



CELEBRATE CHEESE WEEK SEPT. 7-15

Do you need a reason to eat more cheese? Well here's one: it's Vermont Cheese Week! There are local and statewide tasting events from this Saturday through next Sunday.

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MISS VERMONT LITTLE SISTERS OPENS

The Little Miss Red Clover program pairs girls age 3-12 with local and state titleholders introducing them to service and pageantry.

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FESTIVALS CONTINUE

Friday is the final Friday Night Live event in downtown Rutland. Then, Saturday in Barnard, is the Imagine Zero festival.

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State: Vermont needs 24,000-36,000 new homes within five years

Housing stock, affordability remain leading factors in impacting needs, study finds

The Department of Housing and Community Development (DHCD) announced Aug. 29 the publication of the Vermont 2025-2029 Statewide Housing Needs Assessment, a five-year document the U.S. Department of Housing and Urban Development (HUD) requires from government entities that receive federal funding. The findings in the report show Vermont's statewide housing shortage remains and the affordability gap is growing as costs stretch Vermonters' budgets thin.

"Vermont's affordability crisis is directly tied to a lack of housing," said Governor Phil Scott. "We cannot successfully grow our economy, address significant challenges in our healthcare and education systems, or improve quality of life for Vermonters without an adequate supply of housing across the entire state. My Administration is committed to improving and increasing our housing stock, which this Housing Needs Assessment shows is drastically needed."

DHCD contracted with the Vermont Housing Financing Agency (VHFA) to complete the Vermont 2025-2029 Statewide Housing Needs Assessment.

Key Findings in the 2025-2029 report:

- Vermont is likely to need an additional 24,000 to 36,000 homes by 2029.
- Between 2019 and 2023, the purchase price for single-family homes increased 38%.
- Between 2019 and 2023, the purchase price for mobile homes with land increased by 37%.
- Half of all Vermont renters spend more than 30% of their income on housing.
- One quarter of all Vermont renters spend more than 50% of their income on housing.
- The portion of Vermont households that own their homes has remained fairly constant since 2010 at 70%-72%.

The Housing Needs Assessment, along with the mandated 2024 Fair Housing Analysis (expected to be published this fall by DHCD), informs the statewide Consolidated Plan that HUD approves for federal funding. The Housing Needs Assessment is also increasingly used by state and local officials to inform policy and spending decisions that address housing needs in our communities.

"Our housing policy should be about creating more opportunities for Vermonters to be able to find a place to live," said DHCD Commissioner Alex Farrell. "Taxpayers dollars alone is not enough to build at least 24,000 units in the next five years, so we need to work with our public and private sector partners to accelerate unit generation in every corner of the state."

Fixing Vermont's housing crisis has been a priority for legislators and Gov. Phil Scott's administration for years. In fact, the state spent \$500 million of federal pandemic aid on housing initiatives, department Commissioner Alex Farrell said.

Some of the results of that funding should become clearer in the next year as more housing projects come online. But Farrell said that all that state spending is only half the story. Private investment, in his view, has to make up the rest of the gap.

Only 2,300 new homes were permitted in 2022, far below the 5,000 to 7,000 per year that the report estimates will be necessary to meet demand.

Housing → 6



By Zach Godwin/Killington Resort

Lacombe and Sierman celebrate 45 years at Killington Resort Milestone Party

Dave Lacombe in the mountain operations dept. and Keiki Sierman in the accounting dept. celebrated 45 years of working at Killington Resort along with 20 other colleagues who were celebrating five-year work anniversaries.

Milestone party → 4

Vermont health insurance costs are among the highest in the nation — and rising quickly

By Peter D'Auria and Erin Petenko/VT Digger

Health insurance prices in Vermont are high — and getting higher.

Average premium prices for individual marketplace plans in Vermont are among the highest in the country, according to data from the Centers for Medicare and Medicaid Services,

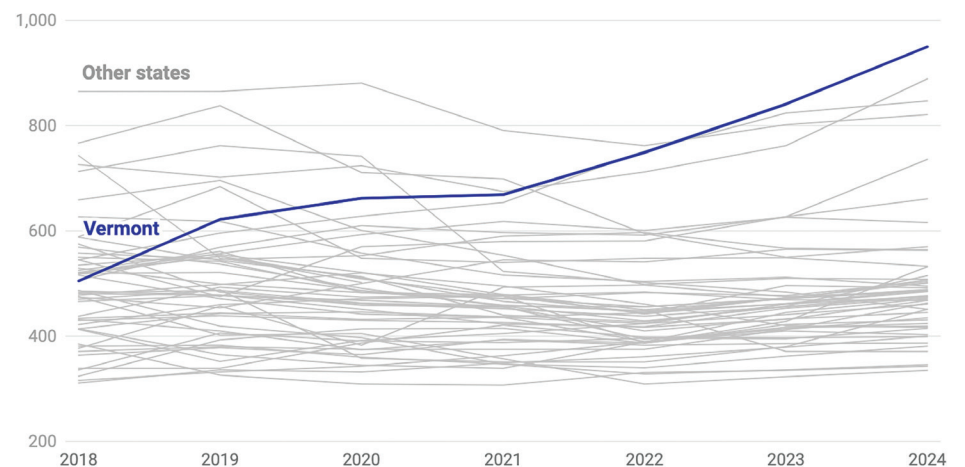
costing more than double the national average, even when federal subsidies are accounted for.

Vermont's premium prices are rising by double-digit rates, significantly faster than in most other states, according to data from health policy nonprofit KFF.

"There's no dispute. Vermont's expensive," said Mike Fisher, Vermont's chief health care advocate. "We see it in our premium rates. We see it in our hospital commercial rates."

Although the federal data only shows premium costs

Health costs → 8



Courtesy Erin Petenko/VT Digger

How the sticker price of Vermont health insurance (monthly premiums for "benchmark" plans, i.e. the second-lowest silver premium for a 40-year old individual) compares with other states.



By Arra Derderian

Killington Junior Golf League closes out summer season at Rutland

By Arra Derderian

Monday, Aug. 26, marked the second of two matches against Rutland CC for the Killington Junior Golf League (KJGL). This event was held at Rutland Country Club on a beautiful summer evening.

The Killington Junior Golf League wrapped up its summer session and is headed into fall with more work to do at Green Mountain National.

“We would like to thank Rutland Country Club for hosting this second inter-club event. The kids had a blast competing and we have set the stage for some fun matches for next season,” said Coach Arra Derderian.

Monday’s match consisted of three pairings from each team. Two players from Rutland and two from Killington made up the three foursomes. They played a scramble format for three holes and the team with the lowest score won that hole. Overall Rutland CC took the win 6-3 with points being awarded for each hole won. Killington



By Arra Derderian

has some great rising stars in Henry Evans and Timothy Ryan who filled out the first pairing. Lily Derderian and Quinn Hecker were the second pairing along with Antonio Ehmann and Mason Doenges as the third.

The KJGL will continue into the fall with 3rd/4th graders on Tuesday nights and 5th/6th graders on Monday nights. If your child is interested please reach out to the Killington Recreation Department.

Come Alive Outside and partners support Rutland’s Mystery Jack O’ Lantern tradition, key part of parade

The popular Mystery Jack O’ Lantern tradition, a key part of the Rutland Halloween Parade, is getting new energy as Come Alive Outside and its community partners take on the responsibility of coordinating this special event. This year marks a new chapter, with Come Alive Outside leading the way to ensure this tradition remains strong.

The Mystery Jack O’ Lantern award has been a symbol of community spirit and dedication in Rutland since 1961, a year after the parade began. This honor is given to individuals who have made a big difference in the community, recognizing those who work quietly and effectively to make Rutland a better place for everyone.

Changes for 2024

This year, more effort will be made to get the word out so that people from all over Rutland County can be nominated. The Mystery Jack O’ Lantern will continue to have a special place in the parade, with the honoree choosing to ride on a float, walk, or do both. Former honorees are also invited to join the float procession, which will feature a banner displaying the names of all past Mystery



Courtesy Barbie Spaulding

Barbie Spaulding was last year’s Mystery Jack O’ Lantern.

Jack O’ Lanterns, displayed both on the float and online.

Community involvement

Come Alive Outside, a nonprofit that helps connect people with nature, is excited to be leading the Mystery Jack O’ Lantern part of the parade, the organization stated in an Aug. 28 news release. They are joined by Green Mountain Approach and The Mint, who will all play important roles in making this event a success. The public is encouraged to join the float by walking, dancing, or riding,

making it a true community celebration.

“Come Alive Outside and Partners for Prevention have been incredible partners with the Recreation Department, consistently bringing in fresh, creative ideas that have helped our events grow in exciting new directions,” said Kim Peters, superintendent of Rutland Recreation and Parks. “When we approached Arwen Turner about taking on the Mystery Jack O’ Lantern, her enthusiastic ‘yes’ left

Parade prep → 6

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RRMC announces Vermont Prevention Lead Organization grant recipients

Rutland Regional Medical Center (RRMC) announced, Tuesday, Sept. 3, the selection of second round sub-grant recipients of the Region 2 Vermont Prevention Lead Organization (VPLO) grant funds. The Region 2 service area includes Addison and Rutland counties.

The sub-grants will enhance and expand prevention efforts throughout the region, for all substances and populations, from July 2024 to June 2025.

Sub-grant recipients are as follows:

- Come Alive Outside: Will offer a free collaborative community event called Winterfest, which will engage and provide leadership opportunities for local teens.
- Companions in Wholeness: Will offer meals and a safe space for Rutland’s unhoused population.
- Elderly Services Inc.: Will offer caregivers and the elderly opportunities

- Rutland County Pride Center: Will offer Rutland County a safe and affirming space for the LGBTQIA2S+ community. The center will also offering a Queer book club for adults, a Queer book club for youth, Queer co-working hours, and population specific support groups through community collaborations with mental health and substance use providers/services.
- The Boys and Girls Club of Rutland

for social connections, learning opportunities, and services from counseling to respite.

County: Will offer Rutland teens a safe space to go after school to hangout, work on homework/job/

recovery coaching, recovery support services for all ages and populations, while partnering with local law enforcement and EMS first responders.

The MINT is looking forward to using the grant to engage with middle school youth during the after school hours, providing a creative and social space in their satellite location on Merchants Row.

“Our satellite location on Merchants Row is well-sited to engage with middle school students during after school hours,” said Kim Griffin, executive director of the MINT. “We are gearing up to provide creative, responsive, entrepreneurial programming and we can’t wait to show the community — what they are capable of!”

Turning Point of Addison County will use their funds to extend their mission

RRMC grants → 5

“We are gearing up to provide creative, responsive, entrepreneurial programming and we can’t wait to show the community — and the students themselves — what they are capable of!” said Kim Griffin, executive director of The MINT.

college readiness, make connections, and access resources.

The MINT Makerspace: Will offer creative and exploratory programming for middle school students through community collaborations and craft/makers classes.

Turning Point Center of Addison County: Will provide community outreach for recovery and education throughout the county. The center will also provide peer

Vermont Education Agency releases State Ed Profile Report

Report shows education outcomes, costs, enrollment data

The Vermont Agency of Education released the first report from its Listen and Learn Tour, Aug. 30. The State Education Profile Report provides data to guide education leaders, school communities, and the agency as they work together to ensure that every student in Vermont has equitable access to high-quality educational opportunities.

The initial report highlights emerging trends in enrollment, student demographics, student outcomes, staffing, and expenditures. This information is intended to prompt conversations and further exploration.

“The Listen and Learn Tour is an opportunity for us to truly understand the diverse experiences and perspectives within our statewide education system and to ground our conversations in data and evidence,” said Interim Secretary of Education Zoie Saunders. “This report will serve as a shared foundation as we work together towards our shared vision for education in Vermont.”

The agency will continue to collaborate with education leaders and the Commission on the Future of Public Education to prioritize future reporting. Subsequent reports will take a regional approach and compare similar-sized schools and districts to support strategic decision-making.

The agency invites all stakeholders to review the report and participate in the ongoing dialogue to shape the future

of education in the state. Upcoming stakeholder engagement opportunities will include surveys, regional convenings with education leaders, and listening sessions with educators, families, students, and community members.

Key takeaways

Enrollment trends: Between 2003-04 and 2022-23, overall total enrollment (including prekindergarten, K-12 and adult) in Vermont public schools decreased by 6.2%, while K-12 enrollment decreased by 14.2%. Much of this change occurred pre-pandemic. During this same time period, changes in total enrollment varied between SU/SDs, ranging from a decrease of 3.7% to 16.6%. A small number of SU/SDs did see increases in enrollment.

Student demographic trends: The statewide demographic picture for students is similar between 2019-20 and 2022-23. Student demographics varied widely between SU/SDs, with smaller SU/SDs as a group, on average, having higher percentages of students in special education and who are economically disadvantaged.

Student outcome trends, assessments: Prior to the pandemic (2015-2019), the percentage of students that were proficient and above ranged from 51%-57% in English language arts (ELA), and from 34%-49% in math. There was variance by grade band, especially for math. Post-pandemic (2021-2022), proficiency rates were about 10% lower for all grade bands and subjects, but 2022-23 results on the new Vermont Comprehensive Assessment Program appear higher than 2021-22 results (however, using a new assessment makes comparison difficult). With either assessment program, the state has recorded persistent achievement gaps when comparing subgroups (FRL, ELL and Special Education) on English and math across all grade bands. Vermont student performance on the National Assessment of Educational Progress, while historically high in reading, has been declining since 2015, trending toward the national average.

Student outcome trends, graduation rates: Looking at both 4-year and 6-year graduation rates in Vermont, rates peaked in 2018-19, at 85% and 92% respectively, and have remained lower post-pandemic.

Public Schools (2022-23)

Area	Count
# of SU/SDs	52
# of CTE Centers	17
# of Districts	119
# of Public Schools	288
Total Enrollment (PreK, K12, and Adult Learners)	82,828
Publicly Funded Students Attending Schools Out of State	725

Other Settings (2022-23)

Area	Count
# of Approved and Recognized Independent Schools	127
Independent School Enrollment	9,679
Publicly Tuitioned Students Attending Independent Schools	3,541
Home Study Enrollment	3,505

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MOUNTAIN TIMES

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

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Killington Resort and Pico Mountain honor employees at annual Milestone Party

By Brooke Geery, Killington Resort

Each year, Killington Resort celebrates its team members who have reached significant five-year milestones in their careers at The Beast. A party is thrown, complete with gifts from Yeti, a delicious steak dinner from Southside Steakhouse and an evening of fun and games at Stonehedge Indoor Golf. The 2024 gala, held Aug. 21, recognized a collective 895 years of full-time, year-round service.

"I came to Killington as a J-1 student from Korea way back when, and knew I'd found my home," said Business Analyst Soo Seo, who celebrated 15 years working at Killington. She says her favorite thing about it is the people. "We might lack on demographic diversity, but I do love individual characteristic/ personality diversity and everyone has their own story at Killington."

Killington's two longest serving team members, Dave Lacombe and Keiki Sierman, both celebrated 45 years of service and were honored with crowns as the King and Queen of Killington.

The evening included some fun golf challenges, a photo booth and lots of mixing and mingling. But mostly, the night was a chance to recognize the dedication and contributions of the people who make Killington tick, and it's an awesome opportunity to reminisce.

"It's hard to believe that it has been 10 years since starting at Killington," said Events & Sponsorship Manager Mike Sutcliffe. "I love everything about this place, the people and the community and I am truly looking forward to celebrating many more milestones at The Beast."

5 years

Chris Condon: IT/HR
Michael Daigle: Resort Maintenance
Mike McKee: IT
Scott Watelet: Golf
Taylor Zink: Terrain Park

10 years

Oliver Hardy: Rentals
Alex Jarrosak: Mountain Patrol
Nick Levins: Housekeeping
Dennis Pumphrey: Hotel Culinary
Ethan Rousseau: Lift Electrical
Ian Smith: Mountain Patrol
Mike Sutcliffe: Events
Tommy Szedlacik: Lift Maintenance
Cody Vanguilder - Housekeeping

15 years

Nancy DiPietro: HOA
Ellen McDonough: Southside F&B
Soo Seo: IT
Jordan Spear: Director of Marketing & Sales

20 Years:

Josh Norton: Lift Maintenance

25 Years:

Darrin Mack, Waste Plant Operator

45 Years:

Keiki Sierman: accounting
Dave Lacombe: Mountain Ops.

"I love everything about this place, the people and the community and I am truly looking forward to celebrating many more milestones at The Beast," said Mike Sutcliffe.



Photos by Zach Godwin/Killington Resort



Michael Costa named CEO at Gifford

Michael Costa will join Gifford Health Care as president and chief executive officer on Oct. 14, Gifford’s board of directors announced Aug. 29. Costa will succeed Dan Bennett, who will retire from the role at the Randolph hospital on Oct. 11.

“Michael is a great fit for Gifford and our supportive, community-focused culture,” said Gifford Board Vice Chair Megan Cicio, who led the board’s CEO search committee. “He brings to Gifford deep experience not only in health care administration but also in Vermont state government. He has demonstrated a clear commitment to rural health care and working to ensure organizations that deliver that care, like Gifford, thrive well into the future.”

Gifford is a community hospital in Randolph, Vt., with family health centers in Berlin, Bethel, Chelsea, Randolph, and Rochester, and specialty services throughout central Vermont.

Costa currently serves as the CEO of Northern Counties Health Care in St. Johnsbury, a role he has been in since 2019. He previously served as the deputy commissioner for the Dept. of Vermont Health Access, the state agency responsible for administering Vermont’s Medicaid health insurance program, and as deputy director of health care reform for the State of Vermont.

“Michael’s background in primary care, ambulatory and home-based care administration, and in state government—specifically, Vermont state government—is very advantageous for the kind of work that lies ahead for Gifford,” said Gifford Board Chair Vic Ribaud, referring to the state’s pursuit of a new health care reform model (AHEAD) and financial sustainability plans under Act 167. “Michael enthusiastically embraces these challenges and especially the inherent opportunity to help shape the future of health care in Vermont.”

Costa was drawn to Gifford by its structure, people, and opportunity to effect meaningful change in rural health care.

“I am both humbled and honored to be selected as the president and CEO of Gifford Health Care,” he said. “Gifford is a truly unique organization—a hospital, Federally Qualified Health Center, and retirement community—that deeply reflects the health care needs of our community. This role offers an extraordinary opportunity to lead in rural health care and to model how to provide high-quality services while improving community health in a sustainable way.”

“During the interview process, I was impressed by the immense passion and pride that Gifford’s team members have for the organization and for one another, which has made me even more enthusiastic to join the team,” Costa added.

Costa’s top priority for his first months on the job, he said, is to listen and learn before working to develop shared goals and a long-term vision for success. That success includes amplifying Gifford’s strengths.

“Rural health care faces several significant challenges, including recruiting and retaining



Submitted
Michael Costa

team members, payment rates that often do not cover costs, patients with complex health needs, and shifting demographics, to name a few,” said Costa. “However, it’s important not to overlook the strengths of rural health care: access to local services, well-coordinated care, the development of lifelong patient relationships, and the mission-driven experiences we offer our teams. I believe our approach should start with emphasizing why keeping care local is vital for every Vermonter.”

Prior to his leadership roles in health care, Costa, who trained as an attorney, served as special counsel and director of policy, outreach, and legislative affairs for the Vermont Department of Taxes, and as director of the Blue Ribbon Tax Structure Commission for the Legislative Joint Fiscal Office.

For his leadership during Covid-19, Costa was presented the 2021 Vermont Excellence in Leadership Award by the Snelling Center for Government.

He serves on several boards: as a trustee of the Vermont Association of Hospitals and Health Systems (VAHHS), director of Bi-State Primary Care Association, director of VNAs of Vermont, manager of OneCare Vermont, incorporator of Northeastern Vt Regional Hospital, and director of Vermont Federal Credit Union.

He earned his master’s degree in health care delivery science from Dartmouth College; a juris doctor from the University of Wisconsin; and a bachelor’s degree from Bates College.

Outside of work, Costa is a family man and active volunteer in his hometown of Norwich, serving as president of his local hockey association and coach and president of the baseball association.

“We look forward to welcoming Michael to Gifford in mid-October, following Dan’s retirement,” said Cicio. “We are grateful for Dan’s exceptional leadership over these many years and his work to ensure a smooth transition. Also, many thanks to our board members and Gifford team members who participated on our search committee. This group oversaw a comprehensive process that produced several qualified candidates to lead Gifford.”

For more info, visit: giffordhealthcare.org.

Where is the state road construction?

The Vermont Agency of Transportation (VTrans) published its weekly report of planned construction activities that will impact traffic on state highways and interstates throughout Vermont, Sept. 3-6 and ongoing.

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

I-91 Springfield-Hartland: Beginning on Tuesday, Sept. 3, lane closures will be in place on I-91 South from north of Exit 9 to just south of Exit 7. A speed limit reduction to 55 mph is in effect through the work zone. The on- and off-ramps for Exits 7, 8, and 9 will remain open during final pavement marking, but motorists should be aware of limited widths, speed reductions, and shifting traffic patterns.

Hartford: Tuesday through Friday during nighttime hours, motorists should expect minimal delays with traffic shifts and alternating one-way traffic on Route 5 from the Sykes Mountain Avenue roundabout to Veterans Drive and from the intersection with Route 14 to Veterans Drive. During daytime hours, motorists should expect minor delays with traffic shifts and alternating one-way traffic on Route 5 and sideroads from the Hartford/Hartland town line to Veterans Drive. Flaggers and Uniformed Traffic Officers will be present to assist motorists through the work zone.

Hubbardton: Cliff stabilization work continues on Route 30 between Hortonia Road and Columbia Drive. The southbound lane remains closed to traffic. Motorists should expect to stop as they approach the work zone and be routed through the northbound lane in alternating one-way traffic, either by a traffic signal or by flaggers. General work hours are Monday through Friday, 7 a.m. to 5 p.m.

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 to Elm Street, Main Street, and Pleasant Street Extension.

Pittsford: Motorists are traveling over the temporary bridge. Tuesday 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 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 though the visitor center.

