

MOUNTAIN TIMES

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FREE



MINI SHRED MADNESS

Young skiers and snowboarders (age 13 and under) head to Pico to enjoy a day of fun in Prospect Park Saturday, Jan. 4.

Page 14



NATIONAL BOBBLEHEAD DAY IS JAN. 7

Jimmy Carter, the 39th U.S. president, passed away on Dec. 29. He was 100 years old. Leaders remember his selfless service. Others commemorated him with a bobblehead.

Page 7



MOVIE REVIEW

"Nosferatu" took a surprise bite out of the box office during the 5-day holiday span, with \$40 million. Catch our review.

Page 15



By Glenn Russell/VTDigger

Tyler Danzig at the National Weather Service office at Leahy Burlington International Airport in South Burlington monitored several screens of data as heavy rain moved into the area just before the new year. Many people and businesses (including ski resorts) rely heavily on weather forecasting, but the dynamics of how those calculations turn into predictions and then how those probabilities are communicated, is not well understood, meteorologists say.

What really goes into forecasting the weather?

Behind the scenes at National Weather Service office, home to Vermont's spokespersons for the skies

By Maggie Cassidy/VTDigger

Meteorologists at the National Weather Service's Burlington office pivoted among computer screens, each displaying a colorful digital smorgasbord of data. Interspersed with spreadsheets, line charts and

big blocks of text, eight maps of New York and New England were overlaid with a variety of wavy lines, and numbers — lots of numbers.

Indecipherable to most people, the toolset helps meteorologists like

Maureen Hastings decide whether to issue winter weather advisories — or flood watches, like after this past week's winter thaw.

Hastings' determinations are used by ski area operators, road crews,

superintendents, public safety officials, pilots, journalists and anyone impacted by the weather, which most days is most people. These judgment calls are the kind that she and her

Weather forecasting → 19

Killington and Okemo are ahead of the pack

By Karen D. Lorentz

Editors note: This is the first of a three-part series that explores how innovations at Okemo and Killington enabled them to become successful ski resorts that also contributed to the growth of the ski industry in Vermont, the East, and the nation.

Vermont's Killington Resort and Okemo Mountain have been, over the last half-century and into the 21st, two of the nation's most successful ski resorts. They have also been leaders in the ski industry, developing many innovations and enhancements that engendered a better skiing and riding experience, including investing in robust snowmaking operations, which is crucial early season and after thaws like the region saw this past week.

The early days, innovative beginnings

Killington was created by a group of dedicated skiers headed by Preston Leete Smith, an ambitious 24-year-old entrepreneur who never stopped pushing the envelope to create a better ski experience. A dedicated skier, he was instrumental in the development of better learning techniques and easier learning terrain. By getting more people into skiing, he helped drive skiing's rapid growth in the 1950s and 1960s.

Okemo, under the ownership of early investors from the town of Ludlow, started the real estate revolution in American skiing by selling homesites on land it owned and soon boasted a rapidly expanding mountainside of ski chalets and condominiums, which in turn earned it the loyalty of families and profits that could be poured back into mountain expansion. The convenience of ski in/out vacations homes also helped drive the popularity of skiing and the ski industry and Okemo led the pack in this regard.

During the 1950s, the demand for more resorts in the East grew as the number of skiers accelerated beyond all predictions after World War II. The classic resorts like Stowe-Mt. Man-

Killington opened Dec. 13, 1958, operating a record four pomalifts its first year.

Prowess → 2

Rutland City and Rutland Free Library to co-host public meetings on proposed civic center

As Rutland enters the new year, city officials and library leaders are taking significant steps toward enhancing community infrastructure. Rutland City and the Rutland Free Library will co-host three public meetings to discuss the proposed civic center at 88 Merchants Row, inviting residents to participate in shaping the future of local public spaces.

Upcoming public meetings

The first meeting is scheduled for Thursday, Jan. 16, at 5:30 p.m. in the Godnick Adult Center. This session will feature a 10-minute PowerPoint presentation, a brief speech by Mayor Michael Doenges, and an open Q&A segment, allowing attendees to voice their questions and concerns directly to city leaders.

Following this, "Lunch with the Library" will occur on Wednesday, Jan. 22, at noon in the Fox Room of Rutland Free Library. This informal gathering will spotlight State Librarian Catherine Delneo alongside Mayor Doenges. Attendees will enjoy light refreshments while engaging in a Q&A session, fostering a collaborative environment for feedback and discussion.

The final meeting will be held on Wednesday, Feb. 12, at 5:30 p.m., also in the Fox Room. This session will explore the community's needs and desires for the new library and civic center, encouraging residents to share their visions and expectations

Rutland civic center → 5

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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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Sherburne UCC "Little White Church," Killington, VT

Select Board seat to open in Chittenden

By Brett Yates

The Chittenden Select Board will have a new member next year. Joseph Casella announced on Dec. 23 that he would not seek reelection on Town Meeting Day.

Casella joined the board in 2021 after running unopposed for a two-year term. He won a second uncontested election in 2023.

Town Meeting Day is Tuesday, March 4, 2025. In towns that elect officers by Australian ballot, as Chittenden does, a candidate must submit a petition to the town clerk by the sixth Monday before the election. This year, that's Jan. 27.

Selectman Andrew Quint's three-year term also expires in 2025. Quint told the Mountain Times that he plans to run for reelection.

Vermont Adaptive Ski and Sports names 2024 Volunteers of Year

Vermonters Evan Fennelly and Barb Heath, and Aharoni Zisling of Pennsylvania, have been named 2024 Volunteers of the Year by Vermont Adaptive Ski and Sports, a nonprofit organization that empowers people of all abilities through inclusive sports.

Recipients of the annual award exude tireless dedication, strong leadership and a big heart, Executive Director Erin Fernandez said.

"This year, just like any



Submitted

Barb Heath

other year, we recognize those who go above and beyond our expectations,"

Adaptive volunteer → 18

Proposed cell tower raises controversy in Hartland

By Curt Peterson

Industrial Tower & Wireless (ITW) of Massachusetts has plans to erect a 174-foot steel communications tower on a site on Town Farm Hill Road in Hartland. Obtaining necessary approval for the project is complicated, with opportunities for public and town government input, according to Kevin Reed, whose informed post on the Hartland listserv sparked a lively "conversation." Reed and his wife live across the road from the proposed tower site.

Reed described the structure as twice as tall as the surrounding trees — equal in height to a 17-story building — and will probably sport a blinking light at the top to warn low-flying planes.

Twenty-seven Hartland residents responded to Reed's post, some multiple times. Most opinions fell into four categories: Aesthetics, need for services, health concerns, and alternative suggestions.

Most of the respondents agreed the tower would change the image of the town, and not in a positive way.

Rob Anderegg summed up his feelings about the tower's effect on Hartland's image, saying it would affect the town's rural character, its blinking light would change the night sky, and that "the town expects aesthetic integrity."

Minutes of the Hartland Planning Commission (HPC) meeting from Dec. 18, cite the 2017 Town Plan: "No towers taller than existing canopy are permitted," it says. The HPC has written to the Vermont Public Utilities Commission, which will have final say over approval of the tower, and plans to vote on its own opinion of the proposed tower by Jan. 15.

Contributor Wes Johnson submitted photos of existing towers that have been "camouflaged" for aesthetics — he likens the effect to "putting lipstick on a pig"

Hartland tower → 24

← Prowess: from page 1

sfield and Mad River in Vermont and Mt. Cranmore in New Hampshire were stuck in pre-war thinking that saw skiing as a sport for the "elite" rather than as a huge pyramid with a mass of bus riders as the base and chalet owners at the top. At the same time, there were notable start-up failures like Vermont's Snow Valley and other areas struggling and dying young because they didn't have the "right stuff."

Killington and Okemo, located 16 miles from each other, both broke the mold—they did have the right stuff. While each took a different route, innovation and outside-the-box thinking drove both resorts to the top.

Each area was started on a shoestring with their founders selling shares of stock (\$10 share) to fund development. Okemo opened Jan. 31, 1956, with two Poma lifts, and, at the time, the 6,207-foot Red was the longest Poma in the country! With a 20-cent ticket required for each ride on the Yellow Poma and three tickets needed for a single ride on the Red, Okemo was also very expensive, as one disgruntled skier wrote to the board. Okemo instituted a \$5 day

ticket (\$58 in today's dollars) which was still expensive for that time.

Killington opened Dec. 13, 1958, operating a record four Poma lifts its first year. It was a humble start with a chicken coop for a ticket booth, a WW II vintage Quonset hut for a base lodge (replaced the following year by the state), and an eight-seat outhouse. Interestingly, Killington's founders had paid \$250 for each share of stock they purchased versus giving themselves shares and leaving the risk of the venture to the people who bought stock. They also gave a lifetime pass with the purchase of four shares (\$1,000) which would be \$11,599 in today's dollars.

While Okemo took to selling lots for trailside villages, a move that would endear it to skiers as the ultimate in family convenience, Killington embraced a pioneering R&D approach with similar fervor.

Each also adopted pioneering approaches to ski instruction. Killington initiated the Graduated Length Method (GLM) which was based in part on the concept of the Shortee short ski which Cliff Taylor had invented and

used to teach beginners. Killington was the only area that responded to Ski magazine's invitation to try its idea out. Working in concert with Ski, Killington tested the idea of using three different ski lengths to teach parallel skiing from the start and then developed a teaching progression using all three that brought thousands to learn to ski at Killington.

Okemo became one of the first areas to offer Walter Foeger's Natur Teknik, a teaching method developed by Foeger at Vermont's Jay Peak. It entailed skiing parallel from the start but on the long skis of the day!

The most significant similarity between the two areas was that each had big dreams and the mountain terrain that would make it possible to attract both those new to skiing and the experts. Neither was founded or operated by rich entrepreneurs; rather it was people who loved skiing. What ultimately made the difference in their becoming the successes they are today were the dreams, drive, and dedication of their leaders and workers.

Next week we'll take a look at the rise of Okemo in Part 2.

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The Fab Four
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FRIDAY, FEBRUARY 28 | 7:30 PM

GRAND **SHANGHAI CIRCUS**

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THURSDAY, MARCH 6 | 7:30 PM

Black Hawk

FRIDAY, MARCH 7 | 7:30 PM

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WITH CAITLIN CANTY

FRIDAY, MARCH 28 | 7:30 PM

CHRIS JANSON

SATURDAY, APRIL 5 | 7:00 PM

GARRISON KEILLOR "TONIGHT"

SATURDAY, APRIL 19 | 7:00 PM

iLUMINATE THE TOUR

TUESDAY, APRIL 22 | 7:00 PM

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AND THE EZ STREET BAND

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- SALOME (R. Strauss).....Tuesday, May 27, 2025
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By James Kent

The Rutland Free Library (left) and city hall are considering a move to 88 Merchants Row (right).

← **Rutland civic center:**
from page 1

for these essential public facilities.

In addition to the meetings, the public is invited to tour the current library location at 10 Court St. with Library Director Randal Smathers. These tours will provide firsthand insight into the existing infrastructure and highlight the areas in need of improvement. The tours will take place at 6 p.m. on Tuesday, Jan. 21, and at 10 a.m. on Jan. 22, preceding the noon “Lunch with the Library” meeting.

Collaborative efforts and feasibility studies

Since announcing the potential move to a new civic center last summer, Rutland City and the Rutland Free Library have been diligently exploring the feasibility of co-locating their services. A preliminary architectural feasibility study conducted by the library identified no major concerns aside from the necessary structural reinforcement to support the weight of library materials—a standard requirement for library construction.

“We’re fulfilling our pledge to the citizens of greater Rutland by holding these joint public conversations,” stated a library representative. These meetings aim to ensure transparency and community in-

volvement in the decision-making process, reflecting the collaborative spirit between the city and the library.

The Rutland Free Library has been considering significant renovations to its 10 Court St. location for over 15 years. Initial discussions began in 2009 when then-Director Paula Baker and Board President Paul Gallo proposed relocating to “The Pit” at Wales and Center streets. This led to a \$750,000 bond from the City of Rutland to address emergencies such as a new roof. Over the years, the library has tackled repairs for ceiling collapses, boiler failures, and outdated lighting systems.

Despite these efforts, a comprehensive renovation of 10 Court St. remains necessary. Due to factors like the COVID-19 pandemic and subsequent inflation, the projected cost has escalated to approximately \$9.5 million. In response, Smathers and new Board President Barry Cohen engaged in discussions with Mayor Doenges to explore more cost-effective solutions.

Exploring the potential of 88 Merchants Row

Mayor Doenges recommended considering 88 Merchants Row as an alternative

location, citing its larger space and recent renovations. This option promises significant cost savings, with an estimated \$4.5 million required to gut and refinish one floor, compared to the higher costs of renovating the current site. Additionally, City Hall, now at Strongs Avenue, faces similar challenges of aging infrastructure and deferred maintenance, potentially costing millions in repairs.

By collocating at 88 Merchants Row, the library and city hall could benefit from shared resources and reduced capital expenses. This move would also align with modern library design principles, emphasizing single-floor layouts with end-to-end visibility to create a secure and welcoming environment for visitors of all ages. Additionally, the new location would allow the library to incorporate universal accessibility features in compliance with the Americans with Disabilities Act, addressing the needs of all community members.

Engaging the public in the planning process

The series of public meetings and tours underscores Rutland City and the Rutland Free Library’s commitment to involving

residents in the planning process. The organizations aim to build consensus and ensure that the new civic center meets the community’s diverse needs by soliciting feedback and providing detailed information about the proposed changes.

