

TRANSGENDER COMMENT GOT FORMER WOODSTOCK COACH FIRED, HE SUED

The Woodstock School district has found itself in the middle of a polarizing issue — how to treat transgender athletes — as a former coach sued the district for his firing.

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KSAR'S NEW DIRECTOR IS A FAMILIAR FACE

Bob Giolito was appointed the new director of KSAR at a recent Select Board meeting. Giolito was one of the original founders of the program.

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POULTNEY GETS NEW MURALS ON MAIN ST

New murals downtown showcase the town's rich history, local art, and natural resources.

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By Paul Holmes

Doug Lewis, 59, chases an ELITE athlete through the Sandpit Dual Slalom last week.

ELITEAM's grit is on display at the annual Sandpit Dual Slalom

By Polly Mikula

"We just finished 100 more burpees," Doug Lewis said, when he answered the phone. "We're at 1,000 for the camp with just 250 more to go."

That's the essence of the Elite Team (ELITEAM) he runs for two weeks every summer based at the Killington Mountain School. "Yeah, above and beyond is everything we do," he continued. "We do 200 burpees a day. It's hilarious, when we tell them the first day that we're doing 1,200 burpees this week, they're like, 'No!' But now they're like, 'let's just do 70 right now! Let's just do it!' It's funny how they change their attitude once they experience that grit."

Athletes ages 11-14 are eligible for the ELITEAM, which admits 48 for each week of the camp in July.

"It's a big crew," Lewis said.

Part of the draw is Lewis himself. Born and raised in Middlebury, Vermont, he was a World Cup alpine ski racer with the U.S. Ski Team in the mid-1980s and a two-time Olympian in 1984 and 1988. He is also a 1991 graduate of the University of Vermont.

But despite the Vermont roots, Lewis, now lives in Utah. "I miss Vermont and really enjoy coming back here," he said.

Killington is now among the places in Vermont he frequents most, with two weeks for ELITEAM and another week or so when he comes back to broadcast the FIS Women's World Cup.

This summer, the first session of ELITEAM was held last week July 16-21; the second is this week, July 23-28.

In addition to the 48 teammates each session, there are four counselors and 12 coaches.

"Counselors are Elite Teamers who've aged out, they're 16-17 years old, they still love the team, and they live the elite team values of pushing limits... we handpick them as counselors. They're great for the kids because they can just ask them what it's like; they've been through it all."

Of the 96 kids enrolled this summer, there are 45 different clubs represented, Lewis said. Killington might have the most with eight, but there's certainly a wide representation from across the country. "They're coming from Quebec, Canada, California, really we pull from all over," Lewis said.

Registration opens Feb. 1 and both weeks are sold out within a couple of weeks. Those Sandpit Slalom → 4

Two local couples suffer head-on collision on Route 4; two dead

Staff report

Two South Woodstock residents died and two Stockbridge residents were in critical condition after a head-on crash on Route 4 in Mendon around 1 p.m. Monday, July 24.

John Panoushek, 79, and Jean Panoushek, 74, of South Woodstock were pronounced dead at the scene.

Preliminary investigation revealed they were traveling west on Route 4 in a Toyota Rav 4 when the driver, John Panoushek, crossed the centerline and struck a 2015 Toyota Sienna occupied by Beverly Adams, 73, and

Thomas Allen, 76, both of Stockbridge.

Adams and Allen were taken to Dartmouth-Hitchcock Medical Center and listed in critical condition.

Police said Adams and Allen were wearing seatbelts while neither of the Panousheks were.

The crash is under investigation by members of the State Police - Crash Reconstruction Team. If anyone has information they are asked to contact Trooper Daniel St. Clair at the Rutland Barracks, (802-773-9101).

Flooded? Apply for help via grants, loans

Individuals directed to FEMA, businesses to ACCD; both to SBA

By Polly Mikula

Many throughout the region have been working hard to clean and rebuild their homes or businesses — and/or help others that have sustained damages. Now more help is available; some in the form of grants, others as low interest loans.

Business grants

"Hundreds of Vermont businesses have been impacted by severe flooding, and for many, loans will not be enough" said Governor Phil Scott, Friday, July 21, announcing \$20 million in Emergency Gap Funding for businesses impacted by severe flooding → 7



By Jerry LeBlond

Wine Fest was well suited at K-1

Carla Meola (left) and Ryan Orabone (right) smile at the Killington Wine Festival, Saturday. See more photos on page 22

New mountain bike shop opens in Poultney

By Katy Savage

As mountain biking started exploding in Poultney, a group of avid riders realized the town needed a shop. Two couples teamed up and opened Porcupine Bikes June 29 on Main Street in Poultney.

“We felt there was a real need for a mountain bike focused shop in Poultney,” co-owner Caitrin Maloney said. “A lot of people expressed their excitement. They had been driving really far to get their bikes serviced.”

Maloney and her husband Hardy Avery own the shop with Eryn Rowe and her husband Brandon. They met through the trail system.

“They’re both very connected locally,” Maloney said. “They both grew up in the area, which also makes them great partners. Brandon is super passionate about bikes. She has a lot of business experience. It just made a lot of sense to work with them.”

Maloney and Avery were looking for a new project since Avery’s company, Sustainable Trailworks, which built many of the Slate Valley Trails in Poultney, was nearing the end of construction.

“It was a big project and a very exciting project,” Maloney said. “We’re proud of the results.”

Avery, who has built trails all over the state, including Cady Hill Forest in Stowe, Perry Hill in Waterbury, and Blueberry Lake in Warren, co-owned a bike shop in Waterbury in the late 1990s and early 2000s, called Irie Cycles.

He has led the design and construction of more than 40 miles of trails at Slate Valley Trails over the last five years. Maloney and Avery also run a business called the TrailHouse, which features glamping tents geared toward mountain bikers.

“We felt like doing all of this by ourselves would be tough because we’re doing a lot already,” Maloney said.

Meanwhile, Rowe and Brandon grew up in the area. Rowe is the general manager of the Lake Bomoseen Lodge. She recently started mountain biking.

“We took to it for exercise and great mental health and

Porcupine Bike Shop → 3

Giolito returns to KSAR as director

By Katy Savage

Killington’s search and rescue team (KSAR) has a familiar face as its new director.

Bob Giolito, 48, one of the founders of KSAR, returned to the organization as the volunteer director. He was appointed to the position at a Select Board meeting on Tuesday, July 11 to direct the program under Killington Police Chief Whit Montgomery.

“We’re looking forward to building it back,” Montgomery said.

KSAR has returned after it was abruptly taken offline by the former Fire Chief Chris LaHart in March.

Most of the KSAR team quit or were fired at that time and joined Rescue, Inc. based in Brattleboro.

Both Montgomery and Giolito are pledging to move on from the tumultuous past five months.

“We’re hitting a reset button here,” Giolito said. “For the most part, everyone’s heart has been in the right place who do this kind of work. They obviously do good work.”

The Select Board voted last month to move KSAR from the fire department to the police department under Montgomery. Both Montgomery and Giolito have said they will work with Rescue, Inc. on calls that require more help.

“The more people you have, the more resources you have,” Giolito said.

Giolito grew up in New Jersey and got interested in the backcountry when his dad “just dropped” him off at Mount Snow.

He eventually taught skiing at Mount Snow in high school before he moved to Colorado for college. While in college, in 1996, he started a search and rescue team. He then started guiding rock and ice climbers after he graduated.

Giolito moved back to Vermont over 20 years ago and has two decades of experience with the Vermont State Police. He oversaw the canine program and was a member of the

Giolito → 6



By Curt Peterson

Progress on a Civil War monument in Hartland moves head.

Progress moves on Hartland Civil War monument

By Curt Peterson

Since 1930, the granite Civil War soldier has gazed across the confused intersection at Hartland Three Corners, looking down Route 5 and 12 toward Windsor. On July 20 an excavator operated by “Reggie” from Nott’s Excavating, dismantled the three-part monument and reset the soldier about twenty feet to the east, still facing Windsor.

The move was required to accommodate a significant construction project intended to improve safety for vehicles and pedestrians.

The intersection is currently being reconfigured into a simple four-way pattern at a cost of \$1.5 million, much of which is financed by state grants. The intersection project has been controversial since it was first officially approved in 2014, and moving the monument stirred some angst as well.

The monument, carved of granite “most likely from Barre and brought by rail,” according to selectman Clyde Jenne, was first erected by Lewis Merritt to commemorate soldiers from Hartland who fought in the Civil War and World War I. Lewis had emigrated from Massachusetts in 1819 and ran a successful grist mill in town.

A World War II inscription was added post-installation: “1941.”

Town officials were noticeably missing from the noon ceremony last Thursday, as a handful of local residents and journalists witnessed the event.

The statue consists of three parts – base, pedestal and the figure wearing a Union Civil War uniform. An early attempt to prepare it for moving resulted in a premature disassembly – the soldier was left lying on his back in a pile of sand, the pedestal standing under a nearby tree, and the base where it would ultimately lie. So the actual delicate performance was limited to the re-assembly, a feat worth witnessing.

The excavator operator put the edifice together with precision and gentleness, so that a few crew members had only to adjust it slightly to get it in perfect position.

Jenne told the Mountain Times there are many identical statues in various towns in New England, from an era when Civil War memorials were popular.

New town plan proposal sent to Select Board

By Curt Peterson

The Killington Planning Commission held a public hearing last Wednesday and voted to send its proposed new municipal plan to the Select Board.

Planning Commission chair Jennifer Ianantuoni said the board will review the proposal and probably hold a public hearing regarding adoption in the fall of 2023.

Planning consultant Lisa Davis Lewis described the proposed plan as a “looking forward” document, rather than just a history of the town with a catalog of features. The town is required to update its municipal plan every

eight years.

Lewis added that a municipal plan should contemplate future grant requests.

“If the grant request matches the municipal plan, it helps,” she said.

Iannantuoni said some parts of the plan have been in the works for a year and a half, and the last nine months the commission has been focusing on completion.

The 68-page proposed plan is posted on the Killington Town website under “town plan” for interested parties.

Discover Books book collection program launches in Rutland County

The Solid Waste Alliance Communities (SWAC) and Rutland County Solid Waste District (RCSWD) are collaborating with Discover Books to launch a book collection program in multiple locations in Rutland County. Collection locations should be in place by the end of July 2023.

Approximately 2 billion pounds of books in the U.S. are wasted each year! Although books are mostly paper, they are challenging to recycle because of the adhesives that bind them.

Discover Books is a book collection and online reselling company which re-distributes, resells, donates, and recycles used books giving books a new life through online sales and charitable donations.

Since its inception, Discover Books has donated over 10 million books to non-profit organizations in North America and internationally. That number continues to grow. They have also recycled over 500 million pounds of paper, saving books from landfill demise.

Discover Books believes reuse is the best possible form of recycling and focuses on getting used books into the hands of people who want and need them most rather than allowing them to become waste.

In addition to all hardcover and softcover books, Discover Books also collects videos, DVDs, and audio-books. To find a location near you, visit goo.gl/maps/or4gVS221PhSnnnJ6. To schedule a one-day collection, visit discoverbooks.com

Former Woodstock Union High School coach sues district over termination

By Katy Savage

A Catholic Woodstock Union High School snowboard coach who was fired for expressing his views against transgender students competing in sports is suing the district for violating his freedom of speech and due process rights.

Dave Bloch filed a complaint on July 17 at the U.S. District Court of Vermont, explaining he was terminated on Feb. 9 —just before the end of the season—for expressing his views, based on religious beliefs, that males and females have different biology.

Bloch is suing Heather Bouchey, the interim secretary of the Agency of Education, Jay Nichols, the executive director of the Vermont Principals Association, Sherry Sousa, the superintendent of the Windsor Central Supervisory Union and the Windsor Central SU Board.

Bloch claimed the right to express his views on differences in sex is a “constitutionally protected activity” under the First Amendment.

He said he wasn’t given notice of the allegations against him or the opportunity to be heard by an impartial tribunal — a violation of the 14th Amendment.



Dave Bloch was the former coach of the Woodstock High School snowboard team.

biological differences between males and females.

“Coach Bloch discussed that different physical characteristics generally give males competitive advantages in athletic competitions,” the complaint said. “The conversation was respectful among all parties and lasted no more than three minutes. It took place entirely outside the presence of the transgender identifying snowboarder.”

The next day, WCSU Superintendent Sherry Sousa fired Bloch after receiving a complaint against Bloch. Sousa barred Bloch from consideration for future

coaching positions in the district.

Bloch was told he violated the school’s hazing, harassment, and

bullying policy and the Vermont Principals’ Association’s athletics policy.

Sousa explained in a termination letter that he “made reference to (a) student in a manner that questioned the legitimacy and appropriateness of the student competing on the girls’ team to members of the WUHS snowboard team.”

Sousa said in the letter that district administrators conducted an investigation and determined Bloch violated the district’s policy.

But Bloch said Sousa verbally admitted in the meeting she didn’t have all the details of the conversation and told him that the investigation into his Feb. 8 conversation was not complete and he would receive the completed report within a day.

“Bloch has never received the investigative report, despite asking school district officials for it repeatedly,” the complaint says, adding: “Sousa remained visibly angry throughout the meeting with Coach Bloch. Upon infor-

mation and belief, Defendant Sousa has a child who identifies as transgender.”

Attempts to reach Sousa for comment weren’t unsuccessful.

Bloch said he was never informed of the allegations against him or of his confidentiality rights. He also alleges he wasn’t informed of his right to appeal the termination decision and he wasn’t given the opportunity to present witnesses or evidence during the investigation.

Bloch, a practicing Roman Catholic, “believes, based on scientific evidence, that there are only two sexes, which are male and female, and that sex is determined by a person’s chromosomes,” the complaint said. “Coach Bloch believes, based on scientific evidence, that no one can change his or her sex.”

Bloch said in the complaint he wanted to return to coach next season and his contract would have been renewed if he hadn’t been fired just before the end of the season.

The state and the Vermont Principals’ Association (VPA), which controls sports scheduling, have issued policies and guidance in support of transgender students participating in sports.

“Generally, students should be permitted to participate in physical education and sports in accordance with the students gender identity,” the state guidance says. “Participation in competitive athletic activities and sports will be resolved on a case-by-case basis.”

Meanwhile, the VPA policy states it is “committed to providing all students with the opportunity to participate in VPA activities in a manner consistent with their gender identity.”

VPA Exec. Director Jay Nichols declined to comment other than to say, “We are not, nor have we ever been, an employer of Mr. Bloch. Employee decisions are made by school districts, not the VPA.”

← **Porcupine Bike Shop:** from page 2

getting out in the woods,” Rowe said. “It’s almost addictive. You meet all these great people.”

They have a 3 and 5 year old who also mountain bike. “It’s a great family activity,” Rowe said. “It’s a bitten by the bug sort of thing.”

Their business is focused on service and accessories until they establish relationships with more dealers to sell bikes. They hope to eventually rent out mountain bikes as well.

“Poultney is very up and coming with mountain biking,”

Rowe said.

Porcupine Bikes shop, which was previously a thrift store, is named after a trail at Slate Valley.

“It’s a trail that everyone encounters if they go riding over there,” Rowe said. “It’s known for having a lot of porcupines on the trails. It all came together naturally with the name.”

The shop is located at 144 Main Street in Poultney. It’s open everyday but Tuesday.

For more information, visit: PorcupineBikes.com.

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Sherburne UCC “Little White Church,” Killington, VT

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By Paul Holmes

Last week, 48 athletes age 11-14 from across the country stayed at the Killington Mountain School for a week of ELITEAM training with former Olympian Doug Lewis. This week another 48 arrive.

← Sandpit Slalom:

from page 1

on the waitlist, however, should not be discouraged as plans change and many folks do often get in. "There is definitely some movement on the waiting list. You know, someone will get hurt or different plans or something," Lewis said.

The prestigious camp has earned its reputation for excellent and can claim some of the world's top athletes as alumni.

"Right now we have seven people on the U.S. Ski and Snowboard team, including Mikaela Shiffrin who attended the Elite team as well as a mogul skier, a freestyler skier and a cross-country Olympian. It's amazing what our athletes end up doing. Yeah, we're pretty proud," Lewis said.

Sandpit Slalom

The sand pit slalom championship is a 32-year-old tradition and the most prestigious title of the camp.

"This year we were worried about the flooding, but our staff went up there and the flooding actually helped a little bit in parts but then the sand was gone in other parts ... overall, it was one of the best sandpit years ever," Lewis said of the first week's championship, held Wednesday, July 19.

The event is held at Craig Mosher's sand pit, who generously donates the venue.

It took the fastest racer just 19 seconds to complete the 13 gate course — and it's set "old style" with bamboo gates, "they hurt so you don't want to hit them," Lewis explained.

The Sand Pit Slalom Championship is treated similar to most races: there's an inspection where racers memorize the course "they see where the sand is good, they see where it's tighter," Lewis said. Then there are two training runs, followed by two race runs, which are timed. And everything is head-to-head/side-by-side in the dual Slalom format.

"It's just timed at that point, but because it's a dual it adds to the stress and the excitement and the intensity," said Lewis.

"By the end they're toast," he said, adding, "You know, they've gotta go up every time, climbing up the sand, which is exhausting!"

The top four boys and top four girls have the honor of participating in the final.

"The cheering is loud and it's just crazy and it's really fun," Lewis said.

"This is one of the things that the kids look forward to

most in Elite Camp, it's what they talk about year after year. Everybody knows who wins," he said.

But it's also bittersweet for the 14-year-olds. You know, they're bigger, stronger, faster, because they're older, but this is their last year to get top four in the Sandpit Slalom. So it's bittersweet."

