



CHILI COOK-OFF IS THURSDAY

Killington's annual chili cook-off will be held at the Sherburne Memorial Library in Killington on Aug. 10 at 5 p.m. Local chili aficionados will compete for the title of "Best Chili in Killington."

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RAMSEY TAKES THE REINS IN KILLINGTON, MONDAY

Michael Ramsey officially begins his new role as town manager of Killington on Monday, Aug. 14.



Submitted

Rosaire's Royal Racing Pigs are a daily feature at the fair.

FAIR BEGINS TUESDAY

The Vermont State Fair featuring rides, tractor pulls, demo derbies, horse racing, games, vending concessions, arts and crafts and more, is returning to the fairgrounds in Rutland Aug. 15-19.

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Submitted

Chad Aston (left), Pete Timpone (center) and Paul Holmes (right) built a weather station shed at Killington Elementary.

Rotary builds weather station at Killington Elementary School

New shed is part of school district allocation for outdoor classrooms

By Polly Mikula

The recent floods not only washed out roads and flooded buildings but the urgency of the resulting remediation work meant has meant redirecting workers. Priorities at the Mountain Views School District (formerly Windsor Central) included. One such project that was nearly scrapped for this year, was a new shed at Killington Elementary that would serve as a weather station. That was, until the local Killington-Pico Rotary stepped in to complete the job.

"We love taking on projects for our community, it's our mission, and it's my main passion as a member of the Rotary," said Pete Timpone, 44-year chef-owner of The Pasta Pot until 2018, when he retired.

Timpone, along with local photographer Paul Holmes and good friend Chad Aston completed the work in just over a week.

"Paul and Chad are such nice, generous people, they really deserve recognition," Timpone said, adding that the trio had a lot of fun working together on the project.

"We'd meet for coffee in the morning, go over the plans, Shed → 8



By Paul Holmes

The new shed was completed Aug. 2 at Killington Elementary.



By Polly Mikula

Dry stone work by Dan Snow.

Odeon is complete at Mission Farm

Stone craftsman Dan Snow completed a dry laid stone odeon (amphitheater) at Mission Farm in Killington, Aug. 3 after three months of diligent work. Rev. Lisa Ransom, vicar and executive director, said: "This project is a part of a 'Radical Invitation' that we are creating here, we hope the community will come see it, use it, enjoy it and all of our 180-acre space."

'It was life-changing' Rutland family, evacuated Friday, reflects

By Ethan Weinstein/VT Digger

The water on Clover Street rose to the roof of Billy and Danielle Quintana's car and rushed into their basement, last Friday, Aug. 7.

"It was life-changing," Billy said, sitting on his porch next to his wife Monday morning. Inside their rental home, where they live with their four kids, cardboard mush floated in the water that remained in their basement. The house was still without power so Billy used his phone's flashlight to

On Clover Street about 20 residents were evacuated on Friday... And one home had been red-tagged, meaning it was deemed uninhabitable, Talbott said.

survey the damage.

Rutland was slammed with more than 3.5 inches of rain on Friday, according to the National Weather Service in Burlington. Streets flooded throughout the city, including Route 7. But Clover Street — a short, sloped block perpendicular Route 7 — was the center of residential flooding and evacuations.

Michael Talbott, president of Rutland's Board of Aldermen, said it was unclear why exactly certain parts of the city had flooded. A brook on

Stratton Road had jumped its banks, he said, which likely contributed to road damage near Olivia's Market. Elsewhere, "storm drains weren't draining," he said.

(Talbott is serving as acting mayor while Mayor Michael Doenges is out of town.)

On Clover Street about 20 residents were evacuated Evacuated → 6



TOWN OF
KILLINGTON
VERMONT

SELECTBOARD
PUBLIC HEARING NOTICE

PROPOSED READOPTION OF KILLINGTON TOWN PLAN

The Killington Selectboard will hold a public hearing on the Readoption of the Killington Town Plan on **Monday, August 21, 2023, at 7:00 p.m.** at the Public Safety Building, 800 Killington Road, Killington, Vermont, with attendance available in person or via zoom - Invite Link <https://us06web.zoom.us/j/86571219532>. This public notice is given pursuant to 24 V.S.A. Section 4444.

The existing Town Plan was last readopted on September 15, 2015. The current draft was updated by the Planning Commission over a nine-month period at public meetings. The purpose of the public hearing is to receive public comments on the draft plan. Oral comments can be made at the public hearing. Written comments can be submitted by email to Lisa.Davis@Killingtontown.com, by regular mail addressed to Lisa Davis, Town Planner, Town of Killington or brought directly to Killington Town Hall.

Statement of Purpose:

The purpose of the plan is to provide a framework for Town actions aimed at maintaining the high quality of life for residents and tourists; ensuring the Town's economic position in the region and providing a healthy environment for economic and job growth.

Geographic Area Affected:

The Town Plan covers the entire Town of Killington.

List of Section Headings:

- Land Use Plan
- Natural, Scenic, and Historic Features and Resources
- Transportation
- Public Utilities and Facilities
- Recreation and Cultural Resources
- Employment and Housing
- Economic Development
- Energy • Flood Resilience
- The Plan.

Copies of the draft plan are available for review at the Town Clerk's office and on the Planning Commission page of the Town's website: KillingtonTown.com.

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Dated at Killington, Vermont this 21st day of July, 2023.
Chet Hagenbarth, Town Manager, Town of Killington, Vermont



Submitted

Vermont is now officially a "no-kill" state for rescue animals.

Vt animal shelters
named 'no kill'

By Katy Savage

Vermont's animal shelters have achieved a "no-kill" status for the first time. The status comes from Best Friends Animal Society, a Utah-based national nonprofit animal welfare organization. To achieve that status, all shelters in the state have to have at least a 90% save rate for animals. "That's a tremendous achievement," said Audrey Lodato, a regional director for Best Friends. Rutland County Humane Society was the final shelter in the state to join the list in 2022. Rutland County Executive Director Beth Saradarian and

Rutland County had been very close to achieving the 90% no kill rate. Last year, they were at about 87% for cats and 95% for dogs.

her team started working to achieve the "no-kill" status in 2020 with the help of Best Friends. The organization awarded Rutland County a \$5,000 grant to hire a dog trainer and assist dogs with behavioral issues. "We've gotten over the 90% hump," Saradarian said. "We did a lot of work around adoptions and speeding up that process and a lot of work around medical care." Rutland County had been very close to achieving the 90% no kill rate. Last year, they were at about 87% for cats and 95% for dogs. "We're definitely in the right place and have changed some of the processes," Saradarian said. Rutland County currently has about 20 dogs available for adoption and 70 cats. Saradarian expects they'll be able to maintain the status if the rate of adoption remains. "We're really happy to be there," Saradarian said. "It's nice to tweak a couple things here and there." The Best Friends annual report from 2022 lists Vermont among three states to achieve the status, along with Delaware and New Hampshire. Vermont currently has a 92% save rate. Lodato credited the state's strong spay and neuter program with some of the success along with Rutland County's efforts the past couple years. "They worked so hard it's really a very celebratory thing for them," Lodato said. Lodato said Rhode Island is also close to joining the list of no-kill states. She acknowledged that, "no matter how hard we try and how hard we do, there are going to be animals that are too sick to be saved or too behaviorally unsound."

Fire department rescues stuffed animals from roof

Staff report

The Killington Fire Department needed to be called in Wednesday, Aug. 2 after 42 animals got stuck on the roof at the Sherburne Memorial Library.

The animals climbed up the roof in the middle of the night, with the pigeon, a notorious troublemaker, leading the way.

The annual event, which takes place at libraries nationwide, marks the end of the library's summer reading program.

This year, 42 kids dropped their stuffed animals off at the library Wednesday. The next day, they watched a slideshow

of all the trouble their stuffed animals got into overnight — staged by adults.

The stuffed animal pigeon is the main character in Mo Willems' award-winning "Pigeon" book series and often gets other critters into trouble.

Children as young as 2 years old to adults participated this year. They fill out a form so they know who belongs to who.

The adults start about 4 p.m. in the afternoon and work on staging



Fire captain Mark Fiori helps to rescue wayward stuffed animals from the Sherburne Library roof.

and taking photos for five hours. In previous years, the animals got a meal at a drive-thru, the Big Bad

Wolf went to the dentist, and the animals went to the eye doctor.

"We use it to keep the kids from being scared of everyday kinds of stuff," Sherburne Memorial Library Director James Ramos said.

Last year, one animal got lost and Killington Police Chief Whit Montgomery was called in to help. The animal took a tour of the police department. The year before, Scooby Doo was town manager for a day.

One favorite annual picture is the animals standing in line to use the bathroom. Usually, one animal doesn't make it and there's a wet spot.

"So they understand everyone makes mistakes," Ramos said.

Five adults participated in staging the animals this year. The fire department used a ladder truck to place the animals on the roof and then rescued them. And, two Bernese Mountain Dogs pulled the animals on a wagon ride around the library.

"It's just as fun for us as it is for kids," Ramos said.



Courtesy Sherburne Memorial Library
Since the pigeon couldn't drive the bus, he drove the fire truck!



Courtesy Sherburne Memorial Library
The Sherburne Memorial Library in Killington hosted a well attended stuffie sleepover on Wednesday, Aug. 2 — 42 stuffed animals came for the event. They reportedly had a lot of fun, and got into some mischief... Including climbing up onto the library roof! The fire department was called and captain Mark Fiore came with a team to help get them down safely! Then, the stuffies got to play around in and on the big red fire engine! The stuffies also enjoyed a wagon ride pulled by a team of Bernese Mountain Dogs, some poolside fun at the recreation department, dinner at iPie and storytime with Mrs. Knipes.



What to do after flooding, state answers FAQs

Recent flooding has altered Vermont's landscape and property owners understandably have questions. The Department of Environmental Conservation (DEC) has prepared answers to frequently asked questions:

Recent flooding moved the stream/river extremely close to my home/business. Will the state come and fix it?

If you feel your home or business is unsafe, take necessary measures to protect your safety, including leaving the building.

If you think work is needed

immediately to stabilize the river, you may hire a contractor to do the work as an emergency protective measure, under authorization of the town. Contact your town to alert them of the issue, as they are required to report within 72 hours. A DEC River Management Engineer will get there as soon as their schedule allows. There may be additional work required at a later date if emergency work further destabilizes the river.

If there is not an immediate threat to your home or business but you feel work is needed to sta-

bilize the river, please send your name, email address, phone number, and full address including town name to anr.wsmdrivers@vermont.gov. A DEC River Management Engineer will contact you as soon as their schedule allows. They will work with you to schedule a visit to assess your property and advise you on work.

The DEC River Management Section is not a funding program but can help you determine the appropriate scope of work that meets state regulations.

Will someone remove the

wood and debris in the river near my property?

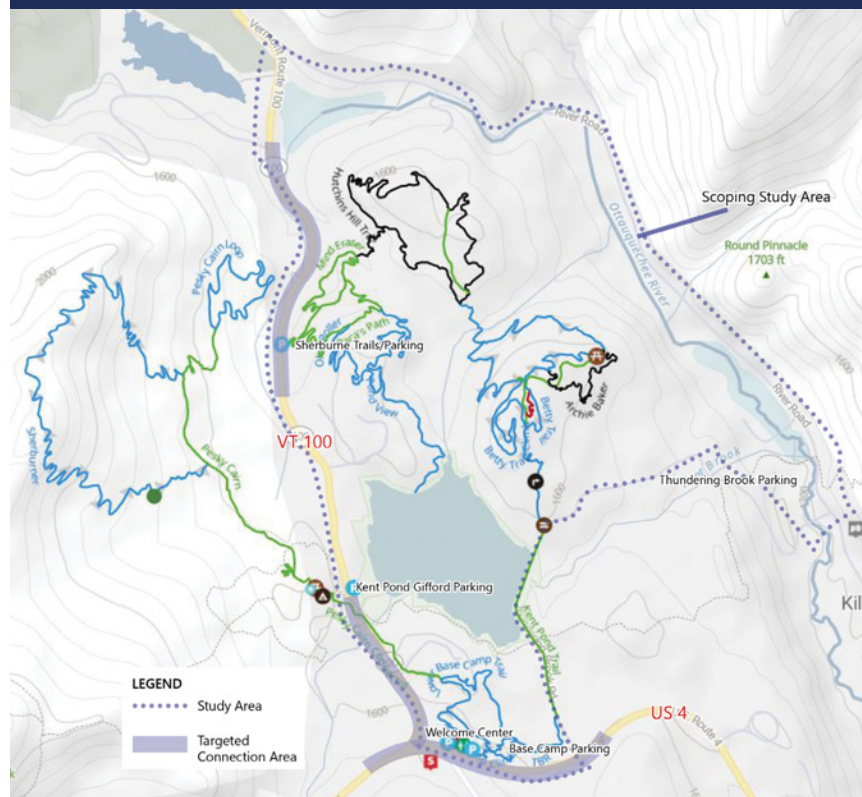
If the wood or debris is changing or redirecting the flow of the river and immediately threatening your home or business, contact your town to alert them of the issue. With authorization from the town, you may hire a contractor to do the work to stabilize the river as an emergency protective measure. Alternatively, towns have the authority to implement emergency protective measures to protect public infrastructure and public safety.

Emergency protective measures need to be reported within 72 hours. A DEC River Management Engineer will get there as soon as their schedule allows. There may be additional work required at a later date if emergency work further destabilizes the river or impacts adjacent infrastructure.

If there is not an immediate threat to your home or business but you feel work is needed to stabilize the river, please send your name, email address, phone

Flooding FAQs → 14

KILLINGTON CONNECTING TRAILS SCOPING STUDY



MEETING DETAILS

DATE: August 24th, 2023

TIME: 7:30 PM

IN-PERSON LOCATION:

Sherburne Memorial Library

2998 River Road,
Killington, VT 05751

VIRTUAL OPTION:

Join Zoom Meeting

Meeting ID: 889 6464 4941

By Phone: +16468769923

By Link: <https://us06web.zoom.us/j/88964644941>

RRMC becomes first hospital in Vermont to receive StormReady certification from NOAA

On Thursday, Aug. 3, Scott Whittier, Warning Coordination Meteorologist for the Vermont office for the National Oceanic and Atmospheric Administration (NOAA), presented a StormReady Certification to Rutland Regional Medical Center (RRMC).

"I'm pleased to present this certificate to Rutland Regional Medical Center," said Whittier. "This demonstrates that the hospital has met all of the criteria and qualifications required to be recognized as a National Weather Service StormReady Supporter in addition to being a Weather Ready National Ambassador through NOAA."

Following the presentation, Whittier was given a tour of the hospital's readiness areas.

In order for Rutland Regional to become a StormReady Supporter, the hospital's emergency preparedness team worked on incorporating weather preparedness into their existing emergency action plans. Key to this effort was ensuring that the hospital has the process in place to receive and disseminate emergency weather information, preparedness activities, and action items in the case of hazardous weather.

"The tactics and tools we put in place because of the StormReady certification process absolutely helped us to be better prepared during the rain and flooding events in July," said Abigail Spiegelman, emergency preparedness manager at RRMC. "We provided advanced and continuous communication to our staff which helped maintain staffing levels so the hospital could remain operational and available for our community."

The StormReady certification represents a partnership between Rutland Regional Medical Center and the National Weather Service to provide the best service possible to the greater Rutland community.

"Being a StormReady Supporter is being part of a Weather-Ready Nation, preparing for a community's increasing vulnerability to extreme weather and water events," said Whittier. "In Vermont, extreme weather events can include severe thunderstorms, damaging winds, winter storms, excessive heat and cold, and flooding rains such as the ones we recently experienced."

RRMC is the largest community hospital in Vermont with 144-beds. It is supported by approximately 1,700 employees, including 256 physicians. For more information visit: rrmc.org.

LOCAL CONCERNS MEETING

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

The Local Concerns Meeting is an opportunity to share your comments and concerns about trail connections along VT Route 4 and Route 100 in Killington to help identify issues and inform opportunities for the study.



“You can’t push the river...”

By Julia Purdy

This flood season brings back memories of past epic events. The Great Flood of 1927 blindsided the state and prompted rescue and remedial action by the state and communities — and, Tropical Storm Irene, which continued to rearrange the landscape a generation later.

Now, whatever we are calling this latest disaster has acted in both familiar and unanticipated ways. Now, once again, rebuilding the environment will require both fresh analysis and renewed understanding of the behavior of water as it impacts human activity — but above all, our human ability to adapt to what seems to be the inevitable.

In many ways, July 2023 could be considered a litmus test of the effectiveness of flood prevention measures.

Vermont, with its steep hillsides, is no stranger to flash floods, or freshets as they were once called. But 1927 introduced a new climatological problem, one that might have presaged the future.

In his contribution to the Vermont Flood Survey Committee Report to Gov. Weeks, a month after the flood, F. E. Hartwell, meteorologist with the U.S. Weather Bureau in Burlington, noted the excessive rainfall: “... and practically all of it flowed immediately into the river systems of the state without ... first soaking into the ground and running off more gradually as would have been the case if this rain had followed a dry month instead of a wet one.”

As a stalled late-autumn weather system dumped 36 hours of steady rain on waterlogged and frozen November soil, mountainside brooks exploded like fire hoses. Rocky river channels swelled to overflowing in a matter of minutes. In those 36 hours, the entire state received overall an average of 8.6 inches of water, reported the Rutland Daily Herald of Nov. 9, 1967.

While Irene’s torrents undercut riverbanks of glacial gravel and sand in 2011, toppling more than a few houses, in 1927 an entire village vanished almost literally overnight. That was tiny, postcard-pretty Gaysville, a hamlet of Stockbridge located at a bend in the White River known as “The Narrows,” with shady porches, stores, warehouses and mills. The White River, diverted to form a large millpond, obediently flowed over the cement dam at the modern hydroelectric generating station, and alongside it, the local White River Rail Road (affectionately known as “the Peavine”) connected Gaysville with the valley north and south.

Driving between Stockbridge and Bethel on Route 107 now, one might notice a strangely empty space in the roadside

scenery about 6 miles west of Bethel, marked only by a street sign for Bridge Street, with a large iron bridge beyond. That is — was — Gaysville.

What the townsfolk of Gaysville didn’t know was that they sat upon a natural gravel dam deposited over the millennia by the river. Surging down from Granville and Rochester, gathering side streams as it came, the raging White River hit Gaysville like an avalanche, seeking its ancestral bed directly beneath the village. One by one, 30 structures tipped over into the river and the railroad track was twisted like a rollercoaster. The low-lying portions of state highway (now Route 107) were under water. The village never recovered; all that remains are a tiny post office, an abandoned trading post, a new 1928 iron bridge across the “new” river, the vegetation-choked foundation of the hydro station, and scattered homes on the hillside.

At the other end of Windsor County, in Cavendish, travelers along Route 131 can look down into a 150-foot deep chasm where the Black River in 1927 obliterated the main road out of town, leaving the schoolhouse teetering on the edge. After sluicing out Ludlow’s downtown, the Black River backed up at a power company dam in Cavendish, jumped a constructed dike, and scoured out an estimated 2 million tons of glacial till, exposing, as the White River did, a pre-glacial riverbed.

Since the available state emergency fund didn’t come close to meeting the need, in conference with Governor John Weeks, the state emergency board took the stance of “act first and apologize later” and committed funds in the expectation that the Legislative Assembly — and their constituencies — would approve the move.

Much of the burden of reconstruction fell to the cities and towns while the state focused on restoring roads and bridges with the help of the Army Corps of Engineers. The majority of Vermont bridges are town-owned. While state statute limited construction of a single bridge to \$5,000, for example, in some towns the total damage came to \$100,000, reported the Rutland Herald. Altogether, 1,258 bridges were damaged or lost.

Field surveyors from the Farm Bureau fanned out across the state to tally up tangible farm losses in buildings, acreage, live-stock, feed, fuel, equipment and household goods. Estimated at 75% of the total losses at best, the Extension Service of UVM came up with its report of losses suffered by 690 farms for a total value of \$1.3 million.

The statewide grand total reported to Gov. Weeks by the Historical comparison → 16

KILLINGTON FOOD SHELF



We are stocked with nonperishable food, paper goods & cleaning supplies. Any person in need, please call to arrange a pickup. Donations accepted. Please call Nan Salamon, 422-9244 or Ron Willis, 422-3843.

Sherburne UCC “Little White Church,” Killington, VT

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MOUNTAIN TIMES

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

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Courtesy Vermont Historical Society

A man rows away from a flooded home, 1927. Epic flooding occurred in 2011 with Tropical Storm Irene and last month.

'There will be a next time': Ludlow emergency management director gears up for future calamities

By Tiffany Tan/VTDigger

Sometime in the afternoon of July 9, Angela Kissell and her husband began knocking on doors in this southern Vermont town, telling residents to prepare for a possible evacuation. She'd been following forecasts of a storm that could bring as much as 5 inches of rain to Ludlow in the next two days, and the possibility of flash floods.

About 12 hours later, at 4:30 a.m. on July 10, Kissell joined other members of the Ludlow Fire Department in evacuating people from a manufactured home park as the Black River engulfed it.

And then, Kissell — who'd been Ludlow's emergency management director for just two months — asked the municipal government to activate the Ludlow Community Center as an evacuation center.

Within the next 36 hours, dozens of people fled to local emergency shelters as Ludlow was pummeled by the state-wide storm, momentarily becoming the storm's epicenter. Some parts of Ludlow got nearly 8 inches of rain, which caused a massive mudslide downtown, spawned millions of dollars' worth of damage to homes, businesses, roads, bridges and a state park, and temporarily cut off land access to and from the center of town.

Kissell, 48, said the experience underscored to her the need to come up with a more comprehensive plan for future emergencies in the town of 2,170 residents. "We learned so much," she said, "that it's just going to make us that much better for the next ones."

Though she has been a firefighter in Ludlow since 2017, Kissell only became emergency management director on May 1. During that first day of the flooding, the learning curve was steep.

Stepping up preparations

Before moving to Ludlow with her husband in 2016, Kissell had built a career in mortgage and lending in New Hampshire. She joined the Ludlow Fire Department — where her husband was a firefighter — after seeing the need for more volunteers in a town with an aging population

and with majority part-time residents. Only 10% of Ludlow homeowners lived there permanently.

At a Ludlow Selectboard meeting April 3, when Kissell formally expressed interest in becoming the town's emergency management director, she pointed out that the local emergency operations team had not met in at least four years.

She also said the town had not addressed some emergency issues, such as opening a shelter during a storm last winter, and it needed an emergency director who would step up. She asked if Ludlow was prepared for an emergency.

The town's longtime emergency management director, Ron Bixby, resigned on May 1. Kissell was appointed to the volunteer position on the same day.

In June, members of the town's emergency operations team met to discuss their priorities, Kissell said. The following month, the flash floods came.