Rutland: A Class I highway resurfacing project will require nighttime lane closures with alternating one-way traffic from Tuesday night to Saturday morning, 7 p.m. to 7 a.m., on Route 4 between Gleason Road and Route 7, Route 7 between Cold River Road and Lincoln Avenue, and Route BUS 4 between Ripley Road and Route 7. Intermittent width reductions will affect intersecting side streets on Route 7. Motorists can expect grooved and uneven surfaces with raised structures on Route 7 and Business Route 4.

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 where the new culvert is located. One lane of alternating traffic is expected Tuesday 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.

**RRMC grants:**
from page 3

and work on prevention over the next six months.

“We are grateful and humbled by this vote of confidence in our work,” said Danielle Wallace, executive director of the Turning Point Center of Addison County. “We see every day the essential role prevention can play in the health of our community.”

Another grantee, Elderly Services, Inc., is using the grant to address loneliness and the challenges of aging among Addison County residents.

“We are grateful and humbled by this vote of confidence in our work,” said Danielle Wallace.

“Most people feel they just have to suffer with loneliness and the challenges of aging and caring for aging relatives until they reach a crisis,” said Kristin Bolton, executive director of Elderly Services, Inc. (ESI). “When they feel they can no longer manage the situation, they increase their risk for unhealthy behaviors and poor health outcomes. This grant

will help us provide support for people before they reach a crisis.”

As the Prevention Lead, RRMC guides substance use prevention activities and sub-grant funds to community partners located in Addison and Rutland counties. RRMC and its dedicated partners are committed to continuing to expand and enhance the efforts to address substance use among all ages while addressing barriers and gaps in services.

For more information, visit: rrmc.org/about/vplo.

← Parade prep: from page 2

no doubt that this tradition is in great hands. We can't wait to see what Come Alive Outside and company have in store for us this year. Stay tuned for more details, and get ready to experience an unforgettable Halloween Parade!"

Nomination process and participation

Nominations for the Mystery Jack O' Lantern are now open to all residents of Rutland County aged 18 or older. The award recognizes those who have shown great dedication to community service, especially in improving opportunities in the county. Nominations will be accepted until Sept. 30, and the winner will be honored during the parade.

The identity of the Mystery Jack O' Lantern will remain a mystery until the parade, with clues given to the community before the event. Those who guess correctly will be entered into a drawing for prizes.

To be part of this fun tradition, either by nominating someone or joining the parade, visit the Come Alive Outside website: [Comealiveoutside.com/mystery-jack-o-lantern](https://comealiveoutside.com/mystery-jack-o-lantern).

← Housing: from page 1

In recent years, the Legislature has passed bills to loosen local zoning restrictions and reform the state's land use law, Act 250, for new housing. However, other hurdles for private development, like the rising cost of construction, is "largely out of our hands in Vermont," Farrell said.

The pandemic changed the trajectory of Vermont's housing market, according to department Commissioner Alex Farrell. Vermont's population has grown since then due solely to migration, according to census data cited in the report.

"People are moving here," he said. "We were begging them to for years and years, and then during the pandemic, they started moving here. ... but we're not ready for people to be here and to come. We don't have homes for them, and it's squeezing out the most vulnerable people."

The Vermont Housing Finance Agency (VHFA) was established in 1974 to finance and promote affordable, safe and decent housing opportunities for low- and moderate-income Vermonters. Since its inception, VHFA has helped 31,000 primarily first-time home buyers and their families purchase homes. It also provides financing, development and management support, subsidy administration and tax credits for approximately 9,600 affordable apartments statewide.

Erin Petenko/VTDigger contributed to this reporting.

Officials strongly recommend limiting time outdoors in high-risk areas due to EEE threat

High-risk towns include Alburgh, Burlington, Colchester and Swanton

Health officials began strongly recommending people in towns at high risk for eastern equine encephalitis (EEE) avoid spending time outdoors as much as possible between 6 p.m. and 6 a.m. to avoid mosquitoes that could carry the virus, according to a Aug. 26 news release. If going outdoors, taking steps to prevent mosquito bites is essential. High-risk towns currently include Alburgh, Burlington, Colchester and Swanton.

The recommendation will be in place until the first hard frost that kills mosquitoes.

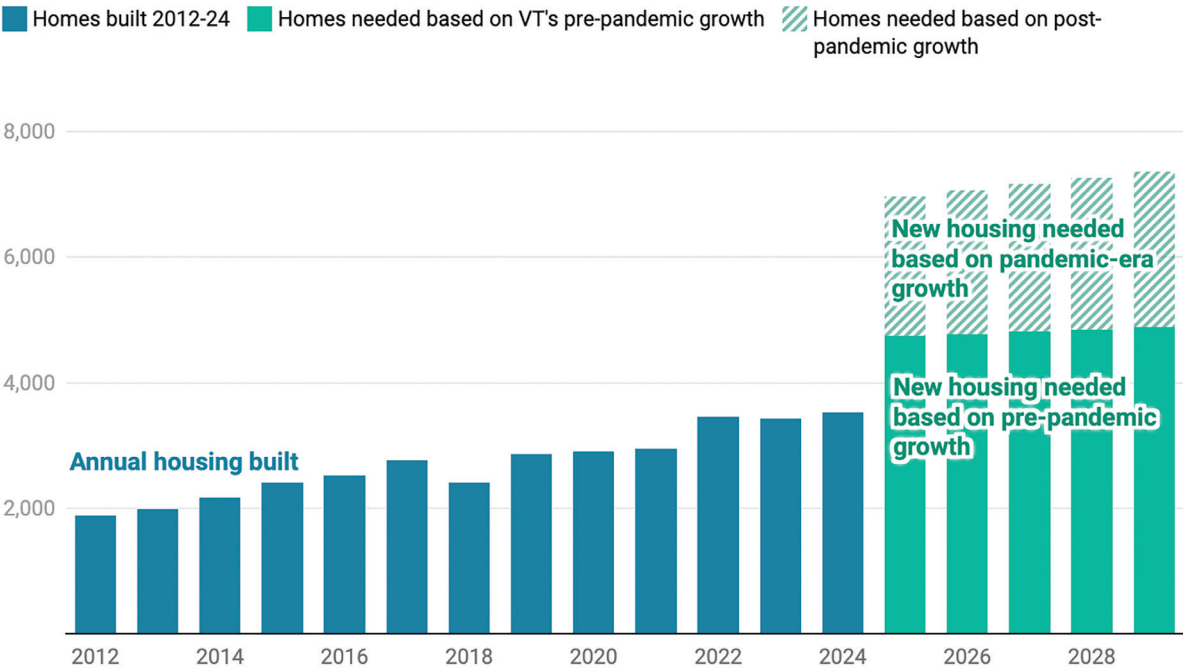
Vermont continues to see much higher numbers of mosquitoes testing positive for EEE virus this year compared to previous years, affecting more areas of the state. Risk levels are based on the sustained numbers of EEE-positive tests of mosquitoes in these towns, in addition to the person infected with EEE in Chittenden County. Two people in surrounding states have also recently been infected — one in Massachusetts and one in New Hampshire, who has died.

This season there have already been 47 groups of mosquitoes that tested

positive for EEE virus across 11 towns, compared with 14 groups across three towns that tested positive in 2023.

The Vermont Agency of Agriculture, Food & Markets has been increasing its collection efforts of mosquitoes, which are tested at the Dept. of Health laboratory. Additional testing could increase the number of towns at high risk in the coming days and weeks.

EEE is a rare but serious disease caused by a virus spread to people through the bite of an infected mosquito. EEE can result in encephalitis, EEE → 12



Courtesy Erin Petenko/VTDigger
The housing needs assessment shows the amount of housing needed in the state has increased since the pandemic influx.

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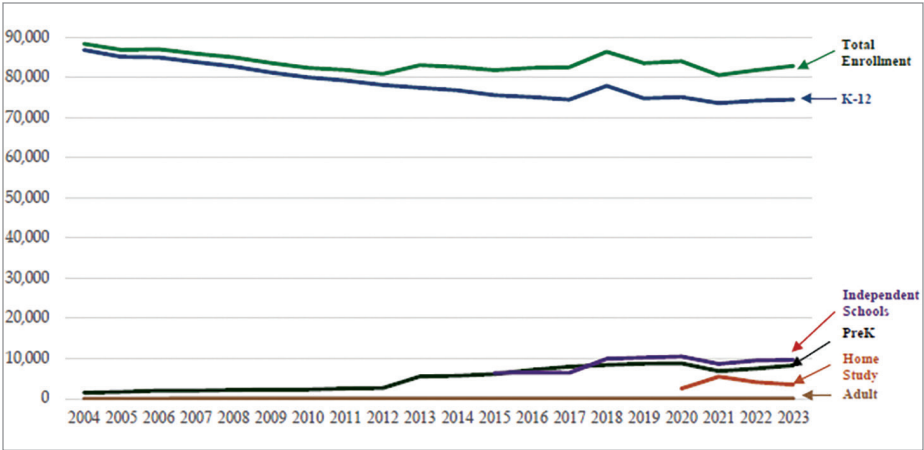
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Vermont National Rankings

Area	Ranking
Average School Size* Ranked from Largest to Smallest Average School Size	46 th
Total Expenditures Per Pupil* Ranked from Highest to Lowest Expenditures	5 th
Teachers Per 100 Pupils* Ranked from Highest to Lowest Staffing	1 st
Staff Per 100 Pupils* Ranked from Highest to Lowest Staffing	1 st
National Assessment of Educational Progress (NAEP) 4th Grade Reading^ Ranked from Highest to Lowest Percent Proficient or Above	11 th
NAEP 4th Grade Math^ Ranked from Highest to Lowest Percent Proficient or Above	28 th
NAEP 8th Grade Reading^ Ranked from Highest to Lowest Percent Proficient or Above	5 th
NAEP 8th Grade Math^ Ranked from Highest to Lowest Percent Proficient or Above	21 st



Courtesy Vt Agency of Education

Graph shows statewide enrollment from 2003-04 school year to 2022-23 school year among different types of education as well as total enrollment (top line). Overall there has been a significant decrease in K-12 students, but has leveled off more in recent years.

Courtesy Vt Agency of Education
Data from the National Center for Education Statistics shows Vermont's ranking in 2022.

State of Ed: from page 3

Staffing, staffing levels: Since 2019-20, the number of teachers, leaders and student services staff per 100 students has increased, meaning SU/SDs are employing a similar or higher number of staff to educate fewer students. On average, staffing levels were related to SU/SD size, with the number of staff per 100 students increasing as SU/SD size decreased. It is important to note that the infusion of federal funding to address the pandemic may have influenced the staffing levels during this time period and raises questions about the sustainability of staff levels in future years.

Staffing, average staff salaries: Since 2019-20, average salaries have increased for all personnel categories by 11.5% to 17.7%. Larger SU/SDs tended to have higher average salaries than smaller SU/SDs in most personnel categories, with differences in salaries being up to \$10,000 more, on average, for some positions (like teachers and leaders).

Expenditures, total expenditures per pupil (total enrollment): Since FY20, statewide total expenditures per pupil, using total enrollment, has increased from \$22,782 to \$27,537; this is in part due to increased federal funding to address the impact of the pandemic. Total expenditures per pupil appears to be largely related to size, with smaller SU/SDs spending more per pupil. In addition, per pupil spending is also linked to student need, with SU/SDs with higher numbers of FRL students spending more per pupil.

Expenditures, total expenditures per equalized pupil: Statewide per pupil expenditures based on equalized pupil counts are slightly lower than those based on total enrollment (for example, \$26,579 compared to \$27,537 in FY23. Expenditures per equalized pupil shift total enrollment counts by weighting them to reflect the higher costs expected to serve PreK, elementary, middle, secondary, pupils in poverty, and students who are English language learners. Comparing total expenditures per equalized pupil and student performance in 2022-23 found that generally higher performing, lower spending SU/SDs have lower percentages of FRL students, while lower performing, higher spending SU/SDs have higher percentages of FRL students.

Expenditures, special education expenditures: Statewide special education expenditures in SU/SDs increased between FY20 to FY23, from \$26,032 to \$28,288 per special education student, or \$4,796 to \$5,284 per pupil (total enrollment). This increase of 10.2% compares to an increase of 20.9% for overall total expenditures and is likely due to the availability of federal pandemic relief funds. As a result, even though special education costs increased, the share of total expenditures for special education also decreased from 21.1% to 19.2%.

The full report is available on the Agency's website: education.vermont.gov.

KILLINGTON CONNECTING TRAILS SCOPING STUDY

MEETING DETAILS

DATE: Wednesday, September 11th, 2024
TIME: 7:00 PM

IN-PERSON LOCATION:
Killington Public Safety Building
800 Killington Road,
Killington, VT 05751

VIRTUAL OPTION:
Join Zoom Meeting
Meeting ID: 861 9104 2719
Passcode: 261897
By Phone: +1 929 205 6099
By Link: <https://tinyurl.com/4txe4473>

PUBLIC MEETING

Please join us for the Final Public Meeting of the Killington Connecting Trails Scoping Study. The Town of Killington worked with VHB to develop improvements to bicycle and pedestrian connectivity and safety in the area around several multi-use, off-road trail networks: Gifford Woods trails, Sherburne trails, and trails around Kent Pond.

VHB has prepared a DRAFT Scoping Report and will present their findings and the recommended trail connections along and across US Route 4 and VT Route 100 in Killington.

Health costs:
from page 1

for individual plans, small and large group plans for employers have seen similar cost increases, according to Sara Teachout, a spokesperson for Blue Cross Blue Shield.

“The prices at hospitals, the prices for pharmaceuticals, all that stuff is the same across the marketplace,” she said.

Roughly 30,500 Vermonters are insured through individual marketplace plans, according to the Dept. of Vermont Health Access. Individual plans are plans bought by individual consumers, rather than employers, on the state’s marketplace, Vermont Health Connect. (They are referred to as individual plans even though they may cover a family.)

The average monthly premium for those plans — the sticker price — was \$874 as of January 2024, among the highest in the country, according to federal data.

But because federal and state money helps offset those premium costs, most Vermonters who buy those plans do not pay that sticker price.

More than 89% of Vermonters on those plans received some form of federal subsidy to pay for them, according to the 2024 data from the federal Centers for Medicare & Medicaid Services. After those subsidies, the average premium dropped to \$243 a month, and Vermonters who received those federal subsidies paid an average premium of \$178 a month.

The state of Vermont also helps low-income residents pay for insurance with a benefit known as Vermont Premium Assistance. That benefit sets an upper limit on how much Vermonters can pay for premiums for an insurance plan bought on the marketplace, depending on their income.

According to the Dept. of Vermont Health Access, which administers the state marketplace, about 14,800 Vermonters on individual marketplace plans receive state premium assistance.

Data from the department, which is more recent than that from the Centers for Medicare and Medicaid Services, differs slightly from the federal figures. According to the Dept. of Vermont Health Access, the average amount of state premium assistance issued to Vermonters was about \$35 a month.

That brings the average premium of Vermonters on individual marketplace plans down to about \$210 monthly, according to the department. That is still a higher premium than those in roughly 40 states, according to federal data.

Certain policy choices also affect the sticker prices for insurance premiums, in ways that do not necessarily increase the actual cost of insurance.

In most of the country, health insurance premiums for marketplace plans are linked to a purchaser’s age. Older buyers, who are likely to be less healthy, pay more in premiums, while younger, likely healthier buyers pay less. Vermont makes no such distinction, meaning that younger purchasers pay relatively more money for plans, while older purchasers pay less.

For another thing, Vermont has employed a tactic called “silver loading” — a practice that hikes the sticker price for a key silver insurance plan. (Plans on the marketplace are classified as different metals — platinum, gold, silver, bronze — according to their premium and out-of-pocket costs.)

Because the federal government’s premium tax credits are based on the cost of those silver plans’ premiums, silver loading actually helps Vermonters save money. When the price of those premiums increases, Vermont is able to draw down more money in tax credits — making premiums cheaper.

Caveats, context and complications aside, Vermont

“We need more younger Vermonters who need less health care, are not on meds, don’t have chronic illnesses,” Stephen Leffler.

insurance is still not cheap.

Even taking federal tax credits into account, the average premium for an individual marketplace plan in Vermont — \$243 — is the sixth highest state average in the country, if Washington, D.C., is taken into account, according to federal data.

Unlike individuals, small businesses do not have access to public subsidies to help pay for their employees’ health insurance, according to Fisher, the chief health care advocate.

“It’s sort of stark,” Fisher said. “The small group is on its own out there. Small employers are on their own out there.” Plans purchased through the small group market cover just over 37,000 people in the state, according to recent state filings by insurers.

Earlier this month, the Green Mountain Care Board, a key health care regulator, allowed MVP and Blue Cross Blue Shield, the two commercial insurers that sell on Vermont’s marketplace, to raise individual and small group insurance rates even further.

MVP’s premiums will increase by an average of 14.2% for individual plans and 11.1% for small group plans.

Blue Cross Blue Shield premiums will rise even more — by 19.8% for individual plans and 22.8% for small group plans.

Both insurers are raising rates far higher than the national average of 7%, according to data from KFF, a nonprofit health care think tank.

KFF compared 324 commercial insurers throughout the country that have reported preliminary rate increases. Vermont Blue Cross Blue Shield’s increase ranked eighth-largest in the nation, while MVP ranked 20th.

Blue Cross Blue Shield said those rate hikes were necessary to fill what the state’s Dept. of Financial Regulation described as a risky shortfall in the nonprofit insurer’s cash reserves.

“While we realize this is extremely difficult for our members, it is a necessary financial step,” Don George, the president and CEO of Vermont Blue Cross Blue Shield, said in a letter to community members last month. “Since May, health care claims have increased dramatically, and our member reserve levels have declined precipitously.”

Owen Foster, the chair of the Green Mountain Care Board, said those increases represented “deep fundamental failures in our healthcare system” in a press release earlier this month announcing the rate hikes.

“While these rates are plainly unacceptable, the alternative of an insolvent insurer unable to pay for patient care was worse,” Foster said.

What are the cost drivers?

At a basic level, health care spending is driven by the prices of care multiplied by the quantity of services used, according to Carrie Colla, a health economist at Dartmouth’s Geisel School of Medicine.

“As an economist, we think of it as P times Q, price times quantity,” she said.

In Vermont, both variables — price and quantity — have gone up over the past few years. In the past several months, Blue Cross Blue Shield, Vermont’s largest commercial insurer, which covers roughly a third of the state, has seen what some administrators have referred to as a “claim surge” — a spike in the number of claims filed by Vermonters who received care.

That surge has been particularly acute during the past three or four months, according to Teachout, the Blue Cross Blue Shield spokesperson. But claims have increased even over the past few years, she said.

Jordan Estey, MVP’s vice president of government affairs, said high costs for care and state policy decisions are largely responsible for Vermont’s high premium prices.

“Health insurance is expensive because the cost of health care services are expensive,” Estey said in an emailed statement. “We see much higher prices in Vermont compared to neighboring states for the exact same service(s) like MRIs and laboratory tests — which warrants further discussion about why that is, and whether these higher prices are fair and appropriate.”

Estey warned that Act 111, recent legislation that limits the cases in which insurers can reject claims from providers, is also likely to increase costs in the future — including an additional 6% increase by 2026.

“This estimated 6% increase will be on top of the ever-increasing costs of prescription drugs, hospital bills, and other medical services provided in Vermont—which is how we’ve found ourselves looking at premium increases of more than 10% on a consistent basis,” Estey wrote. “It’s simply not sustainable.”

Over the past few years, Vermont hospitals have requested repeated increases in prices for procedures.

Health care leaders say the reasons are numerous: The use of expensive specialty drugs, such as the diabetes and weight-loss drug Ozempic, are raising costs significantly, administrators say. A longstanding workforce shortage has led many hospitals and medical facilities to rely on traveling medical workers, who cost more than local staff. Vermont has a severe shortage of long-term care facilities and nursing homes, which results in hospitals providing care — often uncompensated — for patients who have nowhere else to go.

And as Vermont’s population ages, residents have presented with more complex and serious medical needs, requiring more frequent and more expensive care.

“We need more younger Vermonters who need less health care, are not on meds, don’t have chronic illnesses,” Stephen Leffler, the president and chief operating officer of the University of Vermont Medical Center, said this spring in a meeting with health care administrators and Vermont Sen. Bernie Sanders. “We’re seeing and feeling that every day.”

Even worse news could be on the horizon. During the Covid-19 pandemic, the federal government expanded eligibility for subsidies for premiums, allowing people with higher incomes to access federal money to pay for marketplace plans. But, without action from Congress, those expanded subsidies are due to expire at the end of 2025.

“Many of us who have been looking at this health care financing ‘not-system’ — the way we finance care — have been saying for a number of years that it’s unsustainable and that it can’t possibly continue,” Fisher said. “But it feels like we’re in a much more acute stage of that.”

State Name	Average premium pre-subsidies	Average premium post-subsidies ▼	Percent of consumers who received subsidy
District Of Columbia	\$894	\$775	21%
New York	\$714	\$410	71%
Minnesota	\$501	\$297	58%
Washington	\$595	\$271	72%
Hawaii	\$696	\$248	83%
Vermont	\$874	\$243	89%
Connecticut	\$897	\$233	87%
Oregon	\$655	\$231	81%
Alaska	\$967	\$230	86%
National average	\$605	\$111	92%

Courtesy Erin Petenko/VTdigger
Chart shows Vermont having the 6th highest cost of insurance for average premiums after federal subsidies.



Courtesy Jon Adams Photography

The Little Miss Red Covers program introduces kids age 3-12 to pageantry via mentorship with Miss Vermont and Miss Vermont Teen. Registration is now open for the next season.

Miss Vermont Little Sisters program opens

Children 3-12 are invited to join mentoring program

The Miss Vermont Scholarship Organization (MVSO) announced Sept. 2 the opening of registration for its mentoring program. The Little Miss Red Clover program pairs girls age 3-12 with local and state titleholders. Boys in the same age range are eligible to participate as Little Brothers.

This program includes mentoring sessions and the opportunity to participate in select appearances with Miss Vermont 2024 Meara Seery and Miss Vermont's Teen 2024 Charlee Royer. Each Little Miss

"I have also gained a lot of confidence in myself," said 11-year-old Addy Brooks.