When asked what type of athlete the elite team tend to attract, Lewis answered: "Because of my name and our history, it's probably 75% pure Alpiners. But we also have two runners who are going to Eugene, Oregon to compete at Nationals next week," he added. "We have a lot of lacrosse and soccer players, too — lacrosse is big. And you know everyone at this age plays three sports anyway ... and that's a big thing that I'm pushing for the parents to teach them, too, at this age. Mountain biking is gonna help their skiing, which is gonna help their soccer which is gonna help their lacrosse — we also dance. In fact, I counted up 23 different activities we do over the six days just to push the fact that you should be doing everything at this age. I tell parents, "You know, specializing may work and they'll win at 15 or 16, but usually those athletes are not on the first page of the results sheet by the time they're 23."

"The whole philosophy of ELITEAM is sports physiology, sports, psychology and nutrition,"

Lewis explained. Using the sandpit slalom by way of example, he said, "We tie the sports psychology part in: They're visualizing, they're inspecting. They're doing their breathing at the start. Physically, you know, what are we working on is power, its strength, and a little bit of capacity because you're running it seven times. Then nutrition-wise, you know, it's where's your water bottle? What kind of what kind of snacks do we have to keep our energy up? So we tie that into every activity, but it really fits with the sandpit slalom."

History of the ELITEAM

Elite Camp started at GMVS and since then it's been held at Burke, Park City and now has its home at KMS.

"I just ended up at KMS and they've been a great partner for the last three years. So this is our home now," said Lewis. "Since Covid, it's just KMS. And I do one day clinic elsewhere."

But the 32-year-old camp has stayed true to its original purpose.

"In 1991, I partnered with my USST teammate and buddy, Craig Sourbeer. Together we created ELITEAM, a fitness camp for young athletes. After spending so many years on the US Ski Team, we wanted to give back to the next generation of racers and make it a point to pass on our knowledge of world class ski racing and athletics," Lewis explained on eliteam.com.

A few years later, Lewis and his wife Kelley took over the company, and the mission has remained the same: to inspire and educate young athletes.

"Our focus is building 'complete athletes' by teaching the concepts of sports physiology, sports psychology and sports nutrition. In a nutshell, ELITEAM is all about learning, pushing limits and having fun! Over the years we have expanded to offer camps, clinics, training programs and performance journals for young ski racers. To this day, it remains my passion and one of my greatest achievements. There is no better feeling that to help an athlete find their inner strength and confidence," Lewis wrote.

Lewis inspires by way of example

Anyone who's met Doug Lewis, has seen his infectious-mile and witnessed his exuberant passion for sport. His charisma is hard to miss, too.

Personal highlights Lewis calls out on eliteam.com, include:

Being the first ever American to jump the Val Gardena camel bumps, clearing over 200 feet.

Holding the "World Record" for longest jump in NYC on a 60 foot ski jump built under the Twin Towers in Battery Park.

Gap-jumping a John Deere tractor on Bragg Hill Rd in the Mad River Valley (local reference!)

Skiing the 1992, 1994, and 2002 Olympic Downhill courses with a video camera strapped to my back for TV.

Skiing through the glades in Killington, VT shooting an Uzi at another stunt-skier for the movie, "Icebreakers".

Appearing in four Warren Miller Films.

Winning the first ever Spartan Death Race in 2007.

Completing two 100-Mile Ultra trail running races, and now training for number three in 2020.

In short, he lives ELITEAM, and has for nearly all 59 years of his life — he seems to be going stronger than ever!

For more information visit: eliteam.com.

Poultney gets new murals on Main Street

The Poultney Downtown Revitalization Committee (PDRC) has installed two new murals along Poultney’s Main Street. The murals project was originally proposed as a downtown improvement as part of the Poultney Comes Together planning process led by Vermont Council on Rural Development (VCRD) in 2019.

The murals showcase the town’s rich history, local art, and natural resources. They were made possible through a successful crowdfunding campaign that enjoyed overwhelming community support. The PDRC

also received a 2:1 matching grant from the Vermont Dept. of Housing and Community Development’s Better Places program.

“The completion of these murals is a testament to the unity, spirit, and perseverance of Poultney,” said Nic Stark, committee member at PDRC. “These installations not only enhance the visual appeal of our

“The completion of these murals is a testament to the unity, spirit, and perseverance of Poultney,” said Nic Stark.

downtown for residents and visitors alike but also serve as a reminder of what we can achieve when we come

the final design.

The second mural depicts a history of the automobile in Poultney titled ‘Wheels of Time’ using historic photographs donated by the Poultney Historical Society and regional racing historian Bill Ladabouche.

Both murals were printed by Awesome Graphics in Rutland and installed on July 17 and 19 on the Poultney Mettowee Natural Resources Conservation District offices and the Poultney Fair Haven Auto Supply store facing Slate Quarry Park. For more info, visit: PoultneyDowntown.com.

together as a community.”

Local artists Annie Daley and Margaret Desiree-Mug crafted multiple designs for one of the murals exhibiting a vibrant display of local flora and fauna.

On Poultney Arts Day the town voted for



The Poultney Downtown Revitalization Committee (PDRC) has installed two new murals along Poultney’s Main Street. The murals were part of a successful crowdfunding effort.

Submitted



By Brooke Geery, Killington Resort

Members of Killington Resort leadership team visited the Casella Material Recovery Facility in Rutland last week.

Killington Resort, Casella work to reduce waste

By Brook Geery

Several members of the Killington Resort leadership team, including President and General Manager Mike Solimano, got the opportunity to tour the facility and see the process in action. This firsthand look helped Killington understand how the system works.

Over 650,000 tons of recyclables are recovered through the Rutland zero-sort recycling center in a calendar year, coming from a wide region including parts of upstate New York and New Hampshire, in addition to Vermont. The would-be trash is sorted by three plastic-picking robots and a staff of 22 humans who are on the job 5-6 days a week working 8-10-hour shifts.

As the team learned more about the process from General Manager Joe Soulia, a truck carrying a custom-built dumpster from the K-1 lodge pulled up for disposal. The operator dropped the refuse – mostly cardboard boxes – and began its journey through the system, which takes up much of the 58,000 square foot building.

“Killington is doing a great job,” Soulia said. “Nothing has been rejected due to contamination in several years; your efforts have made a difference.”

Solimano explained some of the steps Killington has taken, including using reusable flatware and silverware rather than disposable containers at our busiest dining locations such as K-1. The resort provides a dump station where our team sorts the trash, so guests don’t have to. The resort also makes judgment calls in our self-serve locations with a goal to not send the bags obviously dripping with chili along with recyclables.

Casella Chairman and CEO John Casella joined the tour as well and spoke about how the process of recycling is a constant evolution.



By Brooke Geery, Killington Resort

Top: Killington Resort President Mike Solimano learns about the process of sorting and recycling at Casella in Rutland. Below: Paper recycling before it's bundled.

“Our team is challenged every day to find different uses for materials and work with manufacturers to

take it back,” he said. “It’s a journey with no destination. We just keep working at it.”

← Giolito: from page 2

state police search and rescue team.

Giolito is now the lieutenant with the Vermont Department of Motor Vehicles. He teaches wilderness medicine and first aid on the side and he’s a ski patroller and owner of Killington Mountain Guides, LLC.

“We’re pretty lucky to have someone with that type of experience,” said Montgomery. “It fits the need and demand of that position.”

It’s a full circle moment for KSAR. Montgomery and Giolito were the original founders of KSAR back in 2012.

The program formed just after 19-year-old Levi Duclos of New Haven was found dead of hypothermia after he went out for a trail run in the winter near Emily Proctor Trail in Ripton. Vermont State Police were notified he was missing the night before but opted to not search for the hiker until the following morning. The lack of communication led to the creation of a rescue coordinator position within the state Department of Public Safety. Many towns formed their own rescue departments at that time. Giolito, who was a state trooper at the time, was one of the leaders of the search for Duclos.

“Based on that event I decided to start a team in this area,” Giolito said.

Giolito was with KSAR for four years until he left to focus on police work while Montgomery was with the program for about a year.

Now, KSAR has 17 members. Giolito is requiring KSAR volunteers to have a medical certification and be trained in CPR, first aid or wilderness first aid at minimum.

He’s following a model used by the County Sheriffs of Colorado and has consulted with Mountain Rescue Service in Conway, New Hampshire to get advice.

“I’m going to try to get it going,” Giolito said.

The KSAR program will be focused on helping hikers and backcountry skiers. They may add a canine program or low angle rescue program to the future.

“We’d love to go off in other directions, which are well underway,” Montgomery said.

KSAR has been activated twice so far under Montgomery’s leadership.

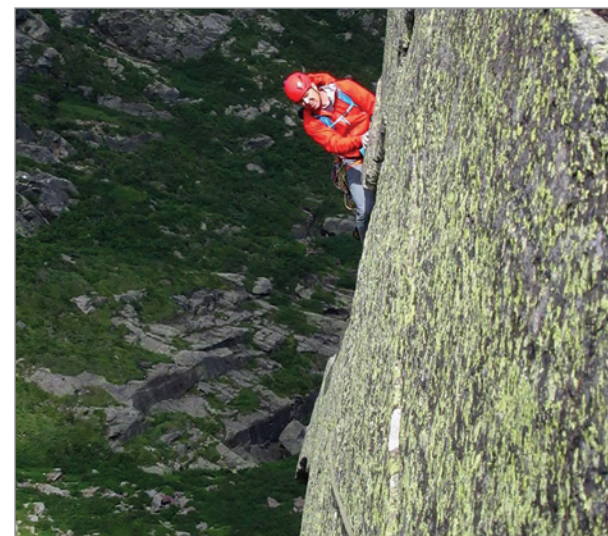
KSAR checked on an elderly man at Sunrise Mountain Village July 7 after flooding in Killington caused power outages.

On July 23, a couple members of KSAR were called to help a person hiking the Appalachian Trail who was too exhausted to walk out on their own. KSAR members responded on an ATV.

“They were not injured but they were too exhausted to move any further,” Montgomery said.

Giolito was the only person Montgomery considered for the position.

“He knows what it takes,” Montgomery said. “We’re in the rebuilding phase.”



By Nick Goldsmith Photography, courtesy Bob Giolito

Bob Giolito, an avid rock climber, is the new volunteer director of Killington Search and Rescue. Above, he’s climbing the Fairy Tale Traverse on Mount Washington in Huntington Ravine, New Hampshire.

People who need people: Vermonters know all too well

Crises like the weather events of the past few weeks and the senseless death of a young police officer in the line of duty, remind us how fortunate we are if we have treasured family, generous friends, good neighbors, and essential workers in our lives.

But what about those who don't have people to depend on, even in good times? Those who live alone — whether single, divorced, or widowed — may experience severe loneliness if their family ties and close friendships are diminished. Older people that miss the purpose, structure, and connections their work provided may also experience disorientation, depression and other ailments once they retire.

To be sure, younger people tend to be more engaged and active through social media than their older counterparts, but the lack of genuine friendships can be detrimental to any adult, regardless of age.

If the events of the past few weeks have taught us anything it's that courage, hope, and empathy will continue to keep Vermont strong. The following are ten recommendations that include local organizations whose purpose is to maintain that strength, to bring out the best — in you, in others, and in Vermont. If you make a few more friends along the way, all the better.

Don't let friendships lapse—engage with others in real life, not just online. Schedule meetups in person with friends and colleagues. Contact friends you haven't heard from in a while, go visit them. If you're a longtime Vermonter, welcome new people. If you're new take your cue from the locals but be authentic. Contribute to the community, and people will appreciate you just for that.

Join social causes and community groups. The Kill-



For the Greater Good
By Liz DiMarco Weinmann

ton-Rutland area is home to many nonprofits that focus on hunger, homelessness, education and other causes. The area has more Rotary Clubs that can be listed here, each one with an altruistic community focus. Ditto Kiwanis and the Lions. If you have an essential skill, join a nonprofit board. The region's many religious organizations, churches and synagogues also offer social activities, and you don't have to be a member to attend.

Look after older people, and they'll also look after you. Older people love being invited to social events, especially coffee dates or lunch — even in winter. Ask them for advice. Help them with technology — not just for their computers, but also how to set up their own social media accounts. Their smiles and "a-ha" moments will cheer you in ways you didn't think possible.

Get away from the laptop, and your comfort zone. Get outside in all four seasons, if possible, and remind yourself how beautiful Vermont can be. Some of the most fulfilling encounters I've had in Vermont were when I pushed myself to go out in the evening, even after a long day of work. This region is brimming with arts organizations, ranging from the Paramount Theater to opera companies, museums and galleries.

Take a course for fun or professional enrichment but do it in person. Community College of Vermont in downtown Rutland offers a variety of courses within a few feet of excellent restaurants and bars. Instructors at Stafford Technical Center are masters at almost every conceivable craft and trade. The Hub CoWorks on Merchants Row is a terrific place to grab a hot desk, hold a group meeting, and spur spontaneous friend-making, in addition to learning how to start a business or grow an existing one.

Explore the region; you'll find your tribe. A few examples: a fellow Rotary member clued me in on the Godnick Adult Center's strength training classes and the tapdancing classes at Miss Lorraine's School of Dance in Rutland. The Rutland Young Professionals group holds regular mixers and welcomes speakers from all generations. Rutland

Pride's celebration in June drew hundreds to Merchants' Row, even though it rained most of the day.

Embrace Vermont's four seasons, including winter in all its glory. In addition to the year 'round activities at Killington, the nonprofit Come Alive Outside holds events that encourage individuals of all abilities to have fun in any weather.

Join a gym, reengage in a sport you love, or try a new one. This area has a myriad of fitness centers that offer individual and group activities, indoors and outdoors, for every interest, level, age, and budget.

Find a restaurant, brew pub, or wine bar that can become "your place." The area's friendly regulars are enthusiastic about engaging newcomers. Get to know the bartenders, servers and chefs and you'll become a regular too.

Subscribe to local papers — including weeklies like this one. Not only will you learn about local activities where you can meet people, but you'll also be supporting a vital public service.

It shouldn't take tragedy to make us all appreciate the families we care for, the friends we depend on, the organizations we support, and the essential workers protecting us, regardless of where we live. When Lea Michele, the exuberant star of the hit Broadway revival of "Funny Girl," sings the classic ballad, "People," there is a universal reason many audience members shed tears at these words:

*"A feeling deep in your soul
Says you were half, now you're whole
No more hunger and thirst,
But first be a person who needs people
People who need people
Are the luckiest people in the world."*

Over the past few weeks, Vermonters have seen these words in action, almost everywhere we looked, especially in facing the most profound tragedy. Courage, empathy, and hope — words that epitomize Vermont Strong.

Liz DiMarco Weinmann, MBA, is principal and owner of Liz DiMarco Weinmann Consulting, LLC, based in Rutland, serving charitable & educational institutions: lizdimarcoweinmann.com.

USDA designates state as natural disaster for May frost

U.S. Secretary of Agriculture Tom Vilsack approved Gov. Phil Scott's request for a Secretarial Disaster Designation on July 21 in response to the May frost event experienced by many produce growers in Vermont.

"The U.S. Department of Agriculture (USDA) reviewed the Loss Assessment Reports and determined that there were sufficient production losses to warrant a Secretarial natural disaster designation; therefore, I am designating all 14 Vermont counties as primary natural disaster areas," Secretary Vilsack wrote in his letter to the Governor.

This Secretarial Disaster Designation from USDA makes farm operators across Vermont eligible to be considered for Farm Service Agency (FSA) emergency loans, provided eligibility requirements are met. Farmers in eligible counties have 8 months from the date of a Secretarial disaster declaration to apply for emergency loans.

"This declaration is important as our farmers try to recover after the May freeze," said Vermont Agriculture Secretary Anson Tebbetts. "This designation will offer more resources to those that were hit hard by this weather event."

Information about USDA's disaster assistance programs is available at farmers.gov/recover. Producers interested in these programs are encouraged to contact their local USDA service center.

"With frost and floods hitting our food producers this year, I'm grateful for this designation by Secretary Vilsack," said Scott. "Extreme weather events have impacted our farmers across the state this year, which will impact their ability to provide food to us all, not to mention the survival of their business. With the help of this designation from Secretary Vilsack, we will work to help them move past these disasters and start again next year."

Flood aid: from page 1

flooding. "Although this \$20 million commitment is significant, we know it will not meet the need. My team will continue to work to find additional resources, and we'll continue to work with our congressional delegation to get more federal assistance."

The Business Emergency Gap Assistance Program will be administered by the Department of Economic Development and provide \$20 million directly to impacted businesses and not-for-profits who suffered physical damage due to the severe flooding in the form of grants. The program is still under development; more program specifics will be announced this week.

At this time businesses are encouraged to collect, document, and prepare photographs of damage, obtain an insurance adjuster damage assessments, estimates for repairs to physical structures, equipment, inventory, or supplies purchases, and/or actual paid expenses.

"This program is intended to provide emergency gap funding to businesses so they can return to being the economic engines of their local communities," said ACCD Secretary Lindsay Kurre. "We understand the urgent and pressing need for financial support, and while this funding will not make them whole, we hope it will

make a substantial impact in helping them bringing back their employees and opening their doors."

The program is being designed to provide emergency grants for small businesses because they are not eligible for the FEMA Individual Assistance program.

Municipality grants

On Tuesday evening, July 18, President Biden, authorized the federal cost-share for state, local and tribal recovery efforts to be increased from 75% to 100% for a 30-day period of the state's choosing within the first 120 days from the start of the severe flooding beginning on July 7.

In addition, the state treasurer's office will be accelerating \$11 million in state payments to 40 Vermont towns most impacted by last week's flooding.

Simultaneously the Treasurer's Office announced a pause on its \$85 million local investment program for economic development. The state will determine if these funds may be better employed to support flood response.

Individual grants

FEMA currently has over 300 people on the ground in Vermont. To date, nearly 1,700 people have registered for individual assistance from FEMA to help repair their homes.

Two Disaster Recovery Centers

have also opened in Rutland and Washington counties to help residents affected by the severe storms, flooding, landslides, and mudslides kick-start their recovery. The centers will help those affected apply for FEMA assistance, complete the application, and answer questions in person.

