NY. Among her writing accolades are Best Comedy Short Screenplay Winner in the Austin After

Dark Film Festival, and she placed as a finalist in the Vail Film Festival. Originally from Mississippi, Sharon hasn't totally lost her accent (or her mind). She genuinely loves connecting with people through the arts and is excited to perform at Artistree Community Arts Center.

Meredith Gordon has been voted Vermont's Best Comedian and continually comes in Top 5 for the Vermont's Funniest Comedian. She has recently launched a new YouTube show called, "The Wrong Side of the Hedge".

Maddie Cross is an up-and-coming comedian whose life in literature has contributed to her quick wit and high brow delivery. She was a finalist in the Vermont's Funniest competitions and frequently performs throughout Burlington and has a monthly show at The Phoenix in Waterbury.

For tickets and more information, call: 802-457-3500 or visit [artistreevt.org](http://artistreevt.org).





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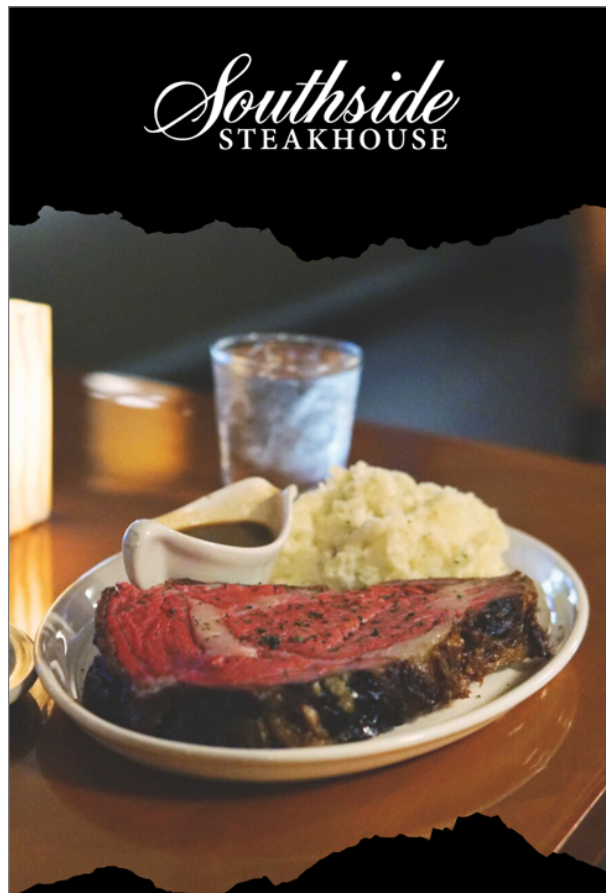
### Mountain Top Inn

Whether staying overnight or visiting for the day, Mountain Top's Dining Room & Tavern serve delicious cuisine amidst one of Vermont's best views. A mix of locally inspired and International cuisine – including salads, seafood, poultry and a new steakhouse menu - your taste buds are sure to be satisfied. Choose from 12 Vermont craft brews on tap. Warm up by the terrace fire pit after dinner! A short drive from Killington. mountaintopinn.com, 802-483-2311.



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## Southside STEAKHOUSE



### Back Country Café

The Back Country Café is a hot spot for delicious breakfast foods. Choose from farm fresh eggs, multiple kinds of pancakes and waffles, omelets or daily specials to make your breakfast one of a kind. Just the right heat Bloody Marys, Mimosas, Bellini, VT Craft Brews, Coffee and hot chocolate drinks. Maple Syrup and VT products for sale. Check Facebook for daily specials. 802-422-4411.



### Lookout Tavern

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### Inn at Long Trail

Looking for something a little different? Hit up McGrath's Irish Pub for a perfectly poured pint of Guinness, live music on the weekends and delicious food. Casual dining at Rosemary's Restaurant. Visit innatlongtrail.com, 802-775-7181.



### Sugar and Spice

Stop on by to Sugar and Spice for a home style breakfast or lunch served up right. Try six different kinds of pancakes and/or waffles or order up some eggs and home fries. For lunch they offer a Filmore salad, grilled roast beef, burgers and sandwiches. Take away available. www.vtsugarandspice.com 802-773-7832.



### Killington Market

Take breakfast, lunch or dinner on the go at Killington Market, Killington's on-mountain grocery store for the last 30 years. Choose from breakfast sandwiches, hand carved dinners, pizza, daily fresh hot panini, roast chicken, salad and specialty sandwiches. Vermont products, maple syrup, fresh meat and produce along with wine and beer are also for sale. killingtonmarket.com 802-422-7736 or 802-422-7594.



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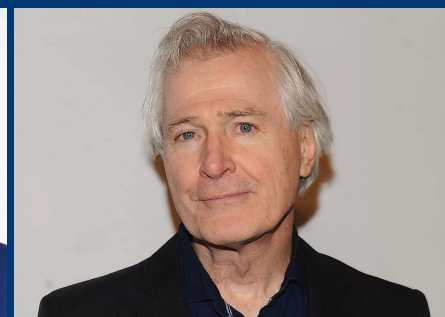
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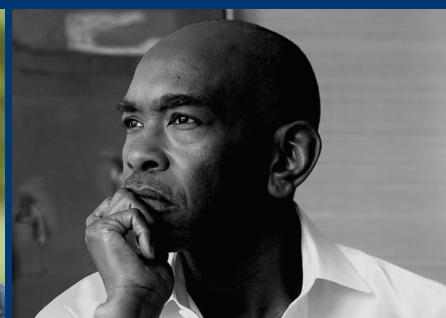
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## Enroll in Vermont hunter education courses now

If you or someone you know would like to go hunting this fall but have never taken a hunter education course, now is the time to act. Vermont's volunteer hunter education instructors are holding a limited number of courses throughout the state. To purchase a hunting license for the first time, completion of a basic hunter education course is required.

"Most of these courses are held in August and September," said Vermont Fish & Wildlife's Hunter Education Coordinator Nicole Meier. "All of our instructors are volunteers. They teach because they are passionate about hunting and want to ensure that Vermont's safe hunting legacy continues. We



credit Vermont's strong safety record with our volunteer instructors."

Meier added, "Volunteer instructors are the backbone of the Vermont Hunter Education Program. They are vital to Vermont's strong record of safe hunting.

Hands-on and in-person learning from an experienced instructor are the best ways to become familiar with the skills associated with safe hunting. Courses are available in basic hunter

education, bowhunter education, trapper education, and combination hunter-bowhunter education. We expect more classes to be posted throughout August and September. If you don't see a class in your area listed yet, keep watching the website or call our office for more information at 802-828-1193."

Participants must be 18 years old and a resident of Vermont to enroll in online hunter or bowhunter education courses. Courses will be listed on Vermont Fish & Wildlife's website as they become available. To find and register for a course, visit: [register-ed.com/programs/vermont](https://register-ed.com/programs/vermont).

A Vermont hunter education card allows hunting in all 50 states and some international locations.

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



Courtesy Vermont Fish & Wildlife Dept.

A young boy proudly holds his new hunting license after completing a Vermont hunter education course, essential for first-time hunters to ensure safe hunting practices, with classes available statewide in August and September.



Courtesy Sundays On The Hill

Hiroya Tsukamoto, an innovative guitarist and composer blending folk, jazz, and world music, will perform at the Old Parish Church in Weston on Sunday as part of the Sundays On The Hill Concert Series.

## A journey through strings and stories

Sunday, Aug. 11 at 4 p.m. —WESTON— The Sundays On The Hill Concert Series committee is delighted to have Hiroya Tsukamoto perform at the Old Parish Church, Route 100, Weston. Tsukamoto is an innovative guitarist and composer who fuses together folk, jazz, and world music through a blend of masterful fingerstyle guitar and evocative storytelling that transcends cultural barriers. Born and raised in Kyoto, Japan, he received a scholarship to Berklee College of Music and came to the U.S. Tsukamoto's instrumental abilities are breathtaking, but his performances are so much more than that.

He has the unique capability of engaging an audience with his personable and genuine approach, transfixing and transcending his capabilities as a guitarist.

Tsukamoto has been recognized for his talents on stages such as at Blue Note in New York City, Japanese National Television (NHK), International Storytelling Center, and the United Nations, and by scoring second place at the International Fingerstyle Guitar Championship both in 2018 and 2022.

Tickets are \$5 for adults; children 12 and under free. Doors open around 3:30 p.m.; there are no reserved seats, no advance tickets, and admission is paid at the door.