Kissell said she didn't immediately have answers to several pressing questions as the natural disaster unfolded: What kind of support did local emergency responders need? How could they search homes cut off by the flooding? How can town workers immediately assess road conditions?

"We had no policies or procedures in place ... I had nothing to go by," she said. "I felt like I was a little dependent on all these other people who've been in their roles much longer than I have." But it was Kissell who was leading the town's emergency operations team, which includes the fire and police chiefs, town manager and head dispatcher.

Kissell said the local emergency management plan consisted mainly of lists, such as emergency contact personnel, shelter locations and town equipment.

Ludlow's emergency operations team is currently assessing its next steps. The municipal manager, Brendan McNamara, said members will be holding more debriefings on the flood response and reaction.

"The plan will be tailored to what becomes of those meetings," said McNamara, who was appointed to his

Preparation → 10



Submitted

Ludlow Rotary helps distribute recovery supplies

On learning of the massive flooding in central Vermont, David Sarlitto, executive director of the Ocean State Job Lot Charitable Foundation, contacted Rotary International District Governor David Saturley, offering to donate disinfecting supplies to assist in the disaster response. Friday, July 28, Sarlitto and his wife, Sally, welcomed his colleague, Rob Delemaico at the Ludlow Community Center. He brought a semi-truck load of disinfectant wipes and hand sanitizer. These supplies are available to be picked up at the Ludlow Community Center. Other communities affected by the recent flooding are also welcome to some of these supplies as there is plenty to share.

Evacuated:

from page 1



By Ethan Weinstein/VTDigger
Billy and Danielle Quintana and their kids evacuated their Clover Street home in Rutland by raft on Friday, Aug. 7. Debris piled up outside flooded homes.

on Friday, according to state officials. And one home had been red-tagged, meaning it was deemed uninhabitable, Talbott said.

"A few were yellow-carded," meaning they needed clearance from an electrician and fire marshal, according to Talbott. In addition to fuel spills, "water had been up over electrical panels," he explained.

The Quintanas' home was among those yellow-carded. The family — seven in all on Friday — evacuated by raft as flood waters rose to their porch.

"My kids weren't happy. I thought they were going to cry," Billy said of the evacuation. "It was an adventure."

The family received a voucher to stay at the Cortina Inn until Monday. But at the inn, one of their kids' skin broke out, Danielle said. A combination of loud residents and a police presence added to the day's stress, so the family returned to their damaged home.

"We're camping inside," Danielle said.

The couple said their landlord had

worked tirelessly to help deal with repairs and had managed to schedule an electrician for later on Monday. The landlord had also bought them four pizzas over the weekend.

Billy and Danielle don't take those little things for granted. Before moving to Rutland two years ago, they'd previously experienced homelessness. But life had started to turn around in Vermont. Danielle recently finished her clinicals and hoped to start working soon at Rutland Regional Medical Center. They had stable, comfortable housing.

Still, given their rocky finances, life isn't easy. The flood, Billy said, made him feel "powerless." His kids were confused about their future. It wasn't good.

"Everything we have, we treasure. We live from hand to mouth," Billy explained. "I'm trying to keep every penny, every dollar, to make things more comfortable for my kids."

Even as more rain fell on Clover Street, Billy stared at his totaled sedan, naming silver linings: Just that morning,

a neighbor gave his kids a ride to daycare, asking nothing in return. Maybe the flood was the push he needed to finally buy a minivan that could fit his children, he thought out loud.

Just then, a man came walking gingerly up Clover Street, trying to stay dry in a clear plastic poncho. The other week, Billy had met that man when he walked up the road asking for cigarettes. "I saw he had slippers on in the rain," Billy recalled, so he had grabbed a pair of shoes for the man along with a smoke.

As he approached on Monday, Billy could see the shoes didn't fit quite right. So he ran inside, and came back with a pair of black winter boots — the type that lace up calf-high, meant to keep a person dry and warm through the winter.

"Try these," Billy said, handing them to the man. The man tied them, jumped up and down. They fit much better.

"You want these back?" the man asked, gesturing to the first pair of shoes. Billy shook his head no.

"Pass 'em on to someone else," he said.

Remembering Norma Biathrow

By Karen D. Lorentz

On a sunny Aug. 5, family, friends, and former colleagues of Norma Biathrow gathered at the Killington Grand Hotel to celebrate the life of a mother, grandmother, great grandma, sibling, friend, early Killington pioneer, and dedicated state police dispatcher on what would have been her 87th birthday.

As family and friends paid tribute to “a life well lived,” there were chuckles and laughter as stories were told of Norma’s accomplishments and loves, of which there were many. Her love of family, travel, driving her white Lincoln Town Car with the 911 license plate, and work lives were legendary as she made a difference in her community.

Norma T. Biathrow was born and raised in Sherburne. Her father, Howard Towne, had a construction and heavy equipment business, and at the ripe age of 15, Norma drove a stick-shift dump truck up Sherburne Pass, grandson Andrew Wiles related.

In 1954, Norma married Royal Biathrow, who became Killington’s first employee, carving trails and installing lifts with founder Pres Smith. Knowing the type of work Royal did on the mountain, she said in earlier interviews that Royal often had nightmares when working on particularly difficult or steep terrain, adding, “I knew better than to ask about them. I knew how dangerous the work could be.”

Norma stayed at home for a few years caring for their young children and then joined the ski area beginning with the 1962–63 season, a time when Killington had a growing public relations department. She became supervisor of the mailroom and information services, which “entailed a little bit of everything from overseeing the switchboard to snow calls.” Explaining that she felt “a part of a team effort and connected to the area’s growth and success,” Norma had added, “You could see the results.. We had a larger inquiry tally each year and we could see more skiers each year. We felt part of that.”

She also had recalled the genesis of job sharing, noting that “everyone helped out wherever needed. It was like a family operation.”

“Norma was a Killington icon,” recalled a former early Killington worker and retired city policeman, Rick Fitzsimmons, in another conversation.

Norma left Killington in 1976 to become a dispatcher with the State Police in Rutland. Retired State Police Lieutenant Chuck Cacciatore said, “She made a difference and the world is a better place because of her.”

He also noted a Facebook tribute where she was referred to as a “mom to troopers who came up in the 1980s and 90s.” Her dispatcher calls told a trooper where to go, what route to take—the fastest to get there—what to do, and other information that would enable the job to get done. Noting her authoritative professionalism drew an appreciative chuckle from those who knew she always got the job done.

Commenting on the roles she played in many lives, Cacciatore also noted that “as long as the stories are told, her spirit lives on and will from generation to generation.

Among the items on display illustrating that was a special Commendation from the State of Vermont Department of Public Safety Division of the State Police. The Commander’s Citation honored her for “Maintaining a high degree of professionalism during a vehicle chase that subsequently resulted in the arrest of a murder suspect on 17 March 1990.”

On the occasion of her retirement, she also received a plaque thanking her for 22 years of service. It noted, “It takes a Special Person to perform the duties of a dispatcher in a professional and caring manner. You did it for 22 years, Thank you.”

An American flag that was flown over the United States Capitol on August 28, 1998, at the request of the United States Senator James M. Jeffords, was also presented to her when she retired.

It wasn’t just her colleagues at Killington or at the State Police who became extended

Norma → 14



By Karen Lorentz

Three generations of Norma Biathrow’s family celebrated her “well lived life” on Aug. 5.



By Curt Peterson

David Valley processes payment for delinquent taxes on his Hartland property with attorney Kevin O’Toole as finance director Martin Dole looks on.

Two properties go to tax sale in Hartland

By Curt Peterson

Hartland held a delinquent tax sale for two properties Thursday, Aug. 3 — one for 15 Squirrel Drive, and another for 9 Merritt Road.

Hartland’s tax sale attorney Kevin O’Toole of Dorset told the Mountain Times tax sales are usually uneventful events involving a handful of participants.

“Ultimately,” O’Toole said, “Most property owners pay off the taxes and interest before a statutory one-year redemption period expires. Many bidders for tax-sale property are in it for the 12% interest income on their investment.”

It works like this: A town is only interested in the overdue taxes; a representative attends the auction willing to bid the delinquent amount. Other bidders make their offers starting at least at the taxes due. The winning bid is held in escrow by the town’s attorney for the one year redemption period.

If the owner doesn’t pay the taxes during that period, the town is paid from the auction proceeds, and the winning bidder gets the property. Any escrow balance after taxes and interest go to the owner.

If the owner pays off the taxes and interest at the statutory rate of 12%, the winning bidder gets his/her investment back, plus interest.

In effect, the escrowed amount is a lien on the property. If the property owner can sell the property for more than the winning bid, he/she will receive any balance after

taxes, the lien and the interest.

This tax sale is unusual, according to O’Toole. Forty people filled Damon Hall, watching David Valley pay off the delinquency regarding 15 Squirrel Drive, taking it off the auction block as a result.

9 Merritt Road is an unoccupied manufactured home in rough shape sitting among grown-up saplings, trees, bushes and weeds. If it wasn’t for the number on the mailbox, a passerby might not notice it.

The owner, Jeannine Lobdell Smith, died a few years ago, leaving a son and daughter, Sean and Nicky as heirs. They made an agreement, according to O’Toole, whereby Nicky’s nephew could live in the home rent-free, and Nicky would pay the taxes and process the probate and estate so they could take legal ownership.

O’Toole said Sean’s sister apparently didn’t fulfill any of the agreement. No death certificate has been filed, the estate hasn’t been probated, and, as of Thursday, 2021-2022 and 2022-2023 taxes of \$7,352.40 remained unpaid.

O’Toole told Sean because he had an interest in the property he was precluded from bidding.

Ben Spencer made the first bid — for the delinquent taxes. Michael Rafus bid \$10,000, Dennis Dillon bid \$20,000, and Grant Eastman bid \$21,000. People started to pay attention.

Then Andrea Ambros bid \$30,000. Amy

Tax sales → 14

Charity begins at home: Nonprofits face the 'me-too' era

Autumn is the busiest season for nonprofit fundraising, during which many nonprofits are preparing year-end reports, planning fundraising events, and crafting impact-focused requests for donations.

The majority of these activities are the responsibility of the nonprofits' fundraisers. Whether they are salaried staff, paid consultants, or volunteers, many of these fundraisers are women, persons of color, or members of other groups that are often marginalized, even within their own organizations.

In ideal situations, nonprofit fundraisers' efforts complement those of the organizations' executive directors and board members, to generate contributions that support the organizations' mission, vision and values. Very few Vermont nonprofits, however, would use the word "ideal" to describe their fundraising plans, implementation, and outcomes.

In many nonprofits, board members expect the development director (or department, or consultant) to be the sole creator, driver and implementer of the organization's fundraising activities — placing unreasonable demands on them. While most board members have good intentions, there are others who neglect to develop and guide the fulfillment of their organizations' strategic plans. In other situations, board members disrespect boundaries, and attempt to micro-manage the executive director — dictating their schedule, style of leadership and hiring decisions, among other operational functions.

In a recent article, The Chronicle of Philanthropy stated, "Factors that demotivate fundraisers include feeling that their work is undervalued; not feeling supported by senior management or the board; feeling their voice has not been heard as a professional; lack of autonomy; and unrealistic expectations of senior management by the board."

Over the past few years that the "me-too" movement has created awareness of egregious behavior by leaders in the private sector, nonprofit fundraisers are reporting cases of outright abuse as well — bullying, sexual harassment, and discrimination — from their organization's leaders, board members, colleagues, and major donors.



For the Greater Good
By Liz DiMarco Weinmann

A 2022 report from the Association of Fundraising Professionals — which defined sexual harassment as gender hostility, unwanted sexual attention and sexual coercion — revealed that 76% of fundraisers have experienced sexual harassment in their career, while 42% have experienced sexual harassment over the past two years.

Having worked in the nonprofit sector for over 20 years, in various roles that included fundraising, I have dealt with similar behavior, so it's not surprising to me that 90% of all nonprofit job openings are for fundraisers. The average tenure for fundraisers these days is slightly over a year, hardly enough time to plan, implement and achieve success for any organization, let alone one that has serious challenges.

To be sure, aberrant behavior toward fundraisers is more prevalent when an organization's finances are precarious; in which case, some nonprofit CEOs are unsympathetic to fundraisers' reports of harassment, whether the abuse is sexist, racist, ageist, homophobic, ableist or discriminatory in other ways. Clichéd advice to those who are abused — to do yoga, seek therapy, or find another job — puts the onus on those who have been violated, rather than on the perpetrators and the leaders who enable them.

The tide is turning, albeit slowly, as there are several initiatives underway to guide nonprofit leaders and board members to establish and abide by empathetic, respectful and collaborative principles and practices inside their organizations. Most nonprofits profess altruism in their mission, vision, and values statements, but authentic altruism must begin within the enterprise — i.e., exemplifying the truism that charity begins at home.

Among these strategic initiatives here in Vermont is an emphasis on attracting a more diverse team of workers and creating a culture of allyship — where staff and leaders alike are more conscientious about supporting the needs of marginalized workers, for example.

Hundreds of organizational development experts, specialists and thought leaders, including those on Governor Phil Scott's staff, are helping

our nonprofits — which number close to 7,000 — adopt best practices in treating their workers with the empathy, kindness, and respect they deserve.

In addition, there are collaborative professional development activities sponsored by corporations, to help nonprofits cultivate, onboard and orient board members who demonstrate the competence, commitment, connections and confidence to fundraise for their organizations.

The sector is also considering the creation and mobilization of a donor code of ethics. In some organizations, such a code is already in place to protect staff from sexual harassment, and consequences of whistleblowing. The growing sentiment is that a donor code of ethics for nonprofits must include an explicit commitment to a zero-tolerance policy regarding abuse of any kind, throughout the organization.

The more any business, whether nonprofit or for-profit, tolerates boorish behavior, the higher the costs

No longer will such behavior be tucked away in a dubious "internal affairs" file.

to society. Toxic workplace behavior in nonprofits is particularly pernicious; excessive turnover leads to dilution of services to those in desperate need and causes irreparable damage to the organization's mission and vision. Today's nonprofit workers are braver: beyond exposing their organizations' malfeasance to legacy media, they also blitz social media. No longer will such behavior be tucked away in a dubious "internal affairs" file.

Next month and throughout the fall, nonprofits around the state will fill Vermonters' mailboxes, email queues, and social media feeds, with information designed to elicit support for their mission — information produced by thousands of fundraisers. Despite being paid well below what they could be earning in the private sector, fundraisers do this work because they love it and are good at it. They provide an essential service, not just to the organizations they care about, but to all of Vermont. Let's hope their organizations practice authentic altruism from within, demonstrating for certain that charity does begin at home.

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



By Paul Holmes

The shed came in a kit to assemble; but manpower required.

← **Shed:**
from page 1

work until noon-ish then go home, or go play golf, or go on a paddle, whatever we wanted," he said.

The school district bought the shed kit from Jamaica Cottage Shop for about \$3,000. It included all the pre-cut rough sawn pine, a medal roof and plans with color coding, Timpone explained.

The wood will have to be stained at a later date, but the building is otherwise complete and "solid as a brick sh*t house," Timpone said.

"The Rotary Club is out here in the community, that's what we want people to know," Timpone added. "It's a great group and we'd love more people to join us, especially as a lot of our members have gotten older," he added.

The Killington-Pico Rotary Club meets weekly on Wednesday at 6 p.m. at Summit Lodge on the Killington Road. Guests are welcome to attend with advanced notice. For more information call Timpone at 802-770-4054 or Club President Janina Curtis (802) 342-8661.



TOWN OF
KILLINGTON
VERMONT



United States Department of Agriculture

Public Notice

DEPARTMENT OF AGRICULTURE RURAL DEVELOPMENT

Town of Killington Notice of Availability of an Environmental Assessment

AGENCY: Vermont Rural Development, USDA

ACTION: Notice of Availability of an Environmental Assessment

SUMMARY: Notice is hereby given that the Vermont Rural Development, USDA office as required by the National Environmental Policy Act, is issuing an environmental assessment (EA) in connection with possible impacts related to a project proposed by the Town of Killington, Vermont. The area of Killington will be impacted by the proposed project and the Town of Killington has submitted an application to VT Rural Development, USDA for funding of this project.

The EA contains information on the purpose and need for the Project; the range of alternatives considered; and an evaluation of the environmental consequences of the Proposed Action, including cumulative impacts.

An electronic version of the Environmental Assessment is available for review on the Killington Forward Initiative Page of the Town of Killington website at: KillingtonTown.com

SUPPLEMENTARY INFORMATION: The purpose of the Project is to reconstruct portions of Killington Road to address numerous safety concerns and to accommodate multiple modes of transportation and additional capacity. The Project will balance the needs of the various user groups including motorists, pedestrians, and bicyclists by improving road intersections and by the creation of a multi-use path to enhance general safety and operations for all modes of transportation.

The Project proposes the reconstruction of Killington Road from Anthony Way south to East Mountain Road to improve the road profile, cross-slope, surface conditions and to address spot drainage issues. Other improvements include an 8-foot paved multi-use path over the entire Project alignment, a 6-foot sidewalk on the opposite side of the road in select locations, pedestrian crossings, bulb-outs, additional bus stops, and landscaping. Roadway improvements are proposed to be constructed in four phases over an approximate six-year time frame. The project is expected to impact approximately 8,246 square feet of wetlands area.

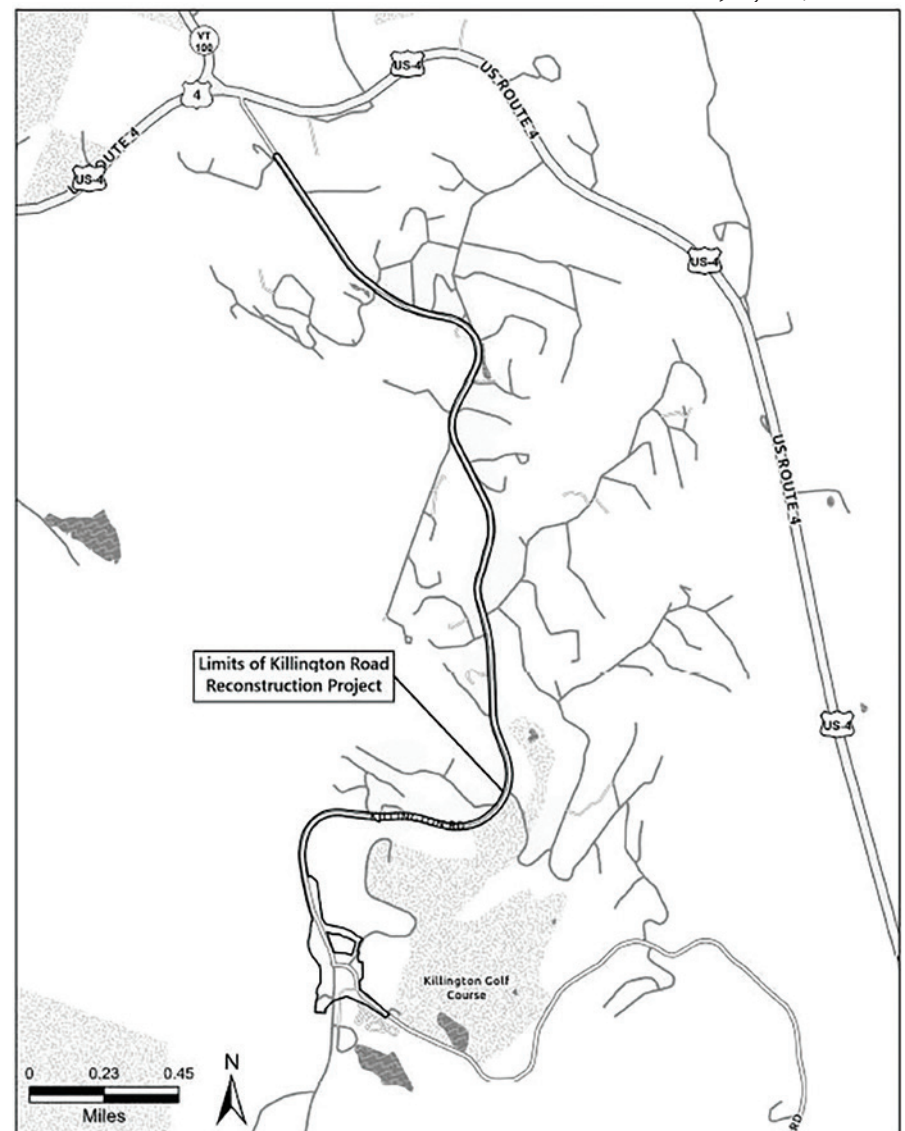
The proposed Project will utilize the Nationwide Programmatic Agreement Among the U.S. Department of Agriculture Rural Development Programs, National Conference of State Historic Preservation Officers and The Advisory Council on historic Preservation for Sequencing Section 106 (NPA) to achieve conditional compliance with the National Historic Preservation Act for the purposes of obligating financial assistance only, and during the completion of Section 106 the agency will formally determine effects on historic properties listed in or eligible for listing in the National Register of Historic Places.

Vermont Rural Development has conducted an independent evaluation of the environmental assessment and believes that it accurately assesses the impacts of the proposed project.

No significant impacts are expected as a result of the proposed project. Questions and or comments on the environmental assessment should be directed to: Shaun Fielder, Community Program Specialist, NH/VT Rural Development, 87 State Street – Suite 324, P.O. Box 249, Montpelier, VT 05601, phone: 802-828-6034, email: shaun.fielder@usda.gov

Vermont Rural Development will accept questions and comments on the environmental assessment for 14-days from the date of publication of this notice. Any final action by Vermont Rural Development USDA (Rural Utility Services) as related to the proposed project will be subject to, and contingent upon, compliance with all relevant Federal environmental laws and regulations and completion of environmental review procedures as prescribed by 7 CFR Part 1970, Environmental Policies and Procedures. A general location map of the proposed project area is shown below.

Dated: July 28, 2023



Salvage yard clears hearing hurdle

By Curt Peterson

Monday night, Aug. 7, found Hartland businessman David Cowdrey and his son Allan at Damon Hall for a final hearing regarding Cowdrey's application for a town salvage yard permit. All signs point to eventual approval.

The long-time auto repair and service provider has mapped out a 150' x 75' area where the permit would allow Cowdrey to store vehicles the state considers "junk" — meaning inoperable cars and trucks.

Selectman Tom Kennedy reminded Cowdrey the permit would require "screening" fencing so the salvage yard area isn't visible from Route 12, on which the property is sited.

Cowdrey said he and his

father have metal sheeting that would accomplish the visibility fence requirement.

Operating as "Dave's Skunk Hollow Auto" since the 1960s, the father/son duo has had issues with the state Environmental Protection and Transportation agencies for some time. They are currently working on compliance with a state court order to remove most of the "junk" vehicles and parts by this coming fall.