The Rutland center is located in the Asa Bloomer state office building on 88 Merchants Row and is open seven days a week, from 8 a.m. to 7 p.m.

Assistance will be determined by need. Types of assistance could include financial for under-insured losses, home repairs, rental expenses if evacuated (by order or by choice) and more.

Vermonters have up to 60 days from July 14, to register with FEMA for Individual Assistance — that's Sept. 12, which is the same for the SBA loans for physical damages, (see below).

Loans

There are a various loans that individuals and businesses in Rutland and Windsor Counties can apply for through the Small Business Association (SBA). Broadly, they're in two categories: physical damaged to property (including inventory and automobiles) and economic injury. The loan amount will be based on actual economic injury and/or damages.

For more info, visit: Vermont.gov/Flood.

Weekend rain devastates Hartland

By Curt Peterson

Hartland seemed a safe haven from the horrendous flooding across Vermont July 7-12 — at least until this past weekend.

“And then we had 4-5 inches of rain in eight hours,” Interim Town Manager Martin Dole said. “The ground was already saturated from four weeks of steady rain, and just couldn’t absorb any more.”

Trees fell over because their roots were in softened ground and culverts burst under tremendous pressure from swelling streams and ditches carrying water and debris. Dole traveled the entire town, driving gravel roads, making notes and taking photos of the flood conditions and damage, then he and Select Board chair Phil Hobbie were able to designate five roads that will require help from the Federal Emergency Management Agency (FEMA) assistance to be made passable. FEMA inspectors will have to determine whether those roads qualify for aid.

“It will take us 6-8 weeks to get the other roads back to normal,” Dole said.

“It will take us 6-8 weeks to get the other roads back to normal,” Dole said. “There’s no way of telling how long before the five FEMA-designated roads will be repaired.”

Five roads, including Shute Road, Cady Brook Trail, Reeves Road and Best Road and Scribner Road were closed as of July 24 and nine roads, including Jenneville Road, Jenne Road, Moeller Road, Densmore Road, Brownsville Road, Weed Road, Martinsville Road, Town Farm Road and Advent Road were significantly damaged.

Two Rivers Ottawaquechee Regional Commission pitched in to help with logistics. The town is short one road crew member, but is working hard trying to get roads usable by local drivers, some of whom have been isolated by washouts.

“On Saturday, four or five contractors spent 14 hours helping with road repairs,” Dole said.

Hartland’s road issues are not the only result of the torrential rains. There are lots of people who have lost property or suffered damages to their homes.

“It’s urgent that victims of the storm call 2-1-1 and register their losses,” Dole said, as there may be emergency relief available.

In Woodstock, near the Hartland town line, Morgan Hill Road had partially washed out, and The Loop Road had to be closed, as a once-tiny brook washed the gravel all the way down to the ledge beneath it.

Nearby Reading experienced significant flooding July 10, including a bridge along Route 106 that was destroyed.

While Friday night’s rain did not match the first storm’s totals, Robert Allen, a Reading selectboard member, said new flooding had destroyed some progress in fixing washouts and created new damage as well.

“We had a couple of roads that experienced washouts that didn’t get hurt in the initial storm,” Allen said.

“The first time it was debris,” Allen said, describing what caused damage in the initial round of flooding. “This time it was so much water that the culverts just couldn’t take it.”

He said a rain gauge at his home measured more than 2.5 inches of rain in about four hours on Friday.

“My wife and I went over every single road in town yesterday and made notes,” Allen said. “We wanted to catch anything that was new, and we knew we were looking at some of the stuff we had not gotten to yet.”

“We’re surveying roads every time we have a storm,” Allen said. With streams high and the ground saturated, additional flooding is possible. In the meantime, Reading is waiting to work directly with the Federal Emergency Management Agency.

“We’ve been told we’re on the list,” Allen said.

Ethan Weinstein/VTDigger contributed to this reporting.



By Ethan Weinstein/VTDigger

Reeves Road in Hartland was damaged during Friday’s rain and remained closed on Monday, July 24. Reeves Road, which connects Woodstock and Hartland, was impassable with a 4-foot-deep cavern running across the width of the road.



By Jim Rielly

Top: the Reeves Road washout has rendered it impassable. Right: Cady Brook Trail where it crosses Jenneville Road also suffered a major washout last weekend. That culvert was scheduled to be replaced before the most recent storm.

By Caleb Kenna/VTDigger

Below: Flood damage caused a large mudslide along Route 125 in Ripton on Saturday, July 15. The slide “unmoored” the house below according to an emergency management coordinator in Ripton who was at the site shortly thereafter.



Bridgewater

VERMONT

From the residents and property owners in Bridgewater we would like to extend a huge

“THANK YOU”

to our Fire Department, Town officials and especially our Town Highway Department
for working around the clock to restore our roads and infrastructure
from the historic rain event of July 7-12th!



*We may have been
bruised by the
storm but we are
still **VT STRONG!!***

GUEST EDITORIAL

Climate, Biden, Trump and the hate today's politics incites

By Angelo Lynn

Like the rain in Vermont these past two weeks, signs of climate change are everywhere. From record heat waves to record rainfall, melting icecaps to Canadian forest fires so extensive the residual smoke from 1,000s of miles away has become a health concern up and down the East Coast. Almost no one and no place is safe from its effects.

Even worse, the consequences of our neglect have just started. We're on the edge of weather systems that will become increasingly destructive and deadly.

And yet a majority of Republicans in this country remain in denial and support candidates who promote policies and actions that continue to pour carbon emissions into the atmosphere.

Just a year ago, on Aug. 16, 2022, President Biden and a Democratic-led Congress passed the Inflation Reduction Act marking the most significant action Congress has taken on clean energy and climate change in the nation's history. Among many other things, the law is spurring a wave of manufacturing and clean-energy projects across the country.

While the bill didn't attain everything Biden had hoped and compromise was necessary — and much more needs to be done — it set the nation on the right course after former President Trump had tried his best for four years to undercut clean-energy initiatives while championing every measure to increase fossil fuel production he could. But it's not just Trump. Biden recently noted that every single Republican congressman, in the House or Senate, had voted against the bill and the initiatives to create an energy system less reliant on fossil fuels.

A blogger who writes a weekly missive on politics called "Jay's Newsletter" captured the Republicans' conundrum as the evidence of a warming climate becomes unavoidable and an increasing number of voters understand the human connection and the Republican's denial of it.

"Imagine a party," he wrote, "being so screwed up that you have to publicly hate obviously good things or else you get ostracized. What a cesspool."

He goes on to write a direct missive to the MAGA wing of the party: "Dear right wingers: Donald Trump didn't lower your taxes. He didn't get your roads fixed or your bridges built. He didn't get you healthcare coverage, lower the price of your subscriptions, decrease the deficit, end the opioid crisis, revive the coal industry, he didn't make Covid disappear, didn't make Mexico pay for the wall, didn't put 'America First' and he sure as hell didn't drain the swamp. So, when you say he fought for you, you mean he validated your hate... He hates who you hate."

Admittedly, that's a harsh assessment. But the GOP's maniacal desire to cling to Trump's nonsensical rantings, and their rejection of Biden's accomplishments, is hard to reconcile otherwise.

Consider, as the newsletter continues, an objective list of Avoid hate-fueled 'news' → 11

"Imagine a party," he wrote, "being so screwed up that you have to publicly hate obviously good things or else you get ostracized."



Twitter Logo by Rivers, CagleCartoons

LETTERS

U.S. should help negotiate cease-fire in Ukraine

Dear Editor,

Editor's note: This letter was originally sent to Vermont's two U.S. senators: Peter Welch and Bernie Sanders.

I am moved to write to you since I am a Quaker. I have a request for both of you. I hope that you can get some help in the Senate to introduce the idea that the time has come for the U.S.

I am very concerned that the U.S. is engaged in the deadly game of upping the ante.

to help out with diplomatic efforts to negotiate a cease-fire in Ukraine and then help with negotiations between Ukraine and Russia.

First, I thank each of you for your work. Senator Welch, thank you for reaching out, with understanding, to rural communities. Senator Sanders, thank you for reaching out to veterans. Thank you for honoring adolescents as they share their thoughts through writing. Thank you for connecting with those of us, both young and old, who appreciate nature. Thank you for understanding what Memorial Day is all about. Here is a

quote from your communication to Vermonters regarding the emotional honoring of those who have died at war. "Lastly, it is a day in which we recommit ourselves to doing everything possible to end the scourge of war. In the 21st century, nations should be able to resolve conflicts without the horrific amount of blood-

shed we see year after year."

Senator Sanders, you, especially, understand

that we must speak up for the process of nonviolent negotiations.

In my small way, in my daily prayers, I say hello to Vladimir Putin and tell him that I keep my mind and heart open to him. I ask for his help. I tell him he has the power to make commands: Cease fire. Withdraw troops. I also tell him to figure out how to soothe his fears without hurting others. I also tell Volodymyr Zelenskyy and Vladimir Putin to figure out how to talk with each other and begin to end this war. I voice my gratitude.

Peace → 12

Recent weather events underscore global warming

Dear Editor,

As we once again start prioritizing repairs to major infrastructure damaged by severe flooding, pumping water out of our basements and begin searching our state, town and personal budgets for the needed funds, there is a question we need to ask ourselves. Are we ready to finally treat the climate crisis as the existential emergency it really is?

At the same time Vermont was receiving two months of rain in two days, other countries all over the planet were also experiencing unprecedented rains and flooding.

Also simultaneously,

southern parts of this country were experiencing an unrelenting, life-threatening heatwave. On the day I write this, the predicted high for Phoenix, Arizona is 110 degrees. Nightfall will bring no relief with a predicted low of 92. Over the next 10 days, Phoenix temperatures are all predicted to be over 100. Most above 110. The 92-degree low for today will be exceeded for the next 9 days. Saturday will see a low of 97.

The cause? A heat-trapping blanket of greenhouse gases in our atmosphere is continuing to grow. Last year we again dumped a re-

Climate change → 12

WRITE TO US:

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CAPITAL QUOTES

House Speaker Kevin McCarthy said Monday, July 25 that allegations against President Joe Biden are "rising to the level of impeachment inquiry" as Republicans look into the business dealings of his family.

"When Biden was running for office, he told the public he had never talked about business. He said his family has never received a dollar from China,"

Kevin McCarthy said.

"Instead of focusing on the real issues Americans want us to address like continuing to lower inflation or create jobs, this is what the @HouseGOP wants to prioritize,"

White House spokesperson **Ian Sams** tweeted.

"It's clear that Donald Trump is the real Speaker of the House. He has made sure the House majority is little more than an arm of his 2024 campaign, and Kevin McCarthy is happy to do his bidding — promising to expunge Trump's own bipartisan impeachments, and now threatening President Biden with a baseless impeachment to distract from their lack of any meaningful agenda and Trump's own significant challenges. This is another political stunt intended to help Trump, which House Republicans have already admitted,"

said **Jaime Harrison**, the Democratic National Committee chair, said in a statement Tuesday, calling McCarthy's comments a political stunt.

"We should have been working on impeachment since we took hold of the gavels in this Congress, and I didn't see any progress in the committees. And so that's why I brought my privileged resolution to the floor to force action. And it seems that nothing happens in Washington, D.C., without force,"

Said **Rep. Lauren Boebert**, R-Colo., who introduced a resolution to holding an immediate vote on impeaching the president in June.

COMMENTARY

Health effects of climate change are showing up at the hospital

By Dr. Dan Barkhuff

Editor's note: Dr. Dan Barkhuff is an emergency department physician at UVM Medical Center.

After years of Covid, I'd gotten used to the respiratory complaints. At the height of it, it felt like every patient I saw in the UVM emergency department was there for shortness of breath and fatigue. It seemed half of Vermont couldn't breathe.

2020 was bad; 2021 was worse. Once the vaccine came out, the pandemic eased, but, oddly, the respiratory complaints did not.

Vermont's population is aging rapidly and it's going to continue.

In part, this is due to an influx of older newcomers seeking the bucolic small towns, the healthy living, and the quality of life that consistently places Vermont atop national rankings of best places to retire, though it's driven by native Vermonters growing older and living longer, an undeniable good.

But the aging population places pressures

upon already strained health care resources in a state just beginning to be impacted by climate change. The severity of this change, unanimously among models, will only increase. The only question is how much.

The fires in Quebec, indeed all of Canada, have filled the air with haze since early June in Vermont. During that same time, hospital admissions for respiratory complaints have increased. It's not the virus that's killing and hospitalizing Vermonters now; it's the air we're breathing.

Pediatric asthma visits are up, as are visits to the emergency department for heat exhaustion and dehydration among the very young and the very old alike.

Existing scientific studies show that, as the mercury climbs, so do hospital admissions. This is the new normal, in a state listed in almost every index as one of the very best — if not the best — "climate refuge" in America.

Health crisis → 12

If Vermont cannot scale solutions to climate change and its effect on our aging population, and fast, the results are going to make Covid look tame.

← Avoid hate-fueled 'news:'

from page 10
accomplishments during Biden's first two and half years in office:

"Job market is the best it's been in over 50 years; gas prices have dropped below pre-Covid prices; American Rescue Plan prevented economic collapse creating over 13 million jobs; the bipartisan infrastructure law, the Chips Act and the Inflation Reduction Act have strengthened the economy immensely; got inflation under control more-so than any other developed nation and have some 35,000 infrastructure projects underway [improving the nation's] Internet, solar energy capacity, roads, bridges, rail, IT projects and more; passed the first bipartisan gun safety law in more than 30 years; has kept Ukraine from being taken over by Russia," and his foreign policy has re-established the United States as the leading democratic force in the world respected by our allies and foes alike.

The list is Bidenomics in action — measures that move the nation forward and bolster the middleclass. Meanwhile, MAGA Republicans are focused on banning books, squashing reproductive rights for women and other culture war shenanigans.

Consider also that while Republicans stand in the way of saner gun laws that could ban military style rapid assault weapons, Biden's Chip Act has poured roughly \$53 million in federal funding to manufacture semiconductor chips in the U.S. instead of relying on China to produce them.

Inflation? Yes the nation has struggled, but it's a global issue for the past two years caused by the worldwide pandemic, disruption to supply chains and Russia's invasion of Ukraine. And out of 195 countries about

80 have had higher inflation and another 30 are just as high. And it's dropping quickly; from a peak of 9.1% to 3.5% and falling.

Here are other facts: illegal border crossings are down 70% in May 2023; lower drug prices have been enacted for seniors; those needing insulin are seeing lower prices; gasoline prices are down \$1.40 on average from their peak a year ago.

What's odd is that many Republicans aren't aware of those accomplishments or just choose to dismiss them as propaganda. That's because Fox, along with other conservative media outlets, don't tell the story objectively.

That leaves moderate Republicans and conservative Independents searching for answers and a party they can believe in.

We sympathize. When the powers you've trusted for so long go sour, it's hard to believe in anything.

But here's a first step — turn off cable news and don't get your news via social media. Instead read your choice of material. Read something conservative; read something progressive and moderate. Read enough to become informed on the issues.

It's a simple suggestion, though hard to do. It requires effort to read; discipline to stay with it; willpower to avoid lapsing back into the allure of partisan hacks on television who are keen on pushing your buttons to incite what riles you. Ironically, if you avoid getting sucked into the anger they incite, you'll not only see things more objectively, but you'll be a happier person as well — and it's the only way the country can move forward on the pressing issues we face, including climate change.

CARTOONS



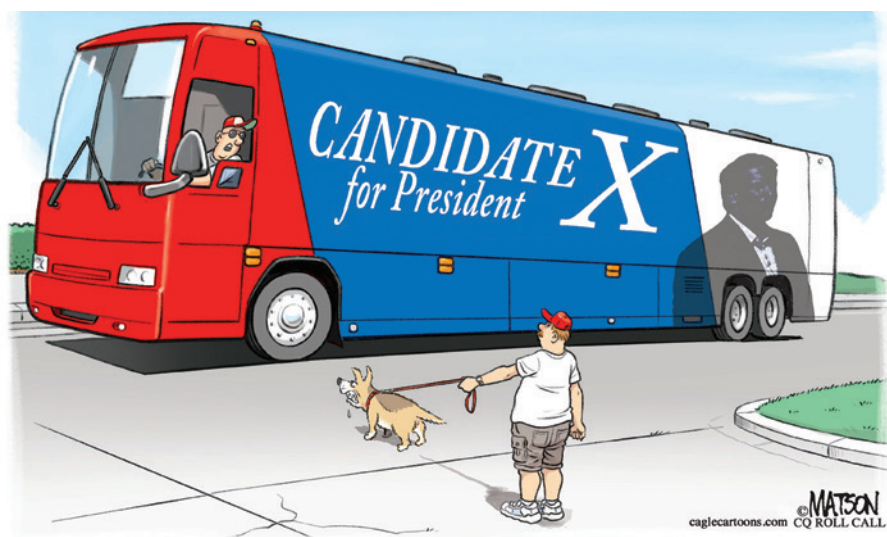
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"IT'S THE RON DESANTIS CAMPAIGN REBOOT PAID FOR BY ELON MUSK."

DeSantis X Campaign Reboot by R.J. Matson, CQ Roll Call

Health crisis:

from page 11

Vermont stands to weather the accelerating climate changes better than many places in the U.S., but that is an extremely low bar. Natural disasters will increase globally, and Vermont, according to the state's own projections, will see an increase in deep, wet snow, flooding, and days over 80 degrees Fahrenheit, among other changes.

While this will undoubtedly affect Vermont's leading industries — tourism and agriculture — the trickle-down effects will manifest in health challenges for all, and have dramatic effects on the state's second-largest employer, the University of Vermont Health Network.

Simply put, sweltering heat waves, elevated air quality indexes, and floods are the new normal, and so is an average age of 80 on the acute care side of the University of Vermont emergency department.