Red Clover receives a crown and sash along with two complimentary tickets

to the Miss Vermont Competition being held Sunday, May 4, 2025 at Spruce Peak Performing Arts Center in Stowe. Interested Little Miss Red Clovers and Little Brothers will also be invited to be featured on stage during the competition.

Eleven-year-old Addy Brooks of St. Albans has been a "Little Miss Red Clover" for the past two years.

"I enjoy being with my mentor and being out with the community with her and giving back to the community," said Addy. "I have also gained a lot of confidence in myself."

Addy's mother Jodi believes other families should consider taking part in the program. "I think she has really grown as a person to be responsible, confident, and always believing in herself," said Brooks.

"The mentoring program is a special and integral part of our organization,"

said Executive Director Darcie Fisher. "These children have an opportunity to work directly with our current Miss Vermont and Miss Vermont's Teen. This program also includes an emphasis on

world's largest provider of scholarship assistance for young women. More than \$45 million in scholarships is made available annually at the local, state and national levels.

This program also includes an emphasis on community service, exposing young Vermonters to various ways they can give back to their communities and the Green Mountain State," said Executive Director Darcie Fisher.

community service, exposing young Vermonters to various ways they can give back to their communities and the Green Mountain State."

The Miss Vermont Scholarship Competition is a preliminary to the Miss America Program, one of the nation's leading achievement programs and the

For more information about becoming a candidate and competing for the titles of Miss Vermont 2025 or Miss Vermont's Teen 2025, visit: missvermont.org. For more information about the Little Miss Red Clover program, email program coordinator Ericka Salter at littlemissers@missvermont.org.

GUEST EDITORIAL

True generational change in view

Do all of these generational shifts matter?

By David Moats

Editor's note: David Moats, an author and journalist who lives in Salisbury, is a regular columnist for VTDigger. He is editorial page editor emeritus of the Rutland Herald, where he won the 2001 Pulitzer Prize for a series of editorials on Vermont's civil union law.

People talk about generational change, but change on a scale to earn that description is rare. Now that the Democratic presidential nomination has shifted from President Joe Biden to Vice President Kamala Harris, true generational change is within view.

The last election to usher in a generational shift came in 1992. Those of us then in our middle years had lived exclusively with presidents that had experienced the hardships of the Great Depression and World War II. We were the baby boomers, those born after all those soldiers, sailors and Marines came home.

Then in 1992, a baby boomer was elected president for the first time. Bill Clinton and his vice president, Al Gore, were young, full of ideas and ambitions. They had displaced President George H.W. Bush, who himself had been a pilot during World War II. Their theme song came from Fleetwood Mac with the lyric "Don't Stop (Thinking About Tomorrow)." I was 45 years old, and it was an exciting time.

And the shift was happening in Vermont, as well, when Vermonters elected Howard Dean as governor. Dean, the former lieutenant governor, had become governor in 1991 upon the death of Gov. Richard Snelling. Like Clinton, Dean was bursting with ideas and ambition, and he, too, was a baby boomer. It seemed as if our generation had found its moment.

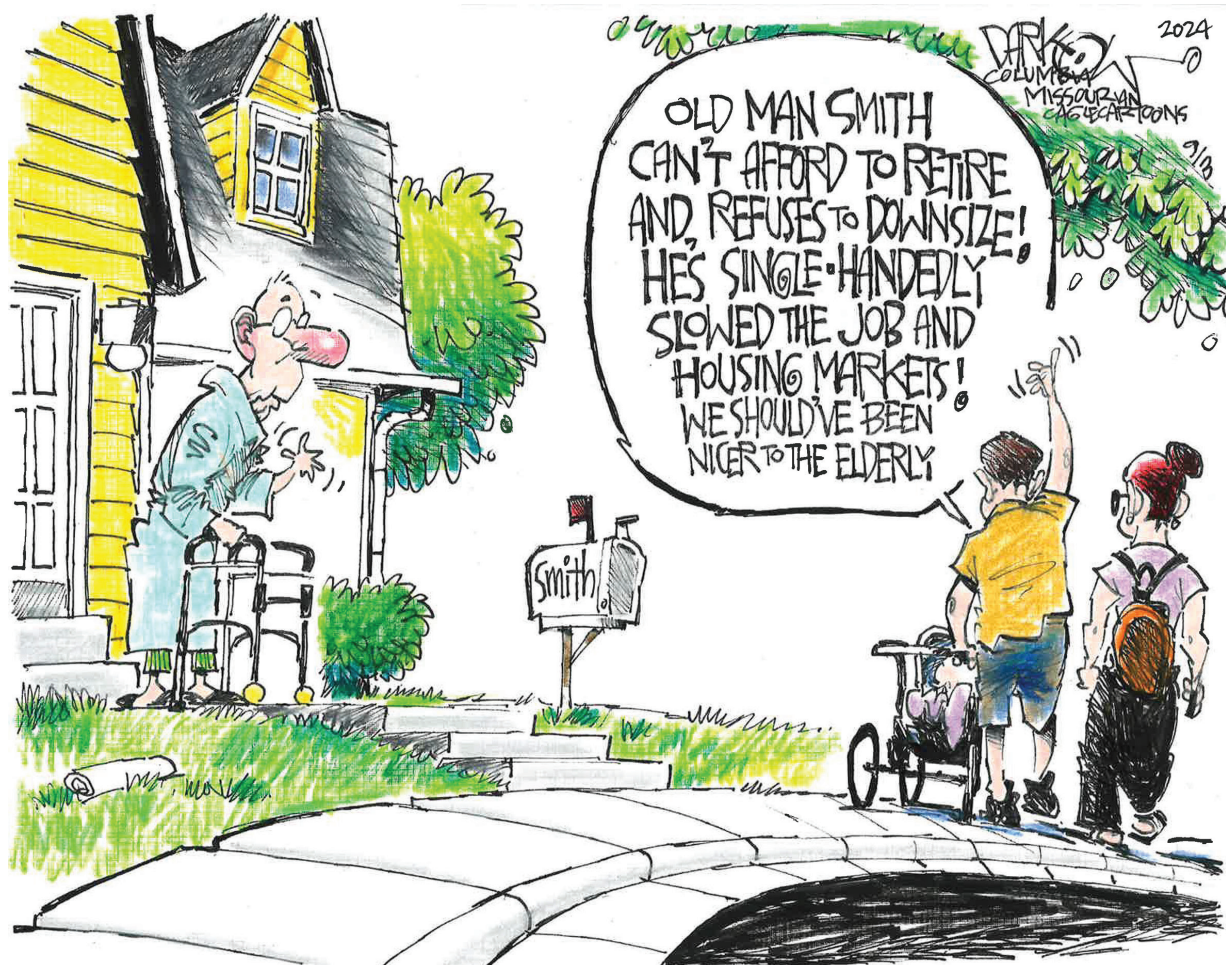
Both President Clinton and Gov. Dean were Democrats who had to operate within the conservative parameters defined by the presidency of Ronald Reagan. Reagan had famously declared that government was not the solution to our problems; government was the problem.

The notion that government had to be cut back and that the free market should be set free limited what either Clinton or Dean could do. One commentator during the recent Democratic National Convention observed that if anyone this year had put forward several of Clinton's signature goals — getting tough on crime and reforming welfare — they would get nowhere. Clinton's failure on health care reform was only redeemed 20 years later by President Obama.

That conservative era seems to have spent itself. Democrats are now the ones declaiming about freedom and opportunity, while Republicans are caught within a fever dream about the horrors of American life.

Another generational change occurred earlier. When John F. Kennedy won election in 1960, he declared that the torch had been passed to a new generation, and he was right. He succeeded President Dwight Eisenhower, commanding general of Allied forces in Europe during World

Democrats are now the ones declaiming about freedom and opportunity, while Republicans are caught within a fever dream about the horrors of American life.



Job and Housing Market by John Darkow, Columbia Missourian

LETTERS

Your public forests are at risk, but you can help

Dear Editor,

What was at first a peaceful and unassuming summer has now jolted Vermonters with another wave of midyear inundations. Many communities just beginning to get back on their feet from last year's flooding have been forced back to square one. In the wake of these unfortunate circumstances, we are reminded that Vermont's forests are more than places for grounding and recreation; they are essential to the survival of our communities.

For much of my life, I lacked interaction with forests. I didn't grow up with them nearby. My knowledge of forests was minimal at best. I rarely spent time in them. I never thought twice about how forests might serve my daily life or those of so many other beings.

One summer in high school, I was fortunate to spend time in Alaska's Kenai Peninsula. After I

Forests → 12

We have gained nothing from legalized sports betting

Dear Editor,

In its first six months legalized sports betting brought \$3.5 million dollars in tax revenue to the state of Vermont. Except that Vermonters and visitors bet more than \$100 million in that time period and the

Our state government was bowled over by the gambling lobby and now Vermonters are paying the price.

casinos paid out less than 90%. So \$10 million left our economy and we got a \$3.5 million return, and state Liquor and Lottery commissioner Wendy Knight is calling it a win.

We were robbed.

Our state government Sports bets → 12

Working together to address Vermont's health care challenges

Dear Editor,

As Vermont's population ages and in many places declines, we're seeing the impact in all aspects of our daily lives — whether it's housing, education or health care.

What's the core problem in Vermont's health care system? At its most simple, the number of people paying for care through commercial insurance is going down (and getting older and sicker), while nationally and locally the demand for care and cost to provide care is going up.

This trend is unsustainable, and to address it, care providers, insurers and government will need to avoid the divisive brinkmanship we see on the national stage and embrace Vermont values of community and collaboration to find the solutions that increase access to care and lower costs overall.

At University of Vermont Medical Center, we know controlling costs is a key part of the above equation and a part of our nonprofit mission. Multiple sets of independent data show that when it comes to adminis-

trative costs, we're one of the financially leanest academic medical centers in the Northeast.

This isn't by accident — as part of UVM Health Network, we've put a lot of work into reducing costs through efficiency sharing administrative staff and as we become unified, even sharing providers. This improves care for patients across our region while controlling costs.

To support our vital work, on Aug. 28 we presented to our regulator, the Green Mountain Care Board, our commercial rate increase request of 7.91% for FY25, which begins on Oct. 1. Our proposed budget for the next fiscal year includes a number of significant initiatives supporting our patients and communities, including:

Strengthening access to care: We've significantly reduced the number of patients waiting for necessary surgeries this year by performing a record number of procedures month after month. We've expanded capacity for imaging, Health care → 11

Shift → 13

CAPITOL QUOTES

Two ballistic missiles struck the Poltava Military Institute of Communication and a nearby hospital in Ukraine, resulting in over 50 deaths and more than 200 injuries, according to Ukrainian officials Sept. 2. The attack, one of the deadliest since the war began, caused the military academy's main building to collapse.

"We say again and again to everyone in the world who has the power to stop this terror: air defense systems and missiles are needed in Ukraine, not somewhere in a warehouse,"

said Ukrainian President **Volodymyr Zelenskyy**, according to CNN News.

"Western technology is allowing them to build these smarter missiles, which allow their terror attacks to get past our struggling air defenses,"

said **Olena Bilousova**, a research lead on sanctions at the KSE Institute in Kyiv, according to the Financial Times.

"So the missile attacks didn't appear to hit critical infrastructure, like electrical systems or power grids. Instead, it was mostly where civilians live and visit. In the city of Dnipro in central Ukraine, the attack hit a shopping mall and a maternity hospital,"

Elissa Nadworny reported for NPR News.

"The enemy certainly must answer for all [its] crimes against humanity,"

said **Filip Pronin**, governor of the Poltava region, according to ABC News.

COMMENTARIES

Celebrating 60 Years of the Food Stamp Act: Why SNAP must be protected for future generations

By Ivy Enoch

Editor's note: Ivy Enoch is SNAP policy and training lead for Hunger Free Vermont.

As we mark the 60th anniversary of the Food Stamps Act, now known as SNAP (Supplemental Nutrition Assistance Program) nationally and 3SquaresVT here in Vermont, it is crucial to recognize the profound impact this landmark legislation has had on reducing hunger and poverty across the U.S.

Since its inception in 1964, SNAP has become a cornerstone of our nation's work to end hunger, ensuring millions of Americans have access to nourishing food to lead healthy lives. Studies have consistently shown that SNAP not only helps to put food on the table but also contributes to better long-term health, educational outcomes, and economic stability. Every dollar spent on SNAP generates \$1.79 in economic activity. In state Fiscal Year 2023, \$214 million in SNAP benefits were issued to Vermonters. These federal dollars give people the autonomy to buy the groceries that are right for them and their families, when and where they want.

In Vermont, the impact has been equally significant. More than 65,000 people across the state benefit from 3SquaresVT — helping to ensure that children, working adults, college students, people with disabilities,

older adults, and many others can afford the food they need to thrive. However, many more are eligible for this vital state program and are not yet tapping into its support. 3SquaresVT is for everyone who qualifies, and we all deserve this benefit in times of need.

At Hunger Free Vermont, we believe that everyone deserves access to the nourishing food they love, and programs like SNAP are essential in moving us toward a more equitable future. The benefits of SNAP extend beyond individual households; the program brings important federal dollars into Vermont's economy, supports local retailers and farmers, and helps ensure that future generations are well-fed and thriving.

As we celebrate and reflect on how SNAP has served so many in the last 60 years, we can't ignore the unfortunate truth that SNAP is under threat. In early 2023, as Congress geared up to revisit and ultimately reauthorize the 2018 Farm Bill, Hunger Free Vermont and our allies delivered a set of policy priorities to Senators Sanders, Welch, and Congresswoman Balint, informed by hundreds of individuals across the state. That message was clear and remains the same: protect SNAP and other federal nutrition programs no matter

SNAP → 13

Health care: from page 10

added mental health services into primary care offices and increased the availability of virtual consults. In the coming months, primary care will see significant changes and expansion in terms of access.

Investing to meet patient needs: As our population ages and grows, demand for more complex services will only continue to increase. We're working hard to be ready for the needs of our communities. One example of this is increasing available imaging equipment to drive down wait times.

Investing in our employees: We recently ratified a nursing contract, increasing wages by 23% over the next three years, and we are also investing in nationally recognized workforce development programs to recruit and retain the talented people we need to deliver the highest-quality care. The minimum wage at UVMHC is now \$20/hour. We have also made

investments in childcare and housing to attract and retain our workforce.

Controlling our costs and addressing affordability: We've expanded financial assistance programs to ensure no one is denied care due to financial constraints. Last fiscal year, across our health system, these programs covered more than \$22 million in the cost of care and nearly \$6 million in prescription drugs for patients in Vermont. We are very focused on doing our best to make sure we are responsible stewards of Vermont's health care dollars — including tight cost control and finding alternative sources of revenue to ultimately reduce premiums. This work reduced our FY25 rate increase ask by \$31 million.

These efforts are crucial, but they are not enough on their own. We need help from every part of our society to make Vermonters healthier. We need to find new ways to

fund health care and we need a stronger continuum of care — especially when we discuss caring for the most vulnerable among us.

We look forward to a continued conversation with our partners throughout the system to leverage every opportunity to take pressure off commercial insurance premiums in Vermont. None of it will be easy, but it can be done. It will take collaboration from our state government, regulator, insurers and the hospital system to make progress on affordability while preserving access to trusted local care.

To learn more about the impact of our work across UVM Health Network, visit UVMHealthImpact.org. We're in this together, and by working collaboratively, we can overcome the challenges.

Dr. Stephen Leffler,
president and COO of the
University of Vermont Medical Center

← **Sports bets:**
from page 1

was bowled over by the gambling lobby and now vermonters are paying the

Regulators are...
a mouthpiece
for the sports
betting industry.

price. \$6.5 million left our economy with nothing to show for it except a public mental health program telling us to “gamble responsibly.” Our state representatives did not gamble responsibly when they opened the door to the absolute cancer that is sports betting.

This is a sad day for our state. We have gained nothing from legalized sports betting and our state regulators are nothing more than a mouthpiece for the sports betting industry.

Colin Graybuck
South Burlington

← **Forests:**
from page 10

returned home, there was an itch inside my brain that I couldn’t seem to scratch. I began to view my surroundings differently. I may not have had a forest next door, but a drive across the Hudson River provided access to wooded areas.

The forests were near, I just needed to wake up and find them. And so, I did.

Hailing from an urban environment, I found peace among the trees for the tranquility offered in their natural beauty and relative silence compared to my home. I could roam beneath a forest’s canopy and atop its rich soil for hours. The more I found myself wandering, the more my gaze shifted from big trees and pretty views to the forest as a whole. In this change, I realized the complexity and sheer vastness of ecological functions that can exist within even a relatively small forest ecosystem. Today, I still find that serenity that initially drew me to the woods, but I’ve also started to venture into the forest equipped with a different set of senses. I began to recognize forests not only as places of big trees, but also as

homes assembled from a vast web of interconnections.

In this hearkening, one thing became clear: The forests are calling, but we are failing to show up and listen. Currently, we are gifted what might be our best opportunity to stand for the protection and conservation of mature and old-growth forests on public lands such as the Green Mountain National Forest. In the spirit of reciprocity, I urge my fellow citizens to ask themselves, “In all that the forests do for me, what now can I do for them?”

In late 2023, in response to direction from President Biden, the U.S. Forest Service announced a plan to create a National Old-Growth Amendment. What U.S. citizens have been handed is a proposal with an appealing name, but nothing more. Consistent with its title, this amendment should have been designed to protect and restore mature and old-growth forests across the U.S.

Instead, as recently reported in the Guardian, the Forest Service is proposing new policies that may weaken protections for the small amount of old-growth forest that

remains in the US. A 90-day comment period began on June 21, so now is your chance to weigh in. It is vital that when this amendment is finalized, it safeguards mature and old-growth forests without chances for logging and other forms of harmful management.

While the Forest Service is actively developing policies that could facilitate destructive old-growth logging, the GMNF Telephone Gap Integrated Resource Project proposes to log 800 acres of old-growth and more than 10 thousand additional acres of mature forests near the Chittenden Reservoir, totaling an area larger than the City of Burlington.

Forest management in National Forests is historically predicated on an outdated school of forestry that tends to believe active forest management, including the clearing or thinning of mature and even old-growth stands, is necessary for forest health and wildlife habitat. But the latest ecological and climate science says otherwise. The

consequences for all parts of the forest ecosystem will be monumental, demonstrating why it is so important for the public to demand that the Forest Service establish

It is crucial that we construct a relationship with forests in which we halt our subjugation of them.

strong protections for mature and old-growth forests.

To continue benefiting from the spiritual refuge and ecosystem services provided by forests, it is crucial that we construct a relationship with forests in which we halt our subjugation of them. We protect them, they protect us. We conserve them, they conserve us. The profiteering of mature and old-growth forests on state and federal lands is happening under our noses. We shall not and cannot let this ensue.

Graham Gordon, a rising junior at Middlebury College and an intern with Standing Trees, a Vermont-based nonprofit that works to protect and restore New England’s public lands.

← **Shift:**
from page 10

War II. Eisenhower was a genuine and beloved hero of the time, but times were changing.

Kennedy had been a young naval officer during the war and became a hero himself after his PT boat was sunk. By 1960 Eisenhower was seen as an old man (70 years old when he stepped down) who had suffered a heart attack while in office. He would be succeeded by a new generation.

Even with these seemingly inevitable changes, things did not go smoothly. Kennedy was assassinated, and Johnson dragged America into the Vietnam War. Richard Nixon (another World War II veteran) was forced to resign the presidency because of his criminal actions during Watergate. The generation that succeeded Eisenhower was struggling. Meanwhile, their children, the baby boomers, were watching with varying degrees of rage and disillusionment as things fell apart.

Joe Biden was born in 1942, too early to be counted as an actual baby boomer, but he experienced some of the same shocks and disappointments as those born in 1946 and thereafter. These included the assassinations of John and Robert Kennedy and of the Rev. Martin Luther King Jr. But it was also the time of the civil rights movement, an inspiring crusade on behalf of freedom and equality, followed by other movements for women’s rights, gay rights and the rights of others who had suffered historic discrimination.

These struggles shaped Joe Biden, as they did his contemporary in the U.S. Senate, Patrick Leahy of Vermont. In the 1970s, Biden and Leahy were the two youngest members of the Senate, and they served together for decades. Each became chairman of the Senate Judiciary Committee, achieving notable victories, such as the Violence Against Women Act.

Age caught up with Leahy, and he declined to run for re-election in 2022. He did it on his own — he wasn’t pushed by party elders as Biden was. With Biden, the stakes

during the 2024 election were far greater than they were for the Vermont senatorial election in 2022, and given Biden’s evident decline, his insistence on running for re-election had created a crisis.

Now that his vice president has risen to the top of the ticket, Generation X is poised finally to rise to the occasion for good. After all, Donald Trump is a baby boomer. As Bill Clinton wryly noted at the Democratic convention, even Clinton is younger than Trump.

Barack Obama, too, counts as a member of Generation X, as do a rising cadre of politicians in Vermont, including Rep. Becca Balint, Vermont’s Democratic member of Congress, who is three years younger than Kamala Harris.

Do all of these generational shifts matter? They do in the sense that while the experience of older politicians may grant them wisdom, sometimes, they can also lock them into the paradigms of the past. The post-World-War-II generation — Kennedy, Johnson, Nixon — absorbed the wrong lesson from their predecessors. Appeasement at Munich, a major blunder on the way toward World War II, so spooked Johnson and others that they erroneously applied the lesson of Munich to Vietnam.

Biden’s politics have not been out of step with the times, but his age had sapped his ability to carry forward his agenda on climate change, Ukraine, and a host of other issues. The succeeding generation — Kamala Harris and Becca Balint, among them — are poised to give new energy to this progressive agenda, even as Republicans sink into the swamp of Trump’s rampant narcissism.

Baby boomers like me are not adept at distinguishing among the generational groups that have followed us. Generations X, Y and Z are all part of something new that we have no choice but to welcome. Meanwhile, our grandchildren are giving us the lowdown on Taylor Swift, and Kamala Harris and Becca Balint have become an advance guard on what may be momentous and historic change.