The battle with the state has resulted in accumulated fines alleged to total \$15,000.

Allan has separated several "not junk" vehicles and displays and sells them legal-

ly under a recently acquired used car dealers' license.

Kennedy reminded the Select Board that the town

Operating as "Dave's Skunk Hollow Auto" since the 1960s, the father/son duo has had issues with the state.

has jurisdiction only within the proposed permitted area.

"Everything outside that area comes under state oversight," he said.

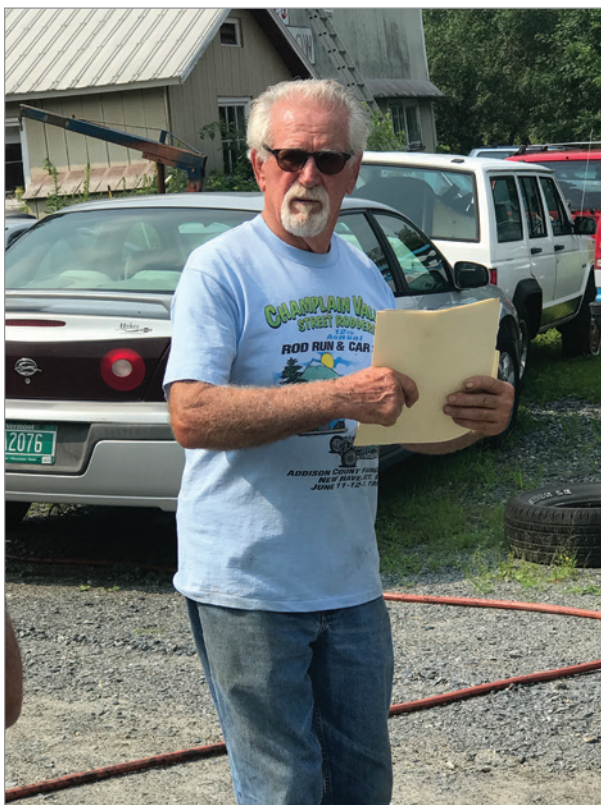
The selectmen reviewed a sitemap to make sure everyone was on the same page about the actual location and boundary of the proposed salvage yard

area. Acting town manager Martin Dole will visit the site soon and adjust the site map to conform with markers the Cowdreys will provide. The Select Board will plan a work session to create the permit document.

Kennedy said the board has 30 days from this hearing within which they must deny or approve the permit. If the permit is issued, the Cowdreys will have to get state approval for operation.

"To be clear, starting today, can my father and I start working on organizing the salvage area we've agreed on?" Cowdrey asked.

Select Board chair Phil Hobbie told him to go ahead.



By Curt Peterson

David Cowdrey of Hartland gives a walk-thru of his property for the Select Board, pointing out his proposed salvage yard.

Hartland intersection redo hits design snag

By Curt Peterson

Four members of the Hartland Select Board grilled Daniel Peck, project manager for Vanasse Hangen Brustlin (VHB) engineers, regarding three expensive glitches discovered during the now-notorious \$1.5 million intersection reconfiguration in Hartland Three Corners.

Board Chair Phil Hobbie outlined the issues, including failure to provide replacement street lighting in the project plans, failure to contemplate a layer of highway concrete under a proposed tree-planting area, and some drainage design issues the board feels should have been obvious.

"These are expensive issues," Hobbie said, "and we need to resolve them so our taxpayers aren't penalized for any engineering design errors."

Design plans called for removing two light-bearing utility poles as part of installing underground utilities, but no consideration was given in the plans for replacing the lighting. Hobbie said the cost of rectifying the mistake will be between \$75,000 and \$100,000.

The green area meant to be where the "triangle" was between Routes 12 and 5 to receive tree plantings that would require at least 24" of clean soil for their roots. Apparently VHB didn't contemplate the cost of removing 5" of highway concrete so the trees could be planted. Hobbie said the cost of this glitch will be \$25,000.

There is no cost estimate for correcting a design flaw that causes "pooling" of rainwater where the new and old sidewalks meet, a problem that the Select Board also considers a VHB failure.

Hobbie asked Peck question after question, laying the groundwork for the town's opinion that VHB should be responsible for rectification.

"None of us are engineers," Hobbie said to Peck. "We relied on VHB to provide the expertise that should have prevented these problems."

Selectman Tom Kennedy said he's known David Saladino, the managing director of VHB's division that is involved in the Hartland project, for years, and feels "Saladino should call our board chair and find the solution to these problems."

The cost of the lighting issue will be mitigated by a suggestion from GPI, the on-site engineers for the project, Hobbie said. The necessary wiring for any new lights will be buried with the other utilities, and can be accessed without re-excavating to place them underground. There are also lighting design suggestions, all of which will require state approval before they can be installed.

Asked if he thinks any or all of these issues might cause a delay in completing the reconfiguration project, Hobbie said, "No."

Preparation:

from page 6

position in April.

State Rep. Logan Nicoll, D-Ludlow, said he was satisfied with the town's emergency response to the flooding. "I thought everything went as well as it could have," he said. "It was a difficult situation."

"Two flood-zone towns"

Kissell balances her emergency management role in Ludlow with her day job as town clerk in neighboring Plymouth, where she also serves as a firefighter. She missed two office days because of her flooding response work.

"When I came back up here, I felt really overwhelmed," Kissell said outside the Plymouth Town Office this week. "I feel like I'm in two flood-zone towns"

A portion of Plymouth, which is located about 10 miles north of Ludlow, was battered by 9 inches of rain during the July storm, according to data from the National Weather Service. Several homes were damaged and some culverts were washed out, but Kissell said local roads and bridges took the hardest hit: \$3.36 million worth of necessary repairs.

In the flooding aftermath, she said, Plymouth residents have been calling her office to ask which damaged roads have been reopened and where to get test kits to check their well water. Others, with tax season upon them, inquired about their property tax bills.

But being the emergency management director in Ludlow has helped her gain knowledge that has come in handy at the clerk's office. For instance, in Ludlow, she developed a list of emergency contacts and resources — with the state govern-

ment, Red Cross, Federal Emergency Management Agency — that she shared in Plymouth.

Kissell said she sees a lot of work ahead as Ludlow's emergency management director, but the July flooding gave her a crash course. She plans to write a step-by-step evacuation plan, gather supplies for emergency shelters in advance and prepare resources to guide residents in the post-calamity recovery.

"We'll be better next time," she said, "because there will be a next time."

Mosquitoes test positive for West Nile Virus

Alburgh and Vergennes mosquito pools are first to test positive in 2023

Mosquitoes collected in Alburgh and Vergennes during the week of July 24 have tested positive for West Nile virus at the Vermont Dept. of Health Laboratory. So far this season, 824 mosquito pools — groups of up to 50 mosquitoes of the same species collected from the same site — have been tested. These are the first detections of West Nile virus in Vermont in 2023. There have been no reported human or animal cases of West Nile virus disease so far this year. The last confirmed human case was in 2021.

Since 2002, there have been 17 human cases of West Nile virus in Vermont. There have been no human cases of the more deadly Eastern equine encephalitis (EEE) since 2012.

West Nile virus is spread through the bite of an infected mosquito. Historically, the virus has been found in all counties of Vermont from June through October, but the risk is highest in late summer and early autumn.

Most people who are infected do not have any symptoms. Some people will have fever, headache, body aches, joint pains, vomiting, diarrhea or a rash. While far less common, few people infected will develop serious illnesses, such as encephalitis (inflammation of the brain). People age 60 and older and those with certain medical conditions are at greater risk for serious illness.

“We expect to find West Nile virus in mosquito pools during the summer months,” said State Public Health Veterinarian Natalie Kwit. “Fortunately, most people infected will never have symptoms, and cases of West Nile virus have been rare in Vermont. But West Nile virus and other diseases spread by mosquitoes can be serious for

some people, and there’s no vaccine or specific medicines available for West Nile virus infection. The best protection is to take simple measures to protect yourself and family from mosquito bites.”

The Health Dept. offers tips to prevent mosquito bites:

- Wear long-sleeved shirts and pants when outdoors.
- Limit your time outside at dawn and dusk when mosquitoes are more likely to bite.
- Use insect repellent labeled as effective against mosquitoes. The EPA has a tool to help find the right repellent. These can also protect for ticks.
- Get rid of standing water in places like gutters, tires, play pools, flowerpots and bird baths. Mosquitoes breed in water standing more than four days.
- Cover strollers with mosquito netting.
- Fix holes in screens and make sure they are tightly attached to doors and windows.

Horse owners should consult with their veterinarians and make sure their animals are up to date on vaccinations for this and other diseases spread by infected insects or ticks. Horses cannot spread West Nile virus to humans or other horses, but the virus can cause neurologic disease and death in unvaccinated animals. In 2018 an unvaccinated horse died from the virus.

Mosquitoes are collected throughout Vermont by the Agency of Agriculture, Food and Markets and tested at the Health Department Laboratory. This interagency surveillance effort occurs every summer and early fall.

For more information, visit healthvermont.gov/mosquito.



Rutland Regional Medical Center named a high-performing hospital

U.S. News & World Report, the global authority in hospital rankings and consumer advice, has named Rutland Regional Medical Center as a 2023-2024 High Performing hospital for hip replacement and knee replacement. This is the highest distinction a hospital can earn for U.S. News’ Best Hospitals Procedures & Conditions ratings.

Rutland Regional was one of only two hospitals in Vermont to achieve high recognition for both Hip and Knee replacement.

The annual Procedures & Conditions ratings are designed to assist patients and their doctors in making informed decisions about where to receive care for challenging health conditions or elective procedures.

“Being named ‘High Performing’ for orthopedic procedures really highlights the phenomenal teamwork and collaboration at Rutland Regional Medical Center,” said Judi Fox, President & CEO at Rutland Regional.

U.S. news evaluated more than 4,500 hospitals across 15 specialties and 21 procedures and conditions. Hospitals awarded a “Best” designation excelled at factors such as clinical outcomes, level of nursing care and patient experience.

“For 34 years, U.S. News has provided data-informed rankings to help patients and their doctors find the best hospital to treat their illness or condition,” said Ben Harder, chief of health analysis and managing editor at U.S. News. “Fewer than half of evaluated hospitals earned any High Performing rating. Hospitals that are High Performing have excelled in providing high quality care in specific procedures and/or conditions.”

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GUEST EDITORIAL

Disaster recovery efforts can serve more than one goal

By Elizabeth Sawin

Editor's note: Elizabeth Sawin, of Hartland, is the founder and director of the Multisolving Institute, a think tank helping implement solutions that protect the climate while improving equity, health, biodiversity, economic vitality and well-being.

In the aftermath of the July floods, my home state of Vermont faces a daunting path to recovery. Flooding damaged homes and businesses. Roads and bridges were washed out, and communities were cut off from the rest of the state.

Vermont has walked this path before, after Tropical Storm Irene, and we are not alone in facing a recovery now. As the climate crisis deepens, more places will be spending more time in recovery mode.

Recovery isn't just a difficult task. It's also one with lasting consequences. Rebuilt infrastructure will — hopefully — stand for decades to come. Over its lifetime, it will influence climate resilience, carbon emissions, health, well-being and social equity.

Because infrastructure has such a broad influence, the process of recovery has the potential to meet multiple goals at once. A “multisolving” recovery would get a region up and running quickly while also protecting climate and biodiversity, increasing community well-being and preparing for future shocks.

Multisolving makes sense in Vermont, a land of famously frugal small farmers. If you can accomplish multiple goals for the price of one, why wouldn't you?

But multisolving may sometimes require more time and more cooperation across silos. That may feel hard to justify in the face of urgent needs like housing people or opening bridges. If Vermont's 2011 recovery from Irene is any guide, there will be a strong pull to the path of least resistance — reproducing our pre-storm status quo.

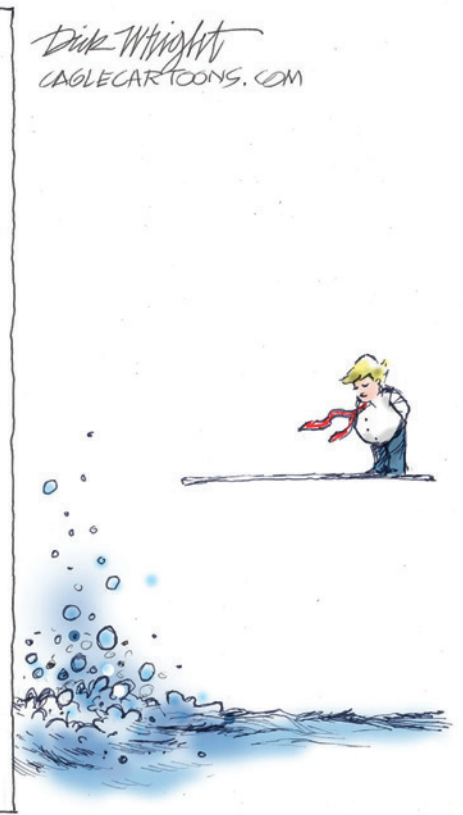
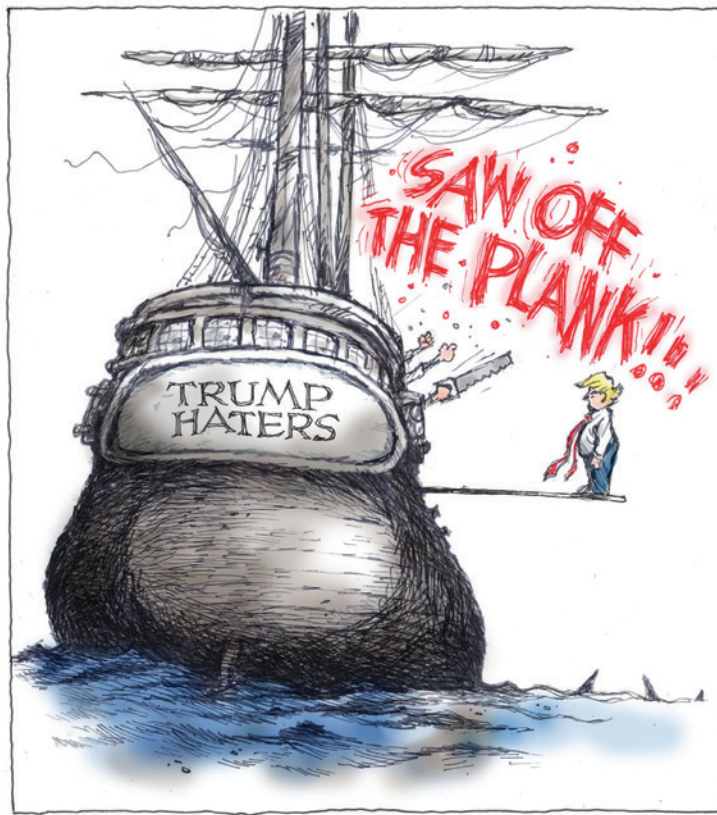
Urgency is justified, of course. People do need roads and bridges open to get to work, school, grocery stores and hospitals. But Vermont has already done some good multisolving in the past. We, along with communities facing recovery around the world, could do more of it.

When Irene hit, conserved wetlands protected towns along the Champlain Valley from the brunt of flooding, saving millions of dollars in potential damages. That's climate resilience. Restoring wetlands also protects biodiversity, improves water quality and promotes recreation. With a multisolving approach, Vermonters could make restoring marshes and wetlands part of recovery.

Those of us who lived through Irene remember that long before the Federal Emergency Management Agency trucks rolled in, small businesses and community-based organizations were providing relief to Vermonters. Grocery stores became cellphone charging stations. I remember the local brewery that opened up access to its water filtration system

Multisolving → 15

A “multisolving” recovery would get a region up and running quickly while also protecting climate and biodiversity, increasing community well-being and preparing for future shocks.



Trump Haters by Dick Wright, PoliticalCartoons

LETTERS

Support Plymouth's short term rental ordinance

Dear Editor,

Discussion has ensued on two provisions following the Plymouth Select Board's decision in May 2023 to amend elements of the Short-Term Rental (STR) Ordinance currently in place. These changes were intended to make the regulations more reasonable and to encourage better compliance.

Please vote yes to support the amended Short-Term Rental Ordinance.

Though not a voting resident of town, I am a fifth generation Plymouth property owner and taxpayer who offers our family property as a vacation rental. I have actively participated in the Select Board's discussions and support their decision to make improvements to the STR Ordinance and I urge others to examine and support the changes adopted in May.

Rationale for proposed amendments

Fire inspections, health condition controls, state lodging tax remittal, respect for neighbors — these are

Rental ordinance → 15

Select Board's actions are appalling

Dear Editor,

I find it appalling that the Killington Select Board has decided not to allow anyone that spoke out about the issues regarding the past chief back into the fire department.

To treat these volunteers like this clearly shows that the Select Board is more concerned about themselves than the community they are supposed to serve. It's hard to believe that people that spoke up about an issue that the Select Board should have addressed early on rather than let it smolder and then finally come to a head should now be punished for trying to bring to light an issue that impacted the community.

I applaud anyone that volunteers in any capacity but I have special appreciation for those that volunteer as firefighters and rescue personnel having been a volunteer firefighter for over 10 years when I was younger.

After this slap in the face, I would not be surprised if some would not come back even if the Select Board changed their mind on this.

Wayne Maszewski,
Killington

Town needs process for handling employee issues

Dear Editor,

Let me start by saying that the only “facts” I have on the recent issues with Killington Fire & Rescue are from what I've read in the Mountain Times, so what has been reported is all that I “know.”

From what I've read, a number of department members, most if not all of whom made up Search and Rescue, had significant issues with the previous chief, Chris LaHart, charging that by bullying, misogynistic comments and more, he created a toxic work environment. Those members were reported to have brought the issue to our town manager who

Process needed → 13

Critics shouldn't be blacklisted

Dear Editor,

According to last week's story “Killington town seeks stable transition for new chief, those who spoke out aren't welcome back” the Select Board voted to bar any previous volunteers who “badmouthed” the fire department in letters or social media from being volunteers. Sorry, but these people did not badmouth the fire department, they put in complaints about people — Chris Lahart and his wife — not the department.

Employees, volunteers and citizens of this town have a right to speak up. If they feel that they or fellow volunteers have been treated poorly, unfairly, and been

Blacklisted → 15

WRITE TO US:

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

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CAPITAL QUOTES

Former President Donald Trump is expected to face his fourth indictment this week in Georgia. This will be his second related to the 2020 election. Trump faces charges for making hush payments to a porn star, mishandling classified documents, and attempting to overturn the 2020 election in Washington, D.C.

“Trump will turn on anyone. Loyalty is a one way street for him. Pence put his fidelity to the Constitution over Trump. I hope he won’t agree to support him again,”

Alyssa Farah, who served as a press aide to both Pence and Trump in the White House, posted on X.

“I want to tell you, I don’t know what the path of this indictment will be. The president’s entitled to a presumption of innocence. He’s entitled to make his defense in court...But what I want the American people to know is that President Trump was wrong then and he’s wrong now, that I had no right to overturn the election,”

Former Vice President **Mike Pence** said.

“The work is accomplished. We’ve been working for two-and-a-half years. We’re ready to go,”

said Fulton County District Attorney **Fani Willis**, who is investigating Trump’s actions in Georgia.

“I saw a scared puppy. I didn’t see any bravado or confidence or anything like that. He knows the truth that he lost the election, and now he’s got to face the music,”

said **Nancy Pelosi** as Trump faced his indictment in Washington, D.C.

LETTERS

We need change from Trump

Dear Editor

After two and a half years of investigation, it has been confirmed that Donald Trump, the former president of the United States, has been indicted. This development comes as a relief to many who have witnessed the consequences of his actions over the course of his term in office and the consequences of having a dictator in office led us to.

Nobody can forget his response to the Covid-19

pandemic, which resulted in the loss of countless lives. His decisions and responses were heavily criticized and questioned by experts in the medical field. The repercussions were felt by families and communities across the nation.

Furthermore, it is essential to address Trump’s track record on issues such as sexism and racism. These discriminatory attitudes not only divide our society but

also undermine our progress towards equality and justice for all. Many individuals have experienced firsthand the negative effects of his divisive agenda.

We need to use this as a moment of ‘is this who we want representing the U.S.? No. We need change where we do not move in the past and move towards a better future.

Hudson Ranney
Student Activist, Windsor

Process needed: from page 12

allegedly quickly dismissed the complaint with an off-hand comment about having “heard about it.”

As a result of this seemingly dismissive comment, those members then wrote a letter to the Mountain Times, making their issues public and requesting consideration of an alternative organizational structure.

Our Select Board and Town Manager, first meeting in executive session, decided to support the recently hired chief and, as had occurred once already, seemingly dismissed the complaint with another off-handed comment “I hope you can work it out.”

This led to a new series of letters to the paper, including one from LaHart, essentially calling those departed members liars, and one from the Select Board defending their actions.

With positions clearly set in stone, Search & Rescue members worked out an arrangement with another organization and the town set about finding new volunteers.

Things quieted down until late June when the Mountain Times published a new article about Killington Fire & Rescue, reporting that many additional members had quit the Department over the past several months as a result of LaHart’s actions.

LaHart then submitted his resignation to the Town Manager. The resignation was accepted by the Town,

and a new chief, Paul Ginther, was immediately brought on board.

Now, one would think that having experienced six months of upheaval, the town would welcome back those who quit and quickly rebuild the department.

Unfortunately, what we now see is the Select Board and Town Manager (who will not be Manager much longer) rejecting that obvious conclusion, stating that “Anyone who signed the letter (published in the Mountain Times, Rutland Herald and social media) or bad-mouthed the fire department through social media is not currently allowed to be accepted as volunteers” (Jim Haff) and “I like the direction we’re going right now and I don’t want any more letters to the editors. I don’t want to read about us in the paper anymore” (Chris Karr).

Ginther, under direction from the Select Board and Town Manager, has advised the many former members who have contacted him that, “for the time being they are not going to be allowed back.”

My question is, why? Those who quit are experienced volunteers, both search & rescue as well as fire fighters. They quit for a cause, for justifiable reasons, and now that the cause (LaHart) has departed, they want to volunteer once again to help the town.

Does town leadership think that, by allowing them back, they will somehow be

disruptive to the department when they never have been in the past? Does leadership think that by allowing them back leadership will, in effect, be acknowledging what most residents believe already: that hiring LaHart was the wrong decision, albeit one made in good faith by the town?

Frankly, directing that they not be brought back seems almost vindictive, blaming the “victims” rather than LaHart.