For more information, visit: [sundaysonthehill.org](https://sundaysonthehill.org).

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# Indulge in sweet fun at the 3rd annual Great North American Maple Pie Contest

Saturday, August 10, 2-5 p.m. — NO. CHITTENDEN— Baird Farm Maple Syrup at 65 West Road will host the 3rd annual Great North American Maple Pie Contest. Activities will include: pie contest with local celebrity judges, pie throwing, and of course eating pie and ice cream. The winner of the pie contest will receive a year's supply of maple syrup and other pie themed prizes. Lawn games, pie themed music, and fun for the whole family. Free to attend but please bring cash to participate in the pie-licious activities! A portion of proceeds will go towards the Vermont Farmers Food Center.

For more information, visit: [tinyurl.com/bdzc5t99](https://tinyurl.com/bdzc5t99)



Courtesy Baird Hill Farm  
The 3rd annual great north american maple pie contest

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# Tips to stay safe while golfing

According to the National Golf Foundation, Golf's popularity has soared. The sport has reached 123 million people in 2023—a 30% increase since 2016. 45 million golfers participate, 26.6 million played on traditional courses and 18.4 million engaged in off-course activities at driving ranges and indoor simulators, according to the National Golf Association. Over the last year alone the sport's popularity saw 3.4 million first-time golfers, a large majority of them being young adults and juniors, and 7 million women playing on-course. A record 531 million rounds were played, and 22.4 million people expressed a strong interest in golf despite not yet having played, the national association has reported.

While golf is generally considered a safe sport, accidents and injuries can still occur on the course. By following basic guidelines, golfers can ensure their next round is as safe as possible:

Be aware of your surroundings. When preparing to swing, it's important to keep track of those around you. Never swing a golf club if another golfer is close by, and take care when practicing your swing away from the area of play. Always make sure no one is in the line of your shot and stay clear of others preparing to swing.

We've all been warned about the importance of warming up before activity. Golf can be just as strenuous as many physical activities, so it is important to remember to warm up those muscles. A 10 minute warm up routine can lead to better results and even enhance your golf swing.

What's also sometimes easily forgotten (until it's too late) is the ever-important sunscreen. The National Cancer Institute reports that sunburn affects a significant

portion of the population, with over 33,000 annual emergency room visits due to sunburn-related illness, which increase the risk of skin cancer. On average, UV radiation can cause sunburn in as little as 10 to 30 minutes, depending on skin type and UV intensity. An 18-hole round of golf can leave a golfer exposed to the sun for an average of 4 hours, according to a study commissioned by the National Golf Association. Always wear sunscreen before heading outdoors, and consider wearing a visor or hat to further protect your face and eyes from UV exposure.

Wearing the right gear, including using a golf glove or two, can prevent the club from slipping out of your hands and avoid blisters. A good pair of golf shoes with plastic spikes for better traction can provide an extra level of safety depending on the local terrain. Proper footwear affects your feet and spine, and wearing sunglasses and sunscreen protects your eyes and skin.

Calling out "Fore!" is a standard warning on the golf course indicating that a ball has been hit and might be heading toward other players. It's a way to alert others to be cautious of a potential stray shot.

Hauling a heavy golf bag around all day can lead to sore shoulders and a strained back. To avoid a golf-induced injury, use a golf cart, if available, or get a caddie to carry the load for you. And while it's tempting to imagine a beer bar and boombox built into your bag like the one Rodney Dangerfield used in the movie "Caddyshack," a simple, well-designed golf bag will do just fine to help distribute the weight.

Additionally, weather can become a major factor when planning a day on the course. Make sure to be aware of the signs

of lightning. Lightning strikes are especially dangerous on an open field when holding a metal club. Always end the game immediately and take cover when thunder is heard.

Lightning often strikes outside of heavy rain and may occur as far as 10 miles away from any rainfall. Statistically, most lightning incidents occur when people are caught outdoors in the summer months between 2-6 p.m. A ground strike can produce between 100 million to 1 billion volts of electricity, and the length of a cloud-to-ground lightning strike can range from 2-10 miles according to the National Severe Storms Laboratory.

Having a reliable radar with you, equipped with a lightning detection/prediction mode, is essential. These apps can tell how close the last lightning strike was, helping you stay safe. Many golf courses now have lightning detection systems that set off a horn when lightning gets within a certain distance. Check the course's policy on lightning and their particular system.

Staying hydrated is also an essential for a successful day on the course. Drink plenty of fresh water or an electrolyte sports drink to keep your fluids topped up, especially on hot days.

Keep your eyes out for hazards on a golf course, such as bunkers (sand traps) and water, that provide challenging obstacles. Wildlife can linger in these hazards, so use caution when retrieving balls that fall into them and try to keep that slice from entering the woods by improving your golf swing!

A proper golf swing requires using your entire body in one movement. Repeating this movement, especially if incorrect, can also cause injuries. To protect your muscles, joints, and tendons, use good posture, remain fluid throughout the shot, and avoid overdoing your swing.

Golfing is generally a safe sport, but following a few key precautions can make your experience even better. Always be aware of your surroundings to avoid accidents, use sunscreen and appropriate gear to protect yourself from the sun, beware of bad weather especially lightning and stay hydrated to keep your energy up. Make sure to call "Fore!" if necessary, and consider using a golf cart or caddie to prevent strain.

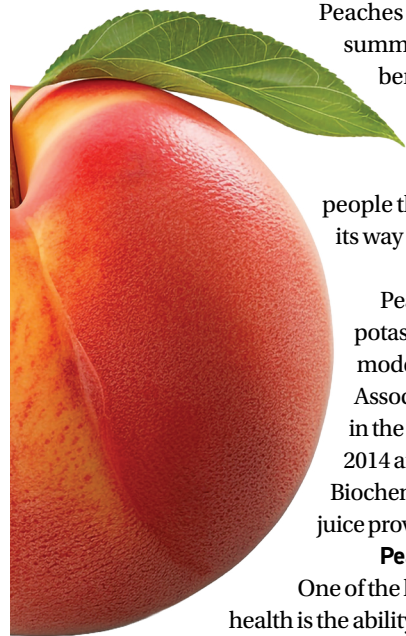
By keeping these tips in mind, you can enjoy a safer and enjoyable round of golf. Better get out there before the summer ends.

Golf Safety Tips	Details
Be Aware of Your Surroundings	- Ensure no one is in your line of shot - Be cautious of others swinging nearby
Warm Up	- Perform a 10-minute warm-up - Helps prevent injuries and improves your swing
Wear Sunscreen	- Apply before heading out - Use a hat or visor to protect against sunburn
Use Proper Gear	- Wear a golf glove and appropriate golf shoes - Use sunglasses for better traction and eye protection
Call "Fore!"	- Alert others if your ball might head their way - Prevents accidents on the course
Use a Golf Cart or Caddie	- Prevents back and shoulder strain - A caddie can carry your bag for you
Watch for Lightning	- End the game immediately if you hear thunder - Seek shelter as lightning poses a significant risk
Stay Hydrated	- Drink plenty of water or sports drinks - Especially important on hot days
Be Cautious of Hazards	- Watch for bunkers, water, and wildlife - Avoid retrieving balls from risky areas
Maintain Proper Swing Mechanics	- Use good posture - Avoid overdoing your swing to prevent injuries
Check for Lightning Detection Systems	- Familiarize yourself with the course's lightning detection system - Follow the course's lightning policies





# Peaches are delicious and nutritious



Peaches are typically viewed as a sweet treat, particularly in summertime. But peaches also provide a host of health benefits, which can make anyone who enjoys a peach-based sweet treat feel a little better about their indulgence. While pies, cobblers and smoothies might be the first things that come to mind when people think of peaches. Perhaps nutrition needs to muscle its way into that discussion?

### Peaches and heart health

Peaches are rich in vitamins and minerals, including potassium. The potassium content in peaches, though moderate, is still significant, as the American Heart Association notes that potassium plays an important role in the management of high blood pressure. In addition, a 2014 animal study published in the Journal of Nutritional Biochemistry found that consumption of peach and plum juice provided protection against cardiovascular disease.

### Peaches and body weight

One of the keys to long-term health is the ability to maintain a healthy weight from childhood through adulthood. The Cleveland Clinic estimates that a single large peach contains just 68 calories. Peaches also do not contain any saturated fats, making them a good low-calorie snacking option that can help people maintain a healthy weight.