← **EEE:**
from page 6

an inflammation of the brain, and can be fatal in about one-third of people who develop severe EEE disease. Most people infected with EEE virus do not develop symptoms, but those who do may experience a flu-like illness with fever, chills, body aches, and joint pain. Anyone with symptoms should reach out to their health care provider.

“Vermont data, and current virus activity around New England, shows we need to take the threat of EEE very seriously,” said Health Commissioner Mark Levine, MD. “If you live in a town at high risk, please avoid spending time outside in the evenings when mosquitoes are most active to protect yourself from this potentially severe illness.”

Towns at moderate risk include Milton, Vergennes, Sudbury and Whiting. Risk levels may change as more groups of mosquitoes are tested.

Even if you don’t live in a high-risk area, everyone in Vermont should take steps to prevent mosquito bites and protect themselves from mosquito-borne illness:

- Limit the amount of time you spend outdoors at dawn and dusk.
- Use EPA-registered insect repellent labeled as effective against mosquitoes. Apply repellent when you are going to be outdoors, especially at dawn or dusk.
- Wear long-sleeved shirts and long pants when outdoors.
- Fix any holes in your screens and remove standing water around your home.

The risk of mosquito bites is lower when temperatures are below 60 degrees and mosquitoes are less active.

Officials continue to evaluate options for aerial or ground spraying of pesticides in areas where infected mosquitoes have been identified, should that be deemed the best course of action to protect public health. The public will be notified in advance if spraying occurs.

For more information, visit: HealthVermont.gov/mosquito or HealthVermont.gov/EEE.

WORDPLAY

HEALTHY AGING WORD SEARCH

Find the words hidden vertically, horizontally, diagonally and back

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

- ACHES
ACTION
AGING
BODY
BONE
CARDIOVASCULAR
- COGNITIVE
DOCTOR
EXAMINATION
EYESIGHT
FLEXIBILITY
HEALTH
- LONGEVITY
MEMORY
MIND
MOBILITY
PAINS
PHYSICAL
- PREVENTION
PROACTIVE
REFERRAL
STAMINA
VACCINE
WELLNESS

CROSSWORD PUZZLE

Solutions →30

CLUES ACROSS

1. Current unit
7. Reciprocal of an ohm
10. God of the sea
12. A way to disfigure
13. Positioned
14. Tall tropical American tree
15. Large deciduous trees
16. ___ and ends
17. Part of a machine
18. Brews
19. One who leads prayers in a mosque
21. Indian state
22. Partisans
27. Top lawyer in the land
28. Former Dodgers MVP
33. Title for women
34. Heated and allowed to slowly cool
36. Copycat
37. Sounds
38. One-time Israeli diplomat
39. Part of (abbr.)
40. Hateful
41. Collide
44. European football heavy-weight

45. One who works for you
48. Song
49. Ancient marvels
50. Bridge building degree
51. Delivery boys
- CLUES DOWN
1. Continent
2. Submissive
3. There's a lot in a bowling alley
4. Sun up in New York
5. Court decision ___ v. Wade
6. Finish line
7. Young women
8. Hives of activity
9. Hyman Roth's right-hand man
10. Eastern U.S. river
11. Popular cooking ingredient
12. Greek mythological princess
14. Scent for men
17. Cost, insurance and freight (abbr.)
18. Once more
20. Irrate
23. Triangular spaces above a door

			1	2	3	4	5	6			7	8	9
	10	11										12	
	13										14		
	15										16		
17										18			
19			20							21			
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		38										39	
	40								41	42	43		
44							45	46	47				
48							49						
50							51						

24. Norwegian playwright and poet Henrik
25. Atomic #58
26. Patti Hearst's captors
29. Natural logarithm
30. Talk incessantly
31. Went by
32. Strives
35. Fall back
36. Manila hemp
38. Not easily explained
40. Former "Double Dare" host Summers
41. Mollusk
42. Capital of Togo
43. Letter of Semitic scripts
44. Founder of Babism
45. Indicates near
46. Family of regulator genes
47. Indicates before



SNAP: from page 11

what. Our Senators and Congresswoman heard that message and centered the voices of Vermonters, and for that, we deeply thank them.

Instead of a reauthorization, Congress passed a one-year extension of the 2018 Farm Bill, which ensured that funding for SNAP and other federal nutrition programs would not lapse. This year, the House and Senate agriculture committees finally took up the Farm Bill, resulting in two dangerously different visions for the future of food security and agriculture policies. While the Senate proposal included measures to protect and strengthen SNAP, House Agriculture Committee Chair Glenn Thompson's Farm Bill framework proposed to slash SNAP over the next decade. The Congressional Budget Office (CBO) estimates a Thompson Farm Bill would result in a \$30 billion cut to SNAP. In Vermont, that would mean a \$50 million cut to SNAP between FY2027 and FY2033.

These cuts would disproportionately affect older adults, children, people with disabilities, and veterans, exacerbating the challenges they already face in accessing nutritious food. A Farm Bill that doesn't protect SNAP would harm all of us in Vermont—not only SNAP participants but also food shelves and pantries, farmers and markets, and our local businesses and retailers. We can't let this happen.

Now more than ever, we need to unify our support of SNAP and champion the program that supports tens of thousands of Vermonters, and our state food security efforts as a whole. We hope you'll join us in advocating for a Farm Bill that strengthens SNAP and ensures its responsiveness to the injustice of hunger. We encourage everyone to see if they qualify for 3SquaresVT. For more information, visit: vermontfoodhelp.com.

GUESS WHO ?

I am an actor born in Pennsylvania on September 5, 1951. I am the youngest of seven children. I worked as a TV camera operator for a local public television station before becoming a well-known comedic and dramatic actor. I'll soon be reprising a role of a ghost whose name you don't want to say three times.

Answer: Michael Keaton

SUDOKU

Solutions →30

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

Level: Intermediate

WEDNESDAY
9/4

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. rutlandrec.com/godnick or 802-773-1853

Killington Active Seniors Lunch
11:30 a.m. (*Wednesdays*) The 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

Market on the Green
3-6 p.m. (*Wednesdays*) The Green, Woodstock. Produce, crafts, live music, and more. woodstockvt.com or 802-457-3555

Bone Builders at the Chaffee
3:30-4:30 p.m. (*Wednesdays*) Chaffee Art Center, 16 S. Main St., Rutland. Free. Heather Wilson leads a bone-building class focused on weight training and balance exercises to increase strength, balance, and bone density. chaffeeartcenter.org.

Cribbage for Adults
3-5 p.m. (*Wednesdays*) Hartland Public Library, 135 Route 5, Hartland. Free. hartlandlibraryvt.org/calendar or 802-436-2473

Laser Cutter Intro Lesson
6-8 p.m. The MINT, 112 Quality Lane, Rutland \$15 MINT members can learn to use the 100 watt laser cutter with instructor Gabe. This session covers safety, programming, material selection, and laser cutting/engraving. Participants should have experience with vector-based programs. rutlandmint.org

Artistree Music on the Hill
6:30-8 p.m. (*Wednesdays through Sept. 11*) 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

THURSDAY
9/5

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

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

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

Survivors Support Group
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 or 802-775-1853

Artery
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/ or call 802-775-0356

Ukelele Group
Noon-1 p.m. (*Thursdays*) Chaffee Art Center, 16 S. Main St., Rutland. Free. Attendees will play a collection of sheet music. All levels welcome, ages 12+. Must pre-register by Wednesday at noon. 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 or 802-457-2295

Thursday Farmers' Market (Fair Haven)
3-6 p.m. (*Thursdays*) Village Green, Fair Haven. vtfarmersmarket.org

Feast and Field Music Series
5:30-9 p.m. (*Thursdays through 9/26*) Fable Farm, 1525 Royalton Turnpike, Barnard. \$5-\$25. Point Noire Cajun Band Tickets: feastandfield.com/tickets

Sarah Stewart Taylor: 'Agony Hill'
6-7:30 p.m., Hartland Library, 24 New River Road., Hartland. Free. Hartland author Sarah Stewart Taylor presents her new mystery novel, 'Agony Hill,' discussing her research, writing process, and the 1960s Vermont setting. Attendees can share memories of Hartland in the 1960s and learn about Taylor's new book. hartlandlibraryvt.org/calendar/

FRIDAY
9/6

Bone Builders at the Chaffee
11 a.m.-noon. (*Fridays*) Chaffee Art Center, 16 S. Main St., Rutland. Free. Heather Wilson leads a bone-building class that focuses on weight training and balance exercises to improve strength, balance, and bone density. chaffeeartcenter.org

Connections & Interconnections of Life Weekly Group
Noon-1 p.m. (*Fridays*) Chaffee Art Center, 16 So. Main St, Rutland. Free. A place to share thoughts, philosophies, spirituality, cultures, and more in a respectful way. All are welcome. Must RSVP: chaffeeartcenter.square.site

Hartland Farmers Market
4-6:30 p.m. (*Fridays*) Hartland Pulic Library Fields, 153 US Route 5, Hartland. Free. The Hartland Farmers Market offers a variety of local produce and goods. Contact Market Manager Trischa Wass at hartlandfarmersmarket@gmail.com or 1-360-223-0438 for more information.

Moos & Brews & Cocktails Too
5 p.m., Billings Farm & Museum, 69 Old River Road., Woodstock. \$25/person, \$15/member. Ages 21+. Enjoy live music, wagon rides, and food trucks, with craft drinks from Long Trail Brewing Co., Harpoon Beerworks, and Silo Distillery. billingsfarm.org

Friday Night Live: Foreigners Journey
5-10 p.m., Downtown Rutland, Center & Merchants Row, Rutland. Free. Live music from Foreigners Journey, featuring "American Idol" finalist Rudy Cardenas and other veteran musicians. Outdoor dining, food trucks, bouncy houses, activity stations, and more. Musical performances start at 8 p.m. In case of rain, the show moves to the Paramount Theatre. For more details, visit downtownrutland.com/fridaynightliv.

SATURDAY
9/7

Black River Action Team RiverSweep Cleanup
8-11 a.m., Riverside Middle School, Fairground Road, Springfield. The Black River Action Team holds their 25th annual RiverSweep cleanup event. Volunteers will gather to improve and protect the Black River's health. blackriveractionteam.org

Run with a Ranger
8 a.m. (*Saturdays*) Marsh-Billings-Rockefeller National Historical Park, 54 Elm St. (Route 12) 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, bug spray and sun protection. Meet at the Forest Center; parking is at Billings Farm & Museum. Registration required. nps.gov/mabi/planyourvisit/index.htm

Community Yard Sale
9 a.m.-2 p.m. Park Ave, Middletown Springs. \$25 to sell, free to attend. Enjoy local musicians, browse for treasures, and purchase food and drinks at this community event on the green. Contact Wendy at wendyherrick84@gmail.com to reserve a seller spot. Sponsored by the Friends of the Library.

Online Diabetes Prevention Program
9-10 a.m. (*Saturdays through Aug. 2, 2025*) Online. Rutland Regional Medical Center will host a year-long diabetes prevention program focusing on healthy eating, physical activity, stress management, and personalized action plans to reduce diabetes risk. The program includes 16 weekly sessions and monthly maintenance sessions. MyHealthyVT.org.

Stomping Out Stigma
10 a.m.-3 p.m., Meadow Street Park (Monsignor Thomas Connor Park), 41 Meadow St., Rutland. Free. Join Turning Point Center for their 5th annual event featuring speakers, live music, a chili cook-off, and kid-friendly activities. This event aims to raise awareness about the stigma of addiction, gather community support, and promote recovery. members.rutlandvermont.com/events/calendar/

Woodstock Art Festival
10 a.m.-4 p.m., Village Green, Woodstock. Free. Over 30 artists will display and sell their artwork. Enjoy live music and food available for purchase. woodstockvt.com

Imagine Zero Music Festival
11 a.m.-9 p.m., Fable Farm, 401 Fable Farm Dr., Barnard. \$25-\$75. The festival features world-touring Haitian band Lakou Mizik, New England favorites Billy Wylder, The Wolff Sisters, Saints & Liars, Chad Hollister Trio, Ben Kogan Band, Beecharmer, Seth Glier, and more. The event is dedicated to a future free of carbon emissions and single-use waste with 100% renewable energy on site and zero waste practices. A range of global music, indie-rock, American folk, bluegrass, and rock & roll. Local sustainable vendors will offer farm-to-table food and delicious wines. imaginezerofestival.com

The Sprouty! 5K 10K Run/ Walk
9 a.m.-1 p.m., Sharon Elementary School, 123 Maple St., Sharon. \$20-\$25/Kids free. A 5K and 10K race along the White River supporting the Farm-to-School program at Sharon Elementary. Includes a kids' fun run with prizes, free local refreshments, live music, and raffle baskets. Free lettuce plants for participants. No registration required for kids' fun run. thesprouty.com

OMS and Okemo Comp Center Fit Weekend
9 a.m.-6 p.m., Okemo Mountain School, 53 Main St., Ludlow. Day 1 of a weekend event featuring shop open houses, fitness testing, and a pizza party to help athletes prepare for the winter season with proper gear selection and training. RSVP by Sept. 5. okemomountainschool.org/events-calendar/2024fitweekend

Touch a Truck
9 a.m.-1 p.m., Pittsford Village Farm, 42 Elm St., Pittsford. Free. Suggested donation. Explore various trucks and emergency vehicles up close, with opportunities for kids to sit in the driver's seat. pittsfordvillagefarm.org/events

What Doth Rumble!
Visit: mainstreetmuseum.org for schedule of events. Main Street Museum, 58 Bridge St., WRJ. Free. Donations encouraged. The festival kicks off with two stages featuring bands such as Ali T., Blair Mountain, and Carton. Workshops include Music & Activism, Mixing Music, and more.

September Fest 2024
10 a.m.-3 p.m. Historic Poultney. Free.A vibrant day of art, crafts, and food featuring local artisans, live music, a silent auction, and a live painting demonstration by Vermont artist Peter Huntoon. Visit main street businesses, enjoy refreshments, and explore special exhibits. poultneyareachamber.com/events/septemberfest-2024/

Vermont
Cheese Week
Sept. 7-15



Calendar: Email events@mountaintimes.info from page 14

Mt. Tom Farmers' Market
10 a.m.-1 p.m. (Saturdays through 10/16) Saskadena Six parking lot, 247 Stage Road, South Pomfret. Free. Local produce, goods, fresh vegetables, fruits, homemade items, and more.

Rutland Railway Museum & Model Club
11 a.m.-3 p.m. (Saturdays) 79 Depot Lane, Center Rutland. Free. Maintained by the Rutland Railway Assoc. Inc. See 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

Vermont Cheese Week: Billings Farm
11 a.m.-3 p.m. Billings Farm & Museum, 69 Old River Road, Woodstock. Free. Enjoy cheddar sampling at this historic farm and museum, part of the statewide Vermont Cheese Week celebration. vtcheese.com/cheeseweek.

Music in the Meadow
11 a.m.-7 p.m., Motel in the Meadow, Rte. 11 West, Chester. Enjoy live music from local performers including James Joel, Better Days Band, and John Sullivan. The event features a silent auction, food and drinks, a cornhole tournament, family games, and a raffle for a handmade quilt. Pricing and info: call 802-875-2626 or visit Music in the Meadow on Facebook

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

"Old Growth, Sculpture and Drawings from the Woods" Exhibit
5-8 p.m., Carving Studio and Sculpture Center, 636 Marble St., West Rutland. An exhibition featuring new sculptures and drawings by Bill Botzow, exploring themes of the natural environment and life. The opening reception includes light refreshments and music by The Plumb Bobs. Data not provided. Pricing and info: carvingstudio.org

"A Gift of Dreams," The Creative Process - Work of Richard Weis: Opening Reception
5 p.m. Stone Valley Arts, 345 Main St., Poultney. A retrospective exhibit showcasing 59 years of Richard Weis' work, including painting demonstrations and discussions with the artist. The exhibit runs through Oct. 20, with gallery hours on Fridays, Saturdays, and Sundays from 1-4 p.m. Pricing and info: stonevalleyarts.org

SculptFest24 at the Carving Studio & Sculpture Center: Opening Reception
5 p.m., (Runs through Oct. 20) Carving Studio and Sculpture Center, 636 Marble St., West Rutland. Free. SculptFest24 features site-specific sculptural installations from artists including Dari Blythe, Haley Kean, Michelle Leftheris, Whitney Ramage, Joe Schine, Ilya Sobol, and Josh Urso, selected by guest curator Colin C Boyd. The opening reception includes light refreshments and live music by The Plumb Bobs. Pricing and info: carvingstudio.org.

Imagine Zero Festival
Saturday at 11 a.m.



Taylor Abrahamse and Sage Christie to Perform at Artistree
7-9 p.m., Artistree Community Arts Center, 2095 Pomfret Road, South Pomfret. \$20. Taylor Abrahamse and Sage Christie perform. artistreecommunityartscenter.org

Vermont Symphony Orchestra
7:30-9:30 p.m., Chandler Center for the Arts, 71 N Main St., Randolph. \$10-\$30. Violinist and concert host Bella Hristova leads the VSO string orchestra through a program featuring works by Nico Muhly, Pete Sutherland, Astor Piazzolla, Florence Price, Antonio Vivaldi, and others, celebrating the seasons and Vermont's musical heritage. Doors open at 7 p.m. chandler-arts.org

SUNDAY
9/8

OMS and Okemo Comp Center Fit Weekend
9 a.m.-12 p.m., Okemo Mountain School, 53 Main St., Ludlow. Day 2 of a weekend event with shop open houses to assist athletes in preparing for the winter season with proper gear selection. RSVP by Sept. 5. okemomountainschool.org/events-calendar/2024fitweekend

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

Woodstock Art Festival
10 a.m.-4 p.m., Village Green, Woodstock. Free. Over 30 artists will display and sell their artwork. Enjoy live music and food available for purchase. woodstockvt.com

What Doth Rumble!
Visit: mainstreetmuseum.org for schedule of events. Main Street Museum, 58 Bridge St., WRJ, VT. Free. Donations encouraged. Featuring bands such as Tinkerbulet, Faux in Love, Western Terrestrials. Workshops include "Music & Activism," "Mixing Music," and more.

Lobster Festival
4-6:30 p.m., Wallingford Lodge, Elfin Lake, Wallingford. \$40. A lakeside dinner featuring steak and lobster. The event supports the Wallingford Rotary Club's community efforts, including scholarships, student exchange programs, and fishing derbies. Tickets available until Sept. 3. wallingfordvtrotary.com/2024_lobster_festival/

Yoga in the Canopy
4-5:15 p.m., VINS Nature Center, 149 Natures Way, Quechee. \$26 general public; \$22 VINS members. Experience a slow-flow yoga class amid the treetops on the Forest Canopy Walk. All levels are welcome. Dress in layers and bring a yoga mat. In case of rain, the class will move to a covered outdoor area. Registration required; space is limited. vinsweb.org

Sunday Supper at the Red Barns
6-9 p.m., Kelly Way Gardens, 1500 Kelly Way, Woodstock. \$140. Enjoy a 3-course family-style dinner with wine pairings in a community-focused setting. Cocktail hour starts at 6 p.m., followed by dinner at 7 p.m. Online reservations required; payment is needed at booking. woodstockinn.com/do/events/sunday-supper-at-the-red-barns

MONDAY
9/9

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 congregative meals. Make new friends, connect with pals. 802-773-1853

Vermont Cheese Week: Harpoon Brewery,
1 p.m.-4 p.m. Harpoon Brewery, 336 Ruth Carney Drive, Windsor. \$45. Kick off Vermont Cheese Week with a ticketed event featuring a cheese feast, live music, cheese competitions, and a cash bar. vtcheese.com/cheeseweek



Woodstock
Art Festival

Sat. and Sun. at 10 a.m.

Monday Movie
1 p.m. (Mondays) Sherburne Memorial Library, 2998 River Road, Killington. Free. Contact the library for the title. sherburnelibrary.org/movie-monday or 802-422-9765

Community Music Jam
4-6 p.m., Stone Valley Arts Center, 145 E. Main St., Poultney. Free. An informal jam circle for musicians of all skill levels. Participants take turns choosing songs, with all genres welcome. Bring your instruments and join in the musical fun. Email Lobo at lobo@em-w.com. stonevalleyarts.org

Farm & Forest Yoga Flow
5:15-6:30 p.m. Billings Farm Visitor Center, 69 Old River Road, Woodstock. Free. Led by National Park ranger and yoga instructor Jen. Check in by 5:25 p.m.; class starts at 5:30 p.m. FarmForestFlowYoga.com

TUESDAY
9/10

Vermont Cheese Camp: Hildene, The Lincoln Family Home,
10 a.m.-4 p.m. Hildene, The Lincoln Family Home, 1005 Hildene Road, Manchester. \$120. Vermont Cheese Camp offers a deep dive into the history and craft of cheesemaking, complete with tastings, workshops, and a creamery tour. vtcheese.com/cheeseweek.

What's on Your Nightstand? The Not-A-Book-Club Book Club
10:30 a.m.-noon. Online via Zoom. Free. Join this informal discussion group to chat about books you're reading, your favorites, and what's on your reading list. Discussions cover a variety of topics related to books and reading. To join, email programs@normanwilliams.org for the Zoom link. 802-457-2295, normanwilliams.org

Alzheimer's Support Group
4-5 p.m., Community Health, 71 Allen St., Suite 403, Rutland. Free. A monthly meeting for Alzheimer's caregivers and family members to share experiences and support one another. The group is run by participants with hands-on experience in caregiving. chcrr.org/

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



TOWN OF KILLINGTON VERMONT

Do I need a zoning permit?

“Yes,” the zoning administrator says:
“If you’re asking this question, you most likely do.”

Here’s more details:

A Zoning Permit is only not required for:

- Fences and walls under 6 feet high and which do not interfere with corner visibility and are outside the town road right-of-way
- A free standing residential accessory structure such as a shed, tree house, doghouse, child’s playhouse or similar structure that does not exceed 144 square feet in size and is 12 feet or less in height and does not have plumbing — non-inhabitable structures.

But It **MUST** meet setback requirements.