If Vermont cannot scale solutions to climate change and its effect on our aging population, and fast, the results are going to make Covid look tame. We may be better off than other parts of the country, but we're also in some ways less prepared for extreme heat.

We would be wise to seriously consider the effects of lengthy periods of unprecedented heat on the health of seniors, impoverished individuals, and the young under these conditions. Air conditioning and air filtering are no longer a luxury; they are now the front lines of life support for those with medical comorbidities.

The heat Vermont is feeling is only going to worsen, and there is no Moderna vaccine for the haze of a thousand wildfires. It is past time to address this coming health crisis.

Climate change:

from page 10

cord amount of carbon into our atmosphere. We are polluting our atmosphere and paying the price, literally and figuratively. Yet the federal government continues to issue permits for fossil fuel projects, and the Vermont Public Employees Pension Fund continues to invest those pension dollars in the fossil fuel industry, funding those projects with your money.

It is way past time we all actively get engaged to help reverse the trajectory of this threat to our civilization. But how? The answer

is to join and get actively involved in one or more of the many organizations fighting for real change and to vote for representatives at every level of government who will work for our future and transition away from fossil fuel.

Third Act Vermont is a working group of Third Act.org, a national group founded by Vermont/Ripton resident Bill McKibben. Third Act is a group for the over 60 crowd, working toward climate solutions, including defunding the fossil fuel industry and

electing representatives who will advocate for real changes.

Third Act Vermont can be found through our website at thirdactvt.org. Other options are 350.org; Sierra Club at actsierraclub.org and sunrisemovement.org.

We are at a point of inflection, running out of time. Sitting back is not an option.

John Woodland, Brattleboro and Robert Small, Stannard, Third Act Vermont Volunteer Coordinator and Third Act VT Coordinating Committee

Peace:

from page 10

There are others who are crying out for the attention of the U.S. government to use its power through the process of negotiating. Pope Francis wants to end Ukraine's armament by the West and negotiate an immediate cease-fire, (Atlantic, May 5, 2023). Fifteen national security experts signed onto a full-page ad in the New York Times, May 16, 2023, "The U.S. Should Be a Force for Peace in the World" (The ad was paid by the Eisenhower Media Network.) Here is some of what they wrote:

"We deplore the violence, war crimes, indiscriminate missile strikes, terrorism, and the atrocities that are part of this war. The solution to this shocking violence is not more weapons or more war, with their guarantee of

further death and destruction... we urge President Biden and Congress to use their full power to end the war speedily through diplomacy, especially given the grave dangers of military escalation that could spiral out of control."

Veterans for Peace, Code Pink, and other peace groups sponsored a full-page petition ad, May 23, 2023, in The Hill, a daily newspaper which hopefully is delivered to your offices in Washington, D.C. "The longer the war goes on, the greater the danger of spiraling escalation, which can lead to a wider war, environmental devastation and nuclear annihilation."

Once again, the request is for a cease-fire and negotiations. Daniel Ellsberg had the chance to sign onto this

petition before he died.

I am very concerned that the U.S. is engaged in the deadly game of upping the ante. I just read that we are about to send new long-range missiles to Ukraine. In the future, will the U.S. send cluster bombs to Ukraine? (The U.S. still has not signed onto the Convention on Cluster Munitions. Neither has Russia.) These weapons are so unpredictable. Each weapon breaks into smaller "bomblets." Has Russia already sent nuclear weapons into Belarus?

Let us engage in the process of reflection and figure out how to end this war. We need your help, Senator Sanders and Senator Welch.

Thank you for listening, reflecting, and acting.
Patricia Heather-Lea, Bristol

WORDPLAY

'COMMUNITY PAPER' word search. Find the words hidden vertically, horizontally, diagonally and backwards

SUDOKU

Solutions →23

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E	V	S	I	U	A	E	B	J	M	N	S	N	A	D	T	D	I	E	M
E	A	G	P	V	M	P	J	S	J	V	I	A	V	S	S	E	N	A	S
W	W	R	S	V	D	M	S	R	C	M	T	E	X	T	I	C	F	R	E
V	N	R	T	J	J	E	O	W	P	R	R	N	M	E	L	E	O	N	G
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E	I	V	P	E	C	B	I	I	I	N	Y	P	I	T	N	T	M	R	P
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S	D	J	T	N	N	D	F	U	A	L	U	W	O	J	X	D	N	T	S
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ADVERTISEMENT	DELIVERY	INFORMATION	NEWS	PAGES	REPORT
ARTICLES	EDITOR	JOURNALIST	NEWSPAPER	PRINTED	RESOURCE
CLASSIFIEDS	EXPOSURE	LEARN	ONLINE	READING	SUBSCRIPTION
COMMUNITY	FEATURE	LOCAL	OPINION	REGIONAL	TABLOID

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.

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

Level: Intermediate

CROSSWORD PUZZLE

Solutions →23

CLUES ACROSS

1. Bonus materials

7. Formal names

13. Free from restraints

14. One who scrapes away

16. Type of device

17. Skin cancers

19. The Show Me State

20. Plate glasses

22. Red-brown sea bream

23. Small (Fr.)

25. Flightless Australian birds

26. High IQ group

28. Stiff structures

29. Revolutions per minute

30. Where a bachelor lives

31. Licensed for Wall Street

33. A place to park

34. Energy, style and enthusiasm

36. An important creed in Catholic Church

38. 18-year astronomical period

40. Furies

41. Removes from the record

43. Noted child psychiatrist

44. Feline

45. High schoolers' test

47. Not happy

48. They ___

51. On top

53. Precious stones

55. Moved quickly

56. Seagulls

58. A seed with hooks or teeth

59. Partner to "oohed"

60. Exclamation of surprise

61. Most unpleasant

64. Organization help service members

65. Type of cockatoo

67. Humorous criticisms

69. Went through and organized

70. Wakes up

CLUES DOWN

1. Settle in tents

2. Big

3. Books

4. Masses of eggs in fish

5. Language

6. Not standing

7. Chinese philosophy

8. Computer giant

9. A device to catch

10. Emits coherent radiation

11. Actor O'Neill

12. Smallest interval in western music

13. Not lower

15. Revolves

18. Leavened bread

21. Number above the line in a fraction

24. Cable

26. Adult male

27. Airborne (abbr.)

30. Bullfighting maneuvers

32. Broadcast

35. ___ Angeles

37. Vehicle

38. Not religious

39. North American peoples

42. A baglike structure

43. Body art (slang)

46. Picked for a role

47. Actress Tomei

49. Former hoopster "Big Country"

50. Icelandic poems

52. More pleasant

54. It can add flavor to meat

55. Self-immolation by fire rituals

57. Expression of annoyance

59. ___ Spumante (Italian wine)

62. Consumed

63. Body part

66. Thus

68. In reply (abbr.)

Guess Who?

I am an athlete born in New York on July 27, 1975. I was signed by a Major League Baseball team at age 17 as one of the most promising prospects in history. I led the American League in home runs five times.

Answer: Alex Rodriguez

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WEDNESDAY

7/26

Junior Farmer Camp

9 a.m. - 4 p.m., July 24-28. Billings Farm and Museum, 69 Old River Road, Woodstock. Members \$300; non-members \$350. Junior Farmer Camp is designed to introduce kids to farm life hands-on by stepping into a farmer's shoes for a week. Sessions are now full; to be added to the waitlist please fill out the registration form on billingsfarm.org and email gbourassa@billingsfarm.org.

Early Literacy Playgroup

10 a.m.-Noon. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. A fun playgroup for your 2-to-5-year-old. For more info visit: rutlandfree.org.

Vermont Farmers' Market

10 a.m.-2 p.m. Depot Park, Evelyn Street, downtown Rutland. Free. The Vermont Farmers' Market is one of the largest and most diverse farmers' markets in Vermont, and the first to operate 52 weeks out of the year. The market brings together as many as 60 vendors. Seasonal produce, local meats, dairy products, freshly baked breads, jellies and jams, maple products, honey, CBD products, hot snacks, wine and spirits, artisan crafts and more. For more info visit: vtfarmersmarket.org.

Bike Bum Race Series

2-5 p.m. Middle-Lower Rabbit Hole, Killington Ski Resort. Entry fee is included in league and lift price. Sign up to ride solo or form a team of three to five people, any combination of age categories. All races will be held on beginner/intermediate trails. For more info visit killington.com/things-to-do/events/events-calendar/kmbc-bike-bum-race2?season=summer.

'What the Constitution Means to Me' at Weston Theater

2 & 7:30 p.m. Weston Theater, 703 Main St, Weston. \$25-\$59. This powerful play is a love letter to our constitution, giving it new life and imagining how it will shape a new generation of Americans. A Tony-Award nominee and Pulitzer Prize finalist, What the Constitution Means to Me was called "the best and most important new play of the year" by the New York Times and "endearingly funny and deeply affecting" by the Washington Post. Info: westontheater.org

Graphic Novel Book Club for Kids

3-4 p.m. Norman Williams Public Library, 10 The Green, Woodstock. Free. Come learn about new graphic novels, talk about your favorites, and maybe create your own. Grades 3 through 6. Children 10 and younger must be accompanied by a caregiver who is 14 or older. For more info visit: adrian@normanwilliams.org.

Field day and outdoor group games

5 p.m.-8 p.m. Main Street park, Rutland. Free. Substance free event sponsored by Partners for Prevention. Grades 7-12 grade invited for an evening of field and group games. Come join us for the fun. Snacks provided. Info: partnersforprevention802.org.

Hands-on Hand-made Pasta Lesson

6 p.m. Bridgewater Corners, Bridgewater. \$85. Learn how to make tortellini, fettuccini, and ravioli plus three different fillings and three accompanying sauces. Call or email us to discuss. 802-342-1513 or info@odysseyeventsvt.com.

Cavendish Summer Concert Series: Willistones

6 p.m. Svec Memorial Park, Proctorsville Green, Cavendish. Free. Grunge power pop four-piece band from Minneapolis. Takeout food offered by Murdock's on the Green Restaurant, Outer Limits Brewing, and Singleton's Market. Hosted by the Cavendish Community & Conservation Association and the Town of Cavendish. Info@cavendishconnects.com/calendar.

Summer Concert Series: The Grey Cats

6 p.m. ArtisTree Community Arts Center, 2095 Pomfret Road, South Pomfret. \$10. Music in the West Texas tradition. Enjoy live music on the hillside but leave your pet at home. (Service animals specifically trained to aid a person with a disability are welcome.) Info: artistreevt.org/artistree-events.

Music at the Riverbend Summer Concerts: Patrick Fitzsimmons Trio

6-8 p.m. Free. Relax with Big Band swing sound on the pleasant grounds behind the Brandon Inn next to the Neshobe River. Free popcorn. Info: brandon.org.

'Seven to Sunset' Wednesday Night Concert Series

7 p.m. Main Street Park, Rutland. Free. Bring your lawn chairs, blankets, and picnic supper. Info: rutlandrec.com.

Jazz Cafe series

7-8:30 p.m. Stone Valley Arts, 145 E Main St., Poultnery. A cover /donation of \$10 is suggested. Every 2nd and 4th Wednesday. SVA invites you to come out and savor an evening with high-toned live jazz music, enjoy bar snacks and homemade desserts, BYOB. Info: stonevalleyarts.org/

THURSDAY

7/27

Junior Farmer Camp

9 a.m. - 4 p.m., July 24-28. Billings Farm and Museum, 69 Old River Road, Woodstock. Members \$300; non-members \$350. Junior Farmer Camp is designed to introduce kids to farm life hands-on by stepping into a farmer's shoes for a week. Sessions are now full; to be added to the waitlist please fill out the registration form on billingsfarm.org and email gbourassa@billingsfarm.org.

Storytime

10-10:45 a.m. Rutland Free Library, 10 Court St., Rutland. Free! Registration is required as materials are limited. Fox Room. Geared towards ages 2-5. Info: rutlandfree.org.

Killington Bone Builders

10 a.m. Sherburne Memorial Library in the meeting room. Weights are provided. For additional information call the library at 802-422-9765.

Toddler Storytime

10:30-11:30 a.m. Norman Williams Public Library, 10 The Green, Woodstock. Join us to enjoy stories, socializing, and often a project tied into the theme of the week. For young children ages 20 months to 3½ years. Info: normanwilliams.org.

Ukelele Group

Noon-1 p.m. Chaffee Art Center, 16 So. Main St., Rutland. Free. Meet on Thursdays as musician Steven Wilson leads the group through specific sheet music. All levels welcome. This is not a class, but a group enjoying playing the ukulele together. Must pre-register: <https://chaffeeartcenter.square.site> or call 802-775-0356.

Summer Hockey League at Union Arena

Sessions starting at 3:20 p.m. Thursdays. See website for session schedule. Participate in drills, learning important skills and parts of the game from Steven Townley, local Woodstock alum and state champion, now playing D-1 collegiate hockey for Dartmouth's "Big Green" men's ice hockey team. Info: unionarena.org.

Weekly Yoga with Kellie

4-5 p.m. Rutland Free Library, Fox Room, 10 Court St, Rutland. Free. Info: rutlandfree.org.

Sphero Robots

4:30-7:30 p.m. The MINT, 112 Quality Lane, Rutland. Pre-registration is required. \$10 per person. We're going to learn the basics of programming robots! Using the Sphero, we will learn how to drive and code them to do different tasks and challenges. Dinner will be provided for those who choose during registration. Please bring a water bottle. Info: rutlandmint.org/

Michelob Ultra Golf League

5 p.m. Killington Golf Course, Killington Resort. League and membership cost. The format is a 9-hole scramble tournament on the front 9. Sign up as a team or as an individual. Handicaps will be considered and reviewed to ensure fair play. Info: killington.com/things-to-do/events/events-calendar/kmb.

VT Fish & Wildlife and Green Mountain National Forest Holding Four Fishing Clinics

5:30-8 p.m. Grout Pond Recreation Area, Stratton. Unique fishing opportunities through the introduction to fishing programs conducted by The Vermont Fish and Wildlife Department and the U.S. Forest Service. To register visit: register-ed.com/events/view/201022

Feast and Field Summer Concerts: Tommy Crawford & Friends

5:30 p.m. Fable Farm Fermentory, 1525 Royalton Turnpike, Barnard. \$5-\$25. Join us in the orchards of Fable Farm to hear Tommy Crawford & Friends who play original songs and traditional folk tunes in venues around Vermont, New Hampshire, and New York. Info: feast-and-field.com.

The River Road Concert Series: Twangtown

Paramours

6 p.m. Thursday evenings. Free. Sherburne Library, 2998 River Road, Killington. Rick Redington and the Luv is a Vermont group playing original roots rock 'n' roll with an occasional RastaBilly twist. Info: sherburnelibrary.org.

Slate Valley Trails Analog x SVT gravel rides

6 p.m. Free. Analog Cycles, 188 Main St. #1, Poultnery. See membership inclusion for details. Join SVT for our weekly summer group MTB rides. Info: slatevalleytrails.org.

Chester Summer Music Series: Better Days Band

6:30 p.m. Chester Academy lawn, 230 Main St., Chester. Free. The Party Crashers is a 7-piece band specializing in classic rock 'n' roll dance & party music from the 50s thru the 90s. Sponsored by the Chester Rotary Club. (Rain venue: American Legion Post 67 on Route 103.) Info: yourplaceinvermont.com.

Fair Haven Concerts in the Park: Atlantic Crossing

7-9 p.m. Thursdays. Fair Haven Park. Free. Bring your chairs by anytime after 5:00 pm on concert night. Picnic tables in the park for your family to enjoy supper before the concert. Hot dogs, chips, and soda each night, plus a 50/50 drawing each night. Multiple handicap spaces available. Info: poultneyareachamber.com/

'What the Constitution Means to Me' at Weston Theater

7:30 p.m. Weston Theater, 703 Main St, Weston. \$25-\$59. This powerful play is a love letter to our constitution, giving it new life and imagining how it will shape a new generation of Americans. A Tony-Award nominee and Pulitzer Prize finalist, What the Constitution Means to Me was called "the best and most important new play of the year" by the New York Times and "endearingly funny and deeply affecting" by the Washington Post. Info: westontheater.org



BILLINGS AFTER HOURS

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← **Calendar:** Email events@mountaintimes.info from page 14

FRIDAY 7/28

Junior Farmer Camp

9 a.m. - 4 p.m., July 24-28. Billings Farm and Museum, 69 Old River Road, Woodstock. Members \$300; non-members \$350. Junior Farmer Camp is designed to introduce kids to farm life hands-on by stepping into a farmer's shoes for a week. Sessions are now full; to be added to the waitlist please fill out the registration form on billingsfarm.org and email gbourassa@billingsfarm.org.

The Flow State Mountain Bike Festival

All weekend. 449 Ski Tow Road, Brownsville. \$10 - \$80 is the biggest mountain bike party in the Green Mountains! Ascutney Trails Association (ATA) and Mountain Flyer Magazine bring vendors, guided rides, new trails, live music and the best local beer together for the last weekend of July 2023. This year they are only selling 800 tickets for each day of the event. This "small is beautiful" approach aims to create a sustainable environment that everyone be able to enjoy for many years to come. Info: .ascutneyoutdoors.org/

Brandon Farmers' Market

9:30 a.m. - 2:30 p.m. Central Park, Brandon. Free. Locally made produce, goods, and crafts. Info:brandonfarmersmarketvt.com/about.

Artery

10 a.m.-noon. Chaffee Art Center, 16 S. Main St., Rutland. \$10-\$20. Every Friday. Weekly Adult group for connection and inspiration. A time and place to create with others. Painting in all mediums welcome. No set topic or instructor, attendees will work on their individual artwork. When possible to include 30 minute technique focus with rotating artists. Info: chaffeeartcenter.org.