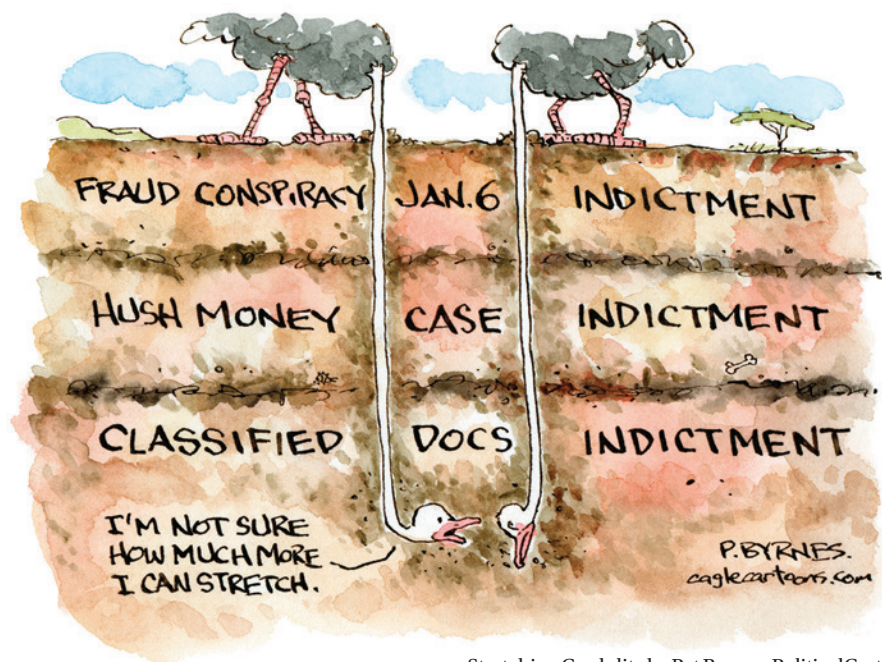
The Select Board should have learned at least one thing from this unhappy episode: it needs a formal process to deal with workplace complaints such as those that were brought to light with LaHart. Complaints about a toxic work environment, whether through misogynistic, bullying or other behaviors, cannot be dismissed or shrugged off. And those that alert leaders to such issues should not be punished for doing so.

As Killington grows and creates more full-time and part-time paid positions, there must be a process in place to manage employee issues. That’s a discussion the Select Board should be having with public input.

In the meantime, they need to do the right thing and immediately allow those fire fighters and search & rescue personnel, who want to again serve the community they love, to return to duty.

Art Malatzky,
Killington

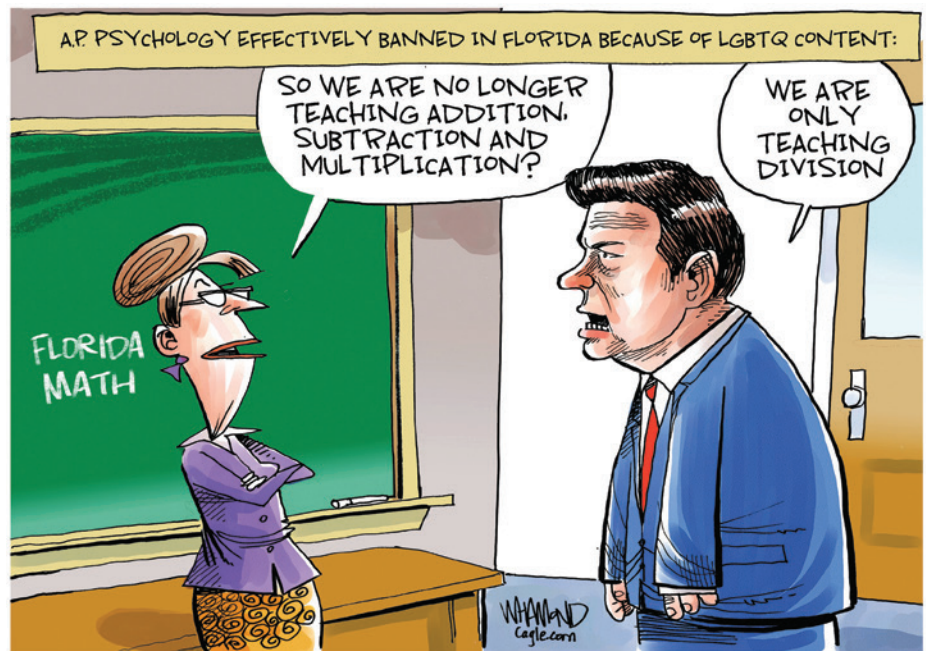
CARTOONS



Stretching Credulity by Pat Byrnes, PoliticalCartoons



QUE SERA SERA by Randall Enos, Easton, CT



Florida Bans by Dave Whamond, Canada, PoliticalCartoons

Flooding FAQs: from page 4

number, and full address including town name to anr.wsmdrivers@vermont.gov.

A DEC River Management Engineer will contact you as soon as their schedule allows. They will work with you to schedule a visit to assess your property and advise you on work.

My home has been damaged or destroyed by recent flooding. What do I do next and what assistance is available?

Information and resources are available at floodready.vermont.gov/help-after-flooding.

My town road is washed out next to my property. When will it be fixed?

Contact your town/highway department or road foreman to alert them of the issue. Towns are responsible for repairs to town roads. DEC River Management Engineers work closely with town officials to ensure repairs meet state standards.

Who will stop heavy equipment from destroying the river?

Flood events require work within rivers and streams to protect public safety and existing infrastructure. Towns have the authority to implement emergency protective measures to protect public safety.

The DEC Rivers Program regulates activities in rivers and streams to ensure that work does not create additional flood

hazards or cause damage to fish habitat.

The most common issue after a flood is over-dredging of rivers or excessive stream-bank filling. While limited excavations and streambank stabilization may be needed to maintain river channel capacity and protect nearby roads and buildings, over-dredging or over-filling creates a much more unstable river which threatens adjacent property and infrastructure during the next flood.

DEC may require a permit and follow-up work at a later date if deemed necessary for a safe river condition or restoration of habitat.

You may report concerns regarding work in rivers to anr.wsmdrivers@vermont.gov. Please provide location information including name of town, name of river/stream, and nearest address and/or crossroads.

Is there financial assistance for me to stabilize the streambank on my property?

The Emergency Watershed Protection grant program administered by the U.S. Department of Agriculture's Natural Resources Conservation Service provides financial assistance for this type of work.

For more information on flood recovery resources from the Agency of Natural Resources, Dept. of Environmental Conservation, Fish and Wildlife Dept., or the Dept. of Forests, Parks, and Recreation, visit: ANR.Vermont.gov/Flood.

Tax sale: from page 7

Ashline bid \$35,000 on behalf of Green Mountain Pool Plasterers, starting a bidding war. Seventeen bids followed, one from Dennis Dillon and sixteen from Ambros and Ashline, ending with \$90,000 bid by Ambros.

One could hear people beginning to breath again.

Ambros told the Mountain Times she expects the Smith families will "get it together and pay off the taxes before the time period is up", which will leave her with a good inter-

est income.

O'Toole said he calculated the interest at \$29.59 per day.

"When I told Sean that on the phone, he told me they were going to pay the taxes off on Friday to avoid the interest," he said. As of 4 p.m. Friday, the town finance manager said Smith had not appeared.

If she does end up owning the property, Ambros said she has ideas how Hartland Winter Trails, of which she is a director, might make use of it.

Norma: from page 7

family for Norma. In a loving tribute daughter Nancy Wiles noted that in addition to her family and many friends, Norma "had a lot of adopted children," noting 'it takes a village to raise a child' and that that was one of her Mother's many gifts that made a difference.

Nancy's son Andrew also noted that caring for others included the many animals his grandfather would bring home, adding that his grandmother allowed her husband to be in charge, "but in reality she was."

That loving care was reciprocated when friends and neighbors enabled Norma to stay at home as long as possible. In noting their kindness, Nancy thanked them along with the "wonderful care" she received by so many at The Pines where she spent her final days.

In a timely homily, son-in-law William Wiles spoke of Norma and Royal driving in a torrential downpour. As they passed by various constables and state police assisting roadside situations, Norma would ask should I stop and Royal would say "keep going, you'll drive out of it."

When they had made it through, he told her to pull over, wherein he noted, those in need had been given help, saying "they'll be fine."

Wiles concluded, "She's with Royal. Life goes on, but we'll all be fine. Happy Birthday Norma."

In addition to her family and many friends, Norma "had a lot of adopted children," noting 'it takes a village to raise a child'...

Blacklisted:
from page 8

made to feel unwelcome in their own organization.

The original KSAR group laid out in a formal letter, their reasons for no confidence in LaHart’s leadership. Instead of looking into the situation and

Later, when long-standing and highly active members of the KFD started to complain of similar issues with LaHart and his wife. The complaints were dismissed, again.

Now Selectmen Jim Haff

Everything was swept under the rug, and when it came up again with fire dept. members. It was not taken seriously once again.

the allegations, the town dismissed all concerns and attacked the former KSAR organization. They joined in as LaHart deemed the team a liability, with lack of training, credentials, skills, and proper equipment. They did this, despite hearing directly from the state head of search and rescue Drew Clymer, who vouched for the teams credentials and equipment, and stated his high confidence in their ability to perform the job.

and Chris Karr and Town Manager Chet Hagenbarth want to heal wounds by publicly blacklisting, long-term volunteers for voicing their concerns? Honestly, I understand that they are annoyed that this is being argued in the public eye, but they themselves are partly to blame for that. When handed the letter in person, Hagenbarth, set the letter aside and responded. “Yeah, I’ve heard all about it.” Nothing about

“We take these matters seriously.” Nothing about “It will be looked into.” Even at the board meeting on March 20, despite concerns being brought out, the only thing Hagenbarth and the board said was, we can’t discuss this in public. True they can’t, but that doesn’t mean that citizens can’t bring up their problems there without fear of retribution.

Everything was swept under the rug, and when it came up again with fire dept. members. It was not taken seriously once again.

For Hagenbarth to say that morale is a major concern after completely dismissing the poor morale caused by the mistreatment by LaHart is a cruel joke. A total of at least 25 people resigned over low morale caused by LaHart. And now the town finds those same volunteers responsible for the low

morale? Unbelievable!

My other thought: is it legal for a town government to bring punitive actions upon citizens for exercising the right of free speech, especially since that free-speech exposed possible illegal activities, such as sexism, being dismissed without cause and creating a hostile work environment?

Setting that aside, if throwing the victims of the LaHart’s behavior under the bus is Haff’s and Karr’s way of settling things down, then their hope to have less public reaction is laughable. Perhaps if the allegations had been taken seriously, the first or even the second time around, that would’ve been possible. But, unfortunately, it seems they are just doubling down on their vindictive nature.

Respectfully submitted,
Patty McGrath, Killington

Multisolving:
from page 12

to those who needed clean water. My local food pantry coordinated to have me and hundreds of other volunteers clean out basements and sort donations.

A similar web of mutual assistance has already sprung into action in response to the recent flooding. This is homegrown climate resilience. It’s also multisolving. This civic muscle provides benefits year-round, not just once a decade in a climate emergency. During the current recovery, we could multisolve by investing in the service organizations at the heart of our communities. We’d be boosting our capacity to respond to shocks while also increasing everyday well-being.

Vermont pioneered other multisolving solutions in the aftermath of Irene. One innovation was the “Irene Cottage.” That was a rollout of energy-efficient housing on high ground to replace less efficient housing destroyed in the flooding. Irene Cottages combined recovery, climate resilience and climate protection into one package.

A multisolving recovery in Vermont could go further. It could upsize culverts for added climate resilience. Rebuilt bridges could include lanes for pedestrians and cyclists, aligning with Vermont’s Climate Action Plan, which calls for more walking and cycling.

We can also look beyond Vermont for examples of what a multisolving recovery might look like.

After a devastating tornado in 2007, the town of Greensburg, Kansas, rallied around a vision of a green recovery. Today Greensburg is powered by renewable energy. It has an energy-efficient school, library, medical center and city hall. It saves money on fuel and electricity. Greensburg shows that the need to recover can be a chance to rethink our approach as well.

The specifics of a multisolving recovery will look different in every place. In a coastal area, it might include living shorelines. In a city, it might involve increasing the tree canopy or making homes more energy efficient.

Whatever the specifics, a multisolving recovery would ensure that every dollar and every hour of investment serves more than one goal. It would design for the future that’s coming, not the past we once knew. It would expand the idea of recovery to include nature and community, as well as bridges and roads.

Time is short, and the urgency is real. How can we seize the multisolving opportunity while still moving quickly? That’s something we will need to learn in the coming years. But there are prototypes we can learn from.

Vermont’s Irene recovery created silo-crossing networks that still exist or could be revived. For instance, Irene Cottages grew out of a partnership among a foundation, a housing group and a network of social service organizations.

After Irene, Vermont’s governor appointed an Irene recovery officer. In this flooding recovery, a similar position could be charged with aligning recovery with the state’s climate action plan, as well as our goals for nature and community well-being. The effort could take lessons from other examples of governing with a multisolving lens, like Massachusetts’ new office of climate chief or the Biden administration’s Justice40 Initiative.

There are as many ways to multisolve as there are places to try it. The point isn’t perfection. It’s to set out to recover quickly but mindfully, capturing as many co-benefits as possible along the way.

If you can accomplish multiple goals for the price of one, why wouldn’t you?

Rental ordinance:
from page 8

all things that should be embraced and followed by all rental businesses.

The amendment to make Knox Boxes “recommended” instead of “required” is fair and reasonable and should be adopted. The rationale being put forth for Knox boxes being required is based on concern for renter safety/ease of first responder entrance. If this is the case, then it should be a requirement for all residences in town, so that all residents’ safety is safeguarded equally. Furthermore, a management plan for the protection of residents’ privacy and security should be in place prior to any mandated entry provision.

The choices surrounding homeowners insurance is a personal matter and the details should not be dictated by the town. I choose to maintain a full commercial rental policy because that’s what I want for myself and my guests. It seems an overreach for the town to oversee the details of my insurance policy. If others

choose to be underinsured, they put their property and family assets at risk, but this does not impact the community.

Other elements of the current regulations should be reconsidered in the near future as well, to help make the ordinance more feasible and reasonable for both sides.

Parking

Parking restrictions based on bedroom count are outdated and ineffective methods for addressing the relevant community concerns. Preventing people from parking in the street can easily be enforced with a town wide regulation that prohibits on-street parking. Requiring on-site parking would be a reasonable item.

Occupancy

The current occupancy provision limits the number of people staying in a house due to the concern for septic capacity. However, this does not take into account other mitigation factors, such as more frequent septic pumping and

the part-time occupancy of vacation-seekers. The Standards for Responsible Hosting set out by the Vermont Short Term Rental Alliance (VTSTRA) recommend to “Limit occupancy to the legal limit determined by a State Fire Safety Certification, or limit occupancy to two people

safety resources. VTSTRA recommends that vacation rentals “complete a fire & life safety inspection every 5 years”, which is adequate and aligns with standards set for long-term rental units in other Vermont towns.

I hope that the voters of Plymouth will consider all

VTSTRA recommends that vacation rentals “complete a fire & life safety inspection every 5 years”, which is adequate and aligns with standards set for long-term rental units in other Vermont towns.

times the number of legal bedrooms plus two (to prevent sewer/septic damage, control wastewater management, and prevent neighborhood disturbances).”

Safety inspection

Requiring every vacation rental to complete a full, in-person inspection in every year is excessive and impractical for Vermont’s limited fire

the information and facts that have been circulated and debated when they vote on the Select Board’s amendments on Aug. 15.

Vacation rentals provide positive economic contribution to the community and the Select Board members have worked hard to improve the rules. They deserve the community’s support.

James Tepper, Plymouth

← Historical comparison: from page 5

Vermont Survey Committee came to an estimated \$25 million (in 1927 dollars). Vermont self-financed much of its portion of recovery by issuing special flood bonds. Even though Gov. Weeks initially asserted that “Vermont can take care of its own,” once Secretary of Commerce Herbert Hoover and U.S. Attorney General John Sargent — a Vermont native — toured the state, Vermont received \$2.65 million in federal aid, plus loans from the newly formed Vermont Flood Credit Corporation and assistance from the Red Cross.

Vestiges of the Great Flood of 1927 are still visible if you know where to look. In an attempt to stabilize the White River’s banks, junked autos of 1920s vintage are buried in the riverbank in Rochester, at the confluence with the West Branch. Likewise, in Stockbridge a discarded steam locomotive from Montpelier was buried in the riverbank, following a primitive practice of erosion control, an interpretive plaque on Stone Cutters Way outside Hunger Mountain Coop informs us. In Gaysville, a section of train rail pokes out of the riverbed in the now deceptively shallow White River.

With the aid of the New Deal’s Civilian Conservation Corps, the Army Corps of Engineers built three major earthen flood control dams in Vermont between 1933 and 1938. (One of these — the Wrightsville Dam on the north branch of the Winooski — seemed about to spill over July 11 this year, before the flood surge abated. The Wrightsville Dam alone serves a drainage area of 66.5 square miles and normally can accommodate 6.6 billion gallons.)

Fast-forward: “Irene, you bitch”

In 2011, 90% of Vermont towns lost critical infrastructure. Not surprisingly, the central spine of the Green Mountains spawned the most damage as runoff poured into the valleys, highlighting the meaning of the term “watershed.”

Cavendish got hit again in almost the same spot, with a major washout on Route 131 on the brink of “Cavendish Canyon.”

In Mendon, a half-mile of Route 4 between Wheelerville Road and Meadow Brook Lane disappeared, sluiced out by Mendon Brook. What remains are steep, exposed gravel banks, visible from the new roadway. Even more visible is the continuing erosion, which each year topples more trees into the brook below.

Back in Stockbridge, there was nothing much left in Gaysville for the river to take other than a small commercial campground at water’s edge, but the White River obliterated a 4,000-foot stretch of Route 107 east of Gaysville, where the highway skimmed the edge of a long curve in the riverbank. Building an all-new roadway from scratch required 250,000 tons of rock, 7,500 feet of guardrail, and 38 culverts, reported NBC5. Because Route 107 is a section of the only more or less direct east-west truck route linking Interstate 89 to New York, the job was done in a record 119 days. Heavy equipment clambered up and down the new high embankment above the highway, carefully placing riprap to prevent future landslides, while special “rock trains” dumped their loads on a siding in Bethel.

Today, the scars are still there: extra-wide, shallow riverbeds littered with boulders, towering embankments of glacial till sheared in half, exposed ledge where rock was harvested for repairs, bridge abutments standing starkly in the riverbeds and the ever-present layer of fine-grained river silt that smothered vegetation.

In 2023, it is beginning to look all too familiar.

Flood Ready Vermont (floodready.vermont.gov/floodcosts) publishes a map of the U.S. showing the increased incidence of “very heavy precipitation.” Of all the regions, the six states of the Northeast are seeing a 71% increase in torrential rains. As a rural state that has weathered natural disasters repeatedly, this time Vermont knew to respond quickly.

Where do we go from here?

Hundred-year-old methods of flood control have proven inadequate and even added to the devastation. River scientists say the dredging of rivers and armoring streambanks with riprap, while they may be ad hoc fixes to push more water through and deflect it from streamside development; if overdone they disrupt a river’s natural flow, setting the stage for the next flood.

“Building Better”

In a post-mortem of the Great Flood of 1927, the Rutland Herald (Nov. 21, 1927) presciently speculated on elements that intensified the damage. The editorial opined that even had the hillsides not been laid bare by logging and agriculture, the forests alone would not have been enough to impede the torrents; but where human activity did directly impact the outcome was “the obstructions of one kind and another that [man] has put in the way of watercourses.” The writer singles out power dams that yielded to megatons of water piling up behind them. Another “prolific cause of the trouble” was the “[n]arrowing of natural river channels for man’s convenience or profit ...” The writer further points out that “Populous towns have been largely constructed right into the natural courses of streams at flood height — a fatuous proceeding, as events have shown.”

So far, immediate fixes have come to mean buying out

flood-prone properties and setting them off-limits to future development, replacing culverts with bigger ones and bridges with higher ones, restoring natural floodplains by means of easements, and clearing obstacles on riverbanks to allow the water to slow down and spread out before engulfing property downstream.

In an email to the Mountain Times, Shannon Pytlik, with the Rivers Program of Vermont DEC, made the same, but updated, analysis: “Many communities have land use bylaws (zoning) that allow for continued development within the floodplain and river corridor. ... This is one area they could

work on to improve their flood resiliency over time,” she said.

Post-Irene, some 155 damaged houses and buildings around the state were “bought out” by the state and the parcel restored as open public space, off-limits to development. An example is Pittsfield village on Route 100N, where several homes, located where a branch stream tumbles into the Tweed River, were broken up and shoved off their foundations in a pile of rubble and occupants forced to permanently relocate.

While some bridges succumbed, many bridges stood their ground while their approaches were gutted, making them inaccessible, such as the Route 73 “R.I.P.” bridge in Rochester, which came to resemble an off-ramp to nowhere. Even though old bridges tend to have sentimental, scenic or historic value, some have been replaced with higher, streamlined concrete structures. One exception was the beloved 1920s steel truss bridge on Route 107 at Bethel, itself a replacement. It was replaced by a smaller replica, as a longer, modern bridge would not fit in the space.

Of the over 200 bridges damaged or destroyed in 2011, all were rebuilt with streamlined designs to prevent flood debris jams, a spokesperson for Vermont Agency of Transportation told the Mountain Times.

As of Aug. 1, 2023, she noted a temporary bridge at Route 100 on the Ottauquechee River in Bridgewater and two bridges, on Route 125 in Hancock and Route 116 in East Middlebury, whose culverts failed. The repair-and-replacement work after Irene came to “nearly 130 projects,” she said.

Undersized culverts were especially vulnerable. Brandon, which potentially faced Gaysville’s fate, is a case study. Driving through Brandon today on Route 7, you would notice nothing amiss. But 12 years ago, the heart of the village, which straddles the small Neshobe River, was a shambles.

In Brandon, the Neshobe pours over an ancient mill dam and squeezes through a narrow, rocky chute under Route 7 in Conant Square, a cluster of 19th century commercial blocks. In 2011, the Neshobe, originating at a crest in the Green Mountain National Forest, thundered over its old dam and choked on the too-small culvert underneath the highway, gouging a cavern in front of Briggs Carriage House Bookstore, sending the House of Pizza, onto the sidewalk of Route 7 and causing a backup all the way into the hamlet of Forest Dale upstream, which had become a regular occurrence.

In 2017 a mammoth new culvert had been installed beneath Route 7 and the little downtown hub had been put back together, even better. A pocket park adorned with plantings allowed a pretty view upstream of the once-raging Neshobe River cascading scenically over its mill dam. People could once again enjoy a midday break in the gazebo plaza overlooking the lower cascades. This July, Brandon Town Manager Bill Moore told WCAX the culvert did its job: “We’ve experienced at least four or five events since 2017 where the culvert has accepted water and kept our downtown from flooding.”