- Interior renovations that do not increase the overall floor area **or result in additional bedrooms**
Increasing bedrooms **ALWAYS** requires a permit.
- Patios at grade level
- General maintenance such as painting, roofing and siding

Now that that’s cleared up, here’s more detail on filing for permits:

The Town of Killington requires various permits and approvals for development. A Zoning Permit is required for any project that involves:

- New buildings or building additions
- Porches, decks and similar structures
- Swimming pools
- Accessory apartments (in house or over garage)
- Projects that increase the footprint or floor area of a building
- Change of use (**yes, this includes adding additional bedrooms!**)
- Subdivision, parcel merger, and boundary line adjustments

An application for a zoning permit is here: bit.ly/KillingtonPermitApp

Note: If your project was approved by Act 250 you must also contact Rick.Overkirch@vermont.gov

Let’s not forget about short-term rentals:

Yes, the town requires short-term rentals registration to safely bring as many guests as legally possible. The advertised capacity of a short-term rental is limited to its approved septic or sewer capacity. All short-term rentals are subject to inspection by the state Division of Fire Safety, although self-certification is an option for rental properties with an occupancy of 8 or less.

To register your short term rental, visit: bit.ly/KillingtonSTR
Contact asst. state fire marshal Joshua Maxham at 802-786-0071 or Joshua.Maxham@vermont.gov for an inspection.

For a short-term rental checklist go to firesafety.vermont.gov.

Little info for you condo owners, too:

Condominiums are regulated by the state Division of Fire Safety and the state Act 250 Program. Changes beyond painting or decorating may require Division of Fire Safety approval. Increases to the floor area or creation of an additional bedroom would require Act 250 approval. Contact your condominium association before making any changes beyond painting or decorating.

PLANNING & ZONING

Tel: 802-422-3241 x 3

Email: planner@killingtontown.com

2706 River Road, P.O. Box 429, Killington, VT 05751

killingtontown.com

When do I need a driveway permit?

The Zoning Administrator says “yes, this should be the first thing you do!” A Driveway Access Permit is required from the town Selectboard for a new or modified driveway off a town road. Contact the Town Manager to start this process. A State Highway Access and Work Permit is required from the state Agency of Transportation (VTrans) for a new or modified driveway off U.S. Route 4 or VT Route 100. For a Frequently Asked Questions sheet on state highway access and work permits visit: vtrans.vermont.gov/planning/permitting/faqs.

How about commercial business?

You always need a permit for business signs.

Visit: bit.ly/KillingtonSign. Most commercial development will need to be reviewed by the Development Review Board and Division of Fire Safety. Killington is a 1-acre town. Anything over could be subject to Act 250 review and approval. Questions? Request a Project Review Sheet from state permit specialist Rick Overkirch at 802-282-6488 or Rick.Overkirch@vermont.gov.



For more information about
zoning permits scan or click:
bit.ly/KillingtonPermits

**Please don’t live by: “build it and they will come...”
It’s **NOT** better to beg for forgiveness than ask for permission.”**

[MUSIC Scene]

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

WED
9/4

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

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

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

RUTLAND
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 Scott Forrest

THURS
9/5

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

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

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

6 p.m. Rivershed – Chris Pallutto

6 p.m. The Foundry – Liz Reedy

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

WOODSTOCK
6:30 p.m. Ottauquechee Yacht Club – New Roots

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 hosted by Josh Cote

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

FRI
9/6

BRIDGEWATER CORNERS
6:30 p.m. Long Trail Brewery – Trivia

CASTLETON
6 p.m. Blue Cat Bistro – Jesse Agan

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

KILLINGTON
6 p.m. Rivershed – Rick Webb

6 p.m. Still on the Mountain – Marc Edwards

6 p.m. The Foundry – George Nostrand

7:30 p.m. Jax Food & Games – Aaron Audet

7:30 p.m. McGrath's Irish Pub – Burn Moore's Bridge

SAT
9/7

BARNARD
11 a.m. Fable Farm – Imagine Zero Festival

BOMOSEEN
6 p.m. Bomoseen Lodge and Taproom – Scott Forrest

BRIDGEWATER
8 p.m. Woolen Mill Comedy Club – Comedy Night with Liz Glazer

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

5 p.m. Charity's 1887 Saloon – Ryan Fuller

6 p.m. Rivershed – Stevey Burke

6 p.m. Still on the Mountain – Ray Boston

6 p.m. The Foundry – Live Music

7:30 p.m. Jax Food and Games – Rhys Chalmers

7:30 p.m. McGrath's Irish Pub – Burn Moore's Bridge

LUDLOW
9 p.m. The Killarney – Nick Bredice

POULTNEY
12 p.m. Poultney Pub - Record

Sale DJ'd by Classic Ken

6 p.m. Poultney Pub – Mean Waltons

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

RUTLAND
10 a.m. Farmers Market – Scott Forrest

SOUTH POMFRET
7 p.m. Artistree - An evening with Taylor Abrahamse & Sage Christie

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

WOODSTOCK
6:30 p.m. Ottauquechee Yacht Club – Liz Reedy

SUN
9/8

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

BRIDGEWATER CORNERS
3 p.m. Long Trail Brewery – Red River North

KILLINGTON
12 p.m. Rivershed – Brunch with Stevey Burke

6 p.m. Liquid Art – Tboneicus Jones

6 p.m. Rivershed – Trivia

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

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

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

LUDLOW
12 p.m. Okemo's Summit Lodge – Summer Music Series with Breanna Elaine

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

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

MON
9/9

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

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

LUDLOW
5 p.m. Little Mexico – Sammy B

8:30 p.m. The Killarney – Open Mic Night with King Arthur Junior

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

TUES
9/10

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

POULTNEY
7 p.m. Poultney Pub – Bluegrass Jam

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

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

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Church Of Our Saviour (Episcopal)

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Monthly @ 9:30am Mission Farm Rd Killington

www.missionfarmVT.org



Courtesy Black River Action Team

BRAT, a non-profit organization, is preparing for its 25th annual RiverSweep cleanup at Riverside Middle School, Springfield, focusing on education and flood response.

Black River Action Team celebrates 25 years with annual RiverSweep cleanup, Sept. 7

Saturday, Sept. 7 at 8 a.m.—SPRINGFIELD—The 25th annual RiverSweep cleanup is happening on Saturday, Sept. 7 with headquarters set up at Riverside Middle School on Fairground Road in Springfield. Sign in starts at 8 a.m. with a return time of 11 a.m.

What started as an interest in citizen science and the Black River watershed has turned into a non-profit organization making a major impact in our communities. The Black River Action Team (BRAT) is a grassroots organization providing education and resources to help discover, enjoy, and care for the Black River. BRAT is an all-volunteer group dedicated to the improvement and protection of the health of the Black River and the vitality and resilience of the communities of the watershed. BRAT director Kelly Stettner started the organization in 2000 with a one-time cleanup of the Black River and over the next 24 years BRAT has become a full-blown watershed organization.

Stettner, like the Black River, is a powerhouse, Michelle Stinson of the Fletcher Memorial Library stated. “Her ability to organize people and tasks proves invaluable time and time again.”

Stettner said, “Keeping an eye on the health of the river takes more than just a grappling hook and a trash bag. The chemistry of the river has an impact on what is able to live in the water, and is influenced by the surrounding geology, land use, bank conditions, and even the trees on the shoreline.”

BRAT’s River Dippers program is a volunteer crew that collects water samples from all over the watershed, between the end of April and Labor Day weekend including 50 river and stream sites plus eight lakes as well as eight swimming holes. After the devastating flood of July 2024, BRAT organized volunteers that flocked to the most heavily-impacted communities in Windsor County to help residents and homeowners respond to the damage. BRAT’s Mud Puppies stand ready to meet future challenges in partnership with other local organizations. BRAT has provided Fletcher Memorial Library with a UVM Extension/Sea Grant Lake Champlain publication for community members. The Rain Garden Manual for Vermont and the Lake Champlain Basin: Landscape Strategies to Absorb the Storm is available at the library.

Rutland Regional Medical Center to host online diabetes prevention program

The community health improvement team at Rutland Regional Medical Center (RRMC) will host a free online diabetes prevention program beginning Saturday, Sept. 7, from 9-10 a.m., and continuing Saturdays through Aug. 2, 2025.

Attendees learn how to decrease their risk of developing diabetes through healthy eating, getting more physical activity, managing stress, and creating action plans that work for them. The year-long program consists of 16 weekly core sessions, plus monthly maintenance sessions to help hard-wire healthy behaviors and to provide encouragement toward success. The online self-management workshop for diabetes prevention will be facilitated by Kristen Hixon who is a well known expert on diabetes prevention, care, and management.

“Many people find out that they are at risk for diabetes from their healthcare provider, and they are the lucky ones,” said Joann Lemay, self-management regional coordinator at RRMC. “About 9 in 10 people with prediabetes don’t know that they have it so knowing one’s risk is good and provides a chance to take steps to help prevent diabetes.”

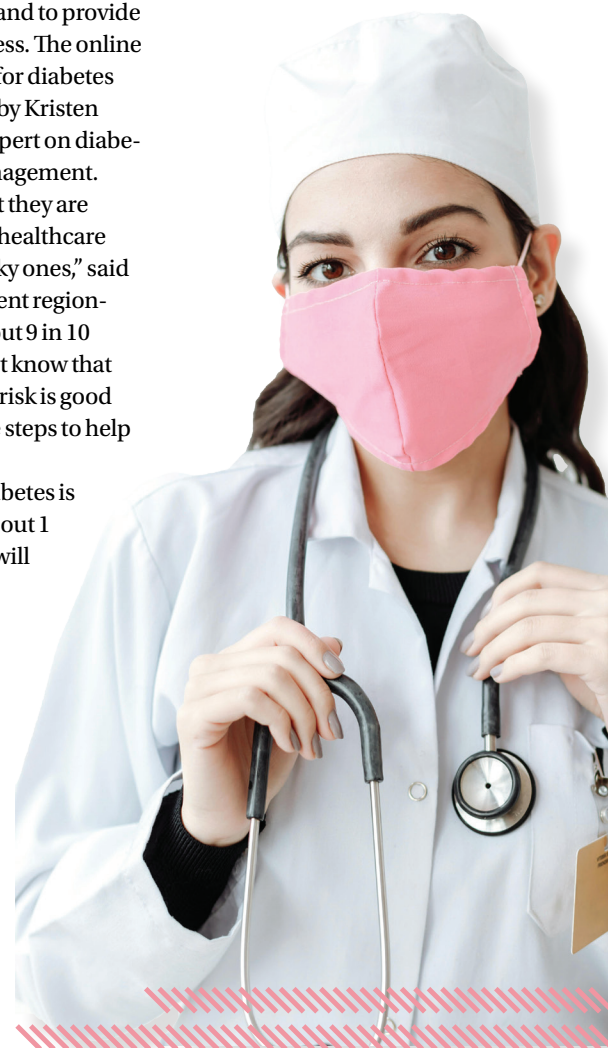
Taking steps to prevent diabetes is important especially since about 1 in 3 people with prediabetes will progress into diabetes within five years.

The Centers for Disease Control and Prevention (CDC) have created this evidenced-based diabetes prevention program that has been proven to help people reduce or delay their risk for Type 2 diabetes. Participants in the diabetes prevention program will learn how to lower their risk of developing Type 2 diabetes

by more than half by making small lifestyle changes. Data show that participants of the program were more likely to reduce their weight by 5%.

Participants in the diabetes prevention workshop will learn a lot about proper nutrition, ways to develop support systems, and how to identify triggers that lead to unhealthy behaviors or choices.

To see your risk for prediabetes, take a prediabetes risk quiz at: myhealthyvt.org/prediabetes-risk-quiz. For more information, visit: MyHealthyVT.org.



Courtesy Rutland Regional Medical Center

Rutland Regional Medical Center hosts online diabetes prevention program from Sept. 7, 2024 to Aug. 2, 2025, focusing on healthy eating, physical activity, stress management, and planning.

Poultney hosts SeptemberFest 2024

Renowned Vermont artist Peter Huntoon to give demos

Saturday, Sept. 7 at 10 a.m.—POULTNEY— Join in for a vibrant day of art, crafts, and delicious food at SeptemberFest 2024! This annual event, hosted by the Poultney Area Chamber of Commerce, will take place on Saturday from 10 a.m. to 3 p.m.

Discover the talents of local artisans and vendors showcasing their unique creations. From handcrafted jewelry, pottery, ironwork and textiles to delectable food and beverages, there's something for everyone. Enjoy live music, a silent auction, and a special live painting demonstration by renowned Vermont artist Peter Huntoon, who will be set up and working with his usual "plein air" gear to start (and perhaps even finish) a brand new original painting. This is an opportunity to see a master of his craft at work.

Come celebrate the beginning of fall in beautiful historic Poultney. Browse main street businesses for special Septemberfest deals. Stop by the Chamber table to bid on some fabulous silent auction items. Pick up a craft project at the library. Tour our makerspace. Enjoy coffee and pastries at Hey Day Cafe and creemeees at the Rail Trail stand. Stop into Poultney Pub and check out the Record Sale DJ'd by Classic Ken. After you've explored our vendors' works, step into one of our main street restaurants for a bite, then finish the day at Stone Valley Arts with the opening of a major new exhibit, "Gift of Dreams: The Creative Process - Work of Richard Weis."

For more information, visit: poultneyareachamber.com/events/septemberfest-2024.



Courtesy Peter Huntoon

SeptemberFest 2024, organized by Poultney Area Chamber of Commerce, features art, crafts, food, live music, silent auction, and a painting demonstration by Vermont artist Peter Huntoon.

Join the Sprouty 5K/10K run/walk this Saturday

Saturday, Sept. 7 at 9 a.m.—SHARON—Head to Sharon Elementary School for the annual 5K/10K the Sprouty race. The race path is along the White River in Sharon. The Sprouty supports the Farm-to-School program at the Sharon Elementary School. The race is committed to bringing out community members and serious runners alike to celebrate good health, local agriculture, and the beauty of September in Vermont. The day includes a fun run loop for kids around the elementary school with prizes for all kids. No registration is required for the kids' fun-loop. Kids 12 and under register free.

The top three male and female finishers are awarded in 5K and 10K prizes. Free lettuce plants from Dandelion Acres will be given to all participants.

Additionally, the event features live music, free local refreshments, local products in our amazing prize baskets for the top 12 winners of the 5K and 10K, local raffle baskets with a free raffle ticket for all registrations and a sweet community event that you won't forget.

The 2024 Sprouty is part of the Upper Valley Running Series.

For more information, visit: thesprouty.com.



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WWW.WOODSTOCKVT.COM
802-457-3555

Vermont cheese week is Sept. 7-15

Vermont Cheese Week, Saturday, Sept. 7-Sunday, Sept. 15, is a statewide, week-long celebration designed to please the palates and feed the fanaticism of all cheese lovers! Enjoy unique learning, tasting, pairing, and local “Vermontish” experiences all over the state.

Looking for a cheese feast? Start the week off at the Harpoon Brewery Kickoff event in Windsor. Watch cheesemaking and tour international award-winning creameries around the state, or attend special dinners and classes. You can even sign up for Cheese Camp! Costs for activities vary by event.

For more information, visit: vtcheese.com/cheeseweek.

Local special events

- **Sept. 7, 11 a.m.-3 p.m.**
Billings Farm & Museum to host cheddar sampling. Located at 69 Old River Road in Woodstock. Free.
- **Sept. 8, 1 p.m.-4 p.m.**
Harpoon Brewery hosts the Cheese Week kickoff celebration. Located at 336 Ruth Carney Drive, in Windsor. This ticketed event includes a cheese feast, live music, fun cheese competitions and other surprises, and cash bar featuring Harpoon’s quintessential New England beers. Costs: \$45.
- **Sept. 10, 10 a.m.-4 p.m.**
Hildene hosts Vermont Cheese Camp...Now Even Cheesier! Located at the Hildene, The Lincoln Family Home 1005 Hildene Road, in Manchester. Explore cheese’s unique role in history and in Vermont today, hear cheesemaking stories first-hand from those who craft it, learn from a legendary cheesemonger how to build a cheese board (and sample the results), and enjoy a tour through the beautiful Hildene dairy farm and its creamery. Cost: \$120.
- **Sept. 13, 10 a.m.-6 p.m.**
Grafton Village hosts an open house Cheese Extravaganza. Located at 2568 Route 103 in Proctorsville. Grafton Village Cheese Company will host a fun-filled cheese extravaganza at its retail store with cheesy foods, photo booth, cheese carving demonstration, and more! Free.
- **Sept. 13, 11 a.m.-6 p.m.**
Plymouth Cheese Shop will host its grand opening at the Historic Bridgewater Mill. Located at 102 Mill Road in Bridgewater. Makers of America’s Oldest Cheddar are opening a new cheese shop in the Historic Woolen Mill. Sample Plymouth’s award-winning cheeses, hear from Owners Jesse and Sarit Werner, enjoy live music, and visit the eateries and artist’s workshops that share the historic building. Free.



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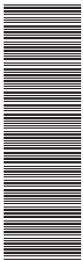
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RUTLAND 60 U.S. Rte. 7 (near Kinney Subaru) 773-0677



Scrap food waste, save money, and fight climate change with DEC

This September, the Dept. of Environmental Conservation (DEC) is challenging Vermonters to save money and greenhouse gas emissions by preventing food waste. The DEC Solid Waste Program is hosting the second annual self-guided Scrap Food Waste Challenge from Sept. 9-30.

“Thanks to the Universal Recycling Law, Vermonters already keep their food scraps out of the trash, but preventing food scraps is even better than composting them,” said DEC Commissioner Jason Batchelder. “The aim for the Scrap Food Waste Challenge is for participants to rethink wasted food. Little changes – like storing leftovers in clear containers, checking in with your fridge before shopping, and not forgetting your leftovers in the back of the fridge — can add up to big impacts.”

Participants will receive three email newsletters per week and can follow along on social media. The Challenge will guide participants to track their food waste and apply tips

about topics like meal planning, strategic shopping, food storage, and use-it-up recipes.

One past participant said, “I wouldn’t be eating broccoli stems except from what I learned in the Scrap Food Waste Challenge.”

According to ReFED, a leading food waste solutions organization, consumers are the biggest single source of food waste in the United States. ReFED found that 37% of wasted food happens at home. Of that, only 24% of the wasted food was thrown out because it was inedible (for example, peach pits or eggshells). The rest of the wasted food was scrapped for reasons like “it had spoiled,” “didn’t want leftovers,” “concerns with date labels,” and “cooking issues.”

The fact that so much food waste happens at home – the end of the supply chain – is important because impacts add up. According to the U.S. EPA, reducing food waste

at home and in restaurants offers the largest energy and greenhouse gas emissions benefits – even when compared to farms, processing plants, and grocery stores.

Cutting food waste in half by 2030 is a national goal between the US EPA, USDA, and US FDA.

“When food that could have been eaten is trashed or tossed in the compost, all of the energy, hard work, and money that went into growing, processing, shipping, storing, buying, and serving the food are wasted,” said Alyssa Eiklor, of the DEC Solid Waste Program.

The Scrap Food Waste Challenge offers participants a chance not only to prevent food waste and help fight climate change but also to save money. People may not have a lot of control over what happens on farms, or in factories, stores, or restaurants. But they do have control over their kitchens and their buying, cooking, and eating habits.

For more info, visit: scrapfoodwaste.org.



Food scraps on their way to be composted; many of these items could have been prevented. By Ava Hollingsworth



SALES FOR SEPTEMBER 2024

Items on sale Sept. 1-30, 2024



 <div>TITO'S HANDMADE VODKA 1.75L</div> <div>SALE PRICE \$38⁹⁹ SAVE \$4.00</div>	 <div>BARR HILL GIN 750ML</div> <div>SALE PRICE \$33⁹⁹ SAVE \$4.00</div>	 <div>BACARDI SUPERIOR RUM 750ML</div> <div>SALE PRICE \$11⁹⁹ SAVE \$4.00</div>	 <div>SVEDKA VODKA 1.75L</div> <div>SALE PRICE \$18⁹⁹ SAVE \$8.00</div>	 <div>TANQUERAY GIN 750ML</div> <div>SALE PRICE \$20⁹⁹ SAVE \$4.00</div>
 <div>FIREBALL CINNAMON WHISKY 750ML</div> <div>SALE PRICE \$12⁹⁹ SAVE \$3.00</div>	 <div>CROWN ROYAL 750ML</div> <div>SALE PRICE \$27⁹⁹ SAVE \$3.00</div>	 <div>JACK DANIEL'S OLD #7 BLACK 1.75L</div> <div>SALE PRICE \$45⁹⁹ SAVE \$3.00</div>	 <div>APEROL APERTIVO 750ML</div> <div>SALE PRICE \$26⁹⁹ SAVE \$4.00</div>	 <div>FIREBALL CINNAMON WHISKY PET 750ML</div> <div>SALE PRICE \$12⁹⁹ SAVE \$3.00</div>
 <div>PINNACLE VODKA 1.75L</div> <div>SALE PRICE \$21⁹⁹ SAVE \$3.00</div>	 <div>ESPOLON BLANCO TEQUILA 750ML</div> <div>SALE PRICE \$30⁹⁹ SAVE \$3.00</div>	 <div>JAMESON IRISH WHISKEY 1.75L</div> <div>SALE PRICE \$53⁹⁹ SAVE \$6.00</div>	 <div>ABSOLUT VODKA 1.75L</div> <div>SALE PRICE \$36⁹⁹ SAVE \$6.00</div>	 <div>MAKER'S MARK BOURBON WHISKEY 1.75L</div> <div>SALE PRICE \$54⁹⁹ SAVE \$3.00</div>

Visit 802spirits.com for locations and details.

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“A Gift of Dreams: The Creative Process” illustrates 59-year career of Richard Weis

Saturday, Sept. 7 at 5 p.m.—POULTNEY—Stone Valley Arts is hosting a major exhibit called: “A Gift of Dreams: The Creative Process” a retrospective of the work of Richard Weis. The show will display a body of work from Weis' 59 years as an artist. An opening reception will be held on Saturday from 5-7 p.m. The exhibit will run through Oct. 20 with gallery hours on Fridays, Saturdays and Sundays from 1-4 p.m. where Weis will be set up as an artist in residence and he will be available to do painting demonstrations and discuss his work with visitors.