Shrewsbury Meeting House Concert Series

5 p.m. Shrewsbury Meeting House, 88 Lottery Road, Shrewsbury. Donations appreciated. The 4th annual Shrewsbury Meeting House Concert Series features exceptional music, food, and rhythmic camaraderie! Refreshments provided by area food truck vendors. (Rain dates are on Sunday except for the Sept. 1 concert). Info: yourplaceinvermont.com.

Moos & Brews & Cocktails Too

5-7:30 p.m. Billings Farm & Museum, 69 Old River Road, Woodstock. Tickets are \$25/person, \$20/member and include one beverage. Get to know the famous Jersey moos and enjoy Vermont beer and craft spirits. Stroll the Farmstead Gardens, play lawn games, churn butter, enjoy live music, brush a cow, meet an adorable calf, take a horse-drawn wagon ride, and more. Ages 21 and up. Info: billingsfarm.org.

Music by the River Series: Bombajazzeando

6 p.m. East End Park, 217 Maxham Meadow Way (off Route 4), Woodstock. Free. This popular concert venue is an outdoor amphitheater overlooking the peaceful Ottauquechee River. Rain location: Woodstock Town Hall Theatre. Info: pentanglearts.org.

The Jackson Gore Summer Music Series: Jester Jigs

6 p.m. Jackson Gore, Okemo Ski Resort. Free. Family-friendly live music on the lawn at the Jackson Gore Courtyard. Food and beverage will be offered at the venue. Info: okemo.com.

That's Amore! Pizza & Calzone Cooking Class

6:30-9:30 p.m. Bridgewater Corners, Bridgewater. \$80. Award-winning Chef Ted will lead a hands-on pizza and calzone-making class at our mountain top retreat, using mostly organic and regional ingredients that hail mainly from nearby Vermont farms. Call or email us to discuss. 802-342-1513. Info: odysseysvt.com.

Nicotine Dolls

7 p.m. Gates open at 6 p.m. Rain or shine. Pittsford Village Farm, 42 Elm St., Pittsford. \$30 + tax/fees. 12 and under are free, no ticket needed. Bring a lawn chair for seating. Nicotine Dolls is a NYC based Pop/Rock band that has built a devoted and strong base through their successful social media engagement. Info: paramountvt.org.

Stone Valley Arts Literary Open Mic

7 p.m. Every 4th Friday. Stone Valley Arts at Fox Hill, 145 E Main St., Poultnery. Free. Poets, Storytellers, Spoken Word Artists, Writers in all genres are invited to perform your own original work, poems, slam pieces, classics, "minutes" or favorite literary works. Musicians and singer-songwriters are also welcome. Performers can RSVP via email to reserve a spot (stonevalleyartscenter@gmail.com), or a sign-up sheet will be available on arrival for performers.

'What the Constitution Means to Me' at Weston

Theater

7:30 p.m. Weston Theater, 703 Main St, Weston. \$25-\$59. This powerful play is a love letter to our constitution, giving it new life and imagining how it will shape a new generation of Americans. A Tony-Award nominee and Pulitzer Prize finalist, What the Constitution Means to Me was called "the best and most important new play of the year" by the New York Times and "endearingly funny and deeply affecting" by the Washington Post. Info: westontheater.org/

Colin Jost

8 p.m. Paramount Theatre, 30 Center St., Rutland. \$39-\$59 plus tax/fees. Jost serves as a head writer at Saturday Night Live. He has won five Writers Guild Awards, two Peabody Awards, and has been nominated for 12 Emmy Awards for his writing on SNL. Jost has since been seen in the films "How to Be Single," "Coming 2 America," and "Tom and Jerry." As a writer, Jost has been published multiple times in The New Yorker and has contributed to the New York Times Magazine and the Huffington Post, amongst others. Complimentary vouchers are not accepted for this performance. Info: paramountvt.org.

SATURDAY 7/29

Junior Farmer Camp

9 a.m. - 4 p.m., July 24-28. Billings Farm and Museum, 69 Old River Road, Woodstock. Members \$300; non-members \$350. Junior Farmer Camp is designed to introduce kids to farm life hands-on by stepping into a farmer's shoes for a week. Sessions are now full; to be added to the waitlist please fill out the registration form on billingsfarm.org and email gbourassa@billingsfarm.org.

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Watercolor Workshops Painting Inspired by Nature

10 & 11 a.m. Fairgrounds system trailhead parking area at 131 Town Farm Rd, Poultnery. Free. Donations are requested to support SVA. The activities with Abenaki artist Amy Hook-Therrien are part of the Celebrating Abenaki Art, Heritage, and Culture project. Two workshops featured: 10 a.m. for grades 7 -12 for a forty-five-minute session followed by a two-hour event for adults at 11 a.m. RSVP to stonevalleyartscenter@gmail.com to ensure a spot. Info: stonevalleyarts.org/

Baby Goat Yoga

10-11:15 a.m. Wellwood Orchards, 529 Wellwood Orchards Road, Springfield. \$15-\$20, \$5 to borrow a mat. Practice yoga in the company of baby goats. Check in is 9:30-9:45 a.m. Contact by email: yogiaggie4u@gmail.com to sign up, for more information or to be added to the mailing list. Yogi Aggie will reply to your message or email in the evening. PLEASE do not call the orchard.

Magical Mischief Unfolds at Rotary Park

10 a.m.-1 p.m. Rotary Park, 142-198 N Main St, Rutland. Free. The Magical Mischief festival event connects people to the magic of nature with games, activities and a costume parade. Festival-goers can adopt an Ent or test their skills by tackling Merlin's bootcamp, and create affirmation charms. Build a fairy house, make a wand or create a blessed charm during this celebration of outdoor magic. Listen to magical stories told by mythical creatures and soak a mermaid or a mortal in the dunk tank. Costume parade at noon, with winners receiving bragging rights. Info: comealiveoutside.com/events.

Vermont Farmers' Market

10 a.m.-2 p.m. Depot Park, Evelyn St., downtown Rutland. Free. The Vermont Farmers' Market is one of the largest and most diverse farmers' markets in Vermont, and the first to operate 52 weeks out of the year. The market brings together as many as 60 vendors. Seasonal produce, local meats, dairy products, freshly baked breads, jellies and jams, maple products, honey, CBD products, hot snacks, wine and spirits, artisan crafts and more. For more info visit: vtfarmersmarket.org.

NICOTINE DOLLS AT PITTSFORD VILLAGE FARM

FRIDAY @ 7 P.M.

Make & Take Kids Class

10:30-11:30 a.m. Saturdays. Chaffee Art Center, 16 South Main Street, Rutland. \$15. Ages: 6-12. Weekly fun activity featuring arts and crafts. Must pre-register by Friday noon. Info: chaffeeartcenter.org.

Plein Air Tapestry Weaving with Mallory Zondag

11 a.m.-1 p.m. Green Mountain Yarn n&Fiber, 217 Woodstock Ave., Suite E, Rutland. \$65. Learn how to paint with threads in the wonderful outdoors. Using a variety of tapestry weaving techniques, you will learn how to translate the beauty of the natural world into a textile by weaving what you see in the moment. All materials are included. Info: greenmountainfibers.com/

Rutland Railroad Museum & Model Club

11 a.m.-1 p.m. 79 Depot Lane, Center Rutland. Free. Children of all ages will delight in the HO scale model railroad operating display (HO is a rail transport modeling scale using a 1:87 scale). The depot is now a museum that displays hundreds of rare or antique model trains, photographs, signs and diverse memorabilia saved from an earlier time, including the former Rutland Railroad caboose #45. Info: rutlandrailway.org.

The Soufflé Also Rises and Apple-Tart Cooking Class

Noon-3 p.m. Bridgewater Corners, Bridgewater. \$80. Learn how to make our un-classic fallen soufflé using the classic combo of Vermont dairy and eggs. Then with apples from local orchards, you'll learn to make a light and delicious apple tart with Vermont maple cream. For more info, call or email us to discuss. 802-342-1513 or info@odysseysvt.com.

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Cooler in the Mountains Concert Series: Dizgo

3-5:30 p.m. Snowshed Lodge Base area, Killington Ski Resort. Free. Join us at the Snowshed Lodge base area for eclectic rock in every genre. Info: killington.com.

Hands-on Hand-made Pasta Lesson

6:30-9:30 p.m. Bridgewater Corners, Bridgewater. \$85. Learn how to make tortellini, fettuccini, and ravioli plus three different fillings and three accompanying sauces. Call or email us to discuss. 802-342-1513 or info@odysseysvt.com.



Calendar:
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Glenn Miller Orchestra

7 p.m. (Rain or shine.) Pittsford Village Farm, 42 Elm St., Pittsford. \$45 plus tax/fees. 12 and under are free. Erik Stabnau leads the most popular and sought-after Big Band in the world today for both concert and Swing dance engagements. With its unique jazz sound, the Glenn Miller Orchestra is considered to be one of the greatest bands of all time. Bring a lawn chair for seating. Info: paramountvt.org.

Pond Hill Ranch Rodeo

7:30 p.m. Pond Hill Road, Castleton. Prices vary. Pond Hill Pro Rodeo events include bareback bronc riding, calf roping, steer wrestling, team roping, saddle bronc riding, girls' barrel racing, girls' breakaway roping, and bull riding. For more info visit pondhillranch.com.

SUNDAY

7/30

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Castleton Fire Association's Pancake Breakfast

7:30-11 a.m. Castleton American Legion, 378 Route 4A, Castleton. \$8 adults; \$4 kids 10 & under. pancakes: plain, chocolate chip and blueberry, scrambled eggs, sausage, coffee & juice. Visit the castleton legion and meet its volunteer firefighters and association members.

The Soufflé Also Rises and Apple-Tart Cooking Class

12-3 p.m. Bridgewater Corners, Bridgewater. \$80. Learn how to make our un-classic fallen soufflé using the classic combo of Vermont dairy and eggs. Then with apples from local orchards, you'll learn to make a light and delicious apple tart with Vermont maple cream. For more info, call or email us to discuss. 802-342-1513 or visit odysseyevenstvt.com.

Sunday Hockey Clinic with Jon Chamberlain

3:30-5 p.m. Union Arena, 80 Amsden Way, Woodstock. Players will receive college and junior level coaching from an experienced staff. Each session will end with a full-ice game. For info on pricing visit unionarena.org/summer-camps.

Poultney-Granville Band Concerts on the Green

6:30-8:30 p.m. East Poultney Green, 1500 East Main St., East Poultney. Talented musicians play a wide range of music, from concert pieces to selections from musicals, and from stirring marches to service salutes. Fun for all ages. Refreshments available. Don't forget your lawn chair or blanket for a relaxing summer evening. Info: poultneyareachamber.com/events.

Hands-on Hand-made Pasta Lesson

6:30-9:30 p.m. Bridgewater Corners, Bridgewater. \$85. Learn how to make tortellini, fettuccini, and ravioli plus three different fillings and three accompanying sauces. Call or email us to discuss. 802-342-1513 or info@odysseyevenstvt.com.

Ludlow Outdoor summer concert series

7 p.m. Veteran's Memorial Park, 1 High Street, Ludlow. Free. Local live music on Sunday evenings featuring a variety of folk, jazz, and string bands. (Rain venue Ludlow Community Center). Info: facebook.com/LBandstand.

MONDAY

7/31

Musical Theater Summer Camp—All day camp.

9 a.m.-4 p.m. Chaffee Art Center, 16 South Main St., Rutland. \$285. Ages: 6-12. The world's a stage and there's music playing! Campers will explore the world of theater through a musical lens, working with dance and singing to create characters and hone performance skills. This camp ends with a showcase where campers will present a musical performance for friends and family. Must pre-register. For registration and info visit: chaffeeartcenter.org.

Killington Bone Builders

10 a.m. Sherburne Memorial Library in the meeting room. Free. Weights are provided. For additional information call the library at 802-422-9765.

Babies and Toddlers Rock

10-10:30 a.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. A music and pre-literacy program for children 0-24 months with Linda McFarlane. Info: rutlandfree.org.

Linocut Print-Making Workshop

1 p.m. Pittsford Recreation Center, 223 Recreation Area Rd, Pittsford. Learn about print-making from linoleum blocks. Info: pittsfordvermont.com.

Bingo

1:15 p.m. Godnick Center, 1 Deer St., Rutland. Cost varies. This is a drop-in activity. Info: rutlandrec.com/godnick.

Chronicles of Yarnia

3 p.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. Want to learn how to knit, crochet, or anything else with yarn? For more info visit: rutlandfree.org.

Sewcial Studies

4-5 p.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. Design a square inspired by the library or a book. We'll work together over the summer to put together a quilt for the library, just hang out, and learn to sew. Info: rutlandfree.org.

Slate Valley Trails Group Trail Runs

6-7:30 p.m. Fairgrounds Trailhead, 131 Town Farm Rd, Poultney. The route will vary weekly and may have two route options depending on the number of people. Expect at least a 5-mile run at a social pace with some elevation gain for a standard run. With two groups we will have options for up to 12 miles for one of the routes. For more info and membership details visit slatevalleytrails.org.

Music Mondays at Pingree Park: Adam Ezra Group

6-8 p.m. Pingree Park, 36 Pingree Park Lane, Londonderry. Free. Pack-in/ Pack-out! No alcohol on Town Property please. Sponsored by the Town of Londonderry. (Rain location is the Old Town Hall, 139 Middletown Road, South Londonderry, VT). Info: yourplaceinvermont.com/event/pingree-park-music-mondays-2/

TUESDAY

8/1

Musical Theater Summer Camp—All day

camp.
9 a.m.-4 p.m. Chaffee Art Center, 16 South Main St., Rutland. \$285. Ages: 6-12. The world's a stage and there's music playing! Campers will explore the world of theater through a musical lens, working with dance and singing to create characters and hone performance skills. This camp ends with a showcase where campers will present a musical performance for friends and family. Must pre-register. For registration and info visit: chaffeeartcenter.org.

Junior Farmer Camp

9 a.m. - 4 p.m., July 24-28. Billings Farm and Museum, 69 Old River Road, Woodstock. Members \$300; non-members \$350. Junior Farmer Camp is designed to introduce kids to farm life hands-on by stepping into a farmer's shoes for a week. Sessions are now full; to be added to the waitlist please fill out the registration form on billingsfarm.org and email gbourassa@billingsfarm.org.

Stories on a String

10-10:30 a.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. A music and pre-literacy program for children 0-24 months. Info: rutlandfree.org.

Yoga with Emma! (Kids)

4:30-5:15 p.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. Kidding Around Yoga (KAY) is a style of yoga designed to motivate children to be active, build confidence, and manage the spectrum of emotions that they might experience in their day-to-day activities while encompassing the five branches of yoga in a clear and engaging method. Info: rutlandfree.org/calendar-events.

Maker Monday at the MINT

5:30-7:30 p.m. 2nd, 3rd, and 4th Monday of the month. Have a question about what's possible in a shop? Need a refresher on how to use a piece of equipment? Want to demonstrate your skills to use the stained glass, electronics, or textile lab? Shop leads will be on hand to help you make the most of The MINT. Info: members.rutlandvermont.com/events/calendar.

Slate Valley Trails Women's Mountain Bike Group Rides

5:30-7:30 p.m. Fairgrounds Trailhead, 131 Town Farm Road, Poultney. See membership inclusion for details. Join us each Tuesday night this summer to ride with an amazing group of women on our beautiful SVT trail network. Info: slatevalleytrails.org.

Mad River Rippers Weekly Ride

5:30-7:30 p.m. Free. The Mad River Rippers community ride program runs from May 23 through August. Rides begin at 5:30, usually at the Blueberry Lake trailhead parking lot off Plunkton Road in Warren, or other locations. A one-time advanced registration is required. Info: vmba.org/contact.

Tuesday Concert Series w/Aaron Audet Band

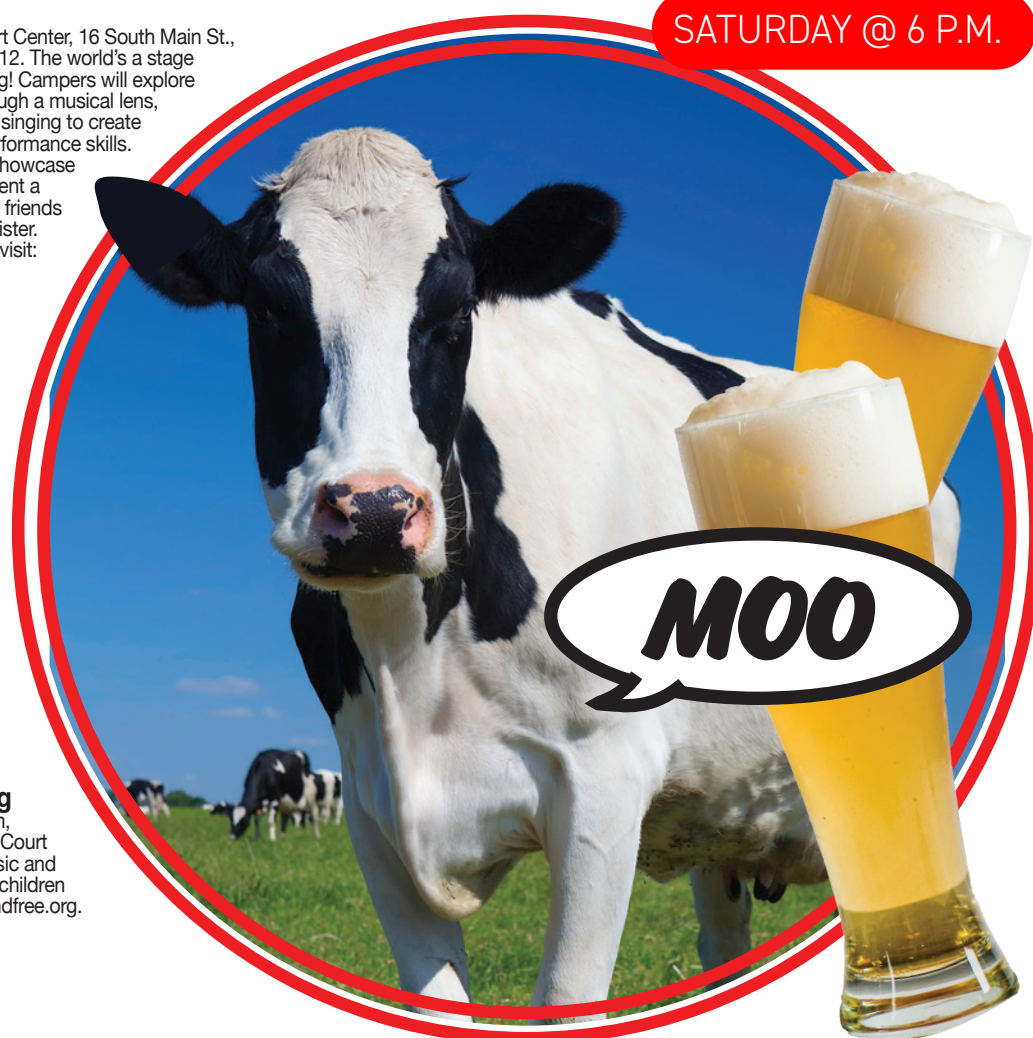
6-8 p.m. Pittsford Village Farm, 42 Elm St., Pittsford. Free. Enjoy this classic farm property, repurposed as a community resource, overlooking the Taconics skyline. Info: pittsfordvillagefarm.org.