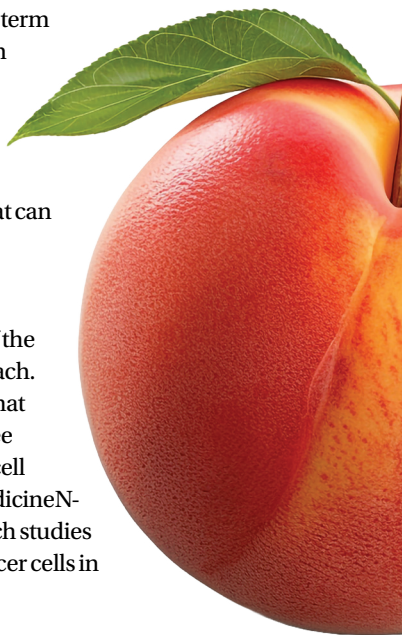
### Peaches and cancer risk

A report from the American Institute for Cancer Research linked fruits with a lower risk for cancers of the mouth, pharynx, larynx, esophagus, lung, and stomach. Peaches are rich in free radical-fighting vitamin C. That could explain their link to reducing cancer risk, as free radicals are unstable atoms that often contribute to cell damage that is a hallmark of cancer. In addition, MedicineNet reports that peaches are high in polyphenols, which studies have found prevent the formation and spread of cancer cells in lab tests.

### Peaches and vision

Peaches also can have a positive impact on vision. According to the New Jersey Agricultural Experiment Station at Rutgers University, a medium-sized peach provides roughly 6 percent of the daily recommended value of vitamin A. That's helpful for vision, as the American Optometric Association notes that vitamin A supports functioning of the conjunctival membranes and cornea. In addition, the AOA reports that vitamin A deficiency is the leading cause of preventable blindness in children.

Peaches have a well-earned reputation as a sweet treat. However, the powerful peach is more than just a post-meal palate cleanser, and in fact can play a vital role in promoting long-term health.



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# Crossword

Solutions from page 15

R	A	B	B	I	S	S	A	L	I	N	E		
M	A	D	E	I	R	A	A	B	A	L	O	N	E
A	B	A	N	A	L	O	G	I	Z	E	D	A	
H	I	N	D	S	A	U	G	E	A	G	E	R	
D	E	U	S	S	A	T	E	S	C	R	A	N	
I	S	M	R	A	M	D	K	G	O	R	E		
	E	X	E	C		R	O	G	U	E	S		
A	C	R	I	S		W	U	N	D	T			
B	R	A	V	E	D		M	A	I	D			
R	U	T	T	A	R	P	O	N	H	U	S		
E	S	O	P	B	A	S	A	L	T	O	N	E	
A	A	R	O	N	P	I	P	S	A	G	E	R	
S	D	S	A	T	I	R	I	C	A	L	A	U	
T	E	H	E	R	A	N	S	A	R	C	A	S	M
S	E	R	A	P	E	T	R	I	A	G	E		

# Sudoku

Solutions from page 15

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

# Rutland County Humane Society



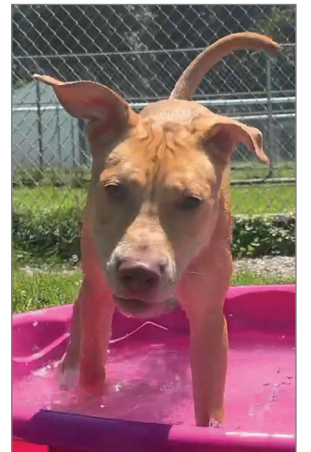
Zelda—2-year-old. Spayed female. Domestic Shorthair.



Pluto—4-year-old. Spayed female. Feist mix.



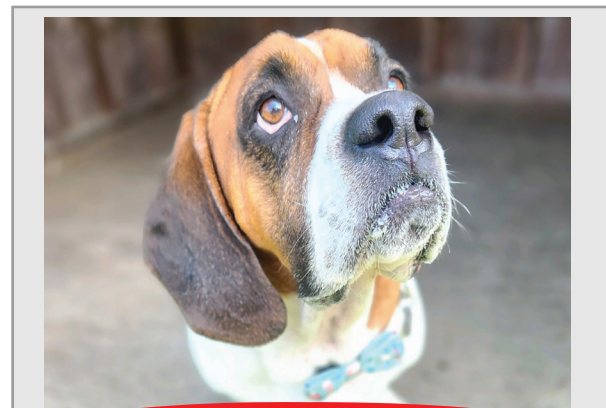
Tinkerbelle—5-6-year-old. Spayed female. Domestic Shorthair.



Stefani Bananas—7-month-old. Spayed female. Pitbull Terrier.

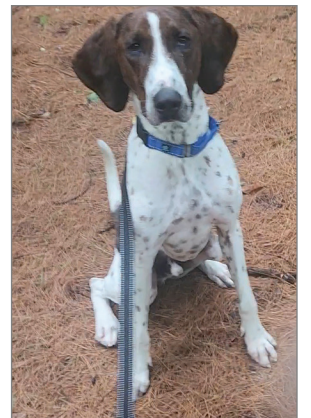


Luna—2-year-old. Female. American Staffordshire Terrier.



**OLIVER**

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



Julius—1-year 10-month-old. Neutered male. Hound mix.



Jolene—7-month-old. Spayed female. Cattle dog.

All of these pets are available for adoption at  
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 Tues. - Sat. 11 a.m. - 4 p.m.  
 Closed Sun. & Mon. • [www.rchsvt.org](http://www.rchsvt.org)



Otter—3-year-old. Neutered male. Domestic Shorthair.



Stella—16-month-old. Female.



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



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

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

**SANDY**



# Cosmic Catalogue



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

**H**ow much more can you possibly put on your plate right now? Sure, you are one to get a thrill from a crazy pace but is it sustainable? This week, do take a look at your schedule and do your best to refine it. Are there obligations you could decide you no longer need to be obliged to? Also, it wouldn't hurt to take a good look at your health and exercise routines too. Burning the candle at both ends isn't recommended now.

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

**Y**ou really can have it all if you want to have it. You've just had a New Moon in your sign. This is wonderful for resetting personal goals as well as an infusion of new energy. Now that the slate has been wiped clean, a new cycle can begin. You may need to take a little time to figure out what this might look like for you. A little bit of personal introspection will help a lot before you set off in the direction of your goals.

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

**Y**ou may be having second thoughts about your professional life or the overall direction your life is heading in. This doesn't have to be as drastic as you think. But, it's always a good idea to reflect on things and align your actions with your goals. Are you doing with your life what you want to be doing? At the least, are you trending in the right direction? By all means, remain open to new opportunities, just know what you want first.

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

**D**o you ever do something and enjoy it so much that you begin to wonder why has it been so long since the last time you did it? Maybe it's listening to music you enjoy. Perhaps it's partaking in a hobby, pastime or passion. Whatever it is, ask yourself why is it that it's only a special occasion type of occurrence? Life is too short to not savor the sweet moments and make them more of a regular event. Do more of what you love and with whom.

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

**T**he phrase, "there is always room for improvement" was probably coined by a Virgo! This week, you'll get the chance for a little bit of self-improvement as your ruler, Mercury, retrogrades in your sign. It's one thing to think you know what you want from a rational perspective. Then there are other things that the heart wants, which may make no sense. This week, you'll have an opportunity to get in touch with both your head and your heart.

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

**Y**ou're in a brief phase all about money for the next few weeks. While it may literally be what you own, earn and owe that occupies your thoughts, there is another aspect to this too. What you believe inherently that you deserve and are worthy of. A little bit of soul searching now will set you up for success in the next few months. Know your numbers and know your worth – financially and emotionally, and you could be quite unstoppable.

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

**T**his week provides you with the opportunity to really rethink some of your priorities. As Mercury, your ruler, begins a retrograde phase in your Home Zone, the time is now to plan and prepare for things on the home front. It could have something to do with your living situation and/or familial relationships. Would upgrading your living space or your neighborhood be an option for you now? Whatever domestic changes you've been thinking about, now is the time to plan for them.

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

**Y**ou may find that you are in a bit of a hibernation cycle right now as Venus tours your most Private Zone. This can be a frustrating cycle as you may be wondering if all the changes you've been making are even working. Sometimes, the longer you spend drawing back your bow, the more likely you'll be to hit your target. Like a baseball pitcher, it's all about line and length. Keep practicing and keep doing what you're doing and you'll hit the target soon enough.