Growing up in rural Minnesota, Weis really didn't know what life as an artist might be like. He didn't really know any artists, and had very little experience looking at art. Following the lead of two older brothers, Weis was just a kid that liked to draw. The support of teachers, and a scholarship allowed him to attend the local college in his home town, and it was there he began to paint.

Weis has long been aware of many recurring threads woven into the tapestry of his work over the years. Even so, putting the show together, he was surprised about how far back in time some of these threads go. There were the early observational figurative and landscape works, and a definite third generation Bauhaus influence, inspired by one of his early mentors, a student of Josef Albers. Through the years his work became more painterly and less representational, as he began to recognize the expressive power of the mark itself, as seen in traditional Asian painting, the work of the Rembrandt school, and work of painters such as Willem DeKooning, and Franz Kline.

Weis' explorations forced him to question many traditional conventions in painting, leading to experiments beyond the rectangular format, creating assemblages, and developing paintings that moved from the wall into three-dimensional space. These various threads continue in his work to this very day, and he urges the viewers of this exhibition to see if they can trace them, and see how these various threads have evolved and changed over time. It is an on-going process, and Weis is still exploring, and still learning new things almost every time he goes into the studio.

Summarizing his own approach to painting Weis said, “I think of my work as visual



Courtesy Stone Valley Arts

Stone Valley Arts presents Richard Weis' retrospective exhibition, "A Gift of Dreams: The Creative Process," showcasing his 59-year career, incorporating Bauhaus influences and experimental painting techniques.

poetry or music. The viewer should consider that perspective when viewing the work. If you can enjoy it for what it is, perhaps you can take away something new that will enrich the way you see the world.”

More about the artist

Richard Weis began his career as an artist/teacher in the 1960s in Bemidji Minnesota. Various teaching and study opportunities led him and his wife Nancy to Wisconsin, Oregon, Northern Virginia/Washington D.C., Ohio, and Indiana, before he joined the faculty of Green Mountain College in 1989.

After graduating from Bemidji State College in 1966, his art work, which focused on the dynamics of visual form, continued to evolve as he explored the places in which they lived. He and his wife Nancy began graduate studies at the University of Oregon but their studies were interrupted when he received his draft notice. From 1969-1971 he served in the U.S. Army as a psychological operations illustrator.

From 1971-73 he studied painting at the American University in Washington D.C., graduating with an MFA degree, and honored with the David Lloyd Kreeger Award for graduate painting.

He has exhibited widely in the U.S. and abroad, spending time as a visiting artist at Aberystwyth University in Wales in 2002, and as a Fulbright Scholar and Artist in Residence at Hannam University in South Korea in 2003. In 2010 he was invited back to Korea as a Fulbright Senior Specialist to

continue working with students and faculty in the art education department at Hannam University.

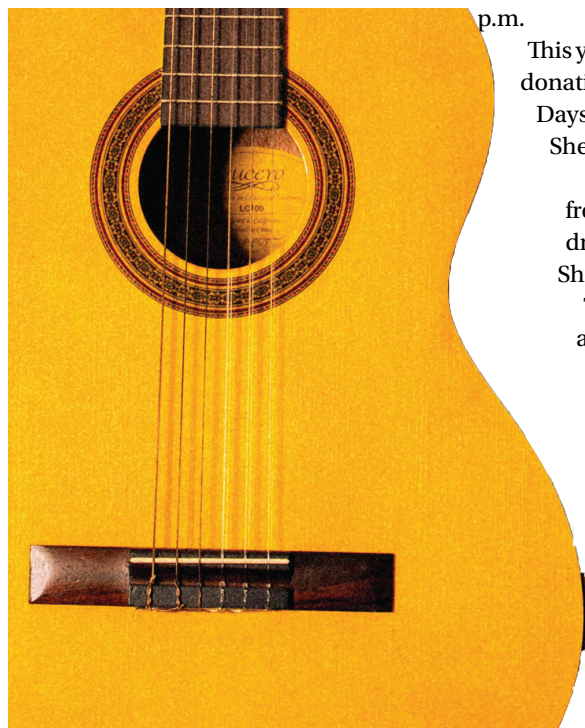
At the end of his teaching career Weis was a professor of art and director of international programs at Green Mountain College, retiring in 2010. He continues to work out of his Poultney and Castleton studios, regularly exhibiting his work and involving himself in community art activities in Poultney and Rutland. He is proud to have been one of the founders of Stone Valley Arts and feels blessed to have been able to share his life and work with fellow artist Nancy Pulliam Weis. To view their work, visit: otherweis.com.

Stone Valley Arts is located at 145 E Main St. in Poultney.

For more information, visit: stonevalleyarts.org.

20th Music in the Meadow is Saturday

Saturday, Sept. 7 at 11 a.m.—CHESTER—The 20th Music in the Meadow fundraising concert benefitting the Susan G. Komen For the Cure will be held on Saturday at the Motel in the Meadow, Route 11 West in Chester from 11 a.m. to 7 p.m.



This year's entertainment is performed by local musicians who'll be donating their time and talent. The lineup includes: James Joel, Better Days Band, John Sullivan, The Illusion, Bear Mountain Boys, Mark Shelton, and Intercept.

Back for 2024 will be the popular silent auction with donations from many local businesses and residents. Hot food and cold drinks will be available to purchase as well as T's Boba Tea Pop Up Shop with her custom made refreshing beverages.

This year organizers are planning to have a cornhole tournament and family games area to keep kids busy, including skee ball station, frisbee golf, and several other games. Raffle tickets will also be on sale for the Grand Prize Queen Quilt handmade by Sue Ashe and Sue's Quilt Studio, with additional items on the day of the concert. The drawing will be held at the end of the concert at 7 p.m.

The past 19 concerts have raised over \$115,000 in support Komen's mission to “Save lives by meeting the most critical needs in our communities and investing in breakthrough research to prevent and cure breast cancer.”

Bring a blanket or your lawn chair or join us under the tents in the meadow for a great day!

For more info, find the Music in the Meadow event on Facebook.



Woodstock Art Festival held on The Green

Saturday and Sunday, Sept. 7-8 — WOODSTOCK— This weekend, over 30 artists will display and sell their art work on the village green during this two-day event. Live music and food will also be available.

The Woodstock Art Festival, sponsored by the Woodstock Area Chamber of Commerce, is a weekend-long event of fine art, music, spirits and food. New England artists offer landscapes, portraits, photography and more. Always held on the weekend following Labor Day, Woodstock becomes an art-lovers Mecca.

The festival will run from 10 a.m. to 4 p.m. both days.

For more information, visit: woodstockvt.com.

New exhibit opens “Old Growth, Sculpture and Drawings from the Woods”

Saturday, Sept. 7 at 5 p.m.—WEST RUTLAND—The Carving Studio and Sculpture Center (CSSC) presents an exhibit of recent work by sculptor Bill Botzow Sept. 7-Oct. 20. Botzow’s work in various hard and soft woods and copper “examines and re-presents through visual art the processes of the natural environment, and honors life.”

The New York City native has, for decades, found contentment in the woodlands on his southern Vermont property, but not without the determination and hard work required to restore it to its native ecosystem. Botzow hand-pulled the invasives that were choking out the landscape to allow the native woods “to breathe” again. He refashions the removed biomatter, which includes breakage from increasingly violent storms, into sculptures and installations. The scars, tears, holes, channels, and bumps tell a tale of hard living.” By coming to its aid and creating work that honors its own evolution, the artist’s attention to the natural world also builds its future.

An opening reception will celebrate Botzow’s sculpture and drawings from the woods, in the CSSC gallery at 636 Marble Street on Saturday, Sept. 7, from 5-8 p.m. The public is welcome to the event which includes light refreshments and music by The Plumb Bobs. The exhibition and opening are in tandem with Sculptfest24.

For more information, visit: carvingstudio.org.



Submitted
Botzow works in various hard and soft woods and copper to “examine and re-present through visual art the processes of the natural environment, and honors life.”

Carving Studio & Sculpture Center to host SculptFest24

Saturday, Sept. 7 — WEST RUTLAND — An exciting group of artists will present sculptural installations for SculptFest24, Sept. 7-Oct. 20, at The Carving Studio and Sculpture Center (CSSC).

Proposals were submitted in response to this year’s theme of “Coruscation.”

The Coruscation theme calls for works to “illuminate” the grounds of the Carving Studio’s Sculptfest24 through light inspired sculpture and installation. The forested footpath provides opportunities for works ranging from large installations to small, intimate spaces, possibly utilizing natural or artificial light. Reflective, light-capturing, and light-emitting artworks devised as literal or metaphorical luminosity are welcome.

SculptFest24 will take place on the CSSC forested sculpture trail by the sculpture garden. The trail offers installation opportunities in both natural and landscaped surroundings as the impetus for this year’s outdoor exhibition. Selected artists will incorporate work along the trail for viewing by the public.

Guest curator Colin C Boyd selected site-specific works by artists Dari Blythe, Haley Kean, Michelle Leftheris, Whitney Ramage, Joe Schine, Ilya Sobol, and Josh Urso. An opening reception will be held on Sept. 7 from 5-8 p.m. Attendees will enjoy light refreshments and live music by The Plumb Bobs.

The exhibition is free and open to the public, with a self-guiding map available for visitors.

The Carving Studio and Sculpture Center is located at 636 Marble St. in West Rutland.

For more information, visit: carvingstudio.org.

Artistree welcomes Taylor Abrahamse and Sage Christie

Saturday, Sept. 7 at 7 p.m.—POMFRET—Songwriters Taylor Abrahamse and Sage Christie will perform at Artistree Community Arts Center on Saturday, Sept. 7 at 7 p.m.

Taylor Abrahamse floats between the borders of song, gender and genre with his/her deftly crafted, hook-laden hammerclaw pop. A Paul Simon/Jim Carrey crossbreed, Abrahamse will leave audiences laughing, inspired, and even singing along — if voices can reach that high. With a voice that has been praised for its range and power, Abrahamse has captivated audiences across Canada and the U.S., including a recent tour with Flamy Grant (the first drag queen and singer/songwriter with a No. 1 album and single on the iTunes Christian chart).

Sage Christie (they/them) has quickly become a cherished figure in the Canadian music scene, known for their stunningly clear voice and narrative songwriting. Often compared to legends like Alison Krauss and Joni Mitchell, Christie’s music is a journey through rich imagery and heartfelt storytelling. A two-time finalist in the Kerrville New Folk competition, Christie is currently working on their most compelling album yet, produced by Grammy-winner David Seitz, and set to release later in September.

Join in for this incredible showcase of talent and emotion as Taylor Abrahamse and Sage Christie bring their exceptional artistry to South Pomfret. This is a concert experience not to be missed!

Artistree Community Arts Center is located at 2095 Pomfret Road in South Pomfret.

For more information, visit: Artistreevt.org.



Submitted
Taylor Abrahamse



Submitted
Sage Christie

Super heroes who answered the call



By Bruce Bouchard and John Turchiano

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

range of topics. In this week's column Turchiano tells a story about the war.

This week marks the 79th anniversary of V-J Day, Sept. 2, 1945, marking the official end of World War II.

During the golden age of comic books two super heroes failed their U.S. Army physicals. One of them was Clark Kent. Yes, Superman's publisher had to come up with an idea to keep him out of the military during World War II. Otherwise, readers would expect the U.S. to win the conflict in a few days. The solution was brilliant. And if you think I'm making this up, I assure you I could never be this creative: Clark Kent indeed tried to enlist in the U.S. Army. But during his eye exam he inadvertently read a chart in the neighboring room with his x-ray vision. "You're physically superb," the doctor told him, "except you're obviously blind as a bat."

The other super hero who failed his army physical was my father, Serafino Turchiano. Dad tried to enlist but when he was 12 years old a friend had accidentally shot him in the eye with a BB gun. Although they were able to save his eyeball he lost almost all the vision in that eye, a condition that was easily discovered during his army physical. But then the answer to a simple question became his key to entry into the military. Could he speak Italian? He could, and as this would be an asset in the sure-to-come military campaign in Italy. So he was accepted into the U.S. Army.

After training, my father, now a corporal, was assigned to the Army Air Force on a B-24, the U.S. bomber known as the "Flying Boxcar." He and his crewmates bonded and remained friends after the war. One of those crewmates told me, "Your father was some mechanic. He could fix anything on the ground or in flight." That crewmate was Sergeant Stefano Corso, who in 1948 served as best man at my parents' wedding and was always known to the Turchiano kids as Uncle Steve.

In 1943, my father's bomber began flying missions designed to damage Nazi fortifications in Italy. Dad never spoke about this. But Uncle Steve Corso did. He told me the bomber they flew often had to dodge German fighter planes and was frequently the target of flak (anti-aircraft fire). After the liberation of Rome on June 4, 1944, my father's entire crew was granted a short leave. Upon hearing the news, Dad impulsively decided to hitchhike across Allied-occupied Southern Italy and visit Bitetto, a very small village on the opposite coast, 240 miles from Rome. There, he hoped to visit with some people he had never met, his paternal grandmother and some aunts and uncles. There was no way to telephone or telegraph his relatives, and he didn't even have an address. Still, he packed a knapsack with a map, a canteen and some K-rations, and off he went.

Being in uniform as he hitchhiked across Southern Italy, my father had no difficulty catching rides with jeep-journing GIs, as well as British troops quite willing to give lifts to a Yank ally. It took 14 hours, but Dad found himself in Bitetto late on June 9, 1944. Of course, he had no idea how to find the house where his grandmother lived. But he saw a young boy and asked him in Italian if he knew where Anna Turchiano lived. The boy nodded and asked, "Hai del cioccolato?" Do you have chocolate?

Fortunately, the Army Air Force's K-rations contained Hershey bars and Dad handed one to the boy.

"The way that kid's eyes lit up you would have thought it was a gold bar not a candy bar," my father told me many years later. Bitetto was a very small village back then and it took the boy only a few minutes to take my father to a house that was clearly showing its age. Dad could only hope this really was the home of his grandmother.

He knocked on the door. It was opened by two elderly women. "Chi sei?" one of them demanded. Who are you? "Questo è mio nipote," the other woman said, as tears welled in her eyes and she put her arms around my father, kissing him repeatedly. "This is my grandchild."

Maybe it was a photo sent from New York sometime or a family instinct or resemblance that had told her immediately that this American soldier was her first grandchild, one of six born in the U.S. that she had never seen.

This surprise visit was big news in Bitetto. My father, who wasn't even certain he'd find his relatives, was warmly welcomed by virtually the entire village. He met his aunts and uncles and some cousins. People packed the home of Anna Turchiano to hear of any news from "L'America."

Dad was asked, "Do you know so and so in Pennsylvania?" "How about this person in California? Do you know him?" My father later wrote a letter to his family that said, "The people here have no idea about the vast size of America, but it seems everyone in Bitetto has family in Brooklyn."

Since it was not strategically important, Bitetto was left undamaged by the war, but its severe poverty was clearly evident to my father. Nevertheless, enough semolina flour was scraped together to make pasta for a celebratory feast. All the while people kept streaming into the house seeking information about L'America. Even the Mayor of Bitetto came. They all spoke to Corporal Serafino Turchiano as if he were General Eisenhower. Could he tell them if the war was going to end soon?

My dad stayed overnight and into the next afternoon, and then hitchhiked back to Rome. But he relished telling the story for the rest of his life, even into his 90s. He held it as strong evidence of the significance of family. His brief visit to Bitetto during World War II told him his father had left the poverty of his hometown for America at age 19 because he wanted a better life for himself and any children he might have, kids like my father. But dad also realized that the poverty-stricken people he met in Bitetto, some of whom were illiterate, had worked hard and had scrimped and saved to send children to America. Indeed, cross Atlantic boat trips, even in loud, reeking, teeming steerage, cost dearly back

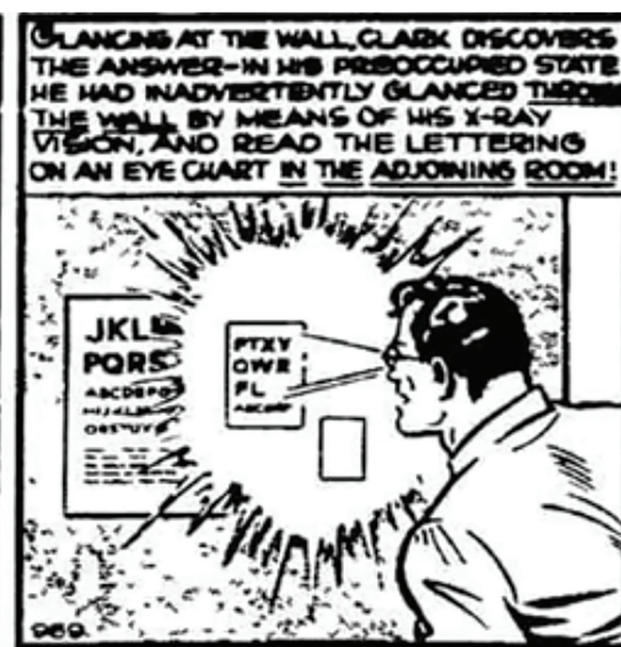


Submitted

Cpl. Serafino Turchiano

then. Realizing that many of the people he met in Bitetto had sacrificed so much to send children to America for a better life meant a great deal to dad.

I don't think my father read Luigi Barzini's 1964 best seller "The Italians." But in it Barzini wrote this about the Italian people: "Humble parents do without comforts in order to see that their children go to school and reach a higher rung in the social ladder. The climbing is not hurried; it is done in successive waves, one generation after the other, till the Super heroes → 25



Submitted

Yes, Clark Kent failed his U.S. Army physical when his x-ray vision inadvertently read the eye chart in the adjoining room.

Spinach all rolled up with flavor

Including more spinach in one’s diet can be a healthy decision. Spinach is rich in iron, potassium, magnesium, folate, and vitamins C, E and K. With that strong profile, spinach supports the heart, eyes, skin, and immune system. Spinach also can aid digestion and strengthen bones.

The good news is that spinach is a versatile ingredient and can be added to many dishes relatively easily. As an alternative to meat-based dishes, “Spinach Balls” serve up flavor in easy-to-portion style. Serve these with a dipping sauce as an appetizer, or place alongside pasta instead of meatballs. Enjoy this recipe courtesy of “It Just Happens to Be Gluten-Free” (Do Life Inspired Publishing) by Jen Fiore.

- Spinach Balls
Makes about a dozen
- 1 10-ounce box frozen chopped spinach
 - 3 eggs, beaten
 - 1 tablespoon extra virgin olive oil
 - 1 cup shredded sharp cheddar cheese
 - 2/3 cup gluten-free breadcrumbs
 - 1/4 teaspoon salt
 - 1/2 teaspoon pepper
 - 1 teaspoon dried parsley
 - 1/4 to 1/2 teaspoon garlic powder
 - 6 shakes Tabasco sauce (6 shakes more if you like it hotter!)

- Instructions**
1. Place the spinach box in the microwave for 2-3 minutes until defrosted. Set aside to cool.
 2. In a large bowl mix together the cheese, bread crumbs, salt, pepper, parsley, and garlic powder.
 3. Squeeze excess water out of the spinach. Place the spinach into the cheese mixture. Mix.
 4. Add oil, eggs and Tabasco sauce.
 5. Form into balls and place on a parchment-lined baking sheet.
 6. Bake at 375 F for 18 to 22 minutes.
 7. Serve with garlic aioli.



Submitted

← SUPER HEROES: from page 24

highest pinnacles are reached.”

On a short military leave in 1944, my father was witness to the truth in Luigi Barzini’s words. Barzini was generalizing, of course, but he was certainly writing about the Turchiano family, among so many others. And if you think about it, his writing applies to many of the immigrants who struggle to come to the U.S. today, humble parents sacrificing so much in the hope of seeing that their children can go to school and reach a higher rung on the social ladder. I’m proud that we’re a country that can allow that to happen. It’s one of the things men like my father, my Uncle Steve Corso and so many other Americans risked their lives fighting for in World War II.

From Cpl. S. Turchiano, where in his parents, Mr. and Mrs. J. Turchiano, 142 Front St., Hempstead. Turchiano is a graduate of Hempstead High School.

Dear Mom, Dad and Sisters:

I guess this will be about the most interesting letter that you have received from me, in my opinion, and I am sure it will be in yours too before you even finish this letter. Now you are probably wondering why. The answer is that I looked up and found Daddy's mother. Yes, I actually found Grandma, her two daughters and their husbands. They were all looking good, and they certainly were surprised to see me. I'm telling you, I don't think I ever ran across another situation similar to that one before. I can't express my feelings in words, but I'm sure you can imagine how we felt. They were really tickled pink, and so was I. I met lots and lots

Cpl. S. Turchiano

Submitted

Cpl. Turchiano's letter to his family was published in the Long Island Press in August 1944. The letter recounted Turchiano's surprise wartime visit to his grandmother in Bitetto, Italy.

Late blooming beauty: The New England Aster

By Nadie VanZandt
Editor's note: Nadie VanZandt is a UVM Extension Master Gardener from Panton.

An excellent choice to consider for late-season interest in your garden is the New England aster, a North American native plant with many benefits. When other plants start to wither, New England asters bloom with brilliant shades of violet and purple daisy-like flowers prolonging the color in your garden from late summer through late fall.



The New England aster is a species of native plant belonging to the Asteraceae (daisy) family. The name “aster” comes from the Latin word *astrum*, which means “star.” In Greek mythology, the aster flower was created by the tears of the goddess Astraea.

The story goes that Astraea was troubled by the absence of stars in the sky and began to cry. While her tears fell to the ground, they turned into star-shaped aster flowers. The plant’s genus was designated as *Aster* until the 1990s when botanists reclassified it as *Symphyotrichum* to distinguish its genetic characteristics from the Eurasian aster. The current scientific name for the New England aster is *Symphyotrichum novae-angliae* where *Symphyotrichum* means “united hairs” and *novae-angliae* means “New England.”