Learn to Create Top-notch Veggie Dishes, Cooking Class

6:30-9:30 p.m. Bridgewater Corners, Bridgewater. This is a perfect class for vegetarians or vegans who want to learn how to make special dishes and for carnivores who are looking for unique vegetable accompaniments—and for everyone a delightful lunch or light supper. Call or email us to discuss. 802-342-1513 or info@odysseyevenstvt.com.

MOOS & BREWS & COCKTAILS TOO

SATURDAY @ 6 P.M.



[MUSIC Scene]

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

WED

7/26

BRANDON

6 p.m. Brandon Inn (Lawn Behind It) – Concert with Patrick Fitzsimmons Trio

LUDLOW

7 p.m. Off the Rails – Tony Lee Thomas

POULTNEY

7 p.m. The Poultney Pub – Open Mic hosted by Danny Lang

PROCTORSVILLE

6 p.m. Svec Memorial Green – Mark Huntley and Friends

QUECHEE

6 p.m. Public House Pub – Kim Wilcox

RUTLAND

7 p.m. Main Street Park – Aaron Audet Band

SOUTH POMFRET

6 p.m. Artistree – Summer Concert Series with The Grey Cats

THURS

7/27

BARNARD

5:30 p.m. Fable Farm – Feast & Field with Tommy Crawford & Friends

BOMOSEEN

6 p.m. Bomoseen Lodge and Taproom - Psylas

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

BRIDGEWATER

6:30 p.m. Ramunto's Brick and Brew Pizza of Bridgewater – Name That Tune Bingo with DJ Dave

BRIDGEWATER**CORNERS**

5:30 p.m. Long Trail Brewery – Nick Bredice

FAIR HAVEN

7 p.m. Town Park – Atlantic Crossing

KILLINGTON

6 p.m. Liquid Art – Open Mic hosted by Tee Boneicus Jones

6 p.m. Rivershed – Chris Pallutto

6 p.m. Sherburne Memorial Library Lawn – River Road Concert Series with Twangtown Paramours

6 p.m. The Foundry – Liz Reedy

LONDONDERRY

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

LUDLOW

7 p.m. Off the Rails – Rick Clogsdon

POULTNEY

7 p.m. The Poultney Pub – Vinyl Night with Ken

QUECHEE

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

RUTLAND

6 p.m. Strangefellows Pub – Trivia Night

6:30 p.m. Angler Pub – Open Mic hosted by John Lafave

SHREWSBURY

5 p.m. Meeting House – Moose Crossing

SOUTH POMFRET

7 p.m. Artistree – Open Mic Night

SOUTH ROYALTON

5 p.m. 802 Pizza – Open Mic hosted by George Nostrand

FRI

7/28

BOMOSEEN

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

KILLINGTON

6 p.m. Rivershed Killington – Ben Kogan Duo

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

6 p.m. The Foundry – Aaron Audet

7:30 p.m. McGrath's Irish Pub – Donal O'Shaughnessy

8 p.m. Jax Food & Games – Live Music

LUDLOW

6 p.m. Calcuttas – Liz Reedy

6 p.m. Jackson Gore Courtyard – Summer Music Series with Jester Jigs

8:30 p.m. Off the Rails – The Idiots

PITTSFORD

7 p.m. Pittsford Village Farm – Nicotine Dolls

POULTNEY

6 p.m. The Poultney Pub – David Karl Roberts

QUECHEE

5:30 p.m. Public House Pub – Duane Carleton

RUTLAND

8 p.m. Taco Fresco – Sammy B

STOCKBRIDGE

7 p.m. Wild Fern – July Friday Night Music Series with Scott Ainsli

WOODSTOCK

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

SAT

7/29

BRANDON

7 p.m. Brandon Carnival – Aaron Audet

BRIDGEWATER

8 p.m. Woolen Mill Comedy Club – Comedy Night

CHESTER

5 p.m. Country Girl Diner – Cruise In with George's Back Pocket

KILLINGTON

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

3 p.m. Snowshed Lodge Base Area – Cooler in the Mountains Concert Series with Dizgo

6 p.m. Rivershed Killington – Nick Bredice

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

6 p.m. The Foundry – Liz Reedy

7:30 p.m. McGrath's Irish Pub – Donal O'Shaughnessy

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

LUDLOW

6 p.m. Calcuttas – Sammy B

8:30 p.m. Off the Rails – Dance Party with DJ Dave

PITTSFORD

7 p.m. Pittsford Village Farm – Glenn Miller Orchestra

POULTNEY

6 p.m. The Poultney Pub – Jared Johnson

QUECHEE

5:30 p.m. Public House Pub – Blue Fox Blues Duo

STOCKBRIDGE

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

WEST RUTLAND

8 p.m. American Legion – Rustie Bus

SUN

7/30

BRIDGEWATER**CORNERS**

4 p.m. Long Trail Brewery – Ben Kogan

BOMOSEEN

6 P.M. Bomoseen Lodge and Taproom – Ryan Fuller

KILLINGTON

12 p.m. Rivershed – Brunch with Chris P

5 p.m. The Foundry – Summit Pond Jazz

6 p.m. Liquid Art – Tee Boneicus Jones

6 p.m. Rivershed – Trivia Night

8 p.m. Jax Food & Games – King Arthur Jr

LUDLOW

7 p.m. Off the Rails – Erin Powers

RUTLAND

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

WOODSTOCK

12 p.m. Mon Vert Café – Jim Yeager and Jeff Stedman

MON

7/31

KILLINGTON

5:30 p.m. Mary Lou's – BAK'n

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

LUDLOW

6 p.m. Off the Rails – Sammy B

8 p.m. The Killarney – Open Mic with Indigenous Entertainment

WOODSTOCK

5 p.m. The Village Inn – Jim Yeager and Jeff Stedman

TUES

8/1

CASTLETON

7 p.m. Castleton Pavilion – Summer Concert Series with Studio Two

KILLINGTON

5:30 p.m. Mary Lou's – Bow Thayer, Krishna Guthrie & Special Guests

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

LONDONDERRY

6:30 p.m. New American Grill – Trivia hosted by Zach Yakaitis

LUDLOW

3 p.m. Calcuttas – Sammy B

PITTSFIELD

6 p.m. Clear River Tavern – Duane Carleton

7 p.m. Town Hall – Acoustic Music Jam

PITTSFORD

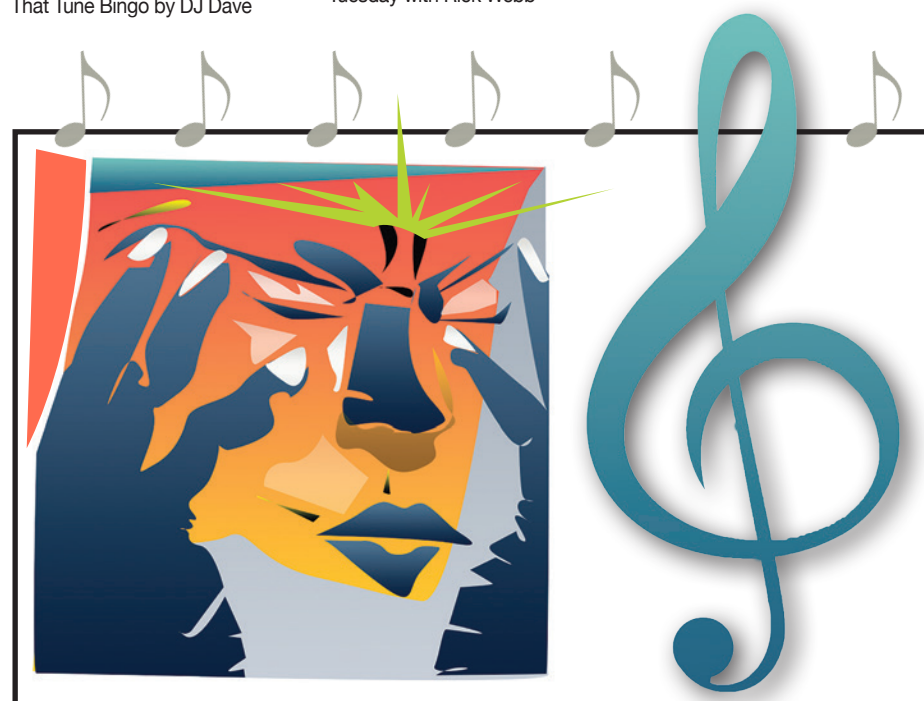
6 p.m. Pittsford Village Farm – Tuesday Concert with Aaron Audet Band

QUECHEE

5 p.m. The Public House – Jim Yeager and Chris Campbell

RUTLAND

8:30 p.m. Center Street Alley – Acoustic Open Mic hosted by Josh LaFave



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GRACIE'S GRILL IS NOW OPEN

Bridgewater musician embarks on 60-show tour

Andrew Paul Prior a.k.a. Andy Prior a.k.a. Silas, a.k.a. Silas McPrior, a.k.a. Psylas (The P is silent, or is it?) has big adventures ahead. You might see him play solo or with one of his bands, Acoustik Ruckus and Cuzin It, which are both represented by his company Indigenous Entertainment.

He said, "I've been reluctant to create a solo artist page because I enjoy playing music with other artists. That's always been the focus of my music. I've always thought of music as a language to communicate with other musicians. The only reason I wanted to play music was to talk to other musicians, I was fascinated by it."

I don't think there's a genre of music that Prior can't play. There's something for everyone.

That reluctance is about to change. Prior was playing at Northlands and as he said it, "The right ears heard a couple of my originals."

That led to Psylas and this tour he's about to embark on. Starting Aug. 10, he'll be hitting 30 cities in 50 days playing 60 shows; he's calling it the "Psylas ALiGN Tour." He will be all over the country, including New York, Michigan, Montana, Washington, Oregon, California, Nevada, New Mexico, Colorado, Texas, Illinois, North Dakota, Arizona, New Orleans and even British Columbia.

He said, "It's crazy that after 25 years in the game, I am starting all over from scratch. I am so excited to work with this new canvas. My team is the absolute best in the biz."

He'll have some new singles dropping soon and an album is in the works, too.

You can find him on social media as Psylas and Indigenous Entertainment, you can also find some music on YouTube.

If you're like me and wondering about all his names, Silas started because of his middle name Paul, a biblical name.

Prior said, "Paul became Silas, which was like a rebirth for him, he took on a new form of evolution with the universe, hence my name Silas. [Silas, in turn] means 'forest' in Gaelic and I'm from the woods, so it makes sense. PSY means 'mind' and LAS means 'illuminate' in Irish. 'To illuminate the mind' is what Psylas signifies. Boom, that's it in a package, it's a very nice touch," he said.

Prior is one of the busiest musicians I know, and he likes that. Before the tour, Acoustik Ruckus will be playing 11 shows in four days from Aug. 3-6. Included in that is three nights at the Troutstock Festival in Rutland, Massachusetts.

Prior said, "It's the highlight of my summer before I go on tour."

If that wasn't enough, ever since the flood hit our region, Prior has been playing everywhere and anywhere to raise money for Flood Relief. The very first night, he raised \$1,000 for the Bridgewater Volunteer Fire Department as he busked from town to town. He now has a goal to raise \$10,000 to rebuild his hometown of Bridgewater, Vermont. He's well on his way after playing many benefit concerts in various towns. Acoustik Ruckus has

pledged to do a free concert in every town in Vermont — except one. (I won't call them out by name, but they did Psylas dirty by stopping one of his benefits.) That's 249 shows in 249 towns. Prior has personally pledged to make sure this happens by 2024. That means he only has five months. Remember the "busy" statement I made? That's now true, more than ever.

Acoustik Ruckus is a trio made up of Psylas, Mando Hank a.k.a. Henry Clark, and Marc Edwards. Prior talked about the two of them and said, "Hank a.k.a. the Mando-orian inserted himself as a member because Marc is super busy. In his spare time, he takes lessons on guitar from Mark Scofield. It's absurd how good Marc is already and will be. Once he's done with guitar, Marc will probably be one of the top 10 guitarists to come out of Vermont, ever. He's that proficient at guitar. He's recreated every work of Bach on an acoustic

guitar."

Indigenous Entertainment has recently been given its own stage, the Renegade Stage, at the Catskill Mountain Jubilee Aug. 11-13. You can expect to see Cuzin It, Acoustik Ruckus and Psylas, along with other Indigenous Entertainment acts. Prior will be opening the stage in traditional open mic format when there isn't a scheduled performance. The festival is headlined by The Disco Biscuits and Twiddle.

Prior said, "Indigenous Entertainment is going to be a dozen festivals next year, easy."

Open mics is something Silas McPrior knows a thing or two about. He's hosted Killarney's on Monday night for the past seven years. He's also hosted them at the Clear River Tavern, a few spots in Killington and other places in our region.

On July 30, Psylas is part of the Celebration of Expressive Arts and is playing at The Inn in Montgomery, Vermont. At each event, a visual artist and performance artist present original work that always inspires and amazes. Psylas will be sharing the stage with poet Neil Shepard and St. Albans artist Jack Arthur Tremblay.

Art Edelstein of the Times Argus newspaper wrote of him: "One of the few authentic blues musicians in Vermont, well worth the listen."

The Humor part takes me to the next adventure of Prior. He is now officially a comedian going by the Instagram handle of IP.SO.FACTO. He just confirmed a 2024 show at the Burlington Comedy Club with a comedy tour in route to support his new comedy hour special called, "Where the F%#\$ R We Going?"

He also came up with a podcast idea. Prior said, "I'm going to go find musicians in their natural habitat, have lunch with them and create an original song on the spot."

That sounds awesome.

You can follow the music listings in the Mountain Times to see all the places he plays in this region, plus follow him on social media to see all the places he plays outside of this region, and around the world.

Prior said, "Psylas is a performance artist that combines the elements of improvisation, humor, intent, shred and fun. He is an algorithm of musical delights."

That is a spot-on description. I really dig the music he puts out and I could not be happier with his future ahead. Good luck!



Rockin' the Region
By Dave Hoffenberg



Vermont Fish & Wildlife offering Fishing clinics

Thursday, July 27, 5:30-8:30 p.m.—STRATTON—The Vermont Fish and Wildlife Dept. and the U.S. Forest Service are conducting four introduction to fishing clinics in Green Mountain National Forest in July, August and September. This week, it's Thursday, July 27 from 5:30-8:30 p.m.

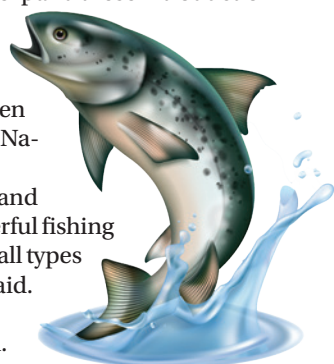
"The national forest offers a wide range of fishing opportunities from remote back country ponds to locations with easy shore access and everything in between," said Fish and Wildlife Education Specialist Corey Hart. "We are excited to work with our partners at the Green Mountain National Forest to highlight some of these unique fishing opportunities through our introduction to fishing programs."

The clinics will be a hands-on evening of fishing, which will be perfect for those who have never fished before or those looking to refresh their skills. Topics covered will include knot tying, fishing regulations, casting, ecology, and more.

"We are very excited to be working in partnership with the state of Vermont to expand these introduction to fishing clinics on to the Green Mountain National Forest," said John Sinclair, forest supervisor for the Green Mountain and Finger Lakes National Forests.

"The National Forest has and will continue to offer wonderful fishing opportunities for anglers of all types and experience levels," he said.

For more information, visit: vtfishandwildlife.com.



Magical Mischief unfolds at Rotary Park festival

Saturday, July 29, 10 a.m.-1 p.m.—RUTLAND—Come Alive Outside and Partners for Prevention are celebrating fantasy, fairytales and folklore during their Magical Mischief festival at Rotary Park this Saturday.

This free event connects people to the magic of nature with games, activities and a costume parade in the green space of Rotary Park.

Children of all ages can adopt an Ent or test their skills by tackling Merlin's bootcamp, and create affirmation charms. Build a fairy house, make a wand or create a blessed charm during this celebration of outdoor magic. Participants can also listen to magical stories told by mythical creatures and soak a mermaid or a mortal in the dunk tank.

Kids can also dust off their fairy wings for the costume parade at noon, with winners receiving bragging rights, plus a little token of their victory.