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

**I**t's one thing to forgive but forgetting is never quite so easy. When you decide to wipe the slate clean, if you've done that recently, then that's what you have to do. Soon, the temptation to rehash old issues may lead you back into old habits in a key relationship. You do have to accept that a relationship has its own cycles and there are things that can never truly be healed. It might be helpful for you to forgive and choose to move forward.

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

**I**t's time to really start thinking about your money. A New Moon just happened in your Cash Zone which is your annual refresh regarding all things cash and confidence. So, ask yourself, what are your goals? What do you want to achieve? Once you answer those questions you then need to figure out what is it in your mindset that you need to change to close the gap between where you are and where you want to be. Set some goals and achieve them!

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

**S**ome wonderful new opportunities for advancement and recognition in your professional life are now on the table. There is a catch though. You may need to be a little cautious when it comes to your friends and/or colleagues. Words spoken or plans made may sound good in theory, but only time will tell if they will bear fruit. So do avoid making any sudden plans or changes in direction for now. Unleash your detective powers before making any choices.

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

**B**e patient with yourself as you begin to understand that your relationship may go through a bit of a tricky patch. Are you facing differing desires or is it just a case of miscommunication making things feel complicated? For the most part, you tend to be optimistic, but right now, you really do need to be realistic. Whatever problems do or don't arise, it's up to you to be mature and vocal about where you stand. Being ambivalent won't be a pathway towards solutions.

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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.



## Don't confuse what you know is the truth



Cosmic Catalogue  
By Cassandra Tyndall

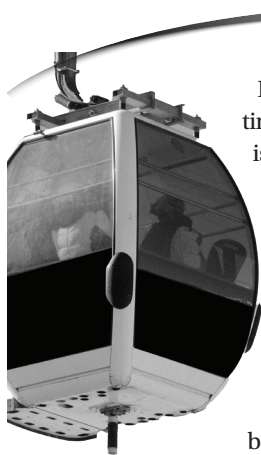
Delays, confusion and general upsets can be beyond frustrating while you're in the thick of them. Few people enjoy having to go over old data, be that paperwork, logistics or having to communicate your desires or intentions over again.

Alas, fear not! Sometimes, the chance to re-do something is the chance to make it better. Then there are other times when things don't go according to schedule, it gives you an opportunity to change your mind. How good is the feeling when you know you've dodged a bullet?

Chances are this week, your original plans aren't going to work out. You could get all up in your head about this and try and figure things out. Don't.

Instead, breathe in and put your hand on your heart. Did you really want that thing anyway? Where you just going along to get along?

You're going to get a rare opportunity to not only change your mind, but also express what you truly want. It's likely not going to be the thing you thought it was. Don't allow the hype, the spin and the mixed and confusing messages to confuse what you know is the truth.



### Gondola

I see the amazing view below us. Every time we move a new scene is revealed. There is no dull moment for my eyes. The trees are a beautiful array of yellow, red, pink, orange and purple. I hear birds chirp and wind blow through the open window. The geese honk as they get in formation to migrate, other birds leave the beautiful trees their homes once were on. I think about how we will soon have to go back to school, leave our homes like these birds, but come back at the end of the day, feeling a bit older every year.



Green Mountain Tales  
By Izzy Gieder

## We are now connected

"How long does it take you to get here?"  
"Start driving and zero pressure or expectation."

As I poured myself into my ride, with my mind racing and burnt out from the weekend,



Dream in Color  
By Will O'Donnell

I encountered a rare playlist uncertainty. I landed on one of my favorites and cranked it up. An instrumental titled "I Feel Space." In that moment, I felt all of the cosmic distance rushing through me. The vast expanse of the infinite.

As I sailed past the mountains of my home and on to the highway, drowning in my music, I realized I had honored the request. I was so lost in my drive that I had simply omitted the overcomplication that expectations bring, allowing myself to be free from their burden. Without intentional effort I had kept my first promise to her and to myself. For a moment, I was overcome with joy.

As I entered her space, I noticed the peaceful energy. This space had not been tampered with. It had not been shaken or stirred by conflict. It had not been unraveled by spite or revenge.

"Am I safe to be myself here? What if I am too much of myself? What if my nerves cause me to share my darkest stories? What then?"

"Do not spoil this space," I thought. Not again. Do not desecrate this temple. "Speak only in the universal language of love and peace. Then she will surely understand you," I thought.

"You can have a seat," she said as she tapped a carefully constructed pile of fascinating fabrics and pillows. Straight from a Beatles song, I allowed myself to rest on the floor next to her. As I took my first intentional deep breath, I felt tranquil to the point of immediate drowsiness. This was the first time I had rested this weekend, and now I was in a strange place with someone I've only once met. Maybe I could fall asleep and my dreams would transport me to my own bed. Or maybe I was meant to be here.

As the evening progressed, we shared bits  
Dream in Color → 38

## The saga of the Sunapee Trout (a.k.a. Arctic Char)

If you wanted to see the Sunapee trout, you might be inclined to search in its namesake, New Hampshire's Lake Sunapee.



The Outside Story  
By  
Michael J. Caduto

But this elusive fish has long been extirpated from the Granite State, and from neighboring Vermont, where it once lived in the Northeast Kingdom's Averill Lakes. Sunapee trout remains in 14 bodies of water in Maine, which harbors the last endemic populations in the lower 48 states.

Sunapee trout is often called Arctic char, although it is technically a subspecies of Arctic char (*Salvelinus alpinus oquassa*). It is also known by a variety of other names, including blueback trout, silver char, golden trout, white trout, red trout, American saibling, and Oquassa trout.

Young adult Arctic char are slim, around 6 inches long, and weigh a few ounces, but they can survive for up to 15 years, grow to 20 inches, and reach 3 pounds. Mature char have a dark back, pale belly, and spotted sides. Fins are orange or red, with white front margins. Both sexes develop intense mating season coloration, with backs ranging from brown to blue with orange spots, and bellies pink to dayglo orange.

Arctic char live farther north and are found in deeper waters and at higher elevations than any other freshwater fish.

"Prior to the 1800s, and going back to deglaciation, we can infer that the species was widespread across the region," said Frank Frost, a biologist with Maine's Department of Inland Fisheries and Wildlife. When the glaciers retreated, Arctic char became secluded in northeastern lakes, he said, and "as new species colonized post-glaciation, char would have succumbed to various pressures."

The species prefers waters colder than 55 F. but will travel throughout the depths of a lake (except for the warm surface waters of summer) in pursuit of small fish, insects, zooplankton, and other prey. From July through September, Arctic char inhabit cooler, deeper, more oxygenated waters. At the southern edge of its range in Maine, these fish are a bellwether for how other coldwater fish may fare in a warming climate.

According to Jared Lamy, fish habitat biologist for New Hampshire Fish and Game, "Habitat loss and the introduction of non-native species, most notably lake trout,

landlocked salmon, and rainbow smelt, are the cause of extirpation for (Arctic char) in New Hampshire. They simply cannot compete with most other fish species." Overfishing, especially during the spawning season, also contributed to the species' decline.

State biologists have attempted reintroducing the species in Third Connecticut Lake, Penacook Lake, Sawyer Pond, Tewksbury Pond, and Connor Pond. Alas, these efforts have been unsuccessful, and Arctic char have been absent from New Hampshire since the 1970s. Lamy said wildlife managers do not plan additional reintroduction efforts, in large part because, "[Arctic char] are incompatible with many species that are present in New Hampshire lakes."

In Maine, as in New Hampshire, the introduction of lake trout has hindered the Arctic char. Even though lake trout is a close relative of Arctic char and is native to many waterways in the Northeast, in places where it was introduced as a sport fish the two species hybridized and, over time, lake trout genes dominated. As a result, Arctic char have been displaced wherever lake trout have been released into the same waters.

What does the future hold for Arctic char? Maine's goals for protecting the species' unique gene pool include limiting the number of fish that are caught each year and preserving suitable habitat. Preventing the introduction and impact of invasive fish species is critical, and Maine is addressing this through public education and by controlling smelt populations.

Frost is part of a team working to translocate Arctic char into another Maine body of water to conserve the population and improve species resiliency. "We are selecting waters... [with] excellent water quality and a fish assemblage that would allow char to thrive," he said. "The main goal has always been to conserve the populations that we now have by having a 'backup plan' should a population be threatened."

By any name, the saga of Arctic char is a cautionary tale about what happens to native populations when other species are introduced and when a species is heavily overfished.

Michael J. Caduto is a writer, ecologist, and storyteller who lives in Reading, Vermont. He is author of "Through a Naturalist's Eyes: Exploring the Nature of New England." Illustration by Adelaide Murphy Tyrol. The Outside Story is assigned and edited by Northern Woodlands magazine and sponsored by the Wellborn Ecology Fund of New Hampshire Charitable Foundation: nhcf.org.