New England asters are herbaceous perennials with an upright growth habit. They form clumps from stems that grow rough, velvety alternate leaves with smooth edges. From early to late fall, their upper stems produce an abundance of composite flower heads in vibrant shades of red violet and purple with rich yellow centers. Many of the lower leaves will turn brown and fall off as the season fades.

They can grow 3-5 feet in height, making them easily spotted in their natural habitat, which includes prairies, lakeshores and wet

meadows as well as disturbed areas such as old fields, railways and roadside edges.

These attractive wildflowers are hardy. They grow in full sun to part shade in U.S. Dept. of Agriculture Plant Hardiness Zones 3 to 8 (planthardiness.ars.usda.gov) in soil high in organic matter although they tolerate a wide range of climates and soil types. In addition, they are resistant to many pests and diseases and effectively compete with weeds.

During the late growing season, a wide range of pollinators rely on New England asters as a vital source of pollen and nectar, especially the migrating monarch butterflies, but also flies, honeybees and native bees. In addition, other insects and caterpillars feast on the plant’s leaves.

New England asters are easily cultivated. Many nurseries offer cultivars of *Symphyotrichum novae-angliae*. They also can be propagated by seeds, bare roots or transplants.

Plant the seeds at the first signs of frost as they need the cold winter temperatures to germinate in the spring. Prepare an area with good air circulation that’s exposed to full sun and with moist well-drained soil. Loosen the soil and broadcast the seeds. Gently press the tiny seeds, just enough to make contact with the soil, to ensure proper germination. They should not be buried deeply.

If planting from bare roots or container plants, be sure to place them in moist, well-drained soil and follow with regular waterings until the roots are established. As another option, transplanting can be done in late fall after the plants go dormant. Once established, these natives are drought-tolerant and disease-resistant, thereby reducing the need for water and pesticides. New England asters fit perfectly in pollinator gardens, in borders or as accent plants in more formal landscapes. Plant them en masse alongside goldenrods or rudbeckia for a stunning display of contrasting colors. They are ideal for those looking to contribute to their local and natural ecosystem.

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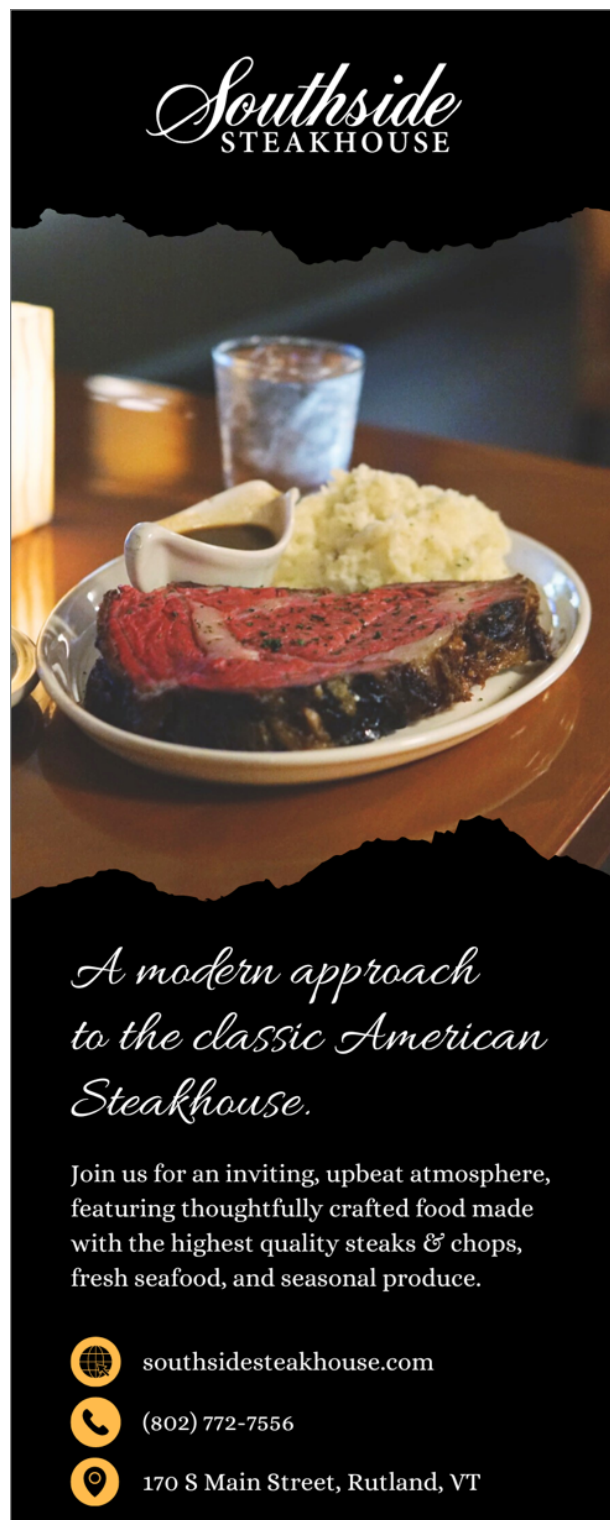
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There’s always room for pizza

When it comes to pizza, it is often difficult to stop after just one slice. Although pizza originated in Italy, people from all around the world have made pizza their own by experimenting with different flavor combinations and toppings.

Whether you’re in the camp who thinks it isn’t pizza if there’s more than mozzarella cheese and red sauce on the crust or the one who feels the sky’s the limit for pizza adventures, it’s hard not to like “Buffalo Chicken Pizza.” This recipe pairs the heat and tang of Buffalo wings with the familiarity of pizza’s crunch. Try this medley of flavor, courtesy of “30-Minute Meal Prep: 100 Healthy and Delicious Recipes to Eat All Week” (Sourcebooks) by Robin Miller.

Buffalo Chicken Pizza

- Serves 4
- 1 13.8-ounce container refrigerated pizza dough
 - 1 cup ricotta cheese
 - 3 tablespoons powdered ranch dip/dressing mix
 - 2 cups shredded cooked chicken
 - 1/4 cup hot sauce, such as Frank’s, or hot sauce of choice
 - 1 cup shredded mozzarella cheese
 - Chopped fresh chives for serving (optional)
 - Bottled ranch dressing for serving (optional)
1. Preheat the oven to 400 F. Line a large baking sheet with parchment paper or aluminum foil.
 2. Unroll the pizza dough on the prepared pan, and shape as desired. I chose a 10-by-12-inch rectangle. Bake for 6 minutes.
 3. Meanwhile, in a small bowl, combine the ricotta and powdered ranch, and mix well.
 4. In another bowl, combine the chicken and hot sauce, and mix to cover the chicken with the sauce.
 5. Spread the ricotta mixture all over the pre-baked crust, to within half an inch of the edge.
 6. Arrange the chicken over the ricotta, and top with the mozzarella.
 7. Bake for 6 to 10 minutes, until the edges of the crust are golden brown and the cheese melts.
 8. Top with fresh chives (if using), and serve with ranch dressing on the side (if using).



Buffalo Chicken Pizza

Submitted

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Tomato late blight shows up in Vermont

By Ann Hazelrigg

Editor's note: Dr. Ann Hazelrigg is the University of Vermont Extension plant pathologist and director of the UVM Plant Diagnostic Clinic.

With our recent rainy weather and storms, I am not surprised that we diagnosed late blight (*Phytophthora infestans*) in the University of Vermont Plant Diagnostic Clinic in late August. So far, it has been found in a garden and a high tunnel only on tomatoes although this aggressive pathogen can also attack potatoes, depending on the strain of the organism.

This destructive fungal-like organism was the cause of the Irish potato famine or the "Great Hunger" in the 1840s. If you have an Irish last name, you may be here as a result of your ancestors being among the million souls who left Ireland during the famine to search for a better life in America.

The pathogen cannot survive Vermont winters but typically blows in on storm fronts from the south or gets introduced on infected transplants, as occurred in Vermont in 2009. Late blight symptoms can appear on foliage, stems and fruit.

Leaf symptoms first appear as small, water-soaked areas that expand rapidly to form purplish blotches. The spots usually show up on the upper foliage first since the spores "rain down" during weather events. The disease can be hit or miss in an area, depending on where rain events have occurred.

When humidity is high, rings of whitish, spore-forming structures appear on the edges or undersides of the blotches. You can place suspect tomato tissue in a plastic bag with moist paper towels overnight and check for these rings of spores. Infected fruit remains firm and may exhibit whitish spores during high humidity. It should be destroyed and not

be eaten or used for canning.

The pathogen likes cool, moist weather, spreads rapidly by airborne spores and can quickly kill an entire field of tomatoes within a week. If the weather becomes hot and dry (80 degrees Fahrenheit with humidity less than 90%), the spread of the disease slows only to pick up again when the weather turns cool and wet.

If your tomatoes do not have late blight yet and you know it is in the area, you can protect them with an organic (copper-based) or conventional fungicide, being sure to spray weekly or according to the label to keep new tissue protected. If your plants already are showing symptoms of the disease, it is best to destroy the plants since rescuing them with fungicides is difficult, especially if the weather is conducive.

The pathogen does not live on dead tomato plants, so cutting or pulling the plants will cause the spores to die. Leaving live infected plants in the garden increases the chances that the tomatoes at your neighbors or the farm down the road also will get the disease, so be a good neighbor!

Dead plants can be composted since the pathogen will not survive the winter. However, if you don't have an active compost pile that heats up, other tomato diseases on the plant may not break down.

Rotation for this particular disease is not that important since the pathogen does not remain in our gardens although rotation should be followed for the other tomato leaf spot diseases that show up every year.

The best way to avoid the disease is to plant resistant varieties. There are several tomato varieties that are designated as resistant to late blight: 'Mountain Magic,' 'Mountain Merit,' 'Legend,' 'Defiant PHR' and 'Plum Regal' have excellent resistance to late blight. 'Jasper,' 'Red Pearl' and 'Matt's Wild Cherry' are small-fruited tomatoes with good resistance.

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Hunters urged to wear orange

Vermont Fish & Wildlife (VTF&W) is reminding hunters to wear fluorescent hunter orange.

“Hunting is one of the safest outdoor activities, thanks to advances in education as well as science,” said Vermont Hunter Education Program Coordinator Nicole Meier. “Our volunteer hunter education instructors stress that wearing orange during hunting season is important, and studies prove that wearing fluorescent hunter orange keeps hunters visible to other people in the woods, but it keeps them relatively invisible to deer.”

“Every year we should strive to be the safest we can be by wearing at least a hunter orange hat and vest,” added Fish and Wildlife Commissioner Christopher Herrick. “Deer are most active during dawn and dusk hours when visibility is low. You can improve your chances of being seen by other hunters by wearing hunter orange, which can be seen even in low-light situations.”

“While it isn’t recommended to wear orange during waterfowl and turkey seasons, we certainly still recommend hunter orange when you are going to and from your blind, tree-stand or calling spot,” said Meier.

While some hunters might be concerned that deer are scared by hunter orange, in fact deer have been shown to be unaffected by the color. A deer’s vision is based on movement, patterns and color variations. Unlike humans, deer do not have multiple color receptors in their eyes. They can see color, but their spectrum is limited. This means deer must rely heavily on their ability to detect movement over the ability to interpret color variations and patterns.

Hunting in Vermont continues to be a safe recreational pursuit and hunters can help keep it that way by choosing to wear hunter orange.

Hunt smart. Hunt safe. Wear orange.



Courtesy VTF&W

Vermont Fish & Wildlife urges wearing a fluorescent “hunter orange” hat and vest while hunting.

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Crossword

Solutions from page 13

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

Sudoku

Solutions from page 13

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

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SANDY

Cosmic Catalogue



Aries

March 21 - April 20

You've spent a long time attempting to reach a point in life you've considered the pinnacle. Now that you're almost at the top of the mountain do you even like the view? Maybe you've already set your sights on the next mountain you wish to climb and lost focus. Something even worse is possible, perhaps you're filled with regret because you never took the first step. Regardless of where you're at, it's not too late but it's going to take a hell of a lot of work. Your only challenge is to remain focused. You can do it.



Leo

July 21 - August 20

There are times when it doesn't matter how much work you do, your efforts go without thanks. Sure, there are labors of love in life and then there are other labors where you feel like little more than a slave. A living hell for any Leo to be sure! Are you OK with this? While you may have to put your nose back to the grindstone for the next couple of months, it will be the last time you'll have to. Just be sure the stone you choose now is worth grinding on.



Sagittarius

November 21 - December 20

When it comes to money, you have another chance over the next couple of months to understand what financial empowerment means for you. Is it earning more? Is it finding more streams of income? Is it finally having the confidence to chase a money dream? Some old fears from the past may test you, but just remember that is all a part of the process. The more daunting things feel, the more you know you're exactly where you need to be. Things are changing and this time, it's for the better.



Taurus

April 21 - May 20

Don't hold onto a mistake just because you spent a long time making it. For some time now, you've been learning the art of change especially when it comes to being authentic. So if you've been feeling stuck in something, then unstuck yourself! Consider a holiday, an adventure or do something that opens your mind to a different world view. Review your bucket list. The world is your oyster now in more ways than one, so go and experience it. If need be, ask for forgiveness rather than permission.



Virgo

August 21 - September 20

It can be really difficult to say what you do for fun. It's easy when you're 10, but when you're grown, it may be a case of remembering what fun even is. Over the next couple of months the Cosmos gives you a rare opportunity to rediscover what true joy means to you. Whether it's indulging in a hobby, sport or recreation, finding more love and romance in your life or something to do with children, your life is set to become transformed. Everything you ever wanted is back within reach, so grab it.



Capricorn

December 21 - January 20

Life may provide a series of tests and challenges over the next little while that you're unlikely to enjoy very much. That said, life isn't meant to get easier. You are meant to get stronger. The good news is, you're now stronger than you've ever been. With this new found strength, you now have to do something you've never done. It may be scary and it should be. If it isn't then aim higher for yourself. All you've ever wanted is finally within reach. Reach out and take it.



Gemini

May 21 - June 20

What would it take for you to feel secure in the world? Is it money? Being debt free? Owning your own home? At a deeper level, is the security you seek more of an inside job? We all have skeletons in the closet we try and hide but they are still there. Over the next several weeks, you have a rare chance to do one last final clean up in the area of life you prefer to avoid. When you open that proverbial closet, chances are it's not as dark or as scary as you think it is.



Libra

September 21 - October 20

If your domestic life isn't what you wanted it to be, then you have an opportunity to drastically change it. Maybe it's your location or the quality of relationships with your family or housemates, but one way or another you do have to take control of things. You've been working so diligently to let go of some of your ingrained habits, but when it comes to family, those aren't so easy to shift. The only way you can fully transform your situation is, one way or another, to take your power back.



Aquarius

January 21 - February 20

You can breathe a sigh of relief that some of the pressure you've been under has finally lifted. Don't get too confident or complacent though as this break is temporary. You can make the most of this breathing room to do exactly that—breathe. Rest, relaxation and even a little bit of meditation would help you a lot now. The more you pay attention to your inner voice, the better the decisions and choices you'll make when the pressure returns—and it most definitely will. Don't be complacent, be proactive and positive.



Cancer

June 21 - July 20

It's important to remember as you enter this week and this month that relationships have their own kind of cycle. Like two sets of train tracks, they come close together and then they veer out again. Someone special in your life may feel like this. It doesn't have to be a massive drama when you understand you may be entering a cycle where things feel shaky again. Rather than be reactive, be proactive. Confidently ask for what you want and need. That is the only way you'll know whether you'll get it.



Scorpio

October 21 - November 20

You do hold the right to change your mind about things. The thing is, you don't change your mind very easily. However, being open to a changed perspective is required. Whatever it is that you've been curious about or have needed to improve in terms of communication with others, then you need to double down on that. You can choose to double down on an issue or you can choose to change. If you choose to go for the jugular on something, just make sure it's worth it or just leave things be.



Pisces

February 21 - March 20

An old issue with a group, a community you're involved with or a friend could resurface. Just when you thought a tricky situation was done and dusted, you're having to reopen old wounds or old feelings. You've been learning a lot lately about personal boundaries and committing to what is right for you. That said, it's ultimately up to you how much of other people's stuff you want to take on or not. The next few months will reveal one way or another who your true friends really are.

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

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Act: you know what's required

A lot happens this week. It will set the tone not just for the week nor the month, but for the rest of 2024 and beyond.

You're being called to reopen an old chestnut you hoped you wouldn't have to. You know how they say lessons repeat until they're learned? What have you been trying to learn since 2008? What kind of karmic issues seem to come back and haunt you over and over since then?

This may sound daunting and for some it will be. That said, 2008 was a long time ago and you're a

completely different person now. Chances are, as you crack open the chestnut, things won't be as bad as you expected. Even if they are, you have until November to put things right.

How might you do this, you may ask? Make the changes you've been avoiding. Take the risk you have been uncertain about. Discover just how powerful you are.

"God helps those who help themselves" and no one is coming to save you. Do what you have to do this week to cross the T's and dot the I's. Take the action you know is required. It matters not how much you do or don't "feel like it."



Cosmic Catalogue
By Cassandra Tyndall

Welcome to September

As Keith Wynn said, "The world shall now turn into pumpkin everything."

To most of us September means the end of summer. Schools are open, vacations are over and we catch our breath. But did you know that September is Library Card Sign Up Month. That's right, from Sept. 1-30 we are encouraged to go to our local library and sign up for a card. Remember, a library card is a passport to anywhere. Having fun isn't hard when you have a library card because libraries today have more than just books. Live entertainment, speakers and virtual reality are just some of the things you will find at our local libraries. We are fortunate to have Roger Clark Memorial Library in Pittsfield and Sherburne Memorial

Library in Killington, which are very accessible and offer a variety of programs.

On Thursday, Oct. 3, from 6-7 p.m.,

Kevin Graffagnino will be a guest at the Pittsfield library. If you are a history buff this is for you because Kevin will share his newly published book on Ira Allen. Yes, I am talking about Ira Allen — maybe not as famous as Ethan Allen, his brother — but nonetheless an important figure in Vermont history. A land speculator, revolutionary, pamphleteer, politician and empire builder, Ira Allen was a key figure on the Green Mountain frontier. Let the library know you are coming by calling 802-746-4067. Refreshments will be served.



Senior Scene
Gerrie Russell

Senior Scene → 35

Here comes the sunshine

The beginning of 2024 saw many ups and downs for me, but offered several new opportunities as well. I started a new job late in the previous year and was starting to come into my own by the end of skiing season. The new job, working with a utility company, offered me a very unique experience. I was able to use my customer service skills, computer skills, and critical thinking skills to help members of the community with a basic need. I was no longer questioning my contribution to the local community. I found that I was able to really connect with my customers and make a considerable difference in their day and in their lives. After getting tons of positive feedback and various complimentary reviews, I was confident that I was on the right track. I was

able to really lean on my skills at deescalating conflicts, creative problem solving, and genuinely being there to listen to folks who are counting on my expertise.

I had spent the first few months of the year really down. Going to work was really the only thing I looked forward to in my day. My time at home was spent hiding from the world, soaking in my feelings of regret, confusion, and sheer depression. No one that I had shown up to support and been purely kind to, had put in effort to be there for me.

There was the occasional contact, but it was inconsistent and ultimately insincere. Reaching out to the people I knew locally was getting little to no response. I went weeks without hearing from anyone.

The toughest part was: Not only did I lose



Dream in Color
By Will O'Donnell

Dream in Color → 38

New England American-Asters: The stars of late summer

Before the trees put on their colorful autumnal cloaks, the newly rewilded fields at my home turn to gold and purple. New England American-aster (*Symphyotrichum novae-angliae*) begins blooming in August or September and continues to splash the meadows with deep purple color well into October, mixing with the bright yellow of goldenrod flowers.

These purple blooms belong to the Symphyotrichum genus, which includes more than 100 species in North America. Once commonly known as asters, members of this genus now go by the botanical moniker of American-asters.

I sometimes find fat bumble bees, numb after a chilly night, slowly warming in the morning light on tightly closed New England American-aster blossoms. Any time insects are prone to freeze, a delicate flower is likely to as well, and it always amazes me to see these purple blooms reopen full and lush during the warmth of an afternoon following a frosted dawn.

The plants have hairy stems and typically grow 2 to 4 feet in height, although they can be as tall as 6 feet. Like all members of the American-aster genus, New England American-aster flower heads comprise two types of flowers: the purple ray flowers (each "petal" is actually an individual flower) around the outside, and

the yellow disc flowers in the center. These bloom in clusters of 100 or more.

The flowers open and close daily in response to light and temperature changes, a movement known as nyctinasty, which is initiated by different parts of the light spectrum. Many flowers use nyctinastic movement, including daisies, rose-of-Sharon, magnolias, morning glory, and tulips.

"Nyctinastic movements are part of the circadian rhythms of plants, in which plants primarily use different light-sensitive molecules to regulate movements of plant organs," said Arthur Haines, senior research botanist with the Native Plant Trust.

"These light-sensitive molecules are called phytochromes, and they can sense different types of red light to interpret their environment, such as the onset of darkness."

To create this movement, Haines said, plants rely on specialized cells that take in water, allowing them to open and close leaves, petals, and flowers. Darwin ventured that nyctinasty allows flowers to avoid being damaged by frost. Another theory suggests that closing at night allows flowers to sustain their blossoms longer, thereby increasing the chances of pollination and reproduction.

Outside Story → 35



The Outside Story
By Angela Cannon-Crothers

Tending to your gardens

If you have gardens you will probably agree that they are always a "work in progress."

Garden areas can consist of more than just flowers. Shrubs and flowering bushes also play a role in your home's landscape. The time will come when you need to get rid of old overgrown shrubs and start over. If you let them continue to grow without trimming they can detract from your house and even hide parts of it.

Back in 1980 we knew it was time to replace the yew shrubs in front of our house. We had someone come and dig them out as they were deeply rooted. Landscaper Jimmy Pak planted the replacements. I got a refresher course from him on how to trim the shrubs and their growth was able to be controlled for about 30 years. Then it was time to replace them once again.