“We believe that involving the public is essential to creating a space that truly serves Rutland’s residents,” Mayor Doenges commented. “These meetings are an opportunity for everyone to share their thoughts and help shape the future of our civic facilities.”

As Rutland continues to evolve, the proposed civic center at 88 Merchants Row represents a significant opportunity to modernize public infrastructure and enhance community services. The collaborative efforts of Rutland City and the Rutland Free Library highlight a shared vision of a safer, more accessible, and community-focused environment.

Residents are encouraged to attend the upcoming meetings and tours to contribute their perspectives and stay informed about the developments.

For more info, visit: rutlandfree.org/civic.



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GUEST EDITORIAL

New Year's resolutions for all Americans

By Sen. Bernie Sanders

Yes. In the wealthiest country on Earth, let us Make America Healthy Again. Let us go forward together to lead the world in terms of life expectancy, quality of life, and human happiness. But let's be clear. To accomplish those goals, slogans and rhetoric will not be enough. We need concrete policy changes. We need to take on powerful special interests that make billions in profits by making us sick and shortening our lifespans.

This is some of what we have to do.

Medicare for All. Health care is a human right. The function of a rational healthcare system is to guarantee quality health care to all, not huge profits for the insurance industry. The United States cannot continue to be the only wealthy nation that does not provide universal health care. It is not acceptable that, while spending almost twice as much per capita on health care as other countries, 60,000 Americans die each year because they can't afford the health care they need.

Lower the cost of prescription drugs. As Americans we should not be paying, by far, the highest prices in the world for life-saving medications. It is absurd that, while the pharmaceutical industry enjoys huge profits and benefits from U.S. taxpayer research, one out of four Americans cannot afford to purchase

the prescription drugs their doctors prescribe. We must cut prescription drug prices in half by making sure that we pay no more for medicine than the Europeans or Canadians.

Paid Family and Medical Leave. Workers should not have to go to work when they are sick. Mothers and fathers should have ample time to stay home with their newborn babies. A parent should not get fired when they stay home with a sick kid. We must guarantee at least 12 weeks of paid family and medical leave to every worker in America.

Reform the food industry. Large food corporations should not make record-breaking profits by addicting children to processed foods that make them overweight and prone to diabetes and other diseases. To start, we must ban junk food ads targeted at kids and put strong warning labels on products high in sugar, salt, and saturated fat. In the long term, we can rebuild rural America with family farms that produce healthy, nutritious food.

Raise the minimum wage to a living wage. Millions of workers should not have to worry about how they'll pay the rent or buy food for their kids. Working-class Americans live far shorter lives than the rich because of the stress of trying to survive on a paycheck-to-paycheck existence. We must raise the minimum wage to at least \$17 an hour.

Lower the work week to 32 hours with no loss of pay. People will live longer and healthier lives if they can spend more time with family and friends and have the opportunity to enjoy leisure time activities. Advancements in technology, automation, and artificial intelligence must benefit workers, not just billionaires on Wall Street or Silicon Valley.

Combat the epidemic of loneliness, isolation, and mental illness. Too many Americans are struggling with intense

The way forward to creating a healthy society is not radical. Many of the components, in one form or another, already exist in countries worldwide.

Bernie resolutions → 7

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Amount Owed by Baby New Year by Gary McCoy, Shiloh, IL

LETTERS

Resolutions for pet owners

Dear Editor,

As we think about the new year, we often ponder the positive changes we want to make for ourselves, but why stop there? Remember your furry companions: you can make many easy resolutions to bring you happiness and enrich your pets' lives.

Just like us, pets need regular exercise to stay healthy. Do an inventory of your pets' toys and toss out the old and ratty ones. Try not to think about how much drool, dirt, and dander are on your pets' toys and bedding; run them through the wash.

Commit to taking your dog for more walks. And while taking your cat for a hike is likely not practical, you can include some play time for your kitties. They love any interactive activity, such as chasing a laser toy or a fishing pole feather toy. It is a great way to get them off the couch and who knows? If you are handy with your smartphone, you might video the latest YouTube hit!

Pet resolutions → 12

End funding of religious schools

Dear Editor,

Thanks to G. Gregory Hughes for his Dec. 18 letter, "The dictates of conscience in Vermont." Mr. Hughes identifies a fundamental flaw in our laws: they allow spending tax money on religious schools. He also suggests a sensible solution to the problem: eliminating state expenditures on all private or religious schools.

To paraphrase Thomas Jefferson, "It does me no injury for my neighbor to say there are 20 gods or one God. It neither picks my pocket nor breaks my leg. However, it does pick my pocket to spend my tax money on religious schools. It would be equally vile to require other people to finance the Freedom from Religion Foundation, an organization I support."

Let's follow Mr. Hughes' proposal and bring Vermont back to what our founders intended and expressed in the First Amendment: a state with a strict separation of church and state.

Kem Phillips, Cavendish

The status quo is failing: A case for single-payer healthcare

Dear Editor,

As the commercial healthcare industry launches a public defense of itself in the wake of the killing of United Healthcare's CEO, many point to Canada and the UK as reasons to fear a single-payer healthcare system for Americans.

These single-payer opponents ignore why so many of us want a single-payer system. You know, the many millions of Americans in medical debt, the many more millions unable to afford the deductibles and co-pays imposed by the insurance for which they have already paid outrageous premiums. The growing number of rural hospitals closing down. The ever-increasing number of doctors and nurses fleeing their professions. The vast portion of our resources

being sucked up by the enormous task of administering this hopelessly complex healthcare "system."

Then, there is the mountain of evidence that a single-payer system in the U.S. would cost less while allowing everyone to get the healthcare they need. This evidence stretches back at least to the 1991 report from the General Accounting Office and continues through the years.

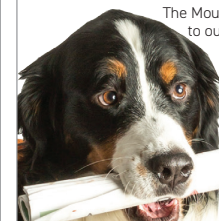
It's telling that the only alternative single-payer critics offer is our current system: the "status quo." It's incredible to me that what these critics see in the U.S. has not disabused them of the notion that the system we have now is worth keeping.

Lee Russ, Bennington


WRITE TO US:

The Mountain Times encourages readers to contribute to our community paper by writing letters to the editor. The opinions expressed here are not endorsed nor are the facts verified by the Mountain Times. We ask that opinions remain focused on issues; we will not print name-calling. Please limit submissions to 300 words.

Email letters to editor@mountaintimes.info



CAPITAL QUOTES



Jimmy Carter, the nation's 39th president, passed away on Sunday, Dec. 29, two months after turning 100 years old. During President Carter's brief one-term administration (1977-81), he helped broker peace between Israel and Egypt. Still, his worldwide humanitarian efforts, post-presidency, best define the man who unselfishly gave himself to the nation and beyond. President Carter served in the Navy from 1946-1953, was the governor of Georgia from Jan. 12, 1971, to Jan. 14, 1975, and earned the Nobel Peace Prize in 2002 for finding peaceful solutions to international conflicts.

“This is a sad day, but it brings back an incredible amount of good memories. Today, America and the world, in my view, lost a remarkable leader,”

said President **Joe Biden** during remarks in Christiansted, Saint Croix.

“The challenges Jimmy faced as President came at a pivotal time for our country, and he did everything in his power to improve the lives of all Americans. For that, we all owe him a debt of gratitude,”

said President-elect **Donald Trump** on Truth Social.

“Whether it was his achievements in the White House or his post-presidential endeavors, President Carter's legacy will always be one of great compassion for his neighbors here at home and abroad. The Carter Center's work to advance democracy and economic freedom, protect human rights, and prevent the spread of disease is an incredible testament to his continued commitment to humanitarian causes. His Nobel Peace Prize, awarded in 2002, was well-deserved,”

said Vt. Senator **Peter Welch** in a statement.

“President Jimmy Carter lived a life of courage, fortitude, kindness and grace. He was a giant who never saw anyone as smaller than himself. Whether at a Boys & Girls Club banquet or when he sponsored a medical clinic for the uninsured in his corner of rural Georgia, he lived James 2:17 each day,”

said Georgia politician **Stacey Abrams** in a statement on X.

← Bernie resolutions: from page 6

anxiety and “diseases of despair” — alcoholism, drug addiction, and even suicide. Not only do we need to significantly increase access to mental health care, but we also need to rebuild our sense of community and create a culture in which we better enjoy and appreciate each other as human beings.

Address climate change and the environmental crisis. Every American is impacted when the Earth's temperature rises, and the air we breathe is polluted. Climate change and extreme weather disturbances will cause more widespread suffering, economic disruptions, and population dislocation. Air pollution is a significant risk factor for respiratory and heart disease, cancer, and other health problems. The fossil fuel industry cannot be allowed to continue making us sick and shortening our lives.

Create a high-quality public education system. Life-long education is a human right and should be obtainable for all in a wealthy nation like ours. Health, life expectancy, and economic well-being are often tied to educational attainment. Instead of spending a trillion dollars a year on the military, we should ensure that all Americans, from those in childcare to those in

graduate school, can enjoy free, high-quality education.

Let's be clear. The way forward to creating a healthy society is not radical. Many of the components, in one form or another,

already exist in countries worldwide. But that struggle will not be easy.

The ruling class of this country is not content with the unprecedented level of income and wealth

we are experiencing. They are not content with the extraordinary concentration of ownership that exists or the immense political power the billionaire class has achieved through the corrupt campaign finance system they created.

The truth is that their ideology of greed requires them to want more and more and more. And if that greed makes us sicker or shortens our lives, that's the price they require us to pay.

But we say “NO.” We are fighting back. We can and will create a government and economy that works for all, not just the few. We can and will create a society that enhances human health and well-being, and not the wealth and power of the billionaire class.

Let's go forward together, in solidarity.

If that greed makes us sicker or shortens our lives, that's the price they require us to pay.
But we say “NO.”



TOWN OF KILLINGTON VERMONT

TOWN OF KILLINGTON VERMONT DEVELOPMENT REVIEW BOARD NOTICE OF PUBLIC NOTICE

The Development Review Board will hold a public hearing on Thursday, January 16, 2025 at 6:30 p.m. at the Public Safety Building at 800 Killington Road with attendance available in-person and via videoconference (Zoom) to review the following application:

Application #SPR24-73 by Killington Mountain Dispensary seeking conditional use under Section 302 of the Zoning Bylaws for the placement of a retail/indoor cannabis establishment at 2384 Killington Road, which is located within the C-KB zoning district.

A copy of the application may be viewed at the Town Offices at 2706 River Road between 9:00 a.m. and 4:00 p.m. Monday through Friday by appointment by calling 802-422-3241.

A digital copy of the application may also be requested in portable document format (PDF).

Participation in this local proceeding in person, via videoconference (Zoom), or through written statement is a prerequisite to the right to make any subsequent appeal. It is requested that written statements be submitted at least seven (7) days prior to the hearing for review by all.

For participation via videoconference (Zoom), a meeting link will be posted 1-2 hours prior to the hearing on the Town Website Calendar (www.killingtontown.com).

Dated at Killington, Vermont this 30th day of December 2024.

Jim Haff, Zoning Administrator
Town of Killington, Vermont

Participation in the hearing by adjacent property owners is a prerequisite to the right to take subsequent appeal.

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SAVE \$4.00



BACARDI SUPERIOR RUM 750ML

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SVEDKA VODKA 1.75L

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FIREBALL CINNAMON WHISKY 750ML

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PINNACLE VODKA 1.75L

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SAVE \$6.00



ABSOLUT VODKA 1.75L

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SAVE \$5.00



MAKER'S MARK BOURBON WHISKY 1.75L

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BOMBAY SAPPHIRE GIN 750ML

SALE PRICE **\$21⁹⁹**
SAVE \$4.00



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SALE PRICE **\$13⁹⁹**
SAVE \$3.00



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WORDPLAY

FOOD SERVICE WORD SEARCH

Find the words hidden vertically, horizontally, diagonally and backwards

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

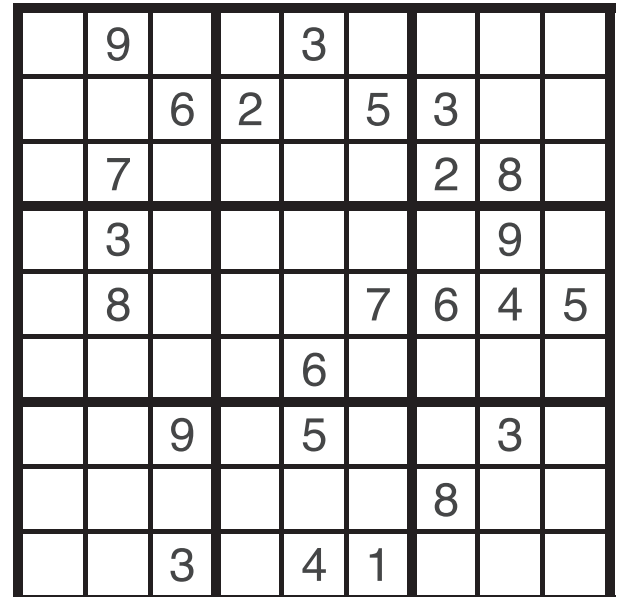
- BAR-BACK
- COMP
- DROP
- FRONT OF HOUSE
- PARTY
- RUN
- BARTENDER
- COVER
- EARLY BIRD
- HAPPY HOUR
- POINT OF SALE
- RUSH
- BISTRO
- DISH
- FILLER
- LINE
- REGULAR
- SEATING
- BOUNCER
- DOUBLE
- FLATTOP
- ORDER
- RESERVATION
- TICKET

SUDOKU

Solutions → 22

How to Play

Each block is divided by its own matrix of nine cells. The rule for solving Sudoku puzzles are very simple. Each row, column and block, must contain one of the numbers from "1" to "9". No number may appear more than once in any row, column, or block. When you've filled the entire grid the puzzle is solved.