## Flying high

My son was walking out of the house this past weekend with something tucked under his arm. I inquired what it was and he cautiously told me it was a case of poker chips (apparently, he and his friends were going to play cards and watch the UFC fights). I gave him my usual disapproving shrug and reiterated my long-standing mantra: “Be smart with your money.”

I’ve had several conversations with my son about gambling, and while I think he’s listened and knows it’s a slippery slope, there’s always the fear that the activity will hook its claws into him. When I awoke the next morning, I noticed two online bank payments to two separate friends, both with the subject line, “Poker.” Thankfully, the total of both payments was less than \$10.

Personally, I’ve never been into gambling; it just never appealed to me. In my mind, I work hard for whatever money I have and I don’t want to give it away based on happenstance. And while I know that you can become adept at certain games, “The house always wins,” is good enough logic for me to avoid the endeavor.

Of course, I’m not 100% opposed to all gambling. At Christmastime I usually stuff family stockings with scratch-off tickets, and I do enjoy filling out and following my NCAA bracket during March Madness. But I’ve always shied away from the hardcore games like poker and blackjack — especially in a professional setting.

On the one occasion that I traveled to Las Vegas, I believe I lost \$20 before I decided that slot machines were the easiest way to throw out perfectly good money. My wife had to lose \$100 before she finally agreed that the tradeoff wasn’t worth it.

In fact, I found the whole vibe of Vegas a bit seedy and uncomfortable, albeit highly energized.

At one point during my Vegas trip, during a night when I couldn’t fall asleep, I decided to take a walk downstairs to our hotel lobby, thinking it would be quiet and empty. Instead, it was still full of wishful patrons looking haggard and dejected. The scene was sad and depressing and made me realize there was a psychological torture to gambling.

I had a friend who developed a gambling addiction years ago and she likened it to being hooked on a narcotic. She said that it didn’t really matter if she won or lost, it was

simply the dopamine rush of possibly winning that kept her locked in.

Of course, not everything about Vegas is bad — the city is certainly home to some of the finest live entertainment choices in the world. A decade ago when I visited, I had the opportunity to see Cirque du Soleil’s “Love” show featuring the Beatles music. I don’t think I’ve ever seen — before or since — a more enthralling production that blended acrobatics with storytelling.

“Love” originated from a collaboration between Cirque du Soleil and Apple Corps Ltd. (the Beatles’ record label), spurred by George Harrison’s friendship with Cirque’s founder, Guy Laliberté. Directed by Dominic Champagne and featuring re-mixed Beatles tracks by Sir George Martin and his son Giles, the show premiered at The Mirage in Las Vegas to grand fanfare on June 30, 2006.

The show combined acrobatics, dance, and visual effects to create an immersive experience inside a specially built \$100 million theater that encircled the stage. Earning critical acclaim and several awards upon its release (including a Grammy for the soundtrack), “Love” remains one of Cirque du Soleil’s most popular and successful shows.

Unfortunately, the “Love” show just concluded its amazing 18-year run, with its final performance closing on July 7, 2024. In that time, over 11.8 million people visited Vegas to experience another incarnation of the Beatles legacy.

This week’s feature, “Cirque du Soleil: Without a Net,” is a timely documentary about this famous acrobat troupe and how they combated the devastating shutdown of their business during the recent pandemic.

Filmmaker Dawn Porter was given unprecedented access to the business and people that make up the heart of Cirque du Soleil. With that, she captures a compelling look at. Not only the dedication and talent of the participants, but how the troupe faced impossible odds to reboot their flagship production, “O,” after an entire year off.

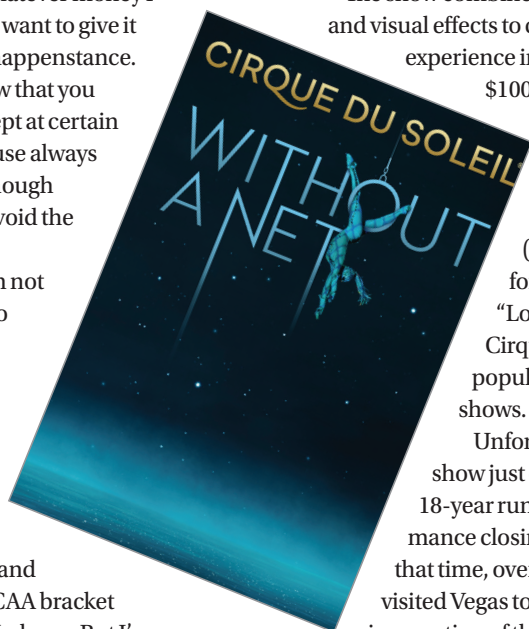
If you are a fan of Cirque du Soleil, or any circus for that matter, definitely give this film a try. Looking behind the scenes at something so fantastical gives the viewer a whole new level of appreciation for what it takes to present acrobatic artistry.

A twisty “B” for “Cirque du Soleil: Without a Net,” now available to stream on Amazon Prime Video.

*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



## Freedom to play

We grew up on the water. Once you passed the swim test, a quarter of a mile swim around the boundary of the swimming area and you reached the age of 7, you were allowed to run around our community completely unattended. (Although we did find out later that the moms could see us wherever we went, we just thought we were free.)

Being free to go wherever we wanted — and do whatever we wanted — within the boundary of our little community was an amazing way to grow up, in so many ways. We would leave the house at 9 a.m. after breakfast, stop at some random mom’s for lunch when we felt like it and then be home by 5:30 p.m. to get ready for dinner. We were so free that until 6th grade, I didn’t know how to tell any time on an analog clock except 5:30. No time mattered except that one.

What did we do as kids with all this unstructured time? We swam, we paddled, we fished. We literally spent hours a day either in or on the water, no matter the weather. Alright, as we got older, we did spend less

time building sandcastles and more time taking all those tests in Seventeen Magazine and playing MASH. But we still did it on the beach with our toes in the sand. We didn’t shower, we rinsed ourselves off with lake water and called it good.

It was wonderful. Kind of. That freedom to make your own schedule, to attend only the offered activities that you wanted to and to actually play your day away was something we took for granted at the time. We didn’t understand that other kids at other places were rushed from one activity to the next by counselors and never had time

to themselves. We ran our own lives, made our own decisions and kind of fed ourselves.

Of course, we didn’t always make the right decisions. No small kid would. I mean, how else would you find out what is inside of a frog than by smashing him between two rocks so his guts spilled out everywhere... Did you know that fish scream if you float a fish on a piece of tinfoil on a really hot day? And you can cook him alive? To this day I am not afraid of snakes, but more afraid that

Living the Dream → 37



Living the Dream  
By Merisa  
Sherman

## Memories made from aromas

There are certain aromas that bring back memories of people and places from long ago. I remember my father sitting on our porch and saying he could smell the rain. Since I was just a little kid it was a mystery to me how he could do that. I told him I wanted to learn how to smell rain. I got my lesson from him on a day that was sunny in the morning and raining in the afternoon. A deep inhale during each type of weather provided that lesson. I knew exactly what he meant. These days if I am sitting indoors with the windows open I can smell the rain. It reminds me of how I learned to do that.



Looking  
Back  
By Mary Ellen Shaw

A seasonal scent that even young children are quick to recognize is that of a Christmas tree. We always had a balsam tree and the wonderful fragrance was something I looked forward to once a year. That scent was Christmas to me.

Another aroma that goes back to childhood was that of my mittens drying on a rack over a register. Wet wool has a scent all its own when it mixes with heat from the furnace.

What kid doesn’t like the smell of candy? When there is a store full of candy it’s like heaven! That was the experience of going inside Cinderella Sweets in downtown Rutland. There were so many choices that it was hard to make a decision. You couldn’t go wrong as everything was delicious.

Sometimes an aroma can be one of comfort. That was the feeling I got surrounded by all the new books in the Hartford Bookshop on Center Street. I bet most of you have opened a new book and immediately taken a “sniff!” The bookshop was one of my favorite places to go. I remember a cat that slept in the store window on a bed made from a small braided rug.