By then I was more into gardening so my husband, Peter, and I dug them out ourselves. By using a saw and a shovel we got out all the roots. I went to Park Place garden center and got some really nice yews and put them in myself. That was a little over 10

years ago. I figure they should be fine during my lifetime. If they had gone into the ground at age 70 I don't think I would be digging them up myself at age 100!

Rhododendrons also need to be pruned regularly or they will get to be about 20 feet high. Some very small rhododendron bushes that I got about 30 years ago are now like a "nature fence" along our property line. They withstand the cold winter temps and wind and once they finish blooming in the summer they can be trimmed back. If you wait too long you will be cutting off next season's flowers.

The window box under our living room windows is about 6 feet long. It takes a lot of flowers to fill it in the summer months and a lot of boughs in the winter months. Because the box is almost totally shaded I can put boughs in it by late October. The mum plants come out of the box when the boughs go in. I much prefer to look at those in late October than an empty box. Their presence

Looking Back → 36



Looking Back
By Mary Ellen Shaw

Masterpiece theater

Thirty years ago, I attended a friend's destination wedding in Paris, France. It was a fun affair that involved several events related to the nuptials, balanced with a few sight-seeing tours that introduced us to French culture. I remember having a blast but feeling slighted when it came to the few museums we visited.

I learned a long time ago that I do not like visiting museums with other people. For one thing, I spend an inordinate amount of time reading and analyzing art and artifacts which, inevitably, puts me at odds with those I'm in attendance with.

And that was certainly the case during my first visit. After we returned home, I vowed to go back to Paris alone one day so I could truly immerse myself in the experience.

And that happened about 15 years later when I took a solo flight back, booked myself into a small boutique hotel in the heart of the city, and then wandered the streets day and night for an entire week. It was truly one of the best vacations I've ever taken.

The crown jewel of Paris' cultural activities is the Louvre, one of the largest museums in the world and home to many of the most valuable and famous works of art on the planet. We only spent a half day there on my first visit, but for the second trip, I bought a two-day pass.

I had no plan for my 2-day excursion other than to walk to every corner of the Louvre — and I did exactly that. In fact, I exhausted myself so much that I actually fell asleep inside one of the galleries (and I wasn't the only one).

At one point, as I was wandering down a corridor, I noticed some commotion in a nearby room. As I worked my way past a large group of people in the hallway, I could tell by their murmurings that something important was ahead. When I came around the corner, I was met with an entire room full of people all staring in one direction. And that's when, over the heads of the crowd, I caught my first glimpse of the Mona Lisa.

The Mona Lisa is arguably the most famous painting the world has ever known, painted by one of the most famous artists who has ever lived. Leonardo DaVinci's defining masterpiece sat just ahead of me, incased behind bullet-proof glass and protected by an army of museum employees.

It took some time but I eventually made my way to the front so I could squarely face all of Mona Lisa's glory. I stared for minutes

trying to discern why the painting was so appealing. I mean, the artwork is impressive (I certainly couldn't paint it), but the Louvre is filled with impressive art. Why was this piece so adored?

I left feeling puzzled. I was happy to have seen the "Mona Lisa" in person but perplexed why there was so much praise directed toward the piece.

Well, it took another decade, but I recently got my answer.

Several weeks ago, I started reading "Leonardo da Vinci," the definitive biography written by Walter Isaacson. I've always been intrigued by Leonardo, so I finally decided to go deep and read about his life and work.

The book covers everything that is known about da Vinci's life, which is robust given that he was celebrated for a multitude of reasons. Most people know Leonardo as an artist but his skillset also delved into the theater, warfare, engineering, botany, and human anatomy, among other things. He was truly a Renaissance man.

Leonardo da Vinci painted the "Mona Lisa" for nearly two decades, coming back to work on it frequently as the years passed.

In fact, he never delivered it to the wealthy patron who commissioned it and instead kept it in his possession until the day he died.

What makes the painting so special is that it masterfully captures the enigmatic beauty and complexity of both the human form and human spirit, both of which Leonardo spent a lifetime studying. In essence, it is the culmination of the artist's entire life of study perfected in one image.

I had to read the whole book to fully understand this, but once it hit me, the allure of the painting finally made sense. Now when I see a print of the "Mona Lisa," I can appreciate why it matters so much.

This week's film also features another historically significant man, albeit one of more modern proportions. "Reagan," starring Dennis Quaid as the 40th president of the United States, is a jaunty biopic about Ronald Reagan's illustrious career. And while the film did paint a picture of the man that was demonstrably absent of hard critique, it was a pleasant enough ride to make it appealing.

Check this one out if you're a fan of the man or have a soft spot for the 1980s Reagan era. It's feel-good for sure — unless your political leanings put you at odds.

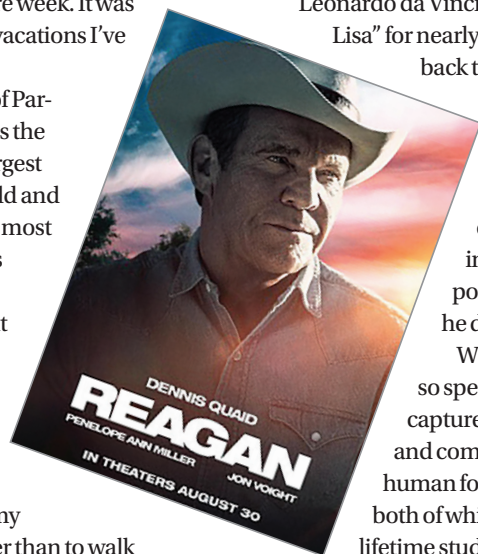
A revelatory "B-" for "Reagan," now playing in theaters everywhere.

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



The Movie Diary

By Dom Cioffi



Skirt drama

Ah, the first day of school. The anticipation, the anxiety, the new book bags and trapper keepers and pencil boxes. I remember staying up late to make sure the laces on my Bass shoes were perfectly coiled — I wouldn't want to be embarrassed by not staying in the latest trend. It was the one day of the year where my uniform shirt was ironed, my plaid skirt was actually clean — yep, I wore a uniform from first to ninth grade and loved every minute of it. Most kids complained heartily about wearing a uniform and did everything they could to stretch the limitations, but I absolutely loved it. I never had to wake up and think about what I was going to wear to school and fashion was never something I became interested in. My sister hated wearing the same thing and became completely obsessed with fashion, her out-of-school outfits bordered on the ridiculous but they were totally on trend and she would have fit in perfectly with Barbie on the beaches of Malibu.

I, on the other hand, was very happy with my plaid skirt, white button down shirt and green sweater. In fact, there are days when I look at my outfit and realize that I am wearing a white shirt with a green sweater. Ten years in the same uniform obviously left its marquee on my psyche.

There is an interesting thing about uniforms. Although we all looked similar from a distance, if you really looked at us you could

see our individuality peeking through. One girl could never wear socks the required colors of dark green or white and was somehow able to get away with increasingly outrageous colors and patterns. I think our headmistress actually enjoyed the vibrancy of her character and chose not to limit her creativity — or to discourage her learning to protest through silent and small means.

That's what my class learned in school. I think it was around 7th grade that we all started wearing crazy patterned men's boxers underneath our skirts. It made sense to want to increase the coverage of our lady parts so we could do cartwheels and swing on the monkey bars without exposing ourselves to the world. But the brightly colored boxers led to shorter skirts. And that's where the problem came in.

You see, uniform skirts are required to be a certain length. We never had to stand in front of the headmistress and measure to the tips of

our fingertips, but we still had to look nice. But that's not how uniformed girls wanted to look in the late 1980s. We wanted to be grunge. We wanted to wear flannels tied around our waists and short, funky skirts with maybe a studded leather belt. But we settled for rolling our skirts just short enough that you could see our funky boxers sticking out underneath.

We looked awesome. And ridiculous. And completely out of uniform. While we had looked so adorable in our Peter Pan collars and plaid jumpers only a few short years ago, now we were in full rebellion. We knew our skirt looked ridiculous, but it was driving the headmistress crazy and we loved it. But like all teenage rebellions, we eventually lost. Kind of. Our headmistress

was kind enough to compromise with us. She didn't mind the short skirts, she saw the trend, but she made one fatal mistake: she forbade the rolling and asked us to hem our skirts instead.

Now, the beauty of rolled skirts was that we could look ridiculous out at recess or head-

ing home on the bus, but we could roll them back down for lunch or assembly or an event with parents in attendance. Our parents never knew, because we always looked presentable when they were around. Once we hemmed them, there would be no going back.

The second problem became that none of us asked our parents for help and instead

hemmed our own. Have you ever measured a hem on yourself while wearing the item? You bend forward just a bit to get the measurement, make the cuts and fold the seam. Even we knew that we had screwed up. Our skirts were so short that they barely even covered our lady bits and since uniforms could only be ordered in the fall, we spent months wearing skirts that were ... well, let's just say that boxers were now mandatory.

Even now, I feel naked without some kind of shorts underneath my skirts. You can do anything in a skirt when it has shorts underneath it — especially cartwheels!

Merisa Sherman is a long time Killington resident, Town Lister and member of the Development Review Board. She is a global real estate advisor and also Coach PomPom. She can be reached at Merisa.Sherman@SothebysRealty.com.



Living the Dream

By Merisa Sherman



Courtesy Merisa Sherman

Sherman's 7th grade trip to the Storm King Art Center... before the skirt drama.

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Senior Scene:

from page 32

Our own Sherburne Library is as busy as ever. The volunteers are working each Tuesday afternoon preparing for the 6th annual Fairytale Festival to be held Saturday, Sept. 21. Join the group if you can. Everything is doable and the conversation is great. And speaking of the Fairytale Festival... There will be costumed characters, photo opportunities, games, contests, the Vikings, free books, live music, craft vendors, scavenger hunts and food trucks! Admission is one non-perishable item for the local food shelf or the Humane Society.

Movies are on Mondays and start at 1 p.m. There's comfortable chairs and popcorn.

Book Club always meets the last Wednesday of the month which is Sept. 25. The book is "All My Rage" by Sabaa Tahir. It's a New York Times best seller and is brilliant along with being unforgettable and heart breaking. The book moves between generations and manages to include forgiveness, love and loss and, of course, the tangles of family. Everyone is welcome. The discussions are different and include every opinion you can imagine.

The Thoughts on Aging Group has been meeting on a monthly basis for over a year. Aging, no matter your own personal situation or challenges, is different for everyone but it's comforting to know that there is always someone else who shares your concerns. Last month we had a lovely lunch at the Killington Golf Course clubhouse and talked about holding on and letting go. The crucial test of age is balance. The lifestyle we had in our 70s and 80s is much different than when we were in our 50s and 60s. Physical limitations can make life a prison and sometimes we reach a point where being productive is no longer possible. But we can always aim to hang on to the things that are meaningful to us. Shakespeare, who always had something to share, said praying, singing, storytelling and laughing are the rightful activities of the last stages of life. We ended our lunch meeting with the quote "Don't slow down too much or you might stop." This month we will meet as always on the third Wednesday, which is Sept. 18 and we will talk about survivor skills. Growing older takes courage and is not without peril but as challenging as it may be, it is doable. Please join us at the library and the only rule is everyone's opinion is valid.

A recent article on BuzzFeed talked about older adults revealing the "hard truths" about aging that no one prepared them for and the comments were quite interesting. Many said getting older certainly comes with perks but it also brings its own set of challenges. Maintaining things like health, relationships and just staying organized takes more energy. It's much more work than they expected. One person remembered asking his dad when he was a little kid what was wrong, and the dad would say, "I must've slept wrong." That's you now. Planning meals is a never ending chore day after day and not the pleasant task of maybe trying a new recipe like it used to be. Almost everyone mentioned the fear of falling and how they take extra care even when stepping off a curb. For each of us it's different but for all of us, if we're honest, there are changes and we have to adapt. In my own personal experience I never dreamed I would become a stay-at-home and like it. It's an easy day when you have nothing you have to do!

Anyone who knows me is aware of the fact that I love quotes. Quotes seem to sum up thoughts in succinct ways and get the point across. One came across my desk just the other day that I thought was profound and I would like to share it. Someone once said: "If you get on the wrong train, be sure to get off at the first stop. The longer you stay on, the more expensive and difficult the return trip is going to be." How many times have I

stuck with something for whatever reason and realized early on that it was a mistake. Almost the same day a book arrived from a friend full of words of wisdom. But they were not from famous people or learned individuals but from a man who on his 68th birthday decided to share his accumulated wisdom with his young adult children. His name is Kevin Kelly and he realized he had so much wisdom to share that he did this on his birthday every year. His friends and other family members liked his habit so much that he turned it into a book called "Excellent Advice for Living." He doesn't claim any of it is original but he did try to put everything into his own words. Here are some of his thoughts that I found in his book on a purely random basis.

"Being enthusiastic is worth 25 IQ points. Recipe for greatness: Become just a tiny bit better than you were last year. Repeat every year. You don't have to attend every argument you're invited to. Gratitude will unlock all other virtues. Tend to small things. More people are defeated by blisters than by mountains. Release a grudge as if it were poison. Be more generous than necessary. There's no point in being the richest person in the cemetery How to apologize: quickly, specifically, sincerely!"

Think about it: What words of wisdom would you like to share with the young adults in your life?

If only they would listen it would save them so much grief. But I guess that grief is part of learning things on our own.

Most of you are familiar with Sherburne United Church of Christ (better known as the Little White Church). I have said before, it is small but mighty and helps our community in countless ways. To raise money to pay expenses like utilities and keep up the good works, they host home cooked dinners for the many bus tours that come through our community each fall. In order to do this they rely heavily on donations. Right now they are asking for donations to purchase the cider that is served before each meal. It is either a pork dinner or a turkey dinner with all the trimmings. If you would like to donate to this cause please call me, 908-783-1050 or Nan Salamon, 802-422-9244.

In September we also celebrate National Senior Center Month. We don't currently have a senior center but the town is planning to dedicate space in the old town hall once the town offices move into the new town hall. How we will use this space is yet to be determined but it is something we can look forward to. Meanwhile we have access to the Thompson Center in Woodstock and the Godnick Center in Rutland. Both offer programs in health, economic security, social engagement, nutrition and most of all social connection. Here in Killington, we offer our senior group social connection through a weekly lunch held at The Lookout.

It is important to note that starting in September we will meet on Wednesdays. All are welcome. We meet at 11:30 at The Lookout and the cost is \$5. Please let me know if you are coming so I can give The Lookout a chance to prepare. Our group has grown significantly from maybe 12-15 attendees at lunch to 25-30 each week. It's the perfect opportunity to meet your fellow seniors and share everything from trips recently taken to grandchildren or maybe a "I need help" situation. Please let me know if you can join us 908-783-1050 or email me, grussell40@yahoo.com.

There are spots of color now as we ride down the Killington Access Road. It won't be long before the spectacular show is all around us. We are so lucky to live in such a beautiful place. Remember reach out to each other and be grateful. Love who you can. Help where you can and give what you can.

TOS:

from page 32

But closing isn't New England American-asters' only defense against the chill. They also have slightly fuzzy leaves, and short gland hairs on their stems. Trichomes, or hair on plants, can range from coarse to fine, to long and flowing, to so short that the hairs are barely noticeable — and they serve a variety of purposes, including helping to deter herbivore and insect predation, holding moisture, and preventing frost from reaching the leaf or stem.

New England American-asters are a favorite nectar plant for many native bumble bees and other pollinators, including migrating monarch butterflies. These plants also serve as host plants for the larvae of various species of moths and butterflies, such as the pearl crescent.

My favorite thing about New England American-asters is their smell: a slightly citrus, mildly spicy floral aroma. Many herbalists document this plant as being helpful with respiratory ailments as well as having a calming effect on the nervous system. As a teenager, I used to put the fragrant flowers in my homemade pot-

pourri. I have also tried putting the blossoms in oil. But nothing captures their scent — or color — like sunlight does.

These vibrant flowers are among the wildflower mix I planted in a former horse pasture at my home, converted after my beloved Morgan-cross pony passed away during the start of the pandemic. Now, when I see the purple blooms of New England American-asters and catch their scent in the autumn air, I think of my pony of 20 years. I sometimes bend to crush a few blossoms in my hands and breathe in the aroma. It always takes me back to my youth, and to my roots of loving, and learning about, wildflowers.

Angela Cannon-Crothers is a naturalist, writer, and poet. She is the Forest School & Field Studies coordinator at RMSC Cumming Nature Center in the Finger Lakes Region of New York. Her latest book is "Changing Seasons in the Finger Lakes." 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.



Clean used husband

By Dave Vance

Editor's note: Dave Vance is a former naval officer, trial lawyer, and Rutgers University professor who currently resides in Voorhees, New Jersey. He writes the "Occasional Column" for many newspaper across the country.

I recently lost my wife of many years and it has hollowed me out. I go through the motions of life without feeling alive. Nothing has meaning any more. Ice cream is just a lot of calories without someone to enjoy it with, not just anyone, but the love of my life.

My wife and I used to visit destination restaurants. The food was good, but the real joy was in the long rides in which I had my wife all to myself. On those rides we discussed everything.

As I reflect on our years together, I see her guiding hand in everything. I now understand that most important duty of every wife is to train her husband. My wife tempered my excesses and made me eat my peas. And she shaped me into the man I am today.

Through word and deed, she taught me the rules of a happy marriage: whatever she wants she gets; if you can

afford it, have two bathrooms; the words that can save any relationship aren't 'I love you,' but 'I was wrong.'

Sometimes, the most important thing you can do for someone, be they a spouse or stranger, is to listen to what they have to say. Don't judge, don't offer advice, don't com-

ment, but just listen. And when there is a pause in the conversation, don't take that as an opportunity to tell your story, use that pause to say, 'Tell me more.' The simple act of listening will do wonders for the speaker as well as for the relationship.

My wife trained me to put out the trash, run the dishwasher and move the laundry from the washer to the dryer without being asked. I have always done the grocery shopping because I thought I was better at it. But on reflection, maybe she just made me feel like I was better at it. I have always cleaned off the table after every meal

and wiped down the counters. Frankly, I can't recall how she slipped me into that role, but it seemed to work for us.

My wife's legacy includes a bus load of people who loved her and a clean, used husband. Someday, if I get over this hollowed out feeling, maybe I will be a good husband for someone else. Who knows. Tomorrow is promised to no one.



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Dream in Color:

from page 32

my best friend, but I also lost my closest connection to the community. I lost a partner to share adventures with. And I lost a bond with a few furry friends who loved me as much as I loved them. If only everyone could feel that way.

I went from feeling like I was loved, accepted and appreciated to not even feeling like I was worthy of respect. Like my voice and perspective was completely invalid and that it almost wasn't even worth trying to change that. It was very troubling sometimes.

During this time, I leaned heavily on my friends and connections in other communities. Since I did not feel like I was any longer a part of this community, I really had no other choice. With a cheeky rejection similar to being picked last in high school gym class, I really was unsure if I was going to make it through the spring. I considered what nearby community to explore. Fortunately, my friends knew exactly what I needed. I needed love. I needed support. I needed encouragement. And, I needed help being reminded of who I was. Who I had always been. I knew that I wasn't all of those negative things that people said about me. My close friends were there to help me get back on the right path.

One day, two awesome friends both teamed up to get me out of the house. I was hesitant to leave my pit of sadness because that is all I have known since the holiday season the year before. But we took a nice walk in the woods near my apartment. We admired the foliage and the breathtaking beauty of the area. We took many wonderful photos of the landscape and the waterfalls that were so beautiful and unspoiled. On this adventure, I encountered a lone trillium blossom surrounded by a sea of gray and brown. This beauty was surrounded by what could only be seen as decay, and it inspired a beautiful piece that was the first writing I had done in many years.

On this adventure, I encountered a lone Trillium surrounded by a sea of gray and brown. This beauty was surrounded by what could only be seen as decay, and it inspired a beautiful piece that was the first writing I had done in many years. I had all but stopped writing and stopped singing, mostly due to discouragement from people I trusted.

This one bit of writing and adventure really gave me the jump start that I needed to steer the ship in the right direction. All at once, it had reminded me of what I have to offer as a member of the community — as a friend, as a brother, and as a partner.

I shared the piece at the local open mic. I was met with tons of support and encouragement from strangers. Something I hadn't received in so long. Without this outlet locally, about a block from my home, I am not sure that I would be as far along on my journey as I now am. The owner of the bar and the host

of the jam really care about this community and help bring us all together in peaceful and healthy ways. Not only did the host make space for me to read my new writing, but he used his large songbook repertoire to get me singing a few songs. I was warmly received. I did renditions on the Grateful Dead, The Band, and Bob Dylan. Songs like "Shelter from the Storm," "When I Paint My Masterpiece," and the host's rendition of "On The Road Again" really brought a lot of love and joy back into my heart.

With my newfound passion for writing restored, I put some work out there. Some transient folks who also are writers and artists

reached out and shared local meet ups with me. I was able to start connecting with the artistic community like I had back home. One particular event in Rutland gave me the opportunity to read some of my poetry and stories for acclaimed local writers, such as the poet laureate of Vermont. I welcome feedback and received many positive notes that helped shape and improve my writing. As I continued attending the poetry readings at the bookstore, I received considerable praise and

positive feedback from the other writers. One gentleman told me that my writing was phenomenal and reminded them of a songwriter choosing to write a story instead. The gentleman next to me at my last reading told me that he could listen to me read stories all day. This kind of feedback helped push away the dark cloud that formed as I was being pushed further from my local connections. I was looking for genuine. I was looking for respect. And I finally started to find that, from strangers, and not from any of the positive local connections I worked so hard to build the previous year.

After I had gotten a few stories and poems under my belt, I decided to put my favorite one out there to the community via social media and privately to a few trusted folks. One member of the community, who I wish others could be more like, really encouraged me to try and take the next step with my writing and submit it to the newspaper he writes for. So I put myself out there and reached out to the editors of the Mountain Times, who gave me my first genuine writing opportunity. I fine tuned that first story for about two weeks until I was happy with it. After all was said and done, I had accomplished a goal set 20 years prior: I was finally published! And, I finally got to put my perspective out into the world with local support.

Now, I feel blessed to share my stories with the community and look forward to growing as an individual within this beautiful mountain community.

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