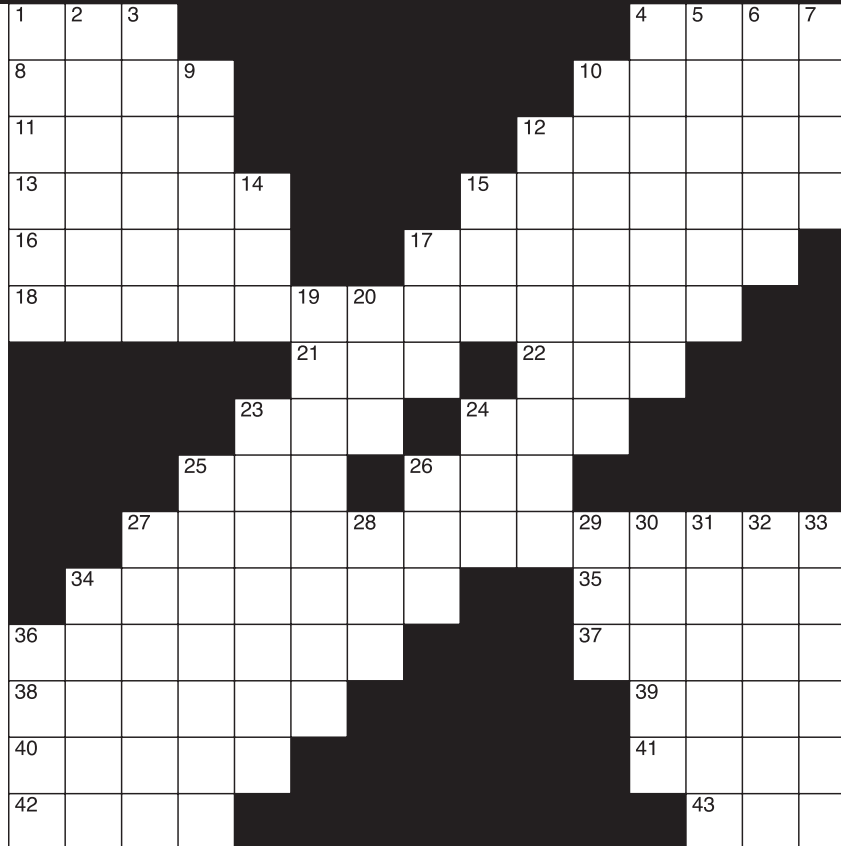
Level: Intermediate

CROSSWORD PUZZLE

Solutions → 22

- CLUES ACROSS**
1. Americans' "uncle"
 4. Chair
 8. Ancient kingdom
 10. Egyptian city
 11. Alaskan glacier
 12. One from Somalia
 13. Ancient alphabets
 15. Relating to vocabulary
 16. Small mongrels
 17. Natural settings
 18. Weekend entertainments
 21. Line from which light seemingly streams
 22. Your own private code
 23. Swiss river
 24. Satisfaction
 25. A person's brother or sister
 26. Folk singer DiFranco
 27. The Blonde Bombshell

34. Kids' school project
 35. Bluish greens
 36. Classifying
 37. Cube-shaped
 38. Choochoos
 39. Indian religious god of dissolution
 40. French department
 41. Leak into gradually
 42. Foundation
 43. Midway between south and southeast
- CLUES DOWN**
1. Counterbalancing debt
 2. In slow tempo
 3. Glamorous city
 4. Japanese lute
 5. Makes law
 6. Informative book
 7. Animal's body part
 9. American playwright
 10. Blood



12. Angels
14. Sino-Soviet block (abbr.)
15. Written account
17. Unwelcome pest
19. Saddle horses
20. Type of gibbon
23. Delta is one
24. NE Massachusetts cape
25. Soup cracker
26. Yes vote
27. Muddy ground
28. Physics apparatus (abbr.)
29. Type of drug
30. German city
31. Animal disease
32. Martini ingredients
33. Get away
34. Spanish municipality
36. Thrust a knife into

GUESS WHO?

I am an actress born in England on January 3, 1996. I began my career as a singer, posting song covers to YouTube. My siblings also are talented and are in the business, with my brother starring in the series "Game of Thrones." In 2021, I made my Marvel debut in "Black Widow."

Answer: Florence Pugh

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THURS
1/2

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.

Intermediate Line Dance

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

Survivors Support Group

10 a.m.-noon. (Thursdays) Godnick Adult Center, 1 Deer St., Rutland. Free. Fliers are available at the Godnick Center or call 802-775-3232. rutlandrec.com/godnick .

Bone Builders

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

Chaffee: 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.

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.

Stick & Puck

1:30-3 p.m. Union Arena, 80 Amsden Way, Woodstock. \$10 per session. Helmet required; other gear strongly recommended. unionarena.net.

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.

FRI
1/3

Bone Builders

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.

Women's First Fridays -

Wellness

11 a.m.-2 p.m. Jackson's Gore Courtyard, 77 Okemo Ridge Road, Ludlow. Join this women-focused event for a Group Ski and Ride at 11:30 a.m., followed by a yoga fitness class from 1-2 p.m. at the Spring House. A valid 24-25 Season Epic Pass or paid lift ticket is required for the ski portion. Registration required. okemo.com.

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.

West Coast Swing Dance Classes

5:30-6:30 p.m. West Rutland Town Hall (upstairs), 35 Marble St., West Rutland. \$15 per class. Learn West Coast Swing with flexible registration options for individual nights or the full series. Pre-registration required. vtwestiebest@gmail.com.

SAT
1/4

Mini Shred Madness

9 a.m.-noon. Prospector Park (accessible via Golden Express Quad), Pico Mountain, 73 Alpine Drive, Mendon. \$25. This park event for groom skiers and riders (13 years & under) includes a clinic with the Park Crew and Mountain Sports instructors, a showcase, and an expanded raffle. Participants must have a valid lift ticket or season pass to participate or spectate. Registration takes place from 9-10 a.m. on the 2nd floor of Pico Base Lodge. picomountain.com.

**4TH FOX ROOM
PARANORMAL
INVESTIGATION**

SATURDAY @ 1 P.M.



**MINI SHRED
MADNESS**

SATURDAY @ 9 A.M.



Vermont Winter Farmers Market

10 a.m.-2 p.m. Vermont Farmers Food Center, 251 West St., Rutland. Free. Shop local produce, crafts, and goods every Saturday through May 10, 2025. vtfarmersmarket.org.

Rutland Railway Association & Model Club

11 a.m.-3 p.m. 79 Depot Lane, Center Rutland. See an operating HO scale model railroad set up and displays of hundreds of rare or antique model trains, photographs, signs and more. facebook.com/p/Rutland-RailwayAssociation-100066761013097/.

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.

4th Fox Room Paranormal Investigation

1-3:45 p.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Join the Vermont Specter Squad to explore the paranormal history of the Fox Room, a former jail and courthouse. Participants will use investigative tools and techniques like the Estes Method to uncover potential supernatural activity. Bring your own equipment or come to observe. No Ouija boards or seances allowed. Refreshments limited to bottled water and cereal bars. rutlandfree.org.

Opening Reception: 'Hiding in Plain Sight'

2-3:30 p.m. Mezzanine Gallery, Norman Williams Public Library, 10 The Green, Woodstock. Free. Meet artist Amy Schachter at the opening reception of her "Hiding in Plain Sight" exhibition. Enjoy light refreshments and engage in a Q&A session. normanwilliams.org.

Film Screening: 'Swan Song'

3-5 p.m. Billings Farm & Museum Visitor Center Theater, 69 Old River Road, Woodstock. \$15. This documentary offers a behind-the-scenes look at the National Ballet of Canada's new production of "Swan Lake," directed by Karen Kain on the eve of her retirement. Part of the Woodstock Vermont Film Series. billingsfarm.org/filmseries.

Evening of Readings and Short Films with the Ellis Brothers

7 p.m. Heald Auditorium, Ludlow Town Hall, 37 Depot St., Ludlow. Asher and Jackson Ellis will read excerpts from their books, including "The Curse of the Pigman" and "Black Days." The event includes screenings of short films "Oh, The Guilt," and "Trophy." Books will be available, and audience Q&A will follow. 802-228-3238 or fola.us.

Film Screening: 'Moana 2' (PG)

7:30- 9:15 p.m. Woodstock Town Hall Theater, 31 The Green #2, Woodstock. \$8-\$10. Sequel to the smash hit Disney film. pentanglearts.org.



**Killington Sherburne
United Church of Christ**
An Open & Affirming Congregation

STARTING SUNDAY JAN. 25TH, 20205
SUNDAY SERVICES WILL BEGIN AT 10:00 AM

*Killington Little White Church
on Route 4*

← **Calendar:** Email events@mountaintimes.info from page 10

SUN
1/5

Public Skating

11 a.m.-12:10 p.m. (Sundays) Union Arena, 80 Amsden Way, Woodstock. Adult \$8, Youth \$6, Seniors \$5, Child under 3 Free, Super Senior (70+) Free. Skate rentals \$7 (figure or ice hockey). unionarena.net.

Film Screening: 'Moana 2' (PG)

3:00- 4:45 p.m. Woodstock Town Hall Theater, 31 The Green #2, Woodstock. \$8-\$10. Sequel to the smash hit Disney film. pentanglearts.org.

Film Screening: 'Swan Song'

3-5 p.m. Billings Farm & Museum Visitor Center Theater, 69 Old River Road, Woodstock. \$15. This documentary offers a behind-the-scenes look at the National Ballet of Canada's new production of "Swan Lake," directed by Karen Kain on the eve of her retirement. Part of the Woodstock Vermont Film Series. billingsfarm.org/filmseries.

Stick & Puck

9:40-10:50 p.m. Union Arena, 80 Amsden Way, Woodstock. \$10 per session. Helmet required; other gear strongly recommended. unionarena.net.

MON
1/6

Bone Builders

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

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.

PUBLIC SKATING

SUNDAYS, 11 A.M.-12:10 P.M.



'Anonyms' with Inua Ellams

5:30-7:30 p.m. JAM – Junction Arts & Media, 5 S. Main St., 1st Floor, White River Junction. Explore the story and meaning behind names in this live event with writer Inua Ellams. Audience members are invited to share the stories behind their names, with the first 10 RSVPs becoming participatory subjects. jamvt.org.

Film Screening: 'Moana 2' (PG)

7:30- 9:15 p.m. Woodstock Town Hall Theater, 31 The Green #2, Woodstock. \$8-\$10. Sequel to the smash hit Disney film. pentanglearts.org.

TUES
1/7

Stick & Puck

1:30-3 p.m. Union Arena, 80 Amsden Way, Woodstock. \$10 per session. Helmet required; other gear strongly recommended. unionarena.net.

Line Dance Classes

5:30-7:30 p.m. (Tuesdays) Bradford Methodist Church, 186 N Main St., Bradford. \$10. Easy line dancing at 5:30 p.m., perfect for novices, followed by a 6:30 p.m. beginner-level class. All ages welcome. Bring water and wear comfortable shoes. No need to register in advance. jeanbeanslinedancing@gmail.com.

ONGOING

A Forest of Lights

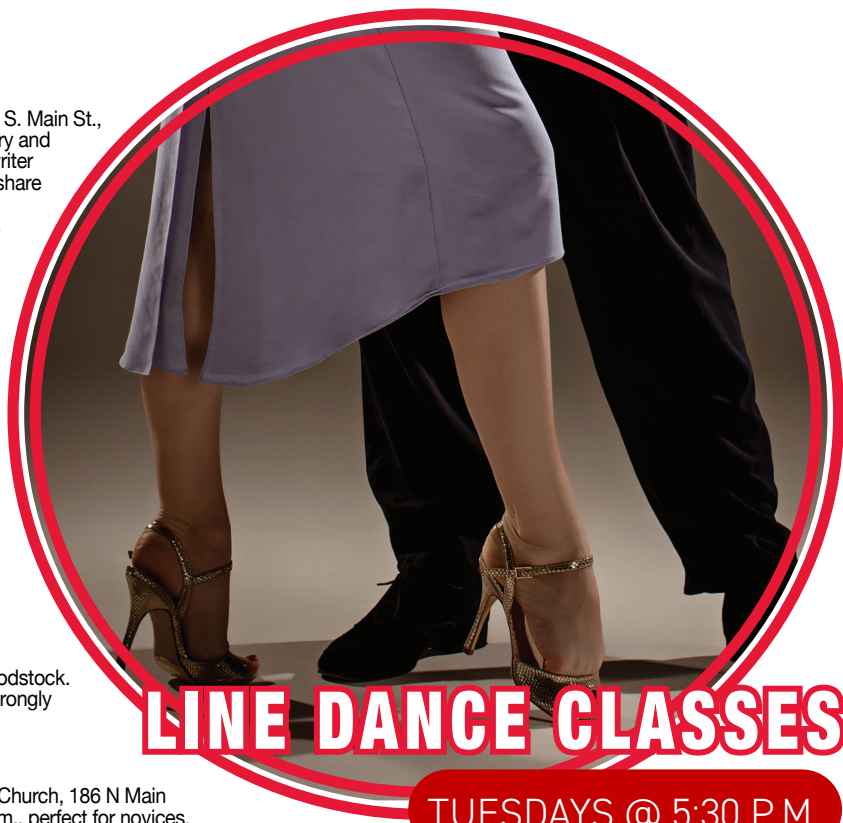
Weekends and select weeknights through early January. Vermont Institute of Natural Science (VINS), 149 Natures Way, Quechee. Adults \$13, Youth \$8, Children 3 & under free. Lighted displays feature the Snow Shower Tower, Snow Globe, Whimsical Woodland, and more. Campfire and snacks available for purchase. vinsweb.org.