Just about every Sunday my father and I visited his sister, my aunt Nora, on Pine Street. Back in the ‘50s Sunday dinner was an occurrence in just about every home. My aunt usually had a pot roast cooking on the stove with potatoes and carrots. The aroma was inviting. She was able to stretch the pot roast into a few meals beyond Sunday. Between warming it up and making sandwiches she got a lot of mileage out of that pot roast

A visit to the Rutland Fair was an olfactory experience. Scents from all kinds of foods wafted along the midway. Of course, the cattle barn had a scent of its own just to remind you that you were in Vermont, which had a lot more farm country back in the ‘50s than it does today.

When teenage years roll around the scents young girls are interested in are bath products and perfumes. Jean Nate After Bath Splash with its lemon scent was popular in the ‘60s.

Looking Back → 35





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# August is the Sunday of summer

“If June was the beginning of a hopeful summer. And July was the juicy middle. Then August is suddenly feeling like the bitter end,” wrote Sandra Desson.

Some say that August is the Sunday of summer. It certainly starts the long slow slide into sweater weather. But, maybe it’s also a time to slow down and recharge before we start shoveling snow and dealing with less daylight.

## Perseid Meteor Showers, Aug. 11-13

But, before that, every August offers the most spectacular spectacle in our solar system and we can enjoy it for free. It is known as the Perseid meteor showers. This month’s 2024 display comes with impressive viewing conditions. The meteor showers got their name because they appear to radiate from the constellation Perseus. But don’t worry about finding Perseus. Around Aug. 11-13 is the peak, just look up into the sky and enjoy a sight to behold.

## Busy start for KAS

Starting Aug. 1 the Killington Active Seniors (KAS) group have been busy. The first day of the month started with lunch at The Lookout. That was followed by a question and answer session with Merisa Sherman, one of our elected listers, at the library who informed us more specifically about the upcoming reappraisal for all properties in Killington. At 5 p.m. that same afternoon we again met at the library. This time on the front porch for hot dogs and potato salad. This is the second of our “Summer Nights.” We then enjoyed the Thursday Night Concert behind the library.

## Upcoming library events

If you do nothing else in the coming month, I can almost guarantee the Sherburne Library will give you a chance to stay busy and try new things. First, consider the Monday movies; they start at 1 p.m. and there is air conditioning and popcorn.

If you are so inclined, there is a Stuffed Animal Sleepover on Wednesday, Aug. 14. Seriously, you may have grandchildren visiting and this is a special thing for young children as their best friends not only spend the night at the library but have lots of adventures.

For the adults there is Adventures in Laughter on Thursday, Aug. 15. Come relaxed and ready to laugh your troubles away. I’m told we should bring tissues we will be laughing so much. There will be stories, jokes, snacks and treasures!

Many of you went to the Reiki demonstration offered last month at the library. This was presented by Kelly McDermott-Burns of HeartSong Reiki. Reiki is the energy that resides within all of us. Originating in Japan, it is gentle yet powerful energy based on meditation and used to relieve stress and promote healing. McDermott-Burns will be offering free 15 minute chair sessions Thursday, Aug. 15, from 4-6 p.m. There will be seven sessions available so please call the library and sign up, 802-422-9765. In chair Reiki, McDermott-Burns will place her hands on your head and shoulders or a few inches above. Reiki can address stress, difficulty in sleeping, emotional issues and wellness care.

She has much experience working at Rutland Regional Medical Center, with Hospice Care and at Gifford Medical Center. She has also worked with animals and their owners to bring healing to our furry friends.

On Wednesday, Aug. 21, Thoughts on Aging will meet. This group has covered many topics in the realm of dealing with aging and the discussions just keep on going. It is a comfort to know you are not the only one dealing with challenges. This month we will tackle Holding On and Letting Go. Everyone is welcome and the only rule is nothing said leaves the library.

The last Wednesday of the month (Aug. 28) is reserved for the Book Club. The discussion starts at 1 p.m. and the book selection for this month is “Brave the Wild River” by Melissa Sevigny. If you like adventure this is for you. In the summer of 1938, two women, accompanied by an ambitious expedition leader and three amateur boatmen, set off down the Colorado River to map a botanical survey of the river. They run rapids, chase a runaway boat and hike sheer cliffs. This is not for the faint of heart. Get your copy at the library.

## We all want to live longer, right? Maybe?

But most only want a longer life if it’s free of health issues. So, how do we manage that? You all must know by now that I am a faithful follower of the Blue Zones.

National Geographic has defined areas of the world (Blue Zones) where people seem to live longer... I’m talking living into your 90s. That being said here are six under-prescribed lifestyle medicines that are not in pill form. These lifestyle habits have power. So read on and pay attention! It will be a journey to a happier, healthier you. The majority of Americans are stressed, sleep deprived, overweight and suffer from preventable lifestyle diseases such as heart disease, cancer, stroke and diabetes. The cost is unaffordable. The following lifestyles and suggestions are free and we all have access.

1. Eat whole foods, plant-based: As we age we have to improve our diets. Fruits, vegetables, whole grains and less meat and highly processed foods should be the norm. That bag of chips tastes good but we just can’t eat like we used to.
2. Move, get regular physical activity: Aerobic physical activity has long term health benefits. We have to move! I recently acquired a puppy to guarantee that I will not be lying on the sofa all day reading my Kindle.
3. Sleep: Restorative sleep helps the cells, organs and entire body to function better. We need, at least, seven hours of regular uninterrupted sleep every night. If we wake

in the night apps like CALM can help us get back to sleep.

4. Reduce stress: Chronic prolonged stress can overwhelm the brain and body. It leaves us open to to all kinds of disorders. There are many tools in the toolbox to deal with stress. Find one that works for you.
5. Recover from addictions: I was surprised to learn that loneliness is just as harmful as smoking 15 cigarettes a day. Substance abuse is on the rise in our country. Treatment is a challenge and there is a stigma attached. Getting help should be a priority.
6. Seek positive social connection: The practice of gratitude and forgiveness has a significant impact on our wellbeing. Social connectivity has powerful benefits. Being alone, having a small social network and feeling lonely are associated with conditions we do not want to have. So call a friend and motivate yourself to get out and about.
7. Take the above six “pills” for a longer and better life. They’re free, work better than medication and have no side effects!

## Key to happiness?

I just read a story about Patty. Patty has been quoted as saying “I love being in my 80s. Just being alive is special.” Now a little bit of information about Patty. None of her family lived past 70 so she didn’t expect to either. She lives alone about 5 miles out of town and does not drive. Her husband left her about 20 years ago. She makes a list of things to get done but feels no pressure to actually complete the list. She says her life is all easy and pleasant. But, there’s more about Patty. Her daughter was murdered about 10 years ago. Her daughter-in-law died and her son is miserable. She has no grandchildren. She has financial problems. She has passed out a few times with trips to the emergency room because of a heart condition.

Patty rates her happiness level at a 9 out of 10. If I asked you where you’re happiness level was, how would you answer? Obviously being happy does not depend on having avoided setbacks, failures or tragedies. I would simply ask that you think about this story. By the way, it is true.

Enjoy the rest of this wonderful summer. Remember, reach out to each other and be grateful. Love who you can. Help who you can and give what you can.



## Looking Back:

from page 33

During my college days Estee Lauder perfume was the fashionable scent for many of us. The Fashion Shop in Rutland carried all of the Estee Lauder products.

If you were a guy in the ‘60s English Leather aftershave or cologne might have been your choice. I think if you took a “survey” among my college friends that brand would have won a popularity contest for what you wanted your date to use.

If you were lucky enough to buy a brand

new car when it was time to purchase your first vehicle, the smell of the interior is something you won’t forget. It may have served as a reminder to take good care of it and keep it dent-free! I managed to do both of those things with my ‘66 yellow Chevy Camaro that had black leather bucket seats.

Remembering all those aromas is a trip back in time. Life was pretty simple back in those days!



Senior Scene  
Gerrie Russell



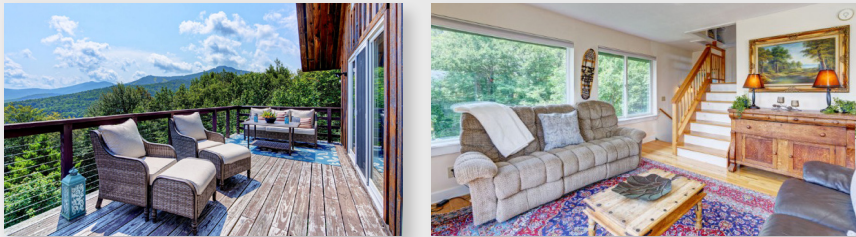




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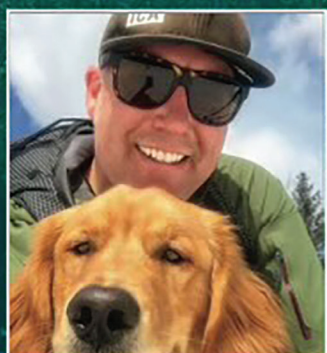
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← **Living the Dream:**  
from page 33

someone will pick up that snake and throw it at me. Not my favorite game.