A significant measure to protect both streambanks and property and meet river demands for space is to clear land for “alluvial fans” to form. Instead of ramming against an obstacle or narrow channel, the water spreads into the surrounding land, slowing the main flow. Sometimes the rivers do this themselves, as the Neshobe unfortunately did upstream of Brandon center, or where existing open farmland allows it, as with Otter Creek in North Clarendon and Rutland. And river silt can act as a soil amendment, but human infrastructure, located for convenience to the water, suffers.

In the past, efforts to channel streams consisted of building barriers, called berms, to keep the river in place. But now the science is to remove the berms and let the river spread out into adjacent open space. The Cold River in North Clarendon is one such spot, where Middle Road crosses on a low bridge. Post-Irene, river management partners removed the berm, opening a 10-acre parcel of level woodland to the river.

Shannon Pytlik, with the Rivers Program of Vermont DEC described the effect of measures taken after Irene. “The [North] Clarendon village did flood in Irene prior to the floodplain restoration and did not flood this year. ... We are collecting and analyzing the flood heights and river response. What we can say currently is that many floodplain restoration projects did function as intended and did store water and sediment upstream of development, including the [North] Clarendon project. We ... do know that extra storage of waters upstream of infrastructure will take some of the pressure off development in flood prone areas.”

She said when she visited the location she found “debris and sediment” covering the open ground instead of farm fields and roads downstream, “which is exactly what we want to see on a functioning floodplain.”

“When Flooded Turn Around Don’t Drown”

It’s not a prank. The yellow-and-black signs pop up at Alfrecha Road over Otter Creek in North Clarendon and other flooded stream crossings and roadways. National Weather Service’s Advanced Hydrologic Prediction Service (AHPS), which surveys rivers, lakes and precipitation (including snowfall) to predict river conditions and flood hazard outlook, issues flood watches and warnings to the public. The site uses Doppler radar, satellite, water gauges and direct observation and maintains a continually-updated, interactive Observed Gauge map of the U.S. that can be filtered to show local areas.

AHPS was launched in 1997 and now has sites across all 50 states. In Vermont, 340 data-gathering gauges are located throughout the state, including the Missisquoi, the Lamoille, the Winooski, Mad River, Otter Creek and Poultney River. The map features a color-coded key to show the degree of flood hazard on these streams, visit: water.weather.gov or find an interactive flood map at: weather.gov/safety/flood-map.

WORDPLAY

IMMUNIZED WORD SEARCH: Find the words hidden vertically, horizontally, diagonally and backwards

SUDOKU

Solutions →29

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- ACUTE
ADJUVANT
ALLERGY
ANTIGEN
- ANTITOXIN
ANTIVIRAL
BACTERIA
BIOLOGY
- BOOSTER
CONJUGATE
DELTOID
DISEASE
- DOSE
EXPOSURE
IMMUNITY
IMMUNIZE
- INACTIVATED
INFECTION
NEEDLE
RESPONSE
- SHOT
SORENESS
VACCINE
VIRUS

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.

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

Level: Intermediate

CROSSWORD PUZZLE

Solutions →29

- CLUES ACROSS
1. A way to pick up
5. Presents
10. Type of guitar
14. Actor Idris
15. A citizen of Iran
16. Creative
17. Harness
18. Weight unit
19. You better call him
20. Utterly devoted
22. Male cat
23. Spiritual leader of a Jewish congregation
24. Risk-taker
27. A team’s best pitcher
30. Cool!
31. Women’s ___ movement
32. Georgia rockers
35. Step-shaped recess
37. The princess could detect its presence
38. Type of truck
39. Butterhead lettuces
40. Angry people see it
41. Lines where two fabrics are sewn together
42. Soviet city
43. Carpet
44. Traveled all over
45. Thin, straight bar
46. Body art (slang)
47. Congressman (abbr.)
48. No seats available
49. Breaks apart
52. Arabic name
55. Ballplayer’s tool
56. Type of sword
60. Baseball team
61. Upper bract of grass floret
63. Italian Seaport
64. Ancient Syrian city
65. Shoelace tube
66. The Miami mascot is one
67. South American nation
68. Popular video game “Max ___”
69. Body part
- CLUES DOWN
1. German courtesy title
2. Ancient Greek City
3. Ancient Hebrew calendar month
4. Long-legged frog family
5. Photo
6. Delivered a speech
7. Lute in classical Indian music
8. Decorated
9. Take a seat
10. Belonging to a bottom layer
11. Member of a Semitic people
12. Part of a ticket
13. Defunct Guinean money
21. Challenges
23. Popular BBQ food
25. Subway dweller
26. By way of
27. Shady garden alcove
28. Egyptian city
29. Partner to “flowed”
32. Widens
33. Old Eurasian wheat
34. Act incorrectly
36. European pipeline
37. Al Bundy’s wife
38. Ocean
40. Root eaten as a vegetable
41. Sound units
43. Style of music
44. A way to drench
46. Hot beverage
47. A cotton fabric with a satiny finish
49. Rumanian city
50. Urge to action
51. Vaccine developer
52. Canadian law enforcers
53. Wings
54. “Perry Mason” actor
57. Small fry
58. ___ Clapton, musician
59. Take a chance
61. Bland food
62. Consumed

I am an actor born in Australia on August 11, 1983. I began my career on an Australian soap opera. Despite appearances in many films, I am best known for my portrayal of a god in a series of Marvel movies.

Answer: Chris Hemsworth

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WEDNESDAY

8/9

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.

Robots! Robots! Robots!

1-4 p.m. Chaffee Art Center, 16 So. Main St., Rutland. \$140. Ages: 6-12. Build a robot buddy from recycled materials, as well as learn robot games and dancing. Must pre-register. For registration and info visit: chaffeeartcenter.square.site.

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.

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.

Market on the Green

3-6 p.m. Every Wednesday. 3 The Green, Woodstock. Free to browse. Produce, crafts, and music take over the town center. Info: woodstockvt.com.

Zentangle Workshops

4-5:30 p.m. Norman Williams Public Library, 10 The Green, Woodstock. Starter kits will be available (for a \$5 suggested fee). Jenny Dembinski's Zentangle classes teach a method of drawing that is easy to learn and relaxing. Drawing a combination of dots, lines, and curves called "tangles" on small pieces of paper called "tiles" is unplanned and free-flowing so you can focus on each stroke. For more info visit: adrian@normanwilliams.org.

Get Creative with Storytelling & Writing

4-5:30 p.m. Wednesdays. Chaffee Art Center, 16 So. Main St., Rutland. \$20 weekly or 4 weeks for \$60. Ages: 12 and up. Learn the techniques of writing in a fun and interactive setting using multiple writing prompts with both individual and group discussion. Bring your own notebook and pen/pencil. Instructor: Carmen Major. Registration and info: chaffeeartcenter.org.

Good Citizen Club

4-5 p.m. Fox Room, Rutland Free Library, 10 Court St, Rutland. We're participating in the Kids VT and Seven Days' Good Citizen Challenge! Activities to explore history, government, community, and media with a chance to win prizes! Each session we will do one activity that you can check off on your Good Citizen Challenge sheet to help you get "BINGO" and earn prizes. Info: rutlandfree.org.

Cavendish Summer Concert Series: Yankee Chank

6 p.m. Svec Memorial Park, Proctorsville Green, Cavendish. Free. Take in authentic Cajun and Zydeco dance music and see if you can sit still! 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.

Artistree Summer Concert Series: Rose Hip Jam

6 p.m. ArtisTree Community Arts Center, 2095 Pomfret Road, South Pomfret. \$10. Enjoy folk, folk rock, country and Delta blues and some surprises but please 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: Sky Blue Boys: Banjo Dan and Willy Lindner

6-8 p.m. Free. Traditional "brothers duet" old ballads, parlor songs and their own creations accompanied by acoustic banjo and guitar. Enjoy them on the pleasant grounds behind the Brandon Inn next to the pretty Neshobe River. Free popcorn. Info: brandon.org.

Name that Fish Stew! Cooking Class

6:30-9:30 p.m. Bridgewater Corners, Bridgewater. Cost is \$95. Chef Ted will teach the skills to create a delicious New England seafood stew with shellfish and vegetables. For more info visit odysseyeventsvt.com.

Stone Valley Jazz Cafe Series: New Kanon Jazz Trio

7 p.m. Stone Valley Arts, 145 E. Main St., Poulney. Donation \$10. SVA invites you to come out for an evening with jazz, rock, classical and American roots including Coltrane and others. Bar snacks and homemade desserts, BYOB. For more info visit stonevalleyarts.org.

Jacob Rice Live on the Hill

7-8:30 p.m. Good Shepherd Lutheran Church, 6 Church Hill Road, Rutland (via Hillside Road off US-4E). Suggested \$5 donation. Wallingford native turned Tennessee songwriter Jacob Rice has been featured on Spotify's "New Music Nashville" and "Fresh Finds Country," Vermont Public Radio, and 101.5 WEXP Vermont Community Radio. Info: goodshepherdrutland.org

Seven to Sunset Wednesday Night Concert Series:**Rick Reddington & The Luv**

7 p.m. Main Street Park, Rutland. Free. Original roots rock 'n' roll with a bit of RastaBilly. Bring your lawn chairs, blankets, and picnic supper. Info: rutlandrec.com.

THURSDAY

8/10

Storytime at Rutland Free Library

10-11 a.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Free. Storytime promotes early literacy and socialization skills in a fun setting. Each session might offer stories, movement, and an activity. Geared towards ages 2-5. June-September, find us on the lawn by the Grace Church parking lot, while the weather is nice. 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: chaffeeartcenter.square.site or call 802-775-0356.

Robots! Robots! Robots!

1-4 p.m. Chaffee Art Center, 16 So. Main St., Rutland. \$140. Ages: 6-12. Build a robot buddy from recycled materials, as well as learn robot games and dancing. Must pre-register. For registration and info visit: chaffeeartcenter.square.site.

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.

The Killington Chili**Cook-Off**

5-8 p.m. Sherburne Memorial Library, Killington Road, Killington. Individual \$10; couple \$15; family of 4 \$25; Chili cook-off contestants free. Join the competition and bring your finest chili to compete for the title of "Best Chili in Killington" or just come to taste! All proceeds benefit the Killington Recreation Scholarship Fund to support children in sports and summer programs. Live entertainment by the Chad Hollister Band. There will be a cash bar, and no outside alcohol is permitted. Info: killingtonvt.myrec.com.

Feast and Field Summer Concerts: Miss Tess

5:30 p.m. Fable Farm Fermentory, 1525 Royalton Turnpike, Barnard. \$5-\$25. There isn't a genre that Miss Tess can't play -- with her own retro take. Info: feast-and-field.com.

Slate Valley Trails Analog x SVT gravel rides

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

Belmont Village Green Concert Series: Jaime Ward**a.k.a. , Mr. Pianoman**

6:30 p.m. Belmont Village Green, 7 Maple Hill Road, Belmont. Original songs, rock 'n' roll interpretations with a touch of New Orleans. (In case of rain the concerts will be held in the Mount Holly Community Center). Info: yourplaceinvermont.com.

Chester Summer Music Series: Frydaddy

6:30 p.m. Chester Academy lawn, 230 Main St., Chester. Free. Vermont-based Carlos Ocasio and Frydaddy bring R&B, Latin soul and rock & roll to Chester. (Rain venue: American Legion Post 67 on Route 103.) Info: yourplaceinvermont.com.

Fair Haven Concerts in the Park: Mellow Yellow

7-9 p.m. Thursdays. Fair Haven Park. Free. Bring your chairs by any time after 5 p.m. on concert night to hear this psychedelic '60s tribute band. 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.

FRIDAY

8/11

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.

Story Time at the Library

10:30-11:30 a.m. Sherburne Library, 2998 River Road, Killington. Free. Info: sherburnelibrary.org.

Robots! Robots! Robots!

1-4 p.m. Chaffee Art Center, 16 So. Main St., Rutland. \$140. Ages: 6-12. Build a robot buddy from recycled materials, as well as learn robot games and dancing. Must pre-register. For registration and info visit: chaffeeartcenter.square.site.

Calendar → 19



100 X100 RELAY

FRI - SAT, AUG 12-13

← **Calendar:** Email events@mountaintimes.info from page 18

Front Porch Forum: Bread & Bones Folk Trio

6 p.m. Stone Valley Arts, 145 E Main St., Poultney. Suggested \$10 donation. Bread & Bones folk trio, comprised of Ripton's own Beth Duquette and Richard Ruane with Mitch Barron on bass, will perform. Info: stonevalleyarts.org.

The Jackson Gore Summer Music Series: The Bear Mountain Boys

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: odysseyeventsvt.com.

Family Camp Out

7 p.m. Sherburne Library, River Road, Killington. Free. Bring your camping equipment and set up in the backyard. Children must be accompanied by an adult at all times. We'll set up a campfire, enjoy s'mores, snacks, games, stories and all sorts of fun. We'll even pull out the telescopes and do some stargazing. The Perseid meteor shower will be at peak Friday night, and we'll do our best to catch some shooting stars. Please let us know if you'd like to participate by sending an email to sherburnememorial@gmail.com or by calling the library at 422-9765.

SATURDAY

8/12

The Slate Valley Scramble

8:30 a.m. Slate Valley Trails' Fairgrounds trailhead, 131 Town Farm Road, Poultney. \$60-\$75. The fourth annual Slate Valley Scramble trail run race and fundraiser! Trail runners can choose from an 8k and half-marathon, which will be held entirely on singletrack and double-track trails. A free kids' fun run will take place following both events to encourage the whole family to get out and enjoy SVT's trails. Info: slatevalleytrails.org

100 x100 Relay

All day. Varied times. Ice House at Jackson Gore, Okemo, 36 Jackson Gore Road, Ludlow. \$499-\$999. Jackson Gore Village is the finish line for this race that ends with an epic after-party at Okemo's Ice House. The relay is a team-based distance running experience, with teams consisting of 4-6 runners (Full Team) or 2-3 runners (Ultra Team). The event starts early in the morning on Saturday Aug. 12, with a staggered start time depending on your team's submitted pace, and ends with most teams finishing between 7:30 p.m. and 11 p.m. Tour 100 miles of Vermont terrain along historic Route 100. Info: 100on100relay.com.

Stone Valley Arts Literary Festival — A Celebration of the Written Word

10 a.m.-4 p.m. Stone Valley Arts, 145 East Main St., Poultney. Adults \$40 per day, \$70 for both days. Students 12-18 years of age \$18 per day, \$36 for both days. Writing workshops carefully crafted by professional facilitators to benefit writers in all genres and with all levels of experience. Info: stonevalleyarts.org.

Rutland's Annual Art in the Park Summer Festival

10 a.m. - 5 p.m. Main Street Park, Rutland. Fine artists and craft persons, Vermont vineyards/breweries/distilleries, specialty foods, kids' activities, and music in the bandstand. Shows will be held rain or shine. Info: chaffeeartcenter.org/art-in-the-park.

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.

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.

Earth Balloon

10:30-11:15 a.m. & 11:30 a.m.-12:15 p.m. Fox Room, Rutland Free Library, 10 Court St., Rutland. Explore some of the landforms, bodies of water, and unique features that make up our planet. We'll also learn about some of the animals that live on Earth! We'll explore this from both outside and inside this inflatable Earth balloon. Registration is required. For registration and info, visit: rutlandfree.org.

Rutland Railroad Museum & Model Club

Rutland Railroad Museum & Model Club
11 a.m.-3 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.

Cooler in the Mountains

Concert Series: The Dirty

Water Dance Band

3-5:30 p.m. Snowshed Lodge Base area, Killington Ski Resort. Free. Join us to hear this 6-piece rock 'n' reggae-soul ensemble out of Cape Cod. 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@odysseyeventsvt.com.

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

8/13

Stone Valley Arts Literary Festival — A Celebration of the Written Word

10 a.m.-4 p.m. Stone Valley Arts, 145 East Main St., Poultney. Adults \$40 per day, \$70 for both days. Students 12-18 years of age \$18 per day, \$36 for both days. Writing workshops carefully crafted by professional facilitators to benefit writers in all genres and with all levels of experience. Info: stonevalleyarts.org.

Rutland's Annual Art in the Park Summer Festival

10 a.m. - 4 p.m. Main Street Park, Rutland. Free browsing. Fine artists and craft persons, Vermont vineyards/breweries/distilleries, specialty foods, kids' activities, and musical entertainment. Shows will be held rain or shine. Info: chaffeeartcenter.org/art-in-the-park.

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 odysseyeventsvt.com.

Sundays on the Hill Concert Series: Blackstone Valley String Quartet

4-5 p.m. Weston Community Church, 37 Lawrence Hill Road, Weston. \$5 for adults, no charge for children under 12. Musical talent in Weston in the acoustically perfect Weston Community Church. Info: yourplaceinvermont.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@odysseyeventsvt.com.



177TH VERMONT STATE FAIR

TUE - SAT, 15 - 19

Ludlow Summer Bandstand Concert Series: Rick Reddington & The Luv

7 p.m. Veterans' Memorial Park, Ludlow. Free. Original roots rock 'n' roll with a bit of RastaBilly at the bandstand at High Street and Route 103. (Rain venue Ludlow Community Center). Info: facebook.com/LBandstand.

MONDAY

8/14

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.

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.

TUESDAY

8/15

177th Annual Vermont State Fair

10 a.m.-10 p.m. 5 days, Aug. 15-19. Vermont State Fairgrounds, 175 So. Main St., Rutland. Affordable admission; free admission every day for 5 & under and military in uniform, and Thursday, Aug. 17 for seniors and veterans. A celebration of Vermont's agricultural heritage and skills, prizewinning local produce and livestock judging, along with pony rides, crafts, antique farm equipment, forestry exhibits, carnival rides, grandstand shows, ground acts, food and beverage concessions. Don't miss the 4-H Equestrian Center open horse show (Aug. 16), 4-H gymkhana (Aug. 18) and Western mounted target shooting (Aug. 19). For daily programs and more info, visit vermontstatefair.org/daily.html.

← **Calendar:**.....
from page 19

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.

Slate Valley Trails Women's Mountain Bike Group Rides

5:30-7:30 p.m. Fairgrounds Trailhead, 131 Town Farm Road, Poulthney. 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.

Recite! Poetry Sharing Evening

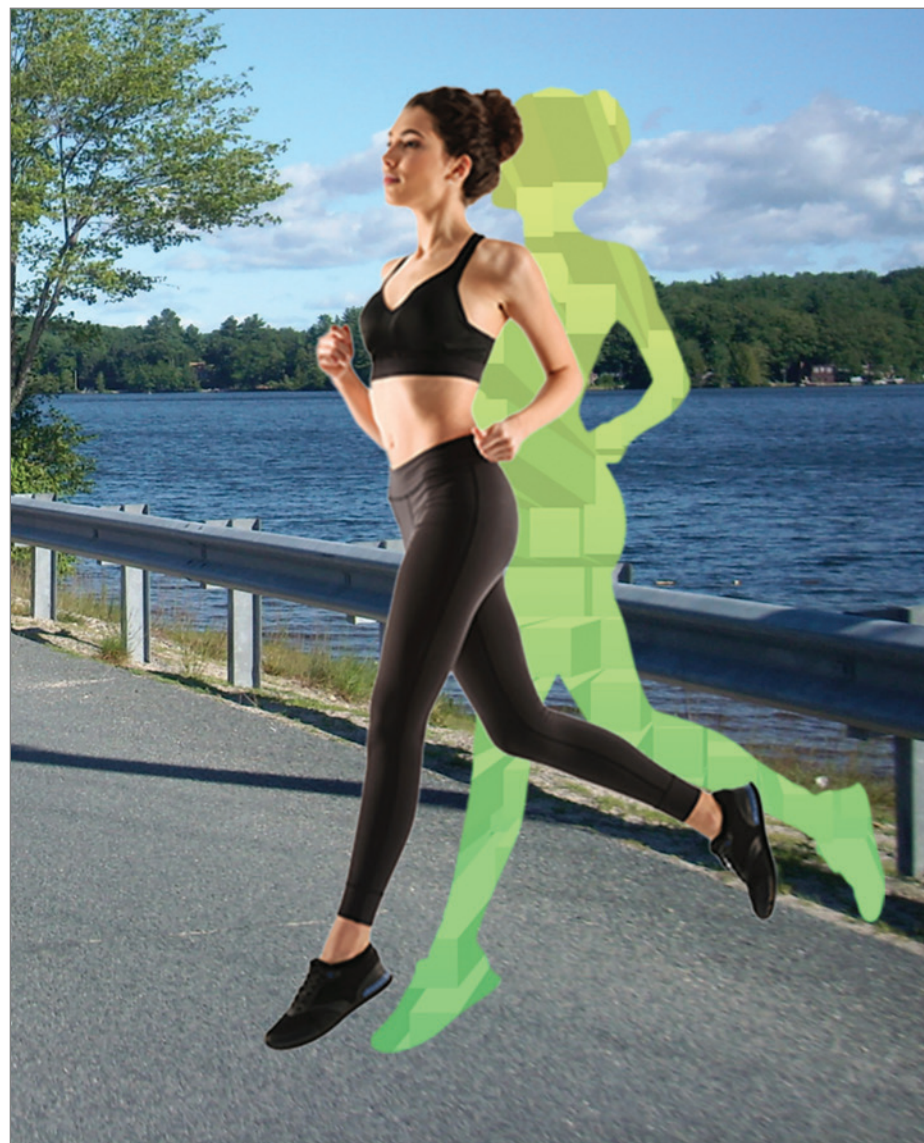
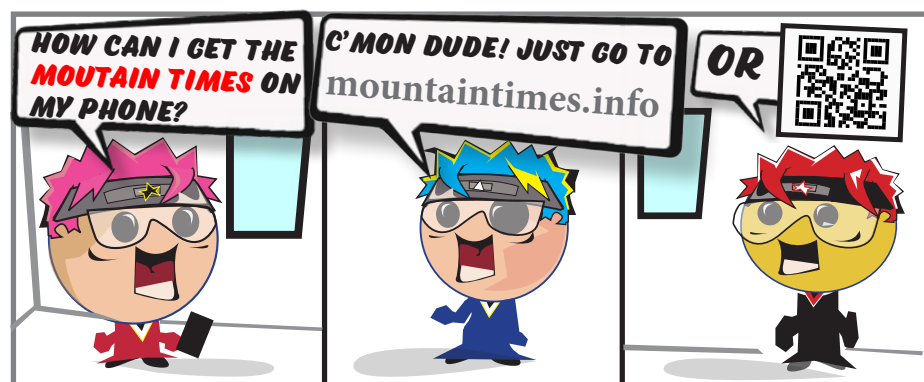
5:30 p.m.-7 p.m. Norman Williams Public Library, 10 The Green, Woodstock. Hybrid (in-person and online) Recite! is an open mic poetry event that meets on the second Tuesday of each month. Professional poets, amateurs, and first-timers all join in, as well as those who want to just come and listen. It is helpful to know if and how you will be joining us. Please email programs@normanwilliams.org to RSVP or get the link.