Christmas at Billings Farm

Weekends through Jan. 4. Billings Farm & Museum, 69 Old River Road, Woodstock. Experience Victorian Christmas traditions with natural décor, candle dipping, pie crust crafting, and outdoor activities. Warm up by fire pits with hot cocoa and explore the Museum Gift Shop for unique, Vermont-made holiday gifts. billingsfarm.org.

Cooking Classes at Mission Farm

Check website for classes and registration. The Kitchen at Mission Farm, 316 Mission Farm Road, Killington. Learn to cook, host an event, or teach a class in Mission Farm's open kitchen space. missionfarmkitchen.org.



LINE DANCE CLASSES

TUESDAYS @ 5:30 P.M.

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- 9 PM Seating: A celebratory split of champagne

\$75

Menu Highlights:

- Deviled eggs with pancetta to start
- Choice of soup or salad
- Entrée options: Lamb, chicken, shrimp, or a delicious vegetarian dish
- A sweet dessert to finish the evening



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Ring in the New Year with great food, wine, and company!

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DM us on Instagram: @killingtonwinebar

Behind the scenes of a legacy: 'Swan Song' at the Woodstock Vermont Film Series

Saturday & Sunday, Jan. 4-5 at 3 p.m.—WOODSTOCK—Ballet enthusiasts and film lovers alike will have the chance to witness the creation of a legacy-defining production of "Swan Lake" as the Woodstock Vermont Film Series presents "Swan Song." The documentary will screen on Saturday, Jan. 4, and Sunday, Jan. 5, at 3 p.m. in the Billings Farm & Museum Visitor Center Theater.

Directed by Chelsea McMullen, "Swan Song" offers an intimate, behind-the-scenes look at the National Ballet of Canada's reimagined "Swan Lake." At the film's heart is Karen Kain, a legendary figure in the ballet world, as she leads a company of young dancers to reimagine the iconic ballet. The documentary intertwines the technical challenges of staging such an ambitious production with raw, personal glimpses into the dancers' lives, capturing the passion and sacrifices that define the art form.

While "Swan Song" highlights the grace and artistry of ballet, it also delves into its challenges, including the pressures of perfectionism and traditional ideals of race, class, and body type. The Globe and Mail called the film "raw, gorgeous, provocative, and enlightening."

The Woodstock Vermont Film Series showcases inspiring films that connect audiences to place-based stories and spark meaningful conversations. Screen-



Courtesy Greenwich Entertainment
"Swan Song" will play on Saturday & Sunday, Jan. 4-5 at 3 p.m. at the Billings Farm & Museum Visitor Center Theater.

ings continue on select Saturdays and Sundays at 3 p.m. through Feb. 23.

Tickets for Swan Song are \$15 for regular admission and \$12 for Billings Farm & Museum members.

For more details, visit: billingsfarm.org/filmseries.

← Pet Resolutions: from page 6

Bulging waistlines are not just a human concern: at least 50% of cats and dogs in the US are classified as overweight or obese! Why should you care? Keeping your pet at a healthy weight can help prevent disease and help it live longer. So, measure your pets' food and ask your veterinarian for help. An excellent resource for pet nutrition (including feeding guidelines, weight issues, and how to choose a good pet food) is the World Small Animal Veterinary Association's global nutrition guidelines, which can be found at wsava.org.

A regular vet checkup for your pets, including your exotic pets and cats, can keep them healthy and help them live longer. It cannot be stressed enough that indoor cats need yearly wellness exams, too. Keeping them inside does not protect them from diseases, including obesity, cancer, dental disease, and metabolic diseases like kidney disease. Keeping your dog and cat on parasite preventatives can also go a long way toward keeping them healthy. Your veterinarian can help you choose one.

Few vets have the luxury of having a veterinarian on call 24/7, so how about learning some basic first aid for your pet? You can go to the website of the American Veterinary Medical Association (avma.org) and search first aid for a wealth of reliable information on

basic first aid you can provide for your pet that might just save you a trip to the emergency room. You can also access first aid information on the VVMA website: vtvets.org/resources-for-pet-owners.

Reach out to your local rescue groups to see how you can help. Maybe they need help walking dogs or playing with cats. Don't have time? They can always use cash donations, pet foods, or some old towels or blankets.

How about teaching your dog a new trick? Many dogs enjoy the challenge and bonding time gained from trying. Cat owners know that our cats will simply watch with amusement as we try to train them, but it's worth a shot. Otherwise, with cats, interactive play is still best.

Keeping your furry companions in mind as you set new goals and healthy habits with the new year can go a long way to keeping them healthy and happy. There is so much you can do that is inexpensive: increased play time and training can help strengthen your bond with your pet. Keeping them at an ideal weight and current on their wellness exams and parasite prevention will keep them healthy and happy and help them live longer, which is our ultimate goal.

M. Kathleen Shaw, DVM, Bennington

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By DJ Dave Hoffenberg
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THURS

1/2

BRANDON

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

KILLINGTON

2 p.m. K1 Base Lodge – Live Music

2 p.m. Snowshed's Long Trail Pub – Duane Carleton

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

6 p.m. Rivershed – Chris Pallutto

6 p.m. The Foundry – Liz Reedy

7 p.m. North Star Lodge Star Lounge – Nick Bredice

7 p.m. Pickle Barrel – 12/OC

8 p.m. Jax Food & Games – Jenny Porter & Friends

LONDONDERRY

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

LUDLOW

2 p.m. Okemo's The Bull – Chris Pallutto

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

POULTNEY

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

QUECHEE

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

RUTLAND

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

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

WOODSTOCK

6 p.m. Ottauquechee Yacht Club – Lily Welch

KILLINGTON

1 p.m. Bear Mountain Base Lodge – Duane Carleton

2 p.m. K1 Base Lodge – Daniel Brown

2 p.m. Pico's Last Run Lounge – Chris Pallutto

2 p.m. Snowshed's Long Trail Pub – Rhys Chalmers

4 p.m. The Foundry – Just Jamie

6 p.m. Rivershed – Live Music

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

7:30 p.m. McGrath's Irish Pub – Live Music

7:30 p.m. The Foundry – Live Music

8 p.m. Pickle Barrel – Lost in Paris

9 p.m. Jax Food & Games – Just Jamie

9 p.m. Wobbly Barn – Krishna Guthrie Band

LUDLOW

2 p.m. Okemo's The Bull – Liz Reedy

8 p.m. Off the Rails – Aaron Audet Band

8 p.m. The Killarney – Sammy B

POULTNEY

6 p.m. Poultney Pub – Mean Waltons

QUECHEE

5:30 p.m. Public House Pub – Kind Bud

RUTLAND

6 p.m. Stonehedge Indoor Golf – Duane Carleton

8 p.m. Angler Pub – Karaoke with Sunset Entertainment

9 p.m. Center Street Alley – DJ EG

SAT

1/4

FRI

1/3

BOMOSEEN

5:30 p.m. Bomoseen Lodge and Taproom – Ryan Fuller
CASTLETON
6 p.m. Blue Cat Bistro – Scott Forrest

BRIDGEWATER

8 p.m. Woolen Mill Comedy Club – Comedy Show with headliner Charlie Nadler

KILLINGTON

1 p.m. Bear Mountain Base Lodge – Chris Pallutto

1 p.m. Pico's Last Run Lounge – Rhys Chalmers

2 p.m. K1 Base Lodge – Daniel Brown Duo

2 p.m. Snowshed's Long Trail Pub – Duane Carleton

5 p.m. Pickle Barrel – Jamie's Junk Show

KILLINGTON

5:30 p.m. Killington Wine Bar – Rick Webb

6 p.m. O'Dwyers Public House at the Summit Lodge – Rambletree

6 p.m. Preston's – Liz Reedy

6 p.m. Rivershed – Live Music

6 p.m. Still on the Mountain – James Joel

7 p.m. North Star Lodge Star Lounge – Ryan Fuller

7:30 p.m. McGrath's Irish Pub – Live Music

8:30 p.m. Jax Food & Games – Aaron Audet Band

9 p.m. Pickle Barrel – Lost in Paris

9 p.m. Wobbly Barn – Krishna Guthrie Band

10 p.m. Pickle Barrel Crow's Nest – Jamie's Junk Show

LONDONDERRY

2 p.m. Black Line Tavern at Magic Mountain – Nick Bredice

6 p.m. New American Grill – Sammy B

LUDLOW

9 a.m. Okemo's Sunburst Six Bubble Chair – Lift Line Dance Party with DJ Dave

2 p.m. Jackson Gore Courtyard – Après Afternoon with Jester Jigs

2 p.m. Okemo's The Bull – Carl Anton

7 p.m. The Killarney – Nick Bredice

QUECHEE

5:30 p.m. Public House Pub – Blue Fox

RUTLAND

7 p.m. Moose Lodge – Karaoke with Sunset Entertainment

STOCKBRIDGE

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

WOODSTOCK

6:30 p.m. Ottauquechee Yacht Club – The Gully Boys

SUN

1/5

BRIDGEWATER

CORNERS
3 p.m. Long Trail Brewery – Liz Reedy

KILLINGTON

12 p.m. Rivershed – Brunch with Live Music

1 p.m. Pico's Last Run Lounge – Duane Carleton

2 p.m. K1 Base Lodge – Nick Bredice

2 p.m. Snowshed's Long Trail Pub – Rhys Chalmers

6 p.m. Liquid Art – Tboneicus Jones

6 p.m. Rivershed – Trivia

6 p.m. Still on the Mountain – Open Mic hosted by Liz Reedy

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

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

LUDLOW

11 a.m. Okemo's Solitude Lift – Sunday's with Sammy B

2 p.m. Okemo's The Bull – Live Music

RUTLAND

9 p.m. CJ's Suds South – Karaoke with Sunset Entertainment

STOCKBRIDGE

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

MON

1/6

KILLINGTON

2 p.m. K1 Base Lodge – Duane Carleton

2 p.m. Snowshed's Long Trail Pub – Chris Pallutto

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

6 p.m. The Foundry – Blues Night with John Lackard

8 p.m. Jax Food & Games – Rhys Chalmers

LUDLOW

2 p.m. Okemo's The Bull – Live Music

5 p.m. Little Mexico – Sammy B

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

RUTLAND

7 p.m. Angler's Pub – Trivia hosted by Sunset Entertainment

WOODSTOCK

6:30 p.m. Ottauquechee Yacht Club – Richard Enderlin

TUES

1/7

KILLINGTON

2 p.m. K1 Base Lodge – Sammy B

6 p.m. Rivershed – Live Musics

8 p.m. Jax Food & Games – Taco Tuesday with Rick Webb

PITTSFIELD

7 p.m. Town Hall – Open Jam

POULTNEY

6 p.m. Poultney Pub – Bluegrass Jam

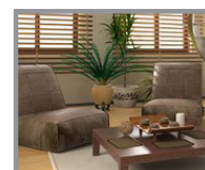
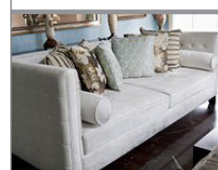
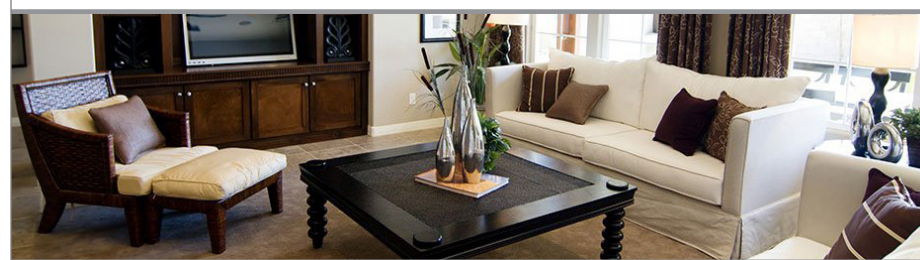
RUTLAND

5:30 p.m. Moose Lodge – Ryan Fuller

8 p.m. Center Street Alley – EDM Night with DJ EG, DJ Sims and Sunset Dreamz



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Mini Shred Madness returns to Pico Mountain

Saturday, Jan. 4, from 9 a.m. to noon.—KILLINGTON— Pico Mountain's popular Mini Shred Madness is back, inviting young skiers and snowboarders (ages 13 and under) to hone their skills and enjoy a day of fun in Prospector Park Saturday, Jan. 4. This annual event promises a welcoming environment for groms to learn, practice, and show off their park riding abilities while cheering on their peers.

What's new this year

This year's Mini Shred Madness introduces a new set of superlatives and an expanded raffle for all participants. The day kicks off with an hour-long clinic led by members of the Park Crew and Mountain Sports instructors, offering valuable tips and tricks to get everyone warmed up.

Participants will also receive an exclusive Pico Parks sticker and the chance to compete for the Best Dressed award. Whether it's a full costume or a standout park kit, judges will choose their favorite outfit during the event.