In a way, we were a little like “Lord of the Flies.” Unsupervised kids running around, creating their own societal structures during the day and then only coming back under parental supervision and regulations at night. But we learned how to survive on our own, kind of. We learned simple things like how to work together to sneak the ice cream off the top shelf of the freezer when not one of us couldn’t reach, but we could if we made a pyramid.

We learned to rely on each other, building relationships beyond our family groups and out with the world. New kids were thrust into our group with no warning or explanation and we had to figure them out as we went along. Kids left and we dealt with that, too. Our structures were always changing, as we moved in and out of friendships and later, experimental relationships.

But rarely did a parent step in to show us how to deal with something or solve a problem for us. We were left to our own devices, to explore the world of nature and society on our own, to build friendships based on who we were rather than what sports team we were on. That’s not to say we were

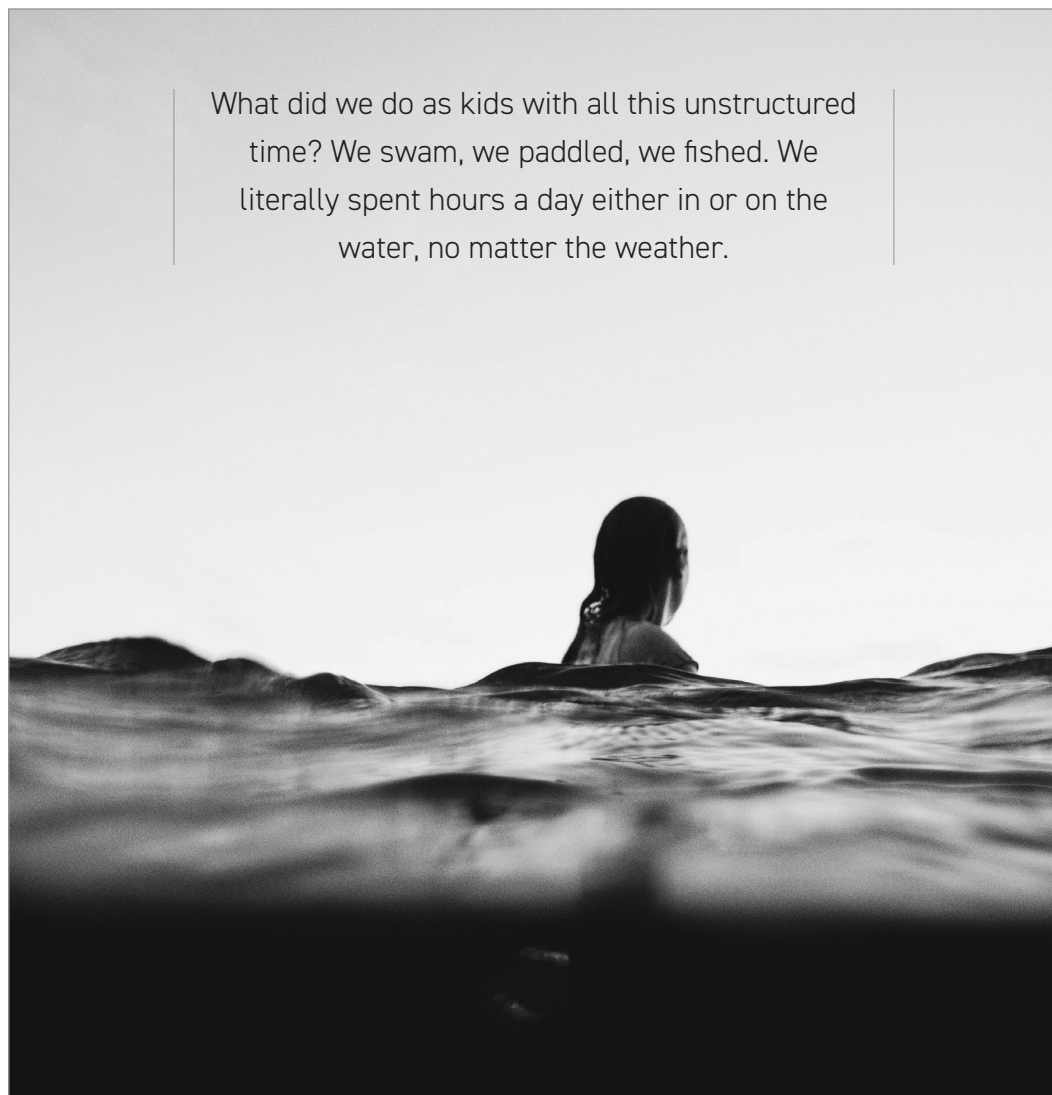
always friends. Unsupervised kids can be very mean, but we also learned the repercussions of that meanness. *WE* dealt with our problems, not our parents, and *WE* learned to figure things out on our own.

It was hard. I spent a lot of time sitting on the beach with a book because I couldn’t figure out where all the other kids were. I learned to be alone a lot and that was okay with me because I loved reading so much and was free to do that. Although at one point my dad did interfere and ban reading during daylight hours. That was a rough summer for me. But I learned who I was because I was given the time and opportunity to develop as myself. To find out what I liked and didn’t like about the world and other kids.

And it’s what drove me to Vermont. A state that is just like summer camp, but for grownups. I went for a hike today, tomorrow maybe I’ll paddle. Because “I’m a Vermontah, and I’ll do what I wantah.”

*Merisa Sherman is a long time Killington resident, elected lister and member of the Development Review Board. She is a local real estate advisor and Coach PomPom. She can be reached at Merisa.Sherman@SothebysRealty.com.*

What did we do as kids with all this unstructured time? We swam, we paddled, we fished. We literally spent hours a day either in or on the water, no matter the weather.



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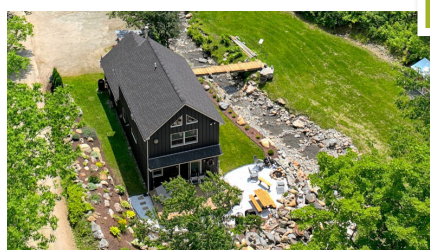


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← **Dream in Color:**  
from page 32

of each other. Funny quirks and idiosyncrasies. History. Laughing. Vulnerability. Scars. Honor. Gratitude. Space.

As we connected, she lay down with her sweet dog. She encouraged me to get closer and I shaped myself to the contour of her body. As she began to soften, she lay completely silent. I could feel her embracing our connection. She was relaxing and letting go. I honor this moment. I appreciate it. I respect it. As I consider what to do with my hands, I also wonder if I am moving too fast.

“Not like that.” She suddenly says. “Slower. Let’s go slower.”

How could I miss this? We have barely given each other a subtle smile and nod in the hall. This is a moment to be present and not let the mechanical part of the brain take over.

We reconfigure. As I look into the mirror of her eyes, I can see my reflection. No words are necessary in this moment. A joining of hands draws us closer. What is this feeling? It

feels so familiar. But so new. As we gaze, I can feel us studying each other. Digging. Subterranean. Excavation. The glacier that had built up around my hopeless-romantic heart had begun to melt. The pool that was forming was

The glacier that had built up around my hopeless-romantic heart had begun to melt.

meant to be circled by us on a moonlit drive with no destination in mind.

As I let this moment course through my veins, I considered what could it be named. What is this feeling I’ve forgotten, yet have known all of my life? I haven’t felt this for many years, yet it rests at the front of my brain and hangs on the corners of my heart. Is this moment real? Is it love? Is it attraction? Not so simple. Not like that. Slower.

This was true intimacy. We are now connected.



By Deborah J. Benoit

*If allowed to spread unchecked, goldenrod can be a nuisance although many gardeners welcome this perennial as its flowers are a favorite of bees, butterflies and other pollinators.*



By Deborah J. Benoit

*Queen Anne's lace with its lacy foliage and flat, umbrella-like clusters of white flowers is a familiar sight along Vermont roadsides.*

## Wildflower or weed?

By Deborah J. Benoit, UVM Extension master gardener

When someone mentions wildflowers, what comes to mind? Daisies? Black-eyed Susans?