There will be food trucks including Frickin' Chicken and So-Full Sisters on hand serving up signature dishes and beverages for purchase. Participants enjoying the food trucks should bring cash. Families experiencing financial hardship are invited to request food truck vouchers from Arwen@comealiveoutside.com.

"Building on the success of last year's inaugural wizard-themed wellness event, we are excited to expand the theme to include more fantastical worlds that inspire imagination, creative play, and inclusion," said Sarah Cosgrove, one of the planners behind this event. "I had so much fun last year," said 6-year-old Keaton Stine. "I made a lot of stuff and saw lots of people in funny hats. I want to do it again!"

Magical Mischief will take place in light drizzle or shine. Cancellations due to inclement weather will be posted on Come Alive Outside's social media channels and website.

For more info, visit: comealiveoutside.com/events.

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SATURDAY, AUGUST 19
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Tuesday 8/15
7pm



Pond Hill Rodeo © NRI Photography

Wednesday 8/16
7pm



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Vermont Marble Museum to give free hemp tour and discussion

Wednesday, Aug 2, 9:15 a.m.—PROCTOR—Hemp, one of the newest crops to garner interest among growers in Vermont, not only diversifies the state's agricultural economy, but provides value-added production opportunities, among them, new climate-conscious products for the bio-based green building sector.

On Aug. 2, Zion Growers will offer a guided tour of its soon-to-be hemp processing operation, located at the Vermont Marble Museum complex in Proctor. The industrial hemp fiber processing company was founded in 2019 by cousins Travis Samuels and Brandon McFarlane in Barnet and moved to its current location three years later.

The tour begins at 9:15 a.m. and will be followed by a brainstorming session to discuss opportunities to design green building and home products using fibers from hemp and other crops grown in Vermont. The event will conclude by noon.

While "Hemp for Green Design" will be of special interest to anyone who grows, processes, supplies, sells, designs, specifies or works with hemp, the event is open to the general public. There is no charge to attend, but registration is required by Aug. 1. To register, go to go.uvm.edu/hemp-fiber.

For questions, contact Hodgson at (802) 656-4557.



Pond Hill Ranch hosts rodeos, Saturdays

Courtesy of Pond Hill Ranch

The Pond Hill Ranch rodeo takes place every Saturday at 7:30 p.m. throughout the summer at Pond Hill Ranch in Castleton.



Chili Cook-Off

A Fundraiser Benefiting Killington Parks & Recreation

With Live Music from Chad Hollister

Thursday, Aug. 10
5-8 p.m.

at the Sherburne Memorial Library

FREE ADMISSION

Chili Sampler Tickets :

\$10/person, \$15/two, \$25/family of four



Learn more at KillingtonTown.com



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3 PM
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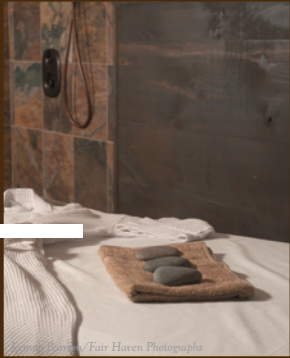


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Killington Wine Festival held July 21-22



By Robin Alberti
 Top row: Wine and fine cuisine was on display at the Killington Wine Festival held at the new K-1 Lodge last weekend.

By Jerry Leblond
 Festival-goers were all smiles as they sipped their way through the Grand Tasting Saturday.

Flow State Mountain Bike Festival returns Friday to Sunday

Friday-Sunday, July 28-30—ASCUTNEY—Flow State Bike Week returns offering mountain bike coaching, workshops, demos, group rides, food, live music, camping and more.

Hone skills in a fun and supportive environment with assistance from coaches and instructors. Workshops are limited to six riders and are \$50-55 per rider.

- Friday
- 9:30-11 a.m. Women’s fun-fundamental skills workshop geared towards beginner riders, but can be useful for intermediate riders looking to hone their FUNdamental skills. Learn proper body position, braking and shifting technique and useful tools.
 - 1:30-3 p.m. Get in the FLOW (all genders!) Geared toward the beginner or intermediate rider, but can be useful for every skill level. In the clinic participants will ride the beautiful trails of Ascutney, Vermont, and learn the “in’s and out’s” of what “finding flow” on the trails means. This clinic/ride is 2 hours long.
 - 1 p.m. Shenanigans Foot Down
 - 4 p.m. Shenanigans Toddler Bike Race
- Saturday
- 9:30-11 a.m. Intro to jumping, Women’s workshop geared toward the intermediate rider who is

In the clinic participants will ride the beautiful trails of Ascutney, Vermont, and learn the “in’s and out’s” of what “finding flow” on the trails means.

- interested in learning proper pumping techniques.
- 1:30-3 p.m. MTB intro to jumping workshop (all genders!) Geared toward the intermediate rider who is interested in learning proper pumping techniques as well as the fundamentals of getting air. Progress our skills in a safe and fun environment.
 - 1 p.m. Shenanigans Bunny Hop (High Jump)
 - 4 p.m. Shenanigans Random Tandem
 - 6 p.m. Costume Parade & Prizes
Headliner Set Break – Raffle
- Every year on Saturday night there is a costume dance party. This year’s costume theme is Hawaiian Luau.
- Bike demos and bike associations**
- All demos are done on-site only — no advanced sign up. Demos are offered by: Esker Cycles, Jamis Bikes, KAR-BON Bikes, Revel Bikes, Shimano, Specialized, The Boot Pro, Curious Creatures, Easy Wind Outfitters, Julbo Eyewear, Landry’s Bicycles, Moxie Cycling Company, Outer Limits Cycles, The Wheel House, GLOW (a.k.a. Glorious Ladies On Wheels MTB group), NEMBA – Stratton Mountain, VMBA, Vermont Youth Cycling.
- Events take place in the lower field near the stage. Sign up at the ATA tent. There will be some epic one-of-a-kind trophies up for grabs again.
- For more information visit: flowstatemtbfestival.com/vt.



Submitted

Participants can expect vendors, food, camping, live music and more at the Flow State Mountain Bike Festival in Ascutney.

CROSSWORD

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SUDOKU

PUZZLES—from page 13

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Rutland County Humane Society



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Simon—2-year-old. Neutered male. Mixed breed. He is a happy boy who loves everyone he meets.



Bo—2-year-old. Neutered male. Terrier mix. He is a total lovebug and is happy to relax, but is always ready to go.



Jinx—1-year-old. Spayed female. Domestic Longhair. She loves attention and will rub her head up against the cage until she gets it!



Mowgli—2-year-old. Neutered male. Mixed breed. He has a bubbly personality and is always up to make new friends.



Patch—8-month-old. Neutered male. Mixed breed. Patch is one unique little guy.



Crybaby Jones—1-year-old. Spayed female. Domestic shorthair. She is a beautiful girl who will make a great companion for someone.



Eugene—1-year-old. Neutered male. Mixed breed. He loves people and has been making friends with staff since he arrived on June 30.



Pewter—1-year-old. Neutered male. Domestic shorthair. He is a lovebug that will make someone very happy!



Luis—2-year-old. Neutered male mix. Luis has a well-rounded and sweet personality.



Shir Kahn—1-year-old. Neutered male. Domestic shorthair. He's spent most of his time here out on the "catio", enjoying the sun.



MYLO

2-year-old. Neutered male. Mixed breed. If you are looking for a big lovebug, come visit Mylo!

All of these pets are available for adoption at
Rutland County Humane Society
765 Stevens Road, Pittsford, VT • (802) 483-6700
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Closed Sun. & Mon. • www.rchsvt.org

"Pop-up" Yard Sale to Benefit RCHS on Aug. 5

The Rutland County Humane Society (RCHS) is holding a yard sale to raise much-needed funds for the homeless animals in Rutland County. Join us on Saturday, Aug. 5, 9 a.m. - 2 p.m. at RCHS, 765 Stevens Road in Pittsford. A rain date is set for Aug. 6 from 9 a.m. - 2 p.m., if needed.

Cosmic Catalogue

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Aries

March 21 - April 20



There's something very profound about the moment you find yourself in this week. While you may be tempted to go the tried-and-true method or to do what you think you should do, I'd challenge that. What does it all even mean anyway unless it's bringing real joy into your life. There may be pressure to conform or commit, but ask yourself whether that is something that really lights your fire. If not, then don't.

Leo

July 21 - August 20



The state of confusion you may be finding yourself in isn't because you're confused. At least not in the logical sense. Chances are, you've lost your centre. You've given and expected something in return. You are the Sun, you shine because that's who you are. If others choose to bask in your light or not, is their issue. The Sun still shines regardless, so why aren't you?

Sagittarius

November 21 - December 20



You're being asked to heed the call of Spirit. What I mean by this is that whether it's airports and passports you need, or whether it actually is some kind of spiritual wisdom you're seeking, then go chase it. What is life anyway if it is not lived with meaning and purpose or some kind of mission? If you're heart is feeling empty, then you're being called to go and fill it. You already know what you need to do, to do this.

Taurus

April 21 - May 20



You're probably questioning pretty much everything, now that your guiding star, Venus, is in reverse. Questioning things doesn't mean you're wrong or even that you have to change anything. However, if you find yourself chasing your tail over and over again, it might be worth gaining a deeper understanding around why you're making the choices you do. Are you following your heart? It's a big question. It's OK to admit if you're not fully content with the choices you've made.

Virgo

August 21 - September 20



You're renowned for being the logical and practical type. That being said, do you pay much attention to your dreams? Do you show gratitude for your day before you go to sleep and rise with excited anticipation for your day? If not, then maybe you could try it. Relying on logic and facts can only take you so far. Tapping into your intuition may help reveal something you're looking for.

Capricorn

December 21 - January 20



The deepest source of pain often comes from money. It's not just the state of your bank balance, but the way you identify yourself with your financial position. There is so much more to wealth and abundance than just money. While the stress is real, you've also got so much more going for you than that. When you can reconnect with your true worth, everything else begins to feel antiquated.

Gemini

May 21 - June 20



The idea of desire is likely to be an area of exploration for you right now. When we think about the things we want, our mind naturally wanders to how it will happen. Then we start to weigh things up and grapple with potential obstacles. Before we know it, we've talked ourselves out of said desire and the heart, over time, closes down. We forget how to want. This week, try and lean into your heart, not your head.

Libra

September 21 - October 20



If you have a hope, wish or dream that you've lost sight of, this week provides you a chance to reconnect with it. Maybe you're in a state of confusion about what it is you even really want. Chances are, you're too focused on the how you'll get to X, Y or Z rather than trusting in the process. Detach yourself from how, and follow the call of your heart. Believe your desires are put in your heart for a reason.

Aquarius

January 21 - February 20



You're in a peak period of figuring out what relationship really looks like for you. Things have changed a lot for you this year, and they will continue to do so. Naturally, things will look different in all your key relationships. As you begin to question what it is you do and don't want, tread carefully when it comes to matters of your heart. Avoid making choices in haste just because the feelings aren't comfortable.

Cancer

June 21 - July 20



Money and desire are so interconnected. Sure, there is the spreadsheet side of things, but if that still isn't getting you to a place you want to be, then it may be time to do what you know you should be doing all along. Follow in your heart what you know to be true. Let go of the "how" just a little bit and stay in the feeling of what you want. Reconnect to your feeling of innate worthiness and things will change for the better.

Scorpio

October 21 - November 20



Career confusion is likely. As well as the overall direction your life is heading. Perhaps it's more of a case of feeling disenchanted or wondering if you still want the things you once did. A chance to reassess what your True North is like recalibrating your compass. If you feel your life direction isn't heading in the right, then begin making the according adjustments. It may take some time, but that's OK if the direction is the right one.

Pisces

February 21 - March 20



If you've been feeling off kilter lately, then you may need a reboot regarding your routines, health and wellness as well as the ways in which you spend your time. Working hard doesn't always equate to results. When you can recalibrate this mindset, your life will likely become a whole lot more joyful as well as abundant. Invest into your mind, body and spirit and the rest will just happen of its own accord.

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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.

Trust your heart

So much about this astrological moment in time is about returning to the intelligence of the heart. Since antiquity, the heart was considered the mind and was the primary source of all knowing intelligence and infinite wisdom.

At some point on the timeline in the not too distant past, following one's heart came to be considered foolish and reckless. The all-knowing of the pulsating organ within you is the first area of your body reached for in times ecstatic joy, when it beats so furiously it feels as though it will explode right out of your body. It's also the

touch point of unimaginable grief. Literal heartache. I cannot recall a time I grabbed my skull in a situation other than worry, stress or anxiety. So why do we now consider the brain as our primary source of guidance and wisdom? Has it been manufactured this way to derail us from the deepest truth within us? How many times have you followed your logic when deep inside, you knew it was a lie? This week offers a rare and real opportunity to combine the wisdom of the heart and the intelligence of the mind. Trust your heart this week and make a choice.



Cosmic
Catalogue
By Cassandra
Tyndall

The determination of a bird

Flapping,
Fluttering,
Flying through the air,
The warm breeze flowing through my feathers,
The sweet smell of nectar fills the air.
I swoop down to the flowers,
I see buds on the trees,
I want to stay but I must keep flying,
Twirling in the air,
Diving down to the stream to catch my lunch.
I fly over hills,
The grass getting greener as I go,
I am determined,
I must fly on,
I will reach my goal,
Nothing can stop me.
Finally I've flown to where the birds sing their beautiful
songs of happiness.



Poetry Is Power
By Bree Sarandrea

Lakeside bliss



Mountain
Meditations
By Margeurite
Jill Dye

I've always been curious to know what it's like to spend a summer on a lake. So I was delighted to have the chance to stay in a cottage on Lake Winnepesaukee for our very last week of timeshare.

Forty years ago a "free weekend" promotion led us to purchase one week's timeshare on the Outer Banks of North Carolina. We used it when living in Richmond, Virginia, then exchanged it for travels here and abroad. But we no longer need it so opted to leave it. Last week was our timeshare finale to celebrate our grandson's eighth birthday in a lakefront retreat of bliss... and climate woes.

Our "birthday quest drive from Killington felt more like a natural disaster survival than a wonderful trip to a beautiful resort," our grandson concluded en route. Poor Papa Duane drove through pouring rain in yet another New England deluge. Our GPS changed

with each road closure. But Papa pressed on, crossing pebbles and mud slides. Jagged route edges broke off into streams that raged, gushed and churned like Alpine snow melt while our iPhones sounded alerts.

We sighed with relief when we arrived and settled into a cozy one bedroom in an old yacht club on Lake Winnepesaukee in Wolfeboro, New Hampshire. The view was spectacular of Wolfeboro village and lake from both living room and deck. America's oldest summer resort (established in 1770), is a charming, petite lakeside town with Colonial homes, restaurants, ice cream shoppes, museums and creative boutiques. Among its fans are former French presidents—Jacques Chirac and Nicolas Sarkozy, the wife of Taiwan's former president—Mme. Chang Kai-shek, Prince Rainier, Princess Grace and myriad other movie stars.

After supper in our apartment, air quality took a dive as White Mountains disappeared in smoke-filled haze and continued for our first three days. We were grateful for mid week rain that doused air borne smoke particles.

My other concern was flood water runoff. Combined with a large number of waterfowl and humans, it's a possible recipe for E. coli bacteria. So I contacted the New Hampshire Dept. of

Looking Back → 31

Spotted turtles: Rare and reclusive

Named for their polka-dot-like markings, spotted turtles have declined throughout most of their range, which stretches from Maine south along the Atlantic coastal plain to northern Florida, and from western New York into the eastern Great Lakes states. This species is listed as threatened or endangered in northern New England states.

While I have never seen a spotted turtle in the wild, I had the chance to see one years ago at the Connecticut nature center where I worked. This turtle was about 4 inches long, with a smooth, black carapace sprinkled with yellow dots. The skin on its head, neck, and legs was marked with tiny yellow speckles. The turtle's underside, or plastron, was yellow-orange with large black blotches along the edges.

These turtles are semi-aquatic, spending time on both land and water. They travel among a mosaic of wetland types, including ponds, swamps, vernal pools, fens, and slow-moving sections of small rivers, foraging there and in woodlands and meadows along their route.

Spotted turtles emerge from hibernation before other turtle species in our region. They begin swimming as early as late March, when there may still be ice on their wintering ponds. In early spring, they bask on logs, rocks, or shores, soaking up heat from the sun. They also breed at this time. After mating, spotted turtles often move to woodland vernal pools, where they feast on amphibian eggs and tadpoles. In other wetlands, they feed on aquatic insects, small fish, crayfish, and plants.

In June, females travel to open, sandy or gravelly areas to lay their eggs. A spotted turtle will dig a shallow, flask-shaped nest about 2 inches deep and deposit two to five ovoid eggs, then fill in the nest and smooth it over. The eggs will hatch in September, and the round, 1-inch, unspotted hatchlings will head for wetland edges to forage.

During summer heat spells, spotted turtles may become dormant for days or weeks, estivating in a dug depression in the ground, in moist hummocks of vegetation, or inside muskrat houses. In September, these turtles travel to hibernation sites on pond bottoms, in underwater rock caves, or in hummocks. Activity decreases and they enter winter dormancy in

October, sometimes in communal groups.

The spotted turtle is listed as endangered in Vermont, where there are only three known populations, all in the southern half of the state. In New Hampshire, where this turtle is a threatened species, it is found mainly in the southeastern

corner. In Maine, where the species is also threatened, spotted turtles occur along the southern coast. In southern New England and New York, this reptile is considered a species of special concern.

Spotted turtles may travel up to ¾ mile on their annual journeys. According to herpetologist Jim Andrews, coordinator of the Vermont Reptile and Amphibian Atlas, the species' nomadic lifestyle and use of upland as well as wetland habitats make it

particularly vulnerable to habitat fragmentation and road mortality. The illegal collection of turtles for the pet trade has also contributed to population decline. Because these turtles don't reach sexual maturity for 8-10 years and have a low reproductive rate, removing even a few turtles can wipe out a population.