Event details

The event will take place in Prospector Park, which is accessible only via the Golden Express Quad. Participants and spectators must have a valid lift ticket or season pass.

Schedule

- Registration/Check-In: 9-10 a.m., 2nd floor of Pico Base Lodge
- Clinic/Practice: 10-11 a.m., Prospector Park
- Showcase: 11 a.m.-noon, Prospector Park
- Raffle & Superlative Shout-Outs: Noon, Announcer's Tent

Divisions

- Super Grom: Ages 9 & under (boys and girls combined)
- Grom: Ages 10-13 (boys and girls)

Registration Information

Registration is \$25 for all divisions. Pre-registration is open online, and discounted lift tickets are available for competitors and their parents/guardians. If spots remain, day-of registration will take place from 9-10 a.m. on the 2nd floor of the Pico Base Lodge. Participants must complete a required Express Assumption of Risk form to compete.

For more information and to register, visit: picomountain.com.



Pico's Mini Shred Madness will return on Saturday, Jan. 4 from 9 a.m. to noon.

Courtesy KPAA

Robert Eggers' methodical 'Nosferatu' plays like a Masterpiece Theater Hammer film

Director Robert Eggers' re-imagining of F.W. Murnau's 1922 silent classic "Nosferatu," which itself was a thinly disguised ripoff of Bram Stoker's "Dracula," sneaked into theaters Christmas Day, just in the nick of time to give all the Goth kids nighttime refuge from all the family holiday parties, to sink their teeth into some counter-programming. For the record, this "Nosferatu" sneaks in a period-decorated Christmas tree, so if "Die Hard can be considered a Christmas movie by gum, so can Robert Eggers' Nosferatu."

For the unfamiliar, Robert Eggers' previous three films, "The Witch," "The Lighthouse," and "The Northman," are all expertly crafted period pieces, where the filmmaking process, costumes, lighting, sets, and sound are all as, or more, integral to the finished process than the acting or script. Call him Kubrickian in his precision, but if Robert Eggers' movies are a boon for atmosphere, sumptuous details, and unequalled cinematography, they will likely give audiences a slight chill. You don't go into a Robert Eggers' joint expecting the warm and fuzzies, and you won't find much to laugh about in his adaptation of Count Orlok, the Transylvanian spiritual cousin to Dracula. Eggers plays it straight and maybe too straight. He nails the 1830s Germanic Expressionism down to a tee, and you'll be flabbergasted watching this film unfold. In a landscape of oversaturated CGI movies, you will gaze up at the screen in wonder as to exactly how Eggers and his team pull off a film that looks so real; it's as if the entire crew were thrown into a time machine with their equipment and dropped off in the 19th Century.

At times, Eggers channels some of the greats, from Carl Dreyer to Andrei Tarkovsky, with his precise camera movements and evocative lighting. The film feels more Eastern European than American cinema. The absolutely stunning lighting and camerawork from Eggers' go-to cinematographer, Jarin Blaschke, is worth the price of admission alone, even if the action on screen may shift more to the dull side of things for

mainstream audiences.

And that is the area where "Nosferatu" runs into trouble. Unless you've never seen a vampire or "Dracula" film before, the story is pretty much a detailed, play-by-play re-enactment of that time-worn tale. So, if you've read the book or seen any previous versions, you know what's coming, when it's coming, and who the players are. It makes one wonder why Eggers felt compelled to tell another version, although in Eggers' hands, he makes you believe he could turn any movie into something interesting to watch, and this film is always watchable. The problem is that most of the main characters are pretty dull.

Yes, I get it: no one cares a lot about most of the characters in these "Dracula" movies anyway because it's all about the Count. And here, Eggers doesn't disappoint. His Count Orlok, played under ghoulish makeup by a completely unrecognizable Bill Skarsgård (Pennywise from "It"), is creepy, scary, and different from almost every other incarnation we've gotten out of a screen vampire.

Otherwise, Mina and Johnathan Harker from the "Dracula" version have been replaced with Ellen and Thomas Hutter. And these two are a couple of Masterpiece Theater dullards. What attraction led these two newlyweds to marry in the first place? Nicholas Hoult as Thomas and Lily-Rose Depp do fine jobs acting-wise, but they are a couple of wet blankets whose besties, Aaron Taylor-Johnson's Freidrich Harding and his wife, Emma Corrin's Anna Harding, are equally dull and un-engaging. For all its 2-hour, 20-minute runtime, Eggers would have done himself a service to set up the love story between Depp and Thomas a bit so we, the audience, could be better vested in the battle of wills against Count Orlok.

Depp, who redeems herself slightly from her career cliff-diving decision to be in HBO/MAX's "The Idol," still can't shake the stink of that limited series misfire, and it is a distraction. When you see those Johnny Depp eyes staring out at you for much of the film's runtime, you are in constant reminder that you are watching Depp's daughter who is writ-

ing around, screaming from waking nightmares and convulsing through this vampire horror-fest.

The only one, other than Bill Skarsgård, who seems to have understood the assignment that, for all its seriousness, the film at its core wants to be a campy 1960s Hammer film, is Willem Dafoe. Dafoe, of course, plays the movie's Van Helsing equivalent, Albin Eberhart Von Fran, who straddles the line between seriousness and camp far better than Anthony Hopkins did in Coppola's "Dracula." This film marks Dafoe's third go-around with Eggers, and he is well suited to the role. Again, like most of the characters in this version, he is going through the motions of the standard "Dracula" plot, and the movie's true star is the film's look.

To his credit, Eggers does find success in various areas within the film. Hoult's, as Thomas Hutter's, journey to meet with Count Orlok takes up a fair amount of screen time, and Eggers uses this time to build up suspense. When we, the audience, finally glimpse Orlok's castle, the reveal is satisfying and earned. Count Orlok's arrival in Germany via boat is another great standout sequence, as is the plague of rats Orlok brings with him. Most films will give you a sequence or two of rats to illustrate that this fictional German town has a "rat problem." Not Eggers. During the film's final act, he makes us feel like the plague has come for real. There are so many rats crawling around the streets that one could be excused for checking their feet during the movie to ensure a scurry of furry friends hadn't been released into the theatre for effect.

In my final summation, "Nosferatu" is worth it for fans of the genre and those who love watching high-craft filmmaking and movies shot on 35mm instead of digital. The textures and softness of the light in this movie are only achievable when shot on film stock. I loved this film for its look, and less so for the movie it gave me. But I also caught another film that's playing on Netflix over the holidays called "Carry-on." And that film was so bad that I'd take a stodgy Robert Eggers film over a dozen "Carry-ons" any day of the week.



Screens and Streams
By James Kent



Lily-Rose Depp is the object of Count Orlok's obsessive affections in Robert Eggers' re-imagining of "Nosferatu," now playing in theaters.

Courtesy Focus Features

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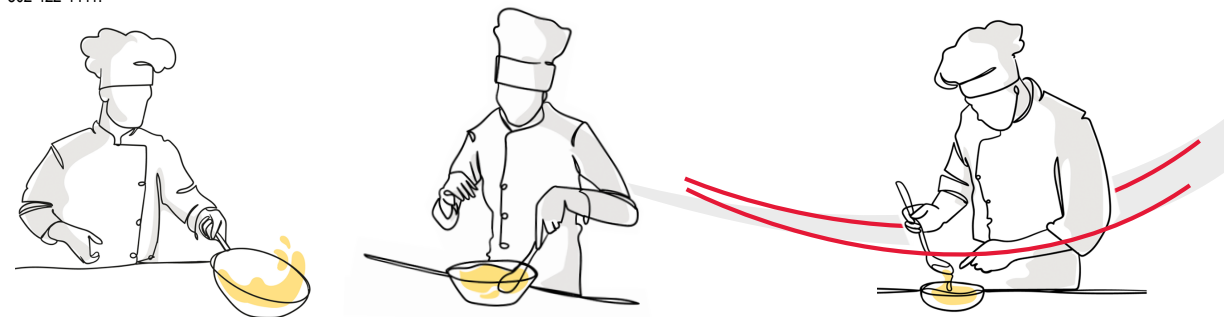
The Rutland Area Food Co-op is a community-owned and operated business committed to improving the quality of life for people in the Rutland region through the sale of whole and natural food products.



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Recycle your Christmas tree

By Debra Heleba, Extension community horticulture program director, University of Vermont

If your holiday includes a live, cut Christmas tree, you may be wondering what to do with it after the festivities are over. Many towns, civic clubs, and solid waste districts across Vermont now have disposal programs in place. Most offer curbside pick-up of spent trees so long as all decorations, including tinsel, have been removed. This is a convenient way for you to recycle your tree.

Several options exist if you are not yet ready to give up your tree or are looking for other ways to use it.

Create a respite for birds. Move your tree outdoors and decorate with edible “ornaments” that birds and other wildlife can enjoy. You can hang suet in the tree, out of reach of dogs, and make homemade “decorations” of peanut butter-covered pinecones. An outdoor tree feeder can be enjoyable for birds and birdwatchers alike.

Remove branches and use them to cover tender perennials. Branches can help protect your overwintering plants from snow and ice, providing them with some cover and helping to maintain consistent winter temperatures.

Rent a wood-chipper on your own or with neighbors. Chipped mulch is a valuable carbon source for your compost pile. Remember that composting works best when you use about a 3-to-1 ratio recipe with three parts “browns”

(carbon sources like chipped mulch) to one part “greens” (like food scraps). Balancing your compost pile with enough carbon will also help keep down odors that may attract unwanted wildlife.

Use as fill for new raised beds. Referred to as *Hügelkultur*, this method has been used in Europe for centuries and is an old-fashioned take on the popular lasagna-style gardening practice. Here, logs form the base of the bed, and then branches, twigs, and leaves are layered on top. These are topped with compost and/or garden soils. The logs and other debris decompose over time, replicating a forest ecosystem and providing rich garden soils for your bed. Using this method, it can take a full year before the bed is ready to plant, but it is an affordable and ecological option to consider.

Speaking of the environment, if you have the space and interest, simply letting your tree decompose naturally can provide habitats for all types of creatures—from mammals like rabbits to bees and other beneficial insects—while returning the tree’s nutrients to the soil.

Whichever option you choose, your Christmas tree can be a gift that keeps on giving back to nature and your gardens long after the holidays are over.



By Debra Heleba/UVM Extension

After the holidays are over, there are many environmentally friendly ways to recycle a Christmas tree, from placing it outdoors as a haven for birds to chipping it up into mulch for the compost pile or for filling raised beds.

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Adaptive volunteer:
from page 2

Fernandez said. "We are so grateful and so proud to have a strong organization and even better individuals that make it all happen."

Fennelly has volunteered at Vermont Adaptive since 2018 and this past winter spent nearly every weekend volunteering and teaching more than 30 lessons at the organization's Sugarbush Resort/Mt. Ellen location.

"Evan's commitment, energy and enthusiasm are the embodiment of what makes a great volunteer," said Sarah Keith, program coordinator, noting he is always seeking out new training opportunities.

Heath has volunteered with Vermont Adaptive for four years. She helps with skiing, snowboarding, rock climbing, biking and paddling. She is often willing to come by on short notice and fill in any gaps in the schedule.

Zisling has volunteered at Vermont Adaptive since 2019 and offers his time and talent year-round for both winter and warm weather programs. He helps in every discipline of adaptive Snowsports lessons, as well as volunteering for major fundraising events for Vermont Adaptive.



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2023 KILLINGTON ROAD

← **Weather forecasting:**
from page 1

colleagues make on a routine basis, beamed out to the world from their second-story office at the Patrick Leahy Burlington International Airport.

"It's a lot of working toward helping people make decisions and then act on those decisions," Hastings, 45, said in a prior interview.

Staffed 24/7 by 13 meteorologists in rotating shifts, as well as three scientist-managers, the weather service's Burlington office occupies an unusual space in Vermont's public eye. In some ways, its forecasters are semi-public figures akin to spokesperson for the skies, their names peppering news stories before, during and after extreme weather events. Anyone can phone their office to seek their counsel, and the line is used by reporters, random residents and even a few regular callers.

But the meteorologists also spend much of their work time toiling unseen in the depths of dense scientific calculations. Their closest partners are often behind-the-scenes decision-makers at official entities such as Vermont Emergency Management, and during weather-related catastrophes like floods and storms, they provide one-on-one guidance to state government's upper echelons.

Several were drawn to their careers following natural disasters in their youth. For Hastings, it was a tornado that tore through her Kansas hometown when she was in third grade.

It's not unusual, they said, to meet people who misunderstand what they do. For one thing, they don't work in Television.

"I do notice that when people ask me what I do, and I tell them I'm a meteorologist, they immediately want to know, like, what channel or am I on the radio. And this kind of operational forecaster job kind of runs under the radar," said meteorologist Jessica Storm, 26. (No, she doesn't find it annoying when people note her surname. And, yes, she likes weather puns.)

Lead meteorologist Robert Haynes, 32, who chose The Weather Channel over cartoons as a kid, said he's also often erroneously associated with its programming. This job, though, is one of civil service.

"When we kind of tell people, like, no, we're actually a part of the federal government, that can sometimes throw people for a loop," he said.

Forecasting: A team sport

The crew in South Burlington comprises one of 122 forecast offices for the National Weather Service, (NWS) itself one of six branches of the National Oceanic and Atmospheric Administration, (NOAA). Burlington's coverage area includes part of upstate New York and all Vermont counties except Bennington and Windham. Those southernmost areas are covered by the office in Albany, New York, with which Burlington works closely, alongside other neighbor offices in Buffalo, New York, and Gray, Maine.