They’re as familiar as the summer days of our youth, so well-loved that we often pick wildflowers for bouquets or add them to our gardens. What we call weeds tend to be any plant claiming a place for itself at our homes uninvited and unwelcome.

Goldenrod (*Solidago*) blooms in late summer and early fall. Allergy sufferers curse the yellow-plumed wildflower as a truly obnoxious weed. The truth is goldenrod doesn’t cause all the sniffing and sneezing (its pollen isn’t windborne as it is too heavy).

The real culprit is ragweed (*Ambrosia artemisiifolia*), a weed you probably never noticed that blooms at the same time as goldenrod. Its pollen is plentiful and spreads easily on the breeze.

While goldenrod can be a bully in the garden if allowed to spread unchecked, this perennial’s flowers are a favorite of bees, butterflies and hummingbirds. It’s a native wildflower that grows between 3-5 feet tall, so it’s hard to miss.

Queen Anne’s lace (*Daucus carota*) with its lacy foliage and flat, umbrel-

la-like clusters of white flowers is a familiar sight along roadsides. Unlike goldenrod, it is a naturalized non-native with origins in Europe and Asia. It grows 3-4 feet tall and flowers from June through August. While it makes a lovely addition to cut flower arrangements, some people may be sensitive to its sap.

If you’re out picking wildflowers, beware of lookalikes. American cow parsnip (*Heracleum maximum*) is native to North America. While its flowers are similar to those of Queen Anne’s lace, its foliage is quite different and the plant is much larger, growing up to 8 feet high. Its sap is phototoxic, meaning that if it gets on your skin and is exposed to sunlight, blisters can result.

Wild parsnip (*Pastinaca sativa*) looks like Queen Anne’s lace, too, but its flowers are yellow. It is highly invasive. Remove the plant or flowerheads before blooming to avoid spreading by seed. Be sure to cover exposed skin to avoid contact with the sap as it’s also phototoxic.

Giant hogweed (*Heracleum mantegazzianum*) is an even more dangerous lookalike. It is invasive in Vermont and a federal recognized noxious weed. Giant

Wildflower → 39



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**PRESTIGE REAL ESTATE** of Killington, 2922 Killington Rd., Killington. We're different. We only deal with Killington real estate, the town we love and call home. We concentrate on only one thing: property sales. And we do it well. Our focus allows us to spend more time understanding your needs — either as a buyer or as a seller of Killington VT real estate. Specializing in the listing & sales of Killington Condos, Homes, & Land. Call 802-422-3923. prestigekillington.com.

**SKI COUNTRY REAL ESTATE** 335 Killington Rd., Killington. 802-775-5111. SkiCountryRealEstate.com — 9 agents servicing: Killington, Bridgewater, Mendon, Pittsfield, Plymouth, Stockbridge, Woodstock areas. Sales & Winter Seasonal Rentals. Open Monday-Saturday: 10 am – 4 pm. Sunday by appointment.

**VERMONT REAL ESTATE COMPANY.** Our goal is to cultivate a culture where agents are always prompt, honest, reliable, and professional. We value the relationships we build and view every home sale as a step towards a deeper relationship with our clients. We pride ourselves on our commitment to a higher standard, with a mission to raise the bar of the expected level of service. Tucker Adirondack Lange. 303-818-8069 or email tucker@vtreco.com.

**WHITE CAP REALTY** is an independent Equal Housing Opportunity real estate brokerage. Based in the Killington Valley and practicing across the State of Vermont. Contact Jake or Jadziah at 802-345-5187 or www.realwhitecap.com

## Services

**BEAUREGARD PAINTING,** 30 years experience. 802-436-1337.

**ELECTRICIAN FOR HIRE.** Contracting or service. Call Jim at Leighton's Light and Power 802-356-2407

**MOUNTAIN BREEZE PROPERTY MANAGEMENT, LLC** specializing in home caretaking, house-keeping and grocery service. 802-770-4129 katieg290@gmail.com.

## Wanted

**ISO 3BR SKI RENTAL** in/around Killington/Pico for responsible, caring family. Looking to rent 6-10 weekends between 12/15/24-03/15/25. Condo or SFH. Call/text 617-519-8931

## For Rent

**BRIDGEWATER, 2 BEDROOM/1** full bath furnished spacious mobile home for rent annually \$1,500 + utilities OR for winter season 12/1/24 to 5/1/25 \$9,000 + utilities. Nice deck and private backyard. Call Marni Rieger, Broker KW Vermont-Peak Property Group 802-353-1604.

**SEASONAL RENTAL/FULL TIME** for 3 bedroom in Bridgewater. Pets allowed. No weight limit for pets. Sleeps up to 6. Utilities included, internet separate. 15 minutes to Okemo and or 25 minutes to Killington. If interested call 802-673-3719 or email taylordenorio@gmail.com.

**SKI SEASON RENTAL.** One-Bedroom. 4 Miles to Killington Road. November 15-April 14. \$6,500 plus utilities. References required. No Pets. 802-558-6738

**WINTER SEASONAL RENTAL.** 3 bedroom, 2 bath ski house. Large living room/dining room with stone fireplace. Full kitchen. Flat driveway with 5 parking spaces. Several hundred feet off of Killington access road. Few minutes walks from bus and major night spots. TV, internet, early morning snowplowing and all utilities, 1/2 cord of wood included. Call or text 970-368-0481.



**PUBLISHER'S NOTICE** All real estate advertised

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

## Wildflower:

from page 38

hogweed can reach heights of 7-20 feet. Touching it causes exposure to its phototoxic sap and can result in severe skin reactions or chemical burns.

Jewelweed is a native wildflower you've probably seen even if you don't know its name. Spotted jewelweed (*Impatiens capensis*), also known as orange jewelweed or spotted touch-me-not, and pale jewelweed (*Impatiens pallida*), also known as yellow jewelweed, are annuals native to eastern North America.

Jewelweed grows 2-5 feet tall and blooms from mid-summer through frost. Its dangling flowers are attractive to hummingbirds and bees. Jewelweed spreads by seeds that "explode" out of the pod when touched and easily self-seed. If you find yourself with an overabundance of jewelweed, it's easy to pull by hand due to its shallow roots.

While native jewelweed is a beautiful and beneficial wildflower, its lookalike relative, Himalayan balsam (*Impatiens glandulifera*), is an import from Asia. It's on the watch list as a potential invasive plant in Vermont. Although its appearance is similar to its native counterparts, Himalayan balsam is easy to identify when in bloom. Its flowers are pink or purple in color.

So, the next time you're out for a drive in a rural setting, take a look at what's growing along the roadside. Are they wildflowers? Or are they weeds?

*More information on invasive plants (and the dangers they present) can be found at: vtinvasives.org.*



By Deborah J. Benoit

*The sap of the wild parsnip, a Queen Anne's lace lookalike, contains toxic chemicals that are activated by sunlight and can cause serious burns and blisters to human skin after contact.*



TOWN OF  
**KILLINGTON**  
VERMONT

## Highway & Facilities Maintenance Crew Member

The Town of Killington Public Works Department is looking for a Full-Time Highway & Facilities Maintenance Crew Member. Maintenance work involves a variety of tasks related to the Town Roadways and buildings. Maintenance workers are responsible for routine maintenance and repair work. Duties typically require the use of a variety of tools and vehicles. Overtime work is required, particularly during the winter months, and is considered a condition of employment. A newly hired employee must complete all training and safety requirements and demonstrate knowledge and skills in the areas of maintenance and/or construction activities. Work is performed under the supervision of the Highway Foreman.

Minimum qualifications include having a high school diploma (or equivalent); a Class B Commercial Driver's License; knowledge of the methods, materials, tools and equipment used in the maintenance, repair and maintenance of highways, bridges and other related highway and facilities operations including safety precautions.

For a full job description, please visit [www.killingtontown.com](http://www.killingtontown.com) or request it by calling 802-712-4243. To apply, please send a resume to Public Works Director Abbie Sherman, [publicworks@killingtontown.com](mailto:publicworks@killingtontown.com) or PO Box 429, 2706 River Road, Killington, VT. The position will remain open until filled.

The Town of Killington is an Equal Employment Opportunity Employer.





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**NEW Weekend Group Clinics are now available as two-hour sessions on Saturdays and Sundays.** Each session focuses on a specific topic and is geared towards riders with previous downhill riding experience, ages 7+. Whether you want to find your flow, step it up, get a jump start or hone your status as tech master, these targeted clinics will help you take your mountain bike skills to the next level.

Scan code or visit [killington.com/lessons](https://killington.com/lessons) to book now.