Fish and wildlife agencies in northern New England monitor spotted turtle populations.

In many places, they have erected turtle crossing road signs, installed turtle tunnels beneath roads, and modified railroad tracks so the animals don't get stuck while crossing. The conservation of large, intact wetland complexes and their surrounding landscape is critical to the survival of these turtles, said Andrews.

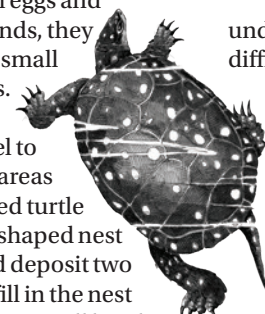
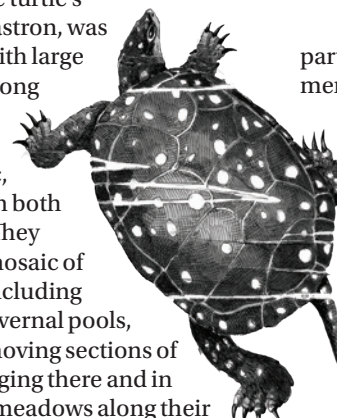
Spotted turtles tend to hide underwater and in vegetation, making it difficult to find new populations. A new environmental DNA study, a collaboration between the University of Vermont and Vermont Fish and Wildlife Department, will collect water samples and analyze the DNA to detect whether this species occurs in particular waterbodies.

If you are lucky enough to see a turtle with yellow spots, please take a photo and report it to the Vermont Reptile and Amphibian Atlas (vtherpatlas.org) or to your state wildlife agency. Watch out for turtles crossing roads, and never remove a turtle from the wild.

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 the New Hampshire Charitable Foundation: nhcf.org.



The Outside
Story
By Susan Shea



A moment in time

I watched an interview recently that featured a 70-year-old man sitting in a wheelchair. He was mild-mannered and well kept and when prompted, spoke openly about his life and experiences.

He was born in the United States, but because his father was involved in the military, he found himself growing up in Okinawa, Japan, for his teen-aged years. He talked lovingly about this time in Japan, how he lived next to the ocean and spent most of his free time snorkeling around the reefs near his home.

As he spoke, he would occasionally lift up his hand to move his hair or make a gesture. Initially, something seemed off. As I paid more attention, I finally noticed that his left hand was deformed, missing both the thumb and pointer finger.

At about this moment in the interview, he started to mention how he would discover old ammunition (left over from WWII combat missions) in the waters where he was snorkeling. He would collect the various spent artillery shells and bring them home to display in his bedroom.

An eerie feeling washed over me as I started to put the puzzle pieces together. Before long, he told the central, defining story of his life.

On one occasion, he found a complete mortar shell that was about a 10 inches long and 3 inches in diameter. He said he never worried about the ammunition exploding because they had generally been submerged in salt water for years, which corroded the fuses.

On Thanksgiving Day, he sat and ate dinner with his family and upon finishing, went into the garage, sat on the cement floor, placed the shell across his ankles, and started to cut it open with a hacksaw.

A moment later, he described a bright flash and then an intense ringing in his ears.

As he spoke about this horrific experience, he began to weep. The sadness of how his life changed in that moment was palpable. He lost considerable hearing in his ears, two fingers on his left hand and both legs. Had he not been wearing glasses, he would have been blinded in both eyes.

Subsequently, he was in the hospital for months.

He was eventually fitted with prosthetics that allowed him to walk upright with a cane. He finished high school and then double-majoring at college in chemistry and biology before finally attending graduate school. During his career he worked for

the government, ironically, doing forensic analysis of explosives. He eventually moved to Los Angeles and got married.

At this point in the interview, I was dutifully impressed with the old man. It was impressive that someone could be dealt such a blow at a young age and still find the gumption to persevere. His journey said something about his character and will to live.

But then, just as quickly, the story turned again. After 38 years of marriage, his wife had recently left him. He didn't

make excuses; he knew it was his fault. He had begun to drink excessively, mostly to numb himself so he could sleep. What started out as a drink or two before bed, quickly escalated to full-fledged alcoholism.

He wept again as he spoke of his love for his wife and her unwillingness to forgive him. And once again, I felt searing pain watching him speak with such duress.

He had lost his life savings and his wife and was now homeless. And to add insult to injury, he had recently fallen and broken the small remaining bone in one of his legs, rendering him unable to walk with his prosthetics, thus forcing him into a wheelchair.

By the end of the interview, the old man looked exhausted and forlorn, having regurgitated his life to an unknown public, and in the process, realized his story was without a happy ending.

When I finished watching, I imagined what would have become of this man's life had he never found that artillery shell 50+ years earlier. His good looks, charm, and intelligence likely would have written a very different story.

This week's film, "Oppenheimer," features another man with good looks, charm, and intelligence who also had a run-in with a bomb — except the detonation of this bomb would alter the course of mankind.

Robert Oppenheimer was a genius scientist who headed up the Manhattan Project, one of the most important government programs in history. But he was also a flawed human being who got caught up in a political firestorm that turned him from hero into villain.

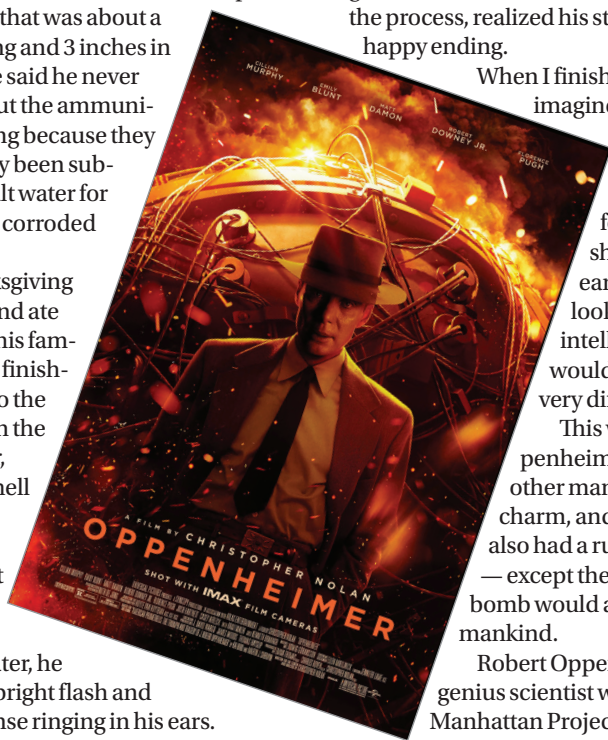
Director Christopher Nolan's intense character analysis does not disappoint and his robust cast delivers on every note. And while you must persevere through the 3-hour running time, the content is strong enough that you'll never notice.

An explosive "A-" for Oppenheimer, now playing in theaters everywhere.

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



The Movie
Diary
By Dom Cioffi



Barbie has always been an activist, always ahead of her time

I knew the shape of the box. I could feel it, even though it was wrapped in the traditional Christmas paper and technically looked like all of the other boxes underneath the tree. But my sister and I, we just knew what would be in those 3-inch thick boxes. It wasn't the right shape for a clothing box and it certainly wasn't long enough to be anything but hold the perfect 11.5" doll. The

only question would be — which Barbie was it?

And it could be anything, anything at all, because Barbie could do and be

anything. At least, that's what the commercials told us. But the proof was in the actual doll. She did absolutely everything. I mean, if you couldn't find a Barbie that did what you were looking for, you just had to wait a year and it would come out.

Barbie was a doctor and a vet when women were criticized for seeking jobs. She was an International traveler and celebrator of ethnic traditions when America was



Livin' the Dream
By Merisa
Sherman

Barbie showed us that a woman didn't have to choose... she could be everything. She could have it all. Or not. Whatever she dreamed, she could choose to be.

"white." She was a celebrated business woman when women were fighting to move up from secretary. She even ran for President in 1992!

She ventured into outer space in 1965, way before women could even dream of such a thing. She could carry off a southern belle look but then lead her rock 'n' roll band with Dana, Diva, Derek and DeeDee,

too. She was a Gibson girl who actively served in every branch of the military — before women themselves. She played major league baseball

before Title IX.

Although always impeccably dressed, Barbie has always been an activist.

Through subtle (and not so subtle) costumes, Barbie has done everything. Okay, her ski outfits have always been a little too "snow bunny" for me (the white leggings with the fur trimmed boots) but so totally and unapologetically her. But she

Barbie → 29

Keeping up with changes

Many things have changed over the course of my lifetime and that is to be expected. However, they seem to be changing at a rapid clip and this senior can barely keep up!

It seems like we all used land line phones forever and now the majority of people have cell phones. You no longer pick up a phone just to place or answer a call. You use it to email, text, explore the internet, take pictures etc. Plus, you can use it anywhere that there is a signal...not just in your house. That would have been considered a "fantasy" back in the day!

Cars had keys, roll-up windows and no seat belts. Now they come with fobs, buttons to press for the windows, GPS to get you to your destination and cameras to guide you as you back up. We also "buckle up" before we drive off.

TVs look much different today than they did in the 50s. They also have features that were only dreamed about back then. Our first TV was black and white. When we got a color TV it was a real treat. Today's high definition makes for a sharp picture and DVRs let us record shows and watch them whenever we want.

I am someone who will resist change until I have no choice. That happened recently when certain channels on our

TV showed this message... "One moment please. This channel will be available shortly." At first I believed those words. However, when "shortly" turned into more than 24 hours I knew there was a problem.

I paid a visit to the local Xfinity store which went much more smoothly than I had anticipated and 100% better than calling their customer service number. I just wasn't up to "unplug this...unplug that...press this number...press that number," etc... I have been down that road in the past and it usually ends with a technician needing to come to the house.

So I decided to go in person and ask for a visit.

I was told that because there had been a cancellation a technician could come to our house within 4 hours. I was also told that our box had outlived its life so a new box would be installed. Because I am "old school" I could see no reason to get the "voice remote" so our old remote was programmed to work with the new box. When the remote dies I expect I will have no choice but to upgrade to the newer model. I will probably love it and wonder why I resisted.

Looking Back → 30



Looking
Back
By Mary Ellen Shaw

I am someone who will resist change until I have no choice.



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Barbie:

from page 27

also made it to the Olympics in 1975, so I guess she could wear whatever she wanted to in the 1980s.

I haven't seen this new movie, but I have played with Barbie dolls since before I can remember. And my Barbies never had squeaky voices that sounded like they had an IQ of 15. My Barbie did whatever she wanted to do, wore what she wanted to wear and let the consequences be damned. She was a strong, independent woman in a world where women (myself included) were struggling to find themselves.

Call me naive, but I never noticed her big boobs or the fact that her waist was ridiculously tiny. I didn't care that her feet were never flat (except that it made it hard to keep her shoes from falling off and getting lost). As a child, I was more concerned about her adventures with her little sister, Skipper, and the My Little Ponies than anything else. I mean, how many times can someone have to rescue their little sister from He-Man's arch nemesis, Skeletor?

As I got older, Barbie became a friend rather than a plaything. I collected Barbies for a while, perhaps because my parents weren't ready for me to grow up but also because I didn't want to give up on the dream that my life could be whatever I wanted it to be.

When I graduated from high school, Barbie came out as a Star Trek fan. I had never told anyone outside of the family how obsessed I was with Trek, but I bought my first uniform that year and it's still my

cosplay. If super popular Barbie was public about Trek, I could be, too.

I love Barbie.

I still have one Barbie at my house, the 2000 Hanae Mori Barbie who wore a pink satin underneath black butterfly lace. I have no idea why, out of all the Barbies I ever owned, this one stays with me. But, she does. Maybe it's the edginess of the black over the pink, making her look elegant and classic but still super punk. I don't know. But for some reason, this Barbie sums up all the Barbies I ever had, from Peaches & Cream to the Holiday Series.

I touched an original Barbie once. My not-so mother-in-law had one when she was little and let me look through her Barbie box. It was amazing to see that black and white swimsuit from 1959. It was like reaching out to another world, a world where women had yet to learn that they could do anything they wanted, to be anything at all — and still be the same person. Barbie showed us that a woman didn't have to choose, she didn't have to be one thing — a housewife — she could be everything. She could have it all. Or not. Whatever she dreamed, she could choose to be.

And that message resonates stronger than ever over time: We girls can do anything, right, Barbie?

Merisa Sherman is a long-time Killington resident, local realtor, bartender and KMS Coach. She can be reached at femaleskibum@gmail.com.

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The Windsor Central Supervisory Union (WCSU), the Windsor Central Unified Union School District (WCUUSD), and the Mountain Views School District (MVSD) seek qualification proposals from qualified firms to provide **CONSTRUCTION MANAGEMENT SERVICES FOR THE CONSTRUCTION OF A NEW 160,000 SQUARE FOOT MIDDLE/HIGH SCHOOL BUILDING** for the school district. Qualification proposals will be received by James Fenn Director of Finance & Operations, Windsor Central Supervisory Union Business Office, 70 Amsden Way, Woodstock, VT 05091, until **4:00 PM (EST) on Friday JULY 28, 2023**. All proposals shall be submitted via email at james.fenn@mtnviews.org.

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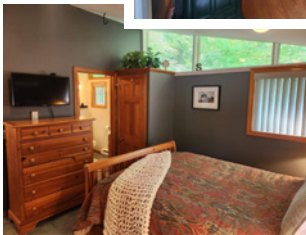
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Looking Back: from page 27

As I watched the technician program our TV to the new box I couldn't help but took a look back to how things were done "back in the day." We got our first TV in 1952. It was a floor model with a wooden cabinet that matched the color of the furniture in the living room. There was an antenna on our roof and when the picture got distorted from a strong wind we called our TV repairman, Mr. Ransom. He got up on the roof, adjusted the antenna and hollered down the chimney to find out if the picture was clear.

The TV had a scalloped opening in the bottom front section and our cat used to get behind the TV when it got near bed time. I guess he could tell time! He would poke his nose out of the opening. He was always lured out with food and tucked away for the night in the kitchen so he couldn't disturb anyone.

Back "in the day" TVs had no remotes for changing a channel, adjusting the volume or viewing a guide for programming. If nobody wanted to get out of their chair then the TV remained on the same channel until "the spirit moved us" and we got up.

Most people had only one TV so you had to agree on what to watch. Of course, my parents loved Lawrence Welk and on

Saturday nights they always tuned in to that show. It featured a band and the vocal talents of the Lennon Sisters. Bobby Burgess had wonderful dance moves and Jo Ann Castle entertained us with her honky-tonk piano tunes. Joe Feeney's Irish vocals were

There are a lot of things in life that I wish could have stayed the same. But watching HD TV in color will never give me any reason to wish that I could switch back to the 50s version.

my parents' favorites as they both were of that nationality.

At some point our old TV could no longer be fixed and we had to get a table model. Bruce Bacceti, who sold us our TV, came up with an excellent solution. He knew my husband, Peter, was handy so he suggested we keep the wooden box part of the old TV and Peter could do some minor renovations and put the portable TV inside it. Problem solved! Peter worked his magic and we had that setup for many years.

There are a lot of things in life that I wish could have stayed the same. But watching HD TV in color will never give me any reason to wish that I could switch back to the 50s version.

Maybe some day I will trade in my 2006 car and carry a cell phone with me. But not yet!



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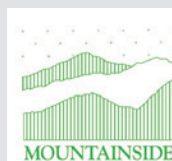
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Mountain Meditations:

from page 26

Environmental Services who sent me their “Healthy Swimming Mapper” and assured me the area was safe due to the lake’s massive size and water volume. So we swam in the pool and at three nearby beaches, jumped off the dock and paddled three kayaks.

At Brewster Beach, high school students from the United Arab Emirate arrived for an afternoon swim. A young man began to choke in deep water, then his friend pulled him to where he touched bottom. I checked to see if he were ok. Mohammed explained his school’s swim lessons ended with the onset of Covid. His group is studying on scholarships this summer at Brewster Academy, a private college preparatory school. They’ll visit Boston and Harvard before they return to the UAE.

Our grandson aced the scavenger hunt at The Libby Museum’s wildlife exhibits of birds, water fowl, bears (black and polar), raccoons, beavers, mink, ferrets, Fischer and bobcats.

The WWII Museum was a compelling history lesson for the great grandson of Duane’s Dad who arrived on Utah Beach during the invasion of Normandy. The birthday boy was inspired to spend his gift money on toy soldiers then set up a battle of Russia v. America

on the cottage floor.

“Putin was the guy on the mountain (a chair) with a giant nuclear factory behind him. He was willing to blow up the world. But the battle ended when the American general pushed Putin into the nuclear waste funnel, but he lost his balance. Fortunately, during his fall, he grabbed a lever that shut down the factory but his hand slipped off and he disappeared. After that, they backed up the war and didn’t fight. To be continued...”

“Yikes” I replied, a tad overwhelmed by the woes of Putin, flood water runoff, and wildfire smoke invading our lungs—more than enough to contemplate while gazing at a peaceful lake. (Wait! Is this why we’ve been coughing all night or is it just a summer cold?)

The last night we strolled downtown to the bandstand where townsfolk gathered in the park on the lake for a bluegrass band called Southern Rail. As Wolfeboro citizens and friends came together for their weekly summer musical tradition, I felt hope for the world with their smiles and hugs, children dancing and tails wagging. Beside a lake, concerns drift away. For a moment all is right all’s right with the world.

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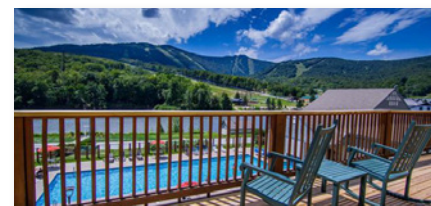
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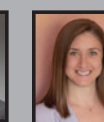
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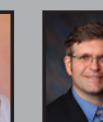
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