Conveying probability — without a crystal ball

Science Operations Officer Pete Banacos, 50, said much has changed in the 26 years he's worked for the weather service, mostly in Burlington. As the computer monitors "get flatter and bigger," he quipped, improved numerical models have allowed today's forecasters to predict seven days out with the same level of accuracy that was constrained to four at the start of his career.

Such advancements empower forecasters to fine-tune other elements of the job, like the messaging. The primary approach they're working on these days, the meteorologists said, is "probabilistic messaging." That means explaining the probability of various weather scenarios — usually using percentages — so that Vermonters can understand the chance of best-case, worst-case and most likely outcomes.

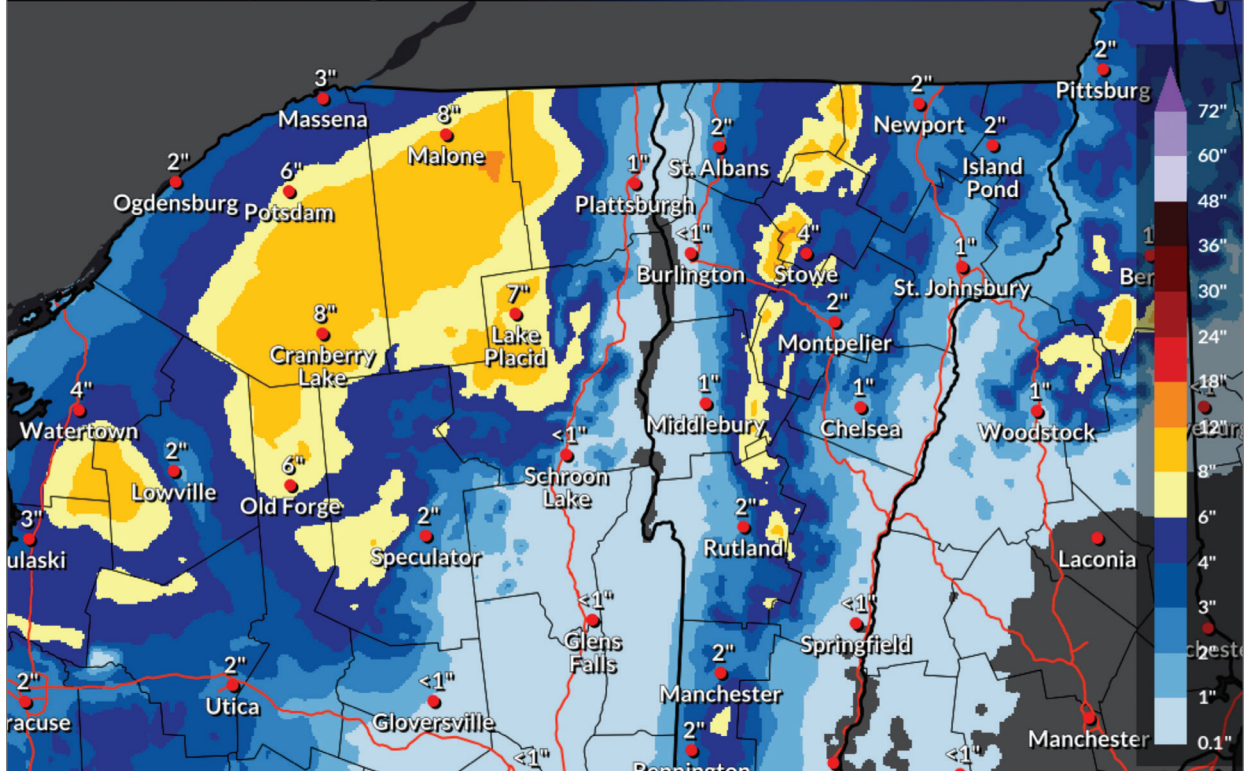
State and local emergency officials may be most interested in the worst cases, even when unlikely, so they can get prepared, Banacos said. Meanwhile, the average Vermonter might need to know that an unlikely scenario is on the table, but they shouldn't be surprised if it doesn't come to pass.

An individual's profession may also determine what they

Expected Snowfall: Official NWS Forecast

Valid 7 AM Mon Dec 30, 2024 through 7 AM Thu Jan 2, 2025

Weather Forecast Office
Burlington, VT
Issued Dec 30, 2024 12:16 PM EST



Courtesy weather.gov-btv-winter

want to know about the likelihood of hitting certain thresholds, Banacos said, whether it's the probability of surpassing a given wind speed, precipitation total or other metric.

"So we're getting more into the probabilistic space where we say, what are the chances of, say, 4 inches of snow falling on a particular day?" Banacos said. "And maybe that's a threshold that's important to a snow plow driver — they're going to go out for a 4-inch snowstorm. So they want to know, what's the percent chance at their threshold of something happening?"

The approach represents a shift away from the hyper-specific forecasts of decades past, said Banacos, who sat in a conference room defined by another huge screen but also displays of antique tools like a wind anemometer and a barograph. He said "tiny little ranges" for predicted snow totals, like 1 to 3 inches here and 2 to 4 inches there, may have been unrealistic and given the public false impressions.

Meteorologists are working such probabilistic phrasing into conversations with journalists, public safety officials and other stakeholders who communicate with the public. For example, Haynes said, instead of saying "You're going to get 6.7 inches of snow today," the probabilistic version could sound something like this: "There's a 50% chance that you'll get more than 6 inches of snow, or ... your high-end range that you could see and should prepare for (is) maybe 10 inches of snow."

They're also experimenting with new digital tools, such as the weather service's "probabilistic snowfall products" on its website. Visitors might see a grid of regional maps, each representing a different snowfall total — one map for 6 or more inches, another for 8 or more inches, and so on — with different percentages of likelihood marked across the towns in each map.

The overall effort is a work in progress, Banacos acknowledged. It's not always easy to convey nuanced statistical calculations to a population with a range of mathematical inclinations and competing demands on their attention. He's sensed that some consumers expect near-perfect forecasting in the digital age, but that most recognize that scientists have yet to develop a "crystal ball."

"As a result of such improvement [in forecasts], I think sometimes people expect that level of skill, like, every time," Banacos said. "And so when those hiccups happen where

we miss the mark completely, I think sometimes it does catch people by surprise. ... But that's where the probabilistic messaging can sort of help take the edge off."

Snow declines, politics rise

In some ways, the pressures on the job are growing. There's the looming politics of it all.

Though the weather service generally enjoys broad congressional support, its parent agency, NOAA, is among the agencies recommended for deep cuts in Project 2025, the ultra-conservative political plan associated with President-elect Donald Trump, a climate change denier. (There are no specific federal budget line items for individual forecast offices, Banacos said, but he calculated each American's share of the National Weather Service's most recent \$1.3 billion appropriation at less than \$4 for the year.)

There's also the effects of climate change itself. The topic is generally outside of the weather service's scope, except to the extent that the data it's constantly collecting is analyzed by other scientists to show broader trends.

Nevertheless, Vermont's day-to-day weather — the Burlington office's purview — is impacted by climate change, and the effects of global warming make for trickier daily forecasting. Vermont weather is trending warmer, wetter and more extreme, according to the state's lead meteorologists, with the state more often vacillating between droughts and floods.

Storm, who has worked in Burlington for two years, said some of her veteran colleagues remember days when the winter predictions were mostly snow, but she's been forecasting plenty of rain and ice. She pointed to the increasing unpredictability of Vermont's shoulder seasons and the difficult nature of "marginal temperature events," in which minor temperature fluctuations can affect whether precipitation falls as rain, snow or ice, with outsize effects on the forecast.

Marginal temperatures were historically more typical in the mid-Atlantic region, Storm said, but are presenting more frequently in the Northeast. They contributed to the complexity of predicting the unusual December floods that drenched the state in 2023 — and which were threatening a repeat this December.

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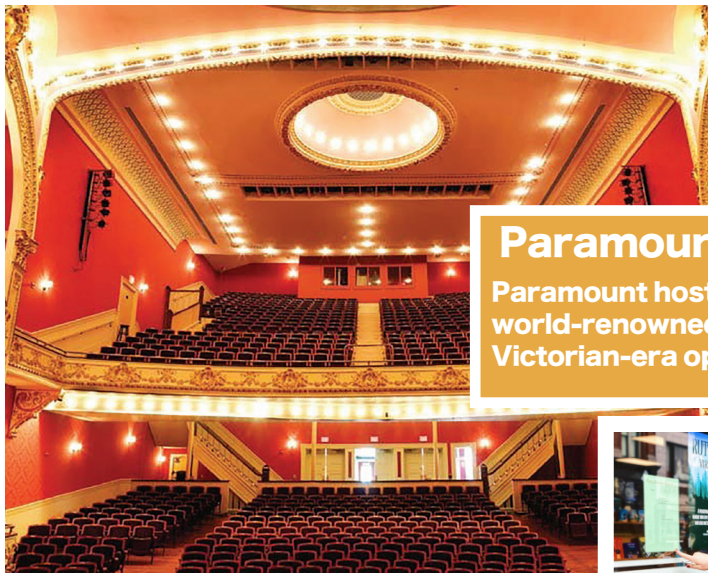


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By James Kent

Nonna's Italian Dining in Rutland serves authentic Italian dishes Thursday to Monday from 4-9 p.m., with vegan and gluten-free options, a full bar, and seating for 90; reservations at (802) 772-7316.

Nonna's brings authentic Italian flavors and hospitality to Downtown Rutland

Nonna's, located at 22 Center St. in downtown Rutland, redefines Monday evenings with its authentic Italian cuisine and welcoming atmosphere. Founded by Walter and Lynn Manney, Nonna's opened in November and quickly became a local favorite. The menu boasts classic dishes like chicken Parmesan, lasagna, and seafood Fra Diablo, as well as standout appetizers such as fried provolone, served with homemade tomato sauce and pesto.

Open Thursdays through Mondays from 4-9 p.m., Nonna's caters to diverse tastes, with vegan and gluten-free options available. The fully stocked bar features a selection of beers, ciders, Italian wines, and mixed drinks, making it ideal for after-work dinners or family gatherings.

With seating for 90 and the capability to host private events, Nonna's is set to become a staple in Rutland's dining scene. Reservations can be made by phone after 3 p.m., though walk-ins are always welcome.

To book a table, call (802) 772-7316.

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Solutions From page 9

Crossword

S	A	M						S	E	A	T
E	D	O	M					T	A	N	T
T	A	N	A					S	O	M	A
O	G	A	M	S				L	E	X	I
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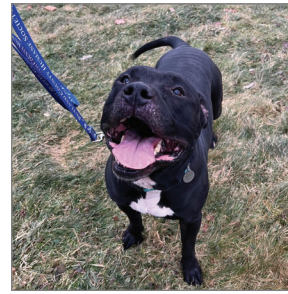
Sudoku

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

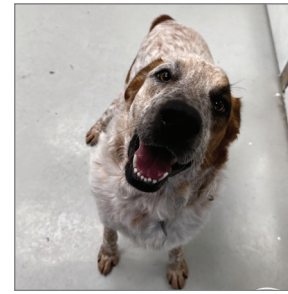
Rutland County Humane Society



Rocky—4-year-old. Neutered male. Domestic shorthair. Black.



Kane—5-year-old. Neuter appointment set. Pit bull. Black/white.



Chili—2-year-old. Neutered male. Cattle dog mix. White/red.



Gypsy Mae—5-year-old. Spayed female. Husky/Rotti. Tan/black.



Piggy—2-year-old. Spay appointment set. Pit bull. White.

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BEEDO
 Beedo—10-year-old. Neutered male. Domestic shorthair. Orange tiger.



GRACIE
 Gracie—1-year-old. Spayed female. Boxer mix. Brown and grey.



Daisy—3-year-old. Spayed female. Pitbull mix. Tan and white.



Bluey—1-year-old. Spayed female. Domestic shorthair. Grey tiger.



Cookie—4-year-old. Spayed female. Domestic shorthair. Dilute calico.



Lake—6-month-old. Neutered male. Domestic shorthair. Orange/white.



Pebble—6-month-old. Neutered male. Domestic shorthair. Orange/white.

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Cosmic Catalogue

 **Aries**
March 21 - April 20

It's one thing to want something. In fact, you're not shy when it comes to deciding and doing. It's your ability to be impulsive that can really get things moving. That said, though, are you getting things moving, or are you getting things done? The New Year is going to get off to a slow start for you. Avoid the temptation to step on the gas pedal and push for progress. What you need to do now is sharpen the power of your intention.

 **Leo**
July 21 - August 20

Just when you think you can predict outcomes or control the trajectory of things, then all of a sudden, things get turned on their head. This can be the thrilling and exciting plot twist you've been waiting for, or it could send you into a bit of a tailspin. Just when you thought you wanted one thing, another option also looks worth exploring. If in doubt, take your time. Once decided, go all in and stop at absolutely nothing to bring your dream into reality.

 **Sagittarius**
November 21 - December 20

You can go through the motions regarding your goals and intentions just like you've done every year. Do you want a "new year, new...me" scenario or a deep, meaningful, and profound transformation? This week, connect to what lights you up and what gives you a sense of purpose. Maybe you need to take the road less travelled. Whatever the destination, do not fear the journey, for the journey is where the magic happens.

 **Taurus**
April 21 - May 20

In order to reach your dreams and goals in 2025, you need to practice seeing the best in everything. In order to have everything you ever wanted, you have to get used to the idea that there will be difficulty. You can't throw in the towel when things get hard or settle back into your comfort zone. Truthfully, the more you can push your limits, the better things will turn out for you. Choose to see things happening for you rather than to you.