Tuesday Concert Series: Moose Crossing

6-8 p.m. Pittsford Village Farm, 42 Elm St., Pittsford. Free. A folk/rock/eclectic sound that is all their own. 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@odysseyeventsvt.com.



Submitted

The 100 on 100 relay race starts at the Trapp Family Lodge Bierhall, made famous by the Von Trapp family. The course covers a picturesque 100-mile route along Route 100 from Stowe to Ludlow. The relay will take place Aug. 11-12.

The 100 on 100 Relay provides a challenging 100-mile, scenic Vermont experience

Friday and Saturday, Aug. 11-12 at 4:40 a.m.—STOWE—The 100 on 100 Relay race is a team-based distance running event that takes place along scenic route 100. The race offers participants the chance to challenge themselves while enjoying scenery along the course. Each team will be comprised of anywhere between two and six participants. Teams made up of six will have each member run three legs over the 100-mile distance with a total distance per runner of approximately 16.5 miles.

Starting at the Trapp Family Lodge Bierhall, made famous by the Von Trapp family, the course covers a picturesque 100-mile route along Route 100 from Stowe to Ludlow. Runners will pass through covered bridges, by rolling fields, and through the mountains. Along the way, runners will wind through locations such as the Breadloaf Wilderness, Killington Mountain Resort, and the Ben & Jerry's Factory Store. The course ends at the Jackson Gore Village at Okemo Ice House.

There is ample parking available at both the start and finish lines of the race. Start line parking is located at the Trapp Family Lodge Bierhall in Stowe, while finish line parking can be found at the Okemo Mountain Icehouse in Ludlow. Each transition area along the course will also have designated team vehicle parking.

Packet pickup is a crucial step in the preparation for the relay.

It will take place on Friday, Aug. 11, at the Trapp Family Lodge Bierhall. Packet pickup will also be available on race morning, Saturday, Aug. 12, for teams assigned to the 4:30 a.m. and 5 a.m. start times. However, exceptions can be made under extenuating circumstances.

After completing the challenging 100-mile course there will be a catered buffet courtesy of Okemo Mountain Resort. Alcoholic and non-alcoholic beverages will be available at the after-party.

For more information, visit: 100on100relay.com/race-details.

FARM & WILDERNESS FAIR

CANCELLATION

The Farm and Wilderness wishes to inform the community that the Fair, originally scheduled for Sat. August 12th has been canceled due to Flooding and other factors.

Mary Lou's

WOOD-FIRED PIZZA • BAR • LIVE MUSIC

Live Music Monday & Tuesday
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2841 Killington Rd | Killington, VT 05751

Dine-In or Takeout

[MUSIC Scene]

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

WED
8/9

BRANDON
6 p.m. Brandon Inn (Lawn Behind It) – Concert with Sky Blue Boys

LUDLOW
7 p.m. Off the Rails – Chris P?

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

PROCTOR
6 p.m. Town Green – Duane Carleton

PROCTORSVILLE
6 p.m. Svec Memorial Green – Yankee Chank

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

RUTLAND
5 p.m. Roots Restaurant – Aaron Audet

5:30 p.m. Strangefellows – Ryan Fuller

7 p.m. Main Street Park – Rick Redington & Tuff Luv

SOUTH POMFRET
6 p.m. Artistree – Summer Concert Series with Rose Hip Jam

THURS
8/10

BARNARD
5:30 p.m. Fable Farm – Feast & Field with Miss Tess

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

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

FAIR HAVEN
7 p.m. Town Park – Mellow Yellow

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 the Chili Cook-off and Chad Hollister

6 p.m. The Foundry – Ryan Fuller

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

LUDLOW
6 p.m. Okemo's Coleman Brook Tavern – Sammy B

PITTSFIELD
6 p.m. Clear River Tavern – Open Mic Night/Pyllas Tour Sendoff Party with Art Show

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

SOUTH POMFRET
7 p.m. Artistree – Open Mic Night

FRI
8/11

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

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

KILLINGTON
6 p.m. Rivershed Killington – Chris Pallutto

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

6 p.m. The Foundry – Aaron Audet

7:30 p.m. McGrath's Irish Pub – Craic Agus Ceol

8 p.m. Jax Food & Games – Rick Webb

LUDLOW
6 p.m. Calcuttas – Sammy B

6 p.m. Jackson Gore Courtyard – Summer Music Series with Bear Mountain Boys

8:30 p.m. Off the Rails – Red Daisy Revival

PITTSFIELD
7 p.m. Clear River Tavern – Duane Carleton

POULTNEY
6 p.m. The Poultney Pub – George & The Hendersons

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

RANDOLPH
7:30 p.m. The Underground Listening Room - VT Flood Benefit Feat. Ms. Lee Fan Club & The Radiance

STOCKBRIDGE
5 p.m. The Sable Project - Bow Thayer presents Choirs of Aether (accompanied by Leyeux)

7:30 p.m. Wild Fern – Green Rocks Dead Fern Fest

WOODSTOCK
6 p.m. East End Park – Music by the River with The Tricksters

SAT
8/12

BRIDGEWATER
8 p.m. Woolen Mill Comedy Club – Comedy Night with Max Higgins (Winner of Funniest Comic in Vermont)

KILLINGTON
2:30 p.m. The Umbrella Bar at Snowshed- Live Music

3 p.m. Snowshed Lodge Base Area – Cooler in the Mountains Concert Series with the Dirty Water Dance Band and special guest opener Nick Bredice

6 p.m. Rivershed Killington – Tee Boneicus Jones

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

6 p.m. The Foundry – Aaron Audet

7:30 p.m. McGrath's Irish Pub – Craic Agus Ceol

8 p.m. Jax Food & Games – Zach Yak

LUDLOW
6 p.m. Calcuttas – George Nostrand Duo

6 p.m. The Killarney – Sammy B

8:30 p.m. Off the Rails – Tony Lee Thomas

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

QUECHEE
5:30 p.m. Public House Pub – Tad Davis

RUTLAND
9 a.m. Main Street Park - 62nd Annual Summer Art in the Park Festival

SUN
8/13

BRIDGEWATER CORNERS
4 p.m. Long Trail Brewery – Brett Stafford Smith

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

KILLINGTON
12 p.m. Rivershed – Brunch with Tee Boneicus Jones

5 p.m. Still on the Mountain – Open Mic Night with Indigenous Entertainment

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
6 p.m. Calcuttas Par Bar – Liz Reedy

7 p.m. Veteran's Memorial Park Bandstand – Rick Redington & Tuff Luv

RUTLAND
9 a.m. Main Street Park - 62nd Annual Summer Art in the Park Festival

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

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

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

4 p.m. North Universalist Chapel- Central Vermont Chamber Orchestra: Encore Performance

MON
8/14

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
8/15

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

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

PITTSFORD
6 p.m. Pittsford Village Farm - Tunesday Concert with Moose Crossing

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

RANDOLPH
7:30 p.m. The Underground Listening Room - Some Kind of Nightmare, Dead Street Dreamers, Robbery

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Historic photo of the Rutland Fair show farmers' with their cattle, sulky races, Roxie's popcorn man and a view of the track from the grandstand, including Killington and Shrewsbury peaks.

The Vermont State Fair observes its 177th year, bringing a vibrant agricultural background and a rich historical tradition

Tuesday-Saturday, Aug. 15-19—**RUTLAND**—The Vermont State Fair, famous for its thrilling rides, exciting tractor pulls, adrenaline-pumping demo derbies, horse racing, games, vendor concessions, arts and crafts and more, is also remembered as a historical landmark of Vermont, especially with its roots in agriculture.

The fair, managed by The Rutland County Agricultural Society, is one of the oldest state fairs in the United States. Established in 1846 as the Rutland State Fair, it started as a one-day event held in a field near Castleton. The fair quickly gained popularity, attracting visitors from all over Vermont and Western New York. In 1849, the Rutland Railroad even added extra cars to accommodate the growing number of attendees.

Over the years, the fair moved around Rutland County before finding its permanent home in 1856 at 175 So. Main St. in Rutland. Originally known as the Rutland

County Park, the fair has been held at this location ever since. In 1972, it was officially renamed the "Vermont State Fair."

The first president of the Rutland County Agricultural Society was Fredrick Button. Under his leadership, the fair gained traction and attracted participants from various agricultural backgrounds. The initial fair showcased livestock, produce, and local crafts. It served as a platform for farmers to exhibit their products, exchange ideas, and promote agricultural practices.

As the fair grew in popularity, it began to feature more attractions and entertainment. Before the fair settled in its permanent location, it set up on different plots of land around Rutland County. Notable locations included John Cain's property (now Grove Street, north of Crescent) and the old Baxter Estate. These moves allowed the fair to reach a wider audience and fostered community engagement.

In 1856, when Rutland County Park became the permanent home of the fair, the park provided a central location for visitors and participants. The fairgrounds offered ample space for various exhibits, livestock shows, and entertainment venues. This stability allowed the fair to establish itself as a significant event in the region.

Throughout its long history, the Vermont State Fair has hosted numerous top-name entertainers. Renowned artists such as Loretta Lynn, Buck Owens, Roy Rogers and Dale Evans, Conway Twitty, Ronnie Milsap, Charlie Pride, Tanya Tucker, Travis Tritt, Charlie Daniels Band, Vince Gill, Scotty McCreery, and Jeff Dunham have all performed at the fair. These performances have brought joy and excitement to families and fairgoers, making the event even more memorable.

For those who are passionate about agriculture and want to be more involved

in the fair, membership opportunities with the Rutland County Agricultural Society are available. Membership offers various benefits, including access to exclusive events, networking opportunities with fellow agricultural enthusiasts, and the chance to contribute to the development of the fair. To join, visit the fair's website and follow the membership application process.

The Vermont State Fair also provides employment opportunities for individuals interested in working during the event. Whether you're looking for a temporary position or a long-term commitment, there are various roles available. To apply, fill out the fair's employment application and submit it via email, mail, or in-person at the fairgrounds.

For full Vermont State Fair event listings, see the event schedule on page 17. For more information, visit: vermontstatefair.org.

The Vermont
Sate Fair
schedule

TUES
8/15

5 p.m. Gates open
5-9 p.m. 4-H Bldg, Horse, Dairy, Small Farm Exhibit open
5-10 p.m. Buildings open
5p.m. Carnival Rides open
5:30 p.m. John Bloom Dino/Magic
5:30-8 p.m. Ryan Fuller (Sugarhouse Stage)
5:30 p.m. Arestov's Acrobatics
6 p.m. Rosaire's Royal Racing Pigs (Promiseland)
7 p.m. Chainsaw Carving (Dairy Center area)
Pond Hill Pro Rodeo (Grandstand)
8 p.m. Arestov's Acrobatics
8:30 p.m. Rosaire's Royal Racing Pigs (Promiseland)
8:30 p.m. John Bloom- Dino/Magic

WED
8/16

Children's Day & Bike Giveaway
8 a.m. Gates open
9 a.m. 4-H Bldg. Open Horse Show (Horse Arena)
10 a.m.-9 p.m. 4-H Bldg, Horse, Dairy, Small Farm Exhibit
10 a.m.-2:30 p.m. 4-H Dog Show
11 a.m.-10 p.m. Buildings open
11 a.m. Culinary Contest (President's Building)
11 a.m.-2 p.m. 4-H Sewing-Quick Stitch & Take (4-H Bldg.)
11:30 a.m. John Bloom Dino/Magic
12:30 p.m. Chainsaw Carving (Dairy Center area)
1-4 p.m. Duane Carleton (Sugarhouse Stage)
1 p.m. Midway Carnival Rides open
1-11 p.m. All Day Ride Wristband \$30.00
1 p.m. Horse Pulls 3300 lbs. and under (Pulling Arena)
1p.m. Rosaire's Royal Racing Pigs (Promiseland)
1:30 p.m. John Bloom- Dino/Magic
2 p.m. Ultimate Air Dogs Dock Diving (First Aid Building)
2 p.m. Bike Giveaway Tickets (Grandstand)
2-8 p.m. 4-H Hobby Horse Events (Horse Barns)
2-6 p.m. 4-H Grows Here-Seed Planting (4-H Blding)
2:30 p.m. Chainsaw Carving (Dairy Center area)
2:304:30 p.m. 4-H Dog Agility Course (4-H Building)
3 p.m. Bike Giveaway tickets (Grandstand)
3 p.m. Arestov's Acrobatics
3-8 p.m. Blacksmith Demonstrations (Blacksmith Shop)
4 p.m. Ultimate Air Dogs Dock Diving (First Aid Building)
4 p.m. Pirate Man Dan
5-8 p.m. Cast Off Eight's Square Dancers (Sugarhouse)
5 p.m. Horse Pulls Free for All (Pulling Arena)
5 p.m. Rosaire's Royal Racing Pigs (Promiseland)
5:30 p.m. Chainsaw Carving (Dairy Center area)
5:30 p.m. John Bloom Dino/Magic
6 p.m. Ultimate Air Dogs Dock Diving (First Aid Building)
6:30 p.m. 4-H Dairy Costume Class (Dairy Show Arena)
7 p.m. Arestov's Acrobatics
7 p.m. DNA Motorsports Demolition Derby (Grandstand)
7:30 p.m. Chainsaw Carving (Dairy Center area)
7:30 p.m. John Bloom Dino/Magic
8:30 p.m. Rosaire's Royal Racing Pigs (Promiseland)

THURS
8/17

Veteran's Appreciation & Senior Day
8 a.m. Gates open
10 a.m. 4 p.m. -H Dairy Show (Dairy Show Arena)
10 a.m.-9 p.m. 4-H Bldg., Horse, Dairy, Small Farm Exhibit
11 a.m.-10 p.m. Buildings open
11 a.m. Ox Pulls under 2500 lbs. (Pulling Arena)
11:00 a.m. Culinary Contest (President's Building)
11:30 a.m. John Bloom Dino/Magic
12:30 p.m. Chainsaw Carving (Dairy Center area)
1 p.m. Midway Ride open
1-11 p.m. All Day Ride Wristband \$30.00
1-4 p.m. West Rutland Rock Lab (Sugarhouse Stage)
1 p.m. Rosaire's Royal Racing Pigs (Promiseland)
1 p.m. Ox Pulls under 2900 lbs. (Pulling Arena)
1:30 p.m. John Bloom Dino/Magic
2 p.m. Ultimate Air Dogs Dock Diving (First Aid Building)
2-8 p.m. 4-H Hobby Horse Events (Horse Barns)
2:30 p.m. Chainsaw Carving (Dairy Center area)
3-8 p.m. Blacksmith Demonstrations (Blacksmith Shop)
3 p.m. Arestov's Acrobatics
3 p.m. Ox Pulls under 3300 lbs. (Pulling Arena)
3:30 p.m. Rosaire's Royal Racing Pigs (Promiseland)
4 p.m. Pirate Man Dan
4 p.m. Ultimate Air Dogs Dock Diving (First Aid Building)
4-6 p.m. 4-H Performing Arts; Public Presentations (4-H)
5 p.m. Rosaire's Royal Racing Pigs (Promiseland)
5:30 p.m. Chainsaw Carving (Dairy Center area)
5:30 p.m. John Bloom Dino/Magic
6-9 p.m. Rick Reddington (Sugarhouse Stage)
6 p.m. Ox Pulls Free for All (Pulling Arena)
6 p.m. Ultimate Air Dogs Dock Diving (First Aid Building)
6 p.m. Rosaire's Royal Racing Pigs
6 p.m. 4-H Open Costume Class (4-H Building)
7 p.m. Arestov's Acrobatics
7 p.m. Gabby Barrett Concert (Grandstand)
7:30 p.m. Chainsaw Carving (Dairy Center area)
7:30 p.m. John Bloom Dino/Magic
8:30 p.m. Rosaire's Royal Racing Pigs (Promiseland)

FRI
8/18

8am Gates Open
10am Dairy Cow Show (Dairy Show Arena)
10am 4-H Open Gymkhana (Horse Arena)
10am-9 p.m. 4-H Bldg., Horse, Dairy, Small Farm Exhibit
11am-10 p.m. Buildings open
11am Culinary Contest (President's Building)
11:30 am John Bloom Dino/Magic
12 p.m. Ultimate Air Dogs Dock Diving (First Aid Building)
12-5 p.m. Farrier Demonstrations (Pulling Arena)
12-6 p.m. 4-H Shooting Sports Trailer (4-H Building)
12:30 p.m. Chainsaw Carving (Dairy Center area)
12:30 p.m. Arestov's Acrobatics
1-4 p.m. Wayne Canney (Sugarhouse Stage)
1 p.m. Midway Carnival Rides open
1:30 p.m. Rosaire's Royal Racing Pigs (Promiseland)

1:30 p.m. John Bloom Dino/Magic
2-8 p.m. 4-H Hobby Horse Events (Horse Barns)
2 p.m. Ultimate Air Dogs Dock Diving (First Aid Building area)
2:30 p.m. Chainsaw Carving (Dairy Center area)
3 p.m. Arestov's Acrobatics
3-8 p.m. Blacksmith Demonstrations (Blacksmith Shop)
4 p.m. Ultimate Air Dogs Dock Diving (First Aid Building)
4 p.m. Pirate Man Dan
5 p.m. Rosaire's Royal Racing Pigs (Promiseland)
5-8 p.m. Adam Rosenberg (Sugarhouse Stage)
5:30 p.m. Chainsaw Carving (Dairy Center area)
5:30 p.m. John Bloom Dino/Magic
5:30 p.m. William Weeks Memorial Dairy Show (Dairy Arena)
6 p.m. Ultimate Air Dogs Dock Diving (First Aid Building)
6 p.m. Rosaire's Royal Racing Pigs (Promiseland)
6 p.m. 4-H Awards Ceremony (4-H Building)
7 p.m. Arestov's Acrobatics
7:30 p.m. John Bloom Dino/Magic
7 p.m. 8084 Concert (Grandstand)
7:30pm Chainsaw Carving (Dairy Center area)
8:30 p.m. Rosaire's Royal Racing Pigs (Promiseland)

SAT
8/19

8 a.m. Gates Open
9:30 a.m. Pee Wee Dairy Show (Dairy Show Arena)
10 a.m. Dairy Heifer Show (Dairy Show Arena)
10 a.m. Ultimate Air Dogs Dock Diving (First Aid Building)
10 a.m.-9 p.m. 4-H Bldg., Horse, Dairy, Small Farm Exhibit
11 a.m.-10 p.m. Buildings open
11 a.m. Midway Carnival Rides open
11 a.m. Mounted Cowboy Shooting (Horse Arena)
11 a.m. John Bloom- Dino/Magic
11 a.m. Culinary Contest (President's Building)
11:30 a.m. Arestov's Acrobatics
12-5 p.m. Farrier Demonstrations (Pulling Arena)
12 p.m. Ultimate Air Dogs Dock Diving (First Aid Building)
12-6 p.m. 4-H Shooting Sports Trailer (4-H Building)
12:30 p.m. Chainsaw Carving (Dairy Center area)
1-4 p.m. Rutland City Band (Sugarhouse Stage)
1 p.m. Rosaire's Royal Racing Pigs (Promiseland)
1 p.m. John Bloom Dino/Magic
2 p.m. Ultimate Air Dogs Dock Diving (First Aid Building)
2:30 p.m. Chainsaw Carving (Dairy Center area)
3 p.m. John Bloom Dino/Magic
3 p.m. Arestov's Acrobatics
3-8p.m. Blacksmith Demonstrations (Blacksmith Shop)
3:30 p.m. Rosaire's Royal Racing Pigs (Promiseland)
4 p.m. Ultimate Air Dogs Dock Diving (First Aid Building)
5 p.m. Pirate Man Dan
5-8 p.m. Adam Rosenberg (Sugarhouse Stage)
5:30 p.m. Chainsaw Carving (Dairy Center area)
6 p.m. Rosaire's Royal Racing Pigs (Promiseland)
6 p.m. Ultimate Air Dogs Dock Diving (First Aid Building)
7 p.m. Arestov's Acrobatics
7 p.m. Jake Owen Concert (Grandstand)
7:30 p.m. John Bloom Dino/Magic
7:30 p.m. Chainsaw Carving (Dairy Center area)
8:30 p.m. Rosaire's Royal Racing Pigs (Promiseland)

Rockin' the Region with Heather Lynne

You may know Heather Lynne as the owner of The Wild Fern or as the bassist that plays with Rick Reddington. She was a member of The Luv and now is in Tuff Luv. What you might not know is Heather is adding solo shows to her repertoire. You can see Heather perform her solo show at The Wild Fern on Aug. 18 and 25 at 7:30 p.m. Tuff Luv is Rick, Heather and two drummers Jay Osborn and David Lewis. Heather said, "It's been super awesome having two drummers. We're really kicking ass."

The Wild Fern is in their 11th year, having just celebrated their 10th anniversary last September. Heather opened a year after Irene, so she's been through a lot since she was also open through the pandemic and was able to stay afloat. Heather said, "I definitely evolved the business. We used to be open five nights a week with four nights of pizza and Sun-

day brunch. I always had the bagel, bread and croissant business going at the same time but during Covid that more than quadrupled. So now I make more breads than pizza." Heather

added, "So far we're still getting by, and Rick's been helping me make the pizza dough for the past 6 months plus he makes 15 pizzas a week for the Stockbridge Community Meal."

Deborah Aldrich started this program two years ago and it relies on donations. Local farmers, growers and chefs contribute healthy food that is put in a freezer at Stockbridge Central School's concession stand. Anyone can go

pick up food weekdays 2:45 - 7 p.m. They ask that you donate, if you're able, and return the container and



Rockin' the Region
By Dave Hoffenberg



Heather Lynne

lid after so they can refill them. Their page says, "We are a com-

munity that cares about one another to make sure that everyone has access to high quality food." Heather said, "It's a nice little thing to help push the organic food movement forward. More information available at stockbridgecommunitymeals.org.

Heather is thankful to her regulars and said, "It's an unusual business, we don't operate the same as most businesses. The hours are a little different every day so please check

Facebook or Instagram first. Google is always incorrect, and I have nothing to do with them, but apologize if people found hours there."

Besides the music and great food, every Sunday The Wild Market is out front featuring local artists and a massage 11 a.m. - 2 p.m.

If the weather cooperates, all shows at The Wild Fern are in the new Green Rocks natural amphitheater space which is located behind the Luv Bus. The Dead show then Heather are Fridays, Rick and Tuff Luv on Saturdays (Except Aug. 12 for August West Fest at Jay Peak) and Rick solo is on Sunday (except August 13 for Ludlow town park). All shows are 7:30

p.m. and BYOB. There usually is a small fee associated with each show. I've seen the Fern evolve into what they are today, and that new outdoor space is amazing. There's so much space and seating with chairs, picnic tables and plenty of lawn for a blanket. They also have fire pits if it's cold.

Sixteen years ago, Rick was selling an upright bass and Heather knew she had to buy it, even though she didn't play bass. Heather said, "I tried to play guitar on my own but developed some bad rhythmic habits, not using a metronome or playing with anybody. I don't advise that; it took me a while to undo those bad habits." Heather didn't start playing that bass for a year and then she plucked out the rhythm to Rick's song "Gabriel". She would never let anybody listen to her, not even Rick, but asked him to come listen.

Around that same time, the August West Fest was happening at Jay Peak. Jeff Poremski was the bassist with Rick but Heather learned a handful of Grateful Dead tunes so Jeff could switch back to guitar. Heather said, "My first-time playing bass was to 1,000 people at this festival. I'd never been on a stage or plugged in, but I did it. I was super excited, got through the songs and they called me back up to sing "Sweet Life" (Rick original) on electric bass which I'd never even touched, prior to that moment. I did it and it felt amazing."

Six weeks later, it was time for Jeff and Rick to part ways. Rick was booked at the Outback all weekend and he told Heather she had to

play bass with him. She said apprehensively, "Well, I don't know how but I'll give it a shot. I took as many notes as I could, had charts in

front of me and played the entire weekend, well, I got through the entire weekend, let's say that." Rick liked what he saw and added her to The Luv which also had Blake Gowan (drums) and Chuck Miller (keyboard). They taught Heather as it went along, and it went well since Heather is celebrating 17 years playing with Rick. Heather added, "I'm so happy that happened to me [August West]. It's one of the top five things in my life, becoming a bass player. I always wanted to be a musician since I was a little kid. I took four years of violin lessons but abandoned that for various reasons and then in my twenties, I picked up guitar again but like I said, never

did anything with it. It was always there; it was just waiting to happen. I was a latecomer to it, pushing 37 when that happened and I'm 53 now so I was late to the game but I'm so happy to be right where I'm at."

Heather has always been a writer but doesn't call herself a songwriter. She has written about two albums full of songs, possibly three. She hasn't released any but could in the future. She's playing them in her shows so you must go see her at The Fern Aug. 18 and 25. She said, "Now it's evolved into playing my own songs and I'm able to lead our band which took a long time. When Rick passes the torch to me to do a song, I can now do it on my own."

She has Rick to thank for all this. He pushed her to play solo. It was shortly before Covid when she started but was forced to take a break during Covid. This time Rick pushed her to do some live streams, which she enjoyed. Years ago, I saw Heather play one song solo at a wedding, and I was really impressed. I can't wait to see a full show. Heather said, "It's not easy playing solo, when you're in a band you have a support system all around you. I probably prefer being the bass player and being the side lady as opposed to having to front a band all the time. I'm happy that's Rick's job."

Heather just wants to make people happy. She said, "For me it doesn't matter whether it's me playing bass or singing my own songs or making beautiful breads and pizzas. Ultimately, I have this obsession with trying to please people." She makes herself happy because she gets to get dressed up. She added, "I get to put the stage clothes on."



Submitted

The Wild Fern holds its shows in the new Green Rocks Natural Amphitheater Space which is located behind the Luv Bus on Route 100 North, Stockbridge.

Killington Chili Cook-Off and Summer Concert Series with Chad Hollister Band event to benefit Killington Parks and Recreation

Thursday, Aug. 10 at 5 p.m.—KILLINGTON—Killington’s Chili Cook-off event will kick will take place at the Sherburne Memorial Library this Thursday, Aug. 10 at 5 p.m. The event will feature some of the best chili aficionados around to compete for the title of “Best Chili in Killington” as a fundraiser to benefit Killington Parks and Recreation. There will be fun for kids and families along with plenty of tasting. The Chad Hollister Band will perform live starting at 6 p.m. as part of the River Road free concert series. Admission is free. Chili tasting is \$10 per person; \$15 per couple; and \$25 for a family. For more information, visit: killingtontown.com.



Chili chefs, testers, and tasters from previous chili cook-offs enjoy the spicy delight.

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Family Camp Out at Sherburne Library featuring the Perseid meteor shower: a celestial spectacle

Memorable night with the whole family

Friday, Aug. 11 at 7:30 p.m.—KILLINGTON—The Sherburne Memorial Library is excited to announce a family camping event on Friday, Aug. 11. This unique experience allows families to pitch their tents in the library's backyard and enjoy an unforgettable evening under the stars fosters a sense of community while providing a fun-filled night of activities for all ages.

RSVP by sending an email to sherburnememorial@gmail.com or by calling the library at 422-9765.

Setting up for a memorable night

To fully enjoy the camping experience, participants are encouraged to bring their own camping equipment. From cozy tents to sleeping bags and flashlights, make sure to pack everything you need to create a comfortable outdoor haven—including mosquito repellent! The library's backyard will be transformed into a campground, providing a safe and welcoming environment for families to spend the night.

Children must be accompanied by an adult at all times to ensure their safety and wellbeing. The library staff will be available throughout the event to assist participants and answer any questions they may have.

Fun activities for the whole family

The family camping event at the Sherburne Memorial Library will offer activities to keep everyone entertained. From games to storytelling sessions, there's something for everyone to enjoy including snacks and treats, and roasting marshmallows for s'mores.

Exploring the night sky

One of the highlights of the event is the opportunity to view the Perseid meteor shower which will be reaching its peak on Friday night. The view from Sherburne Library provides an ideal vantage point for gazing the night sky free from city lights. The library will set up telescopes allowing participants to observe the spectacle while also providing a closer look at the moon, planets, and other celestial objects. The Perseid meteor shower is an annual event that captivates stargazers around the world. Named after the constellation Perseus, this meteor shower occurs when Earth passes through the debris left behind by the Swift-Tuttle comet. The resulting meteor shower will display shooting stars.

Tips for Viewing The Perseid Meteor Shower

1 Find an open area away from city lights to reduce light pollution.

2 Allow your eyes to adjust to the darkness for at least 20 minutes.

3 Look towards the northeast sky, but keep an eye on the entire sky as meteors can appear anywhere.

4. Be patient and scan the sky systematically, as meteors can be sporadic.

4. Watch for meteor trains; luminous ionized matter left in the wake of this incoming space debris.



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Tuesday 8/15
7pm



Pond Hill Rodeo © NRI Photography

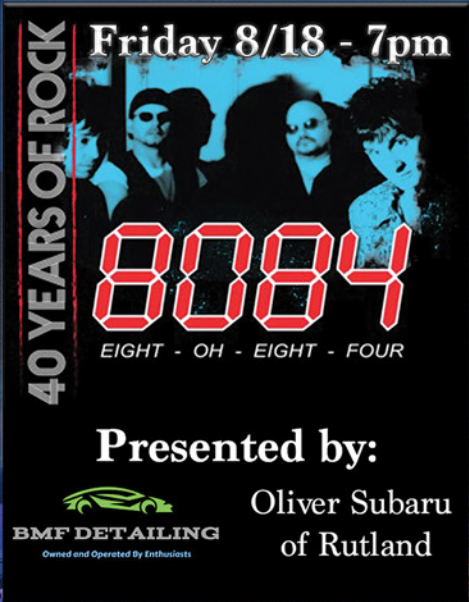
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GRACIE'S GRILL IS NOW OPEN

Chaffee Art Center to celebrate its 62nd annual Art in the Park festival

Saturday-Sunday, Aug. 12-13—RUTLAND—Chaffee Art Center’s 62nd annual Art in the Park Summer Festival will take place this weekend in Rutland’s Main Street Park at the junction of routes 4 & 7. Juried fine artists, craftspeople, and specialty food producers will be featured. Rounding out the festival are food vendors, live music, Free kids’ activities, and demonstrations of works in progress held throughout the weekend. Hours: Saturday 10 a.m.-5 p.m. and Sunday 10 a.m.-4 p.m. A voluntary donation is appreciated.

We invite everyone to visit this fun event.

Attendees will enjoy the variety of unique handcrafts and fine art that will be on exhibit and available for purchase at the outdoor festival. The visual arts are represented by a selection of oil paintings, watercolors, acrylics, and photographs. A full array of crafts will be featured: pottery; fiber items such as handmade clothing, quilted items, weighted blankets & heatable/freezable stuffed monsters, fabric art and canvas bags; stained glass sun-catchers and mobiles; stone candle lamps; jewelry; wooden furniture, bowls, lamps, cutting boards, birdhouses, fairy houses; aromatherapy and herbal products; candles; CBD wellness products; metal garden art; hand lettered cards, prints, apparel and stickers; and more! Specialty food producers will have jellies, jams, dips, spices, raw honey and honey products. There will be a booth to get artist hand-painted henna tattoos.

Food concessions will sell their delicious food both days including the Yellow Deli and the Rollin’ Rooster food truck. Also, for the sweet tooth, Fiona’s Sweets & Tweets

food truck will have ice cream floats and sundaes, specialty beverages and desserts; plus, you can enjoy kettle corn, kettle fudge and roasted nuts. Live music will be performed all day on Saturday and Sunday featuring Caber Wilson, Phil Henry, Dirty Red Hearts, James Cram, Breanna Elaine, and Jamie Snook. Back again this year are Chaffee Bucks that will be given away randomly at the gates throughout both days. Winners can spend the Chaffee Bucks during the festival weekend at any booth in the park.

A new event, “Chalk Around the Park,” will be featured this year. It’s Art

in the Parks’ 1st annual chalk art contest. From 10 a.m.-4 p.m. on Saturday, Aug. 12, entrants can work on their chalk art on the sidewalk that goes around Main Street Park, and winners will be announced at 5 p.m. On Sunday, the designs will be on display for all to see. Pre-registration is recommended but not mandatory. First-come, First-serve basis. Register at chaffeeartcenter.org. Those who pre-register will be assigned a 3x3 space to design, and an email with info and criteria will be sent. Entrants are encouraged to take a photo of their finished design in case weather changes for judging purposes and social media usage. If inclement weather, the contest will be moved to Sunday.

Art in the Park is Vermont’s oldest continuing arts tradition, and the Chaffee Art Center’s major fund-raising event, occurring twice yearly in mid-summer and autumn.

For registration or more info, visit: chaffeeartcenter.org.



Submitted

Fine artists, craftspeople, and specialty food producers will be featured at the 62nd annual Art in the Park festival. Rounding out the festival are food vendors, live music, free kids’ activities, and demonstrations of works in progress.



CROSSWORD

H	E	A	R		P	O	S	E	S		B	A	S	S
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SUDOKU

PUZZLES—from page 17

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

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This pet is available for adoption at
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*Open by appointment only. spfldhumane.org



HEATH

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This pet is available for adoption at
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Humphrey—1-year-old. Neutered male. Mixed breed. Humphrey has the most adorable face, and a sweet personality to go with it.



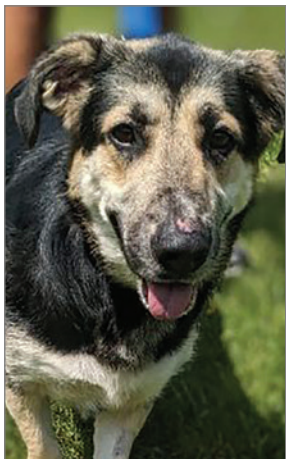
Esme—3-year-old. Spayed female. Domestic shorthair. She is a very sweet girl who has lots of love to give.



Mia—2-year-old. Spayed female. Great Dane. Meet Mia! She is such a lover.



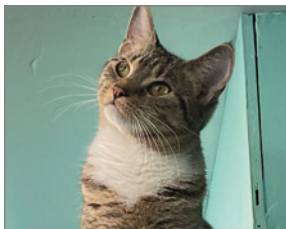
Sunny Girl—1-year-old. Spayed female. Domestic shorthair. She is a vibrant cat who just wants some love and attention.



Bella—3-year-old. Spayed female. Mixed breed. She loves everyone and has a happy-go-lucky personality.



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



Bernice—1-year-old. Spayed female. Domestic shorthair. Look up! What is that? A plane? A bird? A kite? No, it's Bernice!



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



Maizy—3-year-old. Spayed female. Domestic shorthair. She is a unique cat with a lot of love to give.



Cry Baby Jones—1-year-old. Spayed female. Domestic shorthair. This cutie is very vocal and can be pretty demanding for your attention.



BO

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

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Rutland County Humane Society
765 Stevens Road, Pittsford, VT • (802) 483-6700
Tues. - Sat. 11 a.m. - 4 p.m.
Closed Sun. & Mon. • www.rchsvt.org

How to assist your pet in challenging financial times

The Rutland County Humane Society (RCHS) would like to provide some tips on assisting your pets in challenging times. The first tip is to shop smart. Utilize coupons and try to buy in bulk.

Write a list when you shop for your pet and stick to the items on the list so you don't give in to impulse purchases. If you need assistance with providing food or litter for your animals, check with your local food pantries because any extra supplies we have at RCHS we share with the local food shelves.

Consider getting pet health insurance or set aside money each month to minimize the shock of an expensive bill from the vet in cases of unexpected illness or injury.

Cosmic Catalogue

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Aries March 21 - April 20

Crisis points have a way of revealing stunning turning points. While you may not have all the answers as the goal posts continually move in either your financial or romantic life, new clarity can still be reached. This week gives you a unique opportunity to draw your proverbial line in the sand and decide what it is you truly desire. Authenticity really counts now. Check in with your heart and make sure it's still filled with hope.

Leo July 21 - August 20

This recent period of time has called into question everything you thought your life was about. Honestly, if you can put your hand on your heart and ask yourself if you're truly happy, then you're a very lucky person indeed. For most, there is a gap between the life you have and the life you want. Don't try and convince yourself that what you have is good enough. Don't settle for second best unless that's all you want.

Sagittarius November 21 - December 20

Sagittarians can be spiritually motivated people. They want the truth in whatever issue that excites them, be that religion, philosophy or politics. You can get caught up in that spinning wheel, or, you can get off that roller coaster. If you're seeking truth externally and ignoring the wisdom and intelligence of your own heart, then you truly are running a fool's errand. Ignore all the white noise out there and go within.

Taurus April 21 - May 20

"Home is where the heart is," is a phrase that may have not rung so true for you. Chances are, you've been yearning for a different kind of life, a simpler kind of life. However, you may be torn between the comfort and stability you know and where you feel called to go. The most authentic choices can be the hardest to make. Reason being, once you do, you can never turn back.

Virgo August 21 - September 20

Don't allow logic to get in the way of what your heart knows to be true. If you have an overwhelming feeling, then it is your responsibility to honor that. Yes, you value logic and that's wonderful, but some situations defy logic. Some of these are love, compassion and everything that it means to be human. Life is so much more than just energy and matter. It's about what is felt inside the heart.

Capricorn December 21 - January 20

Matters of the heart and of money are weighing heavily on you now. You might want to head in one direction, but what would that mean financially or even for your children? Maybe a romantic situation is developing and new entanglements are beginning to emerge. Avoid seeking answers, because deep down you know what is required. You just have to acknowledge it and make a clean break or a new beginning, or both!

Gemini May 21 - June 20

Your heart is leading you toward a whole bunch of creative endeavors right now. You're bursting at the seams with ideas, dreams and intuitions about the next steps to take. Be careful though, don't bite off more than you can chew. In moments of excitement you can commit to more than you can deliver. Keep options open and timeliness loose as soon, your ruler, Mercury, heads in reverse. Finalize details then.

Libra September 21 - October 20

"If you can't say anything nice, then say nothing at all." While that's wise advice, that doesn't mean you're not entitled to your opinions and feelings. It's just that it's unlikely it will really change anything in a social or community situation. What can really move the proverbial needle though is to vote with your feet. Just walk away from whatever is causing trouble within your heart. Sometimes the nicest thing you can do is to completely disengage.

Aquarius January 21 - February 20

You're in a tough phase when it comes to love. You're changing at profound levels and what you need and want in other people are changing too. Saying you want something different doesn't have to be the curtain call on something or someone. Though it does mean you have to be honest and also a little bit gentler than you have been. This isn't all about you. Consider the people you love as well.

Cancer June 21 - July 20

No doubt, your familiar with the saying, "your net worth equates to your personal worth," or something along those lines. And it's true. Every successful person, especially one who's financially self-made, has an innate confidence in their abilities to generate wealth. So if you're bank balance isn't what you'd like it to be, this week provides a unique opportunity to level up your self-esteem. Start with YOU and the rest will fall into place.

Scorpio October 21 - November 20

Life is about so much more than our jobs, paying bills and making ends meet. Though it can feel that way sometimes. The people you surround yourself with can be what really determines the life direction you take. So, take a look around and see who you're spending the most time with. If they aren't filling your heart with dreams, hopes and possibilities, then it's time to do what Scorpios do best. Byebye!

Pisces February 21 - March 20

Problems can be solved by weighing up the pros and cons and making a logical choice. They can also be solved by allowing your feelings to trump facts. This doesn't have to be a case of either / or but instead, both / and. If things just aren't weighing up, then maybe they aren't meant to. In this case, trust in your heart and what it is that you want the most. It will all work out.

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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.

Venus in retrograde

Venus retrograde isn't renowned for being a pleasant experience. Of all the planetary retrograde cycles, Venus is the one we feel the most. You see, Venus is the planet associated with the areas of life you don't want cut short such as joy, happiness and pleasure. Have you ever seen a child happily walk away from a party when their parent says it's time to go home? Yeah, me neither!

But the fact of life is, parties just can't go on forever. Eventually the wine runs dry and the people stop dancing. You grow either drunk or tired,

or both, which in of itself, is a feeling that can't last forever.

This is no different with love. While love is said to be eternal, loving someone isn't always the case. Feelings change and hearts grow apart. Sometimes souls align but timelines in these human bodies don't, which can be the most heartbreaking of all. That said, the old adage "better to have loved and lost than to have never loved at all" can

ring true now. Better to have gone to the party and have it end, than to have stayed at home and wondered, what if?



Cosmic
Catalogue
By Cassandra
Tyndall

Walk on the beach

Walking on the beach,
Leaving footprints in the sand,
The water taking them with it,
Leaving no trace behind.
But we must keep on going,
There is still more to learn,
Finding footprints in the sand,
From many days before,
May only be a dream.
Now that more has washed ashore,
It may leave us with a question,
One too hard to answer.
But our hearts seem to know,
Why mother nature washes away,
Our adventures from before.
Memories are something that happen only once in a lifetime,
Never to happen again,
But are to be kept in ones heart forever.
Though it can't happen again,
You dream about your favorite memories,
Your walk on the beach,
And when it is next to come and happen once again.



Poetry Is Power
By Bree Sarandrea

Songs that are 'oldies'

While listening to a radio conversation between two people hosting a show I heard one of them ask the other what decade he expected to hear songs from when he is told that an "oldie" is coming up.

The two hosts were not close in age so one said the '70s and the other said the '90s. I thought how both of those decades seemed very modern compared to the answer I would have given. "Oldies" to me are songs from the '50s and '60s.

Those decades would most likely be categorized as "ancient" instead of "oldie" by a young person of today. The popular songs from my "oldie decades" were definitely "rock and roll," which made for upbeat music to listen to and creative dancing to go along with it.

Back in yesteryear the manner in which one listened to music was either through a radio or a record player. I remember shopping for records in downtown stores located on Center Street.

There were three options: Larry's Music Store, Barter's Music Store or Wilson Music.

There was also a store on Terrill Street called Rutland Music Service that had records at discount prices. My friend, Betty, and I lived just a few blocks away from Terrill Street and often went to that music store to look for records. We

thought that you could also make a record there. At around age 12 it made sense to us! We wanted to be the Rutland version of Patience and Prudence who were a popular



Looking
Back
By Mary Ellen Shaw

Total eclipse of the duck

For most of the year, it's hard to find a pond without at least a few mallards swimming around.

These ducks, with their green-headed drakes and streaky brown hens, are among the most common water birds throughout the Northeast. In spring and fall, mallard flocks are ubiquitous, gobbling up grasses and aquatic plants. In winter, as ice spreads across most ponds, many of these flocks fly south, while the few that remain retreat to open water wherever they can find it. And in summer, if you're lucky, you might see a female swimming with a trail of downy ducklings behind her.

As late summer rolls around, however, one thing you're not apt to see is a male mallard. Scan a flock of ducks in July or August and, more often than not, every single one will have the drab plumage of a female. Not a green head in sight. What happened? Where did all the males go?

As it turns out, they never left. The males are simply hiding, sometimes within those same flocks, disguised as females.

Nearly all birds molt at least once a year, shedding their old feathers as new ones grow in to replace them. Molting usually takes several weeks, during which birds can appear ratty or even injured. If you've ever seen a vulture or hawk missing a bunch of its wing feathers, molting is often the explanation. As those soaring raptors make clear, however, birds can usually still fly when they are molting.

Female mallards molt in this same fashion, replacing their feathers gradually during the spring. For male mallards – and some other species of waterfowl – molt is a bit more intense. Shortly after the breeding season ends and the males have sired offspring, they shed their feathers fast, so fast that new flight feathers can't grow in quickly enough to keep up. For a brief period of time, this leaves the ducks unable to fly.

Naturally, this period of flightlessness makes these birds vulnerable to predators. So, male ducks go into hiding and retreat towards the centers of big marshy lakes to molt. If they simply replaced their old feathers with more of their typical flashy plumage, these males would still be an easy target for any passing red fox or red-tailed hawk. Instead, they grow an intermediary set of feathers called eclipse plumage,

which appears nearly identical to the streaky brown patterning of females. Since males' wing feathers grow in later than the rest of their feathers, this plain plumage helps to keep the male ducks hidden from predators during this especially vulnerable period.

You may begin to notice male mallards looking ratty in late June, just as their big molt starts to kick in. July and August are peak eclipse plumage season, but eventu-

ally ducks will molt these feathers as well. By the beginning of September, male mallards begin to look more like we expect them to. Green plumage spreads across their faces, their breasts turn rich brown, and their sides

regain their typical silvery plumage. By October, they have returned to their bright, green-headed glory.

Distinguishing female mallards from males during summer can be tricky. Male mallards do retain a few key plumage features during the summer, though: their breasts are warmer brown than females', their plumage looks messier, and they retain just a touch of green on their heads – in stripes on the crown and behind the eye.

Mallards are not the only ducks in our region that undergo this stark summer transformation. Wood duck males, too, adopt a drab plumage, shedding their bright headaddresses and shiny body feathers in exchange for subdued grays and browns. Male hooded mergansers lose their hoods, and male common mergansers swap their green heads and stark white bodies for a simpler brown and gray plumage.