 **Virgo**
August 21 - September 20

Some sweet relief arrives in the shape of Venus, which will help you deal with harsh relationship realities. Maybe you need to spend some time figuring out how to sweeten the deal when it comes to getting someone on board with new opportunities you're keen to explore either in your professional life or your overall life direction stuff. You can focus on fault finding, or you can focus on looking for the good, even in the things that are less than perfect.

 **Capricorn**
December 21 - January 20

2025 is going to feel like such a different experience, one not felt in decades. Now that the slate is wiped clean of some profound and sometimes painful experiences, you can look ahead with excitement and newness. Even the most ambitious and goal-oriented Capricorns are cute baby goats at the end of the day. Consider growing some emotional and family roots in 2025. Your private life commands your attention now. Commit to a domestic dream.

 **Gemini**
May 21 - June 20

You will undergo some of the most intense and radical changes of all the signs in 2025 and beyond. Chances are, you can already feel the change in the air. Your job now is to start thinking about life and its possibilities outside the box. Rather than just gathering information begin practicing the application of it. The more you can lean into embodying the changes you're going through...the more exciting your life will be! The way your life looks now won't be the same this time next year.

 **Libra**
September 21 - October 20

The true secret to success is the ability to see the beauty in the mundane. As your ruling star, Venus, slips into your Daily Grind Zone, you can reacquaint yourself with the menial tasks that can bring real success. Life really does have a back-to-work vibe for you, so the sooner you can embrace that, the more success you'll have in 2025. That said, it won't feel this dull all year!

 **Aquarius**
January 21 - February 20

Tension, upsets, and disagreements can create a divide, or they can provide the territory for real and meaningful change. In order to have everything you want in relationships and more, you have to face your fears, which everyone has. You can either judge yourself for what you're afraid of or face your concerns head-on and transform them. Nothing changes if nothing changes, and change is inevitable. Be gentle with yourself as you become the person you were always meant to be.

 **Cancer**
June 21 - July 20

As the old year becomes new, you're likely to experience some irritation and friction as Mars reverses back into your sign. Just when you thought you made some progress, old issues, former fears, or past pain feel real again. While this won't be the way you wish to begin a new year, there is no avoiding it. Instead, embrace it. Reopen the wounds and really heal them this time. If you can do it, the blessings that will arrive mid-year will be unfathomable.

 **Scorpio**
October 21 - November 20

You really need to double down on your penchant for strategic thinking. Any choices you make now that are rushed or made in a state of fear will be the wrong ones. If you can show patience and make a decision from a well-thought-out and authentic place, then it will be more likely to be the right one. There may be frustration that lies within the not knowing, so that means you just really need to double down, triple down on trust.

 **Pisces**
February 21 - March 20

A little bit of sweet relief arrives, thanks to Venus in your sign. You're in a longer-running process of upgrading your personal desires. What you want now, as the old year becomes new, will likely change over the next several months. You may need to figure out if you can keep up working the way you've been or if you need to try a new approach. Changes on the home front can inspire what your truest desires actually are.

Accept to achieve



Cosmic Catalogue
By Cassandra Tyndall

This week, social media feeds across the internet will be bursting at the seams with "new year, new me" posts. Self-improvement and lofty goals are always a good thing. However, what about self-acceptance? What would life feel like if you met it in the moment, from exactly where you are?

Psychologist Carl Rogers said, "The curious paradox is that when I accept myself as I am, then I can change." So, as you set yourself goals for 2025, are you running from something, or are you running to something?

This week sees the second of three potent connections between Mars and Pluto. This long-running theme asks you to get in touch with what you truly and deeply desire with no holds barred. What if you led from your heart? From your most authentic way of being? What if you just showed up in 2025 as being fully and unapologetically you? What if you disobeyed the rules, the expectations, and the assumptions?

When you can accept yourself completely as you are, you can fully embrace the transformation and change that 2025 and beyond promises. It's no easy task, but fortune favors the brave.

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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.

White-footed mice seeking a warm house

During winter, I often hear gnawing and the scurrying of little feet inside the walls of our house. Mice have taken shelter in our old farmhouse again.

Although I hate killing cute creatures, after we had to hire a carpenter twice to remove sections of our walls and take out smelly mouse nests, we resorted to trapping them since our cats couldn't get at the mice inside the walls. We began with live traps, but the mice just returned, so now we use snap traps.

Our traps have revealed that we've been sharing our house with white-footed mice (*Peromyscus leucopus*). These mice have reddish-brown bodies with a black stripe on the middle of the back and a white belly and feet. The furred tail is usually shorter than the body. The deer mouse, a close cousin to the white-footed mouse, has a longer tail and less black on the back, but individuals can vary. These two northeastern species can be difficult to tell apart, especially when they're scampering through your house.

White-footed mice are good climbers, which comes in handy for running along pipes in house basements, including ascending vertical pipes. However, when they are not living in country homes and barns, white-footed mice inhabit deciduous forests, brushy areas, and fields, using their climbing ability to nest in trees. These mice also build nests in stone walls, stumps and logs, and old bird and squirrel nests. I've also found mouse nests in birdhouses and firewood piles. The spherical nest is 8 to 12 inches in diameter and is made of dried grasses, leaves, and moss. (In our house, they used chewed-up insulation.) The mice line the interior cavity with soft bedding such as milkweed fluff, fine shredded bark, hair, and feathers.

White-footed mice use underground runways dug by other small mammals in winter, including those in the subnivean zone, between the ground and the bottom of the snowpack. They communicate with other mice through scent marking, calls, and drumming their feet. They are active at night all winter but sometimes go into torpor during the day, reducing body temperature and metabolism to conserve energy.

These mice are omnivorous and feed on seeds, nuts, small fruits, vegetation, insects, caterpillars, and even carrion. They are predators of invasive spongy moth pupae (formerly called gypsy moth), which is a benefit to the forest. Mice store food for later use. We have found stashes of sunflower seeds in various corners of our house, brought in from our winter bird feeder. When I pulled my book on mammals out of

the bookcase to research this article, there were sunflower seed shells on top!

One of the reasons we have a mouse-in-the-house problem is that they are prolific breeders. Female white-footed mice can breed at six to seven weeks and have two to four litters per year, with three to seven young in each litter. That adds up to a lot of mice!

Though they may be household pests, white-footed mice play critical ecological roles in their natural habitat. They are prey for many other animals, including owls, hawks, foxes, coyotes, bobcats, and snakes. Like some other small mammals, these mice help disperse mycorrhizal fungi throughout the forest. When mice consume mushrooms and underground truffles, the fungal spores pass through their guts and are deposited in new areas via their scat. These fungi are essential to forest health, colonizing tree roots and aiding in water and nutrient absorption.

While the white-footed mouse is more common at low elevations, the deer mouse often lives in coniferous forests and at higher elevations in our region. Deer mice are better adapted to colder temperatures, and their range extends across Canada below the subarctic. However, recent research indicates that the white-footed mouse is expanding its range northward into southern Quebec as the climate warms, in some cases displacing the deer mouse. Other studies have found that the two species can co-exist in the same forest. They appear to minimize competition by frequenting different microhabitats and choosing different types and sizes of seeds.

Although we'll need to continue the battle with mice living in our house, I don't blame them for preferring its warmth and protection to living outdoors in the cold and evading predators. What we really need is a resident weasel or snake to help us!

Susan Shea is a naturalist, writer, and conservationist based in Vermont. 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.



The Outside Story
By Susan Shea

Hartland cell Tower: from page 2

Tom Wetmore added that the tower would be one of the two tallest structures in Vermont.

Trish Aldom and Lori Allen hope some acceptable way to make the tower aesthetically acceptable is found so that the well-known "dead area" can finally get cell phone service. And other contributors pointed out the benefits of better cellular service for emergency communications — fire, police, ambulance, etc. Debbie Davis said she'd be happy to have the tower on her property if she can finally have service. Regie Cooper added that the tower would improve the equitable provision of technology by expanding functioning areas.

But the promise of better service is by no means guaranteed, Reed explained in a follow up email to the Mountain Times. "My read of the application is that they make no promises about if or how the tower will improve cell service. They mention using the tower for their own not-yet-operational network, and they also reference potentially leasing space to other carriers, but as I read it they're building it on spec," he wrote.

Lauren Anderson mentioned possible health effects caused by exposure to nearby towers. Frank Warren insisted there is no evidence that towers cause cancer."

"Unless you climb the tower and hug an antenna, you should have no concern," Juliette Gorham said.

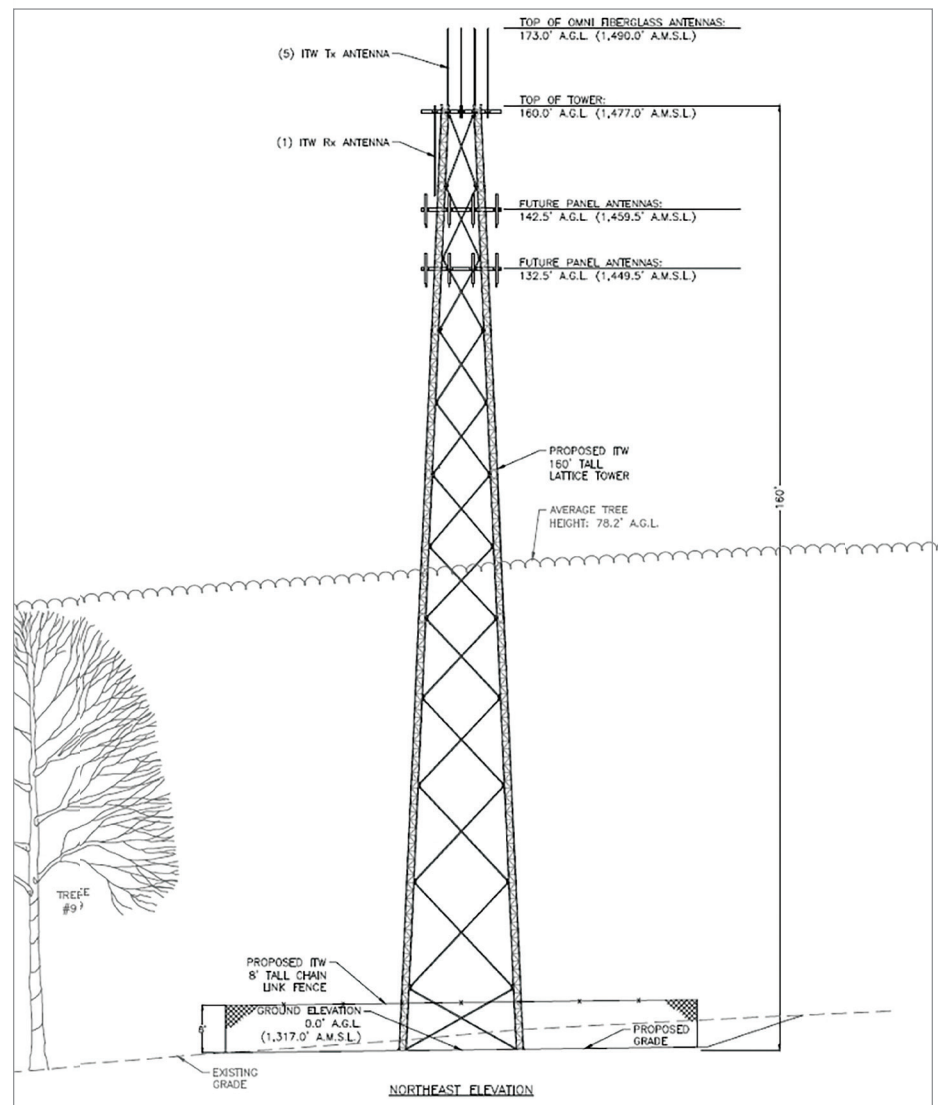
Toni Vendetti still has some doubts: "I have several friends who are extremely sensitive to these frequencies and experience headaches, nausea and sleep deprivation."

It seems many people think satellites would be a better choice for cellular networking than towers, but that idea is controversial as well. According to major media outlets, Elon Musk shut off Ukraine's access to Starlink satellite communications to impede their attacks on Russian ships.

"What if that happens to us?" asked Barb Maltese.

Another correspondent mentioned the possibility that president-elect Trump might disband the Federal Communications Commission, whose job it is to protect Americans' ability to use communications systems.

In a poll conducted as part of the Vermont Telecommunications Plan, 45.6% of Vermont residents indicated a preference toward a larger number of short towers, compared to 38.9% who favored fewer larger towers and 16.7% who wanted neither option.



Submitted

Residents react to a proposal to erect a 174-foot steel communications tower off Town Farm Hill Road in Hartland. The structure would be about twice as tall as the surrounding trees — equal height to a 17-story building.

Music to my ears

As a teenager, one of my most prized possessions was my stereo. The multi-unit system sat atop the dresser in my bedroom for years before following me to college and on to my first apartments. Nowadays, we only need a smartphone and a Spotify subscription to enjoy our favorite artists. Still, decades ago, serious music listeners required a bevy of single-function components and several mail crates full of albums to accomplish the same feat.

Growing up, I had a cheap, portable record player that I listened to 45s on. If I wanted to play albums, I had to utilize the family Victrola, which doubled as living room furniture and was regularly covered with photographs. However, as I started coming of age and appreciating music on a deeper level, I decided I needed something more “serious.”

My older brother was an audiophile, so he likely contributed to my decision to upgrade. Plus, I was jealous of how much better music sounded on his equipment.