In general, your best clue to identify male ducks in eclipse plumage is to look at the parts of the bird's body that have no feather covering at all, namely the bill and eyes. If you see a "female" mallard with a yellow bill, chances are it's really a male. In a similar sense, if you see a wood duck with a red bill and red eye, or a hooded merganser with a yellow eye and all-black bill, those are males in disguise as well.

William von Herff is a scientist-turned-science writer who writes about conservation, the environment, and natural history. He is currently pursuing his M.S. in the Graduate Program in Science Writing at the Massachusetts Institute of Technology. *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 William von
Herff

August is the Sunday of summer

With all the rain and terrible flooding that we have had, it seems that August just might be the best of summer 2023. Many of our fellow Vermonters need our help and our prayers. If we all do what we can, it will certainly ease the burden of those suffering. I recently experienced a broken refrigerator and all the inconvenience that it brought. I ended up buying a new one and then, before it was even delivered, my washing machine broke. However, I have not lost my home and everything in it that was dear to me. It doesn't take a lot to get the proper perspective on things.

If you are around during August, there are some choices for the senior group. Aside from our normal Wednesday lunches at the Lookout, book group and discussion groups, we have some new offerings.

Several years ago I tried in vain to find a Tai Chi instructor. Just recently a contact was suggested and he is willing to give the senior group a free demonstration that may lead to classes on a regular basis. The value of Tai Chi to our health and well being cannot be emphasized enough. It is an intellectual art that challenges the mind as well as the body. Tai chi is practiced slowly and evenly, in circular patterns. It induces an external tranquility and an internal intensity that is not found in any other martial art. Tai chi is also a healing art because of the reputation for alleviating many ailments. It improves circulation, lowers blood pressure, increases balance and strength, and reduces stress by relaxing the nervous system.

Our free demo will take place on Wednesday, Aug. 9 starting at 1 p.m. The location is the old Grange Hall on River Road. Stephen Finkel will be the instructor and there will be the opportunity to arrange regular classes for a fee.

Also on Wednesday, Aug. 9, our new Fire Chief Paul Ginther, will be joining us for lunch. Ginther is a full-time employee of our town and it is to our advantage to become familiar with him and the operations of our fire department operations. Please bring any questions you may have and also be prepared to offer our new chief a big welcome and a big thank you for taking the time to meet with us.

Our discussion group centered around "Thoughts on Aging" is still going strong and all thoughts or contributions are welcomed and respected. After all, this aging thing is different for all of us. After meeting several times I can assure you that if you are concerned about something, someone else is too and together we come up with ideas on how to move forward. Some problems are never solved but forward motion is the goal. We have discussed planning for our later years, relationships with adult children and how we have survived this far. We always veer off subject and solve a problem

or two. This month we will start out exploring a shrinking world. One way of looking at the process of aging is to see it as a journey toward a smaller world or maybe a journey into simplicity.

We will meet again on Wednesday, Aug. 17 at 1 p.m. at the library. The weather has dampened some of the Thursday Night Concerts at the Sherburne Memorial Library so we are hoping that August brings clear skies. We are planning a "hot dog" night, to be held just before the concert on Thursday, Aug. 17. Just in case, the rain date for this event will be

Thursday, Aug. 24. We will meet on the front porch of the library at 5 p.m. and have hot dogs with all the trimmings, chips and potato salad. Please bring a drink, a chair and a sweater. After eating we will go around back and listen to some good music. The Shanagans, an Irish/American Folk Group, will be performing that night for our listening pleasure. If all of the above were not enough for a perfect evening, there will be one more surprise: A friend of the senior group and the library, who is studying to be a pastry chef will provide a scrumptious dessert for us to enjoy that night. You will need to let me know if you can join us by Monday, Aug. 14, so that we will have plenty of hot dogs, salad etc. Please note: this event does not take the place of our summer picnic that will be held a little later this year. More information on that will come later.

Movies are a mainstay at the Sherburne Library every Monday at 1 p.m. The library gets the latest and greatest releases and also shows some old favorites. If you have a request for one of your favorites, ask and the staff will do the best they can. The Monday Movies for August are as follows:

- Monday, Aug. 7: "Chevalier"
- Monday, Aug. 14: "Asteroid City"
- Monday, Aug. 21: "Hostiles"
- Monday, Aug. 28: "A Stranger In The Kingdom"

Book Club is Wednesday, Aug. 30 at 1 p.m. and the choice for this month is "A Stranger In The Kingdom" by Howard Frank Mosher. Yes, in case you noticed, that is the title of the movie on Monday, Aug. 28. In Kingdom County, Vermont, the town's new minister is a Black man. This in itself is an unsettling fact for some of the locals. When a French Canadian woman takes refuge in his parsonage.....and is subsequently murdered.....suspicion immediately falls on the clergyman. While his 13-year-old son struggles in the shadow of the accusations, and his older son, a lawyer, fights to defend him, a father finds himself on trial more for who he is than for what he might have done. Copies are available at the library.

If you have visiting friends or grandchildren, please check out the library for fun things to do. There is a family camp-out

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Senior Scene
Gerrie Russell

The turn

I cannot see much, just the white and yellow lines of the freeway swaying here and there around the mountains. "Coyote," by Joni Mitchell, is stuck in my head on repeat as I watch those lines, matching the lean of our bike to the rhythm of the road.

I ride 2UP (pronounced: two up), which means I ride on the back of a motorcycle. That's why I can't see. For the most part, all I see is the big white letters shouting DOT on the back of the boyfriend's black helmet. I mean, I see them but I don't really look. There are numbers there, as well, probably the modern number for the helmet or something, but even after 5,000 miles in the saddle I still could not tell you what those numbers say.

What has really happened is that I have shut off my central vision, I am blind looking forward and must rely on my peripheral vision and all my other senses to see me through our journey. I cannot visually see how the road moves ahead of me, I must feel for trigger movements from the human in front of me. A twitch of the left shoulder means the bike

is about to lean that way and I can feel the steel horse dive forward and left as we move through the turn.

And we lean over and over. As the BF's helmet leans out of my primary vision for the turn, I can finally see the white line. And then I know how far we will be leaning. But I can feel the bike continue to drop, my left hip stretching with the tilt of the bike as my body fights the gravitational forces.

The two wheels are our skis and I can feel them underneath us. I can feel the wheels spreading, just slightly, as we compress into the turn. It's

I can feel the wheels spreading, just slightly, as we compress into the turn.

beautiful, this sinking feeling just like when you come in hard into a really good turn and you can feel your hip dropping into the turn just as your skis come flying around off the tails? Yeah, it's like

that moment. Over and over and over again.

Rolling the bike from the center block of the tread and onto the shoulder. It feels like if skis had rounded bases rather than flat ones. You can feel the width of the tread underneath as you roll over, the bike seemingly falling into that perfect sweet spot for the

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Living' the Dream
By Merisa Sherman

Wildlife sightings and signs, part one: Bears and another little hibernator

Dad first saw the land we now live on under 6 feet of snow. He and Orin Bates climbed up the hill wearing snowshoes to get through the snow drifts. Dad gazed at Pico through the trees when Killington had barely begun. As he considered the commitment and cost, a ruffled grouse rose up a few feet away. That was the sign Dad needed to receive. He purchased the land right away. We're grateful he recognized the grouse's significance, having learned nature signs from Indigenous peoples when his father was American Consul General in Mexico.

Grouse represents life's sacred spiral, enlightenment and living as One. Grouse Medicine is movement and dance. Before Dad passed, he said he'd communicate through animals and the natural world. I never know what I'll spot next from the Killington Dream Lodge he built.

I didn't spot a bear here for nearly five decades, but after Dad passed, they began to appear—mostly adolescent bears tackling an empty garbage can, or crossing our stream on a fallen tree. They've strolled nonchalantly down our bear Hhighway (driveway) until they spotted me then hid in the brush or climbed a tree.

Our grandson Silas' favorite tale is "The Bear on the Deck," which I described in a story in The Mountain Times back on Sept. 9, 1999, titled: "Valuable life lessons with a bear on your deck." We also cherish memories of the baby bear in our maple tree. We watched it breathlessly as it climbed then settled down, nestled on a branch, pawing sap and licking it off. We dined with friend Kay, all in a row, until its mom beckoned from below. I feared it couldn't climb back

down but the little bear claws dug right in. Each time a bear has appeared in our yard, it's brought a message I've needed to hear.

Last summer I asked Dad for a sign of encouragement while healing from a Florida bike crash (with a tibia plateau fracture and concussion that affected my cognitive skills, including writing and problem solving). As I lay in bed, I heard scratching below the window beside our bed. I thought it might be the groundhog I'd seen, but the noise was too loud so I got up. I looked down and saw nothing at all, so I looked to the left, and then to the right where a bear was slowly walking away. I

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Mountain Meditations
By Margeurite Jill Dye

Meditations:

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hobbled to the great room to fetch 7-year-old Silas who'd hoped to see a bear for himself. At the nearest window, Silas watched wide-eyed as the bear crossed the driveway and entered the woods. Silas was thrilled and not afraid at all.

"Papa" Duane was peeved he'd missed seeing the bear, but two weeks later as we rested in bed, we heard the strange sound so I urged him to peek. Nothing was visible, straight ahead or sideways.

"Look down," I suggested, and as soon as he did, his face turned pale and he fell on the bed. "Two feet from my head," was all he could utter, for when he looked down, they locked eyes with each other!

My husband recovered and I realized Dad had sent me a gift to help me heal. Bear Spirit brings comfort, balance and healthy boundaries through solitude, introspection, rest and hibernation. Bear empowers us with strength, courage, and confidence by helping us to realize our dreams.

Another critter that hibernates (six months) is the little groundhog in our backyard. Silas spotted him and we quite enjoy his arrival afternoons at teatime. But the last two weeks, he's stayed out of sight. We hope he's safe and okay but creatures seem to come and go, depending on predators and activity at our house.

Ground Hog (a relative of the prairie dog) retreats to its den and takes time to rest. Strength and inspiration are gained from mind's stillness—a healthy reminder for us all.

To be continued...

Marguerite Jill Dye is an artist and writer who divides her time between Florida's Gulf Coast and the Green Mountains of Vermont.



It is said the bear spirit brings comfort, balance and healthy boundaries through solitude, and introspection. Here a bear is spotted comfortably making itself at home on a home patio recently.

By MargeuriteJill Dye

Senior Scene

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on Aug. 11. Bring a tent, sleeping bags, etc. There will be smores and a peek at the Perseid meteor showers. The telescopes will be out around 11 p.m. Also every Tuesday afternoon there are volunteer hours devoted to preparing for the Fairy Tale Festival.

Health & wellness

I try to keep current with articles on health and well being for seniors and always share whatever I learn with all of you. This month a study released by CNN included suggestions for adding another 24 years onto our lifespan. The study suggests adding these eight healthy lifestyles by age 40.

Now since most of us are over age 60 all is not lost. The study suggests adding these eight changes to your life will add years at any age. So prolonging your life by any amount of time — even if you are older and maybe have a chronic disease such as diabetes, high blood pressure, high cholesterol, stroke or cancer — is possible. What are these magical healthy habits? I have listed them below according to their importance as stated in the study.

- Exercise
- Don't become addicted to opioids
- Don't smoke
- Reduce stress
- Eat a healthy diet
- Don't drink too much
- Sleep well
- Foster positive social relationships

The actual study looked at the lifestyle choices of 720,000 military veterans between the ages of 40-99. All were part of the Million Veteran Program, a longitudinal study designed to study the health and wellness of veterans. As the additional healthy lifestyle habits were added so did the benefit of a longer life. Both men and women saw benefits. Sounds like it's worth a try!

I also was made aware of a miracle "medicine" that can relieve many physical and emotional problems: Hugging! It can make you live longer, protect you against illness, cure depression and stress, strengthen family relationships and maybe even let you sleep better without pills. Hugging breathes fresh life into a tired body and makes you feel younger and more vibrant. Hug your spouse, hug your children, hug your friends, hug your relatives. Hugging is a marvelous way to improve the quality of your life and furthermore inflation does not affect a good hug!

Small changes

Moving right along we are on week 37 in our "52 Small Changes For The Mind" by Brett Blumenthal. This has obviously been a commitment and I hope at least some of our group are seeing the benefits that small changes can make. Here we go starting with week 37 and going through week 40.

Week 37: Get out of town

"Travel is fatal to prejudice, bigotry, and

narrow-mindedness. Broad wholesome charitable views of men and things cannot be acquired by vegetating in one little corner of the earth all one's lifetime," said Mark Twain.

It probably comes as no surprise that getting away can provide stress relief. It's also good for anti-aging. Our brain is forced to reorganize and create new neural pathways to accommodate these new experiences. Then there's the fact that travel engages all the senses. Why not plan a trip? Even just a weekend away will do the trick.

Week 38: Take a whiff

"Nothing is more memorable than a smell. One scent can be unexpected, momentary and fleeting, yet conjure up a childhood summer beside a lake in the mountains," said Diane Ackerman.

Aromatherapy is the science of using scent to help effect change in our mood,

cognitive function, stress levels and overall health. There are many essential oils and all have some effect. It is worth doing the research.

Week 39: Face fears

"The cave you fear to enter holds the treasure you seek," said Joseph Campbell.

Although many things can keep us from attaining happiness, fear can maintain a grip on us that can seem downright unshakable. There is healthy fear and unhealthy fear. Healthy fear keeps us safe. Unhealthy fear is debilitating and keeps us stuck and limits our experiences. We need to recognize our personal fears and try to confront them even if we need help doing this.

Week 40: Practice de-stressing rituals

"We are what we repeatedly do," said Aristotle.

Any activity we engage in can become stressful. We can create de-stressing rituals that give us a reprieve from day to day pressures. Rituals can create a positive mindset and lower our general stress levels throughout the day.

Remember, I can only give you a short overview of each week's suggestion. Incorporating these small changes in our life can only make it better.

In conclusion, here are some parting words: Reach out to each other and always be grateful. Love who you can. Help where you can and give what you can.

"Gray hair has more body" and "If you were getting younger instead of older, everyone would hate you," were a few of this week's reminders from a book called "1,003 Great Things About Getting Older" by Lisa Birnbach, Ann Hodgman, Patricia Marx, David Owen.

Gerrie Russell is a leading member of Killington Active Seniors and this column is rendered from her monthly newsletter. She can be reached at: grussell40@yahoo.com.



By Merisa Sherman

Obviously not Vermont, it's Spearfish Canyon in the Black Hills of South Dakota.

← Living the Dream: from page 33

turn ahead. It feels natural, like your edges are locked into the snow and nothing is going to pull you out. The bike won't let you fall. You won't slide out ... will you?

You never know. It's a motorcycle.

Skiing and snowboarding are dangerous and there are inherent risks associated with these activities. But the feeling of locking into a turn, the wind blowing in your face as you sail down the open road. Pavement and Groomers feel the same. I mean, really the same. I trust the bike to do what it needs to do, just as I trust my skis. In fact, I trust the bike and the BF more than I trust myself.

Imagine a skier you admire steering your skis for you and your job is to stay calm, focused and ... reach out with your feelings and feel the force flowing through you. Yeah, I said it. Have you ever had that feeling, while you're listening to your surroundings with your whole body? Can you feel nature's energy running through and almost taking over so your brain no longer has to do the work?

Well, I can do that on a bike because someone else is steering for me. That is why I ride 2UP. I can lose myself to the bike and let my senses and muscle memory take over. It's not sleeping, just a complete redirection of the brain from regular thoughts like what has to be signed today and by whom. I need to imagine where the bike is going by using my other senses and then hope I anticipated correctly.

Somehow, it works. This flying down the road on something that is just a little bit bigger than a mountain bike, 120 in the front and 170 in the rear. And it all seems to work beautifully, so smooth it's like magic. Something that, no matter how much I mountain bike, I can only grab that feeling for a couple of turns — that big berm section coming down the Sherburne or somewhere down by where the new 7 cuts across Caper. But on the motorcycle, especially in Vermont where we have no straight aways, you're on edge the entire time. It's beautiful. It sucks you in. What's my favorite feeling in the world? The turn.

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

Q&A with Ethan Bruce Nelson , Brandon Area Bicycle Association

What makes the trails in Brandon unique to the area?

Brandon's situation is interesting. We are exactly at the hub of all the greatest trails in the region. We are almost the exact geographical center point between Rutland's Pine Hill Park, Middlebury's TAM and connected systems, Rochester's top notch network, Slate Valley's Fairgrounds, and Killington's Sherburne. The unique thing about Brandon's trails is that they are the epicenter of this glorious region as a whole.

What do you wish the first time riders knew about these trails before they arrived?

I would just like them to be able to experience the full measure of joy available when one let's go of the competitive mindset. The Brandon cycling community is a lot more laid-back and family-oriented than others. These trails are for being in the moment. There's some gnarly tech, there are long gravel grinds, there's even a little bit of flow to be found up in Goshen, but really riding in Brandon will never be about beating strangers on strava as much as enjoying nature with friends and loved ones.

What's your favorite trail and why?

While this is not technically my favorite trail, I'd like to spend some time discussing the Moosalamoo campground. It has a pump track in the center of the campground, a one mile extra dank flow track (even allowing for one to catch a little air), and for the bolder cardio hounds, a nice switch-back climb that gets quite close to the summit of Mt. Moosalamoo (no bikes

at the very top). This is in Goshen, adjacent to Brandon. I mention it because despite my critical tone toward strava in my last answer— I hold the strava "Local Legend" title for most laps on the flow track. This little trail system is perfect for families and beginners. For the more advanced riders, this same trail extends all the way to Route 125 and drops you straight into Addison County on a truly amazing, flowy, and lengthy descent.

Which is best for a beginner? Which would you recommend for an advanced rider who wants a challenge?

For the beginner, there is the Moosalamoo campground I recommended above which also taps right into some serious cardio challenge as well. For the advanced riders, we are home to Chandler Ridge and Leicester Hollow. When Chandler was built it was the very first legit bike trail of its scope in the region. Now, it is an extremely technical and cardio-heavy loop that is sure to provide plenty of challenge for advanced riders.

When did you first get really into mountain biking? How did your passion begin?

I'm not a competitive cyclist. My passion for road cycling started in college as it gave me freedom and joy without a car. My passion for mountain biking came when I moved back home to Brandon and married into a family of excellent mountain bikers including my father-in-law. Local legend and Ridgeline Outdoor Collective's vice president, Karl Fjeld, who gave me my first mountain bike. I was reluctant at first as it sounded danger-

ous to me. Karl quickly persuaded me that there was far more danger sharing the roads with drivers than there was out in the woods where I can choose my own risks.

Who or what inspires you to ride?

Mountain biking is so meditative and freeing. I love riding socially and bonding with friends. It is a way to get off of screens, get into nature, and connect deeply with others who are doing the same.

Do you have a favorite local spot you'd recommend for folks after riding?

Brandon is the best. I strongly recommend Mae's Place for a decadent lunch after the Chandler-Leicester Hollow loop. You'll need that Reuben and French fries. We are also home to two award-winning breweries: Red Clover and Foley Brothers. The Brandon House of Pizza can recharge your carbs.

Is there anything else local riders or visitors should know?

The best part about being a cyclist in Brandon is centrality. Rochester's trails are a 25-minute jaunt and I really just can't say enough about how amazing they are. They're the best in every conceivable way. Being in Brandon gives you central access to all of it. Within the 25 minute radius we have ROC (Rochester), PHP (Rutland), and TAM (Middlebury). Within the 45 minute radius we have GMT (Pittsfield), Sherburne (Killington), and SVT (Poultney). As the Velomont project continues, this just keeps becoming increasingly true. Brandon is right at the center of all the very best biking, terrain, eating, and drinking in the region.



Ethan Bruce Nelson rides with his family in and around the Brandon area; he loves the variety and accessibility for all levels.

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← Looking Back from page 32

“sister duo” best known for their rendition of “Tonight You Belong to Me.” The store owner politely told us that they only sold records. There went our chance for fame!

By far the most popular recording artist of my “oldie era” was Elvis Presley. When he released a new single or album it was time to go shopping!

And of course what would '60s music have been like without The Beatles? “Hey Jude,” “Yesterday” and “Let It Be” were songs that you would expect to hear at dances. The Beatles made music for about a decade. Elvis’ musical career was close to 20 years and included movies in addition to music.

If you were out socially with your teenage friends a popular destination was Seward’s Restaurant on North Main Street. The booths had juke boxes on the tables that allowed you to put in a coin and choose songs by punching in a number and letter. Then the music came right to your table. Fun memories!

Songs from the '50s and '60s had specific dance steps that went along with them. Chubby Checker’s “The Twist” had dance moves that involved twisting your hips, moving your arms and getting your body low to the floor and then back up. The “Mashed Potato” had you face your feet inward and then outward moving your feet a little bit apart after each rotation. Then there was the “Hully Gully” which is danced in a line of people. It is described as a “two beat, drag and shuffle” dance. “The Pony” involves some prancing steps with your hands out front like you are holding reins.

How did teens in little ol’ Rutland learn how to do the latest dances? We watched American Bandstand on TV. It was filmed in Philadelphia from 1957 until 1964. We got to know the teens who were regulars on the show and we practiced the dances in front of the TV in our living rooms.

Although rock and roll music was probably the most popular with my generation, slow music had its place too. Both Elvis and The Beatles had popular love songs along with numerous others such as The Righteous Brothers, Frankie Valli and the Four Seasons. After all, you needed to rest from all that fast dancing.

Folk music also had its place in the '60s. It was one of my favorites. I remember going to see Peter, Paul and Mary at a college concert in Burlington. They were the first “big name” performers whom I had seen in person. What an enjoyable night that was!

It’s always fun to look back and remember the music we listened to and the manner in which we did that. Portable radios allowed us to listen to music at the beach and that was a big deal...back in the day. Those were simple times!

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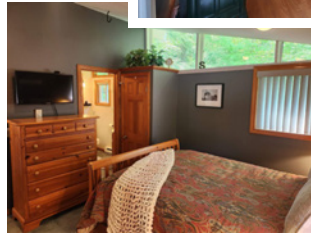
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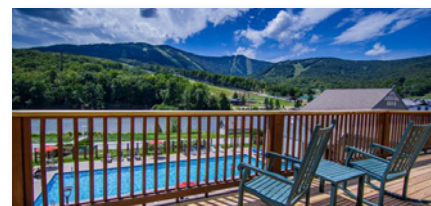
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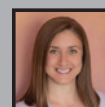
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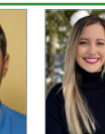
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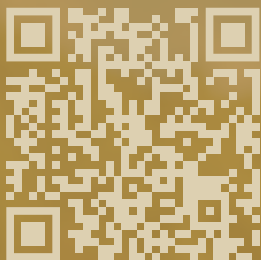
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