I built my first stereo system piece by piece over many years. I started with a Pioneer receiver and two tall Kenwood speakers (back in the 1970s and early 1980s, the bigger the speakers, the better—until you had to move them, of course). I also had a Technics turntable to play my burgeoning album collection.

After this initial grouping, I soon added a Marantz dual-cassette player. And then, just to take things up a notch, I incorporated an Altec 15-band graphic equalizer (let’s be honest, the lights on an equalizer made everything look way cooler). The final piece to my stereophonic assemblage was a Philips CD player, but that wasn’t until the latter stages of the accumulation.

Listening to music was my escape; collecting music was my first passion. I pined for the release of my favorite artists’ new albums so I could run home and fire up the turntable while reviewing the liner notes (most people my age look back on liner notes with nostalgia since that aspect of music appreciation has basically disappeared).

Most of my early listening selections came from my brother’s album collection. I would hear him playing songs in his bedroom and take a liking to them. Then, when he wasn’t around, I’d sneak into his room and grab one. This was a dangerous undertaking since my brother was very protective of his records. Getting caught was a reliable way to get a good pounding.

Of course, he also taught me how to hold an album properly (always by the edges) and how to clean an album (by sliding the cleaning tool from the middle of the album outwards). He was even particular about how to slide an album back into its sleeve so you wouldn’t tear the bottom edge (middle finger in the center hole with thumb wrapped around the outer edge while dropping the

sleeve downwards onto the album).

I still remember my first album purchases: Tom Petty’s “Damn the Torpedoes” and Queen’s “The Game.” My brother had moved out at this point, so I lost access to his music, and the Tom Petty album was the one I missed most. Queen had also just released

“Another One Bites the Dust,” which was tearing up the charts and keen to my ear.

By the time I got to college, I had a legitimate album collection that encompassed several milk crates (the go-to containment system of the day).

My listening tastes spanned a large spectrum. I’d listen to anything from disco to new wave to classical to punk to metal. To me, if it was a good song, I didn’t care what genre it was from (and I’m

still that way today). However, when I got to college, I met several die-hard proponents of one band or one style of music, from which they never deviated. The Deadheads I knew were of this ilk.

To this point, there was one scrappy blond-headed kid in my dorm who was a Bob Dylan fan to the core. His room was covered in Dylan posters, he had every Dylan album, and he knew every Dylan lyric (which he was happy to recite whenever prompted). He was admittedly a bit odd, but it’s because of this kid and his passion for Bob Dylan that I soon developed my own appreciation for one of history’s greatest troubadours.

This week’s film, “A Complete Unknown,” starring Timothée Chalamet and Elle Fanning, is a big-budget biopic about a young Bob Dylan and his quest to navigate the sudden rise to fame that nearly derails his life.

The film centers around the 1965 Newport Folk Festival when Dylan stunned the world by electrifying his set, something true folk aficionados found heretical. Sliced in between were the various relationships that formed the opinions and attitudes of the musician.

I’m a big fan of Dylan, but I found this film to be a winner on multiple levels. The acting was great, the story was intriguing, and most importantly, the music and musicianship were masterfully executed. Give this film a try if you love Bob. And if you don’t, go anyway. The historically relevant storyline is worth revisiting.

I give a harmonious “A-” for “A Complete Unknown,” now playing everywhere in theaters.

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



The Movie Diary
By Dom Cioffi



Consistency

I began this column five years ago, this past November. I started with an article about the Killington World Cup over Thanksgiving Weekend. I was supposed to write a special in-person local introspective on the race and call it a day. But somehow, that one article evolved into one after the other, and until now, I have written over 250 columns about how much I love living here in Killington, how much I love skiing, and random deep thoughts about life that have everything and nothing to do with being a ski bum.

So, a consistent column about inconsistent topics.

A consistent framework creates a structure where random things can safely and encouragingly occur. The same thing happens: I sit at my computer, prepare my mind, and then write 850 words wherever my mind takes me. In repetition lies safety. Consistency begets creativity.

I’ve been coaching 5-year-olds since I was 15. That’s almost 40 years of coaching one age group. And I have found that through consistency, youngsters can grow in leaps and bounds. Because they feel safe, they feel they have the freedom to move beyond their current limitation. With Team PomPom, we start every morning

the same way, warming up our minds and bodies by pushing and skating to the lift of the moment. We stop in the same spots, like the crazy weird thing at the top of RamsHead, the Snoopy House, and the Catyard. And at the same time, these kids are skiing backward, on one ski, and in all kinds of new and different ways. They can try these new things because the training is consistent.

We see it in our adult lives, in literature, in how morning people with a routine seem to get more accomplished and be better than the rest of us. Their consistency makes them better. Their ability to wake up and follow a pattern to begin their day. Those with the fortitude to start their day with a routine, a safe space for the mind instead of jarring it with social media or emails. Those who are consistent feel a sense of control of their lives—and because of it, they can embrace the challenges of what is to come.

Think of the skier and the methodical

routine of putting on your ski gear; the youth call it a GRWM (get ready with me.) Do you put your ski socks on before or after your long underwear? I buckle my boots the same way (3, 4, 1, 2, strap) every time I put them on. Then I pull the powder skirt down

over the strap and top buckle before making sure my pant leg is properly lengthened to my ankle. I tap my snow boots together three times, holding them by the backs, and place them in the back of the car. Everything about getting for skiing seems to be about patterns and consistency because it provides comfort and safety. You’re not gonna do crazy, weird things when your boots don’t feel right.

But we try so hard to push consistency on the things that should be free. You cannot make the same turn every single time, in every single situation while on the hill. Sure, maybe if a constant pitch trail with a single fall line like Outer Limits has been groomed with 8 inches of fluffy glitter powder on top of it. Sure, then you can make the same turn repeatedly, consistently down the trail while everyone watching from the lift hoots and hollers. That’s the stuff that dreams are made of. But more often than not, Outer Limits is a mass of inconsistent

moguls, haphazard sizes and lines strewn about like the chaos that created them. If we try to enforce consistency on a bumped-up Outer Limits, you better go to the Olympics for Freestyle.

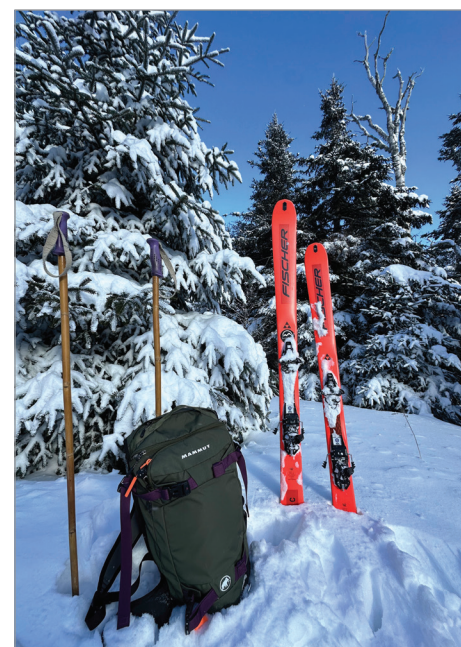
For most of us, we must embrace the terrain’s inconsistency. A random chunky section followed by a slick spot means that no turn can be the same as the one before. Like in life, we must make constant adjustments, be willing to use a slip pivot when needed or adjust the intensity of the edge angle. We

must not only be willing to change, we must embrace it. Just like getting ready for skiing, we can start off every day with a solid and safe routine, 15 minutes of mobility for your body & mind can set you up to take on all the variability of the day. That’s the consistency that I am looking for in 2025. To create a foundation for every day, enabling me to embrace the inconsistency of life—on and off the slopes.

Merisa Sherman is a longtime Killington resident, global real estate advisor, and PomPom coach.



Living the Dream
By Merisa Sherman



By Merisa J. Sherman
Consistency on the skin track generates growth in skiing ability.



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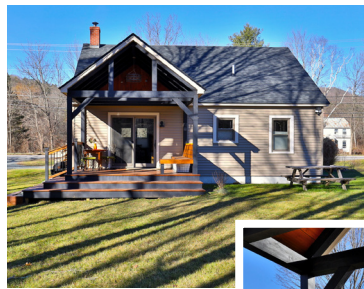
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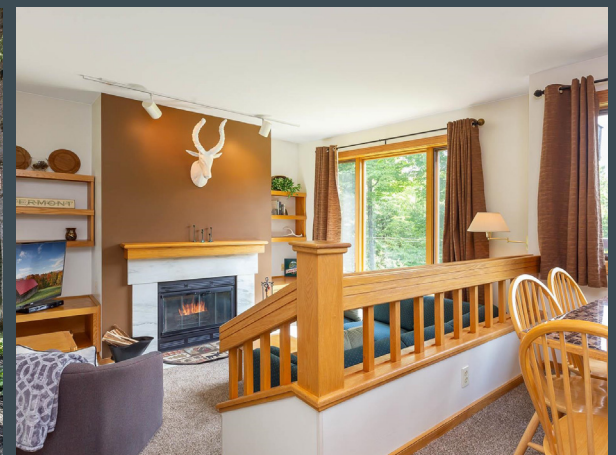
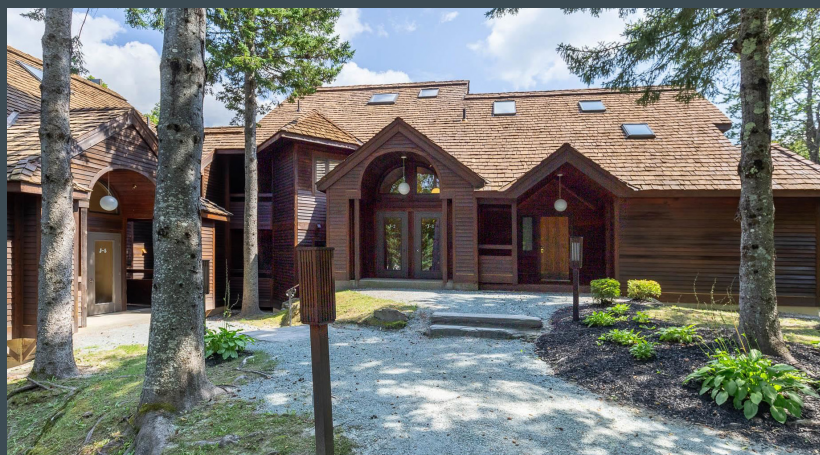


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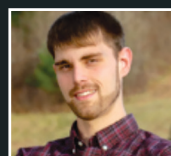
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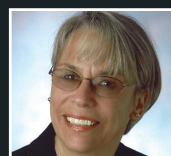
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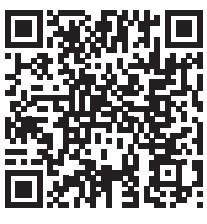
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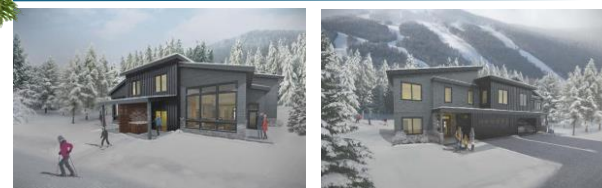


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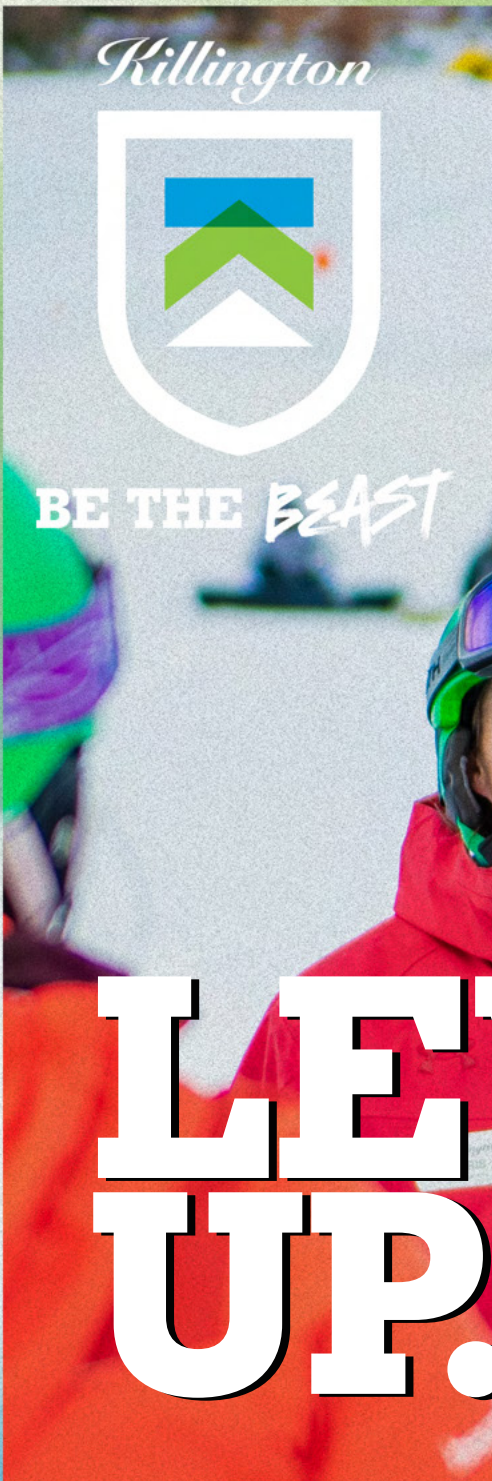


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